

**NISRA**  
Northern Illinois  
Special Recreation Association

**WINTER &  
SPRING 2024**

**Registration Begins: November 16    Registration Ends: December 11**





# WHAT'S NEW?



## Staff Updates

**Heather Hetzel** joined the NISRA team in August as a full-time Recreation Specialist for the LIFE Program in Carpentersville. Heather is a familiar face here at NISRA as she has worked programs part-time for the last 23 years! Her years of dedication, compassion, and knowledge of those we serve will be an absolute asset to the LIFE Program.

**Katie Weadley** resigned her position with NISRA. As of November 1, **Trisha Palmieri** will be filling the role of Manager of Adult Day and Veterans Programs and **Emily Eliscu** has been promoted to Manager of Special Olympics. **Anya Naumovski** will now be leading the central region.

NISRA currently has an opening for the Eastern Regional Coordinator position.

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 30 - 32**, check out all the fun things we have planned!

## Program Updates

### STAR Program

The Strength Through Adult Relationships (STAR) Program kicked off earlier this year and is led by NISRA's Central Regional Coordinator, Anya Naumovski. 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 36 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 47** for more details on ways to use Rainout Line and how to register.

## WINTER SESSION DATES

*Please refer to each program for exceptions!*

**Mondays:** January 22 - February 26

**Tuesdays:** January 16 - February 27

**Wednesdays:** January 17 - February 28

**Thursdays:** January 18 - February 29

**Fridays:** January 19 - March 1

**Saturdays:** January 20 - March 2

## SPRING SESSION DATES

*Please refer to each program for exceptions!*

**Mondays:** April 1 - May 6

**Tuesdays:** April 2 - May 7

**Wednesdays:** April 3 - May 8

**Thursdays:** April 4 - May 9

**Fridays:** April 5 - May 10

**Saturdays:** April 6 - May 11

## DEADLINES

**Resident Priority Registration Begins: November 16**

**Resident Priority Registration Ends: December 4**

**Non-Resident Registration Begins: December 5**

**Final Registration Deadline: December 11**

**Spring Deadline & Payments Due: February 8**

(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 December 5)

## LOOKING AHEAD

**Summer Brochure Preview: April 15 - April 17**

**Summer Brochure & Registration Opens: April 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](mailto:info@nisra.org)

**Website:** [www.nisra.org](http://www.nisra.org)

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

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

November 23 & 24, 2023  
December 25, 26, & 29, 2023  
January 1, 2024  
May 27, 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:

<b>Index of All Programs by Name</b>	<b>Registration Information</b>
Page 5	Pages 48 & 51
<b>Annual Information Update</b>	<b>Registration Form</b>
Pages 53 - 54	Pages 49 - 50
<b>Facility Locations</b>	<b>Rainout Line Information</b>
Page 55	Page 47
<b>Fitness Program Waiver</b>	<b>Seizure Questionnaire</b>
Page 46	Page 45
<b>Illness Guidelines</b>	<b>Severe Weather Guidelines</b>
Page 52	Page 52
<b>NISRA Foundation</b>	<b>Special Olympics Information</b>
Pages 6 - 7	Page 41
<b>Program Information</b>	<b>Wellness Programs</b>
Pages 51 - 52	Page 28 - 29

## Key to Symbols/Abbreviations:

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

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



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

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
Ryan Knop	City of Harvard
Scott Crowe	Huntley Park District
Kim Buscemi	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

<b>Jim Wiseman, B.S., CPRP, ext. 230</b> <i>Executive Director</i>
<b>Renee Erling, B.S., ext. 236</b> <i>Senior Manager of Finance &amp; Administration</i>
<b>Jennifer Wiley, B.A., ext. 237</b> <i>Office Services Coordinator</i>
<b>Sue Just, A.A., ext. 221</b> <i>Administrative Assistant</i>
<b>Susan Jennings, A.A., ext. 257</b> <i>Administrative Assistant II</i>
<b>Lori Lattanzio, B.A., ext. 228</b> <i>Manager of Communication &amp; Marketing</i>
<b>Laura Cullotta, B.A., ext. 225</b> <i>Manager of Fund Development</i>
<b>Patty Panas, B.A., ext. 241</b> <i>Manager of Human Resources</i>

## Recreation Staff

<b>Heidi Jenkins, M.A., CTRS, ext. 238</b> <i>Superintendent of Recreation</i>
<b>Emily Todd, B.S., CPRP, ext. 243</b> <i>Senior Manager of Support Staff &amp; Volunteers</i>
<b>Rebecca Moore, B.A., CPRP, CTRS, ext. 223</b> <i>Senior Manager of Recreation</i>
<b>Dana Seehafer, B.A., CPRP, ext. 227</b> <i>Senior Manager of Operations</i>
<b>Emily Eliscu, B.S., CTRS, ext. 226</b> <i>Manager of Special Olympics</i>
<b>Mia Ross, B.S., CTRS, ext. 224</b> <i>Manager of Inclusion; Please call Mia with questions about inclusion into member district programs</i>
<b>Jordan Miller, B.S., CTRS, ext. 234</b> <i>Manager of Summer Day Camp &amp; Outreach</i>
<b>Trisha Palmieri, B.S., CPRP, CTRS, QIDP, CTRI, ext. 249</b> <i>Manager of Adult Day &amp; Veterans Programs</i>
<b>Gabrielle Winkel, B.S., CTRS, ext. 246</b> <i>Manager of Cultural Arts &amp; Special Events</i>

## Your Regional Coordinator

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



### Anya Naumovski – Central Region

Please call Anya at extension 248 or email her at [anaumovski@nisra.org](mailto:anaumovski@nisra.org) with program suggestions for the Crystal Lake, Huntley, and Lake in the Hills areas.

### Northwest Regional Coordinator

If you or someone you know is interested in joining our fun, compassionate and innovative team, please call our office at (815) 459-0737 for more information.

**This  
could  
be you!**

**This  
could  
be you!**

### Eastern Regional Coordinator

If you or someone you know is interested in joining our fun, compassionate and innovative team, please call our office at (815) 459-0737 for more information.

