

Adapted Recreation Programs

Scan the QR code to go directly to the Parktakes Online Adapted Recreation Programs page.



ADA/Inclusion Support



In keeping with the Americans with Disabilities Act (ADA), Fairfax County is committed to giving all residents equal access to recreational opportunities. Park Authority activities, programs, camps and classes are inclusive, and reasonable accommodations are available for people with disabilities. ADA accommodations include sign interpreters, assistive listening devices, program modifications and inclusion support. To request accommodations, or for more information about adapted program opportunities, call 703-324-8727. The Park Authority makes every attempt to provide accommodations; however, fulfillment of requests received with less than 10 days notice cannot be guaranteed.

Facility Accessibility

The Fairfax County Park Authority offers parks and facilities that are accessible to all Fairfax County residents. For information on accessible features or issues associated with usage, call 703-324-8727 or visit www.fairfaxcounty.gov/parks/ada-inclusion.

Follow guidelines when registering

We suggest if it has been a month or longer since a student has participated in a swimming lesson, that they repeat the previous course completed. If you have any questions about which class is right for you or your child, please contact the Adapted Program Specialist at 703-324-8565. For safety reasons and to ensure customers get the maximum aquatic program benefits, the Park Authority reserves the right to remove students from an inappropriate class and either issue a refund or place them, when possible, in a class that better matches their ability.

Practice and Repetition are keys to success

Each student progresses at a different speed in learning aquatic skills. Students often repeat a level several times before developing the endurance and skill proficiency necessary for advancement. Repeating a level does not constitute failure; it is to be expected. Mastering skills takes time, practice, and patience.



Adapted Aquatics

Adapted One on One Swim Lessons

(3-18 yrs.) These swim lessons are for children ages 3-18 with intellectual and developmental disabilities that target individual skill levels. Children must leave parent willingly, be comfortable in the water, and be able to follow simple directions. With one-on-one swim lessons, an instructor can spend more time helping overcome obstacles which may require more time or dedication than a standard swim lesson.

4AVE 7--30 minute lessons--\$303						
Location	Day	Time	Code	Begin		\$
GWREC	Sa	9am	MHL.XLUY	9/7		4AVE
GWREC	Sa	9:35am	MHL.JJF4	9/7		4AVE
GWREC	Sa	10:10am	MHL.3KAS	9/7		4AVE
GWREC	Sa	10:45am	MHL.AHZU	9/7		4AVE
GWREC	Sa	9am	MHL.LL63	10/26		4AVE
GWREC	Sa	9:35am	MHL.VUFN	10/26		4AVE
GWREC	Sa	10:10am	MHL.QYAR	10/26		4AVE
GWREC	Sa	10:45am	MHL.35E2	10/26		4AVE

Adapted Swimming-Preschoolers

(3-5 yrs.) Through play and individual attention, preschoolers and their parents work on adjusting to a new environment. Focus is on entry and exit skills, water safety, blowing bubbles and arm and leg propulsion on the front and back. Parent participation is required.

4AD 6--30 minute lessons--\$96						
4AE 7--30 minute lessons--\$111						
Location	Day	Time	Code	Begin		\$
GWREC	Sa	11:40am	COA.L7C9	9/7		4AE
GWREC	Sa	11:40am	COA.C4BL	10/26		4AE
OakmontREC	Sa	9:20am	COA.7ZWC	9/7		4AE
OakmontREC	Sa	9:20am	COA.5KXG	10/26		4AD
SoRunREC	Sa	11:45am	COA.594A	9/7		4AE
SoRunREC	Su	12:15pm	COA.MT72	9/8		4AE
SoRunREC	Sa	11:45am	COA.777P	11/2		4AD
SoRunREC	Su	12:15pm	COA.PTBY	11/3		4AD

Adapted Swimming 1

(6-12 yrs.) This is a learn-to-swim class designed for students with disabilities. Students engage in activities to overcome fear and gain basic swimming and water safety skills. Skills include entering and exiting the water safely, blowing bubbles, floating and the introduction of arm and leg action with assistance. Parent/caregiver participation may be required.

