



**Summer**  
2026

**REGISTRATION**  
**APRIL 13 - MAY 1**

# SUMMER PROGRAMMING

JUNE 8 - AUGUST 8

## Registration Begins

April 13, 2026

## Non-Resident Registration Begins

April 27, 2026

## Registration Deadline

May 1, 2026

## Scholarship Deadline

May 1, 2026

## 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

## 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



### Online

Visit [nwsra.org/brochure](https://nwsra.org/brochure) to register online.



### In Person

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



## 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

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## GOALS

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

## ABBREVIATIONS

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

## CERTIFICATIONS

<b>CIA</b>	Certified Inclusivity Assessor
<b>CPRP</b>	Certified Park & Recreation Professional
<b>CTRS</b>	Certified Therapeutic Recreation Specialist
<b>PHR</b>	Professional in Human Resources
<b>MH</b>	Mental Health

## BOARD OF DIRECTORS

### ARLINGTON HEIGHTS

Carrie Fullerton

### BARTLETT

Kevin Romejko

### BUFFALO GROVE

Erika Strojinc

### ELK GROVE

Ben Curcio | Vice Chair

### HANOVER PARK

Steve Bessette

### HOFFMAN ESTATES

Craig Talsma

### INVERNESS

Robert Dowling

### MT. PROSPECT

Jim Jarog

### PALATINE

Ben Rea

### PROSPECT HEIGHTS

Christina Ferraro

### RIVER TRAILS

Bret Fahnstrom

### ROLLING MEADOWS

Nick Troy | Treasurer

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Tony LaFrenere

### SOUTH BARRINGTON

Jay Morgan

### STREAMWOOD

Jeffrey Janda | Chair

### WHEELING

Jan Buchs

### BOARD MEETING

For Board Meeting dates and to access a copy of the meeting agenda, visit [nwsra.org/board](http://nwsra.org/board).

# STAFF DIRECTORY

## LEADERSHIP

<b>Andrea Griffin, CTRS, CPRP, CIA</b> Executive Director agriffin@nwsra.org   ext. 235	<b>Sara Carey, MH</b> Manager of Human Resources scarey@nwsra.org   ext. 260	<b>Tom Draper</b> Supt. of Communications and Technology tdraper@nwsra.org   ext. 263
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<b>Anne Kiwala</b> SLSF Supt. of Development akiwala@nwsra.org   ext. 244		

## MANAGEMENT

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## COORDINATORS

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## SPECIALISTS

<b>Caitlin Cron, CTRS</b> Recreation Specialist ccron@nwsra.org   ext. 224	<b>Sydney Csoka, CTRS</b> Recreation Specialist scsoka@nwsra.org   ext. 299	<b>Gianna Mendoza, CTRS</b> Recreation Specialist gmendoza@nwsra.org   ext. 233	<b>Patrick Paulson</b> Recreation Specialist ppaulson@nwsra.org   ext. 236
<b>Ashley Richardson</b> Recreation Specialist arichardson@nwsra.org	<b>Jillian Trentadue</b> Recreation Specialist jtrentadue@nwsra.org   ext. 240	<b>Abigail Updike, CTRS</b> Recreation Specialist aupdike@nwsra.org   ext. 271	<b>Kate Zabat</b> Recreation Specialist kzabat@nwsra.org   ext. 226
<b>Lexi Smith</b> Marketing Specialist asmith@nwsra.org   ext. 230			

## ADMINISTRATIVE SUPPORT STAFF

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# Registration, Now Online!

Browse programs, manage your household information, and register online!



- 1** Scan the QR code or visit [nwsra.org/brochure](https://nwsra.org/brochure)
- 2** Click Register Online
- 3** Create an account with your contact details and participant information.
- 4** Register for your favorite NWSRA programs!
- 5** Check your e-mail for a link from ePACT to complete your personal information form.



# 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

**NOTE:** The program leader will communicate the pick-up and drop - off times once registration is closed and routes are established.

### SWINGING GOOD TIME AT TOP GOLF **Ages: 21 & older**

Get ready for a fun-filled night at Topgolf! Take a swing with your friends, enjoy some tasty appetizers, and dive into a little friendly competition while making great memories together. Appetizers and fountain drinks included in the fee.

**Group:** All Abilities  
**Location:** Top Golf • Schaumburg  
**Min/Max:** 5/12  
**Ratio:** 1:4 to independent  
**Goals:** CI, I, S

Prog. #	Date	Day	Time	Fee
6200	5/27	W	6:30 - 8:30 pm	85.00

**Transportation Fee:** \$14

Transportation Location
Buffalo Grove Fitness Center
Hanover Park Community Center

### EVENING EATS AND SWEET TREATS **Ages: 21 & older**

Come enjoy a night out El Fresca Style in downtown Arlington Heights. We'll start with a delicious dinner at one of the many restaurants. After dinner we will continue the evening by taking a stroll downtown, while heading to another tasty location for dessert. Expect a great evening filled with good food and socializing with friends in a fun outdoor setting. Dinner and dessert included in the fee. In case of inclement weather, indoor dining is available.

**Group:** All Abilities  
**Location:** Arlington Alfresco • Arlington Heights  
**Min/Max:** 5/20  
**Ratio:** 1:4 to independent  
**Goals:** CI, I, S

Prog. #	Date	Day	Time	Fee
6201	6/1	M	4:00 - 7:00 pm	\$95.00

**Transportation Fee:** \$14

Transportation Locations
Hanover Park Community Center
Buffalo Grove Fitness Center

### CUBS VS GIANTS **Ages: 21 & older**

Come enjoy an exciting afternoon at Wrigley Field cheering on your Chicago Cubs as they take on the San Francisco Giants! Grab your ball cap, bring your cheers, and enjoy an afternoon full of big hits, loud claps, and nonstop ball park fun. Transportation, ticket and food are included in the fee. Please bring extra money if you'd like to purchase souvenirs.

**Group:** All Abilities  
**Location:** Wrigley Field • Chicago  
**Min/Max:** 5/20  
**Ratio:** 1:4 to independent  
**Goals:** CI, I, S

Prog. #	Date	Day	Time	Fee
6202	6/7	Sun	1:20 pm Game time	\$140.00

Transportation Location
NWSRA Park Central

### WHITE SOX VS ROYALS **Ages: 21 & older**

Get ready for an exciting afternoon at Rate Field cheering on the White Sox vs the Kansas City Royals. Expect lots of cheers, big smiles, and nonstop baseball fun as we soak up the energy of the crowd and enjoy a classic day at the ballpark. Transportation, ticket and food are included in the fee. Please bring extra money if you'd like to purchase souvenirs.

**Group:** All Abilities  
**Location:** Rate Field • Chicago  
**Min/Max:** 5/20  
**Ratio:** 1:4 to independent  
**Goals:** CI, I, S

Prog. #	Date	Day	Time	Fee
6203	6/28	Sun	1:10 pm Game time	\$140.00

Transportation Locations
NWSRA Park Central

**PLAYPALOOZA AT THE CLIMBZONE** Ages: 14 & under

Come out for a fun-packed day full of adventure and excitement! Explore unique themed climbing walls, ropes courses, laser tag, bumper cars, and arcade games. There's something fun for all. It will be an action-filled day you won't want to miss! Please wear comfortable clothing and closed-toed shoes. Transportation, Entry Fee and Pizza Lunch are included in the fee.

**Group:** Ambulatory Only  
**Location:** Climbzone • Chicago  
**Min/Max:** 5/10  
**Ratio:** 1:4 to independent  
**Goals:** Cl, I, S

Prog. #	Date	Day	Time	Fee
6204	6/27	Sa	10:00 - 1:00 pm	\$110.00

Transportation Locations
NWSRA Park Central

**COLOR FACTORY EXPRESS** Ages: 21 & older

Hop on board the Metra Train to explore the Color Factory inside the Willis Tower. We'll enjoy colorful, vibrant rooms, hands-on exhibits, and have plenty of photo opportunities. Afterward, we'll have a tasty lunch at the Shake Shack inside Willis Tower, before heading back on the train. It will be a fun-filled, colorful day packed with adventure, laughter, and joy! Train ticket, Lunch, and Entry Ticket included in the fee.

