

**NISRA**  
Northern Illinois  
Special Recreation Association

**FALL 2023**  
**Register by August 22**



# WHAT'S NEW?

## Staff Updates

In May, **Nancy Somoza** joined the NISRA team as the new Healthy Minds Healthy Bodies Program Specialist. She has been married for 10 years to her husband, who is an Army Veteran. Nancy is a certified Zumba instructor and wellness coach in the Crystal Lake area that always finds a way to stay active and live a healthy lifestyle! She will be a great addition to the team to connect with local Veterans and help meet their fitness goals.

## Rainout Line

Since 2022, NISRA has been using Rainout Line as our only notification system for program changes, cancellations, and transportation times.

***You will now see the Rainout Line logo next to a program in the brochure as a symbol that Rainout Line will need to be checked for important details pertaining to that program.***

Make sure to register if you have not already done so, so you don't miss any program updates and general information. Please see **page 43** for more details on ways to use Rainout Line and how to register.

## Adult Day Programming - Updates!

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 with a mild to moderate cognitive disability.

**Beginning in 2023, the L.I.F.E. Program made the following changes to services:**

1. The age limit of the program increased to include participants ages 22-45.
2. Families can choose up to 4 days of programming and make their own schedule.
3. L.I.F.E will now be offering **TWO** program locations; one at the NISRA office in **Crystal Lake** and the other at the Rakow Center in **Carpentersville**.

**To inquire about the L.I.F.E. Program:**

Contact Katie Weadley, Manager of Adult Day Programs at: [kweadley@nisra.org](mailto:kweadley@nisra.org) or 815-459-0737, ext. 229.

A meeting will be scheduled to complete the assessment and interview the applicant and a parent or guardian. This process will determine the specific needs of the applicant and whether he or she meets the eligibility criteria of the program.

NISRA will notify the applicant and family of the outcome of the application process. All decisions regarding eligibility will be made by NISRA. NISRA reserves the right to reassess participants for eligibility throughout the year as needed.

## FALL SESSION DATES

*Please refer to each program for exceptions!*

**Mondays:** September 18 - November 6

**Tuesdays:** September 19 - November 7

**\*No program October 31 for programs after 3:00 pm, check each program description for details.**

**Wednesdays:** September 20 - November 8

**Thursdays:** September 21 - November 9

**Fridays:** September 22 - November 10

**Saturdays:** September 23 - November 11



## DEADLINES

**Resident Priority Registration Ends:** August 15

**Non-Resident Registration Begins:** August 16

**Final Registration Deadline:** August 22

(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 **August 16**)

## LOOKING AHEAD

**Winter/Spring Online Brochure Preview:** November 13 - 15

**Winter/Spring Registration Opens:** November 16

# WELCOME TO NISRA

## Our Mission

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

**Website:** www.nisra.org

**Office Hours:** Monday - Friday | 8:30 am - 5:00 pm

**The office will be closed on the following dates:**

August 24 & 25, 2023

September 4, 2023

November 24 & 25, 2023

December 25, 26, & 29, 2023

January 1, 2024

*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. (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 or the ADA, or believe that you have been unfairly discriminated against by NISRA, please call Jim Wiseman 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 and adults with disabilities.

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

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

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

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## 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!

**Min/Max**

**Rainout Line:** Details such as program updates, cancellations, transportation times, and other important information will be listed on Rainout Line.



**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 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

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

## Administrative Staff

**Jim Wiseman, B.S., CPRP, ext. 230**  
*Executive Director*

**Renee Erling, B.S., ext. 236**  
*Senior Manager of Finance & Administration*

**Jennifer Wiley, B.A., ext. 237**  
*Office Services Coordinator*

**Sue Just, A.A., ext. 221**  
*Administrative Assistant*

**Susan Jennings, A.A., ext. 257**  
*Administrative Assistant II*

**Lori Lattanzio, B.A., ext. 228**  
*Manager of Communication & Marketing*

**Laura Cullotta, B.A., ext. 225**  
*Manager of Fund Development*

**Patty Panas, B.A., ext. 241**  
*Manager of Human Resources*

## Recreation Staff

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

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

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

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

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

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

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

**Katie Weadley, M.A., CPRP, ext. 229**  
*Manager of Adult Day Programs*

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

## Your Regional Coordinator

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

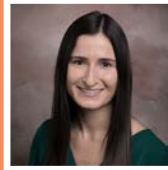


### Anya Naumovski – Eastern Region

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

### Lauren Krawczyk – Northwest Region

Please call Lauren at extension 265 or email her at [lkrawczyk@nisra.org](mailto:lkrawczyk@nisra.org) with program suggestions for the Harvard, Marengo, McHenry & Woodstock areas.



### Emily Eliscu – Central Region

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



### David Hill – Southern Region

Please call David at extension 231 or email him at [dhill@nisra.org](mailto:dhill@nisra.org) with program suggestions for the Dundee Township, Elgin & Hampshire areas.



### Anya Naumovski, B.S., QIDP, ext. 248

*Regional Coordinator; Please call Anya with program ideas for Barrington, Cary & Wauconda*

### Lauren Krawczyk, B.S., ext. 265

*Regional Coordinator; Please call Lauren with program ideas for Harvard, Marengo, McHenry & Woodstock*

### Emily Eliscu, B.S., CTRS, ext. 226

*Regional Coordinator; Please call Emily with program ideas for Crystal Lake, Huntley & Lake in the Hills*

### David Hill B.A., ext. 231

*Regional Coordinator; Please call David with program ideas for Dundee Township, Elgin & Hampshire*

### Michelle Friedrichs, B.A., ext. 240

*L.I.F.E. Program Recreation Specialist*

### Macky Leech, DSP, ext. 235

*Bright Program Recreation Specialist*

### Nicole Eisenrich, B.S.

*Healthy Minds Healthy Bodies Specialist*

### Nancy Somoza

*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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**NISRA**  
Northern Illinois  
Special Recreation Association

## Color Key to Sections:

**SPECIAL EVENTS & TRIPS**

**SENSORY PROGRAMS**

**INDIVIDUALS WITH PHYSICAL/VISUAL LIMITATIONS**

**YOUNG CHILDREN**

**YOUTH & YOUNG TEENS**

**TEENS & ADULTS**

**ADULTS - 21 AND OLDER**

**CULTURAL ARTS**

**SPECIAL OLYMPICS**



## Do You Know?

*For every \$1 given to the Foundation:*

- 72 cents goes to support NISRA programs and services
- 22 cents goes to fundraising costs
- 6 cents goes to management and 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 \$2.6 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, reaches out to the community, and assist with fundraising activities & events.

## Foundation Board of Directors

Annette Hammortree, *President*

Pat Kallaus, *Vice President*

Julie Amendt, *Treasurer*

Jim Wiseman, *Secretary*

Kim Buscemi

Cheryl Hayes

Tad Gralewski

Amy MacCrindle

Susan Schott



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

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 NISRA Foundation's Corporate Partners:



**Kent Cooney**



**stryker**

# GIVE THE GIFT OF FUN!

## Volunteer

- Assist at an event
- Join an event committee
- Serve on the Foundation Board of Directors

## Donate

- Make a 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
- Ask your employer about their matching gift program

## Tell Family & Friends

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

## SPECIAL THANKS...

- NISRA Foundation Bowl-A-Thon Supporters
- Dundee Township Lions Club
- Fred & Jean Allegretti Foundation
- Huntley Park District's Adult Prom
- NISRA Foundation Spring Shootout Supporters
- Stryker and Stryker Employees
- Top Cats of Illinois
- Weiler Family Foundation

## SAVE THE DATES!

### Women's Golf Outing

**Tuesday, September 12**

*Players of all ability levels are welcome for a 9-hole adventure at Randall Oaks Golf Club with games and props! Gather your girlfriends for a day of sunshine and laughs on the green.*

### Fall Diddley

**Saturday, October 14 - Sunday, October 15**

*This fantastic craft show with over 300 crafters and artisans is held at the Boone County Fairgrounds in Belvidere. Organized by the Mental Health Resource League of McHenry County, profits from the fair are distributed to social service organizations like NISRA.*

### Holiday Fashion Show

**Saturday, November 18**

*The ultimate holiday kick-off event that you DON'T want to miss! This is a great sponsorship opportunity! Enjoy the show as NISRA participants model clothing from area boutiques and shops.*

**Sponsorship & Volunteer Opportunities Available!**



**Be a part of the fun!**  
**For more information:**

Contact Laura Cullotta, Manager of Fund Development  
lcullotta@nisra.org or (815) 459-0737, ext. 225

# TRIPS

## Adult Weekend Trip - New Buffalo, Michigan

We are heading to **New Buffalo, Michigan** for a beautiful fall weekend trip! We'll be visiting Washington Park Zoo, a botanical garden, walks along the beach, exploring the downtown area, and more! **The registration deadline is August 11.**

**Age Group:** 21 & Older

**Suggested Ability Level:** This trip will be staffed at a 1:5 staff-to-participant ratio and is recommended for ambulatory adults who have independent living skills, can stay with the group, and walk long distances.

**Min/Max:** 8/10

**Staff Contact:** Mia

Prog #	Days	Dates	R/NR Fee
4007	Fri - Sun	Sept 8 - 10	\$756/\$907

Bus Departs from NISRA	Bus Returns to NISRA
Sep 8 at 9:00 am	Sep 10 at 1:00 pm

**NOTE:** Please read "General Information about Trips" below. There will be a pre-trip meeting to discuss trip details; further details will be shared after registration. Please bring extra money for buying souvenirs or any additional purchases.



## Adult Vacation Trip - New Orleans, Louisiana

Famous for their motto of "let the good times roll"...we're headed to the bold and beautiful **New Orleans, Louisiana**! New Orleans is a true melting pot of cultures that offers a great mix of food, music, architecture, nightlife and historical sights! We'll take a French Quarter walking tour, go for a daytime Riverboat Jazz Cruise, take on a New Orleans cooking class and of course, a Swamp Boat Tour!

**Age Group:** 21 & Older

**Suggested Ability Level:** This trip will be staffed at a 1:5 staff-to-participant ratio and is recommended for ambulatory adults who have independent living skills, can stay with the group, and walk long distances.

**Min/Max:** 8/12

**Staff Contact:** Jordan

Prog #	Days	Dates	Time	R/NR Fee
4016	Mon - Fri	Mar 11 - Mar 15, 2024	TBD	TBD



**NOTE:** Fee includes airfare, ground transportation, lodging, meals, activities, and staff supervision. Fee is estimated to be approximately \$2,000-\$2,500 for residents and \$2,500-3,000 for non-residents. Final cost will be determined following airline booking. **A non-refundable \$500 deposit is due with registration.** Please read "General Information about Trips" below. There will be a pre-trip meeting to discuss trip details. Please bring extra money for buying souvenirs or any additional purchases.

## General Information about Trips

### Eligibility

It is recommended that participants have a moderate level of independence skills for overnight trips. In addition to caring for themselves and their belongings, participants will be expected to follow scheduled activities, stay with the group, and help with general activities of daily living including food preparation and clean up. After the registration is received, a NISRA staff member will contact the participant or family by phone to discuss the trip and make sure that it is a good fit for the participant, ensuring a successful trip for everyone.

