NISRA  SUMMER 2023
Northern Illinois Special Recreation Association
Register by May 26
Rainout Line

In 2022, NISRA transitioned to using Rainout Line as our only 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".

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.

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
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
Facility Locations: Page 51
Fitness Program Waiver: Page 42
Illness Guidelines: Page 48
NISRA Foundation: Pages 6 - 7
Program Information: Pages 47 - 48
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.

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

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

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

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.
BOARD & STAFF

Board of Directors

Terry Jennings
Dan Jones
Jason Herbster
Dave Peterson
Maria Cumpata
Laura Schraw
Ryan Knop
Scott Crowe
Kim Buscemi
Dan Bertrand
Bill Hobson
Tim Staton
Dave Zinnen

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

Administerial 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

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

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).
Young Children
Aqua Explorers............................................................... 16
Kids Klub & Super Saturdays................................. 16
Rec Explorers............................................................. 16
Rock 'n' Kids............................................................. 16
Special Twist Cheer................................................... 15
Splat Pad & Playground Tour................................. 15
Youth Social Club..................................................... 15

Youth & Young Teens
Adaptive Dance......................................................... 20
Buddy Baseball.......................................................... 19
Climb On................................................................. 20
Fishing 101............................................................... 18
Gamers Paradise....................................................... 19
Ice Skating - Learn to Skate...................................... 18
Kids Cooking Around the World......................... 19
Learn to Ride a Bike.................................................. 20
Open Swim............................................................... 17
Saturday Fun Club (6 - 18)...................................... 20
"Special Focus" Karate................................................ 18
Swim Lessons.......................................................... 17

Teens & Adults
Archery...................................................................... 22
BINGO & BAGGO....................................................... 23
Friday Night Supper Club.......................................... 24
Learn to Ride a Bike - For Teens.............................. 23
Learn to Water Ski.................................................... 25
Let's Get Crafty.......................................................... 22
Simply Cooking......................................................... 23
Summer Baking Buddies.......................................... 22
Summer Creations..................................................... 23
Sunshine Through Golf Clinic............................... 22
Teen Clubs.............................................................. 21
Teen & Adult Disc Golf............................................. 24
Tennis - Beginner..................................................... 24
Travelin' Teens.......................................................... 25
Wheels Up............................................................... 24

Adults 21 & Older
Adult Social Clubs.................................................... 32 - 33
AID Programs........................................................... 31
Aquacize................................................................. 29
Concerts in the Park................................................ 29
Fitness Swim........................................................... 13
Friday Friends......................................................... 30
Gardening Club....................................................... 29
Lunch Bunch.......................................................... 30
Movie Review Crew............................................... 30
Out-n-About............................................................ 14
Restaurant Hoppers................................................. 14
Pioneer Glee Club.................................................... 29
Stretch 'n Tone.......................................................... 13
Young Adult Clubs............................................... 28

Cultural Arts
Art Attack................................................................. 36
Art Explorations - Virtual........................................... 36
Clay Workshops........................................................ 34
Encore! Joyful Noise Choir...................................... 36
Fused Glass Workshops.......................................... 34
Individual Dance Lessons..................................... 36
Individual Music Lessons....................................... 35
Kingpins Drumline.................................................. 34
Theater Troupe........................................................ 35

Special Events, Family Events & Trips
Special events & trips are listed on pages 8 - 11
Sensory Programs are listed on page 12

Special Events, Family Events & Trips
Bocce Ball............................................................... 40
Region B Bowling Tournament............................. 39
Fantasy Football...................................................... 39
Flag Football........................................................... 39
Floor Hockey............................................................. 40
Volleyball................................................................. 40
Summer Games....................................................... 38

Color Key to Sections:

SPECIAL EVENTS & TRIPS
SENSORY PROGRAMS
INDIVIDUALS WITH PHYSICAL/VISUAL LIMITATIONS
YOUNG CHILDREN
YOUTH & YOUNG TEENS
TEENS & ADULTS
ADULTS - 21 AND OLDER
CULTURAL ARTS
SPECIAL OLYMPICS
Do You Know?

For every $1 given to the Foundation:

- 72 cents goes to support NISRA programs & 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
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!

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

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

GIVE THE GIFT OF FUN!
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

<table>
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<tr>
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<th>Dates</th>
<th>Time</th>
<th>R/NR Fee</th>
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<tbody>
<tr>
<td>4016</td>
<td>Mon - Fri</td>
<td>Mar 11 - Mar 15, 2024</td>
<td>TBD</td>
<td>TBD</td>
</tr>
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</table>

**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.

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

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<tbody>
<tr>
<td>4012</td>
<td>Mon - Fri</td>
<td>Aug 7 - 11</td>
<td>$1510/$1813</td>
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</table>

**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.

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.
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 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

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<tbody>
<tr>
<td>8625</td>
<td>Sun</td>
<td>Jun 4</td>
<td>*1:10 pm gametime</td>
<td>$111/$195</td>
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</tbody>
</table>

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

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<tbody>
<tr>
<td>8410</td>
<td>Sun</td>
<td>Jul 16</td>
<td>*3:00 pm gametime</td>
<td>$87/$152</td>
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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.

Six Flags Great America

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

Age Group: 16 & Older
Suggested Ability Level: All Abilities
Location: Six Flags Great America, Gurnee
Min/Max: 15/30
Staff Contact: Gabrielle

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<tbody>
<tr>
<td>8623</td>
<td>Sun</td>
<td>June 25</td>
<td>12:00 - 6:00 pm</td>
<td>$101/$176</td>
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</table>

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

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<tr>
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<tbody>
<tr>
<td>8406</td>
<td>TBD</td>
<td>Early August</td>
<td>TBD</td>
<td>$63/$111</td>
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</table>

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.

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

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<tr>
<th>Program #</th>
<th>Transportation Location</th>
<th>Min/Max</th>
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<tbody>
<tr>
<td>8456</td>
<td>*No transportation; meet at dance</td>
<td>1/125</td>
</tr>
<tr>
<td>8454</td>
<td>Sheltered Village</td>
<td>3/40</td>
</tr>
<tr>
<td>8453</td>
<td>McHenry Recreation Center</td>
<td>3/12</td>
</tr>
<tr>
<td>8452</td>
<td>Barrington Park District</td>
<td>3/12</td>
</tr>
<tr>
<td>8455</td>
<td>The Centre, Elgin</td>
<td>3/12</td>
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</table>

**Transportation Location**

NISRA Office

**NOTE:** Fee includes dinner. If you have your own fishing rod, please bring it labeled with your name and phone number. Also bring sunscreen and bug spray, and be prepared for all weather conditions. In the event of inclement weather, this program will be canceled. *Please check Rainout Line for updates.*

**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

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<tr>
<th>Program #</th>
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<th>Day</th>
<th>Dates</th>
<th>Weeks</th>
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<tr>
<td>1638</td>
<td>Wed</td>
<td>Jun 14 - Jul 26</td>
<td>6</td>
<td>5:00 - 6:30 pm</td>
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<td><em>No prog Jul 5</em></td>
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**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.

**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

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<tbody>
<tr>
<td>8688</td>
<td>Sat</td>
<td>Jun 3</td>
<td>9:00 - 11:00 am</td>
<td>$5/$9</td>
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</tbody>
</table>

**R/NR Fee**

- Family R/NR Fee $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.
**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.

