

# **FALL PROGRAMMING**

September 9 - December 6

Registration Begins July 14, 2025

Registration Deadline August 8, 2025

Scholarship Deadline August 8, 2025

# OFFICE HOURS

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

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

# ABOUT **NWSRA**

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

# **WAYS TO REGISTER**



### **MAIL IN**

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



### FAX

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



### E-MAIL

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

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



# MISSION

To provide outstanding opportunities through recreation for children and adults with disabilities.

# VISION

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

# **VALUES**

**Teamwork:** Support each other and work together

Respect: Be open, honest and kind

Enthusiasm: Exceed expectations

**Collaboration:** Combine resources to achieve common goals

Communication: Listen, share and adapt

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

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# **GOALS**

Cognitive Skills

**CI** Community Integration

**HW** Health & Wellness

Independent Functioning

М Motor Skills

Physical Skills

SE Social & Emotional Skills

Sensory Integration

# **ABBREVIATIONS**

**AUT** Autism Spectrum

ID Intellectual Disability

Physical Disability

Visual Disability

# **CERTIFICATIONS**

Certified Inclusivity Assessor

**CPRP** Certified Park & Recreation Professional

**CTRS** Certified Therapeutic Recreation Specialist

**Direct Support Person** 

**QIDP** Qualified Intellectual Disabilities Professional

**PHR** Professional in Human Resources

CPA Certified Public Accountant

# **BOARD OF DIRECTORS**

# **ARLINGTON HEIGHTS**

Carrie Fullerton

### **BARTLETT**

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# **ELK GROVE**

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# PALATINE

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# **SOUTH BARRINGTON**

Jay Morgan

# **STREAMWOOD**

Jeffrey Janda

### **WHEELING**

Jan Buchs

### **BOARD MEETING**

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

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# STAFF **DIRECTORY**

# **ADMINISTRATION**

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### COORDINATORS

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# **PROGRAM STAFF**

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Administrative Assistant

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**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 Programs: 11/27

Prog. #	Prog. Name	Goals	Day	Time	Dates	Location	Fee	Min/Max
1010	3 - 16 yrs.	M, P	Т	4:00 - 7:00 pm	9/9 - 12/2	Wheeling Community Recreation Center	\$390.00	2/5
1020	3 - 16 yrs.	M, P	W	4:00 - 7:00 pm	9/10 - 12/3	Jack Claes Pavilion • Elk Grove Village	\$390.00	2/5
1030	3 - 16 yrs.	M, P	Th	4:00 - 7:00 pm	9/11 - 12/4	Arlington Ridge Center	\$360.00	2/5
1040	3 - 16 yrs.	M, P	Th	4:00 - 7:00 pm	9/11 - 12/4	Park Place • Streamwood	\$360.00	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.

No Program: 10/13

**Group:** All Abilities

Location: Rolling Meadows Community Center • Music Room

Min/Max: 1/6 per program

Goals: M, C

Prog. #	Dates	Day	Time	Fee
1070	9/8-12/1	М	4:00 - 8:30 pm	\$360.00

**SPECIAL EVENTS** Looking for a day full of fun and excitement? Don't worry we have plenty of special events you can attend without committing to a full program season. There is something for every age group and adventure seeker. **See page 36 for event offerings.** 



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# ₼ MUSIC

# **GUITAR LESSONS** Ages: 7 & older

Jam to great music, while learning about guitar technique and performance. Please list your 30 minute time slot preference from 3:45pm to 6:15pm on the registration form.

NOTE: List preferred time on registration form.

**Group:** All Abilities

Location: Rolling Meadows Community Center • Music Room

Min/Max: 1/4 per program

Goals: M. C

Prog. #	Dates	Day	Time	Fee
1080	9/9 - 12/2	Т	3:45 - 6:15 pm	\$390.00

### **₼ MUSIC**

# **DRUM LESSONS** Ages: 7 & older

Tap out rhythms and feel the beat while learning drumming techniques and performing on a drum set, snare drum, bells and a variety of rhythm instruments. Please list your 30 minute time slot preference from 6:15pm to 8:45pm on the registration form.

NOTE: List preferred time on registration form.

**Group:** All Abilities

Location: Rolling Meadows Community Center • Music Room

Min/Max: 1/4 per program

Goals: M, C

Prog. #	Dates	Day	Time	Fee
1090	9/9 - 12/2	Т	6:15 - 8:45 pm	\$390.00

# **PLEASE NOTE**

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



# YOUTH MUSIC CLASSES

# **₼ 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 handbells. 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 handbells, individuals will develop musical skills, enhance teamwork, and experience the power of music to bring people together.

No Program: 11/26

**Group:** All Abilities

Location: Rolling Meadows Community Center • Music Room

Min/Max: 2/5

Ratio: 1:1 to Independent Goals: C, I, M, SE

Prog. #	Dates	Day	Time	Fee
2610	9/10-12/3	W	6:30 - 7:15 pm	\$240

# ₼ 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: 11/26

**Group:** All Abilities

Location: Rolling Meadows Community Center • Music Room

Min/Max: 2/5

Ratio: 1:1 to Independent

Goals: C, I, M

Prog. #	Dates	Day	Time	Fee
2600	9/10-12/3	W	5:30-6:15 pm	\$240



# HORSEBACK RIDING LESSONS

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

NOTE: Riders enrolled in this program must have adequate balance, mobility, posture and ability to maintain upper neck and trunk control. Helmets are provided, a waiver and medical form must be signed before the first day of class. The program is held indoors. Participants must be under 175 pounds and under 6 feet for the safety of the rider and horse. Riders are required to wear boots or shoes with a heel.

Prog. #	Age	Day	Time	Dates	Location	Fee	Max	Goals
1025	6 yrs & older	Т	4:00 - 4:30 pm	9/9-12/9	Walk-On Farms	\$630.00	2	M, SI
1035	6 yrs & older	Т	4:30 - 5:00 pm	9/9-12/9	Walk-On Farms	\$630.00	2	M, SI

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# 1:1 therapy programming

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

# SNOEZELEN SENSORY ROOM



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

No program: 10/13, 11/27 Note: Location subject to change

Age: 3 yrs. & older Group: All Abilities

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

Min/Max: 1/4 per program

Goals: SI

Prog. #	Dates	Day	Time	Fee
1120	9/8-12/1	М	2:30 - 6:15 pm	\$384.00
1121	9/9-12/2	Т	2:30 - 6:15 pm	\$416.00
1122	9/10-12/3	W	2:30 - 6:15 pm	\$416.00
1123	9/11-12/4	Th	2:30 - 6:15 pm	\$384.00

# DREAM LAB



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

No program: 11/27

**Age:** 3 yrs. & older **Group:** All Abilities

Location: Rolling Meadows Community Center • NWSRA Dream Lab

Min/Max: 1/4 per program

Goals: C, I

Prog. #	Dates	Day	Time	Fee
1140	9/9-12/2	Т	2:30 - 5:15 pm	\$325.00
1141	9/11-12/4	Th	2:30 - 5:15 pm	\$300.00

# COMMUNITY SENSORY GARDEN



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

**Age:** 3 yrs. & older **Group:** All Abilities

Location: Hanover Park Community Center • Sensory Garden

Min/Max: 1/3 per program

Goals: SI, CI

Prog. #	Dates	Day	Time	Fee
1130	9/10-10/15	W	2:30 - 5:00 pm	\$180.00

# 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: 10/13

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	9/8-12/1	М	2:30 - 6:00 pm	\$300.00
1151	9/10-12/3	W	2:30 - 5:00 pm	\$325.00

# **GOALS LEGEND**

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

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

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

# **COMPETITIVE**

# SWIM TEAM Ages: 16 & older

Athletes will begin to prepare and condition for Special Olympics competition in March. Swimmers must be able to swim 25 yards using freestyle swim techniques unassisted and be able to swim for five minutes continuously to meet prerequisites for the team.

No Program: 10/13

**Group:** All Athletes

Location: Arlington Ridge Center • Arlington Heights

Min/Max: 2/8

Ratio: 1:4 to Independent

Goals: M, S, HW

Prog. #	Dates	Day	Time	Fee
7601	9/15 - 12/15	М	7:00 - 8:00 pm	\$210.00
7602	9/15 - 12/15	М	8:00 - 9:00 pm	\$210.00

# **COMPETITIVE**

# CO-REC BASKETBALL TEAM Ages: 16 & older

Enhance basketball skills, teamwork and conditioning. Athletes can only compete in one division of Special Olympics competition, Individual Skills or Team. The first practice will be player assessment. Players will then be divided into teams based on ability, age, position played and team chemistry.

No Program: 12/23, 12/30

**NOTE:** Players and parents/guardians will be informed by the coach of team assignments, practice time, and location. Practice and games are an hour long between 6:00pm to 9:00pm.

**Group:** All Ambulatory Athletes

Location: Will be announced once teams are created

Min/Max: 10/12 per team Goals: M, S, HW

Ratio: 1:4 to Independent

Prog. #	Dates	Day	Time	Fee
7015	10/14-2/3	Т	Varies between 6:00 - 9:00 pm	\$225.00



# **SOCIAL CLUBS**

Come socialize with friends while going out and having fun! Join one of our 6 social clubs to cheer on a local High School Football game, dress up in costume at the Halloween Dance or enjoy a movie with friends.

For more details, see page 30.





# **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 yearround 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 Andi Criswell at 847-392-2848 ext. 228 or e-mail acriswell@nwsra.org

# **©** COMPETITIVE

### **SNOWSHOE TEAM** Ages: 8 & older

Designed for any level athlete. Dress appropriately for cold weather. To be eligible for Winter Games in Galena, athletes must attend six training nights and receive a gold medal at the Special Olympics Area Competition.

No Program: 11/26, 12/24, 12/31

**Group:** All Ambulatory Athletes

Location: Rolling Meadows Community Center • NWSRA space

Min/Max: 4/16 Goals: M, S, HW

Ratio: 1:2 to Independent

Prog. #	Dates	Day	Time	Fee
7335	11/5 - 1/21	W	5:30 - 6:30 pm	\$135.00



# **©** COMPETITIVE

# **BASKETBALL SKILLS** 7000A Ages: 8 - 17. 7000B Ages: 18 & older

The focus of this program is developing skills, dribbling, shooting and all the fundamentals rather than team play. Athletes will have the opportunity to compete in Special Olympics Individual Skills Competition. Athletes can only compete in one division of Special Olympics competition. Individual Skills or Team.

No Program: 11/26, 12/24, 12/31

Group: All Ambulatory Athletes

Location: Willow Bend School • Rolling Meadows

Min/Max: 5/10 Goals: M, S, HW

Ratio: 1:4 to Independent

Prog. #	Dates	Day	Time	Fee
7000A	10/1 - 12/10	W	6:00 - 6:45 pm	\$135.00
7000B	10/1 - 12/10	W	6:50 - 7:35 pm	\$135.00

# **©** COMPETITIVE

# ALPINE SKI TEAM Ages: 16 & older

Enhance your core strength, increase stamina and enhance safety awareness through this challenging and fun program. This program is designed for the experienced skier. Athletes must be able to ski independently without additional assistance. Dress appropriately for cold weather. To be eligible for State Winter Games, athletes must attend at least six trainings and demonstrate the ability to control and maneuver a downhill course based on the judgment of the training committee to compete with the Lightning Ski Team.

No Program: 12/24, 12/31

**Group:** All Ambulatory Athletes

Location: Wilmot Mountain Ski • Wilmot, Wisconsin

Min/Max: 4/10 Goals: M, S, HW

Ratio: 1:4 to Independent

Prog. #	Dates	Day	Time	Fee
7347	12/3 - 1/28	W	5:30 - 7:00 pm	\$175.00

# **▼ COMPETITIVE**

### **GYMNASTICS TEAM** Ages: 8 & older

Leap into action while developing poise, flexibility and strength! The NWSRA team trains for Special Olympics competitions. Note: Team Leotard is required and is an additional fee. All the other team apparel is optional. Participants with Down Syndrome must be clear for AAI. Please refer to Special Notice section in back of Brochure regarding AAI.