### David Hill – Southern Region

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



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

*Central Regional Coordinator; Please call Anya with program ideas for Crystal Lake, Huntley and Lake in the Hills*

### TBD

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

### TBD

*Eastern Regional Coordinator; Please call our office 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. 236

*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 - 12**

Sensory programs are listed on page **13**

## Young Children

Aqua Explorers.....	17
Jumpin' Gymnastics (3 - 6).....	16
Kids Klub.....	16
Rock 'n' Kids.....	16
Sensory Art.....	17

## Youth & Young Teens

Buddy Baseball.....	19
Climb On.....	21
Gamers Paradise.....	20
Ice Skating - Learn to Skate.....	18
Jumpin' Gymnastics (7 - 12).....	21
Kids Cooking Around the World.....	20
Saturday Fun Club (6 - 12).....	20
Sibshops.....	18
"Special Focus" Karate.....	21
Super Saturdays.....	18
Swim Skills.....	19
Youth Bowling.....	19

## Teens & Adults

Baking Buddies.....	22
BINGO & BAGGO.....	25
Bowling.....	27
Cooking Club.....	26
Conservation Cruisers.....	26
Creative Creations.....	24
Disc Golf (Indoor & Outdoor).....	26
Fishing 101.....	23
Flag Football Camp.....	23
Friday Night Supper Club.....	25
Gaming Galore.....	22
Just Keep Rowing.....	28
Let's Get Crafty.....	22
Open Swim Woodstock.....	24
Saturday Fun Club (13 - 18).....	25
Simply Cooking.....	24
Sunshine Through Golf Clinic.....	22
Tennis - Beginner.....	23
Tuesday Night Adventures.....	23
Workout @ Your Choice (McHenry or Woodstock).....	29
Yoga.....	29
Zumba.....	28

## Adults 21 & Older

Adaptive Self Defense.....	33
Adult Social Clubs.....	30 - 32
AID Programs.....	35
Aquacize.....	33
Coffee Around Town.....	33
Fitness Swim.....	14
Friday Friends.....	34
Gardening Club.....	36
Lunch Bunch.....	34

Movie Review Crew.....	34
Out -n- About.....	15
Restaurant Hoppers.....	15
Pioneer Glee Club.....	36
Strength Through Adult Relationships (STAR).....	36
Stretch 'n Tone.....	14

## Cultural Arts

Art Attack.....	39
Art Explorations - Virtual.....	39
Encore! Joyful Noise Choir.....	37
Fused Glass Workshops.....	37
Group Music Therapy.....	37
Individual Dance Lessons.....	39
Individual Music Lessons.....	38
Kingpins Drumline.....	40
NISRA Amazing Artists.....	40
Theater Troupe.....	40
Tone Chime Choir.....	38

## Special Olympics

Bocce Ball.....	44
Golf 3-6-9.....	43
Knights Pickleball.....	44
NISRA March Madness.....	43
Powerlifting.....	44
Rhythmic Gymnastics.....	44
Soccer.....	42
Softball.....	43
Swimming.....	44
Tennis.....	42
Track & Field.....	42
Unified Golf.....	44
Unified Golf Partner.....	44

## Color Key to Sections:

**SPECIAL EVENTS & TRIPS**

**SENSORY PROGRAMS**

**INDIVIDUALS WITH PHYSICAL/VISUAL LIMITATIONS**

**YOUNG CHILDREN**

**YOUTH & YOUNG TEENS**

**TEENS & ADULTS**

**ADULTS - 21 AND OLDER**

**CULTURAL ARTS**

**SPECIAL OLYMPICS**



## Do You Know? *For every \$1 given to the Foundation:*

- 72 cents goes to support NISRA programs and services
- 22 cents goes to fundraising costs
- 6 cents goes to management and administrative expenses

## What the Foundation Does

The NISRA Foundation was created in 1991 to preserve the future funding and quality of NISRA services. The Foundation raises money through fundraising events, grant solicitation and donations in order to exclusively support NISRA programs and services. Since its inception, the Foundation has made annual grants to NISRA, cumulatively exceeding \$2.6 million, for the following purposes:

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

## The Foundation Board

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

## Foundation Board of Directors

Annette Hammortree, *President*  
Pat Kallaus, *Vice President*  
Julie Amendt, *Treasurer*  
Jim Wiseman, *Secretary*  
Kim Buscemi

Cheryl Hayes  
Tad Gralewski  
Jessica Loustanaun  
Amy MacCrindle  
Susan Schott



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

NISRA, as an inter-governmental agreement among the member districts, also receives contributions such as grants, in-kind donated goods, fee for service or discounts.

## Thank you to the NISRA Foundation's Corporate Partners:





# GIVE THE GIFT OF FUN!

## SAVE THE DATES!

### Valentine's Day Diamond Raffle

February 2024

*No better way to say "be mine" than with a little sparkle and shine! Purchase your tickets for your lucky chance to win a beautiful diamond piece of jewelry for that special someone in your life!*

### Bowl-A-Thon

April 2024

*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! This is fun for EVERYONE!*



### Spring Shootout

June 7, 2024

*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!*

## SPECIAL THANKS...

- Bethlehem Lutheran Elgin
- Color Me Mine
- The Community Foundation for McHenry County
- Holiday Fashion Show Supporters
- Knights of Columbus
- Northrup Grumman
- Rockin' the Hill Supporters
- Women's Golf Outing Supporters

## GET INVOLVED!

#### Have some time?

Join a committee!

#### Have a few hours?

Volunteer the day of an event!

#### Don't have the time but have connections?

Consider sponsorship or in-kind donations!

#### NISRA Foundation Events Include:

- Spring Shoot Out
- Fall Diddley
- Rockin' the Hill
- Holiday Fashion Show
- Women's Golf Outing

**Sponsorship is a great opportunity to increase your company's exposure, engage directly with community members, and support a mission that you and your company believe in!**

#### Benefits Include:

- Logo and website marketed on social media and in event signage, program, and presentations
- Connection with hundreds of event attendees and community members
- Opportunities to collaborate and make our community stronger

**Donations can range from goods and services, to places and experiences!**

#### Benefits:

- Tax deductible incentives
- Promotion of donor's brand, company, or name on social media and in event program and presentation
- Engagement of company employees to participate in charitable endeavors

#### In-Kind Donation Examples:

- NFL and NBA season ticket holders
- Concert, theater, or entertainment tickets
- Boat
- Timeshare
- Restaurant (catering or space)
- Event materials and décor

**VOLUNTEER**

**SPONSOR**

**IN-KIND DONATIONS**



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

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



# DANCES

## Valentine's Day Dance

It's that irresistible holiday...Valentine's Day! Bring that special friend to NISRA's Valentine's Dance and boogie to the music, enjoy refreshments, a light snack and socialize.

