

# 2024 WINTER SPRING



REGISTRATION BEGINS  
**DECEMBER 4, 2023**

REGISTRATION DEADLINE  
**DECEMBER 29, 2023**

PROGRAM DATES  
**JANUARY 29, 2024**  
**– MAY 4, 2024**

# WINTER/SPRING PROGRAMMING

January 29 – May 4

## Registration Begins

December 4, 2023

## Registration Deadline

December 29, 2023

## Scholarship Deadline

December 29, 2023

## 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, speciality 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](mailto: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

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

## ABBREVIATIONS

<b>AUT</b>	Autism Spectrum
<b>ID</b>	Intellectual Disability
<b>P</b>	Physical Disability
<b>V</b>	Visual Disability

## CERTIFICATIONS

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

## BOARD OF DIRECTORS

### ARLINGTON HEIGHTS

Carrie Fullerton

### BARTLETT

Rita Fletcher

### BUFFALO GROVE

Erika Strojinc

### ELK GROVE

Ben Curcio

### HANOVER PARK

Steve Bessette

### HOFFMAN ESTATES

Craig Talsma

### INVERNESS

Robert Dowling

### MT. PROSPECT

Jim Jarog

### PALATINE

Mike Clark

### PROSPECT HEIGHTS

Christina Ferraro

### RIVER TRAILS

Bret Fahnstrom

### ROLLING MEADOWS

Kevin Romejko

### SALT CREEK

Diane Hilgers

### SCHAUMBURG

Tony LaFrenera

### 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](http://www.nwsra.org/board).

# STAFF DIRECTORY

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**TBA**

**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	3 - 16 yrs.	M, P	T	4:00 - 7:00 pm	1/30 - 4:30	Wheeling Community Recreation Center	\$390.00	2/4
1020	3 - 16 yrs.	M, P	W	4:00 - 7:00 pm	1/31 - 5/1	Jack Claes Pavilion • Elk Grove Village	\$390.00	2/4
1030	3 - 16 yrs.	M, P	Th	4:00 - 7:00 pm	2/1 - 5/2	Arlington Ridge Center	\$390.00	2/4
1040	3 - 16 yrs.	M, P	Th	4:00 - 7:00 pm	2/1 - 5/2	Park Place • Streamwood	\$390.00	2/4

**No Programs on: March 26, 27 and 28**

## MUSIC

### VOICE & PIANO 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.

**NOTE: List preferred time on registration form.**

**No program on February 19 and March 25**

**Group:** All Abilities

**Location:** Rolling Meadows Community Center • Music Room

**Min/Max:** 1/6 per program

**Goals:** M, C

Prog. #	Dates	Day	Time	Fee
1070	1/29 - 4/29	M	4:00 - 8:30 pm	\$360.00

**SPECIAL EVENTS** Looking for a day full of fun and excitement? Don't worry we have plenty of special events you can attend without committing to a full program season. There is something for every age group and adventure seeker. **See page 40 for event offerings.**



## SPECIALITY LESSONS

### 🎵 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 3:45pm to 6:15pm on the registration form.

**NOTE:** List preferred time on registration form.

**No program on March 26**

**Group:** All Abilities

**Location:** Rolling Meadows Community Center • Music Room

**Min/Max:** 1/4 per program

**Goals:** M, C

Prog. #	Dates	Day	Time	Fee
1080	1/30 - 4/30	T	3:45 - 6:15 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 6:15pm to 8:45pm on the registration form.

**NOTE:** List preferred time on registration form.

**No program on March 26**

**Group:** All Abilities

**Location:** Rolling Meadows Community Center • Music Room

**Min/Max:** 1/4 per program

**Goals:** M, C

Prog. #	Dates	Day	Time	Fee
1090	2/16 - 5/7	T	6:15 - 8:45 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 40 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	4/1 - 4/29	Palatine Stables	\$175.00	3	M, SI
1035	6 yrs & older	M	5:40 - 6:15 pm	4/1 - 4/29	Palatine Stables	\$175.00	3	M, SI
1045	6 yrs & older	M	6:25 - 7:00 pm	4/1 - 4/29	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 additional waiver for participation. You will be contacted before the therapy session with your time confirmation. Dates are subject to change based on availability.

## 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 19, March 25 - 30, and April 30 - 29**

**Note: List preferred location and time on registration form.**

**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	1/29 - 4/29	M	2:30 - 6:15 pm	\$360.00
1121	1/30 - 4/30	T	2:30 - 6:15 pm	\$390.00
1122	1/31 - 5/1	W	2:30 - 6:15 pm	\$390.00
1123	2/1 - 5/2	Th	2:30 - 6:15 pm	\$390.00

## 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 26 and 28**



**Age:** 3 yrs. & older

**Group:** All Abilities

**Location:** Rolling Meadows Community Center • NWSRA Wing

**Min/Max:** 1/4 per program

**Goals:** C, I

Prog. #	Dates	Day	Time	Fee
1140	1/30 - 4/30	T	2:30 - 5:00 pm	\$260.00
1141	2/1 - 5/2	Th	2:30 - 5:00 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 27**



**Age:** 3 yrs. & older

**Group:** All Abilities

**Location:** Hanover Park Community Center • Sensory Garden

**Min/Max:** 1/3 per program

**Goals:** SI, CI

Prog. #	Dates	Day	Time	Fee
1130	4/3 - 5/1	W	2:30 - 5:00 pm	\$125.00

## 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 19 and March 25 and 27**



**Age:** 8 yrs. & older

**Group:** All Abilities

**Location:** 1150 Hanover Park Community Center • NWSRA Wing

1151 Wheeling Community Center • NWSRA Wing

**Min/Max:** 1/4 per program

**Goals:** HW, M, P

Prog. #	Dates	Day	Time	Fee
1150	1/29 - 4/29	M	2:30 - 6:00 pm	\$240.00
1151	1/31 - 5/1	W	2:30 - 5:00 pm	\$260.00





## 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: Courtney Fecske at [cfcfske@nwsra.org](mailto:cfcfske@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 27 and July 4**

**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	5/6 - 7/15	M	5:00 - 7:30 pm	\$120.00
7201	5/9 - 7/18	Th	5:00 - 7:30 pm	\$120.00

### 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.

**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 April 30th, 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	4/30 - 7/30	T	6:30 - 7:30 pm	\$168.00

### SOCIAL CLUBS

Come socialize with friends while going out and having fun! Join one of our 6 social clubs with the potential of grooving at the Valentine's Day Ball, creating canvas art, and catching a Chicago Wolves game live in action.

**For more details, see page 34.**





**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 February 19 and March 25**

**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	1/29 - 4/29	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	2/14 - 5/8	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 nurture 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 19 and March 25, & 28**

**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	1/29 - 5/2	M & Th	5:30 - 6:45 pm	\$300.00

**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 New Buffalo, MI this spring! **See page 41 for more details.**



## ATHLETICS

### 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 28.**

**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	2/15 - 5/2	Th	5:30 - 6:30 pm	\$132.00
7051	2/15 - 5/2	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 27, March 30, and April 13.**

**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	1/6 - 5/4	Sa	8:00 - 9:00 am	\$180.00



## 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 Rachel Hubsch at 847/392-2848 ext. 231 or e-mail [rhubsch@nwsra.org](mailto:rhubsch@nwsra.org)*

# early childhood

AGE: 3 - 6 YEARS



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sensory Storytime	Movin' and Grovin'	Clay Play	Sensory Scientist		Music Makers Saturday Clubhouse Tumbling Tots

## 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

#### SENSORY STORY TIME • Age: 3 - 6 yrs.

Welcome to our interactive Sensory Storytime, a story hour designed to engage children through sight, sound, touch, movement, and more! Storytime includes creative elements to bring books to life by stretching, dancing, and participating in related activities. The program will follow a theme each week and incorporate STEAM activities

**No program on February 19 and March 25**

**Group:** All Abilities & Siblings

**Location:** Buffalo Grove Fitness Center • NWSRA Wing

**Min/Max:** 4/6

**Ratio:** 1:1 to Independent

**Goals:** C,I

Prog. #	Dates	Day	Time	Fee
1635	1/29 - 4/29	M	4:15 - 5:15 pm	\$180.00

### HEALTH AND WELLNESS

#### MOVIN' AND GROOVIN' • Age: 3 - 6 yrs.

Come join your peers and get your wiggles out. While we socialize and play games, there will be motor development and recognition tasks.

**No program on March 26**

**Group:** All Abilities & Siblings

**Location:** Rolling Meadows Community Center • NWSRA Wing

**Min/Max:** 4/6

**Ratio:** 1:1 to Independent

**Goals:** M, HW, P

Prog. #	Dates	Day	Time	Fee
1690	1/30 - 4/30	T	4:15 - 5:15 pm	\$195.00

### SOCIAL

#### SENSORY SCIENTIST • Age: 3 - 6 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.

**No program on March 28**

**Group:** All Abilities & Siblings

**Location:** Hanover Park Community Center • NWSRA Wing

**Min/Max:** 4/6

**Ratio:** 1:1 to Independent

**Goals:** SI,SE

Prog. #	Dates	Day	Time	Fee
1640	2/1 - 5/2	Th	4:15 - 5:15 pm	\$221.00

### SKILL DEVELOPMENT

#### CLAY PLAY • Age: 3 - 6 yrs.

Get messy and create unique ceramic pieces using molding clay and other mediums! Parents and siblings are welcome.

