



NISRA
Northern Illinois
Special Recreation Association

**SUMMER
2024**

Registration Begins: April 25 Registration Ends: May 22



WHAT'S NEW?

Staff Updates

We'd like to give an official welcome to **Rodney Ervin** who joined the NISRA team just before the winter season as the Northwest Regional Coordinator! Rodney comes to NISRA with a background of working in both the nonprofit and recreation worlds totaling over 18 years of service. With a master's degree in communication theory, Rodney has experience in sports, social clubs, event planning and marketing! His skills and expertise will help flourish our programs and services. Rodney's favorite recreation activity is soccer.

Nicole Freeman has also joined the NISRA team as the new Eastern Regional Coordinator. Her transition to this role came after a productive internship within our agency! Recreation has been deeply embedded in her life as she actively participated in competitive sports since childhood with her athletic journey peaking with collegiate competitions for Southern Illinois University. Nicole is pursuing a degree in Therapeutic Recreation and is enthusiastic about leveraging her passion for recreation.

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

Program Updates

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 31 - 34**, check out all the fun things we have planned!

Program Updates

STAR Program

The Strength Through Adult Relationships (STAR) Program kicked off last year. The STAR Program is an extension of NISRA programs that establishes a safe and positive social environment for higher functioning individuals with a diagnosed disability to promote appropriate adult friendships and comradery.

Check out the program on page 38 to learn more!



Rainout Line

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

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

Make sure to register if you have not already done so, so you don't miss any program updates and general information. Please see **page 48** for more details on ways to use Rainout Line and how to register.

SUMMER SESSION DATES

Please refer to each program for exceptions!

Mondays: June 10 - July 22

Tuesdays: June 11 - July 23

Wednesdays: June 12 - July 24

Thursdays: June 13 - July 25 ***No Program July 4**

Fridays: June 14 - July 26

Saturdays: June 15 - July 27

DEADLINES

Resident Priority Registration Ends: May 15

Non-Resident Registration Begins: May 16

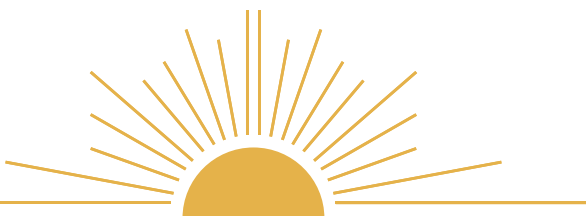
Final Registration Deadline: May 22

(Residents of NISRA's 13 member districts will be registered first. Non-residents may submit their registration at any time. However, their forms will be processed in the order that they were received beginning **May 16**)

LOOKING AHEAD

Fall Brochure Preview: July 15 - July 17

Fall Brochure & Registration Opens: July 18



WELCOME TO NISRA

Our Mission

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

Our Vision

To be a community of limitation free recreation.

Our Values

- Fun
- Professional
- Compassionate
- Trustworthy
- Innovative



NISRA OFFICE 285 Memorial Drive
Crystal Lake, IL 60014

Phone: (815) 459-0737

Fax: (815) 459-0388

Email: info@nisra.org

Website: www.nisra.org

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

The office will be closed on the following dates:

- May 27, 2024
- July 4, 2024
- August 22, 2024
- August 23, 2024
- September 2, 2024

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

Asistencia en Español

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

Brochure Available in Audio

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

Americans with Disabilities Act (ADA)

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

What is NISRA?

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

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

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

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

For:

Index of All Programs by Name Page 5	Registration Information Pages 49 - 51
Annual Information Update Pages 55 - 56	Registration Form Pages 53 - 54
Facility Locations Page 59	Rainout Line Information Page 48
Fitness Program Waiver Page 57	Seizure Questionnaire Page 58
Illness Guidelines Page 52	Severe Weather Guidelines Page 52
NISRA Foundation Pages 6 - 7	Special Olympics Information Page 42
Program Information Pages 50 - 52	Wellness Programs Page 29 - 30

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	Barrington Park District
Dan Jones	Cary Park District
Jason Herbster	Crystal Lake Park District
Dave Peterson	Dundee Township Park District
Maria Cumpata	City of Elgin
Laura Schraw	Hampshire Township Park District
Lou Leone	City of Harvard
Scott Crowe	Huntley Park District
Randy Splitt	Village of Lake in the Hills
Dan Bertrand	Marengo Park District
Bill Hobson	City of McHenry
Tim Staton	Wauconda Park District
Dave Zinnen	City of Woodstock

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

Administrative Staff

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

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

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

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

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

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

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

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

Recreation Staff

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

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

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

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

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

TBD
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!

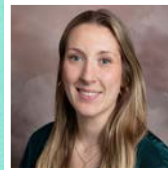


TBA – Central Regional Coordinator

Please call the NISRA office at (815) 459-0737 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 rvin@nisra.org with program suggestions for the Harvard, Marengo, McHenry, and Woodstock areas.



Nicole Freeman – Eastern Region

Please call Nicole 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.



TBD

Central Regional Coordinator; Please call the NISRA office 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

Nicole Freeman, ext. 229

Eastern Regional Coordinator; Please call Nicole 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, ext. 235

LIFE Program Recreation Specialist, Carpentersville

Macky Leech, DSP, ext. 235

Bright Program Recreation Specialist

Nicole Eisenrich, B.S.

Healthy Minds Healthy Bodies Specialist

Nancy Somoza

Healthy Minds Healthy Bodies Specialist

CTRS & CPRP

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

PROGRAM INDEX

Special Events, Family Events & Trips

Special events & trips are listed on pages **8 - 13**

Sensory Programs are listed on page **14**

Young Children

Jumpin' Gymnastics.....	18
Kids Klub.....	19
Little Ninja.....	18
Rock 'n' Kids.....	18
Splash Pad & Playground Tour.....	17
Super Saturdays.....	19
Swim Skills.....	19
Youth Social Club.....	17

Youth & Young Teens

Buddy Baseball.....	21
Climb On.....	23
Gamers Paradise.....	20
Ice Skating - Learn to Skate.....	21
Jumpin' Gymnastics (7 - 12).....	23
Kids Cooking Around the World.....	20
Multiplayer Madness.....	23
Ninja White.....	22
Saturday Fun Club (6 - 18).....	21
"Special Focus" Karate.....	22
Summer Sports Series.....	20
Youth Bowling.....	22

Teens & Adults

Archery.....	26
Baking Buddies.....	25
Bowling.....	28
Community Cruisers.....	27
Creative Creations.....	24
Disc Golf - Outdoor (one location).....	27
Friday Night Disc Golf - Outdoor.....	27
Friday Night Supper Club.....	26
Game Show Showdown.....	24
Just Keep Rowing.....	30
Making Our Way Through McHenry.....	26
Model Rocket Mania.....	24
Open Hoops.....	27
Simply Cooking.....	24
Sunshine Through Golf Clinic.....	25
Tennis - Beginner.....	25
Water Aerobics.....	30
Workout @ Woodstock Recreation Center.....	29
Yoga.....	29

Adults 21 & Older

Adult Social Clubs.....	32 - 34
AID Programs.....	37
Aquacize.....	35
Coffee Around Town.....	35
Concerts in the Park.....	38
Fitness Swim.....	15
Friday Friends.....	36
Gardening Club.....	38

Lunch Bunch.....	36
Movie Review Crew.....	36
NISRA News Room.....	35
Out -n- About.....	16
Restaurant Hoppers.....	16
Strength Through Adult Relationships (STAR).....	38
Stretch 'n Tone.....	15

Cultural Arts

Amazing Artists.....	41
Art Explorations - Virtual.....	39
Encore! Joyful Noise Choir.....	40
Fused Glass Workshops.....	39
Individual Music Lessons.....	40
Kingpins Drumline.....	41
Paint Night Workshop.....	39
Partners Clay Workshop.....	39
Theater Troupe.....	41
Tone Chime Choir.....	40

Special Olympics

Bocce Ball.....	43
Region B Bowling Tournament.....	43
Fantasy Football.....	45
Gold in Sight.....	46
Flag Football.....	44
Floor Hockey.....	44
Volleyball.....	45
Summer Games.....	43



Color Key to Sections:



Do You Know?

For every \$1 given to the Foundation:

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

What the Foundation Does

The NISRA Foundation was created in 1991 to preserve the future funding and quality of NISRA services. The Foundation raises money through fundraising events, grant solicitation and donations in order to exclusively support NISRA programs and services. Since its inception, the Foundation has made annual grants to NISRA, cumulatively exceeding \$2.8 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, <i>President</i> | Reggie Layoff |
| Pat Kallaus, <i>Vice President</i> | Jessica Loustaunau |
| Julie Amendt, <i>Treasurer</i> | Susan Schott |
| Jim Wiseman, <i>Secretary</i> | Randy Splitt |
| Cheryl Hayes | |

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...

- **Knights of Columbus**
- **Rotary Club of Crystal Lake**
- **Community High School Dist 155**
- **SunFlower Garden Club**
- **John H & Ann G Rhodes Foundation**
- **The Dumoulin Family**
- **The Mental Health Resource League**
- **The Community Foundation for McHenry County**
- **Sycamore Odd Fellows / The Spot Marengo**
- **Top Cats of Illinois**
- **United Way**

SAVE THE DATES!

Bowl-a-Thon

April

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

Spring Shootout

Friday, June 7

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

Annual Motorcycle Ride Hosted by Top Cats - Illinois

Sunday, June 9

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

Women's Golf Outing

Tuesday, September 10

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

Fall Diddley

Saturday, October 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 NISRA Foundation's largest fundraiser - this signature event brings over 400 people together for an afternoon full of fun raffles, great company, and an entertaining fashion show featuring NISRA's amazing participants modeling clothing from local businesses and boutiques.



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, and possibly beds, with peers. 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 - Duluth, Minnesota

If you're looking for a fun week to enjoy the fresh outdoors in a cozy, wilderness stay at a lake front cabin, let's hit the road! We'll be staying 30 minutes outside of **Duluth, Minnesota** for 4 nights! We'll enjoy a train excursion on the North Shore Scenic Railroad along the shore of Lake Superior, deep into the majestic north woods. We'll enjoy beautiful sight seeing and rock hounding on the beautiful beaches! There's nothing better than the great outdoors with friends.

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: Mia

Prog #	Days	Dates	R/NR Fee
4012	Mon - Fri	Aug 5 - 9	\$987/ \$1185

Bus Departs from NISRA	Bus Returns to NISRA
Aug 5 - TBD	Aug 9 - TBD

NOTE: 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.

MINNESOTA

Adult Weekend Trip - Indianapolis, Indiana

We are heading to Indianapolis, Indiana for a beautiful fall weekend trip! We'll be visiting Indianapolis Zoo and the White River Gardens, taking a tour of the Indianapolis Motor Speedway, exploring the downtown area, and more!

Age Group: 21 & Older

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

Min/Max: 8/10

Staff Contact: Trisha

Prog #	Days	Dates	R/NR Fee
4020	Fri - Sun	9/6 - 9/8	\$519/\$623

Bus Departs from NISRA	Bus Returns to NISRA
9/6 at 9:00 am	9/8 at 3:00 pm



NOTE: 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.

Mark your calendars!

Spring Training - March 2025

We are bringing it back! Major League Baseball Spring training 2025 here we come. Registration for MLB Spring Training will be posted in the Fall 2024 Brochure. The fee includes air fare, ground transportation, lodging, meals, activities, and staff supervision. A deposit is required to register for the trip.

