

stir your senses!



express yourself!



fall  
2018



NISRA

Northern Illinois Special Recreation Association

Register by August 30!



## 23rd Annual Holiday Fashion Show

We're getting ready to "Celebrate the Tradition," while bringing innovation to this year's event!

A few of the changes include:

- A spectacular location: the Chicago Marriott Northwest
- Tables of 12
- Mobile bidding available
- Return of the Midwest Dueling Pianos

Save the date!

**Sat, Nov 17**

Watch for updates in early September on our website, Facebook and in e-newsletters.



*Celebrate the Tradition*

# What's new



**Starts earlier!**

## What does this mean?

"Starts earlier" next to our **Saturday programs** alerts you that they are beginning the **Saturday before the rest of the session (Sat, Sept 22)**.

We're doing this to create more possibilities for involvement with the Holiday Fashion Show on **Sat, Nov 17**. We hope you'll consider participating as a volunteer or guest!

*Resident Priority Registration ends Aug 27*

*Non-Resident Registration begins Aug 28*

*Final Registration Deadline Aug 30*

(Residents of NISRA's 13 member districts will be registered first. Non-residents may submit their registration at any time, however, their forms will be processed—in the order that they were received—beginning Aug 28)

## Fall Session Dates

(please refer to each program for exceptions!)

**Mondays, Sept 24-Nov 12**

**Tuesdays, Sept 25-Nov 13**

**Wednesdays, Sept 26-Nov 14**

**\*No programs Oct 31 for Early Childhood & Youth only**

**Thursdays, Sept 27-Nov 15**

**Fridays, Sept 28-Nov 16**

**Saturdays, Sept 22-Nov 10\***

**\*Saturdays start before the rest of the session**

Mark your calendar! We'll post the Winter/Spring brochure and start online registration beginning on Nov 1.

Please consider going online to view it—and register!

**All registration received after the deadline will be reviewed after Jan 21** to see if we can accommodate you. Accommodations may include transportation capacity & routes, staff availability and space limits at some events or facilities. We will try to fit you in.

**Winter/Spring brochures will begin being delivered and bulk mailed starting Nov 1.**

# Welcome to NISRA

## Our Mission

The Northern Illinois Special Recreation Association, enriching the lives of people with disabilities through meaningful recreation experiences.

## Our Vision

NISRA will be recognized as a leader in providing community based therapeutic recreation services for children and adults with disabilities and maintain a positive, strong and collaborative relationship with its member districts. NISRA will also be recognized as a desirable place to work.

## Our Values

• Fun • Professional • Compassionate • Trustworthy • Innovative

See page 53 for more information about our core values & our commitment to you.

## NISRA OFFICE

285 Memorial Drive  
Crystal Lake, IL 60014  
(815) 459-0737 Phone  
(815) 459-0388 Fax  
e-mail: [info@nisra.org](mailto:info@nisra.org)  
website: [www.nisra.org](http://www.nisra.org)

Office hours: Monday-Friday, 8:30 a.m.-5:00 p.m.

The office will be closed on the following dates:

August 22  
August 23 (afternoon only)  
September 3  
December 24, 25, 31  
January 1

Phone messages left beyond business hours & on weekends are retrieved the next business day.

## Asistencia en Español

Si quisiera inscribirse en un programa, y necesita asistencia en Espanol, favor llamar a la oficina de NISRA. Deje un mensaje en extencion 6. Alguien les respondera lo mas pronto posible. Tel: (815) 459-0737, ext 6.

## Brochure available in audio

We can create an audio version of the brochure for individuals with visual impairments. Please call the NISRA office to request the sections of the brochure that are most important to you.

## AMERICANS WITH DISABILITIES ACT (ADA)

NISRA will comply with the ADA, which prohibits discrimination in the provision of services, programs or facilities to individuals with disabilities. NISRA works closely with its member park districts and recreation departments to provide information on program inclusion, facility accessibility and communication devices. NISRA will make reasonable accommodations in recreation programs to enable participation by an individual with a disability who meets essential eligibility requirements for that recreation program.

If you have questions about NISRA and the ADA, or believe that you have been unfairly discriminated against by NISRA, please call Jim Wiseman at (815) 459-0737. If you would like information about inclusion support, please call Kelly Kronwall at the NISRA Office at (815) 459-0737.

## What is NISRA?

NISRA is an extension of 13 park districts and municipal recreation departments, providing year round community recreation for local children & adults with disabilities. Our programs take place in our member district facilities and other public & private recreation sites throughout the area.


NISRA's activities are led by full-time staff with college degrees in Therapeutic Recreation or related fields, and trained part-time staff and volunteers. Our close staff-to-participant ratios help participants to develop skills, grow in self-esteem, and have fun!

## For:

Index of all programs by name, see page 5  
Annual Information Update, see pages 51-52  
Facility locations, see pages 54-55  
Fitness Program Waiver, see page 47  
Illness Guidelines, see page 45  
NISRA Foundation, see pages 6-7  
Program Information, see pages 45, 53-54  
Registration Information, see page 48  
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Transportation Information, see page 54

## Key to Symbols/Abbreviations

**Resident/Non-Resident Fee:** R/NR  
Each program description includes the abbreviation R/NR for the fee. The resident fee (R) applies to those who reside within NISRA's 13 member districts. Non-residents are welcome to register at the non-resident (NR) rate.


**Transportation:** Programs that may include NISRA transportation are indicated with a bus. 


**No Program:** Holidays, special events and scheduling conflicts result in programs not being held. Please make a note of these dates. **No Prog**

**Min/Max:** Enrollment may be limited to a minimum/maximum number of participants. Register early!



**Wellness Programs:** Programs focusing on fitness, nutrition, and the connection between the outdoors & emotional health, found throughout the brochure.

**Special Olympics:** The Special Olympics logo indicates local training programs and competition.  **Special Olympics**

**Accessibility:** The wheelchair logo indicates programs designed for people with physical disabilities. Those who use a wheelchair are welcome to register for any program and we will make an accommodation for their participation. 

# board & staff

## Board of Directors

Terry Jennings	Barrington Park District
Dan Jones	Cary Park District
Jason Herbster	Crystal Lake Park District
Dave Peterson	Dundee Twp. Park District
Randy Reopelle	City of Elgin
Laura Schraw	Hampshire Twp. Park District
Ryan Knop	City of Harvard
Thom Palmer	Huntley Park District
Megan Croy	Village of Lake in the Hills
Joseph Vallez	Marengo Park District
Bill Hobson	City of McHenry
Nancy Burton	Wauconda Park District
Dave Zinnen	City of Woodstock

Staff e-mail addresses are the first letter of the first name, followed by the entire last name and @nisra.org. For example, jwiseman@nisra.org.

## Administrative Staff

Jim Wiseman, B.S., CPRP, ext. 230	Executive Director
Gergana Minchev, B.S., CPRP, ext. 236	Senior Mgr. of Finance & Administration
Jennifer Wiley, B.A., ext. 237	Office Services Coord.
Susan Just, A.A., ext. 221	Administrative Assistant
Sarah Holcombe, M.S., CPRP, ext. 235	Mgr. Comm. & Marketing
Holly Dorn, ext. 231	Mgr. Fund Development
Conan Ho, B.S., SHRM-CP, ext. 241	Human Resources Coord.

## Recreation Staff

Heidi Jenkins, M.A., CTRS, ext. 238	Superintendent of Recreation
Cathy Bott, B.A., CPRP, ext. 228	Senior Mgr. of Support Staff
Cynthia Herendeen, B.A., CTRS, ext. 234	Senior Mgr. of Recreation
Dana Seehafer, B.A., CPRP, ext. 227	Senior Mgr. of Operations
Chelsey Kaiser, B.S., CPRP, CTRS, ext. 233	Mgr. of Special Olympics/Adapted Sports
Kelly Kronwall, B.S., CPRP, ext. 224	Mgr. of Inclusion
<i>Please call Kelly with questions about inclusion into member district programs</i>	
TBA, ext. 247	Mgr. of Day Camp
Emily Todd, B.S., CPRP, ext. 243	Mgr. of Cultural Arts/Adult Day programs
Kara DiTusa, B.S., CTRS, ext. 229	Regional Coord.
<i>Please call Kara with program ideas for Dundee Township, Elgin &amp; Hampshire</i>	
Jamie Elam, B.S., M.S., CTRS, ext. 248	Regional Coord.
<i>Please call Jamie with program ideas for Barrington, Cary &amp; Wauconda</i>	
Cailyn Welch, B.S., CTRS, ext. 225	Regional Coord.
<i>Please call Cailyn with program ideas for Crystal Lake, Huntley &amp; Lake in the Hills</i>	
Rebecca Ortmann, B.A., CPRP, CTRS, ext. 223	Regional Coord.
<i>Please call Rebecca with program ideas for Harvard, Marengo, McHenry &amp; Woodstock</i>	
Michelle Friedrichs, B.A., ext. 240	Part-time L.I.F.E. Program Leader
Mandy Zelman, ext. 226	Part-time Recreation Specialist
Gabrielle Winkel, B.S., ext. 246	Part-time Recreation Specialist

## Your Regional Coordinator

Four of our professional recreation staff develop new programs. If you have a program suggestion, contact your Regional Coordinator!



### Cailyn Welch—Central Region

Call Cailyn at extension 225 or e-mail her at [cwelch@nisra.org](mailto:cwelch@nisra.org) with program suggestions for the Crystal Lake, Huntley, and Lake in the Hills areas.

### Rebecca Ortmann—Northwest Region

Call Rebecca at extension 223 or e-mail her at [rortmann@nisra.org](mailto:rortmann@nisra.org) with program suggestions for the Harvard, Marengo, McHenry, and Woodstock areas.



### Kara DiTusa—Southern Region Coord.

Call Kara at extension 229 or e-mail her at [kditusa@nisra.org](mailto:kditusa@nisra.org) with program suggestions for the Dundee Township, Elgin, and Hampshire areas.



### Jamie Elam—Eastern Region

Call Jamie at extension 248 or e-mail her at [jelam@nisra.org](mailto:jelam@nisra.org) with program suggestions for the Barrington, Cary, and Wauconda areas.

## CTRS & CPRP

These abbreviations are for Certified Therapeutic Recreation Specialist & Certified Park and Recreation Professional. These designations are granted to professionals who can demonstrate through education and work experience that they meet the criteria set by the National Recreation and Park Association Certification Board and the National Council for Therapeutic Recreation Certification. These professionals have a Bachelor's or higher degree from an NRPA accredited program, have passed a certification exam, and earn & maintain sanctioned educational units (C.E.U.s).



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## Special Events & Trips

events & trips are listed on pages 8-13



# NISRA Foundation & fundraising information



NISRA  
Foundation

## Do You Know?

For every \$1.00 given to the Foundation:

- 71 cents goes to support NISRA programs & services
- 24 cents goes to fundraising costs
- 5 cents goes to management & administrative expenses

## What The Foundation Does

The NISRA Foundation was created in 1991 to preserve the future funding and quality of NISRA services. The Foundation raises money through fundraising events, grant solicitation and donations in order to exclusively support NISRA programs and services. Since its inception the Foundation has made annual grants to NISRA, cumulatively exceeding \$1.6 million, for the following purposes:

- NISRA Summer Day Camp & recreation program scholarships
- Special Olympics training & competition
- Wheelchair accessible buses
- Innovative programs & specialized equipment



## The Foundation Board

The Foundation Board's role is to identify potential sources of funding, reach out to the community, and assist with fundraising activities & events.

### Foundation Board of Directors

Rochelle Donahue	Kevin Murray
Tad Gralewski	Tracie Rose
Annette Hammortree	Joseph Vallez
Pat Kallaus	Jim Wiseman
Jodi Kastner	

## You Can Help!

*Donate a raffle prize or auction item, or be a sponsor*

*Volunteer a bit of time*

### Leave a Legacy

Remember NISRA in your will or estate planning and leave a lasting legacy. Please call us for more information.

*Visit the Foundation page at [www.nisra.org](http://www.nisra.org) or contact Holly Dorn, Manager of Fund Development at 815-459-0737, ext. 231 or [hdorn@nisra.org](mailto:hdorn@nisra.org).*

## Upcoming Fundraising Events

### Women's Golf Outing

- Tues, Sept 11, 2018
- Info & registration at: [www.nisra.org](http://www.nisra.org)

*Ladies, this year's theme of Alice in Wonderland will be hilarious!*



### Holiday Fashion Show

- Sat, Nov 17, 2018
- Info & registration at: [www.nisra.org](http://www.nisra.org)
- Invitations available in early Sept

*Spectacular new location... Chicago Marriott Northwest!*



### Thank you to the NISRA Foundation's Corporate Partners:

- Centegra Health System
- Ed & Rochelle Donahue
- Hammortree Financial
- PGL
- RHP Risk Management Corp.

The **NISRA Foundation** is a not-for-profit 501(c)(3) charitable organization, established to receive qualified tax-deductible donations.

**NISRA**, as an inter-governmental agreement among the member districts, also receives contributions, such as grants, in-kind donated goods, fee for service or discounts.

**NISRA thanks the following organizations that made contributions from March-June 2018:**

Barrington Township  
Chicagoland District Golf Association  
Crystal Ice House

McHenry County Mental Health Board  
Town of Elgin

# special events

## NEW social events for Youth!



### Swimming at Timber Ridge

Get ready to swish, swirl, and splash at Timber Ridge! We'll take on the twisty tube slides, relax in the lazy river, and test our skills on water activity courses.

**Age group:** Ages 6-15

**Suggested ability level:** all abilities

**Location:** Lake Geneva, WI

Prog#	Day	Date	Time	R/NR Fee
8200	Sun	Sept 30	10:00 am-2:00 pm	\$29/\$51

Bus Departs	Transportation Location	Returns
9:00 am	Lake in the Hills Village Hall	3:00 pm
9:00	NISRA Office	3:00
8:30	The Centre, Elgin	3:30

**Min/Max:** 6/12

**Staff Contact:** Cailyn

NOTE: Please bring a labeled swimsuit & towel, change of clothes, and a sack lunch. Or bring \$10 if you wish to buy lunch at the water park.



### Fall Festival

NISRA is teaming up again with other SRAs (special recreation associations) for another youth special event.

Watch for more information on this fun day of play with your friends and others from neighboring suburbs.

**Day & Date:** Sun, Oct 21 (tentative)

**Time:** 1:00-4:00 pm (tentative)

**Staff contact:** Rebecca

SCHOOL'S OUT !!!

time for fun!

## Holiday Break Camp for Ages 7-13

### School's Out – Winter Break Camp



School's out and it's time to hang out with your friends for fun, games, art & more! Each day includes activities focused on a theme at the Sage TR Center. We'll also go swimming one day each week.

**Age group:** Ages 7-13

**Suggested ability level:** all abilities

**Location:** Sage TR Center, Crystal Lake with swimming at The Centre in Elgin

Prog #	Days/Dates	Time	R/NR Fee	Min/Max
8260	Week I – Wed, Thurs, Fri, Dec 26-28	9:00 am-3:00 pm	\$90/\$158	8/15
8265	Week II – Wed, Thurs, Fri, Jan 2-4	9:00 am-3:00 pm	\$90/\$158	8/15


Bus Departs	Transportation Location	Returns
8:30 am	Lake in the Hills Village Hall	3:30 pm
9:00	NISRA Office	3:00
8:00	Woodstock Recreation Center	4:00

**Staff Contact:** Jamie

NOTE: Please bring a labeled sack lunch & drink each day. NISRA will provide an afternoon snack. Please bring a labeled swimsuit & towel on Dec 27 & Jan 3. The group may go on some local field trips.



## Holiday Break Events for Ages 14-21

**Age group:** Ages 14-21  
**Suggested ability level:** all abilities  
**Min/Max:** 8/15  
**Staff Contact:** Kara 

Bus Departs	Transportation Location	Returns
8:30 am	Lake in the Hills Village Hall	3:30 pm
9:00	NISRA Office	3:00
8:00	Woodstock Recreation Center	4:00

### Cooking & Movie

Cook and enjoy a delicious meal before going to the movie theater! We'll prepare and eat our lunch in the Teaching Kitchen, then see one of the current movies on the big screen.

**Location:** Sage TR Center Teaching Kitchen and movie theater

Prog#	Day Date	Time	R/NR Fee
8262	Wed Dec 26	9:00 am-3:00 pm	\$32/\$55

NOTE: Movie will be PG or PG-13. Fee includes lunch & movie ticket; bring additional money for snacks at the theater. Please let the NISRA Office know of any food allergies, so we may try to accomodate.

### Schaumburg Water Works

Join us for a pool day at our nearby indoor water park, the Schaumburg Water Works. We'll have a blast splashing in the whirlpool and using the waterslides and diving boards!

**Location:** Schaumburg

Prog#	Day Date	Time	R/NR Fee
8258	Thurs Dec 27	9:00 am-3:00 pm	\$28/\$49

NOTE: Please bring a labeled sack lunch & drink, along with a labeled swimsuit & towel.

### Dave & Busters

Today is all about gaming and having fun! We'll head to Dave & Busters, where the party never stops--arcade games, bowling & billiards...they have it all!

**Location:** Addison

Prog#	Day Date	Time	R/NR Fee
8263	Fri Dec 28	9:00 am-3:00 pm	\$38/\$66

NOTE: Fee includes lunch and a \$10 game card. Please bring additional \$ if you want to play more games.

### Color Me Mine

It's time to get crafty! We'll spend the morning picking out our own ceramics, painting them, and getting them glazed. We'll head back to NISRA for lunch, games, and more crafts!

**Location:** Crystal Lake

Prog#	Day Date	Time	R/NR Fee
8261	Wed Jan 2	9:00 am-3:00 pm	\$34/\$60

NOTE: Please bring a labelled sack lunch. Ceramics will be picked up the following week, and participants will be contacted to pick up their pieces at NISRA.

### Snow Tubing & Games

Forget traditional sledding, Villa Olivia has a newly improved snowtubing hill, a "Magic Carpet" conveyer lift and new snow tubes! After tubing, we'll head to NISRA for indoor adventure.

**Location:** Villa Olivia, Bartlett and NISRA

Prog#	Day Date	Time	R/NR Fee
8264	Thurs Jan 3	9:00 am-3:00 pm	\$33/\$57

NOTE: Please bring warm winter clothes including coat, hat, gloves, boots, snowpants if you have them, and/or optional change of clothes. Also, bring a labeled sack lunch & drink.



### Main Event

Main Event has something for everyone! We'll spend our day bowling, enjoying a pizza lunch, and playing laser tag & arcade games. You won't want to miss this!

**Location:** Hoffman Estates

Prog#	Day Date	Time	R/NR Fee
8266	Fri Jan 4	9:00 am-3:00 pm	\$38/\$66

NOTE: Fee includes lunch. A small arcade game card is included; please bring additional \$ if you want to play more games.

# special events

## SRA Homecoming Dance–Flashback to the ‘80s

Meet others from different special recreation associations (SRAs) and dance to a live DJ. Refreshments and, of course, the crowning of the Homecoming King & Queen complete this fun evening!

**Age group:** Ages 13 & older

**Suggested ability level:** all abilities

**Location:** York Township Building, Lombard

Prog#	Day	Date	Time	R/NR Fee
8414	Fri	Sept 28	7:00-9:30 pm	\$32/\$56

Bus Departs	Transportation Location	Returns
5:15 pm	NISRA Office	11:00 pm
5:45	Rakow Center	10:45
6:00	The Centre, Elgin	10:30

**Min/Max:** 10/15

**Staff Contact:** Jamie

NOTE: Please dress in your favorite 80's inspired ensemble!

**DANCE THE NIGHT AWAY!**

Transportation is provided for all of these events.



## Halloween Dance

What will it be...spooky, funny, hairy, or just plain cute? Have fun in your Halloween costume while dancing to your favorite tunes!

**Age group:** Ages 21 & older

**Suggested ability level:** all abilities

**Location:** Cafeteria, Huntley R.E.C. Center, Huntley

Day	Date	Time	R/NR Fee	R/NR Fee w/Transp.
Fri	Oct 26	7:00-9:00 pm	\$14/\$21	\$19/\$26

Prog #	Bus Departs	Transportation Location	Returns	Max
8459*	6:15 pm	Barrington Park District	9:30 pm	*12
8459*	5:45	Wauconda Park District	10:00	combined
8460	6:15	McHenry Municipal Ctr., McHenry	9:30	12
8464	6:30	NISRA Office	9:30	24
8461	6:30	Sheltered Village	9:30	40
8462	6:30	The Centre, Elgin	9:30	12
8463	7:00	no transp; meet at dance	9:00	NA

**Min/Max:** 50/150

**Staff Contact:** Kara

NOTE: Please register for the Program # that goes with the transportation location where you wish to be picked up & dropped off.

**New time & location!**

## Holiday Dance

It's time to celebrate the upcoming holiday season. For this dance, we'll be in a nice ballroom—perfect for dressing up and dancing with your friends!

