



# SUMMER 2022

Register By May 26!





# WHAT'S NEW

## Staff Updates

NISRA is still transitioning with staff changes from the fall! As previously noted, this tends to happen in cycles as life events and family changes are only natural. We're excited for what our onboarding staff have to offer and the value they add to our fun, innovative and compassionate team!

**Jordan Miller** joined the NISRA team in December 2021 as Manager of Summer Day Camp and Outreach. Jordan comes onboard with four years of experience at WSRA with a large amount of her background in day camp management. We're excited to have her on our team for the return of another fun Summer Day Camp season!

**Macky Leech** returned to NISRA after previously working with us part-time and is now the Recreation Specialist for the Bright Program. Macky comes with over eight years of experience and we're thrilled to have her back on the team!

We're happy to announce that **Gab Winkel**, Southern Regional Coordinator, has accepted the position of our newly added Manager of Cultural Arts and Special Events position. Gab has been with NISRA for over four years and her experience of programs and rapport with participants & their families is beneficial to NISRA.

We are still hiring for part-time seasonal staff and summer day camp positions. If you or someone you know is interested in joining our fun, compassionate and innovative team, please call our office today at (815) 459-0737. Come join the fun and change lives for the better!

## Covid-19 Updates

NISRA remains committed to the health and safety of our campers and staff. The Association continues to follow current guidance from the Centers for Disease Control (CDC), Illinois Department of Public Health (IDPH), and Illinois Department of Commerce and Economic Opportunity (DCEO) for recommendations on safe program operations. NISRA will continue to follow the most up to date information and make adaptations to programs when necessary.

## Rainout Line - New Program Notification Update

Starting April 4, 2022, NISRA will use our current system of notifying families either by dial my calls, phone calls or emails about program cancellations and a new system called Rainout Line. Please see our website under "News & Events" for a tutorial.

Starting June 1, 2022 we will be going to Rainout Line only as our notification of program changes or cancellations. Make sure to register prior to June 1, 2022 so you don't miss any program cancellations or changes. Currently, only outdoor spring and summer programs will be listed.

## Program Update

### Adult Day Programming Services – NISRA now has 2 Day Programs to Offer!

*For adults with disabilities, 22 years and older*

The L.I.F.E. (Leisure Increases Freedom & Enjoyment) Program is a NISRA year-round life skills program, using community-based recreation activities to enhance the quality of life for young adults, ages 22 – 35. The L.I.F.E. Program is Monday through Thursday, 9:30 am – 2:30 pm at the NISRA Office located at 285 Memorial Drive, Crystal Lake, IL.

Participants plan and actively participate in fitness activities, planning and preparing meals, scheduling field trips, performing service projects, and other leisure time experiences.

For more information on costs, tours, eligibility assessments and registration process, please contact Katie Weadley, Manager of Adult Day Programs at [kweadley@nisra.org](mailto:kweadley@nisra.org).



NISRA and Pioneer Center for Human Services collaborated on the expansions of adult day programming services to the west side of the county in Huntley, IL. The Bright Program, is a unique opportunity where the efforts of NISRA and Pioneer Center come together and provide a community based program. This partnership allows access to opportunities and activities that are offered by both organizations at one location.

The program focuses on personal development through case management, community connections and healthy relationships.

This program is for adults with disabilities 22 years and older, who can participate and show independence in planned activities and personal care. Activities will focus on: recreation & leisure, community integration, socialization & communication, self-esteem, independent living skills and health & wellness.

The Bright Program is Monday through Friday, 9:00 am – 2:00 pm at Deicke Park located at 11419 IL Route 47 in Huntley, IL.

For more information on costs, tours, eligibility assessments and registration process, please contact Pioneer Center Admissions at 815-759-7160 or [ddadmissions@pioneercenter.org](mailto:ddadmissions@pioneercenter.org).

## SUMMER SESSION DATES

*(Please refer to each program for exceptions!)*

### Summer

**Mondays:** June 20 – August 1

*No program July 4*

**Tuesdays:** June 21 – August 2

**Wednesdays:** June 22 – August 3

**Thursdays:** June 23 – August 4

**Fridays:** June 24 – August 5

**Saturdays:** June 25 – August 6

*No program July 2*

## DEADLINES

**Resident Priority Registration Ends: May 19**

**Non-Resident Registration Begins: May 20**

**Final Registration Deadline: May 26**

(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 in the order that they were received beginning May 20)

## LOOKING AHEAD

**Watch for our Fall brochure and registration, available July 21**

# WELCOME TO NISRA

## Our Mission

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

## Our Vision

To be a community of limitation free recreation.

## Our Values

- Fun
- Professional
- Compassionate
- Trustworthy
- Innovative



**NISRA OFFICE** 285 Memorial Drive  
Crystal Lake, IL 60014

Phone : (815) 459-0737

Fax: (815) 459-0388

Email: [info@nisra.org](mailto:info@nisra.org)

Website: [www.nisra.org](http://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 30

July 4

August 25

August 26 (PM Only)

September 5

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 extensión 6. Alguien les respondera lo mas pronto posible. Tel: (815) 459-0737, ext 6.

## 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 Jim Wiseman at (815) 459-0737. If you would like information about inclusion support, please call Mia Leyba at the NISRA Office at (815) 459-0737.

## What is NISRA?

NISRA is an extension of 13 park districts and municipal recreation departments, providing year round community recreation for local children & adults with disabilities.

Our programs take place in our member district facilities and other public & private recreation sites throughout the area.

NISRA's activities are led by full-time staff with college degrees in Therapeutic Recreation or related fields, and trained part-time staff and volunteers.

Our close staff-to-participant ratios help participants to develop skills, grow in self-esteem, and have fun!

## For:

**Index of All Programs by Name, See Page 5**

**Annual Information Update, See Pages 49-50**

**Facility Locations, See Page 51**

**Fitness Program Waiver, See Page 43**

**Illness Guidelines, See Page 48**

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**Program Information, See Pages 47-48**

**Registration Information, See Pages 44 & 47**

**Seizure Questionnaire, See Page 42**

**Severe Weather Guidelines, See Page 48**

**Special Olympics Information, See Page 40**

## Key to Symbols/Abbreviations

### Resident/Non-Resident Fee:

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.

R/NR

**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 Program

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

**Wellness Programs:** Programs focusing on fitness, nutrition, and the connection between the outdoors & emotional health, found throughout the brochure.



**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  
Dan Jones  
Jason Herbster  
Dave Peterson  
Maria Cumpata  
Laura Schraw  
Ryan Knop  
Scott Crowe  
Kim Buscemi  
Dan Bertrand  
Bill Hobson  
Tim Staton  
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, jwiseman@nisra.org.

## Administrative Staff

Jim Wiseman, B.S., CPRP, ext. 230  
Renee Erling, B.S., ext. 236

Jennifer Wiley, B.A., ext. 237  
Sue Just, A.A., ext. 221  
Susan Jennings, A.A., ext. 257  
Lori Lattanzio, B.A., ext. 228  
Laura Cullotta, B.A., ext. 225  
Patty Panas, B.A., ext. 241

*Executive Director  
Senior Mgr. of Finance &  
Administration  
Office Services Coord.  
Administrative Assistant  
Administrative Assistant II  
Mgr. Comm. & Marketing  
Mgr. Fund Development  
Human Resources Coord.*

## Recreation Staff

Heidi Jenkins, M.A., CTRS, ext. 238  
*Superintendent of Recreation*

Emily Todd, B.S., CPRP, ext. 243  
*Senior Mgr. of Support Staff & Volunteers*

Rebecca Moore, B.A., CPRP, CTRS, ext. 223  
*Senior Mgr. of Recreation*

Dana Seehafer, B.A., CPRP, ext. 227  
*Senior Mgr. of Operations*

Trisha Palmieri, B.S., CPRP, CTRS, QIDP, CTRI ext. 249  
*Mgr. of Special Olympics & Healthy Minds Healthy Bodies*

Mia Leyba, B.S., CTRS, ext. 224  
*Mgr. of Inclusion; Please call Mia with questions about inclusion into member district programs*

Jordan Miller, B.S., CTRS, ext. 234  
*Mgr. of Summer Day Camp & Outreach*

Katie Weadley, B.S., CPRP, ext. 229  
*Mgr. of Adult Day Programs*

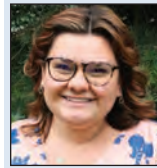
Gabrielle Winkel, B.S., CTRS, ext. 246  
*Mgr. of Cultural Arts & Special Events*

Emily Eliscu, B.S., CTRS, ext. 226  
*Regional Coord.; Please call Emily with program ideas for Crystal Lake, Huntley & Lake in the Hills*

TBD  
*Regional Coord. for Dundee Township, Elgin & Hampshire*

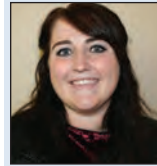
## Your Regional Coordinator

Four of our professional recreation staff develop new programs. If you have a program suggestion, contact your Regional Coordinator!



### **Anya Naumovski—Eastern Region**

Please call Anya at extension 248 or e-mail her at [anaumovski@nisra.org](mailto:anaumovski@nisra.org) with program suggestions for the Barrington, Cary, and Wauconda areas.



### **Samantha Helton—Northwest Region**

Please call Samantha at extension 265 or e-mail her at [shelton@nisra.org](mailto:shelton@nisra.org) with program suggestions for the Harvard, Marengo, McHenry, and Woodstock areas.



### **Emily Eliscu—Central Region**

Please call Emily at extension 226 or email [eeliscu@nisra.org](mailto:eeliscu@nisra.org) with program suggestions for the Crystal Lake, Huntley, and Lake in the Hills areas.

### **TBD—Southern Region**

Anya Naumovski, B.S., QIDP, ext. 248  
*Regional Coord.; Please call Anya with program ideas for Barrington, Cary & Wauconda*

Samantha Helton, B.S., CTRS, ext. 265  
*Regional Coord.; Please call Samantha with program ideas for Harvard, Marengo, McHenry & Woodstock*

Michelle Friedrichs, B.A., ext. 240  
*L.I.F.E. Program Leader*

Macky Leech, ext. 235  
*Bright Program Recreation Specialist*

Nicole Eisenrich, B.S.  
*Healthy Minds Healthy Bodies Specialist*

Habacuc Rico, A.A.S.  
*Healthy Minds Healthy Bodies Specialist*

## 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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**SPECIAL EVENTS & TRIPS**

**INDIVIDUALS WITH PHYSICAL/VISUAL LIMITATIONS**

**EARLY CHILDHOOD & YOUTH**

**YOUTH & YOUNG TEENS**

**TEENS & ADULTS**

**ADULTS, 21 & OLDER**

**CULTURAL ARTS**

**SPECIAL OLYMPICS**



## Do You Know?

For every \$1.00 given to the Foundation:

- 82 cents goes to support NISRA programs & services
  - 14 cents goes to fundraising costs
- 3 cents goes to management & administrative expenses

## What The Foundation Does

The NISRA Foundation was created in 1991 to preserve the future funding and quality of NISRA services. The Foundation raises money through fundraising events, grant solicitation and donations in order to exclusively support NISRA programs and services. Since its inception the Foundation has made annual grants to NISRA, cumulatively exceeding \$2.3 million, for the following purposes:

- **NISRA Summer Day Camp & recreation program scholarships**
- **Special Olympics training & Competition**
- **Wheelchair accessible buses**
- **Innovative programs & specialized equipment**

## The Foundation Board

The Foundation Board's role is to identify potential sources of funding, reach out to the community, and assist with fundraising activities & events.

## Foundation Board of Directors

Julie Amendt  
Rochelle Donahue  
Dawn Goerger  
Tad Gralewski  
Annette Hammortree

Pat Kallaus  
Jim Wiseman  
Kim Buscemi  
Amy MacCrimdle

# YOU CAN HELP!

### Tell Friends and Family

- NISRA has great programs
- Spread the word about Foundation events
- Like our Facebook & Instagram pages and join in on the fun!

### Volunteer

- Volunteer some of your time assisting at an event
- Join an event committee
- Serve on the Foundation Board of Directors

### Donate

- Make a yearly donation
- Secure raffle or auction items
- Leave a legacy by remembering NISRA in your will or estate plan
- Sponsor one of our many FUNdraising events
- Donate every time you shop with AmazonSmile
- Ask your employer about their matching gift program

A graphic illustrating how to donate through AmazonSmile. It features the AmazonSmile logo with the tagline "You shop. Amazon gives." on the left. To the right, there are three numbered steps: 1. "Go to: smile.amazon.com" with a computer icon; 2. "Select the NISRA Foundation as your charity" with the NISRA Foundation logo; 3. "Support the Foundation with every purchase!" with a shopping cart icon.

Visit the Foundation page at [www.nisra.org](http://www.nisra.org) or contact Laura Cullotta, Manager of Fund Development at 815-459-0737, ext 225 or [lcullotta@nisra.org](mailto:lcullotta@nisra.org).





# THE NISRA FOUNDATION

is a not-for-profit 501(c)(3) charitable organization, established to receive qualified tax-deductible donations.

Thank you to the NISRA Foundation's Corporate Partners:

- Ed & Rochelle Donahue
- Annette Hammortree/Hammortree Financial
- Stryker

NISRA, as an inter-governmental agreement among the member districts, also receives contributions, such as grants, in-kind donated goods, fee for service or discounts.

**Thank you to the families that donated their credits back to us!**

## Bowl-A-Thon Results

Thank you to our participants who participated in the Foundation's Bowl-A-Thon! Your efforts and pledges to strikeout with this fun and friendly competition inspired us! The Bowl-A-Thon generated over \$2,000 to support NISRA Programs and Services!



## 2022 Fundraisers

2021 brought the return to in-person fundraisers, both our own and favorites with partner organizations. We are thrilled to be back making our community stronger, together!

### Mark your calendar & get involved!

**Bowl-A-Thon:** the entire NISRA family is invited to participate  
**May 2 - 7**

**Spring Shootout Golf Outing:** 18-round scramble at Randall Oaks Golf Club  
**Friday, June 3**

**Ride for Dreams:** Tour the McHenry County countryside from Woodstock and end at the Volo Museum for an afternoon of fun and music.  
**Sunday, June 12**

**Women's Golf Outing:** 18-hole scramble of pure FUN!  
**Tuesday, September 13**

**Fall Diddley:** Attend or volunteer with us!  
**Saturday, October 8 - Sunday, October 9**

**Holiday Fashion Show:** Our biggest event of the year, you don't want to miss this holiday kickoff event!  
**Saturday, November 19**



# special events

## Transportation Update and Locations:

Some of the following Special Events will only show pick-up location options. You will be emailed via your primary email the week of the scheduled program with a pick-up time Please still choose a location for each event.

## Social Events for Youth

### Youth Social Club – Splash Pad Fun

Splish splash with your pals on the pad! Enjoy a summer day playing on the splash pad and go fishing, paired perfectly with a pizza picnic lunch.

**Age Group:** Ages 6-15

**Location:** Woodscreek Park, Crystal Lake

**Min/Max:** 6/12

**Staff Contact:** Samantha

Prog#	Day	Date	Time	R/NR Fee
1220	Sun	July 17	11:00 am-1:00 pm	\$29/\$51

NOTE: No transportation provided for this program. Please bring a swimsuit, towel, sunscreen and a change of clothes.



### Youth Social Club – Explore the Pepper Family Tree House



Come explore the great outdoors in a fun and accessible tree house! Come spend time to play and explore with your friends accompanied with outdoor games and activities.

**Age Group:** Ages 6-15

**Location:** Pepper Family Tree House

**Min/Max:** 8/12

**Staff Contact:** Anya

Prog#	Day	Date	Time	R/NR Fee
3238	Sun	June 26	1:00 pm-3:00 pm	\$22/\$38



#### Transportation Location

Woodstock Recreation Center  
McHenry Recreation Center  
The Centre of Elgin  
NISRA Office





## Family Events

### Family Bowling

Strikeout with the ultimate family night of bowling! Enjoy an evening on the lanes with a family member at Glo-Bowl in Marengo. This program is for one participant and one family member.

**Age Group:** All Ages

**Suggested Ability Level:** All Abilities

**Location:** Glo-Bowl, Marengo

**Min/Max:** 8/24

**Staff Contact:** Samantha

Prog#	Days	Dates	Weeks	Time	R/NR Fee
1638	Wed	June 22-Aug 3	7	5:00-6:30 pm	
					Family R/NR Fee
					\$84/\$147
					\$49/\$86

NOTE: Family member must be 13 years or older or guardian will need to stay the duration of the program. Family members need to register.



