



SUMMER 2023

Register by May 26



WHAT'S NEW?

Staff Updates

David Hill joined the NISRA team in February as the new Southern Regional Coordinator. David is a familiar face here at NISRA! He started in 2015 as a volunteer then became a part-time staff ever since 2017. Both NISRA and David are excited for him to expand his role here as he will be a great addition to the team! David recently graduated with a bachelor's in applied psychology. He enjoys watching and playing all kinds of sports, hiking, working out, listening to music, and stargazing.

We are still hiring for part-time seasonal staff positions! If you or someone you know is interested in joining our fun, compassionate and innovative team, please call our office today at (815) 459-0737 for more information.

Rainout Line



In 2022, NISRA transitioned to using Rainout Line as our <u>only</u> notification system for program changes, cancellations and transportation times. *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. You can find a tutorial on our website under "News & Events".

PLEASE SEE PAGE 43
FOR INFORMATION
ON RAINOUT LINE!

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 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.

SUMMER SESSION DATES

Please refer to each program for exceptions!

Mondays: June 12 - July 24 *No Program July 3
Tuesdays: June 13 - July 25 *No Program July 4

Wednesdays: June 14 - July 26 Thursdays: June 15 - July 27 Fridays: June 16 - July 28 Saturdays: June 17 - July 29

DEADLINES

Resident Priority Registration Ends: May 18 Non-Resident Registration Begins: May 19 Final Registration Deadline: May 26

(Residents of NISRA's 13 member districts will be registered first. Non-residents may submit their registration at any time. However, their forms will be processed in the order that they were received beginning **May 19**)

LOOKING AHEAD

Fall Brochure Preview: July 17 - July 19
Fall Brochure & Registration Opens: July 20

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:

May 29, 2023 July 4, 2023 August 24, 2023 August 25, 2023 September 4, 2023

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

Asistencia en Español

Si quiesiera 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!

For:

Index of All Programs by Name: Page 5 Annual Information Update: Pages 49 - 50

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Registration Information: Page 44 Registration Form: Pages 45 - 46 **Rainout Line Information:** Page 43 Seizure Questionnaire: Page 41 Severe Weather Guidelines: Page 48 Special Olympics Information: Page 37

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.

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

R/NR

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

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



Special Olympics: The Special Olympics logo indicates local training programs & 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.



brochure.

BOARD & STAFF

Board of Directors

Terry Jennings **Barrington Park District** Cary Park District Dan Jones Crystal Lake Park District lason Herbster Dave Peterson **Dundee Township Park District** Maria Cumpata

City of Elgin

Laura Schraw Hampshire Township Park District

City of Harvard Ryan Knop **Huntley Park District** Scott Crowe Kim Buscemi Village of Lake in the Hills Dan Bertrand Marengo Park District Bill Hobson City of McHenry Wauconda Park District Tim Staton City of Woodstock Dave Zinnen

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, B.S., 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 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 with program suggestions for the Harvard, Marengo, McHenry & Woodstock areas.



Emily Eliscu - Central Region

Please call Emily at extension 226 or email her at eeliscu@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 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 Leader

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

Nicole Eisenrich, B.S.

Healthy Minds Healthy Bodies Specialist

CTRS & CPRP

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

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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 & services
- 24 cents goes to fundraising costs
- 4 cents goes to management & administrative expenses

What the Foundation Does

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

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

The Foundation Board

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

Foundation Board of Directors

Annette Hammortree, *President*Rochelle Donahue, *Vice President*Dawn Goerger, *Treasurer*Jim Wiseman, *Secretary*Julie Amendt

Kim Buscemi Amy MacCrindle Tad Gralewski Pat Kallaus



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







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...

- · Wauconda Township
- Knights of Columbus Tootsie Roll Drive
- Bunker Hill Charities
- The Community Foundation for McHenry County
- Rotary Club of Crystal Lake Dawnbreakers
- Rotary Club of Woodstock
- McHenry County Mental Health Resource League
- Huntley Festival Foundation
- 1st Annual Valentine's Day Raffle and Steffan's Jewelers

SAVE THE DATES!

Bowl-a-Thon

April - May

Strikeout with this ultimate FUNdraiser that gets the whole family involved! Bowl with NISRA or on your own with your friends and family, with chances to win awards and prizes!

Spring Shootout

Friday, June 2

Save the date now, have fun with us later! The annual Spring Shootout will be held at the Randall Oaks Golf Club & Banquets. This 18-round scramble is perfect for a day out with colleagues and friends!

Annual Motorcycle Ride Hosted by Top Cats - Illinois

Sunday, June 11

Tour the McHenry County countryside from Woodstock and end at the Volo Museum for an afternoon of fun and music. All motorcycles, bikes, and hot rods welcome!

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 at 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!





Be a part of the fun! For more information:

TRIPS

Adult Camping Trip - Wisconsin Dells 😳 📆

If you're looking for a fun week to enjoying the fresh outdoors, daily swimming and nightly campfires, then be sure not to miss this exciting week camping trip! We'll be staying in cabins at **Yogi Bear's Jellystone Camp Resort** in Wisconsin Dells for 4 nights! We'll enjoy Jellystone's waterpark, mini-golf, paddle boating and all the other activities the park has to offer! We'll even have time to explore downtown Wisconsin Dells and hike some trails on Devil's Lake.

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: Katie

Prog#	<u>Days</u>	Dates	R/NR Fee
4012	Mon - Fri	Aug 7 - 11	\$1510/\$1813

Bus Departs Bus Returns
Aug 7 at 1:00 pm Aug 11 at 2:00 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 #	<u>Days</u>	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-\$2500 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/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.

SPECIAL EVENTS

Transportation Update & Locations

The following special events 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. For more information on Rainout Line, see page 43.

Chicago White Sox

The White Sox are getting hot! Wear your black & white gear From the tip of the SUPERMAN Ultimate Flight to the bottom and cheer for your south side favorites!

Age Group: 18 & Older

Suggested Ability Level: All Abilities Location: Guaranteed Rate Field, Chicago

Min/Max: 15/30

Staff Contact: Gabrielle

Prog # Day Date *1:10 pm gametime \$111/\$195 Staff Contact: Gabrielle 8625 Sun Jun 4

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.

Chicago Dogs We're headed to Impact Field to watch the Chicago Dogs vs. the Lake Country DockHounds! Come spend the day with friends in a private party space with access to use the Dogs batting cage during the game.

Age Group: 18 & Older

Suggested Ability Level: All Abilities **Location:** Impact Field, Rosemont

Min/Max: 25/40

Staff Contact: Gabrielle

Prog #	Day	Date	Time	R/NR Fee
8410	Sun	Iul 16	*3:00 gametime	\$87/\$152

Transportation Location

NISRA Office Sheltered Village The Centre, Elgin

NOTE: The fee includes access to buffet style meal of hamburgers, hot dogs, potato salad, coleslaw, soda, and water. Please bring additional funds if you want to purchase souvenirs and additional food.

Looking for the Cubs game? It'll be in the fall brochure!

Six Flags Great America

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

Age Group: 16 & Older

Suggested Ability Level: All Abilities **Location:** Six Flags Great America, Gurnee

Min/Max: 15/30

Prog #	<u>Day</u>	Date	Time	R/NR Fee
8623	Sun	June 25	12:00 - 6:00 pm	\$101/\$176

Transportation Location

NISRA Office The Centre, Elgin

NOTE: The fee includes lunch in the surrounding area and park admission. Please bring additional funds if you want to purchase souvenirs and additional food. Ride wait times vary, which affects how many rides will be available for you. The show schedule varies and not all shows are available every day. We'll pick up the schedule when we arrive. If you require an Attraction Access Pass, please visit sixflags.com for specifics, along with the requirement to provide a qualified doctor's note & photo ID on the date of this event. Those needing a wheelchair will need to bring their own or rent one there.

Bears Training Camp & Lunch

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

Age Group: 18 & Older

Suggested Ability Level: All Abilities Location: Halas Hall, Lake Forest

Min/Max: 6/15

Staff Contact: Gabrielle

Prog #	Day	Date	Time	R/NR Fee
8406	TBD	Farly August	TBD	\$63/\$111

NOTE: Due to the unpredictable training schedule, dates will be determined in early July. Availability of tickets to watch the practice is uncertain; there is no guarantee that we will be able to get tickets. The fee includes lunch at a restaurant in the Lake Forest area. Training Camp may be cashless. If you wish to purchase souvenirs or additional food, please bring a cashless payment option. Please check Rainout Line for program and transportation updates.

