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SUMMER

REGISTRATION APR. 14 - MAY 2

SUMMER PROGRAMMING

Monday, June 9 – Saturday, August 9

Registration Begins

Monday, April 14, 2025

Registration Deadline

Friday, May 2, 2025

Scholarship Deadline

Friday, May 2, 2025

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

ABOUT NWSRA

NWSRA serves 17 northwest suburban communities in partnership with Member Park Districts, providing general recreation therapy programs, day camps, athletics, inclusion, trips, special events, leisure education, community adult day programs and 1:1 therapy.

WAYS TO REGISTER



MAIL IN

NWSRA 3000 W. Central Rd, Suite 205
Rolling Meadows, IL 60008



FAX

(847) 392-2870 Call office to ensure receipt of fax.



E-MAIL

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

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



MISSION

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

table of contents

RECREATION THERAPY PROGRAMS

Specialty Lessons	5
1:1 Therapy Programs	8
Lightning Athletics	9
Early Childhood	13
Snoezelen Room	15
School Age	16
Join NWSRA Team	20
Inclusion Services	21
Adults	22
PURSUIT Community Adult Day Program	29
Healthy Minds Healthy Bodies	33
Social Clubs	34
Special Events	40

ADDITIONAL INFORMATION

Staff Directory	4
Long Trip	28
Special Leisure Services Foundation	30
General Information	42
Registration Information	45
Registration Forms	47
Facility Locations	55

GOALS

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

ABBREVIATIONS

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

CERTIFICATIONS

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

BOARD OF DIRECTORS

ARLINGTON HEIGHTS

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SOUTH BARRINGTON

Jay Morgan

STREAMWOOD

Jeffrey Janda

WHEELING

Jan Buchs

BOARD MEETING

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

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specialty 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	M	4:00 - 7:00 pm	6/9 - 8/4	Wheeling Community Recreation Center	\$315.00	2/4
1020	3 - 16 yrs.	M, P	W	4:00 - 7:00 pm	6/9 - 8/6	Jack Claes Pavilion • Elk Grove Village	\$315.00	2/4
1030	3 - 16 yrs.	M, P	Th	4:00 - 7:00 pm	6/12 - 8/7	Arlington Ridge Center	\$315.00	2/4
1040	3 - 16 yrs.	M, P	Th	4:00 - 7:00 pm	6/12 - 8/7	Park Place • Streamwood	\$315.00	2/4

MUSIC

VOICE & PIANO LESSONS **Ages: 7 & 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.

Group: All Abilities

Location: Rolling Meadows Community Center • Music Room

Min/Max: 1/5 per program

Goals: M, C

Prog. #	Dates	Day	Time	Fee
1070	6/9 - 8/4	M	4:00 - 8:30 pm	\$315.00

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.**



SPECIALTY LESSONS

MUSIC

GUITAR LESSONS Ages: 7 & 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.

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	6/10 - 8/5	T	3:45 - 6:15 pm	\$315.00

MUSIC

DRUM LESSONS Ages: 7 & 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.

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	6/10 - 8/5	T	6:15 - 8:45 pm	\$315.00

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



TRIPS
Looking for a get away? Join us on a long trip to Seattle, WA for unique adventures see page 28 for more details.





HORSEBACK RIDING LESSONS

Walk On's mission is to promote well-being and inspire individuals to reach their highest potential, by harnessing the healing power of horses – which from a therapeutic standpoint is NWSRA's goal for this program. NWSRA is always committed to offering the highest quality instruction, and the instructors at Walk On are PATH International Certified, meaning they specialize in equine therapy and can guide riders of all physical, cognitive, and ability levels toward progressions on a horse. During program, both NWSRA and Walk On staff will work jointly to provide participants an elevated level of programming. In addition to top-notch instruction, this new partnership with Walk On will allow NWSRA to offer its Therapeutic Horseback Riding Program year-round, creating more opportunities for participants to experience the joy and benefits of therapeutic riding.

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 175 pounds and under 6 feet 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	T	4:00 - 4:30 pm	6/17-8/12	Walk On Farms	\$405.00	2	M, SI
1035	6 yrs & older	T	4:30 - 5:00 pm	6/17-8/12	Walk On Farms	\$405.00	2	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. Times are subject to change based on availability.



SNOEZELN SENSORY ROOM

Sensory therapy consists of placing an individual in a soothing and stimulating environment, called the “Snoezelen Room.” This room is run by a Certified Therapeutic Recreation Specialist (CTRS) specially designed to deliver stimuli to various senses using lighting effects, color, sounds, music, scents, etc.

Note: Location may be subject to change.

Age: 3 yrs. & older

Group: All Abilities

Location: 1120 - Rolling Meadows Community Center
1121 - Rolling Meadows Community Center
1122 - Central Community Center • Mt. Prospect
1123 - Wheeling Community Recreation Center

Min/Max: 1/4 per program

Goals: SI

Prog. #	Dates	Day	Time	Fee
1120	6/9 - 8/4	M	2:30 - 6:15 pm	\$315.00
1121	6/10 - 8/5	T	2:30 - 6:15 pm	\$315.00
1122	6/11 - 8/6	W	2:30 - 6:15 pm	\$315.00
1123	6/12 - 8/7	Th	2:30 - 6:15 pm	\$315.00



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 alongside a Certified Therapeutic Recreation Therapist.

Age: 3 yrs. & older

Group: All Abilities

Location: Rolling Meadows Community Center • NWSRA Dream Lab

Min/Max: 1/4 per program

Goals: C, I

Prog. #	Dates	Day	Time	Fee
1140	6/10 - 8/5	T	2:30 - 5:15 pm	\$225.00
1141	6/12 - 8/7	Th	2:30 - 5:15 pm	\$225.00



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), children and adults expand their boundaries through nature-based learning and play.

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	6/11 - 8/6	W	2:30 - 5:00 pm	\$225.00



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 Therapeutic Recreation Therapist. 1:1 Club Wellness sessions can be in-person or virtual. Please indicate on registration form.

Age: 8 yrs. & older

Group: All Abilities

Location: 1150 Hanover Park Community Center • NWSRA Space

1151 Wheeling Community Center • NWSRA Space

Min/Max: 1/4 per program

Goals: HW, M, P

Prog. #	Dates	Day	Time	Fee
1150	6/9 - 8/4	M	2:30 - 6:00 pm	\$225.00
1151	6/11 - 8/6	W	2:30 - 5:00 pm	\$225.00



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 registering for a NWSRA Lightning Teams must have a current Special Olympics medical and consent form on file by the second week of program good through the state competition.

For more information please contact: Kaila Robinson at krobinson@nwsra.org or (847) 392-2848, ext. 225.

COMPETITIVE

GOLF LEAGUE Ages: 16 & older

Play 6-9 holes of golf each week. Learn golf course etiquette and improve your game. The 7200 program is geared towards the intermediate and advanced golfers. The 7201 program is intended towards beginners and intermediate level golfers. Golfers will also have the opportunity to play in the Special Olympics Qualifier in July if they have a current Medical Application. **No Program: September 1**

Group: All Ambulatory Athletes

Location: 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	8/18- 9/22	M	4:30 - 6:30 pm	\$75.00
7201	8/21 - 9/25	Th	4:30 - 6:00 pm	\$90.00

COMPETITIVE

BOCCE Ages: 16 & older

This game requires skill, strategy, and a little luck. Learn to roll, hit, and score during practice and participation. This year Special Olympics is **not** offering Bocce as a sport for their Summer Games. **No Program: September 1**

Group: All Ambulatory Athletes

Location: Field between NWSRA and Conyers Learning Academy

Min/Max: 4/15

Ratio: 1:4 to Independent

Goals: P, HW, SE, C

Prog. #	Dates	Day	Time	Fee
7400	7/7 - 9/29	M	5:30 - 6:30 pm	\$180.00

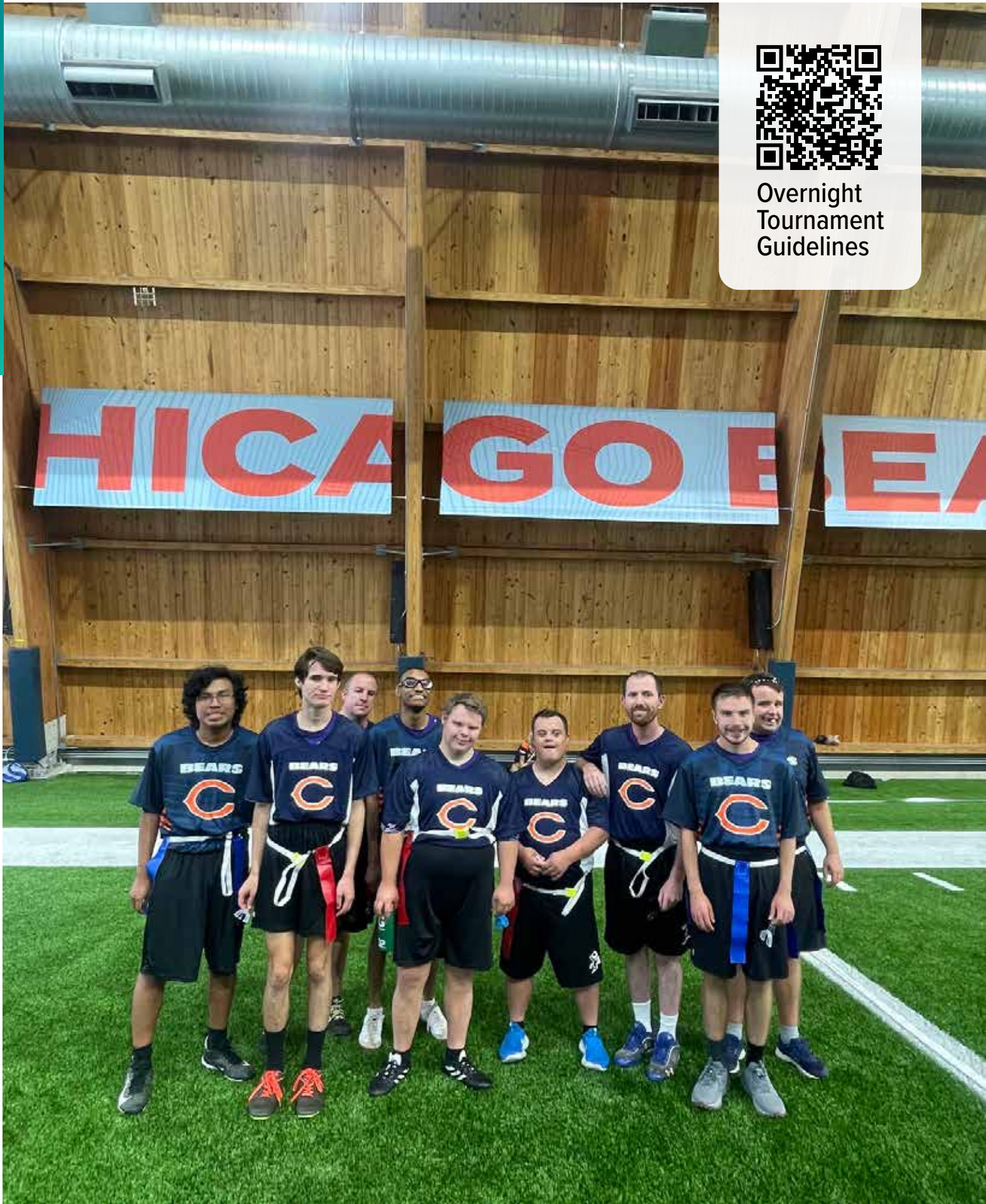
SOCIAL CLUBS

Come socialize with friends while going out and having fun! Join one of our 6 social clubs with the potential of watching the Schaumburg Boomers, grooving to a concert in the park and enjoying a summer evening making s'mores with friends! **For more details, see page 34 - 39.**





Overnight
Tournament
Guidelines



COMPETITIVE

FLOOR HOCKEY Ages: 16 & older

Come out and join the competitive sport of floor hockey. This quick sport is like ice hockey but is played on a gym floor with a straight rod stick and felt disc as a puck. The program focuses on developing floor hockey skills, teamwork, and competitive play. All teams compete at the Special Olympics State Games in November. **No Program: October 13**

Group: All Ambulatory Athletes

Location: Carl Sandburg Jr High • Rolling Meadows

Min/Max: 11/16

Goals: M, S, HW

Ratio: 1:4 to Independent

Note: Shin Guards and tall black socks are required for practices and tournament play.