**Age Group:** 18 & Older

**Suggested Ability Level:** All Abilities

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

**Staff Contact:** Gabrielle

Program #	Transportation Location	Min/Max
3-8435	McHenry Recreation Center	3/12
3-8436	Sheltered Village	3/24
3-8433	NISRA Office	3/12
3-8437	The Centre, Elgin	3/12
3-8438	*No transportation; meet at dance	1/50

Day	Date	Time	R/NR Fee	R/NR Fee w/ Transportation
Fri	2/9	6:00 - 8:00 pm	\$17/\$30	\$28/\$41

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

# SPRING BREAK SCENE

## Spring Break Scene

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

**Age Group:** 8 - 21

**Suggested Ability Level:** All Abilities

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

**Staff Contact:** Jordan

Prog #	Days/Dates	Time	(no transp.)	(w/ transp.)	Min/Max
			R/NR Fee	R/NR Fee	
3-8300	Mon - Thu, 3/25 - 3/28	9:00 am - 3:00 pm	\$72/\$126	\$93/\$147	8/10

Bus Departs	Transportation Location	Bus Departs
8:00 am	Woodstock Recreation Center	4:00 pm
8:30 am	LITH Village Hall	3:30 pm
9:00 am	NISRA Office	3:00 pm



**NOTE:** Please bring a labeled sack lunch and drink each day. NISRA will provide an afternoon snack. Please bring a labeled swimsuit and towel on Tuesday and Thursday for swimming. The group may go on some local field trips.

# SPECIAL EVENTS

## A Day on Bangs Lake

Join us for a day on the lake! We will be fishing, going on a boat ride, and having a picnic lunch right on the water.

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Bangs Lake, Wauconda Park District

**Min/Max:** 6/12

**Staff Contact:** TBD

Prog #	Day	Date	Time	R/NR Fee
4-3633	Sun	5/11	11:00 am - 1:00 pm	\$18/\$32
4-3643	Sat	5/19	11:00 am - 1:00 pm	\$18/\$32

**Transportation Location**

The Centre, Elgin  
NISRA Office

**NOTE:** Don't forget your fishing pole and a sack lunch! If you need to borrow a fishing pole, please call the NISRA office.



## Windy City Bulls

It's game time! We're headed to see the Windy City Bulls - the NBA G League affiliate of the Chicago Bulls. They're facing the Indiana Mad Ants and we'll get to participate in the high-five tunnel fan experience too!

**Age Group:** 18 & Older

**Suggested Ability Level:** All Abilities

**Location:** Now Arena, Hoffman Estates

**Min/Max:** 10/30

**Staff Contact:** Gabrielle

Prog #	Day	Date	Time	R/NR Fee
3-8409	Sat	2/24	*7:00 pm game-time	\$63/\$110

### Transportation Location

NISRA Office

Sheltered Village

The Centre, Elgin

**NOTE:** The fee includes meal item and drink. This venue is cashless, please bring cashless payment if wanting to purchase souvenirs and additional food.



## Tiki Terrace

Chicagoland's only Hawaiian-themed venue where you can experience "Luau Dinner and Shows". It is *truly* a full experience perfect for those seeking a unique night out. Relax and celebrate in a tropical atmosphere reminiscent of beautiful Hawaii.

**Age Group:** 18 & Older

**Suggested Ability Level:** All Abilities

**Location:** The Tiki Terrace, Des Plaines

**Min/Max:** 10/18

**Staff Contact:** Gabrielle



Prog #	Day	Date	Time	R/NR Fee
3-8416	Sat	3/16	4:00 - 6:30 pm	\$93/\$163

### Bus Departs Transportation Location

1:45 pm

NISRA Office

2:15 pm

The Centre, Elgin

**NOTE:** Fee includes dinner with a tropical salad, entrée, and dessert of your choice. Please scan the QR Code to view the menu.

## Medieval Times

Experience the excitement of an 11th Century feast and jousting tournament, including an authentic utensil-free meal. Cheer on the knights during their swordsmanship, combat, and extraordinary horsemanship! We'll also check out the medieval museum.

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Medieval Times, Schaumburg

**Min/Max:** 10/20

**Staff Contact:** Gabrielle

Prog #	Day	Date	Time	R/NR Fee
4-8415	Sun	4/7	1:00 - 4:00 pm	\$94/\$165

### Transportation Location

NISRA Office

The Centre, Elgin

**NOTE:** The show includes stroboscopic and pyrotechnic effects. Fee includes dinner of chicken, spare ribs, potatoes, soup, bread, pastry and beverages...without utensils (or with utensils upon request)! Gluten free and vegetarian options available, please indicate your preference on your registration form.





# SPECIAL EVENTS

## Chicago Wolves

Experience the excitement of extreme ice hockey as we watch our very own Chicago Wolves. We'll be attending the last home game of the season vs. the Rockford Ice Hogs!

**Age Group:** 18 & Older

**Suggested Ability Level:** All Abilities

**Location:** Allstate Arena, Rosemont

**Min/Max:** 10/30

**Staff Contact:** Gabrielle

Prog #	Day	Date	Time	R/NR Fee
4-8413	Sun	4/21	3:00 pm *game-time	\$71/\$124

### Transportation Location

NISRA Office

The Centre, Elgin

Sheltered Village

**NOTE:** The fee includes a hotdog and drink. This venue is cashless. Please bring cashless payment if wanting to purchase souvenirs and additional food. The show features fireworks, flashing lights and loud music.



## Shedd Aquarium

Look nature in the eye and discover the wonder of the aquatic animal world at Shedd Aquarium.

**Age Group:** 18 & Older

**Suggested Ability Level:** All Abilities

**Location:** Shedd Aquarium, Chicago

**Min/Max:** 10/20

**Staff Contact:** Gabrielle

Prog #	Day	Date	Time	R/NR Fee
4-8619	Sun	5/5	10:00 am - 2:00 pm	\$102/\$178

### Transportation Location

NISRA Office

The Centre, Elgin

**NOTE:** Please pack a sack lunch and drink. *\*There will be a lot of walking.* Wheelchair may be available to rent but are provided as first-come first-serve.



