



Winter & Spring 2020

Register by December 17!



NISRA

Northern Illinois Special Recreation Association

You may notice fewer programs in this brochure.
Here's why...

Minimum Wage Law impact on NISRA

On Feb 19, the public act commonly known as the "Minimum Wage Law" went into effect. This unfunded state mandate will have a profound impact on NISRA, and all parks & recreation agencies that employ many part-time and seasonal staff such as summer camp counselors.

By Jan 1, 2020 minimum wage must increase by \$1.00/hour and by July 1, 2020 another \$.75/hour. Then each January 1st through the year 2025 there will be an additional \$1.00/hour increase until the minimum wage reaches \$15.00/hour. **For NISRA to comply with the law, we estimate that \$660,000 in additional revenue will be required by 2025.**

Staff will continue to work diligently to control or reduce expenses and raise additional revenue through fundraising. At the same time, the reality is that 77% of the NISRA budget is dedicated to personnel & staffing costs. Program fees bring in only about 19% of NISRA's revenue for all of its services.

With the additional cost of staffing programs due to the minimum wage increases, there will be changes to NISRA services such as: elimination of some programs, higher program fees, reductions in transportation options, and adherence to minimums & maximums for programs.

How can you help?

If you believe in the benefits of our programs, **please help us spread the word!** Many programs now have a minimum of 6 or 8 participants needed in order to "go." Encourage others to register so that we don't have to cancel! Also, please register on time, so that we're assured that we'll have the minimum needed.

Would you consider helping us with fundraising? Many of our volunteers return each year because we treat them with respect and our Foundation events are well-organized & fun! We thank you for your support and welcome your feedback as we navigate these challenging times.

What's new

We want your input!

The Board and staff of NISRA are looking for feedback from participants, their families, supporters and even potential participants who aren't currently involved in NISRA programs. Your ideas will help us evaluate our services and direct the resources available to us to best meet your needs.

Please go to our website, www.nisra.org to find the link on the Home page to a simple, online survey that you can complete anonymously in about 15 minutes. If you'd like a paper copy, please contact us to mail or email one to you. **The survey will be available until Dec 17, 2019**

Winter & Spring Session Dates

(please refer to each program for exceptions!)

Mondays, January 20-Mar 2 & April 6-May 11

Tuesdays, January 21-Mar 3 & April 7-May 12

Wednesdays, January 22-Mar 4 & April 8-May 13

(most Thurs, Fri, Sat programs in Winter start a week later)

Thursdays, January 30-Mar 5 & April 9-May 14

Fridays, Jan 31-Mar 6 & April 17-May 15

no programs April 10

Saturdays, Feb 1-Mar 7 & April 18-May 16

no programs April 11

Resident Priority Registration

ends Dec 11

Non-Resident Registration

begins Dec 12

Final Registration Deadline

Dec 17

Spring deadline &

payments due

Feb 13

(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 Dec 12)



Registration...looking ahead to Summer

April 9 Summer brochure available online

April 9 Summer registration opens

April 9 Paper copies available from the printer

April 13 Paper copies bulk mailed

Apr 9-17 Staff deliver to schools & community organizations

May 18 Final deadline

Registration received after the deadline will be reviewed after June 15

Mark your
calendar!

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
website: www.nisra.org
check out our new website!

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

The office will be closed on the following dates:

December 24, 25, 31
January 1
May 25

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

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

Seizure Questionnaire, see page 46

Severe Weather Guidelines, see page 45


Special Olympics App Form, see pages 51-52

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.



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
Maria Cumpata	City of Elgin
Laura Schraw	Hampshire Twp. Park District
Ryan Knop	City of Harvard
Thom Palmer	Huntley Park District
Megan Sandven	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

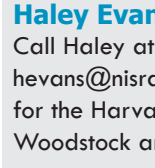
Your Regional Coordinator

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 with program suggestions for the Crystal Lake, Huntley, and Lake in the Hills areas.



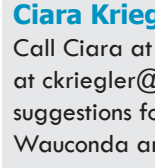
Haley Evans—Northwest Region

Call Haley at extension 247 or e-mail hevans@nisra.org with program suggestions for the Harvard, Marengo, McHenry, and Woodstock areas.



Gabrielle Winkel—Southern Region

Call Gabrielle at extension 246 or e-mail her at gwinkel@nisra.org with program suggestions for the Dundee Township, Elgin, and Hampshire areas.



Ciara Kriegler—Eastern Region

Call Ciara at extension 248 or email her at ckriegler@nisra.org with program suggestions for the Barrington, Cary, and Wauconda areas.



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
David Butts, M.S., PHR, 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
Kara David, B.S., CTRS, ext. 229	Mgr. of Special Olympics/Adapted Sports/ Healthy Minds Healthy Bodies
Kelly Kronwall, B.S., CPRP, ext. 224	Mgr. of Inclusion
<i>Please call Kelly with questions about inclusion into member district programs</i>	
Rebecca Ortmann, B.A., CPRP, CTRS, ext. 223	Mgr. of Summer Day Camp & Outreach
Emily Todd, B.S., CPRP, ext. 243	Mgr. of Cultural Arts/Adult Day programs
Gabrielle Winkel, B.S., CTRS, ext. 246	Regional Coord.
<i>Please call Gabrielle with program ideas for Dundee Township, Elgin & Hampshire</i>	
Ciara Kriegler, B.S., CTRS, ext. 248	Regional Coord.
<i>Please call Ciara with program ideas for Barrington, Cary & Wauconda</i>	
Cailyn Welch, B.S., CTRS, ext. 225	Regional Coord.
<i>Please call Cailyn with program ideas for Crystal Lake, Huntley & Lake in the Hills</i>	
Haley Evans, B.A., CTRS, ext. 247	Regional Coord.
<i>Please call Haley with program ideas for Harvard, Marengo, McHenry & Woodstock</i>	
Michelle Friedrichs, B.A., ext. 240	Part-time L.I.F.E. Program Leader
Mackey Leech, ext. 226	Part-time Recreation Specialist
Chris Hartzog, B.S., ext. 233	Part-time Recreation Specialist
Nicole Eisenrich, ext. 265	Healthy Minds Healthy Bodies Specialist

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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events & trips are listed on pages 8-13

Color key to sections:

Special Events & Trips

Individuals with Physical/Visual Limitations

Early Childhood, Young Children & Youth

Youth & Young Teens

Teens, Young Adults & Adults

Adults, 21 & older

Cultural Arts

Special Olympics

NISRA Foundation & fundraising information

Do You Know?

For every \$1.00 given to the Foundation:

- 82 cents goes to support NISRA programs & services
- 16 cents goes to fundraising costs
- 2 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 \$1.8 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.

NISRA Foundation Board of Directors

Rochelle Donahue	Kevin Murray
Tad Gralewski	Joseph Vallez
Annette Hammortree	Jim Wiseman
Pat Kallaus	

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
or contact Holly Dorn, Manager of Fund Development
at 815-459-0737, ext. 231 or hdorn@nisra.org.*

Thank you to the NISRA Foundation's Corporate Partners:

- Ed & Rochelle Donahue
- Hammortree Financial
- PGL
- Ron & Karen Schroeder

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 July through September 2019:

Barrington Area United Way

Thank you to the families who donated their credits back to NISRA!



The Foundation's annual grant to NISRA will be announced at Recognition Night on March 10.



Thanks to Leadership Greater McHenry County Intern James Cormier for his outstanding help!

Save the Date!

11th Annual

ROYAL BUNCO BASH

Friday, January 24

Back at the newly renovated

Holiday Inn Crystal Lake

Watch for Early Bird Registration!
www.royalbuncobash.com



The Women's Golf Outing was a blast and we raised over \$4,600!

special events

Social events for Youth

Urban Air



Let's head for fun at the ultimate indoor playground! More than their awesome trampolines, Urban Air boasts obstacle courses, a climbing wall, ropes course and all kinds of physical games.

Age group: Ages 6-15

Suggested ability level: all abilities

Location: Urban Air Trampoline Park, Crystal Lake

Min/Max: 10/15

Staff Contact: Rebecca

Prog#	Day	Date	Time	R/NR Fee
3-8200	Sun	Mar 1	2:00-4:00 pm	\$35/\$61

Bus Departs	Transportation Location	Returns
1:30 pm	Lake in the Hills Village Hall	4:30 pm
1:45	NISRA Office	4:15
1:15	The Centre, Elgin	4:45

NOTE: Urban Air requires a waiver which needs to be completed on its website (upper left corner) at: www.urbanairtrampolinepark.com/locations/illinois/crystallake



Enchanted Castle



Take the quest and experience the Magic of Fun! Enchanted Castle has it all, from indoor go-karts, laser tag, bumper cars, rides, mini-bowling, mini-golf and more!

Age group: Ages 6-15

Suggested ability level: all abilities

Location: Lombard

Min/Max: 10/15

Staff Contact: Rebecca

Prog#	Day	Date	Time	R/NR Fee
4-8201	Sun	May 10	10:00 am-1:00 pm	\$29/\$50

Bus Departs	Transportation Location	Returns
8:30 am	Lake in the Hills Village Hall	2:30 pm
9:00	NISRA Office	2:00
9:15	The Centre, Elgin	1:45

NOTE: Fee includes all activities, arcade card and lunch (cheese pizza and pink lemonade).

Spring Break Scene



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

Age group: Ages 7-18

Suggested ability level: all abilities

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

Staff Contact: Rebecca

NOTE: *This program is geared toward children & teens who benefit from more structure and fewer transitions. The group may be divided into age-appropriate small groups for some activities.*

Please bring a labeled sack lunch & drink each day. NISRA will provide an afternoon snack. Please bring a labeled swimsuit & towel on Monday, Wednesday and Friday. The group may go on some local field trips.

Prog #	Days/Dates	Time	R/NR Fee	Min/Max
3-8300	Mon-Fri, Mar 23-27	9:00 am-3:00 pm	\$150/\$263	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 Ctr.	4:00

Spring Break Fun for Ages 7-18

spring Break Fun for Ages 14-21

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



NOTE: These trips are geared toward teens & young adults who are comfortable with transitions and public places with a crowd.

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

Spring Break Trip–Urban Air & Desserts

If you haven't yet experienced Urban Air Trampoline & Adventure Park, explore the fun of this new place with us! After lunch we'll whip up some fun desserts in the NISRA Teaching Kitchen.

Location: Crystal Lake

Staff Contact: Cailyn

Prog#	Day	Date	Time	R/NR Fee
3-8347	Wed	Mar 25	9:00 am-3:00 pm	\$40/\$70

NOTE: Please bring a labeled sack lunch & drink. Urban Air requires a waiver which needs to be completed on its website (upper left corner) at:

www.urbanairtrampolinepark.com/locations/illinois/crystallake

Spring Break Trip– Timber Ridge Waterpark

We're heading to Lake Geneva for a pool day at the splash-tastic water park! We'll have a blast swirling in the whirlpool, riding waterslides, and relaxing in the lazy river.

Location: Timber Ridge Water Park, Lake Geneva, WI

Staff Contact: Ciara

Prog#	Day	Date	Time	R/NR Fee
3-8348	Mon	Mar 23	9:00 am-3:00 pm	\$37/\$65

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

Spring Break Trip–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

Staff Contact: Cailyn

Prog#	Day	Date	Time	R/NR Fee
3-8349	Thurs	Mar 26	9:00 am-3:00 pm	\$41/\$73

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 accommodate.

Spring Break Trip–Nature & Reptiles 101

Here's your chance to learn about reptiles and even hold some if you'd like to! We'll be playing nature-related games and exploring the fun of the great outdoors.

Location: Wauconda Park District

Staff Contact: Ciara

Prog#	Day	Date	Time	R/NR Fee
3-8350	Tues	Mar 24	9:00 am-3:00 pm	\$25/\$44

NOTE: Please bring a labeled sack lunch & drink, and dress for the weather, so that we may spend some time outdoors.



Spring Break Trip–Painting at Handmade on Main

With the guidance of an instructor, explore the world of colors, paints and brushes to create your own masterpiece! We'll also enjoy time playing games & making crafts.

Location: Handmade on Main, Algonquin and Sage TR Center

Staff Contact: Ciara

Prog#	Day	Date	Time	R/NR Fee
3-8320	Fri	Mar 27	9:00 am-3:00 pm	\$31/\$55

NOTE: Please bring a labeled sack lunch & drink.

Resident Priority Registration
ends Dec 11

Non-Resident Registration
begins Dec 12

Final Registration Deadline
Dec 17

Spring deadline & payments due
Feb 13

special events

Individual Snoezelen® Therapy

Get ready to experience a room where people of any age or ability level can engage in safe activities that stimulate all the senses through aromas, color, lights, sounds and textures. Our Snoezelen® Sensory Room can be customized to each individual's specific needs. These one-on-one sessions with a Therapeutic Recreation Specialist are designed with your personalized goals in mind. An initial assessment will be completed prior to the first week, so that the sessions can be geared to accomplishing the goals.

Age group: Ages 3 & older

Suggested ability level: all abilities

Location: Snoezelen® Room, Sage TR Center at the NISRA Office

Staff Contact: Kara

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.

Prog #	Day	Dates	Weeks	Time*	R/NR Fee	Min/Max
3-6600	Wed	Jan 29-Mar 4	6	4:00-6:30 pm *4:00, 4:30, 5:00, 5:30, 6:00	\$90/\$158	1/5
4-6600	Wed	Apr 8-May 13	6	4:00-6:30 pm *4:00, 4:30, 5:00, 5:30, 6:00	\$90/\$158	1/5

Valentine's Dance



It's that irresistible holiday...Valentine's Day! Bring that special friend to NISRA's Valentine's Dance and boogie to the music, enjoy refreshments, and socialize.