**Group:** Ambulatory Only  
**Location:** Willis Tower • Chicago  
**Min/Max:** 5/10  
**Ratio:** 1:4 to independent  
**Goals:** Cl, I, S

Prog. #	Date	Day	Time	Fee
6205	7/12	Sun	10:00 am-3:00 pm	\$135.00

Transportation Locations
NWSRA Park Central

**FOX RIVER BOAT RENDEZVOUS** Ages: 21 & older

Come cruise the scenic Fox River in St. Charles aboard the Paddle wheel Riverboats! Enjoy a relaxing and scenic day on the water, taking in the sights and the gentle river breeze. After the cruise, we'll head on over to Colonial Cafe for a delicious dinner. Transportation, Scenic Boat Cruise tickets and Dinner included in the fee.

**Group:** All Abilities  
**Location:** Pottawatomie Park • St. Charles  
**Min/Max:** 5/15  
**Ratio:** 1:4 to independent  
**Goals:** Cl, I, S

Prog. #	Date	Day	Time	Fee
6206	7/26	Sun	3:00 - 7:00pm	\$125.00

Transportation Location
NWSRA Park Central

**WIZARD OF OZ AT THE METROPOLIS** Ages: 21 & older

We're off to see the Wizard... the Wonderful Wizard of Oz! This Musical at Metropolis will bring us "Some where over the Rainbow" So, click your heels three times and join the Cowardly Lion, Scarecrow, Tin Man, Dorothy... and Toto too, as they follow the yellow brick road in search of their hearts desires.

**Group:** All Abilities  
**Location:** Metropolis Performing Arts Center • Arlington Heights  
**Min/Max:** 5/15  
**Ratio:** 1:4 to Independent  
**Goals:** Cl, I, S

Prog. #	Date	Day	Time	Fee
6207	8/6	Th	7:30 pm Showtime	\$65.00

**Transportation Fee:** \$14

Transportation Locations
Hanover Park Community Center
Buffalo Grove Fitness Center



**MOVIE IN THE PARK - ZOOTOPIA 2** Ages: 14 - 21

Come out and enjoy a movie night under the stars featuring Zootopia 2! Relax with friends, bring a cozy blanket or chair, and settle in for a fun evening outdoors. We'll have popcorn and snacks to share while we enjoy the movie together in a laid-back, stary atmosphere. Weather Alternate: Camelot Community Center Gym

**Group:** All Abilities  
**Location:** Frontier Park • Arlington Heights  
**Min/Max:** 5/10  
**Ratio:** 1:4 to independent  
**Goals:** Cl, I, S

Prog. #	Date	Day	Time	Fee
6208	8/14	F	7:45-10:45 pm	\$25.00

**Transportation Fee:** \$14

Transportation Location
Hanover Park Community Center
Buffalo Grove Fitness Center

# 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.

**No Program: 7/29**

Prog. #	Ages	Goals	Day	Time	Dates	Location	Fee	Min/Max
1010 - 1015	3 - 16 yrs.	M, P	T	4:00 - 7:00 pm	6/9 - 8/4	Arlington Ridge Center	\$315.00	2/5
1020 - 1025	3 - 16 yrs.	M, P	W	4:00 - 7:00 pm	6/10 - 8/9	Jack Claes Pavilion • Elk Grove Village	\$280.00	2/5
1030 - 1035	3 - 16 yrs.	M, P	Th	4:00 - 7:00 pm	6/11 - 8/6	Wheeling Community Recreation Center	\$315.00	2/5
1040 - 1045	3 - 16 yrs.	M, P	Th	4:00 - 7:00 pm	6/11 - 8/6	Park Place • Streamwood	\$315.00	2/5

## 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 • NWSRA Music Room

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

**Goals:** M, C

Prog. #	Dates	Day	Time	Fee
1070 - 1078	6/8 - 8/3	M	4:00 - 8:30 pm	\$315.00



**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 4:15pm to 6:15pm on the registration form.

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

**Group:** All Abilities

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

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

**Goals:** M, C

Prog. #	Dates	Day	Time	Fee
1080 - 1083	6/9 - 8/4	T	4:15 - 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 • NWSRA Music Room

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

**Goals:** M, C

Prog. #	Dates	Day	Time	Fee
1090 -1094	6/9 - 8/4	T	6:15 - 8:45 pm	\$315.00

**MUSIC**

**BUDDY BELLS** Ages: 11 - 18

The Buddy Bells Program is a fun and inclusive music program that introduces participants to the joy of playing hand bells. Designed for individuals of all ages and abilities, this program pairs participants with a “buddy” to form a team and create beautiful, harmonious music together. Through the process of learning and playing hand bells, individuals will develop musical skills, enhance teamwork, and experience the power of music to bring people together.

**No Program: 7/29**

**Group:** All Abilities

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

**Min/Max:** 2/5

**Ratio:** 1:1 to Independent

**Goals:** C, I, M, SE

Prog. #	Dates	Day	Time	Fee
2610	6/10 - 8/5	W	6:30 - 7:15 pm	\$180.00

**PLEASE NOTE**

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



**MUSIC**

**RHYTHMS OF CONNECTION** Ages: 6 - 10

Rhythms of Connection is an inclusive and empowering drum circle program designed to engage you in a creative and supportive music experience. Held weekly in a fully equipped music room, this program fosters a sense of belonging, self-expression, and community through the universal language of rhythm.

**No Program: 7/29**

**Group:** All Abilities

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

**Min/Max:** 2/5

**Ratio:** 1:1 to Independent

**Goals:** C, I, M

Prog. #	Dates	Day	Time	Fee
2600	6/10 - 8/5	W	5:30-6:15 pm	\$160.00

# 1:1 therapy programming

All sessions are conducted individually or with siblings and are scheduled in 45-minute increments. Please select your preferred time when completing the registration form in Rectrak. You will receive a confirmation prior to your session. Please note that dates are subject to change based on availability. Sessions may be recorded, and an additional waiver may be required prior to participation.

## SNOEZELEN SENSORY ROOM



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

**Note:** Location subject to change

**No Program: 7/29**

**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	6/8 - 8/3	M	2:30 - 6:15 pm	\$315.00
1121	6/9 - 8/4	T	2:30 - 6:15 pm	\$315.00
1122	6/10 - 8/5	W	2:30 - 6:15 pm	\$280.00
1123	6/11 - 8/6	Th	2:30 - 6:15 pm	\$315.00

## MEDIA LAB



The fully accessible Media Lab opens endless possibilities through next-level technology. The Media 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.

**Age:** 3 yrs. & older

**Group:** All Abilities

**Location:** 1140 - Buffalo Grove Fitness Center • NWSRA Media Lab

1141 - Rolling Meadows Community Center • NWSRA Media Lab

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

**Goals:** C, I

Prog. #	Dates	Day	Time	Fee
1140	6/9 - 8/4	T	2:30 - 5:15 pm	\$225.00
1141	6/11 - 8/6	Th	2:30 - 5:15 pm	\$225.00

## COMMUNITY SENSORY GARDEN & GREENHOUSE



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

**No Program: 7/29**

**Age:** 3 yrs. & older

**Group:** All Abilities

**Location:** 1130 - Hanover Park Community Center • Sensory Garden

1131 - Wheeling Park District • Greenhouse

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

**Goals:** SI, CI

Prog. #	Dates	Day	Time	Fee
1130	6/8 - 8/3	M	2:30 - 5:00 pm	\$270.00
1131	6/10 - 8/5	W	2:30 - 5:00 pm	\$240.00

## CLUB WELLNESS



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

**No Program: 7/29**

**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	6/8 - 8/3	M	2:30 - 5:00 pm	\$225.00
1151	6/10 - 8/5	W	2:30 - 5:00 pm	\$200.00



## GOALS LEGEND

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

**NOTE:** All Athletes planning to compete on NWSRA Lightning Teams must have a current Special Olympics Center of Excellence (COE) portal by the second week of program good through the state competition.

For more information please contact: Lexi Brandlin at [abrandlin@nwsra.org](mailto:abrandlin@nwsra.org) or 847-392-2848, ext. 268

### 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: 9/7**

**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	8/17- 9/21	M	5:30 - 6:30 pm	\$75.00
7201	8/20 - 9/24	Th	5:10 - 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 state Bocce will take place in November for qualifying athletes.

**No Program: 9/7**

**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	7/6 - 9/28	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.

For more details, see page 30.