Prog. #	Dates	Day	Time	Fee
7080	9/8 - 11/17	M	7:00 - 8:00 pm	\$150.00

COMPETITIVE

CO-REC VOLLEYBALL Ages: 16 & older

Participants will practice bumping, hitting and serving for the first few weeks. Then compete in games and tournament play with other Special Recreation Associations and participate in the Special Olympics Qualifier in September. **No Program: August 26**

Group: All Ambulatory Athletes

Location: Camelot Park • Arlington Heights

Min/Max: 6/30

Goals: M, S, HW

Ratio: 1:4 to Independent

Note: The first practice will be a team placement assessment, which will take place at Camelot Park in Arlington Heights from 6:30-7:30pm. After team assessments players will be divided into teams based on ability, age, position played, and team dynamics. Players and parents/guardians will be informed of their team assignments, practices times, and locations after assessments. Each team will be assigned a practice and home game location.

Prog. #	Dates	Day	Time	Fee
7010	7/22 - 10/7	T	6:30 - 8:30 pm	\$165.00

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 four different programs that help you explore, play, learn, and grow!

For more information regarding our 1:1 Therapy Programming, see page 8.

LONG TRIPS

Want to go on an adventure? Join us on a special trip this August! See page 28 for more details.



SKILL DEVELOPMENT

SUNSHINE THROUGH GOLF Ages: 8 & older

This lesson is designed for beginner golfers. Golfers will receive close supervision as they develop their golf skills at the driving range and putting greens. Please bring your own clubs or clubs will be provided if needed. Players with current Medical Applications will be able to compete in the Special Olympics Golf Skills Qualifier in July.

Group: All Ambulatory Athletes

Location: Old Orchard Country Club • Mt. Prospect

Min/Max: 4/10

Goals: M, P, HW

Ratio: 1:4 to Independent

Prog. #	Dates	Day	Time	Fee
1438	9/2 - 10/7	T	5:15 - 6:15 pm	\$60.00

COMPETITIVE

FLAG FOOTBALL Ages: 16 & older

Grab your jersey and get ready to play some flag football. Develop the fundamental football skills as part of a team of peers while playing against other Special Recreation Association teams. The football team will compete in the Special Olympics Qualifier. **No Program: September 24**

Group: All Ambulatory Athletes

Location: TBD

Min/Max: 12/18

Goals: M,S,HW

Ratio: 1:4 to Independent

Prog. #	Dates	Day	Time	Fee
7090	7/9 - 10/1	W	6:00 - 7:00 pm	\$180.00

ATHLETICS

 **COMPETITIVE**

REGIONAL BOWLING TOURNAMENT Ages: 8 & older

Special Olympics will be hosting the Regional Bowling Tournament. Athletes can compete in the singles, doubles, or team (4 athletes) competition. In order to participate athletes must have a current medical application form on file with NWSRA and submit 15 bowling scores without the use of bumpers. Once you register, you will receive a form to complete and submit to the athletic manager. Bowling scores are due by June 27. If you advance to sectionals or state, a fee of \$15 will be invoiced for each tournament. A t-shirt is included in the fee.

Group: All Ambulatory Athletes
Location: Stardust Lns • Addison
Min/Max: 4/25
Ratio: 1:1 to Independent

Prog. #	Date	Day	Time	Fee
7500	8/9	Sa	TBA	\$25.00

 **SOCIAL**

SPORTS BANQUET Ages: 8 & older

Dine and Dance at this awards presentation that will celebrate all of the NWSRA athletes' achievements in practice, games, and tournaments.

Group: All NWSRA Athletes
Location: Chandler's Banquets • Schaumburg
Min/Max: 20/50
Goals: M,HW,P,I
Ratio: 1:1 to Independent

Prog. #	Dates	Day	Time	Fee
7060	9/24	W	6:30 - 8:30 pm	\$50.00



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



early childhood

AGE: 3 - 6 YEARS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sensory Storytime	Movin' and Groovin'	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 Ages: 3 - 6

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. Sign up for this program to extend your child's day at camp.

Group: All Abilities & Siblings

Location: 1635 - Bartlett Community Center
1636 - Wheeling CC • NW Wing

Min/Max: 4/6

Ratio: 1:1 to Independent

Goals: C,I

Prog. #	Dates	Day	Time	Fee
1635	6/9 - 8/4	M	2:45 - 3:30 pm	\$162.00
1636	6/9 - 8/4	M	2:45 - 3:30 pm	\$162.00

HEALTH AND WELLNESS

MOVIN' AND GROOVIN' Ages: 3 - 6

Come join your peers and get your wiggles out. While we socialize and play games, there will be motor development and recognition tasks. Sign up for this program to extend your child's day at camp.

Group: All Abilities & Siblings

Location: 1690 - Bartlett Community Center
1691 - Wheeling • NW Wing

Min/Max: 4/6

Ratio: 1:1 to Independent

Goals: M, HW, P

Prog. #	Dates	Day	Time	Fee
1690	6/10 - 8/5	T	2:45 - 3:30 pm	\$162.00
1691	6/10 - 8/5	T	2:45 - 3:30 pm	\$162.00

SKILL DEVELOPMENT

CLAY PLAY Ages: 3 - 6

Discover a world where imagination takes shape! This program transforms learning through hands-on clay exploration. Young artists will develop fine motor skills by pinching, rolling, and molding as the clay strengthens their hand muscles. Their visions will come to life through tactile art, and they will engage multiple senses creating rich and memorable experiences. Unlock your child's potential, one lump of clay at a time!

Group: All Abilities & Siblings

Location: Rose Park • Palatine
Min/Max: 4/6

Ratio: 1:1 to Independent

Goals: M, SI

Prog. #	Dates	Day	Time	Fee
1950	6/11 - 8/6	W	5:30 - 6:15 pm	\$180.00

SOCIAL

SENSORY SCIENTIST Age: 3 - 6

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. Sign up for this program to extend your child's day at camp.

Group: All Abilities & Siblings

Location: 1640 - Bartlett Community Center
1641 - Wheeling CC • NW Wing

Min/Max: 4/6

Ratio: 1:1 to Independent

Goals: SI,SE

Prog. #	Dates	Day	Time	Fee
1640	6/12 - 8/7	Th	2:45 - 3:30 pm	\$180.00
1641	6/12 - 8/7	Th	2:45 - 3:30 pm	\$180.00



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 four 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 Ages: 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 participants to the next program.

No Program: July 5

Group: All Abilities & Siblings

Location: Rolling Meadows Community Center • NWSRA Music Room

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: C, I, M

Prog. #	Dates	Day	Time	Fee
1845	6/14 - 8/9	Sa	9:00 - 10:00 am	\$168.00



 **SOCIAL**

SATURDAY CLUBHOUSE Ages: 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 and provides 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 participants to the next program. **No Program: July 5**

Group: All Abilities & Siblings

Location: Rolling Meadows Community Center • NWSRA Space

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: SE

Prog. #	Dates	Day	Time	Fee
1850	6/14 - 8/9	Sa	10:00 - 12:00 pm	\$232.00

 **SKILL DEVELOPMENT**

TUMBLING TOTS Ages: 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: July 5**

Group: All Abilities & Siblings

Location: Voegelei Barn • Hoffman Estates

Min/Max: 4/6

Ratio: 1:1 to Independent

Goals: M, P

Prog. #	Dates	Day	Time	Fee
1560	6/14 - 8/9	Sa	1:30 - 2:15 pm	\$168.00



SNOEZELLEN[®] ROOM

Through Technology and innovative design, the Snoezelen Room is a controlled multi-sensory environment that helps create a therapeutic alliance between the participant and CTRS as well as a safe place to develop life skills. Please see pg. 8 to register for 1:1 snoezelen therapy sessions

	<p>STIMULATION Multi-sensory products and environment can be used to stimulate individuals by providing exciting visuals, music and sounds, invigorating smells and textures to explore.</p>		<p>DEVELOPMENT Snoezelen can be used as learning and developmental too, it can be used for color matching, understanding of cause and effect, and creating themed environments to teach within.</p>
	<p>RELAXATION Multi-sensory products and environment can be used to calm and reduce agitation through the use of gentle light, soothing sound, relaxing smell and touch.</p>		<p>THERAPY NWSRA's Snoezelen Sensory Team will help you create individualized short and long term measurable goals for each individual receiving therapy within the room.</p>

MULTI-SENSORY ROOM FEATURES

BUBBLE TUBES
Provide multi-sensory feedback and stimulate the visual system. Therapeutic benefits include spatial awareness, touching, interaction, de-escalation and fine motor-skill development.



THE GESTURETEK CUBE
Creates an interactive projection on the floor with amazing special effects which are gesture controlled.



SENSORY MAGIC
Allows the therapist to create an image, sound, aroma and color-coordinated themes for learning, therapy, relaxation and more.



BUMPAS
Are soft vinyl objects secured to the walls that vibrate when touched. This may help calm and regulate the system for an under-sensitive individual, while increasing tolerance to tactile input for an over-sensitive individual.





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

REC N ROLL Ages: 6 - 10

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.

Group: All Abilities

Location: Central Community Center • Mt. Prospect

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: SI, I, C, SE

Prog. #	Dates	Day	Time	Fee
2245	6/9 - 8/4	M	3:30 - 4:30 pm	\$189.00



SOCIAL

STEAM ENGINEERS Ages: 10 - 14

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.

Group: All Abilities

Location: Central Community Center • Mt. Prospect

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: SI, I, C, SE

Prog. #	Dates	Day	Time	Fee
2440	6/9 - 8/4	M	5:00 - 6:00 pm	\$189.00

SKILL DEVELOPMENT

CRAFTY CREATORS Ages: 14 - 21

Draw, paint and create fun projects while developing your creative side. Beginners are welcome! Please bring a labeled snack and drink.

