2023

WINTER | SPRING

REGISTRATION BEGINS
NOVEMBER 21, 2022

REGISTRATION DEADLINE
DECEMBER 16, 2022

PROGRAM DATES
JANUARY 30, 2023 - MAY 6, 2023

CELEBRATE ABILITY
NWSRA
NORTHWEST SPECIAL RECREATION ASSOCIATION

WINTER | SPRING PROGRAMMING
January 30 – May 6

Registration Begins
November 21, 2022

Registration Deadline
December 16, 2022

Scholarship Deadline
December 1, 2022

OFFICE HOURS

Monday - Friday
8:30 am - 5:00 pm except for holidays

Ph: 847/392-2848
Fax: 847/392-2870
TTY: 847/392-2855
Video Ph: 224/210-1616

After 5:00 pm voicemail available.

ABOUT **NWSRA**

NWSRA serves 17 northwest suburban communities in partnership with member Park Districts, providing day camps, programs, trips, special events, specality programs and more.

WAYS TO REGISTER

MAIL IN
NWSRA 3000 W. Central Road, Suite 205
Rolling Meadows, IL 60008

FAX
847/392-2870 Call office to ensure receipt of fax.

E-MAIL
E-mail new fillable registration form to office@nwsra.org

We accept AmEx, Discover, MasterCard, Visa. Checks payable to Northwest Special Recreation Association.

MISSION

We exist to provide outstanding opportunities through recreation for children and adults with disabilities.

VISION

To be a leading force, creating greater options that enrich the life experiences of the participants, families and communities we serve.

VALUES

Teamwork Support each other and work together

Respect Be open, honest and kind

Enthusiasm Exceed expectations

Collaboration Combine resources to achieve common goals

Communication Listen, share and adapt

Diversity Self-evaluate, educate, celebrate, advocate and represent

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GOALS

C Cognitive Skills
CI Community Integration
HW Health & Wellness
I Independent Functioning
M Motor Skills
P Physical Skills
SE Social & Emotional Skills
SI Sensory Integration

ABBREVIATIONS

AUT Autism Spectrum
ID Intellectual Disability
P Physical Disability
V Visual Disability

CERTIFICATIONS

CIA Certified Inclusivity Assessor
CPE Certified Play Expert
CPRP Certified Park & Recreation Professional
CTRS Certified Therapeutic Recreation Specialist
DSP Direct Support Person
QIDP Qualified Intellectual Disabilities Professional

BOARD OF DIRECTORS

ARLINGTON HEIGHTS
Carrie Fullerton

BARTLETT
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SOUTH BARRINGTON
Jay Morgan

STREAMWOOD
Jeffrey Janda

WHEELING
Jan Buchs

BOARD MEETING
For Board Meeting dates and to access a copy of the meeting agenda, visit www.nwsra.org/board.

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TBA

TBA

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speciality lessons

GOALS LEGEND

C Cognitive Skills **CI** Community Integration **HW** Health & Wellness **I** Independent Functioning
M Motor Skills **P** Physical Skills **SE** Social & Emotional Skills **SI** Sensory Integration

SWIM LESSONS

In these progressive, 30 minute swim lessons, swimmers are introduced to basic water skills, breath holding and a variety of submerging progressions, eventually leading the participant to unassisted swimming. The curriculum is broken into concepts, which are advanced and developed through each level using different techniques and skills.

Please state your preferred times on the registration form. You will be called before the program with your time confirmation. **Meet on swim deck for all swim programs. The Illinois Department of Public Health requires that all participants not completely toilet trained must wear tight fitting plastic pants under swimwear.**

Prog. #	Prog. Name	Goals	Day	Time	Dates	Location	Fee	Min/Max
1010	4 - 16 yrs.	M, P	T	4:00 - 7:00 pm	1/31 - 5/2	Wheeling Community Recreation Center	$390.00	2/6
1020	4 - 16 yrs.	M, P	W	4:00 - 7:00 pm	2/1 - 5/3	Jack Claes Pavilion • Elk Grove Village	$390.00	2/6
1030	4 - 16 yrs.	M, P	Th	4:00 - 7:00 pm	2/2 - 5/4	Arlington Ridge Center	$390.00	2/6

No Programs on: February 20 and March 27, 28 & 29.

MUSIC
PIANO & VOICE LESSONS

Age: 7 yrs. & older

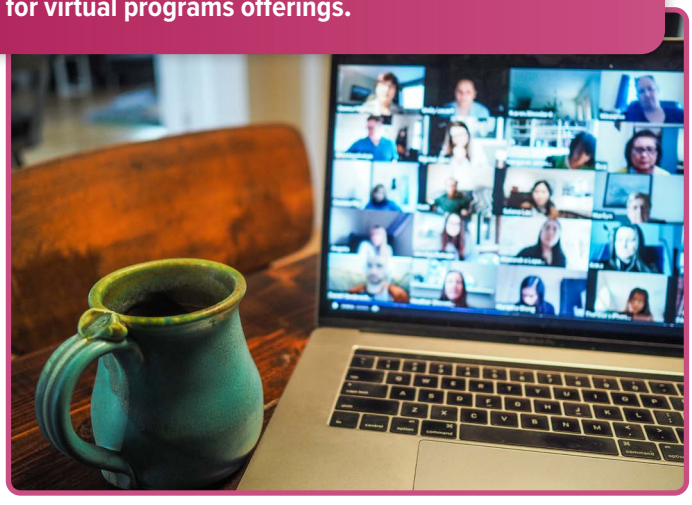
Improve voice control, tone and technique while singing some of your favorite songs or discover your musical talent and improve your rhythm, hand-eye and fine motor coordination while learning to play the piano. Please list your 30 minute time slot preference from 4:00pm to 8:30pm on the registration form. **No program on Febuary 20 and March 27.**

Group: All Abilities
Location: Rolling Meadows Community Center • Music Room
Min/Max: 1/9 per program
Goals: M, C

Prog. #	Dates	Day	Time	Fee
1070	1/30 - 5/1	M	4:00 - 8:30 pm	$360.00

VIRTUAL PROGRAMMING

Not ready for in-person programs? Don't worry we have plenty of programs you can do in the comfort of your own home while still meeting your goals. **See page 29 for virtual programs offerings.**



MUSIC

GUITAR LESSONS • Age: 7 yrs. & older

Jam to great music, while learning about guitar technique and performance. Please list your 30 minute time slot preference from 3:30pm to 6:00pm on the registration form.
No program on March 28.

Group: All Abilities
Location: Rolling Meadows Community Center • Music Room
Min/Max: 1/5 per program
Goals: M, C

Prog. #	Dates	Day	Time	Fee
1080	1/31 - 5/2	T	3:30 - 6:00 pm	$390.00

MUSIC

DRUM LESSONS • Age: 7 yrs. & older

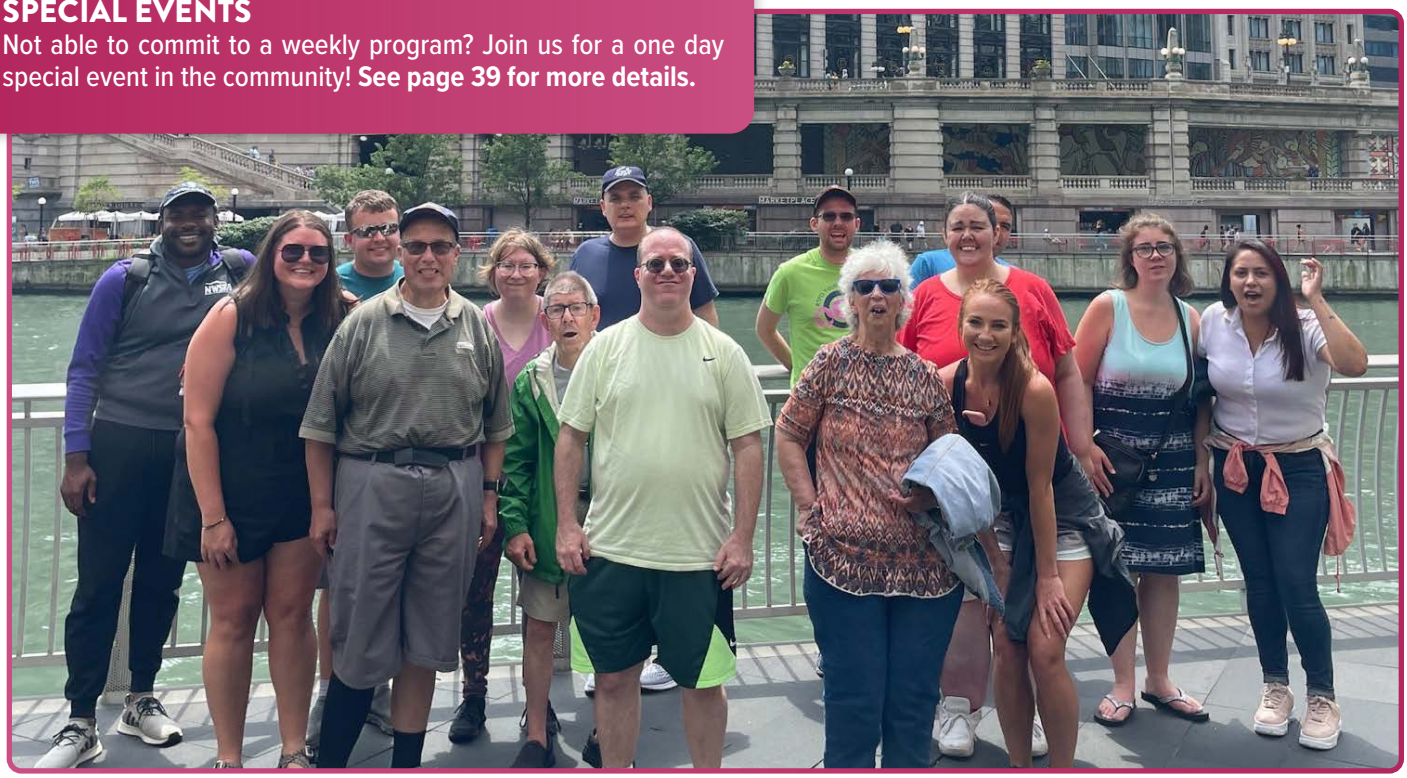
Tap out rhythms and feel the beat while learning drumming techniques and performing on a drum set, snare drum, bells and a variety of rhythm instruments. Please list your 30 minute time slot preference from 6:00pm to 8:30pm on the registration form.
No program on March 28.

Group: All Abilities
Location: Rolling Meadows Community Center • Music Room
Min/Max: 1/5 per program
Goals: M, C

Prog. #	Dates	Day	Time	Fee
1090	1/31 - 5/2	T	6:00 - 8:30 pm	$390.00

PLEASE NOTE
Time slots are not guaranteed. Assigned time slot with be confirmed prior to the start of program by the Program Coordinator, Eric Engleson.

SPECIAL EVENTS
Not able to commit to a weekly program? Join us for a one day special event in the community! **See page 39 for more details.**



HORSEBACK RIDING LESSONS

In this progressive riding lesson you will learn basic skills required to ride a horse. Riding lessons are overseen by an instructor from Palatine Stables. Riders must display safe behavior when in close proximity to horses. Riders will be evaluated and individual goals will be set on the first night of the session. No experience necessary.

NOTE: Riders enrolled in this program must have adequate balance, mobility, posture and ability to maintain upper neck and trunk control. Helmets are provided, a waiver and medical form must be signed before the first day of class. The program is held indoors. **Participants must be under 150 pounds for the safety of the rider and horse. Riders are required to wear boots or shoes with a heel.**

Prog. #	Age	Day	Time	Dates	Location	Fee	Max	Goals
1025	6 yrs & older	M	4:55 - 5:30 pm	4/3 - 5/1	Palatine Stables	$175.00	3	M, SI
1035	6 yrs & older	M	5:40 - 6:15 pm	4/3 - 5/1	Palatine Stables	$175.00	3	M, SI
1045	6 yrs & older	M	6:25 - 7:00 pm	4/3 - 5/1	Palatine Stables	$175.00	3	M, SI

1:1 therapy programming

All sessions are 45 minute individual or sibling sessions. Please state your preferred time on the registration form. These therapy sessions will be video recorded and require an additonal waiver for participation. You will be contacted before the therapy session with your time confirmation.

SNOEZELEN SENSORY ROOM

Sensory therapy consists of placing an individual in a soothing and stimulating environment, called the "Snoezelen Room." This room is specially designed to deliver stimuli to various senses using lighting effects, color, sounds, music, scents, etc.

No program on February 20, March 27 - 30 and April 1, 8 & 15.

Age: 3 yrs. & older
Group: All Abilities
Location: Rolling Meadows, Hanover Park, Mt. Prospect & Wheeling
Min/Max: 1/4 per program
Goals: SI

Prog. #	Dates	Day	Time	Fee
1120	1/30 - 5/1	M	2:30 - 6:15 pm	$360.00
1121	1/31 - 5/2	T	2:30 - 6:15 pm	$390.00
1122	2/1 - 5/3	W	2:30 - 6:15 pm	$390.00
1123	2/2 - 5/4	Th	2:30 - 6:15 pm	$390.00
1124	2/4 - 5/6	Sa	9:00 - 12:45 pm	$330.00

DREAM LAB

The fully accessible Dream Lab opens endless possibilities through next-level technology. The Dream Lab hosts Virtual Reality, 3D printing, fully adjustable computers, a 70 inch iPad and so much more! Participants will learn stress-reduction techniques, expand their minds through endless virtual worlds and explore their interests through technology.

No program on March 28 & 30

Age: 3 yrs. & older
Group: All Abilites
Location: Rolling Meadows Community Center • NWSRA Wing
Min/Max: 1/4 per program
Goals: C, I

Prog. #	Dates	Day	Time	Fee
2330	1/31 - 5/2	T	2:30 - 5:15 pm	$260.00
2340	2/2 - 5/4	Th	2:30 - 5:15 pm	$260.00

COMMUNITY SENSORY GARDEN

The NWSRA Community Sensory Garden welcomes individuals of all ability levels to explore, play, learn, and grow in a natural environment. The garden features plants, vegetables, an accessible walkway, seating and several interactive amenities that cultivate an increased connection to nature. Through the knowledge and expertise of Certified Therapeutic Recreation Specialists (CTRS) and Certified Park and Recreation Professionals (CPRP), children and adults expand their boundaries through nature-based learning and play.

No program on March 29

Age: 3 yrs. & older
Group: All Abilities
Location: Hanover Park Community Center • Sensory Garden
Min/Max: 1/4 per program
Goals: SI, CI

Prog. #	Dates	Day	Time	Fee
1130	2/1 - 5/3	W	2:30 - 6:15 pm	$100.00

CLUB WELLNESS

Club Wellness is a complete activity-rich program of fitness, nutrition and wellness training designed specifically for people with intellectual disabilities, and effective for all. This unique program builds a team culture of inclusion, support and encouragement which is led by a certified Club Wellness Trainer. 1:1 Club Wellness sessions can be in-person or virtual. Please indicate on registration form.

No program on February 20, March 27 & 29

Age: 3 yrs. & older
Group: All Abilities
Location: **1150** Central Community Center • NWSRA Wing
1151 Buffalo Grove Fitness Center • NWSRA Wing
Min/Max: 1/6 per program
Goals: HW, M

Prog. #	Dates	Day	Time	Fee
1150	1/30 - 5/1	M	2:30 - 6:15 pm	$240.00
1151	2/1 - 5/3	W	2:30 - 6:15 pm	$260.00

athletics

GOALS LEGEND

C Cognitive Skills **CI** Community Integration **HW** Health & Wellness **I** Independent Functioning
M Motor Skills **P** Physical Skills **SE** Social & Emotional Skills **SI** Sensory Integration

NOTE: All Athletes planning to compete on NWSRA Lightning Teams must have a current Special Olympics medical form on file by the second week of program good through the state competition.

For more information please contact: Janae Winston at jwinston@nwsra.org or 847/392-2848, ext. 249.

COMPETITIVE

GOLF LEAGUE • Age: 16 yrs. & older

Play 6 - 9 holes of golf each week with a four-some of golfers. Learn golf course etiquette and improve your game. This program is geared towards the intermediate and advanced golfer.
No program on May 29 and July 3

Group: All Ambulatory Athletes
Location: **7200** Fox Run Golf Links • Elk Grove
7201 Arlington Lakes Golf Club • Arlington Heights
Min/Max: 4/12
Ratio: 1:4 to Independent
Goals: M, C, HW
Note: Must provide your own clubs and be able to walk 9 holes of golf, consistently hit the ball a minimum of 50 yards and have participated in NWSRA golf lessons previously.

Prog. #	Dates	Day	Time	Fee
7200	5/8 - 7/10	M	5:00 - 7:30 pm	$108.00
7201	5/11 - 7/13	Th	5:00 - 7:30 pm	$132.00

COMPETITIVE

CO-REC SOFTBALL • Age: 16 yrs. & older

Athletes will compete in tournament play with other special recreation associations through the summer. Participants must participate in practices in order to compete during league play and Special Olympics Competition.
No program on July 4

Group: All Ambulatory Athletes
Location: Park Central • Rolling Meadows
Min/Max: 11/30
Ratio: 1:4 to Independent
Goals: M,HW,SE,C
Note: At the first practice on May 2nd, athletes will be assessed from 6:30pm to 7:30pm. Players will then be divided into teams based on ability, age and team chemistry.

Prog. #	Dates	Day	Time	Fee
7020	5/2 - 7/25	T	6:30 - 7:30 pm	$132.00

SOCIAL CLUBS

Come socialize with friends while going out and having fun! Join one of our 6 social clubs with the pontential of grooving at the Valentine's Day Ball, gambling at the casino and watching the Super Bowl eating delicious game day snacks! **For more details, see page 33.**

Zachary Coppel
148
Samuel Devereux
149
Stephen McVoy
153

COMPETITIVE

SWIM TEAM • Age: 16 yrs. & older

Swimmers will work on strokes, developing their swimming techniques and endurance. Swimmers must be able to swim half a length of freestyle, face in water, unassisted and half a length of backstroke/back kick in the proper position to be ready to participate in this program. Swimmers will compete in Special Olympics and other meets offered.
No program on Febuary 20 and March 27

Group: All Ambulatory Athletes
Location: Arlington Ridge Center • Arlington Heights
Min/Max: 5/15
Goals: M, S, HW
Ratio: 1:4 to Independent

Prog. #	Dates	Day	Time	Fee
7600	1/30 - 5/1	M	7:00 - 8:00 pm	$144.00

COMPETITIVE

CO-REC SOCCER • Age: 16 yrs. & older

Score with more soccer skills development and conditioning during the winter session and league play during the spring. **Participants must participate in practices in order to compete during league play.**
No program on March 29

Group: All Ambulatory Athletes
Location: The Zone • Mt. Prospect
Min/Max: 7/20
Goals: M, S, HW
Ratio: 1:4 to Independent
Note: At first practice on February 15, athletes will be assessed from 6:30-7:30pm. Players will then be divided into teams based on ability, age, and team chemistry.