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 COE Account 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 coordinator. Bowling scores due September 4, 2026. 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 Lanes • Addison  
**Min/Max:** 4/25  
**Ratio:** 1:1 to Independent

Prog. #	Date	Day	Time	Fee
7500	10/25	Sun	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:** Banquet Hall • Rolling Meadows Park Central  
**Min/Max:** 20/50  
**Goals:** M,HW,P,I  
**Ratio:** 1:1 to Independent

Prog. #	Dates	Day	Time	Fee
7060	9/23	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 Lexi Brandlin at (847) 392-2848 ext. 268 or e-mail [abrandlin@nwsra.org](mailto:abrandlin@nwsra.org)

**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: 10/12**

**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	9/14 - 11/23	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: 8/25**

**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. 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	7/21 - 10/6	T	6:30 - 8:30 pm	\$165.00

**1:1 THERAPY PROGRAMMING**

Want to expand your mind through technology? Come by our Media 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 10.**

**LONG TRIPS**

Want to go on an adventure? Join us on a special trip this August! See page 25 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	9/1 - 10/6	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: 7/29, 9/23**

**Group:** All Ambulatory Athletes

**Location:** Falcon Park • Palatine

**Min/Max:** 12/18

**Goals:** M,S,HW

**Ratio:** 1:4 to Independent

Prog. #	Dates	Day	Time	Fee
7090	7/1 - 9/30	W	6:00 - 7:00 pm	\$180.00



## 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

### SOCIAL

#### **MOVIN' & 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:** 1635 Bartlett Community Center • Bartlett  
 1636 Wheeling Community Center • NWSRA Space

**Min/Max:** 4/6

**Ratio:** 1:1 to Independent

**Goals:** M, HW, P

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

### SKILL DEVELOPMENT

#### **TINY CREATORS** Ages: 3 - 6

Through exploring their creativity through fun, hands-on arts and crafts projects in a supportive and sensory-friendly environment. Activities are designed to promote fine motor development, self-expression, and social interaction, while allowing each child to work at their own pace.

**No Program:** 7/29

**Group:** All Abilities & Siblings

**Location:** Rose Park • Palatine

**Min/Max:** 4/6

**Ratio:** 1:1 to Independent

**Goals:** M, HW, P

Prog. #	Dates	Day	Time	Fee
1690	6/10 - 8/5	W	4:15 - 5:15 pm	\$144.00



**SKILL DEVELOPMENT**

**MUSIC MAKERS** Ages: 3 - 6

Through singing, listening, and playing instruments, children will develop rhythm, and 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: 7/4**

**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	6/13 - 8/8	Sa	9:00 - 10:00 am	\$126.00

**SOCIAL**

**SATURDAY CLUBHOUSE** Ages: 3 - 6

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: 7/4**

**Group:** All Abilities & Siblings

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

**Min/Max:** 4/8

**Ratio:** 1:1 to Independent

**Goals:** SE

Prog. #	Dates	Day	Time	Fee
1850	6/13 - 8/8	Sa	10:00 - 12:00 pm	\$232.00

**SKILL DEVELOPMENT**

**TUMBLING TOTS** Ages: 3 - 6

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: 7/4**

**Group:** All Abilities & Siblings

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

**Min/Max:** 4/6

**Ratio:** 1:1 to Independent

**Goals:** M, P

Prog. #	Dates	Day	Time	Fee
1560	6/13 - 8/8	Sa	2:00 -2:45 pm	\$126.00



**1:1 THERAPY PROGRAMMING**

Want to expand your mind in the Snoeizen Sensory Room? We offer four different programs in our specialty spaces which help you explore, play, learn, and grow!

**For more information regarding our 1:1 Therapy Programming, see page 10.**



## 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:** Rolling Meadows Community Center • NWSRA Space

**Min/Max:** 4/8

**Ratio:** 1:1 to Independent

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

Prog. #	Dates	Day	Time	Fee
2245	6/8 - 8/3	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:** Rolling Meadows Community Center • NWSRA Space

**Min/Max:** 4/8

**Ratio:** 1:1 to Independent

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

Prog. #	Dates	Day	Time	Fee
2440	6/8 - 8/3	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:** Rolling Meadows Community Center • NWSRA Space

**Min/Max:** 4/15

**Ratio:** 1:1 to Independent

**Goals:** SE, I, SI

Prog. #	Dates	Day	Time	Fee
2450	6/8 - 8/3	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	6/9 - 8/4	T	1:30 - 4:30 pm	\$270.00

**Transportation:** Please indicate pick up and drop off location on registration.  
**Fee:** \$63 one way, \$126 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:** Ages: 6 - 10 | **2085/2095:** Ages: 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 - Community Recreation Center • Schaumburg  
2085/ 2095 - Alcott Center • Buffalo Grove

**Min/Max:** 4/6

**Ratio:** 1:1 to Independent

**Goals:** M, SI

Prog. #	Dates	Day	Time	Fee
2080	6/9 - 8/4	T	3:30 - 4:15 pm	\$180.00
2085	6/9 - 8/4	T	4:30 - 5:15 pm	\$180.00
2090	6/11 - 8/6	Th	3:30 - 4:15 pm	\$180.00
2095	6/11 - 8/6	Th	4:30 - 5:15 pm	\$180.00

**💡 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.

**No Program: 7/29**

**Group:** All Abilities

**Location:** The Zone • Mt. Prospect

**Min/Max:** 4/10

**Ratio:** 1:2 to Independent

**Goals:** HW, M, P

Prog. #	Dates	Day	Time	Fee
2010	6/10-8/5	W	4:50 - 5:50 pm	\$176.00

**💡 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.

**No Program: 7/29**

**Group:** All Abilities

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

**Min/Max:** 4/15

**Ratio:** 1:4 to Independent

**Goals:** HW, SE, SI

Prog. #	Dates	Day	Time	Fee
2150	6/10-8/5	W	2:30 - 4:30pm	\$208.00

**💡 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	Th	1:30 - 4:30 pm	\$240.00

**Transportation:** Please indicate pick up and drop off location on registration.  
**Fee:** \$63 one way, \$126 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 with friends! **For more details, see page 30 - 35.**



SCHOOL AGE

 **SKILL DEVELOPMENT** 

**TECH EXPLORERS** Ages: 10 - 14

Join us in the Media Lab 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 • Media Lab

**Min/Max:** 4/8

**Ratio:** 1:4 to Independent

**Goals:** C, I

Prog. #	Dates	Day	Time	Fee
2120	6/11 - 8/6	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:** 6/19, 7/3

**Group:** All Abilities

**Location:** Vogelei Barn • Hoffman Estates

**Min/Max:** 4/8

**Ratio:** 1:1 to Independent

**Goals:** HW, M, P

Prog. #	Dates	Day	Time	Fee
2355	6/12 - 8/7	F	4:00 - 5:00 pm	\$140.00

 **SKILL DEVELOPMENT** 

**LEVEL UP GAMING** Ages: 14 - 21

Want to expand your technology knowledge? Come explore the Media Lab 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 • Media Lab

**Min/Max:** 4/8

**Ratio:** 1:4 to Independent

**Goals:** C, SE, I

Prog. #	Dates	Day	Time	Fee
2110	6/11 - 8/6	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:** 7/4

**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	6/13 - 8/8	Sa	9:00 - 11:00 am	\$200.00

 **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:** 6/19, 7/3

**Group:** All Abilities

**Location:** Vogelei Barn • Hoffman Estates

**Min/Max:** 4/8

**Ratio:** 1:1 to Independent

**Goals:** HW, M, P

Prog. #	Dates	Day	Time	Fee
2350	6/12 - 8/7	F	3:00 - 4:00 pm	\$140.00

 **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:** 7/4

**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	6/13 - 8/8	Sa	11:00 am - 2:00 pm	\$296.00

**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: 7/4**

**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	6/13-8/8	Sa	9:30 - 1:30 pm	\$384.00

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

**Fee:** \$49 one way, \$98 round trip

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

**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: 7/4**

**Group:** All Ambulatory

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

**Min/Max:** 4/8

**Ratio:** 1:1 to Independent

**Goals:** M, P

Prog. #	Dates	Day	Time	Fee
2065	6/13-8/8	Sa	3:00 - 3:45pm	\$168.00



**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: 7/4**

**Group:** All Abilities

**Location:** Bowlero • Mt Prospect

**Min/Max:** 4/15

**Ratio:** 1:4 to Independent

**Goals:** M, SE, CI

Prog. #	Dates	Day	Time	Fee
3140	6/13 - 8/8	Sa	2:00 - 4:00 pm	\$280.00

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

**Fee:** \$49





## 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	6/8 - 8/3	M	5:00 - 6:00pm	\$207.00

### SOCIAL

#### MONDAY NIGHT RAW **Ages: 16 & older**

Get ready for high-energy action, big personalities, and nonstop entertainment with our WWE Monday Night Raw Watch Program. Participants will gather in a fun, social environment to enjoy weekly matches, cheer for their favorite superstars, and connect with peers who share a love for sports entertainment. Snacks and Refreshments will be provided.

