



Elgin Wine Festival

Are you staying in the area on Memorial Day weekend? If so, come to the Elgin Wine Festival, with partial proceeds benefiting NISRA! Sunshine, smiles, laughter, live music, cooking demonstrations & delicious foods made last year's festival memorable!



Join us at Festival Park & Celebrate Wine, Food, Music & Friends...

Saturday, May 29, 2010

1:00PM to 7:00PM

Alcohol sampling and sales end at 6:30PM

Tickets

\$25 in advance (purchase by May 28)

\$35 at the gate, \$10 Designated Driver

(Group Discounts are available)

Purchase online at

www.elginwinefestival.com or

by phone at 877-772-5425

(additional fee applies for phone orders)

For general festival information visit the website or call 847-382-1480.

Partial proceeds benefit



Returning Service Men & Women

NISRA proudly supports the efforts of the Illinois Park and Recreation Association to reach out to service members and their families in the United States Armed Forces. Our resident injured soldiers, airmen, and other veterans with disabilities and their families have made tremendous sacrifices for us. As a small token of appreciation, we are offering free boating on the accessible pontoon boat on Bangs Lake in Wauconda.

Please see page 14 for details on how to reserve the boat. Reservations are taken on a first come, first serve basis with a limit of one free use by the service member with a disability and his/her family & friends. Disabled service members & veterans who are non-residents of NISRA's 13 member districts may use the boat at the resident fee of \$25.



What's New

Expanded Transportation in McHenry County

McHenry County has teamed up with Pace Suburban Bus to offer expanded dial-a-ride transit service in McHenry County, funded by the County's Transit Grant Program & Senior Services Grant Fund.

The service expands the transportation available between cities, which the previous dial-a-ride could not offer. Everyone (the general public, seniors older than 65, and people with disabilities) is eligible to make trips within certain boundaries in the County.

Register at www.McHenryCountyDOT.org. For information, contact Sarah Lutz, transportation planner at 815-334-4985.

General Session Dates

(please refer to each program for exceptions!)

Mondays, June 21-Aug 2

•No programs July 5

Tuesdays, June 22-Aug 3

Wednesdays, June 23-Aug 4

Thursdays, June 24-Aug 5

Fridays, June 25-Aug 6

Saturdays, June 26-Aug 7

•No programs July 3

Resident Priority Registration ends May 25

Non-Resident Registration begins May 26

Final Registration Deadline May 28

(Residents of NISRA's 13 member districts will be registered first. Non-residents may submit their registration at any time, however, their forms will be processed beginning May 26)

Welcome to NISRA

Our Mission

The Northern Illinois Special Recreation Association, enriching the lives of people with disabilities through meaningful recreation experiences.

Our Values

• Fun • Professional • Compassionate • Trustworthy • Innovative

See page 49 for more information about our core values & our commitment to you.

NISRA OFFICE

285 Memorial Drive
Crystal Lake, IL 60014
(815) 459-0737 Phone
(815) 459-0388 Fax
e-mail: info@nisra.org
website: www.nisra.org

Office hours: Monday-Friday, 8:30 a.m.-5:00 p.m.

The office will be closed on the following dates:

May 31

July 5

Aug 26

Sept 6

Phone messages left beyond business hours & on weekends are retrieved the next business day.

Asistencia en Español

Si quisiera inscribirse en un programa, y necesita asistencia en Español, favor llamar a la oficina de NISRA. Deje un mensaje en extencion 301. Alguien les respondera lo mas pronto posible. Tel: (815) 459-0737, * 301.

Brochure available in audio

We can create an audio version of the brochure for individuals with visual impairments. Please call the NISRA office to request the sections of the brochure that are most important to you.

AMERICANS WITH DISABILITIES ACT (ADA)

NISRA will comply with the ADA, which prohibits discrimination in the provision of services, programs or facilities to individuals with disabilities. NISRA works closely with its member park districts and recreation departments to provide information on program inclusion, facility accessibility and communication devices. NISRA will make reasonable accommodations in recreation programs to enable participation by an individual with a disability who meets essential eligibility requirements for that recreation program.

If you have questions about NISRA and the ADA, or believe that you have been unfairly discriminated against by NISRA, please call Brian Shahinian at (815) 459-0737. If you would like information about NISRA's inclusion support, please call Courtney Fejedelem at (815) 459-0737.

For:

Index of all programs by name, see page 5

Facility locations, see pages 50-51

Fitness Program Waiver, see page 42

Illness Guidelines, see page 41

NISRA Foundation, see page 6

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Transportation Information, see page 50

Early Childhood programs, see pages 16-18

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Special Events, see pages 8-12

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Summer camps information, see page 13

Trips for Adults, see page 12

Key to Symbols/Abbreviations


Resident/Non-Resident Fee: R/NR


Each program description includes the abbreviation R/NR for the fee. The resident fee (R) applies to those who reside within NISRA's 13 member districts. Non-residents are welcome to register at the non-resident (NR) rate.

Transportation: Programs that may include NISRA transportation are indicated with a bus. 

No Program: Holidays, special events and scheduling conflicts result in programs not being held. Please make a note of these dates. **No Prog**

Min/Max: Enrollment may be limited to a minimum/maximum number of participants. Register early!

Special Olympics:  **Special Olympics**
The Special Olympics logo indicates local training programs and competition.

Accessibility: The wheelchair logo  indicates programs designed for people with physical disabilities. Those who use a wheelchair are welcome to register for any program and we will make an accommodation for their participation.

board & staff

Board of Directors

Terry Jennings
Stephen Cherveney
Kirk Reimer
Tom Mammoser
Randy Reopelle
Robert Whitehouse
Bob Burkart
Thom Palmer
Trudy Wakeman
Denise Anderson
Pete Merkel
Nancy Burton
Dave Zinnen

Barrington Park District
Cary Park District
Crystal Lake Park District
Dundee Twp. Park District
City of Elgin
Hampshire Twp. Park District
City of Harvard
Huntley Park District
Village of Lake in the Hills
Marengo Park District
City of McHenry
Wauconda Park District
City of Woodstock

Staff e-mail addresses are the first letter of the first name, followed by the entire last name and @nisra.org. For example, bshahinian@nisra.org.

Administrative Staff

Brian Shahinian, M.P.A., ext. 233
Carol Amoroso, ext. 236
Kerri Ruddy, B.S., ext. 237
Stephanie Friedlund, B.A., ext. 221
Sarah Holcombe, M.S., CPRP, ext. 235
Jillian Giese, ext. 231
Julie Baldwin, ext. 241

Executive Director
Mgr. of Finance/Personnel
Mgr. of Office Services
Administrative Assistant
Public Information Coord.
Fund Development Coord.
Human Resources Coord.

Recreation Staff

Maribeth Hutchison, M.Ed., CPRP, ext. 238
Jim Wiseman, B.S., CPRP, ext. 230
Cathy Bott, B.A., CPRP, ext. 228
Dana Seehafer, B.A., CPRP, ext. 227
Courtney Fejedelem, B.S., CTRS, ext. 225

Supt. of Program Operations
Supt. of Recreation
Senior Mgr. of Support Staff
Senior Mgr. of Operations
Mgr. of Inclusion

Please call Courtney with questions about inclusion into member district programs

Heidi Jenkins, M.A., CTRS, ext. 226
Cynthia Herendeen, B.A., CTRS, ext. 234
Emily Todd, B.S., CPRP, ext. 243
Kara Repsys, B.A., CTRS, CPRP, ext. 229

Mgr. of Mental Health Serv./Outreach
Mgr. of Day Camp/Leisure Education
Mgr. of Cultural Arts/Special Events
Regional Coord.

Please call Kara with program ideas for Dundee Township, Elgin & Hampshire

Tiffany Thorsen, B.S., CTRS, ext. 224

Regional Coord.

Please call Tiffany with program ideas for Crystal Lake, Huntley & Lake in the Hills

David Dauphin, B.S., CPRP, ext. 248

Regional Coord.

Please call Dave with program ideas for Barrington, Cary & Wauconda, and for Special Olympics information

Sarah Klimczak, M.S., ext. 247

Regional Coord.

Please call Sarah K. with program ideas for Harvard, Marengo, McHenry & Woodstock

John Liuzzi, B.A., ext. 223

Recreation Specialist

Jeri Burkett, ext. 240

Transportation Coord.

Your Regional Coordinator

Five of our professional recreation staff develop new programs. If you have a program suggestion, contact us!



Tiffany Thorsen—Central Region Coord.

Call Tiffany at extension 224 or e-mail her at tthorsen@nisra.org with program suggestions for the Crystal Lake, Huntley, and Lake in the Hills areas.

Sarah Klimczak—Northwest Region Coord.

Call Sarah at extension 247 or e-mail her at sklimczak@nisra.org with program suggestions for the Harvard, Marengo, McHenry, and Woodstock areas.



Kara Repsys—Southern Region Coord.

Call Kara at extension 229 or e-mail her at krepsys@nisra.org with program suggestions for the Dundee Township, Elgin, and Hampshire areas.



Dave Dauphin—Eastern Region Coord.

Call Dave at extension 248 or e-mail him at ddauphin@nisra.org with program suggestions for the Barrington, Cary, and Wauconda areas, and for Special Olympics information.



Cultural Arts & Special Events

Emily Todd—Mgr. of Cultural Arts /Special Events

Call Emily at extension 243 or e-mail her at etodd@nisra.org with suggestions for NISRA's Cultural Arts programs & Special Events.



CTRS & CPRP

These abbreviations are for Certified Therapeutic Recreation Specialist & Certified Park and Recreation Professional. These designations are granted to professionals who can demonstrate through education and work experience that they meet the criteria set by the National Recreation and Park Association Certification Board and the National Council for Therapeutic Recreation Certification. These professionals have a Bachelor's or higher degree from an NRPA accredited program, have passed a certification exam, and earn & maintain sanctioned educational units (C.E.U.s).

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The NISRA Store

Great gifts for NISRA participants... the NISRA store is open with items such as t-shirts (short & long sleeve), hoodies, windbreaker jackets, and even a few sale items from our previous inventory (limited quantities of ball caps & long sleeve henleys). Call the office for a brochure or stop in to see what's "in store!"

NISRA Foundation & fundraising information

...helping NISRA make a difference in the lives of people with disabilities

TOP 10 WAYS TO HELP THE FOUNDATION

- 10 Attend our Foundation events
- 9 Obtain donated items for our silent auctions
- 8 Serve on one of our event committees
- 7 Volunteer your time at one of our events
- 6 Ask your supervisor how your employer can help (sponsorship, company match programs, corporate volunteerism)
- 5 Make a monetary contribution
- 4 Spread the word to your family & friends
- 3 Assist with mailings, raffle basket assembly & other tasks in the office
- 2 Suggest fresh ideas for new & exciting ways to raise funds
- 1 Consider the Foundation in your estate planning

The NISRA Foundation is a not-for-profit charitable organization created in 1991 to raise funds for NISRA.

Foundation 2010 Board of Directors

Allen Bronton	Thom Palmer
Harriet Ford, President	Robert Roth
Mark Knigge, Treasurer	Emily Smith
Kevin Murray	Brian Shahinian, Secretary
Marty Pacocha	Chuck Young, Vice President

Fundraisers through November 2010

- New!
• “I Love the 80s” Dance-A-Thon
 Saturday, May 8, 2010
 Fun, laughter, food, prizes, music & dancing for everyone!
- Elgin Wine Festival**
 Saturday, May 29, 2010
 Festival Park, Elgin
- 19th Annual Spring Golf Outing**
 Thursday, June 10, 2010
 Randall Oaks Golf Course, West Dundee
- Firewagon Hockey “Yellowjackets” Golf Outing**
 (fundraiser for NISRA)
 Saturday, June 19, 2010
 Randall Oaks Golf Course, West Dundee
- Top Cats Motorcycle Charity Ride “Ride for Dreams”**
 (Top Cats of Illinois’ fundraiser for NISRA)
 Sunday, July 25, 2010
 Volvo Auto Museum
- Heart & Soul Family Picnic**
 (Heart & Soul Fund fundraiser for NISRA)
 Saturday, August 28, 2010
 location to be determined
- Future of Vision Golf Outing**
 (Future of Vision Foundation fundraiser for NISRA)
 September 2010, date TBA
 Terrace Hill Golf Course, Algonquin
- 10th Annual “Women’s Only” Golf Outing**
 Tuesday, September 21, 2010
 Randall Oaks Golf Course, West Dundee
- 15th Annual Holiday Fashion Show Extravaganza**
 Saturday, November 20, 2010
 Holiday Inn, Crystal Lake

NISRA Foundation Employee Matching Gifts (November 2009-February 2010)

Sage Products, Inc.

Pam Allen	Matt Guse	Mike Musengo
Adrienne Araoz	Regina Heidenreich	Bill Pastryk
Matt Blue	Denise Hummel	Joyce Ryan
Kevin Bobowski	Ronald Klein	Juliann Salinas
John Brda	Marcy Kneitz	Julianne Schmidt
Scott Brown	Henry Krepel	Javarka Spalevic
Susan Bursack	Igar Kushnerov	Israel Tinajero
Karl Christiansen	Jeffery Ledgerwood	Melchor Vivanco
Elizabeth Deehring	Loree Litchfield	Patricia Vivanco
Bryan Ebert	Maria Magana	Sandra Vivanco
Jose Garcia	Cynthia Mammasser	Christian Winkle
Michael Gleason	Michael McGurn	Chuck Young
Joseph Gundlach	Tim Moran	

thank you

NISRA thanks our hundreds of friends who participate in our fundraisers, and who buy tickets, play in foursomes, bid on auction items or take chances on raffle prizes. Thank you to those who have sponsored events or made individual contributions in recent months.

NISRA Foundation

Employee Matching Gifts (cont'd.) (November 2009-February 2010)

Allstate

Lynne Iverson

AT&T United Way

Henry Harris Donn Smith
Doreen Legenza Michael Sterricker
Joshua Marsh Paul Woolmer

U.S. Cellular

Kenneth Meyers

NISRA Foundation Event Sponsors

Holiday Fashion Show

Affinia Group
Alliance Contractors, Inc.
AptarGroup, Inc.
Baxter Healthcare - BPT Quality
Century 21 Roberts & Andrews
Harris Bank
Home State Bank
Sage Products, Inc.
Wealth Preservers, LLC

NISRA Foundation Contributors

Barrington Transportation
Big Sky Tickets
Richard Borman
Dianne Campbell
Excalibur Technology
Doug & Margaret Fox-Hawthorne
Thomas Gartner
Trudie Gohl
Heart & Soul Fund
Hogg Family
William Hudachek
Jatis Family
Barbara Laura
Richard & Michele Lemberger
Richard Meining
Nancy Olson
Cheryl & John O'Meara Foundation
Arthur & Wanda Pears
Ken & Maria Peterson
Julie Runzel
Sam's Club Foundation
Emily Smith
JD Talken
James Tuttle

Therese Youel
Margaret Ward
Debbie Wiechmann
Forrest & Cheryl Wright

Are we accurate?

If we have made an error, we are truly sorry. Please contact us so that we can make a correction.

NISRA Contributors (November 2009-February 2010)

Barrington Area United Way
McHenry County Mental Health Board
Mental Health Resource League
NISRA Foundation
Chris Schauer

NISRA & the NISRA Foundation's dedicated volunteers contribute their time and their individual talents...thank you to our Winter & Spring volunteers:

Greg Bahnfleth
Danny Barkley
Pat Barkley
Jillian Bodden
Bob Boyle
Chris Burns
Sean Burns
Dan Burrows
George Burrows
Dennis Byrne
Cary-Grove High School NHS
Cary-Grove Interact Club
Kim Cashmore
Mike Chiemelewski
Tim Clifton
Becca Conn
Eve Davis
Joseph DiTuscia
Amanda Dobbins
Nate Eads
Andrew Ebert

FIT Volunteers (MCC)
Lindsay Gowans
Brendan Grandenitti
Lauryn Hardy
Everett Hanson
Trisha Hartke
Vanessa Henricks
Walt Herrick
Ron Jacoby
Kendall Kaufman
Kailey Kornhauser
Matt Kramer
Julie Krause
Deborah LaBatte
Larkin High School NHS
Ann Marie Lee
Christina Lev
Mary Linsner
Ron Ludwig
McHenry West Key Club
Joanne Mitchell

Shandra Nosal
Kelsey Prudden
Chad Ratliff
Phil Rubino
Carelin Ryan
John Sabella
Katherine Sauciuc
Senior Services Associates
Greg Sexton
Brian Shahinian
Christan Shank
Larry Shireman
Trevor Shuett
Robin Sobel
Andrew Sprouse
Michael Spilg
St. Margaret Mary Confirmation Group
Maggie Sullivan
Gary Swanson
Savanna Van Kessel
Alex Videan

Kelsey Waggoner
Laura Walsh
Jim Weindler
Eric Wilde
Morgan Winstin
Mandy Zelman

Thank you to Jim Freeman for the donation of supplies for NISRA's Photography programs.

Thank you to Sheri Goldberg for the nature photographs used on the cover of this brochure.

special events

Parents' Night Out

Parents, spend a wonderful evening by yourselves while we plan lively activities for your children. We'll provide crafts, games, and a DVD for a fun-filled night. Each Friday everyone will be treated to dinner and a snack. Sign up for one night or all of them!

Age group: Youth & Siblings, Ages 6-15
Suggested ability level: all abilities

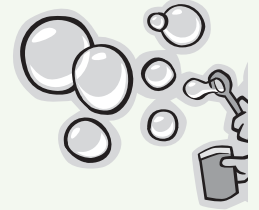
Prog #	Day & Date	Location
8234	Fri, June 18	Hannah Beardsley School, Crystal Lake (Sports Day)
8237	Fri, July 23	Hannah Beardsley School (It's Everyone's Birthday!)
8236	Fri, Aug 6	Huntley R.E.C. Center
8235	Fri, Aug 13	Hannah Beardsley School

5:30-9:30 pm
 \$24 resident fee for one child
 \$42 non-resident fee
 \$5 for each additional child
 \$43 family maximum for residents
 \$64 family maximum for non-residents
 Min/Max: 8/25

Staff Contact: Emily
 NOTE: Fee includes dinner and snack. Parents drop-off and pick-up at the facility and children may be picked up anytime before the end of the program. **Please fill out a registration form for each child.**

Friday Night

Fun!



Parents' Night Out-The Centre

Parents, take the night off & have some fun! On this action-packed night we'll have dinner, followed by games, crafts & swimming. We'll top off the evening with a DVD movie & a snack.

Age group: Youth & Siblings, Ages 6-15
Suggested ability level: all abilities

Location: The Centre, Elgin

Prog#	Day	Date	Time
8213	Fri	June 25	5:30-8:45 pm*

\$16 resident fee for one child
 \$29 non-resident fee
 \$5 for each additional child
Min/Max: 8/15

Staff Contact: Emily
 NOTE: *The building closes at 9:00 pm, so participants must be picked up on time. Please bring a labeled swim suit & towel.

Resident Priority Registration ends May 25
Non-Resident Registration begins May 26
Final Registration Deadline May 28

Starts June 3- Register Early!

Learn to Water Ski



It was so much fun last year, we're going to do it again! Learn basic water ski techniques from the national champion Wonder Lake Water Ski Show Team! The goal is for each skier, regardless of his or her ability to have a successful ski experience. Participants must be ambulatory, able to grip a ski rope and be comfortable in the water. All "skiers" will participate in a "ski show" for their families & friends on the last night of the program.