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. **For more information on Rainout Line, see page 48.**

Chicago Dogs

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

Age Group: 18 & Older

Suggested Ability Level: All Abilities

Location: Impact Field, Rosemont

Min/Max: 25/40

Staff Contact: TBD

Prog #	Day	Date	Time	R/NR Fee
8410	Sun	6/23	*3:00 pm gametime	\$87/\$153

Transportation Location

NISRA Office
Sheltered Village
The Centre, Elgin

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

Chicago Cubs vs. Milwaukee Brewers

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

Age Group: 18 & Older

Suggested Ability Level: All Abilities

Location: American Family Field, Milwaukee, WI

Min/Max: 15/30

Staff Contact: TBD

Prog #	Day	Date	Time	R/NR Fee
8624	Sun	6/30	*1:10 pm gametime	\$139/\$243

Transportation Location

NISRA Office
Sheltered Village
The Centre, Elgin

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

SPECIAL EVENTS

Bears Training Camp & Lunch

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

Age Group: 18 & Older

Suggested Ability Level: All Abilities

Location: Halas Hall, Lake Forest

Min/Max: 6/15

Staff Contact: TBD

Prog #	Day	Date	Time	R/NR Fee
8406	TBD	End of July/ Early August	TBD	\$65/\$113

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



Chicago White Sox

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

Age Group: 18 & Older

Suggested Ability Level: All Abilities

Location: Guaranteed Rate Field, Chicago

Min/Max: 15/30

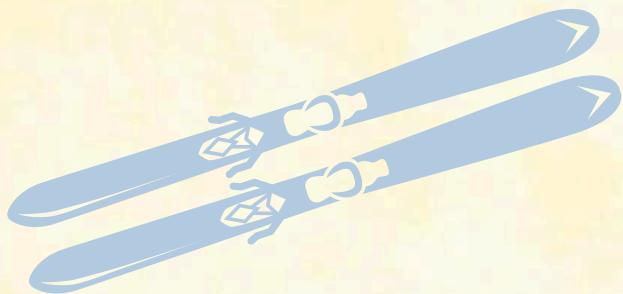
Staff Contact: TBD

Prog #	Day	Date	Time	R/NR Fee
8625	Sun	9/15	*1:10 pm gametime	\$117/\$205

Transportation Location

NISRA Office
Sheltered Village
The Centre, Elgin

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



Learn to Water Ski

Learn basic water ski techniques from the national champion Wonder Lake Water Ski Show Team! The goal is for each skier, regardless of his or her ability, to have a successful ski experience. Participants must be able to grip a ski rope and be comfortable in the water. The Team can accommodate up to 2 non-ambulatory participants that do not need to be able to hold the rope. All water skiers will participate in a ski show for their families & friends on the last night of the program.

Age Group: 14 & Older

Suggested Ability Level: All Abilities

Location: Wonder Lake

Min/Max: 4/10

Staff Contact: Rodney



Prog #	Day	Dates	Time	R/NR Fee
1310	Mon & Tue	6/3, 6/4, 6/10 & 6/11	6:00 - 8:00 pm	\$58/\$102

NOTE: The Ski Show will be held on the last day of program. The rain date will be June 17. In the event of inclement weather, the program will be canceled.



Fishing Has No Boundaries

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

Age Group: 8 & Older
Suggested Ability Level: All Abilities
Location: Antioch Area
Min/Max: 6/15
Staff Contact: TBD

Prog #	Day	Date	Time	R/NR Fee
8626	Sat	9/7	8:00 am - 6:00pm	\$73/\$129

Transportation Location

NISRA Office
 Sheltered Village

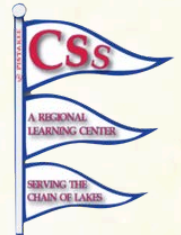
NOTE: Fee includes breakfast, lunch, and dinner. If you have your own fishing rod, please bring it labeled with your name and phone number. Also bring sunscreen and bug spray, and be prepared for all weather conditions. In the event of inclement weather, this program will be canceled.



Learn to Sail

Experience the freedom and excitement of sailing! Join NISRA and the Community Sailing School at Pistakee Lake for this inclusive sailing program.

Age Group: 12 & Older
Suggested Ability Level: All Abilities
Location: Pistakee Yacht Club, Johnsburg
Min/Max: 6/6
Staff Contact: Rodney



Prog #	Day	Dates	Time	R/NR Fee
8635	Tues & Thu	6/18, 6/20, 6/25 & 6/27	5:30 - 7:30 pm	\$62/\$109
8636	Tues & Thu	7/16, 7/18, 7/23 & 7/25	5:30 - 7:30 pm	\$62/\$109

NOTE: Participants must have basic water safety, must be able to transfer independently on the boat, and be able to sit in the boat for the duration of the program. In the event of inclement weather, the program will be canceled.

ALOHA!

Hawaiian Luau

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

Age Group: 18 & Older
Suggested Ability Level: All Abilities
Location: Band Shell at Main Beach, Crystal Lake
Staff Contact: TBD

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

NOTE: The fee includes a light Hawaiian dinner. 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.

Program #	Transportation Location	Min/Max
8456	*No transportation; meet at dance	1/70
8454	Sheltered Village	3/12
8453	McHenry Recreation Center	3/30
8455	The Centre, Elgin	3/20

FAMILY & CO-OP

Family Bowling - Marengo

Strikeout with the ultimate family night of bowling! Enjoy hitting 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 #	Day	Dates	Weeks	Time
1638	Wed	6/12 - 7/24	7	5:00 - 6:30 pm

R/NR Fee	Family R/NR Fee
\$56/\$98	\$56/\$98

NOTE: The program fee includes shoe and ball rental, and 1 or 2 games of bowling, whichever time permits. 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.



Huntley Park District Summer Bash

This family friendly event is designed with everyone in mind. "Summer Bash" is a celebration of diversity, inclusion, and togetherness. We invite families to dive into a variety of interactive games, arts and crafts, and exciting entertainment tailored to accommodate different needs and preferences.

Age Group: All Ages

Suggested Ability Level: All Abilities

Location: Huntley Park District

Staff Contact: TBD

Day/Date	Time	R/NR Fees
Sat, 6/1	3:00 - 6:00 pm	Resident Adult (18+): \$5 Resident Youth (3 - 17): \$3 Non-Resident Adult (18+): \$10 Non-Resident Youth (3 - 17): \$6 2 and younger: FREE

NOTE: Registration will take place online at huntleyparks.org. There is no "family registration" as registration is per individual.



Family Open Gym Gymnastics

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 & Older

Suggested Ability Level: All Abilities

Location: Fire House Gym, Johnsburg

Min/Max: 15/50

Staff Contact: Rodney



Prog #	Day	Date	Time	R/NR Fee
8644	Sun	6/2	1:00 - 3:00 pm	\$3/\$7
8645	Sun	8/11	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 Fun & Entertainment At Our Park!

Join us at Sunset Park as we have fun chalking up the park with the LITH Recreation team and blow some bubbles with NISRA. You'll also get to enjoy some freeze pops while listening to live music by Leonardo sponsored by The Place! This is a great way to disconnect from your electronic devices and reconnect with the outdoors.

Age Group: All Ages

Suggested Ability Level: All Abilities

Location: Sunset Park, Lake in the Hills

Min/Max: 0/50

Staff Contact: TBD

Prog #	Day	Date	Time	R/NR Fee
8618	Sat	7/13	10:00 am - 12:00 pm	FREE!

NOTE: Family members need to register, more than one family member can register. NISRA Staff will be assisting with the program and are unable to supervise participants.



Sundae Fun Day



Sundaes taste better when you make them yourself—with exactly what you want on them! Enjoy a social afternoon with your family and friends—making sundaes, talking, laughing, and playing games.

Age Group: 3 & Older

Suggested Ability Level: All Abilities

Location: Sage TR Center, NISRA

Min/Max: 10/20

Staff Contact: Nicole

Prog #	Day	Date	Time	R/NR Fee
8628	Sun	7/21	1:00 - 3:00 pm	\$3/\$5

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 Event



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

Age Group: All Ages

Suggested Ability Level: All Abilities

Location: Indian Trail Beach, Lake in the Hills

Min/Max: 10/20

Staff Contact: TBD

Prog #	Day	Date	Time	R/NR Fee
8627	Thu	6/20	5:00 - 7:00 pm	\$2

NOTE: Family members need to register, more than one family member can register. NISRA Staff will be assisting with the program and are unable to supervise participants.

Top Cats After Party



Come join the fun after the Top Cats “Ride, Rock, and Rumble” charity ride concludes at the Auto Volo Museum on **Sunday, June 9** at approximately **12:00 pm**. Volo Auto Museum tickets are ½ price to NISRA families. Your ticket includes hot dog or pizza slice and drink. There will be a tent with music and a motorcycle show!

No registration necessary. Tickets will be available either at the entrance or at the Top Cats/NISRA tent. If participants or families want to ride, registration begins at **9:00 am** on **Sunday, June 9** at **Harley Davidson - Woodstock**.

Visit www.nisra.org for more details!



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: Nicole

Prog #	Day	Dates	Weeks	Time	R/NR Fee	Min/Max
6020	Wed	6/12 - 7/17	6	4:00 - 4:30 pm	\$90/\$158	1/1
6021	Wed	6/12 - 7/17	6	4:30 - 5:00 pm	\$90/\$158	1/1
6022	Wed	6/12 - 7/17	6	5:00 - 5:30 pm	\$90/\$158	1/1
6023	Wed	6/12 - 7/17	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: Nicole

Prog #	Age Group	Day	Dates	Weeks	Time	R/NR Fee	Min/Max
6000	3 - 8	Tue	6/11 - 7/23	7	4:30 - 5:00 pm	\$56/\$98	2/3
6001	9 - 15	Tue	6/11 - 7/23	7	5:00 - 5:30 pm	\$56/\$98	2/3
6002	16 - 25	Tue	6/11 - 7/23	7	5:30 - 6:00 pm	\$56/\$98	2/3

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

Snoezelen® Room Punch Card

This punch card allows for three 30-minute individual or family visits to the NISRA Snoezelen® Sensory room. A parent/guardian is required to be in the building for the duration of the session. Visits must be arranged with Nicole 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

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 Nicole Freeman at nfreeman@nisra.org.

Individual Punch Card

Prog #	Day	Time	Fee
6030	Mon - Fri	10:00 am - 12:00 pm or 2:00 - 5:00 pm	\$15 per card

Family Member Punch Card

Prog #	Day	Time	Fee
6600	Mon - Fri	10:00 am - 12:00 pm or 2:00 - 5:00 pm	\$30 per card

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

The wheelchair logo indicates programs specially designed for people whose primary disability is a physical disability.



Fitness Swim

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

Age Group: 21 & Older

Suggested Ability Level: Participants w/ physical limitations

Location: Rakow Center, Carpentersville

Min/Max: 5/6

Staff Contact: David

Prog #	Day	Dates	Weeks	Time
0502	Mon	6/10 - 7/22	7	11:20 - 12:00 pm

R/NR Fee No Transp.	R Fee w/ Door-to-Door Transp.*
\$65/\$113	\$142



These programs require a **Fitness Waiver**, see **page 57** for information about the fitness waiver required for participation. If you have had medical treatment during the 2-year time frame of your waiver, please submit a new form to your doctor and NISRA. Door-to-door transportation is available for residents of NISRA's 13 Member districts only.