# CO-OP AND FAMILY EVENTS

## Family Bowling - Algonquin

Strikeout with the ultimate family night of bowling! Enjoy hitting the lanes with a family member at Bowlero.

**Age Group:** All Ages

**Suggested Ability Level:** All Abilities

**Location:** Bowlero, Algonquin

**Min/Max:** 8/24

**Staff Contact:** Anya

Prog #	Day	Dates	Weeks	Time
3-2636	Wed	1/17 - 2/28	7	5:00 - 6:30 pm

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

**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 Bowling Fun

**NEW!**

Strikeout with the ultimate family night of bowling and pizza! Enjoy an evening on the lanes with a family member at Bowlero.

**Age Group:** All Ages

**Suggested Ability Level:** All Abilities

**Location:** Bowlero, Algonquin

**Min/Max:** 10/30

**Staff Contact:** David

Prog #	Day	Dates	Time	R/NR Fee
3-0642	Sun	2/25	12:00 - 2:00 pm	\$5/\$9

**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.

*Let the good times roll!*

## 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:** TBD

Prog #	Day	Dates	Weeks	Time
4-1638	Wed	4/3 - 5/8	6	5:00 - 6:30 pm

R/NR Fee	Family R/NR Fee
\$48/\$84	\$48/\$84

**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.



**NEW!**

## Family Brunch & Karaoke

Let's eat, sing, and be merry! We'll enjoy some delicious breakfast treats and sing our favorite karaoke tunes paired perfectly with family fun.

**Age Group:** All Ages

**Suggested Ability Level:** All Abilities

**Location:** Barrington Park District

**Min/Max:** 10/30

**Staff Contact:** Rodney

Prog #	Day	Dates	Time	R/NR Fee
4-3680	Sun	4/14	10:00 am - 12:00 pm	\$5/\$9

**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.



# 30th Annual Recognition Night

Celebrate with us on this special night when we'll recognize participants, staff, volunteers, contributors, and community supporters. A catered dinner with dessert, soft drinks and coffee will be provided. A cash bar will also be available. Recommended attire is business casual.

## The evening's schedule:

6:00 pm Doors open & cash bar begins  
6:15 pm Dinner is served  
7:00 pm Awards ceremony

**Group:** All participants, family members, staff, & community members

**Age Group:** 6 years & older with an adult; 16 & older may attend independently

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

**Staff Contact:** Gabrielle

Prog #	Day	Date	Time
3-8602	Thu	Mar 7	6:00 pm

**NOTE:** NISRA staff will be assisting with this event and unable to supervise or assist participants.

## Recognition Night Registration

Please complete this form to register. Invitations will NOT be mailed to NISRA participants.

Your Name \_\_\_\_\_

☐ Chicken

☐ Vegetarian

Please provide all of your guest names and meal preferences. If preferences are not given, the chicken entrée will be selected.

Family/Guest Names:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_  
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☐ Chicken

☐ Vegetarian

☐ Child's

☐ Chicken

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Any special seating accommodations needed (ex: wheelchair, assistive device): \_\_\_\_\_

# of NISRA participants x \$5/each = \_\_\_\_\_

# of children's meals (ages 6 - 13) x \$5/each = \_\_\_\_\_

# of adult family members/guests x \$25/each = \_\_\_\_\_

We wish to sponsor a participant x \$5 = \_\_\_\_\_

Total due: \_\_\_\_\_

You may pay by credit card. Please check one: ☐ Mastercard ☐ VISA ☐ Discover

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

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

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

**Enter your credit card payment information or pay by check. Return to the NISRA Office by February 7.**



# 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:** Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee	Min/Max
3-6020	Wed	1/17 - 2/21	6	4:00 - 4:30 pm	\$90/\$158	1/1
4-6020	Wed	4/3 - 5/8	6	4:00 - 4:30 pm	\$90/\$158	1/1
3-6021	Wed	1/17 - 2/21	6	4:30 - 5:00 pm	\$90/\$158	1/1
4-6021	Wed	4/3 - 5/8	6	4:30 - 5:00 pm	\$90/\$158	1/1
3-6022	Wed	1/17 - 2/21	6	5:00 - 5:30 pm	\$90/\$158	1/1
4-6022	Wed	4/3 - 5/8	6	5:00 - 5:30 pm	\$90/\$158	1/1
3-6023	Wed	1/17 - 2/21	6	5:30 - 6:00 pm	\$90/\$158	1/1
4-6023	Wed	4/3 - 5/8	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:** Anya

Prog #	Age Group	Day	Dates	Weeks	Time	R/NR Fee	Min/Max
3-6000	3 - 8	Tue	1/16 - 2/27	7	4:30 - 5:00 pm	\$56/\$98	2/3
4-6000	3 - 8	Tue	4/2 - 5/7	6	4:30 - 5:00 pm	\$48/\$84	2/3
3-6001	9 - 15	Tue	1/16 - 2/27	7	5:00 - 5:30 pm	\$56/\$98	2/3
4-6001	9 - 15	Tue	4/2 - 5/7	6	5:00 - 5:30 pm	\$48/\$84	2/3
3-6002	16 - 25	Tue	1/16 - 2/27	7	5:30 - 6:00 pm	\$56/\$98	2/3
4-6002	16 - 25	Tue	4/2 - 5/7	6	5:30 - 6:00 pm	\$48/\$84	2/3

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

## Snoezelen® Room Punch Card

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

**Age Group:** 3 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**NEW!**

### Individual Punch Card

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

### Family Member Punch Card

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

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

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

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

**\*Punch cards can be purchased at any time!**



# INDIVIDUALS WITH PHYSICAL LIMITATIONS

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



## Fitness Swim

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

**Age Group:** 21 & Older

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

**Location:** Rakow Center, Carpentersville

**Min/Max:** 5/6

**Staff Contact:** David

Prog #	Day	Dates	Weeks	Time
4-0502	Mon	4/1 - 5/6	6	11:20 - 12:00 pm

R/NR Fee No Transp.	R Fee w/ Door-to-Door Transp.*
\$53/\$92	\$119

These programs require a **Fitness Waiver**, see **page 46** 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.