### Day at Woodstock Water Works

Come one, come all....NISRA participants and their families are invited to join us for a day at Woodstock Water Works! Nothing better than time spent poolside under the sun with family.

**Age Group:** All Ages

**Suggested Ability Level:** All Abilities

**Location:** Woodstock Water Works, Woodstock

**Min/Max:** 25/150

**Staff Contact:** Emily E.

Prog#	Day	Date	Time	R/NR Fee
2641	Sat	June 11	9:30-11:30 am	\$3/\$5

NOTE: Please complete a registration form for each family member who will be attending.

**New!**



### Karaoke & Movie Night

**New!**

Bring a blanket, chairs, a picnic, and your singing voice to Village Hall and enjoy the movie Sing 2 with us! Everyone will get a glow bracelet and popcorn upon arrival. While we are waiting for it to get dark, we will have some fun with karaoke and crowd games. The Kona Ice truck will be here selling yummy treats also. Save money by pre-registering!

**Age Group:** All Ages

**Suggested Ability Level:** All Abilities

**Location:** Lake in the Hills Village Hall

**Staff Contact:** Emily E.

Prog #	Day	Dates	Time	Fee
2642	Fri	June 3	7:00-10:00 pm	\$1 per person pre-registered
				\$2 per person onsite

NOTE: Please complete a registration form for each family member who will be attending.



Algonquin Area  
Public Library District

### Learn to Water Ski

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 able to grip a ski rope and be comfortable in the water. The Team can accommodate up to 2 non-ambulatory participants. All water skiers will participate in a ski show for their families & friends on the last night of the program.

**Age Group:** Ages 14 & Older

**Suggested Ability Level:** All Abilities

**Location:** Wonder Lake

**Min/Max:** 4/10

**Staff Contact:** Samantha

Prog#	Days	Dates	Time	R/NR Fee
1310	Mon & Tue	June 6, 13 & June 7, 14	6:00-8:00 pm	\$52/\$57

NOTE: In the event of inclement weather on the last night of program for the ski show, there will be an alternate date TBD.



## Individual Snoezelen® Therapy

Get ready to experience a room where people of any age or ability level can engage in safe activities that stimulate all the senses through aromas, color, lights, sounds and textures. Our Snoezelen Sensory Room can be customized to each individual's specific needs. These one-on-one sessions with a Therapeutic Recreation Specialist are designed with your personalized goals in mind. An initial assessment will be completed prior to the first week, so that the sessions can be geared to accomplishing the goals.

**Age Group:** Ages 3 & Older

**Suggested Ability Level:** All Abilities

**Location:** Snoezelen Room, Sage TR Center at the NISRA Office

**Staff Contact:** Samantha

Prog #	Day	Dates	Weeks	Time*	R/NR Fee	Min/Max
1643	Wed	June 22-July 13	4	4:00-6:30 pm *4:00, 4:30, 5:00, 5:30, 6:00	\$60/\$105	1/5

NOTE: This is a 1:1 ratio program. Fees are for a 30 minute session (4:00 - 4:30, 4:30 - 5:00, 5:00 - 5:30, 5:30 - 6:00 & 6:00 - 6:30 PM), 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.**



**\*Check out Sensory Explorations for ages 3 - 6 on page 17, 7 -12 on page 21 and 13 - 18 on page 29 for more Snoezelen Room experiences!**

## Chicago Cubs



Cheer on the Cubs in their fierce rivalry and quest for another pennant to sing "Go Cubs Go!" to end the day!

**Age Group:** Ages 18 & Older

**Suggested Ability Level:** All Abilities

**Location:** American Family Field, Milwaukee

**Min/Max:** 10/40

**Staff Contact:** Gabrielle

Prog#	Day	Date	Time	R/NR Fee
8624	Sun	Aug 28	1:10 game time	\$73/\$128
<b>Bus Departs</b>		<b>Transportation Location</b>		<b>Returns</b>
9:15 am		The Centre, Elgin		*
9:30		Sheltered Village		*
10:00		NISRA Office		

\*Please call the NISRA office after 5:30 pm & dial ext. 4 for the return times.

NOTE: Please bring at least \$25 for food during the game & optional \$ for souvenirs. We will not have time to stop for dinner after the game.

## Chicago White Sox



The White Sox are getting hot! Wear your black & white gear and cheer for your south side favorites!

**Age Group:** Ages 18 & Older

**Suggested Ability Level:** All Abilities

**Location:** Guaranteed Rate Field, Chicago

**Min/Max:** 10/35

**Staff Contact:** Gabrielle

Prog#	Day	Date	Time	R/NR Fee
8625	Sun	July 31	1:10 pm game time	\$61/\$106
<b>Bus Departs</b>		<b>Transportation Location</b>		<b>Returns</b>
10:45 am		The Centre, Elgin		*
9:30		Sheltered Village		*
10:00		NISRA Office		

\*Please call the NISRA office after 5:30 pm & dial ext. 4 for the return times.

NOTE: Please bring at least \$25 for lunch during the game & optional \$ for souvenirs. We will not have time to stop for dinner after the game.





# special events

## Bears Training Camp



Start rooting for the Bears at their training camp!

Due to the Chicago Bears changing the location of their training camp to Lake Forest, and some uncertainty about public access to practices, this is now a one-day event.

**Group:** Ages 18 & Older

**Suggested Ability Level:** All Abilities

**Location:** Halas Hall, Lake Forest

**Min/Max:** 10/20

**Staff Contact:** Gabrielle

Prog#	Day	Date	Time	R/NR Fee
8406	TBA	first week of August		\$35/\$61
Bus Departs	Transportation Location		Returns	
TBA	NISRA Office		TBA	

\*Due to the unpredictable training schedule, dates will be determined in early July.

NOTE: Availability of tickets to watch the practice is uncertain; there is no guarantee that we will be able to get tickets. Please bring \$20 for food and optional \$ for souvenirs.



## Great America



From the tip of the SUPERMAN Ultimate Flight to the bottom of the Columbia Carousel, there's excitement for everyone at Six Flags Great America! It's always an exciting day of rides and show options at the park.

**Age Group:** Ages 15 & Older

**Suggested Ability Level:** All Abilities

**Location:** Great America, Gurnee

**Min/Max:** 10/30

**Staff Contact:** Gabrielle

Prog#	Day	Date	Time	R/NR Fee
8623	Fri	Aug 5	10:00 am – 5:30 pm	\$92/\$162

Bus Departs	Transportation Location	Returns
9:00 am	NISRA Office	6:30
8:30 am	The Centre, Elgin	6:30

NOTE: Fee includes admission to park and meal deal coupon. Please bring additional money if you would like to purchase souvenirs.

Ride wait times vary, which affects how many rides will be available for you. The show schedule varies & not all shows are available every day. We'll pick up the schedule when we arrive. If you require an Attraction Access Pass, please visit [www.sixflags.com](http://www.sixflags.com) for specifics, along with the requirement to provide a qualified doctor's note & photo ID on the date of this event. Those needing a wheelchair will need to bring theirs or rent one there.

## Raging Waves



Take a day trip to Illinois' LARGEST waterpark—with 16 attractions and 58 acres to explore! Ride the Three Sisters, triple-tube ride and grab your friends for Wonabmi, a four person tube adventure. After some of the big rides, relax in the Kookaburra Kreek, a long lazy river.

**Age Group:** Ages 18 & Older

**Suggested Ability Level:** All Abilities

**Location:** Raging Waves, Yorkville

**Min/Max:** 10/20

**Staff Contact:** Gabrielle

Prog#	Day	Date	Time	R/NR Fee
8442	Sun	Aug 21	10:00 am-2:00 pm	\$56/\$97
Bus Departs	Transportation Location		Returns	
8:15 am	NISRA Office		3:15	
9:00 am	The Centre, Elgin		3:00	

NOTE: Please bring a labeled swimsuit, towel & sunscreen. No outside food or beverages are permitted, except for factory-sealed water bottles. Please bring \$15 to purchase lunch or other food and beverages.

## Shedd Aquarium

**New!**



Look nature in the eye and discover the wonder of the aquatic animal world at Shedd Aquarium.

**Age Group:** Ages 21 & Older

**Suggested Ability Level:** All Abilities

**Location:** Shedd Aquarium, Chicago

**Min/Max:** 10/20

**Staff Contact:** Gabrielle

Prog#	Day	Date	Time	R/NR Fee
8619	Wed	July 20	10:00 am – 2:00 pm	\$80/\$139
Bus Departs	Transportation Location		Returns	
8:30 am	NISRA Office		3:30	
9:00 am	The Centre, Elgin		4:00	

NOTE: Please pack a sack lunch and drink.

# special events

## Fishing Has No Boundaries – Northern Illinois



Whether you're an avid angler or a beginner, you're welcome at this fun day of fishing, food & friendship! Experienced boat captains will take us out on the Fox Chain of Lakes to catch as many fish as we can.

**Age Group:** Ages 8 & Older

**Suggested Ability Level:** All Abilities

**Location:** Antioch

**Min/Max:** 6/10

**Staff Contact:** Gabrielle

Prog#	Day	Date	Time	R/NR Fee
8626	Sat	Sept 10	8:00 am start time	\$83/\$145
<b>Bus Departs</b>		<b>Transportation Location</b>		<b>Returns</b>
7:00 am		NISRA Office		6:00 pm

NOTE: Fee includes breakfast, lunch, and dinner. If you have your own fishing rod, please bring it. Also bring sunscreen and bug spray, and be prepared for all weather conditions.

## Hawaiian Luau Dance



We're dancing under the stars! Thanks to the Crystal Lake Dawn-breakers Rotary Club, we'll gather at the Band Shell at Main Beach to enjoy tropical tunes, light Luau dinner, and try out the luau limbo! Find your most colorful Hawaiian shirt or a grass skirt to dance the warm summer night away!



**Age Group:** Ages 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Band Shell at Main Beach, Crystal Lake

**Min/Max:** 25/150

**Staff Contact:** Gabrielle

Prog #	Day	Date	Time	R/NR Fee	R/NR Fee w.Transp.
8456*	Sat	Aug 13	5:30-7:30 pm	\$15/\$26	\$21/\$32

\*No transportation, meet at dance.

### Transportation Location

- 8452 Barrington Park District
- 8453 McHenry Recreation Center
- 8454 Sheltered Village
- 8455 The Centre, Elgin

NOTE: You will be contacted via your primary email before the scheduled event with the transportation times.

## Boating on Bangs



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

**Min/Max:** 1/8

**Staff Contact:** Anya



Prog#	Day	Date	Time	R/NR Fee
3600	Mon-Sat	June 6	8:00 am – 12:00 pm	\$25/\$50
		– Aug 31	or 1:00 – 5:00 pm	

NOTE: Not available to rent on June 20 – July 6, July 9, July 16 – 19 and August 2 and 8 and on program dates July 23 and July 30.

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 and NISRA does not provide staff. Groups must provide their own supervision. If anyone in your party utilizes a wheelchair, please contact Anya to confirm before reserving.

### Service Members & Veterans with a Disability:

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. Service members & Veterans with a disability who are non-residents of NISRA's 13 member districts may use the boat at the resident fee of \$25. The boat is not available to rent on June 20 - July 6, July 9, July 16 - 19, July 23, July 30, August 2 and 8.



# individuals 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 disability.



## Fitness Swim



Dip in the pool for some water exercises or walking laps to help increase your strength, flexibility, and endurance. Research has proven that exercise boosts not only your physical health, but your attitude & mood as well.

**Age Group:** Ages 21 & Older

**Suggested Ability Level:** Participants w/physical limitations

**Location:** Rakow Center, Carpentersville

**Min/Max:** 3/8

**Staff Contact:** TBD

Prog #	Day	Dates	Weeks	Time
0502	Mon	June 20-Aug 1	6	11:10-11:55 am
		No program July 4		

**R/NR Fee no Transp.** **R Fee w/Door-to-Door Transp.\***  
\$48/\$84 \$111

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

NOTE: See page 47 for information about the fitness waiver required for participation. If you have had medical treatment during the 2 year time frame of your **Fitness Waiver**, please submit a new form to your doctor & NISRA.

## Out-n-About



Don't miss out on the great things to do in this area! At Out-n-About, get together to explore the community, talk, laugh, and have fun.

**Age Group:** Ages 18 & Older

**Suggested Ability Level:** Participants w/physical disabilities, or traumatic or acquired brain injury

**Location:** Varies Weekly

**Min/Max:** 4/10

**Transportation Max:** Transportation availability is determined by the buses available & routes with reasonable riding times.

**Staff Contact:** TBD

Prog #	Day	Dates	Weeks	Time
0503	Wed	June 22-July 13	4	6:00-8:00 pm
<b>R/NR Fee no Transp.</b>		<b>R Fee w/Door-to-Door Transp.*</b>		
\$56/\$98		\$92		

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

NOTE: Due to NISRA's large service area, participants may be picked up as early as 4:15 pm and dropped off as late as 10:30 pm. A detailed flyer will be mailed to you before the first week with specific information about each week's outing. Some activities may require you to bring extra money. We'll focus on recreational outings; if you're looking for dining out, try Restaurant Hoppers.

*Resident Priority Registration  
ends May 19*

*Non-Resident Registration  
begins May 20*

*Final Registration Deadline  
May 26*

# individuals with physical disabilities

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



## Stretch 'n Tone

Our dedicated & caring staff will help design an individual fitness plan specially for you. Light weights & fitness equipment will be used to increase your strength, muscle tone & flexibility. This is a recreational fitness program and is not intended to be a replacement for physical therapy.

**Age Group:** Ages 21 & Older

**Suggested Ability Level:** Participants w/physical limitations

**Location:** Huntley R.E.C. Center

**Min/Max each day:** 6/6

**Transp. Max each day:** Transportation availability is determined by the buses available & routes with reasonable riding times.

**Staff contact:** Emily E.

Prog #	Day	Dates	Weeks	Time
2506	Tue	June 21-Aug 2	7	1:00-2:00 pm
2507	Thur	June 23-Aug 4	7	1:00-2:00 pm
<b>R/NR Fee no Transp.</b>			<b>R Fee Door-to-Door Transp.*</b>	
\$56/\$98			\$119	

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

NOTE: For participants with physical disabilities, or traumatic or acquired brain injury. See page 47 for information about the fitness waiver required for participation. If you have had medical treatment during the 2-year time frame of your **Fitness Waiver**, please submit a new form to your doctor & NISRA.

## Restaurant Hoppers



Why eat at the same restaurant all the time when there are so many great options? Each week we'll visit a tasty eatery in the Crystal Lake or Algonquin area to sample a new entree.

**Age Group:** Ages 18 & Older

**Suggested Ability Level:** Participants w/physical disabilities, or traumatic or acquired brain injury

**Location:** Various Restaurants in the Surrounding Area

**Min/Max:** 4/10

**Staff Contact:** TBD

Prog #	Day	Dates	Weeks	Time
0509	Wed	July 20-Aug 3	3	6:00-8:00 Pm
<b>R/NR Fee no Transp.</b>			<b>R Fee w/Door-to-Door Transp.*</b>	
\$42/\$74			\$69	

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

NOTE: If no transportation is chosen, please meet at the restaurant each week. The schedule will be sent to you prior to the start of the season. Please bring money for dinner & tip.

## Boating on Bangs



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

**Min/Max:** 1/8

**Staff Contact:** Anya

Prog#	Day	Date	Time	R/NR Fee
3600	Mon-Sat	June 6	8:00 am – 12:00 pm	\$25/\$50
		– Aug 31	or 1:00 – 5:00 pm	

NOTE: Not available to rent on June 20 – July 6, 9, 16 – 19 and August 2 and 8 and on program dates July 23 and July 30.

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 and NISRA does not provide staff. Groups must provide their own supervision. If anyone in your party utilizes a wheelchair, please contact Anya to confirm before reserving.

### Service Members & Veterans with a Disability:

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. Service members & Veterans with a disability who are non-residents of NISRA's 13 member districts may use the boat at the resident fee of \$25. The boat is not available to rent on June 20 - July 6, July 9, July 16 - 19, July 23, July 30, August 2 and 8.





# early childhood & youth



early childhood & youth

## Gamers Paradise - BACK IN ACTION!

Play some Wii, Xbox, and other popular games on our big screens! We'll challenge each other, while being team players and practicing sportsmanship as we play both electronic and board games!

**Age Group:** Ages 6-15

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center at the NISRA Office

**Min/Max:** 6/10

**Staff Contact:** Anya

Prog#	Day	Dates	Weeks	Time	R/NR Fee
3235	Tue	June 21-Aug 2	7	5:30-6:15 pm	\$49/\$86

## BACK-TO-BACK PROGRAMS

## Kids Cooking Around the World

Bring your whisk and bring your wanderlust! Travel around the world through your taste buds. Each week, we will be visiting a new part of the world and creating yummy dishes to try.