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.

**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 #** | **Day** | **Date** | **Time** | **R/NR Fee**
---|---|---|---|---
8690 | Wed | Jun 11 | 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.

**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 #** | **Day** | **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.

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

<table>
<thead>
<tr>
<th>Prog #</th>
<th>Age Group</th>
<th>Day</th>
<th>Dates</th>
<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
<th>Min/Max</th>
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<tr>
<td>6020</td>
<td>3 - 8</td>
<td>Wed</td>
<td>Jun 14 - Jul 19</td>
<td>6</td>
<td>4:00 - 4:30 pm</td>
<td>$90/$158</td>
<td>1/1</td>
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<td>6021</td>
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<td>Wed</td>
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<td>6</td>
<td>4:30 - 5:00 pm</td>
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<td>1/1</td>
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<td>1/1</td>
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<td>6023</td>
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<td>Wed</td>
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<td>6</td>
<td>5:30 - 6:00 pm</td>
<td>$90/$158</td>
<td>1/1</td>
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</table>

NOTE: This is a 1:1 ratio program. Fees are for a 30 minute session (4:00 - 4:30, 4:30 - 5:00, 5:00 - 5:30, & 5:30 - 6:00), and are given on a first-come, first-serve basis. A parent/guardian is required to be in the building for the duration of the session.

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

Suggested Ability Level: All Abilities
Location: Sage TR Center, NISRA
Staff Contact: Anya

<table>
<thead>
<tr>
<th>Prog #</th>
<th>Age Group</th>
<th>Day</th>
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<th>Weeks</th>
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<td>$48/$84</td>
<td>2/3</td>
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<td>$48/$84</td>
<td>2/3</td>
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<tr>
<td>6002</td>
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<td>Tues</td>
<td>Jun 13 - Jul 25</td>
<td>6</td>
<td>5:00 - 5:30 pm</td>
<td>$48/$84</td>
<td>2/3</td>
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</tbody>
</table>

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.
**Fitness Swim**

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

**Age Group:** 21 & Older  
**Suggested Ability Level:** Participants w/ physical limitations  
**Location:** Rakow Center, Carpentersville  
**Min/Max:** 5/6  
**Staff Contact:** David

**NOTE:** See page 42 for information about the fitness waiver required for participation. If you have had medical treatment during the 2-year time frame of your Fitness Waiver, please submit a new form to your doctor and NISRA.

<table>
<thead>
<tr>
<th>Prog #</th>
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<tr>
<td>0502</td>
<td>Mon</td>
<td>Jun 12 - Jul 24</td>
<td>6</td>
<td>11:10 - 11:55 am</td>
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<tr>
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<td></td>
<td>No prog Jul 3</td>
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</table>

**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.

---

**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  
**Staff Contact:** Emily E.

**NOTE:** See page 42 for information about the fitness waiver required for participation. If you have had medical treatment during the 2-year time frame of your Fitness Waiver, please submit a new form to your doctor and NISRA.

<table>
<thead>
<tr>
<th>Prog #</th>
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<td>2507</td>
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<td>No prog Jul 4</td>
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**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.

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Looking for Yoga?! Check out *Chair Yoga* in the Wellness Programs on page 27.
Restaurant Hoppers

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: Various Restaurants in the Surrounding Area
Min/Max: 6/10
Staff Contact: David

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<th>Day</th>
<th>Dates</th>
<th>Weeks</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>0509</td>
<td>Wed</td>
<td>Jul 12 - Jul 26</td>
<td>3</td>
<td>6:00 - 8:00 pm</td>
</tr>
</tbody>
</table>

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

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<thead>
<tr>
<th>Prog #</th>
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<th>Date</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>3237</td>
<td>Sun</td>
<td>Jul 23</td>
<td>1:00 - 3:00 pm</td>
<td>$25/$44</td>
</tr>
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</table>

**Bus Departs:** 12:40 pm  
**Transportation Location:** NISRA Office  
**Returns:** 3:15 pm

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

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.

<table>
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<tr>
<th>Prog #</th>
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<th>Weeks</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>2110</td>
<td>Fri</td>
<td>Jun 16 - Jul 7</td>
<td>4</td>
<td>10:00 - 11:00 am</td>
<td>$35/$61</td>
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</table>

**Locations:**
- July 14 - Huffman Park, West Dundee  
- July 21 - Festival Park, Elgin  
- July 28 - Town Center Park, Gilberts  
**Staff Contact:** David

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<tr>
<th>Prog #</th>
<th>Day</th>
<th>Dates</th>
<th>Weeks</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>0220</td>
<td>Fri</td>
<td>Jul 14 - Jul 28</td>
<td>3</td>
<td>10:00 - 11:00 am</td>
<td>$26/$46</td>
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</table>

**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.

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

<table>
<thead>
<tr>
<th>Prog #</th>
<th>Days</th>
<th>Dates</th>
<th>Weeks</th>
<th>Time</th>
<th>Fee</th>
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<td>3260</td>
<td>Tues/Thurs</td>
<td>Jun 6 - 22</td>
<td>3</td>
<td>9:00 - 9:45 am</td>
<td>$47/$81</td>
</tr>
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</table>

**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.
**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 Aquatic Center  
**Min/Max:** 6/10  
**Staff Contact:** Anya

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<tr>
<th>Prog #</th>
<th>Day</th>
<th>Dates</th>
<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
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<tbody>
<tr>
<td>3222</td>
<td>Sat</td>
<td>Jun 17 - Jul 29</td>
<td>7</td>
<td>10:30 am - 1:00 pm</td>
<td>$112/$196</td>
</tr>
</tbody>
</table>

**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 child at the pool at 12:50 pm.

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

**Age Group:** 3 - 8  
**Suggested Ability Level:** All Abilities  
**Location:** The Centre, Elgin  
**Min/Max:** 4/8  
**Staff Contact:** David

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<tr>
<th>Prog #</th>
<th>Day</th>
<th>Dates</th>
<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
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<tbody>
<tr>
<td>0606</td>
<td>Thurs</td>
<td>Jun 15 - Jul 27</td>
<td>7</td>
<td>5:00 - 5:45 pm</td>
<td>$51/$89</td>
</tr>
</tbody>
</table>

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

**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

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<tr>
<th>Prog #</th>
<th>Day</th>
<th>Dates</th>
<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
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<tr>
<td>1104</td>
<td>Wed</td>
<td>Jun 14 - Jul 26</td>
<td>6</td>
<td>5:15 - 6:00 pm</td>
<td>$60/$105</td>
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</table>

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

**Aqua 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

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<thead>
<tr>
<th>Prog #</th>
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<th>Dates</th>
<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
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<td>0607</td>
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<td>Jun 15 - Jul 27</td>
<td>7</td>
<td>6:00 - 6:45 pm</td>
<td>$51/$89</td>
</tr>
</tbody>
</table>

**NOTE:** Please bring a labeled swimsuit and towel.
**YOUTH & YOUNG TEENS**

**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.

<table>
<thead>
<tr>
<th>Prog #</th>
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<th>Dates</th>
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<th>Time</th>
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<tr>
<td>0626</td>
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<td>No prog Jul 3</td>
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**Cary - Sunburst Bay Aquatic Center**