**No program on March 27**

**Group:** All Abilities & Siblings

**Location:** Vogelei House & Barn - NWSRA Wing • Hoffman Estates

**Min/Max:** 4/6

**Ratio:** 1:1 to Independent

**Goals:** M, CI

Prog. #	Dates	Day	Time	Fee
1950	1/31 - 5/1	W	5:30 - 6:15 pm	\$221.00



### 1:1 THERAPY PROGRAMMING

Want to expand your mind through technology? Come by our Dream Lab. Want to help nurture 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

### MUSIC MAKERS • Age: 3 - 6 yrs.

Through singing, listening, and playing instruments, children will develop rhythm, build fine motor skills. We use a variety of musical styles to expose kids to different genres, from jazz to pop and world music. Social skills are strengthened as we collaborate and play together. Extend your child's day by adding on Saturday clubhouse! NWSRA staff will transition them to their next program.

**No program on March 30 and April 13**

**Group:** All Abilities & Siblings

**Location:** Rolling Meadows Community Center • NWSRA Wing

**Min/Max:** 4/8

**Ratio:** 1:1 to Independent

**Goals:** C, I, M

Prog. #	Dates	Day	Time	Fee
1845	2/3 - 5/4	Sa	9:00 - 10:00 am	\$216.00



## SOCIAL SATURDAY CLUBHOUSE

Age: 3 - 6 yrs.

Help your child strengthen friendships, cognitive skills, and practice social skills through creative projects and fun games! Cooperative activities will promote peer interaction, decision making and provide an outlet for expression. Please bring a labeled lunch or snack with a drink. Extend your child's day by starting off with Music Makers! NWSRA staff will transition them to their next program.

**No program on March 30 and April 13**

**Group:** All Abilities & Siblings

**Location:** Rolling Meadows Community Center • NWSRA Wing

**Min/Max:** 4/8

**Ratio:** 1:1 to Independent

**Goals:** SE

Prog. #	Dates	Day	Time	Fee
1850	2/3 - 5/4	Sa	10:00 - 12:00 pm	\$300.00

## SKILL DEVELOPMENT

### TUMBLING TOTS • Age: 3 - 6 yrs.

Leap into action while developing poise, flexibility and strength. Learn spatial awareness on the balance beam, uneven bars, vault and floor. Participants will learn physical development, age-appropriate play, as well as social and emotional development through the art of gymnastics. This class is all about imagination and fun while practicing gymnastics skills and drills. **No program on March 30 and April 13**

**Group:** All Abilities & Siblings

**Location:** Vogeley Barn • Hoffman Estates

**Min/Max:** 4/6

**Ratio:** 1:1 to Independent

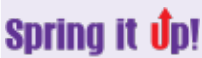
**Goals:** M, P

Prog. #	Dates	Day	Time	Fee
1560	2/3 - 5/4	Sa	1:30 - 2:15 pm	\$216.00

# Spring Day Camps



Spring Break 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. Transportation to and from camp is only provided in the summer

Camp Name	Prog. #	Dates	Time	Ages	Location	Fee
 little sunflowers	4310	M - TH March 25 - 28	All Camps: 8:30 am - 2:30 pm	3 - 6 years	Plum Grove Park • Palatine	\$192 per camp
 Spring it Up!	4320			7 - 14 years	Rec Plex • Mt. Prospect	
 Rainblazers	4330			15 - 21 years	Rolling Meadows Teen Center	

Ratio: 1:1 to independent

Min/Max: 6/15 per week

Registration Deadline: February 23

**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 10 - August 2

4 Week Camp Dates: July 8 - August 2

Day Camp Hours: 8:30 am - 2:30 pm

No camp July 4 and 5

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

School District Camp Dates based on school district ESY calendar.

Registration Opens: Monday, March 4

Registration Ends: Monday, April 15

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

Contact Kate Moran for more information at [kmoran@nwsra.org](mailto:kmoran@nwsra.org) or 847/392-2848, ext. 274.



## 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

#### STEAM ENGINEERS • Age: 10 - 14 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. **No program on February 19 and March 25**

**Group:** All Abilities

**Location:** Triphahn Center • Hoffman Estates

**Min/Max:** 4/8

**Ratio:** 1:1 to Independent

**Goals:** SI, I, C, SE

Prog. #	Dates	Day	Time	Fee
2240	1/29 - 4/29	M	5:30 - 6:30 pm	\$216.00



### 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 February 19 and March 25**

**Group:** All Abilities

**Location:** Kirk School • Palatine

**Min/Max:** 4/15

**Ratio:** 1:1 to Independent

**Goals:** SE, I, SI

Prog. #	Dates	Day	Time	Fee
2450	1/29 - 4/29	M	2:30 - 4:00 pm	\$204.00

### SOCIAL

#### REC N' ROLL • Age: 6 - 10 yrs.

Join your peers to try out new recreation activities that encourage social interaction, teamwork and gross motor skills. Learn what NWSRA and member Park Districts offer to support a healthy lifestyle through recreation in your community.. **No program on February 19 and March 25**

**Group:** All Abilities

**Location:** Triphahn Center • Hoffman Estates

**Min/Max:** 4/8

**Ratio:** 1:1 to Independent

**Goals:** SI, I, C, SE

Prog. #	Dates	Day	Time	Fee
2245	1/29 - 4/29	M	4:30 - 5:30 pm	\$216.00

### SOCIAL

#### TRAVELIN' TEENS • Age: 14 - 21 yrs.

Improve independence, money management skills and socialization while going on adventures with friends! 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 26**

**Group:** All Abilities

**Location:** Teen Center • Rolling Meadows

**Min/Max:** 4/10

**Ratio:** 1:2 to Independent

**Goals:** CI, SE, I

Prog. #	Dates	Day	Time	Fee
2250	1/30 - 4/30	T	4:00 - 6:00 pm	\$312.00

**Transportation:** Please indicate pick up and drop off location on registration.  
**Fee:** \$65 one way, \$130 round trip

Transportation Location	Pick Up	Drop Off
Higgins Education Center	3:00 pm	None
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
NWSRA Park Central	None	6:00 pm



**👉 THERAPY**

**AUTISM MOVEMENT THERAPY®**

- 2080 - 2090: Age: 6 - 10 yrs.
- 2085 - 2095: Age: 10 - 13 yrs.

Come join your peers exploring the benefits of structured movements, dance, and music. This program uses different tools to help improve your child's engagement and participation in a group environment.

**No program on March 26**

**Group:** Autism Spectrum  
**Location:** 2080/2085: Schaumburg CRC  
 2090/2095: Buffalo Grove Fitness Center  
**Min/Max:** 4/6  
**Ratio:** 1:1 to Independent  
**Goals:** M, SI

Prog. #	Dates	Day	Time	Fee
1. 2080/2085	1/30 - 4/30	T	4:30 - 5:15 pm	\$260.00
2. 2090/2095	2/1 - 5/2	TH	4:30 - 5:15 pm	\$260.00

**💡 SKILL DEVELOPMENT**

**BROADWAY BUDDIES • Age: 14 - 21 yrs.**

Big Deal Productions and NWSRA are pleased to be together again this year. The newly envisioned Broadway Buddies program is back; and, this year will be better than ever! In our accessible program, our community of actors, on stage support, and production team will work together to gain confidence, learn ensemble skills, and integrate acting techniques, as we work to put together our performance of Aladdin Jr., which will be performed on May 17 at 7 pm. Class will take place from 4:30 - 5:30 pm every Tuesday. Additional classes and rehearsals will be held May 13 - 16 in the evening from 5 - 7 pm. There are new ways to be involved with this production! If you are looking to be involved in an onstage support role, or work with us backstage, we invite you to apply to be a part of our new volunteer program.

**No program on March 26**

**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	1/9 - 5/17	T	4:30 - 5:30pm	\$250.00

**💡 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 27**

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

Prog. #	Dates	Day	Time	Fee
2150	1/31 - 5/1	W	2:30 - 4:30pm	\$286.00

**💡 SKILL DEVELOPMENT**

**PARKOUR • 2010: 6 - 13 yrs. 2015: Age: 14 - 18 yrs.**

Come climb, run, and jump through creative obstacle courses! A certified instructor will work with you to learn basic skills mixed with movement activities such as strength, agility and safety.

**No program on March 27**

**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	1/31 - 5/1	W	4:30 - 5:30 pm	\$286.00
2015	1/31 - 5/1	W	5:30 - 6:30 pm	\$286.00

**💡 SKILL DEVELOPMENT**

**LEVEL UP GAMING • Age: 14 - 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 28**



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

Prog. #	Dates	Day	Time	Fee
2120	2/1 - 5/2	Th	6:30 - 7:30 pm	\$208.00

**SOCIAL CLUBS**

Come socialize with friends while going out and having fun! Join one of our 6 social clubs with the potential of grooving at the Valentine's Day Ball, creating canvas art, and catching a Chicago Wolves game live in action.

**For more details, see page 34.**



## SCHOOL AGE

### 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.

**No program on March 28**

**Group:** All Abilities

**Location:** Poplar Creek Bowl • Hoffman Estates

**Min/Max:** 4/10

**Ratio:** 1:1 to Independent

**Goals:** HW, M

Prog. #	Dates	Day	Time	Fee
2255	2/1 - 5/2	Th	3:30 - 5:30 pm	\$312.00

**Transportation:** Please indicate pick up and drop off location on registration.

**Fee:** \$65 one way, \$130 round trip

Transportation Location	Pick Up	Drop Off
Higgins Education Center	3:00 pm	None
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
NWSRA Park Central	None	6:00 pm

### SKILL DEVELOPMENT

#### TECH EXPLORERS • Age: 10 - 14 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 28**



**Group:** All Abilities & Siblings

**Location:** Rolling Meadows Community Center • Dream Lab

**Min/Max:** 4/8

**Ratio:** 1:4 to Independent

**Goals:** C, I

Prog. #	Dates	Day	Time	Fee
2110	2/1 - 5/2	Th	5:30 - 6:30 pm	\$208.00

### 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.

**No program on March 27**

**Group:** All Abilities

**Location:** Willow Recreation Center • Hoffman Estates

**Min/Max:** 4/8

**Ratio:** 1:1 to Independent

**Goals:** HW, M, P

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

### SKILL DEVELOPMENT

#### SPORT SAMPLER • Age: 10 - 14 yrs.

Join your peers and develop the skills to play various 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.