Prog. #	Dates	Day	Time	Fee
7040	2/15 - 5/10	W	6:30 - 7:30 pm	$144.00

1:1 THERAPY PROGRAMMING

Want to expand your mind through technology? Come by our Dream Lab. Want to help nuture our flowers? Stop by our Community Sensory Garden. Whatever your thing is, we offer 4 different programs that help you explore, play, learn, and grow! **For more information regarding our 1:1 Therapy Programming, see page 8.**

COMPETITIVE

POWERLIFTING TEAM • Age: 16 yrs. & older

Improve athlete's general health, strength and quality of life. Athletes will be training to compete in Special Olympics competition.
No program on February 20 and March 27 & 30

Group: All Ambulatory Athletes
Location: Monday: CrossFit Arioch • Elgin
Thursday: Wheeling Community Recreation Center
Min/Max: 5/12
Goals: M, S, HW
Ratio: 1:4 to Independent

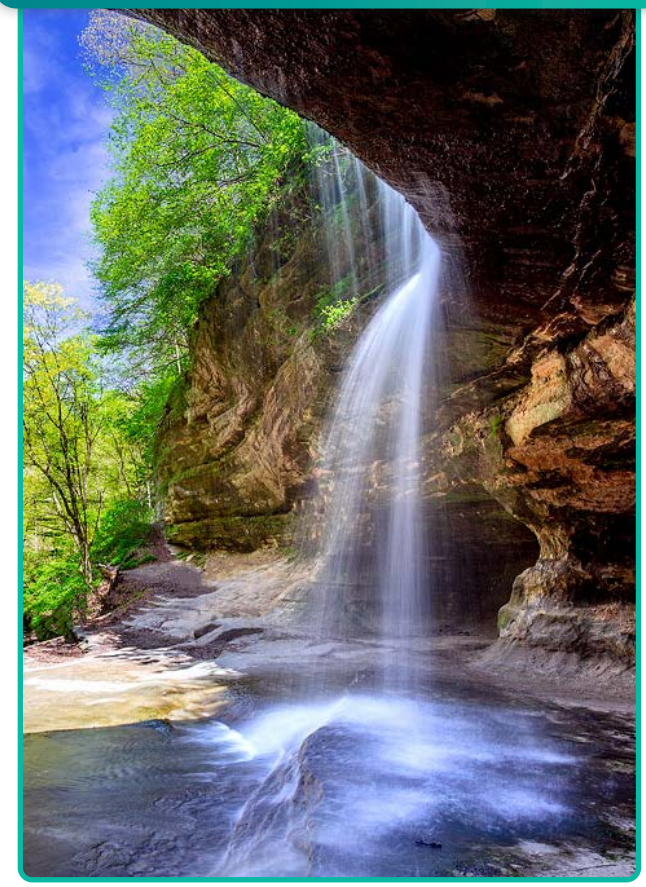
Prog. #	Dates	Day	Time	Fee
7030	1/30 - 5/4	M & Th	5:30 - 6:45 pm	$252.00

Transportation: Fee included in program fee.

Transportation Location (Monday Only)	Pick Up	Drop Off
Park Central • Rolling Meadows	4:45 pm	7:30 pm

SHORT TRIPS

Want to go on an adventure? Join us on a special trip to Starved Rock this spring! **See page 32 for more details.**



COMPETITIVE

TRACK & FIELD • Age: 16 yrs. & older

Train for peak performance to increase strength, coordination and flexibility. Don't delay! Special Olympics requires 8 weeks of continuous training to compete in Spring Games. Space is limited and only open to athletes competing on the NWSRA team.
No program on March 30.

Group: All Ambulatory Athletes
Location: Carl Sandburg Jr. High • Rolling Meadows
Min/Max: 5/30
Goals: M,HW,P,I
Ratio: 1:4 to Independent

Prog. #	Dates	Day	Time	Fee
7050	2/16 - 5/4	Th	5:30 - 6:30 pm	$132.00
7051	2/16 - 5/4	Th	6:30 - 7:30 pm	$132.00

COMPETITIVE

GYMNASTICS TEAM • Age: 8 yrs. & older

Develop coordination, balance and basic gymnastics skills. Training for Special Olympics competition is offered with the NWSRA Gymnastics Team, new athletes accepted on team in the fall.
No program on January 28, February 25, March 4 & 11 and April 1, 8 & 15.

Group: All Ambulatory Athletes
Location: Palatine Community Center
Min/Max: 5/15
Goals: M,HW,P,I
Ratio: 1:4 to Independent
Note: Team leotards will be purchased in the spring if athlete decides to compete

Prog. #	Dates	Day	Time	Fee
7300	1/7 - 5/6	Sa	7:45 - 8:45 am	$132.00

NWSRA BOOSTER CLUB

BECOME A BOOSTER

The NWSRA Lightning Athletic Booster Club was established as a committee under SLSF, a 501 (c)(3) charity that is the fundraising arm of NWSRA. The Booster Club is comprised of parents and friends of Lightning Athletes working together to enhance athletic opportunities through increased funding toward transportation to competitions, housing for tournaments, equipment and uniforms. Here are some examples of support, with your help, that the Booster Club looks forward to providing:

- **Equipment and uniforms for NWSRA Lightning Athletic teams**
- **Volunteering at tournaments NWSRA hosts**
- **Creating and supporting fundraising opportunities**

Over 200 NWSRA Lightning Athletes compete year-round in a variety of 16 sports including basketball, softball, swimming, golf, bowling, and so much more!

If you are interested in joining or learning more about Booster Club activities, please contact Liz Thomas at 847/392-2848 ext. 227 or e-mail lizt@slsf.me

early childhood

AGE: 3 - 5 YEARS

GOALS LEGEND

C Cognitive Skills **CI** Community Integration **HW** Health & Wellness **I** Independent Functioning
M Motor Skills **P** Physical Skills **SE** Social & Emotional Skills **SI** Sensory Integration

SOCIAL
MOVIN' AND GROOVIN' Age: 3 - 5 yrs.

Come join your peers and get your wiggles out. While we socialize and play games, there will be motor development and recognition tasks. ***This program is overseen by a Certified Play Expert (CPE).***
No program on March 28 & 30

Group: All Abilities & Siblings
Location: **1690** Barlett Community Center
1695 Wheeling Community Center • NWSRA Wing
Min/Max: 4/6
Ratio: 1:1 to Independent
Goals: SE, M, HW

Prog. #	Dates	Day	Time	Fee
1690	1/31 - 5/2	T	4:15 - 5:15 pm	$195.00
1695	2/2 - 5/4	Th	4:15 - 5:15 pm	$195.00

THERAPY

CLAY PLAY • Age: 3 - 5 yrs.
Get messy and create unique ceramic pieces using molding clay and other mediums!
No program on March 29

Group: All Abilities & Siblings
Location: Vogelei House • Hoffman Estates
Min/Max: 4/6
Ratio: 1:1 to Independent
Goals: M, SI

Prog. #	Dates	Day	Time	Fee
1950	2/1 - 5/3	W	3:30 - 4:30 pm	$195.00

SOCIAL

SENSORY SCIENTIST • Age: 3 - 5 yrs.
Join your peers and develop social interaction and teamwork skills through play. Each week there will be a new sensory theme for the participants to explore. **This program is overseen by a Certified Play Expert (CPE).**
No program on March 28 & 30

Group: All Abilities & Siblings
Location: **1635** Buffalo Grove Fitness Center • NWSRA Wing
1640 Park Place • Streamwood
Min/Max: 4/8
Ratio: 1:1 to Independent
Goals: SI, M

Prog. #	Dates	Day	Time	Fee
1635	1/31 - 5/2	T	4:15 - 5:15 pm	$195.00
1640	2/2 - 5/4	Th	4:15 - 5:15 pm	$195.00

SNOZELEN SENSORY THERAPY ROOM

Imagine a room where an individual with special needs can feel safe, relax their mind through a multi-sensory experience, or feel in control and make choices independently.

Sensory Therapy in the Snoezelen Room is available Monday - Saturday, see page 8.

SKILL DEVELOPMENT

MUSIC MAKERS • Age: 3 - 5 yrs.

Start your morning with music and movement. Each week participants will experience new instruments and music. Extend your child's day with Saturday Clubhouse!

No program on April 1, 8 & 15

Group: All Abilities & Siblings
Location: Rolling Meadows Community Center • NWSRA Wing
Min/Max: 4/10
Ratio: 1:1 to Independent
Goals: C, I, SE

Prog. #	Dates	Day	Time	Fee
9110	2/4 - 5/6	Sa	9:00 - 10:00 am	$165.00

SOCIAL

SATURDAY CLUBHOUSE • Age: 3 - 5 yrs.

Enhance cognitive, fine motor and social skills through playing games, fitness, music and crafts. Bring labeled lunch or snack with a labeled drink.

No program on April 1, 8 & 15

Group: All Abilities & Siblings
Location: Rolling Meadows Community Center • NWSRA Wing
Min/Max: 4/8
Ratio: 1:1 to Independent
Goals: SE, I, M, C

Prog. #	Dates	Day	Time	Fee
1850	2/4 - 5/6	Sa	10:00 - 12:00 pm	$275.00

SKILL DEVELOPMENT

TUMBLING TOTS • Age: 3 - 5 yrs.

Leap into action while developing poise, flexibility and strength! In this program, your child will enhance gross motor, balance and basic gymnastics skills.

No program on April 1, 8 & 15

Group: All Abilities & Siblings
Location: Vogelei Barn • Hoffman Estates
Min/Max: 4/6
Ratio: 1:1 to Independent
Goals: M, P

Prog. #	Dates	Day	Time	Fee
1560	2/4 - 5/6	Sa	1:30 - 2:15 pm	$165.00

school age

AGE: 6 - 21 YEARS

GOALS LEGEND | **C** Cognitive Skills **CI** Community Integration **HW** Health & Wellness **I** Independent Functioning **M** Motor Skills **P** Physical Skills **SE** Social & Emotional Skills **SI** Sensory Integration

SKILL DEVELOPMENT

CRAFTY CREATORS • Age: 14 - 21 yrs.

Draw, paint and create fun projects while developing your creative side. Beginners are welcome! Please bring a labeled snack and drink. Fee includes supplies.
No program on Febuary 20 and March 27.

Group: All Abilities
Location: Kirk School • Palatine
Min/Max: 4/15
Ratio: 1:1 to Independent
Goals: HW, SE

Prog. #	Dates	Day	Time	Fee
2450	1/30 - 5/1	M	2:30 - 4:30 pm	$216.00

SOCIAL

STEAM ENGINEERS • Age: 8 - 13 yrs.

Join your peers and develop social interaction and teamwork skills through play. Each week there will be a new STEAM theme for the participants to explore. **This program is overseen by a Certified Play Expert (CPE).**
No program on February 20 and March 27.

Group: All Abilities
Location: Vogelei House • Hoffman Estates
Min/Max: 4/8
Ratio: 1:1 to Independent
Goals: SI, I, C

Prog. #	Dates	Day	Time	Fee
9040	1/30 - 5/1	M	4:30 - 5:30 pm	$210.00

SOCIAL

TRAVELIN' TEENS • Age: 14 - 21 yrs.

Improve independence, money management skills and socialization. Activities are planned by the participants and may include trips to the mall, nature center, bowling alley and more. A schedule will be given to families the second week.
No program on March 28.

Group: All Abilities
Location: Teen Center • Rolling Meadows
Min/Max: 4/10
Ratio: 1:2 to Independent
Goals: CI, SE

Prog. #	Dates	Day	Time	Fee
2250	1/31 - 5/2	T	3:30 - 5:30 pm	$312.00

Transportation: Please indicate pick up and drop off location on registration.
Fee: $52 one way, $104 round trip

Transportation Location	Pick Up	Drop Off
Hoffman Estates High School	2:45 pm	None
Palatine High School	3:30 pm	None
Hersey High School	3:00 pm	None
Triphahn Center • Hoffman Estates	None	6:00 pm

1:1 THERAPY PROGRAMMING

Want to expand your mind through technology? Come by our Dream Lab. Want to help nuture our flowers? Stop by our Community Sensory Garden. Whatever your thing is, we offer 4 different programs that help you explore, play, learn, and grow! **For more information regarding our 1:1 Therapy Programming, see page 8.**

SKILL DEVELOPMENT

BROADWAY BUDDIES • Age: 11 - 18 yrs.

Big Deal Productions and NWSRA are pleased to be together again this year. In our accessible program, our community will work together to gain confidence, learn ensemble skills, and integrate acting techniques, as we work to put together our performance of "Wizard of Oz," which will be performed on May 19. For more information, contact Jessi Hersman at 847/850-2162 or jessi@bgparks.org.

Group: All Abilities
Location: Community Arts Center • Buffalo Grove
Min/Max: 4/20
Ratio: 1:2 to Independent
Goals: SE, I, CI

Prog. #	Dates	Day	Time	Fee
2070	1/17 - 5/19	T	4:30 - 5:30 pm	$200.00

THERAPY

AUTISM MOVEMENT THERAPY® • Age: 6 - 10 yrs.

Combine structured movement and music that connects the left and right hemispheres of the brain for a complete cognitive thinking approach in this nationally renowned program. This program helps improve peer interaction, ability to work in groups and perform academically in the classroom.
No program on March 28 & 30.

Group: Autism Spectrum
Location: **2080** Hanover Park Community Center • NWSRA Wing
2085 Wheeling Community Center • NWSRA Wing
Min/Max: 4/6
Ratio: 1:1 to Independent
Goals: M, SI, I

Prog. #	Dates	Day	Time	Fee
2080	1/31 - 5/2	T	5:30 - 6:15 pm	$238.00
2085	2/2 - 5/4	Th	5:30 - 6:15 pm	$221.00

SKILL DEVELOPMENT

RECIPE MAKERS • Age: 14 - 21 yrs.

Work together as a group to create a list of healthy snacks for the season. Each week the group will work together to make a healthy snack come to life. A recipe book will be given to each participant at the end of the session. Each week will be filled with health and wellness games
No program on March 29.

Group: All Abilities
Location: Kirk School • Palatine
Min/Max: 4/15
Ratio: 1:1 to Independent
Goals: HW, SE

Prog. #	Dates	Day	Time	Fee
2150	2/1 - 5/3	W	2:30 - 4:30pm	$260.00

SKILL DEVELOPMENT

PARKOUR • 1610: 6 - 13 yrs. 1615: Age: 14 - 18 yrs.

Enjoy parkour fitness through obstacle course training, at your own pace. A certified instructor will work with you to learn basic skills mixed with movement activities such as free running, strength and agility.
No program on March 29.

Group: All Abilities
Location: The Zone • Mt. Prospect
Min/Max: 4/10
Ratio: 1:2 to Independent
Goals: HW, M, P

Prog. #	Dates	Day	Time	Fee
2010	2/1 - 5/3	W	4:30 - 5:30 pm	$260.00
2015	2/1 - 5/3	W	5:30 - 6:30 pm	$260.00

SKILL DEVELOPMENT

RECESS GAMES AND SPORTS • Age: 6 - 10 yrs.

Join your peers and develop the skills to play recess games and improve your sports skills. This program works to develop an understanding of the games and motor skills to participate in various sports. Enhance proper social interaction and working with others while having fun. **This program is overseen by a Certified Play Expert (CPE).**
No program on March 29.

Group: All Abilities
Location: Willow Recreation Center • Hoffman Estates
Min/Max: 4/8
Ratio: 1:1 to Independent
Goals: HW, M

Prog. #	Dates	Day	Time	Fee
2350	2/1 - 5/3	W	4:30 - 5:30 pm	$195.00

SOCIAL

ROCK N' BOWL • Age: 14 - 21 yrs.

Make friends and learn to bowl. Proper technique, rules and bowling etiquette will be reviewed each week as the kids engage in this fun sport. Bowl three games each week.
No program on March 30.

Group: All Abilities
Location: Poplar Creek Bowl • Hoffman Estates
Min/Max: 4/20
Ratio: 1:4 to Independent
Goals: CI, SE, M

Prog. #	Dates	Day	Time	Fee
2255	2/2 - 5/4	Th	3:30 - 5:30 pm	$312.00

Transportation: Please indicate pick up and drop off location on registration.
Fee: $56 one way, $112 round trip

Transportation Location	Pick Up	Drop Off
Hoffman Estates High School	2:45 pm	None
Palatine High School	3:30 pm	None
Hersey High School	3:00 pm	None
Triphahn Center • Hoffman Estates	None	5:45 pm
NWSRA Back Lot • Rolling Meadows	None	6:15 pm

SKILL DEVELOPMENT

TECH EXPLORERS • Age: 14 - 18 yrs.

Join us in the Dream Lab Accessible Technology Room to explore gaming at a completely new level. Each week discover a new Microsoft game for X-Box and use Virtual Reality to bring the game to life.
No program on March 30.

Group: All Abilities & Siblings
Location: Rolling Meadows Community Center • Dream Lab
Min/Max: 4/6
Ratio: 1:4 to Independent
Goals: C, SE

Prog. #	Dates	Day	Time	Fee
2110	2/2 - 5/4	Th	5:30 - 6:30 pm	$195.00

SKILL DEVELOPMENT

LEVEL UP GAMING • Age: 18 - 21 yrs.

Want to expand your technology knowledge? Come explore the NWSRA Dream Lab Accession Technology Center. You will get to experience a giant Padzilla, adapted TapIt System, Virtual Reality, 3D printer, Microsoft Xbox and Nintendo Switch video games.
No program on March 30

Group: All Abilities
Location: Rolling Meadows Community Center • Dream Lab
Min/Max: 4/8
Ratio: 1:4to Independent
Goals: C, I

Prog. #	Dates	Day	Time	Fee
2120	2/2 - 5/4	Th	6:30 - 7:30 pm	$195.00

SOCIAL

SHOOTING STARS • 2770 Age: 6 - 10 yrs.

Enhance cognitive, fine motor and social skills through playing games, fitness and crafts. Please bring a labeled snack and drink.
No program on April 1, 8 & 15

Group: All Abilities
Location: Palatine Community Center
Min/Max: 4/8
Ratio: 1:1 to Independent
Goals: M, SE

Prog. #	Dates	Day	Time	Fee
2770	2/4 - 5/6	Sa	9:00 - 11:00 am	$220.00

SOCIAL

DISTRICT TRAVELERS • Age: 14 - 21 yrs.

