



# FALL 2024

Registration Begins: July 18 Registration Ends: August 20



# WHAT'S NEW?

# **Staff Updates**

We'd like to welcome **Anahi Troncoso** to the team as the Central Regional Coordinator! Anahi has worked as a part-time staff at FVSRA and NWCSRA, and she recently completed her internship at WDSRA. With a bachelor's in Therapeutic Recreation, she brings a wealth of knowledge and experience to our team. Anahi would love to implement more animal-based programs. Her favorite recreation activities are swimming and Zumba/dancing!

MacKenzie Dombrowski joined the NISRA team in May as the Manager of Cultural Arts and Special Events! She has her master's degree in Therapeutic Recreation and is a CTRS. MacKenzie's past experience includes managing inclusion, cultural arts and special events at various Special Recreation Associations! In her free time, she loves to walk outdoors with friends and family, play volleyball (indoor + beach) and enjoys working out.



### Club Updates

All clubs will now be together serving adults 18 years and older. There will no longer be teen clubs or youth social clubs. You will find all adult social clubs on **pages 29 - 33**, check out all the fun things we have planned!

We recently added new equipment in the Sage Therapeutic Recreation Center. Our gaming area now features a PlayStation 5 and a Smart TV. We've also added an Infinity Gaming Table, offering a variety of digital board games and interactive activities for everyone to enjoy. But that's not all...

Our sensory room has also received a fun upgrade! We've installed a brand-new interactive floor projector, complete with 25 engaging and interactive games. This innovative addition provides a dynamic and stimulating environment, perfect for all ages.





# **FALL SESSION DATES**

Please refer to each program for exceptions!

Mondays: September 16 – November 4 Tuesdays: September 17 – November 5 Wednesdays: September 18 – November 6 Thursdays: September 19 – November 7

No program 10/31 after 3:00 pm

**Fridays:** September 20 – November 8 **Saturdays:** September 21 – November 9

# **DEADLINES**

Resident Priority Registration Ends: August 13
Non-Resident Registration Begins: August 14
Final Registration Readlines August 20

Final Registration Deadline: August 20

(Residents of NISRA's 13 member districts will be registered first. Non-residents may submit their registration at any time. However, their forms will be processed in the order that they were received beginning **August 14**)

# **LOOKING AHEAD**

Winter/Spring Brochure Preview: November 11 - 13

Winter/Spring Brochure & Registration Opens: November 14



# WELCOME TO NISRA

### **Our Mission**

Enriching the lives of people with disabilities through meaningful recreation experiences.

### Our Vision

To be a community of limitation free recreation.

### **Our Values**

- Fun
- Professional
- Compassionate
- Trustworthy
- Innovative



# NISRA OFFICE 285 Memorial Drive Crystal Lake, IL 60014

Phone: (815) 459-0737 Fax: (815) 459-0388 Email: info@nisra.org Website: www.nisra.org

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

The office will be closed on the following dates:

August 22 - 23, 2024 September 2, 2024 November 28 - 29, 2024 December 24, 25, & 31, 2024 January 1, 2025

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

# Asistencia en Español

Si quiesiera inscribirse en un programa, y necesita asistencia en Español, favor llamar a la oficina de NISRA. Deje un mensaje en extensión 6. Alguien les respondera lo mas pronto posible. (815) 459-0737, ext. 6

### **Brochure Available in Audio**

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

# Americans with Disabilities Act (ADA)

NISRA will comply with the ADA, which prohibits discrimination in the provision of services, programs or facilities to individuals with disabilities. NISRA works closely with its member park districts and recreation departments to provide information on program inclusion, facility accessibility and communication devices. NISRA will make reasonable accommodations in recreation programs to enable participation by an individual with a disability who meets essential eligibility requirements for that recreation program. If you have questions about NISRA or the ADA, or believe that you have been unfairly discriminated against by NISRA, please call Jim Wiseman at (815) 459-0737.

### What is NISRA?

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

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

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

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

### For:

**Index of All Programs by Name** 

Page 5

Annual Information Update

Pages 53 - 54

**Facility Locations** 

Page 59

Fitness Program Waiver

Page 575

**Illness Guidelines** 

Page 50

**NISRA Foundation** 

Pages 6 - 7

**Program Information** 

Pages 48 - 50

**Registration Information** 

Pages 47 - 49

**Registration Form** 

Pages 51 - 52

**Rainout Line Information** 

Page 46

**Seizure Questionnaire** 

Page 56

**Severe Weather Guidelines** 

Page 50

**Special Olympics Information** 

Page 41

**Wellness Programs** 

Page 27 - 28

# **Key to Symbols/Abbreviations:**

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

R/NR

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



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

No Program

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

Min/Max

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



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



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



# **BOARD & STAFF**

### **Board of Directors**

**Terry Jennings Dan Jones lason Herbster Dave Peterson** Maria Cumpata Laura Schraw Lou Leone Scott Crowe **Randy Splitt Dan Bertrand Bill Hobson** 

**Tim Staton Mark Pentecost**  Barrington Park District Cary Park District Crystal Lake Park District **Dundee Township Park District** City of Elgin

Hampshire Township Park District City of Harvard **Huntley Park District** Village of Lake in the Hills Marengo Park District City of McHenry

Wauconda Park District City of Woodstock

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

### **Administrative Staff**

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

Senior Manager of Finance & Administration

lennifer 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

Laura Cullotta, B.A., ext. 225 Senior Manager of Donor Engagement & Development

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

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, M.S., CPRP, CTRS, ext. 223 Senior Manager of Recreation

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

Emily Eliscu, B.S., CTRS, ext. 226 Manager of Special Olympics

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

Trisha Seng, B.S., CPRP, CTRS, QIDP, CTRI, ext. 249 Manager of Adult Day & Veterans Programs

MacKenzie Dombrowski, M.S., CTRS ext. 246 Manager of Cultural Arts & Special Events

# **Your Regional Coordinator**

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



# **Anahi Troncoso- Central Region**

Please call Anahi at extension 248 or email her at atroncoso@nisra.org with program suggestions for the Lake in the Hills, Crystal Lake, and Huntley areas.

# **Rodney Ervin - Northwest Region**

Please call Rodney at extension 265 or email him at rervin@nisra.org with program suggestions for the Harvard, Marengo, McHenry, and Woodstock areas.



# Nikki Freeman - Eastern Region

Please call Nikki at extension 229 or email her at nfreeman@nisra.org with program suggestions for the Wauconda, Barrington, and Cary 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 and Hampshire areas.



Anahi Troncoso, B.S., ext. 248 Central Regional Coordinator; Please call Anahi with program ideas for Crystal Lake, Huntley and Lake in the Hills

### Rodney Ervin, M.S., ext. 265

Northwest Regional Coordinator; Please call Rodney with program ideas for Harvard, Marengo, McHenry and Woodstock

### Nikki Freeman, B.A., ext. 229

Eastern Regional Coordinator; Please call Nikki with program ideas for Barrington, Wauconda and Cary

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

Southern Regional Coordinator; Please call David with program ideas for Dundee Township, Elgin and Hampshire

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

LIFE Program Recreation Specialist, Crystal Lake

### Heather Hetzel, A.A., ext. 235

LIFE Program Recreation Specialist, Carpentersville

### Macky Leech, DSP, ext. 235

**Bright Program Recreation Specialist** 

### Nikki Eisenrich, B.S.

Veterans Program Specialist

### **Nancy Somoza**

Healthy Minds Healthy Bodies Specialist

# CTRS & CPRP

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

# **PROGRAM INDEX**

<b>Special</b>	Events,	Family	y Events	& Trips
Coocial	conto 0 tris	ac ara lic	tad an nag	. 0 12

Special events & trips are listed on pages 8 - 13 Sensory Programs are listed on page 14

Young (	Children
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Jumpin' Gymnastics	16
Kids Klub	16
Little Ninja	16
Swim Skills	17

# Youth & Young Teens

Buddy Baseball	21
Climb On	19
Gamers Paradise	20
Ice Skating - Learn to Skate	21
Jumpin' Gymnastics (7 - 12)	19
Kids Cooking Around the World	19
Ninja White	19
Rock Climbing	
Saturday Fun Club (6 - 18)	21
"Special Focus" Karate	18
Sports Skills - Basket & Soccer	18
Super Saturdays	_
Vouth Rowling	

### **Teens & Adults**

Archery	
Baking Buddies	23
Bowling	
Creative Creations	22
Friday Night Disc Golf - Outdoor	24
Friday Night Supper Club	24
Gaming Galore	22
Holiday Baking Buddies	25
Just Keep Rowing	28
Pickle Ball	27
Simply Cooking	22
Tennis - Beginner	
Tuesday Night Adventures	25
Virtual Gaming Group	25
Workout @ Woodstock Recreation Center	
Yoga	27
	20

### Adults 21 & Older

Adult Social Clubs	. 29 - 33
AID Movement Mash Up	. 26
AID Yoga	. 26
Aquacize	. 35
Aqua Fit	
Coffee Around Town	. 35
Fitness Swim	. 15
Friday Friends	. 34
Gardening Club	
Lunch Bunch	. 34
Movie Review Crew	. 34
Out -n- About	. 15
Restaurant Hoppers	. 15
Strength Through Adult Relationships (STAR)	

### **Cultural Arts**

AID Amazing Artists	40
AID Glee Club	40
Art Attack	37
Art Explorations - Virtual	37
Bell Choir	38
Encore! Joyful Noise	39
Fused Glass Workshops	
Group Music Therapy	
Individual Music Lessons	38
Kingpins Drumline	39
NISRA Amazing Artists	37
Pioneer Art-ability	40

# **Special Olympics**

Alpine Skiing	42
Basketball	43
Gold in Sight	
Powerlifting	
Rhythmic Gymnastics	
Snowshoeing	
Swimming	



# **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:

- 82 cents goes to support NISRA programs and services
- 14 cents goes to fundraising costs
- 4 cents goes to management and administrative expenses

# What the Foundation Does

The NISRA Foundation was created in 1991 to preserve the future funding and quality of NISRA services. The Foundation raises money through fundraising events, grant solicitation and donations in order to exclusively support NISRA programs and services. Since its inception, the Foundation has made annual grants to NISRA, cumulatively exceeding \$2.8 million, for the following purposes:

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

# The Foundation Board

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

# **Foundation Board of Directors**

Annette Hammortree, *President*Pat Kallaus, *Vice President*Julie Amendt, *Treasurer*Jim Wiseman, *Secretary*Cheryl Hayes

Reggie Layoff Jessica Loustaunau Susan Schott Randy Splitt



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:









# **GIVE THE GIFT OF FUN!**

# Volunteer

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

# **Donate**

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

# **Tell Family & Friends**

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

# SPECIAL THANKS...

- NISRA Foundation's Bowl-A-Thon Supporters
- Dundee Township Lions Club
- Huntley Park District's Adult Prom
- Knights of Columbus
- Northwestern Memorial Health
- NISRA Foundation's Spring Shootout Supporters
- Top Cats of Illinois Ride Rock Rumble Supporters
- Weiler Family Foundation
- Wiseman Family

# ANNUAL WOMEN'S GOLF OUTING Dundee 500 Pandall Oaks Speedway SEPTEMBER 10, 2024 | 10:00 AM RANDALL OAKS GOLF CLUB & BANQUETS

# **SAVE THE DATES!**

# Women's Golf Outing

**Tuesday, September 10** 

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

# **Fall Diddley**

Saturday, October 12 - Sunday, October 13

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

# **Holiday Fashion Show**

Saturday, November 23

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

Sponsorship & Volunteer Opportunities Available!