Stretch 'n Tone

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

Age Group: 21 & Older

Suggested Ability Level: Participants w/ physical limitations

Location: Huntley R.E.C. Center

Min/Max: 5/6

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

Staff Contact: TBD

Prog #	Day	Dates	Weeks	Time
2507	Fri	6/14 - 7/26	7	11:30 am - 12:30 pm

R/NR Fee No Transp.*	R Fee w/ Door-to-Door Transp.*
\$65/\$113	\$142

**Meet at Huntley R.E.C. Center*

INDIVIDUALS WITH PHYSICAL LIMITATIONS

Out -n- About

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

Age Group: 21 & Older

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

Min/Max: 6/8

Staff Contact: David

Prog #	Day	Dates	Weeks	Time
0503	Wed	6/12 - 6/26	3	6:00 - 8:00 pm

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

Locations:

6/12: Painting at Rakow Park

6/19: Outdoor Cooking at Sternes Woods

6/26: Woodstock City Band



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

Prog #	Day	Dates	Weeks	Time
0509	Wed	7/3 - 7/24	4	6:00 - 8:00 pm

R/NR Fee No Transp.	R Fee w/ Door-to-Door Transp.*
\$87/\$152	\$131

Locations:

7/3: On the Border, Algonquin

7/10 - 7/24: Determined by group

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

Youth Social Club - Bumblebee Café

We're buzzing on over to the Bumblebee Cafe to play, play, play! Participants can slide, climb, duck, and crawl through Bumblebee's indoor playground for an afternoon full of fun!

Age Group: 5 - 12

Suggested Ability Level: All Abilities

Location: Bumblebee Cafe, Elgin

Min/Max: 6/10

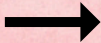
Staff Contact: David

Prog #	Day	Date	Time	R/NR Fee
0225	Sun	8/4	3:00 - 5:00 pm	\$35/\$61

Bus Departs	Transportation Location	Bus Returns
2:30 pm	NISRA Office	5:30 pm
3:00 pm	Meet at Bumblebee Café	5:00 pm

NOTE: The facility requires an additional waiver that will need to be completed prior to participation.

Sign Waiver Here



Splash Pad & Playground Tour

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

Age Group: 3 - 8

Suggested Ability Level: All Abilities

Min/Max: 6/8

Session 1 Locations:

6/14: Woods creek Park, Crystal Lake

6/21: Sunset Park, Lake in the Hills

6/28: Veterans Acres Park, Crystal Lake

Session 2 Locations:

7/12: Phil's Beach, Wauconda

7/19: Kaper Park, Cary

7/26: Freddie Herriman Pederson Splash Pad, Barrington

Staff Contact: TBD

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2110	Fri	6/14 - 6/28	3	10:00 - 11:00 am	\$24/\$42

2111	Fri	7/12 - 7/26	3	10:00 - 11:00 am	\$24/\$42
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NOTE: Participants should bring a swimsuit, towel and sunscreen. In the event of inclement weather, the program will be canceled.

YOUNG CHILDREN



Rock 'n' Kids

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

Age Group: 3 - 8

Suggested Ability Level: All Abilities

Location: The Centre, Elgin

Min/Max: 6/8

Staff Contact: David

ROCK 'N' KIDS!

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0647	Wed	6/12 - 7/24	6	5:00 - 5:45 pm	\$69/\$121
<i>No program 7/3</i>					

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

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: Nicole



Prog #	Days	Dates	Weeks	Time	R/NR Fee
3212	Fri	6/14 - 7/26	7	5:00 - 5:45 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.



Little Ninja

NEW!

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 - 6

Suggested Ability Level: All Abilities

Location: Fire House Gym, Johnsburg

Min/Max: 6/8

Staff Contact: Rodney



Prog #	Days	Dates	Weeks	Time	R/NR Fee
1125	Wed	6/12 - 7/24	7	5:00 - 5:45 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 Klub & Super Saturdays

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

Age Group: 3 - 15

Suggested Ability Level: All Abilities

Location: Cary Park District & Sunburst Bay Aquatic Center

Min/Max: 6/10

Staff Contact: Nicole

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3222	Sat	6/15 - 7/27	7	10:30 am - 1:00 pm	\$112/\$196



NOTE: This program meets at Cary Park District. Participants will be transported to the pool. Please bring a labeled sack lunch, drink, swimsuit and towel. Parents, please pick up your child at the pool at 12:50 pm.

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

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

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

Staff Contact: David

0211	Mon	6/10 - 7/22	7	6:15 - 6:45 pm	\$98/\$172
0212	Mon	6/10 - 7/22	7	6:45 - 7:15 pm	\$98/\$172

Harvard - Harvard Aquatic Center

Staff Contact: Rodney

1231	Tues	6/11 - 7/23	7	7:00 - 7:30 pm	\$98/\$172
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Huntley - Stingray Bay Aquatics

Staff Contact: TBD

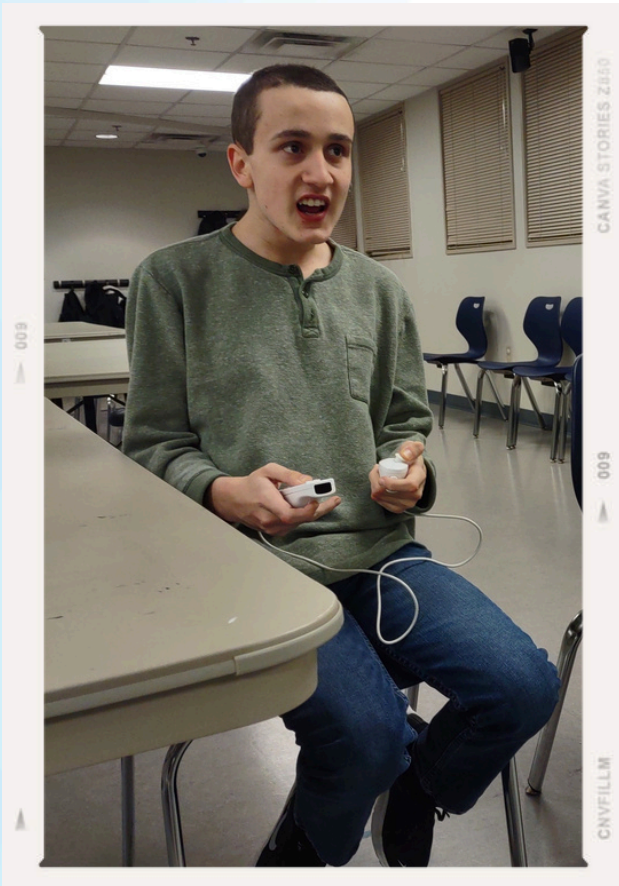
2624	Wed	6/12 - 7/24	7	7:00 - 7:30 pm	\$98/\$172
2626	Wed	6/12 - 7/24	7	7:30 - 8:00 pm	\$98/\$172

Cary - Sunburst Bay Aquatic Center

Staff Contact: Nicole

3624	Thu	6/13 - 7/25 <i>No program 7/4</i>	6	5:30 - 6:00 pm	\$84/\$147
3626	Thu	6/13 - 7/25 <i>No program 7/4</i>	6	6:00 - 6:30 pm	\$84/\$147

NEW SYSTEMS @ NISRA



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: Nicole

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3235	Tue	6/11 - 7/23	7	5:30 - 6:15 pm	\$54/\$95



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: TBD

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2215	Tue	6/11 - 7/23	7	6:30 - 7:45 pm	\$98/\$172

Summer Sports Series



Here's your opportunity to play and learn new sports and activities! Participants will be able to work on both fitness and socialization goals in this summer series all about sports.

Age Group: 8 - 18

Suggested Ability Level: All Abilities

Location: Shadow Creek, Harvard

Min/Max: 6/12

Staff Contact: Rodney

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1647	Thu	6/13 - 7/25	6	5:45 - 6:30 pm	\$48/\$84
<i>No program 7/4</i>					



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: TBD

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2217	Wed	6/12 - 7/24	7	6:00 - 7:00 pm	\$56/\$98
2216	Wed	6/12 - 7/24	7	7:00 - 8:00 pm	\$56/\$98

NOTE: Please only register for one time slot. On July 24, both programs will run from 6:00 - 7:00 pm. In the event of inclement weather, the program will be canceled.

Buddy Baseball is in partnership with Northern Illinois Rawlings Tigers 14U - 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: 6/10

Staff Contact: David

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0207	Sat	6/15 - 7/27	7	10:00 am - 1:00 pm	\$123/\$214

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: TBD

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2606	Mon	6/3 - 7/29	8	4:15 - 5:00 pm	\$48/\$84

No program 7/1

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



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: TBD



Prog #	Day	Dates	Weeks	Time	R/NR Fee
2641	Sat	6/15 - 8/24	10	11:15 am - 12:00 pm	\$135/\$236

No program 7/6

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.

Ninja White

NEW

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: 6/9

Staff Contact: Rodney



Prog #	Day	Dates	Weeks	Time	R/NR Fee
1225	Wed	6/12 - 7/24	7	6:00 - 6:45 pm	\$91/\$159

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

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

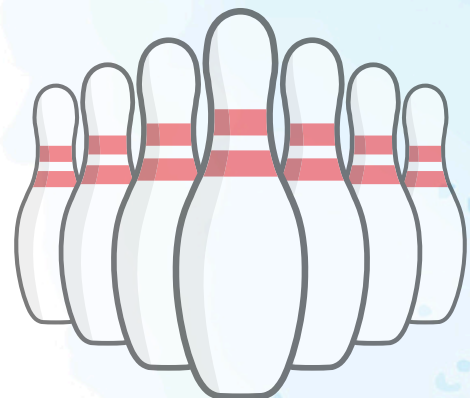
Locations: Bowlero, Algonquin

Min/Max: 6/10

Staff Contact: TBD

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2264	Mon	6/10 - 7/22	7	5:00 - 6:30 pm	\$100/\$175

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



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: Nicole



Prog #	Day	Dates	Weeks	Time	R/NR Fee
3213	Fri	6/14 - 7/26	7	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.



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: TBD



Prog #	Day	Dates	Weeks	Time	R/NR Fee
2600	Tues	6/11 - 7/23	7	4:30 - 5:30 pm	\$161/\$282

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



Multiplayer Madness

NEW!

Test your skills in The 'Comp' Scene, NISRA's new competitive gaming program! This program is a multi-week game tournament with participants playing popular games such as Among Us, Fall Guys, and more!

Age Group: 12 - 18

Suggested Ability Level: All Abilities

Location: Rakow Recreation Center

Min/Max: 6/12

Staff Contact: David

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0310	Thu	6/13 - 7/25	6	5:00 - 5:45 pm	\$47/\$81
<i>No program 7/4</i>					

NOTE: If you have your own handheld device, please bring it.



TEENS & ADULTS

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: Nicole

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3606	Wed	6/12 - 7/24	7	5:00 - 5:45 pm	\$84/\$147



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, an entrée, side dish and either a dessert or drink will be made. At the end of the program, each participant will have their own cookbook to take home with all recipes that were made.

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Location: Sage TR Center, NISRA

Min/Max: 6/8

Staff Contact: Nicole

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3618	Wed	6/12 - 7/24	7	6:00 - 7:30 pm	\$109/\$190
3619	Thu	6/13 - 7/25	6	6:00 - 7:30 pm	\$93/\$167
No program 7/4					

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



Model Rocket Mania



Let's shoot for the stars! We'll be building Estes model rocket kits and sending them off for the ultimate flight!

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Location: Lions Park, East Dundee

Min/Max: 6/12

Staff Contact: David

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0300	Mon	6/10 - 7/1	4	5:00 - 5:45 pm	\$35/\$61

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



Game Show Showdown



Come on down! It's time for a Game Show Showdown where we're going to play some of the best game shows around!