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	6/9 - 8/4	M	2:30 - 4:00 pm	\$189.00

SOCIAL

TRAVELIN' TEENS Ages: 14 - 21

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.

Group: All Abilities

Location: Park Central • Rolling Meadows

Min/Max: 4/10

Ratio: 1:2 to Independent

Goals: CI, SE, I

Prog. #	Dates	Day	Time	Fee
2250	6/10 - 8/5	T	1:30 - 4:30 pm	\$270.00

Transportation: Please indicate pick up and drop off location on registration.
Fee: \$45 one way, \$90 round trip

Transportation Location	Pick Up	Drop Off
Higgins Education Center	1:00 pm	None
Hoffman Estates High School	1:15 pm	None
Palatine High School	1:15 pm	None
Hersey High School	12:45 pm	None
Vogelei Barn • Hoffman Estates	None	5:00 pm
NWSRA Park Central	None	5:20 pm

👉 THERAPY

AUTISM MOVEMENT THERAPY®

2080/2090: Age: 6 - 10 | **2085/2095:** Age: 11 - 14

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.

Group: Autism Spectrum

Location: 2080/ 2085 - Wheeling CRC • NWSRA Space
2085/ 2095 - Hanover Park Community Center • NWSRA Space
Min/Max: 4/6

Ratio: 1:1 to Independent

Goals: M, SI

Prog. #	Dates	Day	Time	Fee
2080	6/10 - 8/5	T	3:30 - 4:15 pm	\$225.00
2085	6/10 - 8/5	T	4:30 - 5:15 pm	\$225.00
2090	6/12 - 8/7	TH	3:30 - 4:15 pm	\$225.00
2095	6/12 - 8/7	TH	4:30 - 5:15 pm	\$225.00

💡 SKILL DEVELOPMENT

PARKOUR 2010: Ages: 6 - 13 | **2015:** Ages: 14 - 18

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.

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	6/11 - 8/6	W	4:30 - 5:30 pm	\$225.00
2015	6/11 - 8/6	W	5:30 - 6:30 pm	\$225.00

💡 SKILL DEVELOPMENT

RECIPE MAKERS Ages: 14 - 21

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.

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	6/11 - 8/6	W	2:30 - 4:30pm	\$234.00

💡 SKILL DEVELOPMENT

SWIM ADVENTURES Ages: 14 - 21

Splash into adventure! Grab your swimsuit, towel and sunscreen and join your friends for a cool afternoon at the pool. Alternate activities will be planned at Palatine Community Center in case of inclement weather.

Group: All Abilities

Location: Palatine Family Aquatic Center

Min/Max: 4/10

Ratio: 1:1 to Independent

Goals: HW, M

Prog. #	Dates	Day	Time	Fee
2260	6/11 -8/6	W	1:30 - 4:30 pm	\$240.00

Transportation: Please indicate pick up and drop off location on registration.
Fee: \$45 one way, \$90 round trip

Transportation Location	Pick Up	Drop Off
Higgins Education Center	1:00 pm	None
Hoffman Estates High School	1:15 pm	None
Palatine High School	1:15 pm	None
Hersey High School	12:45 pm	None
Vogelei Barn • Hoffman Estates	None	5:00 pm
NWSRA Park Central	None	5:20 pm

SOCIAL CLUBS

Come socialize with friends while going out and having fun! Join one of our 6 social clubs with the potential of watching the Schaumburg Boomers, grooving to a concert in the park and enjoying a summer evening making s'mores with friends! For more details, see page 34 - 39.



 **SKILL DEVELOPMENT**



TECH EXPLORERS Ages: 10 - 14

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.

Group: All Abilities & Siblings

Location: Rolling Meadows Community Center • NWSRA Dream Lab

Min/Max: 4/8

Ratio: 1:4 to Independent

Goals: C, I

Prog. #	Dates	Day	Time	Fee
2120	6/12 - 8/7	Th	5:30 - 6:30 pm	\$152.00

 **SKILL DEVELOPMENT**

SPORT SAMPLER Ages: 10 - 14

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: July 4**

Group: All Abilities

Location: Birchwood Community Center • Palatine

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: HW, M, P

Prog. #	Dates	Day	Time	Fee
2355	6/13 - 8/8	F	4:00 - 5:00 pm	\$160.00

 **SKILL DEVELOPMENT**



LEVEL UP GAMING Ages: 14 - 21

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.

Group: All Abilities

Location: Rolling Meadows Community Center • NWSRA Dream Lab

Min/Max: 4/8

Ratio: 1:4 to Independent

Goals: C, SE, I

Prog. #	Dates	Day	Time	Fee
2110	6/12 - 8/7	Th	6:30 - 7:30 pm	\$160.00

 **SOCIAL**

SHOOTING STARS Ages: 6 - 10

Enhance cognitive, fine motor and social skills through playing games, fitness and crafts. Please bring a labeled snack and drink. **No Program: July 5**

Group: All Abilities

Location: RecPlex • Mt. Prospect

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: M, SE

Prog. #	Dates	Day	Time	Fee
2770	6/14- 8/9	Sa	9:00 - 11:00 am	\$240.00

 **SKILL DEVELOPMENT**

RECESS GAMES AND SPORTS Ages: 6 - 10

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: July 4

Group: All Abilities

Location: Birchwood Community Center • Palatine

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: HW, M, P

Prog. #	Dates	Day	Time	Fee
2350	6/13 - 8/8	F	3:00 - 4:00 pm	\$160.00

 **SOCIAL**

SUPERSTARS Ages: 11 - 15

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: July 5**

Group: All Abilities

Location: RecPlex • Mt. Prospect

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: M, SE, SI

Prog. #	Dates	Day	Time	Fee
2780	6/14 - 8/9	Sa	11:30 - 2:30 pm	\$320.00

 **SOCIAL**

DISTRICT TRAVELERS Ages: 14 - 21

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: July 5**

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	6/14 - 8/9	Sa	9:30 - 1:30 pm	\$400.00

Transportation: Please indicate pick up and drop off location on registration.
Fee: \$40 one way, \$80 round trip

Transportation Location	Pick Up	Drop Off
Hanover Park Community Center	9:00am	2:00pm
Buffalo Grove Fitness Center	8:30am	2:30pm



 **SOCIAL**

SPARE TIME BOWLERS Ages: 14 - 21

Come extend your day while socializing and bowling with friends after your morning Saturday program. If you selected round trip transportation for District Travelers, the fee includes transportation to Spare Time Bowlers after. If you did not need transportation for district travelers, please add \$35 to your registration in order to have one way transportation to Spare Time Bowlers. Transportation is only provided from District Travelers. All other participants must be dropped off and picked up at program. Two games of Bowling and shoes included in fee. **No Program: July 5**

Group: All Abilities
Location: Poplar Creek Bowl • Hoffman Estates
Min/Max: 4/15
Ratio: 1:4 to Independent
Goals: M, SE, CI

Prog. #	Dates	Day	Time	Fee
3140	6/14 - 8/9	Sa	2:00 - 4:00 pm	\$280.00

Transportation: One way from the District Travelers
Fee: \$45

 **SKILL DEVELOPMENT**

GYMNASTIC SKILLS Ages: 6 - 10

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: July 5**

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	6/14 - 8/9	Sa	2:30 - 3:15pm	\$200.00



WHERE WORK MEETS PLAY

JOIN US AT NWSRA

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

For all jobs
and to Apply



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.



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

HAPPY HOUR Ages: 40 & 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 every week.

Group: All Abilities
Location: Rolling Meadows Community Center • Laurel Room
Min/Max: 4/20
Ratio: 1:2 to Independent
Goals: HW, C, SE

Prog. #	Dates	Day	Time	Fee
3130	6/9 - 8/4	M	5:00 - 6:00pm	\$207.00

SOCIAL

SPORT FANATICS Ages: 21 - 39

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

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	6/9 - 8/4	M	7:00 - 8:00 pm	\$171.00

SOCIAL

GOOD MORNING NWSRA Ages: 21 & older

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!

Group: All Abilities
Location: Virtual Zoom
Min: 4
Goals: C, I, SE

Prog. #	Dates	Day	Time	Fee
1410	6/6 - 8/4	M	9:00 - 10:00 am	\$72.00

SOCIAL



MEDIA MEET UP Ages: 21 - 39

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!

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

Prog. #	Dates	Day	Time	Fee
3820	6/10 - 8/5	T	5:00 - 6:00 pm	\$180.00

1:1 THERAPY PROGRAMMING

Want to expand your mind through technology? We offer four different programs that help you explore, play, learn, and grow!
For more information regarding our 1:1 Therapy Programming, see page 8.

HEALTH AND WELLNESS

MINDFULNESS MUSKETEERS Ages: 40 & older
 Come unwind and relax in the Dream Lab. Participants will participate in meditation and yoga while learning several other relaxation techniques.

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

Prog. #	Dates	Day	Time	Fee
3810	6/10 - 8/5	T	6:00 - 7:00pm	\$180.00

HEALTH AND WELLNESS

CHAIR ONE FITNESS Ages: 21 & older
 Come join the fun with one of our Certified Chair Fitness Instructors! This program takes fitness to a whole new level. It incorporates music, dancing, strength training and even yoga sitting in the comfort of your very own chair. This program delivers a fun interactive workout that uplifts you while providing a total body workout.

Group: All Abilities
Location: Virtual Zoom
Min: 4
Goals: HW, M, P



Prog. #	Dates	Day	Time	Fee
1420	6/10 - 8/5	T	9:00 - 10:00 am	\$72.00

HEALTH AND WELLNESS

CLUB WELLNESS Ages: 21 & older
 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.

Group: All Abilities
Location: Virtual Zoom
Min: 4
Goals: HW, M, P



Prog. #	Dates	Day	Time	Fee
1425	6/10 - 8/5	T	6:30 - 7:30 pm	\$72.00

SKILL DEVELOPMENT

BOOM BEATS Ages: 21 - 39
 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.

Group: All Abilities
Location: Rolling Meadows Community Center • NWSRA Music Room
Min/Max: 4/10
Ratio: 1:2 to Independent
Goals: M, SE

Prog. #	Dates	Day	Time	Fee
3900	6/11 - 8/6	W	5:30 - 6:30 pm	\$180.00

SOCIAL

LUNCH N' CHAT Ages: 21 & older
 Join NWSRA staff for lunch while socializing with friends. This program will focus on healthy eating tips and learning about new foods.

Group: All Abilities
Location: Virtual Zoom
Min: 4
Goals: SE, HW

Prog. #	Dates	Day	Time	Fee
1430	6/11 - 8/6	W	12:00 - 1:00 pm	\$72.00



ADULTS

 **SOCIAL**

MEET N' PLACE Ages: 21 & older

Meet your friends for an enjoyable morning together. Several community outings will be planned.

Group: PV
Location: Park Central • Rolling Meadows
Min/Max: 4/6
Ratio: 1:2 to Independent
Goals: SE, C

Prog. #	Dates	Day	Time	Fee
3500	6/11 - 8/6	W	10:00 - 12:00 pm	\$225.00

Transportation: Door-to-door.
Fee: \$54 one way, \$108 round trip

 **HEALTH AND WELLNESS**

STRENGTH & CONDITIONING Ages: 21 & older

Get a great workout in the fitness center improving muscle tone, weight management, coordination, agility and flexibility.