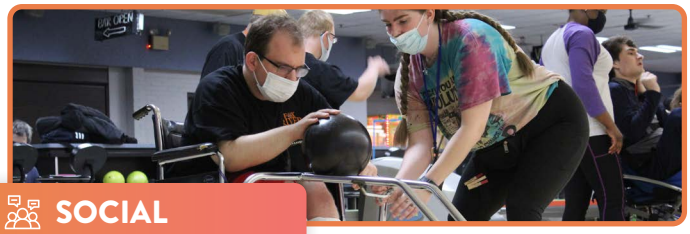
This program will be a combination of in-house activities and community outings to improve independence, community awareness and socialization. A schedule of activities will be distributed the first week. Please bring a labeled sack lunch and drink.
No program on April 1, 8 & 15

Group: All Abilities
Location: Vogelei House • Hoffman Estates
Min/Max: 4/10
Ratio: 1:2 to Independent
Goals: CI, SE

Prog. #	Dates	Day	Time	Fee
2500	2/4 - 5/6	Sa	9:30 - 1:30 pm	$440.00

Transportation: Please indicate pick up and drop off location on registration.
Fee: $44 one way, $88 round trip

Transportation Location	Pick Up	Drop Off
Hanover Park Community Center	9:00 am	2:00 pm
Buffalo Grove Fitness Center	9:00 am	2:00 pm



SOCIAL
SPARE TIME BOWLERS • Age: 14 - 21 yrs.

Come extend your day while socializing and bowling with friends after your morning Saturday program. If you selected transportation for your morning program, the fee includes transportation to Spare Time Bowlers after your morning program. If you did not need transportation to your morning program, please add $44 to your registration in order to have transportation from your morning program to Spare Time Bowlers.
No program on April 1, 8 & 15

Group: All Abilities
Location: Poplar Creek Bowl • Hoffman Estates
Min/Max: 4/20
Ratio: 1:2 to Independent
Goals: M, SE

Prog. #	Dates	Day	Time	Fee
2040	2/4 - 5/6	Sa	2:00 - 4:00 pm	$275.00

Transportation: One way to or from another Saturday program.
Fee: $44

SOCIAL
SUPERSTARS • Age: 11 - 15 yrs.

Enhance cognitive, fine motor and social skills through playing games, fitness, swimming and crafts. Please bring a labeled swimsuit, towel, lunch and drink. The Illinois Dept. of Public Health requires that anyone not completely toilet trained must wear tight fitting plastic pants. Parents pick up on the pool deck.
No program on April 1, 8 & 15

Group: All Abilities
Location: Arlington Ridge Center • Arlington Heights
Min/Max: 4/8
Ratio: 1:1 to Independent
Goals: M, SE, SI

Prog. #	Dates	Day	Time	Fee
2780	2/4 - 5/6	Sa	11:00 - 2:00 pm	$330.00

SKILL DEVELOPMENT
GYMNASTIC SKILLS • Age: 6 - 8 yrs.

Not ready for the Lightning Gymnastics Team yet? In this program you will sharpen your skills in balance, core strength and coordinator to meet your gymnastic goals and even make the Gymnastics Team.
No program on April 1, 8 & 15

Group: All Ambulatory
Location: Vogelei Park & Barn • Hoffman Estates
Min/Max: 4/8
Ratio: 1:1 to Independent
Goals: M, P

Prog. #	Dates	Day	Time	Fee
2065	2/4 - 5/6	Sa	2:30 - 3:15pm	$165.00

SHORT TRIPS

Want to go on an adventure? Join us on a special trip to Starved Rock this spring! **See page 32 for more details.**

HANGOUT

FUN ACTIVITIES

MEET NEW FRIENDS

SIBSHOPS

A GROUP FOR SIBLINGS OF CHILDREN WITH SPECIAL NEEDS

Sibshops provides opportunities for siblings of children with special needs to meet other siblings and engage in peer support in a recreational setting.

Sibshops

FOR SIBLINGS OF CHILDREN WITH SPECIAL NEEDS AGES 5 - 12 YEARS OLD
Teens may volunteer as helpers. Max: 5
Parent support group meets during the program

Registration forms can be found on the NWSRA website.

For more information contact **LJ Jevaney** Generation One Facilitator at ljevaney@nwsra.org or 847/392-2848 ext. 246

Presented by:

CELEBRATE ABILITY
NWSRA
NORTHWEST SPECIAL RECREATION ASSOCIATION

spring **day camps**

Spring Day Camps are full of exploration, play, and unique experiences that will create independence, friendships and lifelong skills. Campers will engage in various activities, swim at an indoor pool and experience a field trip in the community. Camp experiences are based off the four Day Camp Goals: Leisure Awareness, Self Awareness, Community Awareness and Health Awareness.

Ratio: 1:1 to Independent - **Registration Deadline:** February 27

Please contact Kate Moran, kmoran@nwsra.org or at 847/392-2848, ext. 274 for more information.

Camp Name	Prog. #	Min/Max	Dates	Time	Ages	Location	Fee
little sunflowers	4310	5/15 per camp	**All Camps** March 27 - 31	**All Camps** 8:30 am - 2:30 pm	3 - 7 years	Palatine Community Center	$240.00 per camp
Spring it Up!	4320				7 - 14 years	RecPlex Mt. Prospect	
NORTH Rainblazers	4330				14 - 21 years	Wheeling Community Recreation Center	
SOUTH Rainblazers	4340				14 - 21 years	Bartlett Community Center	

NOTE: Register early, as these camps fill up quickly. Registrations are received on a first come, first served basis. After the maximum has been met, a waiting list will be started with every effort made to accommodate those on the waiting list. Participants are grouped by age and ability. **Bring a labeled sack lunch, drink, snack, swimsuit, and towel each day. Participants not yet toilet trained must wear snug fitting plastic pants under their swimsuit. Dress appropriately for the weather.**

PREVIEW TO SUMMER CAMP

8 Week Camp Dates: June 12 - August 4
4 Week Camp Dates: July 10 - August 4
Day Camp Hours: 8:30 am - 2:30 pm

After Care Hours: 2:30 - 6:00 pm

School District Camp Dates based on school district ESY Calendar.

Registration Opens: Monday, March 6
Registration Ends: Monday, April 17

Anyone who registers after registration deadline will be placed on a waitlist and contacted if space is available.

adults

GOALS LEGEND | **C** Cognitive Skills **CI** Community Integration **HW** Health & Wellness **I** Independent Functioning **M** Motor Skills **P** Physical Skills **SE** Social & Emotional Skills **SI** Sensory Integration

SOCIAL

SPORT FANATICS • Age: 21 yrs. & older

Join your friends each week at Burger Baron to enjoy dinner and watch the current sporting events. Please bring money for food and drinks.
No program on Febuary 20 and March 27.

Group: All Abilities
Location: Burger Baron • Arlington Heights
Min/Max: 4/20
Ratio: 1:4 to Independent
Goals: SE, CI

Prog. #	Dates	Day	Time	Fee
3160	1/30 - 5/1	M	6:00 - 8:00 pm	$180.00

SOCIAL

MEET N' PLACE • Age: 21 yrs. & older

Meet your friends for an enjoyable morning together. Several community outings will be planned.
No program on March 29.

Group: PV
Location: Teen Center • Rolling Meadows
Min/Max: 4/8
Ratio: 1:2 to Independent
Goals: SE, C

Prog. #	Dates	Day	Time	Fee
3500	2/1 - 5/3	W	10:00 - 12:00 pm	$234.00

Transportation: Please indicate desired pick up/drop off location on the registration form.
Fee: $65 one way door-to-door, $130 round trip door-to-door

HEALTH AND WELLNESS

STRENGTH & CONDITIONING • Age: 21 yrs. & older

Get a great workout in the fitness center improving muscle tone, weight management, coordination, agility and flexibility.
No program on March 29.

Group: All Abilities
Location: Schaumburg Community Recreation Center
Min/Max: 4/8
Ratio: 1:2 to Independent
Goals: P, HW

Prog. #	Dates	Day	Time	Fee
3510	2/1 - 5/3	W	1:00 - 2:00 pm	$195.00

HEALTH AND WELLNESS

AQUA EXERCISE • Age: 21 yrs. & older

Aqua Exercise is designed as an exercise program for adults who have physical limitations including arthritis, multiple sclerosis, have suffered a stroke and other physical conditions, but all abilities are welcomed. The class begins with light stretching, followed by aerobic activities and a cool down period. An accessible lift is available.
No program on March 29.

Group: PV
Location: Schaumburg Community Recreation Center
Min/Max: 4/8
Ratio: 1:1 to Independent
Goals: P, HW

Prog. #	Dates	Day	Time	Fee
3520	2/1 - 5/3	W	2:30 - 3:30 pm	$221.00

Transportation: Please indicate desired pick up/drop off location on the registration form.
Fee: $52 one way drop off

Transportation Location	Pick Up	Drop Off
NWSRA Park Central	None	4:30

HEALTH AND WELLNESS

EXERCISE AND SWIM • Age: 21 yrs. & older

Take time for your health and fitness. The group will utilize the indoor track for walking/jogging and the pool for water exercise.
No program on Febuary 20 and March 27 & 30.

Group: All Abilities
Location: **3010** Rec Plex • Mt. Prospect
3040 Jack Claes Pavilion • Elk Grove
Min/Max: 4/15
Ratio: 1:2 to Independent
Goals: M, HW, SE

Prog. #	Dates	Day	Time	Fee
3010	1/30 - 5/1	M	4:00 - 6:00 pm	$288.00
3040	1/19 - 4/27	Th	4:00 - 6:00 pm	$312.00

Monday Transportation Fee: $52 one way, $104 round trip
Thursday Transportation Fee: $52 one way, $104 round trip

SOCIAL

AFTERNOON CLUB • Age: 21 yrs. & older

Spend the afternoon building friendships, self-esteem and working on individual goals through yoga, games, technology and cultural arts.
No program on March 28.

Group: All Abilities
Location: Schaumburg Communtiy Recreation Center
Min/Max: 4/15
Ratio: 1:1 to Independent
Goals: SE, C, I

Prog. #	Dates	Day	Time	Fee
3020	1/31 - 5/2	T	4:00 - 6:00 pm	$312.00

Transportation Fee: $52 one way, $104 round trip

SKILL DEVELOPMENT

CUISINE CRITICS • Age: 21 yrs. & older

Come focus on healthy eating, table setting/manners and safety in the kitchen. Participants prepare and eat snacks, appetizers or desserts while learning cognitive skills such as counting, measuring and following directions. This is a group cooking program, therefore, all dietary restrictions cannot be accommodated.
No program on March 29.

Group: All Abilities
Location: Gary Morava • Prospect Heights
Min/Max: 4/15
Ratio: 1:4 to Independent
Goals: HW, C, I

Prog. #	Dates	Day	Time	Fee
3030	2/1 - 5/3	W	4:00 - 6:00 pm	$312.00

Transportation Fee: $52 one way, $104 round trip

SOCIAL

PIN STRIKERS • Age: 21 yrs. & older

Make friends and learn to bowl. Proper technique, rules and bowling etiquette will be reviewed each week as the adults engage in this fun sport. Bowl two games each week.
No program on March 3 & 31, and April 7.

Group: All Abilities
Location: Streamwood Bowl • Streamwood
Min/Max: 4/20
Ratio: 1:2 to Independent
Goals: SE, P

Prog. #	Dates	Day	Time	Fee
3050	2/3 - 4/28	F	4:00 - 6:00 pm	$264.00

Transportation Fee: $44 one way, $88 round trip

Transportation: Please indicate desired pick up/drop off location on the registration form. If you can pick up at the program location, you only need to pay the one way transporation fee. If you are at a PURSUIT location, on the day of the program staff will ensure you are on the transportation route. Please just indicate drop off location.

Transportation Location	Pick Up	M Drop Off	T Drop Off	W Drop Off	Th Drop Off	F Drop Off
Little City Country • Schaumburg	2:30 pm	None	None	None	None	None
Schaumburg Community Recreation Center	3:00 pm	6:30 pm	None	6:30 pm	None	None
Falcon Park • Palatine	3:00 pm	None	None	None	6:25 pm	None
Arlington Ridge Center	3:15 pm	7:00 pm	6:30 pm	None	None	None
Clearbrook Getz • Palatine	2:45 pm	None	None	None	None	None
Jack Claes Pavilion • Elk Grove	3:00 pm	None	None	None	None	None
Hanover Park Community Center	None	6:30 pm	None	None	6:20 pm	None
NWSRA Park Central • Rolling Meadows	None	7:00 pm	7:00 pm	6:55 pm	6:45 pm	6:25 pm

SOCIAL

HAPPY HOUR • Age: 35 yrs. & older

Come focus on healthy eating, table setting/manners and safety in the kitchen. Participants prepare and eat snacks, appetizers or desserts while learning cognitive skills such as counting, measuring and following directions. This is a group cooking program, therefore, all dietary restrictions cannot be accommodated.
No program on March 29.

Group: All Abilities
Location: Plum Grove Park • Palatine
Min/Max: 4/20
Ratio: 1:2 to Independent
Goals: HW, C, SE

Prog. #	Dates	Day	Time	Fee
3130	2/1 - 5/3	W	4:00 - 5:00pm	$260.00
3135	2/1 - 5/3	W	5:00 - 6:00pm	$260.00

SOCIAL PARTNER BOWL

Age: 21 yrs. & older

Make friends, socialize and bowl! Bowl two games each week. Registration is on a first come first serve basis for 50 participants and 10 partners.
No program on March 29.

Group: All Abilities
Location: Bowlero • Mt. Prospect
Min/Max: 4/60
Ratio: 1:4 to Independent
Goals: P, HW

Prog. #	Dates	Day	Time	Fee
1300	2/1 - 5/3	W	6:00 - 8:00 pm	$78.00

HEALTH AND WELLNESS

CHAIR ONE FITNESS • Age: 21 yrs. & older

Come join the fun with one of our Certified Chair Fitness Instructors! This program takes fitness to a whole new level. It incorporates music, dancing, strength training and even yoga sitting in the comfort of your very own chair. This program delivers a fun interactive workout that uplifts you while providing a total body workout.
No program on March 29.

Group: All Abilities
Location: Central Community Center • NWSRA Wing
Min/Max: 4/10
Ratio: 1:2 to Independent
Goals: HW, P, I

Prog. #	Dates	Day	Time	Fee
2060	2/1 - 5/3	W	5:30 - 6:30 pm	$252.00

SOCIAL CERAMICS

Age: 21 yrs. & older

Create beautiful ceramic pieces as gifts or home decorations. Fee includes ceramic instruction, glaze, firing and greenware.
No program on March 29.

Group: All Abilities
Location: Thrown Elements Pottery • Arlington Heights
Min/Max: 4/8
Ratio: 1:1 to Independent
Goals: M, SI, CI

Prog. #	Dates	Day	Time	Fee
3150	2/1 - 5/3	W	6:00 - 7:30 pm	$325.00

SOCIAL

DINNER CLUB • Age: 21 yrs. & older

Explore a different culture or style of cuisine through in-house cooking and restaurants. Two local restaurants included in price.
No program on March 30.

Group: PV
Location: Rolling Meadows Community Center
Min/Max: 4/8
Ratio: 1:1 to Independent
Goals: HW, SE, CI

Prog. #	Dates	Day	Time	Fee
3580	2/2 - 5/4	Th	4:00 - 6:00 pm	$234.00

Door-to-Door Transportation: The Program Leader will contact participants two days before the start of the program to inform of transporation times.
Fee: $65 one way, $130 round trip

HEALTH AND WELLNESS

STAYING FIT • **3740** Age: 21 - 35 yrs.
• **3750** Age: 35 yrs. & older

Increase flexibility, strength and cardio at this invigorating program. Utilize resistance bands, weight training, fitness equipment and walk the track to promote overall fitness development and a healthy lifestyle.
No program on March 30.

Group: All Abilities
Location: Park Place Family Recreation Center • Streamwood
Min/Max: 4/10
Ratio: 1:2 to Independent
Goals: HW, P, I

Prog. #	Dates	Day	Time	Fee
3740	2/2 - 5/4	Th	5:30 - 6:30 pm	$195.00
3750	2/2 - 5/4	Th	6:30 - 7:30 pm	$195.00

SOCIAL

YOUNG ADULTS ROCKIN' THE BURBS • Age: 21 - 35 yrs.
Meet up with your friends each week as you enjoy a variety of recreational opportunities while enhancing social/emotional skills, independence and building friendships within the community!
No program on March 30.

Group: All Abilities
Location: Rolling Meadows Community Center • NWSRA Wing
Min/Max: 4/15
Ratio: 1:4 to Independent
Goals: CI, I, SE

Prog. #	Dates	Day	Time	Fee
3490	2/2 - 5/4	Th	6:30 - 8:30 pm	$234.00

HEALTH AND WELLNESS

WALK ACROSS AMERICA

- **3745** Age: 21 - 35 yrs.
- **3755** Age: 35 yrs. & older

Smile as you walk many miles. Stretch and warm-up before walking on the track and have your progress charted as you "Walk Across America" to a healthier life-style.
No program on March 30.

Group: All Abilities
Location: Wheeling Community Recreation Center
Min/Max: 4/15
Ratio: 1:2 to Independent
Goals: HW, SE

Prog. #	Dates	Day	Time	Fee
3745	2/2 - 5/4	Th	5:30 - 6:30 pm	$195.00
3755	2/2 - 5/4	Th	6:30 - 7:30 pm	$195.00

HEALTH AND WELLNESS

MINDFULNESS MUSKETEERS • Age: 21 yrs. & older

Come unwind and relax in the Dream Lab. Participants will participate in meditation and yoga while learning several other relaxation techniques.
No program on March 28.

Group: All Abilities
Location: Rolling Meadows Community Center • Dream Lab
Min/Max: 4/6
Ratio: 1:2 to Independent
Goals: SE, M

Prog. #	Dates	Day	Time	Fee
3810	1/31 - 5/2	T	5:30 - 6:30pm	$221.00

SOCIAL

MEDIA MEET UP • Age: 21 yrs. & older

Join peers as we explore different elements of today's popular media. Try your hand at a different media outlet each week. Focus on development of skills in PowerPoint, Prezi, Facebook, YouTube, Print and many more!
No program on March 28.