Age Group: 14 & Older

Suggested Ability Level: All Abilities

Location: Harvard City Hall

Min/Max: 6/12

Staff Contact: Rodney

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1306	Tue	6/11 - 7/23	7	5:45 - 6:30 pm	\$54/\$95

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: Nicole

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3634	Mon	6/10 - 6/24	3	5:30 - 7:00 pm	\$47/\$81
3636	Mon	7/1 - 7/15	3	5:30 - 7:00 pm	\$47/\$81

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



Tennis - Beginner

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

Age Group: 10 & Older

Suggested Ability Level: All Abilities

Locations: Crystal Lake Racket Club

Min/Max: 4/6

Staff Contact: TBD

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2642	Tue	6/11 - 7/23	7	4:15 - 5:00 pm	\$56/\$98

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.



Sunshine Through Golf Clinic

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

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Min/Max: 6/10 for each slot

Dundee - Randall Oaks Golf Club



Staff Contact: David

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0636	Mon	6/10 - 7/8	6	5:00 - 6:00 pm	FREE!
0637	Mon	6/10 - 7/8	6	6:00 - 7:00 pm	FREE!

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

Barrington - Makray Memorial Golf Club

Staff Contact: Nicole

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3635	Thu	6/13 - 7/18	5	4:30 - 5:30 pm	FREE!
<i>No program 7/4</i>					

NOTE: Registration is limited to one free clinic per participant. In the event of inclement weather, the programs will be canceled.



TEENS & ADULTS

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: TBD

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2644	Fri	6/14 - 6/28	3	6:30 - 8:00 pm	\$47/\$81
2645	Fri	7/12 - 7/26	3	6:30 - 8:00 pm	\$47/\$81

NOTE: This season, Friday Night Supper Club will run 3 consecutive weeks instead of every other week. Please only sign up for one session per season, as the recipes will be the same.



Archery

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

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Location: Petersen Farm, McHenry

Min/Max: 6/8

Staff Contact: Rodney

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1633	Wed	6/12 - 7/3	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.



Making Our Way Through McHenry

NEW!

A city with so much to offer! We'll adventure and take trips each week to explore the community and have fun with friends.

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Locations:

7/8: Riverside Bakery & Veterans Memorial Park

7/15: Peterson Park Beach

7/22: Toast and Roast & McHenry Riverwalk

Min/Max: 6/10

Staff Contact: Rodney

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1304	Mon	7/8 - 7/22	3	5:15 - 6:15 pm	\$36/\$63

NOTE: Program fee covers activities and treats. In the event of inclement weather, the program will be canceled.



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:

6/14: Lippold Park, Crystal Lake

6/21: Fel Pro-RRR, Cary

6/28: Randall Oaks Park, Dundee

7/5: Walnut Hollow Disc Golf Course, Cary

7/12: Huntley Park District Golf Course

7/19: Emricson Park, Woodstock

7/26: Lippold Park, Crystal Lake

Min/Max: 6/12

Staff Contact: TBD

Prog #	Day	Dates	Weeks	Time
2622	Fri	6/14 - 7/26	7	4:00 - 5:15 pm

R/NR Fee (No Transp.)	R/NR Fee w/ Transp.
\$63/\$110	\$112/\$159

Bus Departs	Transportation Location	Bus Returns
3:30 pm	NISRA Office	5:30 pm
4:00 pm	No Transportation	5:15 pm

NOTE: If you sign up for no transportation, 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.



Open Hoops

Whether you've been playing for a while or just starting, Open Hoops will help you grow your understanding and confidence on the court. This program will be focused on developing basketball-specific skills.

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Location: The Centre, Elgin - Main Courts

Min/Max: 8/15

Staff Contact: David

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0301	Thu	6/13 - 7/25	6	6:15 - 7:15 pm	\$48/\$84

Disc Golf - Outdoor! (one location)

Strengthen your skills, pickup a new sport. This program will be held at a single location to help encourage and teach new skills to get you comfortable and ready to someday travel to new locations.

Age Group: 13 & Older

Suggested Ability Level: All Abilities

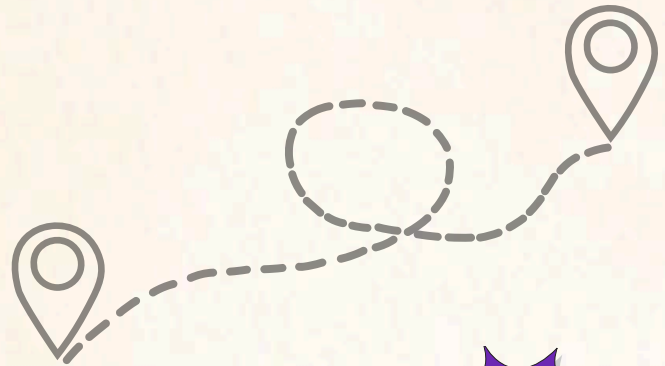
Locations: Lippold Park, Crystal Lake

Min/Max: 6/12

Staff Contact: TBD

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2620	Thu	6/13 - 7/25	6	4:00 - 5:15 pm	\$54/\$95
<i>No program 7/4</i>					

NOTE: This course is for participants who wish to stay at one course for the season with limited hills. In the event of inclement weather, this program will be canceled.



Community Cruisers

Let's get out of the house and explore some of the fun things to do around our community! Every week, we'll embark on a new adventure and embrace the diverse recreation opportunities our community has to offer!

Age Group: 14 - 22

Suggested Ability Level: All Abilities

Locations: Varies

Min/Max: 6/12

Staff Contact: Nicole

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3309	Fri	6/14 - 7/26	7	1:00 - 3:00 pm	\$189/\$294

Bus Departs	Transportation Location	Bus Returns
12:30 pm	NISRA Office	3:30 pm

NOTE: The program fee includes all activities. *Please check Rainout Line for the weekly schedule.*

TEENS & ADULTS

Bowling

Age Group: 16 & Older

Suggest Ability Level: All Abilities

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



Name & Location	Prog #	Day & Dates	Weeks	Time	R/NR Fee	Min/Max
Bowlero Bowl Bowlero Algonquin Staff Contact: TBD	2601	Mon, 6/10 - 7/22	7	5:00 - 6:30 pm	\$100/\$175	8/20

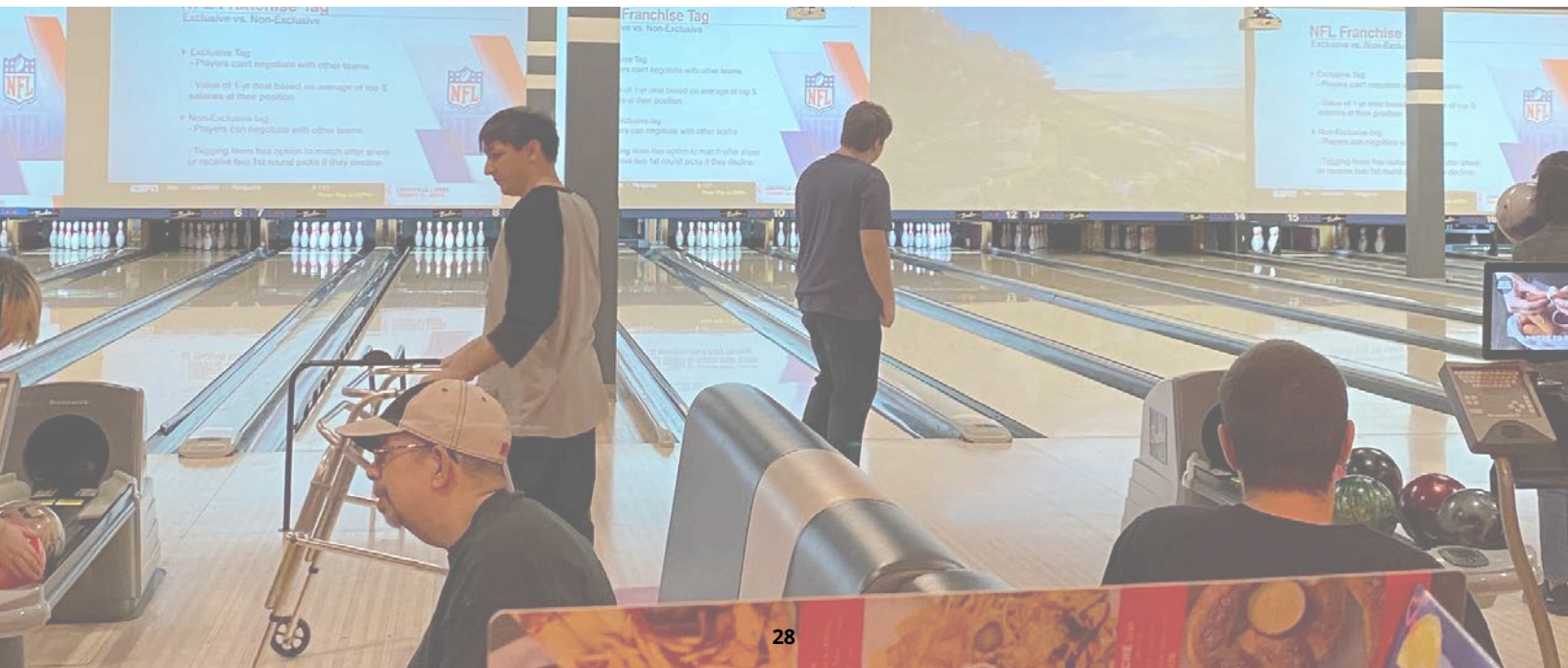
Elgin Bowl Elgin Lanes Elgin Staff Contact: David	0610	Tue, 6/11 - 7/23	7	3:30 - 5:00 pm	\$100/\$175	8/30 w/ Transp. \$124/\$199
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NOTE: Transportation offered for AID clients from workshop at 3:00 pm. No transportation home.

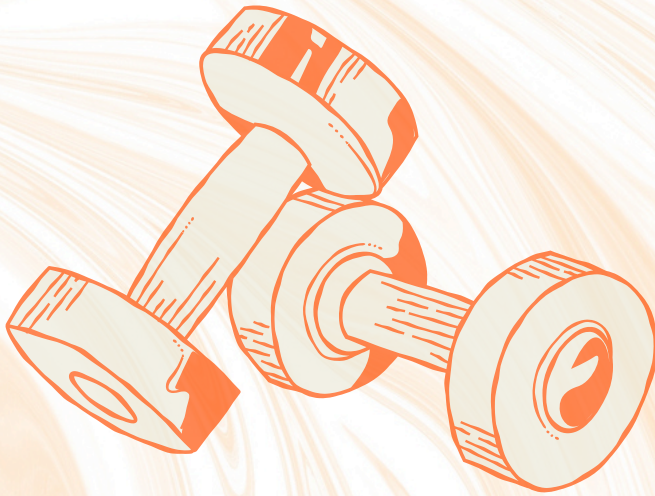
Pioneer Bowlers Raymond's Bowl Johnsburg Staff Contact: Rodney	1477	Thu, 6/13 - 7/25 <i>No program 7/4</i>	6	10:00 - 11:30 am	\$86/\$150	8/20 w/ Transp. \$128/\$192
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Bus Departs	Transportation Location	Bus Returns
9:40 am	Pioneer Center, McHenry	11:50 am

Saturday Bowlers Kingston Lanes Woodstock Staff Contact: Rodney	1612	Sat, 6/15 - 7/27	7	11:00 - 12:30 pm	\$100/\$175	8/40
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Wellness Programs



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: 5/8

Staff Contact: Rodney

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1618	Tue	6/11 - 7/23	7	4:00 - 5:00 pm	\$65/\$113

NOTE: A fitness waiver is required for participation. Participants who have had medical treatment during the 2-year time frame of their **Fitness Waiver** need to submit a new form to their doctor and NISRA.