**Age group:** Ages 21 & older

**Suggested ability level:** all abilities

**Location:** Ballroom, The Centre, Elgin

Day	Date	Time	R/NR Fee	R/NR Fee w/Transp.
Sat	Dec 15	3:00-5:00 pm	\$14/\$21	\$19/\$26

Prog #	Bus Departs	Transportation Location	Returns	Max
8471*	2:30 pm	Barrington Park District	5:30 pm	*12
8471*	2:00	Wauconda Park District	6:00	combined
8474	2:40	Huntley R.E.C. Center	5:20	12
8472	2:15	McHenry Municipal Ctr., McHenry	5:45	12
8418	2:30	NISRA Office	5:30	24
8473	2:15	Sheltered Village	5:45	40
8475	3:00	no transp; meet at dance	5:00	NA

**Min/Max:** 50/150

**Staff Contact:** Kara

NOTE: Please register for the Program # that goes with the transportation location where you wish to be picked up & dropped off.

## Lake Geneva Boat Ride & Ice Cream



Enjoy a relaxing boat tour of Lake Geneva and an ice cream social! Learn the history behind the Wrigley Residences and the secrets of the remarkable Stone Manor.

**Age group:** Ages 18 & older

**Suggested ability level:** all abilities

**Location:** Lake Geneva, Wisconsin

Prog#	Day	Date	Time	R/NR Fee
8443	Sun	Oct 14	2:00-4:00 pm	\$39/\$68

Bus Departs	Transportation Location	Returns
11:45 am	McHenry Municipal Ctr., McHenry	5:00 pm
11:15	NISRA Office	5:15
11:45	Rakow Recreation Ctr., Carpentersville	5:30
12:30 pm	Sheltered Village	4:45

**Min/Max:** 10/35

**Staff Contact:** Cailyn

NOTE: Please eat lunch prior to attending this event.

*Resident Priority Registration  
ends Aug 27*

*Non-Resident Registration  
begins Aug 28*

*Final Registration Deadline  
Aug 30*



## Beauty & the Beast, Jr.

Our Theater Troupe will bring this tale to the stage with fun choreography, costumes & unique flair.

- Dec 12 & 14 at 7 pm
- Cosman Theater,  
Huntley R.E.C. Center
- \$2 tickets

*Last year's Elf, Jr.  
delighted our audiences!*

## The Dancing Horses



Check out Wisconsin's "Must See" Attraction! This dazzling horse show comes to life with many breeds performing alongside their trainers in a fully decorated, temperature controlled theater.

**Age group:** Ages 13 & older

**Suggested ability level:** all abilities

**Location:** Lake Geneva, Wisconsin

Prog#	Day	Dates	Time	R/NR Fee
8654	Sun	Nov 18	1:00-3:30 pm	\$61/\$107

Bus Departs	Transportation Location	Returns
10:30 am	McHenry Municipal Ctr. McHenry	5:15 pm
11:00	NISRA Office	5:30
11:15	Sheltered Village	4:45

**Min/Max:** 12/20

**Staff Contact:** Cailyn

NOTE: This show includes an intense strobe light display that may not be suitable for individuals with sensitivity to flashing lights. Fee includes lunch. Nov 18 is the new date--changed by theater.





# special events

## Pop In (Pioneer Day Off)



Spend your day off of work with friends! We'll get your morning going with games & crafts at the Woodstock Recreation Center. Then we're off to the Woodstock Classic Cinemas to see a movie!

**Age group:** Pioneer Clients, Ages 18 & older

**Suggested ability level:** all abilities

**Location:** Woodstock

Prog#	Day	Date	Time	R Fee
1473	Fri	Oct 19	9:00 am-2:30 pm	\$25

Van Departs	Transportation Location	Returns
8:30 am	McHenry Municipal Ctr., McHenry	3:00 pm
8:00	NISRA Office	3:15
8:45	Sheltered Village	2:45

**Min/Max:** 10/25

**Staff Contact:** Rebecca

NOTE: Fee includes activities & movie ticket. Movie will be selected based on PG/PG-13 rating. Please bring a labeled, non-microwavable sack lunch & drink. Families/participants need to arrange their own transportation to the bus pick up location and pick up at the location afterwards.



## Active Adult Adventures



In this social club for active adults from Pioneer Center & AID, enjoy brunch and a movie. Not only is it a nice day on the town, but you can enjoy your friends & make some new ones too!

**Age group:** Pioneer & AID Clients, Ages 45 & older

**Suggested ability level:** all abilities

**Location:** Classic Cinemas and Southern Belles, Carpentersville

Prog#	Day	Date	Time	Fee
8476	Wed	Sept 19	10:30 am-2:00 pm	\$33

Bus Departs	Transportation Location	Returns
10:00 am	Pioneer Center, McHenry	2:30 pm
10:00	AID/Elgin Training Center, Elgin	2:30

**Min/Max:** 6/12

**Staff Contact:** Rebecca/Kara

NOTE: Fee includes all costs except personal snacks at the movie theater. Please bring extra money if you wish to purchase snacks.

## Holiday Magic at Brookfield



It's our annual trip to see the Brookfield Zoo as it's magically transformed into a winter wonderland of sparkling lights, ice carvings, festive music & more!

**Age group:** Ages 13 & older

**Suggested ability level:** all abilities

**Location:** Brookfield Zoo, Brookfield

Prog#	Day	Date	Time	R/NR Fee
8603	Sun	Dec 9	3:00-7:00 pm	\$40/\$70

Bus Departs	Transportation Location	Returns
1:30 pm	NISRA Office	8:30 pm
2:00	Rakow Center	8:00

**Min/Max:** 10/30

**Staff Contact:** Rebecca

NOTE: Please bring \$15 for dinner. Also, please wear comfortable walking shoes & dress appropriately for the weather since most of the activities are outdoors.

## Holiday Shopping & Lunch



Put on your walking shoes & get ready to do some power shopping! We'll shop, eat lunch, then shop some more!

**Age group:** Ages 18 & older

**Suggested ability level:** all abilities

**Location:** CherryVale Mall, Rockford

Prog #	Day	Date	Time	R/NR Fee
8401	Thurs	Dec 6	10:00 am-2:00 pm	\$13/\$23

Bus Departs	Transportation Location	Returns
8:00 am	McHenry Municipal Ctr. McHenry	3:30 pm
8:30	NISRA Office	4:00
9:00	Sheltered Village	3:00

**Min/Max:** 10/25

**Staff Contact:** Kara

NOTE: Please bring \$10-15 for lunch, along with your shopping list and sufficient money for your purchases.



# special events & trips



## Partners Painting Party

Invite your mom, dad, or grown-up sister or brother to this party! Our instructor will guide you to make your own unique version of the project. Bring your creativity and we'll provide the materials!

**Age group:** Ages 13 & older

**Suggested ability level:** all abilities

**Location:** Art Studio, Sage TR Center at the NISRA Office

Prog #	Day	Date/Project	Time	R/NR Fee*
5581	Fri	Oct 19 Sun/Moon	7:00-9:00 pm	\$15/\$26
5585	Fri	Nov 2 Trees/Birds	7:00-9:00 pm	\$15/\$26

**Min/Max:** 6/10

**Staff Contact:** Emily

**NOTE:** \*Fee is per person; **participant and partner must both register.** Fee includes all supplies.

## MLB Spring Training Trip



It doesn't get much more exciting than springtime in Arizona, watching the Cubs and White Sox get ready for their baseball seasons! New this year will be a visit to Dolphinaris, an interactive experience with dolphins. We'll enjoy them up-close from land, or there is an optional water experience.

**Group:** Ages 21 & older

**Suggested ability level:** Ambulatory adults, with moderate level of independence skills

**Location:** Phoenix, Arizona area

Prog#	Day	Dates	Time	R/NR Fee
4015	Sun- Thurs	Mar 10-14 2019	TBA	\$250 deposit

**Min/Max:** 8/12

**Staff Contact:** Kara

**NOTE:** Fee includes air fare, ground transportation, lodging meals, activities and staff supervision. The deposit is required to register for the trip. Final cost (estimated \$1,400-1,600 for residents and \$1,700 -1,900 for non-residents) will be determined following airline booking. Final payment will be due Jan 18. Please let Kara know if you are interested in the Dolphinaris water experience. A pre-trip meeting will be scheduled closer to the trip.



## General Information about Trips

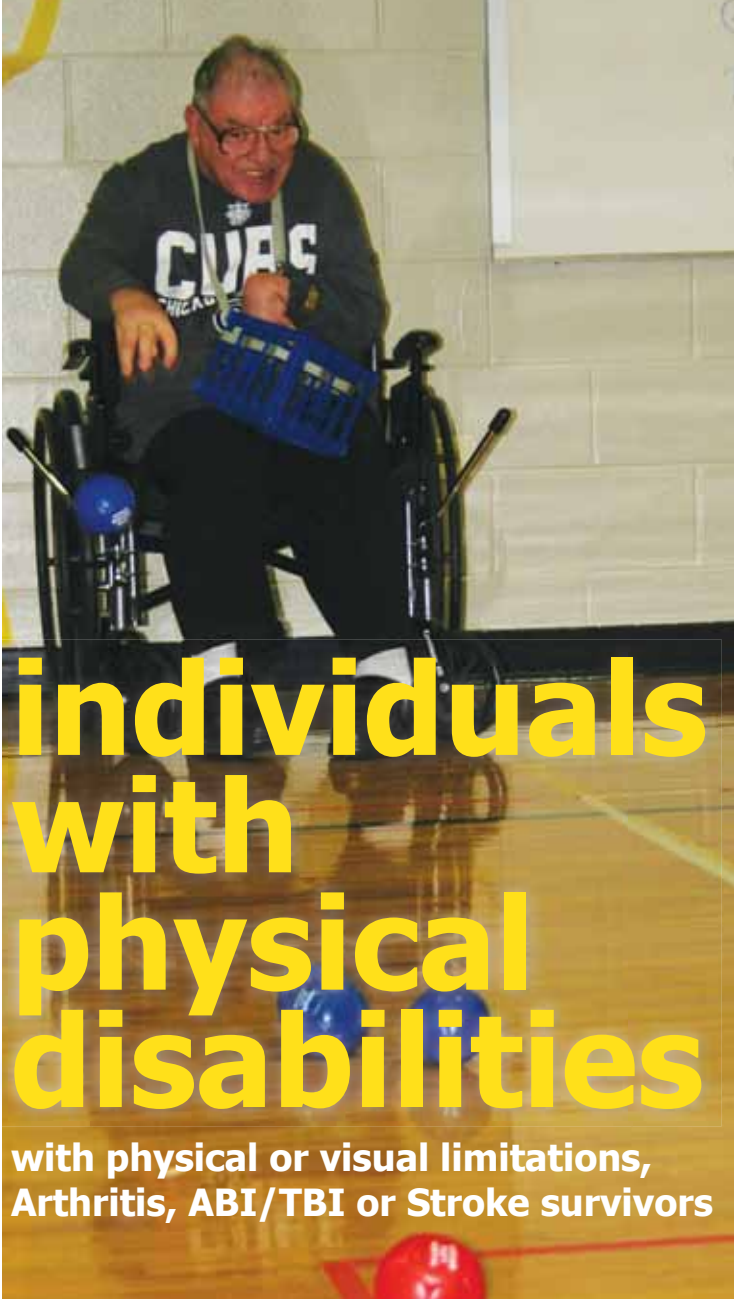
The following information pertains to all overnight trips.

### Eligibility

It is recommended that participants have a moderate level of independence skills for overnight trips. In addition to caring for themselves & their belongings, participants will be expected to follow scheduled activities, stay with the group, and help with general activities of daily living including food preparation and clean up. After the registration is received, a NISRA staff member will contact the participant/family by phone to discuss the trip and make sure that it is a good fit for the participant, ensuring a successful trip for everyone.

### Housing

Trip accommodations are typically double-occupancy. Participants will be sharing rooms, and possibly beds, with peers. A NISRA staff member may not be staying in the room. Room assignments will be made by the staff coordinating the trip. Participants are encouraged to be considerate, and take care of their personal belongings while being respectful of their roommates.



# individuals with physical disabilities

with physical or visual limitations, Arthritis, ABI/TBI or Stroke survivors

Due to the popularity of Out-n-About and long waiting lists for the program, this program is limited to people with a physical disability, a traumatic or acquired brain injury, who are dependent on transportation and have fewer program opportunities.

*Resident Priority Registration ends Aug 27*  
*Non-Resident Registration begins Aug 28*  
*Final Registration Deadline Aug 30*



## Fitness Swim

Dip in the pool for some water exercises or walking laps to help increase your strength, flexibility, and endurance. Research has proven that exercise boosts not only your physical health, but your attitude & mood as well.

**Age group:** Ages 21 & older

**Suggested ability level:** Participants w/physical limitations

**Location:** Rakow Center, Carpentersville

Prog #	Day	Dates	Weeks	Time
0502	Mon	Sept 24-Nov 12	8	11:10-11:55 am

**R/NR Fee no Transp.** \$54/\$95

**NR Fee w/Pick-up Point** \$135

**R Fee w/Door-to-Door Transp.\*** \$118

\*Door-to-Door is available for residents of NISRA's 13 member districts only.

**Min/Max:** 3/8

**Staff Contact:** Kara

NOTE: Pick-up points for non-residents will be determined after registration. See page 47 for information about the fitness waiver required for participation. If you have had medical treatment during the 2 year time frame of your Fitness Waiver, please submit a new form to your doctor & NISRA.

The wheelchair logo indicates programs specially designed for people whose primary disability is a physical disability.



## Out-n-About



Don't miss out on the great things to do in this area! At Out-n-About, get together to explore the community, talk, laugh, and have fun.

**Age group:** Ages 18 & older

**Suggested ability level:** Participants w/physical disabilities, or traumatic or acquired brain injury

**Location:** varies

Prog #	Day	Dates	Weeks	Time
0503	Tues	Sept 25-Oct 16	4	6:30-8:30 pm

**R/NR Fee no Transp.** \$48/\$84

**NR Fee w/Pick-up Point** \$104

**R Fee w/Door-to-Door Transp.\*** \$80

\*Door-to-Door is available for residents of NISRA's 13 member districts only.

**Min/Max:** 5/10

**Transportation Max:** Transportation availability is determined by the number of buses available & routes with reasonable riding times.

**Staff Contact:** Kara

NOTE: Pick-up points for non-residents will be determined after registration. Due to NISRA's large service area, participants may be picked up as early as 4:45 pm and dropped off as late as 11:00 pm. A detailed flyer will be mailed to you after the first week with specific information about each week's outing. Some activities may require you to bring extra money. We'll focus on recreational outings; if you're looking for dining out, try Restaurant Hoppers.



# individuals with physical disabilities

with physical or visual limitations, Arthritis, ABI/TBI or Stroke survivors

## Stretch 'n Tone

**Tues, #2506**

Sept 25-Nov 20 (8 weeks)

**No Prog Oct 16**



**Thurs, #2507**

Sept 27-Nov 15 (8 weeks)

**Age group:** Ages 21 & older

**Suggested ability level:** Participants w/physical limitations

**Location:** MCC Fitness Center

**Time:** 1:00-2:00 pm

**Program Min/Max:** 6/6 for each day

**Transportation Max:** Transportation availability is determined by the number of buses available and routes with reasonable riding times.

**Staff Contact:** Cailyn

NOTE: See page 47 for information about the fitness waiver required for participation. If you have had medical treatment during the 2 year time frame of your Fitness Waiver, please submit a new form to your doctor & NISRA.

Our dedicated & caring staff will help design an individual fitness plan specially for you. Light weights & fitness equipment will be used to increase your strength, muscle tone & flexibility. This is a recreational fitness program and is not intended to be a replacement for physical therapy.

### R/NR Fees for 8 weeks on Tuesdays:

\$54 R/\$95 NR w/no transportation

\$135 NR w/Pick-up Point transportation

\$118 R w/door-to-door transportation (residents of NISRA's 13 member districts only)

### R/NR Fees for 8 weeks on Thursdays:

\$54 R/\$95 NR w/no transportation

\$135 NR w/Pick-up Point transportation

\$118 R w/door-to-door transportation (residents of NISRA's 13 member districts only)

## Restaurant Hoppers

**New day!**



Why eat at the same restaurant all the time when there are so many great options? Each week we'll visit a tasty eatery in the Crystal Lake or Algonquin area to sample a new entree.

**Age group:** Ages 18 & older

**Suggested ability level:** Participants w/physical disabilities, or traumatic or acquired brain injury

**Location:** various

Prog #	Day	Dates	Weeks	Time
0509	Tues	Oct 23-Nov 13	4	6:00-7:30 pm

**R/NR Fee no Transp.**      **NR Fee w/Pick-up Point**

\$48/\$84      \$104

**R Fee w/Door-to-Door Transp.\***

\$80

\*Door-to-Door is available for residents of NISRA's 13 member districts only.

**Min/Max:** 6/12

**Staff Contact:** Kara

NOTE: Pick-up points for non-residents will be determined after registration. If no transportation is chosen, please meet at the restaurant each week. The schedule will be sent to you prior to the start of the season. Please bring money for dinner & tip.



## Boccia



Boccia is a competitive sport as well as a fun yard game! It's designed for those with a physical disability that limits range of motion in the arms & hands. Coaches will assist you in determining whether adapted devices (ramps, head stick, etc.) are needed to make you successful.

**Age group:** Ages 8 & older

**Suggested ability level:** Participants w/physical limitations

**Location:** Marlowe Middle School, Lake in the Hills

Prog #	Day	Dates	Weeks	Time
6802	Thurs	Sept 27-Nov 1	6	7:00-8:00 pm

**R/NR Fee no Transp.**      **NR Fee w/Pick-up Point**

\$36/\$63      \$93

**R Fee w/Door-to Door Transp.\***

\$84

\*Door-to-Door is available for residents of NISRA's 13 member districts only.

**Min/Max:** 3/8

**Staff Contact:** Chelsey

NOTE: A limited number of door-to-door transportation spots are available. There may be opportunities to participate in Boccia competitions for an additional fee.

## Art Explorations

Tap into your creativity with a local professional artist. There are always new techniques to learn & subjects to explore with paints, pastels & more!

**Age group:** Ages 16 & older

**Suggested ability level:** All abilities

**Location:** Art Studio, Sage TR Center at the NISRA Office

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5524	Thurs	Sept 27-Nov 15	8	6:00-7:00 pm	\$82/\$144

**Min/Max:** 6/10

**Staff Contact:** Emily

# Ages 3-6

## Early Childhood Swims

Would you like for your child to get more comfortable in the water? This nurturing group lesson, with close staff-to-participant ratios, emphasizes water adjustment & instruction in basic swimming skills, ending with water games each week.

**Age group:** Ages 3-6

**Suggested ability level:** all abilities

### Elgin

**Location:** Therapy Pool at The Centre, Elgin

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0117	Wed	Sept 26-Nov 14	7	6:00-6:30 pm	\$47/\$83
<b>No Prog Oct 31</b>					

**Min/Max:** 4/6

**Staff Contact:** Kara

NOTE: Lessons are held in the warm water Therapy Pool.

**Back-to-back with Sensory Mash-Up!**

### Woodstock

**Location:** Woodstock High School, Woodstock

**New location!**

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1110	Thurs	Sept 27-Nov 15	8	5:20-5:50 pm	\$54/\$95

**Min/Max:** 4/7

**Staff Contact:** Rebecca

NOTE: Lessons are held in a competitive lap pool. Ladder entry or sit & slide entry is required to enter the pool.

## Youth Ballet

Twirl, twist and glide in this beginner's dance program. Little ones will learn the basics of ballet, meet new friends and work on following a simple routine.

**Age group:** Ages 3-6

**Suggested ability level:** all abilities

**Location:** Dance Force Studio, Huntley



Prog #	Day	Dates	Weeks	Time	R/NR Fee
5508	Tues	Sept 25-Nov 13	8	3:45-4:30 pm	\$60/\$105

**Min/Max:** 6/10

**Staff Contact:** Emily

NOTE: A waiver for Dance Force Studio must be signed before participating.

**Starts earlier!**

## Tots O' Fun

This popular program offers high-energy games, basic sports, music and art activities to delight every child. There'll be new experiences as well as reinforcing favorite songs and games.

**Suggested ability level:** all abilities

**Age group:** Ages 3-6

**Location:** Cary Park District

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3113	Sat	Sept 22-Nov 10	8	9:30 am-12:00	\$94/\$165

**Min/Max:** 6/10

**Staff Contact:** Jamie

NOTE: Participants should bring a labeled sack lunch & drink.

**Did your child love Tots O'Fun, but is older than 6 years? Then consider Super Saturdays or Saturday Fun Club!**



# early childhood & youth

**New!**

## Messy Sensory Art I

Art isn't only visual...it can include sound, touch, smell, and even taste! Explore your senses while creating your own masterpieces.

**Age group:** Ages 3-8

**Suggested ability level:** all abilities

**Location:** Wauconda Park District

Prog#	Day	Dates	Weeks	Time	R/NR Fee
3125	Mon	Sept 24-Nov 12	8	4:30-5:15 pm	\$50/\$88

**Min/Max:** 6/10

**Staff Contact:** Jamie

NOTE: Please bring an old shirt to wear over your clothes.

*Resident Priority Registration ends Aug 27*

*Non-Resident Registration begins Aug 28*

*Final Registration Deadline Aug 30*

# early childhood & youth

## Music, Movement & Relaxation

In this interactive program we'll combine music & singing with gross motor activities. We'll also explore our senses through a bubble tube, fiber optic spray, stimulating sensory bins & toys!