Group: All Abilities
Location: Schaumburg Community Recreation Center
Min/Max: 4/6
Ratio: 1:2 to Independent
Goals: P, HW

Prog. #	Dates	Day	Time	Fee
3510	6/11 - 8/6	W	1:00 - 2:00 pm	\$171.00

 **HEALTH AND WELLNESS**

AQUA EXERCISE Ages: 21 & 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.

Group: All Abilities
Location: Schaumburg Community Recreation Center
Min/Max: 4/6
Ratio: 1:1 to Independent
Goals: P, HW

Prog. #	Dates	Day	Time	Fee
3520	6/11 - 8/6	W	2:30 - 3:30 pm	\$189.00

Transportation: Fee: \$45 one way drop off

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

 **SOCIAL**

CERAMICS Ages: 21 & older

Create beautiful ceramic pieces as gifts or home decorations. Fee includes ceramic instruction, glaze, firing and greenware.

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	6/11 - 8/6	W	6:00 - 7:30 pm	\$270.00

 **SOCIAL**

DINNER CLUB Ages: 21 & older

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

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	6/12 - 8/7	Th	4:00 - 6:00 pm	\$315.00

Door-to-Door Transportation: The Program Leader will contact participants two days before the start of the program to inform of transportation times.
Fee: \$54 one way, \$108 round trip

 **HEALTH AND WELLNESS**

POWER YOGA Ages: 21 & older

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.

Group: All Abilities
Location: Virtual Zoom
Min: 4
Goals: HW, M, P

Prog. #	Dates	Day	Time	Fee
1440	6/12 - 8/7	Th	9:00 - 10:00 am	\$45.00



HEALTH AND WELLNESS

STAYING FIT

3740: Ages: 21 - 39 | **3750:** Ages: 40 & 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.

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	6/12 - 8/7	Th	5:30 - 6:30 pm	\$180.00
3750	6/12 - 8/7	Th	6:30 - 7:30 pm	\$180.00



SOCIAL CLUBS

Come socialize with friends while going out and having fun! Join one of our 6 social clubs with the potential of watching the Schaumburg Boomers play, grooving to a concert in a park and enjoying a summer evening making s'mores with friends! **For more details, see page 34 - 39.**

HEALTH AND WELLNESS

WALK ACROSS AMERICA

3745: Ages: 21 - 39 | **3755:** Ages 40 & 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.

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	6/12 - 8/7	Th	5:30 - 6:30 pm	\$180.00
3755	6/12 - 8/7	Th	6:30 - 7:30 pm	\$180.00

SOCIAL

ROCKIN' THE BURBS

3490: Ages: 21 - 39 | **3495:** Age: 40 & older

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.

Group: All Abilities

Location: Rolling Meadows Community Center • NWSRA Space

Min/Max: 4/12

Ratio: 1:4 to Independent

Goals: Cl, I, SE

Prog. #	Dates	Day	Time	Fee
3490	6/12 - 8/7	Th	6:00 - 8:30 pm	\$216.00
3495	6/12 - 8/7	Th	6:00 - 8:30 pm	\$216.00

SOCIAL

BRAIN TEASERS Ages: 21 & older

Awaken your brain fibers with challenging problems to solve. Bring your "A Game" to solve trivia, riddles and puzzles.

Group: All Abilities

Location: Virtual Zoom

Min: 4

Goals: HW, C, SE

Prog. #	Dates	Day	Time	Fee
1445	6/12 - 8/7	Th	6:30 - 7:30 pm	\$72.00

ADULTS

 **SOCIAL**

COMMUNITY TRAVELERS Ages: 21 & 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: July 5

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	6/14 - 8/9	Sa	9:30 - 1:30 pm	\$400.00

Transportation: Please indicate pick up and drop off location on registration.
Fee: \$40 one way, \$80 round trip

Transportation Location	Pick Up	Drop Off
Hanover Park Community Center	9:00 am	2:00 pm
Buffalo Grove Fitness Center	8:30 am	2:30 pm

 **SOCIAL**

LUNCH CREW Ages: 21 & 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: July 5**

Group: All Abilities

Location: Rec Plex • Mt. Prospect

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: CI, SE

Prog. #	Dates	Day	Time	Fee
3600	6/14 - 8/9	Sa	10:30 - 12:30 pm	\$200.00

 **SKILL DEVELOPMENT**

DIY MASTERS Ages: 21 & older

Draw, paint and create fun projects while developing your creative side. Beginners are welcome! Fee includes supplies. **No Program: July 5**

Group: All Abilities

Location: Rec Plex • Mt. Prospect

Min/Max: 4/15

Ratio: 1:1 to Independent

Goals: M, SE

Prog. #	Dates	Day	Time	Fee
3090	6/14 - 8/9	Sa	12:30 - 2:00 pm	\$144.00

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 Ages: 21 & older

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

Note: NWSRA reserves the right to determine individuals readiness for travel on community outings. **No Program: July 5**

Group: All Abilities

Location: Central Community Center • NWSRA Space

Min/Max: 4/10

Ratio: 1:2 to Independent

Goals: CI, SE

Prog. #	Dates	Day	Time	Fee
3650	6/14 - 8/9	Sa	9:30 - 1:30 pm	\$400.00

Transportation: Please indicate pick up and drop off location on registration.
Fee: \$40 one way, \$80 round trip

Transportation Location	Pick Up	Drop Off
Hanover Park Community Center	9:00 am	2:00 pm
Buffalo Grove Fitness Center	8:30 am	2:30 pm

 **SOCIAL**

SPARE TIME BOWLERS Ages: 21 & 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 \$35 to your registration in order to have transportation from program to Spare Time Bowlers. Fee includes 3 games. **No Program: July 5**

Group: All Abilities

Location: Poplar Creek Bowl • Hoffman Estates

Min/Max: 4/20

Ratio: 1:2 to Independent

Goals: M, HW

Prog. #	Dates	Day	Time	Fee
3140	6/14 - 8/9	Sa	2:00 - 4:00 pm	\$280.00

Transportation: One way from Community Travelers or Venture Squad
Fee: \$40 one way

AFTER DAY PROGRAM ACTIVITIES

HEALTH AND WELLNESS

EXERCISE AND SWIM *Ages: 21 & older*

Take time for your health and fitness. The group will utilize the indoor track for walking/jogging and the pool for water exercise.

Group: All Abilities

Location: 3010 Rec Plex • Mt. Prospect

3015 Jack Claes • Elk Grove Village

Min/Max: 4/15

Ratio: 1:4 to Independent

Goals: M, HW, SE

Prog. #	Dates	Day	Time	Fee
3010	6/9 - 8/4	M	4:00 - 6:00 pm	\$315.00
Trans. Drop Off: Buffalo Grove Fitness Center NWSRA Office				
3015	6/9 - 8/4	M	4:00 - 6:00 pm	\$315.00
Trans. Drop Off: Hanover Park Community Center NWSRA Office				

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

SKILL DEVELOPMENT

CUISINE CRITICS *Ages: 21 & 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.

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	6/11 - 8/6	W	4:00 - 6:00 pm	\$315.00
Trans. Drop Off: Hanover Park Community Center NWSRA Office				

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

If transportation is needed, please indicate the pick-up and drop off locations on the registration form. Priority transportation is reserved for PURSUIT clients attending PURSUIT on the day they are registered for program. If pick-up is needed, select from the locations below or list the PURSUIT site. If drop-off is needed, select from the locations listed for each specific program. The Program Leader will communicate the drop-off times once registration is closed and routes are established.

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

SOCIAL

AFTERNOON CLUB *Ages: 21 & older*

Spend the afternoon building friendships, self-esteem and working on individual goals through yoga, games, technology and cultural arts.

Group: All Abilities

Location: Hanover Park Community Center • NWSRA space

Min/Max: 4/15

Ratio: 1:1 to Independent

Goals: SE, C, I

Prog. #	Dates	Day	Time	Fee
3020	6/10 - 8/5	T	4:00 - 6:00 pm	\$315.00
Trans. Drop Off: Buffalo Grove Fitness Center NWSRA Office				

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

HEALTH AND WELLNESS

FIT N' FUN *Ages: 21 & 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.

Group: All Abilities

Location: Central Community Center • NWSRA space

Min/Max: 4/15

Ratio: 1:1 to Independent

Goals: SE, C, I

Prog. #	Dates	Day	Time	Fee
3040	6/12 - 8/7	TH	4:00 - 6:00 pm	\$315.00
Trans. Drop Off: Buffalo Grove Fitness Center Vogelei Park and Barn NWSRA Office				

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

SOCIAL

PIN STRIKERS *Ages: 21 & 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: July 4

Group: All Abilities

Location: Bowlero • Mt Prospect

Min/Max: 4/20

Ratio: 1:4 to Independent

Goals: SE, P

Prog. #	Dates	Day	Time	Fee
3050	6/13 - 8/8	F	4:00 - 6:00 pm	\$280.00
Trans. Drop Off: Buffalo Grove Fitness Center Vogelei Park and Barn NWSRA Office				

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

long trips

Scan to learn more about the long trip guidelines



SEATTLE WA

Ages: 21 & older

Discover the vibrant heart of the Pacific Northwest in Seattle – a city where urban excitement meets natural wonder! This trip is perfect for travelers seeking a blend of urban adventures, outdoor excitement, unique charm, and plenty of natural beauty! Pack your bags and get ready for all the fun of Seattle, WA! Starting May 7, 2025, you will need a REAL ID compliant Driver's License/ID, or valid passport to board domestic flights and enter Federal Buildings. Real ID's are marked with a star or flag.

Note: Fee includes meals, lodging, attractions and leadership

Group: ID, PV Adults

Ratio: 1:4 to independent

Min/Max: 8/10

Goals: HW, M, P

Prog. #	Dates	Depart	Arrive	Fee
9021	8/23 - 8/26	8/23 from NWSRA in the morning	8/26 to NWSRA in the evening	\$2,500
9031	8/27 - 8/30	8/27 from NWSRA in the morning	8/30 to NWSRA in the evening	\$2,500

NOTE: Registration is based on a first come, first served basis: A \$50 refundable fee is required at registration. Once trip is filled, a waiting list will be started on a first-come basis. Departure and arrival times may vary based on flights.



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 Ave, Hanover Park
- **Hoffman Estates Vogelei House**
650 W Higgins Rd, Hoffman Estates
- **Mt. Prospect Central Community Center**
1000 W Central Rd, Mt. Prospect
- **Rolling Meadows Community Center**
3705 Pheasant Dr, Rolling Meadows
- **Wheeling Community Recreation Center**
100 Community Blvd, Wheeling

Presented in collaboration with:



For more information about Clearbrook, visit: www.clearbrook.org

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

Or contact:

Katrina Wiegand at kwiegand@nwsra.org or (847) 392-2848, ext. 259

Danielle Olson at dolson@nwsra.org or (847) 392-2848, ext. 228

Scan the QR Code to Access the Interest Form



Visit us online at nwsra.org/pursuit



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.