**Staff Contact:** Anya

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<th>Weeks</th>
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<th>R/NR Fee</th>
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<tr>
<td>3624</td>
<td>Tues</td>
<td>Jun 13 - Aug 1</td>
<td>5</td>
<td>5:30 - 6:00 pm</td>
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<tr>
<td>3626</td>
<td>Tues</td>
<td>Jun 13 - Aug 1</td>
<td>5</td>
<td>6:00 - 6:30 pm</td>
<td>$65/$114</td>
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**Huntley - Stingray Bay Family Aquatic Center**

**Staff Contact:** Emily E.

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<td>7:00 - 7:30 pm</td>
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<tr>
<td>2626</td>
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<td>Jun 14 - Jul 26</td>
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<td>7:30 - 8:00 pm</td>
<td>$91/$159</td>
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**Harvard - Harvard Aquatic Center**

**Staff Contact:** Lauren

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<th>Weeks</th>
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<th>R/NR Fee</th>
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<td>1231</td>
<td>Thurs</td>
<td>Jun 15 - Jul 27</td>
<td>7</td>
<td>7:00 - 7:30 pm</td>
<td>$91/$159</td>
</tr>
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**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

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<tr>
<th>Prog #</th>
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<th>Weeks</th>
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<th>R/NR Fee</th>
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<tr>
<td>1615</td>
<td>Thurs</td>
<td>Jun 15 - Jul 27</td>
<td>7</td>
<td>6:00 - 7:00 pm</td>
<td>$61/$107</td>
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**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.

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<tr>
<th>Prog #</th>
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<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
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<tbody>
<tr>
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<td>Sat</td>
<td>Jun 10 - Aug 19</td>
<td>10</td>
<td>11:15 am - 12:00 pm</td>
<td>$30/$53</td>
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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

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<th>Day</th>
<th>Dates</th>
<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>0229</td>
<td>Wed</td>
<td>Jun 14 - Jul 26</td>
<td>7</td>
<td>5:00 - 6:00 pm</td>
<td>$53/$92</td>
</tr>
</tbody>
</table>

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.

<table>
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<tr>
<th>Prog #</th>
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<th>Dates</th>
<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>2606</td>
<td>Mon</td>
<td>Jun 12 - Jul 24</td>
<td>6</td>
<td>4:15 - 5:00 pm</td>
<td>$30/$53</td>
</tr>
</tbody>
</table>

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.
**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.

<table>
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<tr>
<th>Prog #</th>
<th>Day</th>
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<th>Time</th>
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<tbody>
<tr>
<td>2217</td>
<td>Wed</td>
<td>Jun 14 - Jul 26</td>
<td>6</td>
<td>6:00 - 7:00 pm</td>
<td>$30/$53</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>No prog Jun 21</td>
<td></td>
</tr>
<tr>
<td>2216</td>
<td>Wed</td>
<td>Jun 14 - Jul 26</td>
<td>6</td>
<td>7:00 - 8:00 pm</td>
<td>$30/$53</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
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<td>No prog Jun 21</td>
<td></td>
</tr>
</tbody>
</table>

**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.**

---

**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

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<tr>
<th>Prog #</th>
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<td>$45/$79</td>
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<td>No prog Jul 4</td>
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**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

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<tr>
<th>Prog #</th>
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<th>R/NR Fee</th>
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</thead>
<tbody>
<tr>
<td>3215</td>
<td>Tues</td>
<td>Jun 13 - Jul 25</td>
<td>6</td>
<td>6:30 - 7:45 pm</td>
<td>$84/$147</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>No prog Jul 4</td>
<td></td>
</tr>
</tbody>
</table>
Adaptive Dance
Adaptive dance, co-taught by instructors from Engage Dance Academy is an exciting specialized movement dance class that 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.

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<tr>
<th>Prog #</th>
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<th>Time</th>
<th>R/NR Fee</th>
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<tbody>
<tr>
<td>2248</td>
<td>Thurs</td>
<td>Jun 22 - Jul 27</td>
<td>6</td>
<td>4:30 - 5:30 pm</td>
<td>$84/$147</td>
</tr>
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</table>

**NOTE:** Fee includes climbing shoes. Please wear socks. North Wall requires a waiver to be signed before participating. The waiver can be found at the top right of North Wall’s website at climbnorthwall.com. 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.

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<tr>
<th>Prog #</th>
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<th>Time</th>
<th>R/NR Fee</th>
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</thead>
<tbody>
<tr>
<td>2218</td>
<td>Wed</td>
<td>Jun 14 - Jul 26</td>
<td>7</td>
<td>5:15 - 5:45 pm</td>
<td>$61/$107</td>
</tr>
</tbody>
</table>

**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.

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

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<tr>
<th>Prog #</th>
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<th>Time</th>
<th>R/NR Fee</th>
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</thead>
<tbody>
<tr>
<td>0207</td>
<td>Sat</td>
<td>Jun 17 - Jul 29</td>
<td>7</td>
<td>10:00 am - 1:00 pm</td>
<td>$112/$196</td>
</tr>
</tbody>
</table>

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

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<tbody>
<tr>
<td>0327</td>
<td>Jun 24</td>
<td>4:00 - 6:00 pm</td>
<td>$57/$100</td>
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</table>

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 – 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

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<tbody>
<tr>
<td>1327</td>
<td>Jul 8</td>
<td>3:00 - 6:00 pm</td>
<td>$43/$75</td>
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</table>

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.

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

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<tbody>
<tr>
<td>3333</td>
<td>Jul 29</td>
<td>6:00 - 8:00 pm</td>
<td>$37/$66</td>
</tr>
</tbody>
</table>

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.
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 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

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<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
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<tbody>
<tr>
<td>0636</td>
<td>Mon</td>
<td>Jun 12 - Jul 17</td>
<td>5</td>
<td>5:00 - 6:00 pm</td>
<td>FREE!</td>
</tr>
<tr>
<td>0637</td>
<td>Mon</td>
<td>Jun 12 - Jul 17</td>
<td>5</td>
<td>6:00 - 7:00 pm</td>
<td>FREE!</td>
</tr>
</tbody>
</table>

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

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<th>Prog #</th>
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<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>3635</td>
<td>Thurs</td>
<td>Jun 15 - Jul 20</td>
<td>5</td>
<td>4:30 - 5:30 pm</td>
<td>FREE!</td>
</tr>
</tbody>
</table>

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

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<tr>
<th>Prog #</th>
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<th>Time</th>
<th>R/NR Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>1621</td>
<td>Mon</td>
<td>Jun 12 - Jul 24</td>
<td>6</td>
<td>4:45 - 5:45 pm</td>
<td>$51/$89</td>
</tr>
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NOTE: Please only sign up for one session, as the recipes will be the same.

Summer Baking Buddies
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

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<tr>
<th>Prog #</th>
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<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
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</thead>
<tbody>
<tr>
<td>3634</td>
<td>Mon</td>
<td>Jun 12 - Jun 26</td>
<td>3</td>
<td>5:30 - 7:00 pm</td>
<td>$42/$74</td>
</tr>
<tr>
<td>3636</td>
<td>Mon</td>
<td>Jul 10 - Jul 24</td>
<td>3</td>
<td>5:30 - 7:00 pm</td>
<td>$42/$74</td>
</tr>
</tbody>
</table>

NOTE: Please check Rainout Line for updates.