**Age group:** Ages 3-10

**Suggested ability level:** all abilities

**Location:** Music Room, Sage TR Center at the NISRA Office

Prog#	Day	Dates	Weeks	Time	R/NR Fee
3111	Mon	Sept 24-Nov 12	8	5:30-6:30 pm	\$48/\$84

**Min/Max:** 4/10

**Staff Contact:** Jamie



## Open Gym Gymnastics

Ready, Set, Go! This fun & energetic program focuses on basic gymnastics skills including cartwheels, rolls, balance beam and climbing. There's a foam pit for more fun! Develop eye-hand coordination, balance, flexibility and strength.

**Suggested ability level:** all abilities

**Age group:** Ages 3-10

**Location:** HUGS, Huntley

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0107	Tues	Sept 25-Nov 13	8	3:45-4:30 pm	\$82/\$144

**Min/Max:** 6/12

**Staff Contact:** Kara

**New!**

## Youth Sports

Let's explore the world of sports together! We'll learn basic skills for several different sports in a fun, nurturing environment where everyone can experience success. We'll also focus on teamwork and sportsmanship.

**Age group:** Ages 3-10

**Suggested ability level:** all abilities

**Location:** Marengo Park District

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1120	Wed	Sept 26-Nov 14	7	4:45-5:30 pm	\$42/\$74
<b>No Prog Oct 31</b>					

**Min/Max:** 4/8

**Staff Contact:** Rebecca





# early childhood & youth

## Sensory Swim

This program is for children who like being in the water, but don't want structured swim lessons. Children can enjoy the buoyancy, comfort, and therapeutic benefits of the warm water therapy pool.

**Age group:** Ages 6-12

**Suggested ability level:** all abilities

**Location:** The Centre, Elgin

Prog#	Day	Date	Weeks	Time	R/NR Fee
0237	Wed	Sept 26-Nov 14	7	6:40-7:10 pm	\$47/\$83
<b>No Prog Oct 31</b>					

**Min/Max:** 6/8

**Staff Contact:** Kara

NOTE: Program will be held in the warm water Therapy Pool.

New age group!

## Sensory Mash-Up

Sight, sound, smell, touch & taste--experience them all in this sensory program using messy art, stimulating video games, and playful activities! Delight your senses and have fun!

**Age group:** Ages 4-13

**Suggested ability level:** all abilities

**Location:** East Conference Room, The Centre, Elgin

Prog#	Day	Dates	Weeks	Time	R/NR Fee
0134	Wed	Sept 26-Nov 14	7	5:00-5:40 pm	\$44/\$77
<b>No Prog Oct 31</b>					

**Min/Max:** 6/12

**Staff Contact:** Kara

NOTE: This program follows Early Childhood Swim Lessons. Consider signing up for both!



New age group!

## Sports Mania

Learn sports skills in a fun-filled program! We'll work on motor and cognitive skills through traditional sports such as t-ball, basketball & soccer. We'll also focus on teamwork & sportsmanship.

**Age group:** Ages 4-13

**Suggested ability level:** all abilities

**Location:** Multi-use Gym, The Centre, Elgin

Prog#	Day	Dates	Weeks	Time	R/NR Fee
0133	Thurs	Sept 27-Nov 15	8	5:00-5:45 pm	\$48/\$84

**Min/Max:** 6/12

**Staff Contact:** Kara

Back to back programs, sign up for both!

New!

## Gamers

Play some Wii and other popular games on big screens! We'll challenge each other, while being team players and practicing sportsmanship.

**Age group:** Ages 4-13

**Suggested ability level:** all abilities

**Location:** East Conference Room, The Centre, Elgin

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0122	Thurs	Sept 27-Nov 15	8	6:00-6:45 pm	\$50/\$88

**Min/Max:** 6/12

**Staff Contact:** Kara

## Tumbling Fun

Tumble, roll, leap, balance, and giggle at this program to help children develop motor skills, strength and coordination. Tumbling mats, wedges, a low-height balance beam and other equipment offers plenty of tumbling fun!

**Age group:** Ages 3-10

**Suggested ability level:** all abilities

**Location:** Barrington Park District

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3242	Fri	Sept 28-Nov 16	8	4:30-5:15 pm	\$48/\$84

**Min/Max:** 6/12

**Staff Contact:** Jamie

## Sticky Fingers

We're getting in touch with our senses of touch, sight & smell in this ooey, gooey program! It'll be all hands-on with finger paints and homemade doughs in all kinds of projects.

**Age group:** Ages 3-10

**Suggested ability level:** all abilities

**Location:** McHenry Recreation Center, McHenry

Prog#	Day	Dates	Weeks	Time	R/NR Fee
1114	Thurs	Sept 27-Nov 15	8	5:00-5:45 pm	\$50/\$88

**Min/Max:** 4/8

**Staff Contact:** Rebecca

NOTE: Please bring an old shirt or wear clothes that can get messy.

**Back-to-back programs!**

## Simply STEM

STEM stands for science, technology, engineering and math, but you're never too young to explore these! We'll use stories, songs, and crafts for a playful, explorative experience.

**Age group:** Ages 3-10

**Suggested ability level:** all abilities

**Location:** McHenry Recreation Center, McHenry

Prog#	Day	Date	Weeks	Time	R/NR Fee
1115	Thurs	Sept 27-Nov 15	8	6:00-6:45 pm	\$50/\$88

**Min/Max:** 4/8

**Staff Contact:** Rebecca



## Super Saturdays

Have a blast on Saturday mornings with our energetic line-up of games, sports, crafts, music & a couple of field trips. Make new friends in this fun program!

**Age group:** Ages 7-10

**Suggested ability level:** all abilities

**Location:** Cary Park District

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2202	Sat	Sept 22-Nov 10	8	9:00 am-12:00	\$94/\$165

**Min/Max:** 6/10

**Staff Contact:** Jamie

NOTE: Participants should bring a labeled sack lunch & drink.

**Calling all pre-teens & teens, ages 11-15! Sign up for fun on Saturdays at our Teen Time program.**

**Starts earlier!**

## Saturday Fun Club...6-10

Check out Saturday Fun Club & all the things to do at The Centre! NISRA's encouraging staff lead sports, games, music, art activities and swimming in this program where fun & laughter abound!

**Age group:** Ages 6-10

**Suggested ability level:** all abilities

**Location:** The Centre, Elgin

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0207	Sat	Sept 22-Nov 10	8	10:00 am-1:00 pm	\$94/\$165

**Min/Max:** 6/10

**Staff Contact:** Kara

NOTE: Participants should bring a labeled sack lunch & drink, and swimsuit & towel. **Parents, please pick up your child at the pool at 12:50 pm.**

**Starts earlier!**

**If your child is older than 10, there's still more fun to be had at Saturday Fun Club, for ages 11-15!**



youth  
&

young teens

## PROGRAMS FOR YOUTH WITH AUTISM SPECTRUM DISORDERS

### Game Groupies

Sharpen up your Wii & Xbox talents, and prepare to play some other popular games. We'll challenge each other, while being team players and practicing sportsmanship.

**Age group:** Ages 7-15

**Suggested ability level:** Autism Spectrum Disorder

**Location:** Community Room, Sage TR Center at the NISRA Office

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3244	Tues	Sept 25-Nov 13	8	5:15-6:00 pm	\$50/\$88

**Min/Max:** 4/10

**Staff Contact:** Jamie

**Back-to-back programs! For double the fun, sign up for both!**

### Kitchen Creations

Gather some tasty ingredients & cool recipes, then measure, chop, stir and bake up some great snacks & dishes. You'll be able to take your favorite recipes home & make your creations again!

**Age group:** Ages 7-15

**Suggested ability level:** Autism Spectrum Disorder

**Location:** Teaching Kitchen, Sage TR Center at the NISRA Office

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3245	Tues	Sept 25-Nov 13	8	6:15-7:30 pm	\$90/\$158

**Min/Max:** 4/7

**Staff Contact:** Jamie

### Kids in the Kitchen

Gather some tasty ingredients & cool recipes, then measure, chop, stir and bake up some great snacks & dishes. You'll be able to take your favorite recipes home & make your creations again!

**Age group:** Ages 7-15

**Suggested ability level:** all abilities

**Location:** Teaching Kitchen, Sage TR Center at the NISRA Office

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3215	Tues	Sept 25-Nov 13	8	4:45-6:00 pm	\$90/\$158

**Min/Max:** 4/7

**Staff Contact:** Jamie



**Back-to-back programs! For double the fun, sign up for both!**

### Gamer's Paradise

Play some Wii, Xbox and other popular games on our big screens! We'll challenge each other, while being team players and practicing sportsmanship.

**Age group:** Ages 7-15

**Suggested ability level:** all abilities

**Location:** Community Room, Sage TR Center at the NISRA Office

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3235	Tues	Sept 25-Nov 13	8	6:15-7:00 pm	\$50/\$88

**Min/Max:** 4/10

**Staff Contact:** Jamie

**New!**

### Messy Sensory Art II

Art isn't only visual...it can include sound, touch, smell, and even taste! Explore your senses while creating your own masterpieces.

**Age group:** Ages 9-13

**Suggested ability level:** all abilities

**Location:** Wauconda Park District

Prog#	Day	Dates	Weeks	Time	R/NR Fee
3225	Mon	Sept 24-Nov 12	8	5:30-6:15 pm	\$50/\$88

**Min/Max:** 6/10

**Staff Contact:** Jamie

NOTE: Please bring an old shirt to wear over your clothes.



# youth & young teens

*Resident Priority Registration ends Aug 27*  
*Non-Resident Registration begins Aug 28*  
*Final Registration Deadline Aug 30*



**Starts earlier!**

## Youth Strikers

Cheer on your friends as you hear those pins crash! We'll help you develop your skills so that your scoresheet has more strikes & spares.

**Age group:** Ages 7-15

**Suggested ability level:** all abilities

**Location:** Bowlero Bowl, Algonquin

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3209	Sat	Sept 22-Nov 10	8	9:00-10:30 am	\$78/\$137

**Min/Max:** 1/12

**Staff Contact:** Jamie

NOTE: Fee includes shoe & ball rental, and up to 2 games of bowling.

**Time is based upon the bowling alley schedule.**

**See special events on pages 8-13 and Special Olympics on pages 42-45 for more fun things to do!**

## Tennis–Youth Beginner

Get out your tennis racket & hit some balls! Start practicing in this encouraging program for beginners. We'll focus on the basics: serves, volleys, forehand & backhand.

**Age group:** Ages 10-15

**Suggested ability level:** all abilities

**Location:** Crystal Lake Racket Club, Algonquin

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2220	Fri	Sept 28-Nov 16	8	3:30-4:15 pm	\$48/\$84

**Min/Max:** 4/6

**Staff Contact:** Cailyn

NOTE: This program is a prerequisite to participation in Special Olympics Intermediate/Advanced Tennis.

**Starts earlier!**

## Saturday Fun Club...11-15

Check out Saturday Fun Club & all the things to do at The Centre! NISRA's encouraging staff lead sports, games, music, art activities and swimming in this program where fun & laughter abound!

**Age group:** Ages 11-15

**Suggested ability level:** all abilities

**Location:** The Centre, Elgin

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0239	Sat	Sept 22-Nov 10	8	10:00 am-1:00 pm	\$94/\$165

**Min/Max:** 6/10

**Staff Contact:** Kara

NOTE: Participants should bring a labeled sack lunch & drink, and swimsuit & towel. **Parents, please pick up your child at the pool at 12:50 pm.**

*Do you like cool music, rhythm & hip hop? Check out the dance programs on page 25.*

**Starts earlier!**

## TEEN TIME

Check out Teen Time, this on-the-go program for teens! We'll have in house games, projects & cool tunes, along with a few field trips.

**Age group:** Ages 11-15

**Suggested ability level:** all abilities

**Location:** Sage TR Center at the NISRA Office

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2300	Sat	Sept 22-Nov 10	8	9:00 am-12:00	\$102/\$179

**Min/Max:** 6/12

**Staff Contact:** Cailyn

NOTE: Participants should bring a labeled sack lunch & drink.

# youth & young teens

## Group Swim Lessons All Youth & Young Teens

**Suggested ability level:** all abilities

NISRA swim instruction focuses on skill progression and water safety. Lessons are conducted in small groups and swimmers are placed according to ability level and swimmer's needs; 1:1 assistance may be provided if safety is a concern.

Program	Prog #	Day & Dates	Weeks	Time	R/NR Fee	Min/Max
<b>Group Swim Dundee at Rakow Center, Carpentersville</b>					Call Kara for information.	
Ages 7-15, all abilities	#0211	Mon, Sept 24-Nov 12	8	5:30-6:10 pm	\$54/\$95	4/8
<b>Group Swim Crystal Lake at Dolphin Swim Club, Crystal Lake</b>					Call Cailyn for information.	
Ages 7-15, all abilities	#2213	Tues, Sept 25-Nov 13	8	7:30-8:15 pm	\$54/\$95	4/8
<b>Group Swim Elgin at The Centre, Elgin (Therapy Pool)</b> The Therapy Pool is a small, warm water pool.					Call Kara for information.	
Early Childhood Swim Ages 3-6, all abilities	#0117	Wed, Sept 26-Nov 14 <b>No Prog Oct 31</b>	7	6:00-6:30 pm	\$47/\$83	4/6
<b>Group Swim Woodstock at Woodstock High School, Woodstock</b>					Call Rebecca for information.	
Program is held in a competitive lap pool. Ladder entry or sit & slide entry is required to enter the pool.						
Early Childhood Swim Ages 3-6, all abilities	#1110	Thurs, Sept 27-Nov 15	8	5:20-5:50 pm	\$54/\$95	4/7
Ages 7-15, all abilities	#1216	Thurs, Sept 27-Nov 15	8	6:00-6:40 pm	\$54/\$95	4/7

**New location!**

Looking for a nurturing swim program that's not a structured lesson? See Sensory Swim.

### Beginner Swim Team—"Barracudas"

NISRA offers a Beginner Swim Team that prepares swimmers for the Special Olympics Swim Team (see page 39). The Beginner Team is designed for participants who:

- can swim one stroke the entire length of the pool
- can be coached in a 1:4 coaches to swimmers setting
- enjoy competition

The Beginner Swim Team is offered in Fall-Spring seasons in order to be a feeder team for competitive swimming if the swimmer desires to advance. NISRA's Special Olympics Swim Team coaches will assess the participant's skills to determine if he/she is ready to advance to the Sharks Swim Team.



# Ages 6 & older

## Ice Skating—Learn to Skate

Learn the basics of skating, including balance and movement in order to start gliding on the ice. The beginner program will help you develop the skills to advance to the next level.

**Age group:** Ages 6 & older

**Suggested ability level:** beginner level

**Location:** Crystal Ice House, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2606	Sat	Aug 25-Sept 29	5	8:00-8:45 am	\$20/\$35
<b>No Prog Sept 1</b>					
2605	Sat	Oct 6-Dec 22	10	8:00-8:45 am	\$40/\$70
<b>No Prog Nov 3, 24</b>					

**Min/Max:** 3/8

**Staff Contact:** Cailyn

NOTE: This program is a prerequisite for the Ice Skating-Intermediate/Advanced class. If the skater has prior experience, please contact Cailyn to be placed in the right program. Dates are in conjunction with the Ice House schedule, and the Ice House requires parents/guardians to remain in the building during the program time. Fee is reduced due to the generous donation of ice time & instructors by the Crystal Ice House.

## Ice Skating—Intermediate/Advanced

Take your skills to the next level in this beautiful and athletic sport. Work on the techniques that you admire in the world's best skaters!

**Age group:** Ages 6 & older

**Suggested ability level:** intermediate/advanced level

**Location:** Crystal Ice House, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2607	Sat	Aug 25-Sept 29	5	8:00-8:45 am	\$20/\$35
<b>No Prog Sept 1</b>					
2608	Sat	Oct 6-Dec 22	10	8:00-8:45 am	\$40/\$70
<b>No Prog Nov 3, 24</b>					

**Min/Max:** 3/8

**Staff Contact:** Cailyn

NOTE: Dates are in conjunction with the Ice House schedule, and the Ice House requires parents/guardians to remain in the building during the program time. Fee is reduced due to the generous donation of ice time & instructors by the Crystal Ice House.

## “Special Focus” Karate

The martial arts are a great way to develop physical & mental abilities—consider the benefits of karate: strength, coordination, self-confidence and respect for oneself & others. Gain focus & control, while learning self-defense in this structured & safe program.

**Age group:** Ages 6 & older

**Suggested ability level:** all abilities, Beginner & Intermediate Karate skills

**Location:** Focus Martial Arts, Lake in the Hills

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2214	Sat	Sept 1-Oct 20	8	11:30 am-12:15 pm	\$62/\$109
2215	Sat	Nov 3-Dec 22	8	11:30 am-12:15 pm	\$62/\$109

**Min/Max:** 8/15

**Staff Contact:** Cailyn

NOTE: Please wear comfortable clothing to move around in.



## Assisted Riding

### Wauconda

Do you love horses? Have some fun with the Partners for Progress horses & their trained staff while you learn the basics of horseback riding & horse care. This is a recreational riding program. Additional forms/waivers may be required by the stables. Refunds cannot be granted once the program has started.

**Age group:** Ages 7 & older

**Suggested ability level:** all abilities

**Location:** Partners for Progress, Wauconda

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3246	Tues	Sept 25-Nov 13	8	6:00-7:00 pm	\$240/\$420

**Min/Max:** 3/5

**Staff Contact:** Jamie

NOTE: Please wear close-toed shoes.

### Harvard

If you love horses and want to learn to ride, explore the basics of horseback riding in this enjoyable program. This is a recreational program and is not recommended for clients involved in other equine therapeutic programs. BraveHearts follows the guidelines in the North American Riding for the Handicapped Association's manual regarding precautions and participation in riding programs. The weight limit is 180 lbs. Parents will be asked to stay for the entire program and may be asked to side walk. \*Half hour sessions are scheduled on a first-come, first-serve basis. Please indicate your preference on the Registration Form. Additional forms/waivers may be required by the stables. Refunds cannot be granted once the program has started.

**Age group:** Ages 7 & older

**Suggested ability level:** all abilities

**Location:** BraveHearts, Harvard

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1213	Sat	Nov 10-Dec 22	7	9:00 am-3:00 pm*	\$210/\$368

**Min/Max:** 2/8

**Staff Contact:** Rebecca

NOTE: Time of lessons may vary based upon availability of the facility.



# youth & teens

## Afternoon Art Club

If you love to draw or paint, this program will take you a step further in the world of art expression. A professional instructor will guide you with techniques, different mediums & tools.

**Age group:** Ages 7-15

**Suggested ability level:** all abilities

**Location:** Art Studio, Sage TR Center at the NISRA Office

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5518	Wed	Sept 26-Oct 17	4	4:30-5:30 pm	\$41/\$72

**Min/Max:** 6/10

**Staff Contact:** Emily



## Encore! Joyful Noise Choir

Calling all enthusiastic singers! In the Joyful Noise Choir, instructed by the Encore Music Academy, you'll create wonderful sounds with your voices while learning a variety of songs.

**Age group:** Ages 10 & older

**Suggested ability level:** all abilities

**Location:** First Congregational Church, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5548	Thurs	Sept 27-Nov 15	8	6:30-7:15 pm	\$68/\$119

**Min/Max:** 8/15

**Staff Contact:** Emily

NOTE: The Choir will have an opportunity to sing at the NISRA Foundation's Holiday Fashion Show on Sat, Nov 17 and transportation will be provided.

# Cultural Arts

## Individual Music Lessons

Take lessons from a music instructor. **Learn to play guitar, bass guitar, piano, ukulele, or take voice lessons.\*** These half hour lessons include not only individualized instruction, but also new activities, games, and an introduction to new instruments.

**Age group:** Ages 7 & older

**Suggested ability level:** all abilities

**Staff Contact:** Emily

NOTE: Student should have the instrument at home in order to practice between lessons. If taking guitar or ukulele, bring instrument to class.

**\*On your Registration Form, please indicate:**

- Which type of lesson you prefer (instrument or voice)
- Your preference for time slot. Fees are for a 30 minute lesson, and are given on a first-come, first-serve basis. You will be contacted only if your preferred time slot is **not** available.

**A parent/guardian is required to be in the building for the duration of the session.** Participants may need to purchase a music book (approx. \$15), which is not included in the program fee. Makeup lessons may be available and will be determined on a case-by-case basis. If you are interested in lessons and these dates & times don't fit your schedule, contact Emily at the NISRA Office for possible options.

### Carpentersville

Prog #	Location	Day	Dates	Weeks	Time*	R/NR Fee	Min/Max
5552	Adult Activities Ctr. at Rakow Center	Mon	Sept 24-Nov 12	7	4:00-6:00 pm	\$165/\$288	1/4
			<b>No Prog Nov 5</b>		*4:00, 4:30, 5:00, 5:30		

### Crystal Lake

Prog #	Location	Day	Dates	Weeks	Time*	R/NR Fee	Min/Max
5542	Music Room, Sage TR Center	Wed	Sept 26-Nov 14	7	4:00-7:00 pm	\$165/\$288	1/6
			<b>No Prog Oct 31</b>		*4:00, 4:30, 5:00, 5:30, 6:00, 6:30		

**New!**

## Rhythm Works Integrative Dance

**Starts earlier!**

'Everyone deserves the chance to dance!' Led by a Certified RWID instructor, this inclusive dance program uses rhythm and hip hop to assist in achieving individual goals. You'll work on gross and fine motor skills, focus, coordination, body control and much more!

See what it's all about!