Age group: Teens & Adults, Ages 14 & older
Suggested ability level: all abilities; must be ambulatory

Location: Wonder Lake

Prog#	Days	Dates	Time
1310	Thurs & Mon	June 3, 10; June 7, 14	6:00-8:00 pm

R/NR Fee no Transp. \$45/\$50
R/NR Fee w/Transp. \$61/\$66

Van Departs 5:20 pm
Transportation Location NISRA Office
Returns 8:30 pm

Min/Max: 4/10

Staff Contact: Maribeth

NOTE: Alternate date in case of rain is June 17.

Lake Geneva Boat Ride



Spend a Sunday afternoon on the water in Lake Geneva. We'll enjoy a picnic in the park*, as well as take in the sights & ice cream treats on the Lake Geneva Cruise Line's tour & ice cream social.

Age group: Ages 18 & older

Suggested ability level: all abilities

Location: Lake Geneva, Wisconsin

Prog#	Day	Date	Time	R/NR Fee
8443	Sun	June 27	12:30-4:00 pm	\$35/\$61

Van Departs	Transportation Location	Returns
10:45 am	Dundee Recreation Center	6:00 pm
10:45	McHenry Govt. Ctr., McHenry	5:45
11:15	NISRA Office	5:30
11:45	Sheltered Village	5:15

Min/Max: 10/35

Staff Contact: Emily

NOTE: *Please bring a sack lunch for a picnic prior to the boat ride.



An Afternoon in the Park

New!

Call your friends and let's get together for fun at the park! We'll explore the Pepper Family Accessible Treehouse, play on the playground, and enjoy open play in the big field.

Age group: Ages 6-12

Suggested ability level: all abilities

Location: Citizens Park, Barrington

Prog#	Day	Date	Time	R/NR Fee
3227	Fri	July 9	3:00-4:30 pm	\$7/\$13

Min/Max: 6/20

Staff Contact: Dave



Fishing the Night Away

New!



Have you ever fished on Bangs Lake, one of the best lakes in the area? Invite a friend or two to spend an evening fishing, and see the interesting shoreline & sparkling water at sunset. We'll stop for a fast food dinner on our way home & share fish stories!

Age group: Ages 8 & older

Suggested ability level: all abilities

Location: Bangs Lake, Wauconda

Prog#	Day	Date	Time	R/NR Fee no Transp.	R/NR Fee w/Transp.
3226	Sat	Aug 21	6:00-8:30 pm	\$25/\$45	\$29/\$49

Van Departs	Transportation Location	Returns
5:15 pm	NISRA Office	9:00 pm

Min/Max: 4/6

Staff Contact: Dave

NOTE: Fee includes dinner.

Boating on Bangs Lake

Rent the accessible pontoon boat for a half day. Bring your family & friends for a fun-filled, sun-filled morning or afternoon on beautiful Bangs Lake! A boat captain will be provided for you.

Age group: Participants & family members

Suggested ability level: all abilities

Location: Bangs Lake, Wauconda

Prog#	Day	Dates*	Times	R/NR Fee
3600	Mon- Sun	June 1- Sept 30	8:00 am-12:00 noon or 1:00-5:00 pm	\$25/\$50

*No rentals on June 24-27, July 2-4, July 24-25, Aug 8, and Sept 4-6.

Min/Max: 1/8

Staff Contact: Dave

NOTE: One week's notice is needed to schedule your request for the boat. You will receive additional information once you register. Transportation is not available for this activity.

Picnic at the Treehouse

New!



Have you been to the accessible treehouse in Barrington yet? Have you taken the meandering ramps up to the gazebo where you can look through a web of branches to see the beautiful blue sky? If you haven't experienced Illinois' 1st accessible treehouse, right in our own backyard, then this is the summer to go! We'll enjoy a picnic lunch at the site.

Age group: Ages 12 & older

Suggested ability level: Participants with physical limitations

Location: Pepper Family Accessible Treehouse, Barrington

Prog#	Day	Date	Time	R/NR Fee no Transp.	R Fee w/Door-to-Door Transp.*
3304	Sat	July 17	11:00 am-1:00 pm	\$14/\$25	\$21

*Door-to-door is available for residents only

Min/Max: 3/5

Staff Contact: Dave

NOTE: Please bring a sack lunch for our picnic.

special events

Chicago Bandits

New!



Check out the Chicago women's softball league...the Bandits! See the action & cheer them on as they face the Akron Racers.

Age group: Ages 13 & older

Suggested ability level: all abilities

Location: Judson University, Elgin

Prog#	Day	Date	Time	R/NR Fee
8648	Sat	July 10	7:00-9:00 pm	\$25/\$44

Van Departs	Transportation Location	Returns
5:00 pm	Sheltered Village	10:30 pm
5:30	McHenry Govt. Ctr., McHenry	10:00
6:00	NISRA Office	9:30

Min/Max: 8/12

Staff Contact: Emily

NOTE: If you would like food or souvenirs, please bring \$15-25.

Chicago Cubs



Cheer on the Cubbies as the team battles the San Diego Padres. Don't miss the atmosphere of historic Wrigley Field, with hot dogs, peanuts, and the 7th inning stretch!

Age group: Ages 13 & older

Suggested ability level: all abilities

Location: Wrigley Field, Chicago

Prog#	Day	Date	Time	R/NR Fee
8624	Thurs	Aug 19	1:20 game time	\$66/\$116

Van Departs	Transportation Location	Returns
9:30 am	The Centre, Elgin	*
9:30	Sheltered Village	*
9:30	Village Hall, Lake in the Hills	*
10:00	NISRA Office	*

*Please call the NISRA office after 6:00 pm & dial * 400 for the return times.

Min/Max: 10/40

Staff Contact: Emily

NOTE: If you would like to purchase food or souvenirs, please bring \$15-25.

Chicago White Sox



Hey Sox fans, you won't want to miss this fun-filled MLB game as the White Sox take on the Detroit Tigers!

Age group: Ages 13 & older

Suggested ability level: all abilities

Location: U.S. Cellular Field, Chicago

Prog#	Day	Date	Time	R/NR Fee
8625	Sun	Sept 19	1:05 game time	\$62/\$108

Van Departs	Transportation Location	Returns
10:00 am	Sheltered Village	*
10:00	Village Hall, Lake in the Hills	*
10:15	NISRA Office	*
10:45	Dundee Recreation Center	*

*Please call the NISRA office after 5:00 pm & dial * 400 for the return times.

Min/Max: 10/35

Staff Contact: Emily

NOTE: If you would like food or souvenirs, please bring \$15-25.

Dance the Night Away!

Transportation is provided for all of these dance nights.



Hawaiian Luau

Experience the sounds, sights & smells of Hawaii, right here in northern Illinois as SRSNLC-Round Lake hosts a Hawaiian Luau. Enjoy music, try the limbo, and taste exotic foods & drinks. Don't forget your grass skirt & lei!

Age group: Ages 13 & older

Suggested ability level: all abilities

Location: Robert W. Rolek Community Center

Prog#	Day	Date	Time	R/NR Fee
8457	Fri	July 16	7:00-9:00 pm	\$21/\$37

Van Departs	Transportation Location	Returns
5:45 pm	Dundee Recreation Center	10:00 pm
6:15	NISRA Office	9:30

Min/Max: 8/15

Staff Contact: Emily

End of Summer Dance

No one wants the summer to end...so get together with friends to celebrate this "hot" season! We'll enjoy refreshments & dancing to great music provided by a DJ.

Age group: Ages 16 & older

Suggested ability level: all abilities

Location: Hannah Beardsley School, Crystal Lake

Prog#	Day	Date	Time	R/NR Fee
8628	Fri	Aug 20	7:00-10:00 pm	\$12/\$21

Van Departs	Transportation Location	Returns
6:30 pm	The Centre, Elgin	10:30 pm
6:30	McHenry Govt. Ctr., McHenry	10:30
6:30	Sheltered Village	10:30

Min/Max: 25/100

Staff Contact: Emily

Friday Night Fever

New!

Let's head on down to the ranch...Cadillac Ranch that is! We'll learn a few dance steps, enjoy music from the DJ, and share a few appetizers! The Cadillac Ranch is one of Chicagoland's largest dance clubs, playing a mix of country & pop, so grab your cowboy hats & boots, and giddyup for a good time!

Age group: Ages 21 & older

Suggested ability level: all abilities

Location: Cadillac Ranch, Bartlett

Prog#	Day	Date	Time	R/NR Fee
8410	Fri	June 18	8:00-10:30	\$17/\$30

Van Departs	Transportation Location	Returns
7:00 pm	NISRA Office	11:15 pm
7:45	The Centre, Elgin	10:45
6:30	Sheltered Village	11:45

Min/Max: 8/15

Staff Contact: Emily

NOTE: **Participants must bring a photo ID.** The dress code is no t-shirts, sports caps/hats or sports attire. Please bring additional money if you would like to purchase additional soft drinks & food. No alcoholic beverages may be purchased per NISRA policy.



Paper Mache Workshop

Do you enjoy working with your hands & getting a little messy? This workshop is designed to teach you the basics of paper mache—the paste, the paper, the technique. We'll create various pieces such as bowls, masks, and sculpture.

Age group: Ages 13 & older

Suggested ability level: all abilities

Location: Hannah Beardsley School, Crystal Lake

Prog#	Day	Date	Weeks	Time	R/NR Fee
5502	Sat	June 19 & 26	2	9:30-11:30 am	\$39/\$68

Min/Max: 4/10

Staff Contact: Emily

NOTE: Please wear old clothing that can get messy.



Bravo!

Shrek the Musical



"In a faraway kingdom turned upside down, things get ugly when an unseemly ogre—not a handsome prince—shows up to rescue the princess. Throw in a donkey who won't shut up, a bad guy with a short temper, a cookie with a bad attitude, a dozen other fairy tale misfits, and you've got the kind of mess that calls for a real hero. Luckily there's one on hand...and his name is Shrek."

Age group: Ages 13 & older

Suggested ability level: all abilities*

Location: Cadillac Palace Theater, Chicago

Prog#	Day	Date	Time	R/NR Fee
5500	Sun	July 18	1:00-4:00 pm	\$56/\$97

Van Departs	Transportation Location	Returns
10:00 am	NISRA Office	6:45 pm
9:45	McHenry Govt. Ctr., McHenry	6:30
10:30	Dundee Recreation Center	6:00

Min/Max: 6/12

Staff Contact: Emily

NOTE: *Participants must be able to sit through a 3 hour musical theater performance & display appropriate behavior. Please bring a disposable sack lunch to eat on the way to the show.



SRAs Got Talent Audition

Come audition for SRAs Got Talent, based on one of today's hottest TV shows! This is your big chance to be in the spotlight with other SRA participants. We're calling dancers, actors, singers & anyone who thinks they have a talent to show. Based on specific criteria, you may be chosen to perform in the SRAs Got Talent competition that is tentatively being planned for November.

Age group: Ages 3 & older

Suggested ability level: all abilities

Location: Barrington Room, Barrington Park District

Prog#	Day	Date	Time	R/NR Fee
5501	Fri	Aug 6	7:00-9:00 pm	FREE

Min/Max: 4/10

Staff Contact: Emily

NOTE: You will receive additional information after registration.



special events & trips

Great America



Great America has nearly seven miles of thrilling coaster track, including Superman-Ultimate Flight & the world's first hyper-twister coaster! In addition to the rides, catch a spectacular show or see the exciting attractions.

Age group: Ages 13 & older

Suggested ability level: all abilities

Location: Great America, Gurnee

Staff Contact: Emily

NOTE: Please bring \$15-25 for lunch & souvenirs. Those needing to use a wheelchair will need to bring their own or rent one from Great America. Please sign up for just one of the dates so that more people can participate.



Great America I

Prog#	Day	Date	Time	R/NR Fee
8623	Sun	Aug 1	10:00 am-6:30 pm	\$65/\$113
Van Departs		Transportation Location		Returns
8:00 am		The Centre, Elgin		8:15 pm
8:30		Dundee Recreation Center		8:00
8:30		Barrington Park District		8:00
9:00		NISRA Office		7:30
Min/Max: 10/30				

Great America II

Prog#	Day	Date	Time	R/NR Fee
8640	Sun	Aug 8	10:00 am-6:30 pm	\$65/\$113
Van Departs		Transportation Location		Returns
9:00 am		NISRA Office		7:30 pm
8:30		Sheltered Village		7:45
9:30		McHenry Govt. Ctr., McHenry		7:15
Min/Max: 10/30				

Adult Camping Trip-

Phenomenal Pittsburgh!



Let's discover the splendid state of Pennsylvania! We'll be camping near Pittsburgh while we enjoy the rolling hills, swimming, and the great outdoors. During our stay we'll also take a trip to visit Gettysburg to see the biggest battlefield of the Civil War. A Pittsburgh Pirates baseball game, Carnegie Science & Sports Center, and Sandcastle Waterpark will be "must-see" destinations, and we'll do some hiking on the Great Allegheny Passage Trail.

Group: Ages 21 & older

Suggested ability level: all abilities

Location: Pittsburgh, Pennsylvania area

Prog#	Day	Dates	Time	R/NR Fee
4012	Sun-	Aug 15-	TBA	\$458/\$550
	Fri	Aug 20	TBA	

Min/Max: 8/15

Staff Contact: Emily

NOTE: This trip is recommended for participants with a moderate level of independence skills. Participants will be expected to help with camp/tent set up, food preparation, clean up, and to have abilities such as money management, self care, and staying with the group. Transportation will be provided from the NISRA Office. More details will be mailed to registrants closer to the trip date.

Bears Training Camp



"Bear down, Chicago Bears!" Let's get a preview of the team as they prepare for the upcoming season. We'll attend as many practices as our schedule will allow, as well as visit a local water park or entertainment center.

Group: Ages 17 & older

Suggested ability level: all abilities

Location: Kankakee, Illinois

Prog#	Day	Dates	Time	R/NR Fee
4010	Tues-	Aug 10-	7:30 am	\$138/\$166
	Wed	Aug 11	7:30 pm	

Van Departs	Transportation Location	Returns
7:30 am	NISRA Office	7:30 pm

Min/Max: 6/15

Staff Contact: Kara

NOTE: Fee includes one night stay in a hotel, transportation, meals, activities, and staff supervision. Please bring extra money if you would like to purchase souvenirs.

summer day camps

fun



FRIENDSHIP



CHALLENGE

growth

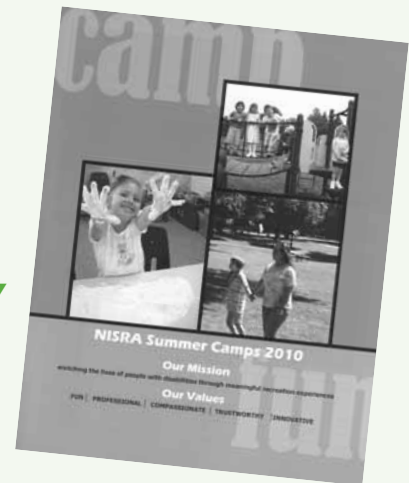


EXPLORATION

NISRA's summer camps are a great place to experience games, storytelling, sports, arts & crafts, singing, skits, and swimming this summer. Our seven-week sessions have helped children grow in self-esteem, make friends, experience new places, learn games & songs, and develop physical skills. NISRA camps are not an extension of the special education curriculum, however, many children retain concepts from the school year when they attend our camps in the summer months.

Camp also includes special days like Fun Fair, with carnival games & other entertainment, and Artsapalooza, a day with visiting artists. The artists bring activities such as music & drumming, drama, dance, and drawing & painting. The weeks of August 2nd and August 9th have additional camp options to provide structure & fun before the school year begins. Safety Town, horse-back riding, camps at outdoor parks, and a new drama & improv camp offer lots of possibilities!

Contact the NISRA office at 815-459-0737 to obtain a camp brochure or visit www.nisra.org to view it online.



Inclusion Services...

How about a general recreation program?

We understand that not every person with a disability needs a NISRA program. NISRA provides assistance to our member park districts and recreation departments to include residents with disabilities in their programs. Types of support may include staff training, adapted equipment, sign language assistance or a program aide. Register for your home district program and for more information, call Courtney at the NISRA office.

Boardmaker Communication

Have you heard about Boardmaker? This computer software program allows you to print out communication tables displaying symbols & simple words for people who have difficulty speaking or who are non-verbal. NISRA is using it in our programs. If your child is registered in a NISRA program and needs assistance with communication, call us and we'll create a customized communication tool for him or her.

youth & adults with physical disabilities

with physical or visual limitations, Arthritis, ABI/TBI or Stroke survivors

The wheelchair logo indicates programs specially designed for people whose primary disability is a physical or visual impairment. Those who use a wheelchair are welcome to register for any program in this brochure & we will make an accommodation for their participation.



Fitness Swim

Research has proven that exercise boosts not only your physical health, but your attitude & mood as well. Have you experienced this great feeling? Water exercises or walking laps helps increase strength, flexibility, and endurance. It's also a great way to meet new people while getting a great workout. Come out for this beneficial water fitness program!

Age group: Ages 21 & older

Suggested ability level: Participants w/physical limitations

Location: Dundee Recreation Center

Prog #	Day	Dates	Weeks	Time
0502	Mon	June 21-Aug 2	6	11:10-11:55 am
No Prog July 5				

R/NR Fee no Transp. **R Fee w/Door-to-Door Transp.***
 \$34/\$60 \$70

*Door-to-Door is available for residents of NISRA's 13 member districts only.

Min/Max: 3/8

Staff Contact: Kara

NOTE: See page 42 for information about the fitness waiver required for participation.



Out-n-About

Don't miss out on some of the great things to do in this area! Register for Out-n-About, a group that gets together to explore the community, talk, laugh, and have fun.

Age group: Ages 18 & older

Suggested ability level: Participants w/physical limitations

Location: varies

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0503	Tues	July 6-Aug 3	5	6:30-9:00 pm	\$80/\$140

Min/Max: 5/12

Staff Contact: Kara

NOTE: Fee includes door-to-door transportation. A detailed flyer will be mailed to you after the first week with specific information about each week's outing. Some activities may require you to bring extra money.



Art Explorations

Tap into your creativity with paints, pastels & more! Even if you've been drawing or painting before, there are always new techniques to learn & subjects to explore. Adapted art equipment will be available for you.

Age group: Ages 13 & older

Suggested ability level: All abilities

Location: Hannah Beardsley School, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5524	Thurs	June 24-Aug 5	7	7:00-8:00 pm	\$63/\$110

Min/Max: 4/8

Staff Contact: Emily



adapted sports

Calling all athletes & those who would like to become athletes... NISRA is offering some new opportunities to get involved in adapted sports! We are cooperating with a few neighboring special recreation associations (SRAs) to share facilities, coaches & officials, and training programs in order to expand these sport opportunities in northern Illinois. The SRAs in this partnership are opening their programs to everyone at the resident fee, regardless of where the participants live.

For more information, or if you are interested in playing, contact Dave at the NISRA office at 815-459-0737, ext. 248 or dadauphin@nisra.org

Adapted Golf

Do you enjoy watching golf & seeing the pros hit those amazing shots? Then come on over to the golf course, where we have some great resources to get you in the game, regardless of your ability level. We'll use the short course at Randall Oaks and work on drives, chipping & putting. There's an accessible golf cart & clubs if you'd like to use them.