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

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<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
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<tbody>
<tr>
<td>1633</td>
<td>Wed</td>
<td>Jun 14 - Jul 26</td>
<td>7</td>
<td>5:00 - 6:00 pm</td>
<td>$88/$153</td>
</tr>
</tbody>
</table>

NOTE: Archery equipment will be provided, please wear close-toed shoes each week and bring bug repellent. In the event of inclement weather, the program will be canceled. Please check Rainout Line for updates.
Simply Cooking
Cooking doesn't need to be difficult! Simply spend your Wednesday or Thursday evenings in the NISRA teaching kitchen where each week, an 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

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<th>Prog #</th>
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<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
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<tbody>
<tr>
<td>3618</td>
<td>Wed</td>
<td>Jun 14 - Jul 26</td>
<td>7</td>
<td>6:00 - 7:30 pm</td>
<td>$98/$172</td>
</tr>
<tr>
<td>3619</td>
<td>Thurs</td>
<td>Jun 15 - Jul 27</td>
<td>7</td>
<td>6:00 - 7:30 pm</td>
<td>$98/$172</td>
</tr>
</tbody>
</table>

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

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

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<tr>
<th>Prog #</th>
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<th>Time</th>
<th>R/NR Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>3606</td>
<td>Wed</td>
<td>Jun 14 - Jul 26</td>
<td>7</td>
<td>5:00 - 6:00 pm</td>
<td>$84/$147</td>
</tr>
</tbody>
</table>

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

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.

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<tr>
<th>Prog #</th>
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<th>Time</th>
<th>R/NR Fee</th>
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</thead>
<tbody>
<tr>
<td>2307</td>
<td>Wed</td>
<td>Jun 14 - Jul 26</td>
<td>7</td>
<td>4:30 - 5:00 pm</td>
<td>$61/$107</td>
</tr>
</tbody>
</table>

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.

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

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<th>Prog #</th>
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<th>Time</th>
<th>R/NR Fee</th>
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</thead>
<tbody>
<tr>
<td>3615</td>
<td>Fri</td>
<td>Jun 16 - Jul 28</td>
<td>7</td>
<td>5:15 - 6:15 pm</td>
<td>$63/$110</td>
</tr>
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</table>

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)  
- 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 #** | **Day** | **Dates** | **Weeks** | **Time** | **R/NR Fee**  
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 #** | **Day** | **Dates** | **Weeks** | **Time** | **R/NR Fee**  
--- | --- | --- | --- | --- | ---  
3310 | Fri | Jun 16, 30 & Jul 14, 28 | 4 | 1:00 - 3:00 pm | $80/$140  
**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.

**Explores 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 #** | **Day** | **Dates** | **Weeks** | **Time** | **R/NR Fee**  
--- | --- | --- | --- | --- | ---  
1317 | Fri | Jun 23, Jul 7 & Jul 21 | 3 | 1:00 - 3:00 pm | $63/$110  
**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 #** | **Day** | **Dates** | **Weeks** | **Time** | **R/NR Fee**  
--- | --- | --- | --- | --- | ---  
1310 | Mon/Tues | June 5, 6, 12 & 13 | 2 | 6:00 - 8:00 pm | $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**  
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** | **Dates** | **Weeks** | **Time** | **R/NR Fee**  
--- | --- | --- | --- | --- | ---  
3620 | Sat | Jun 17 - Jul 29 | 7 | 10:45 am - Noon | $58/$101  
**Bus Departs** | **Transportation Location** | **Bus Returns** | 10:15 am | NISRA Office | 12:30 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.
## Bowling

**Age Group:** 16 & Older  
**Suggest Ability Level:** All Abilities  

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

<table>
<thead>
<tr>
<th>Name &amp; Location</th>
<th>Prog #</th>
<th>Day &amp; Dates</th>
<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
<th>Min/Max</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bowlero Bowl</strong></td>
<td>2601</td>
<td>Mon, Jun 12 - Jul 24</td>
<td>6</td>
<td>5:00 - 6:30 pm</td>
<td>$83/$144</td>
<td>8/20</td>
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<tr>
<td>Bowlero</td>
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<td><em>No prog Jul 3</em></td>
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<tr>
<td>Algonquin</td>
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<tr>
<td><strong>Elgin Bowl</strong></td>
<td>0610</td>
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<tr>
<td><strong>Pioneer Bowlers</strong></td>
<td>1477</td>
<td>Thurs, Jun 15 - Jul 27</td>
<td>7</td>
<td>10:00 - 11:30 am</td>
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<tr>
<td><strong>Saturday Bowlers</strong></td>
<td>1612</td>
<td>Sat, Jun 17 - Jul 29</td>
<td>7</td>
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<td>Kingston Lanes</td>
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<td><strong>Saturday Strikers</strong></td>
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Wellness Programs

Workout @Your Choice  McHenry or Woodstock
We’ll use the equipment at the fitness center to develop strength, muscle tone, and cardiovascular health. Develop your own fitness plan and goals with the help of our staff.

Age Group: 16 & Older
Suggested Ability Level: All Abilities
Min/Max: 6/8
Staff Contact: Lauren

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<thead>
<tr>
<th>Prog #</th>
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<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
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<td>1618</td>
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NOTE: A fitness waiver is required for participation. Participants who have had medical treatment during the 2-year time frame of their Fitness Waiver need to submit a new form to their doctor and NISRA.

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

Age Group: 16 & Older
Suggested Ability Level: All Abilities
Location: Huntley R.E.C. Center
Min/Max: 6/12
Staff Contact: Emily E.

<table>
<thead>
<tr>
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<th>Weeks</th>
<th>Time</th>
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<td>No prog Jul 4</td>
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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: All Abilities
Location: Sage TR Center, NISRA
Min/Max: 6/12
Staff Contact: Emily E.

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<tr>
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<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
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<td>6</td>
<td>5:45 - 6:30 pm</td>
<td>$54/$95</td>
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<td>No prog Jul 3</td>
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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.

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.

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<tr>
<th>Prog #</th>
<th>Day</th>
<th>Dates</th>
<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
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<tbody>
<tr>
<td>2639</td>
<td>Mon</td>
<td>Jun 12 - Jul 24</td>
<td>6</td>
<td>5:00 - 5:45 pm</td>
<td>$54/$95</td>
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<td>No prog Jul 3</td>
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</table>

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.

NOTE: Please 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.
**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.

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<tr>
<th>Prog #</th>
<th>Date</th>
<th>Time</th>
<th>R/NR Fee</th>
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</thead>
<tbody>
<tr>
<td>2428</td>
<td>Jun 16</td>
<td>6:00 - 8:00 pm</td>
<td>$36/$62</td>
</tr>
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</table>

**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 - 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

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<th>Time</th>
<th>R/NR Fee</th>
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<tbody>
<tr>
<td>1429</td>
<td>Jun 30</td>
<td>6:00 - 8:00 pm</td>
<td>$40/$70</td>
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**Transportation Location**
- Sheltered Village
- McHenry Recreation Center
- The Centre, Elgin
- NISRA Office

**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

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<th>Date</th>
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<tbody>
<tr>
<td>3428</td>
<td>Jul 14</td>
<td>6:00 - 8:00 pm</td>
<td>$55/$96</td>
</tr>
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</table>

**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 - 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

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<th>Date</th>
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<tr>
<td>0408</td>
<td>Jul 28</td>
<td>6:00 - 8:00 pm</td>
<td>$40/$70</td>
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**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

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<tr>
<th>Prog #</th>
<th>Day</th>
<th>Dates</th>
<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
<th>R/NR Fee w/ Transportation</th>
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<tbody>
<tr>
<td>1400</td>
<td>Mon</td>
<td>Jun 12 - Jul 24</td>
<td>6</td>
<td>10:15 - 11:00 am</td>
<td>$44/$76</td>
<td>$86/$118</td>
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</table>

**Bus Departs**  
9:30 am  
9:55 am

**Transportation Location**  
Pioneer Center - McHenry  
Pioneer Center - Woodstock

**Bus Returns**  
11:55 am  
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.

Concerts in the Park
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.