Be a part of the fun! For more information, contact:

Laura Cullotta

Senior Manager of Donor Engagement & Development lcullotta@nisra.org or (815) 459-0737, ext. 225

# TRIPS

# **General Information about Trips**

### Eligibility

Participants must have a moderate level of independence skills for overnight trips. Participants must refrain from physical or verbal aggression. All participants must be independent in personal care such as bathing, toileting, eating, dressing, and caring for their belongings. Participants will be expected to take showers once a day in AM or PM, follow scheduled activities, stay with the group, and help with general activities of daily living including cleaning, and food preparation. After the registration is received, a NISRA staff member will contact the participant/family by phone to discuss the trip and participant safety. NISRA staff will determine participant approval to ensure a successful and safe trip for everyone. Participants will be placed on a waitlist in the order their registration was received. Eligible participants will be enrolled and charged appropriate fees at that time (i.e. deposit). Enrolled individuals will receive an updated program confirmation.

### Housing

Trip accommodations are double occupancy. Participants will be sharing rooms with peers and will have their own bed. A NISRA staff member may not be staying in the room with participants. Room assignments will be made by the staff coordinating the trip due to safety. 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.

# Adult Trip - Major League Baseball Spring Training



It doesn't get much more exciting than springtime in Mesa, Arizona watching the Cubs and the Sox get ready for their baseball seasons!

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: Trisha

Prog # Days R/NR Deposit Dates Sun - Thu 3/9 - 3/13 \$50 to reserve a spot

Bus Departs from NISRA **Bus Returns to NISRA** 

3/9 - TBD 3/13 - TBD



NOTE: Fee includes air fare, ground transportation, lodging, meals, activities, and staff supervision. The \$50 deposit is required to register for the trip. Upon eligibility, participants will be charged \$450. The final cost (estimated \$2,200 - \$2,600 for residents and \$2,600 - \$3,000 for non-residents) will be determined following airline booking. Final payment will be due by January 17. 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.

# WINTER BREAK SCENE & DANCES

**Transportation Location** 

Sheltered Village

McHenry Recreation Center

Min/Max

3/12

3/30

# Winter Break Scene 🙄 🕒 🦠

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

**Age Group:** 7 - 22

Suggested Ability Level: All Abilities

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

Staff Contact: Jordan

			(no transp.)	(w/ transp.)	
Prog#	Days/Dates	Time	R/NR Fee	R/NR Fee	Min/Max
8860	Week I: Mon, Thu, Fri - 12/23, 12/26, & 12/27	9:00 am - 3:00 pm	\$120/\$210	\$141/\$231	6/10
8665	Week II: Mon, Thu, Fri - 12/30,1/2, 1/3	9:00 am - 3:00 pm	\$120/\$210	\$141/\$231	6/10

<b>Bus Departs</b>	Transportation Location	<b>Bus Returns</b>
8:00 am	Woodstock Recreation Center	4:00 pm
8:30 am	L <mark>IT</mark> H Village Hall	3:30 pm

**NOTE:** Please bring a labeled sack lunch and drink each day. NISRA will provide an afternoon snack. Please bring a labeled swimsuit & towel on 12/23, 12/27, 12/30 and 1/3 for swimming at The Centre of Elgin. The group may go on some local field trips.

# Halloween Dance



Staff Contact: MacKenzie

<u>Day</u>	Date	Time	R/NR Fee	R/NR Fee w/ Transportation
Fri	10/25	6:00 - 8:00 pm	\$17/\$30	\$28/\$41

**NOTE:** A light snack and water will be provided. Transportation times 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.

# Holiday Dance

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

Program # 8471
8472

Age Group: 18 & Older

Suggested Ability Level: All Abilities

8470

NISRA Office

\*No transportation; meet at dance 1/50

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

Staff Contact: MacKenzie

<u>Day</u>	Date	Time	R/NR Fee	R/NR Fee w/ Transportation
	12/14	3:00 - 5:00 pm	\$17/\$30	\$28/\$41

**NOTE:** A light snack and water will be provided. Transportation times 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 participants for each location in order for transportation to run.

# **SPECIAL EVENTS**

# Transportation Update & Locations 💬 💍 🦠



The following special events will only show transportation locations. Transportation times 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.

# Lake Geneva Boat Ride



Enjoy a relaxing boat tour of Lake Geneva and an ice cream social! Learn the history behind the Wrigley residences and the secrets of the remarkable Stone Manor.

Age Group: 18 & Older

Suggested Ability Level: All Abilities

Location: Lake Geneva, WI

Min/Max: 10/30

Staff Contact: MacKenzie

Prog#	<u>Day</u>	Date	Time	R/NR Fee
8443	Sun	9/29	2:00 - 4:00pm	\$77\$134

### **Transportation Location**

NISRA Office Sheltered Village The Centre, Elgin

**NOTE:** Please eat lunch prior to attending this event. In the event of inclement weather, this program will be canceled. There is no dairy-free option.

# Holiday Magic at Brookfield Zoo



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

Age Group: 13 & Older

Suggested Ability Level: All Abilities Location: Brookfield Zoo, Brookfield

Min/Max: 10/25

Staff Contact: MacKenzie

Prog#	Day	Date	Time	R/NR Fee
8603	Sun	12/8	3:00 - 7:00 pm	\$95/\$167

### **Transportation Location**

NISRA Office The Centre, Elgin

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



# Holiday Shopping & Lunch [ ]



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

Age Group: 18 & Older

Suggested Ability Level: All Abilities Location: CherryVale Mall, Rockford

Min/Max: 10/25

Staff Contact: MacKenzie

Prog#	Day	Date	Time	R/NR Fee
8401	Tue	11/26	10:30 am - 3:00 pm	\$67/\$118

### Transportation Location

NISRA Office Sheltered Village The Centre, Elgin

**NOTE:** Please bring shopping list and sufficient money for your purchases. Lunch costs are included in the program



# SPECIAL EVENTS

# Larsen Lights & Gobbert's Holiday Lights



We're headed to the largest drive-in Christmas light show there is! Come experience the magic of the holiday season and maybe see guest appearances by Elsa, the Grinch, and even Santa!

Age Group: 13 & Older

Suggested Ability Level: All Abilities Location: Goebbert's Farm, Pingree Grove

Min/Max: 10/25

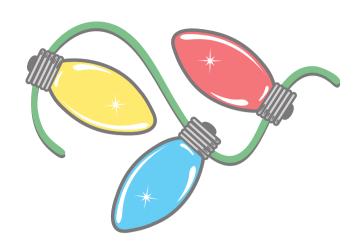
Staff Contact: MacKenzie

Prog#	Day	Date	Time	R/NR Fee
8639	Wed	12/11	6:00 - 7:30 nm	\$19/\$32



NISRA Office **Sheltered Village** The Centre, Elgin





### **Pictures with Santa**

Come get your annual holiday picture with the jolliest guy in town, Santa! Share with him what is on your list and enjoy self-led activities available in the community room.

Age Group: All Ages

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

Min/Max: 10/30

Staff Contact: MacKenzie

Prog#	<u>Day</u>	Date	Time	R/NR Fee
8612	_		5:00 - 7:00 pm	\$2/\$2

**NOTE:** This event is a drop-in and no timeslot is required. Stop by anytime between 5:00 and 7:00 pm. NISRA staff will be assisting with the event and are unable to supervise participants. This is a sensory-friendly experience.

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

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

Age Group: 7-12

Locations:

9/21: Sage TR Center, NISRA 10/19: Gigi's Playhouse, McHenry

11/16: The Centre, Elgin

Min/Max: 4/12 Staff Contact: Mia

Prog #	<u> </u>	Date	Time	R/NR Fee
8230	Sat	9/21	11:30 am - 1:30 pm	FREE!
8231	Sat	10/19	11:30 am - 1:30 pm	FREE!
8232	Sat	11/16	11:30 am - 1:30 pm	FREE!



# **CO-OP AND FAMILY EVENTS**

### Family Open Gym Gymnastics

Family Open Gym is a fun and inclusive program for families to engage in physical activity and play together. This program offers a variety of activities for free-movement play, perfect for a day well spent together.

Age Group: 3 & Older

**Suggested Ability Level:** All Abilities **Location:** Fire House Gym, Johnsburg

Min/Max: 15/50
Staff Contact: Rodney



Prog #	<u>Day</u>	Date	Time	R/NR Fee
1641	Sun	10/6	1:00 - 3:00 pm	\$3/\$7
1642	Sun	11/10	1:00 - 3:00 pm	\$3/\$7

**NOTE:** Participants will not be enrolled in the program until a family member has submitted their registration. 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 Zoo Trip - Milwaukee

Embark on a wild adventure as you journey through the gates of the Milwaukee Zoo! Get ready to witness the beauty of nature up close and personal on a self-led exploration.

Age Group: 3 & Older

Suggested Ability Level: All Abilities

**Location:** Milwaukee Zoo, WI

Min/Max: 9/15

Staff Contact: MacKenzie

Prog #	<u>Day</u>	Date	Time	R/NR Fee
8634	Sun	9/15	10:30 am - 2:30 pm	\$15/\$26

Bus Departs Transportation Location Bus Returns
9:00 am NISRA Office 4:00 pm

**NOTE:** Please dress for the weather. Plan to bring a sack lunch or extra money to purchase snacks or souvenirs. Participants will not be enrolled in the program until a family member has submitted their registration. 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 Hayride & Bonfire - Sterne's Woods

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

Age Group: 3 & Older

**Suggested Ability Level:** All Abilities **Location:** Sterne's Woods, Crystal Lake

Min/Max: 8/30 Staff Contact: Anahi

Prog#	<u>Day</u>	Date	Time	R/NR Fee
2638	Sun	10/6	4:00 - 6:00 pm	\$5/\$9

**NOTE:** Please dress appropriately for the weather. In the event of inclement weather, this program will be canceled. The hayride is **not** wheelchair accessible. Please register for just one hayride so that more people can participate. Participants will not be enrolled in the program until a family member has submitted their registration. 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.



# **CO-OP AND FAMILY EVENTS**

# Family Hayride & Bonfire - Randall Oaks 🦠

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

Age Group: 3 & Older

Suggested Ability Level: All Abilities

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

Min/Max: 8/25
Staff Contact: David

Prog #	Day	Date	Time	R/NR Fee
0643	_	10/20	4:30 - 6:30 pm	\$5/\$9

**NOTE:** Please dress appropriately for the weather. In the event of inclement weather, this program will be canceled. The hayride is **not** wheelchair accessible. Please register for just one hayride so that more people can participate. Participants will not be enrolled in the program until a family member has submitted their registration. Family members need to register, more than one family member can register. NISRA staff will be assisting with the program and are unable to supervise participants.



# **Family Bowling**

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

Age Group: All Ages

Suggested Ability Level: All Abilities

Location: Glo-Bowl, Marengo

Min/Max: 8/24

Staff Contact: Rodney

Prog #	<u>Day</u>	Dates	Weeks	Time
1638	Wed	9/18 - 10/30	7	5:00 - 6:30 pm
D/ND E		Family F	AID Foo	

<u>R/NR Fee Family R/NK Fee</u> \$63\$110 \$72/\$126

**NOTE:** Participants will not be enrolled in the program until a family member has submitted their registration. 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 Holiday Light Tour



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

Age Group: 3 & Older

**Suggested Ability Level:** All Abilities **Location:** Village of Lake in the Hills

Min/Max: 6/20 Staff Contact: Anahi

Prog #	Day	Date	Time	<b>R/NR Fee</b>
2610	Thu	12/19	5:15 pm - TBD	\$6/\$7

Bus Departs	Transportation Location	Bus Returns
5:00 pm	NISRA Office	TBD
5:15 pm	*No transportation	TBD

**NOTE:** Participants will not be enrolled in the program until a family member has submitted their registration. 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.

\*If no transportation is chosen please meet at Lake in the Hills Village Hall. Everyone will ride a NISRA bus for the tour.