### Housing

Trip accommodations will be double-occupancy. Participants will be sharing rooms and beds with peers. A NISRA staff member may not be staying in the room. Room assignments will be made by the staff coordinating the trip. Participants are encouraged to be considerate, and take care of their personal belongings while being respectful of their roommates.

### Medication Dispensing Changes

When the parent/guardian supplies envelopes containing individual dosages, the envelopes must be sealed and not be a clear/transparent material. No pill bottles or bubble packs. If this applies to you, we will provide additional details when you register.

# WINTER BREAK SCENE & DANCES

## Winter Break Scene

School is OUT and it's time to hang out with your friends for fun, games, arts & crafts, and more! Each day includes activities focused on a theme at the Sage TR Center. We'll also go swimming, see dates below.

**Age Group:** 6 - 15

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, Crystal Lake and swimming at The Centre, Elgin

**Staff Contact:** Jordan

**WINTER BREAK FUN**  
for ages 6 - 15

Prog #	Days/Dates	Time	(no transp.) R/NR Fee	(w/ transp.) R/NR Fee	Min/Max
8860	Week I: Wed, Dec 27 & Thurs, Dec 28	9:00 am - 3:00 pm	\$72/\$126	\$93/\$147	6/10
8665	Week II: Tues, Jan 2 - Fri, Jan 5	9:00 am - 3:00 pm	\$144/\$252	\$165/\$273	6/10

### Transportation Location

Woodstock Recreation Center

LITH Village Hall

NISRA Office

**NOTE:** Please bring a labeled sack lunch and drink each day. NISRA will provide an afternoon snack. Please bring a labeled swimsuit & towel on Dec 28, Jan 3 and 5. The group may go on some local field trips. Transportation times will be listed on Rainout Line.

## Halloween Dance

What will it be...spooky, funny, hairy, or just plain cute? Have fun in your Halloween costume while dancing to your favorite tunes!

**Age Group:** 18 & Older

**Suggested Ability Level:** All Abilities

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

**Staff Contact:** Gabrielle

Program #	Transportation Location	Min/Max
8460	McHenry Recreation Center	3/12
8461	Sheltered Village	3/30
8462	The Centre, Elgin	3/12
8464	NISRA Office	3/12
8463	*No transportation; meet at dance	1/50

Day	Date	Time	R/NR Fee	R/NR Fee w/ Transportation
Fri	Oct 27	6:00 - 8:00 pm	\$17/\$30	\$28/\$41

**NOTE:** A light snack and water will be provided. Please register for the Program # that goes with the transportation location where you wish to be picked up and dropped off. Transportation times will be listed on Rainout Line.

## Holiday Dance

It's time to celebrate the upcoming holiday season. For this dance, we'll be in a nice ballroom-perfect for dressing up and dancing with your friends!

**Age Group:** 18 & Older

**Suggested Ability Level:** All Abilities

**Location:** Heritage Ballroom, The Centre, Elgin

**Staff Contact:** Gabrielle

Program #	Transportation Location	Min/Max
8471	McHenry Recreation Center	3/12
8472	Sheltered Village	3/30
8470	NISRA Office	3/30
8475	*No transportation; meet at dance	1/50

Day	Date	Time	R/NR Fee	R/NR Fee w/ Transportation
Sat	Dec 2	3:00 - 5:00 pm	\$17/\$30	\$28/\$41

**NOTE:** A light snack and water will be provided. Please register for the Program # that goes with the transportation location where you wish to be picked up and dropped off. Transportation times will be listed on Rainout Line.

# SPECIAL EVENTS

## Chicago Cubs

Cheer on the Cubs at "Wrigley Field North" - we're headed to American Family Field to watch the Cubs with friends!

**Age Group:** 18 & Older

**Suggested Ability Level:** All Abilities

**Location:** American Family Field, Milwaukee, WI

**Min/Max:** 15/30

**Staff Contact:** Gabrielle

Prog #	Day	Date	Time	R/NR Fee
8624	Sun	Oct 1	*1:10 pm gametime	\$138/\$241

### Transportation Location

NISRA Office  
Sheltered Village  
The Centre, Elgin

**NOTE:** The fee includes a meal item and a drink. This facility is cashless. Please bring additional cashless funds if you want to purchase souvenirs and additional food. There will not be time to stop for dinner. Transportation times will be listed on Rainout Line.

## Holiday Shopping & Lunch

Put on your walking shoes to do some power holiday shopping! After shopping, we'll enjoy a tasty lunch in the area.

**Age Group:** 18 & Older

**Suggested Ability Level:** All Abilities

**Location:** CherryVale Mall, Rockford

**Min/Max:** 10/25

**Staff Contact:** Gabrielle

Prog #	Day	Date	Time	R/NR Fee
8401	Thurs	Nov 30	10:30 am - 3:00 pm	\$66/\$116

### Transportation Location

NISRA Office  
Sheltered Village  
The Centre, Elgin

**NOTE:** Please bring shopping list and sufficient money for your purchases. Lunch costs are included in the program fee. Transportation times will be listed on Rainout Line.



## Addams Family Musical



A comical feast that embraces the wackiness in every family, it features an original story, and it's every father's nightmare.

**Age Group:** 18 & Older

**Suggested Ability Level:** All Abilities

**Location:** Metropolis Performing Arts Center, Arlington Heights

**Min/Max:** 8/15

**Staff Contact:** Gabrielle

Prog #	Day	Date	Time	R/NR Fee
5512	Sun	Oct 8	3:00 - 6:00 pm	\$90/\$157

### Transportation Location

NISRA Office  
The Centre, Elgin

**NOTE:** This performance runs at 2 hours and 30 minutes with a 15-minute intermission. Transportation times will be listed on Rainout Line.

## Holiday Magic at Brookfield Zoo

It's our annual trip to see the Brookfield Zoo as it's magically transformed into a winter wonderland of sparkling lights, ice carvings, festive music & more!

**Age Group:** 13 & Older

**Suggested Ability Level:** All Abilities

**Location:** Brookfield Zoo, Brookfield

**Min/Max:** 10/25

**Staff Contact:** Gabrielle

Prog #	Day	Date	Time	R/NR Fee
8603	Sun	Dec 10	3:00 - 7:00 pm	\$94/\$164

### Transportation Location

NISRA Office  
The Centre, Elgin

**NOTE:** Program fee includes dinner. Also, please wear comfortable walking shoes and dress appropriately for the weather since most of the activities are outdoors. In the event of inclement weather, this program will be canceled. Transportation times will be listed on Rainout Line.

# CO-OP AND FAMILY EVENTS

## LITH Friday the 13th Planetarium Show

Don't let a black cat cross your path on your way to this trip! We are headed to the McHenry County College Planetarium for their Halloween Celestial Origins presentation where we will learn how Halloween came about from an astronomical perspective. After the hour-long presentation, we will head to downtown Crystal Lake for self-pay lunch.

**Age Group:** 8 & Older

**Suggested Ability Level:** All Abilities

**Location:** MCC Planetarium, Crystal Lake

**Min/Max:** 6/10

**Staff Contact:** Emily E.



Prog #	Day	Date	Time	R/NR Fee
8673	Fri	Oct 13	9:15 am - 1:00 pm	\$12/\$15

### Transportation Location

NISRA Office

**NOTE:** Family members need to register, more than one family member can register. This show may not be suitable for people who are prone to motion sickness or seizure issues. Children afraid of the dark should be accompanied by an adult or sit with an adult. No food or drinks are allowed in the Planetarium and no cell phone use during the shows. Please bring money for lunch in downtown Crystal Lake.

## LITH Family Holiday Light Tour

Travel around Lake in the Hills to see sights and lights while serving as a judge for the Holiday House Decorating Contest. Tours fill up quickly, so reserve your spot today! Cookies and hot chocolate will be provided.

**Age Group:** 3 & Older

**Suggested Ability Level:** All Abilities

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

**Min/Max:** 6/24

**Staff Contact:** Emily E.

Prog #	Day	Date	Time	R/NR Fee
8648	Fri	Dec 15	5:15 pm - TBD	\$6/\$7

### Transportation Location

NISRA Office

**NOTE:** A family member/guardian must attend and complete a registration form for each family member who will be attending.

## Family Hayride & Bonfire

A crisp fall day is perfect for spending time with family on a wagon ride, capped off with delicious s'mores around a flickering campfire.

**Age Group:** 3 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sterne's Woods, Crystal Lake

**Min/Max:** 8/40

**Staff Contact:** Emily E.

Prog #	Day	Date	Time	R/NR Fee
8611	Sun	Oct 29	12:00 - 2:00 pm	\$5/\$9

**NOTE:** Fee includes activity and a treat. Please dress appropriately for the weather. In the event of inclement weather, this program will be canceled. The hayride is **not** wheelchair accessible. Family members need to register, more than one family member can register. NISRA Staff will be assisting with the program and are unable to supervise participants.

## Family Bowling

Strikeout with the ultimate family night of bowling! Enjoy an evening on the lanes with a family member at Glo-Bowl.

**Age Group:** All Ages

**Suggested Ability Level:** All Abilities

**Location:** Glo-Bowl, Marengo

**Min/Max:** 8/24

**Staff Contact:** Lauren

Prog #	Day	Dates	Weeks	Time
1638	Wed	Sept 20 - Nov 8	8	5:00 - 6:30 pm

R/NR Fee	Family R/NR Fee
\$100/\$175	\$64/\$112

**NOTE:** Family members need to register, more than one family member can register.

# SENSORY PROGRAMS

## 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 trained recreation professional are designed with your personalized goals in mind. An assessment will be completed the first week, so that the sessions can be geared to accomplishing the goals.

**Age Group:** 3 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Staff Contact:** Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee	Min/Max
6020	Wed	Sept 27 - Nov 1	6	4:00 - 4:30 pm	\$90/\$158	1/1
6021	Wed	Sept 27 - Nov 1	6	4:30 - 5:00 pm	\$90/\$158	1/1
6022	Wed	Sept 27 - Nov 1	6	5:00 - 5:30 pm	\$90/\$158	1/1
6023	Wed	Sept 27 - Nov 1	6	5:30 - 6:00 pm	\$90/\$158	1/1

**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), and are given on a first-come, first-serve basis. A parent/guardian is required to be in the building for the duration of the session.

## Sensory Exploration - All Ages

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.

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Staff Contact:** Anya

Prog #	Age Group	Day	Dates	Weeks	Time	R/NR Fee	Min/Max
6000	3 - 8	Tues	Sept 19 - Nov 7 <i>No prog Oct 31</i>	6	4:30 - 5:00 pm	\$56/\$98	2/3
6001	9 - 15	Tues	Sept 19 - Nov 7 <i>No prog Oct 31</i>	6	5:00 - 5:30 pm	\$56/\$98	2/3
6002	16 - 25	Tues	Sept 19 - Nov 7 <i>No prog Oct 31</i>	6	5:30 - 6:00 pm	\$56/\$98	2/3

**NOTE:** Please register according to the participant's age group. A parent/guardian is required to be in the building for the duration of the session.