Learn More about SLSF slsf.me





Tee Up For A Great Cause!

Join SLSF for an unforgettable golf experience while making a difference in the lives of individuals with disabilities! Whether you're a seasoned golfer or just love the game, our golf events offer the perfect blend of fun, competition, and community.

Why Participate?

- Enjoy a day on the course with fellow golf enthusiasts
- Compete for exciting prizes and giveaways
- Network and connect with others who share your passion for golf
- Make an Impact – Proceeds benefit NWSRA, supporting programs that provide recreation, inclusion, and life-enriching opportunities for individuals with disabilities.



slsf.me/events

Scan the QR code to sign up and explore more events!

Every swing counts—play with purpose and help us make a difference!



Palatine Hills Golf Course
June 5, 2025



Bridges of Poplar Creek Country Club
June 25, 2025
Partnering with the
Rotary Club of Schaumburg/Hoffman Estates



The Arboretum Club
August 6, 2025
Partnering with the
Rotary Club of Buffalo Grove



Schaumburg Golf Club
August 20, 2025
Partnering with Moretti's
In memory of Kevin T. Kendrigan



Mt. Prospect Golf Club
August 27, 2025



Arlington Lakes Golf Course
September 11, 2025
Partnering with the
Rotary Club of Arlington Heights

Grand Opening

NWSRA | Wheeling Park District

Accessible Greenhouse



April 27 | 11am - 1pm

Ribbon Cutting | 11:15am

East Side of Wheeling Community Center

This innovative greenhouse will offer hands-on learning opportunities for individuals with physical and intellectual disabilities. Programs will include gardening, hydroponics, and sustainable practices – in partnership with community volunteers to foster a sense of purpose and community.

Greenhouse Open House is During
Wheeling Park District's Earth Day Event:

Take a Nature Tour • Free Giveaways Educational Activities
JG's Reptile Roadshow • and more!

Visit www.wheelingparkdistrict.com for full list of activities.



**Wheeling
Park District**
We're People Driven





CALLING VETERANS

In cooperation with NWSRA, the Bartlett, Buffalo Grove, Mt. Prospect, Palatine, Rolling Meadows, Streamwood and Hanover Park 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 Kate Moran at (847) 392-2848 ext. 274 or kmoran@nwsra.org



LIFECENTER Health & Fitness Club
700 S Bartlett Rd
Bartlett



Buffalo Grove Fitness Center
601 Deerfield Parkway
Buffalo Grove



Central Community Center
1000 Central Rd
Mt. Prospect

RecPlex
420 Dempster St
Mt. Prospect



Palatine Community Center
250 E Wood St
Palatine



Nelson Sports Complex
3900 Owl Dr
Rolling Meadows



Park Place Family Recreation Center
550 S Park Blvd
Streamwood



Hanover Park Community Center
1919 Walnut Ave
Hanover Park

social clubs

NIGHT HAWKS

Club Coordinator:
Kate Zabat



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 (224) 457-2025 to connect with the manager on call.

Prog #	Details	Date	Location	Fee*
107	<p>Fluorescent Fun Fest It's time to get glowing! The Glow Stick Bash is the best party experience, where you can light up the night with colorful glow sticks and party with friends all night long. The dance floor is waiting—are you ready to shine? Registration Deadline: May 30</p>	<p>Friday, June 13 6:00-8:00 pm</p>	<p>Park Central Courtyard 3000 W Central Rd, Rolling Meadows</p>	<p>\$18.00 without transportation \$28.00 with transportation</p> <p>Pick Up/Drop Off Locations</p> <ul style="list-style-type: none"> • Hanover Park Community Center • Buffalo Grove Fitness Center
108	<p>Eyes Glued to the Game, Beating with Every Pitch! Come out and cheer on the Schaumburg Boomers for a thrilling live baseball game! This is the ultimate way to spend a day filled with fun, competition, and memories you'll cherish. Please bring money for snacks, if desired. Registration Deadline: June 13</p>	<p>Friday, June 27 6:30 - 9:00 pm</p>	<p>Wintrust Field 1999 S. Springinsguth Rd, Schaumburg - In case of inclement weather, we will watch a baseball movie at the Hanover Park Community Center – NWSRA Wing.</p>	<p>\$27.00 without transportation \$37.00 with transportation</p> <p>Pick Up/Drop Off Locations</p> <ul style="list-style-type: none"> • NWSRA Office • Buffalo Grove Fitness Center
109	<p>Congo River Mini Golf Calling all explorers! Adventure out with us as we putt our way through the Congo Rapids and Congo Falls Miniature Golf Course. Registration Deadline: July 11</p>	<p>Friday, July 25 6:00-8:00 pm</p>	<p>Congo River Adventure Golf 1325 Barrington Rd, Hoffman Estates - In case of inclement weather, we will move activities inside at Voagelei House</p>	<p>\$19.00 without transportation \$29.00 with transportation</p> <p>Pick Up/Drop Off Locations</p> <ul style="list-style-type: none"> • Wheeling Community Recreation Center • Hanover Park Community Center
110	<p>Moonlight Splash Dive into a night of fun at our Moonlight Splash swim party! Grab your swimsuit and your friends for an epic evening under the stars. We've got music and chill vibes all night long. Whether you're here to swim, splash, or just relax poolside, it's the perfect way to cool off and have a blast! Club goers should bring a swimsuit and towel. Please bring money for snack or drinks, if desired. Registration Deadline: July 18</p>	<p>Friday, Aug 1 7:00-9:00 pm</p>	<p>Bartlett Aquatic Center 620 W. Stearns Rd, Bartlett - In case of inclement weather, we will move activities inside Hanover Park Community Center – NWSRA Wing.</p>	<p>\$18.00 without transportation \$28.00 with transportation</p> <p>Pick Up/Drop Off Locations</p> <ul style="list-style-type: none"> • Wheeling Community Recreation Center • Park Central

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

T.G.I.F

Club Coordinator:
Jillian Trentadue

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 (224) 457-2025 to connect with the manager on call.

Prog #	Details	Date	Location	Fee*
207	<p>Fluorescent Fun Fest It's time to get glowing! The Glow Stick Bash is the ultimate party experience, where you can light up the night with colorful glow sticks and party with friends all night long. The dance floor is waiting—are you ready to shine? Registration Deadline: May 30</p>	<p>Friday, June 13 6:00-8:00 pm</p>	<p>Park Central Courtyard 3000 W Central Rd, Rolling Meadows - In case of inclement weather, we will be move indoors.</p>	<p>\$18.00 without transportation \$28.00 with transportation Pick Up/Drop Off Locations • Hanover Park Community Center • NWSRA Office</p>
208	<p>Eyes Glued to the Game, Beating with Every Pitch! Come out and cheer on the Schaumburg Boomers for a thrilling live baseball game! This is the ultimate way to spend a day filled with fun, competition, and memories you'll cherish. Please bring money for snacks, if desired. Registration Deadline: June 13</p>	<p>Friday, June 27 6:30 - 9:00 pm</p>	<p>Wintrust Field 1999 S. Springinsguth Rd, Schaumburg - In case of inclement weather, we will watch a baseball movie at the Hanover Park Community Center – NWSRA Wing.</p>	<p>\$27.00 without transportation \$37.00 with transportation Pick Up/Drop Off Locations • NWSRA Office • Buffalo Grove Fitness Center</p>
209	<p>Unleash Your Inner Golfer Bring your best game to the ultimate mini golf showdown! This event is all about competition and fun as you take on challenging holes! Includes one game of golf. Registration Deadline: July 11</p>	<p>Friday, July 25 7:00-9:00 pm</p>	<p>Mountain View Adventure Center 510 E Algonquin Rd, Des Plaines - In case of inclement weather, we will move activities inside at Vogelei House.</p>	<p>\$19.00 without transportation \$29.00 with transportation Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center</p>
210	<p>Summer Splashdown The fun doesn't stop when the sun goes down! Join us for Splash Bash After Dark! Club goers should bring a swimsuit and towel. Please bring money for snacks or drinks, if desired. Registration Deadline: July 18</p>	<p>Friday, August 1 6:00-8:00pm</p>	<p>Nelson Sports Complex 3900 Owl Dr., Rolling Meadows - In case of inclement weather, we will swim indoors at Wheeling Community Recreation Center.</p>	<p>\$18.00 without transportation \$28.00 with transportation Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center</p>

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

SHINING STARS

Club Coordinator:
Sydney Csoka

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 (224) 457-2025 to connect with the manager on call.

Prog #	Details	Date	Location	Fee*
307	<p>S'mores & Scoreboards Gather around the fire for a summer night to remember! Feel the warmth of the bonfire, roast gooey s'mores, and challenge your friends to classic yard games under the stars. Registration Deadline: June 6</p>	<p>Friday, June 20 6:00-8:00 pm</p>	<p>Park Central Courtyard 3000 Central Rd, Rolling Meadows - In case of inclement weather, we will move the celebration to the Park Central Banquet Hall.</p>	<p>\$18.00 without transportation \$28.00 with transportation</p> <p>Pick Up/Drop Off Locations • Hanover Park Community Center • Buffalo Grove Fitness Center</p>
308	<p>Scoop, Sprinkle, & Create Indulge in your dream sundae with delicious toppings, then get creative with a DIY craft! Whether you're drizzling chocolate or designing a masterpiece, it's the perfect mix of flavor and fun! Registration Deadline: June 13</p>	<p>Friday, June 27 6:00-8:00 pm</p>	<p>Plum Grove Park 4001 Park Dr, Palatine</p>	<p>\$20.00 without transportation \$30.00 with transportation</p> <p>Pick Up/Drop Off Locations • Hanover Park Community Center • Buffalo Grove Fitness Center</p>
309	<p>Kindness in Action Looking for a way to give back while having a blast? Join us for a hands-on event where you'll rotate through exciting activity stations, each designed to support a great cause! Light snacks and refreshments provided. Registration Deadline: July 4</p>	<p>Friday, July 18 6:00-8:00 pm</p>	<p>Plum Grove Park 4001 Park Dr, Palatine</p>	<p>\$18.00 without transportation \$28.00 with transportation</p> <p>Pick Up/Drop Off Locations • Hanover Park Community Center • Buffalo Grove Fitness Center</p>
310	<p>Friday Night Jams Dance the night away and sing along with friends to the electrifying live music of Oh Yes! Participants may bring their own lawn chairs and/or blankets to sit on. Please bring money for snacks, if desired. Registration Deadline: July 18</p>	<p>Friday, August 1 7:00-9:30 pm</p>	<p>Twin Lakes Recreation Area 1200 E Twin Lakes Dr, Palatine - In case of inclement weather, we will play music trivia and karaoke at the Park Central Teen Center.</p>	<p>\$18.00 without transportation \$28.00 with transportation</p> <p>Pick Up/Drop Off Locations • Hanover Park Community Center • Buffalo Grove Fitness Center</p>

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

NIGHT RIDERS

Club Coordinator:
Kaylie Teschner

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 (224) 457-2025 to connect with the manager on call.

