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THE ADAPTIVE RECREATION PROGRAM of Loudoun County Parks, Recreation and Community Services provides a variety of recreation and leisure opportunities for individuals of all abilities and skill levels.
**PROGRAM LEVELS**

**LEVEL 1**

Participants with mild disabilities

No assistance managing any terrain.

Can maintain their own personal hygiene without assistance.

Can follow multiple step instructions.

Able to convey feelings, desires and emotions.

**LEVEL 2**

Participants with moderate disabilities

No assistance with level surfaces.

Can maintain their own personal hygiene with verbal cues.

Can follow single step instructions.

Able to convey feelings, desires and needs with picture cues or ASL.

**LEVEL 3**

Participants with severe disabilities

Assistance or self propelled device.

Personal hygiene with some assistance.

Can follow instructions with assistance.

Able to convey feelings, desires and needs with picture cues or ASL.

**LEVEL 4**

Participants who are medically fragile

Full assistance and/or self propelled device.

Personal hygiene with full assistance.

Limited comprehension.

Able to convey feelings, desires and needs with full assistance.

**WHY PROGRAM LEVELS?**

The safety and well being of our participants is paramount and we want them to get the most out of every activity offered.

A participant may start our programs at a certain level but over time their life skills, mobility, and cognitive abilities may change.

We assign levels to our activities based on research and experience.

Please contact us if you have any questions about your participant.
PARTICIPANT CODE OF CONDUCT

Be respectful to peers, staff, volunteers and public.

Listen and follow all directions from staff and volunteers.

Stay with your assigned group and leader.

Keep hands and feet to self.

Use friendly language and tones of voice.

Use equipment and supplies appropriately.

NOTICE
It is the goal of the Adaptive Recreation program for all participants to have an opportunity for a safe and enjoyable experience. Failure to follow the code of conduct may result in verbal/written warnings, suspension or removal from future activities and programs. At any time, should Adaptive Recreation staff be concerned that a program or activity is not in the participant’s best interest or well-being, staff will contact the participant and/or caregiver to discuss available options.
PROGRAM OUTLINE

PROGRAM VISION
To provide individuals of all abilities with opportunities to choose participation in leisure programs, which may enhance their quality of life and foster respect for and acceptance of diversity within the community.

PROGRAM MISSION
Our mission is to provide a safe, nurturing and fun environment for individuals of all abilities. We strive to create opportunities that foster individual growth and success; building partnerships with participants, families and the community for new, innovative, successful and inclusive opportunities.

PROGRAM IMPLEMENTATION
Adaptive Recreation staff categorize all activities by skill level in an effort to provide safe and successful activities for all participants, staff and volunteers. In order to maintain safety and success, we ask you to carefully consider your participants' needs.

MODIFICATIONS
If you require a reasonable modification for any type of disability in order to participate in PRCS Adaptive Recreation activities, please contact

Maria Auger:
703.771.5013; maria.auger@loudoun.gov

FINANCIAL SUPPORT FOR PROGRAM PARTICIPANTS
For qualifying families financial support may be available in order to help with program participation. Limited scholarships are available from the Friends of Adaptive Recreation (FAR) Advisory Board as well as other County entities.

ADVISORY BOARDS

FRIENDS OF ADAPTIVE RECREATION, INC. (FAR)
Volunteer board members meet to discuss events, community awareness, fundraising, advocacy and sponsorships. FAR welcomes community involvement. For more information please contact our Program Coordinator, Maria Auger:
703.771.5013; maria.auger@loudoun.gov

SPECIAL OLYMPICS VIRGINIA LOUDOUN COUNCIL
Area 14 Special Olympics Council meets to provide support in areas of public relations, outreach, volunteer coordination and more. The council is open to and welcomes community involvement. For more information please contact:
megan.mccullough@loudoun.gov

VSA ARTS OF LOUDOUN COUNTY
BOARD OF DIRECTORS
This volunteer board meets to plan future visual and performing events, workshops, community awareness and fundraising. VSA strives to promote the creative power of the people. For more information please contact:
Kellie Goossens:
540.338.7973; kellie.goossens@loudoun.gov
www.vsaloudoun.org
FINANCIAL SUPPORT FOR PROGRAM PARTICIPANTS
For qualifying families financial support may be available in order to help with program participation. Limited scholarships are available from the Friends of Adaptive Recreation (FAR) Advisory Board as well as other County entities.

REGISTRATION DATES
Loudoun County Parks and Recreation Fall programs registration begins on August 16th, 2018.