Age group: Ages 21 & older

Suggested ability level: all abilities

Location: Huntley R.E.C. Center Cafeteria

Staff Contact: Haley

Day	Date	Time	R/NR Fee No Transp.	R/NR Fee w/Transp.
Fri	Feb 7	7:00-9:00 pm	\$14/\$25	\$19/\$30
Prog#	Bus Departs	Transportation Location	Returns	Transp. Max
3-8434*	6:00 pm	Barrington Park District	10:15 pm*12	
3-8434*	5:30	Wauconda Park District	9:45	combined
3-8435	6:15	McHenry Recreation Center	9:45	12
3-8433	6:30	NISRA Office	9:30	12
3-8436	6:30	Sheltered Village	9:45	40
3-8437	6:15	The Centre, Elgin	9:45	12
3-8438	7:00	no transp; meet at program	9:00	NA

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



Masquerade Ball



A masquerade is an "assembly of people wearing masks and disguises"—usually at a party or dance. So, find a mask that you like and come out to NISRA's Masquerade Ball!

Age group: Ages 21 & older

Suggested ability level: all abilities

Location: Huntley R.E.C. Center Cafeteria

Staff Contact: Ciara

Day	Date	Time	R/NR Fee No Transp.	R/NR Fee w/Transp.
Fri	Apr 24	7:00-9:00 pm	\$14/\$25	\$19/\$30
Prog#	Bus Departs	Transportation Location	Returns	Transp. Max
4-8446*	6:30 pm	Barrington Park District	9:30 pm	*12
4-8446*	6:00	Wauconda Park District	9:45	combined
4-8447	6:30	McHenry Recreation Center	9:30	12
4-8450	6:30	NISRA Office	9:30	12
4-8448	6:30	Sheltered Village	9:30	40
4-8449	6:30	The Centre, Elgin	9:30	12
4-8451	7:00	no transp; meet at program	9:00	NA

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

26th Annual Recognition Night

Celebrate with us on this special night when we'll recognize participants, staff, volunteers, contributors and community supporters. A catered dinner with dessert, soft drinks and coffee will be provided, and a cash bar will also be available. Recommended attire is business casual.

The evening's schedule:

- 6:30 pm Doors open & cash bar begins
- 6:45 Dinner is served
- 7:30-9:00 Awards ceremony
- 9:00 Event concludes

Group: All participants, family members, staff, community members

Age Group*: 6 years & older with an adult;
Ages 16 & older may attend independently

Location: Heritage Ballroom, The Centre, Elgin

Staff Contact: Cailyn

Prog#	Day	Date	Time
3-8602	Tues	Mar 10	6:30-9:00 pm

*NISRA staff will be assisting with this event & unable to supervise participants.



Please complete this form to register. Invitations will NOT be mailed to NISRA participants.

Recognition Night Registration

Your Name _____ chicken vegetarian

Please provide all of your guest names and meal preferences. If preferences are not given, the chicken entree will be selected.

Family/Guest Names:

_____	<input type="checkbox"/> chicken	<input type="checkbox"/> vegetarian	<input type="checkbox"/> child's
_____	<input type="checkbox"/> chicken	<input type="checkbox"/> vegetarian	<input type="checkbox"/> child's
_____	<input type="checkbox"/> chicken	<input type="checkbox"/> vegetarian	<input type="checkbox"/> child's
_____	<input type="checkbox"/> chicken	<input type="checkbox"/> vegetarian	<input type="checkbox"/> child's
_____	<input type="checkbox"/> chicken	<input type="checkbox"/> vegetarian	<input type="checkbox"/> child's
_____	<input type="checkbox"/> chicken	<input type="checkbox"/> vegetarian	<input type="checkbox"/> child's
_____	<input type="checkbox"/> chicken	<input type="checkbox"/> vegetarian	<input type="checkbox"/> child's
_____	<input type="checkbox"/> chicken	<input type="checkbox"/> vegetarian	<input type="checkbox"/> child's
_____	<input type="checkbox"/> chicken	<input type="checkbox"/> vegetarian	<input type="checkbox"/> child's

Any special seating accommodations needed (ex., wheelchair, assistive device): _____

# of NISRA participants x \$5/each = _____	# of children's meals (ages 6-13) x \$5/each = _____
# of adult family members/guests x \$15/each = _____	We wish to sponsor a participant x \$5 = _____
	Total due: _____

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 _____

Cardholder Address _____ City _____ State _____ Zip _____

Enter your credit card payment information or pay by check. Return to the NISRA Office by February 10.

*We always have fun in the Dells...
so much to see & do!*

Weekend Trip– Wisconsin Dells



The Kalahari Resort is home to the World’s Largest Indoor Waterpark! After a long day of playing at the waterpark, we’ll recuperate at our Waterfront Chalet before heading out for dinner. Wisconsin Dells is packed with so many fun things to see and do, this weekend is sure to be “one for the books!”

Group: Ages 21 & older

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

Location: Kalahari Resort, Wisconsin Dells

Prog#	Day	Dates	Depart & Return Times	R/NR Fee
3-4000	Fri– Sun	Mar 20– Mar 22	11:00 am NISRA Office 11:00 am NISRA Office	\$346/\$416

Min/Max: 10/12

Staff Contact: Kelly

NOTE: Please read “General Information about Trips.” Fee includes transportation, lodging, meals from Fri lunch-Sun breakfast, activities, and staff supervision. Maximum may vary based upon the proportion of male to female participants at the registration deadline.



*Resident Priority Registration
ends Dec 11*

*Non-Resident Registration
begins Dec 12*

*Final Registration Deadline
Dec 17*

*Spring deadline & payments due
Feb 13*

General Information about 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.

Medication Dispensing

Based upon direction from NISRA’s risk management agency, we have implemented a change to our procedure for dispensing medication during trips. When the parent/guardian supplies envelopes containing individual dosages, the envelopes must be sealed and not be a clear/transparent material. If this applies to you, we will provide additional details when you register.

Chicago Bulls

"You gotta be there!" Experience NBA basketball and cheer the Bulls.

Age group: Ages 18 & older

Suggested ability level: all abilities, must be ambulatory**

Location: United Center, Chicago

Min/Max: 10/30

Staff Contact: Gabrielle



Prog#	Day	Date	Time	R/NR Fee
3-8616	Sat	Mar 28	7:00 pm game time	\$58/\$102
Bus Departs Transportation Location				Returns
3:00		McHenry Recreation Center		*
3:45 pm		NISRA Office		*
3:15		Sheltered Village		*
4:30		The Centre, Elgin		*

*Please call the NISRA office after 9:30 pm & dial 4 for the return times.

NOTE: **Tickets are for seats located on the 300 level. This event is not recommended for those who are afraid of heights. If you would like to purchase food or souvenirs, please bring \$20-30.

Chicago Wolves

Experience the excitement of extreme ice hockey as we watch our very own Chicago Wolves.

Age group: Ages 13 & older

Suggested ability level: all abilities

Location: Allstate Arena, Rosemont

Min/Max: 10/30

Staff Contact: Ciara



Prog#	Day	Date	Time	R/NR Fee
4-8615	Sun	Apr 5	3:00 pm game time	\$45/\$78
Bus Departs Transportation Location				Returns
12:30 pm		McHenry Recreation Ctr., McHenry		*
1:00		NISRA Office		*
1:30		Rakow Center, Carpentersville		*

*Please call the NISRA office after 6:00 pm & dial 4 for the return times.

NOTE: The pre-game show features fireworks, flashing lights and loud music. If you would like food or souvenirs, please bring \$15-25.



Broadway at the Paramount: Beauty and the Beast

Enjoy an afternoon at the beautiful Paramount Theatre, watching the unforgettable magic and costumes in this show!

Age group: Ages 18 & older

Suggested ability level: all abilities

Location: Paramount Theatre, Aurora

Min/Max: 10/12

Staff Contact: Cailyn

Prog #	Day	Dates	Time	R/NR Fee
3-8465	Sat	Jan 18	2:00 pm show time	\$101/\$177
Bus Departs Transportation Location				Returns
12:00 pm		NISRA Office		*
12:30		Rakow Center, Carpentersville		*

*Please call the NISRA office after 5:30 pm & dial ext. 4 for the estimated return time.

NOTE: Please bring a disposable sack lunch & drink to eat on the way to the performance, along with money if you wish to purchase concessions during intermission. Participants must be able to sit through a 3 hour musical production. There is limited accessible seating, available on a first-come, first-serve basis.

Hooked on Fishing

Nothing provides peaceful relaxation mixed with moments of excitement like FISHING! We'll show you how to improve your skills to catch the Big One!

Age group: Ages 13 & older

Suggested ability level: all abilities

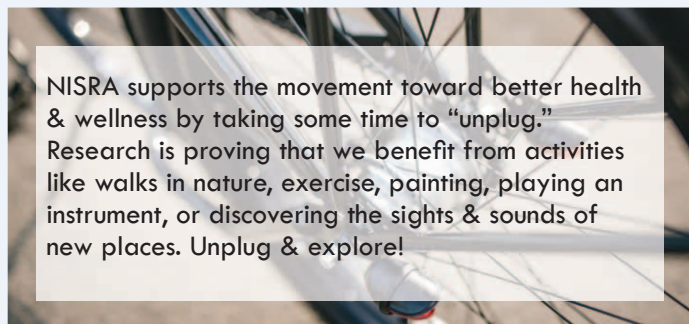
Location: The Hollows, Cary

Min/Max: 8/15

Staff Contact: Ciara

Prog#	Day	Date	Time	R/NR Fee
4-8630	Sat	May 16	10:00 am-12:30 pm	\$14/\$25
Bus Departs Transportation Location				Returns
9:40 am		NISRA Office		12:45 pm
9:15		Sheltered Village, Woodstock		1:15

NOTE: Fee includes lunch.



NISRA supports the movement toward better health & wellness by taking some time to "unplug." Research is proving that we benefit from activities like walks in nature, exercise, painting, playing an instrument, or discovering the sights & sounds of new places. Unplug & explore!



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



individuals with physical disabilities

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



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

Min/Max: 5/8

Staff Contact: Gabrielle

Prog #	Day	Dates	Weeks	Time
3-0502	Mon	Jan 20-Mar 2	7	11:10-11:55 am
4-0502	Mon	Apr 6-May 11	6	11:10-11:55 am

R/NR Fee no Transp.

Winter \$51/\$89

Spring \$44/\$76

R/NR Fee w/Pick-up Point

\$86/\$124

\$74/\$106

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

Winter \$107

Spring \$92

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

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.



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

Min/Max: 5/10

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

Staff Contact: Gabrielle

Prog #	Day	Dates	Weeks	Time
3-0503	Tues	Jan 21-Feb 11	4	6:00-8:00 pm
4-0503	Tues	Apr 7-28	4	6:00-8:00 pm

R/NR Fee no Transp.

Winter \$48/\$84

Spring \$48/\$84

R/NR Fee w/Pick-up Point

\$68/\$104

\$68/\$104

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

Winter \$80

Spring \$80

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

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 4:15 pm and dropped off as late as 10:30 pm. A detailed flyer will be mailed to you before 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

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.

Age group: Ages 21 & older

Suggested ability level: Participants w/physical limitations

Location: McHenry County College Fitness Center

Min/Max each day: 6/6

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

Staff contact: Cailyn

NOTE: *Door-to-door transportation available to residents living within NISRA's 13 member districts. 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.

Tuesdays

Prog #	Day	Dates	Weeks	Time
3-2506	Tues	Jan 21-Mar 3	7	1:00-2:00 pm
4-2506	Tues	Apr 7-May 12	6	1:00-2:00 pm

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

Winter \$51/\$89 \$106

Spring \$44/\$76 \$91

R Fee Door-to-Door Transp.*

Winter \$107

Spring \$92

Thursdays

Prog #	Day	Dates	Weeks	Time
3-2507	Thurs	Jan 30-Mar 5	6	1:00-2:00 pm
4-2507	Thurs	Apr 9-May 14	6	1:00-2:00 pm

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

Winter \$44/\$76 \$91

Spring \$44/\$76 \$91

R Fee Door-to-Door Transp.*

Winter \$92

Spring \$92

Restaurant Hoppers



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

Min/Max: 5/10

Staff Contact: Gabrielle

Prog #	Day	Dates	Weeks	Time
3-0509	Tues	Feb 18-Mar 3	3	6:00-8:00 pm
4-0509	Tues	May 5-26	4	6:00-8:00 pm

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

Winter \$36/\$63 \$56/\$83

Spring \$48/\$84 \$68/\$104

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

Winter \$68

Spring \$80

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

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.

Art Explorations

Tap into your creativity with a 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

Min/Max: 6/10

Staff Contact: Emily

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-5524	Thurs	Jan 30-Mar 5	6	6:00-7:00 pm	\$62/\$108
4-5524	Thurs	Apr 9-May 14	6	6:00-7:00 pm	\$62/\$108

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: Martin Elementary School, Lake in the Hills

Min/Max: 3/8

Staff Contact: Kara

Prog #	Day	Dates	Weeks	Time
3-6802	Thurs	Jan 30-Mar 12	6	7:00-8:00 pm
No Prog Feb 13				
4-6802	Thurs	Apr 9-May 14	5	7:00-8:00 pm
No Prog May 7				

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

Winter \$36/\$63 \$66/\$93

Spring \$30/\$53 \$60/\$83

Door-to Door Transp.*

Winter \$84

Spring \$78

*Door-to-Door is available for residents of NISRA's 13 member districts only; a limited number of spots are available.

NOTE: There may be opportunities to participate in Boccia competitions for an additional fee.

Resident Priority Registration

ends Dec 11

Non-Resident Registration

begins Dec 12

Final Registration Deadline

Dec 17

Spring deadline & payments due

Feb 13



early childhood & young children

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

Min/Max: 6/6

Staff Contact: Gabrielle

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-0117	Wed	Jan 22-Mar 4	7	6:00-6:30 pm	\$51/\$89
4-0117	Wed	Apr 8-May 13	6	6:00-6:30 pm	\$44/\$76

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

Back-to-back with Sensory Mash-Up!

Woodstock

Location: Woodstock High School, Woodstock

Min/Max: 8/8

Staff Contact: Haley

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-1110	Thurs	Jan 30-Mar 12	6	5:20-5:50 pm	\$44/\$76
No Prog Feb 13					
4-1110	Thurs	Apr 9-May 14	6	5:20-5:50 pm	\$44/\$76

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

Resident Priority Registration ends Dec 11

Non-Resident Registration begins Dec 12

Final Registration Deadline Dec 17

Spring deadline & payments due Feb 13

Sensory Exploration—Ages 3-6

Check out the Snoezelen® sensory room! This program guides participants through a sensory experience that incorporates hand-eye coordination, gross motor skills, sharing & working with others, and relaxing. It also includes free time for operating some controls and setting the room to whatever scene they choose.