Yoga

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

Age Group: 13 & Older

Suggested Ability Level: All Abilities

Location: Sage TR Center, NISRA

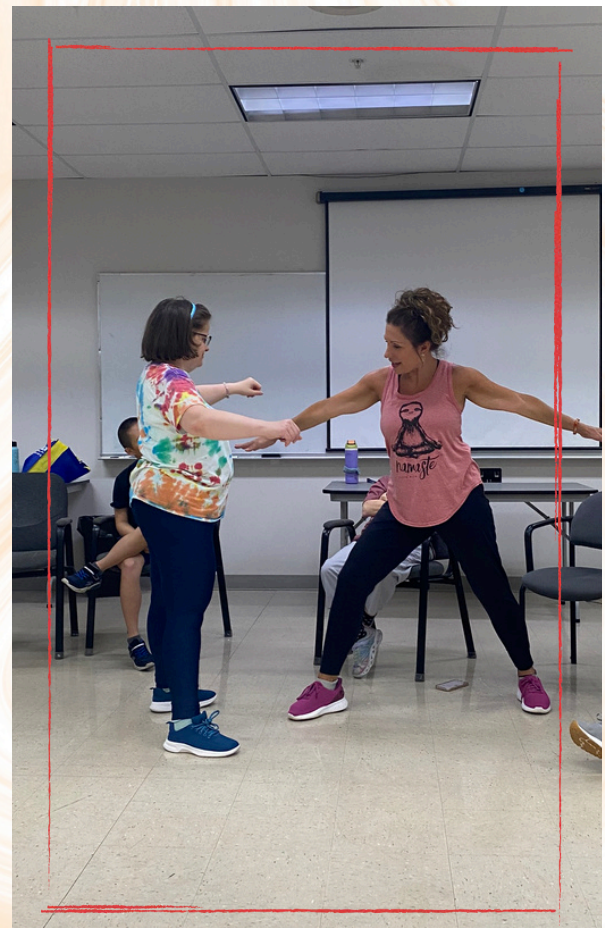
Min/Max: 6/12

Staff Contact: TBD

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2639	Mon	6/10 - 7/22	7	5:00 - 5:45 pm	\$67/\$116

Family Member Prog #	R/NR Fee for Family Member
2640	\$54/\$95

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.



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: TBD



Prog #	Day	Dates	Weeks	Time	R/NR Fee
2631	Wed	6/12 - 7/24	7	4:45 - 5:30 pm	\$119/\$208

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 & NISRA.

Water Aerobics

Improve your muscle definition and cardiovascular conditioning without stressing your joints. This low-impact workout incorporates yoga-inspired postures, movements, and breathing techniques in the water to help you burn calories, release stress, and improve your sense of well-being.

Age Group: 14 & Older
Suggested Ability Level: All Abilities
Location: Harvard Aquatic Center
Min/Max: 6/12
Staff Contact: Rodney

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1627	Thu	6/13 - 7/25	6	7:00 - 7:45 pm	\$48/\$84
<i>No program 7/4</i>					

Family Member Prog #	R/NR Fee for Family Member
1628	\$48/\$84

NOTE: For ages 14 & 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.

Check out these programs geared toward living a healthy lifestyle. We're committed to offering a variety of activities to help you live well and longer!

Transportation Update & Locations  

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

16+

Magic Show

Join your friends to see the fascinating and mesmerizing tricks from the "Magic of Gary Kantor"!

Location: Barrington Park District

Min/Max: 20/30

Staff Contact: Nicole

Prog #	Day	Date	Time	R/NR Fee
3935	Fri	6/14	6:00 - 8:00 pm	\$44/\$77

Transportation Location

NISRA Office

Sheltered Village

McHenry Recreation Center

The Centre, Elgin

*No transportation, meet at Barrington Park District

NOTE: Program fee includes magic show and snack.



Improv-aganza!

Get ready for an evening of hilarity, as some talented improvisers take you on a wild ride through a series of spontaneous scenes and games, all inspired by your suggestions and made up on the spot! Expect the unexpected and get ready to laugh until your sides ache. You'll even be invited to participate from your seat or get on up on that stage and give it a whirl. See how the power of improvisation brings joy and laughter to all who dare to join in the fun.

Location: Adult Activities Center, Rakow Center

Min/Max: 8/20

Staff Contact: David

Prog #	Day	Date	Time	R/NR Fee
0941	Fri	6/21	6:00 - 8:00 pm	\$29/\$50

Transportation Location

NISRA Office

Sheltered Village

McHenry Recreation Center

*No transportation, meet at Rakow Center

NOTE: The program fee includes a light snack.

Summer Bash

Let's start the season in style! Join your friends for an evening of games, crafts, music, snacks, and laughter!

Location: Cook Park, Wauconda

Min/Max: 8/30

Staff Contact: Nicole

Prog #	Day	Date	Time	R/NR Fee
3904	Sat	6/15	6:00 - 8:00 pm	\$32/\$57

Transportation Location

NISRA Office

Sheltered Village

McHenry Recreation Center

The Centre, Elgin

*No transportation, meet at Cook Park

THIS WAY 



Transportation Update & Locations

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

21+

Day Out at the Brewery

We're going on a brewery tour! Spend a day out with some buds at the local brewery while we play games and enjoy some appetizers.

Age Group: 21 & Older

Location: Sew Hop'd Brewery, Huntley

Min/Max: 8/20

Staff Contact: TBD

Prog #	Day	Date	Time	R/NR Fee
2929	Sat	6/22	3:00 - 5:00 pm	\$43/\$75

Transportation Location

NISRA Office

Sheltered Village

McHenry Recreation Center

The Centre, Elgin

*No transportation, meet at Sew Hop'd Brewery

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

Toss Party

Let's toss up some fun with friends! We'll head to the park to play all the best tossing games like bags, horse shoes, lawn darts, ladder golf and more!

Location: Lions Park, Harvard

Min/Max: 8/30

Staff Contact: Rodney

Prog #	Day	Date	Time	R/NR Fee
1937	Sat	6/29	6:00 - 8:00 pm	\$32/\$56

Transportation Location

NISRA Office

Sheltered Village

McHenry Recreation Center

The Centre, Elgin

*No transportation, meet at Lions Park

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

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

Pickleball Mixer

Join us for a Pickleball mix-up where we'll match you up with a partner and some competition!

Location: The Centre, Elgin

Min/Max: 8/20

Staff Contact: David

Prog #	Day	Date	Time	R/NR Fee
0939	Fri	6/28	6:00 - 8:00 pm	\$32/\$56

Transportation Location

NISRA Office

Sheltered Village

McHenry Recreation Center

*No transportation, meet at The Centre



Transportation Update & Locations  

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

Color Me Mine and Sweet Treats

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

Location: Color Me Mine, Crystal Lake

Min/Max: 8/16

Staff Contact: TBD

Prog #	Day	Date	Time	R/NR Fee
2909	Fri	7/12	4:00 - 6:00 pm	\$59/\$103

Transportation Location

- Sheltered Village
- McHenry Recreation Center
- The Centre, Elgin

*No transportation, meet at Color Me Mine

NOTE: The program fee includes ceramic and ice cream.



Pool Party and Pizza

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

Location: Woodstock Water Works

Min/Max: 8/20

Staff Contact: Rodney

Prog #	Day	Date	Time	R/NR Fee
1902	Sat	7/13	3:00 - 6:00 pm	\$38/\$67

Transportation Location

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

*No transportation, meet at Woodstock Water Works

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

Puzzle Tournament

Let's put your skills to the test! Participants will race to complete the same 250 or 500-piece puzzle.

Location: Hampshire Park District

Min/Max: 8/20

Staff Contact: David

Prog #	Day	Date	Time	R/NR Fee
0940	Sat	7/20	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



Transportation Update & Locations

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

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

Outdoor Cooking & Games

We'll enjoy some outdoor games and activities. Then, we'll cook dinner and dessert over the fire!

Location: Fel Pro RRR Lake Shelter, Cary

Min/Max: 8/30

Staff Contact: Nicole

Prog #	Day	Date	Time	R/NR Fee
0936	Sat	7/27	6:00 - 8:00 pm	\$30/\$53

Transportation Location

NISRA Office

Sheltered Village

McHenry Recreation Center

The Centre, Elgin

*No transportation, meet at Fel Pro RRR

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



Summer Olympics Celebration

Olympics Watch Party! Kick off the festivities as we watch the opening ceremonies! Participants are welcome to bring their own medals to show and tell. Snacks will be provided.

Location: Sage TR Center, NISRA

Min/Max: 8/20

Staff Contact: Rodney

Prog #	Day	Date	Time	R/NR Fee
1940	Fri	7/26	7:00 - 9:00 pm	\$27/\$48

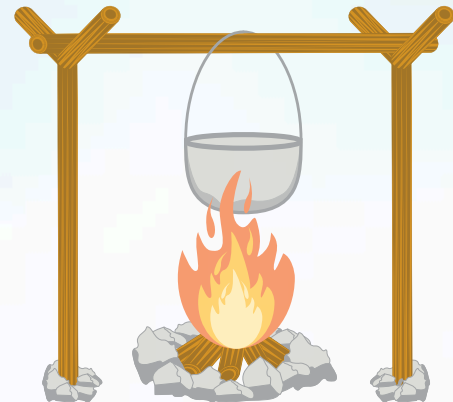
Transportation Location

Sheltered Village

McHenry Recreation Center

The Centre, Elgin

*No transportation, meet at NISRA



End of Summer Picnic

Celebrate the end of summer with friends, food, and fun! We'll enjoy a delicious dinner and play some outdoor games.

Location: Lakeside Pavilion at Deicke Park, Huntley

Min/Max: 8/30

Staff Contact: TBD

Prog #	Day	Date	Time	R/NR Fee
2940	Sat	8/10	6:00 - 8:00 pm	\$41/\$73

Transportation Location

NISRA Office

Sheltered Village

McHenry Recreation Center

The Centre, Elgin

*No transportation, meet at Deicke Park

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

Aquacize

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

Age Group: 21 & Older

Suggested Ability Level: All Abilities

Location: Woodstock Recreation Center

Min/Max: 6/10

Staff Contact: 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	Mon	6/10 - 7/22	7	10:15 - 11:00 am

R/NR Fee	R/NR Fee w/ Transportation
\$56/\$98	\$105/\$147

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

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

Min/Max: 6/10

Central Region

Staff Contact: TBD

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2401	Thu	6/13 - 6/27	3	10:00 - 11:00 am	\$33/\$58

Locations:

6/13: Irie Cup, Huntley

6/20: Garden on Main, Algonquin

6/27: Summer Moon, Crystal Lake

Southern Region

Staff Contact: David



Prog #	Day	Dates	Weeks	Time	R/NR Fee
0415	Thu	7/11 - 7/25	3	10:00 - 11:00 am	\$33/\$58

Locations:

7/11: Elder & Oat, Dundee

7/18: Blue Box Cafe, Elgin

7/25: Biggby Coffee, Carpentersville

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



NISRA News Room



This new program will help participants learn about media literacy and using different mediums to create content! We'll create a 'capstone' news report about other NISRA programs and our member district facilities.