Age group: Ages 6 & older

Suggested ability level: Participants w/physical limitations

Location: Randall Oaks Golf Course, West Dundee

Prog #	Day	Dates	Weeks	Time
0515	Thurs	Aug 19-Sept 16	5	4:00-5:30 pm

R/NR Fee no Transp. **R Fee w/Door-to-Door Transp.***
 \$29/\$50 \$59

*Door-to-Door is available for residents of NISRA's 13 member districts only.

Min/Max: 4/8

Staff Contact: Kara



Boating on Bangs Lake

Rent the accessible pontoon boat for a half day. Bring your family & friends for a fun-filled, sun-filled morning or afternoon on beautiful Bangs Lake! A boat captain will be provided for you.

Age group: Participants & family members

Suggested ability level: all abilities

Location: Bangs Lake, Wauconda

Prog#	Day	Dates*	Times	R/NR Fee
3600	Mon-	June 1 -	8:00 am-12:00 noon	\$25/\$50
	Sun	Sept 30	or 1:00-5:00 pm	

*No rentals on June 24-27, July 2-4, July 24-25, Aug 8, and Sept 4-6.

Min/Max: 1/8

Staff Contact: Dave

NOTE: One week's notice is needed to schedule your request for the boat. You will receive additional information once you register. Transportation is not available for this activity.

youth & adults with physical disabilities with physical or visual limitations, Arthritis, ABI/TBI or Stroke survivors

Stretch 'n Tone



Tues, #2506
June 22-Aug 3 (7 weeks)
Thurs, #2507
June 24-Aug 5 (7 weeks)
Both Days, #2508
June 22-Aug 5

You'll feel motivated working out in the atmosphere of the high-energy MCC Fitness Center! Our dedicated & caring staff will help design an individual fitness plan specially for you. Light weights and fitness equipment will be used to increase your strength, muscle tone and flexibility.

Age group: Ages 21 & older
Suggested ability level: Participants w/physical limitations
Location: MCC Fitness Center
Time: 1:00-2:00 pm
Min/Max: 3/8 for each day
Staff Contact: Tiffany

NOTE: Door-to-door transportation available to residents living within NISRA's 13 member districts. See page 42 for information about the fitness waiver required for participation.

R/NR Fees for 1 day/week:
\$37 R/\$64 NR w/no transportation
\$65 R w/pick-up & drop off from Pioneer East or NISRA
\$92 NR w/pick-up from Pioneer East or NISRA
\$79 w/door-to-door transportation (residents only)

R/NR Fees for 2 days/week:
\$74 R/\$128 NR w/no transportation
\$130 R w/pick-up from Pioneer East or NISRA
\$184 NR w/pick-up from Pioneer East or NISRA
\$158 R w/door-to-door transportation (residents only)

Clients from Pioneer Central, please see page 36 for the Club Fitness program designed specially for you.

Picnic at the Treehouse



Have you been to the accessible treehouse in Barrington yet? Have you taken the meandering ramps up to the gazebo where you can look through a web of branches to see the beautiful blue sky? If you haven't experienced Illinois' 1st accessible treehouse, right in our own backyard, then this is the summer to go! We'll enjoy a picnic lunch at the site.

Age group: Ages 12 & older
Suggested ability level: Participants with physical limitations
Location: Pepper Family Accessible Treehouse, Barrington

Prog#	Day	Date	Time
3304	Sat	July 17	11:00 am-1:00 pm

R/NR Fee no Transp. **R Fee w/Door-to-Door Transp.***
\$14/\$25 \$21

*Door-to-door is available for residents only
Min/Max: 3/5
Staff Contact: Dave

NOTE: Please bring a sack lunch for our picnic.

Karate



Have you been interested in martial arts, but weren't sure if it's a sport for you? Check out this program and find out! Sensi Murphy & Sensi Melhorn of Kon Jo Karate have experience teaching karate to people with physical limitations. In fact Sensi Melhorn achieved his black belt rank while using a wheelchair. Karate is a great way to develop focus, strength, coordination and self confidence, and to learn self defense skills.

Age group: Ages 6 & older
Suggested ability level: Participants w/physical limitations
Location: Kon Jo Karate, Fox River Grove

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3506	Sat	June 26-Aug 7	6	11:30 am-12:15	\$44/\$76

No Prog July 3

Min/Max: 1/12
Staff Contact: Dave

early childhood & young children

What's new for young children

Water Tots

Help your child adjust to the water as you splash & splash in this parent & child program filled with games, songs & water fun!

Age group: Ages 9 months-3 years old with parent

Suggested ability level: all abilities

Location: Stingray Bay, Huntley

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2136	Mon	June 21-Aug 2	6	4:45-5:15 pm	\$29/\$51
No Prog July 5					

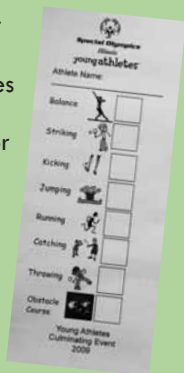
Min/Max: 4/8

Staff Contact: Tiffany

Are you curious about the therapeutic benefits of Horseback Riding? If so, see Assisted Riding on page 24.

Young Athletes

The Special Olympics Young Athletes program introduces young children to the world of sport, with the goal of preparing them for Special Olympics sports training & competition when they get older. This program focuses on basics that are crucial to cognitive development: physical activities that develop motor skills and hand-eye coordination. Let the NISRA staff guide you & your child through these activities in a nurturing environment where everyone can feel successful!



Age group: Ages 2-7 with parent

Suggested ability level: all abilities

Location: Barrington Park District Fitness & Recreation Center

Prog #	Day	Dates	Weeks	Time	R/NR Fee
6762	Mon & Wed	Aug 2, 9, 16, 18	3	6:00-6:45 pm	15/\$26

Min/Max: 6/20

Staff Contact: Dave

Discover Music

Through the power of music we can encourage creativity and boundless energy! The program focuses on developing self-confidence, fine motor skills, independence and using imagination. So, let's bang on the bongos, hit the handbells & strike the symbols!

Age group: Ages 3-6

Suggested ability level: all abilities

Location: Hot Rod Music, Cary

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5517	Thurs	June 24-July 15	4	6:00-6:45 pm	\$28/\$49

Min/Max: 4/8

Staff Contact: Emily

Early Childhood Swim Lessons

Would you like for your child to get more comfortable in the water? Consider this nurturing program, with close staff-to-participant ratios, emphasizing water adjustment & instruction in basic swimming skills, ending with water games each week.

Age group: Ages 3-5

Suggested ability level: all abilities

Location: The Centre, Elgin

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0117	Sat	June 26-Aug 7	6	8:15-8:55 am	\$39/\$68
No Prog July 3					

Min/Max: 4/8

Staff Contact: Kara



early childhood & young children



Huntley Swim

Would you like for your child to get more comfortable in the water? Consider this nurturing program, with close staff-to-participant ratios, emphasizing water adjustment & instruction in basic swimming skills, ending with water games each week.

Age group: Ages 3-5

Suggested ability level: all abilities

Huntley Swim I

Location: Stingray Bay, Huntley

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2118	Mon	June 21-Aug 2	6	5:30-6:00 pm	\$39/\$68
No Prog July 5					

Min/Max: 4/6

Staff Contact: Tiffany

Huntley Swim II

Location: Stingray Bay, Huntley

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2116	Mon	June 21-Aug 2	6	6:10-6:40 pm	\$39/\$68
No Prog July 5					

Min/Max: 4/6

Staff Contact: Tiffany

Explore Your Senses

Explore the world of color, texture, smell & sound. Your child's senses will be tickled in this icky sticky, ooey gooey, aromatic, and loud & quiet program!

Age group: Ages 3-6

Suggested ability level: all abilities

Location: Huntley R.E.C. Center

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2113	Tues	July 6-27	4	4:15-5:00 pm	\$22/\$39

Min/Max: 4/6

Staff Contact: Tiffany

Micro Sports

Let's explore the world of sports together through energetic games & challenges! This program offers children the chance to learn basic sports skills & feel accomplishment through the leadership of nurturing staff.

Age group: Ages 3-6

Suggested ability level: all abilities

Location: Huntley R.E.C. Center

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2104	Wed	June 23-Aug 4	7	4:15-5:00 pm	\$37/\$64

Min/Max: 6/10

Staff Contact: Tiffany

NOTE: Please meet in the parking lot on the south end of the R.E.C. Center & bring a water bottle.

T-ball

Take some time for fun at the old ball park this summer. We'll introduce your child to the basics of this All-American sport, including batting, catching, throwing & running the bases. This encouraging, structured & lively program will be a great place to develop skills.

Age group: Ages 3-6

Suggested ability level: all abilities

Elgin

Location: Elgin Sports Complex

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0105	Tues	June 22-Aug 3	7	4:15-5:00 pm	\$37/\$64

Min/Max: 6/10

Staff Contact: Kara

NOTE: Please bring a ball glove & water bottle.

Lake in the Hills

Location: Buddy Baseball Field, Sunset Park, Lake in the Hills

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2105	Thurs	June 24-Aug 5	7	5:00-5:45 pm	\$37/\$64

Min/Max: 6/10

Staff Contact: Tiffany

NOTE: Please bring a ball glove & water bottle. Meet at the accessible Buddy Baseball Field off of Haligus Rd, near the skate park.

early childhood & young children

Friday **FUN** Days

It's time for fun at these early childhood activities designed to let your child explore the community and enjoy new experiences. Each day's program has a theme. Sign up for a few or all!

Age group: Ages 3-6

Suggested ability level: all abilities

Staff Contact: Tiffany

NOTE: Please bring a labeled sack lunch & drink each week.

Date	Activity/Theme/Location	Time	Prog #	R/NR Fee	Min/Max
June 25	All About Music Lake in the Hills Village Hall Community Room, 600 Harvest Gate, Lake in the Hills <i>Sing, dance, and play a variety of musical instruments! We'll even make a few instruments!</i>	9:30 am-12:00 noon	#2135	\$10/\$18	5/10
July 2	Art Day Hannah Beardsley School, 515 Crystal Lake Avenue, Crystal Lake <i>We'll use all kinds of messy art supplies to create some masterpieces! Please bring a paint smock or shirt.</i>	9:30 am-12:00 noon	#2125	\$12/\$21	5/10
July 9	Day at the Farm Randall Oaks Barnyard Zoo, 17 N 350 Randall Road (just south of Binnie Road), West Dundee <i>Discover life at the zoo & get a chance to feed the animals.</i>	9:30 am-12:00 noon	#0112	\$12/\$21	5/10
July 16	Nature Adventure Pepper Family Accessible Treehouse, 511 Lake Zurich Road, Barrington <i>Explore nature & the Treehouse at Citizens Park. Meet at the Treehouse.</i>	9:30 am-12:00 noon	#3112	\$10/\$18	5/10
July 23	Outer Space Woodstock Public Library, 414 W. Judd Street, Woodstock <i>Get ready to blast off as we explore outer space.</i>	9:30 am-12:00 noon	#1102	\$10/\$18	5/10
July 30	Under the Sea Huntley R.E.C. Center & Stingray Bay. Meet at the R.E.C. Center at 12015 Mill Street, Huntley <i>Learn about sea creatures & then swim at Stingray Bay. Please wear your swimsuit & bring a towel.</i> <i>*note the different time for this day.</i>	10:00 am-12:30 pm*	#2124	\$12/\$21	5/10

Tots O' Fun

This popular program offers high-energy games and basic sports, along with music and art activities to delight every child. We'll introduce your child to new learning experiences as well as reinforce favorite children's songs and games.

Suggested ability level: all abilities

Age group: Ages 3-6

Location: The Centre, Elgin

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0103	Sat	June 26-Aug 7	6	10:30 am-1:00	\$42/\$74
No Prog July 3					

Min/Max: 6/10

Staff Contact: Kara

NOTE: Participants should bring a sack lunch & drink, and a labeled swimsuit & towel.

Did your child love Tots O'Fun, but is now more than 6 years old? Then consider Saturday Fun Club, listed on page 24.

Boardmaker Communication

Have you heard about Boardmaker? This computer software program allows you to print out communication tables displaying symbols & simple words for people who have difficulty speaking or who are non-verbal. NISRA is using it in our programs. If your child is registered in a NISRA program and needs assistance with communication, call us and we'll create a customized communication tool for him or her.

Resident Priority Registration ends May 25

Non-Resident Registration begins May 26

Final Registration Deadline May 28

youth & young teens

What's new for youth

Friday FUN Trips

Age group: Ages 7-12

Suggested ability level: all abilities

Staff Contact: Tiffany

Date	Activity/Theme/Location	Time	Prog #	R/NR Fee	Min/Max
June 25	Swim at Stingray Bay Huntley Park District's Stingray Bay next to the R.E.C. Center, 12015 Mill Street, Huntley. (847) 515-7665 <i>Splish and splash, and zip down the slides! Please wear your swim suit & bring a towel. Meet our group on the pool deck.</i>	1:30 am-3:00 pm	#2229	\$10/\$18	5/10
July 9	Afternoon in the Park Citizens Park & the Pepper Family Accessible Treehouse, 511 Lake Zurich Road, Barrington <i>Check out the accessible treehouse, the playground, and all the wide open spaces to play at Citizens Park! Please contact Dave at the NISRA Office with questions.</i>	3:00-4:30 pm	#3227	\$7/\$13	6/20
July 16	Monkey around at Monkey Joe's Monkey Joe's, 6250 NW Hwy, Unit B, Crystal Lake. (815) 477-3866 <i>Indoor inflatable fun with slides, jumps & obstacle courses. Parents need to complete a waiver before child can participate.</i>	1:30 am-3:00 pm	#2228	\$15/\$23	5/10
Aug 6	Animals & Insects at the Nature Center Crystal Lake Nature Center, 330 North Main Street, Crystal Lake. (815) 455-1763 <i>Explore animals & insects that crawl, hop & fly! We'll also visit the Butterfly House & hike through Veteran Acres Woods. Parents need to complete a waiver before child can participate.</i>	1:30 am-3:00 pm	#2227	\$10/\$18	5/10

Private Music Lessons

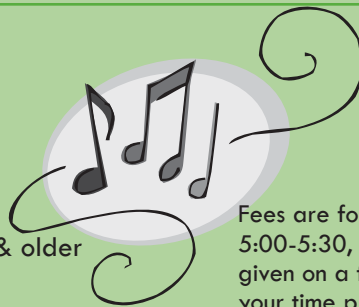
Age Group: Youth, Teens & Adults, Ages 6 & older

Suggested ability level: all abilities

Location: Piano Trends, Crystal Lake

NISRA Staff Contact: Emily

We're working with Piano Trends again this season to offer you the chance to learn to play guitar, piano, flute, or even take voice lessons! With a few new instructors, Piano Trends has more to offer.



Fees are for a 30 minute lesson from 4:00-4:30, 4:30-5:00, 5:00-5:30, 5:30-6:00, 6:00-6:30, and 6:30-7:00, and are given on a first-come, first-serve basis. *Please indicate your time preference on your Registration Form. You will be contacted only if your preferred time slot is **not** available. **A parent/guardian is required to be in the building for the duration of the session.** Participants may need to purchase a music book (approx. \$10), which is not included in the program fee.

Flute Lessons	#5541	Tues, June 15-July 27	7	4:00-7:00 pm*	\$158/\$276	1/6
Guitar Lessons	#5542	Tues, June 15-July 27	7	4:00-7:00 pm*	\$158/\$276	1/6
Piano Lessons	#5543	Tues, June 15-July 27	7	4:00-7:00 pm*	\$158/\$276	1/6
Voice Lessons	#5544	Tues, June 15-July 27	7	4:00-7:00 pm*	\$158/\$276	1/6

Kids in the Kitchen

Do you know how fun cooking can be? We'll gather some tasty ingredients & cool recipes, then measure, chop, stir and bake up some great snacks & dishes. You'll be able to take your favorite recipes home & make your creations again!

Age group: Ages 6-11

Suggested ability level: all abilities

Location: Hannah Beardsley School Foods Room, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2219	Tues	June 29; July 13, 27	3	5:30-7:00 pm	\$30/\$53

Min/Max: 5/10

Staff Contact: Tiffany

Kid-Fit

Put on your gym shoes & some cool workout clothes, grab your water bottle and get ready for fun! This high-energy program will have videos, fitness stations, and games to help you build strength, flexibility, balance. You'll have so much fun, you won't even know you're working out!

Age group: Ages 6-11

Suggested ability level: all abilities

Location: Hannah Beardsley School, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1210	Tues	June 22-Aug 3	7	4:30-5:15 pm	\$37/\$64

Min/Max: 5/10

Staff Contact: Sarah K.

NOTE: Please wear comfortable clothes & gym shoes, and bring a water bottle. Want to stay for snacks & dinner? Sign up for Kids in the Kitchen, which meets after this program.

See special events on page 8-12 and Special Olympics on pages 40-41 for more fun things to do!

Pet Pals

Do you love dogs & are you curious about how they can be trained to assist people? Have fun interacting with certified therapy dogs from the Rainbow Animal Assisted Therapy Program. Participants will do a variety of guided activities that will help to develop social skills, self-confidence & self-esteem.

Age group: Ages 6 & older

Suggested ability level: Youth & Teens w/Autism

Location: Main Beach, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2211	Tues	June 22-July 27	6	7:00-7:45 pm	\$39/\$68

Min/Max: 4/8

Staff Contact: Tiffany

Sports Sampler

Out with the cold & in with the warm weather! Let's get outside & play some of your favorite sports. Whether it's baseball, basketball, soccer, you name it...you can gain the skills & basic understanding of the game in this encouraging, fun, non-competitive program.

Age group: Ages 7-12

Suggested ability level: all abilities

Location: Emricson Park, Woodstock

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1220	Wed	June 23-Aug 4	7	5:15-6:00 pm	\$37/\$64

Min/Max: 6/10

Staff Contact: Sarah K.

NOTE: Please wear gym shoes & bring a water bottle. Meet at Steussey Pavillion.

Learn to Ride a Bike

Wouldn't it be great to take a spin around the block without training wheels? Let the NISRA staff help you get on your bike and practice balance, pedaling, steering and other basic riding skills. **Age group:** Ages 6-12

Suggested ability level: all abilities

Elgin

Location: Elgin Sports Complex

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0218	Tues	June 22-Aug 3	7	5:15-6:00 pm	\$37/\$64

Min/Max: 3/6

Staff Contact: Kara

NOTE: Participants need to bring their own bike, helmet, and water bottle.

Lake in the Hills

Location: Sunset Park, Lake in the Hills

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2218	Fri	June 25-Aug 6	7	4:15-5:00 pm	\$37/\$64

Min/Max: 3/6

Staff Contact: Tiffany

NOTE: Participants need to bring their own bike, helmet, and water bottle. Meet in the parking lot by the accessible Buddy Baseball Field off of Haligus Road near the skate park.

Youth Art

Chill out & explore your creativity with art. Let our talented instructor guide you using paints, charcoal, ink & more in creative ways you've never tried before! With art, there are always new techniques to learn and subjects to draw, paint, or sculpt with clay.