**Age group:** Ages 7-14

**Suggested ability level:** all abilities

**Location:** Multi-use Gym, The Centre, Elgin

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5565	Sat	Sept 22-Nov 10	8	2:00-2:45 pm	\$82/\$144

**Min/Max:** 6/10

**Staff Contact:** Emily

## Individual Dance Lessons

Personalized dance lessons just for you! Our instructor will create a class based on your individual needs and abilities, goals and interests. Beginners get started, and seasoned dancers take your skills to the next level!

**Age group:** Ages 7 & older

**Suggested ability level:** all abilities

**Location:** Integrity School of Dance, Elgin

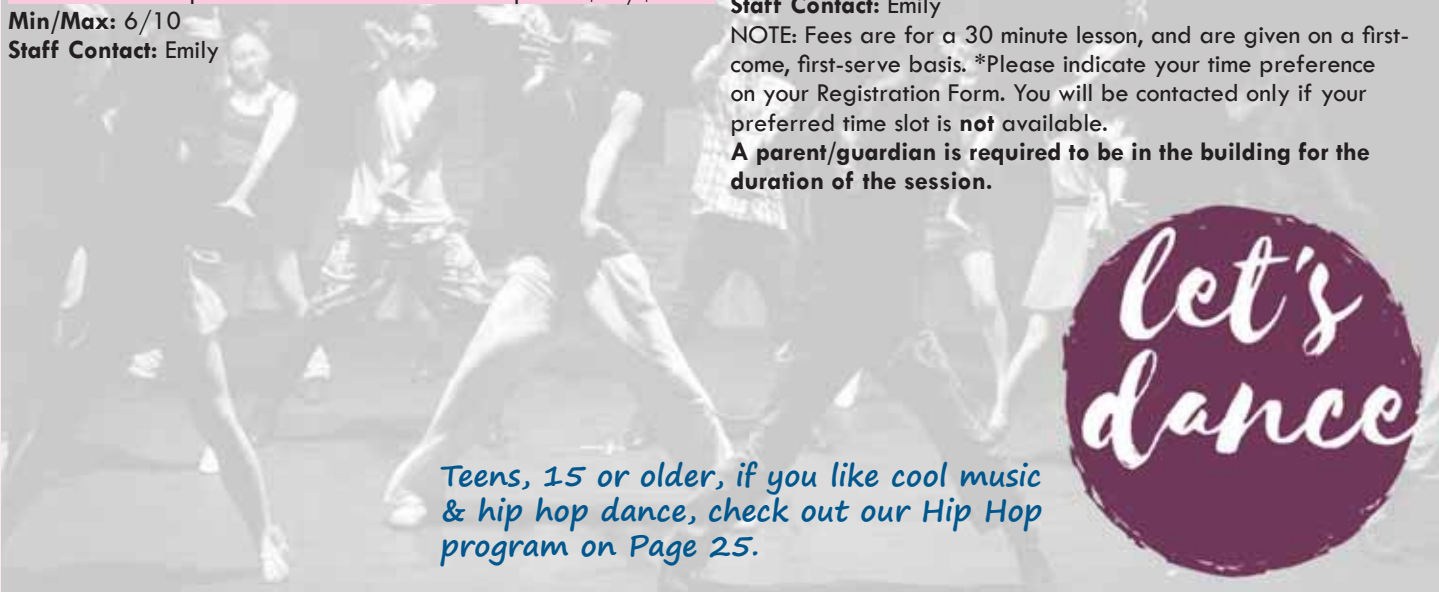
Prog #	Day	Dates	Weeks	Time*	R/NR Fee
5600	Sat	Sept 22-Nov 10	8	3:00-4:30 pm	\$240/\$420
					*3:00, 3:30, 4:00

**Min/Max:** 1/3

**Staff Contact:** Emily

NOTE: Fees are for a 30 minute lesson, and are given on a first-come, first-serve basis. \*Please indicate your time preference on your Registration Form. You will be contacted only if your preferred time slot is **not** available.

**A parent/guardian is required to be in the building for the duration of the session.**



*Teens, 15 or older, if you like cool music & hip hop dance, check out our Hip Hop program on Page 25.*

## Mark your calendar!

Prepare to be entertained & inspired by NISRA's Theater Troupe at its performances this fall!

We're presenting "Beauty & the Beast, Jr.!" Our Troupe will bring this tale to the stage with fun choreography, costumes & unique flair.

- Wed Dec 12 at 7 pm
- Fri Dec 14 at 7 pm
- Cosman Theater, Huntley R.E.C. Center
- \$2 tickets available, starting Dec 1



*Resident Priority Registration ends Aug 27*  
*Non-Resident Registration begins Aug 28*  
*Final Registration Deadline Aug 30*

Teens, hang out with friends on Saturday nights for fun, laughter, and new experiences!

### Teen Club-Dinner at Pub 47

**New!**

Teen Club is adventuring somewhere new! We'll head out to Huntley to enjoy a delicious American Style meal at Pub 47 Huntley. *This activity is geared toward teens who are comfortable with transitions and a public place with a crowd.*

**Location:** Pub 47, Huntley

Prog#	Day	Date
2321	Sat	Sept 22

Bus Departs	Transportation Location	Returns
5:45 pm	Lake in the Hills Village Hall	8:45 pm
5:30	NISRA Office	9:00
5:30	The Centre, Elgin	9:00

**Min/Max:** 8/12

**Staff Contact:** Cailyn

NOTE: Please bring \$20 for dinner & tip.

### Teen Club-Gym Games & Dinner

Enjoy gym games and compete with your friends! Then we'll enjoy a delicious meal from Wendy's. *This activity is geared toward teens who benefit from more structure and fewer transitions.*

**Location:** Hampshire Elementary, Hampshire

Prog#	Day	Date
0340	Sat	Sept 29

Bus Departs	Transportation Location	Returns
5:00 pm	Lake in the Hills Village Hall	9:30 pm
5:15	NISRA Office	9:45
5:30	The Centre, Elgin	9:00
4:45	Woodstock Recreation Center	9:15

**Min/Max:** 8/20

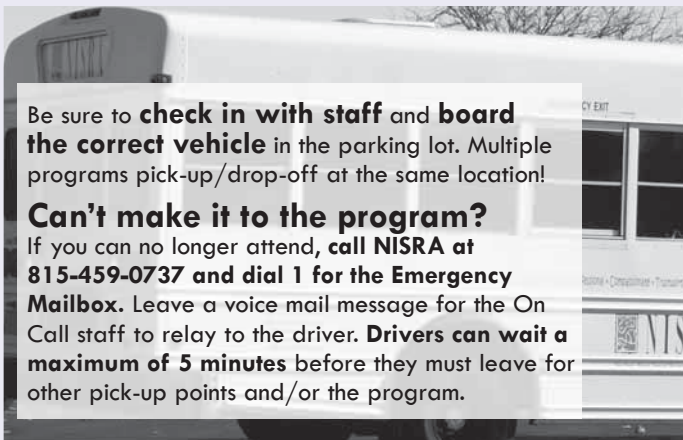
**Staff Contact:** Kara

NOTE: Please bring \$15 for dinner.

### Teen Club Transportation Information



Transportation is available for all Teen Club activities



Be sure to **check in with staff** and **board the correct vehicle** in the parking lot. Multiple programs pick-up/drop-off at the same location!

#### Can't make it to the program?

If you can no longer attend, **call NISRA at 815-459-0737 and dial 1 for the Emergency Mailbox.** Leave a voice mail message for the On Call staff to relay to the driver. **Drivers can wait a maximum of 5 minutes** before they must leave for other pick-up points and/or the program.

## TEEN CLUB

Information for all activities

Ages 14-21 | 6-8:30 pm | \$18 R/\$32 NR



**Please keep this brochure!**  
No separate flyer will be mailed!

### Teen Club-Hayride & Bonfire

It's that time of year for our annual bonfire. This crowd-pleaser begins with roasting hot dogs, followed by a wagon ride, capped off with delicious s'mores! *This activity is geared toward teens who are comfortable with transitions and a public place.*

**Location:** Sterne's Woods, Crystal Lake

Prog#	Day	Date
1332	Sat	Oct 6

Bus Departs	Transportation Location	Returns
5:45 pm	Lake in the Hills Village Hall	8:45 pm
5:45	NISRA Office	8:45
5:00	The Centre, Elgin	9:15
5:15	Woodstock Recreation Center	9:15

**Min/Max:** 8/20

**Staff Contact:** Rebecca

NOTE: Please dress for the weather; alternate is Cooking & Games at the Sage TR Center. A waiver is required. The hayride is not accessible.

### Teen Club-Pumpkin Picking

**New!**

Let's enjoy a delightful afternoon at Stade's Farm and Market. We'll find a great pumpkin to take home! *This activity is geared toward teens who are comfortable with transitions and a public place with a crowd.*

**Location:** Stade's Farm, Johnsburg

Prog#	Day	Date	Time*
2325	Sat	Oct 13	1:00-3:30 pm

Bus Departs	Transportation Location	Returns
12:00 pm	Lake in the Hills Village Hall	4:30 pm
12:30	NISRA Office	4:00
12:00	The Centre, Elgin	4:30

**Min/Max:** 8/20

**Staff Contact:** Cailyn

NOTE: \*Please note the earlier time. Please bring \$20 for admission to Fall Festival and to purchase a pumpkin. In case of inclement weather, we'll remain in the produce barn to browse products & crafts.



## Teen Club–Night at the Movies

Kick back, relax and watch a movie with friends. See a new flick at the theater and decide if it's a "thumbs up" or "thumbs down!" *This activity is geared toward teens who are comfortable with transitions and a public place with a crowd.*

**Location:** Classic Cinemas\*

Prog#	Day	Date
0334	Sat	Oct 20

Bus Departs*	Transportation Location	Returns*
TBA	Lake in the Hills Village Hall NISRA Office The Centre, Elgin Woodstock Recreation Center	TBA

**Min/Max:** 8/20

**Staff Contact:** Kara

NOTE: Please bring \$15 for movie ticket and snacks. \*Woodstock or Carpentersville theater, program & transportation times will be determined by movie availability (PG or PG-13), show times and program popularity. You will be notified prior to the program date.



## Teen Club–Halloween Party

Wear your costume to this fun-filled party. It'll be a blast seeing what your friends are wearing! *This activity is geared toward teens who benefit from more structure and fewer transitions.*

**Location:** Barrington Park District

Prog#	Day	Date
1333	Sat	Oct 27

Bus Departs	Transportation Location	Returns
5:30 pm	Lake in the Hills Village Hall	9:00 pm
5:30	NISRA Office	9:00
4:45	The Centre, Elgin	9:30
5:00	Woodstock Recreation Center	9:30

**Min/Max:** 8/20

**Staff Contact:** Rebecca

NOTE: No additional \$ needed.

## Teen Club–Bowling & Subway

Strikes, Spares & Splits galore! We're going out to experience some fun & competitive games of bowling. *This activity is geared toward teens who are comfortable with transitions and a public place with a crowd.*

**Location:** J's Lanes, Harvard

Prog#	Day	Date
1334	Sat	Nov 3

Bus Departs	Transportation Location	Returns
5:30 pm	Lake in the Hills Village Hall	9:00 pm
5:15	NISRA Office	9:15
4:45	The Centre, Elgin	9:30
5:45	Woodstock Recreation Center	8:45

**Min/Max:** 8/20

**Staff Contact:** Rebecca

NOTE: Please bring \$20 for bowling & dinner.

**New!**

## Teen Club–Paint & Play

It's time to get crafty! We'll be completing a paint by number canvas, and playing some games while our masterpieces dry. *This activity is geared toward teens who benefit from more structure and fewer transitions.*

**Location:** Art Studio & Community Room, Sage TR Center at the NISRA Office

Prog#	Day	Date
0335	Sat	Nov 10

Bus Departs	Transportation Location	Returns
5:45 pm	Lake in the Hills Village Hall	8:45 pm
6:00	NISRA Office	8:30
5:00	The Centre, Elgin	9:15
5:30	Woodstock Recreation Center	9:00

**Min/Max:** 8/20

**Staff Contact:** Kara

NOTE: Please wear clothes that can get a little messy. Food will not be provided at this program.

## Teen Club–Friendsgiving

As Thanksgiving approaches, take time to give thanks for your friends! We'll enjoy a light meal, play a few themed games, and create a craft or two. *This activity is geared toward teens who benefit from more structure and fewer transitions.*

**Location:** Teaching Kitchen & Community Room, Sage TR Center at the NISRA Office

Prog#	Day	Date
2320	Sat	Nov 17

Bus Departs	Transportation Location	Returns
5:45 pm	Lake in the Hills Village Hall	8:45 pm
6:00	NISRA Office	8:30
5:15	The Centre, Elgin	9:15
5:30	Woodstock Recreation Center	9:00

**Min/Max:** 8/20

**Staff Contact:** Cailyn

NOTE: No additional \$ needed.



# teens & young adults

**New!**

## Teen & Young Adult Swim

If you like the water, but aren't looking for a structured swim class, this could be the program for you! We'll play fun water games in the indoor lap pool at the high school.

**Age group:** Ages 16-21

**Suggested ability level:** all abilities

**Location:** Woodstock High School

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1300	Thurs	Sept 27-Nov 15	8	5:10-5:50 pm	\$54/\$95

**Min/Max:** 3/6

**Staff Contact:** Rebecca

**NOTE:** Program is held in a competitive lap pool. Ladder entry or sit & slide entry is required to enter the pool.



## Teen & Young Adult Bowling

Start the weekend off right by relaxing with friends. Enjoy hanging out, bowling, talking & laughing!

**Age group:** Ages 13-35

**Suggested ability level:** all abilities

**Location:** Crystal Bowl, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2305	Fri	Sept 28-Nov 16	8	5:00-6:00 pm	\$78/\$137

**Min/Max:** 6/20

**Staff Contact:** Cailyn

**NOTE:** Due to this one hour program, we ask that if the participant is late, he/she wait until the second game to begin bowling. Transportation is available to Friday Night Supper Club I.

See special events & trips on pages 8-13 and Special Olympics on pages 42-45 for more fun things to do!

## Friday Night Supper Club I



Make a delicious dinner & hang out with others. Try out some scrumptious recipes in the Teaching Kitchen!

**Age group:** Ages 13-21

**Suggested ability level:** all abilities

**Location:** Teaching Kitchen, Sage TR Center at the NISRA Office

Prog #	Day	Dates	Weeks	Time
2415	Fri	Sept 28; Oct 12, 26	3	6:30-8:00 pm

**R/NR Fee no Transp.**

\$34/\$59

**R/NR Fee w/Transp.**

\$41/\$67

Bus Departs	Transportation Location	Returns
6:00 pm	Crystal Bowl, Crystal Lake	none

**Min/Max:** 5/7

**Staff Contact:** Cailyn

**NOTE:** Transportation from Crystal Bowl; no transportation home. Please register for only one Friday Night Supper Club, so that more people can participate.

## Saturday Socialites

Let's go, Saturday Socialites! Get together with other older teens for video games, projects, cool tunes, and more—come & see what's in store!

**Age group:** Ages 16-21

**Suggested ability level:** all abilities

**Location:** Sage TR Center at the NISRA Office

**Starts earlier!**

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2348	Sat	Sept 22-Nov 10	8	1:00-4:00 pm	\$102/\$179

**Min/Max:** 6/20

**Staff Contact:** Cailyn

# teens & adults

**New age group!**



## Friday Nights @ Marengo Park District

Kick your weekend off to a great start by having fun playing games & contests, listening & dancing to cool music, and enjoying snacks!

**Age group:** Ages 16 & older

**Suggested ability level:** all abilities

**Location:** Marengo Park District

Prog #	Day	Dates	Weeks	Time
1457	Fri	Oct 12, Nov 9, Dec 7	3	5:45-7:45 pm

R/NR Fee no Transp.	R/NR Fee w/Transp.
\$26/\$45	\$36/\$55

Bus Departs	Transportation Location	Returns
4:45 pm	NISRA Office	8:45 pm
5:15	Sheltered Village	8:15

**Min/Max:** 6/15

**Staff Contact:** Rebecca

## Ice Skating-Learn to Skate

Learn the basics of skating, including balance and movement in order to start gliding on the ice. The beginner program will help you develop the skills to advance to the next level.

**Age group:** Ages 6 & older

**Suggested ability level:** beginner level

**Location:** Crystal Ice House, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2606	Sat	Aug 25-Sept 29	5	8:00-8:45 am	\$20/\$35
<b>No Prog Sept 1</b>					
2605	Sat	Oct 6-Dec 22	10	8:00-8:45 am	\$40/\$70
<b>No Prog Nov 3, 24</b>					

**Min/Max:** 3/8

**Staff Contact:** Cailyn

NOTE: This program is a prerequisite for the Ice Skating-Intermediate/Advanced class. If the skater has prior experience, please contact Cailyn to be placed in the right program. Dates are in conjunction with the Ice House schedule, and the Ice House requires parents/guardians to remain in the building during the program time. Fee is reduced due to the generous donation of ice time & instructors by the Crystal Ice House.

# ICE SKATING

## Ice Skating-Intermediate/Advanced

Take your skills to the next level in this beautiful and athletic sport. Work on the techniques that you admire in the world's best skaters!

**Age group:** Ages 6 & older

**Suggested ability level:** intermediate/advanced level

**Location:** Crystal Ice House, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2607	Sat	Aug 25-Sept 29	5	8:00-8:45 am	\$20/\$35
<b>No Prog Sept 1</b>					
2608	Sat	Oct 6-Dec 22	10	8:00-8:45 am	\$40/\$70
<b>No Prog Nov 3, 24</b>					

**Min/Max:** 3/8

**Staff Contact:** Cailyn

NOTE: Dates are in conjunction with the Ice House schedule, and the Ice House requires parents/guardians to remain in the building during the program time. Fee is reduced due to the generous donation of ice time & instructors by the Crystal Ice House.



# Wellness programs

## teens & adults

### Biking Club

Hop on your bike for each week's leisurely, scenic ride and take in the sights & sounds of the season on the Prairie Trail.

**Age group:** Ages 16 & older

**Suggested ability level:** all abilities

**Location:** Prairie Trail, Towne Park in Algonquin

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2635	Mon	Sept 24-Oct 15	4	4:30-6:00 pm	\$28/\$49

**Min/Max:** 4/12

**Staff Contact:** Cailyn

NOTE: Participants need to have their own bike, helmet, and water bottle. Meet at Towne Park in Algonquin.

Check out these programs geared toward living a healthy lifestyle.

We're committed to offering a variety of activities to help you live well & live longer!



Please keep giving your suggestions for these types of programs!

### Workout @ McHenry Rec Center

We'll use the equipment at the fitness center to develop strength, muscle tone, and cardiovascular health. Develop your own fitness plan & goals with the help of our staff.

**Age Group:** Ages 16 & older

**Suggested ability level:** all abilities

**Location:** McHenry Recreation Center

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1618	Mon	Sept 24-Nov 12	8	4:45-5:45 pm	\$54/\$95

**Min/Max:** 3/5

**Staff Contact:** Rebecca

NOTE: See page 47 for information about the fitness waiver required for participation.



Participants who have had medical treatment during the 2 year time frame of their Fitness Waiver need to submit a new form to their doctor & NISRA.

### Yoga

for family members too!

Focus, stretch, and exhale! Yoga positions not only increase your strength & balance, but help your mind. Discover techniques to help you concentrate, calm your emotions, reduce stress & promote positive thoughts.

**Age group:** Ages 13 & older, and family members

**Suggested ability level:** all abilities

**Location:** Community Room, Sage TR Center at the NISRA Office

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2339	Mon	Sept 24-Nov 12	8	6:15-7:00 pm	\$60/\$105

**R/NR Fee for Family Member**

\$48/\$84

**Min/Max:** 5/15

**Staff Contact:** Cailyn

NOTE: Please wear comfortable clothing for moving & stretching, and bring your mat if you have one. NISRA has a limited number of mats. Please complete a Registration Form for each family member who will be attending.

### Workout @ the Woodstock Rec Center

We'll use the equipment at the fitness center to develop strength, muscle tone, and cardiovascular health. Develop your own fitness plan & goals with the help of our staff.

**Age Group:** Ages 16 & older

**Suggested ability level:** all abilities

**Location:** Woodstock Recreation Center

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1616	Tues	Sept 25-Nov 13	8	4:45-5:45 pm	\$54/\$95

**Min/Max:** 3/5

**Staff Contact:** Rebecca

NOTE: See page 47 for information about the fitness waiver required for participation.

for family members too!

## Zumba!

Get hooked on Zumba! This latin-inspired dance fitness program for all ages, shapes & sizes features red-hot international music to make you move!

**Age group:** Ages 13 & older, and family members

**Suggested ability level:** all abilities

**Location:** Huntley R.E.C. Center

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2328	Wed	Sept 26-Nov 14	8	7:00-7:45 pm	\$60/\$105

**R/NR Fee for Family Member**

\$48/\$84

**Min/Max:** 6/10

**Staff Contact:** Cailyn

NOTE: Please see page 47 for information about the fitness waiver required for participation by participants with a disability. Please complete a Registration Form for each family member who will be attending.

Resident Priority Registration ends Aug 27

Non-Resident Registration begins Aug 28

Final Registration Deadline Aug 30



## Healthy Cooking

Eating right doesn't have to be a burden. In just a few weeks we'll learn about healthy eating, cook nutritious meals, and enjoy eating our tasty dinners!