Group: All Abilities
Location: Rolling Meadows Community Center • Dream Lab
Min/Max: 4/8
Ratio: 1:2 to Independent
Goals: CI, I

Prog. #	Dates	Day	Time	Fee
3820	1/31 - 5/2	T	6:30 - 7:30 pm	$221.00

SOCIAL

LUNCH CREW • Age: 21 yrs. & older

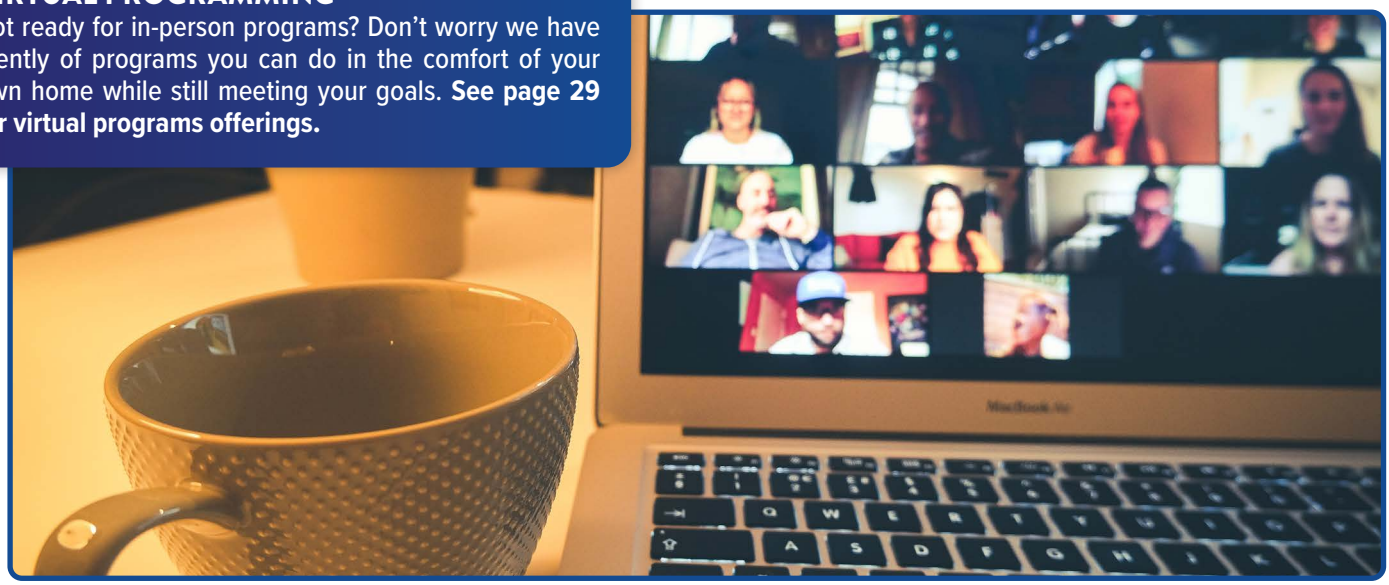
Come grab lunch and hang with your friends, playing games, learning how to create healthy snacks and incorporate healthy habits for the week to come. Please bring a labeled lunch and drink.
No program on April 1, 8 & 15.

Group: All Abilities
Location: Weiss Community Center • Mt. Prospect
Min/Max: 4/8
Ratio: 1:1 to Independent
Goals: SE, I

Prog. #	Dates	Day	Time	Fee
3600	2/4 - 5/6	Sa	11:00 - 1:00 pm	$220.00

VIRTUAL PROGRAMMING

Not ready for in-person programs? Don't worry we have plenty of programs you can do in the comfort of your own home while still meeting your goals. **See page 29 for virtual programs offerings.**



SOCIAL

COMMUNITY TRAVELERS • Age: 21 yrs. & older

Improve independence, community awareness, socialization and positive use of leisure time through participation in community activities. A schedule of activities will be distributed the first week. Please bring a labeled sack lunch and drink. NWSRA reserves the right to determine an individual's readiness to participate in this traveling program.
No program on April 1, 8 & 15
Participant Expectations: Operate in the community with the expectation of staying with the group, transitioning between activities with minimal prompting and support, and display appropriate social interaction with peers and staff. Specific needs such as restroom or feeding can be assisted by staff.

Group: All Abilities
Location: Teen Center • Rolling Meadows
Min/Max: 4/10
Ratio: 1:4 to Independent
Goals: CI, SE

Prog. #	Dates	Day	Time	Fee
3550	2/4 - 5/6	Sa	9:30 - 1:30 pm	$440.00

Transportation: Please indicate pick up and drop off location on registration.
Fee: $44 one way, $88 round trip

Transportation Location	Pick Up	Drop Off
Hanover Park Community Center	9:00 am	2:00 pm
Buffalo Grove Fitness Center	9:00 am	2:00 pm

SOCIAL

VENTURE SQUAD • Age: 21 yrs. & older

This program will be a combination of in-house activities and community outings to improve independence, community awareness and socialization. A schedule of activities will be distributed the first week. Please bring a labeled sack lunch and drink.
No program on April 1, 8 & 15

Group: All Abilities
Location: Central Community Center • NWSRA Wing
Min/Max: 4/10
Ratio: 1:2 to Independent
Goals: CI, SE

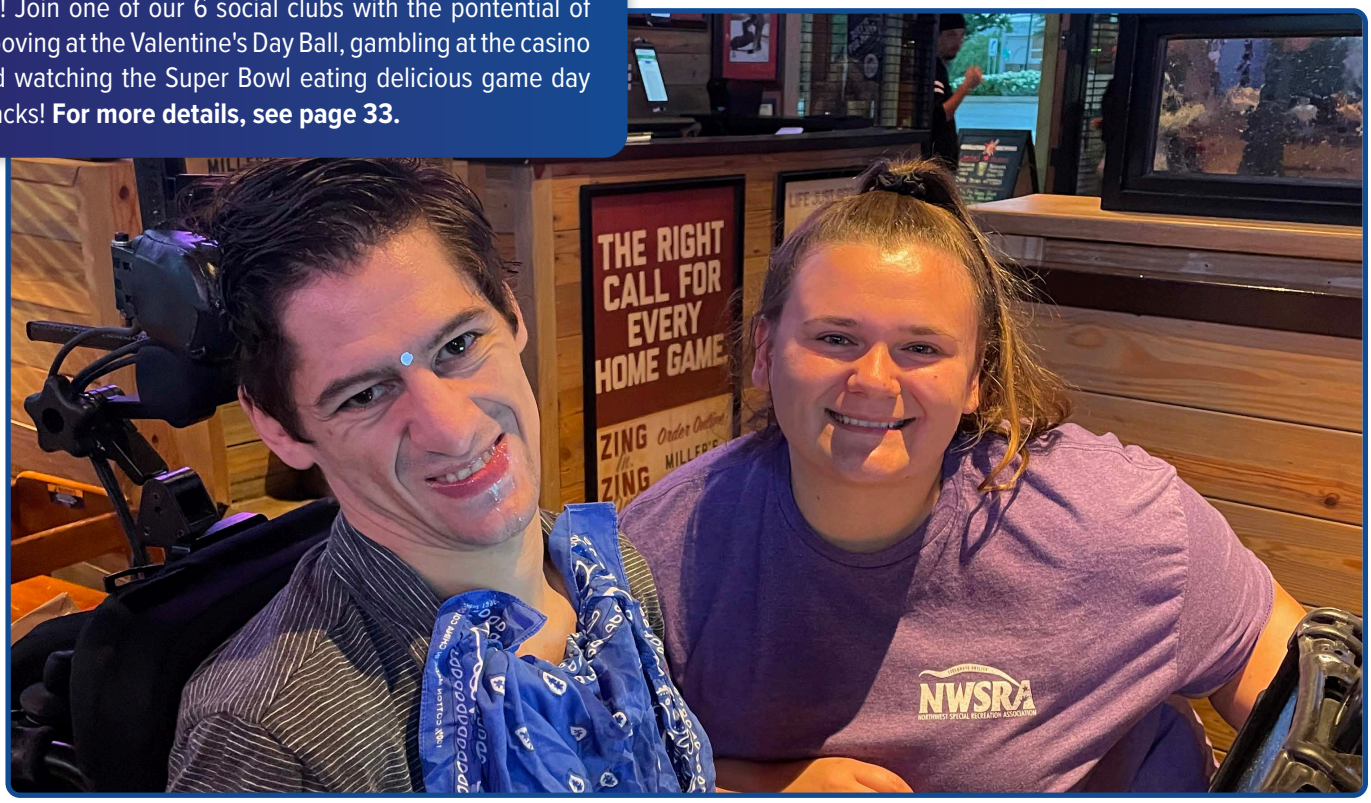
Prog. #	Dates	Day	Time	Fee
3650	2/4 - 5/6	Sa	9:30 - 1:30 pm	$440.00

Transportation: Please indicate pick up and drop off location on registration.
Fee: $56 one way, $112 round trip

Transportation Location	Pick Up	Drop Off
Hanover Park Community Center	9:00 am	2:00 pm
Buffalo Grove Fitness Center	9:00 am	2:00 pm

SOCIAL CLUBS

Come socialize with friends while going out and having fun! Join one of our 6 social clubs with the pontential of grooving at the Valentine's Day Ball, gambling at the casino and watching the Super Bowl eating delicious game day snacks! **For more details, see page 33.**



SKILL DEVELOPMENT

DIY MASTERS • Age: 21 yrs. & older

Draw, paint and create fun projects while developing your creative side. Beginners are welcome! Fee includes supplies.
No program on April 1, 8 & 15

Group: All Abilities
Location: Rolling Meadows Community Center • NWSRA Wing
Min/Max: 4/15
Ratio: 1:1 to Independent
Goals: M, SE

Prog. #	Dates	Day	Time	Fee
3090	2/4 - 5/6	Sa	1:00 - 2:30 pm	$187.00

SOCIAL

SPARE TIME BOWLERS • Age: 21 yrs. & older

Come extend your day while socializing and bowling with friends after your morning Saturday program. If you selected transportation for your morning program, the fee includes transportation to Spare Time Bowlers after your morning program. If you did not need transportation to your morning program, please add $44 to your registration in order to have transportation from your morning program to Spare Time Bowlers. Fee includes 3 games.
No program on April 1, 8 & 15

Group: All Abilities
Location: Poplar Creek Bowl • Hoffman Estates
Min/Max: 4/20
Ratio: 1:2 to Independent
Goals: M, HW

Prog. #	Dates	Day	Time	Fee
3140	2/4 - 5/6	Sa	2:00 - 4:00 pm	$242.00

Pursuit

A COLLABORATIVE PROGRAM PRESENTED BY CLEARBROOK and NWSRA

PURSUIT is designed to meet the needs of individuals with disabilities 21 years and older throughout the year by creating recreation and leisure opportunities, improving health and wellness, teaching life skills, self advocacy, and community integration. PURSUIT is licensed by the Illinois Department of Human Services, Division of Developmental Disabilities.

PURSUIT IS STRUCTURED AROUND FOUR CORE ELEMENTS:

Recreation & Leisure
- Developing gross and fine motor skills
- Experiencing cultural arts (dance, drama, arts and music)
- Participating in passive and active sporting activities
- Learning outdoor awareness

Skills & Self Advocacy
- Expanding communication skills
- Promoting human rights and self advocacy
- Enhancing socialization skills
- Developing technology skills

Community Integration
- Participating in local service projects
- Experiencing group outings and activities
- Exploring community resources
- Gaining vocational skills through volunteer experiences

Health & Wellness
- Setting and maintaining fitness goals
- Encouraging healthy eating habits
- Developing a positive body image
- Learning to cook nutritious snacks and meals
- Promoting a balanced lifestyle

Locations:

- **Buffalo Grove Fitness Center**
  601 W Deerfield Parkway, Buffalo Grove
- **Hanover Park Community Center**
  1919 Walnut Avenue, Hanover Park
- **Mt. Prospect Central Community Center**
  1000 W Central Road, Mount Prospect
- **Rolling Meadows Community Center**
  3705 Pheasant Drive, Rolling Meadows
- **Wheeling Community Recreation Center**
  100 Community Boulevard, Wheeling
- **Hoffman Estates Vogelei House**
  650 W Higgins Road, Hoffman Estates

Program Time:
9:30 am - 2:30 pm Monday through Friday

Eligibility:
Participants must be at least 21 years old, have a disability, be able to function in a 1:4 ratio and do not need assistance administering medications during program time.

EXTENDED PROGRAMMING
- Rise & Shine Club is available Monday - Friday, 8:00 - 9:30 am through purchase of a punch card
- After day program activities are available Monday - Friday with transporation from PURSUIT to the program

Presented in collaboration with:

CLEARBROOK
Enrich Lives. Embrace Potential.
For Individuals with Intellectual and Developmental Disabilities.

NWSRA
NORTHWEST SPECIAL RECREATION ASSOCIATION

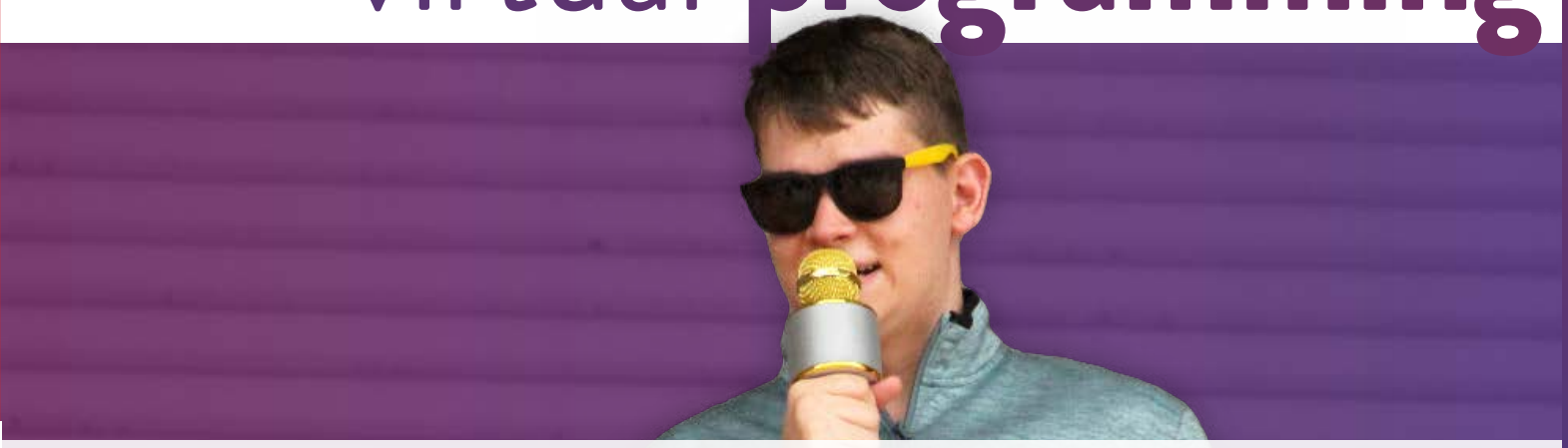
For more information about Clearbrook, visit: www.clearbrook.org
For more information about PURSUIT, visit: www.nwsra.org/pursuit

Or contact:
Katrina Wiegand at kwiegand@nwsra.org or 847/392-2848, ext. 259
Lauren (LJ) Jevaney at ljevaney@nwsra.org or 847/392-2848, ext. 246

Scan the QR Code to Access the Interest Form

Visit us online at www.nwsra.org/pursuit

virtual programming



GOALS LEGEND

C Cognitive Skills **CI** Community Integration **HW** Health & Wellness **I** Independent Functioning
M Motor Skills **P** Physical Skills **SE** Social & Emotional Skills **SI** Sensory Integration

All virtual programs take place on Zoom. Links will be sent a week prior by the program leader. Please contact Rachel Hubsch at rhubsch@nwsra.org if you do not recieve a link before the start of the program.

SOCIAL

GOOD MORNING NWSRA

Start the morning by socializing with friends! The group will discuss a variety of topics, including the weather, current news, national holidays, meditation and more. In addition, a variety of games and activities will start the morning off on a positive note!
No program on February 20 and March 27

Group: All Abilities
Min: 4
Goals: C, I, SE

Prog. #	Dates	Day	Time	Fee
1410	1/30 - 5/1	M	9:00 - 10:00 am	$60.00

SOCIAL

SPORTS CONVERSATION

Calling all sport fanatics. This program will showcase highlights from all professional sports with some sports trivia mixed in.
No program on February 20 and March 27

Group: All Abilities
Min: 4
Goals: SE

Prog. #	Dates	Day	Time	Fee
1415	1/30 - 5/1	M	1:00 - 2:00 pm	$60.00

HEALTH AND WELLNESS

CHAIR ONE FITNESS

Come join the fun with one of our Certified Chair Fitness Instructors! This program takes fitness to a whole new level. It incorporates music, dancing, strength training and even yoga sitting in the comfort of your very own chair. This program delivers a fun interactive workout that uplifts you while providing a total body workout.
No program on March 28

Group: All Abilities
Min: 4
Goals: HW, M, P

Prog. #	Dates	Day	Time	Fee
1420	1/31 - 5/2	T	9:00 - 10:00 am	$65.00

HEALTH AND WELLNESS

CLUB WELLNESS

Club Wellness is an activity rich program that promotes wellness through fitness, nutrition and general wellness of participants. Participants spend time learning new fitness techniques, nutritional knowledge and health tips. Club Wellness has a unique curriculum created specifically for people with disabilities taught by a Certified Club Wellness Instructor.
No program on March 28

Group: All Abilities
Min: 4
Goals: HW, M , P

Prog. #	Dates	Day	Time	Fee
1425	1/31 - 5/2	T	6:30 - 7:30 pm	$65.00

SOCIAL

LUNCH N' CHAT

Join NWSRA staff for lunch while socializing with friends. This program will focus on healthy eating tips and learning about new foods.
No program on March 29

Group: All Abilities
Min: 4
Goals: SE, HW

Prog. #	Dates	Day	Time	Fee
1430	2/1 - 5/3	W	12:00 - 1:00 pm	$65.00

SKILL DEVELOPMENT

PHOTOGRAPHY MASTERS

Whether you take photos on your phone, tablet or camera, this program will teach you how to take a quality photo and learn basic skills to edit your photos.
No program on March 29

Group: All Abilities
Min: 4
Goals: SE, C

Prog. #	Dates	Day	Time	Fee
1435	2/1 - 5/3	W	6:30 - 7:30 pm	$65.00

HEALTH AND WELLNESS

POWER YOGA

Enhance your physical strength while incorporating a variety of body weight exercises - no equipment necessary! Body weight exercises will enhance a range of biomotor abilities including strength, power, endurance, speed, flexibility, coordination and balance.
No program on March 30

Group: All Abilities
Min: 4
Goals: HW, M, P

Prog. #	Dates	Day	Time	Fee
1440	2/2 - 5/4	Th	9:00 - 10:00 am	$65.00

SOCIAL

BRAIN TEASERS

Awaken your brain fibers with challenging problems to solve. Bring your "A Game" to solve trivia, riddles and puzzles.
No program on March 30

Group: All Abilities
Min: 4
Goals: HW, C, SE

Prog. #	Dates	Day	Time	Fee
1445	2/2 - 5/4	Th	1:00 - 2:00 pm	$65.00

SOCIAL

GOOD MORNING NWSRA

Start the morning by socializing with friends! The group will discuss a variety of topics, including the weather, current news, national holidays, meditation and more. In addition, a variety of games and activities will start the morning off on a positive note!
No program on March 3 & 31 and April 17

Group: All Abilities
Min: 4
Goals: C, I, SE

Prog. #	Dates	Day	Time	Fee
1450	2/3 - 5/5	F	9:00 - 10:00 am	$55.00

HEALTH AND WELLNESS

ZUMBA

Get ready for a fun energetic dance workout! Increase your stamina and learn some new moves to show off to your family and friends.
No program on March 3 & 31 and April 17

Group: All Abilities
Min: 4
Goals: HW, M, P

Prog. #	Dates	Day	Time	Fee
1455	2/3 - 5/5	F	1:00 - 2:00 pm	$55.00

SOCIAL CLUBS

Come socialize with friends while going out and having fun! Join one of our 6 social clubs with the pontential of grooving at the Valentine's Day Ball, gambling at the casino and watching the Super Bowl eating delicious game day snacks! **For more details, see page 33.**

CALLING VETERANS

In cooperation with NWSRA, the Bartlett, Buffalo Grove, Mount Prospect, Palatine, Rolling Meadows and Streamwood Park Districts are offering this unique and free program for military veterans. Veterans who have an illness or have been permanently injured qualify for the program. If you were injured post-service, you may still qualify.