**Age Group:** Ages 6-15

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center at the NISRA Office

**Min/Max:** 4/8

**Staff Contact:** Anya

Prog#	Day	Dates	Weeks	Time	R/NR Fee
3212	Tue	June 21-Aug 2	7	6:30-7:45 pm	\$88/\$153



## Eats & Beats

Let's try some fitness activities for fun and to feel great! Each week will have a theme and we'll make a tasty snack.

**Age Group:** Ages 5-12

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center at the NISRA Office

**Min/Max:** 6/10

**Staff Contact:** Anya

Prog#	Day	Dates	Weeks	Time	R/NR Fee
3205	Mon	June 20-Aug 1	6	6:00-7:00 pm	\$54/\$95
No program July 4					

# early childhood & youth

## 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 practice balance, pedaling, steering and other basic riding skills.

**Age Group:** Ages 6-15

**Suggested Ability Level:** All Abilities

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

**Min/Max:** 4/6

**Staff Contact:** Emily E.

Prog#	Day	Dates	Weeks	Time	R/NR Fee
2218	Wed	June 22-Aug 3	7	5:15-5:45 pm	\$56/\$98

**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. Buddy Baseball follows this program, consider registering for both!



## Sports Mania

Learn sports skills in a fun-filled program! We'll work on cognitive and motor skills through traditional sports such as kickball, t-ball, soccer and more! We'll also focus on teamwork & sportsmanship.

**Age Group:** Ages 6-12

**Suggested Ability Level:** All Abilities

**Location:** Multi-use Gym, The Centre, Elgin

**Min/Max:** 6/10

**Staff Contact:** TBD

Prog#	Day	Dates	Weeks	Time	R/NR Fee
0233	Thur	June 23-Aug 4	7	5:00-5:45 pm	\$47/\$83

**NOTE:** Please wear comfortable clothes and bring a water bottle to program. Back-to-Back with Gamers. Consider signing up for both!

## BACK-TO-BACK PROGRAMS

## Gamers

Nintendo Switch, Monopoly, PlayStation, Connect 4 anyone? Challenge your friends in a variety of board games and video games while practicing sportsmanship and having fun!

**Age Group:** Ages 6-12

**Suggested Ability Level:** All Abilities

**Location:** Celebration Room, The Centre, Elgin

**Min/Max:** 6/10

**Staff Contact:** TBD

Prog#	Day	Dates	Weeks	Time	R/NR Fee
0622	Thur	June 23-Aug 4	7	5:45-6:30 pm	\$49/\$86

**NOTE:** This program follows "Sports Mania". Consider signing up for both!



## Kick Start Sports & Games

We'll get our bodies moving in this high-energy program! Each week we'll experience a different sport or play an exciting team game. Everyone can laugh & have fun, regardless of ability level.

**Age Group:** Ages 6-12

**Suggested Ability Level:** All Abilities

**Location:** McHenry Recreation Center

**Min/Max:** 6/8

**Staff Contact:** Samantha

Prog#	Day	Dates	Weeks	Time	R/NR Fee
1215	Thur	June 23-Aug 4	7	5:00-5:45 pm	\$47/\$83

NOTE: Please dress appropriately for the weather because we will play outside if possible.

## BACK-TO-BACK PROGRAMS

### Gaming Crew

**New!**

Game the night away with the ultimate gaming crew! Calling all lovers of Wii, tablets, Switch and board games to come hangout with friends and put your gaming skills to the test.

**Age Group:** Ages 6-12

**Suggested Ability Level:** All Abilities

**Location:** McHenry Recreation Center

**Min/Max:** 6/8

**Staff Contact:** Samantha

Prog#	Day	Dates	Weeks	Time	R/NR Fee
1205	Thur	June 23-Aug 4	7	5:45-6:30 pm	\$49/\$86

### Splash Pad & Playground Tour

**New!**

Calling all kids! Spend your Friday mornings enjoying a delightful splash pads & playgrounds in your area! Explore a new splash pad & playground each week, with a light snack and craft!

**Age Group:** Ages 3-8

**Suggested Ability Level:** All Abilities

**Location:** Various Locations; See Below

**Min/Max:** 6/8

**Staff Contact:** Emily E.

Prog#	Day	Dates	Weeks	Time	R/NR Fee
2110	Fri	June 24-July 15	4	10:00-11:30 am	\$36/\$63

**June 24:** Woodscreek Park, Crystal Lake

**July 1:** Deicke Park, Huntley\* This location does not have a splash pad, but has a water & sand play area.

**July 8:** Veterans Acres Park, Crystal Lake

**July 15:** Sunset Park, Lake in the Hills

NOTE: Participants should bring a swimsuit, towel and sunscreen. In the event of inclement weather, the program will be canceled.

*Resident Priority Registration  
ends May 19*

*Non-Resident Registration  
begins May 20*

*Final Registration Deadline  
May 26*

## Sensory Exploration-(3 - 6)

Check out the Snoezelen® sensory room! Participants are guided through a sensory experience that incorporates hand-eye coordination, gross motor skills, working with others, operating controls and setting scenes in the room, and relaxing.

**Age Group:** Ages 3-6

**Suggested Ability Level:** All Abilities

**Location:** Snoezelen Room, SAGE TR Center at the NISRA Office

**Min/Max:** 1/3

**Staff Contact:** Samantha

Prog#	Day	Dates	Weeks	Time	R/NR Fee
1140	Tue	June 21-Aug 2	7	4:00-4:30 pm	\$56/\$98



## Special Twist Cheer

**New!**

Special Twist Cheerleading is an instructional class designed to teach the basics of the sport of cheerleading. The group will work on the technique for jumps, cheers, and dance. Participants will learn and perform a routine on the last day of class.

**Age Group:** Ages 3-8

**Suggested Ability Level:** All Abilities

**Location:** Cary Park District

**Min/Max:** 4/8

**Staff Contact:** Anya

Prog#	Day	Dates	Weeks	Time	R/NR Fee
3620	Tue	June 7, 9, 14,	3	2:15-3:15 pm	\$41/\$71
	& Thur	16, 21 & 23			

NOTE: Program fee includes a t-shirt.



# youth & young teens

## Ice Skating-Learn to Skate

Learn the basics of skating, including balance and movement in order to start gliding on the ice. The beginner program will help you develop the skills to advance to the next level.

**Age Group:** Ages 6 & Older

**Suggested Ability Level:** All Abilities

**Location:** Crystal Ice House, Crystal Lake

**Min/Max:** 4/8

**Staff Contact:** Emily E.

Prog#	Day	Dates	Weeks	Time	R/NR Fee
2606	Mon	June 6-Aug 8	9	4:15-5:00 pm	\$38/\$67
		No Prog July 4			

NOTE: This program is a prerequisite for the Ice Skating-Intermediate/Advanced class. If the skater has prior experience, please contact Emily E. to be placed in the right program. Dates are in conjunction with the Ice House schedule, and the Ice House requires parents/guardians to remain in the building during the program time. Fee is reduced due to the generous donation of ice time & instructors by the Crystal Ice House.

*\*Non-residents, please register as early as possible and we'll put you in the program regardless of the registration deadlines.*

## Ice Skating-Intermediate/Advanced

Take your skills to the next level in this beautiful and athletic sport. Work on the techniques that you admire in the world's best skaters!

**Age Group:** Ages 6 & Older

**Suggested Ability Level:** All Abilities

**Location:** Crystal Ice House, Crystal Lake

**Min/Max:** 4/8

**Staff Contact:** Emily E.

Prog#	Day	Dates	Weeks	Time	R/NR Fee
2607	Mon	June 6-Aug 8	9	4:15-5:00 pm	\$38/\$67
		No Prog July 4			

NOTE: Dates are in conjunction with the Ice House schedule, and the Ice House requires parents/guardians to remain in the building during the program time. Fee is reduced due to the generous donation of ice time & instructors by the Crystal Ice House.

*\*Non-residents, please register as early as possible and we'll put you in the program regardless of the registration deadlines.*





## Tennis-Youth Beginner

Get out your tennis racquet & hit some balls! Start practicing in this encouraging program for beginners. We'll focus on the basics: serves, volleys, forehand & backhand.

**Age Group:** Ages 10-15

**Suggested Ability Level:** All Abilities

**Location:** Crystal Lake Racket Club, Algonquin

**Min/Max:** 4/6

**Staff Contact:** Emily E.

Prog#	Day	Dates	Weeks	Time	R/NR Fee
2220	Wed	June 22-Aug 3	7	4:15-5:00 pm	\$47/\$83

NOTE: Please wear tennis shoes and comfortable clothes to move around in. Bring your own racket and water bottle. This program is a prerequisite to participation in Special Olympics Intermediate / Advanced Tennis.



## Buddy Baseball

Learn how to play baseball and spend time on the field! This program has participants work alongside peers to improve your baseball skills. Batter up!

**Age Group:** Ages 6-16

**Suggested Ability Level:** All Abilities

**Min/Max:** 8/12

NOTE: If you know someone who would be a great Baseball Buddy like your neighbor, a sibling or family friend, please reach out to the NISRA office today. Buddy must be 13 years or older.

## Lake in the Hills

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

**Staff Contact:** Emily E.

Prog#	Day	Dates	Weeks	Time	R/NR Fee
2217	Wed	June 22-Aug 3	6	6:00-7:00 pm	\$18/\$32

No program July 6

In partnership with Northern Illinois Rawlings Tigers 12U - Artinghelli.



## Elgin

**Location:** Elgin Sports Complex

**Staff Contact:** TBD

Prog#	Day	Dates	Weeks	Time	R/NR Fee
0232	Wed	June 22-Aug 3	7	6:00-7:00 pm	\$21/\$37

# youth & young teens

## Crafty Kids

Calling all creative and crafty kids! Meet up with friends to socialize and create different themed-crafts each week and use crafting as an easy de-stresser. Remember, when crafting there are no mistakes...just unique creations like ourselves!

**Age Group:** Ages 6-15

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center at the NISRA Office

**Min/Max:** 4/8

**Staff Contact:** Emily E.

Prog#	Day	Dates	Weeks	Time	R/NR Fee
2205	Thur	June 23-Aug 4	7	5:00-6:00 pm	\$56/\$98

## Friday Adventures



We're headed for adventure at a different place each week! Meet at the NISRA Office each Friday at 2:15pm and we'll transport everyone to the fun.

**Age Group:** Ages 6-15

**Suggested Ability Level:** All Abilities

**Location:** Various Locations; See Below

**Min/Max:** 6/12

**Staff Contact:** Emily E.

Prog#	Day	Dates	Weeks	Time	R/NR Fee
2239	Fri	June 24-Aug 5	7	2:30-4:00 pm	\$96/\$168

June 24: Tasty Creations @ NISRA Office

July 1: Mini Golf & Ice Cream @ Lippold Park

July 8: Swimming @ Main Beach

July 15: Nature Adventure @ Fel-Pro RRR, Cary

July 22: Bowling @ Kingston Lanes

July 29: Fitness Friday @ the NISRA Office

Aug 5: Splash Pad & Outdoor Games @ Veterans Acres, Crystal Lake

**Bus Departs**  
2:15 pm

**Transportation Location**  
NISRA Office

**Returns**  
4:15 pm



## Special Focus Karate – Starts Early!

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

**Age Group:** Ages 6 & Older

**Suggested Ability Level:** Highly structured class, participants must be independent and follow with guided instruction.

**Location:** Focus Martial Arts, Lake in the Hills

**Min/Max:** 8/15

**Staff Contact:** Emily E.

Prog#	Day	Dates	Weeks	Time	R/NR Fee
2614	Sat	June 11- Aug 20	10	11:15am-12:00pm	\$120/\$210
No program July 9					

NOTE: Please wear comfortable clothing to move around in. Focus Martial Arts is strongly recommending the purchase of a gi, whitebelt and fist guards for the full karate experience and etiquette. You can purchase the uniform from Focus for \$59.40 and they also have various t-shirts available for sale.

\*Non-residents, please register as early as possible and we'll put you in the program regardless of the registration deadlines.

## youth & young teens



## Super Saturdays

Have a blast on Saturdays with our energetic line-up of games, sports, crafts, music & a couple of field trips. Make new friends in this fun program!

**Age Group:** Ages 6-18

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center at the NISRA Office

**Min/Max:** 6/12

**Staff Contact:** Anya

Prog#	Day	Dates	Weeks	Time	R/NR Fee
3222	Sat	June 25-Aug 6	6	10:00am-1:00 pm	\$83/\$144
No program July 2					

NOTE: Participants should bring a labeled sack lunch & drink.



Resident Priority Registration  
ends May 19

Non-Resident Registration  
begins May 20

Final Registration Deadline  
May 26

## Climb On!

We will, we will, rock you! Learn how to rock climb as you build climbing skills each week with an enthusiastic instructor! We'll spend time climbing over boulders, belay climb and climbing into coves.

**Age Group:** Ages 8 & Older

**Suggested Ability Level:** All Abilities

**Location:** North Wall, Crystal Lake

**Min/Max:** 6/10

**Staff Contact:** Emily E.

Prog#	Day	Dates	Weeks	Time	R/NR Fee
2231	Tue	June 21-Aug 2	7	6:00-7:30 pm	\$140/\$245

NOTE: Fee includes climbing shoes.

Please wear socks. North Wall requires a waiver to be signed before participating. Waiver can be found here: <https://waiver.smartwaiver.com/w/5b08559cb6db5/web/> or on the top right of their website. Please fill out, open your email and press confirm in the email.



## Sensory Swim

This program is for children who like being in the water, but don't want structured swim lessons. Children can enjoy the buoyancy, comfort, and benefits of the pool.

**Age Group:** Ages 10 & Older

**Suggested Ability Level:** All Abilities

**Location:** Dolphin Cove, Dundee Township Park District

**Min/Max:** 4/8

**Staff Contact:** TBD

Prog#	Day	Dates	Weeks	Time	R/NR Fee
0237	Wed	June 22-Aug 3	7	6:00-6:30 pm	\$56/\$98

NOTE: If the pool is closed due to inclement weather, this program will be canceled for the day. Please bring/wear your swimsuit, towel, and sunscreen.



# youth & young teens

## Sensory Exploration (7-12)

Check out the Snoezelen® sensory room! Participants are guided through a sensory experience that incorporates hand-eye coordination, gross motor skills, working with others, operating controls and setting scenes in the room, and relaxing.

**Age Group:** Ages 7-12

**Suggested Ability Level:** All Abilities

**Location:** Sensory Room, Sage TR Center at the NISRA Office

**Min/Max:** 1/3

**Staff Contact:** Samantha

Prog#	Day	Dates	Weeks	Time	R/NR Fee
1240	Tue	June 21-Aug 2	7	4:30-5:00 pm	\$56/\$98



youth & young teens



## Aqua Relaxation (12-17)

Come relax, float and ease into calm! Enjoy the therapeutic values of being in a warm therapy pool that promotes muscle relaxation with a low-impact and low-stress environment. **This program's focus is relaxation and not playing or learning specific swim skills. Participants must be independent in the water.**

**Age Group:** Ages 12-17

**Suggested Ability Level:** All Abilities

**Location:** Therapy Pool, The Centre

**Min/Max:** 2/4

**Staff Contact:** TBD

Prog#	Day	Dates	Weeks	Time	R/NR Fee
0300	Thur	June 23-Aug 4	7	7:00-7:30 pm	\$56/\$98

NOTE: Participants should bring a towel and come in their swimsuit.

## Saturday Fun Club

Saturday Fun Club 6 – 12 & 13 – 18 are combining for the summer. Saturday mornings will be a blast with our energetic line-up of games, sports, crafts, music, swimming and several field trips. The group will divide into smaller, age-appropriate groups for activities.

**Age Group:** Ages 6-18

**Suggested Ability Level:** All Abilities

**Location:** Centre of Elgin

**Min/Max:** 6/12

**Staff Contact:** TBD

Prog#	Day	Dates	Weeks	Time	R/NR Fee
0207	Sat	June 25-Aug 6	6	10:00am-1:00pm	\$83/\$144
No Program July 2					

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



# youth & young teens

## Swim Lessons

This structured swim lesson is to be geared to your child's swim ability with the goal of having your child feel comfortable and safe in the pool. Swimmers will be introduced to basic water skills, breath holding submersion progressions and more! Please register for a specific activity section and time. A 1:1 staff will be provided for each swimmer. One session per participant.