## Snoezelen® Room Punch Card

This punch card allows for three 30-minute individual or family visits to the NISRA Snoezelen® Sensory room. A parent/guardian is required to be in the building for the duration of the session. Visits must be arranged with Anya Naumovski with at least a one-week notice. Visits are not guaranteed. If your date/time is approved, you will receive a confirmation email.

**Age Group:** 3 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**NEW!**

### Individual Punch Card

Prog #	Day	Time	Fee
6030	Mon - Fri	2:00 pm - 5:00 pm	\$15 per card

### Family Member Punch Card

Prog #	Day	Time	Fee
6600	Mon - Fri	2:00 pm - 5:00 pm	\$30 per card

**NOTE:** Visits must be done within normal office hours, Monday - Friday, 2:00 pm - 5:00 pm and used within 6 months of the purchase date.

**Contact Anya Naumovski at [anaumovski@nisra.org](mailto:anaumovski@nisra.org) to schedule.**

The *Family Punch Card* allows for up to 4 people total. Each family member must complete a waiver before the first session and a parent/guardian is required to be in the building for the duration of the session.

# INDIVIDUALS WITH PHYSICAL LIMITATIONS

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 and mood as well.

**Age Group:** 21 & Older

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

**Location:** Rakow Center, Carpentersville

**Min/Max:** 5/6

**Staff Contact:** David

**NOTE:** See **page 42** 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 and NISRA.

Prog #	Day	Dates	Weeks	Time
0502	Mon	Sept 18 - Nov 6	8	11:10 - 11:55 am

R/NR Fee No Transp.	R Fee w/ Door-to-Door Transp.*
\$70/\$123	\$158

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



## Stretch 'n Tone

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

**Age Group:** 21 & Older

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

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

**Min/Max:** 5/6

Transportation availability is determined by the buses available and routes with reasonable riding times.

**Staff Contact:** Emily E.

**NOTE:** See **page 42** 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 and NISRA.

Prog #	Day	Dates	Weeks	Time
2507	Fri	Sept 22 - Nov 10	8	11:30 am - 12:30 pm

R/NR Fee No Transp.	R Fee w/ Door-to-Door Transp.*
\$72/\$126	\$138

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

# INDIVIDUALS WITH PHYSICAL LIMITATIONS

## 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:** 21 & Older

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

**Location:** Varies Weekly

**Min/Max:** 6/8

**Staff Contact:** David

Prog #	Day	Dates	Weeks	Time
0503	Wed	Sept 20 - Oct 11	4	6:00 - 8:00 pm

R/NR Fee No Transp.	R Fee w/ Door-to-Door Transp.*
\$64/\$112	\$108

*\*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 10:30pm. 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. Please check Rainout Line for weekly activities and updates.



## 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!

**Age Group:** 21 & Older

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

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

**Oct 18:** Olive Garden, West Dundee

**Min/Max:** 6/8

**Staff Contact:** David

Prog #	Day	Dates	Weeks	Time
0509	Wed	Oct 18 - Nov 8	4	6:00 - 8:00 pm

R/NR Fee No Transp.	R Fee w/ Door-to-Door Transp.*
\$108/\$189	\$152

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

**NOTE:** Participants will decide remaining restaurant locations after the first week. The program fee includes \$25 for dinner and tip. If no transportation is chosen, please meet at the designated restaurant each week. Due to NISRA's large service area, participants may be picked up as early as 4:15 pm and dropped off as late as 10:30pm. Please check Rainout Line for weekly activities and updates.

## Youth Social Club -Apple Picking

Let's have some hardcore fun and take a hayride to an apple orchard! We'll pick delicious apples while spending the day the afternoon with friends!

**Age Group:** 6 - 15

**Suggested Ability Level:** All Abilities

**Location:** All Seasons Orchard, Woodstock

**Min/Max:** 6/10

**Staff Contact:** Emily E.

Prog #	Day	Date	Time	R/NR Fee
2429	Sun	Oct 15	3:00 - 5:00 pm	\$52/\$91

Bus Departs	Transportation Location	Returns
2:30 pm	NISRA Office	5:30 pm

**NOTE:** Fee includes entry, apple picking, and a snack. In the event of inclement weather, the program will be canceled.



## Rec Explorers

This program is a one-stop shop of all things recreation! This program mash-up will be a variety of activities that will include gym games, sportsmanship, team building, sensory activities and more!

**Age Group:** 3 - 8

**Suggested Ability Level:** All Abilities

**Location:** The Centre, Elgin

**Min/Max:** 4/8

**Staff Contact:** David

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0606	Thurs	Sept 21 - Nov 9	8	4:45 - 5:30 pm	\$58/\$102

**NOTE:** Please bring a water bottle to the program and wear comfortable clothes and gym shoes.

## BACK-TO-BACK PROGRAMS!



## Aqua Explorers

Explore the fun and exciting sensory experience of water at your own pace! Explore the zero depth pool, water safety & feeling comfortable with being submerged in water. Please note that this program's main focus is comfortability in the water and not specific swim skills.

**Age Group:** 3 - 8

**Suggested Ability Level:** All Abilities

**Location:** The Centre, Elgin

**Min/Max:** 4/8

**Staff Contact:** David

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0607	Thurs	Sept 21 - Nov 9	8	5:45 - 6:15 pm	\$58/\$102

**NOTE:** Please bring a labeled swimsuit and towel.

# YOUNG CHILDREN

## Rock 'n' Kids

This interactive music, movement and imagination class has everyone on their feet! Activities include songs and rhymes, rhythm and coordination, fine and gross motor skills, imagination and sensory, listening and following directions skills.

**Age Group:** 3 - 8

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Min/Max:** 6/10

**Staff Contact:** Lauren

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1104	Wed	Sept 20 - Nov 8	8	5:15 - 6:00 pm	\$60/\$105

**NOTE:** This program will be led by a contracted instructor.



## Kids Klub

Spend your Saturday morning filled with crafts, games, sports and music. A perfect blend for a kickin' Kids Klub!

**Age Group:** 3 - 8

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Min/Max:** 6/10

**Staff Contact:** Emily E.

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2101	Sat	Sept 23 - Nov 11	8	9:00 - 10:30 am	\$116/\$203

**NOTE:** Please bring a water bottle and snack. We may go on a few field trips.

JUMP  
AROUND!

## Jumpin' Gymnastics

NEW!

Jump around! Join us in this instructor-led class at the Cary Gymnastics Center! We will be working on gymnastics skills each week with free time at the end.

**Age Group:** 3 - 8

**Suggested Ability Level:** All Abilities

**Location:** Cary Gymnastics Center, Cary

**Min/Max:** 6/8

**Staff Contact:** Anya

Prog #	Days	Dates	Weeks	Time	R/NR Fee
3212	Fri	Sept 22 - Nov 10	8	5:00 - 5:45 pm	\$100/\$175

**NOTE:** This program will be led by a contracted instructor.



## Swim Skills

This swim program is geared to those swimmers who need to learn basic swim skills. The class will be tailored 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 and submersion progressions. Participants may be working in small groups.

**Age Group:** 3 - 15

**Suggest Ability Level:** All Abilities

**Min/Max:** 2/4

Prog #	Day	Dates	Weeks	Time	R/NR Fee
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### Dundee - Rakow Recreation Center

**Staff Contact:** David

0211	Mon	Sept 18 - Nov 6	8	5:30 - 6:00 pm	\$104/\$182
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0212	Mon	Sept 18 - Nov 6	8	6:00 - 6:30 pm	\$104/\$182
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### Woodstock - Woodstock Recreation Center

**Staff Contact:** Lauren

1216	Thurs	Sept 21 - Nov 9	8	6:15 - 6:45 pm	\$104/\$182
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1217	Thurs	Sept 21 - Nov 9	8	6:45 - 7:15 pm	\$104/\$182
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## Fishing 101

You'll have a "reel" good time with fishing 101! This program will focus on the mechanics of fishing.

**Age Group:** 8 - 15

**Suggested Ability Level:** All Abilities

**Location:** The Hollows, Cary

**Min/Max:** 6/8

**Staff Contact:** David

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0229	Wed	Sept 20 - Oct 11	4	5:00 - 6:00 pm	\$30/\$53

**NOTE:** Fishing poles, bait, and lures will be provided each week. Participants are welcome to bring their own pole. In the event of inclement weather, the program will be canceled.

# REEL GOOD TIMES AHEAD



# 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. This beginner program will help you develop the skills to advance to the next level.

**Age Group:** 6 & Older

**Suggested Ability Level:** All Abilities

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

**Min/Max:** 4/6

**Staff Contact:** Emily E.

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2606	Sat	Sept 23 - Nov 11	7	8:45 - 9:30 am	\$35/\$61
<i>No prog Nov 4</i>					

**NOTE:** 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 and instructors by the Crystal Ice House. If an individual chooses to wear a helmet, the family is responsible for ensuring it fits properly.



## Interested in Ice Skating for the Intermediate/Advanced level?

Please register through the Crystal Lake Ice House website or by using the QR Code below! The program will be found under group lessons and named "LTS/Special Olympics Intermediate/Advanced". Make sure to register as soon as you can!

Please contact Kim Johnson at the Crystal Lake Ice House with any questions at: [kim.johnson@crystalicehouse.com](mailto:kim.johnson@crystalicehouse.com)



## 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 climbing and into coves.

**Age Group:** 8 & Older

**Suggested Ability Level:** All Abilities

**Location:** North Wall, Crystal Lake

**Min/Max:** 4/6

**Staff Contact:** Emily E.

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2600	Tues	Sept 19 - Nov 7	7	6:00 - 7:00 pm	\$154/\$270
<i>No prog Oct 31</i>					



**NOTE:** Fee includes climbing shoes. Please wear socks. North Wall requires a waiver to be signed before participating. The waiver can be found at the top right of North Wall's website at [climbnorthwall.com](http://climbnorthwall.com). Please fill out, open your email, and press confirm in the email.

## Sibshops - A group of SIBLINGS of Children with Disabilities!

**Age Group:** 7 -12

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

**Min/Max:** 4/12

**Staff Contact:** Mia

Sibshops provide opportunities for the siblings of children with disabilities to meet and engage with peers in a recreational setting. They are able to meet new friends, hang out, and participate in a wide variety of FUN recreational activities! *Sibshops are intended for siblings of children with disabilities.*

Prog #	Day	Date	Time	R/NR Fee
8230	Sat	Oct 21	9:30 - 11:30 am	FREE!
8231	Sat	Dec 16	9:30 - 11:30 am	FREE!



## "Special Focus" Karate

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 and control, while learning self-defense in this structured & safe program.

**Age Group:** 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
2641	Sat	Sept 16 - Oct 28	7	11:15 am - 12:00 pm	\$91/\$159
2651	Sat	Nov 4 - Dec 16	6	11:15 am - 12:00 pm	\$78/\$137
		No prog Nov 25			

**NOTE:** Please wear comfortable clothing to move around in. Focus Martial Arts is strongly recommending the purchase of a gi, white belt 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.



## Saturday Fun Club (6 - 12)

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

**Age Group:** 6 - 12

**Suggested Ability Level:** All Abilities

**Location:** The Centre, Elgin

**Min/Max:** 4/6

**Staff Contact:** David

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0207	Sat	Sept 23 - Nov 11	8	10:00 am - 1:00 pm	\$128/\$224

**NOTE:** Please bring a labeled sack lunch, drink, swimsuit and towel. Parents, please pick up your child at the pool at 12:50 pm.