Age Group: 21 & Older

Suggested Ability Level: All Abilities

Location: Algonquin Room, Rakow Center

Min/Max: 8/15

Staff Contact: David

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0416	Wed	6/12 - 7/24	7	6:15 - 7:15 pm	\$47/\$81

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

Min/Max: 8/12

Staff Contact: Rodney

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1407	Wed	6/12, 6/26, 7/10 & 7/24	4	11:45 am - 1:00 pm	\$108/\$189

Locations:

6/12: Brunch Cafe, McHenry

6/26: Fratellos Hot Dogs, Volo

7/10: Culver's, McHenry

7/24: Group Choice

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

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

Movie Review Crew

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

Age Group: 21 & Older

Suggested Ability Level: All Abilities

Location: Classic Cinema 12, Carpentersville

Min/Max: 8/12

Staff Contact: Rodney

Prog #	Day	Dates	Weeks	Time	R/NR Fee
1433	Wed	6/19, 7/3 & 7/17	3	12:00 - 2:00 pm	\$60/\$105

Bus Departs	Transportation Location	Bus Returns
10:50 am	NISRA Office	3:00 pm
11:15 am	Pioneer Center - McHenry	2:30 pm
12:00 pm	No Transportation	2:00 pm

NOTE: Please bring additional money if you want to purchase snacks at the concession stand. Transportation is available from NISRA or Pioneer Center to and from the program, and is included in the fee. Pick-up and drop-off times may vary based upon the movie schedule. Movie choices will be partly based upon PG or PG-13 ratings. This program alternates weeks with *Lunch Bunch*.

Friday Friends

Meet up with your friends or make some new ones! Friday Friends is an inviting program where everyone feels welcome while we enjoy 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

Prog #	Day	Dates	Weeks	Time
1463	Fri	6/14 - 7/26	7	10:00 - 11:30 am

R/NR Fee (no transportation)	R/NR Fee (with transportation)
\$102/\$178	\$151/\$227

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

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

AID Yoga

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

Age Group: 21 & Older

Suggested Ability Level: All Abilities

Location: AID/Elgin Training Center, Elgin

Min/Max: 6/15

Staff Contact: David

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0404	Mon	6/10 - 7/22	7	9:30 - 10:30 am	\$61/\$107



AID Movement Mash Up

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

Age Group: 21 & Older

Suggested Ability Level: All Abilities

Location: AID/Elgin Training Center, Elgin

Min/Max: 6/15

Staff Contact: David

Prog #	Day	Dates	Weeks	Time	R/NR Fee
0445	Thu	6/13 - 7/25	6	9:30 - 10:30 am	\$53/\$92
<i>No program 7/4</i>					

0444	Thu	6/13 - 7/25	6	10:30 - 11:30 am	\$53/\$92
<i>No program 7/4</i>					

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.



AID Glee Club

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

Age Group: 21 & Older

Suggested Ability Level: All Abilities

Location: AID/Elgin Training Center, Elgin

Min/Max: 6/20

Staff Contact: TBD

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5576	Wed	6/12 - 7/31	7	1:00 - 1:45 pm	\$61/\$107
<i>No program 7/17</i>					

**Non-AID clients, check out
NISRA Amazing Artists on page 41.**

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

Staff Contact: TBD

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5567	Fri	6/14 - 7/26	7	9:30 - 10:15 am	\$61/\$107

ADULTS - 21 & OLDER

Concerts in the Park

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

Age Group: 21 & Older

Suggested Ability Level: All Abilities

Location: Main Beach, Crystal lake

Min/Max: 6/10

Staff Contact: TBD

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2440	Tue	6/11, 6/25, 7/9 & 7/23	4	7:00 - 8:30 pm	\$36/\$63

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



Gardening Club

Grab your gloves, a new gardening season is coming! We'll decide what to plant, then get started on planting, watering, weeding and watching to see what grows!

Age Group: 21 & Older

Suggested Ability Level: All Abilities

Location: Sage TR Center, NISRA

Min/Max: 6/10

Staff Contact: TBD

Prog #	Day	Dates	Weeks	Time	R/NR Fee
2437	Thu	6/13 - 7/25	6	3:30 - 4:30 pm	\$59/\$102
<i>No program 7/4</i>					

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

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: 6/20

Staff Contact: TBD

Locations:

6/17: Socializers Session at Summer Moon, Crystal Lake

7/29: Summer Swim Fun at Stingray Bay, Huntley

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3490	Mon	6/17 & 7/29	2	5:30 - 7:00 pm	\$15/\$26

NOTE: Program fee includes one drink or treat at socializers session and light snacks at pool. Please bring additional money if you wish to purchase more.



Please contact the NISRA office with questions about NISRA Cultural Arts Programs and Workshops!

CULTURAL ARTS

WORKSHOPS

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Location: Sage TR Center, NISRA

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

Name	Prog #	Day/Date	Time	R/NR Fee	Min/Max
Fused Glass <i>Discover this beautiful art medium! Place colored grains of glass into a shape to be fired.</i>					
Wavy Beach Server & Seagull Dish	5595	Tue, 6/11	6:00 - 7:00 pm	\$35/\$61	6/8
Sunny Sunflower Bowl & Butterfly Plate	5596	Tue, 7/16	6:00 - 7:00 pm	\$35/\$61	6/8
Partners Clay <i>You have the option to sign up with a friend or relative and share making projects together. This is a 2-day workshop to make projects and glaze using new techniques. Each person must register.</i>					
Woven Rimmed Oval Platter, Vinyl Resist Patterned Coffee Mug & Lacy Bowl	5529	Mon, 6/24 & 7/8	5:30 - 7:00 pm	\$70/\$123	4/8
Paint Night <i>Join Julie for a step-by-step acrylic summer-themed masterpiece.</i>					
	5530	Mon, 6/10	5:30 - 7:00 pm	\$45/\$79	6/10

Paint Night Sample



Art Explorations - Virtual

Transform your home into your very own art studio! Let's create something beautiful from the comfort of your favorite spot.

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Min/Max: 6/10

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5003	Thu	6/13 - 7/25	6	6:00 - 7:00 pm	\$84/\$144
<i>No program 7/4</i>					

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.

CULTURAL ARTS

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

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	6/10 - 7/29 <i>No program 6/24 & 7/15</i>	6	3:30 - 6:00 pm <i>*3:30, 4:00, 4:30, 5:00, 5:30</i>	\$144/\$252	1/5
5542	Tue	6/11 - 7/23 <i>No program 7/16</i>	6	3:00 - 6:00 pm <i>*3:00, 3:30, 4:00, 4:30, 5:00, 5:30</i>	\$144/\$252	1/6
5543	Thu	6/13 - 8/1 <i>No program 7/4 & 7/18</i>	6	2:00 - 4:30 pm <i>*2:00, 2:30, 3:00, 3:30, 4:00</i>	\$144/\$252	1/5

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 #	Day	Dates	Weeks	Time	R/NR Fee
5548	Thu	6/13 - 8/1 <i>No program 6/27 & 7/4</i>	6	6:30 - 7:15 pm	\$75/\$131

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

Tentative date: Friday, July 26. More details to come!

Tone Chime 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

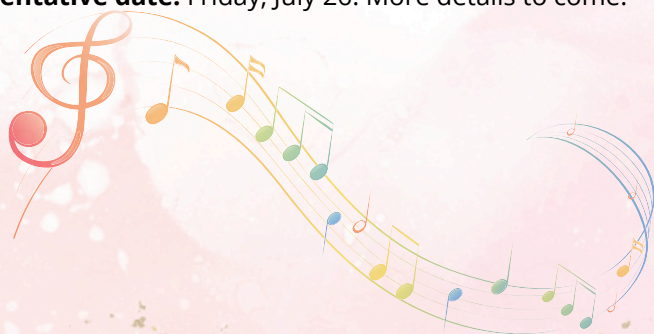
Location: Sage TR Center, NISRA

Min/Max: 6/10

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5537	Tue	6/11 - 7/30 <i>No program 6/25</i>	7	6:30 - 7:15 pm	\$88/\$153

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

Tentative date: Friday, July 26. More details to come!



Theater Troupe Presents... 

Disney's Moana Jr.

Embark on a magical journey with Moana Jr.! NISRA's Theater Troupe is bringing Disney's beloved tale to life on stage. Join us for an adventure of bravery, friendship, and self-discovery.

We welcome any new or veteran performers - no experience necessary. Learn the art of theater, including choreography and how to embody characters on stage. Dive into rehearsals and set sail to unforgettable performances! Experience the wonder of Moana Jr. with us!

Age Group: 8 & Older

Suggested Ability Level: All Abilities

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

Min/Max: 11/20

Prog #	Day	Date	Time
5512			
*Auditions	Wed	7/17	5:00 - 7:30 pm
*Rehearsals	Wed	7/24 - 10/9	6:30 - 8:00 pm
*Dress Rehearsals	Wed	10/16	6:30 - 8:00 pm
	Thurs	10/17	6:30 - 8:00 pm
*Performances	Fri	10/18	7:00 pm
	Sat	10/19	12:00 pm

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

NOTE: Transportation is not available for the auditions, dress rehearsals, or performances.

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

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 - 40

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	6/10 - 7/22	7	6:00 - 7:00 pm	\$64/\$112

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.

Scheduled Performances:

7/7 - Crystal Lake Independence Day Parade



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: The Centre, Elgin

Min/Max: 6/10

Prog #	Day	Dates	Weeks	Time	R/NR Fee
5677	Fri	6/14 - 7/26	7	12:30 - 1:15pm	\$61/\$107

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 may result in a delay in processing paperwork and affect an athlete's eligibility for upcoming events.***



NISRA KNIGHTS



Special Olympics

Special Olympics Summer Games

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

Age Group: 8 & Older
Suggested Ability Level: All Abilities
Location: ISU, Bloomington-Normal

Staying with NISRA

Days/Dates	Departure Time	Fee
Fri, 6/7 - 6/9	6:00 am	\$45

Staying with Family

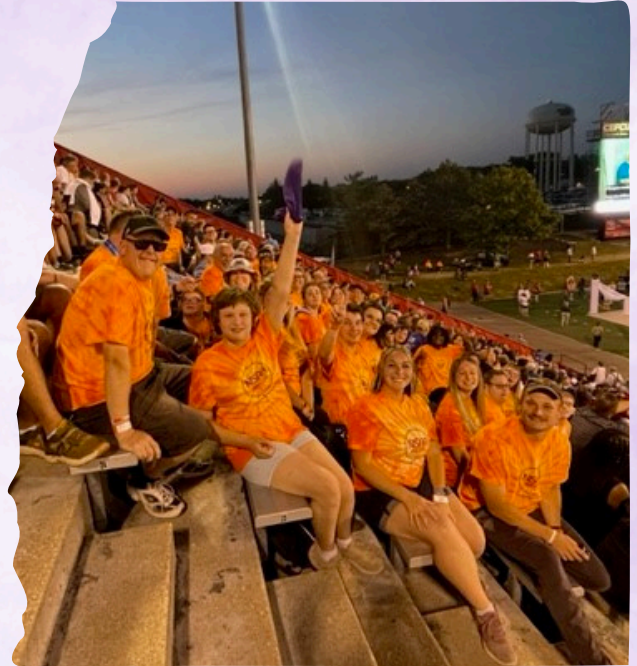
Days/Dates	Fee
Fri, 6/7 - 6/9	*Athlete received tournament fee from Gold in Sight Program or spring program registration

Transportation Locations

NISRA Office
 The Centre, Elgin

NOTE: The Manager of Special Olympics will register qualifying athletes. Please email eeliscu@nisra.org if your athlete will be staying with NISRA or with family.