**Age group:** Ages 16 & older

**Suggested ability level:** all abilities

**Location:** Teaching Kitchen, Sage TR Center at the NISRA Office

NOTE: The menu will be the same for Wednesday & Thursday programs. Please register for only one week night, so that more people can participate.

### Wednesdays



Prog #	Day	Dates	Weeks	Time	R/NR Fee
3400	Wed	Sept 26-Nov 14	8	5:45-7:15 pm	

**R/NR Fee no Transp.**      **R/NR Fee w/Transp.**

\$90/\$158      \$110/\$178

Bus Departs	Transportation Location	Returns
5:30 pm	Pioneer Bowl, Crystal Bowl	none

**Min/Max:** 4/7

**Staff Contact:** Jamie

### Thursdays

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3434	Thurs	Sept 27-Nov 15	8	5:30-7:00 pm	\$90/\$158

**Min/Max:** 4/7

**Staff Contact:** Jamie

Starts earlier!

## Trekkers



Hike the trails of McHenry County to explore the incredible sights & sounds. Research has shown that a walk in nature helps you relax, focus your thoughts, and improve your physical fitness.

**Age group:** Ages 16 & older

**Suggested ability level:** all abilities

**Location:** varies

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3620	Sat	Sept 29; Oct 13, 27	3	10:30 am-12:30 pm	\$36/\$63

Bus Departs	Transportation Location	Returns
10:30 am	Bowlero Bowl, Algonquin	1:00 pm
10:00	NISRA Office	1:30

**Min/Max:** 6/12

**Staff Contact:** Jamie

NOTE: Please list your pick-up & drop-off locations on your Registration Form. If you'd like to bowl before Trekkers, consider Saturday Strikers, where we'll pick you up! Please wear comfortable clothes and bring a water bottle, sunscreen, bug repellent & sack lunch. **Time is based upon the bowling alley schedule.**

*Eat out with friends at Saturday Diners on the alternate Saturdays!*

# teens & adults



## Archery

Hit a "bullseye" with this program! Release your inner Robin Hood as you explore the timeless sport of archery. Learn shooting techniques & safety skills at the range from an experienced instructor.

**Age group:** Ages 15 & older

**Suggested ability level:** all abilities

**Location:** Petersen Farm, McHenry

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1321	Thurs	Sept 27-Oct 18	4	5:30-6:30 pm	\$46/\$81

**Min/Max:** 4/6

**Staff Contact:** Rebecca

NOTE: Archery equipment will be provided. Please wear close-toed shoes each week.

See special events & trips on pages 8-13 and Special Olympics on pages 42-45 for more fun things to do!

## Tennis-Adult Beginner

Get out your tennis racket & hit some balls! Start practicing in this encouraging program for beginners. We'll focus on the basics: serves, volleys, forehand & backhand.

**Age group:** Ages 16 & older

**Suggested ability level:** all abilities

**Location:** Crystal Lake Racket Club, Algonquin

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2442	Fri	Sept 28-Nov 16	8	4:15-5:00 pm	\$48/\$84

**Min/Max:** 4/6

**Staff Contact:** Cailyn

NOTE: This program is a prerequisite to participation in Special Olympics Intermediate/Advanced Tennis.

## Friday Night Supper Club II

Try out some great recipes that you can find on the internet or Food Network shows. We'll use the Teaching Kitchen to experiment & sample our tasty creations.

**Age group:** Ages 16 & older

**Suggested ability level:** all abilities

**Location:** Teaching Kitchen, Sage TR Center at the NISRA Office

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2407	Fri	Oct 5, 19; Nov 2	3	6:30-8:00 pm	\$34/\$59

**Min/Max:** 5/7

**Staff Contact:** Cailyn

NOTE: Please register for only one Friday Night Supper Club so that more people can participate.

## "Special Focus" Karate

The martial arts are a great way to develop physical & mental abilities—consider the benefits of karate: strength, coordination, self-confidence and respect for oneself & others. Gain focus & control, while learning self-defense in this structured & safe program.

**Age group:** Ages 6 & older

**Suggested ability level:** all abilities, Beginner & Intermediate Karate skills

**Location:** Focus Martial Arts, Lake in the Hills

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2214	Sat	Sept 1-Oct 20	8	11:30 am-12:15 pm	\$62/\$109
2215	Sat	Nov 3-Dec 22	8	11:30 am-12:15 pm	\$62/\$109

**Min/Max:** 8/15

**Staff Contact:** Cailyn

NOTE: Please wear comfortable clothing to move around in.

## Saturday Diners



It's Saturday, an excellent day to go out to eat with friends! Each week we'll go to a different place.

**Age group:** Ages 16 & older

**Suggested ability level:** all abilities

**Location:** varies, Algonquin area

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3418	Sat	Oct 6, 20; Nov 3	3	10:30 am- 12:00 pm	\$64/\$112

Bus Departs	Transportation Location	Returns
10:30 pm	Bowlero Bowl, Algonquin	12:15 pm
10:00	NISRA Office	12:45

**Min/Max:** 6/10

**Staff Contact:** Jamie

NOTE: Please list your pick-up & drop-off locations on your Registration Form. Fee includes transportation, but please bring \$10-15 each week for your meal & tip. If you'd like to bowl before eating out, consider Saturday Strikers. Transportation is provided from bowling. **Time is based upon the bowling alley schedule.**

*Hike with friends at Trekkers on the alternate Saturdays!*



## Da Bears



Die-hard Bears fans & those who just like football, join together to watch three Sunday afternoon games & enjoy light snacks. Don't be surprised if your voice is a bit hoarse after all the cheering!

**Age group:** Ages 16 & older

**Suggested ability level:** all abilities

**Location:** Community Room, Sage TR Center at the NISRA Office

Prog#	Day	Dates	Weeks	Time
3451	Sun	Sept 30; Oct 14, 21	3	11:45 am-3:15 pm

R/NR Fee no Transp.	R/NR Fee w/Transp.
\$45/\$79	\$60/\$94

Bus Departs	Transportation Location	Returns
11:15 am	Sheltered Village, Woodstock	3:45 pm

**Min/Max:** 6/25

**Staff Contact:** Jamie



# teens & adults




## Bowling

**Age Group:** Ages 16 & older

**Suggested ability level:** all abilities

**Note:** Fee includes shoe & ball rental, and 1 or 2 games of bowling, whichever time permits.

Name & Location	Program #	Day & Dates	Weeks	Time	R/NR Fee	Min/Max
<b>Pioneer Bowl</b>  Crystal Bowl, Crystal Lake Transportation available from Pioneer Central at 3:30 pm; <b>no transportation home.</b> <b>Staff Contact:</b> Cailyn	#2411	Wed, Sept 26-Nov 14	8	4:00-5:30 pm	\$78/\$137	10/45
				Fee w/Transp.	\$98/\$157	
If you'd like to make & eat a nutritious dinner after bowling, check out <a href="#">Healthy Cooking!</a>						
<b>Elgin Bowl</b>  Bowlway Lanes, Elgin Transportation available from ETC at 3:00 pm; <b>no transportation home.</b> <b>Staff Contact:</b> Kara	#0610	Thurs, Sept 27-Nov 15	8	3:30-5:00 pm	\$78/\$137	6/25
				Fee w/Transp.	\$98/\$157	
<b>Teen &amp; Young Adult Bowling</b> <b>Ages 13-35</b> Crystal Bowl, Crystal Lake <b>Staff Contact:</b> Cailyn NOTE: Due to this one hour program, we ask that if the participant is late, he/she wait until the second game to begin bowling. Transportation is available to <a href="#">Friday Night Supper Club I.</a>	#2305	Fri, Sept 28-Nov 16	8	5:00-6:00 pm	\$78/\$137	6/20
<b>Starts earlier!</b> Saturday bowling programs start a week earlier than other programs!						
<b>Saturday Bowlers</b> Kingston Lanes, Woodstock <b>Staff Contact:</b> Rebecca	#1412	Sat, Sept 22-Nov 10	8	9:30-11:00 am	\$78/\$137	8/30
<b>Saturday Strikers</b> Bowlero Bowl, Algonquin <b>Staff Contact:</b> Jamie <b>Time is based upon the bowling alley schedule.</b> How about some food & laughs with friends after bowling? See <a href="#">Saturday Diners</a> . Or, go hiking with <a href="#">Trekks!</a>	#3413	Sat, Sept 22-Nov 10	8	9:00-10:30 am	\$78/\$137	6/20
<b>Bowling in Lake Zurich</b> Brunswick Zone Deer Park, Lake Zurich <b>Staff Contact:</b> Jamie	#3625	Sat, Sept 22-Nov 10	8	10:00-11:30 am	\$78/\$137	7/20
<b>Palace Bowl</b> Palace Bowl, McHenry <b>Staff Contact:</b> Rebecca	#1609	Sat, Sept 22-Nov 10	8	12:00-1:30 pm	\$78/\$137	8/30

## Workshops

**Age Group:** Ages 16 & older

**Suggested ability level:** all abilities

**Location:** Art Studio, Sage TR Center at the NISRA Office

**Staff Contact:** Emily

**NOTE:** Fees include all supplies. Projects will be available for pickup approx. 2 weeks after the workshop

Name	Program #	Day/Dates	Weeks	Time	R/NR Fee	Min/Max
<b>Clay Workshop—all levels</b> <i>Mold it, glaze it, fire it!</i> Make unique new ceramic projects.	5582	Mon, Sept 24-Oct 15	4	5:00-6:00 pm	\$72/\$126	6/10
<b>Glass &amp; Clay Workshop—beginner</b> <i>Make a project combining 2 art mediums!</i> Glass mural & ceramic stand	5598	Tues, Oct 2	1	5:30-7:00 pm	\$33/\$58	6/10
<b>Fused Glass Workshop—beginner</b> <i>Discover this beautiful art medium!</i> Place colored grains of glass into a shape to be fired. Wavy rectangular server & ring dish	5591	Tues, Oct 23	1	5:30-6:30 pm	\$30/\$53	6/10
<b>Fused Glass Workshop—advanced</b> <i>Further explore techniques in the beautiful art medium with a more challenging project.</i> Lacey marbelized glass bowl & leaf dish	5592	Tues, Nov 6	1	5:30-6:30 pm	\$30/\$53	6/10



## Individual Music Lessons

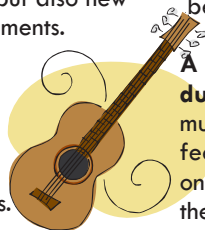
Take lessons from a music instructor. **Learn to play guitar, bass guitar, piano, ukulele, or take voice lessons.\*** These half hour lessons include not only individualized instruction, but also new activities, games, and an introduction to new instruments.

**Age group:** Ages 7 & older

**Suggested ability level:** all abilities

**Staff Contact:** Emily

NOTE: Student should have the instrument at home in order to practice between lessons. If taking guitar or ukulele, bring instrument to class.



**\*On your Registration Form, please indicate:**

- Which type of lesson you prefer (instrument or voice)
- Your preference for time slot. Fees are for a 30 minute lesson, and are given on a first-come, first-serve basis. You will be contacted only if your preferred time slot is **not** available.

**A parent/guardian is required to be in the building for the duration of the session.** Participants may need to purchase a music book (approx. \$15), which is not included in the program fee. Makeup lessons may be available and will be determined on a case-by-case basis. If you are interested in lessons and these dates & times don't fit your schedule, contact Emily at the NISRA Office for possible options.

### Carpentersville

Prog #	Location	Day	Dates	Weeks	Time*	R/NR Fee	Min/Max
5552	Adult Activities Ctr. at Rakow Center	Mon	Sept 24-Nov 12	7	4:00-6:00 pm	\$165/\$288	1/4
			<b>No Prog Nov 5</b>		*4:00, 4:30, 5:00, 5:30		

### Crystal Lake

Prog #	Location	Day	Dates	Weeks	Time*	R/NR Fee	Min/Max
5542	Music Room, Sage TR Center	Wed	Sept 26-Nov 14	7	4:00-7:00 pm	\$165/\$288	1/6
			<b>No Prog Oct 31</b>		*4:00, 4:30, 5:00, 5:30, 6:00, 6:30		

# Arts

## teens & adults

### Hip Hop Dance

This upbeat dance program combines hip hop & jazz. We'll dance a choreographed routine focusing on coordination, rhythm, flexibility and self-expression, and, most of all, fun!

**Age group:** Ages 15-21

**Suggested ability level:** all abilities

**Location:** Dance Force Studio, Huntley

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5554	Thurs	Sept 27-Nov 15	8	3:45-4:30 pm	\$60/\$105

**Min/Max:** 6/10

**Staff Contact:** Emily

NOTE: A waiver for Dance Force Studio must be signed before participating. Wear comfortable clothes & gym shoes.

New  
age group!

### Encore! Joyful Noise Choir

Calling all enthusiastic singers! In the Joyful Noise Choir, instructed by the Encore Music Academy, you'll create wonderful sounds with your voices while learning a variety of songs.

**Age group:** Ages 10 & older

**Suggested ability level:** all abilities

**Location:** First Congregational Church, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5548	Thurs	Sept 27-Nov 15	8	6:30-7:15 pm	\$68/\$119

**Min/Max:** 8/15

**Staff Contact:** Emily

NOTE: The Choir will have an opportunity to sing at the NISRA Foundation's Holiday Fashion Show on Sat, Nov 17 and transportation will be provided.



### Beauty & the Beast, Jr.

- Wed Dec 12 at 7 pm
- Fri Dec 14 at 7 pm
- Cosman Theater, Huntley R.E.C. Center
- \$2 tickets available, starting Dec 1

### Art Explorations

Tap into your creativity with a local professional artist. There are always new techniques to learn & subjects to explore with paints, pastels & more!

**Age group:** Ages 16 & older

**Suggested ability level:** All abilities

**Location:** Art Studio, Sage TR Center at the NISRA Office

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5524	Thurs	Sept 27-Nov 15	8	6:00-7:00 pm	\$82/\$144

**Min/Max:** 6/10

**Staff Contact:** Emily

### Individual Dance Lessons

Personalized dance lessons just for you! Our instructor will create a class based on your individual needs and abilities, goals and interests. Beginners get started, and seasoned dancers take your skills to the next level!

**Age group:** Ages 7 & older

**Suggested ability level:** all abilities

**Location:** Integrity School of Dance, Elgin

Prog #	Day	Dates	Weeks	Time*	R/NR Fee
5600	Sat	Sept 22-Nov 10	8	3:00-4:30 pm *3:00, 3:30, 4:00	\$240/\$420

**Min/Max:** 1/3

**Staff Contact:** Emily

NOTE: Fees are for a 30 minute lesson, and are given on a first-come, first-serve basis. \*Please indicate your time preference on your Registration Form. You will be contacted only if your preferred time slot is **not** available.

**A parent/guardian is required to be in the building for the duration of the session.**

New!

### Individual Art Lessons

Want to paint abstracts, draw a self-portrait, dabble in watercolors? Take lessons from an art instructor who can cater to your interests, and explore styles, techniques, and art media.

**Age group:** Ages 16 & older

**Suggested ability level:** all abilities

**Min/Max:** 1/2 for each location

**Staff Contact:** Emily

NOTE: Fees are for a 45 minute lesson, and are given on a first-come, first-serve basis. \*Please indicate your time preference on your Registration Form. You will be contacted only if your preferred time slot is **not** available.

If you are interested in lessons, but these dates & times don't fit your schedule, contact Emily at the NISRA Office for possible options. **A parent/guardian is required to be in the building for the duration of the session.** Fee includes all supplies.

New  
age group!

#### Carpentersville

Prog #	Location	Day	Dates	Weeks	Time	R/NR Fee
5574	Adult Activities Ctr. at Rakow Center	Thurs	Sept 27-Nov 15	8	4:00-5:45 pm (4:00, 5:00)	\$264/\$462

#### Crystal Lake

Prog #	Location	Day	Dates	Weeks	Time	R/NR Fee
5533	Art Studio, Sage TR Ctr.	Thurs	Sept 27-Nov 15	8	4:00-5:45 pm (4:00, 5:00)	\$264/\$462



# young adults

**YOUNG ADULT CLUB**  
*Information for all activities*  
**Staff Contact: Jamie**  
 Ages 22-35 | 6:30-9:30 pm | \$18 R/\$32 NR

**Please keep this brochure!**  
 No separate flyer will be mailed!

## Young Adult Club–Fiesta Dinner

Get together with your friends for talk, laughter & dining out!  
**Location:** see below

**Prog # 3443** NISRA & McHenry bus/On the Border, Algonquin  
**Prog # 3468** Rakow & The Centre bus/El Molino, Carpentersville

Day	Date	
Fri	Oct 5	
Bus Departs	Transportation Location	Returns
5:45 pm	McHenry Municipal Center	10:05 pm
6:00	NISRA Office	9:50
6:10	Rakow Center	9:45
5:50	The Centre, Elgin	10:05
<b>Min/Max:</b>	8/12 for each group	

NOTE: Please bring \$15-20 for dinner & tip

## Young Adult Club– M-NASR Graveyard Gala

Get into the Halloween spirit, with dancing to a DJ, refreshments, and a t-shirt! See old friends or meet new ones from other SRAs.  
**Location:** Feldman Park, Niles

**Prog # 3445** All participants/all buses

Day	Date	Time
Fri	Oct 19	6:30-9:00 pm
Bus Departs	Transportation Location	Returns
5:00 pm	NISRA Office	10:15 pm
5:30	Rakow Center	9:45
5:45	The Centre, Elgin	9:30
<b>Min/Max:</b>	8/24	

NOTE: No additional \$ needed. When registering, please let Jamie know your t-shirt size by emailing [jelam@nisra.org](mailto:jelam@nisra.org).



## Young Adult Club Transportation Information

Transportation is available for all Young Adult Club activities

Be sure to **check in with staff** and **board the correct vehicle** in the parking lot. Multiple programs pick-up/drop-off at the same location!

If you can no longer attend, **call NISRA at 815-459-0737 and dial 1 for the Emergency Mailbox**. Leave a voice mail message for the On Call staff to relay to the driver. **Drivers can wait a maximum of 5 minutes** before they must leave for other pick-up points and/or the program.

## Young Adult Club–Games & Pizza

We're grabbing some of our favorite games for a night of friendly competition. We'll enjoy a pizza dinner during the fun!  
**Location:** Sage TR Center at the NISRA Office, Crystal Lake

**Prog # 3444** All participants/all buses

Day	Date	
Fri	Nov 2	
Bus Departs	Transportation Location	Returns
6:00 pm	McHenry Municipal Center	9:45 pm
6:30	NISRA Office	9:30
5:45	Rakow Center	9:45
6:00	The Centre, Elgin	9:30
<b>Min/Max:</b>	8/30	

NOTE: No additional \$ needed.

## Young Adult Club–Friendsgiving

As Thanksgiving approaches, take time to give thanks! Enjoy a light meal, a game or two, and a holiday craft.

**Location:** Community Room, Sage TR Center at the NISRA Office

**Prog # 3441** All participants/all buses

Day	Date	
Fri	Nov 16	
Bus Departs	Transportation Location	Returns
6:00 pm	McHenry Municipal Center	9:45 pm
6:30	NISRA Office	9:30
5:45	Rakow Center	9:45
6:00	The Centre, Elgin	9:30
<b>Min/Max:</b>	8/30	

NOTE: No additional \$ needed.

## Young Adult Club–Karaoke & Sundae Bar

Warm up your vocal chords & get ready to sing with your friends! We'll have fun & laughs, then make delicious sundaes.

**Location:** Sage TR Center at the NISRA Office, Crystal Lake

**Prog # 3446** All participants/all buses

Day	Date	
Fri	Nov 30	
Bus Departs	Transportation Location	Returns
6:00 pm	McHenry Municipal Center	9:45 pm
6:30	NISRA Office	9:30
6:00	Rakow Center	10:00
5:45	The Centre, Elgin	10:15
<b>Min/Max:</b>	8/30	

NOTE: No additional \$ needed.

## Gardening Club

We'll wrap up the gardening season by picking whatever is ready to harvest, as well as continuing to learn & plan for next year!

**Age group:** Ages 21 & older

**Suggested ability level:** all abilities

**Location:** Sage TR Center at the NISRA Office

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2437	Thurs	Sept 27-Oct 18	4	4:00-5:00 pm	\$34/\$60

**Min/Max:** 6/12

**Staff Contact:** Cailyn

**NOTE:** This is a raised, wheelchair-accessible garden. Garden tools will be provided.

## Movie Review Crew

Kick back, relax & watch a movie with friends. See a different flick each week & decide if it's a "thumbs up" or a "thumbs down!"

**Age group:** Ages 21 & older

**Suggested ability level:** all abilities

**Location:** varies

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1433	Wed	Sept 26; Oct 10, 24	3	11:30-3:00 pm	\$45/\$79

Bus Departs	Transportation Location	Returns
11:00 am	NISRA Office	3:00 pm
11:20	Pioneer Central	varies

**Min/Max:** 6/20

**Staff Contact:** Rebecca

**NOTE:** Transportation is available from NISRA or Pioneer Center to & from the program, and is included in the fee. Pick-up and drop-off times may vary based upon the movie schedule. Movie choices will be partly based upon PG or PG 13 ratings.

## Adult Aquatics

Take a dip in an indoor pool with no worries about the weather! Exercise to increase your strength & flexibility. Play water volleyball & other games, so that you'll be getting fit without even realizing it!