No Program: 11/29

**Group:** All Ambulatory Athletes

Location: Palatine Community Center • Gymnastics Room

Min/Max: 5/15 Goals: M, S, HW

Ratio: 1:4 to Independent

Prog. #	Dates	Day	Time	Fee
7300	9/6 - 12/6	Sa	7:45 - 8:45 am	\$210.00

# **♥** COMPETITIVE

# **POWERLIFTING TEAM** Ages: 16 & older

Improve athlete's general health, strength and quality of life. Athletes will have the opportunity to condition and prepare for competition season in winter/spring.

No Program: 10/13, 11/27

Group: All Ambulatory Athletes
Location: 7030 - Crossfit Arioch • Elgin

7031 - Wheeling Fitness Center • Wheeling

Min/Max: 5/12 Goals: M, S, HW

Ratio: 1:4 to Independent

Prog. #	Dates	Day	Time	Fee
7030	9/8 - 12/1	М	6:00 - 7:00 pm	\$360.00
7031	9/11 - 12/4	TH	6:00 - 7:00 pm	\$360.00



# **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

# SENSORY STORY TIME Ages: 3 - 6

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

No Program: 10/13

Group: All Abilities & Siblings

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

Min/Max: 4/6

Ratio: 1:1 to Independent

Goals: C,I

Prog. #	Dates	Day	Time	Fee
1635	9/8-12/1	М	4:15 - 5:15 pm	\$216.00

### **HEALTH AND WELLNESS**

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

Get ready to wiggle, dance, and play! Each session includes lively songs, dancing, stretching, simple instruments, and imaginative games to keep little ones engaged and smiling from start to finish.

**Group:** All Abilities & Siblings

Location: Rolling Meadows Community Center • NWSRA Wing

Min/Max: 4/6

Ratio: 1:1 to Independent Goals: M, HW, P

Prog. #	Dates	Day	Time	Fee
1690	9/9-12/2	Т	4:15 - 5:15 pm	\$234.00

# SKILL DEVELOPMENT

# CLAY PLAY Ages: 3 - 6

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

No Program: 11/26

**Group:** All Abilities & Siblings **Location:** Rose Park • Palatine

Min/Max: 4/6

Ratio: 1:1 to Independent

Goals: M, SI

Prog. #	Dates	Day	Time	Fee
1950	9/10-12/3	W	5:30 - 6:15 pm	\$260.00

# SOCIAL

# **SENSORY SCIENTIST Ages: 3 - 6**

Through bubbly potions, squishy textures, and colorful creations, children will explore the world with all five senses—while building early science skills and practicing teamwork. Whether mixing a group experiment or helping a friend pour and stir, little scientists will learn how to cooperate, communicate and problem solve together.

No Program: 11/27

**Group:** All Abilities & Siblings

Location: Hanover Park Community Center • NWSRA Wing

Min/Max: 4/6

Ratio: 1:1 to Independent

Goals: SI,SE

Prog. #	Dates	Day	Time	Fee
1640	9/11 - 12/4	Th	4:15 - 5:15 pm	\$240.00



# \*\* SKILL DEVELOPMENT

# MUSIC MAKERS Ages: 3 - 6

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

No Program: 11/29

**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	9/13 - 12/6	Sa	9:00 - 10:00 am	\$252.00



# 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: 11/29

Group: All Abilities & Siblings

Location: Rolling Meadows Community Center • NWSRA Wing

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: SE

Prog. #	Dates	Day	Time	Fee
1850	9/13 - 12/6	Sa	10:00 - 12:00 pm	\$384.00

# **☆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: 11/29** 

Group: All Abilities & Siblings

Location: Vogelei Barn • Hoffman Estates

Min/Max: 4/6

Ratio: 1:1 to Independent

Goals: M, P

Prog. #	Dates	Day	Time	Fee
1560	9/13-12/6	Sa	1:30 - 2:15 pm	\$252.00

# INCLUSION SERVICES WHAT IS INCLUSION?

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





# HOW TO REQUEST ASSISTANCE

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

# **ASSISTANCE PROVIDED MAY INCLUDE**

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

# WHY INCLUSION?

Although many people achieve recreation through participation in NWSRA programs, others may have greater success in park district activities/ The process of including people with disabilities but also those without. Inclusive recreation programs prepare people with disabilities for life in an integrated society, and just as importantly, prepare society to accept individual diversity.

Inclusion provides

increased social interaction, independent and positive peer modeling.

# **COMMUNITIES SERVED:**

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





Winter Break Camps are full of exploration, play, and unique experiences that will create independence, friendships and lifelong skills. Campers will engage in various activities, swim at an indoor pool and experience a field trip in the community. Camp experiences are based off the four Day Camp Goals: Leisure Awareness, Self Awareness, Community Awareness and Health Awareness. Transportation is not provided during Winter Break Camp.

Camp Name	Prog. #	Week	Dates	Time	Ages	Location	Fee
Little Snowflakes	4310 4311	Week 1 Week 2	Week 1 Dec. 22, 23, 26 Week 2 Dec. 29, 30 and Jan. 2		3 - 6 years	Palatine Community Center	
Winter Camp It Up	4320 4321	Week 1 Week 2		0.20	7 - 11 years	Rec Plex • Mt. Prospect	
Snow Explorers	4330 4331	Week 1 Week 2		8:30 am - 2:30 pm	12 - 16 years	Plum Grove Park • Rolling Meadows	\$162 per week
Snowblazers	4340 4341	Week 1 Week 2			17 - 21 years	Rolling Meadows Teen Center	

Ratio: 1:1 to independent Min/Max: 6/15 per week

**Registration Deadline: November 17** 

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

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

**GOALS LEGEND** 

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

# SOCIAL

# STEAM ENGINEERS Ages: 10 - 14

Team up with new friends and dive into fun! Each week brings a brand-new STEAM adventure packed with games, challenges and hands-on activities. Get ready to play, create, and explore together!

No Program: 10/13

**Group:** All Abilities

Location: Central Community Center • NWSRA Wing

Min/Max: 4/8

Ratio: 1:1 to Independent Goals: SI, I, C, SE

Prog. #	Dates	Day	Time	Fee
2440	9/8 - 12/1	М	6:00 - 7:00 pm	\$252.00



# SKILL DEVELOPMENT

# **CRAFTY CREATORS** Ages: 14 - 21

Ready to get creative? Whether you're a doodler, a painter, or just love making cool stuff, this is your space to express yourself! No experience needed – just bring your imagination (and a labeled snack and drink). All art supplies are included, so let's make some magic!

No Program: 10/13

**Group:** All Abilities

Location: Kirk School • Palatine

Min/Max: 4/15

Ratio: 1:1 to Independent

Goals: SE, I, SI

Prog. #	Dates	Day	Time	Fee
2450	9/8 - 12/1	М	2:30 - 4:00 pm	\$252.00

# M SOCIAL

# REC N' ROLL Ages: 6 - 10

Let's get moving and have some fun! Each week, you'll play awesome games, try out new activities, and work together with friends. Along the way, you'll learn how NWSRA and your local park districts help everyone stay active, healthy, and happy! Come play, laugh, and explore with us!

No Program: 10/13

**Group:** All Abilities

Location: Central Community Center • NWSRA Wing

Min/Max: 4/8

Ratio: 1:1 to Independent Goals: SI, I, C, SE

Prog. #	Dates	Day	Time	Fee
2445	9/8 - 12/1	М	3:00 - 5:00 pm	\$252.00

# SOCIAL 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: Rolling Meadows Community Center • NWSRA Wing

Min/Max: 4/10

Ratio: 1:2 to Independent

Goals: CI, SE, I

Prog. #	Dates	Day	Time	Fee
2250	9/9-12/2	Т	4:00 - 6:00 pm	\$390.00

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

Transportation Location	Pick Up	Drop Off
Higgins Education Center	3:00 pm	None
Hoffman Estates High School	2:45 pm	None
Palatine High School	3:30 pm	None
Hersey High School	3:00 pm	None
Vogelei House • Hoffman Estates	None	6:00 pm
NWSRA Park Central	None	6:00 pm

# SOCIAL

# **DANCING DYNAMICS Ages: 14 - 21**

Unleash your inner dancer with our exciting dance program! Designed for all individuals our program offers a fun and energetic environment where you can learn various dance styles, improve your skills, and meet new friends.

**Group:** All Abilities

Location: Bartlett Community Center

Min/Max: 4/10

Ratio: 1:4 to Independent

Goals: M, SE

Prog. #	Dates	Day	Time	Fee
2105	9/9-12/2	Т	4:30 - 5:30 pm	\$228.00



# **BROADWAY BUDDIES Ages: 14 - 21**

Big Deal Productions and NWSRA are pleased to be together again this year. The newly envisioned Broadway Buddies program is back; and, this year will be better than ever! In our accessible program, our community of actors, on stage support, and production team will work together to gain confidence, learn ensemble skills, and integrate acting techniques, as we work to put together our performance of Mary Poppins, which will be performed on May 18 at 2:30 pm. Additional classes and rehearsals will be held May 12 - 16 from 5 - 7 pm.

**Group:** All Abilities

Location: Community Arts Center • Buffalo Grove

Min/Max: 4/20

Ratio: 1:4 to Independent

Goals: SE, I, CI

Prog. #	Dates	Day	Time	Fee
2070	9/9-12/2	Т	5:00 - 6:00pm	\$260.00

# **THERAPY**

# **AUTISM MOVEMENT THERAPY®**

**2080 - 2090:** Ages: 6 - 10 **2085 - 2095:** Ages: 10 - 13

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

No Program: 11/27

**Group:** Autism Spectrum

Location: 2080/2085: Schaumburg CRC

2090/2095: Buffalo Grove Fitness Center

Min/Max: 4/6

Ratio: 1:1 to Independent

Goals: M, SI

Prog. #	Dates	Day	Time	Fee
2080	9/9 - 12/2	Т	4:30 - 5:15 pm	\$325.00
2085	9/9 - 12/2	Т	5:30 - 6:15 pm	\$325.00
2090	9/11 - 12/4	TH	4:30 - 5:15 pm	\$300.00
2095	9/11 - 12/4	TH	5:30 - 6:15 pm	\$300.00

# 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: 11/26

**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	9/10 - 12/3	W	4:30 - 5:30 pm	\$325.00
2015	9/10 - 12/3	W	5:30 - 6:30 pm	\$268.00

# **☆** SKILL DEVELOPMENT

# Mess Makers Ages: 6 - 10

Get ready to dig in and get messy! This playful, hands-on program transforms the greenhouse into a discovery zone where kids explore soil, mud, and nature through creative, sensory-rich activities. From feeling the textures of different soils and mixing natural materials, to learning about composting and playing in the mud kitchen, each session sparks curiosity and environmental awareness. Kids also create earthy art using natural materials—celebrating mess, creativity, and early science learning in a joyful, nature-inspired setting.

**Group:** All Abilities

Location: Accessible Green House • Wheeling CRC

Min/Max: 3/10

Ratio: 1:1 to Independent

Goals: SI, CI, M

Prog. #	Dates	Day	Time	Fee
2620	9/9 - 12/2	Т	4:30 - 5:30 pm	\$260.00

# SKILL DEVELOPMENT

# **RECIPE MAKERS** Ages: 14 - 21

Work together as a group to create a list of healthy snacks for the season. Each week the group will work together to make a healthy snack come to life. A recipe book will be given to each participant at the end of the session. Each week will be filled with health and wellness games.

**Group:** All Abilities

Location: Kirk School • Palatine

Min/Max: 4/15

Ratio: 1:4 to Independent Goals: HW, SE, SI

Prog. #	Dates	Day	Time	Fee
2150	9/10 - 12/3	W	2:30 - 4:30pm	\$338.00

# **☆** SKILL DEVELOPMENT

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

Want to expand your technology knowledge? Come explore the NWSRA Dream Lab Accession Technology Center. You will get to experience a giant Padzilla, adapted Taplt System, Virtual Reality, 3D printer, Microsoft Xbox and Nintendo Switch video games.