**Age Group:** Ages 3-18

**Suggested Ability Level:** All Abilities

**Min/Max:** 2/4

Prog #	Day	Dates	Weeks	Time	R/NR Fee
<b>Huntley – Stingray Bay</b>					
<b>Staff Contact:</b> Emily E.					
2624	Mon	June 20 - August 1 No program July 4	6	5:30-6:00 pm	\$66/\$116
2626	Mon	June 20 - August 1 No program July 4	6	6:00- 6:30 pm	\$66/\$116

## Sleepy Hollow – Sleepy Hollow Pool

**Staff Contact:** TBD

0624	Mon	June 20 - August 1 No program July 4	6	5:15-5:45 pm	\$66/\$116
0626	Mon	June 20 - August 1 No program July 4	6	5:45-6:15 pm	\$66/\$116

## Cary – Sunburst Bay Aquatic Center

**Staff Contact:** Anya

3624	Wed	June 22 - August 3	7	5:30-6:00 pm	\$77/\$135
3626	Wed	June 22 - August 3	7	6:00-6:30 pm	\$77/\$135

NOTE: If the pool is closed due to inclement weather, this program will be canceled for the day. Please bring/wear your swimsuit, towel, and sunscreen.

## Open Swim @ Harvard – NEW LOCATION!

Summer will come & go too fast, so your best day could be splashing & swimming in the beautiful outdoor pool at Harvard Aquatic Center! Diving boards, a water slide, a picnic area, sand play area, and a sand volley ball pit are all part of the fun.

**Age Group:** Ages 10 & Older

**Suggested Ability Level:** All Abilities

**Location:** Harvard Swimming Pool

**Min/Max:** 6/10

**Staff Contact:** Samantha

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0324	Wed	June 22 - August 3	7	5:00-6:00 pm	\$56/\$98

NOTE: If the pool is closed due to inclement weather, this program will be canceled for the day. Please bring/wear your swimsuit, towel, and sunscreen.



# TEEN CLUB

Ages 14 – 21 | Saturdays

**\*All Teen Clubs this season are NEW!**

*Teens, hang out with friends on Saturday nights for fun, laughter, and new experiences!*

## Transportation Update and Locations:

Some of the following Teen Clubs will only show transportation location options. You will be emailed via your primary email the week of the scheduled program with transportation times. Please still choose a transportation location for your event.

Be sure to **check in with staff** and **board the correct vehicle** in the parking lot. Multiple programs pick-up/drop-off at the same location!

### Can't make it to the program?

If you can no longer attend, **call NISRA at 815-459-0737 and dial 1 for the Emergency Mailbox**. Leave a voice mail message for the On Call staff to relay to the driver. **Drivers can wait a maximum of 5 minutes** before they must leave for other pick-up points and/or the program. **See information about late pick-up on page 47.**

## Teen Club–Mmmmmmm Chocolate!

Put on your baker's hat and follow along as a guided instructor leads the way to make chocolate pizzas, pretzels and other molded candies. You will leave with about a pound of chocolate... read that twice!

**Location:** Morkes, Huntley

**Min/Max:** 10/15

**Staff Contact:** Emily E.

Prog#	Date	Time	R/NR Fee
2331	June 25	3:00 - 5:00 pm	\$45/\$79

NOTE: No extra money is needed. This program fee includes all chocolate items. There will be no dairy-free options.

### Transportation Location

Woodstock Recreation Center

McHenry Recreation Center

The Centre of Elgin

NISRA Office

## Teen Club–Water Works & Subs

Let's slide our way into some pool fun and hop out for sandwiches and chips!

**Location:** Emricson Park, Woodstock

**Min/Max:** 8/20

**Staff Contact:** Samantha

Prog#	Date	Time	R/NR Fee
1327	July 9	3:00-6:00 pm	\$27/\$47

NOTE: No extra money is needed, please bring your swimsuit, towel and change of clothes. In the event of inclement weather the program will be canceled.

### Transportation Location

Woodstock Recreation Center

McHenry Recreation Center

The Centre of Elgin

NISRA Office

## Teen Club–Bonfire Buds

Let's Kumbaya around the fire with friends! We'll go on a nature walk to explore the scenery of the Hawthorne Hill Nature Center. Then, we'll cook dinner and dessert over the fire!

**Location:** Hawthorne Hills Nature Center, Elgin

**Min/Max:** 8/20

**Staff Contact:** TBD

Prog#	Date	Time	R/NR Fee
0329	July 16	4:00 - 6:00 pm	\$25/\$44

NOTE: Come dressed for weather w/ bug repellent, dinner will be cooked over the bonfire. In the event of inclement weather the program will be canceled.

### Transportation Location

Woodstock Recreation Center

McHenry Recreation Center

The Centre of Elgin

NISRA Office

# teen club

## Teen Club–Night Swim @ Dolphin Cove

Who says swimming is only a daytime activity? Come spend an enjoyable evening swim with friends along with a treat afterwards!

**Location:** Dolphin Cove Aquatic Center, Dundee Township Park District

**Min/Max:** 8/20

**Staff Contact:** TBD

Prog#	Date	Time	R/NR Fee
0328	July 23	6:00 - 8:00 pm	\$24/\$41

NOTE: No extra money is needed, please bring your swimsuit, towel and change of clothes. In the event of inclement weather the program will be canceled.

### Transportation Location

Woodstock Recreation Center

McHenry Recreation Center

The Centre of Elgin

NISRA Office

## Teen Club–Sunset Boat Ride & Treats

Let's enjoy a sunset cruise on Bangs Lake, nothing like watching it over the water with friends! Afterwards, we'll get a treat at My Flavor It! Place.

**Location:** Phil's Beach, Wauconda Park District & My Flavor It! Place, Wauconda

**Min/Max:** 8/20

**Staff Contact:** Anya

Prog#	Date	Time	R/NR Fee
3323	July 30	6:00 - 8:00 pm	\$24/\$42

NOTE: Participants will not be swimming, but going on a boat ride around Phil's beach, please bring layers, as it may be a bit chilly on the water. In the event of inclement weather, the program will be canceled.

### Transportation Location

Woodstock Recreation Center

McHenry Recreation Center

The Centre of Elgin

NISRA Office

## Teen Club–McHenry County Fair Fun

We're hitting the fair for the ultimate variety evening of ground and grandstand entertainment. Carnival rides, food and live stock....oh my!

**Location:** McHenry County Fairgrounds, Woodstock

**Min/Max:** 8/20

**Staff Contact:** Samantha

Prog#	Date	Time	R/NR Fee
1326	Aug 6	4:00 - 6:00 pm	\$45/\$79

NOTE: Come dressed for the weather. Fee includes fair admission and dinner. In the event of inclement weather the program will be canceled. Participants can bring additional money for attractions.

### Transportation Location

Woodstock Recreation Center

McHenry Recreation Center

The Centre of Elgin

NISRA Office







# teens & adults

## NEW TO SUMMER!

### Summer Baking Buddies I & II

Summer loving is happening in the kitchen! Put on your chef's hat and apron because we'll be making summer-inspired goodies to show off and then of course, taste test! There will be pizza before we begin baking.

**Age Group:** Ages 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center at the NISRA Office

**Min/Max:** 6/8

**Staff Contact:** Anya

Prog#	Day	Dates	Weeks	Time	R/NR Fee
3634	Mon	June 20, 27 & July 11	3	5:00-6:30 pm	\$38/\$66
3636	Mon	July 18, 25 & Aug 1	3	5:00-6:30 pm	\$38/\$66

NOTE: Please only sign up for one session, as the recipes will be the same.

### Monday Fun Day

Spend Monday afternoons playing games and creating new things! Enjoy some social fun while playing favorite games and crafting.

**Age Group:** Ages 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center at the NISRA Office

**Min/Max:** 6/12

**Staff Contact:** Emily E.

Prog#	Day	Dates	Weeks	Time	R/NR Fee
2602	Mon	June 20-Aug 1	6	3:30-4:30 pm	\$54/\$95
No program July 4					

NOTE: This program is back-to-back with Let's Get Crafty, consider signing up for both!



### Kingpins Drumline

This awesome percussion group is apart of the Crystal Lake Strikers. Learn drumming and drumline techniques, then perform with the famous Strikers! Possible performances, too! We will update you with more information.

**Age Group:** Ages 13-25

**Suggested Ability Level:** All Abilities

**Location:** Striker's Hall, Crystal Lake

**Min/Max:** 8/20

**Staff Contact:** Emily E.

Prog#	Day	Dates	Weeks	Time	R/NR Fee
2352	Mon	June 20-Aug 1	6	6:00-7:00 pm	\$41/\$71
No program July 4					

NOTE: Fee includes professional instruction, drum sticks and a performance shirt if needed. Potential performance August 1.

### Let's Get Crafty

Grab your scissors, grab your glue, and let's see what we can do! We'll come up with different projects to get your creativity going.

**Age Group:** Ages 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center at the NISRA Office

**Min/Max:** 6/12

**Staff Contact:** Samantha

Prog#	Day	Dates	Weeks	Time	R/NR Fee
1621	Mon	June 20-Aug 1	6	4:45-5:45 pm	\$48/\$84
No program July 4					

NOTE: This program follows Monday Fun Day. Consider signing up for both!

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



## Golf Clinics – Ages 8 & Older

The Chicagoland District Golf Association Foundation is again teaming up with NISRA to provide a Sunshine Through Golf camp. The program is taught by PGA Professionals and covers the basics of golf, including full swing, short game, and golf etiquette. Find more information on the CDGA website at: [www.cdgafoundation.org](http://www.cdgafoundation.org).

### Dundee

**Location:** Randall Oaks Golf Club, West Dundee

**Min/Max:** 6/12 for Each Time Slot

**Staff Contact:** TBD

Prog#	Day	Dates	Weeks	Time	R/NR Fee
0630	Mon	June 13-July 18	5	5:00-6:00 pm	Free!
		No Program July 4			
0633	Mon	June 13-July 18	5	6:00-7:00 pm	Free!
		No Program July 4			

NOTE: NISRA's Sunshine Through Golf participants may play the Randall Oaks Links Course for free, thanks to a partnership between the Sunshine Through Golf Foundation and Randall Oaks. To schedule a tee time, contact the Pro Shop at 847-428-5661 and say that you are a NISRA Sunshine Through Golf participant.

### Barrington

**Location:** Makray Memorial Golf Club, Barrington

**Min/Max:** 6/12 for Each Time Slot

**Staff Contact:** Anya

Prog#	Day	Dates	Weeks	Time	R/NR Fee
3635	Thur	June 16-July 14	5	4:30-5:30 pm	Free!



## Archery

Hit a "bullseye" with this program! Release your inner Robin Hood as you explore the timeless sport of archery. Learn shooting techniques & safety skills at the archery range from an experienced instructor.

**Age Group:** Ages 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Petersen Farm, McHenry

**Min/Max:** 6/9

**Staff Contact:** Samantha

Prog#	Day	Dates	Weeks	Time	R/NR Fee
1633	Tue	June 21-July 26	6	6:00-7:00 pm	\$71/\$123

NOTE: Archery equipment will be provided, please wear close-toed shoes each week and bring bug repellent.



## teens & adults

## Summer Creations

In this creative class we'll spend fun-filled weeks crafting beautiful creations. Each week you'll build on the previous week's effort, resulting in original pieces that are uniquely yours!

**Age Group:** Ages 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center at the NISRA Office

**Min/Max:** 6/12

**Staff Contact:** Anya

Prog#	Day	Dates	Weeks	Time	R/NR Fee
3606	Wed	June 22-Aug 3	7	3:30-4:30 pm	\$79/\$138





# teens & adults



## Tennis-Adult Beginner

Get out your tennis racquet & hit some balls! Start practicing in this encouraging program for beginners. We'll focus on the basics: serves, volleys, forehand & backhand.

**Age Group:** Ages 16 & Older

**Suggested Ability Level:** All Abilities

**Min/Max:** 4/6 for each program

**Location:** Crystal Lake Racket Club

**Staff Contact:** Emily E.

Prog#	Day	Dates	Weeks	Time	R/NR Fee
2442	Wed	June 22-Aug 3	7	3:30-4:15 pm	\$47/\$83

NOTE: Bring your own racket and water bottle. This program is a prerequisite to participate in Special Olympics Intermediate / Advanced Tennis. Please wear tennis shoes and comfortable clothes to move around in.

## Learn to Ride a Bike For Teens

Check off a bucket list item and let's ride! NISRA staff will help you practice balance, pedaling, steering and other basic riding skills.

**Age Group:** Ages 16-21

**Suggested Ability Level:** All Abilities

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

**Min/Max:** 4/6

**Staff Contact:** Emily E.

Prog#	Day	Dates	Weeks	Time	R/NR Fee
2307	Wed	June 22-Aug 3	7	4:30-5:00 pm	\$56/\$98

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.

*Resident Priority Registration  
ends May 19*

*Non-Resident Registration  
begins May 20*

*Final Registration Deadline  
May 26*

## Explore the Pools & Parks



Explore some of our area's biggest & best parks, then dive into the cool blue waters of these great pools! Each week we'll travel to a different spot for sun & fun!

**Age Group:** 14-22

**Suggested Ability Level:** All Abilities

**Locations:**

**July 1:** Harvard Pool & Lions Park

**July 15:** Aqualusion & Langendorf Park in Barrington

**July 29:** Water Works & Emricson Park in Woodstock

**Min/Max:** 6/12

**Staff Contact:** Samantha

Prog#	Day	Dates	Weeks	Time	R/NR Fee
1317	Fri	July 1, 15, 29	3	1:00-3:30 pm	\$60/\$105

Bus Departs	Transportation Location
12:30 pm	NISRA Office

Returns
4:00 pm

NOTE: Please bring a swimsuit, towel, water bottle and sunscreen. This program alternates weeks with Travelin' Teens, consider signing up for both!

## RETURNING PROGRAM!

### Travelin' Teens



Let's get out of the house and explore some of the fun things to do around our community! Each week we will explore a new place, it might be artsy, sporty, relaxing or high-energy!

**Age Group:** 14-22

**Suggested Ability Level:** All Abilities

**Locations:**

**June 24:** Mini Golf & Ice Cream @ Lippold Park, Crystal Lake

**July 8:** Color Me Mine, Crystal Lake

**July 22:** Bowling @ Kingston Lanes, Woodstock

**Aug 5:** Boating on Bangs Lake, Wauconda

**Min/Max:** 6/12

**Staff Contact:** Anya

Prog#	Day	Dates	Weeks	Time	R/NR Fee
3310	Fri	June 24, July 8, 22 & Aug 5	4	1:00-3:30 pm	\$86/\$140

Bus Departs	Transportation Location
12:30 pm	NISRA Office

Returns
4:00 pm

NOTE: This program alternate dates with Explore the Pools & Parks, consider signing up for both!



# teens & adults



## BINGO & BAGGO

...and BINGO was his name-o! Or was it BAGGO? Either way, we'll be playing both games. Each week we will be alternating between the two. Learn to play or strengthen your skills at one, or both!

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Locations:** Sage TR Center at the NISRA Office

**Min/Max:** 6/12

**Staff Contact:** Anya

Prog#	Day	Dates	Weeks	Time	R/NR Fee
3615	Fri	June 24-Aug 5	7	5:15-6:15 pm	\$63/\$110


NOTE: If weather permits, Baggo will be held outside.

## Bowling

**Age Group:** 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	Time	R/NR Fee	Min/Max	Weeks
<b>Bowlero Bowl</b> Bowlero Algonquin <b>Staff Contact:</b> Emily E.	2601	Mon, June 20-Aug 1 <i>No program July 4</i>	5:00-6:30 pm	\$72/\$126	8/30	6
<b>Pin Pals Bowling</b> 3D Bowl & Sideouts Island Lake <b>Staff Contact:</b> Anya	3623	Tue, June 21-Aug 2	3:30-5:00 pm	\$84/\$147	8/30	7
<b>Elgin Bowl</b>  Elgin Lanes Elgin <b>Staff Contact:</b> TBD NOTE: Transportation offered for AID clients from workshop at 3:00 pm. No transportation home.	0610	Tue, June 21-Aug 2	3:30-5:00 pm	\$84/\$147 w/transp. \$105/\$168	8/30	7
<b>Pioneer Bowlers</b>  Raymond's Bowl Johnsburg <b>Staff Contact:</b> Samantha Transportation offered for Pioneer Center clients from workshop at 3:00 pm. No transportation home. Gardening Club follows this program, consider registering for both!	1477	Thur, June 23-Aug 4	3:30-5:00 pm	\$84/\$147 w/transp. \$105/\$168	8/30	7
<b>Rock 'N Bowl</b> Raymond's Bowl McHenry <b>Staff Contact:</b> Samantha	1622	Sat, June 25-Aug 6 <i>No Program July 2</i>	1:30-3:00 pm	\$72/\$126	8/30	6
<b>Saturday Bowlers</b> Kingston Lanes Woodstock <b>Staff Contact:</b> Samantha	1612	Sat, June 25-Aug 6 <i>No Program July 2</i>	11:00 am-12:30 pm	\$72/\$126	8/30	6
<b>Saturday Strikers</b> Liberty Lanes Carpentersville <b>Staff Contact:</b> TBD	0613	Sat, June 25-Aug 6 <i>No Program July 2</i>	2:00-3:30 pm	\$72/\$126	8/20	6



# teens & adults

## Friday Night Supper Club I & II

Make a delicious dinner & hang out with others. Try out some scrumptious recipes in the Teaching Kitchen!