PROGRAM REGISTRATION OPTIONS:

IN PERSON at PRCS Ashbrook Office:
20145 Ashbrook Place #170
Ashburn VA 20147

ONLINE with WebTrac:
www.loudoun.gov/webtrac

WEBTRAC INSTRUCTIONS

1 GO TO: WWW.LOUDOUN.GOV/WEBTRAC
2 LOG IN WITH YOUR USERNAME AND PASSWORD
3 ON THE UPPER LEFT CLICK “SEARCH” AND SELECT “ACTIVITY ENROLLMENT”
4 FIND YOUR ACTIVITY# AND TYPE IN THE SIX-DIGIT# IN ACTIVITY NUMBER BOX WITH SECTION “01”
5 ADD THE ACTIVITY TO YOUR CART AND SELECT PARTICIPATING FAMILY MEMBER
6 PROCEED TO CHECKOUT PAGE AND PAY THE FULL OR THE MINIMUM BALANCE SHOWN
7 SUBMIT PAYMENT AND COLLECT RECEIPT
8 YOU WILL RECEIVE A RECEIPT THROUGH E-MAIL

FILES, CANCELLATIONS LATE FEES

PARTICIPATION FILE RENEWALS
Please continue to be diligent with the renewal process of your participant files. It is imperative for the safety of all that we maintain current information on all participants. When you receive a packet in the mail or email please complete and return all required information.
If you register for a program without updated forms you may not be allowed to participate in Adaptive Recreation activities until your file is updated with current paperwork.

Adaptive Recreation now has completely digital forms for participant use. Use text below:
https://lfportal.loudoun.gov/Forms/adaptivecadultform

CANCELLATION AND REFUND POLICY
If you cancel a class 15 or more days before the start date, a full refund, minus a 15% administrative fee (maximum of $15) will be offered. If you cancel an activity 14 or fewer days before the start date a refund of 50% will be offered. Cancellation requests must be submitted in writing. The request should be dated and sent by email to the Program Coordinator, Maria Auger.

LATE FEES
In an effort to provide quality customer service and efficiency, please note that a $15 per participant late fee will be assessed for every fifteen minute time frame after the designated pick up time.
EXAMPLE: If pick up time is at 6:00pm and the participant is picked up between 6:01pm and 6:15pm a fee of $15 will be assessed; between 6:16pm and 6:30pm a fee of $30 will be assessed and so forth.

TRANSPORTATION
Space is limited! Transportation is handled on a “First come-First served” basis.
MOVIE MADNESS

(16 & up, Levels 1,2,3) Join us at a nearby theater to see a current hit movie! Before the show enjoy dinner with great friends! Movies will be decided closer to the date of the showing.

FRIDAY MOVIES:
Friday, September 7th  Activity # 141726-01
Friday, October 5th   Activity # 141726-02
Friday, November 2nd  Activity # 141726-03

Drop Off: 5:00PM at Ashbrook Place
Pick Up: TBD at Ashbrook Place
Fee: $25.00

Please bring $20 for dinner and additional money for snacks at the theater.

Specialist: Benjamin Curtis
SPARE TIME BOWLING

(16 & up, All Levels) Relax on a Friday afternoon with bowling! This program teaches the basics of the game, promotes socialization and community awareness.

FRIDAY BOWLING:

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity #</th>
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<tbody>
<tr>
<td>Friday, September 7th</td>
<td>141710-01</td>
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<td>Friday, September 21st</td>
<td>141710-02</td>
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<tr>
<td>Friday, October 5th</td>
<td>141710-03</td>
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<tr>
<td>Friday, October 19th</td>
<td>141710-04</td>
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<tr>
<td>Friday, November 2nd</td>
<td>141710-05</td>
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<tr>
<td>Friday, November 16th</td>
<td>141710-06</td>
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Drop Off: 2:30PM at Village Lanes, Leesburg
Pick Up: 4:30PM at Village Lanes, Leesburg

If you work at ECHO and need transportation to bowling on Friday, please report request while registering. Bus departs at 2:15PM from ECHO on Fridays.

No transportation provided AFTER bowling. Participants must be picked up at Village Lanes unless registered for post bowling Movie Madness program.

Fee: $25.00
Specialist: Benjamin Curtis
ADAPTIVE AQUATICS

WATER FUN FIT
WEDNESDAYS 7:30P-8P
DULLES SOUTH
SESSION 1
Activity # 141745-01
October 3rd
October 10th
October 17th
October 24th
SESSION 2
Activity # 141745-02
November 7th
November 14th
November 21st
November 28th
Fee: $35

SPASH!
SATURDAYS
DULLES SOUTH
BEGINNERS
SESSION 1, 8-8:45A
Activity # 141742-01
October 13th, 20th, 27th & November 3rd
SESSION 2, 8-8:45A
Activity # 141742-02
November 10th, 17th, 24th and December 1st
Fee: $35

ADVANCED
SESSION 1, 8:50-9:35A
Activity # 141742-03
October 13th, 20th, 27th & November 3rd
SESSION 2, 8:50-9:35A
Activity # 141742-04
November 10th, 17th, 24th and December 1st
Fee: $35

INDIVIDUAL LESSONS
DULLES SOUTH
4 LESSONS
Interested in one on one coaching?
To schedule your individual four lessons
please email Priscilla Wiggins:
priscilla.wiggins@loudoun.gov
Fee: $100
BUDDY WORKOUT

(Ages 18 and up, All levels) Buddy Workout is designed to empower each participant to work out. All workouts will be customized by a Personal Trainer to meet your needs and goals. The workout session will focus on fitness and fun! Come work out alongside your friends!