**Group:** All Abilities  
**Location:** Rolling Meadows Community Center • NWSRA Space  
**Min/Max:** 4/12  
**Ratio:** 1:4 to Independent  
**Goals:** SE, C

Prog. #	Dates	Day	Time	Fee
3160	6/8 - 8/3	M	7:00 - 9:00 pm	\$152.00

### 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 Teams  
**Min:** 4  
**Goals:** C, I, SE

Prog. #	Dates	Day	Time	Fee
1410	6/8 - 8/3	M	9:00 - 10:00 am	\$108.00

### SOCIAL

## Media Lab

#### 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 Media Lab  
**Min/Max:** 4/8  
**Ratio:** 1:4 to Independent  
**Goals:** CI, I

Prog. #	Dates	Day	Time	Fee
3820	6/9 - 8/4	T	5:00 - 6:00 pm	\$162.00

### 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 10.**

## HEALTH AND WELLNESS

### MINDFULNESS MUSKETEERS Ages: 40 & older

Come unwind and relax. 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	6/9 - 8/4	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 Teams

**Min:** 4

**Goals:** HW, M, P



Prog. #	Dates	Day	Time	Fee
1420	6/9 - 8/4	T	9:00 - 10:00 am	\$108.00

## 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 Teams

**Min:** 4

**Goals:** HW, M, P



Prog. #	Dates	Day	Time	Fee
1425	6/9 - 8/4	T	6:30 - 7:30 pm	\$108.00

## SOCIAL

### POPCORN CLUB Ages: 18 & older

Join the Popcorn Club for a fun outing to see the latest G, PG, or PG-13 movie release on the big screen! The program fee includes a movie ticket, a small popcorn, and a small drink—everything you need for a great movie experience. If you'd like additional snacks, please bring extra money for other concession items. Once the movie title and showtime are announced, the Program Leader will send out an email with all the details. Don't miss this chance to relax, enjoy a film, and share some laughs with friends!

**Group:** All Abilities

**Location:** Classic Cinemas Elk Grove XQ • Elk Grove Village

**Min/Max:** 4/12

**Ratio:** 1:4 to Independent

**Goals:** CI, I

Prog. #	Dates	Day	Time	Fee
3525	6/9 - 8/4	T	TBA	\$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.

**No Program:** 7/29

**Group:** All Abilities

**Location:** Virtual Teams

**Min:** 4

**Goals:** SE, HW

Prog. #	Dates	Day	Time	Fee
1430	6/10 - 8/5	W	12:00 - 1:00 pm	\$96.00



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	6/10 - 8/5	W	10:00 - 12:00 pm	\$180.00

**Transportation:** Door-to-door.

**Fee:** \$72one way, \$144 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	6/10 - 8/5	W	1:00 - 2:00 pm	\$152.00

 **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	6/10- 8/5	W	2:30 - 3:30 pm	\$168.00

**Transportation:** Fee: \$56 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.

**No Program: 7/29**

**Group:** All Abilities

**Location:** Thrown Elements Pottery • Arlington Heights

**Min/Max:** 4/12

**Ratio:** 1:1 to Independent

**Goals:** M, SI, CI

Prog. #	Dates	Day	Time	Fee
3150	6/10 - 8/5	W	6:00 - 7:30 pm	\$240.00

 **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 • NWSRA Space

**Min/Max:** 4/8

**Ratio:** 1:1 to Independent

**Goals:** HW, SE, CI

Prog. #	Dates	Day	Time	Fee
3580	6/11 - 8/6	Th	4:00 - 6:00 pm	\$288.00

**Door-to-Door Transportation:** The Program Leader will contact participants two days before the start of the program to inform of transportation times.

**Fee:** \$81 one way, \$162 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	6/11 - 8/6	Th	9:00 - 10:00 am	\$108.00



## 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
<b>3740</b>	6/11 - 8/6	Th	5:30 - 6:30 pm	\$171.00
<b>3750</b>	6/11 - 8/6	Th	6:30 - 7:30 pm	\$171.00



### 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 with friends! **For more details, see page 30 - 35.**

## 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 • NWSRA Space

**Min/Max:** 4/12

**Ratio:** 1:2 to Independent

**Goals:** HW, SE

Prog. #	Dates	Day	Time	Fee
<b>3745</b>	6/11 - 8/6	Th	5:30 - 6:30 pm	\$180.00
<b>3755</b>	6/11 - 8/6	Th	6:30 - 7:30 pm	\$180.00

## SOCIAL

### ROCKIN' THE BURBS Ages: 21 & 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:** CI, I, SE

Prog. #	Dates	Day	Time	Fee
<b>3490</b>	6/11 - 8/6	Th	6:00 - 8:30 pm	\$342.00

## 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 Teams

**Min:** 4

**Goals:** HW, C, SE

Prog. #	Dates	Day	Time	Fee
<b>1445</b>	6/11 - 8/6	Th	6:30 - 7:30 pm	\$108.00

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: 7/4**

**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	6/13 - 8/8	Sa	9:30 - 1:30 pm	\$384.00

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

**Fee:** \$56 one way, \$112 round trip

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

 **SOCIAL**

**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: 7/4**

**Group:** All Abilities

**Location:** Wheeling Community Center • NWSRA Space

**Min/Max:** 4/8

**Ratio:** 1:1 to Independent

**Goals:** CI, SE

Prog. #	Dates	Day	Time	Fee
3600	6/13 - 8/8	Sa	10:30 - 12:30 pm	\$192.00

 **SOCIAL**

**CHILL & CHAT** Ages: 21 & older

Enjoy a relaxed Saturday afternoon after a busy week and a full day of program! This program is designed to allow space to unwind, connect, and recharge. Participants will hangout, engage in light activities and games, and be with friends in a welcoming environment.

**No Program: 7/4**

**Group:** All Abilities

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

**Min/Max:** 4/15

**Ratio:** 1:1 to Independent

**Goals:** M, SE

Prog. #	Dates	Day	Time	Fee
3090	6/13 - 8/8	Sa	1:30 - 4:00 pm	\$136.00

**SPECIAL EVENTS**

Not able to commit to a weekly program? Join us for a one day special event in the community! See page 6 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: 7/4**

**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	6/13 - 8/8	Sa	9:30 - 1:30 pm	\$384.00

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

**Fee:** \$56 one way, \$112 round trip

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

 **SOCIAL**

**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 \$77 to your registration in order to have transportation from program to Spare Time Bowlers. Fee includes 3 games.

**No Program: 7/4**

**Group:** All Abilities

**Location:** Bowlero • Mt. Prospect

**Min/Max:** 4/20

**Ratio:** 1:2 to Independent

**Goals:** M, HW

Prog. #	Dates	Day	Time	Fee
3140	6/13 - 8/8	Sa	2:00 - 4:00 pm	\$280.00

**Transportation:** One way from Community Travelers or Venture Squad

**Fee:** \$56 one way

# long trips

Scan to learn more about the long trip guidelines



All travelers 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.



## ST. PETERSBURG

FL

9021

Age: 21 yrs. & older

Enjoy a sun-soaked escape to St. Petersburg, where coastal beauty meets vibrant culture. Our stay at a resort offers the perfect balance of relaxation and adventure! Unwind by the pool, indulge in resort amenities, and soak in breathtaking Gulf views. Beyond the resort, we'll venture into town to experience the best of Florida, from charming waterfront districts and local cuisine to unique shops and lively attractions. It's the ultimate blend of leisure, exploration, and unforgettable seaside memories.

**Dates:** August 24 - 27

**Fee:** \$2,500

**Note:** Fee includes meals, lodging, attractions and leadership

**Group:** ID Adults

**Ratio:** 1:10 to independent

**Min/Max:** 8/10

**Goals:** HW, M, P

**Departure from NSWRA:** August 24 in the morning

**Return to NWSRA:** August 28 in the evening

## PORTLAND

ME

9031

Age: 21 yrs. & older

Portland, Maine where salty sea air, cobblestone streets, and coastal charm come together in the best way. Wander the historic Old Port with its boutique shops and waterfront views and soak in postcard-worthy lighthouses along the rocky shore. From cozy harbors to a buzzing food scene, Portland is the perfect blend of laid-back seaside vibes and vibrant culture. It will be a relaxing and unforgettable a adventure filled with a whole lot of coastal magic.