No Program: 11/27

**Group:** All Abilities

Location: Rolling Meadows Community Center • Dream Lab

Min/Max: 4/8

Ratio: 1:4to Independent

Goals: C, SE, I

Prog. #	Dates	Day	Time	Fee
2120	9/11 - 12/4	Th	6:30 - 7:30 pm	\$240.00



# ROCK N' BOWL Ages: 14 - 21

Make friends and learn to bowl. Proper technique, rules and bowling etiquette will be reviewed each week as the kids engage in this fun sport.

No Program: 11/27

**Group:** All Abilities

Location: Poplar Creek Bowl • Hoffman Estates

Min/Max: 4/10

Ratio: 1:1 to Independent

Goals: HW, M

Prog. #	Dates	Day	Time	Fee
2255	9/11 - 12/4	Th	3:30 - 5:30 pm	\$360.00

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

Transportation Location	Pick Up	Drop Off
Higgins Education Center	3:00 pm	None
Hoffman Estates High School	2:45 pm	None
Palatine High School	3:30 pm	None
Hersey High School	3:00 pm	None
Vogelei House • Hoffman Estates	None	6:00 pm
NWSRA Park Central	None	6:00 pm

# SKILL DEVELOPMENT

### TECH EXPLORERS Ages: 10 - 14

Join us in the Dream Lab Accessible Technology Room to explore gaming at a completely new level. Each week discover a new Microsoft game for X-Box and use Virtual Reality to bring the game to life.

No Program: 11/27

Group: All Abilities & Siblings

Location: Rolling Meadows Community Center • Dream Lab

Min/Max: 4/8

Ratio: 1:4 to Independent

Goals: C, I

Prog. #	Dates	Day	Time	Fee
2110	9/11 - 12/4	Th	5:30 - 6:30 pm	\$228.00



# **☆ SKILL DEVELOPMENT**

# Green Thumbers Ages: 11 - 18

The Green Thumb Club is a weekly gardening program where young learners explore plants, sustainability, and hands-on ecological education. Through real-world gardening projects, participants plan, plant, and care for their own garden spaces while learning how natural systems work and why sustainable practices matter. From soil to harvest, kids grow confidence, curiosity, and a deeper connection to the environment.

No Program: 11/27

**Group:** All Abilities

Location: Accessible Greenhouse • Wheeling CRC

Min/Max: 3/10

Ratio: 1:1 to Independent

Goals: SI, M, C

Prog. #	Dates	Day	Time	Fee
2620	9/11- 12/4	Th	5:30 - 6:30 pm	\$240.00

# SKILL DEVELOPMENT

# RECESS GAMES AND SPORTS Ages: 6 - 10

Join your peers and develop the skills to play recess games and improve your sports skills. This program works to develop an understanding of the games and motor skills to participate in various sports. Enhance proper social interaction and working with others while having fun.

No Program: 11/28

Group: All Abilities Location: TBA Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: HW, M, P

Prog. #	Dates	Day	Time	Fee
2350	9/12-12/5	F	4:30 - 5:30 pm	\$240.00

# 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: 11/28

Group: All Abilities

Location: Triphahn Center • Hoffman Estates

Min/Max: 4/8

Ratio: 1:1 to Independent Goals: HW, M, P

Prog. #	Dates	Day	Time	Fee
2355	9/12 - 12/5	F	6:00 - 7:00 pm	\$240.00

# 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: 11/29

**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	9/13 - 12/6	Sa	9:30 - 1:30 pm	\$600.00

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

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

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

# 🌣 SKILL DEVELOPMENT

### **GYMNASTIC SKILLS 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: 11/29

Group: All Ambulatory

Location: Vogelei Barn • Hoffman Estates

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: M, P

Prog. #	Dates	Day	Time	Fee
2065	9/13 - 12/6	Sa	2:30 - 3:15pm	\$300.00

# SOCIAL

### **SHOOTING STARS Ages: 6 - 10**

Play, move, and get creative! Each session is full of games, fitness fun, and awesome crafts that help you build your brain, hand-on skills, and friendships. Don't forget to bring a labeled snack and drink – we'll busy having a blast!

No Program: 11/29

**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	9/13 - 12/6	Sa	9:00 - 11:00 am	\$360.00

# SOCIAL

### SUPERSTARS Ages: 10 - 14

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: 11/29

**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	9/13 - 12/6	Sa	11:00 - 2:00 pm	\$480.00

# 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 transportation for District Travelers, the fee includes transportation to Spare Time Bowlers after program. If you did not need transportation, please add \$60 to your registration in order to have transportation to Spare Time Bowlers.

No Program: 11/29

**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	9/13-12/6	Sa	2:00 - 4:00 pm	\$420.00

Transportation: One way from District Travelers

Fee: \$60

**GOALS LEGEND** 

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

### **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!

No Program: 10/13

**Group:** All Abilities Location: Virtual Zoom

Min: 4 Goals: C, I, SE

Prog. #	Dates	Day	Time	Fee
1410	9/8 - 12/1	М	9:00 - 10:00 am	\$96.00

Prog. #	Dates	Day	Time	Fee
1410	9/8 - 12/1	М	9:00 - 10:00 am	\$96.00
טודו	3/0 - 12/1	IVI	J.00 - 10.00 am	ψ30.00

# M 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.

No Program: 10/13

**Group:** All Abilities

Location: Rolling Meadows Community Center • Great Room

Min/Max: 4/20

Ratio: 1:2 to Independent Goals: HW, C, SE

Prog. #	Dates	Day	Time	Fee
3130	9/8 - 12/1	М	5:00 - 6:00pm	\$276.00

# SOCIAL

# SPORT FANATICS Ages: 21 - 39

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

No Program: 10/13

**Group:** All Abilities

Location: Reps Place • Rolling Meadows

Min/Max: 4/20

Ratio: 1:4 to Independent

Goals: SE, CI

Prog. #	Dates	Day	Time	Fee
3160	9/8- 12/1	М	7:00 - 8:00 pm	\$228.00

# **HEALTH AND WELLNESS**

### MINDFULNESS MUSKETEERS Ages: 21 & older

Come unwind and relax in the Dream Lab. Participants will participate in meditation and yoga while learning several other relaxation techniques.

**Group:** All Abilities

Location: Rolling Meadows Community Center • NWSRA Wing

Min/Max: 4/6

Ratio: 1:2 to Independent

Goals: SE, M

Prog. #	Dates	Day	Time	Fee
3810	9/9 -12/2	Т	5:30 - 6:30pm	\$260.00

# 1:1 THERAPY PROGRAMMING

Want to expand your mind through technology in the Dream Lab? 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 8.



# 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 • Dream Lab

Min/Max: 4/8

Ratio: 1:2 to Independent

Goals: CI, I

Prog	g. #	Dates	Day	Time	Fee
382	20	9/9 - 12/2	Т	6:30 - 7:30 pm	\$260.00

# **HEALTH AND WELLNESS**

# CHAIR ONE FITNESS Ages: 21 & older

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

**Group:** All Abilities **Location:** Virtual Zoom

Min: 4

Goals: HW, M, P

6	
CHAIRONE	

Prog. #	Dates	Day	Time	Fee
1420	9/9 - 12/2	Т	9:00 - 10:00 am	\$104.00

# SOCIAL

# LUNCH N' CHAT Ages: 21 & older

Join NWSRA staff for lunch while socializing with friends. This program will focus on healthy eating tips and learning about new foods.

**Group:** All Abilities **Location:** Virtual Zoom

Min: 4 Goals: SE, HW

Prog. #	Dates	Day	Time	Fee
1430	9/10 - 12/3	W	12:00 - 1:00 pm	\$104.00

# **HEALTH AND WELLNESS**

# CLUB WELLNESS Ages: 21 & older

Club Wellness is an activity rich program that promotes wellness through fitness, nutrition and general wellness of participants. Participants spend time learning new fitness techniques, nutritional knowledge and health tips. Club Wellness has a unique curriculum created specifically for people with disabilities taught by a Certified Club Wellness Instructor.

**Group:** All Abilities **Location:** Virtual Zoom

Min: 4

Goals: HW, M, P



Prog. #	Dates	Day	Time	Fee
1425	9/9 - 12/2	Т	6:30 - 7:30 pm	\$104.00

# SOCIAL

# **DANCING DYNAMICS** Ages: 21 - 39

Unleash your inner dancer with our exciting dance program! Designed for all individuals our program offers a fun and energetic environment where you can learn various dance styles, improve your skills, and meet new friends.

**Group:** All Abilities

Location: Bartlett Community Center

Min/Max: 4/10

Ratio: 1:4 to Independent

Goals: M, SE

Prog. #	Dates	Day	Time	Fee
3120	9/9 - 12/2	Т	5:45 - 6:45 pm	\$247.00

# 💹 SOCIAL

# MEET N' PLACE Ages: 21 & older

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

Group: PV

Location: Teen Center • Rolling Meadows

Min/Max: 4/8

Ratio: 1:2 to Independent

Goals: SE, C

Prog. #	Dates	Day	Time	Fee
3500	9/10 - 12/3	W	10:00 - 12:00 pm	\$325.00

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

Fee: \$78 one way door-to-door, \$156 round trip door-to-door



# **☆** SKILL DEVELOPMENT

# **BOOM BEATS** Ages: 21 - 39

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

No Program: 11/26

**Group:** All Abilities

Location: Rolling Meadows Community Center • Music Room

Min/Max: 4/10

Ratio: 1:2 to Independent

Goals: M, SE

Prog. #	Dates	Day	Time	Fee
3900	9/10 - 12/3	W	5:30 - 6:30 pm	\$240.00

# ☼ SOCIAL

# **CERAMICS** Ages: 21 & older

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

No Program: 11/26

**Group:** All Abilities

Location: Thrown Elements Pottery • Arlington Heights

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: M, SI, CI

Prog. #	Dates	Day	Time	Fee
3150	9/10 - 12/3	W	6:00 - 7:30 pm	\$360.00



# SOCIAL

# PARTNER BOWL Ages: 21 & older

Make friends, socialize and bowl! Fee includes two games of bowling and shoe rental. Registration is on a first come first serve basis for 50 participants and 10 partners.

No Program: 11/26

**Group:** All Abilities

Location: Bowlero • Mt. Prospect

Min/Max: 4/60

Ratio: 1:4 to Independent

Goals: P, HW

Prog. #	Dates	Day	Time	Fee
1300	9/10 - 12/3	W	5:30 - 8:00 pm	\$120.00

# **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: 4/8

Ratio: 1:2 to Independent

Goals: P, HW

Prog. #	Dates	Day	Time	Fee
3510	9/6 - 12/3	W	1:00 - 2:00 pm	\$247.00

# **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: 4/8

Ratio: 1:1 to Independent

Goals: P, HW

Prog. #	Dates	Day	Time	Fee
3520	9/10 - 12/3	W	2:30 - 3:30 pm	\$273.00

Transportation: Fee: \$65 one way drop off

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

# **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.

No Program: 11/27

**Group:** All Abilities **Location:** Virtual Zoom

Min: 4

Goals: HW, M, P

Prog. #	Dates	Day	Time	Fee
1440	9/11 - 12/4	Th	9:00 - 10:00 am	\$96.00



# SOCIAL

# **DINNER CLUB** Ages: 21 & older

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

No Program: 11/27

Group: PV

Location: Rolling Meadows Community Center • Great Room

Min/Max: 4/8

Ratio: 1:1 to Independent Goals: HW, SE, CI

Prog. #	Dates	Day	Time	Fee
3580	9/11 - 12/4	Th	4:00 - 6:00 pm	\$420.00

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

Fee: \$78 one way, \$156 round trip

# 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.

No Program: 11/27

**Group:** All Abilities **Location:** Virtual Zoom

Min: 4

Goals: HW, C, SE

Prog. #	Dates	Day	Time	Fee
1445	9/11 - 12/4	Th	6:30 - 7:30 pm	\$96.00

# **HEALTH AND WELLNESS**

**STAYING FIT** 3740 Age: 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.

No Program: 11/27

**Group:** All Abilities

Location: Park Place Family Recreation Center • Streamwood

Min/Max: 4/10

Ratio: 1:2 to Independent

Goals: HW, P, I

Prog. #	Dates	Day	Time	Fee
3740	9/11 - 12/4	Th	5:30 - 6:30 pm	\$240.00
3750	9/11 - 12/4	Th	6:30 - 7:30 pm	\$240.00