Age group: Ages 3-6

Suggested ability level: all abilities

Location: Snoezelen® Room, Sage TR Center at the NISRA Office

Min/Max: 2/3

Staff Contact: Kara

Prog#	Day	Dates	Weeks	Time	R/NR Fee
3-6100	Mon	Jan 27-Mar 2	6	4:30-5:00 pm	\$45/\$79
4-6100	Mon	Apr 6-May 11	6	4:30-5:00 pm	\$45/\$79

Thursday, Friday & Saturday programs in Winter start a week later!

early childhood & young children



Eats & Beats (was Fitness & Friends)

Let's try some fitness activities for fun and to feel great! Each week will have a theme and we'll make a tasty snack to match the theme in our Teaching Kitchen.

Age group: Ages 5-12

Suggested ability level: all abilities

Location: Sage TR Center at the NISRA Office

Min/Max: 8/12

Staff Contact: Ciara

Prog#	Day	Dates	Weeks	Time	R/NR Fee
3-3205	Mon	Feb 10-Mar 2	4	5:00-6:00 pm	\$34/\$60
4-3205	Mon	Apr 20-May 11	4	5:00-6:00 pm	\$34/\$60



Jumpin' Juniors (was Open Gym Gymnastics)

Ready, Set, Go! Stretch, jump and have fun with your friends. This energetic program focuses on basic gymnastics skills. Develop eye-hand coordination, balance, flexibility and strength. Top off the fun with earned time in the foam pit.

Suggested ability level: all abilities

Age group: Ages 5-10

Location: HUGS, Huntley

Min/Max: 6/8

Staff Contact: Gabrielle

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-0217	Tues	Jan 21-Mar 3	7	3:45-4:30 pm	\$51/\$89
4-0217	Tues	Apr 7-May 12	6	3:45-4:30 pm	\$44/\$76



Slam Dunkin' (was Basketball Skills)

If you like basketball, but aren't ready to join a team, come practice your skills. Our caring staff will help you with the basics, including dribbling, passing and shooting the ball. Have fun too!

Age group: Ages 5-12

Suggested ability level: all abilities

Location: Barrington Park District

Min/Max: 8/12

Staff Contact: Ciara

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-3200	Tues	Jan 21-Mar 3	7	5:00-5:45 pm	\$42/\$74



Sensory Mash-Up

Get in touch with your senses in this explorative program. Engage in playful activities, messy art, and homemade dough and slime. Delight your senses and have fun!

Age group: Ages 4-13

Suggested ability level: all abilities

Location: East Conference Room, The Centre, Elgin

Min/Max: 6/10

Staff Contact: Gabrielle

Prog#	Day	Dates	Weeks	Time	R/NR Fee
3-0600	Wed	Jan 22-Mar 4	7	5:00-5:40 pm	\$44/\$77
4-0600	Wed	Apr 8-May 13	6	5:00-5:40 pm	\$38/\$66

Back-to-back with Early Childhood Swim in Elgin

early childhood, young children & youth



Learn to Ride a Bike

Wouldn't it be great to take a spin around the block without training wheels? Let the NISRA staff help you practice balance, pedaling, steering and other basic riding skills.

Age group: Ages 7-11

Suggested ability level: all abilities

Lake in the Hills

Location: Sunset Park, Lake in the Hills

Min/Max: 6/6

Staff Contact: Cailyn

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-2218	Tues	Apr 7-May 5	5	4:15-5:00 pm	\$36/\$63

NOTE: Participants need to bring their own bike, helmet, and water bottle. Meet at the Buddy Baseball Field off of Haligus Road near the skate park. The program will be extended to May 12 if cancelled due to weather.

Barrington

Location: Countryside Elementary School, Barrington

Min/Max: 6/6

Staff Contact: Ciara

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-3218	Wed	Apr 8-May 6	5	5:00-5:45 pm	\$36/\$63

NOTE: Participants need to bring their own bike, helmet, and water bottle. The program will be extended to May 13 if cancelled due to weather.

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

Min/Max: 6/8

Staff Contact: Gabrielle

Prog#	Day	Date	Weeks	Time	R/NR Fee
3-0237	Wed	Jan 22-Mar 4	7	6:40-7:10 pm	\$51/\$89
4-0237	Wed	Apr 8-May 13	6	6:40-7:10 pm	\$44/\$76

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

Thursday, Friday & Saturday programs in Winter start a week later!

Kick Start Sports & Games

We'll get our bodies moving in this high-energy program! Each week we'll experience a different sport or play an exciting team game. Everyone can laugh & have fun, regardless of ability level.

Age group: Ages 3-10

Suggested ability level: all abilities

Location: McHenry Recreation Center, McHenry

Min/Max: 6/8

Staff Contact: Haley

Prog#	Day	Date	Weeks	Time	R/NR Fee
3-1115	Thurs	Jan 30-Mar 5	6	5:00-5:45 pm	\$38/\$66
4-1115	Thurs	Apr 9-May 14	6	5:00-5:45 pm	\$38/\$66

NOTE: Please dress appropriately for the weather because we'll play outside if possible.

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, homemade doughs, and other textures in all kinds of projects.

Age group: Ages 3-10

Suggested ability level: all abilities

Location: McHenry Recreation Center, McHenry

Min/Max: 6/8

Staff Contact: Haley

Prog#	Day	Dates	Weeks	Time	R/NR Fee
3-1114	Thurs	Jan 30-Mar 5	6	6:00-6:45 pm	\$38/\$66
4-1114	Thurs	Apr 9-May 14	6	6:00-6:45 pm	\$38/\$66

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

Back-to-back programs!

early childhood, young children & youth

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 6-13

Suggested ability level: all abilities

Location: Multi-use Gym, The Centre, Elgin

Min/Max: 8/10

Staff Contact: Gabrielle

Prog#	Day	Dates	Weeks	Time	R/NR Fee
3-0233	Thurs	Jan 30-Mar 5	6	5:00-5:45 pm	\$36/\$63
4-0233	Thurs	Apr 9-May 14	6	5:00-5:45 pm	\$36/\$63

Back-to-back programs!



Gamers

Nintendo Switch, Monopoly, PlayStation, Connect 4 anyone? Challenge your friends in a variety of board games and video games while practicing sportsmanship and having fun!

Age group: Ages 6-13

Suggested ability level: all abilities

Location: East Conference Room, The Centre, Elgin

Min/Max: 8/10

Staff Contact: Gabrielle

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-0222	Thurs	Jan 30-Mar 5	6	6:00-6:45 pm	\$38/\$66
4-0222	Thurs	Apr 9-May 14	6	6:00-6:45 pm	\$38/\$66

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 6-10

Suggested ability level: all abilities

Location: Cary Park District

Min/Max: 8/10

Staff Contact: Ciara

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-3222	Sat	Feb 1-Mar 7	6	9:00 am-12:00	\$75/\$131
4-3222	Sat	Apr 18-May 16	5	9:00 am-12:00	\$63/\$109

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.

Saturday Fun Club...6-10

Check out Saturday Fun Club & all the things to do at The Centre! NISRA's encouraging staff lead 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

Min/Max: 8/10

Staff Contact: Gabrielle

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-0207	Sat	Feb 1-Mar 7	6	10:00 am-1:00 pm	\$75/\$131
4-0207	Sat	Apr 18-May 16	5	10:00 am-1:00 pm	\$63/\$109

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.**

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

Sensory Exploration—Ages 7-12

Check out the Snoezelen® sensory room! This program guides participants through a sensory experience that incorporates hand-eye coordination, gross motor skills, sharing & working with others, and relaxing. It also includes free time for operating some controls and setting the room to whatever scene they choose.

Age group: Ages 7-12

Suggested ability level: all abilities

Location: Snoezelen® Room, Sage TR Center at the NISRA Office

Min/Max: 2/3

Staff Contact: Kara

Prog#	Day	Dates	Weeks	Time	R/NR Fee
3-6200	Mon	Jan 27-Mar 2	6	5:15-5:45 pm	\$45/\$79
4-6200	Mon	Apr 6-May 11	6	5:15-5:45 pm	\$45/\$79

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

Min/Max: 8/10

Staff Contact: Ciara

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-3244	Tues	Jan 21-Mar 3	7	5:15-6:00 pm	\$44/\$77
4-3244	Tues	Apr 7-May 12	6	5:15-6:00 pm	\$38/\$66

Back-to-back programs!

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

Min/Max: 8/8

Staff Contact: Ciara

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-3245	Tues	Jan 21-Mar 3	7	6:15-7:30 pm	\$79/\$138
4-3245	Tues	Apr 7-May 12	6	6:15-7:30 pm	\$68/\$118

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

Min/Max: 8/8

Staff Contact: Ciara

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-3215	Tues	Jan 21-Mar 3	7	4:45-6:00 pm	\$79/\$138
4-3215	Tues	Apr 7-May 12	6	4:45-6:00 pm	\$68/\$118

Back-to-back programs!

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

Min/Max: 8/10

Staff Contact: Ciara

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-3235	Tues	Jan 21-Mar 3	7	6:15-7:00 pm	\$44/\$77
4-3235	Tues	Apr 7-May 12	6	6:15-7:00 pm	\$38/\$66

youth & young teens

Sunshine Through Golf

“Fore!” The Sunshine Through Golf Foundation (STGF) is again teaming up with NISRA to provide a “Sunshine Through Golf” camp. The program is taught by PGA Professionals and covers all of the basics of golf including swing, putting and etiquette. You can find more information on the STGF web site at www.sunshinethroughgolf.org.

Age group: 8 & older

Suggested ability level: all abilities

Location: Bowes Creek Golf Course, Elgin

Min/Max: 6/10 for each time slot

Staff Contact: Gabrielle



Thursday, Friday & Saturday programs in Winter start a week later!

Prog #	Day	Dates	Weeks	Time	R/NR	Fee
4-0636	Thurs	Apr 30-May 28	5	5:00-6:00 pm	Free	
4-0637	Thurs	Apr 30-May 28	5	6:00-7:00 pm	Free	

NOTE: NISRA's Sunshine Through Golf participants may play the Randall Oaks Links Course for free, thanks to a partnership between the Sunshine Through Golf Foundation and Randall Oaks. To schedule a tee time, contact the Pro Shop at 847-428-5661 and say that you are a NISRA Sunshine Through Golf participant.

Saturday Fun Club...11-15

Check out Saturday Fun Club & all the things to do at The Centre! NISRA's encouraging staff lead 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

Min/Max: 8/10

Staff Contact: Gabrielle

Prog #	Day	Dates	Weeks	Time	R/NR	Fee
3-0239	Sat	Feb 1-Mar 7	6	10:00 am-1:00 pm	\$75/\$131	
4-0239	Sat	Apr 18-May 16	5	10:00 am-1:00 pm	\$63/\$109	

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.**

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

Min/Max: 8/12

Staff Contact: Cailyn

Prog #	Day	Dates	Weeks	Time	R/NR	Fee
3-2300	Sat	Feb 1-Mar 7	6	9:00 am-12:00	\$81/\$142	
4-2300	Sat	Apr 18-May 16	5	9:00 am-12:00	\$68/\$118	

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

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: Liberty Lanes, Carpentersville

Min/Max: 1/12

Staff Contact: Ciara

Prog #	Day	Dates	Weeks	Time	R/NR	Fee
3-3209	Sat	Feb 1-Mar 14	6	10:00-11:30 am	\$63/\$110	
No Prog Feb 8						
4-3209	Sat	Apr 18-May 16	5	10:00-11:30 am	\$53/\$92	

NOTE: Fee includes shoe & ball rental, and up to 2 games of bowling. **Time is based upon the bowling alley schedule.** If fewer than three participants register, the Youth Strikers will be assigned to the lane with the youngest age group in Saturday Strikers.



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.

Suggested ability level: all abilities

Min/Max: 4/6 for each location

Staff Contact: Cailyn

NOTE: This program is a prerequisite to participation in Special Olympics Intermediate/Advanced Tennis. Please wear tennis shoes and comfortable clothes to move around in. Bring your own racket and water bottle.

Huntley

Age group: Ages 10-18

Location: Northwestern Medicine Health & Fitness Center, Huntley

Prog #	Day	Dates	Weeks	Time	R/NR	Fee
3-2613	Thurs	Jan 30-Mar 5	6	4:15-5:00 pm	\$36/\$63	
4-2613	Thurs	Apr 9-May 14	6	4:15-5:00 pm	\$36/\$63	

Crystal Lake

Age group: Ages 10-15

Location: Crystal Lake Racket Club, Algonquin

Prog #	Day	Dates	Weeks	Time	R/NR	Fee
3-2220	Fri	Jan 31-Mar 6	6	3:30-4:15 pm	\$36/\$63	
4-2220	Fri	Apr 17-May 15	5	3:30-4:15 pm	\$30/\$53	

youth & young teens

Group Swim Lessons All Youth & Young Teens

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.

Suggested ability level: all abilities

Program	Prog #	Day & Dates	Weeks	Time	R/NR Fee	Min/Max
Group Swim Dundee at Rakow Center, Carpentersville					Call Gabrielle for information.	
Ages 7-15, all abilities	Winter 3-0211	Mon, Jan 20-Mar 2	7	5:30-6:10 pm	\$51/\$89	8/8
	Spring 4-0211	Mon, Apr 6-May 11	6	5:30-6:10 pm	\$44/\$76	8/8
Group Swim Crystal Lake at Dolphin Swim Club, Crystal Lake					Call Cailyn for information.	
Ages 7-15, all abilities	Winter 3-2213	Tues, Jan 21-Mar 3	7	7:30-8:15 pm	\$51/\$89	8/8
	Spring 4-2213	Tues, Apr 7-May 12	6	7:30-8:15 pm	\$44/\$76	8/8
Group Swim Elgin at The Centre, Elgin (Therapy Pool)					Call Gabrielle for information.	
The Therapy Pool is a small, warm water pool.						
Early Childhood Swim Ages 3-6, all abilities	Winter 3-0117	Wed, Jan 22-Mar 4	7	6:00-6:30 pm	\$51/\$89	6/6
	Spring 4-0117	Wed, Apr 8-May 13	6	6:00-6:30 pm	\$44/\$76	6/6
<i>Thursday programs in Winter start a week later!</i>						
Group Swim Woodstock at Woodstock High School, Woodstock					Call Haley 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	Winter 3-1110	Thurs, Jan 30-Mar 12	6	5:20-5:50 pm	\$44/\$76	8/8
	Spring 4-1110	Thurs, Apr 9-May 14	6	5:20-5:50 pm	\$44/\$76	8/8
Ages 7-15, all abilities	Winter 3-1216	Thurs, Jan 30-Mar 12	6	6:00-6:40 pm	\$44/\$76	8/8
	Spring 4-1216	Thurs, Apr 9-May 14	6	6:00-6:40 pm	\$44/\$76	8/8

Beginner Swim Team—"Barracudas"

NISRA offers a Beginner Swim Team that prepares swimmers for the Special Olympics Swim Team (see page 43). 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.