Qualified veterans receive:

- A one-year fitness membership at one of the park districts listed above for themselves and a second for a friend or family member.
- Up to 15 free personal training sessions.
- Free monthly events to interact with fellow veterans and family members.

Healthy Minds Healthy Bodies is a registered trademark of ALLENFORCE ALL VETERANS ALL ERAS

HEALTHY MINDS BODIES
VETERANS ★ FITNESS TRAINING ★ NETWORKING®

For more information contact Rachel Hubsch for more information at 847/392-2848 ext. 231 or rachelh@nwsra.org

Bartlett Park District

LIFECENTER Health
& Fitness Club
700 S Bartlett Road
Bartlett

Buffalo Grove Park District

Buffalo Grove Fitness Center
601 Deerfield Parkway
Buffalo Grove

Mt. Prospect Park District

Central Community Center
1000 central Road
Mount Prospect

RecPlex
420 Dempster Street
Mount Prospect

Palatine Park District

Palatine Community Center
250 E Wood Street
Palatine

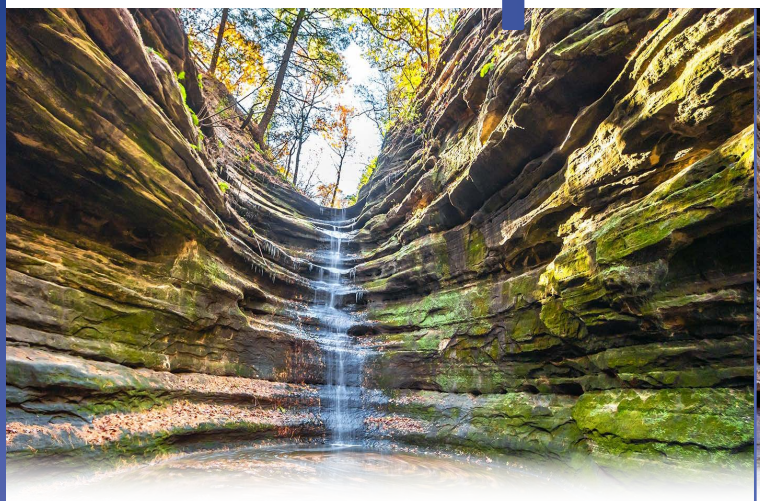
Rolling Meadows Park District

Nelson Sports Complex
3900 Owl Drive
Rolling Meadows

Streamwood Park District

Park Place Family Recreation Center
550 S Park Boulevard
Streamwood

short **trips**



STARVED ROCK

Utica, Illinois

Age: 21 yrs. & older
Pack your bags and get readt to enjoy the history and fun of Starved Rock.

Dates: May 11 - 13
Fee: $700 includes meals, lodging, attractions and leadership
Group: PV Adults
Ratio: 1:4 to independent
Min/Max: 8/10
Goals: HW, M, P

Departue from NSWRA: May 11 at 9:30 am
Return to NWSRA: May 13 at 5:00 pm

Registration Deadline: February 3, 2023

STARVED ROCK

Utica, Illinois

Age: 21 yrs. & older
Pack your bags and get readt to enjoy the history and fun of Starved Rock.

Dates: May 19 - 21
Fee: $700 includes meals, lodging, attractions and leadership
Group: ID Adults
Ratio: 1:4 to independent
Min/Max: 8/10
Goals: HW, M, P

Departue from NSWRA: May 19 at 9:30 am
Return to NWSRA: May 21 at 5:00 pm

Registration Deadline: February 3, 2023

NOTE: Registration is based on a first come, first served basis: A $50 refundable fee is required at registration. Once trip is filled, a waiting list will be started on a first-come basis.

PREVIEW TO LONG TRIPS

ID Adults	**9021**	Boston, MA August 19 - 22
PV Adults	**9031**	Boston, MA August 23 - 26

NIGHT HAWKS

Goals: CI, SE
Ages: 14 - 21 yrs.
Group: ID, PV
Ratio: 1:4 to Independent
Min/Max: 5/20

PLEASE NOTE:
*Include pick up location on registration form

Prog #	Details	Date	Location	Fee*
101	**Soup-er Bowl** It's almost time for the Big Game! We hope you have a big appetite! Come hang with friends, create your own halftime show, and tackle all the soup you can eat as we determine which soup deserves to win this year's annual SOUP-er Bowl Championship. **Registration Deadline: Jan 6**	Friday Jan. 20 7:00 - 9:00 pm	**Park Central Banquet Hall** 3000 W Central Road Rolling Meadows	**$22.00 without transportation** **$30.00 with transportation** **Pick Up/Drop Off Locations** Wheeling CRC • **6:30pm/9:30pm** Schaumburg CRC • **6:30pm/9:30pm**
102	**Valentine's Day Ball** Love is in the air! Get out of your chair, do your hair, and wave your hands like you just don't care! Come out to Plum Grove Park and dance the night away at our 2023 Valentine's Ball. **Registration Deadline: Jan 24**	Friday Feb. 10 7:00-9:00 pm	**Conyers Learning Academy** 2800 W Central Road Rolling Meadows	**$25.00 without transportation** **$33.00 with transportation** **Pick Up/Drop Off Locations** Hanover Park CC• **6:30pm/9:30pm** Falcon Recreation • **6:40pm/9:20pm**
103	**Sip, Slide & Glide** Enjoy an icy night of skating, and a warm cup of hot cocoa. **Registration Deadline: Feb 10**	Friday Feb. 24 7:00-9:00 pm	**Nelson Sports Complex** 3900 Owl Drive Rolling Meadows	**$18.00 without transportation** **$26.00 with transportation** **Pick Up/Drop Off Locations** Wheeling CRC • **6:30pm/9:30pm** Schaumburg CRC • **6:30pm/9:30pm**
104	**Frosted Free Space!** Come join us for a classic bingo night and decorate delicious cookies! From four corners, five in a row or cover all, there are many ways to win bingo! **Registration Deadline: Feb 24**	Friday Mar. 10 7:00 - 9:00 pm	**Vogelei House** 650 W Higgins Road Hoffman Estates	**$18.00 without transportation** **$26.00 with transportation** **Pick Up/Drop Off Locations** Buffalo Grove Fitness Center • **6:30pm/9:30pm** Jacks Claes Pavilion • **6:40pm/9:20pm**
105	**Tasty Night Out** Come join us for a fun night at Moretti's! Participants will be able to order one entrée and a beverage. **Registration Deadline: March 10**	Friday Mar. 24 6:00-8:00 pm	**Moretti's** 1893 Walden Office Square Schaumburg	**$35.00 without transportation** **$43.00 with transportation** **Pick Up/Drop Off Locations** Buffalo Grove Fitness Center • **6:30pm/9:30pm** Hanover Park CC • **6:30pm/9:30pm**
106	**So You Think You Can Trivia?** Enjoy a fun night of trivia with topics such as movies, music, animals, and more! Snacks and light refreshments will be served. **Registration Deadline: April 14**	Friday Apr. 28 7:00-9:00 pm	**Wheeling Community Recreation Center NWSRA Wing** 1000 Community Boulevard Wheeling	**$18.00 without transportation** **$26.00 with transportation** **Pick Up/Drop Off Locations** Schaumburg CRC • **6:00pm/9:40pm** Park Central • **6:30pm/10:00pm**

SHINING STARS

Goals: CI, SE
Ages: 35 yrs. & Older
Group: ID
Ratio: 1:1 to Independent
Min/Max: 5/20

PLEASE NOTE:
*Include pick up location on registration form

Prog #	Details	Date	Location	Fee*
301	**Soup-er Bowl** It's almost time for the Big Game! We hope you have a big appetite! Come hang with friends, create your own halftime show, and tackle all the soup you can eat as we determine which soup deserves to win this year's annual SOUP-er Bowl Championship. **Registration Deadline: Jan 6**	Friday Jan. 20 7:00 - 9:00 pm	**Park Central Banquet Hall** 3000 W Central Road Rolling Meadows	**$22.00 without transportation** **$30.00 with transportation** **Pick Up/Drop Off Locations** Wheeling CRC • **6:30pm/9:30pm** Schaumburg CRC • **6:30pm/9:30pm**
302	**Valentine's Day Ball** Love is in the air! Get out of your chair, do your hair, and wave your hands like you just don't care! Come out to Plum Grove Park and dance the night away at our 2023 Valentine's Ball. **Registration Deadline: Jan 27**	Friday Feb. 10 7:00-9:00 pm	**Conyers Learning Academy** 2800 W Central Road Rolling Meadows	**$25.00 without transportation** **$33.00 with transportation** **Pick Up/Drop Off Locations** Wheeling CRC • **6:30pm/9:30pm** Hanover Park CC • **6:30pm/9:30pm**
303	**Life of the Mardi!** Nobody puts baby in a king cake! Enjoy the night listening to jazz music, chowing down on traditional NOLA delicacies, collecting beads and wearing your best mask! This is a celebration you won't want to miss! **Registration Deadline: Feb 10**	Friday Feb. 24 7:00-9:00 pm	**Weiss Community Center** 1500 E Eucild Avenue Mt. Prospect	**$18.00 without transportation** **$26.00 with transportation** **Pick Up/Drop Off Locations** Park Central • **6:30pm/9:30pm** Hanover Park CC • **6:30pm/9:30pm**
304	**Color Me Mine** Color here! A little there! Make it colorful everywhere! Choice of $15 cermaic giurine provided. Color Me Mine offers a relaxing evening where you paint and socialize. Choice of $15 ceramic figurine provided. Bring extra cash for a drive thru snack! **Registration Deadline: Feb 17**	Friday Mar. 3 7:00 - 9:00 pm	**Color Me Mine** 601 N Martingale Road Schaumburg	**$25.00 without transportation** **$33.00 with transportation** **Pick Up/Drop Off Locations** Park Central • **6:30pm/9:30pm** Wheeling CRC • **6:30pm/9:30pm**
305	**Wingo** What happens when Bingo and wings meet? WINGO! That's right, come out for an evening of flavor and fun! Hang out with friends, play bingo with one hand and eat chicken wings with the other. All while winning fabulous prices. **Registration Deadline: March 10**	Friday Mar. 24 7:00-9:00 pm	**Rolling Meadows Community Center NWSRA Wing** 3705 Pheasant Drive Rolling Meadows	**$25.00 without transportation** **$33.00 with transportation** **Pick Up/Drop Off Locations** Wheeling CRC • **6:30pm/9:30pm** Schaumburg CRC • **6:30pm/9:30pm**
306	**NW 70's Show** Disco ball, crazy hair, and glitter everywhere! Come take a break from 2023; find your shiny outfit, grab your shiny shoes and join NWSRA at their 70's party! **Registration Deadline: Mar 31**	Friday Apr. 14 7:00-9:00 pm	**Plum Grove Park** 4001 Park Drive Palatine	**$20.00 without transportation** **$28.00 with transportation** **Pick Up/Drop Off Locations** Wheeling CRC • **6:30pm/9:30pm** Schaumburg CRC • **6:30pm/9:30pm**

T.G.I.F

Goals: CI, SE
Ages: 22 yrs. & older
Group: ID
Ratio: 1:10 to Independent
Min/Max: 5/20

PLEASE NOTE:
*Include pick up location on registration form

Prog #	Details	Date	Location	Fee*
201	**Soup-er Bowl** It's almost time for the Big Game! We hope you have a big appetite! Come hang with friends, create your own halftime show, and tackle all the soup you can eat as we determine which soup deserves to win this year's annual SOUP-er Bowl Championship. **Registration Deadline: Jan 6**	Friday Jan. 20 7:00 - 9:00 pm	**Park Central Banquet Hall** 3000 W Central Road Rolling Meadows	**$22.00 without transportation** **$30.00 with transportation** **Pick Up/Drop Off Locations** Wheeling CRC • **6:30pm/9:30pm** Schaumburg CRC • **6:30pm/9:30pm**
202	**Valentine's Day Ball** Love is in the air! Get out of your chair, do your hair, and wave your hands like you just don't care! Come out to Plum Grove Park and dance the night away at our 2023 Valentine's Ball. **Registration Deadline: Jan 24**	Friday Feb. 10 7:00-9:00 pm	**Conyers Learning Academy** 2800 W Central Road Rolling Meadows	**$25.00 without transportation** **$33.00 with transportation** **Pick Up/Drop Off Locations** Hanover Park CC• **6:30pm/9:30pm** Falcon Recreation • **6:40pm/9:20pm**
203	**Cosmic Skating** Skate across the cosmos with us at Nelson Sports Complex ice rink for some fun and casual ice skating, socialization with friends, and a surprise theme night! Enjoy some delicious hot coco too! **Registration Deadline: Feb 10**	Friday Feb. 24 7:00-9:00 pm	**Nelson Sports Complex** 3900 Owl Drive Rolling Meadows	**$18.00 without transportation** **$26.00 with transportation** **Pick Up/Drop Off Locations** Wheeling CRC • **6:30pm/9:30pm** Schaumburg CRC • **6:30pm/9:30pm**
204	**Frosted Free Space!** Come join us for a classic bingo night and decorate delicious cookies! From four corners, five in a row or cover all, there are many ways to win bingo! **Registration Deadline: Feb 24**	Friday Mar. 10 7:00 - 9:00 pm	**Vogelei House** 650 W Higgins Road Hoffman Estates	**$18.00 without transportation** **$26.00 with transportation** **Pick Up/Drop Off Locations** Buffalo Grove Fitness Center • **6:30pm/9:30pm** Jacks Claes Pavilion • **6:40pm/9:20pm**
205	**Tasty Night Out** Come join us for a fun night at Moretti's! Participants will be able to order one entrée and a beverage. **Registration Deadline: March 10**	Friday Mar. 24 6:00-8:00 pm	**Moretti's** 1893 Walden Office Square Schaumburg	**$35.00 without transportation** **$43.00 with transportation** **Pick Up/Drop Off Locations** Buffalo Grove Fitness Center • **6:30pm/9:30pm** Hanover Park CC • **6:30pm/9:30pm**
206	**So You Think You Can Trivia?** Enjoy a fun night of trivia with topics such as movies, music, animals, and more! Snacks and light refreshments will be served. **Registration Deadline: April 14**	Friday Apr. 28 7:00-9:00 pm	**Wheeling Community Recreation Center NWSRA Wing** 1000 Community Boulevard Wheeling	**$18.00 without transportation** **$26.00 with transportation** **Pick Up/Drop Off Locations** Schaumburg CRC • **6:00pm/9:40pm** Park Central • **6:30pm/10:00pm**

FRIDAY NIGHT LIVE

Goals: CI, SE
Ages: 22 - 35 yrs.
Group: PV
Ratio: 1:4 to Independent
Min/Max: 5/12

PLEASE NOTE:
*Include pick up location on registration form, times will be determined after registration deadline

Prog #	Details	Date	Location	Fee*
401	**Sundae Cinema** Come one, come all! Spend your Friday Night watching a movie with friends. Add to the fun with an Ice Cream Bar, decorate with your choice of toppings. Snacks and Ice Cream will be provided. **Registration Deadline: Jan 20**	Friday Feb. 3 7:00 - 9:00 pm	**Hanover Park Community Center NWSRA Wing** 1919 Walnut Avenue Hanover Park	**$18.00 without transportation** **$28.00 with door-to-door transportation**
402	**Cupid Shuffle** Love is in the air. Celebrate with great friends, good food and a whole lot of music. Dinner is provided. **Registration Deadline: Jan 27**	Friday Feb. 17 7:00 - 9:00 pm	**Plum Grove Park** 4001 Park Drive Palatine	**$26.00 without transportation** **$36.00 with door-to-door transportation**
403	**Brusin' and Cruisin'** Witness crazy flips and tricks at the Monster Truck Jam. Bring money for concessions. Limited amount of tickets available. **Registration Deadline: Feb 17**	Friday Mar. 3 7:00-9:00 pm	**Allstate Arena** 6920 Mannheim Road Rosemont	**$62.00 without transportation** **$72.00 with door-to-door transportation**
404	**Chow Town** Come hungry and leave happy. Chat with friends and eat some good food at Reps Place. Participants will be able to order one entree and beverage. **Registration Deadline: Feb 24**	Friday Mar. 10 7:00-9:00 pm	**Reps Place** 3200 Kirchoff Road Rolling Meadows	**$35.00 without transportation** **$45.00 with door-to-door transportation**
405	**Gamble Ramble** Feeling lucky? Test your luck at the casino and hit the jackpot! Bring money to win big! **Registration Deadline: Mar 31**	Friday Apr. 14 7:00-9:00 pm	**Rivers Casino** 3000 S River Road Des Plaines	**$18.00 without transportation** **$28.00 with door-to-door transportation**
406	**Bounce, Toss, Roll** Play an hour of bocce and then enjoy dinner right after! Bring your own money to purchase dinner. **Registration Deadline: Apr 14**	Friday Apr. 28 7:00-9:00 pm	**Pinstripes** 100 W Higgins Road South Barrington	**$25.00 without transportation** **$35.00 with door-to-door transportation**

FRIDAY NIGHT FUN

Goals: CI, SE
Ages: 36 yrs. & Older
Group: PV
Ratio: 1:4 to Independent
Min/Max: 5/12

PLEASE NOTE:
*Include pick up location on registration form, times will be determined after registration deadline

Prog #	Details	Date	Location	Fee*
501	**Burgers and Buddies** Enjoy a meal with friends while watching sports games. One entrée and beverage provided.. **Registration Deadline: Jan 6**	Friday Jan. 20 7:00 - 9:00 pm	**Bulldog Ale** 1480 Golf Road Rolling Meadows	**$32.00 without transportation** **$42.00 with door-to-door transportation**
502	**Cupid Shuffle** Love is in the air. Celebrate with great friends, good food and a whole lot of music. Dinner is provided. **Registration Deadline: Feb 3**	Friday Feb. 17 7:00 - 9:00 pm	**Plum Grove Park** 4001 Park Drive Palatine	**$20.00 without transportation** **$30.00 with door-to-door transportation**
503	**Brusin' and Cruisin'** Witness crazy flips and tricks at the Monster Truck Jam. Bring money for concessions. Limited amount of tickets available. **Registration Deadline: Feb 17**	Friday Mar. 3 7:00-9:00 pm	**Allstate Arena** 6920 Mannheim Road Rosemont	**$62.00 without transportation** **$72.00 with door-to-door transportation**
504	**McNugget Madness** Build your bracket and determine the best nugget/sauce combo while cheering on up-and-coming athletes! Food provided. **Registration Deadline: Mar 10**	Friday Mar. 24 7:00-9:00 pm	**Wheeling Community Center NWSRA Wing** 100 Community Blouevard Wheeling	**$28.00 without transportation** **$38.00 with door-to-door transportation**
505	**Taco Bout It** There are no rules at Build Your Own Taco Night! Make your dream tacos, nachos, or burritos with whatever toppings you desire... even ketchup. **Registration Deadline: Apr 7**	Friday Apr. 21 7:00-9:00 pm	**Park Central Banquet Hall** 3000 Central Road Rolling Meadows	**$18.00 without transportation** **$28.00 with door-to-door transportation**
506	**Casino Calling** Press your luck and win big at the Casino! Bring your own money for gambling. **Registration Deadline: Apr 14**	Friday Apr. 28 7:00-9:00 pm	**Rivers Casino** 3000 S River Road Des Plaines	**$18.00 without transportation** **$28.00 with door-to-door transportation**