Those meeting there will be responsible to get their athletes to a predetermined meeting spot prior to their events as well as to any extracurricular activities outside of competition.



Special Olympics Bocce Ball

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

Age Group: 8 & Older
Suggested Ability Level: All Abilities
Location: Woods creek Park, Crystal Lake
Min/Max: 4/16

Prog #	Day	Dates	Weeks	Time	R/NR Fee
6746	Thu	8/15 - 9/26	7	5:00 - 6:00 pm	\$71/\$113

6846 Thu 8/15 - 9/26 7 6:00 - 7:00 pm \$71/\$113

Special Olympics Tournament: TBA

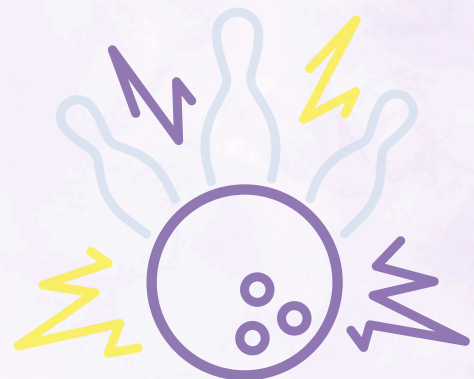
Region B Bowling Tournament

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

Age Group: 8 & Older
Suggested Ability Level: All Abilities
Location: Stardust Lanes, Addison
Min/Max: 10/35

Prog #	Day	Dates	Time	R/NR Fee
6719	Sat	Aug 10	9:00 am - 6:00 pm	\$15

NOTE: Bowlers will be assigned to bowl 3 games (2 games for ramp bowlers). A flyer will be sent out after shift assignments have been received from the Area Office. Bowlers must have bowled 12 games in the 2023-2024 year and have a valid Medical Form and Consent Form on File to enter this tournament. Transportation will be provided at no additional cost. Please indicate on your registration form if a bowling ramp is needed. if requesting a ramp, scores from 2023-2024 year must be from use of a ramp and without bumpers.



SPECIAL OLYMPICS

Special Olympics Flag Football

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

Age Group: 16 & Older

Min/Max per team: 7/12

Facilities are subject to change based on availability.

Black Knights - Intermediate/Advanced

Location: West Field - Lippold Park, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
6779	Wed	8/7 - 10/2	9	5:30 - 6:30 pm	\$102/\$156

Purple Knights - All Abilities

Location: West Field - Lippold Park, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
6780	Wed	8/7 - 10/2	9	5:30 - 6:30 pm	\$102/\$156

Teal Knights - All Abilities

Location: West Field - Lippold Park, Crystal Lake

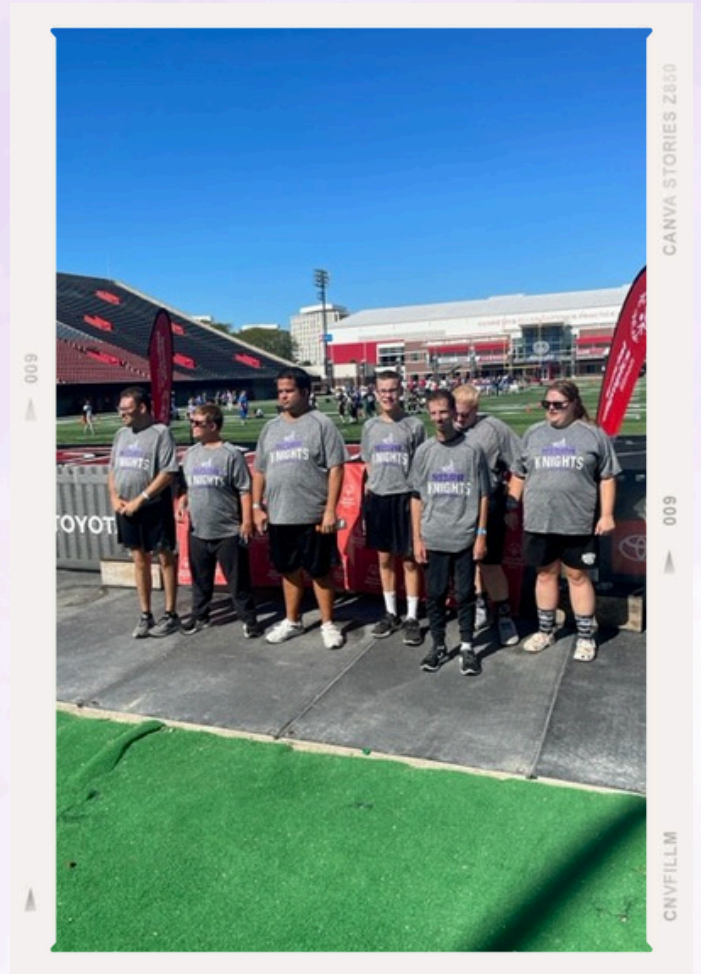
Prog #	Day	Dates	Weeks	Time	R/NR Fee
6759	Wed	8/7 - 10/2	9	5:30 - 6:30 pm	\$102/\$156

NOTE: A mouth guard is required. *Please check Rainout Line for updates.*

Special Olympics Competition: TBD

ITRS Tournament: August 25, 2024

Special Olympics State Competition: November 2, 2024



Special Olympics Floor Hockey

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

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Location: Wauconda Park District

Min/Max: 11/16

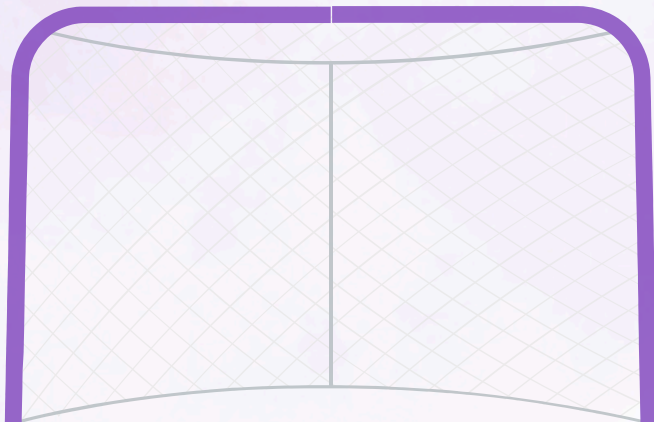
Prog #	Day	Dates	Weeks	Time	R/NR Fee
6815	Mon	9/16 - 11/11	9	7:00 - 8:00 pm	\$102/\$156

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

NOTE: Transportation is for practice only. The game schedule will have transportation times for away games. All Floor Hockey teams qualify for State Competition.

Special Olympics State Competition: November 16 - 17 or November 23 - 24, 2024

ITRS Tournament: October 20, 2024





Special Olympics Volleyball

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

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

Facilities are subject to change based on availability.

Purple Knights - Beginner/Intermediate Skills

Location: The Centre, Elgin

Prog #	Day	Dates	Weeks	Time	R/NR Fee
6702	Tues	8/6 - 10/1	9	6:30 - 8:00 pm	\$111/\$172

Black Knights - Intermediate/Advanced Skills

Location: Marlowe Middle School, Lake in the Hills

Prog #	Day	Dates	Weeks	Time	R/NR Fee
6709	Tues	8/6 - 10/1	9	7:00 - 8:30 pm	\$111/\$172

Teal Knights - All Abilities

Location: Marlowe Middle School, Lake in the Hills

Prog #	Day	Dates	Weeks	Time	R/NR Fee
6703	Tues	8/6 - 10/1	9	7:00 - 8:30 pm	\$111/\$172

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

Special Olympics Competition: TBD

ITRS Tournament: TBD

Fall Games: October 19 - October 20 OR October 26 - October 27, 2024

Fantasy Football

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

Age Group: 16 & Older
Suggested Ability Level: All Abilities
Location: Sage TR Center, NISRA
Min/Max: 3/12

Prog #	Day	Dates	Time	R/NR Fee
8405	Mon	Aug 12	6:00 - 9:00 pm	\$70/\$122

NOTE: In order to participate, participants need a partner (parent, adult sibling, etc.) and must complete tasks such as updating their roster each week (dropping/adding players, moving players on or off their bench, etc.). Fulfilling this requirement may affect future participation.

If there is more than one division, we'll contact you about an additional draft night(s). Draft order will be random. The top eight in the league will compete in the playoffs. The date and details for the end of the season party in January will be sent out closer to the event.

Please email Emily at eeliscu@nisra.org with your partner's name, phone number and the email address you will use for the Yahoo App.



SPECIAL OLYMPICS

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 additional practice dates, cost of hotel, transportation and staffing at a later date.

Special Olympics State Track & Field

Age Group: 8 & Older
Suggested Ability Level: All Abilities
Location: Marlowe Middle School, Lake in the Hills

Day	Dates	Weeks	Time	R/NR Fee
Mon	5/20 & 6/3	2	5:00 - 6:00 pm	\$46/\$58

Summer Games: June 7 - 9, 2024 in Bloomington Normal

Special Olympics State Softball

Age Group: 16 & Older
Suggested Ability Level: All Abilities
Location: TBD

Day	Dates	Weeks	Time	R/NR Fee
Tue	8/27 & 9/3	2	TBD	\$31/\$43

State Softball: September 7 - 8, 2024 in Decatur

Special Olympics State Unified Golf

Age Group: 16 & Older
Suggested Ability Level: All Abilities
Location: Randall Oaks Golf Club, West Dundee

Day	Dates	Weeks	Time	R/NR Fee
Wed	8/28 & 9/4	2	6:00 - 8:00 pm	\$33/\$47

State Golf: September 7 - 8, 2024 in Springfield

Special Olympics State Tennis

Age Group: 16 & Older
Suggested Ability Level: All Abilities
Location: Crystal Lake Racket Club

Day	Dates	Weeks	Time	R/NR Fee
Mon	8/5 & 8/12	2	4:00 - 5:00 pm	\$31/\$43

State Tennis: August 17 in Bloomington

Special Olympics State Golf

Age Group: 16 & Older
Suggested Ability Level: All Abilities
Location: Randall Oaks Golf Club, West Dundee

Day	Dates	Weeks	Time	R/NR Fee
Wed	8/28 & 9/4	2	6:00 - 8:00 pm	\$33/\$47

State Golf: September 7 - 8, 2024 in Springfield

Special Olympics State Soccer

Age Group: 16 & Older
Suggested Ability Level: All Abilities
Location: Lippold Park, Crystal Lake

Day	Dates	Weeks	Time	R/NR Fee
Wed	5/29 & 6/5	2	5:00 - 6:00 pm	\$46/\$58

Summer Games: June 7 - 9, 2024 in Bloomington Normal

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-of-district "Non-Resident" participants.

2. **If a program reaches maximum registration, a waiting list will be started.** Those on the list will be notified.

3. **A program may be canceled if enrollment is less than the determined minimum.** Your account will be credited unless a refund is preferred or the participant joins another program.

4. **Registration is considered complete and will be processed only when payment is received,** unless other arrangements have been made. *NOTE: Registration will not be processed if there is a balance due from past seasons.*

5. Out-of-district "Non-resident" participants are welcome to register for all programs. However, a non-resident fee is charged (see program descriptions) and registration is processed, in the order it was received, after the Resident Priority Registration date.

6. Instructors may not accept payment or register participants at programs. Registration and payment must be made through the NISRA office.