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

Ages 6 & older

starts earlier!

starts earlier!

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
Min/Max: 4/8

Staff Contact: Cailyn

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2606	Sat	Jan 11-Mar 14	9	8:00-8:45 am	\$36/\$63
		No Prog Jan 25			
4-2605	Sat	Apr 4-May 16	6	8:00-8:45 am	\$24/\$42
		No Prog Apr 11			

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.

starts earlier!

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
Min/Max: 4/8

Staff Contact: Cailyn

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2607	Sat	Jan 11-Mar 14	9	8:00-8:45 am	\$36/\$63
		No Prog Jan 25			
4-2608	Sat	Apr 4-May 16	6	8:00-8:45 am	\$24/\$42
		No Prog Apr 11			

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.

Use your newly learned skating skills to join the Chicagoland Ice Theatre Inspirations team.

Theatre on Ice is a form of skating that combines figure skating with the excitement of theatre. The team gives athletes an opportunity to skate as a team while also developing their physical fitness, experience joy, develop skills and friendships. New members of any age and any skill level are welcome.

If you are interested in more information about joining this award winning team please contact team manager, Mindy Stanton at: mindystanton4@gmail.com



“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.

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

Location: Focus Martial Arts, Lake in the Hills

Min/Max: 8/15

Staff Contact: Cailyn

NOTE: Please wear comfortable clothing to move around in. **The program has been divided into age groups; please register by age.**

“Special Focus” Karate I

Age group: Ages 6-13

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2214	Sat	Jan 11-Feb 29	8	11:30 am-12:15 pm	\$62/\$109
4-2215	Sat	Mar 21-May 9	8	11:30 am-12:15 pm	\$62/\$109

“Special Focus” Karate II

Age group: Ages 14 & older

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2616	Sat	Jan 11-Feb 29	8	11:30 am-12:15 pm	\$62/\$109
4-2616	Sat	Mar 21-May 9	8	11:30 am-12:15 pm	\$62/\$109

Resident Priority Registration

ends Dec 11

Non-Resident Registration

begins Dec 12

Final Registration Deadline

Dec 17

Spring deadline & payments due

Feb 13

Assisted Riding

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 are required by the stables. Start/end dates are based on the stables schedule and refunds cannot be granted once the program has started.

Age group: Ages 7 & older

Suggested ability level: all abilities

Location: BraveHearts, Harvard

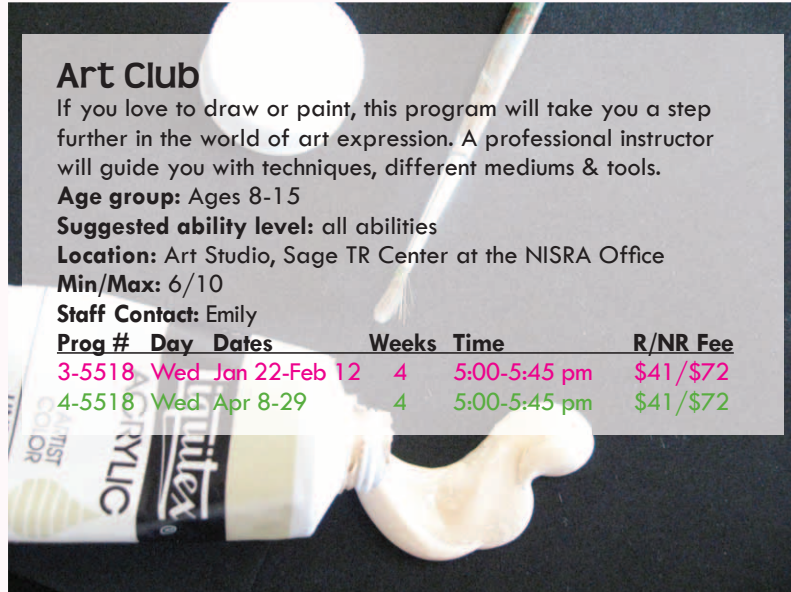
Min/Max: 1/8

Staff Contact: Haley

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-1613	Sat	Jan 11-Feb 22	7	9:00 am-3:00 pm*	\$210/\$368
4-1613	Sat	Mar 14-Apr 25	7	9:00 am-3:00 pm*	\$210/\$368

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

youth & teens



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 8-15
Suggested ability level: all abilities
Location: Art Studio, Sage TR Center at the NISRA Office
Min/Max: 6/10
Staff Contact: Emily

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-5518	Wed	Jan 22-Feb 12	4	5:00-5:45 pm	\$41/\$72
4-5518	Wed	Apr 8-29	4	5:00-5:45 pm	\$41/\$72

Cultural

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
3-5552	Adult Activities Ctr. at Rakow Center	Mon	Jan 20-Feb 24	6	4:00-7:00 pm *4:00, 4:30, 5:00, 5:30, 6:00, 6:30	\$141/\$247	1/6
4-5552	Adult Activities Ctr. at Rakow Center	Mon	Apr 6-May 4	5	4:00-7:00 pm *4:00, 4:30, 5:00, 5:30, 6:00, 6:30	\$118/\$206	1/6

Crystal Lake

Prog #	Location	Day	Dates	Weeks	Time*	R/NR Fee	Min/Max
3-5542	Music Room, Sage TR Center	Wed	Jan 22-Mar 4	7	4:00-7:00 pm *4:00, 4:30, 5:00, 5:30, 6:00, 6:30	\$165/\$288	1/6
4-5542	Music Room, Sage TR Center	Wed	Apr 8-May 13	6	4:00-7:00 pm *4:00, 4:30, 5:00, 5:30, 6:00, 6:30	\$141/\$247	1/6

Theater Troupe presents...



“A Twisted Tale about Sleeping Beauty”

Show off under the bright lights! We’re introducing some fresh ideas into our Spring Theater Troupe, and we welcome any new or veteran performers—no experience necessary! We teach simple choreography & how to get into character on stage.

Age group: Ages 8 & older

Suggested ability level: all abilities

Location: Cosman Theater, Huntley R.E.C. Center

Prog #	Day	Dates	Weeks	Time
4-5512	Wed	Mar 11-May 13	11	6:30-8:00 pm
		No Prog Mar 25		
	Tues	May 19 Dress Rehearsal		6:30-8:00 pm
	Wed	May 20 Performance		7:00 pm

R/NR Fee no Transp. \$113/\$197
R/NR Fee w/Transp. \$163/\$202

Bus Departs 6:00 pm
Transportation Location NISRA Office
Returns 8:30 pm

Min/Max: 6/20

Staff Contact: Emily

NOTE: Transportation is not available on the performance night.



Arts

Thursday, Friday & Saturday programs in Winter start a week later!

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

Min/Max: 8/15

Staff Contact: Emily

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-5548	Thurs	Jan 30-Feb 27	5	6:30-7:15 pm	\$43/\$74
4-5548	Thurs	Apr 16-May 14	5	6:30-7:15 pm	\$43/\$74

Resident Priority Registration ends Dec 11

Non-Resident Registration begins Dec 12

Final Registration Deadline Dec 17

Spring deadline & payments due Feb 13

TEEN CLUB

Ages 14-21
6:00-8:30 pm

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

Teen Club-Valentine's Party

Let's celebrate love & friendship by enjoying a night with friends! We'll have Valentine games, treats "to your heart's content" and some tunes you'll love! *This activity is geared toward teens who benefit from more structure and fewer transitions.*

Location: Spoerl Park, Crystal Lake
Min/Max: 8/20

Staff Contact: Cailyn

Prog#	Day	Date	R/NR Fee
3-2326	Sat	Feb 1	\$18/\$32

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

NOTE: No additional \$ needed. Dinner will not be provided.

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

New!

Teen Club-Roaring Fun

On this safari-themed night, we'll make our own safari gear, go on a simulated safari and enjoy other games and snacks related to this clever theme. *This activity is geared toward teens who benefit from more structure and fewer transitions.*

Location: Sage TR Center at the NISRA Office
Min/Max: 8/20

Staff Contact: Haley

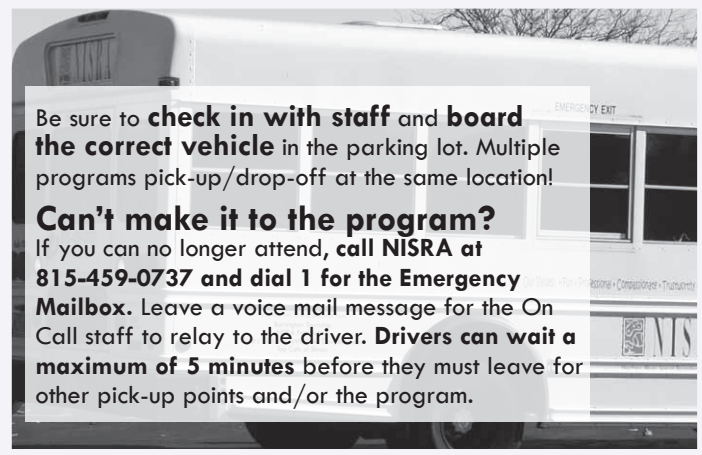
Prog#	Day	Date	R/NR Fee
3-1335	Sat	Feb 15	\$18/\$32

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

NOTE: A light snack will be provided.

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

Teen Club Transportation



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-Pajama Jam & Desserts

Cozy up & relax in your PJs, while we hang out, play games, and enjoy a delicious dessert. *This activity is geared toward teens who benefit from more structure and fewer transitions.*

Location: Sage TR Center at the NISRA Office
Min/Max: 8/20

Staff Contact: Gabrielle

Prog#	Day	Date	R/NR Fee
3-0343	Sat	Feb 29	\$18/\$32

Bus Departs	Transportation Location	Returns
5:45 pm	Lake in the Hills Village Hall	8:45 pm
6:00	NISRA Office/No Transp. Needed	8:30
5:00	The Centre, Elgin	9:15

NOTE: Please come dressed in pajamas appropriate for wearing to the Community Room. Dessert will be served.

Teen Club–Glo-Bowl & Dinner

Start the evening having dinner with friends at the Trio Grille, then bowl for some strikes & spares! *This activity is geared toward teens who are comfortable with transitions and a public place with a crowd.*

Location: Glo-Bowl, Marengo

Min/Max: 8/20

Staff Contact: Haley

Prog#	Day	Date	R/NR Fee
4-1337	Sat	Apr 18	\$18/\$32
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

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



Teen Club–Urban Air

Let's check out the brand new, Urban Air Adventure Park where we'll try out the rock wall, ropes course, obstacle course, and so much more! *This activity is geared toward teens who are comfortable with transitions and a public place with a crowd.*

Location: Urban Air, Crystal Lake

Min/Max: 8/12

Staff Contact: Gabrielle

Prog#	Day	Date	R/NR Fee
4-0344	Sat	May 2	\$18/\$32
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

NOTE: Please bring \$20 for admission to the park. No dinner will be served. Urban Air requires a waiver which needs to be completed on its website (upper left corner) at: www.urbanairtrampolinepark.com/locations/illinois/crystallake



Teen Club–Mini Golf & Frozen Treats

We're headed to the greens and taking on the Lippold Park Mini Golf Course! Afterwards we'll enjoy some ice cream. *This activity is geared toward teens who are comfortable with transitions and a public place with a crowd.*

Location: Lippold Park, Crystal Lake

Min/Max: 8/20

Staff Contact: Cailyn

Prog#	Day	Date	R/NR Fee
4-2323	Sat	May 9	\$18/\$32
Bus Departs	Transportation	Location	Returns
5:45 pm		Lake in the Hills Village Hall	8:45 pm
5:45		NISRA Office	8:45
5:15		The Centre, Elgin	9:15

NOTE: Please bring \$10 for ice cream. Rain alternate: Ice cream sundaes & games at Sage TR Center.



Did you notice fewer programs in this brochure? Please see page 2 for the reason.

teens & young adults

new location!

teens & young adults



Kingpins Drumline

This awesome percussion group is the newest ensemble of the Crystal Lake Strikers. Learn drumming and drumline techniques, then perform with the famous Strikers!

Age group: Ages 13-25

Suggested ability level: all abilities

Location: First Methodist Church, Crystal Lake

Min/Max: 8/20

Staff Contact: Cailyn

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2352	Mon	Jan 20-Feb 17	5	6:00-7:00 pm	\$36/\$63
	Sat	Feb 22	1	performance at Raue Center	
4-2352	Mon	Apr 6-May 11	6	6:00-7:00 pm	\$36/\$63

NOTE: Fee includes professional instruction, and drum sticks and a performance shirt if needed.



Thursday, Friday & Saturday programs in Winter start a week later!

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

Min/Max: 8/20

Staff Contact: Cailyn

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2305	Fri	Jan 31-Mar 6	6	5:00-6:15 pm	\$63/\$110
4-2305	Fri	Apr 17-May 15	5	5:00-6:15 pm	\$53/\$92

NOTE: Transportation is available to Friday Night Supper Club I and II.



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

Min/Max: 8/10

Staff Contact: Cailyn

Prog #	Day	Dates	Weeks	Time
3-2315	Fri	Jan 31; Feb 14, 28	3	6:30-8:00 pm
4-2315	Fri	Apr 17; May 1, 15	3	6:30-8:00 pm

R/NR Fee no Transp.