# **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.

No Program: 11/27 Group: All Abilities

Location: Wheeling Community Recreation Center

Min/Max: 4/12

Ratio: 1:2 to Independent

Goals: HW, SE

Prog. #	Dates	Day	Time	Fee
3745	9/11 - 12/4	Th	5:30 - 6:30 pm	\$240.00
3755	9/11 - 12/4	Th	6:30 - 7:30 pm	\$240.00

# SOCIAL

# **ROCKIN' THE BURBS** 3490 Ages: 21 - 39 3495 Ages: 40 & older

Meet up with your friends each week as you enjoy a variety of recreational opportunities while enhancing social/emotional skills, independence and

building friendships within the community! **Participant Expectations:** To engage in the community with the expectation of staying with the group, transitioning between activities with minimal prompting and support, and display appropriate social interaction with peers

and staff. Specific needs such as restroom or feeding can be assisted by staff. **No Program: 11/27** 

**Group:** All Abilities

Location: 3490 Rolling Meadows Community Center • NWSRA Wing

3495 Vogelei House • Hoffman Estates

Min/Max: 4/12

Ratio: 1:4 to Independent

Goals: CI, I, SE

Prog. #	Dates	Day	Time	Fee
3490	9/11- 12/4	Th	6:00 - 8:30 pm	\$450.00
3495	9/11 - 12/4	Th	6:00 - 8:30 pm	\$450.00



# **SOCIAL CLUBS**

Come socialize with friends while going out and having fun! Join one of our 6 social clubs to cheer on a local High School Football game, dress up in costume at the Halloween Dance or enjoy a movie with friends.

For more details, see page 30.



# 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: 11/29

**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	9/13 - 12/6	Sa	9:30 - 1:30 pm	\$600.00

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

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

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

# SOCIAL

### LUNCH CREW 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: 11/29

**Group:** All Abilities

Location: Wheeling Community Center • NWSRA Wing

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: CI, SE

Prog. #	Dates	Day	Time	Fee
3600	9/13 - 12/6	Sa	10:30 - 12:30 pm	\$300.00

# SKILL DEVELOPMENT

# DIY MASTERS Ages: 21 & older

Draw, paint and create fun projects while developing your creative side. Beginners are welcome! Fee includes supplies.

No Program: 11/29

**Group:** All Abilities

Location: Wheeling Community Center • NWSRA Wing

Min/Max: 4/15

Ratio: 1:1 to Independent

Goals: M, SE

Prog. #	Dates	Day	Time	Fee
3090	9/13 - 12/6	Sa	12:30 - 2:00 pm	\$216.00

### **SPECIAL EVENTS**

Not able to commit to a weekly program? Join us for a one day special event in the community! **See page 36 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: 11/29

Group: All Abilities

Location: Central Community Center • NWSRA Wing

Min/Max: 4/10

Ratio: 1:2 to Independent

Goals: CI, SE

Prog. #	Dates	Day	Time	Fee
3650	9/13 - 12/6	Sa	9:30 - 1:30 pm	\$600.00

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

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

Transportation Location Pick Up

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 \$60 to your registration in order to have transportation from program to Spare Time Bowlers. Fee includes 3 games.

No Program: 11/29

**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	9/13 - 12/6	Sa	2:00 - 4:00 pm	\$420.00

Transportation: One way from Community Travelers or Venture Squad

Fee: \$60 one way

# **AFTER DAY PROGRAM ACTIVITIES**

# **HEALTH AND WELLNESS**

# **EXERCISE AND SWIM** Ages: 21 & older

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

No Program: 10/13

**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	9/8 - 12/1	М	4:00 - 6:00 pm	\$420.00	
Trans. Drop Off: Buffalo Grove Fitness Center   NWSRA Office					
<b>3015</b> 9/8 - 12/1 M 4:00 - 6:00 pm \$420.00					
Trans. Drop Off: Hanover Park Community Center   NWSRA Office					

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

# **☆** SKILL DEVELOPMENT

# **CUISINE CRITICS** Ages: 21 & older

Come focus on healthy eating, table setting/manners and safety in the kitchen. Participants prepare and eat snacks, appetizers or desserts while learning cognitive skills such as counting, measuring and following directions. This is a group cooking program, therefore, all dietary restrictions cannot be accommodated.

No Program: 11/26

**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	9/10 - 12/3	W	4:00 - 6:00 pm	\$420.00	
Trans. Drop Off: Hanover Park Community Center   NWSRA Office					

Transportation Fee: \$60 one way, \$120 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 PURSUIT clients attending PURSUIT on the day they are registered for program. If pick-up is needed, select from the locations below or list the PURSUIT site. If drop-off is needed, select from the locations listed for each specific program. The Program Leader will communicate the drop-off times once registration is closed and routes are established.

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

# SOCIAL

# AFTERNOON CLUB Ages: 21 & older

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

**Group:** All Abilities

Location: Hanover Park Community Center • NWSRA Wing

Min/Max: 4/15

Ratio: 1:1 to Independent

Goals: SE, C, I

Prog. #	Dates	Day	Time	Fee	
3020	9/9 - 12/2	Т	4:00 - 6:00 pm	\$455.00	
Trans. Drop Off: Buffalo Grove Fitness Center   NWSRA Office					

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

# **HEALTH AND WELLNESS**

### FIT N' FUN

Ages: 21 & older

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

No Program: 11/27

**Group:** All Abilities

Location: Central Community Center • NWSRA Wing

Min/Max: 4/15

Ratio: 1:1 to Independent

Goals: SE, C, I

Prog. #	Dates	Day	Time	Fee	
3040	9/11 - 12/4	TH	4:00 - 6:00 pm	\$420.00	
<b>Trans. Drop Off:</b> Buffalo Grove Fitness Center   Vogelei Park and Barn   NWSRA Office					

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

# SOCIAL

# PIN STRIKERS Ages: 21 & older

Make friends and learn to bowl. Proper technique, rules and bowling etiquette will be reviewed each week as the adults engage in this fun sport. Bowl two games each week.

No Program: 10/31, 11/28

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	9/12 - 12/5	F	4:00 - 6:00 pm	\$385.00	
<b>Trans. Drop Off:</b> Buffalo Grove Fitness Center   Vogelei Park and Barn   NWSRA Office					

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







slsf me

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

SLSF offers a variety of events year round, including seated events and six golf outings.

# SLSF Funding Supports

the following for NWSRA

# **Sponsor** an Event

Sponsor an event as an individual or business and receive exposure through web, print, and social media.

# Donate

for a Cause

Contribute by sharing your skills, donating items or services, or making a one-time or monthly gift to empower individuals with disabilites.

# Volunteer

at an Event

Be an event day volunteer for one of our many fundraising events, join a committee, or volunteer at an NWSRA program.



Programming







Inclusion



**Scholarships** 







### Locations:

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

# Presented in collaboration with:





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

### Or contact:

Danielle Olson at dolson@nwsra.org or 847-392-2848, ext. 238



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

# PURSUIT IS STRUCTURED AROUND FOUR CORE ELEMENTS:

### **Recreation & Leisure**

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

# Skills & Self Advocacy

- Expanding communication skills
- Promoting human rights and self advocacy
- Enhancing socialization skills
- Developing technology skills

# **Community Integration**

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

### Health & Wellness

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

# **Program Time:**

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

### Eligibility:

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

# **EXTENDED PROGRAMMING**

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



# VETERANS

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

# Qualified veterans receive:

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

Healthy Minds Healthy Bodies is a registered trademark of







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



LIFECENTER Health & Fitness Club 700 S Bartlett Road Bartlett



Buffalo Grove Fitness Center 601 Deerfield Parkway Buffalo Grove



Central Community Center 1000 Central Road Mount Prospect

RecPlex 420 Dempster Street Mount Prospect



Palatine Community Center 250 E Wood Street Palatine



Nelson Sports Complex 3900 Owl Drive Rolling Meadows



Park Place Family Recreation Center 550 S Park Boulevard Streamwood

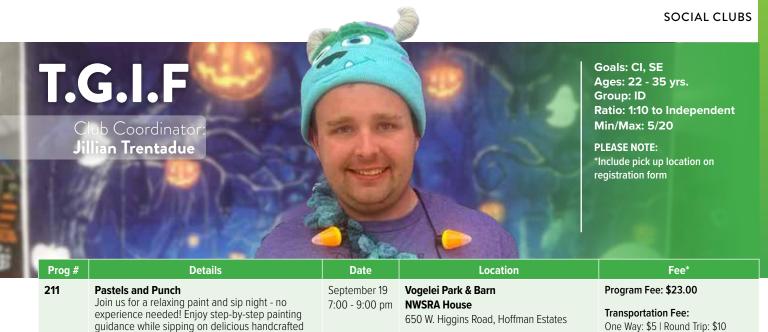
# social clubs



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

PLEASE NOTE:
\*Include pick up location on registration form

Prog #	Details	Date	Location	Fee*
111	Colorful Concoctions Join us for a relaxing paint and sip night! Enjoy step-by-step painting guidance while sipping on delicious handcrafted mocktails in a cozy, creative atmosphere. Come solo or with a friend and leave with your own masterpiece!  Registration Deadline: September 5	September 19 7:00 - 9:00 pm	Rolling Meadows Community Center NWSRA Wing 3705 Pheasant Drive, Rolling Meadows	Program Fee: \$23.00  Transportation Fee: One Way: \$5   Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center
112	Minnie Bird Treat yourself to a delicious dinner out at Minnie Bird! Come hungry and ready to enjoy a delicious combo. Will you be brave enough to try a dirty soda? The price includes an entree, side, and a drink. Please contact the Club Coordinator if you have dietary restrictions.  Registration Deadline: September 12	September 26 6:00 - 8:00 pm	Minnie Bird 1428 N. Meacham Road, Schaumburg	Program Fee: \$45.00  Transportation Fee: One Way: \$5   Round Trip: \$10 Pick Up/Drop Off Locations Buffalo Grove Fitness Center Hanover Park Community Center
113	Fall for Crafts Grab a friend and a flannel - it's fall craft night! We are diving into pumpkins, plaid, and all things cozy with this festive craft night. Combining a DIY masterpiece and seasonal snacks, it is going to be un-be-leaf-ably fun! Registration Deadline: September 26	October 10 7:00 - 9:00 pm	<b>Pioneer Park</b> 500 S. Fernandez Avenue, Arlington Heights	Program Fee: \$21.00  Transportation Fee: One Way: \$5   Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center
114	TJ's Tasting Table From savory bites to sweet treats, we will sample a delicious spread of Trader Joe's greatest hits! Come hungry and ready to snack, sip, and socialize. Please contact the Club Coordinator if you have dietary restrictions. Please note a full meal will not be provided.  Registration Deadline: October 3	October 17 7:00 - 9:00 pm	Park Central Banquet Hall 3000 W. Central Road, Rolling Meadows	Program Fee: \$21.00  Transportation Fee: One Way: \$5   Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center
115	Monster Mash Calling all ghouls and gals! Come dressed in your best costume and enjoy a night of thrills, chills and spook-tacular memories. Whether you plan to boogie all night long or socialize with friends, it will be a cauldron of fun! Pizza will be provided. Please contact your Club Coordinator if you have dietary restrictions.  Registration Deadline: October 17	October 31 7:00 - 9:00 pm	Rolling Meadows Community Center 3705 Pheasant Drive, Rolling Meadows	Program Fee: \$23.00  Transportation Fee: One Way: \$5   Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center
116	Dave & Buster's Get ready for an action-packed night at Dave & Buster's, where thrilling arcade games, great company, and nonstop fun await! Please bring additional money if you want to enjoy delicious food and refreshing drinks during the excitement. Registration Deadline: October 31	November 14 7:00 - 9:00 pm	Dave & Buster's 601 N. Martingale Road, Schaumburg	Program Fee: \$45.00  Transportation Fee: One Way: \$5   Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center