**Age group:** Ages 21 & older

**Suggested ability level:** all abilities

**Location:** Woodstock Recreation Center

Prog #	Day	Dates	Weeks	Time
1456	Wed	Sept 26-Nov 14	8	7:15-8:15 pm

**R/NR Fee no Transp.**      **R/NR Fee w/Transp.**  
\$48/\$84                      \$88/\$124

Bus Departs	Transportation Location	Returns
6:15 pm	NISRA Office	9:00 pm
6:45	Sheltered Village	8:30

**Min/Max:** 6/12

**Staff Contact:** Rebecca

**NOTE:** Woodstock residents, other than Sheltered Village, please meet at the Recreation Center.

## Painting Picassos @ Sheltered Village

If you enjoy doodling or painting, this program is for you! Each week, you'll learn a new technique with watercolor, ink, acrylic paints and more, to create your own unique masterpiece.

**Age group:** Sheltered Village residents, Ages 21 & older

**Suggested ability level:** all abilities

**Location:** Sheltered Village, Woodstock

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5561	Wed	Oct 24-Nov 14	4	6:00-6:45 pm	\$41/\$72

**Min/Max:** 6/10

**Staff Contact:** Emily

## Meetin' Place

Meet up with your friends or make new ones! Meetin' Place is an inviting "place" where everyone feels welcome while we enjoy lunch, crafts, games, getting moving & more!

**Age group:** Ages 21 & older

**Suggested ability level:** all abilities

**Location:** varies

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1463	Fri	Sept 28-Nov 16	7	11 am-1 pm	\$95/\$165
<b>No Prog Oct 19</b>					

Bus Departs	Transportation Location	Returns
10:20 am	NISRA Office	1:40 pm
10:40	Pioneer Central	1:20

**Min/Max:** 6/22

**Staff Contact:** Rebecca

**NOTE:** Please bring a cold sack lunch & drink since we won't have access to a microwave oven. Fee includes transportation between the program and Pioneer Center.

# HEY, PIONEER CLIENTS!

This page has programs just for you! And don't forget to check out all the other programs for Adults, some that have transportation from Pioneer Center.



## Aquacize

Get in shape while splashing in the pool. Water exercise is a great way to tone muscles and increase cardiovascular endurance.

**Age group:** Pioneer Clients, Ages 21 & older

**Suggested ability level:** all abilities

**Location:** Woodstock Recreation Center

Prog #	Day	Dates	Weeks	Time	R Fee
1400	Mon	Sept 24-Nov 12	8	10:30-11:15 am	\$88

Van Departs	Transportation Location	Returns
10:10 am	Pioneer Center Woodstock	11:45 am
9:45	Pioneer Central	12:15

**Min/Max:** 6/12

**Staff Contact:** Rebecca

NOTE: Please bring a labeled swimsuit & towel.



*Resident Priority Registration ends Aug 27*  
*Non-Resident Registration begins Aug 28*  
*Final Registration Deadline Aug 30*



## Fit with Friends

Take time out of your workday for a **moderate workout** of stretching, moving and getting re-energized for the day.

**Age group:** Pioneer Clients, Ages 21 & older

**Suggested ability level:** all abilities

**Location:** Pioneer Central, McHenry

Prog #	Day	Dates	Weeks	Time	R Fee
1403	Tues	Sept 25-Nov 13	8	12:30-1:15 pm	\$48

**Min/Max:** 6/20

**Staff Contact:** Rebecca

NOTE: See page 47 for information about the fitness waiver required for participation. If you have had medical treatment during the 2 year time frame of your Fitness Waiver, please submit a new form to your doctor & NISRA.

**New!**



## Old Time Movies

Watch some old classic movies that never go out of style! We'll have fun seeing some of those great movie stars from the past.

**Age group:** Ages 21 & older

**Suggested ability level:** all abilities

**Location:** McHenry Recreation Center

Prog #	Day	Dates	Weeks	Time	R Fee
1405	Wed	Oct 3, 17, 31	3	12:00-2:00 pm	\$25

Bus Departs	Transportation Location	Returns
11:15 am	NISRA Office	2:30 pm
11:45	Pioneer Central	2:15

**Min/Max:** 6/12

**Staff Contact:** Rebecca

NOTE: Transportation is available from NISRA or Pioneer Center to & from the program, and is included in the fee. Movie choices will be partly based upon PG or PG 13 ratings. Fee includes a snack; if you want to eat lunch, please bring your own sack lunch.

*Pioneer clients, we have fun planned for your day off! See page 12.*

## Playin' with Clay

Mold it, glaze it, fire it! Use wet clay to form your own unique creations with the guidance of an art instructor.

**Age group:** Ages 21 & older

**Suggested ability level:** all abilities

**Location:** Art Studio, Sage TR Center at the NISRA Office

Prog #	Day	Dates	Weeks	Time	R Fee
5578	Wed	Sept 26-Nov 14	8	11:45 am-12:45	\$128

Bus Departs	Transportation Location	Returns
11:15 am	Pioneer Central	1:15 pm

**Min/Max:** 6/10

**Staff Contact:** Emily

NOTE: Projects will be available for pickup roughly 2 weeks after the last program date. Please wear clothes that can get messy.



# Hey, AID Clients!

Check out these great programs!

**New!**



## Kickboxing

Learn some new techniques in a **moderate workout** using this unique form of exercise. You can improve your fitness & stamina!

**Age group:** AID Clients, Ages 21 & older

**Suggested ability level:** all abilities

**Location:** AID/Elgin Training Center, Elgin

Prog #	Day	Dates	Weeks	Time	R Fee
0445	Mon	Sept 24-Nov 12	8	1:30-2:30 pm	\$62

**Min/Max:** 6/12

**Staff Contact:** Kara



## Yoga

Take a break from your day to release stress, enjoy music, and learn yoga techniques. You'll feel the benefits of yoga which include relaxation, building strength and increased flexibility.

**Age group:** AID Clients, Ages 21 & older

**Suggested ability level:** all abilities

**Location:** Fitness Center, AID/Elgin Training Center, Elgin

Prog #	Day	Dates	Weeks	Time	R Fee
0404	Tues	Sept 25-Nov 13	8	9:30-10:30 am	\$62

**Min/Max:** 6/12

**Staff Contact:** Kara

NOTE: Program will be adapted for those who use wheelchairs.



## Shape Up

Stand up, stretch, and move around! This **moderate workout** will boost your energy for the rest of the day!

**Age group:** AID Clients, Ages 21 & older

**Suggested ability level:** all abilities

**Location:** AID/Elgin Training Center, Elgin

Prog #	Day	Dates	Weeks	Time	R Fee
0403	Wed	Sept 26-Nov 14	8	9:45-10:30 am	\$48

**Min/Max:** 6/16

**Staff Contact:** Kara

NOTE: See page 47 for information about the fitness waiver required for participation. If you have had medical treatment during the 2 year time frame of your Fitness Waiver, please submit a new form to your doctor & NISRA.

**New time!**

## Glee Club

In this fun choir, learn more about your own voice and make happy harmonies with your friends. We'll practice singing all kinds of songs.

**Age group:** AID Clients, Ages 21 & older

**Suggested ability level:** all abilities

**Location:** AID/Elgin Training Center, Elgin

Prog#	Day	Dates	Weeks	Time	R Fee
5576	Thurs	Sept 27-Nov 15	8	10:15-11:00 am	\$60

**Min/Max:** 6/15

**Staff Contact:** Emily

NOTE: Glee Club will have an opportunity to sing at the NISRA Foundation's Holiday Fashion Show on Sat, Nov 17 and transportation will be provided.

## Cinema Critics

Kick back, relax & watch a movie with friends. See a different flick each week & decide if it's a "thumbs up" or a "thumbs down!"

**Age group:** Ages 21 & older

**Suggested ability level:** all abilities

**Location:** varies, Elgin and Carpentersville/Dundee theaters

Prog #	Day	Dates	Weeks	Time	R Fee
0405	Wed	Oct 3, 17, 31	3	11:20 am-2:30 pm	\$45

**Bus Departs** 11:00 am  
**Transportation Location** AID/Elgin Training Center, Elgin  
**Returns** 3:00 pm

**Min/Max:** 6/12

**Staff Contact:** Kara

NOTE: Program fee includes movie tickets. Participants must bring money for optional snacks. Transportation is available from AID to & from the program, and is included in the fee. Pick-up and drop-off times may vary based upon the movie schedule. Movie choices will be partly based upon PG or PG 13 ratings.

*AID clients, check out Active Adult Adventures on page 12.*



## Amazing Artists

Express yourself through paint, pastels, charcoal, and more. Work with different textures, colors & techniques to create your own masterpiece.

**Age group:** AID Clients, Ages 21 & older

**Suggested ability level:** all abilities

**Location:** Art Studio, AID/Elgin Training Center, Elgin

Prog#	Day	Dates	Weeks	Time	R Fee
5577	Fri	Sept 28-Oct 19	4	9:30-10:15 am	\$41

**Min/Max:** 6/15

**Staff Contact:** Emily

NOTE: Fee includes supplies.

# Adult Social Club

Weekend activities for Adults, Ages 21 & older



**Transportation is available for all of the activities on these 2 pages.**



## Guys Day Out

Get together with your guy friends and check out this new restaurant in our area. You'll be impressed by their menu, including the option to build your own burger!

**Location:** Bulldog Ale House, Algonquin

Prog#	Day	Date	Time	R/NR Fee
3916	Sat	Sept 22	11:30 am-1:30 pm	\$33/\$58

Bus Departs	Transportation Location	Returns
10:30 am	McHenry Municipal Ctr., McHenry	2:30 pm
11:00	NISRA Office	2:00
10:30	Rakow Center	2:30
11:00	The Centre, Elgin	2:00

**Min/Max:** 8/25

**Staff Contact:** Jamie

**NOTE:** Please note the earlier time.

## Ladies Night In

We know that "Girls Just Wanna Have Fun!" This time we'll do some guided painting, watch a chick flick, and enjoy a popcorn bar and veggies.

**Location:** Wauconda Park District Community Center

Prog#	Day	Date	Time	R/NR Fee
3912	Sat	Oct 6	6:00-8:00 pm	\$23/\$39

Bus Departs	Transportation Location	Returns
5:30 pm	McHenry Municipal Ctr., McHenry	8:30 pm
5:15	NISRA Office	8:30
5:00	Sheltered Village	9:00

**Min/Max:** 8/25

**Staff Contact:** Jamie

## Hayride & Bonfire

A crisp fall evening is perfect for roasting hot dogs, a wagon ride, capped off with delicious s'mores around the campfire!

**Location:** Sterne's Woods, Crystal Lake

**Min/Max:** 10/24 for each night

**Staff Contact:** Rebecca

**NOTE:** Please register for only one night so that more adults can participate. If both nights don't fill up, you'll be given an opportunity to add the other one. A required waiver needs to be signed by parent/guardian. **Please bring a flashlight and Crystal Lake residents, please meet at Sterne's Woods.**

### Sept 21

Prog#	Day	Date	Time	R/NR Fee
2900	Fri	Sept 21	6:00-8:00 pm	\$17/\$30

Bus Departs	Transportation Location	Returns
5:00 pm	Rakow Center	9:00 pm
5:15	The Centre, Elgin	8:45

### Oct 13

Prog#	Day	Date	Time	R/NR Fee
2901	Sat	Oct 13	6:00-8:00 pm	\$17/\$30

Bus Departs	Transportation Location	Returns
5:30 pm	McHenry Municipal Ctr., McHenry	8:30 pm
5:30	Sheltered Village	8:30

## Dinner & Movie

Movies are more fun when you go with friends. Let's check out one of the newest flicks and have a tasty meal.

**Location:** Offsides & Classic Cinemas, Woodstock

### Sat September 29

**4:00-9:00 pm** (approx.)

Prog#	Transportation Location	R/NR Fee
1900	Sheltered Village	\$35/\$60
1901	NISRA Office & McHenry Municipal Ctr., McHenry	\$35/\$60

**Min/Max:** 8/12

**Staff Contact:** Rebecca

**NOTE:** Please register for the Program # that goes with the transportation location where you wish to be picked up & dropped off. Due to the various movie times, a detailed flyer with the schedule & transportation times will be sent to you. One group will see the movie first while the other half enjoys dinner, then they'll switch activities. Movie choices will be partly based upon PG or PG 13 ratings. Min/Max is for each pick-up point.



## Pumpkin Picking

Let's enjoy a delightful fall afternoon at Stade's Farm and Market. We'll look for a great pumpkin to take home.

**Location:** Stade's Farm, Johnsburg

Prog#	Day	Date	Time	R/NR Fee
2434	Sat	Oct 20	1:00-3:30 pm	\$17/\$29

Bus Departs	Transportation Location	Returns
12:45 pm	McHenry Municipal Ctr., McHenry	3:45 pm
12:30	NISRA Office	4:00
12:00	The Centre, Elgin	4:30

**Min/Max:** 8/20

**Staff Contact:** Cailyn

**NOTE:** Please note earlier time. Fee includes 1 pumpkin purchase. Please bring additional \$ if you wish to purchase food or snacks. In case of inclement weather, we'll go inside the produce barn, to check out all the fun that lies within it!

# Adult Social Club

## Weekend activities for Adults, Ages 21 & older

Please be sure that the participant gets on the correct vehicle in the parking lot. See page 54 for additional information about transportation.



### Chicago Bears Football Party

Put on your orange & blue to cheer on the Bears. We'll share pizza and give away some prizes as we watch the game on the big screen TV. *Bear down, Chicago Bears!*

**Location:** Cary Park District

Prog#	Day	Date	Time	R/NR Fee
3900	Sun	Oct 28	11:45 am-3:15 pm	\$25/\$43
Bus Departs	Transportation Location	Returns		
11:30 am	NISRA Office	3:30 pm		
10:45	Rakow Center	4:15		
11:00	Sheltered Village	4:00		
11:15	The Centre, Elgin	4:00		

**Min/Max:** 8/30

**Staff Contact:** Jamie



### Improv Comedy Show

Imagine 1 1/2 hours of complete improvisation, like "Whose Line is it Anyway?" Actors take audience suggestions & turn them into hilarious, creative, clean comedy sketches to get you laughing. Come see the show that made Green Room Productions famous!

**Location:** The Hemmens, Elgin

Prog#	Day	Date	Time	R/NR Fee
0400	Fri	Nov 2	7:30-9:30 pm	\$21/\$37
Bus Departs	Transportation Location	Returns		
6:30 pm	Deerpath SLF, Huntley	10:15 pm		
5:45	McHenry Municipal Ctr., McHenry	11:00		
6:00	NISRA Office	10:45		
6:30	Rakow Center	10:15		

**Min/Max:** 10/20

**Staff Contact:** Kara

### Friendsgiving

As Thanksgiving approaches, take time to give thanks for your friends. We'll share a light meal, play a game or two, and do a holiday craft.

**Location:** Teaching Kitchen, Sage TR Center at the NISRA Office

Prog#	Day	Date	Time	R/NR Fee
2910	Sat	Nov 10	6:00-8:30 pm	\$15/\$26
Bus Departs	Transportation Location	Returns		
5:00 pm	Rakow Center	9:15 pm		
5:30	Sheltered Village	9:00		
5:30	The Centre, Elgin	9:00		

**Min/Max:** 8/20

**Staff Contact:** Cailyn



### Gameworks

Challenge yourself or a friend! An AMAZING number of games & lunch make this package truly a gamer's delight.

**Location:** Gameworks, Schaumburg

Prog#	Day	Date	Time	R/NR Fee
0916	Sun	Dec 2	12:00-2:30 pm	\$39/\$68
Bus Departs	Transportation Location	Returns		
11:00 am	NISRA Office	3:15 pm		
11:00	Rakow Center	3:15		
11:15	The Centre, Elgin	3:00		

**Min/Max:** 8/20

**Staff Contact:** Kara

NOTE: Fee includes lunch & games. You may bring additional money for more games if you wish.

Don't miss out on the **DANCES** listed on page 10!



### Winter Wonderland

It's a night of winter magic! We'll stay toasty and warm inside. There will be crafts to create, winter-themed games, small snacks and hot chocolate to sip!

**Location:** Huntley R.E.C. Center

Prog#	Day	Date	Time	R/NR Fee
2913	Sat	Dec 8	6:00-8:00 pm	\$13/\$24
Bus Departs	Transportation Location	Returns		
5:15 pm	McHenry Municipal Ctr., McHenry	8:45 pm		
5:30	NISRA Office	8:30		
5:30	Sheltered Village	8:30		

**Min/Max:** 8/20

**Staff Contact:** Cailyn



# Special Olympics



Special Olympics programs welcome participants with intellectual disabilities.

*Please read!  
Be informed!*

## Special Olympics Competition

Special Olympics provides quality training & competition, stresses athletic excellence, rewards determination, emphasizes health and celebrates achievements.

We want athletes to do their best, and at the same time develop physical fitness, experience joy, and develop skills and friendships.

Sports is naturally competitive for athletes and parents. Your child may not understand competition and may struggle with the rules and regulations of competition and the sport. **If that is the case, Special Olympics may not be appropriate, and there are other programs that may be more suitable and enjoyable.**



**Special Olympics**

Please call the NISRA Office to speak with Chelsey to assess which type of program would be the best match for the participant's interests, abilities, time and convenience.

## Important notes for parents/guardians and athletes:

NISRA has introduced a Code of Conduct for all Special Olympics programs to encourage athletes, coaches and parents/guardians to embrace the values of competition and sportsmanship. A copy of the form will be provided at the start of each sport season. By registering for any individual or team sport, you are agreeing to adhere to the Code of Conduct before participating.

Athletes are required to have a valid Application for Participation (App) on file. Be sure to check the athlete's App expiration date before registering. Registrations received after the deadline and/or with an expired App will be reviewed after those that were received by the deadline with a valid App.

The athlete must attend & actively participate in 75% of all practices prior to the competition in order to be eligible to compete. Athletes who do not compete in the Special Olympics competition will not be allowed to compete at the state level.

Information for state competitions will be sent to qualifying athletes. Note that these events have additional cost requirements. Non-overnight competition fees vary by sport. Overnight competition fees are as follows: \$75/\$131 if staying with the team and \$25/\$44 if staying with family.

We are going paperless! Schedules will now be posted on Team Pages at [www.nisra.teampages.com](http://www.nisra.teampages.com). Be sure to provide an email address when registering.

## Special Olympics Rhythmic Gymnastics

Join NISRA's team of award-winning athletes who perform gymnastics with a special flair! You'll learn techniques that showcase athleticism through grace, balance, and coordination using ribbons, balls & hoops.

**Age group:** Ages 8 & older

**Location:** The Centre, Elgin

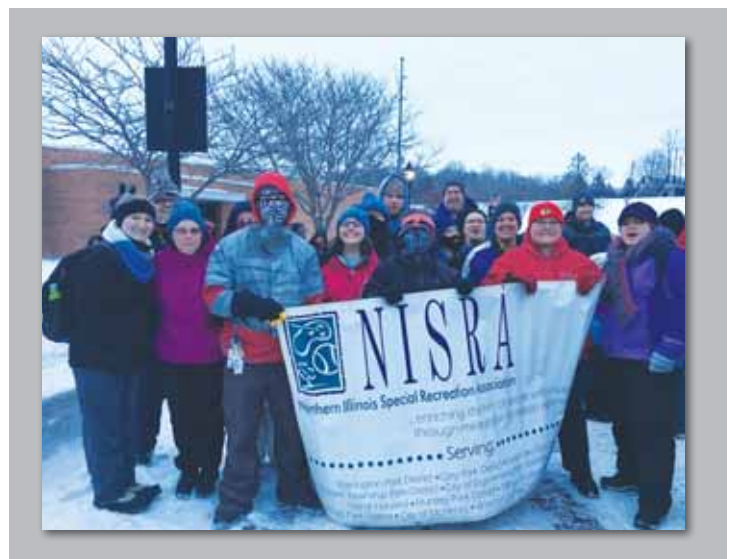
Prog #	Day	Dates*	Weeks	Time	R/NR Fee
6700	Mon	Dec 3-Feb 25	11	6:00-7:30 pm	\$88/\$146
<b>No Prog Dec 24 &amp; 31</b>					

**Min/Max:** 3/6

**Staff Contact:** Chelsey

Area competition: March 3 (tentative)

NOTE: New athletes that will be competing in the Special Olympics competition will need to purchase a leotard.



## Special Olympics Powerlifting

Athletes, are you ready to pump some iron with skill & form? Learn the techniques involved with this challenging sport.

**Age group:** Ages 16 & older

**Location:** Woodstock North High School, Woodstock

Prog #	Day	Dates	Weeks	Time	R/NR Fee
6741	Wed	Dec 5-May 1	19	6:00-8:00 pm*	\$125/\$210
<b>No Prog Dec 26, Jan 2, Mar 27</b>					

**Min/Max:** 3/12

**Staff Contact:** Chelsey

Area competition: April 7 (tentative)

NOTE: \*Time slots of 6:00-7:00 or 7:00-8:00 are available. Please indicate your preference on the Registration Form and we will try to accommodate your choice. You'll receive a call if your preference is not available.

## Special Olympics Alpine Skiing

Skiers, let's hit the slopes & train for Winter Games! Athletes must compete in the Area qualifier at Wilmot to qualify for the Winter Games in Galena.