**Dates:** August 24 - 27

**Fee:** \$2,500

**Note:** Fee includes meals, lodging, attractions and leadership

**Group:** PV Adults

**Ratio:** 1:1 to independent

**Min/Max:** 8/10

**Goals:** HW, M, P

**Departure from NSWRA:** August 24 in the morning

**Return to NWSRA:** August 27 in the evening

# 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	6/8 - 8/3	M	3:30 - 5:30 pm	\$288.00

**Trans. Drop Off:** Buffalo Grove Fitness Center | NWSRA Office

3015	6/8 - 8/3	M	3:30 - 5:30 pm	\$288.00
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**Trans. Drop Off:** Hanover Park Community Center | NWSRA Office

**Transportation Fee:** \$63 one way, \$126 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.

**No Program: 7/29**

**Group:** All Abilities

**Location:** Gary Morava • Prospect Heights

**Min/Max:** 4/15

**Ratio:** 1:4 to Independent

**Goals:** HW, C, I

Prog. #	Dates	Day	Time	Fee
3030	6/10 - 8/5	W	3:30 - 5:30 pm	\$248.00

**Trans. Drop Off:** Hanover Park Community Center | NWSRA Office

**Transportation Fee:** \$56 one way, \$112 round trip

**Transportation:** If transportation is needed, please indicate the pick-up and drop off locations on the registration form. Priority transportation is reserved for Adult Day Program on the day they are registered for program. If pick-up is needed, select from the locations below or list the NWSRA 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

Little City Countryside • Schaumburg

NWSRA • Rolling Meadows

NWSRA • Wheeling

NWSRA • Buffalo Grove

NWSRA • Hanover Park

NWSRA • Mt. Prospect

NWSRA • Hoffman Estates

Clearbrook Hicks • Palatine

## 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	6/9 - 8/4	T	3:30 - 5:30 pm	\$279.00

**Trans. Drop Off:** Buffalo Grove Fitness Center | NWSRA Office

**Transportation Fee:** \$63 one way, \$126 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	6/11 - 8/6	Th	3:30 - 5:30 pm	\$279.00

**Trans. Drop Off:** Buffalo Grove Fitness Center | Voegel Park and Barn | NWSRA Office

**Transportation Fee:** \$63 one way, \$126 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: 6/19, 7/3**

**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	6/12 - 8/7	F	3:30 - 5:30 pm	\$279.00

**Trans. Drop Off:** Buffalo Grove Fitness Center | Voegel Park and Barn | NWSRA Office

**Transportation Fee:** \$63 one way, \$126 round trip



The Special Leisure Services Foundation (SLSF) exists to support children and adults with disabilities through philanthropy for Northwest Special Recreation Association.

## How To Get Involved?

**Attend**  
an Event

**Sponsor**  
an Event

**Donate**  
for a Cause

**Volunteer**  
at an Event

If interested, please e-mail Megan O'Brien at [mobrien@slsf.me](mailto:mobrien@slsf.me)

**SLSF Funding Supports**  
the following  
for NWSRA



Programming



Athletics



Transportation



Inclusion



Scholarships

## Tee Up with SLSF



June 4



BRIDGES OF  
POPLAR CREEK  
GOLF CLASSIC

June 24



Buffalo  
Grove  
GOLF CLASSIC

August 5



MORETTI'S  
NWSRA  
GOLF CLASSIC

August 19



Birdies &  
Besties  
GOLF CLASSIC

September 2



ARLINGTON  
GOLF CLASSIC

September 17

Visit [SLSF.Me/Events](https://www.slsf.me/events) for more info



# THRIVE

Beginning July 6, NWSRA will launch its own independent Adult Day Program – THRIVE. This program is centered on providing an autonomy-focused environment with choice-based programming, allowing individuals to intrinsically focus on achieving their personal goals.

Designed to empower participants to build confidence, independence and meaningful connections, THRIVE offers a supportive community where each participant can grow at their own pace. Through engaging activities, skill-building opportunities and enriching social experiences, individuals are encouraged to explore new interests, deepen existing abilities and experience positive momentum in their daily lives.

By fostering personal achievement, community involvement and overall well-being, **the program provides an environment where participants don't just take part - they continue to grow and truly THRIVE.**



# CALLING VETERANS

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

Qualified veterans receive:

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

Healthy Minds Healthy Bodies is a registered trademark of



For more information contact Emily Meyer at 847-392-2848 ext. 239 or emeyer@nwsra.org



LIFECENTER Health & Fitness Club  
700 S Bartlett Road  
Bartlett



Buffalo Grove Fitness Center  
601 Deerfield Parkway  
Buffalo Grove



Central Community Center  
1000 Central Road  
Mount Prospect

RecPlex  
420 Dempster Street  
Mount Prospect



Palatine Community Center  
250 E Wood Street  
Palatine



Nelson Sports Complex  
3900 Owl Drive  
Rolling Meadows



Park Place Family Recreation Center  
550 S Park Boulevard  
Streamwood



Hanover Park Community Park  
1919 Walnut Ave  
Hanover Park

# social clubs

## NIGHT HAWKS

Club Coordinator:  
**Kate Zabat**

**Goals:** CI, SE  
**Ages:** 14 - 24 yrs.  
**Group:** ID, PV  
**Ratio:** 1:4 to Independent  
**Min/Max:** 5/20

Prog #	Details	Date	Location	Fee
107	<p><b>Crafts &amp; Karaoke</b> Get creative and grab the mic or dance at Crafts &amp; Karaoke! Start the night with a simple craft station where you can decorate, design, or create something fun, then jump into karaoke for your favorite songs. Whether you're crafting, singing, or cheering on friends, this night is all about creativity, confidence, and having fun together! <b>Registration Deadline: May 29</b></p>	June 12 6:00 - 8:00 pm	<p><b>Rolling Meadows Community Center NWSRA Wing</b> 3705 Pheasant Drive, Rolling Meadows</p>	<p><b>Program Fee: \$20.00</b>  <b>Transportation Fee: \$14</b> <b>Pick Up/Drop Off Locations</b> • Buffalo Grove Fitness Center • Hanover Park Community Center</p>
108	<p><b>Rainbow Nights Social</b> Bring your summer energy to a night of snow cones, yard games, and tie-dye! Enjoy delicious frozen treats while competing in fun outdoor games, then get creative with colorful tie-dye designs. Accessories will be provided to tie-dye. Please bring any additional pieces you would like to customize, if desired. This is a combined event with TGIF, Night Riders, and Shining Stars. <b>Registration Deadline: June 26</b></p>	July 10 6:00 - 8:00 pm	<p><b>Plum Grove Park</b> 4001 Park Drive, Palatine</p>	<p><b>Program Fee: \$23.00</b>  <b>Transportation Fee: \$14</b> <b>Pick Up/Drop Off Locations</b> • Buffalo Grove Fitness Center • Hanover Park Community Center</p>
109	<p><b>Strike Night</b> Roll into a fun night of bowling with friends! Whether you're aiming for strikes or just having fun, this laid-back night is all about good vibes, friendly competition, and lots of laughs. Lace up your bowling shoes and let's hit the lanes! Registration fee includes two games of bowling and shoe rental. <b>Registration Deadline: July 17</b></p>	July 31 6:00 - 8:00 pm	<p><b>Arlington Lanes</b> 3435 N. Kennicott Avenue, Arlington Heights</p>	<p><b>Program Fee: \$29.00</b>  <b>Transportation Fee: \$14</b> <b>Pick Up/Drop Off Locations</b> • Buffalo Grove Fitness Center • Hanover Park Community Center</p>
110	<p><b>Mission: Find It!</b> Team up with friends for a scavenger hunt full of clues, challenges, and laughs! Explore, problem-solve, and race against the clock as you hunt for hidden items and complete fun tasks. Get ready to move, think, and have a blast! <b>Registration Deadline: July 24</b></p>	August 7 6:00 - 8:00 pm	<p><b>Rolling Meadows Community Center NWSRA Wing</b> 3705 Pheasant Drive, Rolling Meadows</p>	<p><b>Program Fee: \$20.00</b>  <b>Transportation Fee: \$14</b> <b>Pick Up/Drop Off Locations</b> • Buffalo Grove Fitness Center • Hanover Park Community Center</p>