**Age Group:** Ages 13 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center at the NISRA Office

**Min/Max:** 5/8

**Staff Contact:** Emily E.

Prog#	Day	Dates	Weeks	Time	R/NR Fee
2644	Fri	June 24, July 8 & 22	3	6:30-8:00 pm	\$38/\$66
2645	Fri	July 1, 15, 29	3	6:30-8:00 pm	\$38/\$66

NOTE: Please only sign up for one session, as the recipes will be the same.

## Teen & Young Adult Disc Golf



Start your weekend with some fun and friendly competition! Disc golf is a simple game of throwing a frisbee toward targets on a short course. Each week we'll explore disc golf courses in our area.

**Age Group:** 13 & Older

**Suggested Ability Level:** All Abilities

**Locations:**

**June 24:** Lippold Park, Crystal Lake

**July 1:** Fel-Pro RRR, Cary

**July 8:** Randall Oaks Park, Dundee

**July 15:** Lake in the Hills Disc Golf Course (Linda K. Fischer Park)

**July 22:** Walnut Hollow Disc Golf Course (Hoffman Park, Cary)

**July 29:** Huntley Park District Golf Course

**Aug 5:** Participant Choice

**Min/Max:** 4/12

**Staff Contact:** Emily E.

Prog#	Day	Dates	Weeks	Time	R/NR Fee
2622	Fri	June 24-Aug 5	7	4:45-6:00 pm	\$60/\$105
					\$96/\$137

Bus Departs	Transportation Location	Returns
4:15 pm	NISRA Office	6:15 pm
4:45 pm	No Transportation	6:00 pm

NOTE: If you sign up for no transportation option, that means you must meet at the location each week. If you sign up for transportation, you will be dropped off and picked up at the NISRA office.

## Sensory Exploration (13-18)

Check out the Snoezelen® sensory room! Participants are guided through a sensory experience that incorporates hand-eye coordination, gross motor skills, working with others, operating controls and setting scenes in the room, and relaxing.

**Age Group:** Ages 13-18

**Suggested Ability Level:** All Abilities

**Location:** Snoezelen Room, Sage TR Center at the NISRA Office

**Min/Max:** 1/3

**Staff Contact:** Samantha

Prog#	Day	Dates	Weeks	Time	R/NR Fee
1340	Tue	June 21-Aug 2	7	5:00-5:30 pm	\$56/\$98



teens & adults

## Saturday Morning Breakfast Club

Scrumptious Saturdays are headed your way! Grab your chef's hat and meet us at the NISRA Teaching Kitchen to see friends and whip up delicious breakfast treats.

**Age Group:** Ages 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center at the NISRA Office

**Min/Max:** 5/8

**Staff Contact:** Anya

Prog#	Day	Dates	Weeks	Time	R/NR Fee
3644	Sat	June 25-Aug 6	6	9:30-10:30 am	\$75/\$131
		No program July 2			

NOTE: Try back-to-back programs with Trekkers and Saturday Strikers!

## Aqua Relaxation (18+)

Come relax, float and ease into calm! Enjoy the therapeutic values of being in a warm therapy pool that promotes muscle relaxation with a low-impact and low-stress environment. **This program's focus is relaxation and not playing or learning specific swim skills. Participants must be independent in the water.**

**Age Group:** Ages 18 & Older

**Suggested Ability Level:** All Abilities

**Location:** Therapy Pool, Centre of Elgin

**Min/Max:** 2/4

**Staff Contact:** TBD

Prog#	Day	Dates	Weeks	Time	R/NR Fee
0400	Thur	June 23-Aug 4	7	7:30-8:00 pm	\$56/\$98

NOTE: Participants should bring a towel and come in their swimsuit.

## teens & adults

# Wellness programs

### Biking Club

Hop on your bike for each week's leisurely, scenic ride and take in sights & sounds of the season on various bike trails and paths.

**Age Group:** Ages 16 & Older

**Suggested Ability Level:** Must be able to independently ride a bike & keep up with the group.

**Locations:**

**Jun 20:** Prairie Trail

**Jun 27:** Prairie Trail

**Jul 11:** Prairie Trail

**Jul 18:** Ridgefield Trace

**Jul 25:** Ridgefield Trace

**Aug 1:** Ridgefield Trace

**Min/Max:** 4/12

**Staff Contact:** Emily E.

Prog#	Day	Dates	Weeks	Time	R/NR Fee
2635	Mon	June 20-Aug 1	6	4:30-6:00 pm	\$47/\$81
No Program July 4					

NOTE: Participants need to have their own bike, helmet and water bottle. Weeks 1 - 3: Meet at Towne Park parking lot at the west end of Washington Street in Algonquin.

Weeks 4 - 6: Meet at Veterans Acres off Walkup Road in Crystal Lake.



### Yoga

Focus, stretch, and exhale! Yoga positions not only increase your strength & balance, but help your mind. Discover techniques to help you concentrate, calm your emotions, reduce stress & promote positive thoughts.

**Age Group:** Ages 16 & Older, and family members

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center at the NISRA Office

**Min/Max:** 6/12

**Staff Contact:** Emily E.

Prog#	Day	Dates	Weeks	Time	R/NR Fee
2639	Mon	June 20-Aug 1	6	5:00-5:45 pm	\$48/\$84
No program July 4					

**R/NR Fee for Family Member**

\$41/\$71

NOTE: Please wear comfortable clothing for moving and stretching, and bring your mat if you have one. NISRA has a limited number of mats. Please complete a registration form for each family member who will be attending.

Check out these

programs geared toward living a healthy lifestyle.

We're committed to offering a variety of activities to help you live well & live longer!

Please keep giving your suggestions for these types of programs!



### Workout @ Your Choice-

We'll use the equipment at the fitness center to develop strength, muscle tone, and cardiovascular health. Develop your own fitness plan & goals with the help of our staff. Choose your location below!

**Age Group:** Ages 16 & Older

**Suggested Ability Level:** All Abilities

**Min/Max:** 6/8

### McHenry Recreation Center

**Staff Contact:** Samantha

Prog#	Day	Dates	Weeks	Time	R/NR Fee
1618	Mon	June 20-Aug 1	6	4:00-5:00 pm	\$48/\$84
No Program July 4					

### Woodstock Recreation Center

**Staff Contact:** Samantha

Prog#	Day	Dates	Weeks	Time	R/NR Fee
1616	Tue	June 21-Aug 2	7	5:00-6:00 pm	\$56/\$98

### Rakow Fitness Center, Carpentersville

**Staff Contact:** TBD

Prog#	Day	Dates	Weeks	Time	R/NR Fee
0617	Wed	June 22-Aug 3	7	4:30-5:30 pm	\$56/\$98

**NOTE:** A fitness waiver is required for participation. See page 43 for information about the fitness waiver required for participation for any of the programs above. Participants who have had medical treatment during the 2 year time frame of their Fitness Waiver need to submit a new form to their doctor & NISRA.



## Simply Cooking

Cooking doesn't need to be difficult! Simply spend your Wednesday or Thursday evenings in the NISRA teaching kitchen where each week, a entrée, side dish and either a dessert or drink will be made. At the end of the program, each participant will have their own cookbook to take home with all recipes that were made.

**Age Group:** Ages 16 & Older

**Suggested Ability Level:** All Abilities.

**Location:** Sage TR Center at the NISRA Office

**Min/Max:** 6/8

**Staff Contact:** Anya

Prog#	Day	Dates	Weeks	Time	R/NR Fee
3618	Wed	June 22-Aug 3	7	4:45-6:15 pm	\$88/\$153
3619	Thur	June 23-Aug 4	7	4:45-6:15 pm	\$88/\$153

NOTE: The menu will be the same for Wednesday and Thursday programs. Please only register for one weeknight only so that more people can participate.



## Zumba!

for  
family members  
too!

Get hooked on Zumba! This Latin-inspired dance fitness program for all ages, shapes & sizes features red-hot international music to make you move!

**Age Group:** Ages 13 & Older, and family members

**Suggested Ability Level:** All Abilities

**Location:** Huntley R.E.C. Center

**Min/Max:** 6/12

**Staff Contact:** Emily E.

Prog#	Day	Dates	Weeks	Time	R/NR Fee
2628	Wed	June 22-Aug 3	7	7:00-7:45 pm	\$56/\$98
<b>R/NR Fee for Family Member</b>					
\$47/\$84					

NOTE: For ages 13 & Older including family members. Please complete a registration form for each family member who will be attending. Fitness waiver required for participation by participants with a disability. Participants who have had medical treatment during the 2-year time frame of their Fitness Waiver need to submit a new form to their doctor & NISRA.

## Trekkers



Hike the local trails to explore the incredible sights and sounds. Each week, we will trek to a new location, after having a picnic lunch with friends.

**Age Group:** Ages 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Various Locations

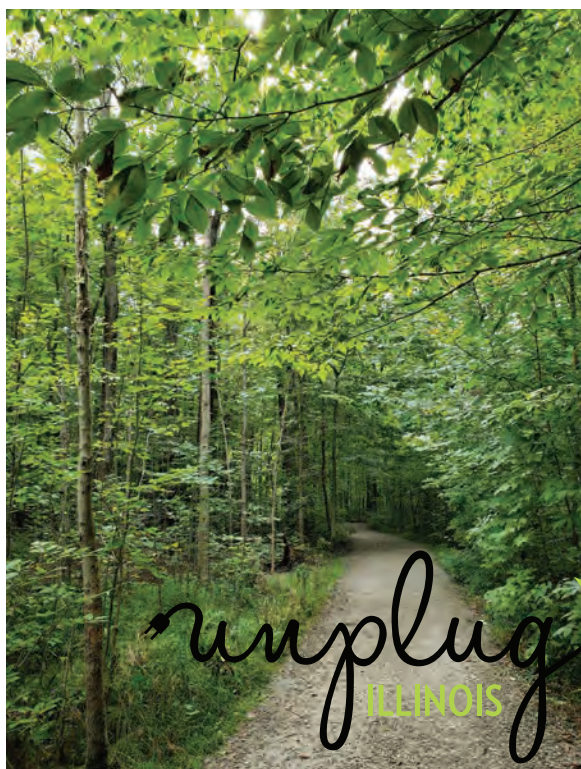
**Min/Max:** 8/12

**Staff Contact:** Anya

Prog#	Day	Dates	Weeks	Time	R/NR Fee
3620	Sat	June 25-Aug 6	6	11:45 am-1:15 pm	\$48/\$84
No Program July 2					

Bus Departs	Transportation Location	Returns
10:45 am	NISRA Office	2:15 pm
11:15	Liberty Lanes; Carpentersville	1:45 pm

NOTE: Please list your pick-up & drop-off locations on your Registration Form. If you'd like to bowl after Trekkers, consider Saturday Strikers, where we'll drop you off! Wear comfortable clothes and bring a water bottle, sunscreen, bug repellent & sack lunch. If there is inclement weather, we will walk at an indoor track.



unplug  
ILLINOIS

# YOUNG ADULT CLUB

**Ages 22 – 35**  
**FRIDAYS**

**Please keep this brochure!**  
**No separate flyer will be mailed!**

## Young Adult Club Transportation & Update



Transportation is available for all Young Adult Club activities

If you can no longer attend, **call NISRA at 815-459-0737 and dial 1 for the Emergency Mailbox.** Leave a voice mail message for the On Call staff to relay to the driver. **Drivers can wait a maximum of 5 minutes** before they must leave for other pick-up points and/or the program. Be sure to **check in with staff** and **board the correct vehicle** in the parking lot. Multiple programs pick-up/drop-off at the same location!

Some of the following Young Adult Clubs will only show transportation location options. You will be emailed via your primary email the week of the scheduled program with transportation times. Please still choose a transportation location for your event. **Please see information about late pick-up on page 47.**

Name & Location	Prog #	Dates	Time	R/NR Base Fee	Min/Max
<b>Young Adult Club—A Night at the Movies</b> 3439	June 24	Approximate 5:00-7:00 pm	\$33/\$59	8/15	
Spend a cinematic evening with friends! We will see a movie at the AMC South Barrington Theater for a recent release. <b>Location:</b> AMC South Barrington Theater <b>Staff Contact:</b> Anya NOTE: Movie will be determined the week of the program and sent out to the primary email. If you wish to purchase snacks, please bring money - the price of program is covering cost of movie ticket.					
			<b>Transportation Location</b> Sheltered Village McHenry Recreation Center The Centre of Elgin NISRA Office		
<b>Young Adult Club—Dinner by the River</b> 2425	July 8	6:00-8:00 pm	\$37/\$64	8/20	
Enjoy a relaxing dinner on the Fox River with friends as we watch boats pass and the sun set! <b>Location:</b> Broken OAR Marina & Restaurant, Port Barrington <b>Staff Contact:</b> Emily E. NOTE: In the event of inclement weather the program will be canceled and every effort will be made to reschedule.					
			<b>Transportation Location</b> Sheltered Village McHenry Recreation Center The Centre of Elgin NISRA Office		
<b>Young Adult Club—Disc Golf &amp; Picnic</b> 1426	July 22	6:00-8:00 pm	\$33/\$57	8/20	
This club is great for young adults looking to try a new hobby! We'll be throwing discs and enjoying time outside! After hitting the course, we'll have a picnic dinner. <b>Location:</b> Fel-Pro RR Disc Golf Course, Cary <b>Staff Contact:</b> Samantha NOTE: The disc golf course is very hilly. Dinner will be provided. In the event of inclement weather, this club will be canceled.					
			<b>Transportation Location</b> Sheltered Village McHenry Recreation Center The Centre of Elgin NISRA Office		
<b>Young Adult Club—Art in the Park</b> 0426	Aug 12	6:00-8:00 pm	\$31/\$54	8/20	
Imagine sitting outdoors in the fresh summer air, peacefully painting a masterpiece! Nothing better than art in the middle of a park. <b>Location:</b> Randall Oaks Park, West Dundee <b>Staff Contact:</b> TBD NOTE: In the event of inclement weather, this club will be held at the indoor space at Randall Oaks Recreation Center.					
			<b>Transportation Location</b> Sheltered Village McHenry Recreation Center The Centre of Elgin NISRA Office		

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





## Aquacize

Get in shape while splashing in the pool. Water exercise is a great way to tone muscles and increase cardiovascular endurance.

**Age Group:** Ages 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Woodstock Recreation Center

**Min/Max:** 4/12

**Staff Contact:** Samantha

Prog #	Day	Dates	Weeks	Time
1400	Thur	June 23-Aug4	7	10:15-11:00 am
<b>R/NR Fee no Transp.</b>			<b>R/NR Fee w/Transp.</b>	
\$41/\$71			\$77/\$107	

Bus Departs	Transportation Location	Returns
9:45 am	Pioneer Center McHenry	11:45 am

NOTE: Please bring a labeled swimsuit & towel.



## Movie Review Crew

Kick back, relax & watch a movie with friends. See a different flick each week & decide if it's a "thumbs up" or a "thumbs down!"

**Age Group:** Ages 21 & Older

**Suggested Ability Level:** All Abilities

**Location:** Varies

**Min/Max:** 8/20

**Staff Contact:** Samantha

Prog#	Day	Dates	Weeks	Time	R/NR Fee
1433	Wed	June 22, July 6, 20 Aug 3	4	11:30 am-2:00 pm	\$68/\$119

Bus Departs	Transportation Location	Returns
11:00 am	NISRA Office	3:00 pm
11:20 am	Pioneer Center, McHenry	2:30 pm

NOTE: Please bring additional money if you want to purchase snacks at the concession stand. Transportation is available from NISRA or 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. Movie choices will be partly based upon PG or PG-13 ratings. **This program alternates weeks with Lunch Bunch.**

## L.I.F.E.

Leisure Increases Freedom & Employment

**L.I.F.E.** is NISRA's year-round recreation-based day program for ages 22-35, with a mild to moderate cognitive disability. For information, complete the inquiry form on our website or contact Katie at the NISRA Office at [kweadley@nisra.org](mailto:kweadley@nisra.org).