**STRONGER  
TOGETHER**



## 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:** Anya

Prog #	Day	Dates	Weeks	Time
3-2507	Fri	1/19 - 3/1	7	11:30 am - 12:30 pm
4-2507	Fri	4/5 - 5/10	6	11:30 am - 12:30 pm

R/NR Fee No Transp.	R Fee w/ Door-to-Door Transp.*
\$63/\$110	\$129
\$53/\$92	\$119



# 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

### Winter Locations:

**1/17:** Laser Tag & Arcade at Bowlero Bowl, Algonquin

**1/24:** Movie Night at Classic Cinemas 12, Carpentersville

**1/31:** Group Choice

Prog #	Day	Dates	Weeks	Time
3-0503	Wed	1/17 - 1/31	3	6:00 - 8:00 pm
4-0503	Wed	4/3 - 4/17	3	6:00 - 8:00 pm

R/NR Fee	No Transp.	R Fee w/ Door-to-Door Transp.*
\$48/\$84		\$81
\$48/\$84		\$81

### Spring Locations:

**4/3:** Bowling at Bowlero Bowl, Algonquin

**4/10:** Fit with Friends at The Centre, Elgin

**4/17:** Nature Adventure at Hawthorn Hill, Elgin

These programs are for participants with physical disabilities, or traumatic or acquired brain injury. Due to NISRA's large service area, participants may be picked up as early as 4:15 pm and dropped off as late as 10:30 pm. Door-to-door transportation is available for residents of NISRA's 13 member districts only.



Let the  
Good Times  
FLOW

## 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

### Winter Locations:

**2/7:** Around the Clock, Crystal Lake

**2/14 - 2/28:** Determined by Group

Prog #	Day	Dates	Weeks	Time
3-0509	Wed	2/7 - 2/28	4	6:00 - 8:00 pm
4-0509	Wed	4/24 - 5/8	3	6:00 - 8:00 pm

R/NR Fee	No Transp.	R Fee w/ Door-to-Door Transp.*
\$108/\$189		\$152
\$81/\$142		\$114

### Spring Locations:

**4/24:** Lou Malnati's, Lakewood

**5/1 & 5/8:** Determined by Group

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



# YOUNG CHILDREN

## Rock 'n' Kids

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

**Age Group:** 3 - 8

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Min/Max:** 6/10

**Staff Contact:** TBD

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-1104	Wed	1/17 - 2/28	7	5:15 - 6:00 pm	\$70/\$123
4-1104	Wed	4/3 - 5/8	6	5:15 - 6:00 pm	\$60/\$105

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



## Kids Klub

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

**Age Group:** 3 - 8

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Min/Max:** 6/10

**Staff Contact:** Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2101	Sat	1/20 - 3/2	7	9:00 - 10:30 am	\$102/\$178
4-2101	Sat	4/6 - 5/11	6	9:00 - 10:30 am	\$87/\$152

**NOTE:** Please bring a water bottle and snack.



## 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:** Rodney

Prog #	Days	Dates	Weeks	Time	R/NR Fee
3-3212	Fri	1/19 - 3/1	7	5:00 - 5:45 pm	\$88/\$153
4-3212	Fri	4/5 - 5/10	6	5:00 - 5:45 pm	\$75/\$131

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





## Sensory Art

NEW!

Art isn't only visual...it can include sound, touch, smell and even taste! Explore your senses while creating your own masterpieces.

**Age Group:** 3 - 8

**Suggested Ability Level:** All Abilities

**Location:** The Centre, Elgin

**Min/Max:** 4/8

**Staff Contact:** David

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-0135	Thu	1/18 - 2/29	6	5:00 - 5:45 pm	\$44/\$76
No program 1/25					
4-0135	Thu	4/4 - 5/9	6	5:00 - 5:45 pm	\$44/\$76



## BACK-TO-BACK PROGRAMS!

## Aqua Explorers

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

**Age Group:** 3 - 8

**Suggested Ability Level:** All Abilities

**Location:** The Centre, Elgin

**Min/Max:** 4/8

**Staff Contact:** David

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-0607	Thu	1/18 - 2/29	6	6:00 - 6:30 pm	\$44/\$76
No program 1/25					
4-0607	Thu	4/4 - 5/9	6	6:00 - 6:30 pm	\$44/\$76

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

EXPLORE  
more





# YOUTH & YOUNG TEENS

## Super Saturdays

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

**Age Group:** 9 - 15

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Min/Max:** 6/10

**Staff Contact:** Rodney

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-3222	Sat	1/20 - 3/2	7	11:00 am - 1:00 pm	\$112/\$196
4-3222	Sat	4/6 - 5/11	6	11:00 am - 1:00 pm	\$96/\$168

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

## 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:** Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2606	Sat	1/20 - 3/2	7	8:45 - 9:30 am	\$35/\$61
4-2606	Sat	4/6 - 5/11	5	8:45 - 9:30 am	\$25/\$44
No program 4/20					

**NOTE:** The Ice House requires parents/guardians to remain in the building during the program time. Fee is reduced due to the generous donation of ice time and instructors by the Crystal Ice House. If an individual chooses to wear a helmet, the family is responsible for ensuring it fits properly.



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

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

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



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

**Age Group:** 7 - 12

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

**Min/Max:** 4/12

**Staff Contact:** Mia

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

Prog #	Day	Date	Time	R/NR Fee
3-8230	Sat	1/20	9:30 - 11:30 am	FREE!
3-8231	Sat	2/17	9:30 - 11:30 am	FREE!
4-8230	Sat	3/16	9:30 - 11:30 am	FREE!
4-8231	Sat	4/20	9:30 - 11:30 am	FREE!