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

Age Group: 3 & Older

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

Staff Contact: Nikki

Prog #	<u>Day</u>	Dates	Weeks	Time	R/NR Fee	Min/Max
6020	Wed	9/18 - 10/23	6	4:00 - 4:30 pm	\$90/\$158	1/1
6021	Wed	9/18 - 10/23	6	4:30 - 5:00 pm	\$90/\$158	1/1
6022	Wed	9/18 - 10/23	6	5:00 - 5:30 pm	\$90/\$158	1/1
6023	Wed	9/18 - 10/23	6	5:30 - 6:00 pm	\$90/\$158	1/1

### 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: Nikki

Prog #	Age Group	<u>Day</u>	Dates	Weeks	Time	R/NR Fee	Min/Max
6000	3 - 8	Tue	9/17 - 11/5	8	4:30 - 5:00 pm	\$64/\$112	2/3
6001	9 - 15	Tue	9/17 - 11/5	8	5:00 - 5:30 pm	\$64/\$112	2/3
6002	16 - 25	Tue	9/17 - 11/5	8	5:30 - 6:00 pm	\$64/\$112	2/3

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

### Snoezelen® Room Punch Card

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

Age Group: 3 & Older

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

### **Individual Punch Card**

Prog #	Day	Time	R/NR Fee
6030	Mon - Fri	10:00 am - 12:00 pm	\$18/\$32 per card
		or 2:00 - 5:00 pm	

### **Family Member Punch Card**

Prog#	Day	Time	R/NR Fee
6600		10:00 am - 12:00 pm	\$33/\$58 per card
		or 2:00 - 5:00 pm	

**NOTE:** Visits must be done within normal office hours, Monday - Friday, 10:00 am - 12:00 pm and 2:00 pm - 5:00 pm and used within 6 months of the purchase date.

### Contact Nikki Freeman at nfreeman@nisra.org.

• • • • • • • • • • • • • • • • • • •

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

\*Punch cards can be purchased at any time!

# INDIVIDUALS WITH PHYSICAL LIMITATIONS

# 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 \$74/\$130

Location: Rakow Center, Carpentersville

Min/Max: 5/6
Staff Contact: David

Prog#	Day	Dates	Weeks	Time
0502	Mon	9/16 - 11/4	8	11:20 - 12:00 pm

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

4/\$130 \$15<sup>-</sup>

# Out -n- About &

Don't miss out on the great things to do in this area! At Outn-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

**Min/Max:** 6/8

Staff Contact: David

Prog # Day	Dates	Weeks	Time
0503 Wed		4	6:00 - 8:00 pm

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

### **Locations:**

09/18: Movie Night at Classic Cinema 12 Theatre, Carpentersville

09/25: Group Choice

10/2: Color Me Mine, Crystal Lake

10/9: Stargazing, TBD

# Restaurant Hoppers &

Why eat at the same restaurant all the time when there are so many great options? Each week we'll visit a tasty eatery!

Age Group: 21 & Older

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

Min/Max: 6/8
Staff Contact: David

**NOTE:** The program fee includes \$25 for dinner and tip.

Prog # Day	Dates	Weeks	Time
0509 Wed	10/16 - 11/6	4	6:00 - 8:00 pm

R/NR Fee No Transp. R Fee w/ Door-to-Door Transp.\*
\$116/\$203 \$160

### **Locations:**

**10/16:** Olive Garden, Dundee **10/23-11/06:** Group Choice



# FALL DAYS ARE FUN DAYS



# YOUNG CHILDREN

# Jumpin' Gymnastics (3 - 6)

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

Age Group: 3 - 6

**Suggested Ability Level:** All Abilities **Location:** Cary Gymnastics Center, Cary

Min/Max: 6/8
Staff Contact: Nikki

 Prog #
 Days
 Dates
 Weeks
 Time
 R/NR Fee

 3212
 Fri
 9/20 - 11/8
 8
 5:00 - 5:45 pm
 \$91/\$159

**NOTE:** This program will be led by a contracted instructor. The facility requires an additional waiver that be brought to the first day of program.





# Little Ninja

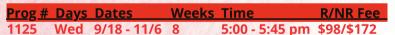
Join us for a fusion of gymnastics, martial arts, obstacle course training, and freestyle movement. Ninja Zone embodies discipline, focused energy, and skill. In this class, ninjas learn flips, rolls, jumps, and kicks in combination with strength and agility courses.

**Age Group:** 3 - 15

**Suggested Ability Level:** All Abilities **Location:** Fire House Gym, Johnsburg

Min/Max: 6/8

Staff Contact: Rodney



**NOTE:** This program will be led by a contracted instructor. The facility requires an additional waiver that will need to be completed prior to participation.

# **Kids Klub**

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

Age Group: 3 - 8

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

Min/Max: 6/10 Staff Contact: Anahi

 Prog # Day Dates
 Weeks Time
 R/NR Fee

 2101
 Sat 9/21 - 11/9
 8
 9:00 - 10:30 am
 \$128/\$224

NOTE: Please bring a water bottle and snack.



# YOUNG CHILDREN

# Swim Skills 🖠

This swim program is geared to those swimmers who need to learn basic swim skills. The class will be tailored to your child's swim ability with the goal of having your child feel comfortable and safe in the pool. Swimmers will be introduced to basic water skills, breath holding and submersion progressions. Participants may be working in small groups.

**Age Group:** 3 - 15

Suggest Ability Level: All Abilities

Min/Max: 2/4

Prog #	Day	Dates	Weeks	Time	R/NR Fee
Dundee - R Staff Contac	akow Center ct: David				
0211	Mon	9/16 - 11/4	8	5:30 - 6:00 pm	\$112/\$196
0212	Mon	9/16 - 11/4	8	6:00 - 6:30 pm	\$112/\$196
Woodstocl Staff Conta		Recreation Center			
1216	Thu	9/19 - 11/7 No program 10/31	7	6:15 - 6:45 pm	\$98/\$172
1217	Thu	9/19 - 11/7 No program 10/31	7	6:45 - 7:15 pm	\$98/\$172

**NOTE:** Please bring/wear your swimsuit and towel.



# YOUTH & YOUNG TEENS

# "Special Focus" Karate

The martial arts are a great way to develop physical and 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: Anahi

Prog#	Day	Dates	Weeks	Time	R/NR Fee
		9/14 - 11/2	8	11:15 am - 12:00 pm	\$108/\$189

2651 Sat 11/9 - 12/21 6 11:15 am - 12:00 pm \$81/\$142

**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 Martial Arts for \$59.40 and they also have various t-shirts available for sale. Focus Martial Arts does require the purchase of the gi, should you/your participant want to belt test during the program. For any gi questions, please contact the NISRA office.



# **Youth Bowling**

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

**Age Group:** 8 - 15

**Suggested Ability Level:** All Abilities **Locations:** Bowlero, Algonquin

Min/Max: 6/10 Staff Contact: Anahi

<u>Prog #</u>	<u>Day</u>	Dates	<u>Weeks</u>	<u>Time</u>	R/NR Fee
2264	Mon	9/16 - 11/4	8	5:00 - 6:30 pm	\$114/\$200

**NOTE:** Fee includes shoes, ball rental, and 1 to 2 games of bowling, whichever time permits.

# Sports Skills - Basketball & Soccer

Learn sports skills in a fun-filled program! We'll work on motor and cognitive skills through traditional sports. This season we will focus on basketball and soccer.

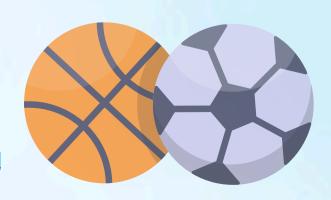
**Age Group:** 6 - 12

**Suggested Ability Level:** All Abilities **Location:** Multipurpose Gym, The Centre

Min/Max: 4/8

Staff Contact: David

Prog#	<u>Day</u>	Dates	Weeks	Time	R/NR Fee	
		9/18 - 11/6	8	6:00 - 7:00 pm	\$70/\$123	



### Climb On

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

Age Group: 8 & Older

**Suggested Ability Level:** All Abilities **Location:** North Wall, Crystal Lake

Min/Max: 4/6
Staff Contact: Anahi



**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.

# Sign Waiver Here





# Ninja White

Join us for a fusion of gymnastics, martial arts, obstacle course training, and freestyle movement. Ninja Zone embodies discipline, focused energy, and skill. In this class, ninjas learn flips, rolls, jumps, and kicks in combination with strength and agility courses.

**Age Group:** 7 - 12

**Suggested Ability Level:** All Abilities **Location:** Fire House Gym, Johnsburg

**Min/Max:** 6/8

Staff Contact: Rodney



 Prog # Day Dates
 Weeks Time
 R/NR Fee

 1225
 Wed 9/18 - 11/6 8
 6:00 - 6:45 pm
 \$98/\$172

**NOTE:** This program is led by a contracted instructor. The facility requires an additional waiver that will need to be completed prior to participation.

# let's play

# Jumpin' Gymnastics (7 - 12)

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

**Age Group:** 7 - 12

**Suggested Ability Level:** All Abilities **Location:** Cary Gymnastics Center, Cary

**Min/Max:** 6/8

Staff Contact: Nikki

 Prog #
 Day
 Dates
 Weeks
 Time
 R/NR Fee

 3213
 Fri
 9/20 - 11/8
 8
 6:00 - 6:45 pm
 \$91/\$159

**NOTE:** This program will be led by a contracted instructor. The facility requires an additional waiver that will need to be completed prior to participation.



# Kids Cooking Around the World

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

**Age Group:** 8 - 15

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

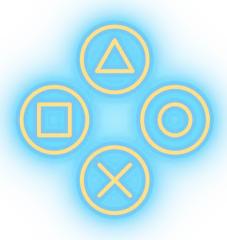
**Min/Max:** 6/8

Staff Contact: Anahi

 Prog # Day Dates
 Weeks Time
 R/NR Fee

 2215
 Tue
 9/17 - 11/5
 8
 6:30 - 7:45 pm
 \$112/\$196

# YOUTH & YOUNG TEENS



### **Gamers Paradise**

Play some Wii, Xbox, Pac Man, PlayStation 5, board games and other popular games on our new Smart TV and Infinity Gaming Table! 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: Nikki

Prog#	<u>Day</u>	Dates	Weeks	Time	R/NR Fee
		9/17 - 11/5	8	5:30 - 6:15 pm	\$62/\$109

### **Super Saturdays**

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

**Age Group:** 9 - 15

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

Min/Max: 6/10 Staff Contact: Nikki

Prog#	<u>Day</u>	Dates	Weeks	Time	R/NR Fee
		9/21 - 11/9	8	11:00 am - 1:00 pm	\$128/\$224

**NOTE:** Please bring a labeled sack lunch and drink.





# **Rock Climbing**

Come climb the two sided climbing wall at the Centre. This class is for climbers just learning how to climb and covers general safely guidelines, climbing commands, and indoor climbing fundamentals.

NEW!

**Age Group:** 6 - 18

Suggested Ability Level: All Abilities

**Location:** The Centre, Elgin

Min/Max: 4/6

Staff Contact: David

Prog #	Day	Dates	Weeks	Time	R/NR Fee
	_	9/19 - 11/7	7	5:00 - 6:00 pm	\$70/\$123

No program 10/31

**NOTE:** An additional waiver is required for this program. Scan the QR Code to sign the waiver by the first day of program.



outh Waiver (ages 6 - 17)



Adult Waiver (ages 18+)

# **YOUTH & YOUNG TEENS**

# 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: Anahi

Prog#	<u>Day</u>	Dates	Weeks	Time	R/NR Fee
2217	Wed	9/18 - 10/9	4	5:00 - 6:00 pm	\$22/\$39

**NOTE:** In the event of inclement weather, the program will be moved indoors to SportsCity Academy in Woodstock.



# Buddy Baseball is in partnership with Northern Illinois Rawlings Tigers 15U - Artinghelli.



# 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

 Prog # Day Dates
 Weeks Time
 R/NR Fee

 0207
 Sat 9/21 - 11/9 8 10:00 am - 1:00 pm
 \$140/\$245

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

# Ice Skating - Learn to Skate

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

Age Group: 6 & Older

**Suggested Ability Level:** All Abilities **Location:** Crystal Ice House, Crystal Lake

Min/Max: 4/6
Staff Contact: Anahi

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

 2606
 Sat
 9/21 - 11/16
 8
 8:45 - 9:30 am
 \$48/\$84

No program 11/2

**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.

Crystal Lake Ice House requires individuals to be registered through Learn to Skate USA. An additional form will be required to be filled out on the first day of class.