М	Prog #	Details	Date	Location	Fee*
	211	Pastels and Punch Join us for a relaxing paint and sip night - no experience needed! Enjoy step-by-step painting guidance while sipping on delicious handcrafted mocktails in a cozy, creative atmosphere. Come solo or with a friend and leave with your own masterpiece!  Registration Deadline: September 5	September 19 7:00 - 9:00 pm	Vogelei Park & Barn NWSRA House 650 W. Higgins Road, Hoffman Estates	Program Fee: \$23.00  Transportation Fee: One Way: \$5   Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • NWSRA Office
	212	Yu's Mandarin Treat yourself to a delicious dinner out at Yu's Mandarin! Join us for an evening of great food and good company at this authentic Chinese dining experience. The price includes an entree a drink. Please contact the Club Coordinator if you have dietary restrictions.  Registration Deadline: September 12	September 26 6:00 - 8:00 pm	<b>Yu's Mandarin</b> 200 E. Golf Road, Schaumburg	Program Fee: \$45.00  Transportation Fee: One Way: \$5   Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center
	213	Apple Cider and Art Grab a friend and a flannel - it's fall craft night! We are diving into pumpkins, plaid, and all things cozy with this festive craft night. Combining a DIY masterpiece and seasonal snacks, it is going to be un-be-leaf-ably fun! Registration Deadline: September 26	October 10 7:00 - 9:00 pm	Rolling Meadows Community Center NWSRA Wing 3705 Pheasant Drive, Rolling Meadows	Program Fee: \$21.00  Transportation Fee: One Way: \$5   Round Trip: \$10  Pick Up/Drop Off Locations  • Buffalo Grove Fitness Center  • Hanover Park Community Center
	214	Snack Attack This evening will be full of flavor-packed bites and friendly competition! Sample a variety of mouthwatering appetizers, cast your vote, and see which snack reigns supreme. Please contact the Club Coordinator if you have dietary restrictions. Please note a full meal will not be provided.  Registration Deadline: October 3	October 17 7:00 - 9:00 pm	Central Community Recreation Center - NWSRA Wing 1000 W Central Rd. Mt. Prospect	Program Fee: \$21.00  Transportation Fee: One Way: \$5   Round Trip: \$10  Pick Up/Drop Off Locations  NWSRA Office  Hanover Park Community Center
	215	Monster Mash Calling all ghouls and gals! Come dressed in your best costume and enjoy a night of thrills, chills and spook-tacular memories. Whether you plan to boogie all night long or socialize with friends, it will be a cauldron of fun! Pizza will be provided. Please contact your Club Coordinator if you have dietary restrictions.  Registration Deadline: October 17	October 31 7:00 - 9:00 pm	Rolling Meadows Community Center 3705 Pheasant Drive, Rolling Meadows	Program Fee: \$23.00  Transportation Fee: One Way: \$5   Round Trip: \$10  Pick Up/Drop Off Locations  Buffalo Grove Fitness Center  Hanover Park Community Center
	216	Dave & Buster's Get ready for an action-packed night at Dave & Buster's, where thrilling arcade games, great company, and nonstop fun await! Please bring additional money if you want to enjoy delicious food and refreshing drinks during the excitement. Registration Deadline: October 31	November 14 7:00 - 9:00 pm	Dave & Buster's 601 N. Martingale Road, Schaumburg	Program Fee: \$45.00  Transportation Fee: One Way: \$5   Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center

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November 7

December 5

6:00 - 8:00 pm

6:00 - 8:00 pm

**Central Community Center** 

Rolling Meadows Park Central

**NWSRA Wing** 

Mount Prospect

**Teen Center** 

3000 W Central Road

Rolling Meadows

1000 W Central Road

Pick Up/Drop Off Locations

Program Fee: \$21.00

Transportation Fee:

Program Fee: \$20.00

Transportation Fee:

• Buffalo Grove Fitness Center

One Way: \$5 | Round Trip: \$10

Pick Up/Drop Off Locations

Buffalo Grove Fitness CenterHanover Park Community Center

One Way: \$5 | Round Trip: \$10

Pick Up/Drop Off Locations

• Buffalo Grove Fitness Center

• Hanover Park Community Center

• Hanover Park Community Center

long or socialize with friends, it will be a cauldron of

fun! Pizza will be provided. Please contact your Club

Unleash your inner creativity! Choose your piece, pick

brushstroke. This relaxing, hands-on evening is full of

fun, friends, and one-of-a-kind creations to take home.

your colors, and bring your design to life with every

Take a festive drive through the northwest 'burbs

Afterwards, we'll gather for a cozy meetup to warm

up with hot chocolate and enjoy the season's cheer

together. This is the perfect way to celebrate holiday

to marvel at the sparkling holiday light displays!

**Registration Deadline: November 21** 

Coordinator if you have dietary restrictions.

Registration Deadline: October 17

Registration Deadline: October 24

**Pottery Palette** 

**Holiday Lights Cruise** 

magic with friends!

315

316

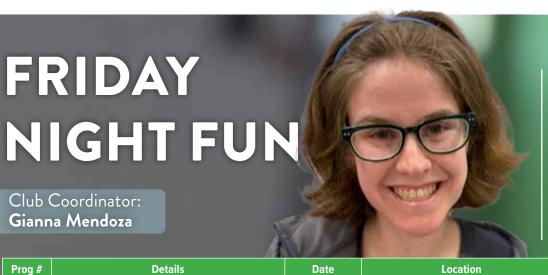


Prog #	Details	Date	Location	Fee*
611	Logs and Laughs A cozy night under the stars! Gather 'round the bonfire for good vibes, warm drinks, s'mores, and plenty of laughs. Whether you're swapping stories or soaking in the glow, this is the perfect way to light up your evening!  Registration Deadline: September 5	September 19 7:00 - 9:00 pm	Park Central Banquet Hall 3000 W. Central Road, Rolling Meadows	Program Fee: \$21.00  Transportation Fee: One Way: \$5   Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center
612	Under the Lights: Conant vs. Fremd Get ready for an exciting matchup as Conant High School takes on Fremd High School in this thrilling home game! Join us for a night of intense competition, school spirit, and an action packed field. Please bring additional money for concessions, if desired. Registration Deadline: September 12	Time	James B. Conant High School 700 E. Cougar Trail, Hoffman Estates *In the event of inclement weather, all activities will be moved indoors.	Program Fee: \$21.00  Transportation Fee: One Way: \$5   Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • NWSRA Office
613	Dave & Buster's Get ready for an action-packed night at Dave & Buster's, where thrilling arcade games, great company, and nonstop fun await! Please bring additional money if you want to enjoy delicious food and refreshing drinks during the excitement.  Registration Deadline: October 3	October 17 7:00 - 9:00 pm	<b>Dave &amp; Buster's</b> 601 N. Martingale Road, Schaumburg	Program Fee: \$45.00  Transportation Fee: One Way: \$5   Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center
614	Monster Mash Calling all ghouls and gals! Come dressed in your best costume and enjoy a night of thrills, chills and spooktacular memories. Whether you plan to boogie all night long or socialize with friends, it will be a cauldron of fun! Pizza will be provided. Please contact your Club Coordinator if you have dietary restrictions.  Registration Deadline: October 17	October 31 7:00 - 9:00 pm	Rolling Meadows Community Center 3705 Pheasant Drive, Rolling Meadows	Program Fee: \$23.00  Transportation Fee: One Way: \$5   Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center
615	Lazy Dog Treat yourself to a delicious dinner out at Lazy Dog! Join us for an evening of great food, good company, and laid-back vibes at one of Buffalo Grove's newest additions. The price includes an entree and a drink. Please contact the Club Coordinator if you have dietary restrictions. Registration Deadline: October 24	November 7 6:00 - 8:00 pm	<b>Lazy Dog Restaurant and Bar</b> 51 McHenry Road, Buffalo Grove	Program Fee: \$45.00  Transportation Fee: One Way: \$5   Round Trip: \$10 Pick Up/Drop Off Locations  • NWSRA Office  • Hanover Park Community Center
616	Friendsgiving Feast Join us for a fun-filled Friendsgiving celebration where all food is provided - just bring yourself and an appetite! Packed with delicious dishes and seasonal activities, there is something for everyone to enjoy while we celebrate friendship. Please contact the Club Coordinator if you have dietary restrictions. Registration Deadline: November 7	November 21 6:30 - 8:30 pm	Plum Grove Park 4001 Park Drive, Palatine	Program Fee: \$28.00  Transportation Fee: One Way: \$5   Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center

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



Prog #	Details	Date	Location	Fee*
411	Tied with Comfort  No sewing skills needed! Simply tie, fluff, and enjoy making your very own soft and snuggly pillow. Enjoy the night chatting, crafting, and creating among good company.  Registration Deadline: August 29	September 12 7:00 - 9:00 pm	Hanover Park Community Center NWSRA Wing 1919 Walnut Avenue, Hanover Park	Program Fee: \$40.00  Door-to-Door Transportation Fee: One Way: \$6   Round Trip: \$12
412	One Taco Dos Tequilas Treat yourself to a delicious dinner out at One Taco Dos Tequilas! Join us for an evening of great food and good company at this authentic Mexican dining experience. The price includes an entree and a drink. Please contact the Club Coordinator if you have dietary restrictions. Registration Deadline: September 5	September 19 6:30 - 8:30 pm	One Taco Dos Tequilas 375 W. Northwest Highway, Palatine	Program Fee: \$45.00  Door-to-Door Transportation Fee: One Way: \$6   Round Trip: \$12
413	Dippin' Delight Get ready to crunch, dip, and judge at this ultimate showdown where snacks are serious business! Compete in the contest, vote for your favorite combo, and take part in fun games like "blind dip tasting" and "name that flavor." Whether you're a chip connoisseur or just here for the fun, it is sure to be a salty, saucy, snack-filled night to remember. Please note a full meal will not be provided.  Registration Deadline: September 19	October 3 7:00 - 9:00 pm	Rolling Meadows Community Center - NWSRA Wing 3705 Pheasant Drive, Rolling Meadows	Program Fee: \$21.00  Door-to-Door Transportation Fee: One Way: \$6   Round Trip: \$12
414	Seriously Funny A night of non-stop laughter at this comedy show with Steve Byrne headlining! From sharp wit to hilarious storytelling, this event will guarantee big laughs. Don't miss your chance to unwind and LOL with us! All attendees must present a valid ID for entry.  Registration Deadline: October 24	November 7 7:00 pm - Show Time	Chicago Improv 5 Woodfield Mall, Schaumburg	Program Fee: \$40.00  Door-to-Door Transportation Fee: One Way: \$6   Round Trip: \$12
415	Main Event Get ready for an action-packed night at Main Event, where thrilling arcade games, great company, and nonstop fun await! Please bring additional money if you want to enjoy delicious food and refreshing drinks during the excitement. Registration Deadline: October 31	November 14 7:00 - 9:00 pm	Main Event 2575 Pratum Avenue, Hoffman Estates	Program Fee: \$45.00  Door-to-Door Transportation Fee: One Way: \$6   Round Trip: \$12
416	Grateful Gathering Join us for a fun-filled Friendsgiving with Friday Night Fun where all food is provided - just bring yourself and an appetite! Packed with delicious dishes and seasonal activities, there is something for everyone to enjoy while we celebrate friendship. Please contact the Club Coordinator if you have dietary restrictions. Registration Deadline: November 7	November 21 6:30 - 8:30 pm	Park Central Banquet Hall 3000 W. Central Road, Rolling Meadows	Program Fee: \$28.00  Door-to-Door Transportation Fee: One Way: \$6   Round Trip: \$12