## Swim Skills

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

**Age Group:** 3 - 15

**Suggest Ability Level:** All Abilities

**Min/Max:** 2/4

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

**Staff Contact:** David

3-0211	Mon	1/22 - 2/26	6	5:30 - 6:00 pm	\$78/\$137
4-0211	Mon	4/1 - 5/6	6	5:30 - 6:00 pm	\$78/\$137
3-0212	Mon	1/22 - 2/26	6	6:00 - 6:30 pm	\$78/\$137
4-0212	Mon	4/1 - 5/6	6	6:00 - 6:30 pm	\$78/\$137

### Woodstock - Woodstock Recreation Center

**Staff Contact:** TBD

3-1216	Thu	1/18 - 2/29 <i>No program 1/25</i>	6	6:15 - 6:45 pm	\$78/\$137
4-1216	Thu	4/4 - 5/9	6	6:15 - 6:45 pm	\$78/\$137
3-1217	Thu	1/18 - 2/29 <i>No program 1/25</i>	6	6:45 - 7:15 pm	\$78/\$137
4-1217	Thu	4/4 - 5/9	6	6:45 - 7:15 pm	\$78/\$137

## 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:** Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-2217	Wed	4/3 - 5/8	6	6:00 - 7:00 pm	\$30/\$53

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

**Buddy Baseball is in partnership with Northern Illinois Rawlings Tigers 14U - Artinghelli.**



## 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:** Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2264	Mon	1/22 - 2/26	6	5:00 - 6:30 pm	\$83/\$144
4-2264	Mon	4/1 - 5/6	6	5:00 - 6:30 pm	\$83/\$144

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



# YOUTH & YOUNG TEENS



## Gamers Paradise

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

**Age Group:** 8 - 15

**Suggested Ability Level:** All Abilities

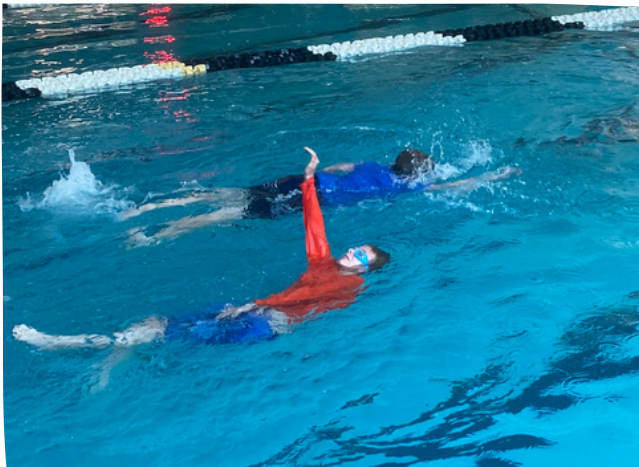
**Location:** Sage TR Center, NISRA

**Min/Max:** 6/10

**Staff Contact:** Rodney

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-3235	Tue	1/16- 2/27	7	5:30 - 6:15 pm	\$53/\$92
4-3235	Tue	4/2 - 5/7	6	5:30 - 6:15 pm	\$45/\$79

## BACK-TO-BACK PROGRAMS!



## Kids Cooking Around the World

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

**Age Group:** 8 - 15

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Min/Max:** 6/8

**Staff Contact:** Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2215	Tue	1/16- 2/27	7	6:30 - 7:45 pm	\$98/\$172
4-2215	Tue	4/2 - 5/7	6	6:30 - 7:45 pm	\$84/\$147

## Saturday Fun Club (6 - 12)

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

**Age Group:** 6 - 12

**Suggested Ability Level:** All Abilities

**Location:** The Centre, Elgin

**Min/Max:** 4/6

**Staff Contact:** David

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-0207	Sat	1/20 - 3/2	7	10:00 am - 1:00 pm	\$112/\$196
4-0207	Sat	4/6 - 5/11	6	10:00 am - 1:00 pm	\$96/\$168

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





## "Special Focus" Karate

The martial arts are a great way to develop physical & mental abilities—consider the benefits of karate: strength, coordination, self-confidence and respect for oneself & others. Gain focus and control, while learning self-defense in this structured & safe program.

**Age Group:** 6 & Older

**Suggested Ability Level:** Highly structured class; participants must be independent and follow with guided instruction.

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

**Min/Max:** 8/15

**Staff Contact:** Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2641	Sat	1/13 - 3/16	10	11:15 am - 12:00 pm	\$130/\$228
4-2641	Sat	4/6 - 5/18	7	11:15 am - 12:00 pm	\$91/\$159
No program 5/25					

**NOTE:** Please wear comfortable clothing to move around in. Focus Martial Arts is strongly recommending the purchase of a gi, white belt and fist guards for the full karate experience and etiquette. You can purchase the uniform from Focus for \$59.40 and they also have various t-shirts available for sale.



## 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:** Anya



Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2600	Tues	1/16 - 2/27	7	6:00 - 7:00 pm	\$154/\$270
4-2600	Tues	4/2 - 5/7	6	6:00 - 7:00 pm	\$132/\$231

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

## Jumpin' Gymnastics (7 - 12)

**NEW!**

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

**Age Group:** 7 - 12

**Suggested Ability Level:** All Abilities

**Location:** Cary Gymnastics Center, Cary

**Min/Max:** 6/8

**Staff Contact:** Rodney

Prog #	Days	Dates	Weeks	Time	R/NR Fee
3-3213	Fri	1/19 - 3/1	7	6:00 - 6:45 pm	\$88/\$153
4-3213	Fri	4/5 - 5/10	6	6:00 - 6:45 pm	\$75/\$131

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





# TEENS & ADULTS

## Let's Get Crafty

Grab your scissors, grab your glue, and let's see what we can do! We'll come up with different projects to get your creativity going.

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Min/Max:** 6/12

**Staff Contact:** TBD

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-1621	Mon	1/22 - 2/26	6	4:45 - 5:30 pm	\$51/\$89
4-1621	Mon	4/1 - 5/6	6	4:45 - 5:30 pm	\$51/\$89



## 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

**Location:** Bowes Creek Country Club, Elgin

**Min/Max:** 6/10 for each slot

**Staff Contact:** David

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-0636	Thu	4/25 - 5/30	6	5:00 - 6:00 pm	FREE!
4-0637	Thu	4/25 - 5/30	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.