# 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



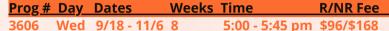
### **Creative Creations**

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: Nikki





# **Gaming Galore**

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

Age Group: 16 & Older

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

Min/Max: 6/10

Staff Contact: Rodney

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

 2604
 Thu
 9/19 - 11/7
 7
 5:00 - 5:45 pm
 \$62/\$109

No program 10/31

# **BACK-TO-BACK PROGRAMS!**

# **Simply Cooking**

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

Age Group: 16 & Older

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

Min/Max: 6/8
Staff Contact: Nikki

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

 3618 Wed
 9/18 - 11/6 8
 6:00 - 7:30 pm
 \$124/\$217

3619 Thu 9/19 - 11/7 7 6:00 - 7:30 pm \$109/\$190

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



# **Baking Buddies**

Put on your chef's hat and apron because we'll be making seasonal-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: Nikki

Prog :	<u># Day</u>	Dates	<u>Weeks</u>	<u>Time</u>	R/NR Fee
3634	Mon	9/16 - 10/7	4	5:30 - 7:00 pm	\$62/\$109
3636	Mon	10/14 - 11/4	4	5:30 - 7:00 pm	\$62/\$109

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







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: Rodney

Prog #	<u>Day</u>	Dates	Weeks	Time	R/NR Fee
1633	Wed	8/28 - 9/18	4	5:00 - 6:00 pm	\$36/\$63

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

# Tennis - Beginner

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

Age Group: 10 & Older

Suggested Ability Level: All Abilities Locations: Crystal Lake Racket Club

Min/Max: 4/6
Staff Contact: Anahi

Prog#	<u>Day</u>	Dates	Weeks	Time	R/NR Fee
		9/17 - 11/5	8	4:15 - 5:00 pm	\$64/\$112

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



# Friday Night Supper Club

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

Age Group: 13 & Older

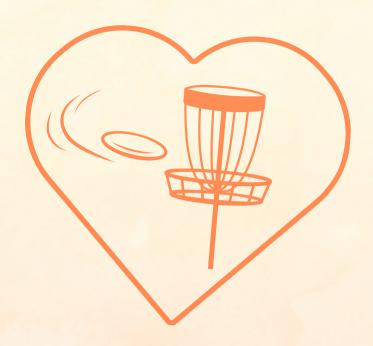
Suggested Ability Level: All Abilities Location: Sage TR Center, NISRA

**Min/Max:** 5/8

Staff Contact: Anahi

<u>Prog #</u>	<u>Day</u>	<u>Dates</u>	Weeks	<u>Time</u>	R/NR Fee
2644	Fri	9/20 - 10/11	4	6:30 - 8:00 pm	\$62/\$109
2645	Fri	10/18 - 11/8	4	6:30 - 8:00 pm	\$62/\$109

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





# Friday Disc Golf - Outdoor!



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. Recommended for experienced players.

Age Group: 13 & Older

Suggested Ability Level: All Abilities

Locations:

9/20: Lippold Park, Crystal Lake

9/27: Huntley Park District Disc Golf Course

10/4: Fel-Pro RRR, Cary

10/11: Randall Oaks Park, West Dundee

10/18 - 11/8: Indoors at Conley Elementary School, Algonquin

Min/Max: 6/12 Staff Contact: Anahi

<u>Prog #</u>	<u>Day</u>	Dates	<u>Weeks</u>	<u>Time</u>
2622	Fri	9/20 - 11/8	8	4:00 - 5:15 pm

R/NR Fee (No Transp.)	R/NR Fee w/ Transp.
\$63/\$110	\$110/\$166

<b>Bus Departs</b>	Transportation Location	<b>Bus Returns</b>
3:30 pm	NISRA Office	5:45 pm
4:00 pm	No Transportation	5:15 pm

**NOTE:** If you sign up for no transportation, that means you must meet at the location each week. If you sign up for transportation, you will be dropped off and picked up at the NISRA office. In the event of inclement weather, this program will be canceled when scheduled to be outdoors.



# **Holiday Baking Buddies**

Put on your chef's hat and apron because we'll be making seasonal-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: Nikki

Prog :	<u># Day</u>	Dates	Weeks	<u>Time</u>	R/NR Fee
3639	Mon	12/2 - 12/16	3	5:00 - 6:30 pm	\$47/\$81
3640	Mon	12/2 - 12/16	3	6:45 - 8:15 pm	\$47/\$81

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



# Tuesday Night Adventures



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

Age Group: 16 & Older

Suggested Ability Level: All Abilities

**Locations:** Various Locations

Min/Max: 6/10 Staff Contact: Nikki

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

 3211
 Tue
 9/17 - 10/8
 4
 6:00 - 7:30 pm
 \$80/\$140

Bus DepartsTransportation LocationBus Returns5:30 pmNISRA Office8:00 pm

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

# Virtual Gaming Group



Dive into the world of Minecraft with our exciting online adventure sessions! Whether you're a seasoned builder or new to the game, our online Minecraft events offer a fun and engaging way to connect with friends and fellow players. Explore, create, and collaborate in a virtual environment where your imagination is the only limit.

**Age Group:** 13 - 18

**Suggested Ability Level:** All Abilities **Location:** This program will be virtual

**Min/Max:** 6/8

Staff Contact: David

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

 0311
 Fri
 9/19 - 11/7
 8
 5:00 - 6:00 pm
 \$56/\$98

**NOTE:** You must have an active gamertag to be invited to the new world to play. Minecraft is available on Windows, Mac, Linux, Xbox One, Xbox Series S and X, PlayStation 4 and 5, Nintendo Switch, Fire OS/TV, Android, iOS, Windows Mobile, and Samsung Gear VR. Participants will receive gaming information to the primary email on file.

# **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 per						1/19/	AVA
	Name & Location	Prog #	Day & Dates	Weeks	Time	R/NR Fee	Min/Max
	Bowlero Bowl Bowlero Algonquin Staff Contact: Anahi	2601	Mon, 9/16 - 11/4	8	5:00 - 6:30 pm	\$114/\$200	8/20
	Palace Bowl Palace Bowl Johnsburg Staff Contact: Rodney	1609	Wed, 9/18 - 11/6	8	5:00 - 6:30 pm	\$114/\$200	8/20
	Pioneer Bowlers Raymond's Bowl Johnsburg Staff Contact: Rodney	1477	Thu, 9/19 - 11/7 No program 10/31	7	10:00 - 11:30 am	\$100/\$175 w/ Transp. \$156/\$231	8/20
	· · · · · · · · · · · · · · · · · · ·	rtation Loc Center, McF		<b>(</b>		1	
	Saturday Bowlers Kingston Lanes Woodstock Staff Contact: Rodney	1612	Sat, 9/21 - 11/9	8	11:00 - 12:30 pm	\$114/\$200	8/40
	Saturday Strikers Liberty Lanes Carpentersville	0613	Sat, 9/21 - 11/9	8	12:30 - 2:00 pm	\$114/\$200	8/20

Elgin Bowl will not be offered in Staff Contact: David the fall due to facility unavailability. 26

# Wellness Programs



### 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

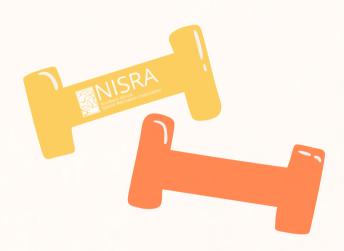
Suggested Ability Level: All Abilities Location: Sage TR Center, NISRA

Min/Max: 6/12 Staff Contact: Anahi

Prog # Day Dates Weeks Time 2639 Mon 9/16 - 11/4 8 5:00 - 5:45 pm \$76/\$133

Family Member Prog # **R/NR Fee for Family Member** \$62/\$109 2640

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



### Workout@Woodstock Recreation Center

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 **Location:** Woodstock Recreation Center

Min/Max: 6/8

Staff Contact: Rodney

Prog#	<u>Day</u>	Dates	Weeks	Time	R/NR Fee
1616	Tue	9/17 - 11/5	8	5:00 - 6:00 pm	\$74/\$130

**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.

# Pickle Ball

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

Age Group: 16 & Older

Suggested Ability Level: All Abilities Location: Pickle Haus, Algonquin

**Min/Max:** 4/6

Staff Contact: Anahi

Prog#	<u>Day</u>	Dates	Weeks	Time	R/NR Fee
2619	Thu	9/19 - 11/7	7	5:00 - 6:00 pm	\$61/\$107

No program 10/31



# Wellness Programs

### **Just Keep Rowing**

Join us for fun and fitness at our indoor rowing class! Try this total body, low impact workout that will help you develop strength, muscle tone, better mobility and cardiovascular health at your own pace all in one workout. We'll keep it fun with games and challenges along the way. Try something different and challenge yourself in new ways!

Age Group: 16 & Older

Suggested Ability Level: All Abilities

**Location:** Sweeps and Sculls Rowing, Crystal Lake

Min/Max: 4/8
Staff Contact: Anahi

 Prog # Day Dates
 Weeks Time
 R/NR Fee

 2631 Mon 9/16 - 11/4 8
 4:45 - 5:30 pm
 \$136/\$238

<u>Family Member Prog # R/NR Fee for Family Member</u> 2617 \$88/\$154

**NOTE:** For ages 16 & older including family members. Please complete a registration form for each family member who will be attending. Fitness waiver required for participation by participants with a disability. Participants who have had medical treatment during the 2-year time frame of their **Fitness Waiver** need to submit a new form to their doctor and NISRA.

Check out these programs

geared toward living a

geared toward living a

healthy lifestyle. We're

committed to offering a

committed to offering a

variety of activities to help

you live well and longer!







### 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: Anahi

Prog # Day Dates Weeks Time R/NR Fee

2628 Wed 9/18 - 11/6 8 7:00 - 8:00 pm \$80/\$140

Family Member Prog # R/NR Fee for Family Member 2630 \$62/\$109

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

 2625
 Wed 11/13 - 12/18
 5
 7:00 - 8:00 pm
 \$50/\$88

No program 11/27

Family Member Prog # R/NR Fee for Family Member

**NEW** 

**EXTENDED** 

**DATES** 

\$39/\$6

**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.





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.

### Farmer's Market and Friends

Step into a vibrant world of fresh produce, artisanal goods, and community spirit at our local farmer's market. Join us as we savor the flavors of the season and have a snack with friends!

Location: Cary Farmer's Market on Main

Min/Max: 8/15 Staff Contact: Nikki

Prog#	Day	Date	Time	R/NR Fee
			11:00 am - 1:00 pm	\$42/\$72

### **Transportation Location**

**NISRA Office** Sheltered Village McHenry Recreation Center The Centre, Elgin

\*No transportation, meet at Cary Farmer's Market

**NOTE:** Program fee includes a light snack. In the event of inclement weather, the program will be canceled.

> All clubs will now be together serving adults 18 years and older.

# Dinner at Danny's

Gather with friends for a delicious dinner at Danny's

Location: Danny's Pizza, Elgin

Min/Max: 8/20 Staff Contact: David

Prog#	Day	Date	Time	R/NR Fee
0408	Fri	9/27	6:00 - 8:00 pm	\$47/\$82

### **Transportation Location**

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



### **Sunset Boat Ride & Snacks**

Enjoy some finger foods at Lindy's Landing and get one last sunset ride on the lake before the cold creeps in!

Location: Lindy's Landing, Wauconda

Min/Max: 8/16 Staff Contact: Nikki

Prog #	<u>Day</u>	Date	Time	R/NR Fee
3415	Sat	9/21	6:00 - 8:00 pm	\$47/\$82

### **Transportation Location**

NISRA Office Sheltered Village McHenry Recreation Center

The Centre, Elgin

\*No transportation, meet at Lindy's Landing

NOTE: In the event of inclement weather, the boat ride will be canceled.







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.



### Stade's Shades of Autumn Fall Festival

Embrace the crisp autumn air as we make our way to Stade's Fall Festival! Join us for a day of wholesome fun with friends enjoying the pumpkin patch, apple shooting, hayrides, and a bonfire!