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

	274			
Prog #	Details	Date	Location	Fee*
511	The Final Glow Join us for the end of summer bonfire as we celebrate the final glow of the season! Enjoy a cozy evening by the fire with friends, s'mores, and great conversation as we say goodbye to summer in style. This is the perfect way to unwind, reflect, and soak in the last of those warmer nights!  Registration Deadline: August 29	September 12 7:00 - 9:00 pm	Rolling Meadows Community Center - NWSRA Wing 3705 Pheasant Drive, Rolling Meadows	Program Fee: \$21.00  Door-to-Door Transportation Fee: One Way: \$6   Round Trip: \$12
512	Dave & Buster's Get ready for an action-packed night at Dave & Buster's, where thrilling arcade games, great company, and nonstop fun await! Please bring additional money if you want to enjoy delicious food and refreshing drinks during the excitement. Registration Deadline: September 19	October 3 7:00 - 9:00 pm	<b>Dave &amp; Buster's</b> 601 N. Martingale Road, Schaumburg	Program Fee: \$45.00  Door-to-Door Transportation Fee: One Way: \$6   Round Trip: \$12
513	Moretti's Treat yourself to a delicious dinner out at Moretti's! Join us for an evening of great food and good company at this local classic. The price includes an entree and a drink. Please contact the Club Coordinator if you have dietary restrictions. Registration Deadline: September 26	October 10 6:30 - 8:30 pm	Moretti's 1893 Walden Office Square, Schaumburg	Program Fee: \$45.00  Door-to-Door Transportation Fee: One Way: \$6   Round Trip: \$12
514	Frights & Frosting From ghosts and goblins to pumpkins and monsters, you will have everything you need to create your own ghoulishly delicious cookies! Whether you are a seasoned decorator or just coming for the fun, it is a fang-tastic way to get into the Halloween spirit. Cookies can be enjoyed once completed, or brought home to spread the spookiness.  Registration Deadline: October 10	October 24 7:00 - 9:00 pm	Rolling Meadows Community Center - NWSRA Wing 3705 Pheasant Drive, Rolling Meadows	Program Fee: \$21.00  Door-to-Door Transportation Fee: One Way: \$6   Round Trip: \$12
515	Friday Flick Lights, camera, action! Join us for a trip to the theater for a night out on the big screen. The location, movie, and time will be announced closer to the date, but you can count on great company and tasty snacks. Price includes movie ticket. Please bring additional money for concessions, if desired.  Registration Deadline: October 24	November 7 TBA	To Be Announced	Program Fee: \$31.00  Door-to-Door Transportation Fee: One Way: \$6   Round Trip: \$12
516	Grateful Gathering Join us for a fun-filled Friendsgiving with Friday Night Live where all food is provided - just bring yourself and an appetite! Packed with delicious dishes and seasonal activities, there is something for everyone to enjoy while we celebrate friendship. Please contact the Club Coordinator if you have dietary restrictions. Registration Deadline: November 7	November 21 6:30 - 8:30 pm	Park Central Banquet Hall 3000 W. Central Road Rolling Meadows	Program Fee: \$28.00  Door-to-Door Transportation Fee: One Way: \$6   Round Trip: \$12

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

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# 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

### AHML MONSTER MASH Ages: 18 & older

Kickoff Inclusion Awareness Month at our Monster Mash! Enjoy an evening of dancing and more, featuring a DJ, snacks, crafts, and a photo booth. Dress as your favorite monster!

**Group:** All Abilities & Siblings

**Location:** Convers Learning Academy

Min/Max: 5/15

Ratio: 1:4 to independent

Goals: S, Cl, I

Prog. #	Date	Day	Time	Fee
6110	9/26	F	6:00 - 8:00 pm	\$20.00

# FRIGHT FEST AT SIX FLAGS Ages: 14 & older

Prepare for a frightfully fun adventure! Ride The Raging Bull, Superman, the double decker carousel, catch a show, walk down the haunted hike at Six Flag Great America. Don't miss out on this Goulish event. We will go rain or shine. Please indicate at registration if you are a Six Flags great America season pass holder for the discount. All participants must obtain an accessibility pass at six flags to participate.

Group: All Abilities & Siblings

Location: Six Flags Great America • Gurnee

Min/Max: 5/15

Ratio: 1:4 to independent

Goals: S, Cl, I

Prog. #	Date	Day	Time	Fee
6190	10/13	М	11:00 - 5:00 pm	\$130.00*

\*Fee is \$85.00 for seasonal pass holders

**Transportation Fee: \$10** 

Transportation Location	Pick Up	Drop Off
Hanover Park Community Center	9:45 am	6:00 pm
Alcott Center • Buffalo Grove	10:15 am	5:30 pm

### FISHING DERBY Ages: 3-12

Grab your rods and reels—it's time to cast some fun at the Annual Fishing Derby with the Kiwanis Club of Streamwood!

Join us at the water's edge for a morning of friendly competition, big catches, and even bigger smiles. Whether you're a seasoned angler or iust learning to bait a hook, this event is perfect you! Bait will be available in limited quantities. Please let us know if you need a fishing pole.

**Group:** All Abilities

Location: Surrey Woods Park • Streamwood

Min/Max: 5/15

Ratio: 1:1 to independent

Goals: S

Prog. #	Date	Day	Time	Fee
6350	9/6	Sa	8:30 - 10:30 pm	\$30.00

# **RIVER TRAILS OBSTACLE COURSE** All Ages

The River Trails Park District challenges you to do their 2K (1.25 mile) obstical course race. This adventurous course will take participants throughout Woodlan Trails Park. Come out to race or to cheer on the runners.

**Group:** All Abilities

Location: Woodland Trails • Mt. Prospect

Min/Max: 5/15

Ratio: 1:4 to Independent

Goals: CI, P

Prog. #	Date	Day	Time	Fee
6185	10/11	Sa	Race Starts at 12:00 pm	\$35.00

### **Transportation Fee: \$10**

Transportation Location	Pick Up	Drop Off
Hanover Park Community Center	10:00 am	4:00 pm
Wheeling Community Center	10:30 am	3:30 pm

#### FALL FESTIVITIES GOEBERTS Ages: 3 - 13

Come spend the day with us at Goebbert's Farm. We'll start with some fun games, explore the corn maze, and take a hay ride around the farm. After all the activities, we'll head back to relax and enjoy lunch together with friends. It's a great way to spend time outdoors and make some good memories.

**Group:** All Abilities

Location: Goebberts Farm • South Barrington

Min/Max: 5/10

Ratio: 1:1 to independent

Goals: CI, I, S

Prog. #	Date	Day	Time	Fee
6170	10/13	М	10:00 - 2:00 pm	\$120.00

#### **Transportation Fee: \$10**

Transportation Location	Pick Up	Drop Off
NWSRA Park Central • Rolling Meadows	9:00 am	3:00 pm
Hanover Park Community Center	9:30 am	2:30 pm

#### DAVE & BUSTERS Ages: 18 & older

Spend the day at Dave & Buster's for nonstop fun and games! Enjoy a wide variety of arcade games, from classic favorites to the latest releases. Challenge your friends to some friendly competition, rack up tickets, and win cool prizes and end the night enjoying dinner with friends. It's the perfect spot to hang out, play, and make great memories together.

**Group:** All Abilities

Location: Dave & Busters • Schaumburg

Min/Max: 5/10

Ratio: 1:4 to independent

Goals: CI, I, S

Prog. #	Date	Day	Time	Fee
6590	11/5	W	4:00 - 7:00 pm	\$85.00

#### Transportation Fee: \$10

Transportation Location	Pick Up	Drop Off
Buffalo Grove Fitness Center	3:00 pm	7:30 pm
NWSRA Park Central	3:30 pm	8:00 pm

#### PARENT NIGHT OUT Ages: 12 & under

Need a night off? Drop the kids off with us for a fun-filled evening while you enjoy some well-deserved time to yourselves! Kids will enjoy games, crafts, activities, and maybe even a movie. They will have a blast while you can take a few hours to relax, grab dinner, or run errands. Everyone wins on Parent Night Out!

**Group:** All Abilities

Location: Vogelei House • Hoffman Estates

Min/Max: 5/15

Ratio: 1:1 to independent

Goals: S

Prog. #	Date	Day	Time	Fee
6300	11/14	F	6:00 - 9:00 pm	\$45.00

#### SPOOKFEST Ages: 3 & older

Join us for some Spooky Fun! This family friendly event promises to be a real SCREAM!! Start the day off on our Haunted Hayride. Sit back and relax on our hayride as we travel through the Old Orchard Country Club Golf Course while enjoying haunted scenes and SCARECROW ROW.

**Group:** All Abilities

Location: Gary Morava • Prospect Heights

Min/Max: 5/15

Ratio: 1:2 to independent

Goals: S, CI

Prog. #	Date	Day	Time	Fee
6360	10/18	Sa	2:30 - 5:00 pm	\$30.00

#### **Transportation Fee: \$10**

Transportation Location	Pick Up	Drop Off
NWSRA Park Central	2:00 pm	5:00 pm



#### TEEN NIGHT OUT Ages: 13 - 18

Get ready to experience a thrilling round of mini golf like never before! Just grab a putter and a neon ball and prepare to be transported into a world of magical glow-in-the-dark golfing. After golfing we will go out to dinner to continue the magical adventure with your friends.

**Group:** All Abilities

Location: Enchanted Castle • Lombard

Min/Max: 5/15

Ratio: 1:1 to independent

Goals: CI, I, S

Prog. #	Date	Day	Time	Fee
6171	11/21	Th	5:00 - 8:00 pm	\$75.00

#### **Transportation Fee: \$10**

Transportation Location	Pick Up	Drop Off
NWSRA Park Central	4:00 pm	9:00 pm
Hanover Park Community Center	4:30 pm	8:30 pm

847-392-2848



#### **HOLIDAY TROLLEY** Ages: 3 & older

Hop on the Holiday Trolley Express! We will venture through the area streets to see all the house decorated for the season. During our ride we will hear a story from one of Santa's helpers and sing Christmas Carols. Upon arrival back from the ride you will have time to visit with Santa, receive a gift bag, make a holiday craft and enjoy a few of Santa's favorites treats.

**Group:** All Abilities

Location: Gary Morava • Prospect Heights

Min/Max: 5/15

Ratio: 1:2 to independent

Goals: S, CI

Prog. #	Date	Day	Time	Fee
6370	12/10	W	3:45 - 5:00 pm	\$30.00

#### **SRA BOWLING TOURNAMENT** Ages: 18 & older

Spare some time as we hit the lanes to compete and make friends with bowlers from other Special Recreation Associations.

**Group:** All Abilities **Location:** Arlington Lanes

Min/Max: 5/15

Ratio: 1:2 to independent

Goals: CI, I, P, S

Prog. #	Date	Day	Time	Fee
6280	12/13	Sa	12:00 - 3:00 pm	\$50.00

#### MEDIEVAL TIMES Ages: 18 & older

Step back in time for an unforgettable experience at Medieval Times! Enjoy a live-action show filled with jousting, sword fights, and thrilling horsemanship, all set in an authentic medieval-style arena. Cheer for your knight as you watch the epic tournament unfold. While the action heats up, enjoy a hearty, four-course feast served medieval-style—no utensils needed! It's a one-of-a-kind adventure packed with excitement, entertainment, and a taste of history.

Group: PV

Location: Medieval Times • Schaumburg

Min/Max: 5/10

Ratio: 1:2 to independent

Goals: CI, SE

Prog. #	Date	Day	Time	Fee
6400	11/18	Т	6:30 - 9:30 pm	\$125.00

**Door-to-Door Transportation:** The Program Leader will contact participants two days before the start of the program to inform of transportation times. **Fee:** \$12

#### VISIT WITH SANTA Ages: 3 - 12

Celebrate the season with a magical Visit with Santa! Kids will have the chance to meet Santa Claus, share their holiday wishes, and take a photo to capture the moment. Enjoy festive activities and holiday music at your leisure. It's a joyful event for families to make lasting memories and kick off the holidays with cheer! Please call to schedule your time slot.