WEDNESDAYS 6p-7p

<table>
<thead>
<tr>
<th>Activity #</th>
<th>September 5th</th>
<th>September 12th</th>
<th>September 19th</th>
<th>September 26th</th>
<th>October 3rd</th>
</tr>
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<tbody>
<tr>
<td>141752-01</td>
<td>October 17th</td>
<td>October 24th</td>
<td>October 31st</td>
<td>November 7th</td>
<td>November 14th</td>
</tr>
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Fee: $25
Specialist: Megan McCullough

COOKING CLASSES

(Ages 16 and up, All levels) What's cooking? Join us for a three session class where we will learn how to make complete meals and then get to enjoy them with the other chefs. This class theme is Home style meals!

THURSDAYS 4:30p-6:30p

<table>
<thead>
<tr>
<th>Activity #</th>
<th>November 1st</th>
<th>November 8th</th>
<th>November 15th</th>
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<tbody>
<tr>
<td>141752-01</td>
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Fee: $80
Specialist: Megan McCullough
1. **DINNER & THE ARTS: BEAUTY & THE BEAST**

(16 & up, Levels 1, 2 & 3) A beautiful young woman takes the place of her imprisoned father in the castle of a beast, who is really a cursed prince. She teaches him to be courteous and respectful, and they fall in love, in this stage adaptation of the animated Disney film. This show includes a fancy dinner and a great way to connect with friends!

- **Date:** Sunday, September 30th
- **Location:** Fredericksburg, VA
- **Drop Off:** 11:00AM at Ashbrook Place
- **Pick Up:** 7:00PM at Ashbrook Place
- **Fee:** $90.00
- **Activity #:** 141743-01
- **Specialist:** Benjamin Curtis

2. **FALL HIKE**

(Ages 16 and up, Level 1) Spend some time outdoors enjoying the fall weather and foliage! We will be learning the basics of hiking in a group and outdoor safety. We will have a picnic lunch in the park and please be ready with a backpack, water, lunch, rain jacket and sturdy shoes!

- **Date:** Saturday, October 6th
- **Location:** Algonkian Regional Park
- **Drop Off:** 10:30AM at Algonkian Park
- **Pick Up:** 1:30PM at Algonkian Park
- **Fee:** $15.00
- **Activity #:** 141724-01
- **Specialist:** Megan McCullough

3. **DINNER & THE GLOW**

(Ages 18 and up, All Levels) Join us for dinner followed by a visit to The Glow Experience event at Lake Fairfax Park. Enjoy a leisurely stroll through a GLOWING trail where you will see a pumpkin wonderland like no other! Please bring money for dinner, snacks and souvenirs at the event.

- **Date:** Friday, October 19th
- **Location:** Lake Fairfax Park
- **Drop Off:** 5:00PM at Ashbrook Place
- **Pick Up:** 9:30PM at Ashbrook Place
- **Fee:** $50.00
- **Activity #:** 141754-01
- **Specialist:** Megan McCullough

4. **PUMPKIN CARVING & ROAST**

(16 & up, All Levels) It’s almost Halloween! Join us for some crazy pumpkin carving and take home your very own Jack-O-Lantern! Afterwards we will be roasting hot dogs with all the fixings’ and marshmallows by the campfire. Food, Pumpkins, and tools provided.

- **Date:** Tuesday, October 23rd
- **Location:** Claude Moore Park
- **Drop Off:** 4:30PM at Claude Moore
- **Pick Up:** 6:30PM at Claude Moore
- **Fee:** $20.00
- **Activity #:** 141727-01
- **Specialist:** Megan McCullough
1. **TICONDEROGA FARM**

   (Ages 7 - 17) Get outside on this student holiday at the fun-filled Farm! There will be a giant jumping pillow, peddle karts, hayrides, animals and much more to enjoy this beautiful fall day.

   Date: Monday, October 22nd  
   Fee: $55.00  
   Activity #: 141714-01  
   Time: 9:00AM-4:00PM

2. **MASSANUTTEN WATER PARK**

   (Ages 9 - 17) Come to an indoor Water Park on a student holiday! There will be slides, tubing and lots of great fun with friends!

   Date: Monday, November 5th  
   Fee: $85.00  
   Activity #: 141715-01  
   Time: 9:00AM-6:00PM

3. **NATIONAL AQUARIUM**

   (Ages 7 - 17) See the world from below the surface with jellies, dolphins, sharks and more on this student holiday!

   Date: Tuesday, November 6th  
   Fee: $75.00  
   Activity #: 141716-01  
   Time: 9:00AM-5:00PM

   Specialist: Amy Barker