# adults



## Gardening Club

Grab your gloves, garden season is here and we have things to do in our raised, accessible garden!

**Age Group:** Ages 21 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center at the NISRA Office

**Min/Max:** 6/10

**Staff Contact:** Emily E.

Prog#	Day	Dates	Weeks	Time	R/NR Fee
2437	Thur	June 23-Aug 4	7	5:30-6:30 pm	\$56/\$98

Bus Departs	Transportation Location	Returns
5:00 pm	Raymond's Bowl, Johnsburg	None

NOTE: This is a raised, wheelchair accessible garden. Tools will be provided. This program follows Pioneer Bowlers, consider registering for both!



## Friday Friends

Meet up with your friends or make some new ones! Friday Friends is an inviting program where everyone feels welcome while we enjoy lunch, crafts, games, getting moving, occasional adventures in the community, and more!

**Age Group:** Ages 21 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center at the NISRA Office

**Min/Max:** 6/15

**Staff Contact:** Samantha

Prog#	Day	Dates	Weeks	Time
1463	Fri	June 24-Aug 5	7	11:00am-1:00pm
<b>R/NR Fee</b>				
\$135/\$236				

Bus Departs	Transportation Location	Returns
10:20 am	NISRA Office	1:40 pm
10:40 am	Pioneer Center, McHenry	1:20 pm

NOTE: Please bring a labeled sack lunch each week. A flyer with each week's plan/location will be given out on the 1st week of programs. Please reference the flyer each to make sure you are on time for pick-up. Transportation will run every week even if staying at NISRA.

*Resident Priority Registration  
ends May 19  
Non-Resident Registration  
begins May 20  
Final Registration Deadline  
May 26*

# HEY, PIONEER CENTER CLIENTS!

Check out these programs for you!

## Pioneer Art Club

Let's explore art together! Learn about some famous artists and their unique styles. Try out various techniques and mediums and be inspired by what you can create!

**Age Group:** Ages 21 & Older

**Suggested Ability Level:** All Abilities

**Location:** Pioneer Center Art Studio

**Min/Max:** 6/12

**Staff Contact:** Gabrielle

Prog#	Day	Dates	Weeks	Time	R/NR Fee
5517	Tue	June 21-July 12	4	10:00-10:45 am	\$45/\$79

## Feel the Beat



Along with being enjoyable, music can relieve stress. Get movin' in this free-spirited jam session where each week we'll use different, ordinary objects to make some amazing sounds! It might be a yoga ball, rubber bands or...keep it a surprise. Show up and find out!

**Age Group:** Ages 21 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center at the NISRA Office

**Min/Max:** 6/8

**Staff Contact:** Samantha

Prog#	Day	Dates	Weeks	Time
1620	Mon	June 20-Aug 1	6	1:15-2:00 pm
No program July 4				

R/NR Fee w/Transp.	R/NR Fee No Transp.
\$77/\$107	\$41/\$71

Bus Departs	Transportation Location	Returns
12:45 pm	Pioneer Center, McHenry	2:20 pm

## Lunch Bunch

Munch & crunch with a fun and friendly bunch! Come eat lunch with us as we visit a new place each week and engage in conversation with the crew.

**Age Group:** Ages 21 & Older

**Suggested Ability Level:** All Abilities

**Location:** Various Locations

**Min/Max:** 6/10

**Staff Contact:** Samantha

Prog#	Day	Dates	Weeks	Time	R/NR Fee
1407	Wed	June 29, July 13 & 27	3	11:30am-1:00pm	\$60/\$105

Bus Departs	Transportation Location	Returns
11:00 am	Pioneer Center, McHenry	1:30 pm
10:40 am	NISRA Office	1:45 pm

NOTE: Program fee includes lunch. This program alternates weeks with Movie Review Crew.

## Pioneer Bowlers

Straight to the strike zone, let's bowl and enjoy a friendly game of bowling at Raymond's Bowl!

**Age Group:** Ages 21 & Older

**Suggested Ability Level:** All Abilities

**Location:** Raymond's Bowl, Johnsburg

**Min/Max:** 8/24

**Staff Contact:** Samantha

Prog#	Day	Dates	Weeks	Time
1477	Thur	June 23-Aug 4	7	3:30-5:00 pm

R/NR Fee w/Transp.	R/NR Fee No Transp.
\$105/\$168	\$84/\$147

Bus Departs	Transportation Location	Returns
3:00 pm	Pioneer Center, McHenry	None

NOTE: Gardening Club follows this program, consider registering for both!



# Hey, AID Clients!

Check out these great programs, held right at AID!



## AID Yoga

Take a break from your day to release stress, enjoy music, and learn yoga techniques. You'll feel the benefits of yoga which include relaxation, building strength and increased flexibility.

**Age Group:** Ages 21 & Older

**Suggested Ability Level:** All Abilities

**Location:** AID/Elgin Training Center, Elgin

**Min/Max:** 8/12

**Staff Contact:** TBD

Prog#	Day	Dates	Weeks	Time	R/NR Fee
0404	Mon	June 20-Aug 1	6	10:00-11:00 am	\$48/\$84
No program July 4					



## AID Glee Club

In this fun choir, learn more about your own voice and make happy harmonies with your friends. We'll practice singing all kinds of songs.

**Age Group:** Ages 21 & Older

**Suggested Ability Level:** All Abilities

**Location:** AID/Elgin Training Center, Elgin

**Min/Max:** 6/15

**Staff Contact:** Gabrielle

Prog#	Day	Dates	Weeks	Time	R/NR Fee
5576	Wed	June 22-Aug 3	7	1:00-2:00 pm	\$56/\$98

## AID Games

Calling all AID game lovers! Let's get outside and play some yard games like Bago, Ladder Ball, Yard Scrabble and more! We'll also kick it back old school to play classics like BINGO, Scattegories with some fun and friendly competition!

**Age Group:** Ages 21 & Older

**Suggested Ability Level:** All Abilities

**Location:** AID/Elgin Training Center, Elgin

**Min/Max:** 8/12

**Staff Contact:** TBD

Prog#	Day	Dates	Weeks	Time	R/NR Fee
0446	Wed	June 22-Aug 3	7	10:00-10:45 am	\$47/\$83

## AID Movement Mash Up

Learn some new techniques in a moderate workout using this unique form of exercise. You can improve your fitness & stamina!

**Age Group:** Ages 21 & Older

**Suggested Ability Level:** All Abilities

**Location:** AID/Elgin Training Center, Elgin

**Min/Max:** 8/12

**Staff Contact:** TBD

Prog#	Day	Dates	Weeks	Time	R/NR Fee
0445	Thur	June 23-Aug 4	7	9:30-10:30 am	\$56/\$98



## AID Amazing Artists

Express yourself through paint, pastels, charcoal, and more. Work with different textures, colors & techniques to create your own masterpiece.

**Age Group:** Ages 21 & Older

**Suggested Ability Level:** All Abilities

**Location:** AID/Elgin Training Center, Elgin

**Min/Max:** 6/20

**Staff Contact:** Gabrielle

Prog#	Day	Dates	Weeks	Time	R/NR Fee
5577	Fri	June 24-Aug 5	7	9:30-10:15 am	\$79/\$138