**Age group:** Ages 13 & older

**Suggested ability level:** Intermediate/Advanced (previous experience with downhill skiing)

**Location:** Wilmot, WI

Prog #	Day	Dates	Weeks	Time
6701	Wed	Dec 12-Jan 30	7	6:00-8:00 pm
<b>No Prog Dec 26</b>				

<b>R/NR Fee w/no rental*</b>	<b>R/NR Fee w/equipment rental*</b>
\$33/week/\$58/week	\$49/week/\$86/week

<b>Bus Departs</b>	<b>Transportation Location</b>	<b>Returns</b>
5:00 pm	NISRA Office	9:00 pm

**Min/Max:** 4/10

**Staff Contact:** Chelsey

Area competition: January 9 (tentative)

Winter Games: February 5-7 (tentative)

NOTE: \*You will be billed at the end of the season for the number of times you skied. Due to the short season, athletes will need to attend **all** training sessions. Fee includes transportation.

## Special Olympics Snowshoeing

Do you enjoy the snow & being outdoors? This is the perfect sport for beginners, especially those who may want to progress to skiing.

**Age group:** Ages 8 & older

**Suggested ability level:** Beginner

**Location:** indoors at The Centre & outdoors at Wing Park, Elgin

Prog #	Day	Dates	Weeks	Time	R/NR Fee
6786	Sat	Dec 15-Feb 2	7	10:00-11:00 am	\$53/\$84
<b>No Prog Dec 29</b>					

**Min/Max:** 6/12

**Staff Contact:** Chelsey

District competition: January 5 (tentative)

Winter Games: February 5-7 (tentative)

## Special Olympics Swim Teams

New swimmers, please call us to determine which team is best for you!

### Beginner Team "Barracudas"

This beginner level team helps swimmers transition from swim lessons to competition.

**Age group:** Ages 8 & older

**Suggested ability level:** Beginner competitor, must be able to swim one length of the pool & be coached in a 1:4 ratio of coaches to swimmers

**Location:** Rakow Center, Carpentersville

Prog #	Day	Dates	Weeks	Time	R/NR Fee
6768	Mon	Oct 15-Nov 26	17	6:20-7:00 pm	\$145/\$222
Jan 7-Mar 18					
<b>No Prog Nov 19</b>					

**Min/Max:** 4/12

**Staff Contact:** Chelsey

Competition: March 23 (tentative)

NOTE: For your convenience, the fee includes the 4 swim meets the team will attend.

### Intermediate/Advanced Teams

#### "Sharks"

Swimmers, it's time to get back in the pool & perfect your strokes! You must register and compete this fall in order to be eligible for the Area meet next spring.

**Age group:** Ages 16 & older

**Suggested ability level:** Intermediate/Advanced (ability to swim two different strokes for the length of the pool, and swim for the entire hour)

**Area Competition:** March 23 (tentative)

**Staff Contact:** Chelsey

#### Carpentersville

**Location:** Rakow Center, Carpentersville

Prog #	Day	Dates	Weeks	Time*
6713	Wed	Oct 10-Nov 28	18	5:30-6:30 pm
Jan 9-Mar 20				
<b>No Prog Nov 21</b>				

<b>R/NR Fee no Transp.</b>	<b>R/NR Fee w/Transp.</b>
\$151/\$232	\$241/\$322

<b>Bus Departs</b>	<b>Transportation Location</b>	<b>Returns*</b>
4:45 pm	NISRA Office	7:15 pm

**Min/Max:** 6/12

NOTE: For your convenience, the program fee includes the 4 swim meets that the team will attend. \*We will notify you of some days that may be later due to swim meets.

#### Elgin

**Location:** The Centre, Elgin

Prog #	Day	Dates	Weeks	Time	R/NR Fee
6712	Fri	Oct 12-Nov 30	18	5:00-6:00 pm	\$151/\$232
Jan 11-Mar 22					
<b>No Prog Nov 23</b>					

**Min/Max:** 6/12

NOTE: For your convenience, the program fee includes the 4 swim meets the team will attend.

# Special Olympics Basketball



## Teen/Adult Teams

District competition: January 20 (tentative)      ITRS Tournament: February 17

**Min/Max per team:** 10/15

**Staff Contact for all teams:** Chelsey

Facilities are subject to change based upon availability.

**With NISRA's number of basketball teams and players, there will be an Assessment Night for athletes wanting to join a team.**

**Here's how it works:**

**1) Register for the Assessment Night, #6791 (date & location listed below)**

NOTE: Athletes with intermediate skills from the Elgin area may register for the Thundercats Team (see below).

**2) Team rosters will be determined based upon age, skill level, player safety, and competitiveness.**

**3) Athletes will be notified of team placement by Sept 28.**

**Assessment Night: #6791      Wed, Sept 12      7:00-8:30 pm      Marlowe Middle School, Lake in the Hills**

### Dates, times & fees – team rosters TBD from Assessment Night:

<b>Teams: Lightning, Bulls, Hawks, Bobcats, Wildcats* &amp; Rebels</b>	15 weeks	7:00-8:30 pm*	\$127/\$205
Ages 15 & older	Tues, Oct 16-Dec 18 & Jan 8-Feb 12		
	<b>No Prog Nov 20</b>		

\*NOTE: The Wildcats time will be 6:30-8:00 pm due to facility limitations at Rakow Center in Carpentersville

### Elgin Team

<b>Thundercats–Intermediate Skills</b>	#6754	15 weeks	7:00-8:30 pm	\$127/\$205
Ages 15 & older	Tues, Oct 16-Dec 18 & Jan 8-Feb 12			
Channing School, Elgin	<b>No Prog Nov 20</b>			

*Resident Priority Registration  
ends Aug 27  
Non-Resident Registration  
begins Aug 28  
Final Registration Deadline  
Aug 30*





# Special Olympics

## Special Olympics Basketball Skills

This program is for athletes who are gaining skills, but not ready for team play. We'll focus on passing, dribbling, shooting, and all of the fundamentals. You'll have an opportunity to compete in the Special Olympics Individual Skills Competition.

**Age group:** Ages 8 & older

**Location:** Chesak Elementary, Lake in the Hills

Prog #	Day	Dates	Weeks	Time	R/NR Fee
6792	Wed	Oct 24-Dec 5	5	5:30-6:15 pm	\$41/\$63
<b>No Prog Oct 31 &amp; Nov 21</b>					

**Min/Max:** 4/12

**Staff Contact:** Chelsey

Individual Skills Competition: December 8

NOTE: If the Basketball Skills athlete qualifies for state competition, transportation & lodging will be the responsibility of the family.



## Looking for Special Olympics Tennis?

For more consistent training and to comply with entry deadlines for competitive tennis, the practice season is from mid-April to the competition in July. Look for Special Olympics Tennis in our Winter/Spring brochure.

### Youth Basketball Team

District competition: January 13 (tentative)

ITRS Tournament: February 17

### Junior Lakers–Youth Team

Youth, Ages 8-14, all abilities  
Chesak Elementary, Lake in the Hills

**Min/Max:** 10/15

**Staff Contact:** Chelsey

NOTE: Home games are played on Saturdays.

#6749

14 weeks

6:30-7:30 pm

\$120/\$193

Wed, Oct 10-Dec 12 & Jan 9-Feb 13

**No Prog Oct 31 & Nov 21**

## program information

See pages 53 & 54 for more information.

### Severe Weather Guidelines

The guidelines below are used by NISRA Staff to determine whether to delay or cancel programs. Typically participants will be called when conditions force a change in the schedule.

### Cold Weather Guidelines

**Outdoor programs may be cancelled if any of the following conditions exist:**

- Temperature is below 10 degrees
- Wind chill is below 0 (regardless of temperature)

**Indoor programs will be cancelled based upon the facility's decision and/or whether authorities have issued driving advisories, or Winter Storm or Blizzard warnings.**

### Recorded Message for Program Changes

We record a message on our phone system on days when the weather or other factors force a change in the program schedule. Call the NISRA office and dial 3.

### Illness Guidelines

In order to prevent the spread of illness, it is recommended that participants not attend NISRA programs when any of the following conditions exist:

- Fever over 100 degrees
  - Vomiting within the last 24 hours
  - Persistent diarrhea
  - Persistent cough and/or cold symptoms
  - “Pink Eye” (conjunctivitis)
  - Symptoms of mumps, measles, chicken pox, strep throat, flu, impetigo, or Hand, Foot & Mouth Disease
  - Runny nose with yellow or green discharge (indicates infections)
  - Lice or mites present
  - Contagious rash or rash of unknown origin
- You will be contacted immediately to make arrangements for the participant to go home if any of these symptoms are present.

### Mandated Reporters

Staff are mandated by the State of Illinois to report to the DCFS hotline if they observe a situation that provides reasonable cause to suspect child abuse or neglect. Workers in some professions, including “recreational program” personnel have this legal mandate. Staff are trained on the procedure for making a report.



Northern Illinois Special Recreation Association

## Seizure Questionnaire

(Rev. 1/31/2017)

Office use only:  
Date Reviewed: \_\_\_\_\_  
Initial: \_\_\_\_\_

Please complete this form if the participant experiences seizures. **Please update this form whenever there is a change in the seizure information/plan and promptly submit it to NISRA.** NISRA requests that you review this form once a year and provide any necessary updates.

**Participant's Name:** \_\_\_\_\_

**Completed by:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_ **Phone:** (     ) \_\_\_\_\_

### Medication(s):

Participant medication needs are to be noted on their Annual Information Update form which is distributed each year in the summer & fall seasonal brochures. If the participant's medication needs have changed since submission of their Annual Information Update form, please submit a new update as soon as possible.

**A Medication Permission form must be submitted if you are requesting NISRA staff to assist with the dispensing of scheduled oral or topical maintenance medication.** To obtain a copy of the Annual Information Update form or Medication Permission form, please contact the NISRA office or download a copy of the forms from the NISRA website at [www.nisra.org](http://www.nisra.org) and click on the "Dates & Forms" tab.

*Please note: NISRA staff will not administer rectal Diastat or perform any other invasive medical procedures.*

1. Please describe a typical seizure: \_\_\_\_\_  
\_\_\_\_\_
2. Are there any symptoms prior to the onset of the seizure? (i.e. smells, stomach pain, fear, sounds, etc.)  
\_\_\_\_\_
3. What was the date of the participant's last seizure? \_\_\_/\_\_\_/\_\_\_
4. How long does the typical seizure last? \_\_\_\_\_

### Type of Seizure(s) (Please check all that apply):

- Absence (staring spell)                       Atonic (Drop)                       Simple Partial  
 Complex Partial                                       Generalized (Gran Mal)  
 Other (explain): \_\_\_\_\_

## Seizure Response Plan

In the event of a perceived seizure, NISRA staff will follow basic first aid procedures for the care of seizures. Please list any additional actions you would like NISRA staff to take in the event of a seizure:

1. Call 911 for a seizure lasting more than \_\_\_\_\_ minutes. (Please Note: Depending on circumstances, NISRA staff may disregard this request and instead call 911 immediately)
- 2.
- 3.

**VNS Device Check box:** If checked, parent/guardian must train staff on use of VNS device.

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Please return this completed form along with your Registration Form to the NISRA office.**



Northern Illinois Special Recreation Association

## Northern Illinois Special Recreation Association Fitness Program Waiver

TO: Medical practitioner  
FROM: Northern Illinois Special Recreation Association (NISRA)  
RE: Recommendation for participation  
DATE: Fall 2018

*NOTE: Participants that have a current Special Olympics APP form on file need not complete this Waiver.*

Your patient (name below) desires to register to participate in a NISRA fitness program. These programs involve physical exercise through the use of aerobics, treadmill, weights, and/or resistance equipment. A typical fitness program meets 1-2 times/week for up to 1 hour. NISRA provides a close-staff-to-participant ratio and the exercises are chosen based upon the participant's ability level.

In order for your patient to participate in this type of program, we are requesting a medical clearance. Please complete the following information and return it to the NISRA office by August 30, 2018.

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### Part 1: For completion by NISRA Participant.

Print Name: \_\_\_\_\_

I give permission for (medical practitioner name) \_\_\_\_\_ to complete this medical clearance form.

Date: \_\_\_\_\_ Participant signature: \_\_\_\_\_

---

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### Part 2: For completion by medical practitioner licensed to administer physical examinations in the State of Illinois.

Please check:

\_\_\_\_\_ I support my patient's participation in this program with no restrictions

\_\_\_\_\_ I support my patient's participation in this program with the following restrictions: \_\_\_\_\_

\_\_\_\_\_ I do not recommend my patient's participation in the program for the following reasons: \_\_\_\_\_

---

Date: \_\_\_\_\_ Medical Practitioner's signature: \_\_\_\_\_

Medical practitioner's address: \_\_\_\_\_

---

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**Please return to:** NISRA  
285 Memorial Drive  
Crystal Lake, IL 60014  
  
(815) 459-0388 Fax\*

\*A facsimile signature shall substitute for and have the same effect as an original signature.

**This form will be valid for 2 years from the date of the Medical practitioner's signature.** The form will need to be re-submitted if the participant has medical treatment that could affect his/her participation.



# registration information

## A Registration Note...

Although some NISRA programs are offered according to disability classifications, these classifications should only be considered as recommendations. For example, if a particular program is offered for children with learning disabilities (LD) and your child does not have that classification, but meets other social, physical and behavioral requirements to participate in the program, please feel free to register for it.

## Annual Registration Update

Once each year, all registrants are requested to complete an Annual Update form (included in the summer & fall brochures) in order for NISRA to update its records. This process helps the staff provide the safest & best care possible.

## Registration Information

1. Registration is conducted on a first-come, first-serve basis. **Residents of NISRA's member districts who register by the Resident Priority Registration date have priority over out-of-district "Non-Resident" participants.**
2. **If a program reaches maximum registration, a waiting list will be started.** Those on the list will be notified.
3. **A program may be cancelled if enrollment is less than the determined minimum.** Your account will be credited unless a refund is preferred or the participant joins another program.
4. **Registration is considered complete and will be processed only when payment is received,** unless other arrangements have been made. NOTE: Registration will not be processed if there is a balance due from past seasons.
5. Out-of-district "Non-resident" participants are welcome to register for all programs. However, a non-resident fee is charged (see program descriptions) and registration is processed, in the order it was received, after the Resident Priority Registration date.
6. Instructors may not accept payment or register participants at programs. Registration and payment must be made through the NISRA office.
7. The Registration Form is designed to provide all medical and personal information necessary for the instructor to provide a safe experience. **Please complete the form thoroughly.**

## Credits and Refunds

Credits and refunds must be requested **three business days** prior to the start of the program. The cost of the program minus a \$5.00 processing fee will be refunded (unless tickets have been purchased or supplies bought and there is no one on the waiting list to take the spot). Credits and refunds will not be issued after the second week of the program, except for medical or unavoidable circumstances only (ex., job transfer, moving, etc.). Proof of the reason may be required. A prorated credit or refund, minus the processing fee, will be issued. No cash refunds will be given, regardless of how the payment was made.

## Scholarships

Scholarships are available for weekly programs for those who qualify due to financial hardship situations. Please call the NISRA office for assistance.

**If you register on paper with an email address included, and we receive it by the deadline, you will be notified of the status of your registration by email.**

**If you register online by the deadline, you will be notified of the status of your registration by email.**

## Group Home Resident Fee Policy

In-district status will be granted for participants residing in out-of-district group/sheltered homes or facilities that are within 5 miles of NISRA's member districts, *if* the administrative headquarters of such group/sheltered homes or facilities is located within NISRA's member districts.

## Township Information

We ask for your township on the Registration Form because area townships annually give grants to NISRA. Listing your township allows NISRA to provide the townships with participation statistics to support their giving. If you are unsure of your township:

- check your voter registration card
- check your property tax bill
- call the county office or township office closest to your home

## Procedure for Seizure Information

If your Registration Form indicates that the participant experiences seizures, a completed Seizure Questionnaire (included in this brochure), or equivalent seizure plan is required for participation in NISRA programs. This document is kept on file and distributed to the leaders of the programs for which the registrant is enrolled. Once each year it is your responsibility to review & update your form if necessary. If you have any questions about this procedure, please contact the NISRA office.

## Fitness Waiver for Fitness Programs

Due to the physical nature of NISRA's fitness programs, the circumstances at some facilities, and the exertion that participants may undertake, NISRA requires a fitness waiver prior to participation. The form is included in this brochure. The clearance to participate will be valid for 2 years from the date on which it was signed by the participant's medical practitioner. If the participant has medical treatment during the 2 year time frame of the Fitness Waiver, he/she needs to submit a new form to the doctor & NISRA.

## Photos/Video

NISRA occasionally takes photographs or video of participants for promoting/advertising our programs, services, events, activities, and facilities in our brochures, website or agency social media, member district publications, and other promotional avenues. By registering for, participating in or attending NISRA programs, events, or other activities, the participant (or parent/guardian of a minor participant) irrevocably agrees to the use and distribution by NISRA of his or her image (or of his minor child/ward) in photographs, video recordings, and any other electronic reproductions of such programs, events and activities for any purpose without inspection or approval and without compensation, rights to royalties or any other consideration now and in the future. The participant's identity is kept anonymous unless permission is obtained by NISRA to identify the person.

### Late Registration.

**If your registration is late, it will be reviewed after Sept 24 to see if we can accommodate you. Program fees will not be prorated for a late start.**

# NISRA REGISTRATION FORM–Fall 2018

Resident Priority Registration  
ends Aug 27  
Non-Resident Registration  
begins Aug 28  
Final Registration Deadline  
Aug 30

Both sides of this form must be completed, signed and returned, WITH FULL PAYMENT, to the NISRA Office before registration will be processed and the participant will be allowed to attend any program. Refer to registration information on Page 48.

Registrations received after the Aug 30 deadline will be reviewed after Sept 24.

Are you a **new** participant?  Yes  No If yes, how did you hear about NISRA? \_\_\_\_\_  
We will contact you soon to help you with more information to get started in your first NISRA program.

Registering from brochure:  from child's school/ adult's group home  mailed to me  picked up at: \_\_\_\_\_  
(please specify location)

## Participant's Information

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
Birthdate \_\_\_\_\_ Age \_\_\_\_\_ Gender:  Female  Male  
School \_\_\_\_\_ School District \_\_\_\_\_ Teacher \_\_\_\_\_  
Employer/Service Provider \_\_\_\_\_ Caseworker \_\_\_\_\_ Phone ( ) \_\_\_\_\_  
Primary Disability \_\_\_\_\_ Secondary Disability \_\_\_\_\_  
Down syndrome?  Yes  No If yes, checked for Atlanto-Axial Subluxation Condition? \_\_\_\_\_ Date Condition cleared? \_\_\_\_\_  
Seizures?  Yes  No If new & no Seizure Questionnaire on file w/NISRA, please complete form in this brochure & return w/registration.

## Contact Information (Family/Guardian/Group Home)

If the participant is an adult, does he or she have his or her own legal guardian status?  Yes  No

### Primary Contact Information – person who should be contacted FIRST

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Relationship \_\_\_\_\_  
Email address (please print) \_\_\_\_\_  
• Primary Phone ( ) \_\_\_\_\_ **# called FIRST with program changes, automated messages, and for staff to have at the program**  
• Alternate Phone ( ) \_\_\_\_\_  
• Work Phone ( ) \_\_\_\_\_

### Alternate Contact Information (Fill out ONLY if it is appropriate for this person to be contacted, if the Primary Contact cannot be reached)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Relationship \_\_\_\_\_  
Email address (please print) \_\_\_\_\_  
• Primary Phone ( ) \_\_\_\_\_  
• Alternate Phone ( ) \_\_\_\_\_  
• Work Phone ( ) \_\_\_\_\_

**Group Home Name** \_\_\_\_\_ **Group Home Contact Name** \_\_\_\_\_ Phone ( ) \_\_\_\_\_  
(Name and Relationship)  
Email address \_\_\_\_\_

### Emergency Contact—Please give the name of a *relative or friend* who can respond in case of emergency when you cannot be reached.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Relationship \_\_\_\_\_  
Home Phone ( ) \_\_\_\_\_ Cell Phone ( ) \_\_\_\_\_ Work Phone ( ) \_\_\_\_\_

### Alternate Emergency Contact

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Relationship \_\_\_\_\_  
Home Phone ( ) \_\_\_\_\_ Cell Phone ( ) \_\_\_\_\_ Work Phone ( ) \_\_\_\_\_

Please turn this page to complete the program registration and sign the waiver.

It's time again!

Please give us valuable information to help us provide the safest & best care possible!  
Just ONCE A YEAR, we're requesting that you complete the Annual Information Form (next pages).