NIGHT RIDERS

Goals: CI, SE
Ages: 36 yrs. & Older
Group: ID
Ratio: 1:10 to Independent
Min/Max: 5/20

PLEASE NOTE:
*Include pick up location on registration form

Prog #	Details	Date	Location	Fee*
601	**Soup-er Bowl** It's almost time for the Big Game! We hope you have a big appetite! Come hang with friends, create your own halftime show, and tackle all the soup you can eat as we determine which soup deserves to win this year's annual SOUP-er Bowl Championship. **Registration Deadline: Jan 6**	Friday Jan. 20 7:00 - 9:00 pm	**Park Central Banquet Hall** 3000 W Central Road Rolling Meadows	**$22.00 without transportation** **$30.00 with transportation** **Pick Up/Drop Off Locations** Wheeling CRC • **6:15pm/9:45pm** Schaumburg CRC • **6:15pm/9:45pm**
602	**Valentine's Day Ball** Love is in the air! Get out of your chair, do your hair, and wave your hands like you just don't care! Come out to Plum Grove Park and dance the night away at our 2023 Valentine's Ball. **Registration Deadline: Jan 27**	Friday Feb. 10 7:00-9:00 pm	**Conyers Learning Academy** 2800 W Central Road Rolling Meadows	**$25.00 without transportation** **$33.00 with transportation** **Pick Up/Drop Off Locations** Wheeling CRC • **6:15pm/9:45pm** Schaumburg CRC • **6:15pm/9:45pm**
603	**Cosmic Skating** Skate across the cosmos with us at Nelson Sports Complex ice rink for some fun and casual ice skating, socialization with friends, and a surprise theme night! Enjoy some delicious hot coco too! **Registration Deadline: Feb 3**	Friday Feb. 17 7:00-9:00 pm	**Nelson Sports Complex** 3900 Owl Drive Rolling Meadows	**$18.00 without transportation** **$26.00 with transportation** **Pick Up/Drop Off Locations** Wheeling CRC • **6:15pm/9:45pm** Jacks Claes Pavilion • **6:25pm/9:30pm**
604	**3, 2, 1...Face Off!** Come out and join us in support of your very own USHL hockey team, the Chicago Steel! Watch as they take on the *Cedar Rapids Rough Riders* at Fox Valley Ice Arena in a night of edge-of-your-seat puck play! **Registration Deadline: Feb 17**	Friday Mar. 10 7:00 - 9:00 pm	**Fox Valley Ice Arena** 1996 S Kirk Road Geneva	**$28.00 without transportation** **$36.00 with transportation** **Pick Up/Drop Off Locations** Park Central • **5:30pm/10:15pm** Jacks Clae Pavilion • **5:30pm/10:15pm**
605	**What is...Pizza?** For 500 points, these two activities combine to make a night filled with fun categorical trivia, cooperative play, and delicious food. What is... Jeopardy and pizza? DING DING DING! **Registration Deadline: March 10**	Friday Mar. 24 7:00-9:00 pm	**Buffalo Grove Park District** 601 W Deerfield Parkway Buffalo Grove	**$18.00 without transportation** **$26.00 with transportation** **Pick Up/Drop Off Locations** Falcon Recreation • **6:45pm/9:25pm** Jack Claes Pavilion • **6:30pm/9:30pm**
606	**Cheers to Friday Night** Come join us at Miller's Ale House for a night out with friends! Order your favorite food, drinks, and enjoy the Ale House's rousing sports bar atmosphere! **Registration Deadline: Apr 7**	Friday Apr. 21 6:00-8:00 pm	**Miller's Ale House** 1300 N Meacham Schaumburg	**$30.00 without transportation** **$38.00 with transportation** **Pick Up/Drop Off Locations** Wheeling CRC • **5:45pm/8:25 pm** Schaumburg CRC • **6:30pm/9:30pm**

special **events**

GOALS LEGEND

C Cognitive Skills **CI** Community Integration **HW** Health & Wellness **I** Independent Functioning
M Motor Skills **P** Physical Skills **SE** Social & Emotional Skills **SI** Sensory Integration

WHERE A KID CAN BE A KID • Age: 3 - 7 yrs.

Spend the morning at Chuck E Cheese's! There is an indoor playground, arcade games, pizza, prizes, and more. You may get to meet Chuck E Cheese himself! Afterwards, we will be going swimming at an indoor pool. Please bring a swimsuit and towel. Lunch will be provided.

Group: All Abilites
Location: Chuck E Cheese's • Arlington Heights
Min/Max: 4/8
Ratio: 1:1 to Independent
Goals: CI, S

Prog. #	Date	Day	Time	Fee
6140	1/16	M	10:00 - 3:00 pm	$50.00

Transportation Fee: $8

Transportation Location	Pick Up	Drop Off
NWSRA Park Central • Rolling Meadows	9:30 am	4:00 pm
Hanover Park Community Center	9:00 am	3:30 pm

SPORTS GALORE • Age: 18 yrs. & older

Calling all sports fans! We will be heading to Fox and Hound to watch live sporting events, eat lunch, and play games with friends! Test your skills at giant Jenga, darts, pool, shuffleboard, bags, and ping-pong! Lunch will be provided.

Group: All Abilites
Location: Fox and Hound • Schaumburg
Min/Max: 5/10
Ratio: 1:1 to independent
Goals: CI, S

Prog. #	Date	Day	Time	Fee
6160	1/16	M	11:00 - 3:00 pm	$55.00

Transportation Fee: $8

Transportation Location	Pick Up	Drop Off
Gary Morava • Prospect Heights	9:30 am	4:00 pm
Alcott Center • Buffalo Grove	9:00 am	3:30 pm

SCIENCE ADVENTURE • Age: 8 - 17 yrs.

Explore one of the world's largest science museums! Afterwards enjoy lunch at a local Chicago favorite.

Group: All Abilites
Location: Museum of Science and Industry • Chicago
Min/Max: 5/10
Ratio: 1:1 to independent
Goals: CI, P, S

Prog. #	Date	Day	Time	Fee
6150	1/16	M	10:00 - 3:00 pm	$65.00

Transportation Fee: $8

Transportation Location	Pick Up	Drop Off
NWSRA Park Central • Rolling Meadows	9:30 am	4:00 pm
Hanover Park Community Center	9:00 am	3:30 pm

WINTER WONDERLAND • 6070 Age: 8 - 19 yrs. 6080 Age: 20 yrs. & older

Throw on your winter boots and hats because we are going tubing! Spend the rest of your day enjoying a holiday themed crafts and hot chocolate. Lunch with be provided.

Group: All Abilites
Location: Villa Olivia & Bartlett Community Center
Min/Max: 5/10
Ratio: 1:1 to independent
Goals: CI, I, S

Prog. #	Date	Day	Time	Fee
6070	2/20	M	10:00 - 3:00 pm	$60.00
6080	2/20	M	10:00 - 3:00 pm	$60.00

Transportation Fee: $8

Transportation Location	Pick Up	Drop Off
Alcott Center • Buffalo Grove	9:00 am	3:30 pm
NWSRA Park Central • Rolling Meadows	9:30 am	4:00 pm

JUST MY IMAGINATION • Age: 3 - 7 yrs. old

Get ready to spark curiosity and creativity through play at Wonder Works. Afterwards, we will be going swimming at an indoor pool. Please bring a swimsuit and towel. Lunch will be provided.

Group: All Abilites
Location: Wonder Works Children's Museum
Min/Max: 4/8
Ratio: 1:1 to independent
Goals: CI, P, S

Prog. #	Date	Day	Time	Fee
6060	2/20	M	10:00- 3:00 pm	$50.00

Transportation Fee: $8

Transportation Location	Pick Up	Drop Off
NWSRA Park Central • Rolling Meadows	9:30 am	4:00 pm
Hanover Park Community Center	9:00 am	3:30 pm

STARS & STRIKES • Age: 21 yrs. & older

Join us for a day filled with fun! Food, bowling, games and more! Fee includes meal, game card and bowling.

Group: All Abilites
Location: Enterrium Arcade • Schaumburg
Min/Max: 5/10
Ratio: 1:1 to independent
Goals: CI, I, C

Prog. #	Date	Day	Time	Fee
6195	3/14	T	6:00 - 9:00 pm	$65.00

Transportation Fee: $8

Transportation Location	Pick Up	Drop Off
Hanover Park Community Center	5:00 pm	10:00 pm
Alcott Center • Buffalo Grove	5:30 pm	9:30 pm

CHICAGO BULLS VS ATLANTA HAWKS • Age: 16 yrs. & older

Don't miss out this year as the Bulls take on the Atlanta Hawks. This event is popular so sign up today! Limited accessible seating available and some seats will require the ability to navigate steps. Bring extra money for food, if desired.

Group: All Abilites
Location: United Center • Chicago
Min/Max: 5/15
Ratio: 1:4 to independent
Goals: CI, I, S

Prog. #	Date	Day	Time	Fee
6210	4/4	T	7:00 Game Time	$85.00

Transportation Fee: $8

Transportation Location	Pick Up	Drop Off
NWSRA Park Central • Rolling Meadows	4:00 pm	11:00 pm

PARENT'S NIGHT OUT • Age: 12 yrs. & under

Parents take the night off and hit the town as your kids join us for some Cinco de Mayo fun and games! Children should eat dinner before the event, a snack will be provided.

Group: All Abilities & Siblings
Location: Vogelei House • Hoffman Estates
Min/Max: 5/15
Ratio: 1:1 to independent
Goals: S

Prog. #	Date	Day	Time	Fee
6300	5/5	F	6:00 - 9:00 pm	$20.00

CHICAGO DOGS • Age: 16 yrs. & older

Join fans at Impact Field to cheer on the Chicago Dogs! Bring extra money for food and souvenirs, if desired.

Registrations will remain open for the event past the deadline.

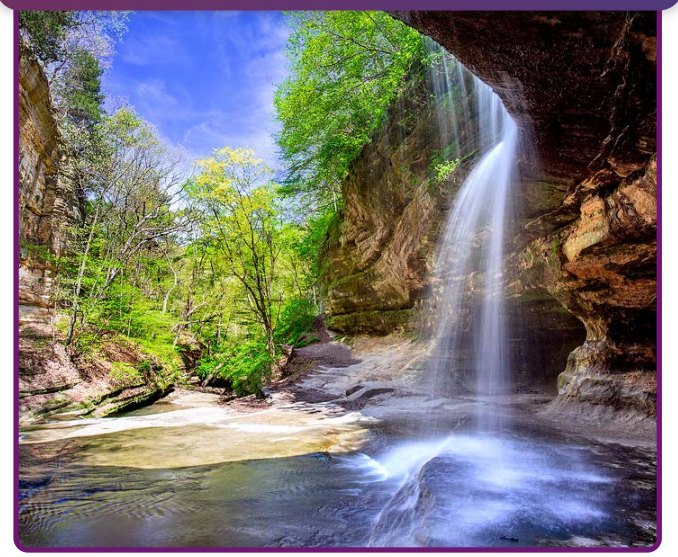
Group: PV
Location: Impact Field • Rosement
Min/Max: 4/8
Ratio: 1:1 to independent
Goals: CI, I, S

Prog. #	Date	Day	Time	Fee
6400	May TBD	TBD	TBD	$60.00

Door-to-Door Transportation: The Program Leader will contact participants two days before the start of the program to inform of transporation times.
Fee: $65 one way, $130 round trip

SHORT TRIPS

Want to go on an adventure? Join us on a special trip to Starved Rock this spring! **See page 32 for more details.**



NORTHWEST SPECIAL RECREATION ASSOCIATION

INCLUSION SERVICES

WHAT IS INCLSUION

NWSRA and its member park districts believe that all individuals should have access to whatever leisure opportunities they choose, regardless of ability level. We work together to assess any modifications that may be needed for an individual with a disability to successfully participate in a park district program, at no additional cost.

HOW TO REQUEST ASSISTANCE

Any request for inclusion assistance should be done at registration. Simply check the ADA box, requesting a reasonable accommodation. From there, the Park District Program Supervisor will reach out to you for more information. They will then contact the designated Inclusion Coordinator from NWSRA.

ASSISTANCE PROVIDED MAY INCLUDE

- Adaptive Equipment
- Individualized Resources (behavioral plan, visual schedule, communication board, incentive charts etc.)
- Facilitation of Personal Care Plans
- Placement of Inclusion Aide

> Inclusion provides increased social interaction, independence, and positive peer modeling.

WHY INCLUSION

Although many people achieve recreation through participation in NWSRA programs, others may have greater success in park district activities. The process of including people with disabilities into typical recreation programs benefits not only participants with disabilities but also those without. Inclusive recreation programs prepare people with disabilities for life in an integrated society, and just as importantly, prepare society to accept individual diversity.

COMMUNITIES SERVED:

ARLINGTON HEIGHTS • BARTLETT • BUFFALO GROVE • ELK GROVE • HANOVER PARK • HOFFMAN ESTATES • INVERNESS • MOUNT PROSPECT • PALATINE • PROSPECT HEIGHTS • RIVER TRAILS • ROLLING MEADOWS • SALT CREEK • SCHAUMBURG • SOUTH BARRINGTON STREAMWOOD • WHEELING

For more information contact the Manager of Inclusion Services, Victoria Gonzalez, or ask to speak to a member of the Inclusion Department at 847/392-2848

ADA COMPLIANCE

The Northwest Special Recreation Association will comply with the Americans with Disabilities Act (ADA), which prohibits discrimination in the provision of programs, services or activities to individuals with disabilities. Programs in our brochure are suggested for certain age groups and disability classifications so that programs can be designed to meet specific needs. However, any individual desiring to participate in a program not suggested for his or her age or disability group, may contact our staff at 847/392-2848. Every attempt at reasonable accommodation will be made so that the individual may participate in the desired program. If you have any questions about the NWSRA policy regarding ADA, or believe you have been unfairly discriminated against in the provision of programs, services or activities of the Northwest Special Recreation Association, please contact ADA Compliance Officers, Tracey Crawford or Andrea Griffin at 847/392-2848. A procedure is available for the prompt resolution of your complaint with NWSRA.

ATTENDANCE AT NWSRA PROGRAMS

To ensure the safety of participants, only NWSRA staff, volunteers or registered participants are authorized to attend NWSRA programs. Anyone who does not meet this criteria must request to attend programs in writing. Requests must be submitted to NWSRA via e-mail to the Superintendent of Administrative Services at dnegrillo@nwsra.org no later than one week in advance of the program, and requester must provide e-mail and phone number within the request. Approval will be provided no later than two days prior to the program.

AUDIO BROCHURES

A copy of this brochure is available in alternate form upon request. Please contact the NWSRA office if you would like to receive any portion of the brochure in audio format. Forty-eight hours notice is required.

BROCHURE ACCURACY

Every effort has been made to ensure the accuracy of information contained within this brochure. However, errors can occur and circumstances may require adjustments to fees, schedules, locations or other aspects. NWSRA reserves the right to make such adjustments and apologizes for any inconvenience these errors or adjustments may cause.

EVALUATIONS

How did last month's programming go? We would love to have your feedback. Please click on the link below to complete our online program evaluation. If you would like to receive a hard copy of the evaluation form please call the NWSRA office. Visit **https://www.surveymonkey.com/r/7P9QVDY** to take the survey!

FAIR PLAY AT NWSRA

NWSRA is committed to making **safety** an integral part of an enjoyable recreation and leisure experience for all participants. Each participant shall have the opportunity to enjoy NWSRA programs and services, or if desired, programs and services provided by an NWSRA member district. NWSRA and its member districts take great pride in providing recreation and leisure services and opportunities to persons with special needs, and are mutually and or individually committed to compliance with the Americans with Disabilities Act (ADA). The FAIR PLAY AT NWSRA process cannot be considered absolute; but shall serve as a frame of reference for evaluation of specific proposals and recommendations.

FAIR PLAY AT NWSRA is a process which NWSRA uses to make recreation & leisure programs and services safe for all participants, staff & community members. FAIR PLAY AT NWSRA sets out the NWSRA expectations for the conduct of participants with or without disabilities, in recreation & leisure programs, or access to a service provided by NWSRA.

NWSRA participants are expected to abide by the Behavior Code of Conduct at all times. The following Behavior Code of Conduct for all participants has been developed to make NWSRA programs safe, enjoyable and successful for all parties involved. Additional expectations may be developed for particular programs and services as deemed necessary by the NWSRA staff. The Behavior Code of Conduct extends to all parties in attendance of NWSRA programs in any capacity. The Behavior Code of Conduct requires all participants to:

1. Show respect to all participants, staff and members of the public
2. Refrain from unwanted and/or harmful physical contact
3. Refrain from using abusive, threatening or foul language
4. Show respect to equipment, supplies and facilities
5. Remain within the established program boundaries

ILLNESS

In consideration of other participants and NWSRA staff, and to prevent the spread of contagious illnesses, participants must refrain from attending programs when any of the following conditions exist:

1. Fever
2. Vomiting within the last 24 hours
3 Persistent diarrhea
4. Contagious rash or a rash of unknown origin
5 Persistent cough and/or cold symptoms
6. "Pink eye" (conjunctivitis) or discharge from the eye
7. Symptoms of mumps, measles, chicken pox, strep throat, flu, impetigo, coxsackie virus or any other virus
8. Runny nose with yellow or green discharge
9. Lice or mites present
10. Fatigue, due to illness, that will hinder participation and enjoyment in the program

Please notify the NWSRA office if the participant contracts any contagious illness that will affect his/her attendance at the program. Participants should return to programs at the doctor's recommendation or, if not under a doctor's care, when the symptoms have clearly passed.

LATE FEES
A fee of $1.00 per minute will be charged when parents/guardians/residential staff are late picking up participants.

LOST AND FOUND ITEMS
Occasionally items are found at NWSRA programs. If you are missing any items from the past season, please call 847/392-2848 to claim them. Lost and found items must be claimed by the end of the program season, or items will be removed.

MANDATED REPORTERS
All NWSRA staff are mandated by the State of Illinois to make a report to the DCFS or OIG hotline if they observe a situation that provides reasonable cause to suspect abuse/neglect. Workers in certain professions, including "recreational program", personnel have this legal mandate. Staff are trained on signs and symptoms of abuse/neglect and procedures for making a report.