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<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
<th>R/NR Fee w/ Transportation</th>
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<tr>
<td>2440</td>
<td>Tues</td>
<td>Jun 13, 27</td>
<td>3</td>
<td>7:00 - 8:30 pm</td>
<td>$25/$43</td>
<td>$86/$118</td>
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<td>&amp; Jul 18</td>
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**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.*

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.

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<th>Time</th>
<th>R/NR Fee</th>
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<td>2437</td>
<td>Thurs</td>
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<td>7</td>
<td>3:30 - 4:30 pm</td>
<td>$60/$104</td>
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**NOTE:** This is a raised, wheelchair-accessible garden. Garden tools will be provided.

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

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<td>6</td>
<td>12:30 - 1:45 pm</td>
<td>$51/$89</td>
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**NOTE:** This is a raised, wheelchair-accessible garden. Garden tools will be provided.
**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

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<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
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<td>1407</td>
<td>Wed</td>
<td>June 21, Jul 5 &amp; Jul 19</td>
<td>3</td>
<td>11:45 am - 1:00 pm</td>
<td>$81/$142</td>
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**Bus Departs**  
- 11:00 am  
- 11:20 am

**Transportation Location**  
- NISRA Office  
- Pioneer Center - McHenry

**Bus Returns**  
- 1:40 pm  
- 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

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<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
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<tbody>
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<td>1433</td>
<td>Wed</td>
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<td>12:00 - 2:00 pm</td>
<td>$78/$137</td>
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**Bus Departs**  
- 10:50 am  
- 11:15 am

**Transportation Location**  
- NISRA Office  
- Pioneer Center - McHenry

**Bus Returns**  
- 3:00 pm  
- 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

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<td>11:00 am - 1:00 pm</td>
<td>$154/$270</td>
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**Bus Departs**  
- 10:20 am  
- 10:40 am

**Transportation Location**  
- NISRA Office  
- Pioneer Center - McHenry

**Bus Returns**  
- 1:40 pm  
- 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

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<th>Prog #</th>
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<th>Time</th>
<th>R/NR Fee</th>
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<td>0404</td>
<td>Mon</td>
<td>Jun 12 - Jul 24</td>
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<td>9:30 - 10:30 am</td>
<td>$54/$95</td>
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<td></td>
<td></td>
<td>No prog Jul 3</td>
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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

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<tr>
<th>Prog #</th>
<th>Day</th>
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<th>Weeks</th>
<th>Time</th>
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<tbody>
<tr>
<td>5576</td>
<td>Wed</td>
<td>Jun 14 - Jul 26</td>
<td>7</td>
<td>1:00 - 1:45 pm</td>
<td>$60/$104</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Prog #</th>
<th>Day</th>
<th>Dates</th>
<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>0445</td>
<td>Thurs</td>
<td>Jun 15 - Jul 27</td>
<td>7</td>
<td>9:30 - 10:30 am</td>
<td>$63/$110</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Prog #</th>
<th>Day</th>
<th>Dates</th>
<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>5577</td>
<td>Fri</td>
<td>Jun 16 - Jul 28</td>
<td>7</td>
<td>9:30 - 10:15 am</td>
<td>$60/$104</td>
</tr>
</tbody>
</table>
ADULT SOCIAL CLUB  
Ages 21 & Older | Saturdays

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

<table>
<thead>
<tr>
<th>Prog #</th>
<th>Date</th>
<th>Time</th>
<th>R/NR Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>0935</td>
<td>Jun 17</td>
<td>*6:00 - 8:00 pm</td>
<td>$35/$61</td>
</tr>
</tbody>
</table>

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.

Adult Social Club - 4th of July BBQ
You can’t think of the 4th of July without thinking of BBQ! We’ll be headed to BBQ King to enjoy a delicious meal with friends!

Location: BBQ King, Huntley
Min/Max: 8/15
Staff Contact: Emily E.

<table>
<thead>
<tr>
<th>Prog #</th>
<th>Date</th>
<th>Time</th>
<th>R/NR Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>2931</td>
<td>Jul 1</td>
<td>6:00 - 8:00 pm</td>
<td>$52/$92</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Prog #</th>
<th>Date</th>
<th>Time</th>
<th>R/NR Fee</th>
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</thead>
<tbody>
<tr>
<td>1902</td>
<td>Jul 8</td>
<td>3:00 - 6:00 pm</td>
<td>$39/$68</td>
</tr>
</tbody>
</table>

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.
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

<table>
<thead>
<tr>
<th>Prog #</th>
<th>Date</th>
<th>Time</th>
<th>R/NR Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>0936</td>
<td>Jul 22</td>
<td>6:00 - 8:00 pm</td>
<td>$31/$54</td>
</tr>
</tbody>
</table>

**Transportation Location**  
*No transportation, meet at Hawthorne Hill Nature Center  
NISRA Office  
Sheltered Village  
McHenry Recreation Center

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

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

<table>
<thead>
<tr>
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<th>Date</th>
<th>Time</th>
<th>R/NR Fee</th>
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<td>Jul 29</td>
<td>6:00 - 8:00 pm</td>
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</table>

**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 - 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.

<table>
<thead>
<tr>
<th>Prog #</th>
<th>Date</th>
<th>Time</th>
<th>R/NR Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>2924</td>
<td>Aug 5</td>
<td>3:00 - 6:00 pm</td>
<td>$32/$57</td>
</tr>
</tbody>
</table>