# adult social club

## Ages 21 & Older - Saturdays

~~~~ Don't miss out on the Special Events on Pages 8-12! ~~~~



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

Some of the following Adult Clubs will only show transportation location options. You will be emailed via your primary email the week of the scheduled program with transportation times. Please still choose a transportation location for your event.

### Adult Social Club-Beach Day



It's the ultimate beach day adventure! Whether you just want to relax on the beach or take a dip in the water, we'll enjoy a tasty treat.  
**Location:** Main Beach, Crystal Lake  
 Min/Max: 8/20  
**Staff Contact:** TBD

| Prog# | Date    | Time         | R/NR Fee  |
|-------|---------|--------------|-----------|
| 0929  | June 25 | 1:00-3:00 pm | \$32/\$56 |

NOTE: No extra money is needed, please bring your swimsuit, towel and change of clothes. In the event of inclement weather, the program will be canceled.

**Transportation Location**  
 Woodstock Recreation Center  
 McHenry Recreation Center  
 The Centre of Elgin  
 NISRA Office

### Adult Social Club-Day Out at the Brewery



We're going on a brewery tour! Spend a day out with some buds at the local brewery while we play games and enjoy some appetizers.  
**Location:** Crystal Lake Brewery  
 Min/Max: 8/20  
**Staff Contact:** Emily E.

| Prog# | Date    | Time         | R/NR Fee  |
|-------|---------|--------------|-----------|
| 2929  | July 16 | 2:00-4:00 pm | \$34/\$59 |

NOTE: Participants must bring a photo ID. Limit 1 alcoholic beverage per participant. There will be other drink options for participants who do not want an alcoholic beverage.

**Transportation Location**  
 Woodstock Recreation Center  
 McHenry Recreation Center  
 The Centre of Elgin  
 NISRA Office

### Adult Social Club-Water Works & Subs



Let's slide our way into some pool fun and hop out for sandwiches and chips!  
**Location:** Emrickson Park, Woodstock  
 Min/Max: 8/20  
**Staff Contact:** Samantha

| Prog# | Date   | Time         | R/NR Fee  |
|-------|--------|--------------|-----------|
| 1902  | July 9 | 3:00-6:00 pm | \$32/\$56 |

NOTE: No extra money is needed, please bring your swimsuit, towel and change of clothes. (Sheltered Village residents, a NISRA staff will meet you at Sheltered Village and walk with you to Emrickson Park). In the event of inclement weather the program will be canceled.

**Transportation Location**  
 Woodstock Recreation Center  
 McHenry Recreation Center  
 The Centre of Elgin  
 NISRA Office

### Adult Social Club-Sunset Boat Ride & Treats



Let's enjoy a sunset cruise on Bangs Lake, nothing like watching it over the water with friends! Afterwards, we'll get a treat at My Flavor It! Place.  
**Location:** Phil's Beach, Wauconda Park District & My Flavor It! Place, Wauconda  
 Min/Max: 8/20  
**Staff Contact:** Anya

| Prog# | Date    | Time         | R/NR Fee  |
|-------|---------|--------------|-----------|
| 3923  | July 23 | 6:00-8:00 pm | \$23/\$39 |

NOTE: Participants will not be swimming, but going on a boat ride around Phil's beach, please bring layers, as it may be a bit chilly on the water. In the event of inclement weather, the program will be canceled.

**Transportation Location**  
 Woodstock Recreation Center  
 McHenry Recreation Center  
 The Centre of Elgin  
 NISRA Office



# adult social club

Ages 21 & Older - Saturdays

## Adult Social Club Transportation & Update

If you can no longer attend, call NISRA at 815-459-0737 and dial 1 for the Emergency Mailbox. Leave a voice mail message for the On Call staff to relay to the driver. **Drivers can wait a maximum of 5 minutes** before they must leave for other pick-up points and/or the program. Be sure to **check in with staff** and **board the correct vehicle** in the parking lot. Multiple programs pick-up/drop-off at the same location!

See information about late pick-up on page 47.



## Adult Social Club-All For Brunch **New!**

All for brunch, brunch for all! Come spend the morning with friends enjoying a delicious brunch.

**Location:** Syrup, Algonquin

Min/Max: 8/15

**Staff Contact:** Emily E.

| Prog# | Date    | Time              | R/NR Fee  |
|-------|---------|-------------------|-----------|
| 2930  | July 30 | 10:00 am-12:00 pm | \$41/\$72 |

NOTE: No extra money is needed.

### Transportation Location

Woodstock Recreation Center  
McHenry Recreation Center  
The Centre of Elgin  
NISRA Office

## Adult Social Club-McHenry County Fair Fun **New!**

We're hitting the fair for the ultimate variety evening of ground and grandstand entertainment. Carnival rides, food and live stock....oh my!

**Location:** McHenry County Fairgrounds, Woodstock

Min/Max: 8/20

**Staff Contact:** TBD

| Prog# | Date  | Time          | R/NR Fee  |
|-------|-------|---------------|-----------|
| 0931  | Aug 6 | 12:00-2:00 pm | \$45/\$79 |

NOTE: Come dressed for the weather. Fee includes fair admission and lunch. In the event of inclement weather the program will be canceled. Participants can bring additional money for attractions.

### Transportation Location

Woodstock Recreation Center  
McHenry Recreation Center  
The Centre of Elgin  
NISRA Office



teens & adults

# Cultural Arts for

**Staff contact for all NISRA Cultural Arts Programs and Workshops is Gabrielle Winkel**

## WORKSHOPS

**Age Group:** Ages 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center at the NISRA Office

**Min/Max for each workshop:** 6/8

**NOTE:** Fees include all supplies. Projects will be available for pickup approximately 2 weeks after the workshop. These are all one-time workshops.

| Name                                                                                         | Program # | Day/Date     | Time         | R/NR Fee  |
|----------------------------------------------------------------------------------------------|-----------|--------------|--------------|-----------|
| <b>Fused Glass Workshop</b><br><i>Seaworthy Coaster Set &amp; Stacked Key Chain</i>          | 5595      | Tue, June 28 | 6:00-7:00 pm | \$30/\$53 |
| <b>Partners Clay Workshop</b><br><i>Botanical Platter, Napkin Rings &amp; Butterfly Dish</i> | 5529      | Mon, July 11 | 6:00-7:30 pm | \$30/\$53 |
| NOTE: Fee is per person, participant & partner must both register.                           |           |              |              |           |
| <b>Fused Glass Workshop</b><br><i>Birds of a Feather Tray &amp; Nesting Dish</i>             | 5596      | Tue, July 26 | 6:00-7:00 pm | \$30/\$53 |

## Become a Cake Boss!

The only thing better than eating cookies is decorating them! Nikki, owner of Nikki's Creative Confections, will provide each participant with an individual mini cake and teach us how to decorate it! **\*Register by May 9.**

**Age Group:** Ages 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center at the NISRA Office

**Min/Max:** 6/10

| Prog # | Day/Date    | Time         | R/NR Fee  |
|--------|-------------|--------------|-----------|
| 5626   | Tue, May 24 | 6:00-7:00 pm | \$19/\$33 |

## VIRTUAL-Art Explorations

Tap into your creativity with a professional artist. Learn new techniques and explore subjects with paints, pastels & more! This program will be held on Zoom.

**Age Group:** Ages 16 & Older

**Suggested Ability Level:** All Abilities

**Min/Max:** 6/10

| Prog # | Day  | Dates         | Weeks | Time         | R/NR Fee   |
|--------|------|---------------|-------|--------------|------------|
| 5003   | Thur | June 23-Aug 4 | 7     | 6:00-7:00 pm | \$79/\$138 |

NOTE: Fee includes supplies. Staff will contact you when supplies are ready for pick-up during business hours at the NISRA Office.





# Teens & Adults

## Individual Music Lessons

Take lessons from a music instructor. **Learn to play guitar, bass guitar, piano, ukulele, or take voice lessons.\*** These half hour lessons include not only individualized instruction, but also new activities, games, and an introduction to new instruments.

**Age Group:** Ages 7 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center at the NISRA Office

**NOTE:** Student should have the instrument at home in order to practice between lessons. If taking guitar or ukulele, bring instrument to class.

**\*On your Registration Form, please indicate:**

- Which type of lesson you prefer (instrument or voice)
- Your preference for time slot. Fees are for a 30 minute lesson, and are given on a first-come, first-serve basis. 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. \$15), which is not included in the program fee. Makeup lessons may be available and will be determined on a case-by-case basis. If you are interested in lessons and these dates & times don't fit your schedule, contact the NISRA Office for possible options.

| Prog # | Day  | Dates         | Weeks | Time*                                         | R/NR Fee    | Min/Max |
|--------|------|---------------|-------|-----------------------------------------------|-------------|---------|
| 5542   | Tue  | June 21-Aug 2 | 7     | 3:30-6:00 pm<br>*3:30, 4:00, 4:30, 5:00, 5:30 | \$168/\$294 | 1/5     |
| 5543   | Thur | June 23-Aug 4 | 7     | 2:30-5:00 pm<br>*2:30, 3:00, 3:30, 4:00, 4:30 | \$168/\$294 | 1/5     |

## Theater Troupe presents... "The Lion King"

Show off under the bright lights! Join us in the opportunity to perform this Disney classic, in a full theater production. We welcome any new or veteran performers-no experience is necessary! We teach simple choreography and how to get in character on stage.

**Age Group:** Ages 8 & Older

**Suggested Ability Level:** All Abilities

**Location:** Cosman Theater, Huntley R.E.C. Center

**Min/Max:** 10/30

| Prog #                     | Day        | Dates                     | Weeks | Time         |
|----------------------------|------------|---------------------------|-------|--------------|
| 5512                       |            |                           |       |              |
| *Auditions                 | Wed        | Aug 3                     |       | 5:00-7:30 pm |
| *Rehearsals                | Wed        | Aug 10 - Oct 26           |       | 6:30-8:00 pm |
| *Dress Rehearsals          | Wed & Thur | Nov 2 & Nov 3             |       | 6:30-8:00 pm |
| *Performances              | Fri        | Nov 4                     |       | 7:00 pm      |
|                            | Sat        | Nov 5                     |       | 2:00 pm      |
| <b>R/NR Fee no Transp.</b> |            | <b>R/NR Fee w/Transp.</b> |       |              |
| \$212/\$371                |            | \$296/\$455               |       |              |

| Bus Departs | Transportation Location | Returns |
|-------------|-------------------------|---------|
| 6:00 pm     | NISRA Office            | 8:30 pm |

**NOTE:** Transportation provided only for rehearsals, not for auditions or dress rehearsals.



# Special Olympics

Special Olympics programs welcome participants with intellectual disabilities.

Please read!  
Be informed!

## Uniform Update

Beginning in 2022, athletes will need to purchase their uniforms before the season starts and will be able to keep them when the season ends. NISRA will be working with a printing company to order uniforms that are necessary to participate in games. We will plan to have athletes keep the same jersey for each individual team and sport for 2-3 years. We will slowly implement this new process. New uniforms are not needed for all sports in 2022 with some not needed until 2023-2024.

For sports such as Tennis, Golf and Bocce, there will be a new polo option for athletes to purchase or the option to wear what they already have. Under each sport, it will be indicated in the notes section if purchasing a jersey is required. Once registered for a sport, you will receive an email from the Manager of Special Olympics informing you of the process to purchase a new jersey.

## Special Olympics Competition

Special Olympics provides quality training & competition, stresses athletic excellence, rewards determination, emphasizes health and celebrates achievements.

We want athletes to do their best, and at the same time develop physical fitness, experience joy, and develop skills and friendships.

Sports is naturally competitive for athletes and parents. Your child may not understand competition and may struggle with the rules and regulations of competition and the sport. **If that is the case, Special Olympics may not be appropriate, and there are other programs that may be more suitable and enjoyable.**



**Special Olympics**

Please call the NISRA Office to speak with Trisha to assess which type of program would be the best match for the participant's interests, abilities, time and convenience.

## Important notes for parents/guardians and athletes:

NISRA has a Code of Conduct for all Special Olympics programs to encourage athletes, coaches and parents/guardians to embrace the values of competition and sportsmanship. A copy of the form will be provided at the start of each sport season. By registering for any individual or team sport, you are agreeing to adhere to the Code of Conduct before participating. The athlete must attend & actively participate in 75% of all practices prior to the competition in order to be eligible to compete. Athletes who do not compete in the Special Olympics competition will not be allowed to compete at the state level.

Special Olympics Illinois (SOILL) has changed its required forms that applies to ALL ATHLETES. For more of the background/benefits for this change, please visit the NISRA website.

### New Consent Form

- The Consent Form contains information that previously existed on the Medical Application (App) form.
- The Consent form separates athlete/parent/guardian consent from the health information.
- This form will only need to be submitted one time throughout an athlete's lifetime, barring any change in guardianship.

**All athletes must submit the Consent Form prior to participation in order to be eligible.**

### New Medical Form

- This form will be valid for three years.
- Like the previous Med App, Special Olympics Illinois strongly suggests that all athletes update their Medical Form after having their annual physical exam, in order to be certain they are able to participate in all SOILL programs.
- The new form only requires the examiner's signature. Parent/Guardian signature is not required on this form.

### Eligibility Process

- **New athletes who have not participated:** need to submit the new Consent Form and the new Medical Form in order to be eligible to participate.
- **Renewing athletes:** need to submit the new Consent Form immediately and the new Medical Form prior to their previous Med App's expiration date. If an athlete has a valid Med App on file, the medical portion of the Med App remains valid until its expiration date. **However, the athlete must submit the new Consent Form prior to continuing their participation.**

**SOILL discontinued the use of, and will no longer accept the Med App as of August 1, 2021.**

Not providing all of the required information described above may result in a delay in processing paperwork and affect an athlete's eligibility for upcoming events.





Special Olympics

# Special Olympics

## Special Olympics Volleyball

Bump, set & spike... athletes you can practice the fundamentals of volleyball and compete against others SRAs. You'll need a valid Medical Form and Athlete Consent Form in order to be eligible to participate in Special Olympics competition.

**Age Group:** Ages 16 & Older

**Suggested Ability Level:** All Abilities

**Min/Max:** 6/12

**Staff Contact:** Trisha

## Purple Knights

**Beginner/Intermediate Skills**

**Location:** The Centre of Elgin

| Prog# | Day | Dates       | Weeks | Time         | R/NR Fee   |
|-------|-----|-------------|-------|--------------|------------|
| 6702  | Tue | Aug 9-Oct 4 | 9     | 6:30-8:00 pm | \$94/\$146 |

**Special Olympics Competition:** TBD

**ITRS Tournament:** October 2, 2022

**Fall Games:** October 22 – 23 or October 29 – 30, 2022 (tentative)

## Black Knights

**Intermediate/Advanced Skills**

**Location:** Marlowe Middle School, Lake in the Hills

**Min/Max:** 6/12

| Prog# | Day | Dates       | Weeks | Time         | R/NR Fee   |
|-------|-----|-------------|-------|--------------|------------|
| 6709  | Tue | Aug 9-Oct 4 | 9     | 7:00-8:30 pm | \$94/\$146 |

## Teal Knights

**All Abilities**

**Location:** Marlow Middle School, Lake in the Hills

| Prog# | Day | Dates       | Weeks | Time         | R/NR Fee   |
|-------|-----|-------------|-------|--------------|------------|
| 6703  | Tue | Aug 9-Oct 4 | 9     | 7:00-8:30 pm | \$94/\$146 |

NOTE: Athletes who play Softball will have some overlap if their team qualifies for the state competition. In that event, details will be worked out at that time. Please register according to the skill level for each team. NISRA reserves the right to adjust teams as needed for safety reasons.

## Special Olympics Region B Bowling Tournament

It's that time of year to travel to the tournament...challenge yourself by competing with other Special Olympic bowlers!

**Age Group:** Ages 8 & Older

**Suggested Ability Level:** All Abilities

**Location:** Stardust Lanes, Addison

**Min/Max:** 10/35

**Staff Contact:** Trisha

| Prog# | Day | Dates  | Time            | R/NR Fee  |
|-------|-----|--------|-----------------|-----------|
| 6719  | Sat | Aug 27 | 9:00 am-6:00 pm | \$35/\$58 |

NOTE: Bowlers will be assigned to bowl 3 games (2 games for ramp bowlers). A Flyer will be sent out to you after shift assignments have been received from the Area Office. Bowlers must have bowled 12 games in the 2021-22 year and have a valid Medical Form and Consent Form on File to enter this tournament. Transportation will be provided at no additional cost. **Please indicate on your registration form if a bowling ramp is needed. If requesting a ramp, scored from 2021-22 year must be from use of a ramp and without bumpers.**

**Registration Deadline:** July 6.



## Special Olympics Floor Hockey



Shoot your best shot in this fast-paced Floor Hockey program! We'll focus on developing skills & understanding the game.

**Age Group:** Ages 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** TBD

**Min/Max:** 11/16

**Staff Contact:** Trisha

**New!**

## Knights

**Beginner/Intermediate Skill**

| Prog# | Day | Dates        | Weeks | Time         |
|-------|-----|--------------|-------|--------------|
| 6815  | Wed | Sept 7-Nov 2 | 9     | 6:30-7:30 pm |

**R/NR Fee**

\$73/\$118

| Bus Departs | Transportation Location | Returns |
|-------------|-------------------------|---------|
| 6:00 pm     | NISRA Office            | 8:00 pm |

NOTE: All Floor Hockey Teams qualify for State Competition. Those competing in Flag Football will have some overlap between seasons.

## Special Olympics Bocce Ball

Aim your bocce ball & toss it! Bocce is similar to bowling and great for all ability levels. Practice precision and compete!

**Age Group:** Ages 8 & Older

**Suggested Ability Level:** All Abilities

**Location:** Woodcreek Park, Crystal Lake

**Min/Max:** 4/16

**Staff Contact:** Trisha

| Prog# | Day  | Dates          | Weeks | Time         | R/NR Fee  |
|-------|------|----------------|-------|--------------|-----------|
| 6746  | Thur | Aug 11-Sept 22 | 7     | 5:30-6:30 pm | \$59/\$95 |
| 6846  | Thur | Aug 11-Sept 22 | 7     | 6:30-7:30 pm | \$59/\$95 |

## Special Olympics Flag Football

Have fun running & getting the flag in this fast-paced football program! We'll focus on developing skills & understanding the game.

**Age Group:** Ages 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** West Field, Lippold Park, Crystal Lake

**Min/Max:** 7/12

**Staff Contact:** Trisha

NOTE: A mouth guard is required for this program.

| Prog# | Day | Dates         | Weeks | Time         | R/NR Fee   |
|-------|-----|---------------|-------|--------------|------------|
| 6779  | Wed | Aug 3-Sept 28 | 9     | 5:30-6:30 pm | \$73/\$118 |

**Special Olympics Competition:** TBD

**Special Olympics State Competition:** November 5 – 6, 2022

## Seizure Questionnaire

(Rev. 1/31/2017)

Please complete this form if the participant experiences seizures. **Please update this form whenever there is a change in the seizure information/plan and promptly submit it to NISRA.** NISRA requests that you review this form once a year and provide any necessary updates.

**Participant's Name:** \_\_\_\_\_

**Completed by:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_ **Phone:** (     ) \_\_\_\_\_

### Medication(s):

Participant medication needs are to be noted on their *Annual Information Update* form which is distributed each year in the summer & fall seasonal brochures. If the participant's medication needs have changed since submission of their *Annual Information Update* form, please submit a new update as soon as possible.

**A Medication Permission form must be submitted if you are requesting NISRA staff to assist with the dispensing of scheduled oral or topical maintenance medication.** To obtain a copy of the *Annual Information Update* form or *Medication Permission* form, please contact the NISRA office or download a copy of the forms from the NISRA website at [www.nisra.org](http://www.nisra.org) and click on the "Dates & Forms" tab.

*Please note: NISRA staff will not administer rectal Diastat or perform any other invasive medical procedures.*

1. Please describe a typical seizure: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. Are there any symptoms prior to the onset of the seizure? (i.e. smells, stomach pain, fear, sounds, etc.)  
\_\_\_\_\_
3. What was the date of the participant's last seizure? \_\_\_\_/\_\_\_\_/\_\_\_\_
4. How long does the typical seizure last? \_\_\_\_\_

### Type of Seizure(s) (Please check all that apply):

☐ Absence (staring spell)      ☐ Atonic (Drop)      ☐ Simple Partial  
☐ Complex Partial      ☐ Generalized (Gran Mal)  
☐ Other (explain): \_\_\_\_\_

## Seizure Response Plan

In the event of a perceived seizure, NISRA staff will follow basic first aid procedures for the care of seizures. Please list any additional actions you would like NISRA staff to take in the event of a seizure:

1. Call 911 for a seizure lasting more than \_\_\_\_\_ minutes. (Please Note: Depending on circumstances, NISRA staff may disregard this request and instead call 911 immediately)
2. \_\_\_\_\_
3. \_\_\_\_\_

☐ **VNS Device Check box:** If checked, parent/guardian must train staff on use of VNS device.

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Please return this completed form along with your Registration Form to the NISRA office.**



**Northern Illinois Special Recreation Association**  
**Fitness Program Waiver**

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

*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 the registration deadline for the program.

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---

**Part 1: For completion by NISRA Participant.**

Print Name: \_\_\_\_\_

I give permission for (medical practitioner name) \_\_\_\_\_ to complete this medical clearance form. It needs to be sent to NISRA prior to the start of the programs which begins on \_\_\_\_\_ in order for me to be allowed to participate.

Date: \_\_\_\_\_ Participant signature: \_\_\_\_\_

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**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: \_\_\_\_\_

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**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 2 years from the date of the Medical practitioner's signature.** The form will need to be re-submitted if the participant has medical treatment that could affect his/her participation.



# 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 a specific group and your child does not have that classification, but meets other social, physical and behavioral requirements to participate, please feel free to register for it.

## Annual Registration Update

Once each year, all registrants are requested to complete an Annual Update form in order for NISRA to update its record. This process helps the staff provide the safest and 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 canceled 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 descriptions) and registration is processed, in the order it was received, 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 **three business days** prior to the start of the program. The cost of the program minus a \$5.00 processing fee will be refunded (unless tickets have been purchased or supplies bought and there is no one on the waiting list to take the spot). Credits and refunds will not be issued after the second week of the program, except for medical or unavoidable circumstances only (ex., job transfer, moving, etc.). Proof of the reason may be required. A prorated credit or refund, minus the processing fee, will be issued. No cash refunds will be given, regardless of how the payment was made. **New:** NISRA uses discretion when deciding to cancel programs due to inclement weather conditions, watches and warnings. Credits or refunds will not be given due to weather cancellations. A maximum of one session per program will be rescheduled if possible.

## Scholarships

Scholarships are available for weekly programs for those who qualify due to financial hardship situations. Call the office for more information.