MEDICATION
Complete the medication information on the registration form. All medications must be listed regardless if assistance is needed at program. If a participant is in need of assistance to take medication, a Medication Information signature by a parent or guardian allowing NWSRA staff to administer medication must be completed. All medications to be given during NWSRA programs must be in NWSRA envelopes and brought in to the NWSRA office for the entire session prior to the start of the program. **All medication forms are included in the registration packet.**

MEMBER PARK DISTRICTS - INCLUSION
NWSRA and its member park districts believe that all individuals should be provided with leisure opportunities that allow for performance at their highest level of ability. Although many people achieve this through participation in an NWSRA program, others may have greater success in a park district activity. NWSRA and its member park districts adhere to the following basic principles when providing modifications to allow for successful inclusion of individuals with disabilities in park district activities.

Principles of Inclusion

1. Interests and needs of the individual participant will be addressed.
2. The concerns of the parents/guardians will be taken into account.
3. The member park district and staff will be given full support by NWSRA.
4. Options will be made available to individuals with disabilities.
5. The NWSRA Board will determine, as necessary, the provision of resources for inclusion services.

To begin, simply register for the program of choice through the park district or contact NWSRA. Please indicate the disability and any other modifications for the participant on the park district registration form. NWSRA has a formal inclusion process that is followed for each situation. NWSRA inclusion staff will provide guidance, training, equipment, resources and/or staff as necessary to ensure success for the person with a disability.

For more information on the inclusion process, contact the Manager of Inclusion Services, Victoria Gonzalez at 847/392-2848, ext. 237.

PARENT/GUARDIAN/RESIDENTIAL STAFF RESPONSIBILITIES

- When arriving at a program, CHECK-IN with the NWSRA staff. When departing, you must sign out your participant with NWSRA staff.
- Label all items, including clothing. NWSRA cannot be responsible for lost or stolen items.
- Inform teachers and/or transportation departments of the participant's NWSRA programs after school or day program and changes as they arise.
- If a participant may walk or ride a bike home, a written notice, signed by the parent/guardian, must be sent to the NWSRA office prior to the start of the program.
- Notify the program leader in advance, by a written notice if someone new/unfamiliar to NWSRA staff will be picking up the participant after a program.
- Contact the NWSRA office if participant will be absent from a program.
- Parents/guardians/residential staff should adhere to scheduled pick up and drop off times.
- Parents/guardians/residential staff must provide supervision until the scheduled start time as stated in the brochure.
- Parents/guardians/residential staff must ensure participants have bowel and bladder control or arrive at the program wearing Depends or similar items under clothing. If this is a concern, please contact the NWSRA office.
- Parents/guardians/residential staff must ensure overall appearance of participant(s) should be clean (hair, face, teeth, hands, nails, etc.), wearing dry clothing, and wearing appropriate attire for program participation and weather conditions.

PROGRAM LEADERS/STAFF
NWSRA attempts to secure and place leaders/staff at each program as soon as adequate registration is received. To find out the program leader's name, or other information, please call one week before the program starts. Requests from parents for their children to have specific staff cannot be accommodated. NWSRA reserves the right to assign staff to specific programs. NWSRA strives for staff consistency, however, staff changes and reassignments may take place after programs have begun due to specific needs at other programs. Careful consideration is utilized when determining staff assignments and developing groupings.

PROGRAM SIZE
All programs have a minimum or maximum size. Programs may be canceled or postponed if adequate registration is not met. When participants of various ability and age levels are enrolled in the same program, NWSRA will group them according to age and ability.

PROGRAM INFORMATION
All trips and overnight information and registration will be in the program brochure. Flyers will no longer be sent out.To ensure you aren't missing out on any programs make sure to see the At a Glance section for programs and special events. Some programs serve a wide age group but are only listed under one group section.

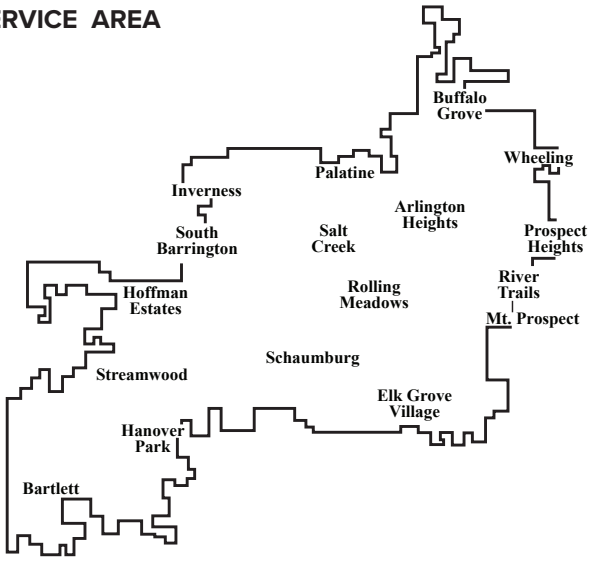
NWSRA's programs and special events listed in the brochure are suggested for certain age groups and disability classifications to help ease your selection for programs. NWSRA will determine appropriate program placement if necessary.

NWSRA is committed to promoting healthy lifestyles. "HW" will be listed under program writeup "GOALS" to highlight programs that emphasize physical activity, healthy lifestyles or nutrition.

RECREATION COUNSELING
NWSRA staff are available to conduct a free half hour private meetings to discuss recreation and leisure opportunities for individuals with special needs. Interested persons may contact NWSRA to schedule an appointment.

GENERAL INFORMATION

SERVICE AREA



SEVERE WEATHER GUIDELINES

In the event of severe weather, NWSRA may be forced to cancel programs. To receive live updates on NWSRA office closings and program cancellations due to inclement weather, please like us on Facebook, follow us on Twitter, download the NWSRA mobile app or visit the "What's New" section of the NWSRA website. NWSRA also posts office closings on the Emergency Closing Center (ECC) website, and ECC information is posted on several local cable channels The following guidelines will be used to determine cancellation:

Severe Hot Weather

• Outdoor programs:

90° or higher and a heat index of 105° to 129° is cautionary range.

A heat index of 130° or higher will indicate cancellation.

• Programs with transportation:

Routes for participants that are non-ambulatory:
Heat index of 105° or higher.
Routes for participants that are ambulatory:
Heat index of 130° or higher.

• All programs (including indoor):

Weather situations when a tornado warning is in effect for Lake, Cook and/or DuPage counties.

Program Cancellation - Severe Weather

Parents/guardians will be notified if a program is canceled due to severe weather conditions.

SPEAKERS BUREAU

NWSRA staff members are available to speak to parents, teachers, social service or other community groups about NWSRA services, programs, and additional topics upon request. Call Rachel Hubsch at 847/392-2848 ext. 231 to obtain a Speakers Bureau Brochure.

TRANSLATOR

POLSKI TLUMACZ

Tlumacz polskojezyczny dostepny na zyczenie, aby pomoc w rejestracji. Prosze zadwonic 847/392-2848 I zapytac o Zofia ext. 223 albo Anita Trzebunia ext. 250 aeby poprosic o czas na rozmowe telefoniczna lub spotkanie.

TRADUCTOR QUE HABLA ESPAÑOLA

Un traductor que habla Español está disponible bajo peticíon, para ayudar con la registro. Por favor llame a Tania al 847/392-2848, ext. 233 solicite una hora para una llamada telefónica.

TRANSPORTATION

For your convenience transportation fees are now separated out from programs. If you are taking 2 way transportation, pay the full cost. If you are taking 1 way transportation pay half the cost. If you aren't taking transportation than disregard the transportation fee.

• Transportation times for all programs may change based on enrollment and/or last minute facility changes.

• All individuals transported while in a wheelchair must have a seat belt system that secures them into their wheelchair and brakes that are in good working order. If a participant is in need of a seat belt system, NWSRA will provide one for program use only.

• Individuals using tri-wheelers must transfer into a bus seat as they cannot be safely secured while in the tri-wheeler.

• Door-to-door transportation is provided for in-district residents only. Program leaders will contact participants to arrange pick up times.

• NWSRA will make every effort to keep routes at a reasonable length of time. Door-to-door routes vary in length based on pickup locations. Late drop off/pick up of participants at programs creates a ripple effect. Please be considerate of others by being on time. Drivers will only wait 5 minutes at all pick up locations.

• NWSRA reserves the right to determine whether a participant can be transported safely.

• Individuals may be assisted by NWSRA staff to and from the door of their residence if there are no other individuals in the bus or a bus aide is available. NWSRA staff are not permitted to enter the individuals'residence at any time. NWSRA staff may not lift, carry or transport an individuals' assistive transportation device to any vehicle other than a NWSRA vehicle.

• When picking up or dropping off participant for transportation by NWSRA, park your car in a designated parking spot and drop off or pick up participant at the bus. Staff will not release participants until parent/guardian, residential staff or caregiver comes to the bus and signs particpant out of program.

• The Child Passenger Protection Act of the Illinois Vehicle Code requires that children under the age of 8 be transported in an approved Child Safety Seat in certain vehicles. Parent/Guardian will be notified if there is a need to provide a Child Safety Seat for your child. Children under 8 years of age will not be transported if the parent/guardian does not provide a Child Safety Seat. For further information, please contact the NWSRA Office at 847/392-2848.

WAYS TO REGISTER

COMPLETING THE REGISTRATION FORM

Registration forms and fees may be mailed or turned into the NWSRA office by the registration deadline in order to allow participation on the
first day of the program. Staff cannot receive registration forms or fees at NWSRA activities. **If an e-mail address is provided, a confirmation of registration will be made via e-mail.** If programs are canceled or postponed, individuals registered will be notified by phone. **No priority is given to mail-in, drop-off or e-mail registration. Processing begins when registration begins.**

FAMILY REGISTRATION

For all NWSRA programs open to sibling/family's fill out the **NEW** participant registration form.

FAXING YOUR REGISTRATION FORM

NWSRA will accept faxed registration forms, but encourages customers to call the office for a confirmation of receipt. This will ensure that the fax was received and accepted. NWSRA's fax number is 847/392-2870. To confirm your fax, please call the office at 847/392-2848.

NON-RESIDENT FEE

Non-residents will be assessed a 50% fee increase above the charges listed. NWSRA park district residents will have priority in registering for
all NWSRA programs. Non-residents will be allowed to register as additional space, tickets, seating and leadership allow. Final decisions
will be made after the registration deadline when applicable. Door-to-door transportation is not available for non-residents.

FINANCIAL ASSISTANCE POLICY

For information and application forms, please contact the NWSRA office at 847/392-2848. Please keep the application deadline for programs in mind. The application process may take several weeks. Please inquire early. Financial assistance is available to member park district residents. Individuals applying for financial assistance must register by mail, fax or drop off only. Financial Assistance applications must be completed for each season. A $10 deposit is required with each application form.

NWSRA PAYMENT PROCEDURES

NWSRA registrants have two options for making payments toward NWSRA programs. Registrants may either pay in full at the time of registration or have payments automatically withdrawn over the course of three payment dates via a credit card. **We accept AmEx, Discover, MasterCard, Visa.** If a registrant chooses the option to have payments automatically withdrawn for a registration, they must request the automatic withdrawal by checking the box on the registration form, and the NWSRA office will contact you. The registrant must provide a valid credit card.

REFUNDS AND CREDITS

Credits given must be used in the current calendar year. You may request a refund of your credit amount by December 1 of the calendar year in which credits were applied. Credits unused by the end of the year will be forfeited.

A full refund or credit may be issued in the following case:

1. A program is canceled by NWSRA.
2. Inclement weather or leader absence occurs, causing program cancellation. However, NWSRA will try to reschedule the activity prior to issuing a credit or refund.

A full refund or credit may be issued with a $5.00 service fee if the following requirements are met: NWSRA **has not** incurred costs due to purchase of tickets, rentals, deposits, etc., a 48-hour notice must be given to NWSRA and vacancy caused by cancellation filled. A pro-rated refund or credit may be issued with a $5.00 service fee if NWSRA **has** incurred costs due to purchase of tickets, rentals, deposits, etc. Following are the scenarios in which a credit or refund may be given:

1. In the event of prolonged illness or moving. A doctor's note is required for illness.
2. A participant cancels out of a program or transportation prior to the start of the program.
3. The program is deemed inappropriate for the participant by NWSRA.

TRANSPORATION NEEDS

If transportation is creating a barrier in participating in NWSRA programming please contact Rachel Hubsch at rachelh@nwsra.org or 847/392-2848, ext. 231.

FILLABLE REGISTRATION FORMS

NWSRA is proud to offer fillable registration forms! Registrants will now have the ability to download the fillable form, complete the information on their electronic device and save the information for future registrations. To register using the fillable registration form, please follow these instructions:

1. Visit www.nwsra.org/brochure
2. Click the "Registration Forms" link in the Registration Forms area
3. Download and save the file to your computer/electronic device
4. Complete the fillable form
5. Be sure to indicate Season and Year at the top right corner of the Registration Form
6. Send us the form!

E-mail the form to office@nwsra.org

Mail or Drop Off to:
3000 W. Central Road, Suite 205
Rolling Meadows, IL 60008
Fax to: 847-392-2870

The full registration form packet must be filled out for each season.

Save the completed form on your computer/electronic device for next season's registration!

In addition, the registration forms have been updated in order to reduce duplication of information and ensure a more seamless registration process. We look forward to continuing to make improvements to the registration process to ensure a user-friendly experience!

RESIDENTIAL FACILITY REGISTRATION

Residential Facilities will complete the new fillable registration forms each season for each client to be registered. In order to save time and ensure accuracy of forms submitted, Residential Facilities are encouraged to save the registration forms for each client, so that the registration forms may be resubmitted for programs in the following season.

If you have any questions regarding the new registration forms, please contact the main office at 847/392-2848 or e-mail office@nwsra.org

If registering more than one participant, please complete an additional form. Family members may register underneath Participant Registration section. Would you like to be added to our mailing/e-mail list? Please check ☐

PARTICIPANT'S INFORMATION:

Participant's Name (Legal Last) _____ (Legal First) _____ (Preferred) _____

Address_____ City_____ Zip _____

Park District _____ Township_____ If you **DO NOT** wish to give photo/video permission, please initial here _____

Home Number _____ Cell Number _____ E-mail _____

Gender _____ Age _____ Birthdate _____ Diagnosis _____ Ethnicity _____ T-Shirt Size _____

Residential Facility Name _____ In case of emergency at program please contact _____

School/Day Center attending _____ Home School District (If different from attending) _____

Teacher/QIDP _____ E-mail _____ Phone Number _____

Permission to contact above, please initial here _____ Participant is own guardian ☐ Yes ☐ No Staffing Ratio: ☐ 1:1 ☐ 1:2 ☐ 1:4 ☐ Independent

PARENT/GUARDIAN INFORMATION:

Parent/Guardian 1 (Legal Last) _____ (Legal First) _____ Guardian Type _____

Address (if different from above) _____ City _____ Zip _____

Primary Contact Method ☐ Home ☐ Cell ☐ Work ☐ E-mail _____

Home Number _____ Cell Number _____ Work Number _____

Parent/Guardian 2 (Legal Last) _____ (Legal First) _____ Guardian Type _____

Address (if different from above) _____ City _____ Zip _____

Primary Contact Method ☐ Home ☐ Cell ☐ Work ☐ E-mail _____

Home Number _____ Cell Number _____ Work Number _____

EMERGENCY CONTACT	NAME OF AUTHORIZED INDIVIDUALS FOR PICKUP	PHONE NUMBER(S)
☐ YES ☐ NO		
☐ YES ☐ NO		
☐ YES ☐ NO		
☐ YES ☐ NO		
☐ YES ☐ NO		

SAFETY INFORMATION

NWSRA is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. NWSRA continually strives to reduce risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians registering for the programs listed above must recognize that there is an inherent risk of injury when choosing to participate in recreational programs. You are solely responsible for determining if you or your participant are physically fit and/or skilled for the activities contemplated by this agreement.

RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in the above identified programs, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your participant might sustain as a result of participating in any and all activities connected with and associated with said programs (including transportation services, when provided.) Recreational programs and activities are intended to challenge and engage the physical, mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational program or activity. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, participant misconduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and all other circumstances inherent to indoor and outdoor recreational activities/programs exist. In this regard, it must be recognized that it is impossible for NWSRA to guarantee absolute safety. I recognize and acknowledge that there are certain risks of physical injury to participants in these programs, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my participant or I may sustain as a result of said participation. I do hereby fully release and forever discharge NWSRA from any and all claims for injuries, damages, or loss that my participant or I may have or which may occur to me or my participant and arising out of, connected with, or in any way associated with these programs.

I have read and fully understand the above safety information, and release of all claims and assumptions of risk. If registering on-line, fax or e-mail, your electronic or photocopy signature shall substitute for and have the same legal effect as an original form signature.

Form Prepared by _____ Relationship to Participant _____

Signature _____ Date_____ Print Name_____

Adult participant if own guardian or parent/guardian

***If form has been prepared by someone other than participant. Participant must be made aware.**

NWSRA REGISTRATION

PARTICIPANT NAME _____ **SEASON/YEAR** _____

PROGRAM #	PROGRAM NAME	MEDS TAKEN AT PROGRAM	PICK UP LOCATION	DROP OFF LOCATION	PROGRAM FEE	TRANS FEE	TOTAL FEE
		☐ YES ☐ NO					
		☐ YES ☐ NO					
		☐ YES ☐ NO					
		☐ YES ☐ NO					
		☐ YES ☐ NO					
		☐ YES ☐ NO					
		☐ YES ☐ NO					
		☐ YES ☐ NO					
		☐ YES ☐ NO					
		☐ YES ☐ NO					
		☐ YES ☐ NO					
		☐ YES ☐ NO					
		☐ YES ☐ NO					

FAMILY MEMBER(S) ATTENDING AND RELATIONSHIP TO PARTICIPANT	BIRTHDATE (MM/DD/YYYY)	GENDER	PROGRAM #	PROGRAM NAME	PROGRAM FEE

Please indicate any important information about family members that staff should be made aware of:

WILL THERE BE RESIDENTIAL STAFF ATTENDING THE PROGRAM(S)?	
WHICH PROGRAM(S)?	
WILL THEY BE ABLE TO ASSIST WITH PERSONAL CARE/BEHAVIOR?	

You may charge your registration. Please check one.

☐ American Express ☐ Discover ☐ MasterCard ☐ Visa

Account # _____ Expiration Date _____/_____ CVC#_____

If requesting auto withdrawal payment plan, please check here ☐ By checking the automatic withdrawal box on the registration form, I authorize NWSRA to automatically withdraw payments according to the schedule listed within the registration information section of the brochure.

All past balances must be paid in full prior to registration.

Total Program Cost $_____

Program Credits $_____

SLSF Donation $_____

Total Enclosed $_____

Make check payable to NWSRA

I DO NOT NEED TO UPDATE:

Personal care, medication or medical conditions/needs information: ■

Send us your registration form!