## 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:** 9 - 15

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Min/Max:** 6/10

**Staff Contact:** Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3222	Sat	Sept 23 - Nov 11	8	11:00 am - 1:00 pm	\$128/\$224

**NOTE:** Please bring a labeled sack lunch and drink. A field trip schedule will go out the first week of program.



# YOUTH & YOUNG TEENS

## Gamers Paradise

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

**Age Group:** 8 - 15

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Min/Max:** 6/10

**Staff Contact:** Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3235	Tues	Sept 19 - Nov 7	7	5:30 - 6:15 pm	\$53/\$92
No prog Oct 31					



## 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:** 8 - 15

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Min/Max:** 6/8

**Staff Contact:** Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3215	Tues	Sept 19 - Nov 7	7	6:30 - 7:45 pm	\$98/\$172
No prog Oct 31					



## Youth Bowling

Let's roll! We'll be heading to Bowlero for some good ol' fashion bowling fun with friends!

**Age Group:** 8 - 15

**Suggested Ability Level:** All Abilities

**Locations:** Bowlero, Algonquin

**Min/Max:** 6/10

**Staff Contact:** Emily E.

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2264	Mon	Sept 18 - Nov 6	8	5:00 - 6:30 pm	\$110/\$193

## Transportation Update & Locations

The following Teen Clubs will only show transportation locations. Transportation times and any program changes or cancellations will be listed on Rainout Line the week of the scheduled event. You must choose a transportation location for each event. There will be a minimum requirement of 3 participants for each location in order for transportation to run.

### Teen Club - Urban Air

Let's head for fun at the ultimate indoor playground! More than their awesome trampolines, Urban Air boasts obstacle courses, a climbing wall, ropes course and all kinds of physical games!

**Location:** Urban Air, Crystal Lake

**Min/Max:** 8/15

**Staff Contact:** Lauren

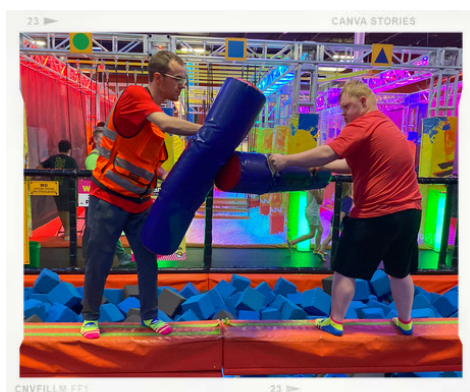
Prog #	Date	Time	R/NR Fee
1341	Sept 23	5:00 - 7:00 pm	\$58/\$102

#### Transportation Location

\*No transportation, meet at Urban Air  
Woodstock Recreation Center  
McHenry Recreation Center  
The Centre, Elgin



**NOTE:** Urban Air requires a waiver that can be completed on their website by visiting [urbanair.com/illinois-crystallake/](http://urbanair.com/illinois-crystallake/).



### Teen Club - Axe Throwing & Treats

Test your throwing skills to hit that bullseye or just get comfortable with the swing! The cherry on top of this evening will be getting some sweet treats at Smallcakes afterwards..

**Location:** Bullseye Axe Throwing Lounge, South Barrington

**Min/Max:** 8/15

**Staff Contact:** Anya

Prog #	Date	Time	R/NR Fee
3330	Oct 21	5:00 - 7:00 pm	\$56/\$99

#### Transportation Location

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

laugh s'more  
worry less

### Teen Club - Hayride & Bonfire

A crisp fall day is perfect for roasting hot dogs and a wagon ride, capped off with delicious s'mores around a flickering campfire.

**Location:** Sterne's Woods, Crystal Lake

**Min/Max:** 8/20

**Staff Contact:** Emily E.

Prog #	Date	Time	R/NR Fee
2336	Oct 7	4:00 -6:00 pm	\$36/\$63

#### Transportation Location

\*No transportation, meet at Sterne's Woods  
Woodstock Recreation Center  
McHenry Recreation Center  
The Centre, Elgin

**NOTE:** Fee includes activity and dinner. Dress for the weather. In the event of inclement weather, the program will be canceled. The hayride is **not** wheelchair accessible.



### Teen Club - Game Night

All games aboard! Join us for a night full of variety. We'll have electronic games, classic board games and everything in between!

**Location:** The Centre, Elgin

**Min/Max:** 8/20

**Staff Contact:** David

Prog #	Date	Time	R/NR Fee
0326	Nov 4	5:00 - 7:00 pm	\$37/\$64

#### Transportation Location

\*No transportation, meet at The Centre  
Woodstock Recreation Center  
McHenry Recreation Center  
NISRA Office

**NOTE:** Program fee includes a pizza dinner.

# TEENS & ADULTS

## 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:** 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Min/Max:** 6/12

**Staff Contact:** Lauren

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1621	Mon	Sept 18 - Nov 6	8	4:45 - 5:30 pm	\$68/\$109



## BACK-TO-BACK PROGRAMS!

## Fall Baking Buddies

Put on your chef's hat and apron because we'll be making fall-inspired goodies to show off and then of course, taste test! A pizza dinner will be provided each session.

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Min/Max:** 6/8

**Staff Contact:** Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3634	Mon	Sept 18 - Oct 2	3	5:30 - 7:00 pm	\$56/\$98
3636	Mon	Oct 9 - Oct 23	3	5:30 - 7:00 pm	\$56/\$98

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



## Open Swim Woodstock

Explore all the benefits that a pool has to offer and have fun while doing so! Strengthen your body by playing water volleyball, lap swimming, and following along in a group exercise!

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Woodstock Recreation Center

**Min/Max:** 6/10

**Staff Contact:** Lauren

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1456	Thurs	Sept 21 - Nov 9	8	7:30 - 8:15 pm	\$70/\$123

## Archery

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

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Petersen Farm, McHenry

**Min/Max:** 4/8

**Staff Contact:** Lauren

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1633	Wed	Sept 20 - Oct 11	4	5:00 - 6:00 pm	\$50/\$88

**NOTE:** Archery equipment will be provided, please wear close-toed shoes each week and bring bug repellent. In the event of inclement weather, the program will be canceled.



## Fall 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 is uniquely yours!

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Min/Max:** 6/12

**Staff Contact:** Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3606	Wed	Sept 20 - Nov 8	8	5:00 - 6:00 pm	\$96/\$168

**NOTE:** This program is back-to-back with Simply Cooking I.



## 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, NISRA

**Min/Max:** 6/12

**Staff Contact:** Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3615	Fri	Sept 22 - Nov 10	8	5:15 - 6:15 pm	\$72/\$126

**NOTE:** If weather permits, Baggo will be held outside. This program is back-to-back with Friday Night Supper Club.

## 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:** 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Min/Max:** 6/8

**Staff Contact:** Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3618	Wed	Sept 20 - Nov 8	8	6:00 - 7:30 pm	\$112/\$196
3619	Thurs	Sept 21 - Nov 9	8	6:00 - 7:30 pm	\$112/\$196

**NOTE:** The menu will be the same for Wednesday & Thursday programs. Please register for only one week night, so that more people can participate.

## Gaming Galore

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

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Locations:** Sage TR Center, NISRA

**Min/Max:** 6/10

**Staff Contact:** Emily E.

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2604	Thurs	Sept 21 - Nov 9	8	5:00 - 5:45 pm	\$60/\$105



*Cooking up memories*

# TEENS & ADULTS

## Tennis - Beginner

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

**Age Group:** 15 & Older

**Suggested Ability Level:** All Abilities

**Locations:** Crystal Lake Racket Club

**Min/Max:** 4/6

**Staff Contact:** Emily E.

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2642	Tues	Sept 19 - Nov 7	7	5:00 - 5:45 pm	\$51/\$89
No prog Oct 31					

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



## Holiday Baking Buddies

Put on your chef's hat and apron because we'll be making holiday-inspired goodies to show off and then of course, taste test! A pizza dinner will be provided each session.

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Min/Max:** 6/8

**Staff Contact:** Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3639	Mon	Nov 27, Dec 4 & Dec 11	3	5:00 - 6:30 pm	\$42/\$74
3640	Mon	Nov 27, Dec 4 & Dec 11	3	6:45 - 8:15 pm	\$42/\$74

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

## Teen & 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:**

Sept 22 - Lippold Park, Crystal Lake

Sept 29 - Fel-Pro RRR, Cary

Oct 6 - Randall Oaks Park, Dundee

Oct 13 - Walnut Hollow Disc Golf Course, Cary

Oct 20, 27 & Nov 3, 10 - Indoors at Huntley Park District

**Min/Max:** 6/12

**Staff Contact:** Emily E.

Prog #	Day	Dates	Weeks	Time
2622	Fri	Sept 22 - Nov 10	8	4:00 -5:15 pm
R/NR Fee		R/NR Fee w/ Transportation		
\$66/\$116		\$122/\$172		

Bus Departs	Transportation Location	Returns
3:30 pm	NISRA Office	5:45 pm
4:00 pm	No Transportation	5:15 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. In the event of inclement weather, the program will be canceled.



## Trekkers

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

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Locations:** Various Locations around Cary, Barrington, and Wauconda areas

**Min/Max:** 6/10

**Staff Contact:** Anya

**NOTE:** Please wear comfortable clothes and bring a water bottle, sunscreen, bug repellent and sack lunch. Program fee covers transportation and must be taken. In the event of inclement weather, we'll walk the indoor track at Barrington Park District.

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3620	Sat	Sept 23 - Nov 11	8	10:45 am - 12:00 pm	\$115/\$165

**Bus Departs**  
10:15 am

**Transportation Location**  
NISRA Office

**Bus Returns**  
12:30 pm



## Tuesday Night Adventures

We're travelers on Tuesdays! We'll adventure and take trips each week to explore the community and have fun with friends. Oh, the places you'll go!

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Locations:** Various Locations

**Min/Max:** 6/10

**Staff Contact:** Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3211	Tues	Sept 19 - Oct 10	4	6:00 - 7:30 pm	\$80/\$140

**Bus Departs**

5:30 pm

**Transportation Location**

NISRA Office

**Bus Returns**

8:00 pm

**NOTE:** Program fee covers transportation and must be taken.



## Saturday Fun Club (13 - 18)

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

**Age Group:** 13 - 18

**Suggested Ability Level:** All Abilities

**Location:** The Centre, Elgin

**Min/Max:** 6/12

**Staff Contact:** David

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0207	Sat	Sept 23 - Nov 11	8	10:00 am - 1:00 pm	\$128/\$224

**NOTE:** Please bring a labeled sack lunch, drink, swimsuit and towel. Parents, please pick up your child at the pool at 12:50 pm.