Fishing Has No Boundaries

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

Age Group: 8 & Older

Suggested Ability Level: All Abilities

Location: Antioch Area

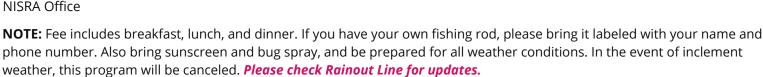
Min/Max: 6/15

Staff Contact: Gabrielle

Prog #	<u>Day</u>	Date	Time	R/NR Fee
8626	Sat	Sept 9	8:00 am - 6:00 pm	\$72/\$126

Transportation Location

NISRA Office



DANCES

Hawaiian Luau 🙄

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

Age Group: 18 & Older

Suggested Ability Level: All Abilities

Location: Band Shell at Main Beach, Crystal Lake

Staff Contact: Gabrielle

<u>Day</u>	Date	Time	R/NR Fee	R/NR Fee w/ Transportation
Sat	Διισ 26	6:00 - 8:00 nm	\$17/\$30	\$28/\$41

NOTE: The fee includes dinner. Transportation times will be listed on Rainout Line the week of the scheduled event. You must choose a transportation location for each event. For more information on Rainout Line, see page 43.

FAMILY EVENTS

Family Bowling

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

Age Group: All Ages

Suggested Ability Level: All Abilities

Location: Glo-Bowl, Marengo

Min/Max: 8/24

Staff Contact: Lauren

Prog#	<u>Day</u>	Dates	Weeks	Time
1638	Wed	Jun 14 - Jul 26	6	5:00 - 6:30 pm
		No prog Jul 5		

R/NR Fee Family R/NR Fee

\$75/\$131 \$48/\$84

NOTE: 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.



Program #	Transportation Location	Min/Max
8456	*No transportation; meet at dance	1/125
8454	Sheltered Village	3/40
8453	McHenry Recreation Center	3/12
8452	Barrington Park District	3/12
8455	The Centre, Flgin	3/12



Family Pool Party

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

Age Group: All Ages

Suggested Ability Level: All Abilities **Location:** Woodstock Water Works

Min/Max: 10/30 **Staff Contact:** Lauren

Prog #	<u>Day</u>	Date	Time	R/NR Fee
8688	Sat	lun 3	9:00 - 11:00 am	\$5/\$9

NOTE: 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 & CO-OP EVENTS

LITH Family Beach Party

Join us at Indian Trail Beach to celebrate the first official day of summer! We will play Beach Blanket Bingo, build some sandcastles, play giant volleyball, and dance the night away with a DJ. Kona Ice will be selling yummy treats.

Age Group: All Ages

Suggested Ability Level: All Abilities

Location: Indian Trail Beach, Lake in the Hills

Min/Max: 8/15

Staff Contact: Emily E.

Prog #	<u>Day</u>	Date	<u>Time</u>	R/NR Fee
8690	Wed	Jun 21	6:00 - 8:00 pm	\$2/\$2

NOTE: 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.

Looking for Boating on
Bangs Lake - Family Rental?
Contact Anya Naumovski for
more details regarding boat
rentals this summer!



LITH Family Movie Night

Bring a blanket, chairs, and snacks and enjoy the movie "Monsters U" with us! Everyone will get a glow bracelet and popcorn to enjoy.

Age Group: All Ages

Suggested Ability Level: All Abilities **Location:** Algonquin Area Public Library

Min/Max: 8/15

Staff Contact: Emily E.

Prog #	<u>Day</u>	Date	Time	R/NR Fee
8691	Fri	Aug 11	7:00 - 9:45 pm	\$2/\$2

NOTE: 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.

TRANSPORTATION RESOURCES



RTA Group Transit Orientation Presentation

The presentation educates staff, older adults, students, and people with disabilities about the benefits of using public transportation. Public transportation is an accessible and affordable choice! During the presentation, we discuss accessibility features on buses/trains, trip planning and safety tips for traveling.

Location: Grand Oaks Recreation Center

1401 W. Route 176, Crystal Lake

Staff Contact: Emily E.

Prog#	<u>Day</u>	Date	Time	R/NR Fee
8646	Tues	Jun 13	6:00 - 7:00 pm	FREE!

Topics Covered Include:

- Local Public Transportation Options
- Accessibility features on CTA, Pace, and Metra
- Planning an Accessible Trip
- RTA's Reduced Fare and Ride Free Programs
- Travel Safety Tips
- RTA's Free Travel Training Program
- Q & A sessions with an RTA Representative

NOTE: Each person attending will need to 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 #	<u>Day</u>	Dates	Weeks	Time	R/NR Fee	Min/Max
6020	Wed	Jun 14 - Jul 19	6	4:00 - 4:30 pm	\$90/\$158	1/1
6021	Wed	Jun 14 - Jul 19	6	4:30 - 5:00 pm	\$90/\$158	1/1
6022	Wed	Jun 14 - Jul 19	6	5:00 - 5:30 pm	\$90/\$158	1/1
6023	Wed	Jun 14 - Jul 19	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 coordinatorn, 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	Jun 13 - Jul 25 No prog Jul 4	6	4:00 - 4:30 pm	\$48/\$84	2/3
6001	9 - 15	Tues	Jun 13 - Jul 25 No prog Jul 4	6	4:30 - 5:00 pm	\$48/\$84	2/3
6002	16 - 25	Tues	Jun 13 - Jul 25 No prog Jul 4	6	5:00 - 5:30 pm	\$48/\$84	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.

INDIVIDUALS WITH PHYSICAL LIMITATIONS

The wheelchair logo indicates programs specially designed for people who 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

Prog #	Day	Dates	Weeks	Time
		Jun 12 - Jul 24 No prog Jul 3	6	11:10 - 11:55 am

R/NR Fee No Transp. R Fee w/ Door-to-Door Transp.*

\$53/\$92 \$119

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

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.



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.

Prog # Day	Dates	Weeks	Time
2507 Tues	Jun 13 - Jul 25	6	1:00 - 2:00 pm
	No prog Jul 4		

R/NR Fee No Transp. R Fee w/ Door-to-Door Transp.*

\$54/\$95 \$120

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

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.

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: 6/10
Staff Contact: David

 Prog # Day
 Dates
 Weeks
 Time

 0503
 Wed
 Jun 14 - Jul 5
 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 in the Crystal Lake or Algonquin area to sample a new entree.

Age Group: 21 & Older

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

Location: Various Restaurants in the Surrounding Area

July 12: Danny's Pizza, Elgin

Min/Max: 6/10
Staff Contact: David

Prog#	Day	Dates	Weeks	Time
		Jul 12 - Jul 26	3	6:00 - 8:00 pm

R/NR Fee No Transp. R Fee w/ Door-to-Door Transp.* \$81/\$142 \$114

*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.*

YOUNG CHILDREN

Youth Social Club - Pool Party & Games

Be cool and get in the pool! Join us for some fun under the sun at Sunburst Bay. We'll spend the afternoon having a pool party with friends along with some games!

Age Group: 6 - 15

Suggested Ability Level: All Abilities

Location: Sunburst Bay Aquatic Center, Cary

Min/Max: 6/10 Staff Contact: Anya

Prog#	<u>Day</u>	Date	Time	R/NR Fee
3237	Sun	Jul 23	1:00 - 3:00 pm	\$25/\$44

Bus DepartsTransportation LocationReturns12:40 pmNISRA Office3:15 pm

NOTE: In the event of inclement weather, the program will be canceled. *Please check Rainout Line for updates.*



Special Twist Cheer

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

Age Group: 3 - 8

Suggested Ability Level: All Abilities **Location:** Dance Studio, Cary Park District

Min/Max: 4/8
Staff Contact: Anya

 Prog # Days
 Dates
 Weeks Time
 R/NR Fee

 3260
 Tues/Thurs
 Jun 6 - 22
 3
 9:00 - 9:45 am
 \$47/\$81

NOTE: The fee includes a cheer bow and t-shirt. There is a dress rehearsal on Thursday, June 22 with a final performance at 5:00 pm.



Splash Pad & Playground Tour

Calling all kids! Spend your Friday mornings enjoying a delightful splash pad & playground in your area! We will explore a different park each week.

Age Group: 3 - 8

Suggested Ability Level: All Abilities

Min/Max: 6/8

Locations:

June 16 - Woodscreek Park, Crystal Lake June 23 - Sunset Park, Lake in the Hills June 30 - Veterans Acres Park, Crystal Lake

July 7 - Kaper Park, Cary **Staff Contact:** Emily E.

Prog#	<u>Day</u>	Dates	Weeks	Time	R/NR Fee
		lun 16 - Iul 7	4	10:00 - 11:00 am	\$35/\$61

Locations:

July 14 - Huffman Park, West Dundee

July 21 - Festival Park, Elgin

July 28 - Town Center Park, Gilberts

Staff Contact: David

<u>Prog #</u>	<u>Day</u>	<u>Dates</u>	<u>Weeks</u>	<u>Time</u>	R/NR Fee
0220	Fri	Jul 14 - Jul 28	3	10:00 - 11:00 am	\$26/\$46

NOTE: Participants should bring a swimsuit, towel and sunscreen. In the event of inclement weather, the program will be canceled. *Please check Rainout Line for updates.*



Kids Klub & Super Saturdays

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

Age Group: 3 - 15

Suggested Ability Level: All Abilities

Location: Cary Park District & Sunburst Bay Aguatic Center

Min/Max: 6/10 **Staff Contact:** Anya

 Prog #
 Day
 Dates
 W

 3222
 Sat
 Jun 17 - Jul 29
 7
 Weeks Time 10:30 am - 1:00 pm \$112/\$196

NOTE: This program meets at Cary Park District. Participants will be transported to the pool. Please bring a labeled sack lunch, drink, swimsuit and towel. Parents, please pick up your This program is a one-stop shop of all things recreation! child at the pool at 12:50 pm.