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

# T.G.I.F

Club Coordinator:  
**Jillian Trentadue**

**Goals: CI, SE**  
**Ages: 25 - 35 yrs.**  
**Group: ID**  
**Ratio: 1:10 to Independent**  
**Min/Max: 5/20**

Prog #	Details	Date	Location	Fee
207	<p><b>Lights, Camera, Breakfast</b> Breakfast for dinner meets movie night in this cozy evening event. Enjoy a great movie alongside a spread of comforting breakfast classics, perfect for snacking, chatting, and unwinding together. <b>Registration Deadline: June 12</b></p>	June 26 6:00 - 8:00 pm	<p><b>Central Community Center NWSRA Wing</b> 5333 Prairie Stone Parkway, Hoffman Estates</p>	<p><b>Program Fee: \$25.00</b></p> <p><b>Transportation Fee: \$14</b> <b>Pick Up/Drop Off Locations</b></p> <ul style="list-style-type: none"> <li>• Buffalo Grove Fitness Center</li> <li>• Hanover Park Community Center</li> </ul>
208	<p><b>Rainbow Nights Social</b> Bring your summer energy to a night of snow cones, yard games, and tie-dye! Enjoy delicious frozen treats while competing in fun outdoor games, then get creative with colorful tie-dye designs. Accessories will be provided to tie-dye. Please bring any additional pieces you would like to customize, if desired. This is a combined event with Nighthawks, Night Riders, and Shining Stars. <b>Registration Deadline: June 26</b></p>	July 10 6:00 - 8:00 pm	<p><b>Plum Grove Park</b> 4001 Park Drive, Palatine</p>	<p><b>Program Fee: \$23.00</b></p> <p><b>Transportation Fee: \$14</b> <b>Pick Up/Drop Off Locations</b></p> <ul style="list-style-type: none"> <li>• Buffalo Grove Fitness Center</li> <li>• Hanover Park Community Center</li> </ul>
209	<p><b>Shiny Rides &amp; Good Vibes</b> Enjoy an exciting car show night featuring polished classics, custom builds, and eye-catching rides. Take your time walking the show, soaking in the details, and connecting with others who share a love for all things cars. Please bring money for a snack or drink, if desired. In the event of inclement weather, the club will meet indoors for a cars themed event. <b>Registration Deadline: July 2</b></p>	July 17 6:00 - 8:00 pm	<p><b>Meadows Christian Fellowship</b> 2401 Kirchoff Road, Rolling Meadows</p>	<p><b>Program Fee: \$20.00</b></p> <p><b>Transportation Fee: \$14</b> <b>Pick Up/Drop Off Locations</b></p> <ul style="list-style-type: none"> <li>• Buffalo Grove Fitness Center</li> <li>• Hanover Park Community Center</li> </ul>
210	<p><b>Home Run Hangout</b> Take us out to the ballgame! Join us for an exciting night at a Schaumburg Boomers game filled with big hits, crowd cheers, and classic ballpark vibes. It's the perfect mix of sports, social time, and summer fun. Please bring money for snacks or drinks, if desired. In the event of inclement weather, the club will meet indoors for a baseball themed event. <b>Registration Deadline: July 10</b></p>	July 24 6:00 - 8:00 pm	<p><b>Wintrust Field</b> 1999 S. Springinsguth Road, Schaumburg</p>	<p><b>Program Fee: \$32.00</b></p> <p><b>Transportation Fee: \$14</b> <b>Pick Up/Drop Off Locations</b></p> <ul style="list-style-type: none"> <li>• NWSRA Office</li> <li>• Buffalo Grove Fitness Center</li> </ul>

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

# SHINING STARS

Club Coordinator:  
**Abigail Updike**

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

Prog #	Details	Date	Location	Fee
307	<p><b>Artsy After Hours</b> Join us for a relaxing and colorful evening where creativity meets good vibes. Participants will enjoy guided painting fun while sipping on refreshing beverages and enjoying light snacks in a laid-back, social atmosphere. <b>Registration Deadline: June 12</b></p>	June 26 6:00 - 8:00 pm	<p><b>Fitness Center at the Buffalo Grove Park District - NWSRA Wing</b> 601 Deerfield Parkway, Buffalo Grove</p>	<p>Program Fee: <b>\$26.00</b></p> <p>Transportation Fee: <b>\$14</b> <b>Pick Up/Drop Off Locations</b></p> <ul style="list-style-type: none"> <li>• NWSRA Office</li> <li>• Hanover Park Community Center</li> </ul>
308	<p><b>Rainbow Nights Social</b> Bring your summer energy to a night of snow cones, yard games, and tie-dye! Enjoy delicious frozen treats while competing in fun outdoor games, then get creative with colorful tie-dye designs. Accessories will be provided to tie-dye. Please bring any additional pieces you would like to customize, if desired. This is a combined event with TGIF, Night Riders, and Nighthawks. <b>Registration Deadline: June 26</b></p>	July 10 6:00 - 8:00 pm	<p><b>Plum Grove Park</b> 4001 Park Drive, Palatine</p>	<p>Program Fee: <b>\$23.00</b></p> <p>Transportation Fee: <b>\$14</b> <b>Pick Up/Drop Off Locations</b></p> <ul style="list-style-type: none"> <li>• Buffalo Grove Fitness Center</li> <li>• Hanover Park Community Center</li> </ul>
309	<p><b>Lei'd Back Luau</b> Join us for an unforgettable evening filled with tropical fun, vibrant energy, and community connection. You will enjoy a festive craft, lively music, and a Luau inspired snack that brings the spirit of the islands to life! <b>Registration Deadline: July 10</b></p>	July 24 6:00 - 8:00 pm	<p><b>Rolling Meadows Community Center NWSRA Wing</b> 3705 Pheasant Drive, Rolling Meadows</p>	<p>Program Fee: <b>\$20.00</b></p> <p>Transportation Fee: <b>\$14</b> <b>Pick Up/Drop Off Locations</b></p> <ul style="list-style-type: none"> <li>• Buffalo Grove Fitness Center</li> <li>• Hanover Park Community Center</li> </ul>
310	<p><b>Par-Tee Time</b> Whether you're aiming for a hole-in-one or just playing for laughs, this event is all about connection, fun, and a little healthy competition. Our space will be transformed into a creative mini golf course filled with unique holes, colorful obstacles, and plenty of chances to show off your putting skills! <b>Registration Deadline: July 17</b></p>	July 31 6:00 - 8:00 pm	<p><b>Central Community Center NWSRA Wing</b> 1000 Central Road, Mount Prospect</p>	<p>Program Fee: <b>\$20.00</b></p> <p>Transportation Fee: <b>\$14</b> <b>Pick Up/Drop Off Locations</b></p> <ul style="list-style-type: none"> <li>• Buffalo Grove Fitness Center</li> <li>• Hanover Park Community Center</li> </ul>

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

# NIGHT RIDERS

Club Coordinator:  
**Sydney Csoka**

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

Prog #	Details	Date	Location	Fee
607	<p><b>Let the Good Times Roll</b> Enjoy a lively night out filled with laughter, friendly competition and plenty of strikes and spares! Participants will bowl two games while cheering each other on and sharing the fun. Please bring money for concessions, if desired. <b>Registration Deadline: May 29</b></p>	June 12 6:00 - 8:00 pm	<b>Arlington Lanes</b> 3435 N. Kennicott Avenue, Arlington Heights	<p><b>Program Fee: \$29.00</b></p> <p><b>Transportation Fee: \$14</b> <b>Pick Up/Drop Off Locations</b></p> <ul style="list-style-type: none"> <li>• Buffalo Grove Fitness Center</li> <li>• Hanover Park Community Center</li> </ul>
608	<p><b>Music Under the Stars</b> Enjoy a summer evening of live music as we rock out to the high energy sounds of HiFi Superstar! Bring a lawn chair or blanket, relax under the open sky, and sing along to your favorite hits from across the decades. Please bring money for concessions, if desired. In the event of inclement weather, the club will meet indoors for a music themed event. <b>Registration Deadline: June 12</b></p>	June 26 7:00 - 9:00 pm	<b>Fred P. Hall Amphitheater</b> 256 E. Palatine Rd, Palatine	<p><b>Program Fee: \$20.00</b></p> <p><b>Transportation Fee: \$14</b> <b>Pick Up/Drop Off Locations</b></p> <ul style="list-style-type: none"> <li>• Buffalo Grove Fitness Center</li> <li>• Hanover Park Community Center</li> </ul>
609	<p><b>Rainbow Nights Social</b> Bring your summer energy to a night of snow cones, yard games, and tie-dye! Enjoy delicious frozen treats while competing in fun outdoor games, then get creative with colorful tie-dye designs. Accessories will be provided to tie-dye. Please bring any additional pieces you would like to customize, if desired. This is a combined event with TGIF, Night Riders, and Nighthawks. <b>Registration Deadline: June 26</b></p>	July 10 6:00 - 8:00 pm	<b>Plum Grove Park</b> 4001 Park Drive, Palatine	<p><b>Program Fee: \$23.00</b></p> <p><b>Transportation Fee: \$14</b> <b>Pick Up/Drop Off Locations</b></p> <ul style="list-style-type: none"> <li>• Buffalo Grove Fitness Center</li> <li>• Hanover Park Community Center</li> </ul>
610	<p><b>Sweet Wheels</b> Hit the road for a summer outing filled with fun and flavor! Explore a vibrant display of classic, vintage and custom cars up close, then satisfy your sweet tooth with a stop at a local ice cream shop. Ice cream is included in the price of registration. In the event of inclement weather, the club will meet indoors for a car themed event. <b>Registration Deadline: July 10</b></p>	July 24 6:00 - 8:00 pm	<b>Meadows Christian Fellowship</b> 2401 Kirchoff Road, Rolling Meadows	<p><b>Program Fee: \$25.00</b></p> <p><b>Transportation Fee: \$14</b> <b>Pick Up/Drop Off Locations</b></p> <ul style="list-style-type: none"> <li>• Buffalo Grove Fitness Center</li> <li>• Hanover Park Community Center</li> </ul>