**No program on March 27**

**Group:** All Abilities

**Location:** Willow Recreation Center • Hoffman Estates

**Min/Max:** 4/8

**Ratio:** 1:1 to Independent

**Goals:** HW, M, P

Prog. #	Dates	Day	Time	Fee
2355	2/2 - 5/3	F	4:30 - 5:30 pm	\$195.00

### SOCIAL

#### SHOOTING STARS • 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 March 30 - April 13**

**Group:** All Abilities

**Location:** Arlington Ridge Center • Arlington Heights

**Min/Max:** 4/8

**Ratio:** 1:1 to Independent

**Goals:** M, SE

Prog. #	Dates	Day	Time	Fee
2770	2/3 - 5/4	Sa	9:00 - 11:00 am	\$252.00

### 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 March 30 and April 13**

**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	2/3 - 5/4	Sa	11:00 - 2:00 pm	\$372.00

**SOCIAL**

**DISTRICT TRAVELERS** • Age: 14 - 21 yrs.

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 lunch and drink. NWSRA reserves the right to determine an individual's readiness to participate in this traveling program.

**No program on March 30 and April 13**

**Group:** All Abilities

**Location:** Vogelei House • Hoffman Estates

**Min/Max:** 4/10

**Ratio:** 1:4 to Independent

**Goals:** CI, SE, I

Prog. #	Dates	Day	Time	Fee
2500	2/3 - 5/4	Sa	9:30 - 1:30 pm	\$480.00

**Transportation:** Please indicate pick up and drop off location on registration.

**Fee:** \$60 one way, \$120 round trip

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

**SKILL DEVELOPMENT**

**GYMNASTIC SKILLS** • Age: 6 - 10 yrs.

Not ready for the Lightning Gymnastics Team yet? In this program you will sharpen your skills in balance, core strength and coordination to meet your gymnastic goals and even make the Gymnastics Team.

**No program on April 1, 8, and 15**

**Group:** All Ambulatory

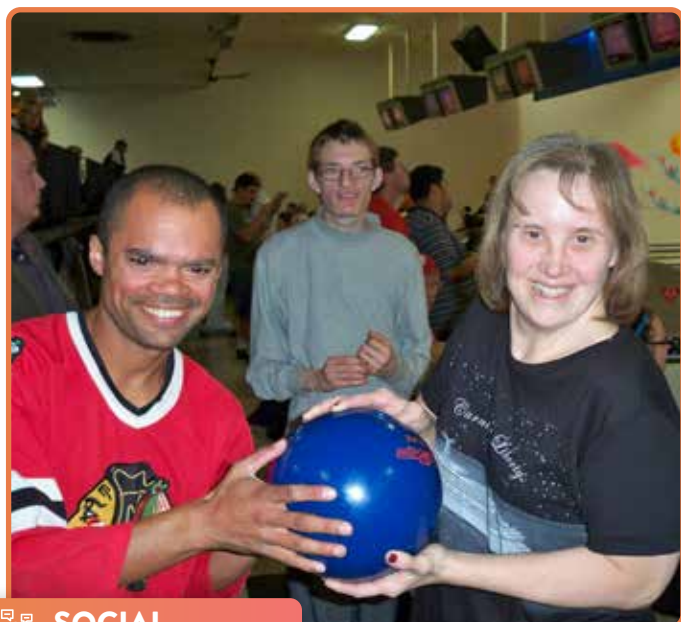
**Location:** Vogelei Barn • Hoffman Estates

**Min/Max:** 4/8

**Ratio:** 1:1 to Independent

**Goals:** M, P

Prog. #	Dates	Day	Time	Fee
2065	2/3 - 5/4	Sa	2:30 - 3:15pm	\$216.00



**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 District Travelers, the fee includes transportation to Spare Time Bowlers after program. If you did not need transportation, please add \$24 to your registration in order to have transportation to Spare Time Bowlers.

**No program on March 30 and April 13**

**Group:** All Abilities

**Location:** Bowlero • Mt. Prospect

**Min/Max:** 4/15

**Ratio:** 1:4 to Independent

**Goals:** M, SE, CI

Prog. #	Dates	Day	Time	Fee
2040	2/3 - 5/4	Sa	2:00 - 4:00 pm	\$300.00

**Transportation:** One way to or from the District Travelers

**Fee:** \$60





**HANGOUT**  
**FUN ACTIVITIES**  
**MEET NEW FRIENDS**



# SIBSHOPS

**AGES 5 TO 12 YEARS OLD**

Sibshops provides an opportunity for siblings of children with disabilities to meet other siblings and engage in peer support in a recreational setting!

Teens may volunteer as helpers. Max: 5  
Parent support group meets during program event



Registration forms can be found at [nwsra.org/sibshops](https://nwsra.org/sibshops)

For more information please contact Anita at [atrzebunia@nwsra.org](mailto:atrzebunia@nwsra.org) or 847/392-2848 ext. 250

# INCLUSION SERVICES

## WHAT IS INCLUSION?

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 maybe be needed for an individual with a disability to successfully participate in park district programs , 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,  
 independent  
 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 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 •  
 MT. 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**



## 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 - 39 yrs.

Join your friends each week at Reps to enjoy dinner and watch the current sporting events. Please bring money for food and drinks.

**No program on February 19 and March 25**

**Group:** All Abilities

**Location:** Reps Place • Rolling Meadows

**Min/Max:** 4/20

**Ratio:** 1:4 to Independent

**Goals:** SE, CI

Prog. #	Dates	Day	Time	Fee
3160	1/29 - 4/29	M	6:00 - 8:00 pm	\$192.00

### SOCIAL

#### **HAPPY HOUR** • Age: 40 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 February 19 and March 25**

**Group:** All Abilities

**Location:** Rolling Meadows Community Center • Rolling Meadows

**Min/Max:** 4/20

**Ratio:** 1:2 to Independent

**Goals:** HW, C, SE

Prog. #	Dates	Day	Time	Fee
3135	1/29 - 4/29	M	5:00 - 6:00pm	\$240.00

### SOCIAL

#### **MEDIA MEET UP** • Age: 21 - 39 yrs.

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 26**

**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	1/30 - 4/30	T	6:30 - 7:30 pm	\$221.00

### HEALTH AND WELLNESS

#### **MINDFULNESS MUSKETEERS** • Age: 40 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 26**

**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	1/30 - 4/30	T	5:30 - 6:30pm	\$221.00

### 1:1 THERAPY PROGRAMMING

Want to expand your mind through technology? 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.**

# ADULTS • AFTER DAY PROGRAM ACTIVITIES

## 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 February 19 and March 25**

**Group:** All Abilities

**Location:** 3010 Rec Plex • Mt. Prospect  
3015 Park Place • Streamwood

**Min/Max:** 4/15

**Ratio:** 1:4 to Independent

**Goals:** M, HW, SE

Prog. #	Dates	Day	Time	Fee
3010	1/29 - 4/29	M	4:00 - 6:00 pm	\$300.00
3015	1/29 - 4/29	M	4:00 - 6:00 pm	\$300.00

**Transportation Fee:** \$60 one way, \$120 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 27**

**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	1/31 - 5/1	W	4:00 - 6:00 pm	\$325.00

**Transportation Fee:** \$62 one way, \$130 round trip

**Transportation:** If you attend any of the 6 PURSUIT sites on the day you register for, NWSRA staff will ensure you are on the transportation route to the program location. If you are community member or do not attend PURSUIT on the day you registered, you can either drop/pick up at the program location or pay for transportation and utilize one of the locations below. Please note that priority will be for PURSUIT, Little City, Clearbrook clients already on the route due to attending the Day Program on that day. We can add you to those routes if seats are available on the bus. Please indicate on the registration form if you will need transportation both ways or just a pickup from Day Program or drop off at one of the six NWSRA programming sites or the NWSRA office after the program.

Transportation Location	Pick Up
Little City Country • Schaumburg	2:30 pm
Schaumburg Community Recreation Center	3:00 pm
Arlington Ridge Center	3:15 pm
Clearbrook Getz • Palatine	2:45 pm
Jack Claes Pavilion • Elk Grove	3:00 pm

## 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 26**

**Group:** All Abilities

**Location:** Vogelei House • Hoffman Estates

**Min/Max:** 4/15

**Ratio:** 1:1 to Independent

**Goals:** SE, C, I

Prog. #	Dates	Day	Time	Fee
3020	1/30 - 4/30	T	4:00 - 6:00 pm	\$325.00

**Transportation Fee:** \$65 one way, \$130 round trip

## SOCIAL

### FIT N' FUN

• Age: 21 yrs. & older

Spend a few hours with friends getting your fitness on while exploring ways to incorporate health and wellness into everyday activities. Bring a healthy snack and labeled water bottle.

**No program on March 28**

**Group:** All Abilities

**Location:** Jack Claes • Elk Grove Village

**Min/Max:** 4/15

**Ratio:** 1:1 to Independent

**Goals:** SE, C, I

Prog. #	Dates	Day	Time	Fee
3040	2/1 - 5/2	TH	4:00 - 6:00 pm	\$325.00

**Transportation Fee:** \$65 one way, \$130 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 29**

**Group:** All Abilities

**Location:** Bowlero • Mt Prospect

**Min/Max:** 4/20

**Ratio:** 1:2 to Independent

**Goals:** SE, P

Prog. #	Dates	Day	Time	Fee
3050	2/2 - 5/3	F	4:00 - 6:00 pm	\$325.00

**Transportation Fee:** \$65 one way, \$130 round trip

## ADULTS

### 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 27**

**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	1/31 - 5/1	W	10:00 - 12:00 pm	\$260.00

**Transportation:** Please indicate desired pick up/drop off location on the registration form.

**Fee:** \$78 one way door-to-door, \$156 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 27**

**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	1/31 - 5/1	W	1:00 - 2:00 pm	\$208.00

### 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 27**

**Group:** All Abilities

**Location:** Schaumburg Community Recreation Center

**Min/Max:** 4/8

**Ratio:** 1:1 to Independent

**Goals:** P, HW

Prog. #	Dates	Day	Time	Fee
3520	1/31 - 5/1	W	2:30 - 3:30 pm	\$234.00

**Transportation:** Fee: \$65 one way drop off

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

### SKILL DEVELOPMENT

#### BOOM BEATS • Age: 21 - 39 yrs.

Feel the rhythm, feel the rhyme, come on participants- it's Boom Beats time! This program will explore all types of hands on drumming and drum cultures.