Winter \$34/\$59

Spring \$34/\$59

R/NR Fee w/Transp.

\$41/\$67

\$41/\$67

Bus Departs 6:15 pm

Transportation Location Crystal Bowl, Crystal Lake

Returns none

NOTE: Transportation from Crystal Bowl; no transportation home. Please register for only your age group in Friday Night Supper Club I or II, so that more people can participate.



teens & adults

Resident Priority Registration ends Dec 11
 Non-Resident Registration begins Dec 12
 Final Registration Deadline Dec 17
 Spring deadline & payments due Feb 13

Sunshine Through Golf

“Fore!” The Sunshine Through Golf Foundation (STGF) is again teaming up with NISRA to provide a “Sunshine Through Golf” camp. The program is taught by PGA Professionals and covers all of the basics of golf including swing, putting and etiquette. You can find more information on the STGF web site at www.sunshinethroughgolf.org.

Age group: 8 & older

Suggested ability level: all abilities

Location: Bowes Creek Golf Course, Elgin

Min/Max: 6/10 for each time slot

Staff Contact: Gabrielle

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-0636	Thurs	Apr 30-May 28	5	5:00-6:00 pm	Free
4-0637	Thurs	Apr 30-May 28	5	6:00-7:00 pm	Free

NOTE: NISRA’s Sunshine Through Golf participants may play the Randall Oaks Links Course for free, thanks to a partnership between the Sunshine Through Golf Foundation and Randall Oaks. To schedule a tee time, contact the Pro Shop at 847-428-5661 and say that you are a NISRA Sunshine Through Golf participant.

Rolling Pins

Kick off the weekend with a couple of games of bowling--whether you’re a star or just starting out, it’s fun to hang out with friends or meet some new ones!

Age group: Ages 16 & older

Suggested ability level: all abilities

Location: Glo-Bowl, Marengo

Min/Max: 6/15

Staff Contact: Haley

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-1623	Fri	Feb 7, 21; Mar 6	3	6:00-7:30 pm	\$32/\$55
4-1623	Fri	Apr 17, May 15	2	6:00-7:30 pm	\$21/\$37

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.

Suggested ability level: all abilities

Min/Max: 4/6 for each location

Staff Contact: Cailyn

NOTE: This program is a prerequisite to participation in Special Olympics Intermediate/Advanced Tennis. Please wear tennis shoes and comfortable clothes to move around in. Bring your own racket and water bottle.

Huntley

Age group: Ages 18 & older

Location: Northwestern Medicine Health & Fitness Center, Huntley

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2413	Thurs	Jan 30-Mar 5	6	3:30-4:15 pm	\$36/\$63
4-2413	Thur	Apr 9-May 14	6	3:30-4:15 pm	\$36/\$63

Crystal Lake

Age group: Ages 16 & older

Location: Crystal Lake Racket Club, Algonquin

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2442	Fri	Jan 31-Mar 6	6	4:15-5:00 pm	\$36/\$63
4-2442	Fri	Apr 17-May 15	5	4:15-5:00 pm	\$30/\$53

teens & adults

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 21 & older

Suggested ability level: all abilities

Location: Teaching Kitchen, Sage TR Center at the NISRA Office
Min/Max: 8/10

Staff Contact: Cailyn

Prog #	Day	Dates	Weeks	Time
3-2407	Fri	Feb 7, 21; Mar 6	3	6:30-8:00 pm
4-2407	Fri	Apr 24; May 8	2	6:30-8:00 pm

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

Winter \$34/\$59

\$41/\$67

Spring \$23/\$39

\$30/\$47

Bus Departs **Transportation Location** **Returns**
6:15 pm Crystal Bowl, Crystal Lake none

NOTE: Transportation from Crystal Bowl; no transportation home. Please register for only your age group in Friday Night Supper Club I or II, so that more people can participate.

new
time!



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

Min/Max: 8/10

Staff Contact: Ciara

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-3418	Sat	Feb 15, 22; Mar 7	3	11:30 am-1:00	\$41/\$71
4-3418	Sat	Apr 18, 25; May 2	3	11:30 am-1:00	\$41/\$71

Bus Departs **Transportation Location** **Returns**
11:30 am Liberty Lanes, Carpentersville 1:00 pm
11:00 NISRA Office 1:30

NOTE: Please list your pick-up & drop-off locations on your Registration Form. Fee includes transportation, but 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.**

starts
earlier!

"Special Focus" Karate II

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 14 & older

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

Location: Focus Martial Arts, Lake in the Hills

Min/Max: 8/15

Staff Contact: Cailyn

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2616	Sat	Jan 11-Feb 29	8	11:30 am-12:15 pm	\$62/\$109
4-2616	Sat	Mar 21-May 9	8	11:30 am-12:15 pm	\$62/\$109

NOTE: Please wear comfortable clothing to move around in.

starts
earlier!

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

Min/Max: 4/8

Staff Contact: Cailyn

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2606	Sat	Jan 11-Mar 14	9	8:00-8:45 am	\$36/\$63
No Prog Jan 25					
4-2605	Sat	Apr 4-May 16	6	8:00-8:45 am	\$24/\$42
No Prog Apr 11					

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.

starts
earlier!

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

Min/Max: 4/8

Staff Contact: Cailyn

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2607	Sat	Jan 11-Mar 14	9	8:00-8:45 am	\$36/\$63
No Prog Jan 25					
4-2608	Sat	Apr 4-May 16	6	8:00-8:45 am	\$24/\$42
No Prog Apr 11					

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.

Use your newly learned skating skills to join the Chicagoland Ice Theatre Inspirations team. Theatre on Ice combines figure skating with the excitement of theatre. Athletes can skate as a team while also developing their physical fitness, experience joy, develop skills and friendships. New members of any age and any skill level are welcome. Please contact team manager, Mindy Stanton at: mindystanton4@gmail.com



Resident Priority Registration
ends Dec 11
Non-Resident Registration
begins Dec 12
Final Registration Deadline
Dec 17
Spring deadline & payments due
Feb 13






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
Pioneer Bowl  Crystal Bowl, Crystal Lake Transportation available from NISRA at 3:00 pm, Pioneer Central at 3:30 pm; no transportation home. Staff Contact: Cailyn If you'd like to make & eat a nutritious dinner after bowling, check out Healthy Cooking!	Winter 3-2411	Wed, Jan 22-Mar 4	7	4:00-5:30 pm	\$74/\$129	8/45
	Spring 4-2411	Wed, Apr 8-May 13	6		\$63/\$110	8/45
<p><i>Thursday, Friday & Saturday bowling programs start a week later!</i></p>						
Elgin Bowl  Bowlway Lanes, Elgin Transportation available from ETC at 3:00 pm; no transportation home. Staff Contact: Gabrielle	Winter 3-0610	Thurs, Jan 30-Mar 5	6	3:30-5:00 pm	\$63/\$110	8/35
	Spring 4-0610	Thurs, Apr 9-May 14	6	3:30-5:00 pm	\$63/\$110	8/35
Teen & Young Adult Bowling Ages 13-35 Crystal Bowl, Crystal Lake Staff Contact: Cailyn Transportation is available to Friday Night Supper Club I and II.	Winter 3-2305	Fri, Jan 31-Mar 6	6	5:00-6:15 pm	\$63/\$110	8/20
	Spring 4-2305	Fri, Apr 17-May 15	5	5:00-6:15 pm	\$53/\$92	8/20
Saturday Bowlers Kingston Lanes, Woodstock Staff Contact: Haley	Winter 3-1412	Sat, Feb 1-Mar 7	6	9:30-11:00 am	\$63/\$110	8/30
	Spring 4-1412	Sat, Apr 18-May 16	5	9:30-11:00 am	\$53/\$92	8/30
Saturday Strikers  Liberty Lanes, Carpentersville Staff Contact: Ciara Time is based upon the bowling alley schedule. How about some food & laughs with friends after bowling? See Saturday Diners. Or, go hiking with Trekkers!	Winter 3-3413	Sat, Feb 1-Mar 14	6	10:00-11:30 am	\$63/\$110	8/20
	Spring 4-3413	Sat Apr 18-May 16	5	10:00-11:30 am	\$53/\$92	8/20
Palace Bowl Palace Bowl, McHenry Staff Contact: Haley	Winter 3-1609	Sat, Feb 1-Mar 7	6	12:00-1:30 pm	\$63/\$110	8/30
	Spring 4-1609	Sat, Apr 18-May 16	5	12:00-1:30 pm	\$53/\$92	8/30

teens & adults

Wellness programs

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

Min/Max: 6/12

Staff Contact: Cailyn

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-2635	Mon	Apr 6-May 4	5	4:30-6:00 pm	\$35/\$61

NOTE: Participants need to have their own bike, helmet, and water bottle. Meet at in the Towne Park parking lot at the west end of Washington Street. Program will be extended to May 11 if cancelled due to weather.

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

Min/Max: 6/8

Staff Contact: Haley

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-1618	Mon	Jan 20-Mar 2	7	4:30-5:30 pm	\$51/\$89
4-1618	Mon	Apr 6-May 11	6	4:30-5:30 pm	\$44/\$76

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

for family members too!

Yoga

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

Min/Max: 8/15

Staff Contact: Cailyn

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2639	Mon	Jan 20-Mar 2	7	6:15-7:00 pm	\$53/\$92
4-2639	Mon	Apr 6-May 11	6	6:15-7:00 pm	\$45/\$79

R/NR Fee for Family Member

Winter \$42/\$74

Spring \$36/\$63

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.

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 @ the WRC- 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

Min/Max: 6/8

Staff Contact: Haley

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-1616	Tues	Jan 21-Mar 3	7	4:45-5:45 pm	\$51/\$89
4-1616	Tues	Apr 7-May 12	6	4:45-5:45 pm	\$44/\$76

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

New!

Pump Up @ The Centre

This dynamic exercise program will get your heart pumping! Group exercises will promote stretching, balance and tone, and building strength. Join with your friends and get motivated!

Age Group: Ages 15 & older

Suggested ability level: all abilities

Location: Multi-use Gym, The Centre, Elgin

Min/Max: 6/8

Staff Contact: Gabrielle

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-0614	Tues	Jan 21-Mar 3	7	5:00-6:00 pm	\$42/\$74
4-0614	Tues	Apr 7-May 12	6	5:00-6:00 pm	\$36/\$63

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

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

Min/Max: 8/8 for each night

Staff Contact: Ciara

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 no Transp.	R/NR Fee w/Transp.	Bus Departs	Transportation Location	Returns
3-3400	Wed	Jan 22-Mar 4	7	5:45-7:15 pm					
4-3400	Wed	Apr 8-May 13	6	5:45-7:15 pm					
					Winter \$79/\$138	\$96/\$155			
					Spring \$68/\$118	\$83/\$133			
							5:30 pm	Pioneer Bowl, Crystal Bowl	none

Thursdays

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-3434	Thurs	Jan 30-Mar 5	6	5:30-7:00 pm	\$68/\$118
4-3434	Thurs	Apr 9-May 14	6	5:30-7:00 pm	\$68/\$118

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.



for family members too!

Resident Priority Registration ends Dec 11
 Non-Resident Registration begins Dec 12
 Final Registration Deadline Dec 17
 Spring deadline & payments due Feb 13

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

Min/Max: 8/15

Staff Contact: Cailyn

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2628	Wed	Jan 22-Mar 4	7	7:00-7:45 pm	\$53/\$92
4-2628	Wed	Apr 8-May 13	6	7:00-7:45 pm	\$45/\$79

R/NR Fee for Family Member

Winter \$42/\$74

Spring \$36/\$63

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 attending.

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

Min/Max: 8/12

Staff Contact: Ciara

Prog #	Day	Dates	Weeks	Time	R/NR Fee	Bus Departs	Transportation Location	Returns
4-3620	Sat	May 9, 16	2	11:30 am-1:00 pm	\$24/\$42	11:30 am	Liberty Lanes, Carpentersville	1:00 pm
						11:00	NISRA Office	1:30

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! 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 other weeks of the season!

teens & adults

Cultural

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	Prog #	Day/Dates	Weeks	Time	R/NR Fee	Min/Max
Clay Make & Glaze Workshop—all levels						
<i>Mold it, glaze it, fire it! Make unique ceramic projects.</i>						
Puffed Heart sculpture & Valentine dish	#3-5582	Mon, Jan 20	1	5:30-7:15 pm	\$18/\$32	6/10
Mother Earth wall hanging & Sunflower bowl	#4-5583	Mon, Apr 6	1	5:30-7:15 pm	\$18/\$32	6/10
Fused Glass Workshops—all levels						
<i>Discover this beautiful art medium! Place colored grains of glass into a shape to be fired.</i>						
Carved Plaid rimmed plate & Serving dish	#3-5591	Tues, Feb 11	1	5:30-7:15 pm	\$30/\$53	6/10
Celebration Ripple bowl & Confetti Balloon tray	#4-5592	Tues, Apr 21	1	5:30-6:30 pm	\$30/\$53	6/10
Sculptural Glass Clay Workshop—all levels						
<i>This incredible medium is clay that becomes glass! Try your hand at creative sculptural pieces!</i>						
Sculpted Floral mural & Shapely pendant	#3-5598	Tues, Mar 3	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
3-5552	Adult Activities Ctr. at Rakow Center	Mon	Jan 20-Feb 24	6	4:00-7:00 pm	\$141/\$247	1/6
					*4:00, 4:30, 5:00, 5:30, 6:00, 6:30		
4-5552	Adult Activities Ctr. at Rakow Center	Mon	Apr 6-May 4	5	4:00-7:00 pm	\$118/\$206	1/6
					*4:00, 4:30, 5:00, 5:30, 6:00, 6:30		

Crystal Lake

Prog #	Location	Day	Dates	Weeks	Time*	R/NR Fee	Min/Max
3-5542	Music Room, Sage TR Center	Wed	Jan 22-Mar 4	7	4:00-7:00 pm	\$165/\$288	1/6
					*4:00, 4:30, 5:00, 5:30, 6:00, 6:30		
4-5542	Music Room, Sage TR Center	Wed	Apr 8-May 13	6	4:00-7:00 pm	\$141/\$247	1/6
					*4:00, 4:30, 5:00, 5:30, 6:00, 6:30		

Arts



Made to Sell

Create wonderful art pieces for gift-giving or selling at the next NISRA Art Show! An instructor will guide you through each project and you can learn how to make them independently. Enjoy time crafting with other crafters!