**Location:** Stade's Farm and Market, McHenry

Min/Max: 8/20

Staff Contact: Rodnev

Prog#	<u>Day</u>	Date	Time	<b>R/NR Fee</b>
1419	Sat	9/28	4:00 - 6:00 pm	\$34/\$59

### **Transportation Location**

NISRA Office Sheltered Village The Centre, Elgin

\*No transportation, meet at Stade's Farm and Market

**NOTE:** The program fee includes lunch.

# Hayride & Bonfire - Sterne's Woods

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

Age Group: 16 & Older

Location: Sterne's Woods, Crystal Lake

Min/Max: 8/30 Staff Contact: Anahi

Prog #	<u>Day</u>	Date	Time	<b>R/NR Fee</b>
2611	Sat		4:00 - 6:00 pm	\$34/\$59

### **Transportation Location**

Sheltered Village

McHenry Recreation Center

The Centre, Elgin

\*No transportation, meet at Sterne's Woods

NOTE: Program fee includes activity and dinner. Dress for the weather. In the event of inclement weather, the program will be canceled. Please register for just one hayride so that more people can participate. The hayride is **not** wheelchair accessible.



# **Wonderland Tea Party**

Step through the looking glass and into a world of enchantment and imagination as we invite you to join us for a delightful Alice in Wonderland tea party. Come in your best dressed Wonderland-inspired attire!

Location: Marengo Park District

Min/Max: 8/20

Staff Contact: Rodney

Prog#	<u>Day</u>	Date	Time	R/NR Fee
1414	Fri	10/11	6:00 - 8:00 pm	\$33/\$59

### **Transportation Location**

NISRA Office

Sheltered Village

McHenry Recreation Center

\*No transportation, meet at Marengo Park District





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.

# Hayride & Bonfire - Randall Oaks

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

Location: Randall Oaks Park, West Dundee

Min/Max: 8/20 Staff Contact: David

Prog #	<u>Day</u>	Date	Time	R/NR Fee
0915	Sat	10/12	4:30 - 6:30 pm	\$34/59

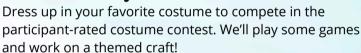
### **Transportation Location**

NISRA Office Sheltered Village McHenry Recreation Center

\*No transportation, meet at Randall Oaks Park

NOTE: Program fee includes activity & dinner. Dress for the weather. In the event of inclement weather, the program will be canceled. Please register for just one hayride so that more people can participate. The hayride is not wheelchair accessible.

# **Halloween Party**



**Location:** McHenry Recreation Center

Min/Max: 8/30

**Staff Contact:** Rodney

Prog #	<u>Day</u>	Date	Time	R/NR Fee
1904	Sat	10/26	3:30 - 5:30 pm	\$33/\$59

### **Transportation Location**

NISRA Office

The Centre, Elgin

\*No transportation, meet at McHenry Recreation Center

# PJ Party Plushie Palooza



Slip into your favorite pajamas and unleash your creativity as you make your very own stuffed animals. Enjoy delicious popcorn and watch fun movies with friends. It's the perfect way to unwind, have fun, and take home a cuddly new friend!

Location: Sage TR Center, NISRA

Min/Max: 8/30 Staff Contact: Nikki

Prog #	<u>Day</u>	Date	Time	R/NR Fee
3410		11/1	6:00 - 8:00 pm	\$32/\$57

### **Transportation Location**

**Sheltered Village** McHenry Recreation Center

The Centre, Elgin \*No transportation, meet at the NISRA Office





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.

All clubs will now be together serving adults 18 years and older.

### **Night Under the Stars**

The stars are out and so are we! Join us for a relaxing evening taking in the beauty of the cosmos through a telescope.

**Location:** Hampshire Park District

Min/Max: 8/20 Staff Contact: David

Prog #	<u>Day</u>	Date	Time	R/NR Fee
0421	Sat	11/9	6:00 - 8:00 pm	\$32/\$56

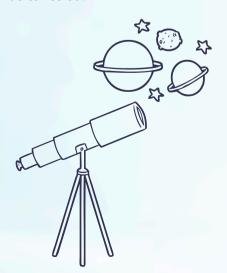
### **Transportation Location**

NISRA Office **Sheltered Village** McHenry Recreation Center

The Centre, Elgin

\*No transportation, meet at Hampshire Park District

**NOTE:** Please dress for the weather, we will be outside after sunset. In the event of inclement weather, the program will be canceled.



### **Painting & Pancakes**

There's nothing better than breakfast for dinner! Come enjoy pancakes and paint a masterpiece with friends.

Location: Huntley R.E.C. Center

Min/Max: 8/30 Staff Contact: Anahi

Prog #	Day	Date	Time	R/NR Fee
2406	Sat	4 4 40	6:00 - 8:00 pm	\$48/\$84

### **Transportation Location**

NISRA Office Sheltered Village McHenry Recreation Center The Centre, Elgin

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



# **Chicago Bears Party**

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

Location: Sage TR Center, NISRA

Min/Max: 8/20 Staff Contact: David

Prog #	Day	Date	Time	R/NR Fee
0406	Sun	11/10	11:45 am - 3:00 pm	\$35/\$62

### **Transportation Location**

Sheltered Village

McHenry Recreation Center

The Centre, Elgin

\*No transportation, meet at the NISRA Office



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.

# **Friendsgiving**

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

Location: Sage TR Center, NISRA

Min/Max: 8/20

Staff Contact: Rodney

Prog #	<u>Day</u>	Date	Time	R/NR Fee
1430	Fri	11/15	6:00 - 8:00 pm	\$43/\$76

### **Transportation Location**

Sheltered Village McHenry Recreation Center The Centre, Elgin

\*No transportation, meet at the NISRA Office





# Dinner at Kelsey's

We're headed to Kelsey Road House for an evening of great food and great company! Gathering around the table is a great way to meet new friends and catch up with old ones.

**Location:** Kelsey Road House, Barrington

Min/Max: 8/15 Staff Contact: Nikki

Prog #	<u>Day</u>	Date	Time	R/NR Fee
3409	Sat	11/16	4:00 - 6:00 pm	\$53/\$94

### **Transportation Location**

NISRA Office Sheltered Village McHenry Recreation Center The Centre, Elgin

\*No transportation, meet at Kelsey Road House

**NOTE:** Program fee includes dinner and a tip.

# **ADULTS - 21 & OLDER**

# Lunch Bunch

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

Age Group: 21 & Older

Suggested Ability Level: All Abilities

10/2, 10/16 & 10/30: Group Choice

Min/Max: 8/12

**Staff Contact:** Rodney

Prog # Dav **Dates** Weeks 9/18, 10/2, 11:45 am - 1:00 pm \$128/\$224

10/16 & 10/30

**Bus Departs Transportation Location Bus Returns** Locations: 11:00 am NISRA Office 1:40 pm 09/18: Village Squire, McHenry

11:20 am Pioneer Center - McHenry 1:20 pm

**NOTE:** Program fee includes lunch. 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"!

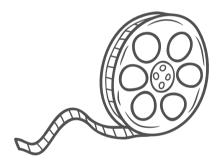
Age Group: 21 & Older

Suggested Ability Level: All Abilities

Location: Classic Cinema 12, Carpentersville

Min/Max: 8/12

**Staff Contact:** Rodney



Prog #	<u>Day</u>	Dates	Weeks	Time
1433		9/25, 10/9,	4	12:00 - 2:00 pm

10/23 & 11/6

**R/NR** (no transportation) **R/NR Fee** (with transportation)

\$50/\$88 \$78/\$116

Dates

**Transportation Location Bus Departs Bus Returns** 

10:50 am NISRA Office 3:00 pm 11:15 am Pioneer Center - McHenry 2:30 pm \*No Transportation, meet at 12:00 pm 2:00 pm

Classic Cinemas 12

**NOTE:** Please bring additional money if you want to purchase snacks at the concession stand. 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 crafts, games, getting moving, and more!

Age Group: 21 & Older

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

Min/Max: 8/20

Staff Contact: Rodney



**Bus Returns** 9:40 am Pioneer Center - McHenry 11:45 am 10:00 am \*No transportation, meet at NISRA 11:30 am

Weeks

Time

10:00 - 11:30 am

NOTE: Program fee includes activities and a light snack, we will not have time to eat lunch. In-house activities will be planned. 34

# **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: 8/12

Staff Contact: Rodney

**NOTE:** Please bring a labeled swimsuit and 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. Please page 57 for waiver.

Prog #	Day	Dates	Weeks	Time
1400		9/16 - 11/4	8	10:15 - 11:00 am

R/NR (no transportation)	R/NR Fee (with transportation)
\$74/\$130	\$130/\$186

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

# **Gardening Club**

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

Age Group: 21 & Older

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

Min/Max: 6/10 Staff Contact: Anahi

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

 2437
 Thu
 9/19 - 10/10 4
 3:30 - 4:30 pm
 \$39/\$68

**NOTE:** This is a raised, wheelchair-accessible garden. Garden tools will be provided. Indoor activities will be planned in case of inclement weather.



### **Coffee Around Town**

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

**Age Group:** 21 & Older

Suggested Ability Level: All Abilities

**Locations:** 

09/19: Cheryl's Cafe, Huntley
09/26: Dunkin' Donuts, Algonquin
10/03: Taste of Benedict's, Crystal Lake
10/10: Conscious Cup, Crystal Lake
10/17: Triple Berry Cafe, Crystal Lake
10/24: Riverbottom Cafe, Algonquin
10/31: Daily Projects, Algonquin

11/07: Group Choice

Min/Max: 8/15
Staff Contact: Anahi

Prog #	<u> Day</u>	Dates	Weeks	<u>Time</u>	R/NR Fee
2401	Thu	9/19 - 11/7	8	10:00 - 11:30 am	\$88/\$154

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

# Aqua Fit NEW!

Improve your muscle definition and cardiovascular conditioning without stressing your joints. Join us for 30 minutes of light guided exercises, followed by 15 minutes of free choice.

Age Group: 21 & Older

**Suggested Ability Level:** All Abilities **Location:** Therapy Pool, The Centre

Min/Max: 8/10
Staff Contact: David

 Prog # Day
 Dates
 Weeks
 Time

 0401
 Tue
 9/17 - 11/5
 8
 3:30 - 4:15 pm

R/NR (no transportation)

\$74/\$130

\$102/\$158

**Bus Departs** Transportation Location

3:00 pm AID

\*No transportation home

# **ADULTS - 21 & OLDER**

### Strength Through Adult Relationships - STAR

This program is for adults to meet monthly in environments that encourage and promote healthy experiences. The program will help adults with social skills and provide tools to make friendships and positive social interactions,

Age Group: 21 & Older

**Suggested Ability Level:** This program is geared towards individuals ages 21 and older who are community ready and can successfully

participate in a 1:5 staff to participant ratio.

Min/Max: 6/15
Staff Contact: Trisha

**Locations:** 

09/09: Socializer Session at Panera Bread, Algonquin

**10/14:** Pickle Haus, Algonquin **11/11:** Social Media Safety, NISRA

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3490		9/19, 10/14 & 11/11	3	5:30 - 7:00 pm	\$23/\$39



Check out AID Cultural Arts

Page 42

### **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: 8/15
Staff Contact: David

Prog # Day Dates Weeks Time R/NR Fee

0404 Mon 9/16 - 11/4 8 9:30 - 10:30 am \$70/\$123



# 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: 8/15
Staff Contact: David

 Prog #
 Day
 Dates
 Weeks Time
 R/NR Fee

 0445
 Thu
 9/19 - 11/7
 7
 9:30 - 10:30 am
 \$61/\$107

 No program 10/31
 9:30 - 10:30 am
 \$61/\$107

**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 & NISRA.

#### WORKSHOPS

Age Group: 18 & Older

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

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

Name Name	Prog #	Day/Date	Time	R/NR Fee	Min/Max
Fused Glass Discover this beautiful art medium! Place colored grains of glass into a shape to be fired.					
Sparkling Candle Holder & Confetti Autumn Leaf Dish	5595	Tue, 10/8	6:00 - 7:00 pm	\$35/\$61	6/8
Super Striped Serving Bowl & Snowing Reindeer Saucer	5596	Tue, 10/29	6:00 - 7:00 pm	\$35/\$61	6/8

#### **NISRA Amazing Artists**

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

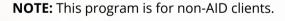
Age Group: 18 & Older

Suggested Ability Level: All Abilities

Location: The Centre, Elgin

Min/Max: 6/10

Prog#	<u>Day</u>	Dates	Weeks	Time	R/NR Fee
5677	Fri	9/20 - 11/8	8	1:00 - 1:45 pm	\$70/\$123





#### **Art Attack**

Tap into your creativity with a professional artist!

