

# Loudoun County's WINTER 2012 ADAPTED AQUATICS



Loudoun County's Adapted Aquatics program is supported in part by the  
 Joey Pizzano Memorial Fund (JPMF)  
[www.jpmpf.org](http://www.jpmpf.org)  
 Contact Shayle Wigger for more information:  
[shayle.wigger@loudoun.gov](mailto:shayle.wigger@loudoun.gov)



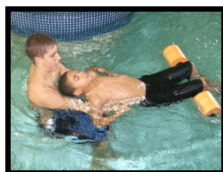
## JPMF Splash & Adapted Swim Classes

JPMF Splash is a basic water safety program, designed to teach individual's with disabilities how to have fun and be safe in and around the water, that is provided within our modified swim classes. Adapted Swim classes consist of varying levels of swim instruction, depending on individual's swim skills. The Adapted Swim program's purpose is to teach individual's with disabilities basic swim skills, while reinforcing how to have fun and be safe in and around the water. Swim skills are assessed, taught and evaluated by a certified swim instructor. One-on-one volunteers are provided to help participants stay on task during the sessions. Care provider may be asked to partner with their child if shortage of volunteers occurs.

**\*\*NEW for winter 2012: Parent/Child Swim, Teen & Adult Swim classes!\*\***

**DATES:** Saturday's, JAN 14—FEB 18 (make-up date: Feb 25)

CLASS	AGE	WHEN	POOL	FEE	REGISTRATION #
Parent & Me Swim	18mo-5 yo	8:00-8:30A	Leisure Pool	\$35.00	Activity # 241742—01
Youth Swim	6-15 yo	8:40-9:10A	Leisure/Lap Pool	\$35.00	Activity # 241742—02
Teen/Adult Swim	16 yo & up	9:20-9:50A	Lap Pool	\$35.00	Activity # 241742—03



## Adapted Aqua FUN Fit Program

A modified, low-impact fitness & conditioning through fun water exercises and games!  
 Volunteer support may or may not be available, so please contact if in-water support is required for participation.

**\*\*NEW for winter 2012: Seniors Aqua FUN Fit!\*\***

**DATES:** Monday's, JAN 23—FEB 13 (make-up date: Feb 20)

CLASS	AGE	WHEN	POOL	FEE	REGISTRATION #
Senior Aqua-Fit	55 yo & up	7:30-8:00P	Leisure/Lap Pool	\$20.00	Activity # 241742—04
Teen/Adult Aqua-Fit	14 yo & up	8:00-8:30P	Leisure/Lap Pool	\$20.00	Activity # 241742—05

### PROGRAM CONTACT:

Shayle Wigger  
 Adaptive Recreation Specialist  
 Phone: 703-771-5010  
[shayle.wigger@loudoun.gov](mailto:shayle.wigger@loudoun.gov)

### PRIVATE SWIM LESSONS CONTACT:

Claude Moore Recreation Center  
 Phone: 571-258-3600  
[www.loudoun.gov/prcs](http://www.loudoun.gov/prcs)

### REGISTRATION QUESTIONS CONTACT:

PRCS Customer Service  
 Rec Center: 571-258-3600  
 Main Office: 703-737-8042