Prog #	Details	Date	Location	Fee*
607	<p>Courtyard Social Kick off the summer with our Courtyard Social and enjoy an evening of good conversation, light snacks, and easygoing fun in a beautiful outdoor setting. It's a perfect chance to unwind and catch up with friends in a casual, welcoming atmosphere! Registration Deadline: May 30</p>	<p>Friday, June 13 6:00-8:00 pm</p>	<p>Rolling Meadows Community Center – NWSRA Space 3705 Pheasant Dr, Rolling Meadows - In case of inclement weather, we will host a movie night at the NWSRA Park Central Banquet Hall.</p>	<p>\$18.00 without transportation \$28.00 with transportation Pick Up/Drop Off Locations •Buffalo Grove Fitness Center •Hanover Park Community Center</p>
608	<p>Mini Golf Expedition Join us for a fun-filled mini golf outing at Congo River! Challenge your friends to a round of exciting mini golf through lush, jungle-themed courses complete with waterfalls and exotic wildlife. It's the perfect way to enjoy a little friendly competition and make some memorable moments! One round of mini golf will be provided. Please bring additional money to get Steak & Shake afterwards, if desired. Registration Deadline: June 13</p>	<p>Friday, June 27 6:00-8:00 pm</p>	<p>Congo River Mini Golf 1325 Barrington Rd, Hoffman Estates - In case of inclement weather, we will still get Steak & Shake and play Minute to Win It games at Vogelei House.</p>	<p>\$24.00 without transportation \$34.00 with transportation Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • NWSRA Park Central</p>
609	<p>Live at Twin Lakes Come enjoy a lively concert in the park featuring great music and a fun, laid-back atmosphere! It's a perfect evening to unwind, enjoy the outdoors, and make lasting memories with friends! Please bring money for concessions, if desired. Registration Deadline: July 3</p>	<p>Friday, July 18 6:30-9:00 pm</p>	<p>Twin Lakes Recreation Area 1200 E Twin Lakes Drive, Palatine - In case of inclement weather, we will do karaoke and watch voice competition shows at Central Community Center.</p>	<p>\$18.00 without transportation \$28.00 with transportation Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Vogeli House</p>
610	<p>Namaste & Froyo Join us outdoors for a fun and relaxing night of yoga & frozen yogurt! Start with a gentle yoga session to stretch and unwind, followed by a sweet treat of frozen yogurt with all your favorite toppings. It's the perfect blend of mindfulness, movement, and indulgence – ideal for all skill levels! Registration Deadline: July 11</p>	<p>Friday, July 25 6:00-8:00 pm</p>	<p>NWSRA Park Central Banquet Hall 3000 W Central Rd, Rolling Meadows - In case of inclement weather, we will move the event indoors.</p>	<p>\$20.00 without transportation \$30.00 with transportation Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center</p>

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

FRIDAY NIGHT LIVE

Club Coordinator:
Caitlin Cron

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

PLEASE NOTE:
**In case of an emergency during the club events, call at (224) 457-2025 to connect with the manager on call.

Prog #	Details	Date	Location	Fee*
407	<p>Boomer Ballpark Adventures Get ready for a night of fast-paced baseball action as we head to a Schaumburg Boomers game! Whether you're a die-hard fan or new to the sport, this event is sure to be filled with thrilling plays, family fun, and the energy of a live baseball game. Don't miss out on this unforgettable experience at the ballpark! Please bring additional money for food and drink, if desired.</p> <p>Registration Deadline: May 23</p>	<p>Friday, June 13 6:30-9:00 pm</p>	<p>Wintrust Field 1999 S Springinsguth Rd., Schaumburg - In case of inclement weather, we will watch a movie at Hanover Park Community Center – NWSRA Wing.</p>	<p>\$27.00 without transportation \$39.00 with door to door transportation</p>
408	<p>Sing a Palooza Calling all music lovers, performers, and shower singers, this is your moment to shine! Join us for a fun-filled evening of karaoke, where YOU are the star of the show. So warm up those vocal cords, pick your favorite song, and get ready for a night of fun, laughter, and music! Light snacks will be provided.</p> <p>Registration Deadline: June 13</p>	<p>Friday, June 27 6:30-9:00 pm</p>	<p>Rolling Meadows Community Center – NWSRA Space 3705 Pheasant Dr. Rolling Meadows</p>	<p>\$18.00 without transportation \$30.00 with door-to-door transportation</p>
409	<p>Colorful Cool Down Get ready for a night full of vibrant colors and cool treats! Join us for a tie-dye workshop where you can create your own colorful masterpiece and then beat the heat with a refreshing snow cone! Whether you're a tie-dye pro or a first-timer, this event is all about creativity, fun, and sweet summer vibes.</p> <p>Registration Deadline: July 3</p>	<p>Friday, July 18 7:00-9:00 pm</p>	<p>Rolling Meadows Community Center – NWSRA Space 3705 Pheasant Dr. Rolling Meadows - In case of inclement weather, we will move inside the NWSRA space.</p>	<p>\$24.00 without transportation \$36.00 with door to door transportation</p>
410	<p>Summer Bites and Delights Craving bold flavors and a great time? Come along as we head to Chili's for a delicious dinner! From sizzling fajitas to mouthwatering burgers, there's something for everyone on the menu. Come for the great food, stay for the company, and enjoy a night of good vibes and tasty bites. Dinner is included in the price – please review the menu ahead of time.</p> <p>Registration Deadline: July 18</p>	<p>Friday, August 1 6:00-8:00 pm</p>	<p>Chili's 640 E Rand Rd, Arlington Heights</p>	<p>\$42.00 without transportation \$54.00 with door to door transportation</p>

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

FRIDAY NIGHT FUN

Club Coordinator:
Gianna Mendoza

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

PLEASE NOTE:

**In case of an emergency during the club events, call at (224) 457-2025 to connect with the manager on call.

Prog #	Details	Date	Location	Fee*
507	<p>Boomer Ballpark Adventures</p> <p>Get ready for a night of fast-paced baseball action as we head to a Schaumburg Boomers game! Whether you're a die-hard fan or new to the sport, this event is sure to be filled with thrilling plays, family fun, and the energy of a live baseball game. Enjoy the sights, sounds, and delicious ballpark snacks as we cheer on the Boomers to victory. Don't miss out on this unforgettable experience at the ballpark! Please bring additional money for food and drink, if desired.</p> <p>Registration Deadline: May 23</p>	<p>Friday, June 13 6:30-9:00 pm</p>	<p>Wintrust Field 1999 S Springinsguth Rd., Schaumburg -</p> <p>In case of inclement weather, we will watch a movie at Hanover Park Community Center – NWSRA Wing.</p>	<p>\$27.00 without transportation \$39.00 with door to door transportation</p>
508	<p>Sundae Cinema</p> <p>Come one, come all! Spend your Friday night watching a movie with friends. Add to the fun with endless scoops of creamy goodness, topped with all your favorite mix-ins. It's the perfect night to treat yourself and create unforgettable moments!</p> <p>Registration Deadline: June 6</p>	<p>Friday, June 20 7:00-9:00 pm</p>	<p>Plum Grove Park 4001 Park Dr, Palatine</p>	<p>\$18.00 without transportation \$30.00 with door-to-door transportation</p>
509	<p>Strike Squad Showdown</p> <p>Join us for an unforgettable evening of strikes, spares, and fun at our bowling night. Whether you're a pro or a first-timer, it's the perfect chance to show off your skills or just enjoy a night out with friends. Grab your bowling shoes, bring your best game face, and let's roll into a night of friendly competition and good vibes! Please bring additional money for food and drink, if desired.</p> <p>Registration Deadline: June 13</p>	<p>Friday, July 27 7:00-9:00 pm</p>	<p>Arlington Lanes 3435 N Kennicott Ave, Arlington Heights, IL</p>	<p>\$22.00 without transportation \$34.00 with door-to-door transportation</p>
510	<p>Medieval Times</p> <p>Step back in time to a world of knights, jousting, and royal feasts! Experience the thrill of Medieval Times, where epic battles and bold knights meet a hearty, delicious feast fit for royalty. Savor a mouthwatering meal while you cheer on your champion! If you have dietary restrictions, contact the Club Coordinator prior to the event.</p> <p>Registration Deadline: July 3</p>	<p>Friday, July 25 6:45-8:45 pm</p>	<p>Medieval Times Dinner & Tournament 2001 N Roselle Rd, Schaumburg, IL</p>	<p>\$92.00 without transportation \$104.00 with door-to-door transportation</p>

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

CHICAGO'S DEEP DISH PIZZA & RIVER CRUISE

Ages: 21 & older

Embark on a scenic river cruise and indulge in the ultimate Chicago experience. Glide along the river waters while taking in breathtaking views, and learning about Chicago architecture. After the tour we will head over to one of Chicago's signature pizza spots, Giordano's and enjoy some delicious deep dish pizza for lunch. Lunch and tickets for cruise included in the price.

Group: Ambulatory Only

Location: River Walk & Dock • Chicago

Min/Max: 5/10

Ratio: 1:4

Goals: C, I, S

Prog. #	Date	Day	Time	Fee
6458	7/27	Su	9:00 am - 4:00 pm	\$100.00

Transportation Included in Fee

Transportation Location	Pick Up	Drop Off
NWSRA Park Central	9:00 am	4:00 pm

BEARS TRAINING CAMP DAY **Ages: 14 - 21**

Step into Bears territory this summer at the 2025 EGO Outdoor Power Equipment Chicago Bears Training Camp! Watch your favorite Bears players practice at Halas Hall in Lake Forest with photo & autograph opportunities throughout Camp. There will also be games, activities, virtual reality, and appearances by Staley Da Bear, Monster Squad and the Chicago Bears Drumline brought to you by Shell.

Group: All Abilities

Location: Halas Hall • Vernon Hills

Min/Max: 5/10

Ratio: 1:2

Goals: CI, I, S

Prog. #	Date	Day	Time	Fee
6530	TBD	Sa	TBA	\$50.00

Transportation Included in Fee

Transportation Location	Pick Up	Drop Off
NWSRA Park Central	TBA	TBA

CUBS VS. PIRATES **Ages: 21 & older**

Get ready for a day of fast pitches, high-flying catches, and heart-pounding action! Join fans at Wrigley Field to cheer on the Chicago Cubs as they take on the Pittsburgh Pirates. Tickets are limited so sign up today! Note: This trip involves a considerable amount of walking and you may encounter stairs to get to your seat. Bring extra money for food and souvenirs if desired.

Group: All Abilities

Location: Wrigley Field • Chicago

Min/Max: 5/15

Ratio: 1:4

Goals: CI, I, S

Prog. #	Date	Day	Game Time	Fee
6220	6/15	Su	1:20 pm	\$135.00

Transportation Included in Fee

Transportation Location	Pick Up	Drop Off
NWSRA Park Central	11:00 am	7:00 pm

MUSICAL AT METROPOLIS **Ages: 21 & older**

Join us for an unforgettable evening at the Metropolis Theater as we experience Ken Ludwig's heartfelt and witty play, Dear Jack, Dear Louise. Set during World War II, this touching comedy follows the blossoming relationship between two strangers who connect through letters. With its clever dialogue, emotional depth, and charming characters, Dear Jack, Dear Louise is sure to leave you both laughing and reflecting. Don't miss this captivating production—reserve your spot today and be part of this wonderful theater experience!