4AD 6--30 minute lessons--\$96						
4AE 7--30 minute lessons--\$111						
Location	Day	Time	Code	Begin		\$
CubRunREC	Su	2pm	E4B.WXB8	9/8		4AE
CubRunREC	Su	2pm	E4B.NBFV	10/27		4AE
GWREC	Sa	12:20pm	E4B.WRPS	9/7		4AE
GWREC	Sa	12:20pm	E4B.DPSQ	10/26		4AE
OakmontREC	Sa	10am	E4B.9434	9/7		4AE
OakmontREC	Sa	10am	E4B.GUVQ	10/26		4AD
SoRunREC	Sa	9:05am	E4B.FMEU	9/7		4AE
SoRunREC	Su	12:55pm	E4B.GM3E	9/8		4AE
SoRunREC	Sa	9:05am	E4B.6EKN	11/2		4AD
SoRunREC	Su	12:55pm	E4B.SVSJ	11/3		4AD

Adapted Swimming 2

(6-12 yrs.) Prerequisite: Swimming 1 or equivalent skill proficiency. This is a learn-to-swim class designed for students with disabilities. Students should be comfortable entering the water on their own, blowing bubbles, and using their arms and legs to swim with assistance. Skills include floating on both front and back, gliding and swimming without assistance. Parent/caregiver participation may be required.

4AD 6--30 minute lessons--\$96						
4AE 7--30 minute lessons--\$111						
Location	Day	Time	Code	Begin		\$
CubRunREC	Su	2:35pm	6D7.W4XB	9/8		4AE
CubRunREC	Su	2:35pm	6D7.EKEK	10/27		4AE
GWREC	Sa	1pm	6D7.AMDD	9/7		4AE
GWREC	Sa	1pm	6D7.VN53	10/26		4AE
OakmontREC	Sa	10:40am	6D7.LTZT	9/7		4AE
OakmontREC	Sa	10:40am	6D7.M5AB	10/26		4AD
ProvREC	Su	11am	6D7.G555	9/8		4AE
ProvREC	Su	11am	6D7.XWCA	10/27		4AD
SoRunREC	Sa	9:45am	6D7.CNPR	9/7		4AE
SoRunREC	Su	1:35pm	6D7.9A4P	9/8		4AE
SoRunREC	Sa	9:45am	6D7.5VTS	11/2		4AD
SoRunREC	Su	1:35pm	6D7.KSNS	11/3		4AD

Cub Run Rec Center INDOOR POOL PLAYGROUND

Slides • Bubblers • Sprays • Lazy River • Open year-round

www.fairfaxcounty.gov/parks/reccenter/cub-run

REGISTER ONLINE

www.fairfaxcounty.gov/parks/parktakes

Family Golf Month Specials



AUGUST 2024

Buy one adult, 9-hole round and get one free for your child or teen!

Weekdays all day
Weekends after 1 p.m.

Jefferson

7900 Lee Highway, Falls Church
703-573-0444

Pinecrest

6600 Little River Turnpike, Alexandria
703-941-1061

Oakmont

3136 Jermantown Rd., Oakton
703-255-5390

Limit one child per paying adult. Not valid with any other offers or discounts or multi-round pass usage.



For more info visit www.fairfaxcounty.gov/parks/golf



Stem ExCEL Minecraft & Computer Science

(6-12 yrs.) Campers will use programming fundamentals to design and implement large-scale Minecraft modifications. Hands-on activities will take place at the beginning of camp that introduce vital concepts then use the easy drag-and-drop interface to create programs, solve problems and design games. Next, campers will learn functions, variables and conditionals.

Location	Days	Time	Code	Dates	\$
FranconiaREC	F	9am-4pm	EHO.9YDE	11/1	\$89
SpHillREC	Th-F	9am-4pm	EHO.M1QN	10/3-10/4	\$179

Stem ExCEL Roblox & Computer Science

(6-12 yrs.) Program and develop games using character development, powerups and traps in a ROBLOX adventure. Teams will compete honing strategies while learning from each other. Learn functions, variables and conditionals through hands-on activities that help reinforce vital concepts. Use our easy drag-and-drop interface to put your new knowledge into play, to create programs and solve problems.

Location	Days	Time	Code	Dates	\$
SpHillREC	M	9am-4pm	IUO.6QTJ	11/11	\$89

Belong to a Homeschool Group?
Turn to parks for field trip and SOL-based programs.
Visit www.fairfaxcounty.gov/parks/parktakes and search "Homeschool"

REGISTER ONLINE
www.fairfaxcounty.gov/parks/parktakes

Junior Golf

Introduce your teen or child to golf!

- ▶ **35% off Greens Fees at all courses***
- ▶ **Burke Lake and Oakmont - Buy any sized bucket and get one small bucket free, one per day.**
- ▶ **Classes and Camps for kids (5-8 yrs.) and juniors (7-17 yrs.)**
- ▶ **Clubs not required**

*Course availability varies.

For more info visit www.fairfaxcounty.gov/parks/golf/junior