Age group: Ages 6-12

Suggested ability level: all abilities

Staff Contact: Emily

Elgin

Location: The Centre, Elgin

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5510	Wed	June 23-Aug 4	7	4:45-5:30 pm	\$53/\$92

Min/Max: 4/8

Crystal Lake

Location: Hannah Beardsley School, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5511	Thurs	June 24-Aug 5	7	6:00-6:45 pm	\$53/\$92

Min/Max: 4/8



Sluggers

Batter's up! You can develop skills such as batting, catching, throwing & running the bases in this encouraging, non-competitive program. We'll cover basic rules and practice playing the game using a soft baseball.

Age group: Ages 7-15

Suggested ability level: all abilities

Location: Sunset Park, Lake in the Hills

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2233	Thurs	June 24-Aug 5	7	3:45-4:45 pm	\$37/\$64

Min/Max: 6/12

Staff Contact: Tiffany

NOTE: Please bring a ball glove & water bottle. Meet at the accessible Buddy Baseball Field off of Haligus Rd, near the skate park.

Sunshine Through Golf

"Fore!" The Sunshine Through Golf Foundation (STGF) is again teaming up with NISRA to provide a "Sunshine Through Golf" camp. The program is taught by PGA Professionals and covers all of the basics of golf including swing, putting and etiquette. You can find more information on the STGF web site at www.sunshinethroughgolf.org.

Age group: 8 & older

Suggested ability level: all abilities



Beginner Golf-Barrington

Location: Makray Memorial Golf Club, Barrington

Prog #	Day	Dates	Weeks	Time	R/NR Fee*
3635	Thurs	July 8-Aug 12	6	4:30-5:30 pm	Free

Van Departs 3:45 pm
Transprtation NISRA Office
Location* NISRA Office
Returns 6:00 pm

Min/Max: 4/12

Staff Contact: Dave

NOTE: *Fee for transportation from the NISRA Office is \$24 for residents & \$42 for non-residents. Registration is limited to one Sunshine Through Golf camp per participant-please choose only one.

Beginner Golf-Dundee

Location: Randall Oaks Golf Course, West Dundee

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0630	Mon	June 21-Aug 2	6	5:00-6:00 pm	Free
No Prog July 5					
0633	Mon	June 21-Aug 2	6	6:00-7:00 pm	Free
No Prog July 5					

Min/Max: 4/12

Staff Contact: Kara

NOTE: Registration is limited to one Sunshine Through Golf camp per participant-please choose only one.

Intermediate/Advanced Golf-Barrington

Location: Makray Memorial Golf Club, Barrington

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3636	Thurs	July 8-Aug 12	6	5:30-6:30 pm	Free

Min/Max: 4/12

Staff Contact: Dave

NOTE: Registration is limited to one Sunshine Through Golf camp per participant-please choose only one.

Intermediate/Advanced Golf-Dundee

Location: Randall Oaks Golf Course, West Dundee

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0632	Tues	June 22-July 27	6	5:00-6:00 pm	Free

Min/Max: 4/12

Staff Contact: Kara

NOTE: Registration is limited to one Sunshine Through Golf camp per participant-please choose only one.

youth & teens

Swim Instruction

All Youth

Age group: Ages 6-15

Suggested ability level: all abilities

Program	Prog #	Day & Dates	Weeks	Time	R/NR Fee	Min/Max
Dundee Swim, Sleepy Hollow Pool, Sleepy Hollow (outdoor pool)					Call Kara for information.	
Levels I-IV	#0211	Mon, June 21-Aug 2 No Prog July 5	6	5:15-6:00 pm	\$39/\$68	3/8
McHenry Swim, Knox Pool, McHenry (outdoor pool)					Call Sarah K. for information.	
Levels I-IV	#1231	Wed, June 23-Aug 4 No Prog June 30 (pool not available)	6	6:00-6:45 pm	\$39/\$68	4/8
Cary Swim, Cary Community Center, Cary (outdoor pool)					Call Dave for information.	
Levels I-IV	#3230	Tues, June 22-Aug 3	7	5:00-5:40 pm	\$46/\$80	4/8
Woodstock Swim, Prairie View Health & Recreation Center, Woodstock					Call Sarah K. for information.	
Levels I-III	#1215	Thurs, June 24-Aug 5	7	5:20-6:00 pm	\$46/\$80	4/7
NOTE: You may be asked to switch time slots to make smaller lessons w/similar ability levels.						
Levels I-III	#1216	Thurs, June 24-Aug 5	7	6:10-6:50 pm	\$46/\$80	4/7
NOTE: You may be asked to switch time slots to make smaller lessons w/similar ability levels.						
Elgin Swim, The Centre, Elgin					Call Kara for information.	
Early Childhood Swim Ages 3-5	New! #0117	Sat, June 26-Aug 7 No Prog July 3	6	8:15-8:55 am	\$39/\$68	4/8
Levels I-IV	#0213	Sat, June 26-Aug 7 No Prog July 3	6	9:00-9:40 am	\$39/\$68	4/8

General Information about Swim Lessons

NISRA's swim lessons are offered in levels, similar to the American Red Cross swim program. Each level has swim skill goals that will be the focus of each lesson. Please read the following descriptions to decide which lesson matches your child's skill level. If you aren't sure, please call the NISRA office and we will be happy to assist you.

Lessons are conducted in small groups and swimmers are placed according to ability level and swimmer's needs; 1:1 assistance may be provided if safety is a concern.



Swim Levels I - III are suggested for ages 6-15

Level I

This program focuses on water safety & water adjustment. Skills will include: entering & exiting the pool by oneself, bubble blowing, supported front & back kick, supported front & back float.

Level II

Participants who have mastered the skills in Level I should join this program. It focuses on flutter kicking front & back with kick-board and assistance, front glide for 3 seconds independently, bob 10 times, and learning how to float & turn over from back to front.

Level III

Participants who have mastered the skills in Level II should join this program. It focuses on learning to fully submerge head for 3 seconds, front glide 2 body lengths on front & back, kick with kickboard independently, and start on the fundamentals of the front and back strokes.

Swim Level IV is suggested for ages 8 & older

Level IV/Swim Team B

Participants who have mastered the skills in Level III should join this program. This level will introduce swimming in the deep end of the pool. It focuses on swimming one length of the pool with a kickboard, learning to float independently, developing an understanding of the front and back strokes, and practicing good listening skills. Swim Team B is offered in Fall-Spring seasons and prepares the swimmer for competitive swimming if he/she desires to advance. NISRA's Special Olympics Swim Team coaches will assess the participant's skills to determine if he/she is ready for the team.

Bowling

Age group: Youth, ages 6 & older

Suggested ability level: all abilities

Note: Fee includes shoe & ball rental, and up to 2 games of bowling.



Name & Location	Program #	Day & Dates	Weeks	Time	R/NR Fee	Min/Max
Dundee Bowl Ages 6 thru Adult Liberty Lanes, Carpentersville Staff Contact: Kara	#0608	Wed, June 23-Aug 4	7	4:00-5:30 pm	\$60/\$105	6/20
Elgin Bowl Ages 6 thru Adult Woodview Lanes, Elgin Staff Contact: Kara	#0610	Thurs, June 24-Aug 5	7	3:30-5:00 pm	\$60/\$105	6/25
Youth Strikers Ages 6-15 Brunswick Zone, Algonquin Staff Contact: Dave	#3209	Sat, June 26-Aug 7 No Prog July 3	6	11:00 am-12:00	\$51/\$89	4/12

youth & teens

New day!

Soccer

Summer's here and it's time to get outside and play! Learn the basics of soccer including kicking, passing, goaltending, offense & defense in a non-competitive environment. Developing skills will seem effortless in this encouraging & fun program!

Age group: Ages 8-15

Suggested ability level: all abilities

Location: Cary-Grove Park, Cary

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3308	Mon	June 21-Aug 2	6	1:00-2:00 pm	\$32/\$55
No Prog July 3					

Min/Max: 6/10

Staff Contact: Dave

NOTE: Participants should bring a water bottle.

Tennis-Beginner

Summer's here...time to get out your tennis racket & hit some balls! Enjoy some great practice time in this encouraging program for beginners & those who are still learning the sport. We'll focus on the basics: serves, volleys, forehand & backhand.

Age group: Ages 8-15

Suggested ability level: all abilities

Location: Crystal Lake Racket Club, Algonquin

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2612	Thurs	June 24-Aug 5	7	4:00-5:00 pm	\$37/\$64

Min/Max: 4/5

Staff Contact: Tiffany

Saturday Fun Club

Check out Saturday Fun Club & all the things to do at The Centre! NISRA's nurturing staff lead sports, games, music, art activities and swimming in this program where fun & laughter abound!

Age group: Ages 7-15

Suggested ability level: MH, AUT, MN

Location: The Centre, Elgin

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0207	Sat	June 26-Aug 7	6	10:00 am-1:00	\$45/\$79
No Prog July 3					

Min/Max: 4/16

Staff Contact: Kara

NOTE: Participants should bring a sack lunch & drink, and swimsuit & towel.

Ice Skating-Beginner

Imagine yourself twirling on the ice! Each week includes instruction for stopping, turning & skating backwards, and practice time.

Age group: Ages 6 & older

Suggested ability level: beginner level or non-competitive skaters.

Location: Crystal Ice House, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2606	Sat	Sept 4-Oct 9	6	11:15 am-12:00	\$36/\$63

Min/Max: 3/8

Staff Contact: Tiffany

NOTE: Dates are in conjunction with the Ice House schedule.

Assisted Riding

If you've always loved horses and wanted to learn to ride, you'll learn the basics of horseback riding in this enjoyable program.

Suggested ability level: all abilities

NOTE: This is a recreational program and is not recommended for clients involved in other equine therapeutic programs. BraveHearts and Creative Growth Center follow the guidelines in the North American Riding for the Handicapped Association's manual regarding precautions and participation in riding programs. The weight limit is 180 lbs. Parents will be asked to stay for the entirety of the program and may be asked to side walk. *Half hour sessions are scheduled on a first-come, first-serve basis. Please indicate your preference on the Registration Form.

Elgin-Wednesdays

Age group: Ages 5 & older

Location: Creative Growth Center, Elgin

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0221	Wed	June 30-Aug 4	6	5:00-7:00 pm*	\$180/\$315

Min/Max: 2/8

Staff Contact: Kara

NOTE: The Creative Growth Center is not NARHA certified.

Harvard-Mondays

Age group: Ages 4 & older

Location: BraveHearts, Harvard

Prog #	Day	Dates*	Weeks	Time	R/NR Fee
1212	Mon	July 26-Aug 30	6	5:00-7:00 pm*	\$180/\$315

Min/Max: 2/8

Staff Contact: Sarah K.

Days & dates may change due to availability of the facility.

Harvard-Saturdays

Age group: Ages 4 & older

Location: BraveHearts, Harvard

Prog #	Day	Dates*	Weeks	Time	R/NR Fee
1213	Sat	July 31-Sept 4	6	1:30-3:30 pm*	\$180/\$315

Min/Max: 2/8

Staff Contact: Sarah K.

Days & dates may change due to availability of the facility.

Gone Fishin'



Have you ever fished on Bangs Lake, one of the best lakes in the area? Find out what all the buzz is about as you look over the sparkling water & cast for fish off of the accessible pontoon boat.

Age group: 8 & older

Suggested ability level: all abilities

Location: Bangs Lake, Wauconda

Prog #	Day	Dates	Weeks	Time
3633	Thurs	July 1-Aug 12	7	6:00-7:00 pm

R/NR Fee no Transp.

\$40/\$70

R/NR Fee w/Transp.

\$68/\$98

Van Departs 5:15 pm

Transportation NISRA Office

Location

Returns 7:45 pm

Min/Max: 4/6

Staff Contact: Dave

Super Saturdays

Super Saturdays is a structured, high energy mini-camp featuring sports, games, music, art activities, and a couple of exciting field trips. Friendships flourish in this inviting program.

Age group: Ages 6-10

Suggested ability level: MH, MN, AUT

Location: Hannah Beardsley School, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2202	Sat	June 26-Aug 7	6	9:00 am-12:00	\$45/\$79
No Prog July 3					

Min/Max: 5/12

Staff Contact: Tiffany

NOTE: Participants should bring a sack lunch & drink.

TEEN TIME 11-15 (formerly Super Saturdays)

Check out Teen Time, this on-the-go program just for teens! Each week will feature some in-house activities, games & cool tunes. A few field trips throughout the session will add to the fun!

Age Group: Ages 11-15

Suggested ability level: MH, MN, AUT

Location: Hannah Beardsley School, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2300	Sat	June 26-Aug 7	6	9:00 am-12:00	\$62/\$108
No Prog July 3					

Min/Max: 6/12

Staff Contact: Tiffany

NOTE: Participants should bring a sack lunch & drink.

Calling all youth & teens with behavior & emotional disorders!

Adventure Club



Ready to get out on Saturdays? Each week we'll travel to new places & do new things. See what we have planned for the first two weeks, then you'll plan activities for the rest of the session.

Age group: Ages 10-15

Suggested ability level: BD/SED

Location: varies each week

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5213	Sat	June 26-Aug 7	6	11:00 am-2:00	\$93/\$163
No Prog July 3					

Van Departs	Transportation Location	Returns
10:15 am	Woodstock Recreation Center	2:30 pm
10:45	NISRA Office	3:00
10:00	The Centre, Elgin	3:00

Min/Max: 6/10

Staff Contact: Heidi

NOTE: Fee covers the cost of activities and transportation from pick-up points. Please bring a sack lunch & drink each week.

Resident Priority Registration ends May 25

Non-Resident Registration begins May 26

Final Registration Deadline May 28

New!

Cheerleading

Tumble, jump & dance in this fun, high energy 6 week cheer clinic! The staff & senior cheerleaders at 5 Star Academy, along with a NISRA staff member will guide you through a cheer routine set to music.

Age group: Ages 7-12

Suggested ability level: all abilities

Location: 5 Star Academy - Elite Cheer, Ringwood

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2212	Sat	July 10-Aug 14	6	1:00-2:00 pm	\$30/\$53

Min/Max: 6/12

Staff Contact: Tiffany

NOTE: There is an additional fee of \$40/year to cover the cost of insurance, payable directly to the Academy on the first Saturday. Participants should wear comfortable gym shoes, t-shirts & shorts.

Karate

The martial arts are a great way to develop physical and mental abilities...just consider the benefits of Karate: strength, coordination, self-confidence and respect for oneself and others. Gain focus and control, while learning self-defense in this structured and safe program.

Age group: Ages 6-21

Suggested ability level: all abilities

Beginner-Lake in the Hills

Location: Focus Martial Arts, Lake in the Hills

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2214	Sat	June 19-Aug 28	10	10:00-10:45 am	\$73/\$127
No Prog July 3					

Min/Max: 8/18

Staff Contact: Tiffany

NOTE: This program is for beginner or slightly experienced participants. Please wear comfortable clothing. The Focus staff determine which participants are ready to advance to the Intermediate class.

Intermediate-Lake in the Hills

If you have been moved to the Intermediate level by the instructors at Focus Martial Arts, please sign up for this program.

Age group: Ages 6 & older

Location: Focus Martial Arts, Lake in the Hills

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2217	Sat	June 19-Aug 28	10	10:00-10:45 am	\$73/\$127
No Prog July 3					

Min/Max: determined by Focus staff

Staff Contact: Tiffany

NOTE: The Focus staff determine which participants are ready to advance to the Intermediate classes & will inform you so that you can register for this level.

teens

Teen Scene-for teens ages 13-16

Keep this brochure! No separate flyer will be mailed!

Parents, please make sure your teen gets on the correct vehicle at the parking lot.

See page 50 for additional information about transportation.



Teen Scene "13-16"

Group: Teens, Ages 13-16

Suggested ability level: all abilities

Min/Max: 6/20

Time: 6:00-9:00 pm

Prog#	Activity	Day	Date	R/NR Fee
2320	Swimming at Woodstock Water Works/Ice Cream bring \$ for ice cream Rain alternate: Movie at Woodstock; bring \$6 for ticket & optional \$ for snacks.	Sat	June 19	\$13/\$23
2321	BBQ & Backyard Games at Nunda Township in Crystal Lake no additional \$ needed Rain alternate: Indoor activities at Rotary Building in Crystal Lake; no \$ needed	Sat	July 10	\$13/\$23
2322	Bowling at Edgetown Bowl in Woodstock bring \$15 for bowling & pizza	Sat	July 24	\$13/\$23
2323	End of Summer Party at Lake in the Hills Village Hall no additional \$ needed	Sat	Aug 7	\$13/\$23

Transportation:			
•Woodstock Recreation Center	Pick-up 5:15 pm	Drop-off 9:45 pm	
•Dundee Recreation Center	Pick-up 5:15 pm	Drop-off 9:45 pm	
•NISRA Office	Pick-up 5:45 pm	Drop-off 9:15 pm	
•LITH Village Hall	Pick-up 5:45 pm	Drop-off 9:15 pm	

Staff Contact: Tiffany

NOTE: Due to the popularity & size of Teen Scene, NISRA will be adhering to the age limits.

Teen Girls Overnight

Wouldn't it be great to have a girl's getaway at a tropical island not too far from home? Well, pack your overnight bag & come to CoCoKey Water Resort, a 65,000 square foot indoor water park, complete with huge rafts, water slides, and tuberides! After we splash the day away, we'll go out to catch a movie at a nearby theater. This is one girls' night you won't want to miss!

Age group: Teen Girls, Ages 13-21

Suggested ability level: all abilities

Location: Rockford



Prog #	Day	Dates	Time	R/NR Fee
4-4000	Sat–	June 5–	Sat 12:00 noon–	\$140/\$168
	Sun	June 6	Sun 12:00 noon	

Van Departs Sat	Transportation Location	Returns Sun
12:00 pm	NISRA Office	12:00 pm
12:30	Dundee Recreation Ctr.	11:30

Min/Max: 6/9

Staff Contact: Tiffany

NOTE: Fee includes lodging, transportation, supervision, admissions to the water park and movie, and dinner on Saturday & breakfast on Sunday.

Teen Boys Overnight

We're getting away for some fun, right in our own backyard...the northwest suburbs! First stop will be watching the horse races at Arlington Park Race Track, then we'll pick a popular place for a mouth-watering dinner, and then head over to Gameworks for some action-packed gaming.

Age group: Teen Boys, Ages 13-21

Suggested ability level: all abilities

Location: Schaumburg area



Prog #	Day	Dates	Time	R/NR Fee
4-4001	Sat–	June 5–	Sat 12:45 pm–	\$129/\$155
	Sun	June 6	Sun 11:30 am	

Van Departs Sat	Transportation Location	Returns Sun
1:15 pm	Dundee Recreation Ctr.	11:00 am
12:45	NISRA Office	11:30

Min/Max: 5/12

Staff Contact: Courtney

NOTE: Fee includes lodging, transportation, supervision, entrance fee to Arlington Park, \$15 card at Gameworks, and dinner on Saturday & breakfast on Sunday. Please bring extra money if you would like to play additional games at Gameworks.

teens & young adults

Outdoor Adventure Series

Have you ever been tent camping under the stars? What about cooking a delicious meal over a campfire? If these experiences sound good to you, then this is the summer to sign up for NISRA's Outdoor Adventure Series! We'll have a great time learning how to have fun in the outdoors, including getting familiar with camping gear, discovering foods & menus that can be cooked over a fire, and exploring the cool things that can be found in nature.