## Friday Night Supper Club

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

**Age Group:** 13 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Min/Max:** 5/8

**Staff Contact:** Emily E.

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2644	Fri	Sept 22, Oct 6 Oct 20 & Nov 3	4	6:30 - 8:00 pm	\$56/\$98
2645	Fri	Sept 29, Oct 13 Oct 27 & Nov 10	4	6:30 - 8:00 pm	\$56/\$98

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

# TEENS & ADULTS

## Bowling

**Age Group:** 16 & Older

**Suggest Ability Level:** All Abilities

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



Name & Location	Prog #	Day & Dates	Weeks	Time	R/NR Fee	Min/Max
<b>Bowlero Bowl</b> Bowlero Algonquin <b>Staff Contact:</b> Emily E.	2601	Mon, Sept 18 - Nov 6	8	5:00 - 6:30 pm	\$110/\$193	8/20
<b>Pioneer Bowlers</b>  Raymond's Bowl Johnsburg <b>Staff Contact:</b> Lauren	1477	Thur, Sept 21 - Nov 9	8	10:00 - 11:30 am	\$110/\$193 w/ Transp. \$166/\$249	8/20
<b>Saturday Bowlers</b> Kingston Lanes Woodstock <b>Staff Contact:</b> Lauren	1612	Sat, Sept 23 - Nov 11	8	11:00 am - 12:30 pm	\$110/\$193	8/30
<b>Saturday Strikers</b> Liberty Lanes Carpentersville <b>Staff Contact:</b> David	0613	Sat, Sept 23 - Nov 11	8	12:30 - 2:00 pm	\$110/\$193	8/20



# Wellness Programs



## Workout @Your Choice McHenry or Woodstock

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

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Min/Max:** 6/8

**Staff Contact:** Lauren

### McHenry Recreation Center

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1618	Mon	Sept 18 - Nov 6	8	4:00 - 5:00 pm	\$58/\$102

### Woodstock Recreation Center

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1616	Tues	Sept 19 - Nov 7	8	5:00 - 6:00 pm	\$58/\$102

**NOTE:** A fitness waiver is required for participation. 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 and NISRA.

## 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 and promote positive thoughts.

**Age Group:** 13 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Min/Max:** 6/12

**Staff Contact:** Emily E.

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2639	Mon	Sept 18 - Nov 6	8	5:00 - 5:45 pm	\$72/\$126

### R/NR Fee for Family Member

\$58/\$102

**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.



## Zumba

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:** 16 & Older

**Suggested Ability Level:** All Abilities

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

**Min/Max:** 6/15

**Staff Contact:** Emily E.

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2628	Wed	Sept 20 - Nov 8	8	7:00 - 7:45 pm	\$72/\$126

### R/NR Fee for Family Member

\$58/\$102

**NOTE:** For ages 16 & older including family members. Please complete a registration form for each family member who will be attending.

A 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 and NISRA.

### Transportation Update & Locations



The following Young Adult Clubs will only show transportation locations. Transportation times and any program changes or cancellations will be listed on Rainout Line the week of the scheduled event. You must choose a transportation location for each event. There will be a minimum requirement of 3 participants for each location in order for transportation to run.

### Young Adult Club - Color Me Mine & Pizza

It's time to get crafty! We'll spend the evening picking out our own ceramics, painting them, and getting them glazed. We will end the night with some pizza!

**Location:** Color Me Mine, Crystal Lake

**Min/Max:** 8/15

**Staff Contact:** Emily E.

Prog #	Date	Time	R/NR Fee
2422	Sept 22	6:00 - 8:00 pm	\$48/\$83

#### Transportation Location

\*No transportation, meet at Color Me Mine  
Sheltered Village  
McHenry Recreation Center  
The Centre, Elgin

**NOTE:** Fee includes a ceramic to paint and pizza.

### Young Adult Club - Night Under the Stars

Star light, star bright...let's see what stars we see under an autumn night! We'll use a telescope to check out the skies above us and enjoy some snacks too.

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

**Min/Max:** 8/20

**Staff Contact:** David

Prog #	Date	Time	R/NR Fee
0421	Oct 20	6:00 - 8:00 pm	\$32/\$56

#### Transportation Location

\*No transportation, meet at Hawthorn Hills Nature Center  
Sheltered Village  
McHenry Recreation Center  
NISRA Office

### Young Adult Club - Friendsgiving Feast

As Thanksgiving approaches, take time to give thanks for your friends. We'll share a meal, play a game or two, and do a holiday craft.

**Location:** Sage TR Center, NISRA

**Min/Max:** 8/20

**Staff Contact:** Lauren

Prog #	Date	Time	R/NR Fee
1430	Nov 3	6:30 - 8:30 pm	\$49/\$86

#### Transportation Location

\*No transportation, meet at NISRA  
Sheltered Village  
McHenry Recreation Center  
The Centre, Elgin

### Young Adult Club - Cupcake Wars

It's on! 2 teams will be made at the program and you'll battle it out to compete to be named the *Cupcake War Champion!* Each team will follow a recipe, bake their treat, and decorate it to match a surprise theme.

**Location:** Cary Park District

**Min/Max:** 8/20

**Staff Contact:** Anya

Prog #	Date	Time	R/NR Fee
3429	Oct 6	5:30 - 7:30 pm	\$33/\$57

#### Transportation Location

\*No transportation, meet at Cary Park District  
Sheltered Village  
McHenry Recreation Center  
The Centre, Elgin  
NISRA Office

**NOTE:** Each team will go up against a panel of judges where they will be scored on taste, presentation, and creativity.

### Young Adult Club - College Football Bash

Touchdown! We'll be watching the University of Southern Florida Bulls vs. UTSA Roadrunners under the Friday night lights. Pizza and drinks will be provided, wear your favorite college football gear and be ready for football trivia and games too!

**Location:** Sage TR Center, NISRA

**Min/Max:** 8/20

**Staff Contact:** David

Prog #	Date	Time	R/NR Fee
0407	Nov 17	7:00 - 9:00 pm	\$40/\$70
<i>*Game begins at 8:00 pm</i>			

#### Transportation Location

\*No transportation, meet at NISRA  
Sheltered Village  
McHenry Recreation Center  
The Centre, Elgin

# ADULTS - 21 & OLDER

## Aquacize

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

**Age Group:** 21 & Older

**Suggested Ability Level:** All Abilities

**Location:** Woodstock Recreation Center

**Min/Max:** 6/8

**Staff Contact:** Lauren

**NOTE:** Please bring a labeled swimsuit & towel. 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 and NISRA.

Prog #	Day	Dates	Weeks	Time
1400	Mon	Sept 18 - Nov 6	8	10:15 - 11:00 am

R/NR Fee	R/NR Fee w/ Transportation
\$58/\$102	\$114/\$158

Bus Departs	Transportation Location	Bus Returns
9:30 am	Pioneer Center - McHenry	11:55 am
9:55 am	Pioneer Center - Woodstock	11:30 am

## Pioneer 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:** 21 & Older

**Suggested Ability Level:** All Abilities

**Location:** Pioneer Center, McHenry

**Min/Max:** 6/15

**Staff Contact:** Gabrielle

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5516	Mon	Sept 18 - Nov 6	8	12:45 - 1:30 pm	\$68/\$119

# COFFEE TIME

## Coffee Around Town

You're only one sip away from a good mood! We'll meet at a local coffee stop each week and enjoy some good coffee with even better company, friends!

**Age Group:** 21 & Older

**Suggested Ability Level:** All Abilities

**Locations:**

Sept 21 - Conscious Cup Coffee Roasters, Crystal Lake

Oct 5 - Daily Projects Coffee Bar & Eatery, Algonquin

Oct 19 - Grounds Coffee Bar, Crystal Lake

Nov 2 - The Other Side, Crystal Lake

**Min/Max:** 6/10

**Staff Contact:** Emily E.

Prog #	Day	Dates	Weeks	Time	R/NR Fee
8426	Thurs	Sept 21, Oct 5 Oct 19 & Nov 2	4	10:00 - 11:00 am	\$36/\$63

**NOTE:** Program fee includes coffee. Please meet at the coffee shop location each week. Staff will wait 5 minutes before entering.

## Adaptive Self Defense

This program is an ability appropriate self-defense training for adults. This program will consist of a cognitive introduction (boundaries, relationships, precursor to assault), physical defense (punching, palm strike, hugs) and how participants can use their communication in a self-defense situation (using your voice, hand language, etc.).

**Age Group:** 21 - 35

**Suggested Ability Level:** highly structured class, participants must be independent and work in a 1:5 staff participant ratio in order to meet the basic nature and goals of the program. Please contact Emily Eliscu ([eeliscu@nisra.org](mailto:eeliscu@nisra.org)) if you're wondering if you would be a good fit for this program.

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

**Min/Max:** 8/12

**Staff Contact:** Emily E.

Prog #	Day	Dates	Weeks	Time	R/NR Fee
8427	Tues	Sept 19 - Nov 14	8	6:00 - 7:00 pm	\$132/\$231
No prog Oct 31					

**NOTE:** A family member is required to be in the studio watching from the viewing area to help reinforce what is being learned.

# ADULTS - 21 & OLDER

## 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:** 21 & Older

**Suggested Ability Level:** All Abilities

**Locations:**

**Sept 20:** Raising Cane's, Crystal Lake

**Oct 4:** Portillo's, Crystal Lake

**Oct 18:** Tommy's, Crystal Lake

**Nov 1:** Group choice, we'll vote on where to go!

**Min/Max:** 8/12

**Staff Contact:** Lauren

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1407	Wed	Sept 20, Oct 4 Oct 18 & Nov 1	4	11:45 am - 1:00 pm	\$108/\$198

Bus Departs	Transportation Location	Bus Returns
11:00 am	NISRA Office	1:40 pm
11:20 am	Pioneer Center - McHenry	1:20 pm

**NOTE:** This program alternates weeks with *Movie Review Crew*.

## 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:** 21 & Older

**Suggested Ability Level:** All Abilities

**Location:** Varies Weekly

**Min/Max:** 8/12

**Staff Contact:** Lauren

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1433	Wed	Sept 27, Oct 11 Oct 25 & Nov 8	4	12:00 - 2:00 pm	\$78/\$137

Bus Departs	Transportation Location	Bus Returns
10:50 am	NISRA Office	3:00 pm
11:15 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 and 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*.

## 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:** 21 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Min/Max:** 8/20

**Staff Contact:** Lauren

Prog #	Day	Dates	Weeks	Time
1463	Fri	Sept 22 - Nov 10	8	10:00 - 11:30 am

R/NR Fee (no transportation)	R/NR Fee (with transportation)
\$116/\$203	\$172/\$259

Bus Departs	Transportation Location	Bus Returns
9:40 am	Pioneer Center - McHenry	11:45 am

**NOTE:** Program fee includes activities and a light snack, we will not have time to eat lunch. In-house activities will be planned.

F.R.I.E.N.D.S

## Farmer's Market Tuesdays

We're heading to the market! Come enjoy the beautiful Woodstock Square with friends. We'll walk the square and visit with the shops and vendors!

**Age Group:** 21 & Older

**Suggested Ability Level:** All Abilities

**Location:** Woodstock Square, Woodstock

**Min/Max:** 6/10

**Staff Contact:** Anya



Prog #	Day	Dates	Weeks	Time
8428	Tues	Sept 5, 12 4		10:30 am -12:00 pm
		Sept 19 & 26		

R/NR Fee (no transportation)	R/NR Fee (with transportation)
\$36/\$63	\$61/\$86

Bus Departs	Transportation Location	Bus Returns
10:00 am	NISRA Office	12:30 pm

**NOTE:** If you would like to purchase items at the farmer's market or on the square, please bring \$10 - \$20 of your own money. If you choose no transportation, please meet the group outside of the Woodstock Opera House.