7. The Registration Form is designed to provide all medical and personal information necessary for the instructor to provide a safe experience. **Please complete the form thoroughly.**

Credits and Refunds

Credits and refunds must be requested three business days prior to the start of the program. The cost of the program minus a \$5.00 processing fee will be refunded (unless tickets have been purchased or supplies bought and there is no one on the waiting list to take the

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

Scholarships

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

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

See pages 51 & 52 for more information about program policies and transportation.

Group Home Resident Fee Policy

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

Township Information

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

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

Procedure for Seizure Information

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

Fitness Waiver for Fitness Programs

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

Photos/Videos

NISRA occasionally takes photographs or video of participants for promoting/advertising our programs, services, events, activities, and facilities in our brochures, website or agency social media, member district publications, and other promotional avenues. By registering for, participating in or attending NISRA programs, events, or other activities, the participant (or parent/ guardian of a minor participant) irrevocably agrees to the use and distribution by NISRA, 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 **June 10** to see if we can accommodate you. Program fees will not be prorated for a late start.

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.**

Hot Weather Guidelines

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

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

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

Illness Guidelines

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

- Fever over 100 degrees within the last 24 hours
- Vomiting within the last 24 hours
- Persistent diarrhea
- Persistent cough and/or cold symptoms
- "Pink Eye" (conjunctivitis)
- Symptoms of mumps, measles, chicken pox, strep throat, flu, impetigo, or Hand, Foot & Mouth Disease
- Runny nose with yellow or green discharge (indicates infections)
- Lice or mites present
- Contagious rash or rash of unknown origin
- COVID-19 symptoms

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

NISRA Transportation

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

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) 459-0737

NISRA REGISTRATION FORM - SUMMER 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 49 - 51.**

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

Registration forms received after the May 22 deadline will be reviewed after June 10, 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** ___

Registering from brochure: ___ from child's school ___ adult's group home ___ mailed to me ___ picked up at: _____
please specify location

Participant's Information

Last Name _____ First Name _____

Address _____ City _____ Zip _____

Birthdate _____ Age _____ Gender: Female Male Other

School _____ School District _____ Teacher _____

Employer/Service Provider _____ Caseworker _____ Phone() _____

Primary Disability _____ Secondary Disability _____

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

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

Contact Information (Family/Guardian/Group Home)

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

Primary Contact Information - person who should be contact FIRST

Last Name _____ First Name _____ Relationship _____

Email Address (please print) _____

Primary Phone () _____ Participant Phone () _____

Alternate Phone () _____ Work Phone () _____

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

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

Last Name _____ First Name _____ Relationship _____

Email Address (please print) _____

Primary Phone () _____ Alternate Phone () _____ Work Phone () _____

Group Home Name _____ **Group Home Contact Name** _____

(Name and Relationship)

Phone () _____ **Email Address** _____

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

Last Name _____ First Name _____ Relationship _____

Primary Phone () _____ Alternate Phone () _____ Work Phone () _____

Alternate Emergency Contact

Last Name _____ First Name _____ Relationship _____

Primary Phone () _____ Alternate Phone () _____ Work Phone () _____

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

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

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

SIGN NEXT PAGE 

ANNUAL INFORMATION UPDATE

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

Participant Information

New Participant? Yes No, just updating information

Last Name _____ First Name _____ Birthdate _____

Address _____ City _____ State _____ Zip _____

Subdivision (if applicable) _____ Township _____ County _____

Primary Disability _____

Secondary Disability _____

Down syndrome? Yes No

If yes, checked for Atlanto-Axial Subluxation Condition? _____ Date Condition Cleared? _____

Primary Language Used in the Household _____

Allergies

Food Allergies: Type & Details: _____

Insect Bite Allergies: Type & Details: _____

Medication Allergies: Type & Details: _____

Other (list): Details: _____

Dietary Restrictions (includes Diabetes, PKU) & Other Conditions

Condition: _____

Details: _____

Eyeglasses Shunts Other (list) _____

Communication Needs

Uses Hearing Aid(s) Which ear? _____

Speech Reads

Uses Sign Language Sign Language Interpreter Needed Details: _____

Uses Communication System (Ex. PECs, picture schedules) Details: _____

Needs Assistance Details: _____

Non-Verbal Details: _____

Daily Living Skills

Feeding Assistance Required Details: _____

Toilet Assistance Required Details: _____

Dressing Assistance Required Details: _____

Assistance with Money Details: _____

Reading Skills: _____

Other: _____

Mail or drop off form(s) to: NISRA, 285 Memorial Drive, Crystal Lake, IL 60014

Please continue to next page!



Participant Name _____

Doctor Name _____ Phone Number: _____

Medication

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

Please list them below:

Medication Name	Dosage	Time	Purpose

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

Details on Assistance with Medication : _____

Will participant be taking medication independently during programs? Yes No

Mobility & Transportation

Uses Wheelchair Transfers Independently Needs Harness Hook-Up

Uses Amigo Transfers with Assistance

Wheelchair Type (power or manual): _____

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

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

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

Seizures

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

Releases

OK to remain independently after Program Details: _____

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

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

Sensory/Behavioral/Other

Sensory processing difficulties?

Details: _____

Describe any calming techniques used: _____

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

Understanding of sexual information: _____

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

Person Completed Form: _____ Phone: _____ Email: _____

Participant/Parent Signature: _____ Date: _____

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



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 by NISRA Participant.

Print Name: _____

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

Date: _____ Participant signature: _____

Part 2: For completion by medical practitioner licensed to administer physical examinations in the State of Illinois.

Please check:

_____ I support my patient's participation in this program with no restrictions

_____ I support my patient's participation in this program with the following restrictions: _____

_____ I do not recommend my patient's participation in the program for the following reasons: _____

Date: _____ Medical Practitioner's signature: _____

Medical practitioner's address: _____

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

(815) 459-0388 Fax*

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

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



Seizure Questionnaire

(Rev. 8/22/2022)

Office use only:
Date Reviewed: _____
Initial: _____

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

Participant's Name: _____

Completed by: _____ Relationship: _____ Phone: () _____

Medication(s):

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

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

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

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

1. Please describe a typical seizure: _____

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

3. What was the date of the participant's last seizure? ____/____/____

4. How long does the typical seizure last? _____

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

- | | | |
|--|---|---|
| <input type="checkbox"/> Absence (staring spell) | <input type="checkbox"/> Atonic (Drop) | <input type="checkbox"/> Simple Partial |
| <input type="checkbox"/> Complex Partial | <input type="checkbox"/> Generalized (Gran Mal) | |
| <input type="checkbox"/> Other (explain): _____ | | |

Seizure Response Plan

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

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

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

Parent/Guardian Signature: _____ Date: _____

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

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

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

BARRINGTON AREA

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

235 Lions Dr
Barrington
(847) 381-0687

Makray Memorial Golf Club

1010 S Northwest Highway
Barrington

CARY

Cary Gymnastics Center

600 Industrial Dr
Cary
(847) 516-1064

Cary Park District Community Center

255 Briargate Rd
Cary
(847) 639-6100

Fel-Pro RRR Disc Golf Course

1520 Crystal Lake Rd
Cary

Kaper Park

Georgetown Drive at Cimarron Drive
Cary

Sunburst Bay Aquatic Center

1201 1st Street
Cary

Walnut Hollow Disc Golf Course

6 Jefferson Lane
Cary

CRYSTAL LAKE (including Algonquin)

Bowlero

1611 S Randall Rd
Algonquin
(847) 658-2257

Color Me Mine

40 North Williams Street, Suite J
Crystal Lake

Crystal Ice House

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

Crystal Lake Racket Club

9101 S Route 31
Algonquin
(847) 658-5688

Lippold Park

1251 W Route 176
Crystal Lake

Main Beach

300 Lakeshore Drive
Crystal Lake

North Wall

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

SAGE TR Center, NISRA

285 Memorial Dr
Crystal Lake

Sterne's Woods

5617 Hillside Road
Crystal Lake

Sweeps and Sculls Rowing

4410 IL-176
Crystal Lake

Striker's Hall

54 Lou St, Ste B
Crystal Lake

Summer Moon

625 Cog Circle, D
Crystal Lake

Veterans Park

431 Walkup Road
Crystal Lake

Woods creek Park

1420 Willow Tree Dr
Crystal Lake

DUNDEE AREA

(including Carpentersville & Sleepy Hollow)

Biggby Coffee

2168 North Randall Road
Carpentersville

Classic Cinema 12

100 L W Besinger Drive
Carpentersville

Elder + Oat

124 W Main Street
West Dundee

Liberty Lanes

115 L W Besinger Dr
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 Rd
West Dundee

Randall Oaks Golf Club

4101 Binnie Rd,
West Dundee

ELGIN

AID/Elgin Training Center (ETC)

1135 Bowes Rd
Elgin
(847) 931-6200

Blue Box Cafe

176 East Chicago Street
Elgin

Bumblebee Cafe

1015 N Randall Road
Elgin

The Centre

100 Symphony Way
Elgin
(847) 531-7000

Gail Borden Library

270 North Grove Ave
Elgin

Elgin Lanes

401 Shepard Dr
Elgin
(847) 695-3777

HAMPSHIRE

Hampshire Park District Recreation Center

390 South Ave
Hampshire
(847) 683-2690

Rakow Park

1363 Romke Road

HARVARD

Harvard City Hall

201 W Diggins St
Harvard
(815)943-6468

Harvard Aquatic Center

607 Galvin Parkway
Harvard

Lions Park

201 West Diggins
Harvard

Shadow Creek

454 Timber Drive
Harvard

HUNTLEY

Deicke Park

11419 IL-47
Huntley

Garden on Main

409 South Main Street
Huntley

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

12015 Mill St
Huntley
(847) 669-3180

Irie Cup

11805 Main Street
Huntley

Stingray Bay Family Aquatic Center

12219 Lois Lane
Huntley

LAKE IN THE HILLS

Focus Marital Arts

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

Indian Trail Beach

228 Indian Trail
Lake in the Hills

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 Rd
Lake in the Hills

MARENGO

Glo-Bowl

101 Franks Rd
Marengo

Marengo Park District

825 Indian Oaks Trail
Marengo
(815) 568-2695

McHENRY

(including Johnsburg)

Fire House Gym

2506 Hiller Ridge
Johnsburg

McHenry Recreation Center (next to the Municipal Center)

3636 Municipal Dr
McHenry
(815) 363-2160

Petersen Farm

4112 McCullom Lake Rd
McHenry

Pioneer Center/Pioneer Central

4001 Dayton St
McHenry
(815) 344-1230

Pistakee Yacht Club

3300 Rocky Beach Lane
Johnsburg

Raymond's Bowl

3960 N Johnsburg Rd
Johnsburg

WAUCONDA

Cook Park

600 North Main Street
Wauconda

Phil's Beach

328 North Main Street
Wauconda

Wauconda Park District

600 Main St
Wauconda
(847) 526-3610

WOODSTOCK

Emricson Park

1313 Kishwaukee Valley Rd
Woodstock

Kingston Lanes

1330 S Eastwood Dr
Woodstock
(815) 338-2105

Woodstock Recreation Center

820 Lake Ave
Woodstock
(815) 338-4363

Woodstock Water Works

1313 Kishwaukee Valley Road
Woodstock



NISRA

Northern Illinois
Special Recreation Association

285 Memorial Drive
Crystal Lake, IL 60014

LOOKING AHEAD

FALL BROCHURE PREVIEW: JULY 15 - 17

FALL BROCHURE AVAILABLE: JULY 18

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.