**No program on March 27**

**Group:** All Abilities

**Location:** Rolling Meadows Community Center • Music Room

**Min/Max:** 4/10

**Ratio:** 1:2 to Independent

**Goals:** M, SE

Prog. #	Dates	Day	Time	Fee
9130	1/31 - 5/1	W	5:30 - 6:30 pm	\$195.00



### 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 27**

**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	1/31 - 5/1	W	6:00 - 7:30 pm	\$325.00

### 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 31 for virtual programs offerings.







**👥 SOCIAL**

**DINNER CLUB • Age: 21 yrs. & older**

Explore a different culture or style of cuisine through in-house cooking and restaurants. One local restaurant included in price. The menu will be sent out after the first week.

**No program on March 28**

**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	2/1 - 5/2	Th	4:00 - 6:00 pm	\$260.00

**Door-to-Door Transportation:** The Program Leader will contact participants two days before the start of the program to inform of transportation times.  
**Fee:** \$78 one way, \$156 round trip

**🏃 HEALTH AND WELLNESS**

**STAYING FIT • 3740 Age: 21 - 39 yrs.**

- 3750 Age: 40 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 28**

**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	2/1 - 5/2	Th	5:30 - 6:30 pm	\$208.00
3750	2/1 - 5/2	Th	6:30 - 7:30 pm	\$208.00

# ADULTS

## HEALTH AND WELLNESS

**WALK ACROSS AMERICA** • **3745** Age: 21 - 39 yrs.  
 • **3755** Age: 40 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 28**

**Group:** All Abilities

**Location:** Wheeling Community Recreation Center

**Min/Max:** 4/12

**Ratio:** 1:2 to Independent

**Goals:** HW, SE

Prog. #	Dates	Day	Time	Fee
3745	2/1 - 5/2	Th	5:30 - 6:30 pm	\$208.00
3755	2/1 - 5/2	Th	6:30 - 7:30 pm	\$208.00

## SOCIAL

**YOUNG ADULTS ROCKIN' THE BURBS** • Age: 21 - 39 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!

**Participant Expectations:** To engage 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.

**No program on March 28**

**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	2/1 - 5/2	Th	6:30 - 8:30 pm	\$312.00



## SOCIAL CLUBS

Come socialize with friends while going out and having fun! Join one of our 6 social clubs with the potential of grooving at the Valentine's Day Ball, creating canvas art, and catching a Chicago Wolves game live in action.

**For more details, see page 34.**



 **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.

**Participant Expectations:** To engage 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.

**No program on March 30 and April 13**

**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	2/3 - 5/4	Sa	9:30 - 1:30 pm	\$480.00

**Transportation:** Please indicate pick up and drop off location on registration.  
**Fee:** \$60 one way, \$120 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**

**LUNCH CREW** • Age: 21 yrs. & older

Bring your 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 March 30 and April 13**

**Group:** All Abilities  
**Location:** Wheeling Community Center • NWSRA Wing  
**Min/Max:** 4/8  
**Ratio:** 1:1 to Independent  
**Goals:** CI, SE

Prog. #	Dates	Day	Time	Fee
3600	2/3 - 5/4	Sa	10:30 - 12:30 pm	\$240.00

 **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 March 30 and April 13**

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

Prog. #	Dates	Day	Time	Fee
3090	2/3 - 5/4	Sa	12:30 - 2:00 pm	\$270.00

**SPECIAL EVENTS**

Not able to commit to a weekly program? Join us for a one day special event in the community! See page 40 for more details.



 **SOCIAL**

**VENTURE SQUAD** • Age: 21 yrs. & older

This program will be a combination of in-house activities and outings to improve independence, community awareness and s A schedule of activities will be distributed the first week. Ple labeled sack lunch and drink.

**Note:** NWSRA reserves the right to determine individuals readiness for travel on community outings.

**No program on March 30 and April 13**

**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	2/3 - 5/4	Sa	9:30 - 1:30 pm	\$480.00

**Transportation:** Please indicate pick up and drop off location on registration.  
**Fee:** \$60 one way, \$120 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: 21 yrs. & older

Come extend your day while socializing and bowling with friends after your Saturday program. If you selected transportation for 3550 or 3650, the fee includes transportation to Spare Time Bowlers. If you did not need transportation for 3550 or 3650 program, please add \$24 to your registration in order to have transportation from program to Spare Time Bowlers. Fee includes 3 games.

**No program on March 30 and April 13**

**Group:** All Abilities  
**Location:** Bowlero • Mt. Prospect  
**Min/Max:** 4/20  
**Ratio:** 1:2 to Independent  
**Goals:** M, HW

Prog. #	Dates	Day	Time	Fee
3140	2/3 - 5/4	Sa	2:00 - 4:00 pm	\$300.00

**Transportation:** One way from Community Travelers or Venture Squard  
**Fee:** \$60 one way

CELEBRATE ST. PATRICK'S DAY IN ROLLING MEADOWS!  
BACK BY POPULAR DEMAND

20<sup>TH</sup> ANNUAL



# ST. PATRICK'S DAY DINNER

SATURDAY, MARCH 9 | 5:30-10 PM

ROLLING MEADOWS PARK DISTRICT COMMUNITY CENTER  
3705 PHEASANT DRIVE

IRISH/AMERICAN DINNER | \$1,500 GRAND PRIZE RAFFLE | OPEN BAR

SCAN TO  
PURCHASE  
TICKETS



21 years and older

**HURRY!**  
TICKETS ARE LIMITED

**\$40**  
PER PERSON



Rolling  
Meadows  
Park District



**FUNDRAISER**



### WHAT IS SLSF?

Special Leisure Services Foundation (SLSF), a 501 (c) (3) non-profit foundation, is the fundraising arm of Northwest Special Recreation Association (NWSRA).

### MISSION STATEMENT

We exist to support children and adults with disabilities through philanthropy for Northwest Special Recreation Association.

### VISION STATEMENT

Maximizing all philanthropic opportunities to build a future that is diverse and inclusive by opening doors through innovative services and community opportunities.

### FOUNDATION DOLLARS PROVIDE:

- Transportation
- Programs
- Inclusion
- Scholarships
- Athletics

## How to Get Involved?

- **Be a Virtual Supporter** – Like and follow SLSF and NWSRA on all our social media platforms! Share our programs and fundraising events, invite your friends to like, follow, share, and attend!
- **Volunteer** – Be an event day volunteer for one of our many fundraising events, join an event committee, or volunteer at an NWSRA program with your business or organization.
- **Sponsor** – Sponsor an event or program as an individual or business and receive exposure through web, print, and social media.
- **Donate** – Donate your talent to an NWSRA program and expand participants’ skills, donate an item or service in-kind, or donate your treasure to making a lasting impact on the lives of individuals with disabilities through a one-time or a recurring monthly donation.

## Upcoming Events

**SUNDAY  
FEB 25** **Gold Medal Fashion Show**  
[www.slsf.me/gmfs](http://www.slsf.me/gmfs)

*Learn more*





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

#### **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 transportation from PURSUIT to the program

#### **Locations:**

- **Buffalo Grove Fitness Center**  
601 W Deerfield Parkway, Buffalo Grove
- **Hanover Park Community Center**  
1919 Walnut Avenue, Hanover Park
- **Hoffman Estates Vogelei House**  
650 W Higgins Road, Hoffman Estates
- **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

#### **Presented in collaboration with:**



For more information about Clearbrook, visit: [www.clearbrook.org](http://www.clearbrook.org)  
For more information about PURSUIT, visit: [www.nwsra.org/pursuit](http://www.nwsra.org/pursuit)

#### **Or contact:**

Katrina Wiegand at [kwiegand@nwsra.org](mailto:kwiegand@nwsra.org) or 847/392-2848, ext. 259  
Danielle Olson at [dolson@nwsra.org](mailto:dolson@nwsra.org) or 847/392-2848, ext. 228

**Scan the QR Code to Access the Interest Form**



Visit us online at [www.nwsra.org/pursuit](http://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](mailto:rhubsch@nwsra.org) if you do not receive 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 19 and March 25**

Group: All Abilities

Min: 4

Goals: C, I, SE

Prog. #	Dates	Day	Time	Fee
1410	1/29 - 4/29	M	9:00 - 10:00 am	\$60.00

### SOCIAL

#### TIKTOK TALK

Come ready to discuss your favorite social media trends on TikTok, Instagram, and Facebook! Learn and chat about fun #life hacks, trending dances, recipes, and more!