## 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:** 21 & Older

**Suggested Ability Level:** All Abilities

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

**Min/Max:** 6/15

**Staff Contact:** David

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0404	Mon	Sept 18 - Nov 13 8		9:30 - 10:30 am	\$72/\$126
		No prog Sept 25			

## AID Amazing Artists

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

**Age Group:** 21 & Older

**Suggested Ability Level:** All Abilities

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

**Min/Max:** 6/10

**Staff Contact:** Gabrielle

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5517	Fri	Sept 22 - Nov 10 8		9:30 - 10:15 am	\$68/\$119

## Gardening Club

We'll wrap up the gardening season by picking whatever is ready to harvest, as well as continuing to learn & plan for next year!

**Age Group:** 21 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Min/Max:** 6/10

**Staff Contact:** Emily E.

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2437	Thurs	Sept 21 - Oct 12 4		3:30 - 4:30 pm	\$34/\$60

**NOTE:** This is a raised, wheelchair-accessible garden. Garden tools will be provided. This program runs back-to-back with *Gaming Galore*.

## 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:** 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
5576	Wed	Sept 20 - Nov 8 8		1:00 - 1:45 pm	\$68/\$118

## AID Movement Mash Up

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

**Age Group:** 21 & Older

**Suggested Ability Level:** All Abilities

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

**Min/Max:** 6/15

**Staff Contact:** David

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0445	Thurs	Sept 21 - Nov 16 8		9:30 - 10:30 am	\$72/\$126
		No prog Sept 28			

# ADULT SOCIAL CLUB

Ages 21 & Older

## Transportation Update & Locations

The following Adult Social Clubs will only show transportation locations. Transportation times and any program changes or cancellations will be listed on Rainout Line the week of the scheduled event. You must choose a transportation location for each event. There will be a minimum requirement of 3 participants for each location in order for transportation to run.

### Adult Social Club - SLYCE and Dice

A "SLYCE" on your plate is a smile on your face! We're headed to Wauconda to make our own personal pizzas.

**Location:** SLYCE Coal-Fired Pizza Company, Wauconda

**Min/Max:** 8/15

**Staff Contact:** Anya

Prog #	Day/Date	Time	R/NR Fee
3901	Sat Sept 16	10:30 am - 12:30 pm	\$49/\$86

#### Transportation Location

\*No transportation, meet at SLYCE

NISRA Office

Sheltered Village

McHenry Recreation Center

The Centre, Elgin

**NOTE:** Fee includes personal pizza and a drink. SLYCE currently **does not** offer gluten-free or dairy-free alternatives.



### Adult Social Club - Birding Buds

Hike the newly visible trails and appreciate nature as we explore the basics of bird watching. We'll also be making our very own birdhouses too!

**Location:** Brookdale Conservation Area, Woodstock

**Min/Max:** 8/20

**Staff Contact:** Lauren

Prog #	Day/Date	Time	R/NR Fee
1934	Sat Sept 30	4:00 - 6:00 pm	\$39/\$68

#### Transportation Location

\*No transportation, meet at Brookdale Conservation Area

NISRA Office

Sheltered Village

McHenry Recreation Center

The Centre, Elgin

**NOTE:** The McHenry County Conservation District will provide binoculars, compasses, bird identification and educational tools.



### Adult Social Club - Hayride & Bonfire

A crisp fall day is perfect for roasting hot dogs and a wagon ride, capped off with delicious s'mores around a flickering campfire.

**Location:** Randall Oaks Park, West Dundee

**Min/Max:** 8/20

**Staff Contact:** David

Prog #	Day/Date	Time	R/NR Fee
0902	Sat Oct 14	4:30 - 6:30 pm	\$35/\$61

#### Transportation Location

\*No transportation, meet at Randall Oaks Park

NISRA Office

Sheltered Village

McHenry Recreation Center

**NOTE:** Fee includes activity & dinner. Dress for the weather. The event will be canceled if there is inclement weather. Please register for just one hayride so that more people can participate. The hayride is **not** wheelchair accessible.

**Transportation Update & Locations**

The following Adult Social Clubs will only show transportation locations. Transportation times and any program changes or cancellations will be listed on Rainout Line the week of the scheduled event. You must choose a transportation location for each event. There will be a minimum requirement of 3 participants for each location in order for transportation to run.

**Adult Social Club - Chicago Bears Party**

It's time to bear down! Spend a football Sunday with friends as we watch the Chicago Bears vs. Las Vegas Raiders and we'll enjoy some football games and lunch!

**Location:** Sage TR Center, NISRA

**Min/Max:** 8/20

**Staff Contact:** Anya

Prog #	Day/Date	Time	R/NR Fee
3900	Sun Oct 22	12:00 - 3:00 pm	\$42/\$73

**Transportation Location**

\*No transportation, meet at NISRA

Sheltered Village

McHenry Recreation Center

The Centre, Elgin

**Adult Social Club - Hayride & Bonfire**

A crisp fall day is perfect for roasting hot dogs and a wagon ride, capped off with delicious s'mores around a flickering campfire.

**Location:** Sterne's Woods, Crystal Lake

**Min/Max:** 8/30

**Staff Contact:** Lauren

Prog #	Day/Date	Time	R/NR Fee
1930	Sat Oct 28	4:00 - 6:00 pm	\$35/\$61

**Transportation Location**

\*No transportation, meet at Sterne's Woods

Sheltered Village

McHenry Recreation Center

The Centre, Elgin

**NOTE:** Fee includes activity & dinner. Dress for the weather. The event will be canceled if there is inclement weather. Please register for just one hayride so that more people can participate. The hayride is **not** wheelchair accessible.

*all you need  
around a campfire  
is good company*

**Adult Social Club - Coloring & Coffee**

Express yourself in this fun, trendy program! Hang out with fellow artists as you sip warm coffee and bring your coloring page to life. When it's complete you'll frame it to take home & enjoy.

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

**Min/Max:** 8/20

**Staff Contact:** Emily E.

Prog #	Day/Date	Time	R/NR Fee
2905	Sat Nov 11	4:00 - 6:00 pm	\$32/\$57

**Transportation Location**

\*No transportation, meet at Huntley R.E.C. Center

NISRA Office

Sheltered Village

McHenry Recreation Center

The Centre, Elgin

**NOTE:** Fee includes coffee, coloring pages, and frames. Feel free to bring your own coloring pages if you have one you have been working on.



## WORKSHOPS

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**NOTE:** Fee includes all supplies. Projects will be available for pickup approximately 2 weeks after the workshop.

Name	Prog #	Day/Date	Time	R/NR Fee	Min/Max
<b>Clay, Make &amp; Glaze Workshops</b> <i>Mold it, glaze it, fire it!</i> <i>Make unique ceramic pieces.</i>					
Floral Wreath Bowl & Scary Cookie Plate	5583	Mon, Sept 18	5:45 - 7:30 pm	\$33/\$58	6/8
Purrrfect Kitty Design & Party Bowl	5584	Mon, Nov 6	5:45 - 7:30 pm	\$33/\$58	6/8
<b>Fused Glass Workshops</b> <i>Discover this beautiful art medium!</i> <i>Place colored grains of glass into a shape to be fired.</i>					
Perching Cardinal Spoon Rest & Polka Dot Server	5595	Tues, Sept 12	6:00 - 7:00 pm	\$33/\$58	6/8
Set of Festive Winter Coasters & Pumpkin Dish	5596	Tues, Oct 17	6:00 - 7:00 pm	\$33/\$58	6/8
<b>Mixed Media &amp; Collage Workshop</b> <i>Paint, draw, and glue paper to create a mixed media movie poster of your life! Please bring a few photos in different sizes of yourself.</i>					
Your Life as a Movie	5519	Tues, Sept 19	6:00 - 7:00 pm	\$35/\$61	6/8

**NOTE:** Please bring a few printed photos of yourself.

## Kingpins Drumline

This awesome percussion group is part of the Crystal Lake Strikers. Come learn drumming and drumline techniques. Participants will have the opportunity to perform with the famous Strikers!

**Age Group:** 13 - 25

**Suggested Ability Level:** All Abilities

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

**Min/Max:** 8/20

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5606	Mon	Sept 18 - Nov 6	6	6:00 - 7:00 pm	\$74/\$130

**NOTE:** The fee includes professional instruction, drum sticks, and a performance shirt, if needed. The Kingpins will have more performance opportunities throughout the season.

### Performances:

**Oct 8:** Settlers' Day Parade, Marengo at 2:00 pm



## 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:** 7 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**NOTE:** Student should have the instrument at home in order to practice between lessons. If taking guitar or ukulele, bring instrument to class. Fees are for a 30-minute lesson.

**\*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 (approximately \$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 Gabrielle at the NISRA Office for possible options.

Prog #	Day	Dates	Weeks	*Time	R/NR Fee	Min/Max
5544	Mon	Sept 18 - Nov 6	8	3:30 - 6:00 pm *3:30, 4:00, 4:30, 5:00, 5:30	\$200/\$350	1/5
5542	Tues	Sept 19 - Nov 7	8	3:00 - 6:00 pm *3:00, 3:30, 4:00, 4:30, 5:00, 5:30	\$200/\$350	1/6
5543	Thurs	Sept 21 - Nov 9	8	2:00 - 4:30 pm *2:00, 2:30, 3:00, 3:30, 4:00	\$200/\$350	1/5



## Tone Chime Choir

**NEW!**

A unique bell choir experience with no gloves needed! Tone chimes are easy to play hand-bells. In a choir setting, they are used by a group of people to play both classical and popular songs. Encore's music therapist arranges music, creates visuals, and develops a conducting style to match each group members' needs. Group members will play 1-3 bells each in a cooperative setting.

**Age Group:** 18 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Min/Max:** 6/10

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5537	Tues	Sept 19 - Nov 7	8	6:30 - 7:15 pm	\$100/\$175

## Encore! Joyful Noise

Calling all enthusiastic singers! In the Joyful Noise Choir, instructed by the Encore Music Academy, you'll create wonderful sounds with your voices while learning a variety of songs.

**Age Group:** 10 & Older

**Suggested Ability Level:** All Abilities

**Location:** First Congregational Church, Crystal Lake

**Min/Max:** 6/12

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5548	Thurs	Sept 21 - Nov 9	8	6:15 - 7:00 pm	\$100/\$175



# CULTURAL ARTS

## Individual Dance Lessons

Personalized dance lessons just for you! Our instructor will create a class based on your individual needs, abilities and interests. Beginners get started, and seasoned dancers take your skills to the next level.

**Age Group:** 10 & Older

**Suggested Ability Level:** All Abilities

**Location:** Rakow Center, Carpentersville

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

- Which type of dance you prefer (ballet, tap, jazz, pom)
- 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.**

Prog #	Day	Dates	Weeks	*Time	R/NR Fee	Min/Max
5600	Fri	Sept 22 - Nov 3 No prog Oct 6 & Nov 10	6	3:00 - 5:30 pm *3:00, 3:30, 4:00, 4:30, 5:00	\$132/\$231	1/5

## Group Music Therapy

**NEW!**

Come see how a love of music can help people grow! Music therapy is the use of music to work on non-musical goals.