Age group: Ages 13-21

Suggested ability level: all abilities

Outdoor Skills & Camping Basics

We're starting with the basics of the skills you need to have a fantastic time outside! We'll get familiar with the gear, some safety principles, and ideas for outdoor cooking. Whether you're skilled in the outdoors or just getting started, this will be a time to remember!

Location: Nunda Township property, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2329	Wed	June 23	1	6:00-7:30 pm	\$6/\$11

Min/Max: 6/15

Staff Contact: John



Outdoor Cooking

Things are heating up as we learn to build a fire...the right way! We'll cook a meal, including Dutch oven cooking & building foil ovens. Bring your appetite for this one!

Location: Nunda Township property, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2330	Wed	June 30	1	6:00-8:00 pm	\$18/\$31

Min/Max: 6/15

Staff Contact: John

Adventure Overnight-Nunda

Tonight we'll take the skills we've learned & put them to use! We'll learn how to pitch our tents, then enjoy outdoor activities and an evening around the campfire.

Location: Nunda Township property, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4003	Fri-	July 9-	1	6:00 pm-	\$42/\$51
	Sat	July 10		11:00 am	

Min/Max: 6/15

Staff Contact: John

NOTE: Fee includes snacks on Friday night and breakfast on Saturday morning

Adventure Overnight-Marengo

Here's another chance to hone your skills, only this time we're heading to Marengo Ridge for the night! We'll cook some new snacks and do some geo-caching...don't miss it!

Location: Marengo Ridge, Marengo

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4004	Fri-	July 30-	1	6:00 pm-	\$48/\$58
	Sat	July 31		11:00 am	

Min/Max: 6/15

Staff Contact: John

NOTE: Fee includes snacks on Friday night and breakfast on Saturday morning

Girls Gone GLAM! New!



Girls, it's time for some summer pampering! Let's show off some beautiful toes in our sandals! Fee includes salon services, tips, supervision, and transportation.

Age group: Teen & Young Adult Girls, Ages 12-21

Suggested ability level: all abilities

Min/Max: 5/10

Location: Cosmetology & Spa Institute, Crystal Lake

Time: 6:00-8:00 pm

Prog#	Activity	Day	Date	R/NR Fee
#1308	Manicures & Pedicures no additional \$ needed	Wed	July 21	\$34/\$60
#1309	Updo hairdos & Ice Cream bring \$5 and we'll go get ice cream with our new hairstyles!	Wed	Aug 4	\$29/\$50

Transportation: NISRA Office

Pick-up 5:45 pm Drop-off 8:20 pm

Staff Contact: Sarah K.



Works of Heart

Strengthen your communication through guided art techniques. Learn how to use paint, clay, charcoal & oil pastels to create your own works of "heart!"

Age group: Ages 13-21

Suggested ability level: Teens w/Autism

Location: Hannah Beardsley School, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5514	Mon	June 21-Aug 2	6	5:45-6:45 pm	\$39/\$68
No Prog July 5					

Min/Max: 4/8

Staff Contact: Emily

teens & young adults

Northsiders & Southsiders-for teens & young adults ages 17-21

Keep this brochure! No separate flyer will be mailed!

Parents, please make sure your teen gets on the correct vehicle at the parking lot.

See page 50 for additional information about transportation.



Northsiders

Age group: Teens, Ages 17-21

Suggested ability level: all abilities

Min/Max: 8/25

Time: 6:00-9:00 pm

Prog#	Activity	Day	Date	R/NR Fee
1330	"Swim & Sundaes" at Woodstock Water Works bring swimsuit & towel; no additional \$ needed Rain alternate: Movie at Classic Cinemas, bring optional \$ for snacks	Sat	June 26	\$13/\$23
1331	Pizza & Bowling at Edgetown Bowl in Woodstock bring \$15 for 2 games of bowling & pizza dinner	Sat	July 17	\$13/\$23
1332	Baseball, BBQ & Bingo at LaBahn-Hain House in Lake in the Hills no additional \$ needed; wear your favorite baseball attire if you wish!	Sat	July 31	\$13/\$23
1333	Golf & Games, and Dinner at Culver's in Woodstock bring \$15-20 for games & food	Sat	Aug 14	\$13/\$23

Transportation:•McHenry Govt. Ctr., McHenry
•NISRA Office

Pick-up 5:15 pm Drop-off 9:45 pm
Pick-up 5:45 Drop-off 9:15

Staff Contact: Sarah K.

Due to the popularity & increasing size of these groups, NISRA will be adhering to the age limits.

Southsiders

Age group: Teens, Ages 17-21

Suggested ability level: all abilities

Min/Max: 4/12

Time: 6:00-9:00 pm

Prog#	Activity	Day	Date	R/NR Fee
0340	Teen Live Night, Dolphin's Cove, Carpentersville bring optional \$ for concession stand snacks; bring labeled swimsuit & towel Rain alternate: Glow in the Dark Mini-Golf at Putting Edge in Hoffman Estates bring \$5 for golf	Sat	June 26	\$13/\$23
0341	Outdoor Games & Make your own Sundaes at Bruce Ream Park in Hampshire no additional \$ needed	Sat	July 17	\$13/\$23
0342	Movies at Lake in the Hills 12 Theatre bring \$9.50 for ticket & optional \$ for snacks	Sat	July 31	\$13/\$23
0343	Dinner at Famous Dave's BBQ in Algonquin bring \$20 for dinner & tip	Sat	Aug 14	\$13/\$23

Transportation:•Dundee Recreation Ctr.
•The Centre, Elgin
•Lake in the Hills Village Hall

Pick-up 5:15 pm Drop-off 9:30 pm
Pick-up 5:45 Drop-off 9:15
Pick-up 5:45 Drop off 9:15

Staff Contact: Kara

*Resident Priority Registration
ends May 25*

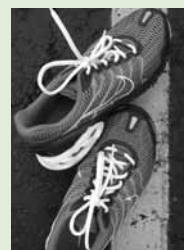
*Non-Resident Registration
begins May 26*

*Final Registration Deadline
May 28*

teens & adults

Do you like being outdoors in the summer?

Are you a runner?



A hiker?

Either way, we have a program for you!

Starts June 7- Register Early!

Triathlon Training



Is this your summer to take on a challenge and experience the thrill & rewards of achieving your goal? Let's get together & train for 7 weeks for the Wauconda Park District Triathlon! This race includes running 1 mile, swimming 100 yards & biking 3 miles. Each week we'll target one of these areas and on the last week we'll do a practice run of all three.

Age group: Ages 12 & older
Suggested ability level: all abilities
Location: varies

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3621	Mon	June 7-July 19	7	6:00-8:00 pm	\$58/\$101

Van Departs	Transportation Location	Returns
5:30 pm	NISRA Office	8:30 pm

Min/Max: 4/10
Staff Contact: Dave

NOTE: A schedule will be handed out on the 1st week of training. Please bring a water bottle & wear appropriate clothing each week. The Wauconda Park District Triathlon is July 24th. If you would like to do a part of it, we may be able to find you a team.



New day!



Hike the walking trails of McHenry County to explore the incredible sights & sounds of nature. Hiking is a great way to get in shape & meet new friends, all while you experience the great outdoors. Research has shown that a walk in the woods helps you relax, focus your thoughts, and improve your physical fitness.

Age group: Teens & Adults, Ages 16 & older
Suggested ability level: all abilities
Location: varies

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3620	Tues	July 6, 20; Aug 3	3	6:30-8:00 pm	\$17/\$30

Van Departs	Transportation Location	Returns
6:00 pm	NISRA Office	8:30 pm

Min/Max: 4/12
Staff Contact: Dave

NOTE: Please wear comfortable clothes and bring a water bottle & sack lunch.

Biking Club

Spring is a captivating season, so let's get out on our bikes & enjoy it! We'll cover safety and road rules on each week's leisurely, scenic ride and explore a different section of the Prairie Trail.

Age group: Ages 16 & older
Suggested ability level: all abilities

Location: Prairie Trail; meet at Prairie Trail Bike Shop, Algonquin

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2635	Mon	June 21-Aug 2	6	4:30-6:00 pm	\$35/\$60
No Prog July 5					

Min/Max: 4/12

Staff Contact: Tiffany

NOTE: Participants need to have their own bike, helmet, and water bottle. **New meeting location:** Prairie Trail Bike Shop in Algonquin on Route 31.

Culinary Creations



Learn the tricks of the culinary arts to make some sensational creations! Each week we'll learn a new cooking skill and plan our menu for the next time. Bring your favorite food ideas & appetite!

Age group: Teens & Adults, Ages 13 & older
Suggested ability level: all abilities
Location: Langendorf Park, Barrington

Prog #	Day	Dates	Weeks	Time
3409	Mon	June 28; July 12, 26	3	5:30-7:00 pm

R/NR Fee no Transp. \$30/\$53
R/NR Fee w/Transp. \$42/\$65

Van Departs	Transportation Location	Returns
4:45 pm	NISRA Office	7:30 pm

Min/Max: 4/10

Staff Contact: Dave

See special events on page 8-12 and Special Olympics on pages 40-41 for more fun things to do!

Clay Creations

Create your own original pottery with clay techniques such as pinchpots, coil, and slab building. Mold your clay into planters, vases, jewelry, mugs, musical instruments, or sculptures, then glaze it & it will be fired in a kiln.

Age group: Teens & Adults, Ages 16 & older
Suggested ability level: all abilities

Location: Hannah Beardsley School, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5515	Mon	June 21-Aug 2	6	7:00-8:30 pm	\$120/\$210
No Prog July 5					

Min/Max: 5/8


Staff Contact: Emily

teens & adults

Bowling

Age Group: Teens & Adults, Ages 16 & older
Suggested ability level: all abilities

Note: Fee includes shoe & ball rental, and 1 or 2 games of bowling, whichever time permits.

Name & Location	Program #	Day & Dates	Weeks	Time	R/NR Fee	Min/Max
Dundee Bowl Ages 6 thru Adult Liberty Lanes, Carpentersville Staff Contact: Kara	#0608	Wed, June 23-Aug 4	7	4:00-5:30 pm	\$60/\$105	6/20
Elgin Bowl  Woodview Lanes, Elgin Transportation available from ETC at 3:00 pm; no transportation home. Staff Contact: Kara	#0610	Thurs, June 24-Aug 5	7	3:30-5:00 pm	\$60/\$105 Fee w/Transp. \$74/\$119	6/25
Saturday Bowlers Edgetown Bowl, Woodstock Staff Contact: Sarah K. How about some lunch & laughs with friends after bowling? See Lunch Club North on the next page!	#1412	Sat, June 26-Aug 7 No Prog July 3	6	9:30-11:00 am	\$51/\$89	8/22
Saturday Strikers Brunswick Zone, Algonquin Staff Contact: Dave How about some lunch & laughs with friends after bowling? See Lunch Club South on the next page!	#3413	Sat, June 26-Aug 7 No Prog July 3	6	10:30 am-12:00	\$51/\$89	6/12
Palace Bowl Palace Bowl, McHenry Staff Contact: Sarah K.	#1609	Sat, June 26-Aug 7 No Prog July 3	6	12:00-1:30 pm	\$51/\$89	8/30

Private Music Lessons

Age Group: Youth, Teens & Adults, Ages 6 & older
Suggested ability level: all abilities
Location: Piano Trends, Crystal Lake
NISRA Staff Contact: Emily

We're working with Piano Trends again this season to offer you the chance to learn to play guitar, piano, flute, or even take voice lessons! With a few new instructors, Piano Trends has more to offer.

Fees are for a 30 minute lesson from 4:00-4:30, 4:30-5:00, 5:00-5:30, 5:30-6:00, 6:00-6:30, and 6:30-7:00, and are given on a first-come, first-serve basis. *Please indicate your time preference on your Registration Form. You will be contacted only if your preferred time slot is **not** available. **A parent/guardian is required to be in the building for the duration of the session.** Participants may need to purchase a music box, which is not included in the program fee.

Flute Lessons	#5541	Tues, June 15-July 27	7	4:00-7:00 pm*	\$158/\$276	1/6
Guitar Lessons	#5542	Tues, June 15-July 27	7	4:00-7:00 pm*	\$158/\$276	1/6
Piano Lessons	#5543	Tues, June 15-July 27	7	4:00-7:00 pm*	\$158/\$276	1/6
Voice Lessons	#5544	Tues, June 15-July 27	7	4:00-7:00 pm*	\$158/\$276	1/6

teens & adults

Golf League

Are you ready to take the next step & join a golf league? This league is for players who are ready to play 5 to 9 holes each week. Practice on a consistent basis, develop your game, and prepare for competition if you are interested.

Age group: Ages 16 & older

Suggested ability level: all abilities

Location: Bonnie Dundee Golf Course, Carpentersville

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0631	Mon	June 21-Aug 2	6	6:00-8:00 pm	\$38/\$66
No Prog July 5					

Min/Max: 3/8

Staff Contact: Kara



Artistic Beginnings

New!



Art can bring out the creativity that you never knew you had! In this beginner class, you'll learn how to use supplies including paint, pencil, charcoal, clay & more. Our art instructor will help you bring out your imagination & emotion in your art work.

Age group: Ages 13 & older

Suggested ability level: all abilities

Location: The Centre, Elgin

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5518	Wed	June 23-Aug 4	7	3:30-4:30 pm	
		R/NR Fee no Transp.			R/NR Fee w/Transp.
		\$63/\$110			\$77/\$124

Van Departs	Transportation	Location	Returns
3:00 pm	ETC, Elgin		none

Min/Max: 4/10

Staff Contact: Emily

AID clients, we'll pick you up & take you to this imaginative program!

Marvelous Junk

New!

It's not just junk...aluminum cans, egg cartons, recycled paper, oh my! We're going "green" by collecting recyclable materials to create works of functional art such as sculptures, jewelry, wind chimes & more. All you need for this program is your imagination!

Age group: Ages 13 & older

Suggested ability level: all abilities

Location: Rotary Building, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5520	Wed	June 23-July 14	4	6:30-7:30 pm	\$25/\$44

Min/Max: 4/10

Staff Contact: Emily

Hey, Saturday Bowlers & Saturday Strikers, how about lunch after bowling?!

Lunch Club North

New!



Are you tired of the same lunch every Saturday afternoon? How about trying something new & spending time with your friends? We'll check out a different place in the Woodstock area each week.

Age group: Ages 18 & older

Suggested ability level: all abilities

Location: varies, Woodstock area

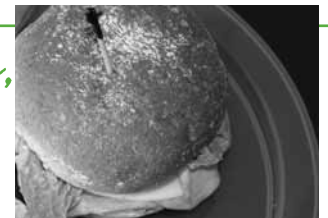
Prog #	Day	Dates	Weeks	Time	R/NR Fee
1415	Sat	July 17 & July 31	2	11:15-12:45 pm	\$22/\$39

Van Departs	Transportation	Location	Returns
11:00 am	Edgetown Bowl, Woodstock		1:15 pm
none	Sheltered Village		1:00

Min/Max: 5/20

Staff Contact: Sarah K.

NOTE: Please list your pick-up & drop-off locations on your Registration Form. Fee includes transportation, but please bring \$10-15 for lunch each week. If you'd like to bowl before lunch, consider Saturday Bowlers, listed on page 30. Transportation is provided from bowling.



Lunch Club South



It's Saturday, an excellent day to go out for lunch! Each week we'll go to a different place in the Barrington area.

Age group: Ages 18 & older

Suggested ability level: all abilities

Location: varies, Barrington area

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3418	Sat	July 10, 24; Aug 7	3	12:30-2:00 pm	\$33/\$58

Van Departs	Transportation	Location	Returns
12:00 am	Brunswick Zone, Algonquin		3:00 pm
12:30	Langendorf Park, Barrington		2:30
11:30	NISRA Office		3:30

Min/Max: 5/10

Staff Contact: Dave

NOTE: Please list your pick-up & drop-off locations on your Registration Form. Fee includes transportation, but please bring \$10-15 for lunch each week. If you'd like to bowl before lunch, consider Saturday Strikers, listed on page 30. Transportation is provided from bowling.

teens & adults

Fitness Frenzy

Would you like to get fit and be rewarded for it? At the Wauconda Park District's Fitness Center we'll use the bikes, treadmills and weights to start you on the road to a healthy lifestyle. We'll focus on strength training, along with some cardio work & stretching. You'll feel proud when you earn some incentives for your success.

Age group: Teens & Adults, Ages 16 & older

Suggested ability level: all abilities

Location: Wauconda Community Center

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3668	Wed	June 23-Aug 4	7	6:00-7:00 pm	\$37/\$64

Min/Max: 3/6

Staff Contact: Dave

NOTE: See page 42 for information about the fitness waiver required for participation.

Gone Fishin'



Have you ever fished on Bangs Lake, one of the best lakes in the area? Find out what all the buzz is about as you look over the sparkling water & cast for fish off of the accessible pontoon boat.

Age group: 8 & older

Suggested ability level: all abilities

Location: Bangs Lake, Wauconda

Prog #	Day	Dates	Weeks	Time
3633	Thurs	July 1-Aug 12	7	6:00-7:00 pm

R/NR Fee no Transp. **R/NR Fee w/Transp.**
\$40/\$70 \$68/\$98

Van Departs **Transportation Location** **Returns**
5:15 pm NISRA Office 7:45 pm

Min/Max: 4/6

Staff Contact: Dave



Art Explorations

Tap into your creativity with paints, pastels & more! Even if you've been drawing or painting before, there are always new techniques to learn & subjects to explore.

Age group: Ages 13 & older

Suggested ability level: All abilities

Location: Hannah Beardsley School, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5542	Thurs	June 24-Aug 5	7	7:00-8:00 pm	\$63/\$110

Min/Max: 4/8

Staff Contact: Emily

Fun N Fit

It's time to shape up (tone your body, that is)! You can experience success by having a personalized fitness plan that includes some strength training, cardio work & stretching. We even have some incentives to reward you along the way!

Age group: Ages 16 & older

Suggested ability level: all abilities

Location: Huntley R.E.C. Center

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2616	Thurs	June 24-Aug 5	7	6:00-7:00 pm	\$37/\$64

Min/Max: 4/7

Staff Contact: Tiffany

NOTE: Please see page 42 for information about the fitness waiver required for participation.

Teen Bowling

Start the weekend off right by relaxing with friends. Enjoy hanging out, bowling, talking & laughing in this teen program.

Age group: Ages 13-21

Suggested ability level: all abilities

Location: Crystal Bowl, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2305	Fri	June 25-Aug 6	7	4:30-6:00 pm	\$60/\$104

Min/Max: 6/20

Staff Contact: Tiffany

NOTE: Transportation is available to Cooking Made Simple on June 25, July 9 & 23...consider signing up for both!

Cooking Made Simple



Learn the tricks to cooking meals that taste wonderful & are easy...nothing as fancy as Chefs Rachael or Rocco make! We'll learn some basic techniques & try out some great recipes.

Age group: Ages 16 & older

Suggested ability level: all abilities

Location: Rotary Building, Crystal Lake

Prog #	Day	Dates	Weeks	Time
2407	Fri	June 25; July 9, 23	3	6:30-8:00 pm

R/NR Fee no Transp. **R/NR Fee w/Transp.**
\$30/\$53 \$36/\$59

Van Departs **Transportation Location** **Returns**
6:00 pm Crystal Bowl, Crystal Lake none

Min/Max: 5/12

Staff Contact: Tiffany

NOTE: Transportation from Crystal Bowl; no transportation home.