**No program on February 19 and March 25**

Group: All Abilities

Min: 4

Goals: SE, I

Prog. #	Dates	Day	Time	Fee
1415	1/29 - 4/29	M	6:30 - 7:30 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 26**

Group: All Abilities

Min: 4

Goals: HW, M, P



Prog. #	Dates	Day	Time	Fee
1420	1/30 - 4/30	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 26**

Group: All Abilities

Min: 4

Goals: HW, M, P



Prog. #	Dates	Day	Time	Fee
1425	1/30 - 4/30	T	6:30 - 7:30 pm	\$65.00

## VIRTUAL PROGRAMMING

### 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 27**

**Group:** All Abilities

**Min:** 4

**Goals:** SE, HW

Prog. #	Dates	Day	Time	Fee
1430	1/31 - 5/1	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 27**

**Group:** All Abilities

**Min:** 4

**Goals:** SE, C

Prog. #	Dates	Day	Time	Fee
1435	1/31 - 5/1	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 28**

**Group:** All Abilities

**Min:** 4

**Goals:** HW, M, P

Prog. #	Dates	Day	Time	Fee
1440	2/1 - 5/2	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 28**

**Group:** All Abilities

**Min:** 4

**Goals:** HW, C, SE

Prog. #	Dates	Day	Time	Fee
1445	2/1 - 5/2	Th	6:30 - 7:30 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 29**

**Group:** All Abilities

**Min:** 4

**Goals:** C, I, SE

Prog. #	Dates	Day	Time	Fee
1450	2/2 - 5/3	F	9:00 - 10:00 am	\$65.00

### SKILL DEVELOPMENT

#### EMPLOYEE BOUND

Be prepared to learn essential vocational skills to help transition into a meaningful job! Learn computer management, resume building, how to advocate for yourself in the work place, and other professional development skills to enhance your job outlook!

**No program on March 29**

**Group:** All Abilities

**Min:** 4

**Goals:** HW, M, P

Prog. #	Dates	Day	Time	Fee
1455	2/2 - 5/3	F	1:00 - 2:00 pm	\$65.00

### SOCIAL CLUBS

Come socialize with friends while going out and having fun! Join one of our 6 social clubs with the potential of grooving at the Valentine's Day Ball, creating canvas art, and catching a Chicago Wolves game live in action.

**For more details, see page 34.**







# 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



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



LIFECENTER Health & Fitness Club  
700 S Bartlett Road  
Bartlett



Buffalo Grove Fitness Center  
601 Deerfield Parkway  
Buffalo Grove



Central Community Center  
1000 Central Road  
Mount Prospect

RecPlex  
420 Dempster Street  
Mount Prospect



Palatine Community Center  
250 E Wood Street  
Palatine



Nelson Sports Complex  
3900 Owl Drive  
Rolling Meadows



Park Place Family Recreation Center  
550 S Park Boulevard  
Streamwood

# social clubs

## 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  
 \*\*In case of an emergency during the club events, call at 847/392-2848 and press 1 to connect with Manager on Call Phone

Prog #	Details	Date	Location	Fee*
101	<p><b>Crafts and Chocolate</b>                      Escape the cold weather and enjoy creating your own snow globe and having a warm cup of hot chocolate. Holiday snacks will be provided.  <b>Registration Deadline: Jan 19</b></p>	Friday Feb. 2 7:00 - 9:00 pm	<p><b>Rolling Meadows Community Center                      NWSRA Wing</b>                      3705 Pheasant Drive                      Rolling Meadows</p>	<p><b>\$23.00 without transportation                      \$33.00 with transportation</b></p> <p><b>Pick Up/Drop Off Locations</b>                      • Hanover Park CC                      • Buffalo Grove Fitness Center</p>
102	<p><b>Valentine's Day Ball</b>                      Love is in the air. Celebrate with great friends, good food, and a whole lot of music. Dinner and dancing will be provided.  <b>Registration Deadline: Jan 26</b></p>	Friday Feb. 9 7:00-9:00 pm	<p><b>Conyers Learning Academy</b>                      2800 W Central Road                      Rolling Meadows</p>	<p><b>\$27.00 without transportation                      \$37.00 with transportation</b></p> <p><b>Pick Up/Drop Off Locations</b>                      • Hanover Park CC                      • Buffalo Grove Fitness Center</p>
103	<p><b>That's How We Roll</b>                      Enjoy playing bocce ball with friends! We will play two hours worth of bocce.  <b>Registration Deadline: Feb 16</b></p>	Friday Mar. 1 7:00-9:00 pm	<p><b>Pinstripes South Barrington</b>                      100 W Higgins Road South                      Barrington</p>	<p><b>\$42.00 without transportation                      \$52.00 with transportation</b></p> <p><b>Pick Up/Drop Off Locations</b>                      • Hanover Park CC                      • Buffalo Grove Fitness Center</p>
104	<p><b>WINGO!</b>                      Play bingo with one hand, eat chicken wings with the other! We will be playing bingo for 2 hours and eating wings. Light refreshments will also be provided.  <b>Registration Deadline: Feb 16</b></p>	Friday Mar. 8 7:00 - 9:00 pm	<p><b>Park Central Banquet Hall</b>                      3000 W Central Road                      Rolling Meadows</p>	<p><b>\$25.00 without transportation                      \$35.00 with transportation</b></p> <p><b>Pick Up/Drop Off Locations</b>                      • Buffalo Grove Fitness Center                      • Hanover Park CC</p>
105	<p><b>Tour of Italy</b>                      We'll enjoy the delicious Italian food and enjoy each other's company at Olive Garden. An entrée and beverage will be included.  <b>Registration Deadline: March 8th</b></p>	Friday Mar. 22 7:00-9:00 pm	<p><b>Olive Garden</b>                      1925 E Golf Road                      Schaumburg</p>	<p><b>\$42.00 without transportation                      \$52.00 with transportation</b></p> <p><b>Pick Up/Drop Off Locations</b>                      • Buffalo Grove Fitness Center                      • NWSRA Park Central</p>
106	<p><b>Cozy Dreams Cinema</b>                      Get ready to slip into your coziest pajamas, grab your favorite snacks, and join us for a PJ Party like no other. It's all about relaxation, laughter, and making memories as we come together for a movie night you won't forget.  <b>Registration Deadline: Feb 23</b></p>	Friday Apr. 12 7:00-9:00 pm	<p><b>Vogelei House</b>                      650 W Higgins Road                      Hoffman Estates</p>	<p><b>\$19.00 without transportation                      \$29.00 with transportation</b></p> <p><b>Pick Up/Drop Off Locations</b>                      • Buffalo Grove Fitness Center                      • NWSRA Park Central</p>

Transportation pick up/drop off times will be communicated one week prior.

# T.G.I.F

**Goals:** CI, SE  
**Ages:** 22 - 35 yrs.  
**Group:** ID  
**Ratio:** 1:10 to Independent  
**Min/Max:** 5/20

**PLEASE NOTE:**  
 \*Include pick up location on registration form  
 \*\*In case of an emergency during the club events, call at 847/392-2848 and press 1 to connect with Manager on Call Phone

Prog #	Details	Date	Location	Fee*
201	<b>Crafts and Chocolate</b> Escape the cold weather and enjoy creating your own snow globe and having a warm cup of hot chocolate. Holiday snacks will be provided. <b>Registration Deadline: Jan 19</b>	Friday Feb. 2 7:00 - 9:00 pm	<b>Rolling Meadows Community Center NWSRA Wing</b> 3705 Pheasant Drive Rolling Meadows	<b>\$23.00 without transportation \$33.00 with transportation</b>  <b>Pick Up/Drop Off Locations</b> • Hanover Park CC • Buffalo Grove Fitness Center
202	<b>Valentine's Day Ball</b> Love is in the air. Celebrate with great friends, good food, and a whole lot of music. Dinner and dancing will be provided. <b>Registration Deadline: Jan 26</b>	Friday Feb. 9 7:00-9:00 pm	<b>Conyers Learning Academy</b> 2800 W Central Road Rolling Meadows	<b>\$27.00 without transportation \$37.00 with transportation</b>  <b>Pick Up/Drop Off Locations</b> • Hanover Park CC • Buffalo Grove Fitness Center
203	<b>That's How We Roll</b> Enjoy playing bocce ball with friends! We will play two hours worth of bocce. <b>Registration Deadline: Feb 16</b>	Friday Mar. 1 7:00-9:00 pm	<b>Pinstripes South Barrington</b> 100 W Higgins Road South Barrington	<b>\$42.00 without transportation \$52.00 with transportation</b>  <b>Pick Up/Drop Off Locations</b> • Hanover Park CC • Buffalo Grove Fitness Center
204	<b>WINGO!</b> Play bingo with one hand, eat chicken wings with the other! We will be playing bingo for 2 hours and eating wings. Light refreshments will also be provided. <b>Registration Deadline: Feb 16</b>	Friday Mar. 8 7:00 - 9:00 pm	<b>Park Central Banquet Hall</b> 3000 W Central Road Rolling Meadows	<b>\$25.00 without transportation \$35.00 with transportation</b>  <b>Pick Up/Drop Off Locations</b> • Buffalo Grove Fitness Center • Hanover Park CC
205	<b>Tour of Italy</b> We'll enjoy the delicious Italian food and enjoy each other's company at Olive Garden. An entrée and beverage will be included. <b>Registration Deadline: March 8th</b>	Friday Mar. 22 7:00-9:00 pm	<b>Olive Garden</b> 1925 E Golf Road Schaumburg	<b>\$42.00 without transportation \$52.00 with transportation</b>  <b>Pick Up/Drop Off Locations</b> • Buffalo Grove Fitness Center • NWSRA Park Central
206	<b>Cozy Dreams Cinema</b> Get ready to slip into your coziest pajamas, grab your favorite snacks, and join us for a PJ Party like no other. It's all about relaxation, laughter, and making memories as we come together for a movie night you won't forget. <b>Registration Deadline: Feb 23</b>	Friday Apr. 12 7:00-9:00 pm	<b>Vogelei House</b> 650 W Higgins Road Hoffman Estates	<b>\$19.00 without transportation \$29.00 with transportation</b>  <b>Pick Up/Drop Off Locations</b> • Buffalo Grove Fitness Center • NWSRA Park Central