Music therapy sessions are designed to support the interests and needs of each specific group of participants! Musical experiences may include singing, playing instruments, music and movement, music appreciation, and music performance.

**Age Group:** 11 - 18

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Min/Max:** 6/10

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5500	Thurs	Sept 21 - Nov 9	8	6:00 - 6:45 pm	\$100/\$175



## Art Explorations - Virtual

Tap into your creativity with a professional artist. Our instructor will focus on 1 specific medium throughout the season.

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Min/Max:** 6/10

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5524	Thurs	Sept 21 - Nov 9	8	6:00 - 7:00 pm	\$100/\$175

**NOTE:** This program will be held on Zoom. Fee includes supplies. Staff will contact you when supplies are ready for pick-up during business hours at the NISRA Office.



## Art Attack!

Tap into your creativity with a professional artist.

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Min/Max:** 6/10

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5527	Thurs	Sept 21 - Nov 9	8	6:00 - 7:00 pm	\$100/\$175

# CREATE

## Uniform Update

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 were 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 and 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, develop skills and friendships.

Sports is naturally competitive for athletes and parents. Your loved one may not understand competition and may struggle with 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 enjoyable and suitable.**

*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, and time.*



**Special Olympics**

## 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 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

## Gold in Sight for the NISRA Knights!

Special Olympics State Competitions and additional practices are **not** included in the weekly program. Starting May 1, 2023, program structure for Special Olympics State Tournaments and Competitions will be as follows:

If you or your team qualifies for a State Tournament, we will register you for two additional practices before the State Tournament. Following the Regional Competition, NISRA's Manager of Special Olympics will reach out with additional practice dates and the program cost. NISRA will aim to keep practice dates, locations, and times the same as the traditional season. Those staying overnight with NISRA at state events will be charged for the additional practice dates and additional cost of hotel, transportation and staffing.

The additional practices will apply to the following teams:

- Softball
- Golf
- Tennis
- Floor Hockey
- Flag Football
- Basketball
- Volleyball
- Track and Field
- Soccer



### Special Olympics Alpine Skiing

Skiers, let's hit the slopes! Athletes must compete in the Area qualifier at Wilmot to qualify for the Winter Games in Galena.

**Age Group:** 10 & Older

**Suggested Ability Level:** Intermediate/Advanced (previous experience with downhill skiing)

**Location:** Grand Geneva, Lake Geneva, WI

**Min/Max:** 4/12

Prog #	Day	Dates	Weeks	Time
6701	Wed	Dec 13 - Jan 24	7	6:00 - 8:00 pm

*\*Start date dependent on snow*

Bus Departs	Transportation Location	Returns
5:00 pm	NISRA Office	9:00 pm

**NOTE:** \*You will be billed at the end of the season for lift ticket & rentals. Athletes can purchase their own season pass. Call Trisha for more details. Due to the short season, athletes will need to attend all training sessions. Fee includes transportation.

**Regional Competition:** TBD

**Winter Games:** TBD



### Special Olympics Rhythmic Gymnastics

Join NISRA's team of award-winning athletes who perform gymnastics with a special flair! You'll learn techniques that showcase athleticism through grace, balance, and coordination using ribbons, balls & hoops.

**Age Group:** 8 & Older

**Suggested Ability Level:** All Abilities

**Location:** The Centre, Elgin

**Min/Max:** 3/8

Prog #	Day	Dates	Weeks	Time	R/NR Fee
6700	Mon	Nov 27 - Feb 19	11	6:00 - 7:30 pm	\$106/\$174

*No prog Dec 25 & Jan 1*

**NOTE:** New athletes that will be competing in the Special Olympics competition will need to purchase a leotard.

**District Qualifier Competition:** TBD, it will either be the last weekend of February or the first week of March 2024.



# SPECIAL OLYMPICS

## Special Olympics Basketball

Teens/Adult Teams

**Age Group:** 16 & Older

**Min/Max per team:** 8/12

**Regional Competition:** TBD

**ITRS Competition:** February 4, 2024

**State Competition:** TBD

Team Name/Location	Prog #	Day	Dates	Weeks	Time	R/NR Fee
<b>Purple Knights</b> <b>Ability Level:</b> All Abilities  <b>Location:</b> Rakow Center, Carpentersville	6754	Tues	Oct 10 - Feb 6 <i>No prog Nov 21, Dec 19, Dec 26, &amp; Jan 2</i>	14	7:00 - 8:30 pm	\$146/\$232
<b>Silver Knights</b> <b>Ability Level:</b> All Abilities  <b>Location:</b> Rakow Center, Carpentersville	6752	Tues	Oct 10 - Feb 6 <i>No prog Nov 21, Dec 19, Dec 26, &amp; Jan 2</i>	14	7:00 - 8:30 pm	\$146/\$232
<b>Gold Knights</b> <b>Ability Level:</b> Beginner  <b>Location:</b> Heineman Middle School, Algonquin	6753	Tues	Oct 10 - Feb 6 <i>No prog Nov 21, Dec 19, Dec 26, &amp; Jan 2</i>	14	7:00 - 8:30 pm	\$146/\$232
<b>Teal Knights</b> <b>Ability Level:</b> Intermediate  <b>Location:</b> Marlowe Middle School, Lake in the Hills	6793	Tues	Oct 10 - Feb 6 <i>No prog Nov 21, Dec 19, Dec 26, &amp; Jan 2</i>	14	7:00 - 8:30 pm	\$146/\$232
<b>White Knights</b> <b>Ability Level:</b> Intermediate  <b>Location:</b> Marlowe Middle School, Lake in the Hills	6758	Tues	Oct 10 - Feb 6 <i>No prog Nov 21, Dec 19, Dec 26, &amp; Jan 2</i>	14	7:00 - 8:30 pm	\$146/\$232
<b>Black Knights</b> <b>Ability Level:</b> Advanced  <b>Location:</b> Marlowe Middle School, Lake in the Hills	6750	Tues	Oct 10 - Feb 6 <i>No prog Nov 21, Dec 19, Dec 26, &amp; Jan 2</i>	14	7:00 - 8:30 pm	\$146/\$232

## Special Olympics Snowshoeing

Do you enjoy the snow & being outdoors? This is the perfect sport for beginners, especially those who may want to progress to skiing.

**Age Group:** 8 & Older

**Suggested Ability Level:** All Abilities

**Location:** Indoors at The Centre & outdoors at Wing Park, Elgin

**Min/Max:** 3/8

Prog #	Day	Dates	Weeks	Time	R/NR Fee
6786	Sat	Nov 11 - Jan 27	9	10:00 - 11:00 am	\$80/\$129
<i>No prog Nov 25, Dec 23 &amp; Dec 30</i>					

**NOTE:** Check Rainout Line for updates.

**Regional Competition:** TBD

**Winter Games:** TBD

## Knights Pickle Ball

Are you looking for a new sport? Come try Pickle Ball! This is a great entry level sport that combines elements from Tennis, Badminton, and Ping-Pong. Athletes can play single or with a partner.

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Crystal Lake Racket Club

**Min/Max:** 4/8

Prog #	Day	Dates	Weeks	Time	R/NR Fee
6773	Mon	Sept 18 - Nov 6	8	5:00 - 6:00 pm	\$58/\$102



## Special Olympics Swim Teams

### Beginner Team - Teal Knights

Swimmers it's time to get back in the pool and perfect your strokes!

**Age Group:** 8 & Older

**Suggested Ability Level:** Beginner competitors, must be able to swim one length of the pool consecutively, be coached at a 1:4 ratio, and know at least one stroke (preferably freestyle).

**Location:** Rakow Center, Carpentersville

**Min/Max:** 4/8

Prog #	Day	Dates	Weeks	Time	R/NR Fee
6768	Mon	Oct 2 - Nov 13	18	6:30 - 7:30 pm	\$191/\$288
		Jan 8 - Mar 18			

**NOTE:** The fee includes the swim meets the team will attend. We will notify you of some days that may be later due to high school swim meets.

### Intermediate/Advanced Teams - Knights

Swimmers, it's time to get back in the pool & perfect your strokes! If you currently have the ability to swim two different strokes for the length of the pool and swim for an entire hour, then the Black Knights Swim team is for you. You must register and compete this fall in order to be eligible for the Area meet next spring.

**Age Group:** 16 & Older

**Suggested Ability Level:** Intermediate/Advanced (ability to swim two different strokes for the length of the pool, and swim for the entire hour)

### Carpentersville - Black Knights

**Location:** Rakow Center, Carpentersville

**Min/Max:** 4/8

Prog #	Day	Dates	Weeks	Time
6713	Wed	Oct 4 - Nov 15	18	5:30 - 6:30 pm
		Jan 10 - Mar 20		

R/NR Fee no Transp.	R/NR Fee w/ Transp.
\$191/\$288	\$317/\$414

Bus Departs	Transportation Location	Returns
4:45 pm	NISRA Office	7:15 pm

**NOTE:** The fee includes the swim meets the team will attend. We will notify you of some days that may be later due to high school swim meets.

### Elgin - Black Knights

**Location:** The Centre, Elgin

**Min/Max:** 4/8

Prog #	Day	Dates	Weeks	Time	R/NR Fee
6712	Fri	Oct 6 - Nov 17	18	5:00 - 6:00 pm	\$191/\$288
		Jan 12 - Mar 22			

**NOTE:** The fee includes the swim meets the team will attend. We will notify you of some days that may be later due to high school swim meets.



## Special Olympics Powerlifting

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

**Age Group:** 16 & Older

**Suggested Ability Level:** Beginner/Intermediate

### Barrington

**Location:** Superior Advantage Athletics, Barrington

**Min/Max:** 4/12

Prog #	Day	Dates	Weeks	Time	R/NR Fee
6742	Fri	Dec 8 - Mar 22	14	4:00 - 5:00 pm	\$117/\$193
		No program Dec 22 & 29			

### Woodstock

**Location:** Woodstock North High School, Woodstock

**Min/Max:** 4/12

Prog #	Day	Dates	Weeks	Time	R/NR Fee
6741	Wed	Dec 6 - Mar 20	14	6:00 - 7:00 pm	\$117/\$193
		No program Dec 27 & Jan 3			

6717	Wed	Dec 6 - Mar 20	14	7:00 - 8:00 pm	\$117/\$193
		No program Dec 27 & Jan 3			

**Regional Competition:** TBD

Those receiving Gold will qualify for Summer Games in June 2024.





# NISRA

Northern Illinois  
Special Recreation Association

## Seizure Questionnaire

(Rev. 8/22/2022)

Office use only:

Date Reviewed: \_\_\_\_\_

Initial: \_\_\_\_\_

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 check box & sign below if participant has not experienced a seizure in the last 5 years and you are not requesting accommodations regarding seizure care from NISRA staff (beyond basic first aid), in which case you can opt out of providing an updated Seizure Questionnaire at this time.

*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 medical 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.