Outdoor Digital Photography

Have you seen the stunning photos you can take with an inexpensive digital camera? And do you like being outdoors and noticing interesting images, both in nature and all around? If so, consider this program where we'll learn how to use our cameras & compose great pictures. Then we'll upload our photos, edit, and print a selection on the last day of the program.

Age group: Ages 16 & older

Suggested ability level: all abilities

Location: various locations, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2416	Fri	July 2, 16, 30; Aug 13	4	6:30-8:00 pm	\$28/\$49

Min/Max: 4/10

Staff Contact: Tiffany

NOTE: Participants need to bring their own digital camera with a fully charged battery. Meet at the NISRA Office each week.

Critics' Night Out



Do you like to see the movies when everyone is buzzing about them? Then get your friends together & go to Lake Zurich with us to see the newest releases. You can be a critic after the show!

Age group: Teens & Adults, Ages 13 & older

Suggested ability level: all abilities

Location: Regal Cinemas, Lake Zurich

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3617	Fri	June 18, July 16, Aug 13	3	6:45-9:30 pm	\$42/\$74

Van Departs	Transportation Location	Returns
5:45 pm	NISRA Office	10:15 pm
6:30	Langendorf Park, Barrington	9:45

Min/Max: 4/12

Staff Contact: Dave

NOTE: Fee includes movie ticket & transportation; participants need to bring \$ for optional snacks at the theater. Movie choices will be G, PG, or PG 13 rated films. Transportation return times may vary based upon the length of the movie.

Ice Skating-Beginner

Imagine yourself twirling on the ice! Each week includes instruction for stopping, turning & skating backwards, and practice time.

Age group: Ages 6 & older

Suggested ability level: beginner level or non-competitive skaters.

Location: Crystal Ice House, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2606	Sat	Sept 4-Oct 9	6	11:15 am-12:00	\$36/\$63

Min/Max: 3/8

Staff Contact: Tiffany

NOTE: Dates are in conjunction with the Ice House schedule.

Contact us!

Chorus Troupe

Do you love to sing? We're partnering with the Northwest Community Music Academy to organize a chorus group for teens & adults of all abilities.

This program would most likely be a weeknight class in the Crystal Lake area. The Academy believes in Empowering Excellence in Character by Experience and Leadership through Music. If you are interested in this potential program, please contact Emily at the NISRA Office.



Karate

The martial arts are a great way to develop physical and mental skills...consider the benefits of Karate: strength, coordination, self-confidence and respect for oneself and others. Gain focus and control, while learning self-defense in this structured and safe program.

Intermediate-Lake in the Hills

If you have been moved to the Intermediate level by the instructors at Focus Martial Arts, please sign up for this program.

Age group: Ages 6 & older

Location: Focus Martial Arts, Lake in the Hills

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2217	Sat	June 19-Aug 28	10	10:00-10:45 am	\$73/\$127

No Prog July 3

Min/Max: determined by Focus staff

Staff Contact: Tiffany

NOTE: The Focus staff determine which participants are ready to advance to the Intermediate classes & will inform you so that you can register for this level.

young adults

NOTE: **Please keep this brochure** because no separate flyer will be mailed!
 Parents, please make sure your young adult gets on the correct vehicle at the parking lot.
 See page 50 for additional information about transportation.



Young Adult Club North

Age group: Ages 22-35 **Suggested ability level:** all abilities **Min/Max:** 6/12
Time: 6:30-9:30 pm

Prog#	Activity	Day	Date	R/NR Fee
3442	Movies at Classic Cinemas in Woodstock bring \$5 for ticket & optional \$ for snacks	Fri	June 25	\$13/\$23
3443	Cooking w/YA Club South at Rotary Bldg. in Crystal Lake no additional \$ needed	Fri	July 9	\$13/\$23
3444	Dinner at Nick's Pizza in Crystal Lake bring \$20 for dinner & tip	Fri	July 23	\$13/\$23
3445	Swimming & Ice Cream w/YA Club South at The Centre in Elgin bring \$5 for ice cream	Fri	Aug 6	\$13/\$23

Transportation: •McHenry Govt. Ctr., McHenry Pick-up 5:45 pm Drop-off 10:00 pm
 •NISRA Office Pick-up 6:15 Drop-off 10:15

Staff Contact: Dave

Due to the popularity & increasing size of these clubs, NISRA will be adhering to the age limits.

Young Adult Club South

Age group: Ages 22-35 **Suggested ability level:** all abilities **Min/Max:** 6/12
Time: 6:30-9:30 pm

Prog#	Activity	Day	Date	R/NR Fee
3468	Movies at Classic Cinemas in Carpentersville bring \$9 for movie ticket & optional \$ for snacks	Fri	June 25	\$13/\$23
3469	Cooking w/YA Club North at Rotary Bldg. in Crystal Lake no additional \$ needed	Fri	July 9	\$13/\$23
3470	Dinner at Nick's Pizza in Elgin bring \$20 for dinner & tip	Fri	July 23	\$13/\$23
3471	Swimming & Ice Cream with YA Club North at The Centre in Elgin bring \$5 for ice cream	Fri	Aug 6	\$13/\$23

Transportation: •Dundee Recreation Center Pick-up 5:30 pm Drop-off 10:15 pm
 •The Centre, Elgin Pick-up 6:00 Drop-off 10:00
 •Lake in the Hills Village Hall Pick-up 6:15 Drop-off 9:45

NOTE: Minimum of 3 people needed each week at the newer LITH location for NISRA to provide transportation.

Staff Contact: Dave

Sunshine Through Golf

“Fore!” The Sunshine Through Golf Foundation (STGF) is again teaming up with NISRA to provide a “Sunshine Through Golf” camp. The program is taught by PGA Professionals and covers all of the basics of golf including swing, putting and etiquette. You can find more information on the STGF web site at www.sunshinethroughgolf.org.

Age group: 8 & older

Suggested ability level: all abilities



Beginner Golf-Barrington

Location: Makray Memorial Golf Club, Barrington



Prog #	Day	Dates	Weeks	Time	R/NR Fee*
3635	Thurs	July 8-Aug 12	6	4:30-5:30 pm	Free

Van Departs	Transportation Location*	Returns
3:45 pm	NISRA Office	6:00 pm

Min/Max: 4/12

Staff Contact: Dave

NOTE: *Fee for transportation from the NISRA Office is \$24 for residents & \$42 for non-residents. Registration is limited to one Sunshine Through Golf camp per participant-please choose only one.

Beginner Golf-Dundee

Location: Randall Oaks Golf Course, West Dundee

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0630	Mon	June 21-Aug 2	6	5:00-6:00 pm	Free

No Prog July 5

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0633	Mon	June 21-Aug 2	6	6:00-7:00 pm	Free

No Prog July 5

Min/Max: 4/12

Staff Contact: Kara

NOTE: Registration is limited to one Sunshine Through Golf camp per participant-please choose only one.

Intermediate/Advanced Golf-Barrington

Location: Makray Memorial Golf Club, Barrington

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3636	Thurs	July 8-Aug 12	6	5:30-6:30 pm	Free

Min/Max: 4/12

Staff Contact: Dave

NOTE: Registration is limited to one Sunshine Through Golf camp per participant-please choose only one.

Intermediate/Advanced Golf-Dundee

Location: Randall Oaks Golf Course, West Dundee

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0632	Tues	June 22-July 27	6	5:00-6:00 pm	Free

Min/Max: 4/12

Staff Contact: Kara

NOTE: Registration is limited to one Sunshine Through Golf camp per participant-please choose only one.



Movie Review Crew

Can you think of a better way to break up your day than to kick back and watch a movie with friends? Watch a different flick each week and decide if it's a “thumbs up” or a “thumbs down.”

Age group: Ages 21 & older

Suggested ability level: MH

Location: varies

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1433	Wed	June 23; July 7, 21; Aug 4	4	11:30-3:00 pm	\$48/\$84

Van Departs	Transportation Location	Returns
11:00 am	NISRA Office	3:00 pm
11:20	Pioneer Central	varies

Min/Max: 6/20

Staff Contact: Sarah K.

NOTE: Transportation is available from Pioneer Center to & from the program and is included in the fee. Pick-up and drop-off times may vary based upon the movie schedule.

Self Advocacy Council of Northern Illinois (SACNI)

The Self Advocacy Council of Northern Illinois began in 2006 and is made up of youth & adults with disabilities who work together to support all people with disabilities to become **self advocates** and direct their own lives. SACNI meets the 2nd Thursday of each month, from 6:30-8:30 pm at McHenry County College. Contact Advisor Cathy Christensen at 815-382-1530, clchristensen100@aol.com or visit the Council's web site, www.sacni.org.

adults

HEY, PIONEER CLIENTS!

This page has programs designed just for you! And don't forget to check out all the other programs for Adults, some that have transportation from Pioneer Center.

Aquacize



Would you like to get in shape & feel better, while having fun with friends? Water exercise is one of the best ways to tone muscles and increase cardiovascular endurance.

Age group: Pioneer Clients, Ages 21 & older

Suggested ability level: all abilities

Location: Woodstock Recreation Center

Prog #	Day	Dates	Weeks	Time	R Fee
1400	Mon	June 21-Aug 2	6	10:15-11:15 am	\$59

No Prog July 5

Van Departs	Transportation Location	Returns
9:30 am	Pioneer Central	11:45 am

Min/Max: 6/13

Staff Contact: Sarah K.

Making Memories

Let's make some memories by learning the art of scrapbooking! Whether you're an experienced scrapbooker or a beginner, gather your favorite photos & other memorabilia, and we'll provide tools, fancy papers, stickers, borders & more to help you create your own unforgettable scrapbook.

Age group: Pioneer Clients, Ages 21 & older

Suggested ability level: all abilities

Location: Pioneer Center

Prog #	Day	Dates	Weeks	Time	R Fee
5523	Mon	June 21-Aug 2	6	1:00-2:00 pm	\$38

No Prog July 5

Min/Max: 4/8

Staff Contact: Emily

NOTE: Fee includes all supplies. Please bring your photos on the first week of the program, and label them with names, events & dates if possible.

Variety Dance

We're going to be moving & grooving to our favorite dances such as the Macarena and the Cha Cha Slide. Your heart will be pumping and you may even break a sweat! Grab your friends for a fun time and shake your booty!

Age group: Pioneer Clients, Ages 21 & older

Suggested ability level: MH

Location: Pioneer Central, McHenry

Prog #	Day	Dates	Weeks	Time	R Fee
1402	Thurs	June 24-Aug 5	7	1:00-1:45 pm	\$46

Min/Max: 6/15

Staff Contact: Sarah K.

Club Fitness



Pioneer clients, are you ready to boost your fitness routine? If you would like a *vigorous workout* on the Wauconda Park District's Fitness Center equipment, then this is the program for you!

Age group: Pioneer Clients, Ages 21 & older

Suggested ability level: MH, PH

Location: Wauconda Community Center

Prog #	Day	Dates	Weeks	Time	R Fee
1426	Tues	June 22-Aug 3	7	1:00-2:00 pm	\$65

Van Departs	Transportation Location	Returns
12:30 pm	Pioneer Central	2:30 pm

Min/Max: 4/6

Staff Contact: Sarah K.

NOTE: Participants should choose Fit with Friends or Club Fitness, based upon the level of workout desired. See page 42 for information about the fitness waiver required for participation.

Fit with Friends

Take time out of your workday for a break of stretching, moving and getting re-energized for the rest of the day. You'll be surprised at how much energy you have after this *moderate workout*, and you'll be ready for fun after work!

Age group: Pioneer Clients, Ages 21 & older

Suggested ability level: MH

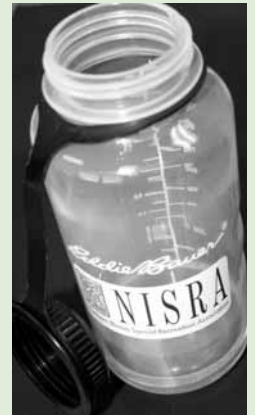
Location: Pioneer Central, McHenry

Prog #	Day	Dates	Weeks	Time	R Fee
1403	Tues	June 22-Aug 3	7	12:30-2:30 pm*	\$37

Min/Max: 6/20

Staff Contact: Sarah K.

NOTE: Participants should choose Fit with Friends or Club Fitness, based upon the level of workout desired. *Staff will assist participants in getting to the one-hour program from either 12:30-1:30 or 1:30-2:30. See page 42 for information about the fitness waiver required for participation.



Life in the Park

Summer's finally here, let's go out & enjoy it! We'll take a walk from Sheltered Village to Emricson Park to enjoy games & other outdoor activities.

Age group: Ages 21 & older

Suggested ability level: MH

Location: Emricson Park, Woodstock

Prog#	Day	Dates	Weeks	Time	R/NR Fee
1466	Wed	June 23-Aug 4	7	6:30-8:00 pm	\$40/\$70

Min/Max: 5/12

Staff Contact: Sarah K.

NOTE: Meet at Sheltered Village and we'll walk as a group to the park.

Resident Priority Registration ends May 25

Non-Resident Registration begins May 26

Final Registration Deadline May 28

Meetin' Place



Looking for a fun way to meet up with your friends? Or make new ones? Meetin' Place is an inviting "place" where everyone feels welcome while we enjoy lunch, crafts, games, getting moving & more!

Age group: Ages 21 & older

Suggested ability level: MH

Location: varies

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1463	Fri	June 25-Aug 6	7	11:00 am-1:00	\$81/\$141

Van Departs	Transportation Location	Returns
10:25 am	NISRA Office	1:30 pm
10:40	Pioneer Central	1:45

Min/Max: 6/20

Staff Contact: Sarah K.

NOTE: Please bring a cold sack lunch & drink; we won't have access to a microwave oven. Transportation provided between the program and Pioneer Center is included in the fee.

FUN NIGHTS @ THE CENTRE

for adults ages 21 & older



Ice Cream Social & Game Night

Enjoy a summer evening making your own signature ice cream sundae & taking on some friendly competition at this game night!

Location: The Centre, Elgin

Prog#	Day	Date	Time	R/NR Fee
0440	Fri	July 9	7:00-9:00 pm	\$12/\$20

Van Departs	Transportation Location	Returns
6:00 pm	NISRA Office	9:45 pm
6:45	Clark House, Elgin	9:15

Min/Max: 6/15

Staff Contact: Kara

Popcorn & Video Night

"Chill-out & relax on this Friday night with a good DVD movie & popcorn... and don't forget to invite some friends!"

Location: The Centre, Elgin

Prog#	Day	Date	Time	R/NR Fee
0442	Fri	Aug 13	7:00-9:00 pm	\$8/\$13

Van Departs	Transportation Location	Returns
6:00 pm	NISRA Office	9:45 pm
6:45	Clark House, Elgin	9:15

Min/Max: 6/15

Staff Contact: Kara

TGI...the weekend!

Weekend activities for Adults, Ages 21 & older

Thank goodness it's...the weekend! Time to go out with friends for FUN! ...

Pizza & Movie

Let's catch some of the newest flicks on the big screen & enjoy some tasty, hot pizza with friends!

Location: Pizza Hut & Classic Cinemas, Woodstock

September 11

Day, Date & Time: Sat, Sept 11, 5:00-10:00 pm (approx.)

Prog#	Transportation Location	Min/Max	R/NR Fee
1900	Sheltered Village	6/12	\$29/\$51
1901	NISRA Office & McHenry Govt. Ctr., McHenry	6/12	\$29/\$51

Staff Contact: John

NOTE: Please register for the Program # that goes with the transportation location where you wish to be picked up & dropped off. Due to the various movie times, a detailed flyer with the schedule & transportation times will be sent to you. One group will see the movie first while the other half enjoys pizza, then they'll switch activities.

Burgers & Baggo

Whether you call it bags, baggo, or cornhole, you know you're bound to have a good time! We'll spend the evening grillin' burgers & dogs, while we're tossin' the bags. What's That? Never played? Don't worry, it's easy to learn & tons of fun!

Location: Nunda Township property, Crystal Lake

Prog#	Day	Date	Time	R/NR Fee
2906	Sat	June 19	5:00-7:00 pm	\$15/\$26

Van Departs	Transportation Location	Returns
4:30 pm	Sheltered Village	7:30 pm
4:15	NISRA Office	7:45
4:45	McHenry Govt. Ctr., McHenry	7:15
4:00	Village Hall, Lake in the Hills	8:00

Min/Max: 6/20

Staff Contact: John

Concert & Fireworks

Fireworks? Check. Music? Check. Fun? Check!!! This was so great last year, we're going again. Grab a friend & let's go!

Location: Meadowdale Park, Carpentersville

Prog#	Day	Date	Time	R/NR Fee
0904	Sat	June 26	7:30-10:00 pm	\$16/\$28

Van Departs	Transportation Location	Returns
7:00 pm	NISRA Office	10:30 pm
6:30	Sheltered Village	11:00
7:15	Dundee Recreation Center	10:15
6:45	The Centre, Elgin	10:45

Min/Max: 6/20

Staff Contact: John

NOTE: Please bring your own blanket. No additional \$ needed.

Be Cool at the Pool!

Don't miss out on a splash-tastic great time at these 3 local swimming pools!

Swimming & BBQ

Before the summer's over, be sure to enjoy an evening in the cool waters of the pool, along with a cookout with friends!

Location: Langendorf Park, Barrington

Prog#	Day	Date	Time	R/NR Fee
3902	Fri	June 25	5:00-7:30 pm	\$16/\$28

Van Departs	Transportation Location	Returns
4:00 pm	Sheltered Village	8:30 pm
4:30	NISRA Office	8:00

Min/Max: 6/12

Staff Contact: John

NOTE: No extra money is needed, but please bring your swimsuit, towel, and change of clothes. If there's bad weather we'll go inside for a DVD movie & BBQ with no change in the time schedule.

Swimming at Wing Park Pool

New!

We're going to cool off at Wing Park Pool by splashing around in the refreshing water & eating some chilly ice cream.

Location: Wing Park Pool, Elgin

Prog#	Day	Date	Time	R/NR Fee
0902	Sat	July 17	5:45-8:15 pm	\$16/\$29

Van Departs	Transportation Location	Returns
5:00 pm	NISRA Office	8:45 pm
4:30	McHenry Govt. Ctr., McHenry	9:15
5:30	Dundee Recreation Center	9:15
5:00	Barrington Park District	8:45

Min/Max: 6/20

Staff Contact: John

NOTE: No extra money is needed. Please bring a towel along with a change of clothes if you wish.

Water Works & BBQ

Cool down from the summer sun at the Woodstock Water Works! We'll enjoy the pool & slides, topped off by a great BBQ meal.

Location: Emricson Park, Woodstock

Prog#	Day	Date	Time	R/NR Fee
1902	Sat	Aug 14	5:00-8:00 pm	\$15/\$26

Van Departs	Transportation Location	Returns
4:00 pm	NISRA Office	9:00 pm
4:30	McHenry Govt. Ctr., McHenry	8:30

Min/Max: 6/30

Staff Contact: John

NOTE: No extra money is needed, but please bring your swimsuit, towel, and change of clothes. Sheltered Village residents, a NISRA staff member will meet you at Sheltered Village & walk with you to Emricson Park.

TGI...the weekend!