**Transportation pick up/drop off times will be communicated one week prior.**

# SHINING STARS

**Goals:** CI, SE  
**Ages:** 22 yrs. & older  
**Group:** ID  
**Ratio:** 1:1 to 1:4  
**Min/Max:** 5/20

**PLEASE NOTE:**

\*Include pick up location on registration form  
 \*\*In case of an emergency during the club events, call at 847/392-2848 and press 1 to connect with Manager on Call Phone

Prog #	Details	Date	Location	Fee*
301	<p><b>Valentine's Day Ball</b>                      Love is in the air. Celebrate with great friends, good food, and a whole lot of music. Dinner and dancing will be provided.  <b>Registration Deadline: Jan 26</b></p>	Friday Feb. 9 7:00 - 9:00 pm	<p><b>Conyers Learning Academy</b>                      2800 W Central Road                      Rolling Meadows</p>	<p><b>\$27.00 without transportation</b>  <b>\$37.00 with transportation</b></p> <p><b>Pick Up/Drop Off Locations</b>                      • Hanover Park CC                      • Wheeling CRC</p>
302	<p><b>Ugly Sweater Party</b>                      Join us for an evening filled with laughter, creativity, and holiday spirit. Embrace your inner chef and craft your own cookie masterpiece, all while in your most hideously stylish sweaters. And don't forget to savor a cup of steaming hot chocolate to keep you warm on this chilly night.  <b>Registration Deadline: Feb 9</b></p>	Friday Feb. 23 7:00 - 9:00 pm	<p><b>Rolling Meadows Community Center                      NWSRA Wing</b>                      3705 Pheasant Drive                      Rolling Meadows</p>	<p><b>\$19.00 without transportation</b>  <b>\$29.00 with transportation</b></p> <p><b>Pick Up/Drop Off Locations</b>                      • Hanover Park CC                      • Wheeling CRC</p>
303	<p><b>Cozy Dreams Cinema</b>                      Get ready to slip into your coziest pajamas, grab your favorite snacks, and join us for a PJ Party like no other. It's all about relaxation, laughter, and making memories as we come together for a movie night you won't forget.  <b>Registration Deadline: Feb 23</b></p>	Friday Mar. 8 7:00-9:00 pm	<p><b>Marvin S. Weiss Community Center</b>                      1500 E Euclid Ave                      Mt. Prospect</p>	<p><b>\$16.00 without transportation</b>  <b>\$26.00 with transportation</b></p> <p><b>Pick Up/Drop Off Locations</b>                      • Hanover Park CC                      • Wheeling CRC</p>
304	<p><b>WINGO</b>                      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 prizes.  <b>Registration Deadline: March 8</b></p>	Friday Mar. 22 7:00-9:00 pm	<p><b>Park Central Banquet Hall</b>                      3000 W Central Road                      Rolling Meadows</p>	<p><b>\$25.00 without transportation</b>  <b>\$35.00 with transportation</b></p> <p><b>Pick Up/Drop Off Locations</b>                      • Hanover Park CC                      • Wheeling CRC</p>
305	<p><b>Brushes and Blooms</b>                      A gardening event that combines artistic expression with the joy of nurturing nature. Join us for a night of creativity and green-thumb fun as we paint pots and plant seeds to welcome Spring with your own personal touch.  <b>Registration Deadline: March 22</b></p>	Friday Apr. 5 7:00-9:00 pm	<p><b>Rolling Meadows Community Center                      NWSRA Wing</b>                      3705 Pheasant Drive                      Rolling Meadows</p>	<p><b>\$23.00 without transportation</b>  <b>\$33.00 with transportation</b></p> <p><b>Pick Up/Drop Off Locations</b>                      • Hanover Park CC                      • Wheeling CRC</p>
306	<p><b>Pizza Palooza</b>                      The ultimate pizza party experience that will leave your taste buds dancing and your heart satisfied. Join us for a delicious pizza party paired with a board game extravaganza.  <b>Registration Deadline: April 5</b></p>	Friday Apr. 19 7:00-9:00 pm	<p><b>Plum Grove Park</b>                      4001 Park Drive                      Palatine</p>	<p><b>\$22.00 without transportation</b>  <b>\$32.00 with transportation</b></p> <p><b>Pick Up/Drop Off Locations</b>                      • Hanover Park CC                      • Wheeling CRC</p>

**Transportation pick up/drop off times will be communicated one week prior.**

# 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

\*\*In case of an emergency during the club events, call at 847/392-2848 and press 1 to connect with Manager on Call Phone

Prog #	Details	Date	Location	Fee*
601	<b>Valentine's Day Ball</b> 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 Conyers Learning Academy and dance the night away at our 2024 Valentine's Ball. <b>Registration Deadline: Jan 26</b>	Friday Feb. 9 7:00 - 9:00 pm	<b>Conyers Learning Academy</b> 2800 W Central Road Rolling Meadows	<b>\$27.00 without transportation</b> <b>\$37.00 with transportation</b>  <b>Pick Up/Drop Off Locations</b> <ul style="list-style-type: none"> <li>• Hanover Park CC</li> <li>• Buffalo Grove Fitness Center</li> </ul>
602	<b>Paint 'N Sip</b> Feeling artsy? Get your hands dirty and make some lovely paintings while enjoying your mocktails! <b>Registration Deadline: Feb 9</b>	Friday Feb. 23 7:00 - 9:00 pm	<b>Rolling Meadows Community Center, NWSRA Wing</b> 3705 Pheasant Drive Rolling Meadows	<b>\$23.00 without transportation</b> <b>\$35.00 with transportation</b>  <b>Pick Up/Drop Off Locations</b> <ul style="list-style-type: none"> <li>• Buffalo Grove Fitness Center</li> <li>• Hanover Park CC</li> </ul>
603	<b>Brackets and BINGO</b> Get excited for BINGO and March Madness! Pick your favorite teams, chat about Basketball, and play some BINGO! <b>Registration Deadline: Feb 16</b>	Friday Mar. 1 7:00-9:00 pm	<b>Rolling Meadows Park Central Banquet Hall</b> 3000 Central Rd. Rolling Meadows	<b>\$32.00 without transportation</b> <b>\$42.00 with transportation</b>  <b>Pick Up/Drop Off Locations</b> <ul style="list-style-type: none"> <li>• Buffalo Grove Fitness Center</li> <li>• Hanover Park CC</li> </ul>
604	<b>Flights and Bites</b> Join us for dinner and watch planes and your hunger take off! An entree and beverage will be included. <b>Registration Deadline: Feb 23</b>	Friday Mar. 8 7:00-9:00 pm	<b>Pilot Pete's</b> 905 W Irving Park Road Schaumburg	<b>\$37.00 without transportation</b> <b>\$47.00 with transportation</b>  <b>Pick Up/Drop Off Locations</b> <ul style="list-style-type: none"> <li>• Buffalo Grove Fitness Center</li> <li>• Park Central</li> </ul>
605	<b>Unsolved Files</b> Dig through police reports, suspect photos, witness statements and more as we crack the case on an unsolved mystery. Put your brain to the test as we work together to solve the case in under two hours! <b>Registration Deadline: Mar 8</b>	Friday Mar. 22 7:00-9:00 pm	<b>Hanover Park Community Center, NWSRA Wing</b> 1919 Walnut Ave Hanover Park	<b>\$25.00 without transportation</b> <b>\$35.00 with transportation</b>  <b>Pick Up/Drop Off Locations</b> <ul style="list-style-type: none"> <li>• Buffalo Grove Fitness Center</li> <li>• Park Central</li> </ul>
606	<b>Balls and Stripes</b> Come Join us at Pinstripes for a night out with friends! Get ready for two hours of competitive bocce ball! Please bring additional money for food and drink, if desired. <b>Registration Deadline: Mar 22</b>	Friday Apr. 5 7:00-9:00 pm	<b>Pinstripes South Barrington</b> 100 W Higgins Road South Barrington	<b>\$32.00 without transportation</b> <b>\$42.00 with transportation</b>  <b>Pick Up/Drop Off Locations</b> <ul style="list-style-type: none"> <li>• Park Central</li> <li>• Buffalo Grove Fitness Center</li> </ul>

Transportation pick up/drop off times will be communicated one week prior.

# 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  
 \*\*In case of an emergency during the club events, call at 847/392-2848 and press 1 to connect with Manager on Call Phone

Prog #	Details	Date	Location	Fee*
401	<b>Paint &amp; Sip</b> Bring out your creative side and get ready for some mocktails and painting! <b>Registration Deadline: January 19</b>	Friday Feb. 2 7:00 - 9:00 pm	<b>Hanover Park Community Center NWSRA Wing</b> 1919 Walnut Avenue Hanover Park	\$23.00 without transportation \$35.00 with door-to-door transportation
402	<b>Valentines Dance</b> Wear your heart on your sleeve and join cupid on the dance floor for a night of fun and music! Dinner provided. <b>Registration Deadline: Feb 2</b>	Friday Feb. 16 7:00 - 9:00 pm	<b>Park Central Banquet Hall</b> 3000 W Central Road Rolling Meadows	\$27.00 without transportation \$39.00 with door-to-door transportation
403	<b>Another One Bites the Crust</b> Come hungry and leave full of pizza! Socialize with friends and eat a tasty dinner. A drink and entrée will be provided. <b>Registration Deadline: Feb 16</b>	Friday Mar. 1 7:00-9:00 pm	<b>Moretti's</b> 1893 Walden Office Square Schaumburg	\$42.00 without transportation \$54.00 with door-to-door transportation
404	<b>Chicago Wolves</b> Pucks flying in the air, Buzzers screaming! Who do you think will win, Chicago Wolves or Manitoba Moose?! <b>Registration Deadline: Mar 1</b>	Friday Mar. 15 7:00-9:00 pm	<b>Allstate Arena</b> 6920 Mannheim Road Rosemont	\$37.00 without transportation \$49.00 with door-to-door transportation
405	<b>Got Bocce?</b> Come out and enjoy a night playing bocce with friends! Please bring additional money for food if desired. <b>Registration Deadline: Mar 8</b>	Friday Mar. 22 7:00-9:00 pm	<b>Pinstripes South Barrington</b> 100 W Higgins Road South Barrington	\$42.00 without transportation \$54.00 with door-to-door transportation
406	<b>The Great Bake Off</b> Put on your aprons and get ready to bake and decorate! Spend the night with friends making spring themed cookies! <b>Registration Deadline: Apr 14</b>	Friday Apr. 12 7:00-9:00 pm	<b>Plum Grove Park</b> 4001 Park Drive Palatine	\$19.00 without transportation \$31.00 with door-to-door transportation

Transportation pick up/drop off times will be communicated one week prior.