Group: All Abilities

Location: Metropolis Performing Arts Center • Arlington Heights

Min/Max: 5/15

Ratio: 1:4

Goals: CI, I, S

Prog. #	Date	Day	Time	Fee
6521	8/7	Th	7:00 - 10:00 pm	\$70.00

Transportation Fee: \$10

Transportation Location	Pick Up	Drop Off
Hanover Park Community Center	6:30 pm	10:30 pm
Buffalo Grove Fitness Center	6:30 pm	10:30 pm



WHITE SOX VS. GIANTS Ages: 21 & older

Grab your friends, or your colleagues and join us for an action-packed day at the ballpark! Join fans at Guaranteed Rate Field to cheer on the Chicago White Sox as they play the San Francisco Giants. Whether you're a die-hard fan or just looking for a fun time, this outing is the perfect chance to experience the excitement. Tickets are limited so sign up today! Note: This trip involves a considerable amount of walking and you may encounter stairs to get to your seat. Bring extra money for food and souvenirs if desired.

Group: All Abilities
Location: Guaranteed Rate Field • Chicago
Min/Max: 5/20
Ratio: 1:4
Goals: Cl, I, S

Prog. #	Date	Day	Game Time	Fee
6270	6/29	Su	1:10 pm	\$135.00

Transportation Included in Fee

Transportation Location	Pick Up	Drop Off
NWSRA Park Central	11:00 am	7:00 pm

PARENT'S NIGHT OUT Ages: 3 - 13

Parents, Treat yourself and take the night off to hit up the town as your kids join us for some fun and games! Children should eat dinner before the event. A snack will be provided.

Group: All Abilities & Siblings
Location: Central Community Center • NWSRA Space
Min/Max: 5/15
Ratio: 1:1
Goals: Cl, S

Prog. #	Date	Day	Time	Fee
6300	7/11	F	5:30 - 8:30 pm	\$50.00

SENSORY FRIENDLY OUTDOOR MOVIE NIGHT

Join us for a magical evening under the stars at our Sensory-Friendly Outdoor Movie Night, designed to create an inclusive and relaxing experience for all! Whether you're with family, friends, or seeking a peaceful escape, our event offers the perfect environment to enjoy a movie in comfort. With a variety of seating options, including mats and lawn chairs to rent for \$3 (quantities limited first come first serve) and space for wheelchairs. Please indicate if you need wheelchair seating on the registration form. A designated quiet area will be available for anyone needing a calm space to recharge.

Movie: Moana 2 (start time 8:30 pm)

Group: All Ages & Abilities
Location: Fred P Hall Amphitheater Palatine
Notes: Concessions available for purchase, cash only

Prog. #	Date	Day	Time	Fee
6900	5/30	F	7:30 pm	\$5 per person or \$20 per family

BON APPETIT Ages: 21 & older

Indulge in a one-of-a-kind food experience at Bon Appétit, where culinary exploration meets adventure! First stop: Brunch, Second stop: Walk at a local park and third stop: Dessert. Participants will have \$30 food limit, please bring more money if more food is required. Whether you're a foodie, a casual diner, or simply someone who loves discovering new flavors, Bon Appétit promises an unforgettable day of delights.

Group: All Abilities
Location: Park Central • Rolling Meadows
Min/Max: 5/15
Ratio: 1:4
Goals: Cl, I, S

Prog. #	Date	Day	Time	Fee
6820	6/2	M	10:00 am - 3:00 pm	\$80.00

Transportation Fee: \$10

Transportation Location	Pick Up	Drop Off
Hanover Park Community Center • Hanover Park	9:30 am	3:30 pm
Buffalo Grove Fitness Center • Buffalo Grove	9:00 am	4:00 pm

TOPGOLF & DINNER Ages: 21 & older

Get ready for an unforgettable day of fun, food, and friendly competition! Head to Top Golf, where you can swing for the stars in a relaxed, high-energy setting. Bring some money because after a few rounds, we will sit back and enjoy a delicious dinner.

Group: All Abilities
Location: Top Golf • Schaumburg
Min/Max: 5/100
Ratio: 1:4
Goals: Cl, I, S

Prog. #	Date	Day	Time	Fee
6630	8/8	F	6:30 - 8:30 pm	\$70.00

Transportation Fee: \$10

Transportation Location	Pick Up	Drop Off
Hanover Park Community Center • Hanover Park	6:00 pm	9:00 pm
Buffalo Grove Fitness Center • Buffalo Grove	6:00 pm	9:00 pm



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 Officer, 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 Recreation at rhubsch@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 [surveymonkey.com/r/7P9QVDY](https://www.surveymonkey.com/r/7P9QVDY) to take the survey!



Scan the QR Code to take the survey!

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.



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 Hot Weather

Outdoor programs: 90° or higher and a heat index of 105° to 129° is cautionary range. A heat index of 130° or higher will indicate cancellation.

Programs with transportation:

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

Severe Weather - all programs (including indoor):

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

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

TRANSPORTATION

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

- Transportation times for all programs may change based on enrollment and/or last minute facility changes.
- All individuals transported while in a wheelchair must have a seat belt system that secures them into their wheelchair and brakes that are in good working order. If a participant is in need of a seat belt system, NWSRA will provide one for program use only.
- Individuals using tri-wheelers must transfer into a bus seat as they cannot be safely secured while in the tri-wheeler.
- Door-to-door transportation is provided for in-district residents only. Program leaders will contact participants to arrange pick up times.
- NWSRA will make every effort to keep routes at a reasonable length of time. Door-to-door routes vary in length based on pickup locations. Late drop off/pick up of participants at programs creates a ripple effect. Please be considerate of others by being on time. Drivers will only wait 5 minutes at all pick up locations.
- NWSRA reserves the right to determine whether a participant can be transported safely.
- Individuals may be assisted by NWSRA staff to and from the door of their residence if there are no other individuals in the bus or a bus aide is available. NWSRA staff are not permitted to enter the individuals’ residence at any time. NWSRA staff may not lift, carry or transport an individuals’ assistive transportation device to any vehicle other than a NWSRA vehicle.
- When picking up or dropping off participant for transportation by NWSRA, park your car in a designated parking spot and drop off or pick up participant at the bus. Staff will not release participants until parent/guardian, residential staff or caregiver comes to the bus and signs 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.

REGISTRATION INFORMATION

Registration begins at 8:30 am on Monday, April 14 and closes at 5pm on Friday, May 2. Completed registration forms and PIFs will be processed in the order they were received. **Registration forms received prior to registration opening will be postmarked at 5pm on the second day of registration. Incomplete registration forms may incur a delay in processing.**

Those registrations received after the program has reached it's maximum number OR the registration deadline (which ever may occur first) will be put on a waiting list. Parents/guardians/residential staff will be notified if a participant is on a waiting list via email.

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	May 1	June 1
Summer	Reg. Deadline	June 1	July 1
Fall	Reg. Deadline	October 1	November 1

REFUNDS AND CREDITS

Credits may be issued in the following circumstances:

- When NWSRA cancels a program
- When NWSRA determines a program is inappropriate for the participant
- In cases of prolonged illness (doctor's note required) or relocation
- If you are dissatisfied after attending the first program session, a credit can be requested before the second session. A transfer to another available program may also be requested
- If NWSRA cancels transportation for a program

Weather Cancellations

NWSRA uses discretion when deciding to cancel programs due to inclement weather. Credits are not issued for weather-related cancellations. If a session is canceled due to weather, NWSRA will attempt to reschedule one session per program when possible.

Credit Processing & Terms

- All credits incur a \$10.00 service fee
- NWSRA reserves the right to withhold from credit for costs already incurred (tickets, rentals, deposits, etc.)
- Credits are processed monthly
- If your account has an existing balance, any new credits will first be applied to that balance
- Credits remain valid for three years; after this period, unclaimed credits will be transferred to the State of Illinois in accordance with the State of Illinois Unclaimed Property Statute

Situations Not Eligible for Credits

- Missed classes due to personal reasons or scheduling conflicts
- Participants receiving financial assistance
- Additional weather cancellations beyond the first canceled session

Refunds

Refunds (as opposed to credits) are evaluated on a case-by-case basis. To request a refund, please contact our front office at (847) 392-2848. For questions about credits and or refunds please contact our front office.

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
- 2 Click the “Registration Forms” link in the Registration Forms area
- 3 Download and save the file to your computer/electronic device
- 4 Complete the fillable form
- 5 Be sure to indicate Season and Year at the top right corner of the Registration Form
- 6 Send us the form!

E-mail the form to office@nwsra.org

Mail or Drop Off to:
3000 W. Central Rd, 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

REGISTRATION FORM



Please check this box if there is any information within the registration form that has changed from the previous season.

Registration forms received prior to registration opening will be postmarked at 5pm on the second day of registration.

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 _____
 Sex _____ Age _____ Birthdate _____ Diagnosis _____ T-Shirt Size _____ Adult Child
 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
 I agree for NWSRA staff to apply sunscreen and/or bug spray to my child Yes No I want my child receive a daily Note Home Yes No

Ethnicity

American Indian or Alaska Native Asian Black or African American Hispanic or Latino White
 Middle Eastern or North African Native Hawaiian or Pacific Islander Not Listed (please specify) _____
Gender Pronoun He She They Not Listed (please specify) _____

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 _____ Opt in to receive text communication about programming
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 _____ Opt in to receive text communication about programming

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		

Would you like to be added to our mailing/e-mail list? Check here

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

PARTICIPANT NAME _____ SEASON/YEAR _____

PROGRAM #	PROGRAM NAME	MEDS TAKEN AT PROGRAM YES <input type="checkbox"/> NO <input type="checkbox"/>		PROGRAM FEE	TOTAL FEE
Transportation	One Way, To <input type="checkbox"/> Round Trip <input type="checkbox"/> One Way, From <input type="checkbox"/> Door-to-Door <input type="checkbox"/>	PICK UP LOCATION	DROP OFF LOCATION	TRANS FEE	

PROGRAM #	PROGRAM NAME	MEDS TAKEN AT PROGRAM YES <input type="checkbox"/> NO <input type="checkbox"/>		PROGRAM FEE	TOTAL FEE
Transportation	One Way, To <input type="checkbox"/> Round Trip <input type="checkbox"/> One Way, From <input type="checkbox"/> Door-to-Door <input type="checkbox"/>	PICK UP LOCATION	DROP OFF LOCATION	TRANS FEE	

PROGRAM #	PROGRAM NAME	MEDS TAKEN AT PROGRAM YES <input type="checkbox"/> NO <input type="checkbox"/>		PROGRAM FEE	TOTAL FEE
Transportation	One Way, To <input type="checkbox"/> Round Trip <input type="checkbox"/> One Way, From <input type="checkbox"/> Door-to-Door <input type="checkbox"/>	PICK UP LOCATION	DROP OFF LOCATION	TRANS FEE	