Weekend activities for Adults, Ages 21 & older

...Transportation is available for all of the activities on these 2 pages.



Please be sure that the participant gets on the correct vehicle in the parking lot. See page 50 for additional information about transportation.

Wauconda Rodeo

Prepare to be blown away by the skills of some incredible buckaroos at the rodeo! This is a night of bull riding, calf roping, trick riding, and all the rodeo clown silliness you can handle!

Location: Golden Oaks Rodeo Grounds, Wauconda

Prog#	Day	Date	Time	R/NR Fee
3909	Sat	July 10	6:30-9:00 pm	\$31/\$54

Van Departs	Transportation Location	Returns
5:30 pm	Sheltered Village	10:45 pm
6:00	McHenry Govt. Ctr., McHenry	10:30
5:30	Dundee Recreation Center	11:00
6:00	NISRA Office	10:30

Min/Max: 6/25

Staff Contact: John

NOTE: Please bring money if you would like to purchase snacks.

Craftastic Creations

The bright summer sun & fresh air awakens you to color, nature & beauty. Let's get together to talk & do some summer-themed crafts.

Location: Village Hall, Lake in the Hills

Prog#	Day	Date	Time	R/NR Fee
2907	Sat	July 24	6:00-8:00 pm	\$17/\$29

Van Departs	Transportation Location	Returns
5:15 pm	Sheltered Village	8:45 pm
5:45	NISRA Office	8:15
5:30	The Centre, Elgin	8:30
5:00	Dundee Recreation Center	9:00

Min/Max: 6/20

Staff Contact: John

Don't miss out on the **Dances** listed on page 10!

Mini-Golf & Ice Cream

Grab a putter & a friend and let's play mini-golf! After you've worked up an appetite on 18 holes, we'll go get some ice cream.

Location: Lippold Park, Crystal Lake

Prog#	Day	Date	Time	R/NR Fee
2903	Sat	July 31	6:00-8:00 pm	\$21/\$37

Van Departs	Transportation Location	Returns
5:00 pm	McHenry Govt. Ctr., McHenry	8:30 pm
5:30	NISRA Office	9:00
5:00	Sheltered Village	8:30

Min/Max: 6/15

Staff Contact: John

NOTE: Fee includes transportation, mini-golf & ice cream.

Can't make it, or running late to your pick-up location?

If you have registered for transportation with a NISRA program and are unable to attend or are running late, we have a procedure for communicating with you. The staff/driver will wait for 5 minutes & then call your home & cell phones to try to get in touch with you. We can wait a maximum of 10 minutes before we must leave for the other pick-up points and/or the program.

McHenry County Fair

We're off to the Fair! We'll experience everything from 4-H animals to tractor pulls to games & food!

Location: McHenry County Fairgrounds, Woodstock

Prog#	Day	Date	Time	R/NR Fee
1903	Sat	Aug 7	11:00 am-1:00 pm	\$24/\$42

Van Departs	Transportation Location	Returns
10:00 am	NISRA Office	1:45 pm
10:30	Sheltered Village	1:15
10:15	Village Hall, Lake in the Hills	1:30
9:45	Dundee Recreation Center	2:00

Min/Max: 6/15

Staff Contact: John

NOTE: Fee includes transportation, admission and \$5 for snacks.

Pizza Party & Movie @ the Library

We're back at the library again, for the big screen with digital surround sound! We'll watch a new release DVD and enjoy pizza.

Location: Wauconda Library

Prog#	Day	Date	Time	R/NR Fee
3908	Fri	Sept 10	6:00-8:30 pm	\$18/\$31

Van Departs	Transportation Location	Returns
5:00 pm	Village Hall, Lake in the Hills	9:30 pm
5:30	NISRA Office	9:00
5:00	Sheltered Village	9:30

Min/Max: 6/20

Staff Contact: John

NOTE: Fee includes transportation, movie, pizza & soft drinks.

Dinner & the Boat

Experience what Vegas has to offer without the 4 hour plane flight! We're off to Jimmy's Charhouse & Grand Victoria Casino in Elgin.

Location: Jimmy's Charhouse & Grand Victoria Casino, Elgin

Prog#	Day	Date	Time	R/NR Fee
0903	Sat	Sept 18	5:30-9:30 pm	\$33/\$57

Van Departs	Transportation Location	Returns
4:15	McHenry Govt. Ctr., McHenry	10:30 pm
4:45	NISRA Office	10:15
4:45	Dundee Recreation Center	10:00
5:15	The Centre, Elgin	9:45

Min/Max: 6/15

Staff Contact: John

NOTE: Participants must bring photo ID card & their own money for gambling. NISRA will provide \$15 for dinner, tax & tip. If you want a more expensive dinner, please bring extra money.

Special Olympics



Special Olympics programs welcome participants with a developmental delay, ages 8 and older. All Special Olympics athletes must have a valid Application for Participation (APP) on file in order to compete. Call Dave with questions about Special Olympics eligibility, training programs, competition or sponsorship opportunities.

Special Olympics Competition

Special Olympics was developed as a competitive (vs. recreational) program to encourage developmentally disabled individuals to challenge themselves to achieve their highest ability level. Many Special Olympic athletes display the competitive spirit associated with sports, and agree to the training necessary for competition.

Just like people without disabilities, some children and adults with disabilities enjoy sports and exercise in a non-competitive environment. They may not understand competition or may struggle with the regulations of competition. **For those, Special Olympics may not be appropriate, and there are other programs that may be more suitable and enjoyable.**

NISRA staff can assist with assessing which type of program would be the best match for the participant's interests, abilities, time and convenience. NISRA also has a Special Olympic Sports Training & Competition Policies & Procedures Manual with further information & guidelines that is available to you. Please call the NISRA office for a copy or to speak with Dave about Special Olympics programs.

Special Olympics

Let me win, but if I cannot win,
Let me be brave in the attempt.
-Special Olympics Oath

Special Olympics Unified Golf

Want to work on your golf game with the same partner every week? Then register for Unified Golf, a Special Olympics program that joins Special Olympics athletes with Unified Partners (players without a disability). Scoring for Unified Golf is aggregate, ie., both players' scores on each hole are added together. Those who have already been playing Unified Golf can use this prime time to practice on the golf course.

Age group: Ages 8 & older

Suggested ability level: MH

Location: Bonnie Dundee Golf Course, Carpentersville

Prog #	Day	Dates	Weeks	Time	R/NR Fee
6710	Mon	June 21-Aug 2	6	6:00-8:00 pm	\$46/\$73
No Prog July 5					

Min/Max: 4/8

Area Competition: July 26

Staff Contact: Dave

NOTE: Athletes are encouraged to choose a person who they will want to partner with for the entire season. Unified Partners need to be at least 14 years of age, complete a Class A form, a Unified Partner form, and a NISRA Registration form.

Volleyball

Bump, set & spike...athletes you can practice the fundamentals of volleyball and compete against other SRAs. You'll need a valid APP (Application for Participation) in order to be eligible to participate in Special Olympics competition.

Age group: Ages 8 & older

Suggested ability level: MH

Area Competition: September 19, 2010

Staff Contact: Dave

NOTE: For any athletes who play softball and volleyball, there will be some overlap if both teams qualify for the state tournament. In the event that both teams qualify, details will be worked out at that time and a flyer with information and the fee for State competition.

Please register for the team you played on last year; call the NISRA Office if you need information or assistance.

Aces-Woodstock



Location: Creekside Middle School, Woodstock

Prog #	Day	Dates	Weeks	Time
6703	Tues	Aug 3-Oct 5	10	7:00-8:30 pm

R/NR Fee no Transp.	R/NR Fee w/Transp.
\$65/\$106	\$105/\$146

Van Departs	Transportation	Location	Returns
6:15 pm	NISRA Office		8:45 pm

Min/Max: 6/12

Nutty Netters-Elgin

Location: The Centre, Elgin

Prog #	Day	Dates	Weeks	Time	R/NR Fee
6702	Tues	Aug 3-Oct 5	10	7:00-8:30 pm	\$65/\$106

Min/Max: 6/12

Spikers-Lake in the Hills

Location: Marlowe Middle School, Lake in the Hills

Prog #	Day	Dates	Weeks	Time	R/NR Fee
6709	Tues	Aug 3-Oct 5	10	7:00-8:30 pm	\$65/\$106

Min/Max: 6/12



Special Olympics

Powerlifting

Athletes, are you ready to pump some iron with skill & form? Learn the techniques involved with this challenging sport.

Age group: Ages 16 & older

Suggested ability level: MH

Location: McHenry County College, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
6741	Wed	June 23-Aug 4	7	6:00-8:00 pm*	\$35/\$61

Min/Max: 3/12

Staff Contact: Dave

NOTE: *Time slots of 6:00-7:00 or 7:00-8:00 will be available. Please indicate your preference on the Registration Form and we will try to accommodate your choice. You will receive a call with confirmation of your time slot.

Intermediate/Advanced Tennis

This program prepares athletes for competitive Special Olympics Tennis. Players must have previous experience in tennis, including the ability to serve & hit into proper courts with reasonable consistency. Coaches will determine which athletes qualify for Special Olympics competition.

Age group: Ages 8 & older

Suggested ability level: MH

Location: Crystal Lake Racket Club, Algonquin

Prog #	Day	Dates	Weeks	Time	R/NR Fee
6704	Mon	June 14-July 26	6	4:00-5:00 pm	\$42/\$65

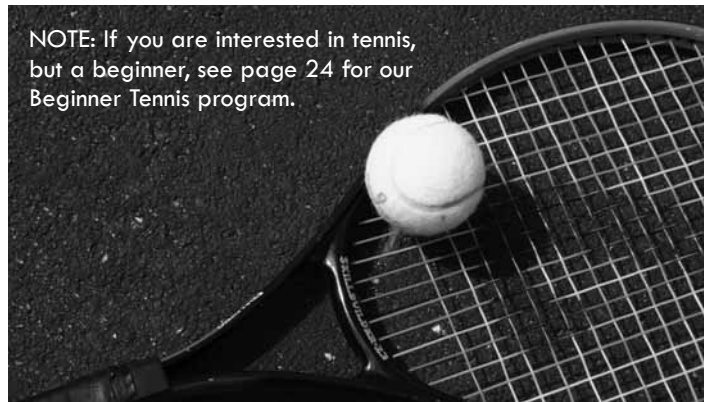
No Prog July 5

Min/Max: 3/5

Area competition: July 31, 2010

Staff Contact: Dave

**Has your APP expired?
Call Dave to make sure that you are
up-to-date & eligible to compete!**



NOTE: If you are interested in tennis, but a beginner, see page 24 for our Beginner Tennis program.

program information

Severe Weather Guidelines

The guidelines below are used by NISRA Staff to determine whether to delay or cancel programs. Typically participants will be called when conditions force a change in the schedule.

Hot Weather Guidelines

Outdoor programs may be cancelled if any of the following conditions exist:

- Temperature is above 95 degrees
- Heat Index is 105 degrees or higher

Indoor programs where there is no air conditioning may be cancelled at the discretion of the NISRA staff prior to the program or by the Program Leader at the program.

All programs will be cancelled when the National Weather Service has issued a Tornado Warning for any of these counties: Lake, Kane, Cook or McHenry.

If you are unsure about program cancellation after office hours, visit our web site at www.nisra.org, or you may call the NISRA office at 815-459-0737, ext. 300 where there may be updated information available.

Illness Guidelines

In order to prevent the spread of illness, it is recommended that participants not attend NISRA programs when any of the following conditions exist:

- Fever over 100 degrees
- Vomiting within the last 24 hours
- Persistent diarrhea
- Persistent cough and/or cold symptoms
- “Pink Eye” (conjunctivitis)
- Symptoms of mumps, measles, chicken pox, strep throat, flu, impetigo, or Hand, Foot & Mouth Disease
- Runny nose with yellow or green discharge (indicates infections)
- Lice or mites present
- Contagious rash or rash of unknown origin

You will be contacted immediately to make arrangements for the participant to go home if any of these symptoms are present.

Mandated Reporters

NISRA staff are mandated by the State of Illinois to report to the DCFS hotline if they observe a situation that provides reasonable cause to suspect child abuse or neglect. Workers in certain professions, including “recreational program” personnel have this legal mandate. Staff are trained in signs & symptoms of abuse & neglect, and the procedure for making a report.



Northern Illinois Special Recreation Association

Northern Illinois Special Recreation Association

Seizure Questionnaire

Please complete this form if the participant experiences seizures, or return a copy of your child's seizure plan from his/her school. **Please update this form whenever there is a change in the seizure plan and submit it with your registration.** You will be asked to review this once a year and provide any necessary updates.

Date: ___/___/___

Participant's Name: _____

Parent/Guardian: _____

Phone: () _____

Emergency Contact: _____

Phone: () _____

Emergency Contact Relationship: _____

Current Medication:

Name

Dosage

Time of intake

Please note: NISRA will not administer rectal diastat.

Seizure type (please check):

Absence (staring spell)

Atonic (drop)

Simple Partial

Generalized (Gran Mal)

Complex Partial

Other (explain): _____

What was the date of the participant's last seizure? ___/___/___

How long does the seizure last? _____

How long was the longest seizure? _____

Are there any symptoms prior to the onset of the seizure? (ie., smells, stomach pain, fear, sounds)

Explain: _____

Seizure Plan

Please list the necessary steps you would like NISRA to take in the event of a seizure:

1. Call 911 for a seizure lasting more than _____ minutes.

2.

3.

Please return this completed form, or other seizure plan, along with your Registration Form to the NISRA office.



Northern Illinois Special Recreation Association

Northern Illinois Special Recreation Association Fitness Program Waiver

TO: Medical practitioner
FROM: Northern Illinois Special Recreation Association (NISRA)
RE: Recommendation for participation
DATE: Summer 2010

NOTE: Participants that have a current Special Olympics APP form on file need not complete this Waiver.

Your patient (name below) desires to register to participate in a NISRA fitness program. These programs involve physical exercise through the use of aerobics, treadmill, weights, and/or resistance equipment. A typical fitness program meets 1-2 times/week for up to 1 hour. NISRA provides a close-staff-to-participant ratio and the exercises are chosen based upon the participant's ability level.

In order for your patient to participate in this type of program, we are requesting a medical clearance. Please complete the following information and return it to the NISRA office by **May 28, 2010**.

Part 1: For completion by NISRA Participant.

Print Name: _____

I give permission for (medical practitioner name) _____ to complete this medical clearance form.

Date: _____ Participant signature: _____

Part 2: For completion by medical practitioner licensed to administer physical examinations in the State of Illinois.

Please check:

I support my patient's participation in this program with no restrictions

I support my patient's participation in this program with the following restrictions: _____

I do not recommend my patient's participation in the program for the following reasons: _____

Date: _____ Medical Practitioner's signature: _____

Medical practitioner's address: _____

Please return to: NISRA
285 Memorial Drive
Crystal Lake, IL 60014

(815) 459-0388 Fax*

*A facsimile signature shall substitute for and have the same effect as an original signature.

This form will be valid for one year from the date of the Medical practitioner's signature.

registration information

A Registration Note...

Although some NISRA programs are offered according to disability classifications, these classifications should only be considered as recommendations. For example, if a particular program is offered for children with learning disabilities (LD) and your child does not have that classification, but meets other social, physical and behavioral requirements to participate in the program, please feel free to register for it.

Annual Registration Update

Once each year, all registrants must complete an Annual Update form (included in the summer & fall brochures) in order for NISRA to update its records. This process helps the staff provide the safest & best care possible.

Registration Information

1. Registration is conducted on a first-come, first-serve basis. **Residents of NISRA's member districts who register by the Resident Priority Registration date have priority over out-of-district "Non-Resident" participants.**
2. **If a program reaches maximum registration, a waiting list will be started.** Those on the list will be notified.
3. **A program may be cancelled if enrollment is less than the determined minimum. Your account will be credited unless a refund is preferred or the participant joins another program.**
4. **Registration is considered complete and will be processed only when payment is received,** unless other arrangements have been made. **NOTE: Registration will not be processed if there is a balance due from past seasons.**
5. Out-of-district "Non-resident" participants are welcome to register for all programs. However, a non-resident fee is charged (see program description) and registration is processed after the Resident Priority Registration date.
6. Instructors may not accept payment or register participants at programs. Registration and payment must be made through the NISRA office.
7. The Registration Form is designed to provide all medical and personal information necessary for the instructor to provide a safe experience. **Please complete the form thoroughly.**

Credits and Refunds

Credits and refunds must be requested prior to the start of the program and a \$5.00 service charge will be deducted. Once a program has started, credits and refunds will be issued for medical or unavoidable circumstances only (ex., job transfer, moving, etc.). Proof of the reason may be required. A prorated credit or refund, based upon the number of classes attended or tickets purchased, will be issued, minus a service charge.

Scholarships

Scholarships are available for weekly programs for those who qualify due to financial hardship situations. Please call Kerri Ruddy at the NISRA office for assistance.

Group Home Resident Fee Policy

In-district status will be granted for participants residing in out-of-district group/sheltered homes or facilities that are within 5 miles of NISRA's member districts, *if* the administrative headquarters of such group/sheltered homes or facilities is located within NISRA's member districts.

Township Information

We ask for your township on the Registration Form because area townships annually give grants to NISRA. Listing your township allows NISRA to provide the townships with participation statistics to support their giving. If you are unsure of your township:

- check your voter registration card
- check your property tax bill
- call the county office or township office closest to your home

Procedure for Seizure Information

If your Registration Form indicates that the participant experiences seizures, a completed Seizure Questionnaire (included in this brochure), or equivalent seizure plan is required for participation in NISRA programs. This document is kept on file and distributed to the leaders of the programs for which the registrant is enrolled. This will enable staff to provide the desired level of care in the event of a seizure during a NISRA program. Once each year you will be asked to review & update your plan if necessary. If you have any questions about this procedure, please contact the NISRA office.

Fitness Waiver for Fitness Programs

Due to the physical nature of NISRA's fitness programs, the circumstances at some facilities, and the exertion that participants may undertake, NISRA requires a fitness waiver prior to participation. **The form is included in this brochure.** The clearance to participate will be valid for one year from the date on which it was signed by the participant's medical practitioner.

See pages 46 & 49 for more information about NISRA program policies, and page 50 for more information about transportation.

Registration Deadlines

- Final registration deadline is Friday, May 28th**
- Late registrations are subject to pre-approval by staff
- If your registration is late, you may:**
 - Be placed on a waiting list due to maximum enrollment
 - Miss at least 1 class
 - Be omitted from transportation

You are automatically registered for the programs that you request unless you receive a call or notice in the mail from us!

NISRA REGISTRATION FORM–Summer 2010

Both sides of this form must be completed, signed and returned, WITH FULL PAYMENT, to the NISRA office before registration will be processed and the participant will be allowed to attend any program. Refer to registration information on Page 44.

Are you a **new** participant? Yes No If yes, how did you hear about NISRA? _____

We will contact you soon to help you with more information to get started in your first NISRA program.