**Group:** All Abilities

Location: Rolling Meadows Community Center

Min/Max: 5/10

Ratio: 1:2 to independent

Goals: S, Cl

Prog. #	Date	Day	Time	Fee
6510	12/13	S	10:00 - 12:00 pm	\$30.00

# 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 at 847-392-2848. A procedure is available for the prompt resolution of your complaint with NWSRA.

#### ATTENDANCE AT NWSRA PROGRAMS

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

#### **AUDIO BROCHURES**

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

#### **BROCHURE ACCURACY**

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

#### **EVALUATIONS**

How did last month's programming go? We would love to have your feedback. Please click on the link below to complete our online program evaluation. If you would like to receive a hard copy of the evaluation form please call the NWSRA office. Visit **surveymonkey. com/r/7P9QVDY** 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. Feve
- 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
- 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
- Fatigue, due to illness, that will hinder participation and enjoyment in the program

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

#### **LATE FEES**

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

#### LOST AND FOUND ITEMS

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

#### **MANDATED REPORTERS**

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

#### **GENERAL INFORMATION**

#### **MEDICATION**

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

#### 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**

#### **COMPLETING THE REGISTRATION FORM**

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

#### **FAMILY REGISTRATION**

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

#### **REGISTRATION INFORMATION**

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

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

#### **NON-RESIDENT FEE**

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

#### **FINANCIAL ASSISTANCE POLICY**

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

#### **NWSRA PAYMENT PROCEDURES**

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

#### **AUTOMATIC WITHDRAWAL**

If a registrant chooses the option to have payments automatically withdrawn for a registration, they must request the automatic withdrawal by checking the box on the registration form. The grid below outlines the dates in which payments will be automatically withdrawn for each registration season. The registrant must provide a valid credit card It is understood that amounts will be withdrawn according to the dates designated below:

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

#### **REFUNDS AND CREDITS**

Credits may be issued in the following circumstances:

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

#### **Weather Cancellations**

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

#### **Credit Processing & Terms**

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

#### **Situations Not Eligible for Credits**

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

#### **Refunds**

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

#### FILLABLE REGISTRATION FORMS

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



## Scan here to register online

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

E-mail the form to office@nwsra.org

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

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

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



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

#### **RESIDENTIAL FACILITY REGISTRATION**

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

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

### **REGISTRATION FORM**



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

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

PARTICIPANT'S INFORM Participant's Name (Legal Las			(Legal First)		(Pre	eferred)	
		Township					
		Cell Number					
							□ ∆dult
		Diagnosis					
		In case o					
-		Ho					
		E-mail					
		al here Participant is ov					
I agree for NWSRA staff to ap	ply sunscre	en and/or bug spray to my child	d L Yes L No	I want my chi	ld receive a daily No	ote Home    Yes	∐ No
Ethnicity				<b>—</b>		L	
American Indian or Ala					nic or Latino	•	
Middle Eastern or Nor		<u> </u>		∐Not Li	sted (please spec	ify)	
Gender Pronoun  He	☐ Sh	e They Not Listed	(please specify) _				
PARENT/GUARDIAN INF	ORMATIC	ON:					
Parent/Guardian 1 (Legal Las	st)		(Legal First)			Guardian Type	
Address (if different from abo							
Primary Contact Method	Home	Cell Work E-mail					
Home Number		Cell Number	<del></del>	🔲 Ор	t in to receive text c	ommunication abou	t programming
						Zip	
		Cell Work E-mail					
Home Number		Cell Number			t in to receive text c	ommunication abou	t programming
EMERGENCY CONTA	ACT	NAME OF AUTHORIZED	INDIVIDUALS FOR	RPICKUP	PH	ONE NUMBER(S)	
☐ YES ☐ NC							
☐ YES ☐ NC							
SAFETY INFORMATION  NWSRA is committed to conducti and insists that all participants fo programs listed above must reco your participant are physically fit  RELEASE OF ALL CLAIMS AND Please read this form carefully ar and releasing all claims for injur with said programs (including tra esources of each participant. De any recreational program or active dangers and injuries due to includefects, inadequate or defective exist. In this regard, it must be re participants in these programs, a result of said participation. I do it occur to me or my participant and I have read and fully understand to shall substitute for and have the	ng its recrea ollow safety r ognize that the and/or skilled ASSUMPTI nd be aware ies, damage insportation respite careful vity. Understate ement weath equipment, i ecognized the and I voluntate nereby fully r ind arising out	ling/e-mail list? Check here  tion programs and activities in a sar ules and instructions that are desig ere is an inherent risk of injury whe d for the activities contemplated by  ON OF RISK that in signing up and participating s or loss which you or your partici services, when provided.) Recreatic and proper preparation, instruction and ably, not all hazards and danger ere, slipping, falling, poor skill level nadequate supervision, instruction at it is impossible for NWSRA to gurily agree to assume the full risk of elease and forever discharge NWSI t of, connected with, or in any way a fety information, and release of all of ffect as an original form signature.	fe manner and holds the ned to protect the particle of choosing to participate of this agreement.  in the above identified pant might sustain as a nonal programs and activity, medical advice, conditioning, careles or conditioning, careles or conditioning, and all othe arantee absolute safety if any and all injuries, da RA from any and all clain associated with these problems and assumptions of the protection of the protect	orograms, you will result of participates are intended into a manage or intended in the circumstances in the company of the circumstances in the company of the circumstances or loss, reas for injuries, day ograms.	owever, participants a programs. You are sol l be expressly assuminating in any and all a to challenge and enoment, there is still a riticular activity, participy, unsportsmanlike conherent to indoor and acknowledge that the egardless of severity, that mages, or loss that my	nd parents/guardians ely responsible for det ely responsible for ely ely responsible for ely	bility and waiving the and associated tal and emotional en participating in that certain risks, onduct, premises ctivities/programs physical injury to may sustain as a ave or which may otocopy signature
Signature		Date_	Print	Name			
Adult particip	ant if own g	uardian 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 NA	ME	SEASON/YEAR	
PROGRAM #	PROGRAM NAME	MEDS TAKEN AT PROGRAM YES NO PROGRAM	M FEE TOTAL FEE
Transportation	One Way, To One Way, From Round Trip Door-to-Door	PICK UP LOCATION DROP OFF LOCATION TRANS F	EE
PROGRAM #	PROGRAM NAME	MEDS TAKEN AT PROGRAM YES NO  PROGRA	M FEE TOTAL FEE
Transportation	One Way, To One Way, From Round Trip Door-to-Door	PICK UP LOCATION DROP OFF LOCATION TRANS F	EE
PROGRAM #	PROGRAM NAME	MEDS TAKEN AT PROGRAM YES NO NO	M FEE TOTAL FEE
Transportation	One Way, To One Way, From Round Trip Door-to-Door	PICK UP LOCATION DROP OFF LOCATION TRANS F	EE
PROGRAM #	PROGRAM NAME	MEDS TAKEN AT PROGRAM YES NO NO	M FEE TOTAL FEE
Transportation	One Way, To One Way, From Round Trip Door-to-Door	PICK UP LOCATION DROP OFF LOCATION TRANS FI	EE
PROGRAM #	PROGRAM NAME	MEDS TAKEN AT PROGRAM YES NO NO	M FEE TOTAL FEE
Transportation	One Way, To One Way, From Round Trip Door-to-Door	PICK UP LOCATION DROP OFF LOCATION TRANS F	EE
PROGRAM #	PROGRAM NAME	MEDS TAKEN AT PROGRAM YES NO NO	M FEE TOTAL FEE
Transportation	One Way, To One Way, From Round Trip Door-to-Door	PICK UP LOCATION DROP OFF LOCATION TRANS F	EE
PROGRAM #	PROGRAM NAME	MEDS TAKEN AT PROGRAM YES NO NO	M FEE TOTAL FEE
Transportation	One Way, To One Way, From Round Trip Door-to-Door	PICK UP LOCATION DROP OFF LOCATION TRANS F	EE
Please indicate an should be made av	y important information about family meml ware of:	For programs which do not advertise door-to-door transportation, it may still be accommodated. Please fill of this door-to-door transportation request form and someowill reach out prior to the start of program	out ne like to the second
WILL THERE BE	RESIDENTIAL STAFF ATTENDING T	HE PROGRAM(S)?	
WHICH PROGR	AM(S)?		
WILL THEY BE	ABLE TO ASSIST WITH PERSONAL C	ARE/BEHAVIOR?	
American Exp Account # If paying in full, pl If requesting a pa By checking the p	our registration. Please check one. ress Discover MasterCard Expiration Da ease check here  yment plan, please check here  ay in full or the payment plan box on the reg vithdraw payments according to the schere	Program Credits: SLSF Donation: Total Enclosed:	st:  ake check payable to NWSR/ balances must be paid in

Send us your Registration Form!

MAIL IN: NWSRA 3000 W. Central Road, Suite 205 Rolling Meadows, IL 60008 FAX: 847/392-2870 Call office to ensure receipt of fax. E-MAIL: E-mail fillable registration form to office@nwsra.org

## PARTICIPANT INFORMATION FORM

This form must be completed annually



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

Participant's Name (Legal La	ast)	(Legal F	First)	(Preferred) _	
What are the participant's p	oreferred activities? How do	oes participant react?			
What activities does the par	rticipant not prefer? How d	loes participant react? Effec	ctive staff support/respo	onse?	
What are the effective trans	sition techniques (timers, c	ountdowns)?			
SENSORY: What kind o	of sensory experiences	does participant seek (	or avoid?		
Sound	Touch	Visual	Taste	Smell	Movement
Seeks Avoids	Seeks Avoids	Seeks Avoids	Seeks Avoi	ids Seeks Avoids	Seeks Avoids
COMMUNICATION:	. —	<del>_</del>	, [		
Is English the participant's pri	imary language?	es No (If no, list pri	imary language):		
How does participant commu	unicate? (verbal, sign langu	age, eye movement, picture	e boards, iPad, etc.)		
the artisis and canable of givin		Li -t-# -sky on quardian com		normal care informatic	Λ.
Is participant capable of givin	ng staff instruction of should	d staff rely on guardian com	ments only? (I.eToou re	equests, personal care informatio	n) 
ASSISTIVE DEVICES:					
				g Aids Augmentative Commu	
	_			☐ No Wheelchair Type ☐ M	lanual Power Amigo
Does participant wear brace	es (AFOS, SMOS, etc?) Descr	ribe how/when to put on an	d take off.		
Can participant walk with as	ssistance or walk independe	ently? Please describe:			
PARTICIPANT TRANSFE	FRS:				
Please check the amount of	f staff assistance necessary	when conducting a transfer	r:		
	assistance necessary. ervision. May be potential fo	leer of halanca			
	• •	or loss of balance. ce. Participant can bear weig	ıht.		
Transfer with one	e person. Maximum assistan	nce. Participant cannot bear			
Transfer with two					
Equipment needs  Specific instructions regarding	ed for transfer. (list below) ing transfers and how much	time participant should be	out of the wheelchair?		