<b>For Office Use Only</b>	Date rec'd. _____ By _____ In computer <input type="checkbox"/> Wait List <input type="checkbox"/>	Other agency pay <input type="checkbox"/> Scholarship <input type="checkbox"/>	Check # _____ Cash _____ Charge _____	Total Due _____ +/-Credit/Balance Due _____ Grand Total= _____ Amount Paid _____
R / NR				

Participant Name \_\_\_\_\_

Program # Please make sure Program # matches the	Program Name Program Name!	Transportation Location (if offered)* Please write "none" if you are NOT taking the transportation that is offered.	Program Fee
<b>Subtotal of Fee Due</b>			=
<b>minus any available credits</b>			-
<b>Contribution to NISRA Foundation for scholarships, accessible buses, and innovative programs</b>			
<b>Total Fee Due (submit along with Registration Form)</b>			

**\*Please see page 50 for additional information about transportation.**

You may pay by credit card. Please check one:     Master Card     VISA     Discover

Account # \_\_\_\_\_    Expiration Date \_\_\_\_/\_\_\_\_    Security Code (back of card) \_\_\_\_\_

Cardholder Name (please print) \_\_\_\_\_    Signature \_\_\_\_\_

**WAIVER RELEASE OF ALL CLAIMS AND HOLD HARMLESS AGREEMENT FOR NORTHERN ILLINOIS SPECIAL RECREATION ASSOCIATION. READ CAREFULLY.**

Please read this form carefully and be aware that in signing up and participating in NISRA programs, you will be waiving and releasing all claims for injuries arising out of these programs that you or the other named participant might sustain. The terms "I", "me", and "my" also refer to parents or guardians as well as participants in the programs. In registering for these programs, you are agreeing as follows:

As a participant in these programs, I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the full risk of any injuries, damages or loss which I may sustain as a result of participation in any manner, in any and all activities connected with or associated with such activities and involve substantial risks of injury.

I agree to waive and relinquish any and all claims I may have as a result of participating in these programs against NISRA, any and all other participating or cooperating governmental units, any and all independent contractors, officers, agents, servants, and employees of the governmental bodies and independent contractors, and any and all other persons and entities of whatever nature that might be directly or indirectly liable for any injuries that I might sustain while participating in these programs.

I do hereby fully release and discharge NISRA and the other released parties from any and all claims for injuries, damages or loss which I may have or which may accrue to me on account of my participation in these programs.

I further agree to indemnify, hold harmless and defend NISRA and any and all other parties, from any and all claims resulting from injuries, damages and losses sustained by anyone, and arising out of, connected with, or in any way associated with my conduct and the activities of these programs.

I further understand and agree that the terms such as "participation", and "activities", referred to in this Agreement, include all exercises and physical movements of any nature while I am participating in these programs and further include the provision of or failure to provide proper instructions or supervision, the use and adjustment of any and all machinery, equipment, and apparatus, and anything related to my use of the services, facilities, or premises involved in these programs, and transportation to and from any events.

I understand the nature of these programs for which I am registering and have read and fully understand this Waiver, Release and Hold Harmless Agreement. I further understand that any advisements or warnings of the particular risks of these programs that I subsequently receive will be incorporated by reference into and become a part of the Agreement.

Photo release. NISRA takes photos & video of participants in programs. By signing the waiver, you are giving permission to NISRA to use these photos & videos in our publications, on our website and social media outlets without further permission and without any compensation to you. All photos & video are the property of NISRA.

In case of emergency, I give my permission for the participant to receive any first aid, transportation or medical attention that may be required.

*A facsimile signature shall substitute for and have the same legal effect as an original form signature.\**

Participant/Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

**NISRA's Values: Fun • Professional • Trustworthy • Innovative • Compassionate**

Please give us your feedback! Use this space for suggestions and new program ideas: \_\_\_\_\_

\*Please mail or drop off your form. Email is not encrypted & may get trapped in a SPAM filter. Fax can be difficult to read.

Mail or drop off form to: NISRA, 285 Memorial Drive, Crystal Lake, IL 60014 (See page 3 for dates the office is closed)



# Annual Information Update

All Registrants! Please complete & return this Annual Information Form, so that NISRA may update its records.  
Please help our staff provide the safest & best care for the participant!

## Participant Information

New Participant?  Yes  No, just updating information

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Birthdate \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Subdivision (if applicable) \_\_\_\_\_ Township \_\_\_\_\_ County \_\_\_\_\_

Primary Disability \_\_\_\_\_

Secondary Disability \_\_\_\_\_

Down Syndrome?  Yes  No

If yes, checked for Atlanto-Axial Subluxation Condition? \_\_\_\_\_ Date Condition Cleared? \_\_\_\_\_

## Allergies

Food Allergies: Type & Details: \_\_\_\_\_

Insect Bite Allergies: Type & Details: \_\_\_\_\_

Medication Allergies: Type & Details: \_\_\_\_\_

Other (list): \_\_\_\_\_ Details: \_\_\_\_\_

## Dietary Restrictions (includes Diabetes, PKU) & Other Conditions

Condition: \_\_\_\_\_

Details: \_\_\_\_\_

Eyeglasses  Shunts  Other (list) \_\_\_\_\_

## Communication Needs

Uses Hearing Aid Which ear? \_\_\_\_\_

Speech reads

Uses Sign Language Details: \_\_\_\_\_

Uses Communication System  
(Ex. PECs, picture schedules) Details: \_\_\_\_\_

Needs Assistance Details: \_\_\_\_\_

Non-Verbal Details: \_\_\_\_\_

## Daily Living Skills

Feeding Assistance Required Details: \_\_\_\_\_

Toilet Assistance Required Details: \_\_\_\_\_

Dressing Assistance Required Details: \_\_\_\_\_

Assistance with Money Details: \_\_\_\_\_

Reading Skills: \_\_\_\_\_

Other: \_\_\_\_\_

Participant Name \_\_\_\_\_

Doctor Name: \_\_\_\_\_ Phone#: \_\_\_\_\_

**Medication**

**In case of emergency** (in case NISRA would need to supply paramedics with the participant's current medications) please list them below:

Medication Name	Dosage	Time	Purpose

**If medication is to be dispensed by NISRA staff**, please contact the NISRA Office to obtain a Medication Dispensing Waiver and additional information.

Details on Assistance with Medication: \_\_\_\_\_

**Mobility & Transportation**

- Uses Wheelchair     Transfers Independently     Needs Harness Hook-Up
- Uses Amigo     Transfers with Assistance

Wheelchair Type (power or manual): \_\_\_\_\_

Orthopedic Equipment (walker, braces, canes, AFOs): \_\_\_\_\_

Is bus aide requested?     Yes     No    If yes, explain why: \_\_\_\_\_

Is a wheelchair lift needed on the bus?     Yes     No, participant can walk up the stairs on the vehicle

**Seizures**

Yes     No    If yes, please complete Seizure Questionnaire (in this brochure) and return it to the NISRA Office.

**Releases**

Ok to remain Independently after Program.    Details: \_\_\_\_\_

NISRA sometimes contacts schools/caseworkers/service providers for information to better serve the participant's needs. If you **do not** wish to give permission, please initial here: \_\_\_\_\_

**Sensory**

Sensory processing difficulties?

Details: \_\_\_\_\_

Describe any calming techniques used : \_\_\_\_\_

**Other**

NISRA provides an approximate 1:4 staff to participant ratio. Please note if participant requires a closer ratio and why:

\_\_\_\_\_

Areas for instructor to work toward: \_\_\_\_\_

Participant/Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

# program & registration information

## Programs by Age & Ability Level

Most programs are offered according to age groups and a suggested ability level or disability classification. In many cases, programs are geared toward “all abilities” and the staff will divide the participants into appropriate subgroups within the activities.

## Disability Classifications

**ASD:** Autism Spectrum Disorders. Refers to those with Autism, Aspergers Syndrome, and Pervasive Developmental Disorder. Typical staff-to-participant ratio for this group is 1:2 or 1:1.

**ECE:** Early Childhood. Encompasses all children, ages 3-6, who receive special education services. Staff-to-participant ratios vary based upon the level of the children, but are generally not more than 1:2 or 1:3.

**MH:** Mental Disabilities. Includes those with mild to moderate cognitive delays, developmental delays, and Down syndrome. Typical staff-to-participant ratio is 1:4.

**PH:** Physical Limitations. Refers to those whose primary limitation is of a physical nature; there are minimal or no cognitive delays. This includes Cerebral Palsy, Aquired Brain Injury (ABI), Traumatic Brain Injury (TBI), visual impairments, stroke, and arthritis. Staff-to-participant ratio varies, depending upon the needs of each individual.

**MN:** Multi-Need. Refers to those with severe and profound delays of both a cognitive and physical nature. Typical staff-to-participant ratio is 1:2 or 1:1.

**LD/ADD/ADHD:** Learning Disabilities/Attention Deficit Disorder/Attention Deficit Hyperactivity Disorder. Refers to those with mild to moderate learning difficulties and attention deficits, as well as social adjustment issues. Typical staff-to-participant ratio is 1:4.

**BD/SED:** Behavior Disorders/Severe Emotional Disturbances. Refers to those with a primary diagnosis of a behavioral or emotional nature. It also includes Obsessive Compulsive Disorder, Oppositional Defiant Disorder, and Bipolar. Typical staff-to-participant ratio is 1:2 or 1:3.

## NISRA's Values

We strongly believe that 5 core values define what NISRA is & what you can expect from us: Fun, Professional, Compassionate, Trustworthy, and Innovative. If at any time you feel that NISRA programs or its staff have not lived up to these values, please contact NISRA's Executive Director at 815-459-0737.

## Inclusion Services...

### How about a general recreation program?

We understand that not every person with a disability needs a NISRA program. NISRA provides assistance to our member park districts and recreation departments to include residents with disabilities in their programs. Types of support may include staff training, adapted equipment, sign language assistance or a program aide. Register for your home district program and for more information, call Kelly at the NISRA office.

## Program Policies

1. **Participants must be picked up at the designated end of the program.** Late pick-up creates additional costs and potential delays getting to another program. NISRA staff will notify the office of continual late pick-ups and a fine will be assessed.
2. **Programs may be cancelled due to inclement weather.** When a program is cancelled, a make-up date will be arranged if possible, or a credit or refund issued.
3. **When participants of varying ages and ability levels are in the same program, NISRA will group them appropriately.**
4. **NISRA provides an approximate 1:4 staff-to-participant ratio.** If you are requesting a different ratio, please indicate the reason on your Registration Form.
5. **If a participant will be absent, please notify the NISRA office.**
6. **If the participant is able to walk or ride a bike home, the parent/guardian must submit notice granting permission, in writing, to the NISRA office prior to the start of the program.**
7. If someone other than the participant's parent/guardian will be picking him/her up after a program, a note must be sent for the staff. **Staff will not allow a participant to leave with another person without written notice.**
8. **When arriving to, or departing from a program, please check-in with the staff** before you leave or take the participant.
9. **If staff observe that it appears unsafe to release a participant** to the person picking him/her up after a program, the staff will call a supervisor to determine what other transportation alternatives may be possible.
10. While NISRA staff will assist participants with their belongings at programs, NISRA cannot be responsible for lost or stolen property. **Participants should not bring valuables to programs.**
11. **Consumption of alcohol is not permitted at any NISRA program** (this includes adults, ages 21 & older).
12. **Behavior Expectations.** Although NISRA recognizes that many participants have special behavioral challenges, guidelines have been established to ensure safety and enjoyment of all participants. The Behavior Code of Conduct expects participants to:
  - a) Show respect to all participants and staff, and take direction from staff.
  - b) Refrain from using abusive or foul language.
  - c) Refrain from causing bodily harm to self, other participants and staff.
  - d) Show respect for equipment, supplies, and facilities.A positive approach will be used regarding discipline. NISRA will work closely with parents/guardians to develop behavior management plans. If inappropriate, disruptive or destructive behavior occurs, a prompt resolution will be sought. NISRA reserves the right to suspend or dismiss any participant whose behavior endangers the safety of him/herself or others.



# program & transportation info

## Dietary Restrictions

Due to the volume of requests and various types of dietary needs, NISRA will only provide alternative food options for meals being prepared in our own cooking programs and events. When a program is taking place out in the community at a restaurant, public facility or special event, it is the participant/family's responsibility to explore menu options, then notify the NISRA leader of what food the participant may order. Occasionally, participants/families may be asked to send or make an accommodation for the restricted diet.

## Food & Beverages in NISRA programs

Foods & beverages served at NISRA programs & events must be "store bought" and presented in original sealed packages unless provided by a licensed restaurant or store. Food or beverages needing preparation or cooking will be done under the supervision of NISRA staff to assure proper sanitary procedures.

## NISRA Transportation



For programs with transportation, the pick-up and drop-off locations are listed in each program's description. **Please choose your preferred location and indicate it on your Registration Form.**

**Please check in with staff and make sure the participant gets on the correct vehicle in the parking lot.** Many times there are multiple NISRA programs using the same transportation location!

**Pick-up & drop-off locations** (generally buses will try to be in front of the building):

- Barrington Park District Langendorf Park
- Cary Park District Community Center
- The Centre, Elgin
- NISRA Office
- Hampshire Twp. Park District
- Harvard City Hall parking lot
- Huntley Park District R.E.C. Center
- Lake in the Hills Village Hall
- Marengo Park District parking lot
- McHenry Municipal Ctr./City Hall, McHenry
- Rakow Center (Dundee Twp. Park District)
- Wauconda Park District Community Center
- Woodstock Recreation Center

For programs offered to participants with physical limitations, door-to-door transportation is available for residents living within NISRA's 13 member districts. An additional fee is required for this service. If you require door-to-door transportation, simply pay the appropriate fee and indicate on your registration form that this service is needed.

# facilities

**Facilities are subject to change, based upon availability. Changes are beyond NISRA's control and may occur after the brochure has gone to print.**

## Barrington area (incl. Deer Park)

Barrington Park District  
Fitness & Recreation Center &  
Langendorf Park  
235 Lions Drive  
Barrington  
(847) 381-0687

Brunswick Zone Deer Park  
21080 North Rand Road  
Lake Zurich  
(847) 438-5585

Citizens Park &  
Pepper Family Accessible Treehouse  
511 Lake Zurich Road  
Barrington

## Cary area

Cary Community Center  
255 Briargate  
Cary  
(847) 639-6100

Hoffman Park  
Entrance from West Main Street,  
just after passing Jefferson Lane  
Cary

## Crystal Lake area (incl. Algonquin)

Bowlero Bowl  
1611 South Randall Road  
Algonquin  
(847) 658-2257

Crystal Bowl  
4504 Terra Cotta  
Crystal Lake  
(815) 459-3636

Crystal Ice House  
320 E. Prairie Street  
Crystal Lake  
(815) 356-8500

Crystal Lake Park District  
1 East Crystal Lake Avenue  
Crystal Lake  
(815) 459-0680

Crystal Lake Racket Club  
Route 31 & Virginia Road  
Algonquin  
(847) 658-5688

Heineman Middle School  
725 Academic  
Algonquin  
(847) 659-4300

Lippold Park  
1251 West Route 176  
Crystal Lake

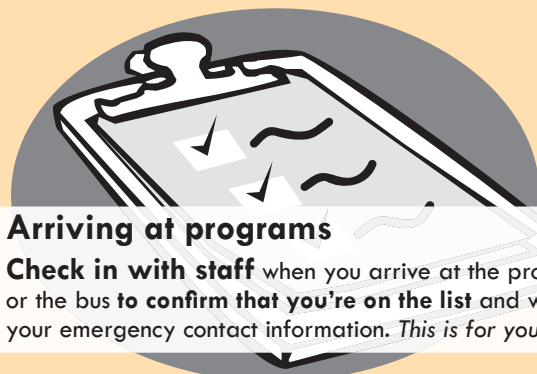
Main Beach  
300 Lake Shore Drive  
Crystal Lake  
(815) 477-5404

McHenry County College (MCC)  
Fitness Center  
Route 14 & Lucas Road  
Crystal Lake  
(815) 455-8551

Nunda Township  
3510 Bay Road  
Crystal Lake  
(815) 459-4011

## Can't make it to the program?

Please call NISRA at 815-459-0737 and dial 1 for the **Emergency Mailbox**, to have your message relayed to the driver. Drivers can wait a maximum of **5 minutes** before they must leave for the other pick-up points and/or the program.



## Arriving at programs

**Check in with staff** when you arrive at the program or the bus to confirm that you're on the list and we have your emergency contact information. *This is for your safety!*

## Thank you to all of these facilities for their cooperation and support.

Prairie Trail/Fox River Prairie Trail  
Algonquin & Meyer Roads  
Algonquin

Rotary Building  
Veteran Acres Park  
Walkup Road  
Crystal Lake  
(815) 477-5400

Sage Therapeutic Recreation Center  
at the NISRA Office  
285 Memorial Drive  
Crystal Lake  
(815) 459-0737

Sterne's Woods  
5617 East Hillside Road  
Crystal Lake

Veteran Acres Park  
Route 176 & Walkup Road  
Crystal Lake  
(815) 459-0680

### Dundee area

#### (incl. Carpentersville)

Rakow Recreation & Fitness Center  
Dundee Township Park District  
665 Barrington Avenue  
Carpentersville  
(847) 428-7131

Randall Oaks Park & Barnyard Zoo  
17 N 350 Randall Road  
Carpentersville

Randall Oaks Recreation Center  
500 North Randall Road  
West Dundee  
(847) 836-4260

### Elgin

AID/Elgin Training Center (ETC)  
1135 Bowes Road  
Elgin  
(847) 931-6200

Bowlway Lanes  
810 Villa Street  
Elgin  
(847) 741-0155

The Centre  
100 Symphony Way  
Elgin  
(847) 531-7000

Channing School  
63 South Channing Street  
Elgin  
(847) 888-5785

Elgin Sports Complex  
709 Sports Way  
Sports Way & McLean Boulevard  
Elgin

Integrity School of Dance  
732 West Chicago Street  
Elgin  
(847) 742-6666

Wing Park  
Wing Street, just west of Route 31  
Elgin

### Hampshire

Hampshire Elementary School  
321 Terwilliger Avenue  
Hampshire  
(847) 792-3400

Hampshire Park District  
Recreation Center  
390 South Avenue  
Hampshire  
(847) 683-2690

### Harvard

BraveHearts  
7319 Maxon Road  
Harvard  
(815) 943-8226

J's Lanes  
5507 Route 14  
Harvard  
(815) 943-4545

### Huntley

Dance Force Studio  
10995 Ruth Road  
Huntley  
(847) 669-2700

HUGS (Huntley Unlimited  
Gymnastics School)  
10991 Ruth road  
Huntley  
(847) 659-1675

Huntley R.E.C. Center &  
Cosman Cultural Center  
12015 Mill Street  
Huntley  
(847) 669-3180

### Lake in the Hills

Chesak Elementary  
10910 Reed Road  
Lake in the Hills  
(847) 659-5700

Focus Martial Arts  
9342 Virginia Road  
Lake in the Hills  
(847) 458-0938

Marlowe Middle School  
9625 Haligus  
Lake in the Hills  
(847) 659-4700

Martin Elementary  
10920 Reed Road  
Lake in the Hills  
(847) 659-5300

Sunset Park  
5200 Miller Road  
Lake in the Hills

Village Hall  
600 Harvest Gate  
Lake in the Hills  
(847) 960-7400

### Marengo

Glo-Bowl  
101 Franks Road  
Marengo  
(815) 568-2695

Marengo Park District &  
Indian Oaks Park  
825 Indian Oaks  
Marengo  
(815) 568-5126

### McHenry

McHenry Parks & Rec. Dept./  
McHenry Municipal Center  
333 South Green Street  
McHenry  
(815) 363-2160

McHenry Recreation Center  
(next to the Municipal Center)  
3636 Municipal Drive  
McHenry  
(815) 363-2160

## facilities

Palace Bowl  
3400 North Richmond  
McHenry  
(815) 385-8400

Petersen Farm  
4112 McCullom Lake Road  
McHenry  
(815) 385-0191

Pioneer Center/Pioneer Central  
4001 Dayton Street  
McHenry  
(815) 344-1230

Stade's Farm and Market  
3709 Miller Road  
McHenry

### Wauconda

Farley Accessible Fishing Pier &  
Bangs Lake  
600 Main Street  
Wauconda

Partners for Progress  
23525 West Milton Road  
Wauconda  
(847) 226-1300

Wauconda Park District  
600 Main Street  
Wauconda  
(847) 526-3610

### Woodstock

Creekside Middle School  
3201 Hercules Road  
Woodstock  
(815) 337-5200

Emricson Park  
South Street, east of Route 14  
Woodstock

Kingston Lanes  
1330 South Eastwood Drive  
Woodstock  
(815) 338-2015

Sheltered Village  
600 Borden  
Woodstock  
(815) 338-6440

Woodstock High School  
501 West South Street  
Woodstock  
(815) 338-4370

Woodstock North High School  
3000 Raffel Road  
Woodstock  
(815) 334-2100

Woodstock Recreation Center  
820 Lake Avenue  
Woodstock  
(815) 338-4363

### Reaching NISRA After Hours

In response to requests to reach us with an emergency message after business hours or on the weekend, NISRA has an Emergency Mailbox on our phone system. In an emergency, call the NISRA Office, 815-459-0737.



Listen for the prompt to leave a message in the Emergency Mailbox (ext. 1). Your message will be forwarded to the staff member on-call who will respond as needed.

**Northern Illinois Special Recreation Association**  
**285 Memorial Drive**  
**Crystal Lake, IL 60014**

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## NISRA's 13 Members:

- Barrington Park District
- Cary Park District
- Crystal Lake Park District
- Dundee Township Park District
- City of Elgin
- Hampshire Township Park District
- City of Harvard
- Huntley Park District
- Village of Lake in the Hills
- Marengo Park District
- City of McHenry
- Wauconda Park District
- City of Woodstock

Thank you for your partnership  
& commitment to providing  
meaningful recreation services for  
people with disabilities.

Para asistencia en Español  
vea la pagina 3.



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