Age Group: 16 & Older

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

Min/Max: 6/10

Prog # Day Dates Weeks Time R/NR Fee 5527 Mon 9/16 - 11/4 7 6:00 - 7:00 pm \$88/\$153 No program 9/30

#### **Art Explorations - Virtual**

Transform your home into your very own art studio! Let's create something beautiful from the comfort of your favorite spot. Our instructor will focus on 1 specific medium throughout the season.

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Min/Max: 6/10

Prog#	<u>Day</u>	Dates	Weeks	Time	R/NR Fee
		9/19 - 11/7	7	6:00 - 7:00 pm	\$88/\$153
		No program 10/	31		

**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. You may be asked to use some general household supplies.



#### **Bell Choir**

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

Age Group: 18 & Older

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

Min/Max: 6/10

<u>Prog # Day Dates Weeks Time R/NR Fee</u> 5537 Tue 9/17 - 11/5 8 6:30 - 7:15 pm \$100/\$175







#### **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:** Highly structured class; participants must be independent and follow with guided instruction

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

**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.

\*No program dates are tentative due to instructor availability.

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

- Which type of lesson you prefer (instrument or voice)
- Your preference for time slot. Fees are for a 30-minute lesson and are given on a first-come, first-serve basis.
   You will be contacted only if your preferred time slot is not available.

A parent/guardian is required to be in the building for the duration of the session. Participants may need to purchase a music book (approximately \$15), which is not included in the program fee. Makeup lessons may be available and will be determined on a case-by-case basis. If you are interested in lessons and these dates & times don't fit your schedule, contact the NISRA Office for possible options.

Prog #	Day	Dates	Weeks	*Time	R/NR Fee	Min/Max
5544	Mon	9/16 - 11/4	8	3:30 - 6:00 pm *3:30, 4:00, 4:30, 5:00, 5:30	\$192/\$336	1/5
5542	Tue	9/16 - 11/5	8	3:00 - 6:00 pm *3:00, 3:30, 4:00, 4:30, 5:00, 5:30	\$192/\$336	1/6
5543	Thu	<b>9/19 - 11/7</b> <i>No program 10/31</i>		2:00 - 4:30 pm *2:00, 2:30, 3:00, 3:30, 4:00	\$168/\$294	1/5



#### **Kingpins Drumline**

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

Age Group: 13 - 25

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

Min/Max: 8/20

 Prog #
 Day
 Dates
 Weeks
 Time
 R/NR Fee

 5606
 Mon
 9/16 - 11/4
 8
 6:00 - 7:00 pm
 \$72/\$126

**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 may not be supervised by NISRA staff.

#### **Encore! Joyful Noise Choir**

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:** Sage TR Center, NISRA

Min/Max: 6/12

Prog#	<u>Day</u>	Dates	Weeks	Time	R/NR Fee
5548	Thu	9/19 - 11/7	7	6:30 - 7:15 pm	\$88/\$153
		No augusta 4	0/24		

**NOTE:** Participants will prepare music to perform alongside Encore's other collaborative programs.





#### **Group Music Therapy**

Come see how a love of music can help people grow! Music therapy is the use of music to work on non-musical goals. Music therapy sessions are designed to support the interests and needs of each specific group of participants! Musical experiences may include singing, playing instruments, music and movement, music appreciation, and music performance.

**Age Group:** 11 - 18

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

Min/Max: 6/10

 Prog # Day
 Dates
 Weeks Time
 R/NR Fee

 5500
 Wed
 9/18 - 11/6
 8
 6:30 - 7:15 pm
 \$100/\$175



#### **Pioneer Art-ability**

Try out acrylic paints, pastels, drawing & more! Explore different mediums and enjoy time with friends. Create your own unique masterpieces in just a few weeks!

Age Group: 21 & Older

**Suggested Ability Level:** All Abilities **Location:** Pioneer Center, McHenry

Min/Max: 6/15

Prog#	<u>Day</u>	Dates	Weeks	Time	R/NR Fee
5688	Mon	9/16 - 11/4	8	12:45 - 1:30pm	\$70/\$123

#### **AID Glee Club**

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

Age Group: 21 & Older

**Suggested Ability Level:** All Abilities **Location:** AID/Elgin Training Center, Elgin

Min/Max: 6/20

Prog #	<u>Day</u>	Dates	Weeks	Time	<b>R/NR Fee</b>
		9/18 - 11/6	8	1:00 - 1:45 pm	\$70/\$123





#### **AID Amazing Artists**

Unleash your creativity and dive into a world where art knows no bounds. Explore with paint, pastels, watercolors, and more to bring your imagination to life. Whether you're a seasoned artist or just starting out, Amazing Artists celebrates the beauty of individual expression. Join us and discover the joy of creating something truly one-of-a-kind.

Age Group: 21 & Older

**Suggested Ability Level:** All Abilities **Location:** AID/Elgin Training Center, Elgin

Min/Max: 6/10

Prog #	<u>Day</u>	Dates	Weeks	Time	<b>R/NR Fee</b>
_		9/20 - 11/8	8	9:30 - 10:15 am	\$70/\$123

### **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.

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. Once registered for a sport, you will receive an email from the Manager of Special Olympics informing you of the process to purchase a new jersey.

### **Special Olympics Competition**

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

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

Sports is naturally competitive for athletes and parents. Your loved one may not understand competition and may struggle with rules and regulations of competition and the sport.

If that is the case, Special Olympics may not be appropriate and there are other programs that may be more enjoyable and suitable.

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

#### Important Notes for Parents, Guardians and Athletes:

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

# Special Olympics Illinois (SOILL) Required Forms: Visit www.nisra.org for forms

#### **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

#### Medical Form:

- Will be valid for three years
- 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

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





**Special Olympics** 

#### Special Olympics Rhythmic Gymnastics



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

Age Group: 8 & Older

Suggested Ability Level: All Abilities

Location: The Centre, Elgin

**Min/Max: 3/8** 

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

 6700
 Mon
 12/2 - 2/24
 11
 6:00 - 7:30 pm
 \$114/\$188

No program 12/23 & 12/30

**NOTE:** New athletes that will be competing in the Special Olympics competition will need to purchase a leotard. Please contact Emily for ordering details

ordering details.

Regional Competition: TBD



### Special Olympics Alpine Skiing



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

Age Group: 10 & Older

Suggested Ability Level: Intermediate/Advanced

(previous experience with downhill skiing)

Location: Grand Geneva, Lake Geneva, WI

Min/Max: 4/12



Prog #	Day	Dates 12/11 - 1/29	Weeks	Time
<del>670</del> 1	Wed	12/11 - 1/29	6	6:00 - 8:00 pm

No program 12/25 & 1/1

Bus DepartsTransportation LocationReturns5:00 pmNISRA Office9:00 pm

**NOTE:** You will be billed at the end of the season for lift ticket and rentals. Due to the short season, athletes will need to attend all training sessions. Fee includes transportation. All athletes must complete Grand Geneva Waiver, this waiver needs to be completed annually. See QR Code.

**Regional Competition: TBD** 

Winter Games: TBD



### Special Olympics Basketball

Teens/Adult Teams
Age Group: 16 & Older
Min/Max per team: 8/12

Regional Competition: TBD ITRS Competition: February 2, 2025

State Competition: TBD

Team Name/Location	Prog #	Day	Dates	Weeks	Time	R/NR Fee
Purple Knights Ability Level: All Abilities	6754	Tues	10/8 - 2/4 No program 11/26, 12/24	<b>15</b> 1 & 12/31	7:00 - 8:30 pm	\$165/\$266
<b>Location:</b> Rakow Center, Carp	entersville					
Silver Knights Ability Level: All Abilities	6752	Tues	10/8 - 2/4 No program 11/26, 12/24	<b>15</b> 1 & 12/31	7:00 - 8:30 pm	\$165/\$266
<b>Location:</b> Rakow Center, Carp	entersville					
Gold Knights Ability Level: Beginner	6753	Tues	10/8 - 2/4 No program 11/26, 12/24	<b>15</b> ! & 12/31	7:00 - 8:30 pm	\$165/\$266
<b>Location:</b> Heineman Middle S	chool, Algonq	uin				
Teal Knights Ability Level: Intermediate	6793	Tues	10/8 - 2/4 No program 11/26, 12/24	<b>15</b> ! & 12/31	7:00 - 8:30 pm	\$165/\$266
<b>Location:</b> Marlowe Middle Sch	nool, Lake in tl	ne Hills				
White Knights Ability Level: Intermediate	6758	Tues	10/8 - 2/4 No program 11/26, 12/24	15 1 & 12/31	7:00 - 8:30 pm	\$165/\$266
<b>Location:</b> Marlowe Middle Sch	nool, Lake in tl	ne Hills				
Black Knights Ability Level: Advanced	6750	Tues	10/8 - 2/4 No program 11/26, 12/24	15 ! & 12/31	7:00 - 8:30 pm	\$165/\$266
Location: Marlowe Middle Sch	nool, Lake in th	ne Hills				

### **Special Olympics Snowshoeing**



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

Age Group: 8 & Older

Suggested Ability Level: All Abilities

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

Min/Max: 4/8

 Prog # Day Dates
 Weeks Time
 R/NR Fee

 6786 Sat 11/9 - 1/25
 9 10:00 - 11:00 am \$87/\$141

No program 11/23, 11/30 & 12/28

**NOTE:** Program will only move indoors if there is severe weather. Practice will still be outside if there is no snow.

**Regional Competition:** TBD **Winter Games:** TBD



### Special Olympics Swim Teams 🖠

#### **Beginner Team - Teal Knights**

Swimmers it's time to get back in the pool and perfect your strokes! You must register and compete this fall in order to be eligible for the Area meet next spring.

Age Group: 8 & Older

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

Location: Rakow Center, Carpentersville

Min/Max: 4/8

Prog#	Day	Dates	Weeks	Time	R/NR Fee
6768	Mon	9/30 - 11/18 &	17	6:30 - 7:30 pm	\$196/\$298
		1/13 - 3/17			
		No program 1/20			

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

#### **Intermediate/Advanced Teams - Knights**

Swimmers, it's time to get back in the pool & perfect your strokes! If you currently have the ability to swim two different strokes for the length of the pool and swim for an entire hour, then the Black Knights Swim team is for you.

Age Group: 16 & Older

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

#### Carpentersville - Black Knights

Location: Rakow Center, Carpentersville

Min/Max: 4/8

Prog #	∮ Day	Dates	Weeks	Time	
		10/2 - 11/20 &	18	5:30 - 6:30 pm	
		1/15 - 3/19			

**R/NR Fee no Transp. R/NR Fee w/ Tranps.** \$204/\$312 \$330/\$438

Bus DepartsTransportation LocationReturns4:45 pmNISRA Office7:15 pm

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

#### **Elgin - Black Knights**

Location: The Centre, Elgin

Min/Max: 4/8

Prog#	Day	Dates	Weeks	Time	R/NR Fee
		10/4 - 11/22 &	18	5:00 - 6:00 pm	\$204/\$312
		1/17 - 3/21		- WINDS	

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









#### **Special Olympics Powerlifting**



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

Age Group: 16 & Older

Suggested Ability Level: Beginner/Intermediate

**Barrington** 

**Location:** Superior Advantage Athletics, Barrington

Min/Max: 4/12

Prog # Day Dates Weeks Time R/NR Fee 6742 Fri 12/6 - 3/21 4:00 - 5:00 pm No program 12/27 & 1/3

Woodstock

Location: Woodstock North High School, Woodstock

Min/Max: 4/12

Prog # Day Dates Weeks Time R/NR Fee Wed 12/4 - 3/19 6:00 - 7:00 pm \$127/\$211 No program 12/25 & 1/1

**Regional Competition: TBD** 

Those receiving Gold will qualify for Summer Games in June 2025.