# 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  
 \*\*In case of an emergency during the club events, call at 847/392-2848 and press 1 to connect with Manager on Call Phone

Prog #	Details	Date	Location	Fee*
501	<b>Movie Playoffs</b> Who needs football brackets when you can have a football movie bracket? Join the fun in voting on which classic football movie to watch during the football playoffs. Snacks provided. <b>Registration Deadline: Jan 19</b>	Friday Feb. 2 7:00 - 9:00 pm	<b>Teen Center</b> 3000 W Central Road Rolling Meadows	<b>\$16.00</b> without transportation <b>\$28.00</b> with door-to-door transportation
502	<b>Valentines Bash</b> Wear your heart on your sleeve and join cupid on the dance floor for a night of fun and music! Dinner provided. <b>Registration Deadline: Feb 2</b>	Friday Feb. 16 7:00 - 9:00 pm	<b>Plum Grove Park</b> 4001 Park Drive Palatine	<b>\$27.00</b> without transportation <b>\$39.00</b> with door-to-door transportation
503	<b>A Piece of History</b> Celebrate and learn about Black history during Black history month all while making and of course eating some pie! <b>Registration Deadline: Feb 9</b>	Friday Feb. 23 7:00-9:00 pm	<b>Rolling Meadows Community Center</b> 3705 Pheasant Drive Rolling Meadows	<b>\$20.00</b> without transportation <b>\$32.00</b> with door-to-door transportation
504	<b>Wolves Game</b> Pucks flying in the air, Buzzers screaming! Who do you think will win, Chicago Wolves or Manitoba Moose?! <b>Registration Deadline: Mar 1</b>	Friday Mar. 15 7:00-9:00 pm	<b>Allstate Arena</b> 6920 Mannheim Road Rosemont	<b>\$37.00</b> without transportation <b>\$49.00</b> with door-to-door transportation
505	<b>Mystery Night</b> Dress as your favorite Detective and join us in this puzzling experience of a pizza dinner and an unsolved mystery. Can you find all the clues and solve the case? <b>Registration Deadline: Mar 22</b>	Friday Apr. 5 7:00-9:00 pm	<b>Teen Center</b> 3000 W Central Road Rolling Meadows	<b>\$25.00</b> without transportation <b>\$37.00</b> with door-to-door transportation
636	<b>Highland Games</b> The Highland Games are a-foot! Come test your strength and wit, kilts optional! <b>Registration Deadline: Apr 5</b>	Friday Apr. 19 7:00-9:00 pm	<b>Rolling Meadows Community Center Parking Lot*</b> 3705 Pheasant Drive, Rolling Meadows  <b>*Weather Alternative: Inside RMCC</b>	<b>\$15.00</b> without transportation <b>\$27.00</b> with door-to-door transportation

Transportation pick up/drop off times will be communicated one week prior.

# 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

### WINTER CARNIVAL • Age: 3 - 13 yrs.

Join us as we go to a Carnival hosted by the Prospect Heights park district. The Carnival will have winter themed games, prizes, and loads more. After the Carnival we will go to an indoor pool for some swimming. Please bring swim suit, towel and sack lunch. Groups will be split up by age.

**Group:** All Abilities

**Location:** Gary Morava • Prospect Heights

**Min/Max:** 4/8

**Ratio:** 1:1 to independent

**Goals:** C, I

Prog. #	Date	Day	Time	Fee
6140	1/15	M	10:00 - 3:00 pm	\$50.00

**Transportation Fee:** \$10

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

### BILLARDS & DARTS • Age: 14 yrs. & older

Calling all sports fans! We will be heading to Fox and Hound to watch live sporting events and play games with friends! Test your skills at giant Jenga, darts, pool, and shuffleboard, bags, and ping pong! Please bring additional money for food and drinks if desired. Groups will be split up by age

**Group:** All Abilities

**Location:** Fox and Hound • Schaumburg

**Min/Max:** 5/15

**Ratio:** 1:4 to independent

**Goals:** CI, SE

Prog. #	Date	Day	Time	Fee
6160	1/15	M	11:30 - 3:30 pm	\$60.00

**Transportation Fee:** \$10

Transportation Location	Pick Up	Drop Off
Gary Morava • Prospect Heights	11:00 am	4:30 pm
Alcott Center • Buffalo Grove	10:30 am	4:00 pm

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

Get ready to spark curiosity and creativity through play at the Kohl's Childrens Museum. Afterwards, we will be going swimming at the Arlington Ridge Center. Please bring a sack lunch, swimsuit and a towel.

**Group:** All Abilities

**Location:** Kohl's Childrens Museum

**Min/Max:** 4/8

**Ratio:** 1:1 to independent

**Goals:** CI, P, S

Prog. #	Date	Day	Time	Fee
6060	2/19	M	10:00- 3:00 pm	\$65.00

**Transportation Fee:** \$10

Transportation Location	Pick Up	Drop Off
NWSRA Park Central • Rolling Meadows	9:00 am	3:45 pm
Gary Morava • Prospect Heights	9:30 am	3:15 pm

### WINTER WONDERLAND • Age: 8 - 21yrs.

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. Please pack a sack lunch. Groups will be split by age.

**Group:** All Abilities

**Location:** Villa Olivia & Hanover Park Community Center

**Min/Max:** 5/10

**Ratio:** 1:2 to independent

**Goals:** CI, I, S

Prog. #	Date	Day	Time	Fee
6070	2/19	M	10:00 - 3:00 pm	\$75.00

**Transportation Fee:** \$10

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

### ARCADE & STRIKES • Age: 21 yrs. & older

Join us for a day filled with fun! Bowling, arcade games and more! Fee includes game card and bowling. Please bring additional money for food and drinks if desired.

**Group:** All Abilities

**Location:** Enterrium Arcade • Schaumburg

**Min/Max:** 5/10

**Ratio:** 1:1 to independent

**Goals:** CI, I, C

Prog. #	Date	Day	Time	Fee
6195	2/19	M	12:00 - 4:00 pm	\$55.00

**Transportation Fee:** \$10

Transportation Location	Pick Up	Drop Off
Hanover Park Community Center	11:45 am	5:00 pm
Buffalo Grove Fitness Center	11:45 am	4:30 pm



**CHICAGO BULLS VS ATLANTA HAWKS • Age: 21 yrs. & older**

Don't miss out this year as the Bulls take on the Atlanta Hawks. This event is popular so sign up quick! Limited accessible seating available and some seats will require ability to navigate steps. If food or souvenirs are desired, please bring additional money.

**Group:** All Abilities  
**Location:** United Center • Chicago  
**Min/Max:** 5/20  
**Ratio:** 1:4 to independent  
**Goals:** Cl, I, S

Prog. #	Date	Day	Time	Fee
6210	4/1	M	6:00 - 9:00 pm	\$100.00

**Transportation Fee:** \$10

Transportation Location	Pick Up	Drop Off
NWSRA Park Central • Rolling Meadows	4:30 pm	10:30 pm

**TEEN NIGHT OUT • Age: 14 - 21 yrs.**

Get ready to experience a thrilling round of mini golf like never before! Just grab a putter and a neon ball and prepare to be transported into a world of magical glow-in-the-dark golfing. After golfing out to dinner to continue the magical adventure with your friends. Please bring additional money for food and drinks if desired. .

**Group:** All Abilities  
**Location:** Enchanted Castle  
**Min/Max:** 5/10  
**Ratio:** 1:2 to Independent  
**Goals:** Cl, S

Prog. #	Date	Day	Time	Fee
6171	4/19	F	6:00 - 9:00 pm	\$50.00

**Transportation Fee:** \$10

Transportation Location	Pick Up	Drop Off
NWSRA Park Central • Rolling Meadows	5:30 pm	9:30 pm

**PARENT'S NIGHT OUT • Age: 13 yrs. & under**

Parents take the night off and hit the town as your kids join us for some Spring themed fun and games Children should eat dinner before the event.

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

Prog. #	Date	Day	Time	Fee
6300	5/3	F	5:30 - 8:30 pm	\$35.00

**CHICAGO WOLVES GAME • Age: 21 yrs. & older**

Join us to watch the Chicago wolves take on the Rockford Icehogs for some exciting ice hockey entertainment! Please bring additional money for food and drinks if desired.

**Group:** All Abilities  
**Location:** Allstate Arena • Rosemont  
**Min/Max:** 5/15  
**Ratio:** 1:4 to independent  
**Goals:** Cl, SE

Prog. #	Date	Day	Time	Fee
6896	3/9	Sa	7:00 - 10:00 pm	\$70.00

**Transportation Fee:** \$10

Transportation Location	Pick Up	Drop Off
NWSRA Park Central • Rolling Meadows	5:30 pm	10:30 pm

**MUSICAL AT CUTTING HALL • Age: 21 yrs. & older**

Come and Join us and we go to see the musical comedy "Putnam County Spelling Bee" that will sure leave you laughing at the edge of your seat.