#### PARTICIPANT INFORMATION

		Participant Initials
TRANSPORTATION NEEDS:		
	Seatbelt Lock Oxygen Tank Securement	
Additional	e to wait independently for transportation Wheelchain	r straps needed: Foot straps Chest straps Seatbel
SWIMMING: (check all that apply)		
Participant can swim independently	<b>=</b>	istance while in the pool (list out specific assistance below)
Does not go into pool. (list reason below)	<del></del>	taffing in the pool (list reason and describe below)
Describe specific assistance needed in the pool $\ensuremath{\Gamma}$	and/or locker room and if pool entry requires transfer	assistance from a wheelchair, please describe the process:
TOILETING & CHANGING: (check all that  Needs verbal prompts for toileting/changir	<u> </u>	ecific training required) Uses toilet independently
Uses toilet, but wears pull up/diapers	Needs physical assistance (s	
Additional/Specific Information: List out frequence	<del>_</del> _ : : :	specific training required) — Changes independently
	,	
<b>EATING:</b> (check all that apply)  Eats independently, no assistance needed	Mondo physical assistance for feeding (list spe	crifice helped
Uses feeding tube (specific training require	<ul> <li>Needs physical assistance for feeding (list speed)</li> <li>Needs specific consistency for food and drink</li> </ul>	
Additional/Specific Information:	(u) I Needs specific collisistericy for food and drink	(list below) Can only eat what is packed (list allergies or diet plan
Additional/opecine information		
BEHAVIOR:  Wander or leaves the group	Has specific triggers, list below	Physically/Verbally aggressive (circle one or both)
Will ask for assistance when needed	Has Behavior Plan	Will take others belongings or food (circle one or both)
Easily distracted/difficulty focusing	Runs away/flight risk	Exhibits self-injurious behaviors, list below
Recognizes danger	Unable to communicate needs	Typical Personality
Anxiety when separated from family	Has specific fears/concerns, list below	Other
	That specific rears, contains, not better	

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

Doctor's First Name	Doctor's Last Name			Phone Number
NAME OF MEDICATION	1	NAM	E OF MEDICATION	
DESCRIPTION			RIPTION	
DOSAGE		DOS		
TIME		TIME		
TAKE AT PROGRAM	☐ YES ☐ NO	TAKE	AT PROGRAM	☐ YES ☐ NO
REFRIGERATION NEEDED	☐ YES ☐ NO	REFRIGERATION NEEDED		☐ YES ☐ NO
DISPENSING INSTRUCTIONS		DISPE	NSING INSTRUCTIONS	
SIDE EFFECTS		SIDE	FFECTS	
NAME OF MEDICATION		NAM	E OF MEDICATION	
DESCRIPTION		DESC	CRIPTION	
DOSAGE		DOS	AGE	
TIME		TIME		
TAKE AT PROGRAM	YES NO	TAKE	AT PROGRAM	YES NO
REFRIGERATION NEEDED	☐ YES ☐ NO	REFR	IGERATION NEEDED	☐ YES ☐ NO
DISPENSING INSTRUCTIONS		DISPE	NSING INSTRUCTIONS	
SIDE EFFECTS		SIDE I	FFECTS	
NAME OF MEDICATION		NAM	E OF MEDICATION	
DESCRIPTION		DESC	RIPTION	
DOSAGE		DOS	AGE	
TIME		TIME		
TAKE AT PROGRAM	☐ YES ☐ NO	TAKE	AT PROGRAM	☐ YES ☐ NO
REFRIGERATION NEEDED	☐ YES ☐ NO	REFR	IGERATION NEEDED	☐ YES ☐ NO
DISPENSING INSTRUCTIONS		DISPE	NSING INSTRUCTIONS	
SIDE EFFECTS		SIDE	FFECTS	
ALLEDO	GY/INTOLERANCE (SPECIFY)			REACTION
ALLERO	31/INTOLERANCE (SPECIFT)			REACTION
I,will provide all supplies needed will assist in the above treatmen	-	A in writ	to receive the above ting of any changes in the	treatment(s) as directed by the physician. I treatment. I understand that an NWSRA sta
administered above treatment to participant) as a result of failing and volunteers. I do hereby fully	e full risk of any and all injuries, damages, on o the participant. I further agree to waive an to or negligent administered above treatme	nd relinq ent to the n any an	uish all claims I or the par e participant against NWS d all claims for injuries, d	rticipant may have (or may accrue to the IRA, including it officials, employees, agents amages, or loss the participant may have or
SIGNATURE OF PARENT/GUARDI	AN:		DATE:	
PRINTED NAME OF PARENT/GUA	ARDIAN:			

Participant Initials					
perature	Sensitivity Shunts				
uctionin	g (Deep) 🔲 Catheter				
	DATE OF LAST SEIZURE				
nagnot i	iro:				
nagnet ι	ise.				
POS	SSIBLE SIDE EFFECTS				
	LOW # RANGE				

Participant's Full Name:				Date Completed:		
Person Completing the Form:			F	Relationship to Participant:		
EDICAL CONDITIONS/NEED	S:					
Seizures Diabetes Epi-Pen	G-tube/J-tube Suc	tioning (oral/na	asal) 🔲 Osteotomy	bag 🔲 li	nhaler 🔲 Oxygen 🔲 Tem	nperature Sensitivity Shunts
lditional						
EDICAL CONDITIONS/NEED If you checked any of the "too EIZURE INFORMATION:						
SEIZURE TYPE	DATE DIAGNOSED	NOSED LENGTH FREQUENCY DESCRIPTION D		DATE OF LAST SEIZUI		
What might trigger a seizure in	the participant?					
Are there any warnings and or	behavior changes befo	re the seizu	re occurs? Yes	_ No I	f yes, please explain:	
Has there been any recent cha	nge in the participant's	seizure patt	terns? Yes No.	If yes	, please explain:	
How does the participant react	after a seizure is over?	?				
How do other illnesses affect th	ne participant's seizure	s?				
What first aid/support should b	e given after a seizure	has occurre	d?			
Please describe what constitute	s an emergency for the	e participant	!?			
	ospitalized for continu	ous seizures	s? Yes No	_ If yes, p	lease explain:	
Has the participant ever been h						
Has the participant ever been h What is the best way for us to c	ommunicate with you	about the pa	ırticipant's seizure	e(s)		
Has the participant ever been he What is the best way for us to come. Is there any other information	ommunicate with you a that NWSRA should kn	about the pa	nrticipant's seizure	e(s)		
Has the participant ever been he What is the best way for us to constitute any other information. Does your child have a Vagal N	ommunicate with you a that NWSRA should kn erve Stimulator Yes _	about the pa ow? No If	nrticipant's seizure	e(s)		
Has the participant ever been he What is the best way for us to consider the second of	ommunicate with you a that NWSRA should kn lerve Stimulator Yes _ cipant prescribed for s	about the pa ow? No If eizures?	rticipant's seizure yes, please descr	e(s) ribe instru	ctions for appropriate n	nagnet use:
Has the participant ever been he What is the best way for us to consist in the least way for us to consist in the second	ommunicate with you a that NWSRA should kn erve Stimulator Yes _	about the pa ow? No If	rticipant's seizure yes, please descr	e(s) ribe instru		
Has the participant ever been he What is the best way for us to consider the state of the state	ommunicate with you a that NWSRA should kn lerve Stimulator Yes _ cipant prescribed for s	about the pa ow? No If eizures?	rticipant's seizure yes, please descr	e(s) ribe instru	ctions for appropriate n	nagnet use:
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Has the participant ever been he What is the best way for us to consider a support of the second of	ommunicate with you a that NWSRA should kn lerve Stimulator Yes cipant prescribed for s	about the pa ow? No If eizures?  DOSAGE	yes, please descr	e(s)ribe instru	ctions for appropriate n	nagnet use:  POSSIBLE SIDE EFFECTS
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Has the participant ever been he What is the best way for us to consider a large of the second of th	ommunicate with you a that NWSRA should kn erve Stimulator Yes cipant prescribed for s  DATE STARTED  articipants diabetes ca	about the pa ow? No If eizures?  DOSAGE  re? (testing kit	yes, please descr FREQUENCY	e(s)ribe instru	ctions for appropriate n	POSSIBLE SIDE EFFECTS
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Has the participant ever been he What is the best way for us to consider the construction. Is there any other information. Does your child have a Vagal No. What medication(s) is the participation.  MEDICATION  ABETES INFORMATION: What supplies are needed for p	ommunicate with you a that NWSRA should kn erve Stimulator Yes cipant prescribed for s  DATE STARTED  articipants diabetes ca testing blood sugar:	about the pa ow? No If eizures?  DOSAGE  re? (testing kit	yes, please description of the property of the	e(s)ribe instru	ctions for appropriate n	POSSIBLE SIDE EFFECTS
Has the participant ever been has the best way for us to complete any other information. Is there any other information. Does your child have a Vagal Note that medication(s) is the partice.  MEDICATION  IABETES INFORMATION: What supplies are needed for public that supplies are need	ommunicate with you a that NWSRA should kn erve Stimulator Yes cipant prescribed for s  DATE STARTED  articipants diabetes ca testing blood sugar:	about the pa ow? No If eizures?  DOSAGE  re? (testing kit	yes, please description of the property of the	e(s)ribe instru	ctions for appropriate n	POSSIBLE SIDE EFFECTS
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Has the participant ever been has the participant ever been has the best way for us to combine in the best way for the best w	ommunicate with you a that NWSRA should kn erve Stimulator Yes cipant prescribed for s  DATE STARTED  articipants diabetes ca testing blood sugar:  BAS  eck carbohydrates?  SE	about the pa ow? No If eizures?  DOSAGE  re? (testing kit	yes, please description of the property of the	e(s)ribe instru	ctions for appropriate n	POSSIBLE SIDE EFFECTS  LOW # RANGE  REACTION
Has the participant ever been has the participant ever been has the best way for us to come a large of the best way for us to come a large of the best way for us to come a large of the best way for us to come a large of the best way for us to come a large of the best way for th	ommunicate with you a that NWSRA should kn erve Stimulator Yes cipant prescribed for s  DATE STARTED  articipants diabetes ca testing blood sugar:  BAS  eck carbohydrates?  SE	about the pa ow? No If eizures?  DOSAGE  re? (testing kit	yes, please description of the property of the	e(s)ribe instru	ctions for appropriate n	POSSIBLE SIDE EFFECTS  LOW # RANGE  REACTION

Participant Initials	MEDICAL IN CRIMATION
G-TUBE/J-TUBE INFORMATION:	
1. Type of j/g-tube: Pump Bag Syringe If pump, who	at rate should it run at?
3. What time(s) for feeding?	
4. Quantity of food: Quantity of water during	ng feeding/throughout the day:
5. Is the food and water mixed or does the water follow as a flush?	
6. Does participant receive feeding sitting up or laying down?	Duration of feeding?
	ong?
In the event that the tube comes out, NWSRA considers replace	ement of any tubes as too invasive for NWSRA staff. If a nurse is available they can able/unable to replace the tubes, the parent/guardian will be called. If the parent/
SUCTION INFORMATION:	
1. What type of suctioning is needed?  Nasal  Oral Ty	pe of device used?
3. Signs/symptoms that suctioning is needed?	
4. How often does participant need suctioning?	
5. Specific instructions for suctioning procedure:	
INHALER INFORMATION:  OXYGEN INFORMATION:  TEMPERATURE SENSITIVITY INFORMATION:	
SHUNT INFORMATION:	
ADDITIONAL MEDICAL CONDITIONS AND NEEDS THAT N	NWSRA SHOULD BE AWARE OF:
MEDICAL CONDITION/NEED	ADDITIONAL INFORMATION
treatment.  WAIVER AND RELEASE OF ALL CLAIMS  I voluntarily agree to assume the full risk of any and all injuries, damage above treatment to the participant. I further agree to waive and reling failing to or negligent administered above treatment to the participant release and forever discharge NWSRA from any and all claims for injuconnected with, or in any way associated with the dispensing or admin	
SIGNATURE OF PARENT/GUARDIAN:	UAIE:
DDINTED NAME OF DADENT/CHADDIAN:	



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



#### Inclusion Aide

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



#### **Program Assistant**

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

For All Jobs and

TO APPLY



#### **Arlington Lakes Golf Club**

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

#### **Arlington Ridge Center**

660 N Ridge Avenue Arlington Heights 847-577-3025

#### **Bartlett Community Center**

700 S Bartlett Road Bartlett 630-540-4800

#### **Bowlero - Buffalo Grove**

350 McHenry Road Buffalo Grove 847-821-9000

#### **Bowlero - Mt. Prospect**

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

#### Buffalo Grove Fitness Center NWSRA Wing

601 W Deerfield Parkway Buffalo Grove 847-305-8360

#### **Burning Bush Community Center**

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

#### **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 Arioch**

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

#### **Palatine Community/Gymnastics Center**

250 E Wood Street Palatine 847-991-0333

#### **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



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

REGISTRATION BEGINS
JULY 14, 2025
REGISTRATION DEADLINE
AUGUST 8, 2025
PROGRAMS DATES
AUGUST 8, 2025

