

CHARLES COUNTY RESOURCES

DISABILITY SUPPORT

PHYSICAL ACTIVITY



Capital Clubhouse Recreation Center—Provides equipment for people with disabilities in the various areas of the clubhouse, such as sleds for people with physical disabilities who wish to use the ice rink, specialized locker rooms, etc.

Contact Information: 3033 Waldorf Market Place, Waldorf, MD 20603, <https://www.capitalclubhouse.com/>

LA Fitness Center—Includes ramps, disability chairs for their pool and hot tub, disability showers in the men, women, and unisex bathrooms, and service members at the desk will offer help when needed. They also have workout bikes accessible to people with disabilities.

Contact Information: 2916 Festival Way, Waldorf, MD 20601, 240-530-8102

Charles County Recreation and Parks

Parks—www.charlescountyparks.com/parks/locations

Specialty Playground

Laurel Springs Regional Park (5940 Radio Station Rd., La Plata) Playground designed for inclusive play, allows children of all ability levels to interact and play together. Barrier-free baseball field.

Other park amenities (restrooms, water fountains, etc.) can be found on the website.

Special Olympics—Special Olympics Maryland and the Department of Recreation, Parks, and Tourism in a joint partnership offer a year-round program for athletic conditioning, training, and competition for individuals with intellectual disabilities who are at least eight years of age. There is no maximum age limit. All Special Olympics sports activities are free of charge to athletes.

Contact Information:

<https://www.charlescountyparks.com/recreation/special-olympics>

Recreation—All recreation programs are open to people of all abilities.

<https://www.charlescountyparks.com/recreation>



This list was put together by the Charles County Department of Health. It is a work in progress and will be added to as resources are identified. Please call 301-609-6885 to add a resource or to report an error.