## BACK-TO-BACK PROGRAMS!

## 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:** Rodney

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-3634	Mon	1/22 - 2/5	3	5:30 - 7:00 pm	\$42/\$74
3-3636	Mon	2/12 - 2/26	3	5:30 - 7:00 pm	\$42/\$74
4-3634	Mon	4/1 - 4/15	3	5:30 - 7:00 pm	\$42/\$74
4-3636	Mon	4/22 - 5/6	3	5:30 - 7:00 pm	\$42/\$74

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



## Gaming Galore

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

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Locations:** Sage TR Center, NISRA

**Min/Max:** 6/10

**Staff Contact:** Rodney

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-3604	Thu	1/18 - 2/29	6	5:00 - 5:45 pm	\$45/\$79
No program 1/25					
4-3604	Thu	4/4 - 5/9	6	5:00 - 5:45 pm	\$45/\$79



## Tuesday Night Adventures

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

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Locations:** Various Locations

**Min/Max:** 6/10

**Staff Contact:** Rodney

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-3211	Tue	4/2 - 4/23	4	6:00 - 7:30 pm	\$80/\$140

Bus Departs	Transportation Location	Bus Returns
5:30 pm	NISRA Office	8:00 pm

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

## Tennis - Beginner

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

**Age Group:** 15 & Older

**Suggested Ability Level:** All Abilities

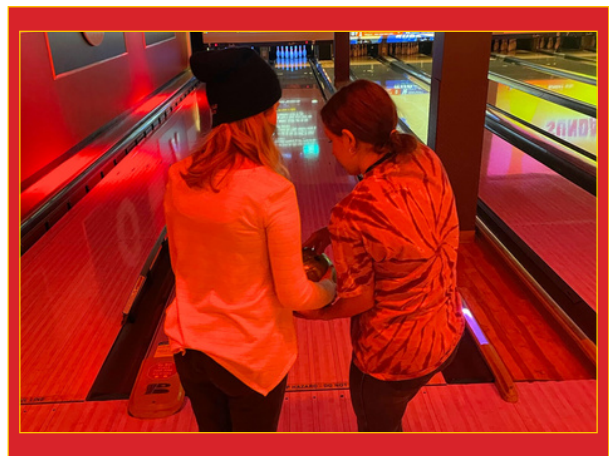
**Locations:** Crystal Lake Racket Club

**Min/Max:** 4/6

**Staff Contact:** Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2642	Tue	1/16 - 2/27	7	5:00 - 5:45 pm	\$51/\$89
4-2642	Tue	4/2 - 5/7	6	5:00 - 5:45 pm	\$44/\$76

**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.



## Fishing 101

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

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Voyager Landing Forest Preserve, Elgin

**Min/Max:** 6/8

**Staff Contact:** David

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-0229	Thu	4/4 - 5/9	6	5:00 - 6:00 pm	\$30/\$53

**NOTE:** Fishing poles, bait, and lures will be provided each week. Participants are welcome to bring their own pole.



## Flag Football Camp

**NEW!**

Whether you've been playing for a while or just starting, Flag Football Camp will help you grow your understanding and confidence on the field! This program will be focused on developing football-specific skills.

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Elgin Sports Complex, Elgin

**Min/Max:** 8/15

**Staff Contact:** David

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-0619	Thu	4/4 - 5/9	6	5:30 - 6:30 pm	\$44/\$76



# TEENS & ADULTS



## Open Swim Woodstock

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

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Woodstock Recreation Center

**Min/Max:** 6/10

**Staff Contact:** TBD

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-1456	Thu	1/18 - 2/29	6	7:30 - 8:15 pm	\$53/\$92
No program 1/25					
4-1456	Thu	4/4 - 5/9	6	7:30 - 8:15 pm	\$53/\$92



## Simply Cooking

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

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Min/Max:** 6/8

**Staff Contact:** Rodney

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-3618	Wed	1/17 - 2/28	7	6:00 - 7:30 pm	\$98/\$172
4-3618	Wed	4/3 - 5/8	6	6:00 - 7:30 pm	\$84/\$147
3-3619	Thu	1/18 - 2/29	6	6:00 - 7:30 pm	\$84/\$147
No program 1/25					
4-3619	Thu	4/4 - 5/9	6	6:00 - 7:30 pm	\$84/\$147

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

## BACK-TO-BACK PROGRAMS!

## 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:** Rodney

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-3606	Wed	1/17 - 2/28	7	5:00 - 5:45 pm	\$84/\$147
4-3606	Wed	4/3 - 5/8	6	5:00 - 5:45 pm	\$72/\$126



## BINGO & BAGGO

...and BINGO was his name-o! Or was it BAGGO? Either way, we'll be playing both games. Each week we will be alternating between the two. Learn to play or strengthen your skills at one, or both!

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Locations:** Sage TR Center, NISRA

**Min/Max:** 6/12

**Staff Contact:** Rodney

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-3615	Fri	1/19 - 3/1	7	5:30 - 6:15 pm	\$63/\$110
4-3615	Fri	4/5 - 5/10	6	5:30 - 6:15 pm	\$54/\$95

**NOTE:** If weather permits, baggo will be held outside.



## Saturday Fun Club (13 - 18)

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

**Age Group:** 13 - 18

**Suggested Ability Level:** All Abilities

**Location:** The Centre, Elgin

**Min/Max:** 4/6

**Staff Contact:** David

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-0239	Sat	1/20 - 3/2	7	10:00 am - 1:00 pm	\$112/\$196
4-0239	Sat	4/6 - 5/11	6	10:00 am - 1:00 pm	\$96/\$168

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



## Friday Night Supper Club

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

**Age Group:** 13 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Min/Max:** 5/8

**Staff Contact:** Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2644	Fri	1/19, 2/2, 2/16	3	6:30 - 8:00pm	\$42/\$74
3-2645	Fri	1/26, 2/9, 2/23	3	6:30 - 8:00pm	\$42/\$74
4-2644	Fri	4/5, 4/19, 5/3	3	6:30 - 8:00 pm	\$42/\$74
4-2645	Fri	4/12, 4/26, 5/10	3	6:30 - 8:00 pm	\$42/\$74

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





# TEENS & ADULTS

## Disc Golf - Indoor!

Disc golf indoors? Who knew! Join us on Friday evenings to work on our frisbee skills. Each week we'll work on our putting and long range throws, getting us ready for spring when we can hit the outdoor courses!