**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.
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

<table>
<thead>
<tr>
<th>Prog #</th>
<th>Day Dates</th>
<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
<th>Min/Max</th>
</tr>
</thead>
<tbody>
<tr>
<td>5606</td>
<td>Mon Jun 12 - Jul 24</td>
<td>6</td>
<td>6:00 - 7:00 pm</td>
<td>$51/$89</td>
<td></td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Prog #</th>
<th>Day</th>
<th>Dates</th>
<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
<th>Min/Max</th>
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<td>$150/$263</td>
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<tr>
<td>5651</td>
<td></td>
<td></td>
<td></td>
<td>4:00 - 4:30 pm</td>
<td></td>
<td>1/1</td>
</tr>
<tr>
<td>5652</td>
<td></td>
<td></td>
<td></td>
<td>4:30 - 5:00 pm</td>
<td></td>
<td>1/1</td>
</tr>
<tr>
<td>5653</td>
<td></td>
<td></td>
<td></td>
<td>5:00 - 5:30 pm</td>
<td></td>
<td>1/1</td>
</tr>
<tr>
<td>5654</td>
<td></td>
<td></td>
<td></td>
<td>5:30 - 6:00 pm</td>
<td></td>
<td>1/1</td>
</tr>
<tr>
<td>5656</td>
<td>Tues</td>
<td>Jun 13 - Jul 25</td>
<td>6</td>
<td>3:00 - 3:30 pm</td>
<td>$150/$263</td>
<td>1/1</td>
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<tr>
<td>5657</td>
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<td></td>
<td></td>
<td>3:30 - 4:00 pm</td>
<td></td>
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<td>5:30 - 6:00 pm</td>
<td></td>
<td>1/1</td>
</tr>
<tr>
<td>5663</td>
<td>Thurs</td>
<td>Jun 15 - Jul 27</td>
<td>7</td>
<td>2:00 - 2:30 pm</td>
<td>$175/$306</td>
<td>1/1</td>
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<td>3:00 - 3:30 pm</td>
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<td>5667</td>
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<td>1/1</td>
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<tr>
<td>5668</td>
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<td></td>
<td></td>
<td>4:30 - 5:00 pm</td>
<td></td>
<td>1/1</td>
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</tbody>
</table>

*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.

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.

<table>
<thead>
<tr>
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<th>Date</th>
<th>Time</th>
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<td>Wed</td>
<td>Jul 26</td>
<td>5:00 - 7:30 pm</td>
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<tr>
<td></td>
<td>Wed</td>
<td>Aug 2 - Oct 25</td>
<td>6:30 - 8:00 pm</td>
</tr>
<tr>
<td></td>
<td>Wed</td>
<td>Nov 1</td>
<td>6:30 - 8:00 pm</td>
</tr>
<tr>
<td></td>
<td>Thurs</td>
<td>Nov 2</td>
<td>6:30 - 8:00 pm</td>
</tr>
<tr>
<td></td>
<td>Fri</td>
<td>Nov 3</td>
<td>7:00 pm</td>
</tr>
<tr>
<td></td>
<td>Sat</td>
<td>Nov 4</td>
<td>12:00 pm</td>
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<table>
<thead>
<tr>
<th>R/NR Fee</th>
<th>R/NR w/ Transportation</th>
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<tbody>
<tr>
<td>$212/$371</td>
<td>$310/$469</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Prog #</th>
<th>Day</th>
<th>Dates</th>
<th>Weeks</th>
<th>*Time</th>
<th>R/NR Fee</th>
<th>Min/Max</th>
</tr>
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<tr>
<td>5600</td>
<td>Fri</td>
<td>Jun 16 - Jul 28</td>
<td>7</td>
<td>2:00 - 4:30 pm</td>
<td>$132/$231</td>
<td>1/5</td>
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<td></td>
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<td></td>
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<td>*2:00, 2:30, 3:00, 3:30, 4:00</td>
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</tbody>
</table>

*On your Registration Form, please indicate:  
- Which type of dance you prefer (ballet, tap, jazz, pom)  
- Your preference for time slot. Fees are for a 30-minute lesson and are given on a first-come, first-serve basis. You will be contacted only if your preferred time slot is not available.

A parent/guardian is required to be in the building for the duration of the session.

---

**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

<table>
<thead>
<tr>
<th>Prog #</th>
<th>Day</th>
<th>Dates</th>
<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>5527</td>
<td>Thurs</td>
<td>Jun 15 - Jul 27</td>
<td>7</td>
<td>6:00 - 7:00 pm</td>
<td>$88/$153</td>
</tr>
</tbody>
</table>

**Art Explorations - Virtual**

Tap into your creativity with a professional artist.

**Age Group:** 16 & Older  
**Suggested Ability Level:** All Abilities  
**Min/Max:** 6/10

<table>
<thead>
<tr>
<th>Prog #</th>
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<th>Dates</th>
<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>5524</td>
<td>Thurs</td>
<td>Jun 15 - Jul 27</td>
<td>7</td>
<td>6:00 - 7:00 pm</td>
<td>$88/$153</td>
</tr>
</tbody>
</table>

*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

<table>
<thead>
<tr>
<th>Prog #</th>
<th>Day</th>
<th>Dates</th>
<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
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<tbody>
<tr>
<td>5548</td>
<td>Thurs</td>
<td>Jun 15 - Jul 27</td>
<td>7</td>
<td>6:15 - 7:00 pm</td>
<td>$88/$153</td>
</tr>
</tbody>
</table>
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.

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

---

**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

**Register by May 19**

**Staying with NISRA**

<table>
<thead>
<tr>
<th>Prog #</th>
<th>Days/Dates</th>
<th>Departure Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>6736</td>
<td>Fri, Jun 9 - Sun, Jun 11</td>
<td>6:00 am</td>
<td>$80</td>
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</table>

**Staying with Family**

<table>
<thead>
<tr>
<th>Prog #</th>
<th>Days/Dates</th>
<th>Fee</th>
</tr>
</thead>
</table>
| 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.
REGIONAL 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

<table>
<thead>
<tr>
<th>Prog #</th>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>R/NR Fee</th>
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<tbody>
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<td>Sat</td>
<td>Aug 12</td>
<td>9:00 am - 6:00 pm</td>
<td>$30</td>
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**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.

**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

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<tr>
<th>Prog #</th>
<th>Day</th>
<th>Dates</th>
<th>Weeks</th>
<th>Time</th>
<th>R/NR Fee</th>
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<tr>
<td>6779</td>
<td>Wed</td>
<td>Aug 2 - Sept 27</td>
<td>9</td>
<td>5:30 - 6:30 pm</td>
<td>$80/$129</td>
</tr>
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**Purple Knights - All Abilities**  
**Location:** West Field - Lippold Park, Crystal Lake

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<td>Aug 2 - Sept 27</td>
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<td>5:30 - 6:30 pm</td>
<td>$80/$129</td>
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**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 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

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<td>6702</td>
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<td>Aug 8 - Oct 3</td>
<td>9</td>
<td>6:30 - 8:00 pm</td>
<td>$104/$160</td>
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<tr>
<td>6703</td>
<td>Tues</td>
<td>Aug 8 - Oct 3</td>
<td>9</td>
<td>7:00 - 8:30 pm</td>
<td>$104/$160</td>
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Facilities are subject to change based on availability.

Purple Knights – Beginner/Intermediate Skills
Location: The Centre, Elgin

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<td>7:00 - 8:30 pm</td>
<td>$104/$160</td>
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Black Knights – Intermediate/Advanced Skills
Location: Marlowe Middle School, Lake in the Hills

Teal Knights – All Abilities
Location: Marlowe Middle School, Lake in the Hills

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<th>Weeks</th>
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<td>9</td>
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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
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: 

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.

______________
Part 1: For completion by NISRA Participant.
Print Name: __________________________________________
I give permission for (medical practitioner name) ___________________________ to complete this medical clearance form. It needs to be sent to NISRA prior to the start of the programs which begins on ____________ in order for me to be allowed to participate.