PROGRAM #	PROGRAM NAME	MEDS TAKEN AT PROGRAM YES <input type="checkbox"/> NO <input type="checkbox"/>		PROGRAM FEE	TOTAL FEE
Transportation	One Way, To <input type="checkbox"/> Round Trip <input type="checkbox"/> One Way, From <input type="checkbox"/> Door-to-Door <input type="checkbox"/>	PICK UP LOCATION	DROP OFF LOCATION	TRANS FEE	


PROGRAM #	PROGRAM NAME	MEDS TAKEN AT PROGRAM YES <input type="checkbox"/> NO <input type="checkbox"/>		PROGRAM FEE	TOTAL FEE
Transportation	One Way, To <input type="checkbox"/> Round Trip <input type="checkbox"/> One Way, From <input type="checkbox"/> Door-to-Door <input type="checkbox"/>	PICK UP LOCATION	DROP OFF LOCATION	TRANS FEE	

PROGRAM #	PROGRAM NAME	MEDS TAKEN AT PROGRAM YES <input type="checkbox"/> NO <input type="checkbox"/>		PROGRAM FEE	TOTAL FEE
Transportation	One Way, To <input type="checkbox"/> Round Trip <input type="checkbox"/> One Way, From <input type="checkbox"/> Door-to-Door <input type="checkbox"/>	PICK UP LOCATION	DROP OFF LOCATION	TRANS FEE	

PROGRAM #	PROGRAM NAME	MEDS TAKEN AT PROGRAM YES <input type="checkbox"/> NO <input type="checkbox"/>		PROGRAM FEE	TOTAL FEE
Transportation	One Way, To <input type="checkbox"/> Round Trip <input type="checkbox"/> One Way, From <input type="checkbox"/> Door-to-Door <input type="checkbox"/>	PICK UP LOCATION	DROP OFF LOCATION	TRANS FEE	

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

DOOR TO DOOR REQUEST
 For programs which do not advertise door-to-door transportation, it may still be accommodated. Please fill out this door-to-door transportation request form and someone will reach out prior to the start of program



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


You may charge your registration. Please check one.
 American Express Discover MasterCard Visa

Account # _____ Expiration Date ____/____/____ CVC# _____

If paying in full, please check here
 If requesting a payment plan, please check here

By checking the pay in full or the payment plan 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.

PAYMENT PLAN
 Authorization Form



Total Program Cost: _____
 Program Credits: _____
 SLSF Donation: _____
 Total Enclosed: _____

**Make check payable to NWSRA
 All past balances must be paid in full prior to registration.**

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 fillable registration form to office@nwsra.org

PARTICIPANT INFORMATION FORM

This form must be completed annually



Please check this box if there is any information within the participant information form that has changed from the previous season.

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

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	<input type="checkbox"/> Seeks <input type="checkbox"/> 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

Participant Initials _____

TRANSPORTATION NEEDS:

- Harness Securement (parent provides vest) Seatbelt Lock Oxygen Tank Securement Bus Aide If yes, Reason _____
 - Participant drives self Participant is able to wait independently for transportation Wheelchair straps needed: Foot straps Chest straps Seatbelt
- Additional _____

SWIMMING: (check all that apply)

- Participant can swim independently Participant needs assistance while in the pool (list out specific assistance below)
- Does not go into pool. (list reason below) Request one to one staffing in the pool (list reason and describe below)

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

TOILETING & CHANGING: (check all that apply)

- Needs verbal prompts for toileting/changing (explain below) Uses pull up/diaper only (specific training required) Uses toilet independently
- Uses toilet, but wears pull up/diapers Needs physical assistance (specific training required) Changes independently

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

EATING: (check all that apply)

- Eats independently, no assistance needed Needs physical assistance for feeding (list specifics below) Can only use specific utensils/equipment
- Uses feeding tube (specific training required) Needs specific consistency for food and drink (list below) Can only eat what is packed (list allergies or diet plan)

Additional/Specific Information:

BEHAVIOR:

- Wander or leaves the group Has specific triggers, list below Physically/Verbally aggressive (circle one or both)
- Will ask for assistance when needed Has Behavior Plan Will take others belongings or food (circle one or both)
- Easily distracted/difficulty focusing Runs away/flight risk Exhibits self-injurious behaviors, list below
- Recognizes danger Unable to communicate needs Typical Personality _____
- Anxiety when separated from family Has specific fears/concerns, list below Other _____

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: _____

PARTICIPANT INFORMATION

Participant Initials _____

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

MEDICAL CONDITIONS/NEEDS:

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

Additional _____

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

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

SEIZURE INFORMATION:

SEIZURE TYPE	DATE DIAGNOSED	LENGTH	FREQUENCY	DESCRIPTION	DATE OF LAST SEIZURE

1. What might trigger a seizure in the participant? _____
2. Are there any warnings and or behavior changes before the seizure occurs? Yes ___ No ___ If yes, please explain: _____
3. Has there been any recent change in the participant's seizure patterns? Yes ___ No ___ If yes, please explain: _____
4. How does the participant react after a seizure is over? _____
5. How do other illnesses affect the participant's seizures? _____
6. What first aid/support should be given after a seizure has occurred? _____
7. Please describe what constitutes an emergency for the participant? _____
8. Has the participant ever been hospitalized for continuous seizures? Yes ___ No ___ If yes, please explain: _____
9. What is the best way for us to communicate with you about the participant's seizure(s) _____
10. Is there any other information that NWSRA should know? _____
11. Does your child have a Vagal Nerve Stimulator Yes ___ No ___ If yes, please describe instructions for appropriate magnet use: _____
12. What medication(s) is the participant prescribed for seizures? _____

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

DIABETES INFORMATION:

1. What supplies are needed for participants diabetes care? (testing kit, calorie book, etc.) _____
2. List step by step instructions of testing blood sugar: _____

TESTING FREQUENCY	BASELINE # RANGE	HIGH # RANGE	LOW # RANGE

3. How does participant count/check carbohydrates? _____

EPI-PEN INFORMATION:

1. Where will Epi-Pen be kept? _____

ALLERGY	SEVERITY OF ALLERGY	REACTION

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

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

Participant Initials _____

G-TUBE/J-TUBE INFORMATION:

1. Type of j/g-tube: Pump Bag Syringe If pump, what rate should it run at? _____
3. What time(s) for feeding? _____
4. Quantity of food: _____ Quantity of water during feeding/throughout the day: _____
5. Is the food and water mixed or does the water follow as a flush? _____
6. Does participant receive feeding sitting up or laying down? _____ Duration of feeding? _____
7. Does participant need to stay upright after feeding? If yes, how long? _____
8. Can participant take solid food or liquids orally or only through g-tube? _____

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

SUCTION INFORMATION:

1. What type of suctioning is needed? Nasal Oral Type of device used? _____
3. Signs/symptoms that suctioning is needed? _____
4. How often does participant need suctioning? _____
5. Specific instructions for suctioning procedure: _____

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

OSTOSTOMY BAG:

INHALER INFORMATION:

OXYGEN INFORMATION:

TEMPERATURE SENSITIVITY INFORMATION:

SHUNT INFORMATION:

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

MEDICAL CONDITION/NEED	ADDITIONAL INFORMATION

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

WAIVER AND RELEASE OF ALL CLAIMS

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

SIGNATURE OF PARENT/GUARDIAN: _____ DATE: _____

PRINTED NAME OF PARENT/GUARDIAN: _____



DAY CAMP

CAR WASH



Save the Date!

Tuesday, July 29, 2025

**Donations are gladly accepted- we accept cash and credit!
Proceeds from the car wash will help support programming!**

NWSRA.ORG | SLSF.ME

Arlington Lakes Golf Club

1211 S New Wilke Rd
Arlington Heights
(847) 577-3030

Arlington Ridge Center

660 N Ridge Ave
Arlington Heights
(847) 577-3025

Bartlett Community Center

700 S Bartlett Rd
Bartlett
(630) 540-4800

Bowlero - Mt. Prospect

824 E Rand Rd
Mt. Prospect
(847) 392-0550

Buffalo Grove Fitness Center

601 W Deerfield Parkway
Buffalo Grove
(847) 305-8360

Camelot Park

1005 E Suffield Dr
Arlington Heights
(847) 577-3010

Central Community Center

1000 W Central Rd
Mt. Prospect
(847) 305-8571

Clearbrook - Getz

746 S Vermont St
Palatine
(847) 991-4100

Falcon Park Recreation Center

2195 N Hicks Rd
Palatine
(847) 202-5111

Gary Morava Recreation Center

110 W Camp McDonald Rd
Prospect Heights
(847) 394-2848

Hanover Park Community Center

1919 Walnut Ave
Hanover Park
847/392-2864

Jack Claes Pavillion

1000 Wellington Ave
Elk Grove Village
(847) 437-9494

Kirk School

520 S Plum Grove Rd
Palatine
(847) 485-2600

Little City Countryside

2360 Palmer Dr
Schaumburg
(847) 438-8799

Nickol Knoll Golf Course

3800 N Kennicott Ave
Arlington Heights
(847) 590-6050

Old Orchard Country Club

700 W Rand Rd
Mt. Prospect
(847) 255-2025

Palatine Community/Gymnastics Center

250 E Wood St
Palatine
(847) 991-0333

Palatine Family Aquatic Center

262 E Palatine Rd
Palatine
(847) 991-1700

Park Place Family Recreation Center

550 S. Park Blvd
Streamwood
(630) 372-7275

Park Central/Teen Center

3000 Central Rd
Rolling Meadows
(847) 818-3220

Plum Grove Park

4001 Park Dr
Palatine
(847) 818-3200

RecPlex

420 Dempster St
Mt. Prospect
(847) 640-1000

Rep's Place

3200 Kirchoff Rd
Rolling Meadows
(224) 347-2916

Rolling Meadows Community Center

3705 Pheasant Dr
Rolling Meadows
(847) 632-0049

Rose Park

530 S Williams
Palatine
(847) 259-6890

Sandburg Junior High School

2600 Martin Ln
Rolling Meadows
(847) 963-7800

Schaumburg Community Recreation Center

505 N Springinsguth Rd
Schaumburg
(847) 490-7015

The Zone

550 E Business Center Dr
Mt. Prospect
(847) 255-1400

Thrown Elements

60 N Evergreen Ave
Arlington Heights
(847) 818-1313

Walk On

26665 W Cuba Rd
Barrington
(847) 381-4231

Wheeling Community Recreation Center

100 Community Blvd
Wheeling
(847) 465-3333

NWSRA Vogelei House/Barn

650 W Higgins Rd
Hoffman Estates
(847) 885-7500

NWSRA PROGRAMMING SPACES**Rolling Meadows Community Center**

3705 Pheasant Dr
Rolling Meadows
(847) 632-0049

Hanover Park Community Center

1919 Walnut Ave
Hanover Park
(847) 392-2864

Central Community Center

1000 W Central Rd
Mt. Prospect
(847) 305-8571

Wheeling Community Recreation Center

100 Community Blvd
Wheeling
(847) 465-3333

Buffalo Grove Fitness Center

601 W Deerfield Parkway
Buffalo Grove
(847) 305-8360

Vogelei House/Barn

650 W Higgins Rd
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

APRIL 14, 2025

REGISTRATION DEADLINE

MAY 2, 2025

PROGRAMS DATES

JUNE 9 - AUGUST 9, 2025