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  
Group: PV  
Ratio: 1:1 to Independent  
Min/Max: 5/12

Prog #	Details	Date	Location	Fee
407	<p><b>Tiki Takeover</b> Get ready for a night of music, mouthwatering bites, and island-inspired drinks! Snap pics at the photo booth, dance along to the tunes, and soak up all the summer energy. It's bold, bright, and guaranteed to be a good time— no passport required. This is a combined event with Friday Night Fun. <b>Registration Deadline: June 12</b></p>	June 26 6:30 - 8:30 pm	<p><b>Rolling Meadows Community Center - NWSRA Wing</b> 3705 Pheasant Drive, Rolling Meadows</p>	<p>Program Fee: \$24.00</p> <p>Transportation Fee: \$18 Door-to-Door</p>
408	<p><b>Game Night Showdown!</b> Step into the bracket and test your skills! This game night features head-to-head match-ups, snacks and drinks to keep you fueled, and one final winner at the end of it all. Only one player (or team) will take the title—will it be you? A light snack will be provided. <b>Registration Deadline: June 26</b></p>	July 10 6:30 - 8:30 pm	<p><b>Hanover Park Community Center - NWSRA Wing</b> 1919 Walnut Avenue, Hanover Park</p>	<p>Program Fee: \$20.00</p> <p>Transportation Fee: \$18 Door-to-Door</p>
409	<p><b>Summer Beats and Breezes</b> As the sun sets and the music starts, kick back and enjoy a summer night filled with live sound and easygoing vibes. Whether you're dancing, lounging, or just listening, this concert is all about enjoying the moment together. Please bring additional money for concessions, if desired. In the event of inclement weather, the club will move indoors for music inspired activities. <b>Registration Deadline: July 2</b></p>	July 17 7:00 pm	<p><b>Twin Lakes</b> 1200 E. Lake Drive, Palatine</p>	<p>Program Fee: \$20.00</p> <p>Transportation Fee: \$18 Door-to-Door</p>
410	<p><b>I Smell Bacon BBQ</b> We're heading to I Smell Bacon BBQ for a hosted group dinner filled with Southern comfort classics. We're bringing the group together for an evening of smoky flavors, shared plates, and plenty of laughs. <b>Registration Deadline: July 17</b></p>	July 31 6:30 - 8:30 pm	<p><b>I Smell Bacon BBQ</b> 2620 Sutton Road, Hoffman Estates</p>	<p>Program Fee: \$47.00</p> <p>Transportation Fee: \$18 Door-to-Door</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 & older  
Group: PV  
Ratio: 1:1 to Independent  
Min/Max: 5/12

Prog #	Details	Date	Location	Fee
507	<p><b>Tiki Takeover</b> Get ready for a night of music, mouthwatering bites, and island-inspired drinks! Snap pics at the photo booth, dance along to the tunes, and soak up all the summer energy. It's bold, bright, and guaranteed to be a good time— no passport required. This is a combined event with Friday Night Live. <b>Registration Deadline: June 12</b></p>	June 26 6:30 - 8:30 pm	<p><b>Rolling Meadows Community Center - NWSRA Wing</b> 5370 Pheasant Drive, Rolling Meadows</p>	<p>Program Fee: \$24.00  Transportation Fee: \$18 Door-to-Door</p>
508	<p><b>Friday Night Boomers</b> Join us for an action-packed Friday night as the Schaumburg Boomers take the field for big plays, big cheers, and nonstop fun. Grab your friends, enjoy classic ballpark eats, and soak in the electric atmosphere under the lights. Please bring additional money for food and drink, if desired. In the event of inclement weather, the club will meet indoors for a baseball themed event. <b>Registration Deadline: July 2</b></p>	July 17 6:30 pm Game Time	<p><b>Wintrust Field</b> 1999 S. Springinsguth Road, Schaumburg</p>	<p>Program Fee: \$32.00  Transportation Fee: \$18 Door-to-Door</p>
509	<p><b>Summer Sounds In The Park</b> Join us for a relaxing and fun-filled evening of live music in the park. Enjoy great tunes, fresh air, and a laid-back summer atmosphere. Whether you're dancing near the stage or kicking back on the lawn, this is the perfect way to unwind, connect, and enjoy live music under the open sky. In the event of inclement weather, the club will move indoors for music inspired activities. <b>Registration Deadline: July 17</b></p>	July 31 6:30 - 8:30 pm	<p><b>Mike Rylko Community Park</b> 1000 N. Buffalo Grove Road, Buffalo Grove</p>	<p>Program Fee: \$20.00  Transportation Fee: \$18 Door-to-Door</p>
510	<p><b>Lights, Camera, Popcorn!</b> We're bringing the big screen outside for a laid-back night of laughs, good company, and a great movie. Come early, claim your spot on the lawn, and settle in for an easy, fun night under the stars. Low-key, cozy, and the perfect excuse to hang out. Light snacks and drinks are provided. <b>Registration Deadline: July 24</b></p>	August 7 6:30 - 8:30 pm	<p><b>NWSRA Office</b> 3000 W. Central Road, Rolling Meadows</p>	<p>Program Fee: \$20.00  Transportation Fee: \$18 Door-to-Door</p>

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

# INCLUSION SERVICES



## WHAT IS **INCLUSION**?

At NWSRA and our member park districts, inclusion isn't just required; it's something we truly value. We believe individuals of all abilities deserve meaningful access to recreation and community programs. We work together to identify and provide reasonable modifications, ensuring successful participation for individuals with disabilities, at no additional cost.

## HOW TO **REQUEST SUPPORT**

To request inclusion support, simply indicate your need for a reasonable modification during registration with your home park district by checking the ADA box, typically found on the registration form. After registering, the program supervisor will contact you to gather additional information and connect with NWSRA's Inclusion Coordinator who oversees that park district.

## **SUPPORT 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
- Coaching Member Park District Staff

“Inclusion provides **increased social interaction, independent and positive peer modeling.**”

## **WHY INCLUSION?**

While many individuals achieve their recreation goals through NWSRA programs, others may thrive in their local park district activities. Inclusion is about creating opportunities for people with and without disabilities to participate together. Inclusive recreation helps individuals with disabilities build skills for life in an integrated community and just as importantly, it helps communities embrace and celebrate individual diversity.

For more information contact the **Manager of Inclusion Services, Andi Criswell**, or ask to speak to a member of the **Inclusion Department at (847) 392-2848**

# General Information

## 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 and Victoria Gonzalez 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 [vgonzalez@nwsra.org](mailto:vgonzalez@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.

## 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 season'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!

## FAIR PLAY AT NWSRA

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

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

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

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

## ILLNESS

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

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

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

## LATE FEES

A fee of \$100 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.

## GENERAL INFORMATION

### MEDICATION

Complete medication information is due at the time of registration. All medications must be listed, regardless of whether assistance is needed during the program. If a participant requires assistance taking medication, permission must be provided by a legal guardian during the registration process. All medications administered during NWSRA programs must be placed in NWSRA medication envelopes and brought to the NWSRA office for the entire session prior to the start of the program.