# Gold in Sight for the NISRA Knights!

If your team qualifies for the State Tournament, the Manager of Special Olympics will register athletes for two additional practices before the tournament. The fee covers the two additional practices and state fee. Those staying overnight with NISRA at state will be charged for the cost of hotel, transportation and staffing at a later date.

#### Special Olympics State Flag Football



Age Group: 16 & Older

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

**Weeks Time** 5:30 - 6:30 pm \$31/\$43

State Flag Football: 11/2/2024

#### Special Olympics State Volleyball



Age Group: 16 & Older

Suggested Ability Level: All Abilities

**Location:** Marlowe Middle School & The Centre

<u>Day</u>	Dates	Weeks	<u>Time</u>	R/NR Fee
	10/8 - 10/15	2	7:00 - 8:00 pm	\$31/\$43

Fall Games: 10/19 - 10/20/24

# RAINOUT LINE PROGRAM NOTIFICATION SYSTEM



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

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

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

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

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

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

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

### **How to Register:**

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

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

### REGISTRATION INFORMATION

#### A Registration Note...

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

#### **Annual Registration Update**

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

#### **Registration Information**

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

#### Credits and Refunds

Credits and refunds must be requested three business days prior to the start of the program. The cost of the program minus a \$5.00 or supplies bought and there is no one on the waiting list to take

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

#### **Scholarships**

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

#### **Group Home Resident Fee Policy**

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

#### **Township Information**

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

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

#### **Procedure for Seizure Information**

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

#### Fitness Waiver for Fitness Programs

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

#### Photos/Videos

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

### **Late Registration**

If your registration is late, it will be reviewed after **September 16** to see if we can accommodate you. Program fees will not be prorated for a late start.

If you register on paper and include an email or register online by the deadline, you will be notified of the status of your registration by email. See pages 49 & 50 for more information about program policies and transportation.

### **PROGRAM & REGISTRATION INFORMATION**

#### **Programs by Age & Ability Level**

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

### Disability Classifications ASD:

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

#### ECE:

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

#### IDD:

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

#### PH:

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

#### MN:

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

#### LD/ADD/ADHD:

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

#### BD/SED:

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

#### **Inclusion Services**

#### What about a general recreation program?

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

#### **Mandated Reporters**

Staff are mandated by the State of Illinois to report to the DCFS hotline if they observe a situation that provides reasonable cause to suspect child abuse or neglect. Workers in some professions including "recreational program" personnel have this legal mandate. Staff are trained on the procedure for making a report.

#### 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.



### PROGRAM & REGISTRATION INFORMATION

#### **Program Policies**

- 1. Participants must be picked up at the designated end of the program. Late pick-up creates additional costs and potential delays getting to another program. NISRA staff will notify the office of continual late pick-ups and a fine will be assessed.
- 2. Programs may be canceled due to inclement weather. When a program is canceled, one re-scheduled date will be arranged if possible. No credit or refund will be issued.
- 3. When participants of varying ages and ability levels are in the same program, NISRA will group them appropriately.
- 4. NISRA provides an approximate 1:4 staff-to-participant ratio. If you are requesting a different ratio, please indicate the reason on your Registration Form.
- 5. If a participant will be absent, please notify the NISRA office.
- 6. If the participant is able to walk or ride a bike home, the parent/guardian must submit notice granting permission, in writing, to the NISRA office prior to the start of the program.
- 7. If someone other than the participant's parent/guardian will be picking him/her up after a program, a note must be sent for the staff. Staff will not allow a participant to leave with another person without written notice.
- 8. When arriving to, or departing from a program, please check-in with the staff before you leave or take the participant.
- 9. If staff observe that it appears unsafe to release a participant to the person picking him/her up after a program, the staff will call a supervisor to determine what other transportation alternatives may be possible.
- 10. While NISRA staff will assist participants with their belongings at programs, NISRA cannot be responsible for lost or stolen property. Participants should not bring valuables to programs.
- 11. Consumption of alcohol is not permitted at most NISRA program (this includes adults, ages 21 & Older).
- 12. Behavior Expectations. Although NISRA recognizes that many participants have special behavioral challenges, guidelines have been established to ensure safety and enjoyment of all participants. The Behavior Code of Conduct expects participants to:
- a) Show respect to all participants and staff, and take direction from staff.
- b) Refrain from using abusive or foul language.
- c) Refrain from causing bodily harm to self, other participants and staff.
- d) Show respect for equipment, supplies, and facilities. A positive approach will be used regarding discipline. NISRA will work closely with parents/guardians to develop behavior management plans. If inappropriate, disruptive or destructive behavior occurs, a prompt resolution will be sought. NISRA reserves the right to suspend or dismiss any participant whose behavior endangers the safety of him/herself or others.

#### Late Pick-Up Policy:

Participants must be picked up at the designated end of the program. Late pick-up creates additional costs and potential delays of staff getting to another program. If a participant has not been picked up at the scheduled program end time, the parent/guardian/group home staff will be contacted. After the ten-minute wait period, if the participant has not been picked up, emergency contacts will be called. If NISRA has no contact from a parent/guardian/group home or a responsible party from the emergency contacts, then police will be called and the participant will be taken into protective custody until a parent or guardian can be located. If an unexpected emergency arises that will delay the pick-up of a participant, please call the NISRA office and leave a detailed message in the emergency mailbox.

#### When a late pick up occurs:

One (1) no-fee written reminder, per season, will be given. Reminders will be documented through a parent or guardian's signature on the Late Pick-Up Form.

Five (5) minutes of time will be allotted as a "grace period" following the advertised programs times.

After one (1) documented reminder, a \$5.00 per each cumulated five (5) minutes fee will be assessed. This bill must be paid in full prior to future registrations.

#### NISRA's Values

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



### PROGRAM & TRANSPORTATION INFORMATION

#### Severe Weather Guidelines

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

#### **Cold Weather Guidelines**

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

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

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

#### Illness Guidelines

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

- Fever over 100 degrees within the last 24 hours
- Vomiting within the last 24 hours
- Persistent diarrhea
- Persistent cough and/or cold symptoms
- "Pink Eye" (conjunctivitis)
- Symptoms of mumps, measles, chicken pox, strep throat, flu,

impetigo, or Hand, Foot & Mouth Disease

- Runny nose with yellow or green discharge (indicates infections)
- · Lice or mites present
- Contagious rash or rash of unknown origin
- COVID-19 symptoms

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

### NISRA Transportation



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

Program transportation times will be on Rainout Line.

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

#### 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!

#### Food & Beverages in NISRA Programs

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

#### Pick-Up & Drop-Off Locations

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

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

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

#### **Reaching NISRA After Hours**

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

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



(815) 459-0<mark>737</mark>

### NISRA REGISTRATION FORM - FALL 2024

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 pages 47 - 49. Please give us valuable information to help provide the safest & best care possible!

Registration forms received after the August 20 deadline will be reviewed after September 16, 2024. 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 \_\_\_ Participant's Information Last Name \_\_\_\_\_ First Name \_\_\_\_\_ \_\_\_\_\_City\_\_\_\_ \_\_\_\_\_Zip Birthdate Age Gender: Female Male Other School \_\_\_\_\_\_ Teacher \_\_\_\_\_ 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 **Primary Contact Information - person who should be contact FIRST** \_\_\_\_\_ First Name \_\_\_\_\_ Email Address (please print) Participant Phone ( Primary Phone ( ) \_\_\_\_\_ Work Phone ( Alternate Phone ( \*Primary phone # and email will be used to communicate program changes, automated messages, and for staff to have at the program Alternate Contact Information (Fill out ONLY if it is appropriate for this person to be contacted if the Primary Contact cannot be reached) Last Name First Name Relationship Email Address (please print) \_\_\_\_\_ Primary Phone ( ) \_\_\_\_\_\_ Alternate Phone ( ) \_\_\_\_\_ Group Home Name \_\_\_\_\_\_ Group Home Contact Name \_\_\_\_\_\_ (Name and Relationship) X 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 ( ) \_\_\_\_\_ Work Phone ( Alternate Emergency Contact Last Name \_\_\_\_\_\_ First Name \_\_\_\_\_\_ Relationship \_\_\_\_ Primary Phone ( It might be time! Just ONCE A YEAR, we're requesting that you complete the Annual Information Form. (next pages) E/A recv'd. Date recv'd. Check # Other agency pay FOR OFFICE E/A apprvd.

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

AIU

Conf. Email

**USE ONLY** 

R/NR

In Computer

Wait List

Cash

Charge \_\_\_\_

No pymnt recv'd \_\_\_\_



+ / - Credit/Balance Due \_\_\_\_

Grand Total =

Amount Paid

Scholarship

**NISRA Respite** 

Program #	Program Name Please make sure the Program # matches the Program Name!	Transportation Location *if offered Please write "none" if you are NOT taking the transportation that is offered.	Program Fee
		Subtotal of Fee Due minus any available credits	=
C	ontribution to NISRA Foundation for s	scholarships, accessible busses, and innovative program	
		Total Fee Due (submit along with registration form	
		lastercard VISA Discover Other	
		Signature	
Cardholder Add	ress	City State Zi	p
Please read this form programs that you or the of these programs, you are ag As a participant in the may sustain as a result of I agree to waive and runits, any and all independe whatever nature that might I do hereby fully relea account of my participation I further agree to indeed and arising out of, connects I further understand as am participating in these prequipment, and apparatus, I understand the nature further understand that are agreement.  Photo release. NISRA is un case of emergency,	carefully and be aware that in signing up and participater named participant might sustain. The terms "I", reeing as follows:  see programs, I recognize and acknowledge that therparticipation in any manner, in any and all activities delinquish any and all claims I may have as a result of ent contractors, officers, agents, servants, and emploite directly or indirectly liable for any injuries that I rese and discharge NISRA and the other released particin these programs.  See Mindy, hold harmless and defend NISRA and any and ed with, or in any way associated with my conduct any and agree that the terms such as "participation", and rograms and further include the provision of or failur and anything related to my use of the services, faciliare of these programs for which I am registering and my advisements or warnings of the particular risks of takes photos & video of participants in programs. By ia outlets without further permission and without an	ies from any and all claims for injuries, damages or loss which I may have or who did all other parties, from any and all claims resulting from injuries, damages and the activities of these programs.  "activities", referred to in this Agreement, include all exercises and physical more to provide proper instructions or supervision, the use and adjustment of any lities, or premises involved in these programs, and transportation to and from a have read and fully understand this Waiver, Release and Hold Harmless Agree these programs that I subsequently receive will be incorporated by reference in a signing the waiver, you are giving permission to NISRA to use these photos & any compensation to you. All photos & video are the property of NISRA. In y first aid, transportation or medical attention that may be required.	programs. In registering for njuries, damages or loss which if injury. Or cooperating governmental all other persons and entities of hich may accrue to me on a losses sustained by anyone, evements of any nature while and all machinery, any events. The ment. Into and become a part of the sustained by any of the matter and all machinery, any events.
Parent/Guardian	Signature	Date	
*Participant may sign if the	ey are their own guardian		
Relationship to I	Participant		
•			1100 1
*Please mail or		<b>rrypted and may get trapped in a spam filter. Fax can b</b> Drive  Crystal Lake, IL 60014 (see page 3 for dates	

### **ANNUAL INFORMATION UPDATE**

Please complete and return this Annual Information Form once a year in summer or fall or if you have new information that NISRA needs in order to update its records for the safety of the participant.