Registering from brochure: from child's school/ adult's group home mailed to me picked up at: _____
(please specify location)

Participant's Information

Last Name _____ First Name _____
 Address _____ City _____ Zip _____
 Home Phone () _____
 Birthdate _____ Age _____ Sex: Female Male
 School _____ School District _____ Teacher _____
 Employer/Workshop _____ Caseworker _____ Phone () _____
 Primary Disability _____ Secondary Disability _____
 Down syndrome? Yes No If yes, checked for Atlanto-Axial Subluxation Condition? _____ Date Condition cleared? _____

Family/Contact Information

Primary Guardian/Family Information

Last Name _____ First Name _____
 Home Phone () _____ Cell Phone () _____ Work Phone () _____
 Email address if you would like occasional reminders from NISRA (please print) _____

Secondary Guardian/Family Information

Last Name _____ First Name _____
 Home Phone () _____ Cell Phone () _____ Work Phone () _____
 Email address if you would like occasional reminders from NISRA _____

Who should NISRA contact? both parents/guardians? Primary Guardian only? Secondary Guardian only?

Group Home Name _____ **Group Home Contact Name** _____ **Phone** () _____
 Email address _____

Emergency Contact—Please give the name of a relative or friend who can respond in case of emergency when you cannot be reached.

Last Name _____ First Name _____ Relationship _____
 Home Phone () _____ Cell Phone () _____ Work Phone () _____

Alternate Emergency Contact

Last Name _____ First Name _____ Relationship _____
 Home Phone () _____ Cell Phone () _____ Work Phone () _____

Please turn this page to complete the program registration and sign the waiver

New!

NISRA has shortened the Registration Form!

However, please give us valuable information about the participant to help our staff provide the safest & best care possible!

Just ONCE A YEAR, we're requesting that you complete the Annual Information Form on the following pages. Please return it with your Registration Form.

For Office Use Only	Date rec'd. _____ By _____ In computer <input type="checkbox"/> Wait List <input type="checkbox"/>	Other agency pay <input type="checkbox"/> Scholarship <input type="checkbox"/>	Check # _____ Cash _____ Charge _____	Total Due _____ +/-Credit/Balance Due _____ Grand Total= _____ Amount Paid _____
R / NR				

New!

Annual Information Update

All Registrants! Please complete & return this Annual Information Form, so that NISRA may update its records.

Please help our staff to provide the safest & best care for the participant!

Participant Information

Last Name _____ First Name _____ Birthdate _____

Address _____ City _____ State _____ Zip _____

Subdivision (if applicable) _____ Township _____ County _____

Primary Disability _____

Secondary Disability _____

Down Syndrome? Yes No

If yes, checked for Atlanto-Axial Subluxation Condition? _____ Date Condition Cleared? _____

Allergies

Food Allergies: Type & Details: _____

Insect Bite Allergies: Type & Details: _____

Medication Allergies: Type & Details: _____

Other (list): _____ Details: _____

Dietary Restrictions (includes Diabetes, PKU) & Other Conditions

Condition: _____

Details: _____

Eyeglasses Shunts Other (list) _____

Communication Needs

Uses Hearing Aid Which ear? _____

Speech reads

Uses Sign Language Details: _____

Uses Communication System (Ex. PECs, picture schedules) Details: _____

Needs Assistance Details: _____

Non-Verbal Details: _____

Daily Living Skills

Feeding Assistance Required Details: _____

Toilet Assistance Required Details: _____

Dressing Assistance Required Details: _____

Assistance with Money Details: _____

Reading Skills: _____

Other: _____

Participant Name _____

Doctor Name: _____ Phone#: _____

Medication

If medication is to be dispensed by NISRA staff, please contact the NISRA Office to obtain a Medication Dispensing Waiver and additional information.

Medication Name	Dosage	Time	Purpose

Details on Assistance with Medication: _____

Mobility & Transportation

Uses Wheelchair Transfers Independently Needs Harness Hook-Up

Uses Amigo Transfers with Assistance

Wheelchair Type (power or manual): _____

Orthopedic Equipment (walker, braces, canes, AFOs): _____

Is bus aide required? Yes No If yes, explain why: _____

Will a car seat be provided for the participant? Yes

Is a wheelchair lift needed on the bus? Yes No, participant can walk up the stairs on the vehicle

Seizures

Yes No If yes, please complete Seizure Plan (in this brochure) and return it to the NISRA Office.

Releases

NISRA periodically takes photos at our programs for promotional publications, displays, advertisements & our web site. The participant's identity is kept anonymous. If you **do not** wish to give photo/video permission, please initial here: _____

Ok to remain Independently after Program. Details: _____

NISRA to contact school/workshop concerning information about participant's needs. Yes No

Sensory

Sensory processing difficulties?

Details: _____

Describe any calming techniques used : _____

Other

NISRA provides an approximate 1:4 staff to participant ratio. Please note if participant requires a closer ratio and why: _____

Areas for instructor to work toward: _____

Participant/Parent Signature _____ Date _____

program & registration information

Programs by Age & Ability Level

Most programs listed in this brochure are offered according to age groups and a suggested ability level or disability classification. This information is given to assist with choosing the most satisfying and appropriate program for the participant. In many cases, programs are geared toward “all abilities” and the staff will divide the participants into appropriate subgroups within the activities.

Disability Classifications

AUT: **Autism Spectrum Disorders.** Refers to those with Autism, Aspergers Syndrome, and Pervasive Developmental Disorder. Typical staff-to-participant ratio for this group is 1:2 or 1:1.

ECE: **Early Childhood.** Encompasses all children, ages 3-6, who receive special education services. Staff-to-participant ratios vary based upon the level of the children, but are generally not more than 1:2 or 1:3.

MH: **Mental Disabilities.** Includes those with mild to moderate cognitive delays, developmental delays, and Down syndrome. Typical staff-to-participant ratio is 1:4.

PH: **Physical Limitations.** Refers to those whose primary limitation is of a physical nature; there are minimal or no cognitive delays. This includes Cerebral Palsy, Acquired Brain Injury (ABI), Traumatic Brain Injury (TBI), visual impairments, stroke, and arthritis. Staff-to-participant ratio varies, depending upon the needs of each individual.

MN: **Multi-Need.** Refers to those with severe and profound delays of both a cognitive and physical nature. Typical staff-to-participant ratio is 1:2 or 1:1.

LD/ADD/ADHD: **Learning Disabilities/Attention Deficit Disorder/Attention Deficit Hyperactivity Disorder.** Refers to those with mild to moderate learning difficulties and attention deficits, as well as social adjustment issues. Typical staff-to-participant ratio is 1:4.

BD/SED: **Behavior Disorders/Severe Emotional Disturbances.** Refers to those with a primary diagnosis of a behavioral or emotional nature. It also includes Obsessive Compulsive Disorder, Oppositional Defiant Disorder, and Bipolar. Typical staff-to-participant ratio is 1:2 or 1:3.

NISRA's Values

NISRA's staff dedicate themselves to providing fun, skill-building, life-enriching programs that fulfill our mission. We strongly believe that 5 core values define who we are & what you can expect from us: Fun, Professional, Compassionate, Trustworthy, and Innovative. If at any time you feel that NISRA or its staff have not lived up to these values, please contact Brian Shahinian, Executive Director, at 815-459-0737.

Satisfaction Guaranteed

One of our goals is to provide you with the highest quality recreation programs and services possible, therefore we guarantee your complete satisfaction. If you are not satisfied with a program, we invite you to try the class again at no charge, or we'll grant credit toward another program or issue a full refund. Please contact the NISRA office by the mid-point of the session so that we have an opportunity to address your concerns.

Program Policies

1. **Participants must be picked up at the designated end of the program.** Late pick-up creates additional costs and potential delays getting to another program. NISRA staff will notify the office of continual late pick-ups and a fine will be assessed.
2. **Programs may be cancelled due to inclement weather.** When a program is cancelled, a make-up date will be arranged if possible, or a credit or refund issued.
3. **When participants of varying ages and ability levels are in the same program, NISRA will group them appropriately.**
4. **NISRA provides an approximate 1:4 staff-to-participant ratio.** If the participant requires a closer ratio, please indicate the reason on the Registration Form.
5. **If a participant will be absent, please notify the NISRA office.**
6. **If the participant is able to walk or ride a bike home, the parent/guardian must submit notice granting permission, in writing, to the NISRA office prior to the start of the program.**
7. If someone other than the participant's parent/guardian will be picking him/her up after a program, a note must be sent for the staff. **Staff will not allow a participant to leave with another person without written notice.**
8. **When arriving to, or departing from a program, please check-in with the staff** before you leave or take the participant.
9. **If staff observe that it appears unsafe to release a participant** to the person picking him/her up after a program, the staff will call a supervisor to determine what other transportation alternatives may be possible.
10. Although NISRA realizes that inappropriate behavior may occur in programs, **the NISRA Director holds the right to suspend participation if hazardous, disruptive or destructive behavior persists. Participants may be held liable for deliberate destruction of equipment or facilities.**
11. While NISRA staff will assist participants with their belongings at programs, NISRA cannot be responsible for lost or stolen property. **Participants should not bring valuables to programs.**
12. **Consumption of alcohol is not permitted at any NISRA program** (this includes adults, ages 21 & older).

Recorded Message for Program Changes

We record a message on our phone system on days when the weather or other factors force a change in the program schedule. Call the NISRA office and dial * 300.

Inclusion Services...

How about a general recreation program?

We understand that not every person with a disability needs a NISRA program. NISRA provides assistance to our member park districts and recreation departments to include residents with disabilities in their programs. Types of support may include staff training, adapted equipment, sign language assistance or a program aide. Register for your home district program and for more information, call Courtney at the NISRA office.

facilities

Thank you to all of these facilities for their cooperation and support.

Barrington area (incl. Lake Zurich)

Barrington Ice Arena
Pepper Road
Barrington
(847) 381-4777

Barrington Park District
Fitness & Recreation Center &
Langendorf Park
235 Lions Drive
Barrington
(847) 381-0687

Citizens Park &
Pepper Family Accessible Treehouse
511 Lake Zurich Road
Barrington

Makray Memorial Golf Club
1010 South Northwest Highway
Barrington
(847) 381-6500

Regal Cinemas
755 South Rand Road
Lake Zurich
(847) 550-9297

Cary area (incl. Fox River Grove)

Cary Community Center
255 Briargate
Cary
(847) 639-6100

Cary Grove Park
Three Oaks Road at 1st Street
Cary

Hot Rod Music
835 Feinberg Court, #121
Cary
(847) 516-1300

Kon Jo Karate Club
748 Northwest Highway
(in Stone Hill Mall)
Fox River Grove
(847) 639-7001

Lions Park
Silver Lake Rd. north of Three Oaks Rd
Cary

Crystal Lake area (incl. Algonquin)

Cosmetology & Spa Institute
700 East Terra Cotta Avenue
Crystal Lake
(815) 455-5900

Brunswick Zone
2075 Algonquin Road
Algonquin
(847) 658-9200

Crystal Bowl
4504 Terra Cotta
Crystal Lake
(815) 459-3636

Crystal Ice House
320 E. Prairie Street
Crystal Lake
(815) 356-8500

Crystal Lake Park District
1 East Crystal Lake Avenue
Crystal Lake
(815) 459-0680

Crystal Lake Racket Club
Route 31 & Virginia Road
Algonquin
(847) 658-5688

Hannah Beardsley School
515 Crystal Lake Avenue
Crystal Lake
(815) 477-5897

Indian Prairie School
651 Village Road
Crystal Lake
(815) 459-2124

Knaack Park
Buckingham Lane & Sussex Lane
Crystal Lake

Ladd Park
between Coventry & Devonshire
Lanes
Crystal Lake

Lippold Park
1251 West Route 176
Crystal Lake

Main Beach
300 Lake Shore Drive
Crystal Lake
(815) 477-5404

McHenry County College (MCC)
Fitness Center
Route 14 & Lucas Road
Crystal Lake
(815) 455-8551

Can't make it, or running late to your pick-up location?

If you have registered for transportation with a NISRA program and are unable to attend or are running late, we have a procedure for communicating with you. The staff/driver will wait for 5 minutes & then call your home & cell phones to try to get in touch with you. We can wait a maximum of 10 minutes before we must leave for the other pick-up points and/or the program.

Booster Seats

In January 2004 the changes to the Illinois Vehicle Code Child Protection Act went into effect. Children under the age of 8 must be secured in an appropriate child restraint system (child safety seat).

Booster seats may be needed in a few NISRA vehicles based upon the child's age, weight and height. NISRA does its best to avoid scheduling these vehicles for programs with young children registered. Please indicate on the registration form if a booster seat will be used.

NISRA Transportation



For programs with transportation, the pick-up and drop-off locations are listed in each program's description. **Please choose your preferred location and indicate it on your Registration Form.**

Please make sure the participant gets on the correct vehicle in the parking lot. Many times there are multiple NISRA programs using the same transportation location!

This list includes information on where to meet at the location.

1. Barrington Pk. Dist. Langendorf Park parking lot
2. Cary Pk. Dist. Community Center parking lot
3. Dundee Twp. Pk. Dist. Recreation Center parking lot
4. The Centre parking lot, Elgin
5. NISRA Office parking lot
6. Hampshire Twp. Pk. Dist. parking lot
7. Harvard City Hall parking lot
8. Huntley Pk. Dist. R.E.C. Center parking lot
9. Lake in the Hills Village Hall parking lot
10. Marengo Pk. Dist. parking lot
11. McHenry Govt. Ctr./City Hall parking lot in McHenry
12. Wauconda Pk. Dist. Community Center parking lot
13. Woodstock Recreation Center parking lot

For programs offered to participants with physical limitations, door-to-door transportation is available for residents living within NISRA's 13 member districts. An additional fee is required for this service. If you require door-to-door transportation, simply pay the appropriate fee and indicate on your registration form that this service is needed.

Nunda Township
3510 Bay Road
Crystal Lake
(815) 459-4011

Piano Trends
35 Berkshire Drive
Crystal Lake
(815) 477-4266

Prairie Trail Bike Shop
315 Railroad Street
Algonquin
(847) 658-1154

Prairieview Education Center
2112 Behan Road
Crystal Lake
(847) 479-5779

Rotary Building
Veteran Acres Park
Walkup Road
Crystal Lake
(815) 477-5400

Warming House
Veteran Acres Park
Route 176 & 2nd Street
Crystal Lake
(815) 459-9831

Veteran Acres Park
Route 176 & Walkup Road
Crystal Lake
(815) 459-0680

YMCA of McHenry County
701 Manor Road
Crystal Lake
(815) 459-4455

Dundee area (incl. Carpentersville)

Bonnie Dundee Golf Course
270 Kennedy Lane
Carpentersville
(847) 426-5511

Dundee Township Park District Recreation & Fitness Center
665 Barrington Avenue
Carpentersville
(847) 428-7131

Liberty Lanes
115 Meadowdale
Carpentersville
(847) 428-6446

Randall Oaks Golf Course
4101 West Binnie Road
West Dundee
(847) 551-4314

Randall Oaks Barnyard Zoo
17 N 350 Randall Road
Carpentersville

Sleepy Hollow Pool
875 Winmoor Drive
Sleepy Hollow
(847) 551-4316

Elgin

The Centre
100 Symphony Way
Elgin
(847) 531-7000

Creative Growth Center
9N755 Nesler Road
Elgin
(847) 888-4347

Elgin Sports Complex
709 Sports Way
Sports Way & McClean Boulevard
Elgin

Hawthorne Hill Nature Center
28 Brookside Drive
Elgin
(847) 531-7009

The Highlands
875 Sports Way
Elgin
(847) 931-5950

Lords Park, Pavilion & Shelter
100 Oakwood Boulevard
Elgin

Spring Hill Gymnastics
2750 Pinnacle Drive
Elgin
(847) 488-9467

Wing Park
Wing Street, just west of Route 31
Elgin

Woodview Lanes
11 Woodview Drive
Elgin
(847) 695-3700

Hampshire

Hampshire Park District Recreation Center
390 South Avenue
Hampshire
(847) 683-2690

Harvard

BraveHearts
7319 Maxon Road
Harvard
(815) 943-8226

Harvard High School
1103 North Jefferson
Harvard
(815) 943-6461

Harvard Library
900 East McKinley Street
Harvard
(815) 943-4671

Huntley

Huntley R.E.C. Center & Stingray Bay & Cosman Cultural Center
12015 Mill Street
Huntley
(847) 669-3180

Lake in the Hills

Accessible Buddy Baseball Field at Sunset Park
on Haligus Road between Miller & Reed (near the skate park)
Lake in the Hills

Focus Martial Arts
9342 Virginia Road
Lake in the Hills
(847) 458-0938

LaBahn-Hain House
148 Hilltop Drive
Lake in the Hills

Marlowe Middle School
9625 Haligus
Lake in the Hills
(847) 659-4700

Sunset Park
5200 Miller Road
Lake in the Hills

Village Hall
600 Harvest Gate
Lake in the Hills
(847) 960-7400

Marengo

Marengo Park District & Indian Oaks Park
825 Indian Oaks
Marengo
(815) 568-5126

Marengo Ridge
3100 North Route 23
Marengo

McHenry (incl. Ringwood)

Five Star Gymnastics
5411 Business Parkway
Ringwood
(815) 477-8625

Knox Pool
201 Barreville Road
McHenry
(815) 363-2169

McHenry Parks & Rec. Dept./ McHenry Government Center
333 South Green Street
McHenry
(815) 363-2160

Palace Bowl
3400 North Richmond
McHenry
(815) 385-8400

Pioneer Center/Pioneer Central
4001 Dayton Street
McHenry
(815) 344-1230

Raymonds Bowl
3960 Johnsburg Road
Johnsburg
(815) 385-1475

Wauconda

Farley Accessible Fishing Pier & Bangs Lake
600 Main Street
Wauconda

Wauconda Bowl
381 West Liberty
Wauconda
(847) 526-5030

Wauconda Area Library
801 North Main Street
Wauconda
(847) 526-6225

Wauconda Park District
600 Main Street
Wauconda
(847) 526-3610

Woodstock

Creekside Middle School
3201 Hercules Road
Woodstock
(815) 337-5200

Edgetown Bowl
1330 South Eastwood Drive
Woodstock
(815) 338-2105

Emricson Park
South Street, east of Route 14
Woodstock

Prairie View Health & Rec Center
411 Leah Lane
Woodstock
(815) 334-0800

SEDOM Center
1200 Claussen
Woodstock
(815) 338-7411

Sheltered Village
600 Borden
Woodstock
(815) 338-6440

Woodstock Public Library
414 West Judd Street
Woodstock
(815) 338-0542

Woodstock Recreation Center
820 Lake Avenue
Woodstock
(815) 338-4363

Woodstock Water Works
(next to Emricson Park)
1313 Kishwaukee Valley Road
Woodstock
(815) 338-4896

**Northern Illinois Special Recreation Association
285 Memorial Drive
Crystal Lake, IL 60014**

**Presorted Standard
U.S. POSTAGE
PAID
CRYSTAL LAKE, IL
PERMIT NO. 47**

Do you want to receive this brochure? If not, please call us at (815) 459-0737 to have your name removed from our mailing list.

NISRA's 13 Members:

- Barrington Park District
- Cary Park District
- Crystal Lake Park District
- Dundee Township Park District
- City of Elgin
- Hampshire Township Park District
- City of Harvard
- Huntley Park District
- Village of Lake in the Hills
- Marengo Park District
- City of McHenry
- Wauconda Park District
- City of Woodstock

Thank you for your partnership & commitment to providing meaningful recreation services for people with disabilities.



Fall brochures will be delivered to schools & bulk mailed the week of August 23rd and will be online at www.nisra.org



Para asistencia en Español vea la pagina 3.