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 Wed Jun 14 - Jul 26 6 1104 5:15 - 6:00 pm \$60/\$105 No prog Jul 5

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



Rec Explorers

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#	<u>Day</u>	Dates	Weeks	Time	R/NR Fee
0606	Thurs	Jun 15 - Jul 27	7	5:00 - 5:45 pm	\$51/\$89

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



Agua Explorers

Explore the fun and exciting sensory experience of water at your own pace! Explore the zero depth pool, water safety and 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

<u>Prog #</u>	<u>Day</u>	<u>Dates</u>	<u>Weeks</u>	<u>Time</u>	R/NR Fee
0607	Thurs	Jun 15 - Jul 27	7	6:00 - 6:45 pm	\$51/\$89

NOTE: Please bring a labeled swimsuit and towel.

Swim Lessons

This swim program is geared to those swimmers who need to learn basic swim skills. The structured lessons 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

NOTE: If the pool is closed due to inclement weather, this program will be canceled for the day. Please bring your swimsuit, towel, and sunscreen. *Please check Rainout Line for updates*.

Prog #	Day	Dates	Weeks	Time	R/NR Fee			
Sleepy Hollo Staff Contact		Hollow Pool						
0624	Mon	Jun 12 - Jul 24 No prog Jul 3	6	5:00 - 5:30 pm	\$78/\$137			
0626	Mon	Jun 12 - Jul 24 No prog Jul 3	6	5:30 - 6:00 pm	\$78/\$137			
_	Cary - Sunburst Bay Aquatic Center Staff Contact: Anya							
3624	Tues	Jun 13 - Aug 1 No prog Jun 20, Jul 4 & 1	5	5:30 - 6:00 pm	\$65/\$114			
3626	Tues	Jun 13 - Aug 1 No prog Jun 20, Jul 4 & 1	5 1	6:00 - 6:30 pm	\$65/\$114			
Huntley - St Staff Contact	• • •	Family Aquatic Center						
2624	Wed	Jun 14 - Jul 26	7	7:00 - 7:30 pm	\$91/\$159			
2626	Wed	Jun 14 - Jul 26	7	7:30 - 8:00 pm	\$91/\$159			
Harvard - H Staff Contact	•	atic Center						
1231	Thurs	Jun 15 - Jul 27	7	7:00 - 7:30 pm	\$91/\$159			

Open Swim - Harvard

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

Age Group: 10 & Older

Suggested Ability Level: All Abilities **Location:** Harvard Aquatic Center, Harvard

Min/Max: 6/10
Staff Contact: Lauren

Prog#	Day	Dates	Weeks	Time	R/NR Fee
		Jun 15 - Jul 27	7	6:00 - 7:00 pm	\$61/\$107

NOTE: If the pool is closed due to inclement weather, this program will be canceled for the day. Please bring your swimsuit, towel, and sunscreen. *Please check Rainout Line for updates.*

"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

 2614
 Sat
 Jun 10 - Aug 19 10
 11:15 am - 12:00 pm \$130/\$228

 No prog Jul 8
 No prog Jul 8

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 and they also have various t-shirts available for sale.



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



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: 6/10
Staff Contact: David

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

 0229
 Wed Jun 14 - Jul 26
 7
 5:00 - 6:00 pm
 \$53/\$92

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. *Please check Rainout Line for updates.*

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

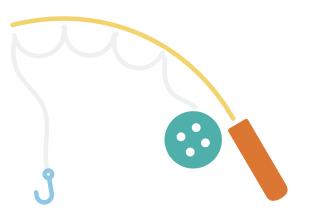
Location: Crystal Lake Ice House, Crystal Lake

Min/Max: 4/6

Staff Contact: Emily E.

Prog#	Day	Dates	Weeks	Time	R/NR Fee
2606	Mon	Jun 12 - Jul	24 6	4:15 - 5:00 pm	\$30/\$53
		No Iul 3			

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.





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
 Jun 13 - Jul 25 6
 5:30 - 6:15 pm
 \$45/\$79

 No prog Jul 4



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: 4/8
Staff Contact: Anya

 Prog # Day Dates
 Weeks Time
 R/NR Fee

 3215
 Tues Jun 13 - Jul 25 6
 6:30 - 7:45 pm
 \$84/\$147

 No prog Jul 4

Buddy Baseball

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

Age Group: 6 - 16

Suggested Ability Level: All Abilities

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

Min/Max: 6/12 Staff Contact: Emily E.

Prog#	Day	Dates	Weeks	Time	R/NR Fee
2217	Wed	Jun 14 - Jul 26	6	6:00 - 7:00 pm	\$30/\$53
		No prog Jun 21			
2216	Wed	Jun 14 - Jul 26	6	7:00 - 8:00 pm	\$30/\$53
		No prog Jun 2	1		

NOTE: Please only register for one time slot. On July 26, both programs will run from 6:00 - 7:00 pm. In the event of inclement weather, the program will be canceled. *Please check Rainout Line for updates.*

Buddy Baseball is in partnership with Northern Illinois Rawlings Tigers 13U - Artinghelli.





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.



NOTE: Fee includes climbing shoes. Please wear socks. North Wall requires a waiver to be signed before participating. The climbnorthwall.com. Please fill out, open your email, and press confirm in the email.



Learn to Ride a Bike

Wouldn't it be great to take a spin around the block without training wheels? Let the NISRA staff help you practice balance, pedaling, steering and other basic riding skills.

Age Group: 6 - 15

Suggested Ability Level: All Abilities

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

Min/Max: 2/4

Staff Contact: Emily E.

Prog #	Day Dates	Weeks T	ime	R/NR Fee
2218	Wed Jun 14 - I	ul 26 7 5:	15 - 5:45 pm	\$61/\$107

NOTE: Participants need to bring their own bike, helmet and water bottle. Meet in the parking lot by the accessible Buddy Baseball Field off of Haligus Rd. near the skate park. In the event of inclement weather, the program will be canceled. Please check Rainout Line for updates.





Adaptive dance, co-taught by instructors from Engage Dance Academy is an exciting specialized movement dance class that waiver can be found at the top right of North Wall's website at focuses on rhythm, coordination and performance. Utilizing props, this class will help the dancers fully emerge themselves into the wonderful world of dance. We will split this 6-week course between two styles of dance: classical ballet and jazz. (Engage instructors are certified Adaptive dance instructors through Boston Ballet)

Age Group: 8 - 15

Suggested Ability Level: All Abilities **Location:** Sage TR Center, NISRA

Min/Max: 6/8

Staff Contact: Emily E.

Prog #	<u>Day</u>	Dates	Weeks	Time	R/NR Fee
2248	Thurs	lun 22 - lul 27	6	4:30 - 5:30 pm	\$84/\$147

NOTE: This program is in partnership with Engage Dance Academy, Inc. Please wear comfortable clothing and bring a water bottle.

Saturday Fun Club (6 - 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 & laughter abound!

Age Group: 6 - 18

Suggested Ability Level: All Abilities

Location: The Centre, Elgin

Min/Max: 6/12 Staff Contact: David

<u>Prog #</u>	<u>Day</u>	Dates	Weeks	Time	R/NR Fee
0207	Sat	lun 17 - Iul 29	7	10:00 am - 1:00 pm	\$112/\$196

NOTE: Please bring a labeled sack lunch, drink, swimsuit and towel. Parents, please pick up your child at the pool at 12:50 pm. 20

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. *For more information on Rainout Line, see page 43.*

Teen Club - Santa's Village Amusement Park

Discover exciting rides, slides, animal attractions and

more at Santa's Village Amusement Park.

Location: Santa's Village, Dundee

Min/Max: 8/20 Staff Contact: David

Prog #	Date	<u>Time</u>	R/NR Fee
0327	Jun 24	4:00 - 6:00 pm	\$57/\$100

Transportation Location

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

NOTE: The fee includes unlimited use of all rides, entertainment and the petting zoo.



Teen Club - Yard Games & Treats

Nothing sweeter than a summer night on the beach spent with friends playing backyard games and topping it off with a sweet treat from My Flavor It! Place.

Location: Phil's Beach, Wauconda

Min/Max: 8/10
Staff Contact: Anya

Prog #	Date	Time	R/NR Fee
3333	Jul 29	6:00 - 8:00 pm	\$37/\$66

Transportation Location

Sheltered Village McHenry Recreation Center The Centre, Elgin NISRA Office

NOTE: Participants will not be swimming. Please bring layers as it may be a bit chilly near the water. In the event of inclement weather, the program will be canceled.



Teen Club - Pool Party & Pizza

We're headed to the pool for party and pizza! Come enjoy a summer afternoon with friends at Woodstock Water Works.