Age group: Ages 16 & older

Suggested ability level: All abilities

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

Min/Max: 6/10

Staff Contact: Emily

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-5620	Wed	Jan 22-Feb 12	4	6:00-7:00 pm	\$41/\$72
4-5620	Wed	Apr 8-29	4	6:00-7:00 pm	\$41/\$72

Thursday, Friday & Saturday programs in Winter start a week later!

Art Explorations

Tap into your creativity with a 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

Min/Max: 6/10

Staff Contact: Emily

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-5524	Thurs	Jan 30-Mar 5	6	6:00-7:00 pm	\$62/\$108
4-5524	Thurs	Apr 9-May 14	6	6:00-7:00 pm	\$62/\$108

Theater Troupe presents...



"A Twisted Tale about Sleeping Beauty"

Show off under the bright lights! We're introducing some fresh ideas into our Spring Theater Troupe, and we welcome any new or veteran performers—no experience necessary! We teach simple choreography & how to get into character on stage.

Age group: Ages 8 & older

Suggested ability level: all abilities

Location: Cosman Theater, Huntley R.E.C. Center

Prog # Day Dates Weeks Time

4-5512	Wed	Mar 11-May 13	11	6:30-8:00 pm
		No Prog Mar 25		
	Tues	May 19 Dress Rehearsal		6:30-8:00 pm
	Wed	May 20 Performance		7:00 pm

R/NR Fee no Transp.

\$113/\$197

R/NR Fee w/Transp.

\$163/\$202

Bus Departs

6:00 pm

Transportation Location

NISRA Office

Returns

8:30 pm

Min/Max: 6/20

Staff Contact: Emily

NOTE: Transportation is not available on the performance night.

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

Min/Max: 8/15

Staff Contact: Emily

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-5548	Thurs	Jan 30-Feb 27	5	6:30-7:15 pm	\$43/\$74
4-5548	Thurs	Apr 16-May 14	5	6:30-7:15 pm	\$43/\$74

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

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.

Crystal Lake

Prog #	Location	Day	Dates	Weeks	Time*	R/NR Fee	Min/Max
3-5533	Art Studio, Sage TR Ctr.	Thurs	Jan 30-Mar 5	6	4:00-5:45 pm *4:00, 5:00	\$198/\$347	1/2
4-5533	Art Studio, Sage TR Ctr.	Thurs	Apr 9-May 14	6	4:00-5:45 pm *4:00, 5:00	\$198/\$347	1/2

YOUNG ADULT CLUB

Ages 22-35
6:30-9:30 pm
Staff contact: Ciara

Young Adult Club Transportation



If you can not attend, call NISRA at 815-459-0737 and dial 1 for the Emergency Mailbox. Leave a voice 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

Name & Location	Prog #	Day & Dates	Time	R/NR Base Fee	Min/Max
Young Adult Club—Classic Cinemas		Fri, Jan 31	6:30-9:30 pm*	\$18/\$32	
NOTE: *Program & transportation times will be determined by movie availability (G, PG, PG-13) and show times, then you will be notified. NISRA will purchase the movie tickets; please bring optional \$ for snacks.					
McHenry & NISRA bus	3-3445				6/12
Woodstock Classic Cinemas					
Rakow & The Centre bus	3-3471				6/12
Carpentersville Classic Cinemas					
Young Adult Club—Bowling & Dinner		Fri, Feb 14	6:30-9:30 pm	\$18/\$32	
Choose something delicious from Panera's menu, then we're off to the lanes!					
Panera & Kingston Lanes, Woodstock					
NOTE: Please bring \$15 for dinner. NISRA will pay for bowling.					
McHenry & NISRA bus	3-3441	Bus Departs	Transportation Location	Returns	6/12
Rakow & The Centre bus	3-3421	6:00 pm	McHenry Recreation Center	9:45 pm	6/12
		5:30	NISRA Office	10:15	
		6:00	Rakow Center, Carpentersville	10:00	
		5:30	The Centre, Elgin	10:15	
Young Adult Club—Games & Cooking		Fri, Feb 28	6:30-9:30 pm	\$18/\$32	
Bring your competitive spirit & sportmanship for games, and appetite for cooking! NOTE: No additional \$ needed					
Sage TR Center at the NISRA Office					
McHenry bus	3-3443	Bus Departs	Transportation Location	Returns	6/12
NISRA/No Transp. Needed	3-3431	6:00 pm	McHenry Recreation Center	10:00 pm	
Rakow & The Centre bus	3-3468	6:30	NISRA Office/No Transp. Needed	9:30	6/12
		5:45	Rakow Center, Carpentersville	10:00	
		6:00	The Centre, Elgin	10:15	
Young Adult Club—Dinner & Shopping		Fri, Apr 17	6:00-9:00 pm*	\$18/\$32	
Let's see what's new at the mall, then enjoy dinner out with friends. NOTE: *Time 6:00-9:00, based on mall hours. Please bring \$ for dinner & shopping.					
Woodfield Mall, Schaumburg					
McHenry & NISRA bus	4-3444	Bus Departs	Transportation Location	Returns	6/12
Rakow & The Centre bus	4-3424	5:00 pm	McHenry Recreation Center	10:00 pm	6/12
		5:30	NISRA Office	9:30	
		5:45	Rakow Center, Carpentersville	9:15	
		5:15	The Centre, Elgin	9:30	
Young Adult Club—Backyard Games & Cookout		Fri, May 1	6:30-9:30 pm	\$18/\$32	
Welcome spring with an evening cookout and some favorite outdoor games. NOTE: No additional \$ needed. Rain alternate: Cooking & Games at the Sage TR Center.					
Nunda Township, Crystal Lake					
McHenry & NISRA bus	4-3446	Bus Departs	Transportation Location	Returns	6/12
Rakow & The Centre bus	4-3436	6:15 pm	McHenry Recreation Center	9:45 pm	6/12
		5:45	NISRA Office	10:15	
		6:00	Rakow Center, Carpentersville	10:00	
		5:45	The Centre, Elgin	10:15	
Young Adult Club—Mini Golf & Ice Cream		Fri, May 15	6:30-9:30 pm	\$18/\$32	
Enjoy an evening putting, laughing, and having a tasty treat. NOTE: No additional \$ needed. Rain alternate: Ice Cream & Game Night at the Sage TR Center.					
Lippold Park, Crystal Lake					
McHenry & NISRA bus	4-3445	Bus Departs	Transportation Location	Returns	6/12
Rakow & The Centre bus	4-3425	5:45 pm	McHenry Recreation Center	10:15 pm	6/12
		6:15	NISRA Office	9:45	
		5:45	Rakow Center, Carpentersville	10:00	
		6:00	The Centre, Elgin	10:15	



Aquacize

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

Age group: Ages 21 & older

Suggested ability level: all abilities

Location: Woodstock Recreation Center

Min/Max: 8/12

Staff Contact: Haley

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-1400	Mon	Jan 20-Mar 2	7	10:30-11:15 am	\$77/\$135
4-1400	Mon	Apr 6-May 11	6	10:30-11:15 am	\$66/\$116

Van Departs	Transportation Location	Returns
9:55 am	Pioneer Center McHenry	11:40 am

NOTE: Please bring a labeled swimsuit & towel.



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

Min/Max: 8/20

Staff Contact: Haley

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-1433	Wed	Jan 22; Feb 5, 19	3	11:30-3:00 pm	\$45/\$79
4-1433	Wed	Apr 8, 22; May 6	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

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're getting fit while having fun!

Age group: Ages 21 & older

Suggested ability level: all abilities

Location: Woodstock Recreation Center

Min/Max: 8/12

Staff Contact: Haley

Prog #	Day	Dates	Weeks	Time
3-1456	Wed	Jan 22-Mar 4	7	7:15-8:15 pm
4-1456	Wed	Apr 8-May 13	6	7:15-8:15 pm

R/NR Fee no Transp.	R/NR Fee w/Transp.
Winter \$42/\$74	\$77/\$109
Spring \$36/\$63	\$66/\$93

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

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



adults

adults

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

Min/Max: 6/10

Staff Contact: Emily

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-5561	Wed	Feb 12-Mar 4	4	6:00-6:45 pm	\$41/\$72
4-5561	Wed	Apr 22-May 13	4	6:00-6:45 pm	\$41/\$72

L.I.F.E.

Leisure Increases Freedom & Enjoyment

L.I.F.E. is NISRA's year-round recreation-based day program for ages 22-35, with a mild to moderate cognitive disability. For information contact Emily at the NISRA Office.



Gardening Club

Grab your gloves, a new gardening season is coming! We'll decide what to plant, then get started on planting, watering, weeding and watching to see what grows!

Age group: Ages 21 & older

Suggested ability level: all abilities

Location: Sage TR Center at the NISRA Office

Min/Max: 6/12

Staff Contact: Cailyn

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-2437	Thurs	Apr 23-May 14	4	4:00-5:00 pm	\$41/\$72

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

Thursday, Friday & Saturday programs in Winter start a week later!

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

Min/Max: 8/22

Staff Contact: Haley

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-1463	Fri	Jan 31-Mar 6	6	11:00 am-1:00 pm	\$81/\$142
4-1463	Fri	Apr 17-May 15	5	11:00 am-1:00 pm	\$68/\$118

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

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!

Check out these programs for you!



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

Min/Max: 8/12

Staff Contact: Haley

Prog #	Day	Dates	Weeks	Time	R Fee
3-1403	Tues	Jan 21-Mar 3	7	12:30-1:15 pm	\$42
4-1403	Tues	Apr 7-May 12	6	12:30-1:15 pm	\$36

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.

Crafty Corner

In crafting there are no mistakes, just unique creations! Crafting can improve your fine motor dexterity, focus and social connections. We'll practice mindfulness and use art as a way to de-stress and relax—all while making your own unique works of art!

Age group: Pioneer Clients, Ages 21 & older

Suggested ability level: all abilities

Location: Pioneer Central, McHenry

Min/Max: 6/10

Staff Contact: Emily

Prog #	Day	Dates	Weeks	Time	R Fee
3-5610	Tues	Feb 11-Mar 3	4	1:30-2:15 pm	\$41
4-5610	Tues	Apr 21-May 12	4	1:30-2:15 pm	\$41

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: Pioneer Clients, Ages 21 & older

Suggested ability level: all abilities

Location: McHenry Recreation Center

Min/Max: 8/12

Staff Contact: Haley

Prog #	Day	Dates	Weeks	Time	R Fee
3-1405	Wed	Jan 29; Feb 12, 26	3	12:00-2:00 pm	\$29
4-1405	Wed	Apr 15, 29; May 13	3	12:00-2:00 pm	\$29

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

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.

Hey, AID Clients!

Check out these great programs,
held right at AID!

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

Min/Max: 8/12

Staff Contact: Gabrielle

Prog #	Day	Dates	Weeks	Time	R Fee
3-0445	Mon	Jan 20-Mar 2	7	1:30-2:30 pm	\$54
4-0445	Mon	Apr 6-May 11	6	1:30-2:30 pm	\$47

*Resident Priority Registration
ends Dec 11*

*Non-Resident Registration
begins Dec 12*

*Final Registration Deadline
Dec 17*

*Spring deadline & payments due
Feb 13*



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

Min/Max: 8/12

Staff Contact: Gabrielle

Prog #	Day	Dates	Weeks	Time	R Fee
3-0404	Tues	Jan 21-Mar 3	7	1:30-2:30 pm	\$54
5-0404	Tues	Apr 7-May 12	6	1:30-2:30 pm	\$47

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

Min/Max: 8/12

Staff Contact: Gabrielle

Prog #	Day	Dates	Weeks	Time	R Fee
3-0403	Wed	Jan 22-Mar 4	7	1:00-1:45 pm	\$42
4-0403	Wed	Apr 8-May 13	6	1:00-1:45 pm	\$36

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.

*Thursday, Friday & Saturday programs
in Winter start a week later!*

**new
day & time!**

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

Min/Max: 6/20

Staff Contact: Emily

Prog#	Day	Dates	Weeks	Time	R Fee
3-5577	Thurs	Feb 13-Mar 5	4	10:00-10:45 am	\$41
4-5577	Thurs	Apr 23-May 14	4	10:00-10:45 am	\$41

NOTE: Fee includes supplies.

Actors, Inc. @ AID

Learn the basics of acting, singing and learning simple choreography. We'll work toward an end of season performance to show off the skills you've learned!

Age group: AID Clients, Ages 21 & older

Suggested ability level: all abilities

Location: AID/Elgin Training Center, Elgin

Min/Max: 6/10

Staff Contact: Emily

Prog#	Day	Dates	Weeks	Time	R Fee
3-5614	Thurs	Jan 30-Mar 5	6	1:30-2:30 pm	\$62
4-5614	Thurs	Apr 9-May 14	6	1:30-2:30 pm	\$62

**new
day & 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

Min/Max: 6/15

Staff Contact: Emily

Prog#	Day	Dates	Weeks	Time	R Fee
3-5576	Fri	Jan 31-Mar 6	6	10:15-11:00 am	\$45
4-5576	Fri	Apr 17-May 15	5	10:15-11:00 am	\$38

Adult Social Club

Weekend activities for Adults, Ages 21 & older



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

Adult Social Club-

Sweetheart Crafts & Bingo

Get ready for that oh-so-sweet day of the year by making crafts & treats! We'll play Valentine Bingo too!

Location: Sage TR Center at the NISRA Office

Min/Max: 8/20

Staff Contact: Gabrielle

Prog#	Day	Date	Time	R/NR Fee
3-0920	Sat	Feb 8	6:00-8:00 pm	\$18/\$32
Bus Departs	Transportation Location	Returns		
6:00 pm	NISRA Office/No Transp. Needed	8:00 pm		
5:10	Rakow Center, Carpentersville	8:30		
5:20	Sheltered Village, Woodstock	8:30		
5:25	The Centre, Elgin	8:45		

NOTE: A light snack will be served.

Don't miss out on the **DANCES** on page 10, and other special events & the trip on pages 8-13.