### 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.

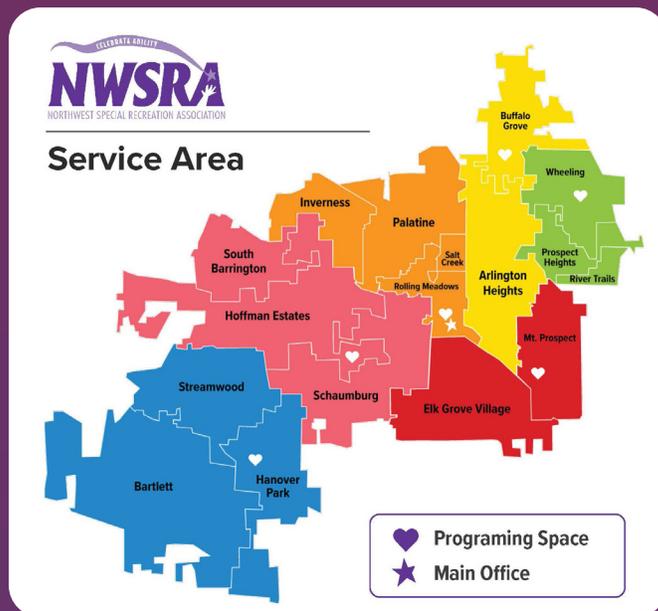
• Parents/guardians/residential staff must ensure overall appearance of participant(s) should be clean (hair, face, teeth, hands, nails, etc.), wearing dry clothing, and wearing appropriate attire for program participation and weather conditions.

### 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.



### 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

• 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.

## WAYS TO REGISTER

### Registration for Programs

Registration for programs can be completed online at [nwsra.org/](http://nwsra.org/) brochure, in person at NWSRA's Main Office, or sent via mail or fax. Regardless of the method, registration must be completed prior to the registration deadline. Registrations received after the deadline will be automatically placed on a waitlist. As NWSRA staff are able to accommodate participants on the waitlist, registrants will be contacted. If programs are canceled or postponed, registered individuals will be notified by phone.

### Personal Information Forms

Participant Information Forms (PIFs) must be completed via ePACT. NWSRA has transitioned to digital PIF forms to enhance the security and privacy of participants' personal information. Registrants will receive an emailed link to complete this form after registering for a program. This form must be completed and updated annually for an individual to participate in NWSRA programming. If an individual does not have access to complete the form electronically at home, it can be completed at NWSRA's Main Office.

### Registration Information

Registration for residents begins at 8:30 a.m. on April 13 and closes at 5:00 p.m. on May 1. Registration for non-residents begins on April 27 and closes May 1.

Registrations received after a program has reached its maximum capacity or after the registration deadline (whichever occurs first) will be placed on a waitlist. Parents, guardians, or residential staff will be notified via email if a participant is placed on the waitlist.

### NON-RESIDENT FEE

Non-residents will be assessed a 50% fee increase above the charges listed. NWSRA 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 select divided payments. If divided payments are selected, 25% of the Registration Fee is due upon registration. The remaining 75% will be divided up into three equal payments outlined below. Registrants can elect to set up automatic credit card payments either online, or at NWSRA's Main Office. Registrants may also elect to be billed for each payment. If this option is selected registrants may go into their online account and pay the due balance, or bring payment into NWSRA's Main Office. Please know that until the due balance is paid, an individual may not sign up for any additional programming as their account will have a past due balance.

### Credit Card Processing Fees

Credit card processing fees will be applied to all transactions paid by credit card, whether online or at the NWSRA Main Office. NWSRA simply passes on the exact processing cost to registrants and does not mark up or generate revenue from these fees. To avoid these fees, payments may be made via cash or check by registering at the NWSRA Main Office.

Date	Upon Registration	June 1	July 1	Aug 1
Amount	25%	25%	25%	25%

### 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.

# Together, We Make Summer Shine!



## Now Hiring | Summer 2026

Camp Counselors | Inclusion Aides | Program Assistants | Volunteers

**Champion inclusive recreation for  
children and adults with disabilities**

### Join Our Team!

- Work in a fun & active environment
- Flexible schedule
- Work with friends & build new connections
- Develop leadership & teamwork skills
- Build your college resume
- Earn paid time off

**APPLY TODAY** in 3 minutes!



# 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

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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



**Please bring your registration form to the main office!**  
 NWSRA 3000 W. Central Road, Suite 205 Rolling Meadows, IL 60008

**Alcott Center**

530 Bernard Drive  
Buffalo Grove  
847-850-2100

**Arlington Lakes Golf Club**

1211 S New Wilke Rd.  
Arlington Heights  
847-577-3030

**Arlington Lanes**

3435 N. Kennicott Ave  
Arlington Heights  
847-255-6373

**Arlington Ridge Center**

660 N Ridge Avenue  
Arlington Heights  
847-577-3025

**Bartlett Community Center**

700 S Bartlett Road  
Bartlett  
630-540-4800

**Bowlero - Mt. Prospect**

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

**Buffalo Grove Fitness Center  
NWSRA Wing**

601 W Deerfield Parkway  
Buffalo Grove  
847-305-8360

**Camelot Park**

1005 E. Suffield Drive  
Arlington Heights  
847-577-3010

**Carl Sandburg Junior High**

2600 Martin Ln  
Rolling Meadows  
847-963-7800

**Central Community Center  
NWSRA Wing**

1000 W Central Road  
Mount Prospect  
847-305-8571

**Clearbrook - Getz**

746 S Vermont Street  
Palatine  
847-991-4100

**Community Arts Center**

225 McHenry Road  
Buffalo Grove  
847-850-2175

**Conyers Learning Academy**

2800 W Central Road  
Rolling Meadows  
847-963-3400

**CrossFit Ariocho**

368 Bluff City Blvd.  
Elgin  
847-815-0199

**Falcon Park Recreation Center**

2195 N Hicks Road  
Palatine  
847-202-5111

**Gary Morava Recreation Center**

110 W Camp McDonald Road  
Prospect Heights  
847-394-2848

**Hanover Park Community Center  
NWSRA Wing**

1919 Walnut Avenue  
Hanover Park  
847-392-2864

**Jack Claes Pavilion**

1000 Wellington Avenue  
Elk Grove Village  
847-437-9494

**Kirk School**

520 S Plum Grove Rd  
Palatine  
847-485-2600

**Little City Countryside**

2360 Palmer Drive  
Schaumburg  
847-438-8799

**Osage Park**

2076 N Old Hicks Road  
Palatine  
847-991-0333

**Palatine Community/Gymnastics Center**

250 E Wood Street  
Palatine  
847-991-0333

**Palatine Family Aquatic Center**

340 E. Palatine Road  
847-991-1700

**Park Place Family Recreation Center**

550 S. Park Boulevard  
Streamwood  
630-372-7275

**Park Central/Teen Center**

3000 Central Road  
Rolling Meadows  
847-818-3220

**Plum Grove Park**

4001 Park Drive  
Palatine  
847-818-3200

**RecPlex**

420 Dempster Street  
Mount Prospect  
847-640-1000

**Rep's Place**

3200 Kirchoff Road  
Rolling Meadows  
224-347-2916

**Rolling Meadows Community  
Center • NWSRA Wing**

3705 Pheasant Drive  
Rolling Meadows  
847-632-0049

**Schaumburg Community  
Recreation Center**

505 N Springinsguth Road  
Schaumburg  
847-490-7015

**The Club at Praire Stone**

5050 Sedge Blvd  
Hoffman Estates  
847-285-5400

**The Zone**

550 E Business Center Drive  
Mount Prospect  
847-255-1400

**Thrown Elements**

60 N Evergreen Avenue  
Arlington Heights  
847-818-1313

**Vogelei House/Barn  
NWSRA Wing**

650 W Higgins Road  
Hoffman Estates  
847-885-7500

**Wheeling Community Recreation Center  
NWSRA Wing**

100 Community Boulevard  
Wheeling  
847-465-3333

**Willow Recreation Center**

3600 Lexington Drive  
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](http://www.nwsra.org)

**REGISTRATION BEGINS**

APRIL 13, 2026

**NON-RESIDENT REGISTRATION BEGINS**

APRIL 27, 2026

**REGISTRATION DEADLINE**

MAY 1, 2026

**PROGRAMS DATES**

JUNE 8 - AUGUST 8, 2026