Location: Woodstock Water Works

Min/Max: 8/10

Staff Contact: Lauren

Prog #	Date	Time	R/NR Fee
1327	Iul 8	3:00 - 6:00 pm	\$43/\$75

Transportation Location

*No transportation, meet at Woodstock Water Works McHenry Recreation Center The Centre, Elgin

NISRA Office

NOTE: Please bring your swimsuit, towel, and change of clothes. In the event of inclement weather, the program will be canceled.



Sunshine Through Golf Clinic

"Fore!" The Sunshine Through Golf Foundation (STGF) is again teaming up with NISRA to provide a "Sunshine Through Golf" camp. The program is taught by PGA Professionals and covers **Summer Baking Buddies** all the basics of golf including swing, putting and etiquette.

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Find more information on the STGF website at sunshinethroughgolf.org.

Dundee

Location: Randall Oaks Golf Club, West Dundee

Min/Max: 6/10 for each slot

Staff Contact: David

Prog #	<u>Day</u>	Dates	Weeks	Time	R/NR Fee	
0636	Mon	Jun 12 - Jul 17	5	5:00 - 6:00 pm	FREE!	
		No prog Jul 3				I

0637 Mon Jun 12 - Jul 17 5 6:00 - 7:00 pm FREE! No prog Jul 3

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

Barrington

Location: Makray Memorial Golf Club, Barrington

Min/Max: 6/12 Staff Contact: Anya

Prog#	<u>Day</u>	Dates	Weeks	Time	R/NR Fee
3635	Thurs	Jun 15 - Jul 20	5	4:30 - 5:30 pm	FREE!
		No prog lun 22			

NOTE: In the event of inclement weather, the programs will be canceled. Please check Rainout Line for updates.

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 1621 Mon Jun 12 - Jul 24 6 4:45 - 5:45 pm \$51/\$89 No prog Jul 3

Put on your chef's hat and apron because we'll be making summer-inspired goodies to show off and then of course, taste test! 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 #	<u>Day</u>	Dates	Weeks	<u>Time</u>	R/NR Fee
3634	Mon	Jun 12 - Jun 26	3	5:30 - 7:00 pm	\$42/\$74
3636	Mon	lul 10 - lul 24	3	5:30 - 7:00 pm	\$42/\$74

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



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#	<u>Day</u>	Dates	Weeks	Time	R/NR Fee
1633	Wed	lun 14 - lul 26	7	5:00 - 6:00 nm	\$22/\$153

NOTE: Archery equipment will be provided, please wear **R/NR Fee** close-toed shoes each week and bring bug repellent. In the event of inclement weather, the program will be canceled. Please check Rainout Line for updates.

TEENS & ADULTS

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 #	<u>Day</u>	Dates	Weeks	<u>Time</u>	R/NR Fee
3618	Wed	Jun 14 - Jul 26	7	6:00 - 7:30 pm	\$98/\$172
3619	Thurs	Jun 15 - Jul 27	7	6:00 - 7:30 pm	\$98/\$172

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



Learn to Ride a Bike - For Teens!

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

Age Group: 16 - 21

Suggested Ability Level: All Abilities

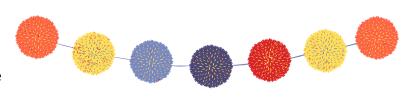
Locations: Buddy Baseball Field, Sunset Park, Lake in the Hills

Min/Max: 2/4

Staff Contact: Emily E.

Prog #	Day Dates	Weeks	Time	R/NR Fee
2307	Wed Jun 14 - Jul 26	7	4:30 - 5:00 pm	\$61/\$107

NOTE: Participants need to bring their own bike, helmet and water bottle. Meet in the parking lot by the accessible Buddy Baseball Field off of Haligus Road near the skate park. In the event of inclement weather, the program will be canceled. **Please check Rainout Line for updates.**



Summer Creations

In this creative class we'll spend fun-filled weeks crafting beautiful creations. Each week you'll build on the previous week's effort, resulting in original pieces that 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#	<u>Day</u>	Dates	Weeks	Time	R/NR Fee
3606	Wed	lun 14 - Iul 26	7	5:00 - 6:00 pm	\$84/\$147

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

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

<u>Prog #</u>	<u>Day</u>	<u>Dates</u>	<u>Weeks</u>	<u>Time</u>	R/NR Fee
3615	Fri	Jun 16 - Jul 28	7	5:15 - 6:15 pm	\$63/\$110

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



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:

June 16 - Lippold Park, Crystal Lake

June 23 - Fel- Pro RRR, Cary

June 30 - Randall Oaks Park, Dundee

July 7 - Walnut Hallow Disc Golf Course (Hoffman Park, Cary) Age Group: 15 & Older

July 14 - Huntley Park District Disc Golf Course

July 21 - Emricson Park, Woodstock July 28 - Lippold Park, Crystal Lake

Min/Max: 6/12

Staff Contact: Emily E.

Prog#	<u>Day</u>	Dates	Weeks	Time
2622	Fri	Jun 16 - Jul 28	7	4:00 -5:15 pm

R/NR Fee	R/NR Fee w/ Transportation
¢59/¢101	¢107/¢150

Bus Departs	Transportation Location	Returns
3:30 pm	NISRA Office	5:30 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. Please check Rainout Line for updates.

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 #	<u>Day</u>	Dates	Weeks	Time	R/NR Fee
2644	Fri	June 16, Jun 30 & Jul 14	3	6:30 - 8:00 pm	\$42/\$74
2645	Fri	June 23, Jul 7 & Jul 21	3	6:30 - 8:00 pm	\$42/\$74

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

be the same.

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.

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	Wed Jun 14 - Jul 26	7	4:15 - 5:00 pm	\$51/\$89

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.

Wheels Up (Formerly Biking Club)

Grab your bike, skateboard, rollerblades, or scooters for a scenic ride down Prairie Trail. Take in the sights and sounds of nature.

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Location: Prairie Trail - Towne Park, Algonquin

Min/Max: 6/12

Staff Contact: Emily E.

Prog#	<u>Day</u>	Dates	Weeks	Time	R/NR Fee
2309	Mon	Jun 12 - Jul 24	6	4:30 - 6:00 pm	\$50/\$87
		No prog Jul 3			

NOTE: Participants need to provide their own wheeled equipment, helmet and water bottle. Meet at Towne Park parking lot at the west end of Washington Street. In the event of inclement weather, the program will be canceled. Please check Rainout Line for updates.



TEENS & ADULTS

Travelin' Teens

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

Age Group: 14 - 22

Suggested Ability Level: All Abilities

Locations:

June 16 - Snacks and Pepper Family Tree House at

Citizens Park (Barrington)

June 30 - Berry Picking and Shop Visit at Heider's

Berry Farm (Woodstock)

July 14 - Swimming at Sunburst Bay (Cary)

July 28 - Sunflower Maze at Tom's Market (Huntley)

Min/Max: 6/12 Staff Contact: Anya

Prog #	<u> Day</u>	Dates	Weeks	Time	R/NR Fee
3310	Fri	Jun 16, 30	4	1:00 - 3:00 pm	\$80/\$140
		& Jul 14, 28			

Bus DepartsTransportation LocationBus Returns12:30 pmNISRA Office3:30 pm

NOTE: This program alternates dates with *Explore the Pools and Parks*, consider signing up for both! In the event of inclement weather, the program will be canceled. *Please check Rainout Line for updates*.

Explore the Pools and Parks

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

Age Group: 14 - 22

Suggested Ability Level: All Abilities

Locations:

June 23 - Stingray Bay, Huntley

July 7 - Sunburst Bay, Cary

July 21 - Woodstock Water Works, Woodstock

Min/Max: 6/12 Staff Contact: Lauren

Prog#	<u>Day</u>	Dates	Weeks	Time	R/NR Fee
1317	Fri	Jun 23, Jul 7	3	1:00 - 3:00 pm	\$63/\$110
		& Jul 21			

Bus DepartsTransportation LocationBus Returns12:30 pmNISRA Office3:30 pm

NOTE: Please bring your swimsuit, towel, water bottle and sunscreen. This program alternates dates with *Travelin' Teens*, consider signing up for both! In the event of inclement weather, the program will be canceled. *Please check Rainout Line for updates*.

Learn to Water Ski

Learn basic water ski techniques from the national champion Wonder Lake Water Ski Show Team! The goal is for each skier, regardless of his or her ability, to have a successful ski experience. Participants must be able to grip a ski rope and be comfortable in the water. The Team can accommodate up to 2 non-ambulatory participants. All water skiers will participate in a ski show for their families & friends on the last night of the program.