Date: ____________________________ Participant signature: ____________________________

______________
Part 2: For completion by medical practitioner licensed to administer physical examinations in the State of Illinois.
Please check:
_____ I support my patient’s participation in this program with no restrictions
_____ I support my patient’s participation in this program with the following restrictions: ______________________________________
_____ I do not recommend my patient’s participation in the program for the following reasons: _________________________

Date: ____________________________ Medical Practitioner’s signature: ____________________________
Medical practitioner’s address: ____________________________________________________________

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

(815) 459-0388 Fax*

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

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

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

Participant’s Name: ________________________________

Completed by: ___________________________ Relationship: _____________ Phone: (___) _________

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

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

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

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

1. Please describe a typical seizure: ____________________________________________

2. Are there any symptoms prior to the onset of the seizure? (i.e. smells, stomach pain, fear, sounds, etc.) ____________________________________________

3. What was the date of the participant’s last seizure? __/___/____

4. How long does the typical seizure last? ______________

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

___ Absence (staring spell)  ___ Atonic (Drop)  ___ Simple Partial

___ Complex Partial  ___ Generalized (Gran Mal)

___ Other (explain): ____________________________

Seizure Response Plan

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

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

2. 

3. 

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

Parent/Guardian Signature: ________________________________ Date: ____________________

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

A Registration Note...
Although some NISRA programs are offered according to disability classifications, these classifications should only be considered as recommendations. For example, if a particular program is offered for a specific group and your child does not have that classification, but meets other social, physical and behavioral requirements to participate, please feel free to register for it.

Annual Registration Update
Once each year, all registrants are requested to complete an Annual Update form in order for NISRA to update its record. This process helps the staff provide the safest and best care possible.

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

Credits and Refunds
Credits and refunds must be requested three business days prior to the start of the program. The cost of the program minus a $5.00 processing fee will be refunded (unless tickets have been purchased or supplies bought and there is no one on the waiting list to take the spot). Credits and refunds will not be issued after the second week of the program, except for medical or unavoidable circumstances only (e.g., job transfer, moving, etc.). Proof of the reason may be required. A prorated credit or refund, minus the processing fee, will be issued. No cash refunds will be given, regardless of how the payment was made. New: NISRA uses discretion when deciding to cancel programs due to inclement weather conditions, watches and warnings. Credits or refunds will not be given due to weather cancellations. A maximum of one session per program will be rescheduled if possible.

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

If you register on paper and include an email or register online by the deadline, you will be notified of the status of your registration by email. See pages 47 & 48 for more information about program policies and transportation.

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

Township Information
We ask for your township on the Registration Form because area townships annually give grants to NISRA. Listing your township allows NISRA to provide the townships with participation statistics to support their giving. If you are unsure of your township:
• check your voter registration card
• check your property tax bill
• call the county office or township office closest to your home

Procedure for Seizure Information
If your Registration Form indicates that the participant experiences seizures, a completed Seizure Questionnaire (included in this brochure), or equivalent seizure plan is required for participation in NISRA programs. This document is sent on file and distributed to the leaders of the programs for which the registrant is enrolled. Once each year it is your responsibility to review & update your form if necessary. If you have any questions about this procedure, please contact the NISRA office.

Fitness Waiver for Fitness Programs
Due to the physical nature of NISRA’s fitness programs, the circumstances at some facilities, and the exertion that participants may undertake, NISRA requires a fitness waiver prior to program participation. The form is included in this brochure. The clearance to participate will be valid for 2 years from the date on which it was signed by the participant’s medical practitioner. If the participant has medical treatment during the 2 year time frame of the Fitness Waiver, he/she needs to submit a new form to the doctor & NISRA.

Photos/Videos
NISRA occasionally takes photographs or video of participants for promoting/advertising our programs, services, events, activities, and facilities in our brochures, website or agency social media, member district publications, and other promotional avenues. By registering for, participating in or attending NISRA programs, events, or other activities, the participant (or parent/guardian of a minor participant) irrevocably agrees to the use and distribution by NISRA of his/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.
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!

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 ___________________________ School District _______________ Teacher ___________________________

Employer/Service Provider ___________________________ Caseworker ___________________________ Phone( ____________ ) ___________________________

Primary Disability ___________________________ Secondary Disability ___________________________

Down syndrome? Yes ☐ No ☐ If yes, check for Atlanto-Axial Subluxation Condition? _________ Date condition cleared? _________________

Seizures? Yes ☐ No ☐ If new & no Seizure Questionnaire is on file, please complete the form in this brochure & return with registration.

Contact Information (Family/Guardian/Group Home)

If the participant is an adult, does he or she have his or her own legal guardian status? Yes ☐ No ☐

In the event that the CDC and IDPH Covid-19 mak guidelines change, can the participant wear a mask? Yes ☐ No ☐

Primary Contact Information - person who should be contact FIRST

Last Name ___________________________ First Name ___________________________ Relationship ___________________________

Email Address (please print) __________________________________________

Primary Phone ( ____________ ) ___________________________ Participant Phone ( ____________ ) ___________________________

Alternate Phone ( ____________ ) ___________________________ Work Phone ( ____________ ) ___________________________

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

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

Last Name ___________________________ First Name ___________________________ Relationship ___________________________

Email Address (please print) __________________________________________

Primary Phone ( ____________ ) ___________________________ Alternate Phone ( ____________ ) ___________________________

Work Phone ( ____________ ) ___________________________

Group Home Name __________________________________________

Group Home Contact Name ___________________________

Phone ( ____________ ) ___________________________ Email Address ___________________________

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

Last Name ___________________________ First Name ___________________________ Relationship ___________________________

Primary Phone ( ____________ ) ___________________________ Alternate Phone ( ____________ ) ___________________________

Work Phone ( ____________ ) ___________________________

Alternate Emergency Contact

Last Name ___________________________ First Name ___________________________ Relationship ___________________________

Primary Phone ( ____________ ) ___________________________ Alternate Phone ( ____________ ) ___________________________

Work Phone ( ____________ ) ___________________________

It might be time! Just ONCE A YEAR, we’re requesting that you complete the Annual Information Form. (next pages)

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Cash ________________________ Scholarship ________________________

Charge ________________________ NISRA Respite ________________________

No pymnt recvd ________________________ + / - Credit/Balance Due ________________________

Grand Total = ________________________ Amount Paid ________________________

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

SIGN NEXT PAGE
<table>
<thead>
<tr>
<th>Program #</th>
<th>Program Name</th>
<th>Transportation Location *if offered</th>
<th>Program Fee</th>
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Subtotal of Fee Due minus any available credits =

Contribution to NISRA Foundation for scholarships, accessible busses, and innovative programs

Total Fee Due (submit along with registration form)

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

Account # _____ _____ _____ _____ _____ _____ Exp. Date ____/____ Security Code _______

Cardholder Name (please print) ___________________________________ Signature __________________________________

Cardholder Address _______________________________________ City _________________ State ____ Zip ________________

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

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

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

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

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

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

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

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

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

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

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

Parent/Guardian Signature ______________________________________ Date __________________________________

Relationship to Participant __________________________________

*Participant may sign if they are their own guardian

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

Mail or drop off form to: NISRA | 285 Memorial Drive | Crystal Lake, IL 60014 (see page 3 for dates the office is closed)
**Program & Registration Information**