**Group:** All Abilities  
**Location:** Cutting Hall Performing Arts Center  
**Min/Max:** 5/15  
**Ratio:** 1:4 to independent  
**Goals:** Cl, SE

Prog. #	Date	Day	Time	Fee
6856	3/10	Su	3:00 - 5:30 pm	\$55.00

**Transportation Fee:** \$10

Transportation Location	Pick Up	Drop Off
Hanover Park Community Center	2:00 pm	6:00 pm

**SHORT TRIPS • 9020 ID Age: 21 yrs. & older**  
**• 9030 PV Age: 21 yrs. & older**

Come join your friends on a weekend get away to New Buffalo, MI. Bus will leave Thursday morning and return Saturday night.

**Group:** All Abilities  
**Location:** New Buffalo, Michigan  
**Min/Max:** 5/15  
**Ratio:** 1:4 to independent

Prog. #	Date	Fee
9020	May 9 - 11	\$850.00
9030	May 9 - 11	\$850.00

**Please Note: All special events will accept registrations until 2 weeks prior to each event.**



### 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](mailto: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



### 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 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 Cold Weather

- Outdoor programs:  
0° or/in combination with wind chill of 0° or less.
- Programs with transportation:  
For non-ambulatory routes: 0° or/in combination with wind chill of -10° or less.  
For ambulatory routes: Temperature range of -10° or/in combination with wind chill of -20° or less.
- All programs (including indoor):  
Snowstorm situations when driving restrictions (winter storm or blizzard warning in which authorities have advised not going out unless necessary) and emergency accident plans (state and local police) are in effect.

#### Program Cancellation - Severe Weather

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

### 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.

### TRADUCTOR QUE HABLA ESPAÑOLA

Un traductor que habla Español está disponible bajo petición, para ayudar con la registro. Por favor llame a Daniel al 847/392-2848, ext. 232 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 pickup 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 participant 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.

### AUTOMATIC WITHDRAWAL

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. The grid below outlines the dates in which payments will be automatically withdrawn for each registration season. The registrant must provide a valid credit card. It is understood that amounts will be withdrawn according to the dates designated below:

SEASON	1/3 of amount withdrawn	Second 1/3 of amount withdrawn	Third 1/3 of amount withdrawn
Winter/Spring	Reg. Deadline	February 1	March 1
Day Camp	Reg. Deadline	June 1	July 1
Summer	Reg. Deadline	June 1	July 1
Fall	Reg. Deadline	October 1	November 1

### 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.

#### 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.



## 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:



Scan here to  
register online



- 1 Visit [www.nwsra.org/brochure](http://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](mailto: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](mailto: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 \_\_\_\_\_  
 Check this box to opt-in to text communication

**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 \_\_\_\_\_  
 Check this box to opt-in to text communication

EMERGENCY CONTACT	NAME OF AUTHORIZED INDIVIDUALS FOR PICKUP	PHONE NUMBER(S)
<input type="checkbox"/> YES <input type="checkbox"/> NO		
<input type="checkbox"/> YES <input type="checkbox"/> NO		
<input type="checkbox"/> YES <input type="checkbox"/> 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.*

For enhanced safety measures, photos will be required for all participants in programming. If you have not submitted a photo previously, please email it to [office@nwsra.org](mailto:office@nwsra.org)

# 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
		<input type="checkbox"/> YES <input type="checkbox"/> NO					
		<input type="checkbox"/> YES <input type="checkbox"/> NO					
		<input type="checkbox"/> YES <input type="checkbox"/> NO					
		<input type="checkbox"/> YES <input type="checkbox"/> NO					
		<input type="checkbox"/> YES <input type="checkbox"/> NO					
		<input type="checkbox"/> YES <input type="checkbox"/> NO					
		<input type="checkbox"/> YES <input type="checkbox"/> NO					
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		<input type="checkbox"/> YES <input type="checkbox"/> NO					
		<input type="checkbox"/> YES <input type="checkbox"/> NO					
		<input type="checkbox"/> YES <input type="checkbox"/> NO					
		<input type="checkbox"/> YES <input type="checkbox"/> NO					
		<input type="checkbox"/> YES <input type="checkbox"/> 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:

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

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](mailto: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	
<input type="checkbox"/> Seeks	<input type="checkbox"/> Avoids	<input type="checkbox"/> Seeks	<input type="checkbox"/> Avoids	<input type="checkbox"/> Seeks	<input type="checkbox"/> Avoids	<input type="checkbox"/> Seeks	<input type="checkbox"/> Avoids	<input type="checkbox"/> Seeks	<input type="checkbox"/> 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:

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Wander or leaves the group            | <input type="checkbox"/> Has specific triggers, list below       | <input type="checkbox"/> Physically/Verbally aggressive (circle one or both)      |
| <input type="checkbox"/> Will ask for assistance when needed   | <input type="checkbox"/> Has Behavior Plan                       | <input type="checkbox"/> Will take others belongings or food (circle one or both) |
| <input type="checkbox"/> Easily distracted/difficulty focusing | <input type="checkbox"/> Runs away/flight risk                   | <input type="checkbox"/> Exhibits self-injurious behaviors, list below            |
| <input type="checkbox"/> Recognizes danger                     | <input type="checkbox"/> Unable to communicate needs             | <input type="checkbox"/> Typical Personality _____                                |
| <input type="checkbox"/> Anxiety when separated from family    | <input type="checkbox"/> Has specific fears/concerns, list below | <input type="checkbox"/> 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](mailto: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	<input type="checkbox"/> YES <input type="checkbox"/> NO	TAKE AT PROGRAM	<input type="checkbox"/> YES <input type="checkbox"/> NO
REFRIGERATION NEEDED	<input type="checkbox"/> YES <input type="checkbox"/> NO	REFRIGERATION NEEDED	<input type="checkbox"/> YES <input type="checkbox"/> NO
DISPENSING INSTRUCTIONS		DISPENSING INSTRUCTIONS	
SIDE EFFECTS		SIDE EFFECTS	

NAME OF MEDICATION		NAME OF MEDICATION	
DESCRIPTION		DESCRIPTION	
DOSAGE		DOSAGE	
TIME		TIME	
TAKE AT PROGRAM	<input type="checkbox"/> YES <input type="checkbox"/> NO	TAKE AT PROGRAM	<input type="checkbox"/> YES <input type="checkbox"/> NO
REFRIGERATION NEEDED	<input type="checkbox"/> YES <input type="checkbox"/> NO	REFRIGERATION NEEDED	<input type="checkbox"/> YES <input type="checkbox"/> NO
DISPENSING INSTRUCTIONS		DISPENSING INSTRUCTIONS	
SIDE EFFECTS		SIDE EFFECTS	

NAME OF MEDICATION		NAME OF MEDICATION	
DESCRIPTION		DESCRIPTION	
DOSAGE		DOSAGE	
TIME		TIME	
TAKE AT PROGRAM	<input type="checkbox"/> YES <input type="checkbox"/> NO	TAKE AT PROGRAM	<input type="checkbox"/> YES <input type="checkbox"/> NO
REFRIGERATION NEEDED	<input type="checkbox"/> YES <input type="checkbox"/> NO	REFRIGERATION NEEDED	<input type="checkbox"/> YES <input type="checkbox"/> 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

<b>Participant's Full Name:</b>	<b>Date Completed:</b>
<b>Person Completing the Form:</b>	<b>Relationship to Participant:</b>

**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.

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SIGNATURE OF PARENT/GUARDIAN: \_\_\_\_\_ DATE: \_\_\_\_\_

PRINTED NAME OF PARENT/GUARDIAN: \_\_\_\_\_



# WHERE WORK MEETS PLAY

# JOIN US AT NWSRA

NWSRA is always looking for AMAZING people to join the team! Whether you have experience working with people with disabilities or this is your experience, we would love to chat with you! If you are looking for a meaningful job to make some extra cash, with flexible hours, and to make a difference in your community NWSRA has the job for you!

*Flexible hours while having fun and making a positive impact!*

For all jobs  
*and to Apply*



nwsra.org



**Inclusion Aide**  
 As an Inclusion Aide you'll promote interdependence, social interactions and support behavior goals. Aides provide modifications or adaptations to ensure inclusion within the park district program. You'll feel supported with assistance from our Inclusion Team, who will help when needed throughout your assignment.



**Camp Counselor**  
 As a Camp Counselor in NWSRA Day Camps, you'll support participants in daily group recreation activities such as swimming, sports, arts & crafts and field trips. Camp counselors assist with behavior management goals, direct supervision, personal care, social skills and help with activities of daily living.



**Program Assistant**  
 As a Program Assistant in our General Recreation Therapy programs, you'll support participants in weekly group recreation programs including sports, social activities, craft projects, swimming, cooking, and community outings. Program Assistants work on behavior management goals, direct supervision, and social skills. They also assist participants with personal care and activities of daily living.

**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

**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

**Falcon Park Recreation Center**

2195 N Hicks Road  
Palatine  
847/202-5111

**Forest View Racquet & Fitness Club**

1901 E Estates Drive  
Mt. Prospect  
847/593-4359

**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

**Rep's Place**

3200 Kirchoff Road  
Rolling Meadows  
224/347-2916

**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  
NWSRA Wing**

100 Community Boulevard  
Wheeling  
847/465-3333

**NWSRA Vogelei House/Barn**

650 W Higgins Road  
Hoffman Estates  
847/885-7500



NORTHWEST SPECIAL RECREATION ASSOCIATION  
3000 W. Central Rd., Suite 205 • Rolling Meadows, IL 60008  
847/392-2848 • 392-2855 TTY • 392-2870 FAX • www.nwsra.org

**REGISTRATION BEGINS**

DECEMBER 4, 2023

**REGISTRATION DEADLINE**

DECEMBER 29, 2023

**PROGRAMS DATES**

JANUARY 29, 2024- MAY 4, 2024

**REGARDS  
TO  
BROADWAY**  
GOLD MEDAL  
FASHION SHOW

**February 25, 2024**

**Belvedere Banquet • 1170 W Devon Avenue  
Elk Grove Village, IL 60007**