Age Group: 14 & Older

Suggested Ability Level: All Abilities

Location: Wonder Lake

Min/Max: 4/10

Staff Contact: Lauren

Prog #	<u>Day</u>	Dates	Weeks	Time
1310	Mon/Tues	June 5, 6, 12 & 13	2	6:00 - 8:00 pm

R/NR Fee

\$56/\$98

NOTE: The Ski Show will be held on the last day of program. The rain date will be June 20. In the event of inclement weather, the program will be canceled. *Please check Rainout Line for updates.*

Trekkers Comp

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: 6/12 Staff Contact: Anya

Prog #	# Day	<u>Dates</u>	Weeks	Time	R/NR Fee
3620	Sat	lun 17 - lul 29	7	10:45 am - Noon	\$58/\$101

Bus DepartsTransportation LocationBus Returns10:15 amNISRA Office12:30 pm

NOTE: Please wear comfortable clothes and bring a water bottle, sunscreen, bug repellent and sack lunch. Program fee covers transportation and must be taken. *Please check Rainout Line for weather updates*.

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TEENS & ADULTS

Bowling

Carpentersville

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
Bowlero Bowl Bowlero Algonquin Staff Contact: Emily E.	2601	Mon, Jun 12 - Jul 24 No prog Jul 3	6	5:00 - 6:30 pm	\$83/\$144	8/20
Elgin Bowl © Company Elgin Lanes Elgin Staff Contact: David NOTE: Transportation of	0610 fered for Al	Tues, Jun 13 - Jul 25 No prog Jul 4 D clients from workshop a	6 at 3:00 pm	3:30 - 5:00 pm	\$83/\$144 w/ Transp. \$104/\$165 ome.	8/30
Pioneer Bowlers Raymond's Bowl Johnsburg Staff Contact: Lauren NOTE: Transportation of		Thurs, Jun 15 - Jul 27 oneer Center clients from		10:00 - 11:30 am o, times TBD.	\$96/\$168 w/ Transp. \$145/\$217	8/20
Saturday Bowlers Kingston Lanes Woodstock Staff Contact: Lauren	1612	Sat, Jun 17 - Jul 29	7 11	:00 am - 12:30 pm	\$96/\$168	8/30
Saturday Strikers Liberty Lanes	0613	Sat, Jun 17 - Jul 29	7	2:00 - 3:30 pm	\$96/\$168	8/16



TEENS & ADULTS Check out these programs geared to deliver committed to offering a variety of activities to help you liver the committed to offering a variety of activities to help you liver the committed to offering a variety of activities to help you liver the committed to offering a variety of activities to help you liver the committed to offering a variety of activities to help you liver the committed to offering a variety of activities to help you liver the committed to offering a variety of activities to help you liver the committed to offering a variety of activities to help you liver the committed to offering a variety of activities to help you liver the committed to offering a variety of activities to help you liver the committed to offering a variety of activities to help you liver the committed to offering a variety of activities to help you liver the committed to offering a variety of activities to help you liver the committed to offering a variety of activities to help you liver the committed to offer the committed the committed to offer the committed the



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#	<u>Day</u>	Dates	Weeks	Time	R/NR Fee
1618	Mon	Jun 12 - Jul 24	6	4:00 - 5:00 pm	\$44/\$76
		No prog Jul 3			

Woodstock Recreation Center

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1616	Tues	Jun 13 - Jul 25	6	5:00 - 6:00 pm	\$44/\$76
		No prog Iul 4			

NOTE: A fitness waiver is required for participation. Participants who have had medical treatment during the 2year 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 2639 Mon Jun 12 - Jul 24 6 5:00 - 5:45 pm \$54/\$95 No prog Jul 3

R/NR Fee for Family Member

\$44/\$76

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.

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: 6/12

Staff Contact: Emily E.

Prog # Day Dates Weeks Time R/NR Fee 2628 Wed Jun 14 - Jul 26 7 7:00 - 7:45 pm \$63/\$110

R/NR Fee for Family Member

\$51/\$89

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.

Chair Yoga

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

Age Group: 13 & Older

Suggested Ability Level: Participants with physical limitations

Location: Sage TR Center, NISRA

Min/Max: 6/12

Staff Contact: Emily E.

Prog # Day Dates **Weeks Time** 2509 Mon Jun 12 - Jul 24 6 5:45 - 6:30 pm \$54/\$95 No prog Jul 3

R/NR Fee for Family Member

\$44/\$76

NOTE: Please wear comfortable clothing for moving and stretching. Please complete a registration form for each family member who will be attending.

Ages 22 - 35 | Fridays | 6:00 - 8:00 pm YOUNG ADULT CLUB

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. For more information on Rainout Line, see page 43.

Young Adult Club - Paddle Boats & Swimming

It's the ultimate summer night! Join friends for paddle boating, swimming, beach games and pizza!

Location: Main Beach, Crystal Lake

Min/Max: 8/20 Staff Contact: Emily E.

Prog # Date		Time	R/NR Fee
2428	lun 16	6:00 - 8:00 pm	\$36/\$62

Transportation Location

*No transportation, meet at Main Beach

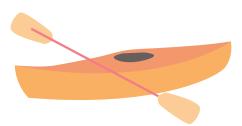
Sheltered Village

McHenry Recreation Center

The Centre, Elgin NISRA Office

NOTE: Please bring your swimsuit and towel. A pizza dinner

will be provided.



Young Adult Club - Dinner on the Water

We're gonna gather and get some grub with friends! We'll spend the evening dining on the waterfront and enjoy each other's company with a great backdrop.

Location: Wauconda Area

Min/Max: 8/20 **Staff Contact:** Anya

Prog #	Date	Time	R/NR Fee
3428	Iul 14	6:00 - 8:00 pm	\$55/\$96

Transportation Location

Sheltered Village

McHenry Recreation Center

The Centre, Elgin NISRA Office

NOTE: In the event of inclement weather, we will dine

indoors.





Young Adult Club - Painting in the Park

Let's take in 2 of life's best therapies - art and the outdoors! Join friends to create a masterpiece while spending the evening in the fresh summer air.

Location: Veterans Acres Park, Crystal Lake

Min/Max: 8/20 **Staff Contact:** Lauren

Prog #	Date	Time	R/NR Fee
1429	Jun 30	6:00 - 8:00 pm	\$40/\$70

Transportation Location

Sheltered Village

McHenry Recreation Center

The Centre, Elgin NISRA Office



Young Adult Club - Dinner at Danny's Pizza

Gather with friends for a delicious dinner at Danny's Pizza.

Location: Danny's Pizza, Elgin

Min/Max: 8/20 Staff Contact: David

Prog #	Date	Time	R/NR Fee
0408	Jul 28	6:00 - 8:00 pm	\$40/\$70

Transportation Location

*No transportation, meet at Danny's Pizza Sheltered Village McHenry Recreation Center NISRA Office

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: 6/10 Staff Contact: Lauren

Prog a	# Day	Dates	Weeks	Time
1400	Mon	Jun 12 - Jul 24	6	10:15 - 11:00 am
		No Jul 3		

R/NR Fee R/NR Fee w/ Transportation \$44/\$76 \$86/\$118

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

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.



Gardening Club

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

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 Jun 15 - Jul 27
 7
 3:30 - 4:30 pm \$60/\$104

NOTE: This is a raised, wheelchair-accessible garden. Garden tools will be provided.



Join us for music under the summer skies! Grab a blanket and foldable chair, we're headed to Concerts in the Park at Crystal Lake Main Beach with friends!

Age Group: 21 & Older

Suggested Ability Level: All Abilities

Location: Band Shell at Main Beach, Crystal Lake

Min/Max: 6/12

Staff Contact: Emily E.

Prog#	<u>Day</u>	Dates	Weeks	Time	R/NR Fee
2440	Tues	Jun 13, 27	3	7:00 - 8:30 pm	\$25/\$43
		& Jul 18			

NOTE: Participants are to meet staff at the front gate at Main Beach. Staff will wait 5 minutes before entering. This event may have food to be purchased. Please bring money if you would like to purchase anything. Bring a blanket or folding chair to sit on. In the event of inclement weather, the program will be canceled. *Please check Rainout Line for updates*.

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 Jun 12 - Jul 24	1 6	12:30 - 1:45 pm	\$51/\$89
	No prog Jul 3			



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:

June 21 - MOD Pizza, Algonquin July 5 - McAlister's Deli, Algonquin

July 19 - Group choice, we'll vote on where to go!

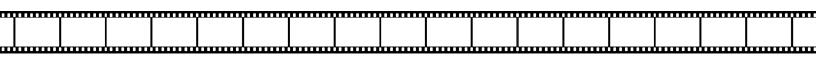
Min/Max: 8/12

Staff Contact: Lauren

Prog#	Day	Dates	Weeks	Time	R/NR Fee
1407	Wed	June 21, Jul 5	3	11:45 am - 1:00 pm	\$81/\$142
		9. Jul 10			

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 #	<u>Day</u>	Dates	Weeks	Time	R/NR Fee
		Jun 14, Jun 28	4	12:00 - 2:00 pm	\$78/\$137
		1 42 0 1 20			

Jul 12, & Jul 26

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:** Spoerl Park, Crystal Lake

Min/Max: 8/20

Staff Contact: Lauren

Prog #	Day	Dates	Weeks	Time	R/NR Fee
		Jun 16 - Jul 28	7	11:00 am - 1:00 pm	\$154/\$270

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

NOTE: Please bring a labeled sack lunch each week. We will not have access to a microwave. Transportation times may vary each week depending on the activity and program location. Transportation will run every week even if staying at NISRA. Please check Rainout Line each week for activities.