**Programs by Age & Ability Level**

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

**Disability Classifications**

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

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

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

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

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

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

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

**Inclusion Services**

**What about a general recreation program?**

We understand that not every person with a disability needs a NISRA program. NISRA provides assistance to our member park districts and recreation departments to include residents with disabilities in their programs. Types of support may include staff training, adapted equipment, sign language assistance or a program aide. Register for your home district program and for more information, call Mia 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 programs, 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.
Severe Weather Guidelines
The guidelines below are used by NISRA Staff to determine whether to delay or cancel programs. Program updates and cancellations will be on Rainout Line. 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 exist:
- Fever over 100 degrees within the last 24 hours
- Vomiting within the last 24 hours
- Persistent diarrhea
- Persistent cough and/or cold symptoms
- "Pink Eye" (conjunctivitis)
- Symptoms of mumps, measles, chicken pox, strep throat, flu, impetigo, or Hand, Foot & Mouth Disease
- Runny nose with yellow or green discharge (indicates infections)
- Lice or mites present
- Contagious rash or rash of unknown origin
- COVID-19 symptoms

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

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

Pick-Up & Drop-Off Locations
Generally, buses will try to be in front of the building:
- Barrington Park District Langendorf Park
- Cary Park District Community Center
- The Centre, Elgin
- 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 de-escalation techniques, targeted to assist participants in crisis. Handle with Care training also teaches staff how to perform safe physical restraint techniques for participants who may become aggressive, assaultive or cause harm to themselves or others.

Please note that safe physical restraint is only used as an absolute last resort as a means for behavior management. NISRA will only use safe physical restraint if all other behavior management techniques have been exhausted or participants are in imminent danger. If Handle with Care techniques are used with your participant, you will always be notified by a NISRA staff.

Can’t Make it to the Program?
Please call NISRA at (815) 459-0737 and dial 1 for the Emergency Mailbox, to have your message relayed to the driver. Drivers can wait a maximum of 5 minutes before they must leave for the other pick-up points and/or the program.

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

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

Listen for the prompt to leave a message in the Emergency Mailbox (ext. 1). Your message will be forwarded to the staff member on-call who will respond as needed.
ANNUAL INFORMATION UPDATE
Please complete and return this Annual Information Form once a year in summer or fall or if you have new information that NISRA needs in order to update its records for the safety of the participant.

Participant Information
New Participant? □ Yes □ No, just updating information

Last Name ______________________________ First Name ______________________________ Birthdate __________________
Address _________________________________ City ______________ State _______ Zip _____________
Subdivision (if applicable) __________________________ Township __________________________ County ______________
Primary Disability ______________________________________________________________________________________________________________
Secondary Disability _____________________________________________________________________________________________________________
Down syndrome? □ Yes □ No
If yes, checked for Atlanto-Axial Subluxation Condition? _____ Date Condition Cleared? _____
Primary Language Used in the Household ______________________________

Allergies
□ Food Allergies: Type & Details: __________________________________________________________
□ Insect Bite Allergies: Type & Details: ____________________________________________________
□ Medication Allergies: Type & Details: __________________________________________________
□ Other (list): Details: _________________________________________________________________

Dietary Restrictions (includes Diabetes, PKU) & Other Conditions
Condition: ____________________________________________________________________________
Details: ______________________________________________________________________________
□ Eyeglasses □ Shunts □ Other (list) __________________________________________________________________________________________

Communication Needs
□ Uses Hearing Aid(s) Which ear? __________________________
□ Speech Reads
□ Uses Sign Language □ Sign Language Interpreter Needed Details: ____________________________
□ Uses Communication System (Ex. PECs, picture schedules) Details: _________________________
□ Needs Assistance Details: ______________________________________________________________
□ Non-Verbal Details: ___________________________________________________________________

Daily Living Skills
□ Feeding Assistance Required Details: ______________________________________________________
□ Toilet Assistance Required Details: _______________________________________________________
□ Dressing Assistance Required Details: ____________________________________________________
□ Assistance with Money Details: __________________________________________________________
Reading Skills: _________________________________________________________________________
Other: ________________________________________________________________________________

Mail or drop off form(s) to: NISRA, 285 Memorial Drive, Crystal Lake, IL 60014
Please continue to next page!
**Participant Name ___________________________________________**

**Doctor Name _______________________________________________**  
**Phone Number: _____________________________________________**

**Medication**  
*For emergencies (in case NISRA would need to supply paramedics with the participant's current medications)*

Please list them below:

<table>
<thead>
<tr>
<th>Medication Name</th>
<th>Dosage</th>
<th>Time</th>
<th>Purpose</th>
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If medication is to be dispensed by NISRA staff, please contact the NISRA Office to obtain a Medication Dispensing Waiver and additional information.

Details on Assistance with Medication: ____________________________________________________________________________________________  
____________________________________________________________________________________________________________________________________

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

**Mobility & Transportation**

☐ Uses Wheelchair  ☐ Transfers Independently  ☐ Needs Harness Hook-Up

☐ Uses Amigo  ☐ Transfers with Assistance

Wheelchair Type (power or manual): __________________________________________________________

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

Is bus aide requested?  ☐ Yes  ☐ No  If yes, explain why: _______________________________________

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

**Seizures**  
☐ Yes  ☐ No  If yes, please complete a Seizure Questionnaire (in this brochure) and return it to the NISRA Office.

**Releases**  
☐ OK to remain independently after Program  Details: ____________________________________________

NISRA sometimes contacts schools/caseworkers/service providers for information to better serve the participant's needs.  
If you do not wish to give permission, please initial here: __________

**Sensory/Behavioral/Other**

☐ Sensory processing difficulties?  
Details: ________________________________________________________________________________

Describe any calming techniques used: ________________________________________________________

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

☐ Understanding of sexual information: ______________________________________________________

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

Person Completed Form: __________________________  Phone: __________________________  Email: __________________________

**Participant/Parent Signature: ______________________________________  Date: __________________________**  
*Participant may only sign if they are their own guardian*
FACILITIES

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

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

BARRINGTON AREA

Barrington Park District Fitness & Recreation Center & Langendorf Park & Aquafusion
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

BARRINGTON PARK DISTRICT FITNESS & RECREATION CENTER & LANGENDORF PARK & AQUAFUSION

Main Beach
300 Lakeshore Drive
Crystal Lake

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

Sporer 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

Woods creek Park
1420 Willow Tree Drive
Crystal Lake

CRACKNER PARK DISTRICT COMMUNITY CENTER

Dundie Park
Georgetown Drive at Cimarron Drive
Cary

Sunburst Bay Aquatic Center
120 1st Street
Cary

The Hollows Conservation Area
3004 US Highway 14
Cary

WALNUT HOLLOW DISC GOLF COURSE

6 Jefferson Lane
Cary

CRYSTAL LAKE

(CRACKNER INCLUDING ALGONQUIN)

Bowlero
1611 S. Randall Road
Algonquin
(815) 658-2257

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

Crystal Lake Racket Club
9101 South Route 31
Algonquin
(815) 658-5688

First Congregational Church
461 Pierson Street
Crystal Lake

Lippold Park
1251 West Route 176
Crystal Lake

CRYSTAL LAKE (INCLUDING ALGONQUIN)

Main Beach
300 Lakeshore Drive
Crystal Lake

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

Sporer 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

Woods creek Park
1420 Willow Tree Drive
Crystal Lake

DUNDEE AREA

(DUDEE 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
Elgin
(847) 931-6200

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

HAMPDEN

Hamphire Park District Recreation Center
390 South Avenue
Hamphire
(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

51
-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.