

DIRECTIONS

The pool is located on County-owned property adjacent to Great Mills High School. From Route 5 south towards St. Mary's City, turn left at the light onto Route 246 (Great Mills Road); the pool will be on the right. From Route 235 south towards Lexington Park, turn right on Route 246 (Great Mills Road); the pool will be on the left.

Patrons may also take Route 235 south towards Lexington Park, turn right on Route 237 (Chancellor's Run Road), then turn right onto Route 246 (Great Mills Road); the pool is located on the left next to Great Mills High School.

THERAPEUTIC RECREATION

Heighten Self-Awareness • Sharpen Cognitive Skills • Develop Trust
Reduce Heart and Lung Risk • Enhance Communication Skills
Build Self-Esteem • Increase Short and Long Term Memory
DECREASE CONFUSION • Elevate Emotional Well-Being
Promote Adjustment to Disability • REDUCE ANXIETY
Improve Ways of Coping • Enhance Self-Control • Maintain Productivity
MINIMIZE HEALTH CARE COSTS • Increase Self-Reliance
Reach Developmental Goals • Expand Interpersonal Relationships
PROMOTE COMMUNITY INTEGRATION • Build Family Unity
Increase Life and Leisure Satisfaction • Learn Acceptable Behaviors
REDUCE DEPRESSION • Expand Range of Motion
Prevent Secondary Health Problems • Contribute to Overall Health
Reduce Decline in Health Status • Reduce Stress
Enhance Quality of Life • Improve Cardiovascular Functioning
STRENGTHEN PSYCHOLOGICAL WELL-BEING
Reduce Long-Term Hospital Stays • Enhance Decision Making
Avoid Unnecessary Medical Care • Manage Chronic Illness
Decrease Social Isolation • Expand Support Network
ENHANCE INDEPENDENT LIVING SKILLS
Teach Vital Life Skills • Enhance Body Image
Address Psychosocial Needs • Increase Physical Conditioning
Improve Coordination • Acquire Knowledge and Skills
INCREASE STRENGTH AND ENDURANCE

THE BENEFITS ARE ENDLESS...®

GMSP

21100 Great Mills Road
Great Mills, MD 20634
301-866-6560

or

Rocco Aiello at 301-481-7377



Main Office

23150 Leonard Hall Drive
Leonardtown, MD 20650
301-475-4200 x 1800
Fax: 301-475-4108

Amusement Park Ticket Line

301-475-4200 x 1842

Program Cancellation Line

301-475-4200 x 1840

Board of County Commissioners for St. Mary's County
Francis Jack Russell, President,
Lawrence D. Jarboe, Cynthia L. Jones,
Todd B. Morgan, Daniel L. Morris

ADAPTED AQUATICS AT GMSP



PROGRAM

Adapted Aquatics is a diversified and systematic recreational program of carefully structured aquatic experiences and instruction designed to meet the unique needs of those individuals who qualify for the program. Programming is sequential and developmentally appropriate in nature, taking each individual's disabling condition(s), present levels of functioning, and needs into consideration.



The Adapted Aquatics Program is held in our year round warm water swimming pool located at the Great Mills Swimming Pool Center. This facility has accessible showers, toilet stalls, parking, and assisted dressing room. Several water entries and exits are available, including a zero entry ramp, and aquatic wheelchair enabling wheelchair bound individuals to have full access to the pool.

BENEFITS

The benefit of a well planned adapted aquatic participation can foster physical, psychosocial, cognitive and leisure skill development. Participants will learn valuable motor skills, receive enhanced perceptual motor performance and more. There is opportunity for:

- peer interaction
- success
- improved self-confidence
- autonomy and a sense of well being

Students will have the opportunity to develop in:

- cardiovascular fitness
- strength and flexibility
- freedom of movement
- Aquatic skills



ELIGIBILITY

Any individual with a mental or physical disability and is in need of learning or improving their aquatics skills. An adapted aquatics assessment will be administered to new student prior to entering class. This ensures proper class placement along with a structured individualized program.

SCHEDULE

Each adapted aquatics session is 8 weeks in length consisting of two classes per week. Classes are one hour in length and are held on Monday and Thursday. Registration for each class is due one week prior to the end of each session. We recommend that you register by the pre-registration dates to guarantee your child's place in class and avoid disappointment.

We continue to accept students at any time, provided there is space available in the class. Tuition will be pro-rated if a student enrolls after the session has already begun. Scholarships are available for those that qualify.

Session I - 8 wks – 3:00 – 6:00 pm

1. Tuesday, September 20th ending Thursday, November 10th.

Session II - 8 wks – 3:00 – 6:00 pm

2. Tuesday, November 29th ending Thursday, February 2nd

Session III - 8 wks – 3:00 – 6:00 pm

3. Tuesday, February 7th ending Thursday, March 29th

Session IV - 5 wks – 3:00 – 6:00 pm

4. Tuesday, April 10th ending Thursday, May 10th