ADULTS - 21 & OLDER

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**

0404 Mon Jun 12 - Jul 24 6 9:30 - 10:30 am \$54/\$95

No prog Jul 3



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





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: 8/20

Staff Contact: Gabrielle

Prog #	<u>Day Dates</u>	Weeks Time	R/NR Fee
	Wed Jun 14 -	Jul 26 7 1:00 - 1:4	5 pm \$60/\$104





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	<u>y Dates</u>	Weeks	<u>Time</u>	R/NR Fee
5577	Fri	lun 16 - lul 28	7	9·30 - 10·15 am	\$60/\$104

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. *For more information on Rainout Line, see page 43.*

Adult Social Club - Night at the Movies

Lights, camera, action Let's check out one of the newest flicks

out in theaters.

Location: Classic Cinemas 12, Carpentersville

Min/Max: 8/20 Staff Contact: David

Prog #	Date	Time	R/NR Fee
0935	Jun 17	*6:00 - 8:00 pm	\$35/\$61

Transportation Location

NISRA Office Sheltered Village McHenry Recreation Center The Centre, Elgin

NOTE: *The program time is approximate due to movie times. The fee include a movie ticket. Please bring extra money if you would like to purchase concessions. *Please check Rainout Line*

for program updates.



be headed to BBQ King to enjoy a delicious meal with friends!

Location: BBQ King, Huntley

Min/Max: 8/15

Staff Contact: Emily E.

Prog #	Date	Time	R/NR Fee
2931	Jul 1	6:00 - 8:00 pm	\$52/\$92

Transportation Location

NISRA Office Sheltered Village McHenry Recreation Center The Centre, Elgin

NOTE: Program fee includes dinner, no extra money is needed.



Adult Social Club - Pool Party & Pizza

We're headed to the pool for party and pizza! Come enjoy a summer afternoon with friends at Woodstock Water Works.

Location: Woodstock Water Works, Woodstock

Min/Max: 8/10 Staff Contact: Lauren

Prog #	Date	Time	R/NR Fee
1902	Jul 8	3:00 - 6:00 pm	\$39/\$68

Transportation Location

No transportation, meet at Woodstock Water Works

NISRA Office

McHenry Recreation Center

The Centre, Elgin

NOTE: Please bring your swimsuit, towel and change of clothes. (Sheltered Village residents, a NISRA staff will meet you at Sheltered Village and walk with you to Emricson Park). In the event of inclement weather, the program will be canceled.



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. *For more information on Rainout Line, see page 43*.



Adult Social Club - Yard Games & Treats

Nothing sweeter than a summer night on the beach spent with friends playing backyard games and topping it off with a sweet treat from MyFlavorit! Place.

Location: Phil's Beach, Wauconda

Min/Max: 8/10 Staff Contact: Anya

Prog #	Date	Time	R/NR Fee
3933	Jul 29	6:00 - 8:00 pm	\$40/\$70

Transportation Location

*No transportation, meet at Phil's Beach NISRA Office Sheltered Village McHenry Recreation Center The Centre, Elgin

NOTE: In the event of inclement weather, the program will be canceled. *Please check out Rainout Line for program updates.*



Adult Social Club - Outdoor Cooking

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

Location: Hawthorne Hill Nature Center, Elgin

Min/Max: 8/20 Staff Contact: David

Prog #	Date	Time	R/NR Fee
0936	Jul 22	6:00 - 8:00 pm	\$31/\$54

Transportation Location

*No transportation, meet at Hawthorne Hill Nature Center NISRA Office Sheltered Village

McHenry Recreation Center



Adult Social Club - Sand Volleyball & Sandwiches

Let's get sandy! Enjoy a night in the park playing volleyball, enjoying nature, and spending time with friends!

Location: Deicke Park, Huntley

Min/Max: 8/20

Staff Contact: Emily E.

Prog #	Date	Time	R/NR Fee
2924	Aug 5	3:00 - 6:00 pm	\$32/\$57

Transportation Location

No transportation, meet at Deicke Park, Huntley NISRA Office

McHenry Recreation Center

The Centre, Elgin

NOTE: The program fee includes a sandwich dinner. In the event of inclement weather, the program will be canceled. *Please check out Rainout Line for program updates.*

CULTURAL ARTS

WORKSHOPS Age Group: 16 & Older Suggested Ability Level: All A Location: Sage TR Center, NIS			: Fee inc <mark>lud</mark> es all suppl ku <mark>p approxima</mark> tely 2 w		
<u>Name</u>	Prog #	Day/Date	Time	R/NR Fee	Min/Max
Clay, Make & Glaze Workshops Mold it, glaze it, fire it! Make unique ceramic pieces.			00		
Summer Celebration Plate & Mug	5583	Mon, Jun 19	5:30 - 7:15 pm	\$33/\$58	4/8
Sailboat Candle Holder & Scalloped Bowl	5584	Mon, Jul 10	5:30 - 7:15 pm	\$33/\$58	4/8
Fused Glass Workshops Discover this beautiful art medium! Place colored grains of glass into a shape to be fired.	~				NIE S
Bunny Hop Dish & Rainbow Bowl	5595	Tues, Jun 27	6:00 - 7:00 pm	\$33/\$58	6/8
Let's Go Fishing Tray & Confetti Dish	5596	Tues, Jul 18	6:00 - 7:00 pm	\$33/\$58	6/8

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: 16 & Older

Suggested Ability Level: All Abilities **Location:** Striker's Hall, Crystal Lake

Min/Max: 8/20

Prog#	<u>Day</u>	Dates	Weeks	Time	R/NR Fee
5606	Mon	Jun 12 - Jul 24	6	6:00 - 7:00 pm	\$51/\$89
		No prog Jul 3			

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:

July 2: Crystal Lake Independence Parade

July 25: Special Guests for Community Band Performance for *Crystal Lake Concerts in the Park* at Main Beach







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)

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.

instrument	to class. rees	are for a 30-minute lesso	JII.	A STATE OF THE STA		
Prog #	Day	Dates	Weeks	Time	R/NR Fee	Min/Max
5650	Mon	Jun 12 - Jul 24	6	3:30 - 4:00 pm	\$150/\$263	1/1
5651		No prog Jul 3		4:00 - 4:30 pm		1/1
5652				4:30 - 5:00 pm		1/1
5653				5:00 - 5:30 pm		1/1
5654	0			5:30 - 6:00 pm		1/1
5656	Tues	Jun 13 - Jul 25	6	3:00 - 3:30 pm	\$150/\$263	1/1
5657		No prog Jul 4		3:30 - 4:00 pm		1/1
5658				4:00 - 4:30 pm		1/1
5659				4:30 - 5:00 pm		1/1
5660				5:00 - 5:30 pm		1/1
5661				5:30 - 6:00 pm		1/1
5663	Thurs	Jun 15 - Jul 27	7	2:00 - 2:30 pm	\$175/\$306	1/1
5664				2:30 - 3:00 pm		1/1
5665				3:00 - 3:30 pm		1/1
5666				3:30 - 4:00 pm		1/1
5667				4:00 - 4:30 pm	100	1/1
5668				4:30 - 5:00 pm		1/1

Theater Troupe Presents...

"Disney's Finding Nemo

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

Age Group: 8 & Older

Suggested Ability Level: All Abilities

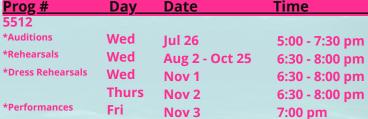
Location: Cosman Theater, Huntley R.E.C. Center

Min/Max: 11/20

NOTE: Transportation is not available for the auditions,

dress rehearsals, or performances.





R/NR Fee	R/NR w/ Transportation
\$212/\$371	\$310/\$469

Nov 4

Sat

Bus Departs 6:00 pm

Transportation Location NISRA Office

Returns 8:30 pm

12:00 pm



CULTURAL ARTS

Individual Dance Lessons

NEW!

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

Prog #	Day	Dates	Weeks	*Time	R/NR Fee	Min/Max
5600	Fri	Jun 16 - Jul 28	7 7	2:00 - 4:30 pm	\$132/\$231	1/5
100				*2:00, 2:30, 3:00, 3:3	30, 4:00	

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 #	<u>Day</u> Dat	tes	Weeks	Time	R/NR Fee
5527	Thurs Jun	15 - Jul 27	7	6:00 - 7:00 pm	\$88/\$153



Art Explorations - Virtual

Tap into your creativity with a professional artist.

*On your Registration Form, please indicate:

duration of the session.

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

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Min/Max: 6/10

Prog#	<u>Day</u>	Dates	Weeks	Time	R/NR Fee
		lun 15 - lul 27	7	6:00 - 7:00 nm	\$88/\$153

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.