MAIL IN: NWSRA 3000 W. Central Road, Suite 205 Rolling Meadows, IL 60008

FAX: 847/392-2870 Call office to ensure receipt of fax.

E-MAIL: E-mail new fillable registration form to office@nwsra.org

I NEED TO UPDATE:

Personal care, medication or medical conditions/needs information: ■

Complete the following applicable pages.

What are the participant's preferred activities? How does participant react?

What activities does the participant not prefer? How does participant react? Effective staff support/response?

What are the effective transition techniques (timers, countdowns)?

SENSORY: What kind of sensory experiences does participant seek or avoid?

Sound	Touch	Visual	Taste	Smell	Movement
☐ Seeks ☐ Avoids	☐ Seeks ☐ Avoids	☐ Seeks ☐ Avoids	☐ Seeks ☐ Avoids	☐ Seeks ☐ Avoids	Seeks Avoids

COMMUNICATION:

Is English the participant's primary language? ☐ Yes ☐ No (If no, list primary language):

How does participant communicate? (verbal, sign language, eye movement, picture boards, iPad, etc.)

Is participant capable of giving staff instruction or should staff rely on guardian comments only? (i.e.:food requests, personal care information)

ASSISTIVE DEVICES:

☐ Wheelchair ☐ Braces ☐ Canes ☐ Walker ☐ Glasses ☐ Sign Language Assistance ☐ Hearing Aids ☐ Augmentative Communication Device

Additional _____ If using a wheelchair is participant capable of transferring? ☐ Yes ☐ No Wheelchair Type ☐ Manual Power Amigo

Does participant wear braces (AFOS, SMOS, etc?) Describe how/when to put on and take off.

Can participant walk with assistance or walk independently? Please describe:

PARTICIPANT TRANSFERS:

Please check the amount of staff assistance necessary when conducting a transfer:

- ☐ Independent. No assistance necessary.
- ☐ Stand-by of supervision. May be potential for loss of balance.
- ☐ Transfer with one person. Minimal assistance. Participant can bear weight.
- ☐ Transfer with one person. Maximum assistance. Participant cannot bear weight.
- ☐ Transfer with two people needed.
- ☐ Equipment needed for transfer. (list below)

Specific instructions regarding transfers and how much time participant should be out of the wheelchair?

PARTICIPANT INFORMATION CONTINUED ON NEXT PAGE

PARTICIPANT INFORMATION

TRANSPORTATION NEEDS:

☐ Harness Securement (parent provides vest) ☐ Seatbelt Lock ☐ Oxygen Tank Securement ☐ Bus Aide If yes, Reason_____

☐ Participant drives self ☐ Participant is able to wait independently for transportation Wheelchair straps needed: ☐ Foot straps ☐ Chest straps ☐ Seatbelt

Additional _____

SWIMMING: (check all that apply)

☐ Participant can swim independently

☐ Participant needs assistance while in the pool (list out specific assistance below)

☐ Does not go into pool. (list reason below)

☐ Request one to one staffing in the pool (list reason and describe below)

Describe specific assistance needed in the pool and/or locker room and if pool entry requires transfer assistance from a wheelchair, please describe the process:

TOILETING & CHANGING: (check all that apply)

☐ Needs verbal prompts for toileting/changing (explain below) ☐ Uses pull up/diaper only (specific training required) ☐ Uses toilet independently

☐ Uses toilet, but wears pull up/diapers ☐ Needs physical assistance (specific training required) ☐ Changes independently

Additional/Specific Information: List out frequency of toileting/changing

EATING: (check all that apply)

☐ Eats independently, no assistance needed ☐ Needs physical assistance for feeding (list specifics below) ☐ Can only use specific utensils/equipment

☐ Uses feeding tube (specific training required) ☐ Needs specific consistency for food and drink (list below) ☐ Can only eat what is packed (list allergies or diet plan)

Additional/Specific Information:

BEHAVIOR:

☐ Wander or leaves the group ☐ Has specific triggers, list below ☐ Physically/Verbally aggressive (circle one or both)

☐ Will ask for assistance when needed ☐ Has Behavior Plan ☐ Will take others belongings or food (circle one or both)

☐ Easily distracted/difficulty focusing ☐ Runs away/flight risk ☐ Exhibits self-injurious behaviors, list below

☐ Recognizes danger ☐ Unable to communicate needs ☐ Typical Personality _____

☐ Anxiety when separated from family ☐ Has specific fears/concerns, list below ☐ Other _____

I DO NOT NEED TO UPDATE:

Medication or medical conditions/needs information: ☐

Send us your registration form!

MAIL IN: NWSRA 3000 W. Central Road, Suite 205 Rolling Meadows, IL 60008

FAX: 847/392-2870 Call office to ensure receipt of fax.

E-MAIL: E-mail new fillable registration form to office@nwsra.org

I NEED TO UPDATE:

Medication or medical conditions/needs information: ☐

Complete the following applicable pages.

MEDICATION: In case of an emergency NWSRA is requesting a list of medications participant currently is taking or is prescribed. If medication needs to be administered at program by an NWSRA staff, please sign the waiver and release statement below. Please list all medications below or attach a Physicians order sheet.

Doctor's First Name_____ **Doctor's Last Name**_____ **Phone Number** _____

NAME OF MEDICATION		**NAME OF MEDICATION**	
DESCRIPTION		**DESCRIPTION**	
DOSAGE		**DOSAGE**	
TIME		**TIME**	
TAKE AT PROGRAM	☐ YES ☐ NO	**TAKE AT PROGRAM**	☐ YES ☐ NO
REFRIGERATION NEEDED	☐ YES ☐ NO	**REFRIGERATION NEEDED**	☐ YES ☐ NO
DISPENSING INSTRUCTIONS		**DISPENSING INSTRUCTIONS**	
SIDE EFFECTS		**SIDE EFFECTS**	

NAME OF MEDICATION		**NAME OF MEDICATION**	
DESCRIPTION		**DESCRIPTION**	
DOSAGE		**DOSAGE**	
TIME		**TIME**	
TAKE AT PROGRAM	☐ YES ☐ NO	**TAKE AT PROGRAM**	☐ YES ☐ NO
REFRIGERATION NEEDED	☐ YES ☐ NO	**REFRIGERATION NEEDED**	☐ YES ☐ NO
DISPENSING INSTRUCTIONS		**DISPENSING INSTRUCTIONS**	
SIDE EFFECTS		**SIDE EFFECTS**	

NAME OF MEDICATION		**NAME OF MEDICATION**	
DESCRIPTION		**DESCRIPTION**	
DOSAGE		**DOSAGE**	
TIME		**TIME**	
TAKE AT PROGRAM	☐ YES ☐ NO	**TAKE AT PROGRAM**	☐ YES ☐ NO
REFRIGERATION NEEDED	☐ YES ☐ NO	**REFRIGERATION NEEDED**	☐ YES ☐ NO
DISPENSING INSTRUCTIONS		**DISPENSING INSTRUCTIONS**	
SIDE EFFECTS		**SIDE EFFECTS**	

ALLERGY/INTOLERANCE (SPECIFY)	**REACTION**

I, _____ give permission for _____ to receive the above treatment(s) as directed by the physician. I will provide all supplies needed to provide the treatment. I will notify NWSRA in writing of any changes in the treatment. I understand that an NWSRA staff will assist in the above treatment.

WAIVER AND RELEASE OF ALL CLAIMS

I voluntarily agree to assume the full risk of any and all injuries, damages, or loss, regardless of severity, that the participant may sustain as a result of administered above treatment to the participant. I further agree to waive and relinquish all claims I or the participant may have (or may accrue to the participant) as a result of failing to or negligent administered above treatment to the participant against NWSRA, including it officials, employees, agents and volunteers. I do hereby fully release and forever discharge NWSRA from any and all claims for injuries, damages, or loss the participant may have or which may accrue, and arising out of, connected with, or in any way associated with the dispensing or administration of medication.

SIGNATURE OF PARENT/GUARDIAN: _____ DATE: _____

PRINTED NAME OF PARENT/GUARDIAN: _____

MEDICAL INFORMATION

Participant's Full Name:	Date Completed:
Person Completing the Form:	Relationship to Participant:

MEDICAL CONDITIONS/NEEDS:

☐ Seizures ☐ Diabetes ☐ Epi-Pen ☐ G-tube/J-tube ☐ Suctioning (oral/nasal) ☐ Osteotomy bag ☐ Inhaler ☐ Oxygen ☐ Temperature Sensitivity ☐ Shunts

Additional_____

MEDICAL CONDITIONS/NEEDS (CONSIDERED TOO INVASIVE FOR NWSRA STAFF): ☐ Tracheostomy ☐ Suctioning (Deep) ☐ Catheter

***If you checked any of the "too invasive" procedures for NWSRA, a member of the admin team will contact you.**

SEIZURE INFORMATION:

SEIZURE TYPE	DATE DIAGNOSED	LENGTH	FREQUENCY	DESCRIPTION	DATE OF LAST SEIZURE

1. What might trigger a seizure in the participant?_____

2. Are there any warnings and or behavior changes before the seizure occurs? Yes___ No___ If yes, please explain:_____

3. Has there been any recent change in the participant's seizure patterns? Yes___ No___ If yes, please explain:_____

4. How does the participant react after a seizure is over?_____

5. How do other illnesses affect the participant's seizures?_____

6. What first aid/support should be given after a seizure has occurred?_____

7. Please describe what constitutes an emergency for the participant?_____

8. Has the participant ever been hospitalized for continuous seizures? Yes ___ No ___ If yes, please explain:_____

9. What is the best way for us to communicate with you about the participant's seizure(s)_____

10. Is there any other information that NWSRA should know?_____

11. Does your child have a Vagal Nerve Stimulator Yes ___ No ___ If yes, please describe instructions for appropriate magnet use:

12. What medication(s) is the participant prescribed for seizures?

MEDICATION	DATE STARTED	DOSAGE	FREQUENCY AND TIME OF DAY TAKEN	POSSIBLE SIDE EFFECTS

DIABETES INFORMATION:

1. What supplies are needed for participants diabetes care? (testing kit, calorie book, etc.) _____

2. List step by step instructions of testing blood sugar: _____

_____

_____

TESTING FREQUENCY	BASELINE # RANGE	HIGH # RANGE	LOW # RANGE

3. How does participant count/check carbohydrates?_____

EPI-PEN INFORMATION:

1. Where will Epi-Pen be kept?_____

ALLERGY	SEVERITY OF ALLERGY	REACTION

2. List step by step protocol for use of Epi-Pen: _____

_____

3. Check all that apply: ☐ Participant is aware of allergy / knows what foods/items to avoid ☐ Participant is **NOT** aware of allergy / will **NOT** avoid foods/items allergic to
☐ Participant administers own Epi-Pen ☐ NWSRA Staff administers Epi-Pen

G-TUBE/J-TUBE INFORMATION:

1. Type of j/g-tube: ☐ Pump ☐ Bag ☐ Syringe If pump, what rate should it run at?_____

3. What time(s) for feeding? _____

4. Quantity of food: _____ Quantity of water during feeding/throughout the day: _____

5. Is the food and water mixed or does the water follow as a flush? _____

6. Does participant receive feeding sitting up or laying down? _____ Duration of feeding? _____

7. Does participant need to stay upright after feeding? If yes, how long? _____

8. Can participant take solid food or liquids orally or only through g-tube? _____

In the event that the tube comes out, NWSRA considers replacement of any tubes as too invasive for NWSRA staff. If a nurse is available they can use the replacement kit that is provided. If a nurse is unavailable/unable to replace the tubes, the parent/guardian will be called. If the parent/guardian is unreachable EMS will be called.

SUCTION INFORMATION:

1. What type of suctioning is needed? ☐ Nasal ☐ Oral Type of device used? _____

3. Signs/symptoms that suctioning is needed? _____

4. How often does participant need suctioning? _____

5. Specific instructions for suctioning procedure: _____

_____

In the event that deep suctioning is needed, NWSRA considers this procedure as too invasive for NWSRA staff. If a nurse is available they can perform deep suctioning with materials provided. If a nurse is unavailable/unable to perform the deep suctioning, the parent/guardian will be called. If the parent/guardian is unreachable EMS will be called.

OSTOSTOMY BAG:

INHALER INFORMATION:

OXYGEN INFORMATION:

TEMPERATURE SENSITIVITY INFORMATION:

SHUNT INFORMATION:

ADDITIONAL MEDICAL CONDITIONS AND NEEDS THAT NWSRA SHOULD BE AWARE OF:

MEDICAL CONDITION/NEED	ADDITIONAL INFORMATION

I, _____ give permission for _____ to receive the above treatment(s) as directed by the physician. I will provide all supplies needed to provide the treatment. I will notify NWSRA in writing of any changes in the treatment. I understand that an NWSRA staff will assist in the above treatment.

WAIVER AND RELEASE OF ALL CLAIMS

I voluntarily agree to assume the full risk of any and all injuries, damages, or loss, regardless of severity, that the participant may sustain as a result of administered above treatment to the participant. I further agree to waive and relinquish all claims I or the participant may have (or may accrue to the participant) as a result of failing to or negligent administered above treatment to the participant against NWSRA, including it officials, employees, agents and volunteers. I do hereby fully release and forever discharge NWSRA from any and all claims for injuries, damages, or loss the participant may have or which may accrue, and arising out of, connected with, or in any way associated with the dispensing or administration of medication.

SIGNATURE OF PARENT/GUARDIAN: _____ DATE: _____

PRINTED NAME OF PARENT/GUARDIAN: _____

FACILITY LOCATIONS

Arlington Lanes
3435 N Kennicott Avenue
Arlington Heights
847/255-6373

Arlington Ridge Center
660 N Ridge Avenue
Arlington Heights
847/577-3025

Bartlett Community Center
700 S Bartlett Road
Bartlett
630/540-4800

Bowlero - Buffalo Grove
350 McHenry Road
Buffalo Grove
847/821-9000

Bowlero - Mt. Prospect
824 E Rand Road
Mt. Prospect
847/392-0550

Buffalo Grove Fitness Center
NWSRA Wing
601 W Deerfield Parkway
Buffalo Grove
847/305-8360

Burger Baron
132 E Golf Road
Arlington Heights
847/258-3736

Burning Bush Community Center
1313 N Burning Bush Lane
Mt. Prospect
847/255-1200

Central Community Center
NWSRA Wing
1000 W Central Road
Mount Prospect
847/305-8571

Clearbrook - Getz
746 S Vermont Street
Palatine
847/991-4100

Community Arts Center
225 McHenry Road
Buffalo Grove
847/850-2175

Conyers Learning Academy
2800 W Central Road
Rolling Meadows
847/963-3400

Elk Grove Bowl
53 S Arlington Heights Road
Elk Grove Village
847/437-3393

Falcon Park Recreation Center
2195 N Hicks Road
Palatine
847/202-5111

Gary Morava Recreation Center
110 W Camp McDonald Road
Prospect Heights
847/394-2848

Hanover Park Community Center
NWSRA Wing
1919 Walnut Avenue
Hanover Park
847/392-2864

Jack Claes Pavilion
1000 Wellington Avenue
Elk Grove Village
847/437-9494

Little City Countryside
2360 Palmer Drive
Schaumburg
847/438-8799

Nickol Knoll Golf Course
3800 N Kennicott Avenue
Arlington Heights
847/590-6050

Old Orchard Country Club
700 W Rand Road
Mount Prospect
847/255-2025

Osage Park
2706 N Old Hicks Road
Palatine
847/991-0333

Palatine Community/Gymnastics Center
250 E Wood Street
Palatine
847/991-0333

Palatine Stables
1510 W Northwest Highway
Palatine
847/359-0009

Park Place Family Recreation Center
550 S. Park Boulevard
Streamwood
630/372-7275

Park Central/Teen Center
3000 Central Road
Rolling Meadows
847/818-3220

Plum Grove Park
4001 Park Drive
Palatine
847/818-3200

RecPlex
420 Dempster Street
Mount Prospect
847/640-1000

Rolling Meadows Community
Center • NWSRA Wing
3705 Pheasant Drive
Rolling Meadows
847/632-0049

Sandburg Junior High School
2600 Martin Lane
Rolling Meadows
847/963-7800

Schaumburg Community
Recreation Center
505 N Springinsguth Road
Schaumburg
847/490-7015

South Barrington Park District
3 Tennis Club Lane
South Barrington
847/381-7515

Streamwood Bowl
1232 Irving Park Road
Streamwood
630/837-5800

The Zone
550 E Business Center Drive
Mount Prospect
847/255-1400

Thrown Elements
60 N Evergreen Avenue
Arlington Heights
847/818-1313

Wheeling Community Recreation Center/
Arctic Splash/
NWSRA Wing
100 Community Boulevard
Wheeling
847/465-3333

Wilmot Ski
11931 Fox River Road
Wilmot, Wisconsin
630/540-4182

Vogelei Barn
650 W Higgins Road
Hoffman Estates
847/885-7500

WHERE WORK MEETS PLAY

JOIN US AT NWSRA

Northwest Special Recreation Association is an extension of 17 park districts and provides outstanding opportunities through recreation for children and adults with disabilities.

We are currently hiring part-time staff! Pay starts are 13.50 - 18.00/hour (based on position qualifications and availability)

Age 16 & older
Day Camp Counselors, Inclusion Aides, Program Assisants

Age 21 & older
Drivers, PURSUIT Community Adult Day Program

Apply Now

Investing in your Community

Understanding the History of SRA funding

1974

Section 5-8
In 1974, park districts recognized the needs of individuals with disabilities who deserve access to recreational facilities, programs and resources. Legislation under Section 5-8 of Park District Code created a Special Recreation Tax Levy for cooperatives providing special recreation, which allowed funding to be accessed through a joint agreement with a SRA. This SRA model is unique to Illinois, and has been nationally accredited for providing access to individuals with disabilities.

1990

Americans with Disabilities Act (ADA)
In 1990 the Americans with Disabilities Act (ADA) was signed into law to ensure the equality of opportunity. It mandated recreation inclusion as well as transition plans for park districts; however, this mandate was unfunded.

2003

Sharing Expenses
In 2003, Senate Bill 1881 allowed locally elected officials to determine appropriate funding for their area. This allowed park districts who were part of a SRA to levy funds, up to .04% per $100 of EAV, into their approved Handicapped Accessible Fund to be used for three purposes: to fund SRAs, support the cost of accessible projects, and compensate themselves back for facility time used by their SRA. Different SRA's utilize different formulas for how much each of their member agencies contribute but they all follow those 3 principles. NWSRA's member park districts pay a Member District Annual Assessment based Equalized Assessed Values of properties in their district along with factoring in population. Taking these factors into consideration is important for NWSRA because of the vast size differences between the park districts in its footprint.

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REGISTRATION BEGINS
NOVEMBER 21, 2022
REGISTRATION DEADLINE
DECEMBER 16, 2022
PROGRAMS DATES
JANUARY 30 - MAY 6, 2023