Adult Social Club-

Chicago Wolves Game

Be entertained as you watch our own Chicago Wolves play the fast-paced, intense sport of ice hockey!

Location: Allstate Arena, Rosemont

Min/Max: 8/40

Staff Contact: Haley

Prog#	Day	Date	Time	R/NR Fee
3-1923	Sun	Feb 23	3:00 pm game time*	\$39/\$68
Bus Departs	Transportation Location	Returns		
12:50 pm	NISRA Office	*		
1:20	Sheltered Village, Woodstock	*		
1:50	The Centre, Elgin	*		

*Please call the NISRA Office after 5:00 pm & dial 4 for the return times.

NOTE: The pre-game show features fireworks, flashing lights and loud music. Please bring \$15-20 if you would like food or souvenirs.



Adult Social Club-

St. Patty's Day Party

It's our annual party! Test your luck with some crazy St. Patrick's theme games. Wear some green if you wish--there'll be lots of it!

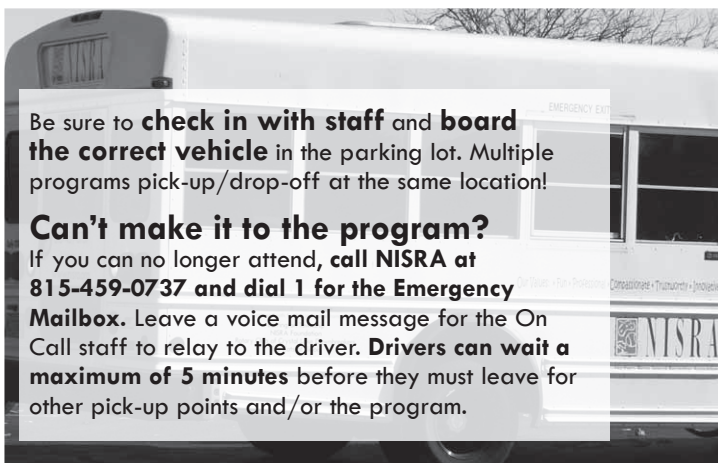
Location: Woodstock Recreation Center

Min/Max: 8/30

Staff Contact: Haley

Prog#	Day	Date	Time	R/NR Fee
3-1910	Sat	Mar 14	6:00-8:00 pm	\$16/\$32
Bus Departs	Transportation Location	Returns		
5:15 pm	McHenry Recreation Center	8:45 pm		
5:30	NISRA Office	8:30		
5:45	Sheltered Village, Woodstock	8:15		

Adult Social Club Transportation



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.

Resident Priority Registration ends Dec 11
Non-Resident Registration begins Dec 12
Final Registration Deadline Dec 17
Spring deadline & payments due Feb 13

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.

New!

Adult Social Club- Around the World Treats & Trivia

We're going to taste some foods from across the globe. Then we'll have fun with your friends solving trivia games.

Location: Sage TR Center at the NISRA Office

Min/Max: 8/20

Staff Contact: Cailyn

Prog#	Day	Date	Time	R/NR Fee
4-2913	Sat	Apr 18	6:00-8:00 pm	\$23/\$40
Bus Departs		Transportation Location		Returns
5:00 pm		McHenry Recreation Center		9:00 pm
6:00		NISRA Office/No Transp. Needed		8:00
5:30		Sheltered Village		8:30
5:30		The Centre, Elgin		8:30



Adult Social Club- Cinco De Mayo Party

Get together with friends to celebrate Cinco De Mayo with fun appetizers and light snacks, games, music and other festivities!

Location: Sage TR Center at the NISRA Office

Min/Max: 8/20

Staff Contact: Ciara

Prog#	Day	Date	Time	R/NR Fee
4-3905	Sat	May 2	1:30-4:30 pm	\$26/\$46
Bus Departs		Transportation Location		Returns
1:00 pm		McHenry Recreation Center		5:00 pm
1:30		NISRA Office/No Transp. Needed		4:30
12:45		Rakow Center, Carpentersville		5:15
1:00		Sheltered Village		5:00
1:00		The Centre, Elgin		5:00



Adult Social Club- Glo-Bowl & Trio Grille

Start the evening having dinner with friends at the Trio Grille, then bowl for some strikes & spares...a perfect night!

Location: Glo-Bowl, Marengo

Min/Max: 8/24

Staff Contact: Haley

Prog#	Day	Date	Time	R/NR Fee
4-1918	Sat	May 9	6:00-8:30 pm	\$29/\$51
Bus Departs		Transportation Location		Returns
5:30 pm		NISRA Office		9:00 pm
4:45		Rakow Center, Carpentersville		9:45
5:30		Sheltered Village		9:00
5:15		The Centre, Elgin		9:15

NOTE: Fee includes 2 games of bowling, dinner & tip.



*Did you notice fewer programs in this brochure?
Please see Page 2 for the reason.*

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 Kara to assess which type of program would be the best match for the participant's interests, abilities, time and convenience.

Summer Games:
June 12-14

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 \$15/day if staying with family.

We are going paperless! Near the start of each competitive season, schedules will be posted on our website, www.nisra.org, on the Special Olympics page.

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

Min/Max: 3/6

Staff Contact: Kara

District competition: Mar 8

Prog #	Day	Dates*	Weeks	Time	R/NR Fee
4-6700	Mon	May 18-June 8	4	6:00-7:30 pm	\$28/\$49

NOTE: You must have participated in the Fall/Winter sessions to be eligible. Beginners, watch for this program again in the Fall! Only athletes who received a gold medal at the qualifier should register for this Spring session. A flyer will be sent with additional information and a fee for Summer Games.

Special Olympics Soccer

If you're playing this popular sport and want to take your skills to the next level, try NISRA's Special Olympics Soccer Team.

Age group: Ages 15 & older

Suggested ability level: Intermediate

Location: Lippold Park, Crystal Lake

Min/Max: 8/12

Staff Contact: Kara

ITRS: May 17; **District competition:** May 9

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-6761	Wed	Mar 11-May 13	9	5:00-6:00 pm	\$76/\$116
No Prog Mar 25					

NOTE: If the team qualifies for Summer Games, we will schedule additional practices, and a flyer will be sent with additional information and a fee for the Summer Games.

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

Suggested ability level: Beginner/Intermediate

Staff Contact: Kara

NOTE: Only athletes who received a gold medal at the qualifier should register for this Spring session. A flyer will be sent with additional information and a fee for Summer Games.

Barrington

Location: Superior Athletic Advantage, Barrington

Min/Max: 1/12

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-6742	Sun	May 17-June 7	4	11:30 am-1:30*	\$24/\$42

NOTE: *Please indicate your preference of 11:30 -12:30 or 12:30-1:30 on your registration. We'll contact you if your preference is not available.

Woodstock

Location: Woodstock North High School, Woodstock

Min/Max: 3/12

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-6741	Wed	May 20-June 10	4	6:00-8:00 pm*	\$24/\$42

NOTE: *Please indicate your preference of 6:00-7:00 or 7:00-8:00 on your registration. We'll contact you if your preference is not available.

Special Olympics Tennis-Intermediate/Advanced

If you're a tennis player who would like to compete, this program helps athletes prepare for matches. Coaches will determine which athletes are ready for Special Olympics competition.

Age group: Ages 8 & older

Suggested ability level: Players must have previous experience in tennis (see NOTE below), including the ability to serve & hit into proper courts with reasonable consistency.

Location: Crystal Lake Racket Club, Algonquin

Min/Max: 3/5

Staff Contact: Kara

Competition: June 27

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-6704	Wed	May 6-June 24	8	4:00-4:45 pm	\$59/\$95

NOTE: If you're new to tennis, you must participate in Youth or Adult Beginner Tennis before joining the Intermediate/Advanced Special Olympics Team.

Special Olympics Bocce Ball

Aim your bocce ball & toss it! Bocce is similar to bowling and great for all ability levels. Practice precision and compete!

Age group: Ages 8 & older

Suggested ability level: Beginner

Location: Heineman Middle School, Lake in the Hills

Min/Max: 8/12

Staff Contact: Kara

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-6746	Thurs	May 28-June 11	3	5:30-6:30 pm	\$18/\$32

NOTE: Only athletes who received a gold medal at the qualifier should register for this Spring session. A flyer will be sent with additional information and a fee for Summer Games.

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

Min/Max: 4/12

Staff Contact: Kara

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-6768	Mon	Apr 27-June 8	6	6:20-7:00 pm	\$36/\$63

No Prog May 25

NOTE: Those athletes who qualified for Summer Games during the Fall session should register. A flyer will be sent with additional information and a fee for Summer Games. Swimmers who have taken lessons & wish to try the beginner team may also register for this Spring session.

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)

Min/Max: 6/12

Staff Contact: Kara

Carpentersville



Location: Rakow Center, Carpentersville

Prog #	Day	Dates	Weeks	Time	R/NR Fee no Transp.	R/NR Fee w/Transp.
4-6713	Wed	Apr 29-June 10	7	5:30-6:30 pm	\$42/\$74	\$77/\$109

Bus Departs	Transportation Location	Returns
4:45 pm	NISRA Office	7:15 pm

NOTE: Only athletes who received a gold medal at the qualifier should register for this Spring session. A flyer will be sent with additional information and a fee for Summer Games.

Elgin

Location: The Centre, Elgin

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-6712	Fri	May 1-June 5	6	5:00-6:00 pm	\$36/\$63

NOTE: Only athletes who received a gold medal at the qualifier should register for this Spring session. A flyer will be sent with additional information and a fee for Summer Games.

Special Olympics

Special Olympics Track & Field

Ages 8 & older

NISRA Track Meet: April 19

Area Competition: April 25-26

Min/Max per location: 6/20

Staff Contact: Kara

Facilities are subject to change based upon availability.

Due to the short season for track & field, athletes will need to attend all practices. Missing more than one practice will disqualify an athlete from competition. Fees have increased due to additional expenses for the meets.

Name & Location	Program #	Day & Dates	Weeks	Time	R/NR Fee
Track & Field—Elgin The Centre, Elgin	#3-6715	Mon, Mar 9-Apr 27 No Prog Mar 23	7	5:30-6:30 pm	\$63/\$94
NOTE: Program fee includes the NISRA Track Meet. If the athlete qualifies for Summer Games, a flyer will be sent with additional information and a fee for the Summer Games.					
Track & Field—Huntley/LITH Marlowe Middle School, Lake in the Hills	#3-6765	Mon, Mar 9-Apr 27 No Prog Mar 23	7	6:00-7:00 pm	\$63/\$94
NOTE: Program fee includes the NISRA Track Meet. If the athlete qualifies for Summer Games, a flyer will be sent with additional information and a fee for the Summer Games.					

Special Olympics Softball

Teen/Adult Teams, Ages 15 & older

ITRS Tournament: July 19

District competition: Aug 1

Outdoor Sports Festival: Sept 12-13

Min/Max per team: 10/15

Staff Contact for all teams: Kara

Facilities are subject to change based upon availability.

Teams are based upon ability, for safety reasons. Players should register according to the skill level for each team. NISRA reserves the right to adjust teams as needed for safety reasons.

Name & Location	Program #	Day & Dates	Weeks	Time	R/NR Fee
Lightning—Beginner/Intermediate Skills Ladd Park, Crystal Lake	#4-6771	Tues, May 12-July 28	12	6:00-7:30 pm	\$106/\$169
Sandlot Sluggers—Intermediate Skills Field D, Tomaso Sports Park, Huntley	#4-6769	Tues, May 12-July 28	12	6:00-7:30 pm	\$106/\$169
Thunder—Advanced Skills Lippold Park, Crystal Lake	#4-6770	Tues, May 12-July 28	12	5:00-6:00 pm practices 7:00 pm games	\$106/\$169
Mixers—All abilities Field #10, Sports Complex, Elgin	#4-6772	Tues, May 12-July 28	12	6:00-7:30 pm	\$106/\$169

Special Olympics Region B Bowling Tournament

It's that time of year to travel to the tournament...challenge yourself by competing with other Special Olympics bowlers!

Age group: Ages 8 & older

Location: Stardust Bowl, Addison

Min/Max: 10/35

Staff Contact: Kara

Prog #	Day	Date	Time	R/NR Fee
4-6719	Sat	May 30	9:00 am-6:00 pm*	\$17/\$21

NOTE: *Bowlers will be assigned to bowl 3 games (2 games for ramp bowlers). A flyer will be sent to you after shift assignments have been received from the Area office. Bowlers must have bowled 15 games in the 2019-20 year and have a valid APP on file to enter this tournament. Transportation will be provided at no additional cost. **Please indicate on your Registration form if a bowling ramp is needed. If requesting a ramp, scores from the 2019-20 year must be from use of a ramp and without bumpers.**

Registration deadline: April 12.

Important information regarding golf programs:

There will be a significant amount of walking since golf carts will not be provided. Only authorized staff & participants are permitted on the golf course during play. Parents, guardians, guests & spectators are prohibited on the golf course during play and must remain in designated areas for non-golfers.

Special Olympics Golf

Practice on a consistent basis, develop your game, and get ready to compete!

Age group: Ages 16 & older

Suggested ability level: Players who are ready to play 5 to 9 holes on various weeks this season

Location: Randall Oaks Golf Course, West Dundee

Prog #	Day	Dates	Weeks	Time	R/NR Fee
6707	Wed	June 10-July 29	8	5:45-7:45 pm	\$67/\$109

Min/Max: 3/8

Staff Contact: Kara

S.O. Competition: Aug 3

Outdoor Sports Festival: Sept 12-13

Special Olympics Unified Golf

Want to work on your golf game with the same partner every week? Then register for Unified Golf, a Special Olympics program that joins athletes with Unified Partners (players without a disability). Scoring is aggregate, ie., both players' scores on each hole are added together.

Age group: Ages 13 & older

Location: Randall Oaks Golf Course, West Dundee

Prog #	Day	Dates	Weeks	Time	R/NR Fee
6710	Wed	June 10-July 29	8	5:45-7:45 pm	\$67/\$109

Min/Max: 3/8

Staff Contact: Kara

S.O. Competition: July 13

Outdoor Sports Festival: Sept 12-13

NOTE: Athletes are encouraged to choose a person who they will want to partner with for the entire season. Unified Partners need to be at least 14 years of age, complete a Unified Partner form and a NISRA Registration form.