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: 16 & Older

Suggested Ability Level: All Abilities

Location: First Congregational Church, Crystal Lake

Min/Max: 6/12

Prog#	<u>Day</u>	Dates	Weeks	Time	R/NR Fee
5548	Thurs	lun 15 - Jul 27	7 7	6:15 - 7:00 pm	\$88/\$153



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.



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 State Competition Update - 2023

Special Olympics State Competitions are not included in the weekly program fee. Starting May 1, 2023, fees for Special Olympics tournaments and competitions will be as follows:

Fall Games:

Athletes Meeting at Fall Games: \$30/day

Athletes Taking the Bus: \$37

Other State Competitions:

Participants staying with families: \$30/day

Participants staying with NISRA: \$30/day + cost of hotel and meals
 *Hotel and meal cost will be billed to family after competition

The fees above apply to the following tournaments:

- Softball
- Golf
- Tennis
- Floor Hockey
- Flag Football

KNIGHT5

Special Olympics Summer Games

Summer games is for those athletes that received gold medals at the regional qualifying events for **Bocce Ball**, **Soccer**, **Swim Team**, **Rhythmic Gymnastics**,

Powerlifting and Spring Games.

Age Group: 8 & Older

Suggested Ability Level: All Abilities

Location: ISU, Bloomington-Normal



Staying with NISRA

Prog #	Days/Dates	Departure Time	Fee
6736	Fri, Jun 9 - Sun, Jun 11	6:00 am	\$80

Staying with Family

Prog #	Days/Dates	Fee
6737	Fri, Jun 9 - Sun, Jun 11	\$30/each day athlete competes
		Maximum of 2 days

NOTE: Those meeting there will be responsible to get their athletes to a predetermined meeting spot prior to their events. Those meeting there will also be responsible for getting athletes to any extracurricular activities outside of competition.



SPECIAL OLYMPICS

Region B Bowling Tournament

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

Age Group: 8 & Older

Suggested Ability Level: All Abilities **Location:** Stardust Lanes, Addison

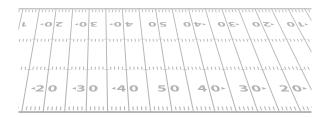
Min/Max: 10/35

P/NP Foo

 Prog # Day
 Dates
 Time
 R/NR Fee

 6719
 Sat
 Aug 12
 9:00 am - 6:00 pm
 \$30

NOTE: Bowlers will be assigned to bowl 3 games (2 games for ramp bowlers). A Flyer will be sent out after shift assignments have been received from the Area Office. Bowlers must have bowled 12 games in the 2022-23 year and have a valid Medical Form and Consent Form on File to enter this tournament. Transportation will be provided at no additional cost. Please indicate on your registration form if a bowling ramp is needed. if requesting a ramp, scored from 2022-23 year must be from use of a ramp and without bumpers.



Fantasy Football

Are you looking for some added fun during the upcoming National Football League season? How about trying some friendly competition with your NISRA buddies? We'll have a draft party and an end of season party where awards will be given to the top three teams. Food and beverages will be provided.

Age Group: 16 & Older

Suggested Ability Level: All Abilities **Location:** Sage TR Center, NISRA

Min/Max: 3/12

 Prog # Day
 Dates
 Time
 R/NR Fee

 8405
 Mon Aug 14
 6:00 - 9:00 pm
 \$62/\$109

NOTE: In order to participate, participants need a partner (parent, adult sibling, etc.) and must complete tasks such as updating their roster each week (dropping/adding players, moving players on or off their bench, etc.). Fulfilling this requirement may affect future participation. Draft Party: 8/14 If there is more than one division, we'll contact you about an additional draft night(s). Draft order will be random. The top eight in the league will compete in the playoffs. The date and details for the end of the season party in January will be sent out closer to the event. Please email Trisha at tpalmieri@nisra.org with your partner's name, phone number and the email address you will use for the Yahoo App.



Special Olympics Flag Football

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

Age Group: 16 & Older **Min/Max per team:** 7/12

Facilities are subject to change based on availability.

Black Knights - Intermediate/Advanced Location: West Field - Lippold Park, Crystal Lake

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

 6779
 Wed
 Aug 2 - Sept 27
 9
 5:30 - 6:30 pm
 \$80/\$129

Purple Knights - All Abilities

Location: West Field - Lippold Park, Crystal Lake

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

 6780
 Wed Aug 2 - Sept 27
 9
 5:30 - 6:30 pm
 \$80/\$129

NOTE: A mouth guard is required. In the event of inclement weather, the program will be canceled. *Please check Rainout Line for updates.*

Special Olympics Competition: TBD

Special Olympics State Competition: November 4 - 5, 2023

ITRS Tournament: August 27, 2023



SPECIAL OLYMPICS

Special Olympics Floor Hockey

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

Age Group: 16 & Older

Suggested Ability Level: All Abilities **Location:** Wauconda Park District

Min/Max: 11/16

Prog#	Day	Dates	Weeks	Time	R/NR Fee
		Sept 11 - Nov 6	9	7:00 - 8:00 pm	\$88/\$132

Bus DepartsTransportation LocationReturns6:30 pmNISRA Office8:30 pm

NOTE: All Floor Hockey teams qualify for State Competition.

Special Olympics State Competition: November 11 - 12, 2023

ITRS Tournament: TBD



Special Olympics Volleyball

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

Age Group: 16 & Older **Min/Max per team:** 6/12

Facilities are subject to change based on availability.

Purple Knights - Beginner/Intermediate Skills

Location: The Centre, Elgin

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

 6702
 Tues
 Aug 8 - Oct 3
 9
 6:30 - 8:00 pm
 \$104/\$160

Black Knights - Intermediate/Advanced Skills

Location: Marlowe Middle School, Lake in the Hills

Prog#	Day	Dates	Weeks	Time	R/NR Fee
		Aug 8 - Oct 3	9	7:00 - 8:30 pm	\$104/\$160

Teal Knights - All Abilities

Location: Marlowe Middle School, Lake in the Hills

Prog #	Day	Dates	Weeks	Time	R/NR Fee
		Aug 8 - Oct 3	9	7:00 - 8:30 pm	\$104/\$160

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

Special Olympics Competition: TBD ITRS Tournament: October 8, 2023 Fall Games: October 21 - 22, 2023

Special Olympics Bocce Ball

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

Age Group: 8 & Older

Suggested Ability Level: All Abilities Location: Woodscreek Park, Crystal Lake

Min/Max: 4/16

Prog#	Day	Dates	Weeks	Time	R/NR Fee
		Aug 10 - Sept 21	7	5:00 - 6:00 pm	\$66/\$104

6846 Thurs Aug 10 - Sept 21 7 6:00 - 7:00 pm \$66/\$104



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 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, 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

You can find a tutorial on our website homepage under "News & Events". Call the NISRA Office at (815) 459-0737 with any questions!



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.

	ctitioner name) to complete this medical clea	
	prior to the start of the programs which begins on in order for m	to be
allowed to participate.		
Date:	Participant signature:	
Please check: I support my patient's p	Il practitioner licensed to administer physical examinations in the State of Illin cipation in this program with no restrictions cipation in this program with the following restrictions:	ois.
Please check: I support my patient's p I support my patient's p	cipation in this program with no restrictions	

Please return to: NISRA

285 Memorial Drive Crystal Lake, IL 60014

(815) 459-0388 Fax*

This form will be valid for 2 years from the date of the Medical practitioner's signature. The form will need to be resubmitted if the participant has medical treatment that could affect his/her participation.

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



Office use only:
Date Reviewed:
Initial:

Seizure Questionnaire

(Rev. 8/22/2022)

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.

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 fee 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-ofdistrict "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
- 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 or supplies bought and there is no one on the waiting list to take

spot). Credits and refunds will not be issued after the second week of the program, except for medical or unavoidable circumstances only (ex., job transfer, moving, etc.). Proof of the reason may be required. A prorated credit or refund, minus the processing fee, will be issued. No cash refunds will be given, regardless of how the payment was made. New: NISRA uses discretion when deciding to cancel programs due to inclement weather conditions, watches and warnings. Credits or refunds will not be given due to weather cancellations. A maximum of one session per program will be rescheduled if possible.

Scholarships

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

Group Home Resident Fee Policy

In-district status will be granted for participants residing in out-ofdistrict 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 processing fee will be refunded (unless tickets have been purchased activities, the participant (or parent/ guardian of a minor participant) irrevocably agrees to the use and distribution by NISRA of his or her image (or of his minor child/ward) in photographs, video recordings, and any other electronic reproductions of such programs, events and activities for any purpose without inspection or approval and without compensation, rights to royalties or any other consideration now and in the future. The participant's identity is kept anonymous unless permission is obtained by NISRA to identify the person.

Late Registration

If your registration is late, it will be reviewed after June 12 to see if we can accommodate you. Program fees will not be prorated for a late start.

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

NISRA REGISTRATION FORM - SUMMER 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!