# RAINOUT LINE

## ***PROGRAM NOTIFICATION SYSTEM***



In 2022, NISRA transitioned to using Rainout Line as our **only** notification of program changes, cancellations, and transportation times. Make sure to register if you have not already so you don't miss any program cancellations or changes.

NISRA staff can update a status at any time, including the weekends and after hours. Once a status is changed, the information on the Rainout Line is automatically updated.

### **Ways to Use Rainout Line:**

**CALL:** NISRA's Rainout Line at (815) 427-1717 and listen to the prompts for program updates

**WEB:** Check the status of programs on NISRA's website at [nisra.org](http://nisra.org) and click the Rainout Line symbol in the upper right-hand corner

**APP:** You can download the Rainout Line app on your phone, allowing you to check the status at any time

**ALERTS:** You can be alerted by email and text message of updates as they occur

### **How to Register:**

1. Go to [www.rainoutline.com](http://www.rainoutline.com), chose login and create a new user account
2. Verify your email address
3. Follow NISRA's status by entering NISRA in the search bar or the Rainout Line number
4. Click the star symbol to add NISRA to your favorites
5. You can then choose what programs you want email and/or text message updates from

**Call the NISRA Office at (815) 459-0737 with any questions!**

# 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.

**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.

## 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 program 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/Videos

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 **September 18** to see if we can accommodate you. Program fees will not be prorated for a late start.

# NISRA REGISTRATION FORM - FALL 2023

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

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

**Registration forms received after the August 22, 2023 deadline will be reviewed after September 18, 2023.**

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, check for Atlanto-Axial Subluxation Condition? \_\_\_\_\_ Date condition cleared? \_\_\_\_\_  
Seizures? Yes ☐ No ☐ If new & no Seizure Questionnaire is on file, please complete the form in this brochure & return with 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 mak guidelines change, can the participant wear a mask? Yes ☐ No ☐

## Primary Contact Information - person who should be contact 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 \_\_\_\_\_  
(Name and Relationship)

Phone ( ) \_\_\_\_\_ Email Address \_\_\_\_\_

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

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Relationship \_\_\_\_\_  
Primary Phone ( ) \_\_\_\_\_ Alternate Phone ( ) \_\_\_\_\_ Work Phone ( ) \_\_\_\_\_

## Alternate Emergency Contact

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Relationship \_\_\_\_\_  
Primary Phone ( ) \_\_\_\_\_ Alternate Phone ( ) \_\_\_\_\_ Work Phone ( ) \_\_\_\_\_

## It might be time!

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

FOR OFFICE USE ONLY R / NR	Date recv'd. _____	E/A recv'd. <input type="checkbox"/>	Check # _____	Other agency pay <input type="checkbox"/>	Total Due _____
	By _____	E/A apprvd. <input type="checkbox"/>	Cash _____	Scholarship <input type="checkbox"/>	+ / - Credit/Balance Due _____
	In Computer <input type="checkbox"/>	AIU <input type="checkbox"/>	Charge _____	NISRA Respite <input type="checkbox"/>	Grand Total = _____
	Wait List <input type="checkbox"/>	Conf. Email <input type="checkbox"/>	No pymnt recv'd _____		Amount Paid _____

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

**SIGN NEXT PAGE**



Participant Name \_\_\_\_\_

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

Payment Type: ☐ Check ☐ Cash ☐ Mastercard ☐ VISA ☐ Discover ☐ Other (ex. respite or other agency pays)

Account # \_\_\_\_\_ Exp. Date \_\_\_\_/\_\_\_\_ Security Code \_\_\_\_\_

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

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

**WAIVER RELEASE OF ALL CLAIMS AND HOLD HARMLESS AGREEMENT FOR NORTHERN ILLINOIS SPECIAL RECREATION ASSOCIATION. READ CAREFULLY.**

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.\**

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

*\*Participant may sign if they are their own guardian*

Relationship to Participant \_\_\_\_\_

***\*Please mail or drop off your form. Email is not encrypted and 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

### *What 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 Ross 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 and 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 INFORMATION

## Severe Weather Guidelines

The guidelines below are used by NISRA Staff to determine whether to delay or cancel programs. **Program updates and cancellations will be on Rainout Line.**

## Cold Weather Guidelines

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

- Temperature is below 10 degrees
- Wind chill is below 0 (regardless of temperature)

**Indoor programs will be canceled based upon the facility's decision and/or whether authorities have issued driving advisories or Winter Storm/Blizzard warnings.**

## 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. **Program transportation times will be on Rainout Line.**

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 and beverages served at NISRA programs and 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
- Hampshire Township 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
- NISRA Office
- Rakow Center - Dundee Township 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.



**(815) 459-0737**

# ANNUAL INFORMATION UPDATE

Please complete and return this Annual Information Form 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

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? \_\_\_\_\_  
Primary Language Used in the Household \_\_\_\_\_

## 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(s) Which ear? \_\_\_\_\_  
☐ Speech Reads  
☐ Uses Sign Language ☐ Sign Language Interpreter Needed Details: \_\_\_\_\_  
☐ Uses Communication System Details: \_\_\_\_\_  
(Ex. PECs, picture schedules)  
☐ 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 Number: \_\_\_\_\_

## Medication

**For emergencies** (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 : \_\_\_\_\_

Will participant be taking medication independently during programs? ☐ Yes ☐ No

## 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 life needed on the bus? ☐ Yes ☐ No, participant can walk up the stairs on the vehicle

## Seizures

☐ Yes ☐ No If yes, please complete a **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/Behavioral/Other

☐ Sensory processing difficulties?

Details: \_\_\_\_\_

Describe any calming techniques used: \_\_\_\_\_

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

☐ Understanding of sexual information: \_\_\_\_\_

T-shirt Size: **Youth:** XS S M L XL **Adult:** XS S M L XL 1X 2X 3X

Person Completed Form: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Participant/Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**\*Participant may only sign if they are their own guardian**

# 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

### **Barrington Park District Fitness & Recreation Center & Langendorf Park & Aqualusion**

235 Lions Dr  
Barrington  
(847) 381-0687

### **Bullseye Axe Throwing Lounge**

100 W Higgins Rd, Ste M-30  
South Barrington  
(224) 259-2246

### **Superior Advantage Athletics**

319 W NW Highway  
Barrington

## CARY

### **Cary Gymnastics Center**

600 Industrial Dr  
Cary  
(847) 516-1064

### **Cary Park District Community Center**

255 Briargate Rd  
Cary  
(847) 639-6100

### **Fel-Pro RRR Disc Golf Course**

1520 Crystal Lake Rd  
Cary

### **The Hollows Conservation Area**

3804 US Highway 14  
Cary

### **Walnut Hollow Disc Golf Course**

6 Jefferson Ln  
Cary

## CRYSTAL LAKE

(including Algonquin)

### **Bowlero**

1611 S Randall Rd  
Algonquin  
(847) 658-2257

### **Conscious Cup Coffee Roasters**

5005 NW Highway 14, #101  
Crystal Lake

### **Crystal Ice House**

320 E Prairie St  
Crystal Lake  
(815) 356-8500

### **Crystal Lake Racket Club**

9101 S Route 31  
Algonquin  
(847) 658-5688

### **Daily Projects Coffee Bar & Eatery**

124 S Randall Rd  
Algonquin

### **First Congregational Church**

461 Pierson St  
Crystal Lake

### **Grounds Coffee Bar**

89 N William St  
Crystal Lake

### **Heineman Middle School**

725 Burkey Dr  
Algonquin

### **Lippold Park**

1251 W Route 176  
Crystal Lake

### **North Wall**

824 S Main St, #106  
Crystal Lake  
(815) 356-6855

### **SAGE TR Center, NISRA**

285 Memorial Dr  
Crystal Lake

### **Sterne's Woods**

5617 Hillside Rd  
Crystal Lake

### **Striker's Hall**

54 Lou St, Ste B  
Crystal Lake

### **The Other Side**

135 Beardsley St  
Crystal Lake

## DUNDEE AREA

(including Carpentersville & Sleepy Hollow)

### **Liberty Lanes**

115 L W Besinger Dr  
Carpentersville  
(847) 428-6446

### **Rakow Recreation & Fitness Center Dundee Township Park District**

665 Barrington Ave  
Carpentersville  
(847) 428-7131

### **Randall Oaks Recreation Center**

500 N Randall Rd  
West Dundee

### **Randall Oaks Park**

750 Randall Rd  
West Dundee

## ELGIN

### **AID/Elgin Training Center (ETC)**

1135 Bowes Rd  
Elgin  
(847) 931-6200

### **The Centre**

100 Symphony Way  
Elgin  
(847) 531-7000

### **Elgin Lanes**

401 Shepard Dr  
Elgin  
(847) 695-3777

### **Hawthorn Hills Nature Center**

28 Brookside Dr  
Elgin

### **Wing Park**

1010 Wing St  
Elgin

## HAMPSHIRE

### **Hampshire Park District Recreation Center**

390 South Ave  
Hampshire  
(847) 683-2690

## HARVARD

### **Harvard City Hall**

201 W Diggins St  
Harvard  
(815)943-6468

## HUNTLEY

### **Huntley R.E.C. Center & Cosman Cultural Center**

12015 Mill St  
Huntley  
(847) 669-3180

## LAKE IN THE HILLS

### **Focus Marital Arts**

9344 S Virginia Rd  
Lake in the Hills  
(847) 458-0938

### **LITH Village Hall**

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

### **Marlowe Middle School**

9625 Haligus Road  
Lake in the Hills

### **Sunset Park**

5200 Miller Rd  
Lake in the Hills

## MARENGO

### **Glo-Bowl**

101 Franks Rd  
Marengo

### **Marengo Park District**

825 Indian Oaks Trail  
Marengo  
(815) 568-2695

## McHENRY

(including Johnsburg)

### **McHenry Recreation Center (next to the Municipal Center)**

3636 Municipal Dr  
McHenry  
(815) 363-2160

### **Petersen Farm**

4112 McCullom Lake Rd  
McHenry

### **Pioneer Center/Pioneer Central**

4001 Dayton St  
McHenry  
(815) 344-1230

### **Raymond's Bowl**

3960 N Johnsburg Rd  
Johnsburg

## WAUCONDA

### **SLYCE Coal-Fired Pizza Company**

127 N Main St  
Wauconda

### **Wauconda Park District**

600 Main St  
Wauconda  
(847) 526-3610

## WOODSTOCK

### **Brookdale Conservation Area**

2105 Paulsen Rd  
Woodstock

### **Emricson Park**

1313 Kishwaukee Valley Rd  
Woodstock

### **Kingston Lanes**

1330 S Eastwood Dr  
Woodstock  
(815) 338-2105

### **Sheltered Village**

600 Borden St  
Woodstock  
(815) 338-6440

### **Woodstock North High School**

3000 Raffel Rd  
Woodstock

### **Woodstock Recreation Center**

820 Lake Ave  
Woodstock  
(815) 338-4363

## LOOKING AHEAD

**WINTER/SPRING BROCHURE PREVIEW: NOVEMBER 13 – 15**

**WINTER/SPRING BROCHURE AVAILABLE: NOVEMBER 16**

### NISRA's 13 Member Districts:

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 and commitment to providing meaningful recreation services for people with disabilities.*