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 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.

New: NISRA uses discretion when deciding to cancel programs due to inclement weather conditions, watches and warnings. Credits or refunds will not be given due to weather cancellations. A maximum of one session per program will be rescheduled if possible.

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.



Office use only: Date Reviewed: _____ Initial: _____

Seizure Questionnaire

(Rev. 1/31/2017)

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 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):

- | | | |
|--|---|---|
| <input type="checkbox"/> Absence (staring spell) | <input type="checkbox"/> Atonic (Drop) | <input type="checkbox"/> Simple Partial |
| <input type="checkbox"/> Complex Partial | <input type="checkbox"/> Generalized (Gran Mal) | |
| <input type="checkbox"/> 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 Fitness Program Waiver

TO: Medical practitioner
FROM: Northern Illinois Special Recreation Association (NISRA)
RE: Recommendation for participation
DATE: Winter & Spring 2020

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 **December 17, 2019**.

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: _____

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: _____

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 a specific group and your child does not have that classification, but meets other social, physical and behavioral requirements to participate, please feel free to register for it.

Annual Registration Update

Once each year, all registrants are requested to complete an Annual Update form 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. **New:** NISRA uses discretion when deciding to cancel programs due to inclement weather conditions, watches and warnings. Credits or refunds will not be given due to weather cancellations. A maximum of one session per program will be rescheduled if possible.

Scholarships

Scholarships are available for weekly programs for those who qualify due to financial hardship situations. Call the office for info.

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 Jan 20 to see if we can accommodate you. Program fees will not be prorated for a late start.

NISRA REGISTRATION FORM–Winter & Spring 2020

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 Dec 17 deadline will be reviewed after Jan 20.

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.

Resident Priority Registration
ends Dec 11
Non-Resident Registration
begins Dec 12
Final Registration Deadline
Dec 17
Spring deadline & payments
Feb 13

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.

If you updated your Annual Information Form in Summer or Fall 2019, you're up to date!
If you haven't completed the form, please contact us or you may download it at www.nisra.org

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

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
Subtotal of Fee Due			=
minus any available credits			-
Contribution to NISRA Foundation for scholarships, accessible buses, and innovative programs			
Total Fee Due (submit along with Registration Form)			

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 _____

Cardholder Address _____ City _____ State _____ Zip _____

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: _____

Special Olympics App form

S1-10

Instructions for Completing the Application for Participation

The Application for Participation (App) must be filled in completely. Apps with blank sections will not be accepted. This App is valid for 2 years from the date of the examination date, regardless of the Parent/Guardian/Entrant signature date. The only Application for Participation form that will be accepted is the revised form dated 4/1/08, 8/1/10 or 8/1/16.

Parent/Guardian and Doctor signatures must both be on the same App form. Phone consents or verbal consents will not be accepted.

If Entrant was listed on the Sex Offender Public Registry or the Child Murder and Violent Offender Against Youth Registry but has since been removed, contact the Special Olympics Illinois office for instructions before submitting this application.

ATHLETE INFORMATION AND HEALTH INSURANCE & EMERGENCY INFORMATION

1. The first two sections must be filled in completely. The ethnicity information is requested to assist in the organizational outreach efforts. The athlete should indicate their identified gender in the sex (M/F) section.

PARENT AND/OR GUARDIAN AUTHORIZATION AND MEDIA RELEASE

2. The Parent or Legal Guardian must read, sign and date the Parent/Guardian Authorization and Media Release.

- a. The section must be signed and dated as printed. Deletions or alterations to the section will result in an invalid App. (Exception: Deletion of the last paragraph regarding medical treatment and attachment of a letter of explanation and 24-hour emergency telephone numbers from the State Office of Guardianship.
- b. Only one of the two signature blocks must be completed. Special Olympics Illinois works under the understanding that this section may be signed by either:
 - The (biological or adoptive) parent unless the athlete has been designated a ward of the state;

OR

- The legal guardian; this person must be legally assigned for the individual;

OR

- The athlete if he/she is over the age of 18 and has not been designated as needing and having been assigned a legal guardian. A witness signature is necessary if the athlete's signature is unrecognizable (for example, if the athlete's signature is an "X.")

MEDICAL CLEARANCE

3. The Medical Clearance section must be completed, signed and dated by a medical practitioner licensed to administer physical examinations by the state in which he/she practices.

This person, by signing the Medical Clearance, is stating that the athlete is in good health and can safely participate in Special Olympics sports training and competition. It is strongly suggested that the person administering the physical examination possess the following:

- Background and preparation in giving sports physical examinations.
- Qualifications to administer examinations that would not compromise his/her area of specialty.

AFTER COMPLETING THE APPLICATION ...

4. Send the Application for Participation to the Area Director who will send the App to the Special Olympics Illinois state office. The state office will validate the Application for Participation and send a copy of the App with an approved stamp back to the SOAD (Special Olympics Athletic Director). An Application for Participation will not be validated until all information is correct and completed on the approved form.

5. Special Olympics Illinois requires that all Applications for Participation be presented prior to and no later than the established Medical App deadline of a state championship level event (Winter Games, State Basketball Tournament, Summer Games, Outdoor Sports Festival, Fall Games, Floor Hockey or State Bowling Tournament). All Apps for the event in question must be valid throughout the completion of that state competition.

Applications for Participation for athletes participating in District Tournaments and Sectional Tournaments must be received before the entry deadline or with registration materials.

Applications not on file or in receipt by the specified deadline will not be accepted.





APPLICATION FOR PARTICIPATION IN SPECIAL OLYMPICS ILLINOIS

Valid Application for Participation is mandatory for all competitors
605 E. Willow St. • Normal, IL 61761-2682 • 309-888-2551

SOILL Rev. 8-1-17

13 Region Agency # 018

MEDICAL CLEARANCE

ATHLETE INFORMATION

Athlete Name (last name, space, first name)

Grid for Athlete Name

Birthdate

Grid for Birthdate (M D Y)

Agency Name

Grid for Agency Name

Sex (M or F)

Sex selection box

Athlete's Mailing Address

Grid for Mailing Address

Parents/Guardian's (Please Circle One) Home Address

Grid for Home Address

Athlete's City

Grid for Athlete's City

Parents/Guardian's City

Grid for Parents/Guardian's City

State

Grid for State

State

Grid for State

Zip Code

Grid for Zip Code

Ethnicity White Black/African American Asian Hispanic/Latino Other

Grid for Ethnicity

Parents/Guardian's Home Telephone

Grid for Home Telephone

HEALTH INSURANCE & EMERGENCY INFORMATION (Required for Processing)

Person to be contacted in case of emergency _____

Emergency

Contact Phone () _____

Medical Insurance Company _____

Policy Number _____

PARENT AND/OR GUARDIAN AUTHORIZATION AND MEDIA RELEASE

I, on my own behalf or as the undersigned parent and/or legal guardian of the above named applicant (hereafter referred to as the "Entrant"), hereby request permission for the Entrant to participate in Special Olympics programs. I acknowledge that Special Olympics will screen all entrants using the Sex Offender Public Registry and the Child Murder and Violent Offender Against Youth Registry and understand that entrants listed on either Registry will be denied participation. I affirm that this Entrant has never been on said Registries or, if Entrant was listed on either Registry but has since been removed, I will contact Special Olympics Illinois for instructions before submitting this application.

I represent and warrant to you that the Entrant is physically and mentally able to participate in Special Olympics, and I submit herewith a subscribed medical certificate. I understand that if the athlete has Down syndrome, he/she cannot participate in sports or events which, by their nature result in hyper-extension, radical flexion or direct pressure on the neck or upper spine unless a full radiological examination established the absence of Atlantoaxial instability. I am aware that the sports and events for which this radiological examination is required are equestrian sports, artistic gymnastics, diving, pentathlon, high jump, alpine skiing, soccer, soccer skills, powerlifting squat, and butterfly stroke and diving starts in swimming.

On behalf of the Entrant and myself, I acknowledge that the Entrant will be using facilities at his/her own risk and I, on my own behalf, hereby release, discharge and indemnify Special Olympics from all liability for injury to person or damage to property of myself and Entrant.

In permitting the Entrant to participate, I am specifically granting permission to Special Olympics Illinois to use the likeness, voice and words of the Entrant in television, radio, films, newspapers, magazines and other media, and in any form not heretofore described, for the purpose of advertising or communicating the purposes and activities of Special Olympics and in appealing for funds to support such activities. I understand that by signing below I consent for the Entrant to participate in the Special Olympics Healthy Athletes Program that provides individual screening assessments of health status and health care needs. The Entrant has no obligation to participate and I understand the Entrant should seek his/her own medical advice and assistance and Special Olympics is not responsible for the Entrant's health.

If I am not personally present at Special Olympics activities in which the Entrant is to compete, so as to be consulted in case of necessity, you are authorized on my behalf and at my account to take such measures and arrange for such medical and hospital treatment as you may deem advisable for the health and well-being of the Entrant.

I, THE UNDERSIGNED ADULT ENTRANT, have read and fully understand the provisions of the above release and have explained them to said Entrant. I hereby agree that I and said minor will be bound thereby, and I shall defend Special Olympics Illinois and hold it harmless from any disaffirmation thereof by said minor.

Entrant

Athlete is own guardian _____ Date _____

Witness

Signature of Parent and/or Legal Guardian _____ Date _____
(Check appropriate box) Print Name _____

Athlete's Email Address _____

Parent's Email Address _____

PLEASE CHECK MEDICAL INFORMATION

Does athlete have Down Syndrome? Yes No

If yes, have x-rays of the C1-C2 vertebrae been taken and examined? Yes No

Date of x-ray _____ Yes No

Is the athlete clear of Atlantoaxial Instability? Yes No

Does the athlete have or is the athlete:

Heart Problems Yes No
Diabetic Yes No
Epileptic/Seizures Yes No
Blind Yes No
Deaf Yes No
Hepatitis Yes No

Other _____ Dosage _____

Current Medication _____

Allergies to medication, if any: _____

Date of last Tetanus shot: _____

I have examined the above-named Entrant and, in my opinion, there is no mental or physical reason why he or she should not participate in the Special Olympics sports training and competition program. Further information will be forwarded if required. Current medication, if any, is specified with dosage on this application.

Examination Date _____

Doctor's Signature _____

Print Name _____

Address _____

City _____ State _____ Zip _____

Phone () _____

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, one re-scheduled date will be arranged if possible. No credit or refund will be 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.

Medication Dispensing

Based upon direction from NISRA's risk management agency, we have implemented a new procedure for dispensing medication. When medication is provided, the parent/guardian must supply envelopes containing individual dosages, and the envelopes must be sealed and a solid material (not clear/translucent).

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 Recreation Center
- 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

Barrington Park District
Fitness & Recreation Center &
Langendorf Park
235 Lions Drive
Barrington
(847) 381-0687

Citizens Park &
Pepper Family Accessible Treehouse
511 Lake Zurich Road
Barrington

Countryside Elementary School
205 West County Line Road
Barrington
(847) 381-1162

Superior Athletic Advantage
319 West Northwest Highway
Barrington
(847) 774-0379

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)

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
9101 South Route 31
Algonquin
(847) 658-5688

Dolphin Swim Club
825A Munshaw Lane
Crystal Lake
(847) 854-1300

First Methodist Church
236 West Crystal Lake Avenue
Crystal Lake

Heineman Middle School
725 Academic
Algonquin
(847) 659-4300

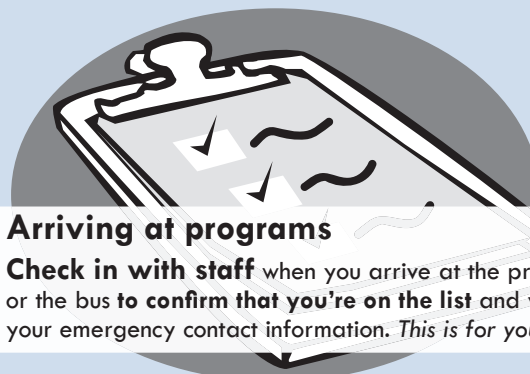
Ladd Park
between Coventry &
Devonshire Lanes
Crystal Lake

Lippold Park
1251 West Route 176
Crystal Lake

Main Beach
300 Lake Shore Drive
Crystal Lake
(815) 477-5404

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.

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

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

Spoerl Park
7610 Pingree Road
Crystal Lake

Towne Park
Prairie Trail/Fox River Prairie Trail
parking lot at west end of
Washington Street
Algonquin

Veteran Acres Park
Route 176 & Walkup Road
Crystal Lake
(815) 459-0680

Dundee area (incl. Carpentersville)

Liberty Lanes
115 Meadowdale
Carpentersville
(847) 428-6446

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

Bowes Creek Golf Course
1250 Bowes Creek Boulevard
Elgin
(847) 214-5880

Bowlway Lanes
810 Villa Street
Elgin
(847) 741-0155

Channing School
63 South Channing Street
Elgin
(847) 888-5785

Elgin Sports Complex
709 Sports Way
Sports Way & McLean Boulevard
Elgin

The Centre
100 Symphony Way
Elgin
(847) 531-7000

Wing Park
Wing Street, just west of Route 31
Elgin

Hampshire

Hampshire Park District
Recreation Center
390 South Avenue
Hampshire
(847) 683-2690

Harvard

BraveHearts
7319 Maxon Road
Harvard
(815) 943-8226

Huntley

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

Northwestern Medicine Health
& Fitness Center
10450 Algonquin Road
Huntley
(815) 444-2900

Tomaso Sports Park
11950 Ackman Road
Huntley

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

Marengo Ridge Conservation Area
2411 North Route 23
Marengo

McHenry

McHenry Recreation Center
(next to the Municipal Center)
3636 Municipal Drive
McHenry
(815) 363-2160

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

Wauconda Area Library
801 North Main Street
Wauconda
(847) 526-6225

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) 338-2105

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

Presorted Standard
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PERMIT NO. 47

Do you want to receive this brochure?

If not, please call us at (815) 459-0737 to have your name removed from our mailing list.

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.



Annual Recognition Night is Tuesday, March 10, 2020
See page 11 for details...



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Follow us on Instagram!