Please give us valuable information to help provide the safest & best care possible! Registration forms received after the May 26, 2023 deadline will be reviewed after June 12, 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 ______ Teacher _____ Teacher _____ Employer/Service Provider ______ Phone(Secondary Disability _____ Primary 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) _____) ______ Participant Phone () _____ Primary Phone (Work Phone (Alternate 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 Email Address (please print) ____ Primary Phone () ______ Alternate Phone () _____ Work Phone () _____ Group Home Name _____ Group Home Contact Name _____ (Name and Relationship)) ______ Email Address _____ Phone (Emergency Contact Please give the name of a relative or friend who can respond in case of emergency when you cannot be reached. First Name ______ Relationship ____ Last Name) ______ Alternate Phone () _____ Work Phone (Primary Phone (Alternate Emergency Contact Last Name ______ First Name _____ Relationship _____) ______ Alternate Phone () _____ Work Phone () _____ Primary Phone (It might be time! Just ONCE A YEAR, we're requesting that you complete the Annual Information Form. (next pages)

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

Check #

Charge ____

No pymnt recv'd _

Cash ____

E/A recv'd.

E/A apprvd.

Conf. Email

AIU

Date recv'd.

In Computer

Wait List

FOR OFFICE

USE ONLY

R/NR

Total Due

Grand Total =

Amount Paid

+ / - Credit/Balance Due

Other agency pay

Scholarship

NISRA Respite

Program #	Program N Please make sure matches the Prog	the Program #	Please write	ortation less "none" if you a retation that is o		ffered	Program Fe
							
					Subtotal of Fee	Due	=
					minus any avail		-
Co	ontribution to N	ISRA Foundati	on for scholarships,				
			lotal Fe	e Due (Submit	along with regis	tration form)	1
Payment Type:	Check	Cash	Mastercard	VISA	Discover	Other (ex.	respite or other agency pay
Account #					_Exp. Date	_/ Secui	rity Code
Cardholder Nan	ne (please pri	nt)		Si	gnature		
Cardholder Add	ress			City	St	ate Zip	
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*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.

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 Leyba 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 Foods and beverages served at NISRA programs and events must to delay or cancel programs. **Program updates and cancellations** will be on Rainout Line. See page 43 for more details.

Hot Weather Guidelines

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

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

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

Illness Guidelines

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

- 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 property

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

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

Food & Beverages in NISRA Programs

be "store bought" and presented in original sealed packages unless provided by a licensed restaurant or store.

Pick-Up & Drop-Off Locations

Generally, buses will try to be in front of the building:

- Barrington Park District Langendorf Park
- Cary Park District Community Center
- The Centre, Elgin
- **NISRA Office**
- Hampshire Township Park District
- Harvard City Hall parking lot
- McHenry Recreation Center
- 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 deescalation 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.

Last Name	First Name		Birthdate	
Address		City	State _	Zip
Subdivision (if applicable)				
Primary Disability				
Secondary Disability				
Down syndrome? Yes No				
If yes, checked for Atlanto-Axial Su	ubluxation Condition?	Date Condit	ion Cleared?	
Primary Language Used in the Ho	usehold			
Allergies				
Food Allergies: Type &	Details:			
Insect Bite Allergies: Type &				
Medication Allergies: Type &	Details:			
Other (list): Details:				
Dietary Restrictions (inclication) Condition: Details:				
Eyeglasses Shunts O				
Communication Needs	10/lei-ele c = 2			
Uses Hearing Aid(s)	Which ear?			
Speech Reads	Cina Language Inter		Datatla	
Uses Sign Language	Sign Language Inte	•		
Uses Communication System (Ex. PECs, picture schedules)	Details:			
Needs Assistance	Details:			
Non-Verbal	Details:			
5 11 11 11 11 11 11 11 11 11 11 11 11 11				
Daily Living Skills Feeding Assistance Required	Dotails			
Toilet Assistance Required	Details:			
Dressing Assistance Required	Details:			
Assistance with Money	Details:			
	Details:			
Reading Skills:				
Other:				



Participant Name				
Doctor Name			Phone Number:	
Medication For emergencies (in case NISF Please list them below:	የA would need to supply p	aramedics with the particip	pant's current medications)	
Medication Name	Dosage	Time	Purpose	
and additional information.			ice to obtain a Medication Dispensing V	Vaiver
Will participant be taking med	ication independently du	uring programs?	☐ No	
Mobility & Transportate Uses Wheelchair Trans Uses Amigo Trans Wheelchair Type (power or ma	sfers Independently Sfers with Assistance	·		
Orthopedic Equipment (walke	r, braces, canes, AFOs):			
Is a wheelchair life needed on		•		
,	complete a Seizure Qu e	estionnaire (in this broch	ure) and return it to the NISRA Office.	
Releases OK to remain independent	v after Program Detai	ls:		
	nools/caseworkers/servi	ce providers for information	on to better serve the participant's need	ds.
Sensory/Behavioral/Of Sensory processing difficult Details:	ties?			
Describe any calming technique	ıes used:			
NISRA provides an approxima	te 1:4 staff-to-participan	t ratio. Please note if parti	cipant requires a closer ratio and why:	
Understanding of sexual in	formation:			
T-shirt Size: Youth: XS S				
Person Completed Form:		Phone:	Email:	
Participant/Parent Signatur	e:		Date:	
*Participant may only sign if	they are their own guar	dian (

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 Drive Barrington (847) 381-0687

Citizens Park

511 North Lake Zurich Road Barrington

Makray Memorial Golf Club

1010 South Northwest Highway Barrington (847) 381-6500

CARY

Cary Park District Community Center

255 Briargate Road Cary (847) 639-6100

Fel-Pro RRR Disc Golf Course

1520 Crystal Lake Road

Kaper Park

Georgetown Drive at Cimarron Drive

Sunburst Bay Aquatic Center

120 1st Street Cary

The Hollows Conservation Area

3804 US Highway 14 Cary

Walnut Hollow Disc Golf Course

6 Jefferson Lane Cary

CRYSTAL LAKE

(including Algonquin) **Bowlero**

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

Crystal Ice House

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

Crystal Lake Racket Club

9101 South Route 31 Algonquin (847) 658-5688

First Congregational Church

461 Pierson Street Crystal Lake

Lippold Park

1251 West Route 176 Crystal Lake

Main Beach

300 Lakeshore Drive Crystal Lake

North Wall

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

Spoerl Park

7610 Pingree Road Crystal Lake

Striker's Hall

54 Lou Street, Suite B Crystal Lake

Towne Park - Prairie Trail

100 Jefferson Street Algonquin

Veterans Acres Park

431 Walkup Road Crystal Lake

Woodscreek Park

1420 Willow Tree Drive Crystal Lake

DUNDEE AREA

(including Carpentersville & Sleepy Hollow)

Liberty Lanes

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

Rakow Recreation & Fitness Center Dundee Township Park District

665 Barrington Avenue Carpentersville (847) 428-7131

Randall Oaks Golf Club

4101 Binnie Road West Dundee

Randall Oaks Recreation Center

500 North Randall Road West Dundee (847) 836-4260

Sleepy Hollow Pool

875 Winmoor Drive Sleepy Hollow

ELGIN

AID/Elgin Training Center (ETC)

1135 Bowes Road (847) 931-6200

The Centre

100 Symphony Way Elgin (847) 531-7000

Elgin Lanes

401 Shepard Drive Elgin (847) 695-3777

HAMPSHIRE

Hampshire Park District Recreation Center

390 South Avenue Hampshire (847) 683-2690

HARVARD

Harvard Aquatics Center

607 Galvin Parkway Harvard

Harvard City Hall

201 West Diggins Street Harvard (815)943-6468

HUNTLEY

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

12015 Mill Street Huntley (847) 669-3180

Stingray Bay Family Aquatic Center

12219 Lois Lane Huntley (847) 515-7665

Tom's Market

10214 W Algonquin Road Huntley

LAKE IN THE HILLS

Focus Marital Arts

9344 South Virginia Road Lake in the Hills (847) 458-0938

LITH Village Hall

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

Marlowe Middle School

9625 Haligus Road Lake in the Hills

Sunset Park

5200 Miller Road Lake in the Hills

MARENGO

Glo-Bowl

101 Franks Road 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 Drive McHenry (815) 363-2160

Petersen Farm

4112 McCullom Lake Road McHenry

Pioneer Center/Pioneer Central

4001 Dayton Street McHenry (815) 344-1230

Raymond's Bowl

3960 N. Johnsburg Road Johnsburg

WAUCONDA

Wauconda Park District

600 Main Street Wauconda (847) 526-3610

WOODSTOCK

Emricson Park

1313 Kishwaukee Valley Road Woodstock

Heider's Berry Farm

1106 N Queen Anne Road Woodstock

Kingston Lanes

1330 South Eastwood Drive Woodstock (815) 338-2105

Sheltered Village

600 Borden Street Woodstock (815) 338-6440

Woodstock Recreation Center

820 Lake Avenue Woodstock (815) 338-4363

Woodstock Water Works

1313 Kishwaukee Valley Road Woodstock



-LOOKING AHEAD-

FALL BROCHURE PREVIEW: JULY 17 - 19 FALL BROCHURE AVAILABLE: JULY 20

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.