Last Name	First Name		Birthdate _		
Address		City	Stat	e Zip	
Subdivision (if applicable)		Township		County _	
Primary Disability					
Secondary Disability					
Down syndrome? Yes No					
If yes, checked for Atlanto-Axial Su	ubluxation Condition?	Date Condition	on Cleared?		
Primary Language Used in the Ho	usehold		_		
Allergies					
	Details:				
_	Details:				
	Details:				
		_			
Details:					
Condition:					
Condition:					
Condition:  Details:  Eyeglasses Shunts O  Communication Needs  Uses Hearing Aid(s)					
Condition:  Details:  Eyeglasses Shunts O  Communication Needs  Uses Hearing Aid(s)  Speech Reads	ther (list) Which ear?				
Condition:  Details:  Eyeglasses Shunts O  Communication Needs  Uses Hearing Aid(s)  Speech Reads  Uses Sign Language	ther (list) Which ear? Sign Language Inte	rpreter Needed	Details:		
Condition:  Details:  Eyeglasses Shunts O  Communication Needs  Uses Hearing Aid(s)  Speech Reads  Uses Sign Language  Uses Communication System	ther (list) Which ear?	rpreter Needed	Details:		
Condition:  Details:  Eyeglasses Shunts O  Communication Needs  Uses Hearing Aid(s)  Speech Reads  Uses Sign Language  Uses Communication System (Ex. PECs, picture schedules)	ther (list)  Which ear?  Sign Language Inte  Details:	rpreter Needed	Details:		
Condition:  Details:  Eyeglasses Shunts O  Communication Needs  Uses Hearing Aid(s)  Speech Reads  Uses Sign Language  Uses Communication System (Ex. PECs, picture schedules)  Needs Assistance	ther (list)  Which ear?  Sign Language Inte Details:  Details:	rpreter Needed	Details:		
Condition:  Details:  Eyeglasses Shunts O  Communication Needs  Uses Hearing Aid(s)  Speech Reads  Uses Sign Language  Uses Communication System (Ex. PECs, picture schedules)  Needs Assistance  Non-Verbal	ther (list)  Which ear?  Sign Language Inte  Details:	rpreter Needed	Details:		
Condition:  Details:  Eyeglasses Shunts O  Communication Needs  Uses Hearing Aid(s)  Speech Reads  Uses Sign Language  Uses Communication System (Ex. PECs, picture schedules)  Needs Assistance  Non-Verbal  Daily Living Skills	ther (list)  Which ear?  Sign Language Inte Details:  Details:  Details:	rpreter Needed	Details:		
Condition:  Details:  Eyeglasses Shunts O  Communication Needs  Uses Hearing Aid(s)  Speech Reads  Uses Sign Language  Uses Communication System (Ex. PECs, picture schedules)  Needs Assistance  Non-Verbal  Daily Living Skills  Feeding Assistance Required	ther (list)  Which ear?  Sign Language Inte Details:  Details:  Details:	rpreter Needed	Details:		
Condition:  Details:  Eyeglasses Shunts O  Communication Needs  Uses Hearing Aid(s)  Speech Reads  Uses Sign Language  Uses Communication System (Ex. PECs, picture schedules)  Needs Assistance  Non-Verbal  Daily Living Skills  Feeding Assistance Required  Toilet Assistance Required	ther (list)  Which ear?  Sign Language Inte Details:  Details:  Details:  Details:  Details:  Details:	rpreter Needed	Details:		
Condition:  Details:  Eyeglasses Shunts O  Communication Needs  Uses Hearing Aid(s)  Speech Reads  Uses Sign Language  Uses Communication System (Ex. PECs, picture schedules)  Needs Assistance  Non-Verbal  Daily Living Skills  Feeding Assistance Required	ther (list)  Which ear?  Sign Language Inte Details:  Details:  Details:	rpreter Needed	Details:		

Participant Name				ne Number:
Medication For emergencies (in case NIS Please list them below:				
Medication Name	Dosage	Time		Purpose
If medication is to be dispendent additional information. Details on Assistance with Me				tain a Medication Dispensing Waiver
Will participant be taking med	dication independently	during programs? [	Yes No	
Mobility & Transporta  ☐ Uses Wheelchair ☐ Trar  ☐ Uses Amigo ☐ Trar  Wheelchair Type (power or m	nsfers Independently nsfers with Assistance		·	
Orthopedic Equipment (walke	er, braces, canes, AFOs)	:		
• —		-		
ls a wheelchair lift needed on	the bus? Yes	No, participant can w	alk up the stair	s on the vehicle
Seizures  Yes No If yes, please	e complete a <b>Seizure Q</b>	<b>uestionnaire</b> (in thi	s brochure) and	l return it to the NISRA Office.
<b>Releases</b> OK to remain independent	tly after Program Det	ails:		
NISRA sometimes contacts so f you <b>do not</b> wish to give per		•	ormation to be	tter serve the participant's needs.
Sensory/Behavioral/O Sensory processing difficu	lties?			
Details: Describe any calming technio	ues used:			
				equires a closer ratio and why:
Understanding of sevual in				
T-shirt Size: <b>Youth:</b> XS				
Person Completed Form:		Phone: _		Email:
Participant/Parent Signatu	re:			Date:

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



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

TO: Medical practitioner

FROM: Northern Illinois Special Recreation Association (NISRA)

RE: Recommendation for participation

DATE:

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

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

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

Part 1: For completion	on by NISRA Participant.			
Print Name:	State of the state			
give permission for	(medical practitioner name)	to comple	ete this medical clearance	
form. It needs to be	ent to NISRA prior to the st	egins on	in order for me to be	
allowed to participa	re.			
Date:		Participant signature:		
Please check: I support my   I support my	patient's participation in this patient's participation in this	s program with no restrictions program with the following and the program for the	restrictions:	
Date:	Medical Prac	titioner's signature:		
Medical practitioner	s address:			
Please return to:	NISRA			
	285 Memorial Drive			
	Crystal Lake II 60014			

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

(815) 459-0388 Fax\*

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



Office use only:	
Date Reviewed:	
Initial:	

#### Seizure Questionnaire (Rev. 8/22/2022)

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

Relationship:	Phone: (	)
ne participant's medication needs hat abmit a new update as soon as possi ubmitted if you are requesting NI redication. To obtain a copy of the	ve changed since sul ble. SRA staff to assist v Annual Information is	omission of their with the dispensing Update form or
er rectal Diastat or perform any oth	er invasive medical p	procedures.
nt's last seizure?//	stomach pain, fear, s	ounds, etc.)
pply): Atonic (Drop)	Simple P	artial
Seizure Response Plan staff will follow basic first aid proc RA staff to take in the event of a sei	cedures for the care o	f seizures. Please list
thanminutes. (Please Note; Dimmediately)	epending on circumstanc	es, NISRA staff may
checked, parent/guardian must train	staff on use of VNS	device.
	Date:	
	ad on their Annual Information Upda the participant's medication needs hat about a new update as soon as possis ubmitted if you are requesting NI tedication. To obtain a copy of the set the NISRA office or download a copy from the NISRA office or download a copy of the set the NISRA office or download a copy of the set the NISRA office or download a copy of the set the NISRA staff (Inspection of the Seizure Care from NISRA st	and on their Annual Information Update form which is dissisted participant's medication needs have changed since subsident a new update as soon as possible.  Indication obtain a copy of the Annual Information is the NISRA office or download a copy of the forms from the the NISRA office or download a copy of the forms from the Information is the Information of the Forms' tab.  Indication of the serious of the serious and the Information of the Inf



# Use this space to jot down your program wish-lists, questions and/or notes when you speak with NISRA staff.

	_
	_



# Use this space to jot down your program wish-lists, questions and/or notes when you speak with NISRA staff.

	_
	_

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

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

#### **BARRINGTON AREA**

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

235 Lions Drive Barrington (847) 381-0687

**Kelsey Road House** 

352 Kelsey Road Lake Barrington

**Superior Advantage Athletics** 

319 West Northwest Highway Barrington

#### **CARY**

Cary Farmer's Market

100 West Main Street Cary

**Cary Gymnastics Center** 

600 Industrial Drive Cary (847) 516-1064

Cary Park District Community Center

255 Briargate Road Cary (847) 639-6100

Fel-Pro RRR Disc Golf Course

1520 Crystal Lake Road Cary

#### **CRYSTAL LAKE**

(including Algonquin)

Bowlero

1611 South Randall Road Algonquin (847) 658-2257

**Color Me Mine** 

40 North Williams Street, Suite J Crystal Lake

Conscious Cup

5005 Northwest Highway #101 Crystal Lake

Conley Elementary School

750 Dr. John Burkey Drive Algonquin

**Crystal Ice House** 

320 East Prairie Street Crystal Lake (815) 356-8500

**Crystal Lake Racket Club** 

9101 South Route 31 Algonquin (847) 658-5688

**Daily Projects** 

124 South Randall Road Algonquin

**Dunkin' Donuts** 

1319 East Algonquin Road Algonquin Heineman Middle School

725 Dr. John Burkey Drive Algonquin

Lippold Park

1251 West Route 176 Crystal Lake

North Wall

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

**Panera Bread** 

451 South Randall Road Algonquin

**Pickle Haus** 

1621 Randall Road Algonquin

**Riverbottom Coffee** 

301 South Main Street Algonquin

SAGE TR Center, NISRA

285 Memorial Drive Crystal Lake

Sterne's Woods

5617 Hillside Road Crystal Lake

**Sweeps and Sculls Rowing** 

4410 IL-176, Unit #14 Crystal Lake

Striker's Hall

54 Lou Street, Suite B Crystal Lake

Taste of Benedict's

35 North Williams Street Crystal Lake

**Triple Berry Cafe** 

435 Angela Lane Crystal Lake

**DUNDEE AREA** 

(including Carpentersville & Sleepy Hollow)

Classic Cinema 12

100 L W Besinger Drive Carpentersville

**Liberty Lanes** 

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

Lions Park

570 Penny Road East Dundee

Rakow Recreation Center Dundee Township Park District

665 Barrington Ave Carpentersville (847) 428-7131

**Randall Oaks Park** 

750 Randall Road West Dundee Randall Oaks Golf Club

4101 Binnie Road West Dundee

**ELGIN** 

AID/Elgin Training Center (ETC)

(EIC)

1135 Bowes Road Elgin (847) 931-6200

The Centre

100 Symphony Way Elgin (847) 531-7000

Danny's Pizza

231 Douglas Ave Elgin

**Wing Park** 

1010 Wing Street Elgin

**HAMPSHIRE** 

Hampshire Park District Catherine B. Seyller

**Community Room** 390 South Ave Hampshire

(847) 683-2690 **HUNTLEY** 

Cheryl's Cafe

10214 Algonquin Road Huntley

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

12015 Mill St Huntley (847) 669-3180

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 (Buddy Baseball Field)

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)

Fire House Gym

2506 Hiller Ridge Johnsburg

GiGi's Playhouse

5404 W Elm St McHenry

McHenry Recreation Center (next to the Municipal Center)

3636 Municipal Drive McHenry (815) 363-2160

**Palace Bowl** 

3400 N Richmond Road Johnsburg

Petersen Farm

4112 McCullom Lake Road McHenry

**Pioneer Center/Pioneer Central** 

4001 West Dayton Street McHenry (815) 344-1230

Raymond's Bowl

3960 N Johnsburg Road Johnsburg

Stade's Farm & Market

3709 Miller Road McHenry

WAUCONDA

Lindy's Landing

115 Park Street Wauconda

Wauconda Park District

600 Main Street Wauconda (847) 526-3610

WOODSTOCK

Kingston Lanes

1330 South Eastwood Drive Woodstock (815) 338-2105

**Woodstock North High School** 

3000 Raffel Road Woodstock

**Woodstock Recreation Center** 

820 Lake Ave Woodstock (815) 338-4363





# **LOOKING AHEAD**

WINTER/SPRING BROCHURE PREVIEW: NOVEMBER 11 - 13

WINTER/SPRING BROCHURE AVAILABLE: NOVEMBER 14



#### **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.