## 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. Once each year it is your responsibility to review & update your form 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 2 years from the date on which it was signed by the participant's medical practitioner. If the participant has medical treatment during the 2 year time frame of the Fitness Waiver, he/she needs to submit a new form to the doctor & NISRA.

## Photos/Video

NISRA occasionally takes photographs or video of participants for promoting/advertising our programs, services, events, activities, and facilities in our brochures, website or agency social media, member district publications, and other promotional avenues. By registering for, participating in or attending NISRA programs, events, or other activities, the participant (or parent/guardian of a minor participant) irrevocably agrees to the use and distribution by NISRA of his or her image (or of his minor child/ward) in photographs, video recordings, and any other electronic reproductions of such programs, events and activities for any purpose without inspection or approval and without compensation, rights to royalties or any other consideration now and in the future. The participant's identity is kept anonymous unless permission is obtained by NISRA to identify the person.

## Late Registration

**If your registration is late, it will be reviewed after June 20** to see if we can accommodate you. Program fees will not be prorated for a late start.

**If you register on paper and include an email or register online by the deadline, you will be notified of the status of your registration by email.**

See pages 47 & 48 for more information about program policies and transportation.

# NISRA REGISTRATION FORM-Summer 2022

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 48.

**Registrations received after the May 26 deadline will be reviewed after June 20.**

Are you a **new** participant? ☐ Yes ☐ No If yes, how did you hear about NISRA? \_\_\_\_\_  
We'll contact you soon! Best time to call: ☐ 9:00 am - 12:00 pm ☐ 12:00 - 3:00 pm ☐ 3:00 - 6:00 pm

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 \_\_\_\_\_  
Birthdate \_\_\_\_\_ Age \_\_\_\_\_ Gender: ☐ Female ☐ Male ☐ Other \_\_\_\_\_  
School \_\_\_\_\_ School District \_\_\_\_\_ Teacher \_\_\_\_\_  
Employer/Service Provider \_\_\_\_\_ Caseworker \_\_\_\_\_ Phone ( ) \_\_\_\_\_  
Primary Disability \_\_\_\_\_ Secondary Disability \_\_\_\_\_  
Down syndrome? ☐ Yes ☐ No If yes, checked for Atlanto-Axial Subluxation Condition? \_\_\_\_\_ Date Condition cleared? \_\_\_\_\_  
Seizures? ☐ Yes ☐ No If new & no Seizure Questionnaire on file w/NISRA, please complete form in this brochure & return w/registration.

## Contact Information (Family/Guardian/Group Home)

If the participant is an adult, does he or she have his or her own legal guardian status? ☐ Yes ☐ No  
In the event that the CDC and IDPH Covid-19 mask guidelines change, can the participant wear a mask? ☐ Yes ☐ No

### Primary Contact Information - person who should be contacted FIRST

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Relationship \_\_\_\_\_  
Email address (please print) \_\_\_\_\_  
• Primary Phone ( ) \_\_\_\_\_ Participant Phone ( ) \_\_\_\_\_  
• Alternate Phone ( ) \_\_\_\_\_  
• Work Phone ( ) \_\_\_\_\_

**\*Primary Phone # and email will be used to communicate program changes, automated messages and for staff to have at the program**

### Alternate Contact Information (Fill out ONLY if it is appropriate for this person to be contacted, if the Primary Contact cannot be reached)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Relationship \_\_\_\_\_  
Email address (please print) \_\_\_\_\_  
• Primary Phone ( ) \_\_\_\_\_  
• Alternate Phone ( ) \_\_\_\_\_  
• Work Phone ( ) \_\_\_\_\_

**Group Home Name** \_\_\_\_\_ **Group Home Contact Name** \_\_\_\_\_ **Phone** ( ) \_\_\_\_\_  
Email address \_\_\_\_\_ (Name and Relationship)

### 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. 

**It might  
be time!**

Please give us valuable information to help us provide the safest & best care possible!

Just ONCE A YEAR, we're requesting that you complete the Annual Information Form (next pages).

|                        |                                      |                                     |                  |                                           |                             |
|------------------------|--------------------------------------|-------------------------------------|------------------|-------------------------------------------|-----------------------------|
| For Office<br>Use Only | Date rec'd. _____                    | E/A rec. <input type="checkbox"/>   | Check # _____    | Other agency pay <input type="checkbox"/> | Total Due _____             |
|                        | By _____                             | EA app. <input type="checkbox"/>    | Cash _____       | Scholarship <input type="checkbox"/>      | +/-Credit/Balance Due _____ |
| R / NR                 | In computer <input type="checkbox"/> | AIU <input type="checkbox"/>        | Charge _____     | NISRA Respite <input type="checkbox"/>    | Grand Total= _____          |
|                        | Wait List <input type="checkbox"/>   | Con. Email <input type="checkbox"/> | No Payment _____ |                                           | Amount Paid _____           |

| Program #<br>Please make sure Program # matches the                                          | Program Name<br>Program Name! | Transportation Location (if offered)*<br>Please write "none" if you are NOT taking the transportation that is offered. | Program Fee |
|----------------------------------------------------------------------------------------------|-------------------------------|------------------------------------------------------------------------------------------------------------------------|-------------|
|                                                                                              |                               |                                                                                                                        |             |
|                                                                                              |                               |                                                                                                                        |             |
|                                                                                              |                               |                                                                                                                        |             |
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|                                                                                              |                               |                                                                                                                        |             |
|                                                                                              |                               |                                                                                                                        |             |
|                                                                                              |                               |                                                                                                                        |             |
| Subtotal of Fee Due                                                                          |                               |                                                                                                                        | =           |
| minus any available credits                                                                  |                               |                                                                                                                        | -           |
| Contribution to NISRA Foundation for scholarships, accessible buses, and innovative programs |                               |                                                                                                                        |             |
| Total Fee Due (submit along with Registration Form)                                          |                               |                                                                                                                        |             |

You may pay by credit card. Please check one: ☐ Master Card ☐ VISA ☐ Discover ☐ Other

Account # \_\_\_\_\_ Expiration Date \_\_\_\_/\_\_\_\_ Security Code (back of card) \_\_\_\_\_

Cardholder Name (please print) \_\_\_\_\_ Signature \_\_\_\_\_

Cardholder Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Please read this form carefully and be aware that in signing up and participating in NISRA programs, you will be waiving and releasing all claims for injuries arising out of these programs that you or the other named participant might sustain. The terms "I", "me", and "my" also refer to parents or guardians as well as participants in the programs. In registering for these programs, you are agreeing as follows:

As a participant in these programs, I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the full risk of any injuries, damages or loss which I may sustain as a result of participation in any manner, in any and all activities connected with or associated with such activities and involve substantial risks of injury.

I agree to waive and relinquish any and all claims I may have as a result of participating in these programs against NISRA, any and all other participating or cooperating governmental units, any and all independent contractors, officers, agents, servants, and employees of the governmental bodies and independent contractors, and any and all other persons and entities of whatever nature that might be directly or indirectly liable for any injuries that I might sustain while participating in these programs.

I do hereby fully release and discharge NISRA and the other released parties from any and all claims for injuries, damages or loss which I may have or which may accrue to me on account of my participation in these programs.

I further agree to indemnify, hold harmless and defend NISRA and any and all other parties, from any and all claims resulting from injuries, damages and losses sustained by anyone, and arising out of, connected with, or in any way associated with my conduct and the activities of these programs.

I further understand and agree that the terms such as "participation", and "activities", referred to in this Agreement, include all exercises and physical movements of any nature while I am participating in these programs and further include the provision of or failure to provide proper instructions or supervision, the use and adjustment of any and all machinery, equipment, and apparatus, and anything related to my use of the services, facilities, or premises involved in these programs, and transportation to and from any events.

I understand the nature of these programs for which I am registering and have read and fully understand this Waiver, Release and Hold Harmless Agreement. I further understand that any advisements or warnings of the particular risks of these programs that I subsequently receive will be incorporated by reference into and become a part of the Agreement.

Photo release. NISRA takes photos & video of participants in programs. By signing the waiver, you are giving permission to NISRA to use these photos & videos in our publications, on our website and social media outlets without further permission and without any compensation to you. All photos & video are the property of NISRA.

In case of emergency, I give my permission for the participant to receive any first aid, transportation or medical attention that may be required.

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

Participant/Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_  
Relationship to Participant \_\_\_\_\_

**NISRA's Values: Fun • Professional • Trustworthy • Innovative • Compassionate**

Please give us your feedback! Use this space for suggestions and new program ideas: \_\_\_\_\_

\*Please mail or drop off your form. Email is not encrypted & may get trapped in a SPAM filter. Fax can be difficult to read.

**Mail or drop off form to:** NISRA, 285 Memorial Drive, Crystal Lake, IL 60014 (See page 3 for dates the office is closed)



# PROGRAM & REGISTRATION INFORMATION

## Programs by Age & Ability Level

Most programs are offered according to age groups and a suggested ability level or disability classification. In many cases, programs are geared toward "All Abilities" and the staff will divide the participants into appropriate subgroups within the activities.

## Disability Classifications

**ASD:** 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.

**IDD:** Intellectual & Developmental 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.

## 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 Mia at the NISRA office.

## Mandated Reporters

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 some professions including "recreational program" personnel have this legal mandate. Staff are trained on the procedure for making a report.

## 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 canceled due to inclement weather. When a program is canceled, one re-scheduled date will be arranged if possible. No credit or refund will be 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 you are requesting a different ratio, please indicate the reason on your 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. 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.

11. Consumption of alcohol is not permitted at most NISRA program (this includes adults, ages 21 & Older).

12. Behavior Expectations. Although NISRA recognizes that many participants have special behavioral challenges, guidelines have been established to ensure safety and enjoyment of all participants. The Behavior Code of Conduct expects participants to:

a) Show respect to all participants and staff, and take direction from staff.

b) Refrain from using abusive or foul language.

c) Refrain from causing bodily harm to self, other participants and staff.

d) Show respect for equipment, supplies, and facilities.

A positive approach will be used regarding discipline. NISRA will work closely with parents/guardians to develop behavior management plans. If inappropriate, disruptive or destructive behavior occurs, a prompt resolution will be sought. NISRA reserves the right to suspend or dismiss any participant whose behavior endangers the safety of him/herself or others.

## NISRA's Values

We strongly believe that 5 core values define what NISRA is & what you can expect from us: Fun, Professional, Compassionate, Trustworthy, and Innovative. If at any time you feel that NISRA programs or its staff have not lived up to these values, please contact NISRA's Executive Director at 815-459-0737.

# PROGRAM & TRANSPORTATION INFO

## 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 canceled if any of the following conditions exist:**

- Temperature is above 95 degrees
- Heat index is 103 degrees or higher

**Indoor programs where there is no air conditioning may be canceled at the discretion of NISRA staff.** All Programs will be canceled when the National Weather Service has issued a Tornado Warning for Cook, Kane, Lake or McHenry County.

## Illness Guidelines

In order to prevent the spread of illness, participants are not allowed to attend NISRA programs when any of the following conditions exist:

- Fever over 100 degrees within the last 24 hours
- 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
- COVID-19 symptoms

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



## 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 check in with staff and 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!

## Food & Beverages in NISRA programs

Foods & beverages served at NISRA programs & events must be "store bought" and presented in original sealed packages unless provided by a licensed restaurant or store.

**Pick-up & drop-off locations** (generally buses will try to be in front of the building):

- Barrington Park District Langendorf Park
- Cary Park District Community Center
- The Centre, Elgin
- NISRA Office
- Hampshire Twp. Park District
- Harvard City Hall parking lot
- Huntley Park District R.E.C. Center
- Lake in the Hills Village Hall
- Marengo Park District parking lot
- McHenry Recreation Center
- Rakow Center (Dundee Twp. Park District)
- Wauconda Park District Community Center
- Woodstock Recreation Center

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.

## Handle with Care

NISRA staff are trained in the Handle with Care Behavior Management System. Handle with Care specializes in verbal de-escalation techniques, targeted to assist participants in crisis. Handle with Care training also teaches staff how to perform safe physical restraint techniques for participants who may become aggressive, assaultive or cause harm to themselves or others. Please note that safe physical restraint is only used as an absolute last resort as a means for behavior management. NISRA will only use safe physical restraint if all other behavior management techniques have been exhausted or participants are in imminent danger. If Handle with Care techniques are used with your participant, you will always be notified by a NISRA staff.

## Can't Make it to the Program?

**Please call NISRA at 815-459-0737 and dial 1 for the Emergency Mailbox, to have your message relayed to the driver.** Drivers can wait a maximum of **5 minutes** before they must leave for the other pick-up points and/or the program.



## Arriving at Programs

**Check in with staff** when you arrive at the program or the bus **to confirm that you're on the list** and we have your emergency contact information. This is for your safety!

## Reaching NISRA After Hours

In response to requests to reach us with an emergency message after business hours or on the weekend, NISRA has an Emergency Mailbox on our phone system. In an emergency, call the NISRA Office, 815-459-0737.

Listen for the prompt to leave a message in the Emergency Mailbox (ext. 1). Your message will be forwarded to the staff member on-call who will respond as needed.

## Rainout Line

Starting June 1, 2022 we will be going to Rainout Line only as our notification of program changes or cancellations. Make sure to register prior to June 1, 2022 so you don't miss any program cancellations or changes. Currently, only outdoor spring and summer programs will be listed. A tutorial is listed on our website at [www.nisra.org](http://www.nisra.org) under "News & Events".

# Annual Information Update

Please complete & return this Annual Information once a year in Summer or Fall—or if you have new information that NISRA needs in order to update its records for the safety of the participant.

## Participant Information

New Participant? ☐ Yes ☐ No, just updating information

Person Completing Form: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

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 ☐ Sign Language Interpreter Needed 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

**In case of emergency** (in case NISRA would need to supply paramedics with the participant's current medications) please list them below:

| Medication Name | Dosage | Time | Purpose |
|-----------------|--------|------|---------|
|                 |        |      |         |
|                 |        |      |         |
|                 |        |      |         |
|                 |        |      |         |
|                 |        |      |         |

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

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 requested?    ☐ Yes    ☐ No    If yes, explain why: \_\_\_\_\_

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 Questionnaire (in this brochure) and return it to the NISRA Office.

### Releases

☐ Ok to remain Independently after Program. Details: \_\_\_\_\_

NISRA sometimes contacts schools/caseworkers/service providers for information to better serve the participant's needs.

If you **do not** wish to give permission, please initial here: \_\_\_\_\_

### 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 \_\_\_\_\_

# FACILITIES

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

Facilities are subject to change, based upon availability. Changes are beyond NISRA's control and may occur after the brochure is made public.

## Barrington Area

**AMC South Barrington 24 Theater**  
175 Studio Drive  
South Barrington  
(847) 765-2262

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

**Broken OAR Marina Bar & Grill**  
614 Rawson Bridge Road  
Port Barrington  
(847) 639-9468

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

**Pepper Family Tree House, Citizens Park**  
511 North Lake Zurich Road  
Barrington

## Cary

**Cary Park District Community Center**  
255 Briargate Road  
Cary  
(847) 639-6100

**Fel-Pro RRR Disc Golf Course**  
1520 Crystal Lake Road  
Cary

**Lions Park**  
1200 Silver Lake Road  
Cary

**Sunburst Bay Aquatic Center**  
Three Oaks at First Street  
Cary

**Walnut Hollow Disc Golf Course**  
6 Jefferson Lane  
Cary

## Crystal Lake Area (including Algonquin)

**Bowlero**  
1611 S. Randall Road  
Algonquin  
(847) 658-2257

**Crystal Lake Brewery**  
150 North Main Street  
McHenry  
(779) 220-9288

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

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

**Crystal Lake Racket Club**  
9101 South Route 31  
Algonquin  
(847) 658-5688

**Lippold Park**  
1251 West Route 176  
Crystal Lake  
(815) 459-0680

**North Wall**  
824 South Main Street, #106  
Crystal Lake  
(815) 356-6855

**Sage Therapeutic Recreation Center at the NISRA Office**  
285 Memorial Drive  
Crystal Lake  
(815) 459-0737

**Striker's Hall**  
54 Lou Street, Suite B  
Crystal Lake

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

**Woods creek Park**  
1420 Willow Tree Drive  
Crystal Lake

## Dundee Area (including Carpentersville & Sleepy Hollow)

**Dolphin Cove Family Aquatic Center Dundee Township Park District**  
300 North Kennedy Drive  
Carpentersville  
(847) 836 - 7946

**Liberty Lanes**  
115 LW Besinger Drive  
Carpentersville  
(847) 428-6446

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

**Randall Oaks Golf Club**  
4101 Binnie Road  
West Dundee  
(847) 428-5661

**Randall Oaks Recreation Center**  
500 North Randall Road  
West Dundee  
(847) 836-4260

**Randall Oaks Park & Barnyard Zoo**  
17 N 350 Randall Road  
Carpentersville

## Elgin

**AID/Elgin Training Center (ETC)**  
1135 Bowes Road  
Elgin  
(847) 931-6200

**Bowes Creek Country Club**  
1250 Bowes Creek Blvd  
Elgin

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

**Elgin Lanes**  
401 Shepard Drive  
Elgin  
(847) 695-3777

**Elgin Sports Complex**  
709 Sports Way  
Elgin  
(847) 931-6644

**Hawthorne Hills Nature Center**  
28 Brookside Drive  
Elgin  
(847) 531-7055

## Hampshire

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

## Harvard

**Harvard City Hall**  
201 West Diggins Street  
Harvard  
(815) 943-6468

**Harvard Swimming Pool**  
607 Galvin Parkway  
Harvard  
(815) 666-4208

## Huntley

**Deicke Park**  
11419 IL-47  
Huntley  
(847) 669-3180

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

**Huntley Park District Disc Golf Course**  
12245 Lois Lane  
Huntley

**Morkes Chocolates**  
11801 Main Street  
Huntley  
(847) 458-8585

**Stingray Bay Family Aquatic Center**  
12219 Lois Lane  
Huntley  
(847) 515-7665

## Lake in the Hills

**Focus Marital Arts**  
9344 South Virginia Road  
Lake in the Hills  
(847) 458-0938

**LITH Village Hall**  
600 Harvest Gate  
Lake in the Hills

**LITH Disc Golf Course**  
5962 Grafton Farm Road  
Lake in the Hills  
(847) 960-7460

**Marlowe Middle School**  
9625 Halgius Road  
Lake in the Hills

**Sunset Park**  
5200 Miller Road  
Lake in the Hills

## Marengo

**Glo-Bowl**  
101 Franks Road  
Marengo  
(815) 568-2695

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

## McHenry (including Johnsburg)

**McHenry Recreation Center (next to the Municipal Center)**  
3636 Municipal Drive  
McHenry  
(815) 363-2160

**Petersen Farm**  
4112 McCullom Lake Road  
McHenry  
(815) 385-0191

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

**Raymond's Bowl**  
3960 N. Johnsburg Road  
Johnsburg

## Wauconda (including Island Lake)

**Bangs Lake Beach & Marina**  
112 Park Street  
Wauconda  
(847) 526-3610

**3D Bowl & Sideouts**  
4018 W. Roberts Rd  
Island Lake

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

## Woodstock

**Emricson Park**  
South Street, east of Route 14  
Woodstock

**Kingston Lanes**  
1330 South Eastwood Drive  
Woodstock  
(815) 338-2105

**McHenry County Fairgrounds**  
12015 Country Club Road  
Woodstock

**Sheltered Village**  
600 Borden  
Woodstock  
(815) 338-6440

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

**Woodstock Water Works**  
1313 Kishwaukee Valley Road  
Woodstock  
(815) 338-4896

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

## **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.

# **WATCH FOR OUR FALL BROCHURE!**

Available July 21

Para asistencia en Español vea la pagina 3.