**Age Group:** 13 & Older

**Suggested Ability Level:** All Abilities

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

**Min/Max:** 6/12

**Staff Contact:** Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2622	Fri	1/19 - 3/1	7	4:00 - 5:15 pm	\$58/\$101

**NOTE:** The winter session program will be indoors and will not have transportation.

## 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.

**Age Group:** 13 & Older

**Suggested Ability Level:** All Abilities

**Locations:**

**4/5:** Lippold Park, Crystal Lake

**4/12:** Fel Pro- RRR, Cary

**4/19:** Emricson Park, Woodstock

**4/26:** Randall Oaks Park, Dundee

**5/3:** Huntley Park District Disc Golf Course

**5/10:** Lippold Park, Crystal Lake

**Min/Max:** 6/12

**Staff Contact:** Anya

Prog #	Day	Dates	Weeks	Time
4-2622	Fri	4/5 - 5/10	6	4:00 - 5:15 pm

R/NR Fee (No Transp.)	R/NR Fee w/ Transp.
\$50/\$87	\$92/\$129

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

**NOTE:** The spring session program will be outdoors. 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.

## Cooking Club



**NEW!**

Let's get cookin'! You'll learn basic cooking techniques and then we'll put them into practice each week.

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Rakow Center, Carpentersville

**Min/Max:** 6/8

**Staff Contact:** David

Prog #	Day	Dates	Weeks	Time
3-0368	Wed	1/17 - 2/28	7	5:00 - 6:30 pm
4-0368	Wed	4/3 - 5/8	6	5:00 - 6:30 pm

R/NR Fee (No Transp.)	R/NR Fee w/ Transp.
\$98/\$172	\$123/\$196
\$84/\$147	\$109/\$172

Bus Departs	Transportation Location
4:45 pm	Liberty Lanes

**NOTE:** There is no transportation home. This program is back-to-back with Wednesday Strikers, consider signing up for both!

## Conservation Cruisers



**NEW!**

Visit local McHenry County Conservation Districts sites to explore the incredible sights and sounds that our beautiful community has to offer!

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Locations:**

**4/20:** The Hollows, Cary

**4/27:** Hickory Grove, Cary

**5/4:** Silver Creek, Cary

**5/11:** Fox Bluff, Algonquin

**Min/Max:** 6/10

**Staff Contact:** Rodney

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-3649	Sat	4/20 - 5/11	4	11:00 am - noon	\$29/\$51

**NOTE:** Please wear comfortable clothes and bring a water bottle, sunscreen and bug repellent. Please meet at the location each week. In the event of inclement weather the program will be canceled.



## Bowling

**Age Group:** 16 & Older

**Suggest Ability Level:** All Abilities

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



Name & Location	Prog #	Day & Dates	Weeks	Time	R/NR Fee	Min/Max
<b>Bowlero Bowl</b>	<b>3-2601</b>	<b>Mon, 1/22 - 2/26</b>	<b>6</b>	<b>5:00 - 6:30 pm</b>	<b>\$83/\$144</b>	<b>8/20</b>
Bowlero	<b>4-2601</b>	<b>Mon, 4/1 - 5/6</b>	<b>6</b>	<b>5:00 - 6:30 pm</b>	<b>\$83/\$144</b>	<b>8/20</b>
Algonquin						
<b>Staff Contact:</b> Anya						
<b>Tuesday Bowlers</b>	<b>3-3612</b>	<b>Tue, 1/16 - 2/27</b>	<b>7</b>	<b>4:30 - 6:00 pm</b>	<b>\$96/\$168</b>	<b>6/20</b>
Bowlero Deer Park						
Lake Zurich						
<b>Staff Contact:</b> Rodney						
<b>Elgin Bowl</b>	<b>4-0610</b>	<b>Tue, 4/2 - 5/7</b>	<b>6</b>	<b>3:30 - 5:00 pm</b>	<b>\$83/\$144</b>	<b>8/30</b>
Elgin Lanes						
Elgin						
<b>Staff Contact:</b> David					<b>w/ Transp.</b>	
					<b>\$104/\$165</b>	
<b>NOTE:</b> Transportation offered for AID clients from workshop at 3:00 pm. No transportation home.						
<b>Wednesday Strikers</b>	<b>3-0613</b>	<b>Wed, 1/17 - 2/28</b>	<b>7</b>	<b>3:00 - 4:30 pm</b>	<b>\$96/\$168</b>	<b>8/15</b>
Liberty Lanes	<b>4-0613</b>	<b>Wed, 4/3 - 5/8</b>	<b>6</b>	<b>3:00 - 4:30 pm</b>	<b>\$83/\$144</b>	<b>8/15</b>
Carpentersville						
<b>Staff Contact:</b> David						
<b>Pioneer Bowlers</b>	<b>3-1477</b>	<b>Thu, 1/18 - 2/29</b>	<b>7</b>	<b>10:00 - 11:30 am</b>	<b>\$96/\$168</b>	<b>8/20</b>
Raymond's Bowl					<b>w/ Transp.</b>	
Johnsburg					<b>\$145/\$217</b>	
<b>Staff Contact:</b> TBD					<b>\$83/\$144</b>	<b>8/20</b>
	<b>4-1477</b>	<b>Thu, 4/4 - 5/9</b>	<b>6</b>	<b>10:00 - 11:30 am</b>	<b>\$83/\$144</b>	<b>8/20</b>
					<b>w/ Transp.</b>	
					<b>\$125/\$186</b>	
<b>NOTE:</b> Transportation offered for Pioneer Center clients from workshop, times TBD.						
<b>Saturday Bowlers</b>	<b>3-1612</b>	<b>Sat 1/20 - 3/2</b>	<b>7</b>	<b>11:00 - 12:30 pm</b>	<b>\$96/\$168</b>	<b>8/40</b>
Kingston Lanes	<b>4-1612</b>	<b>Sat 4/6 - 5/11</b>	<b>6</b>	<b>11:00 - 12:30 pm</b>	<b>\$83/\$144</b>	<b>8/40</b>
Woodstock						
<b>Staff Contact:</b> TBD						



# Wellness Programs



**NEW!**

## 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:** 5/8

**Staff Contact:** Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2631	Wed	1/17 - 2/28	7	4:45 - 5:30 pm	\$154/\$270
4-2631	Wed	4/3 - 5/8	6	4:30 - 5:15 pm	\$132/\$231

**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.



## Zumba

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

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

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

**Min/Max:** 6/12

**Staff Contact:** Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2628	Wed	1/17 - 2/28	7	7:00 - 7:45 pm	\$63/\$110
4-2628	Wed	4/3 - 5/8	6	7:00 - 7:45 pm	\$54/\$95

Family Member	Prog #	R/NR Fee for Family Member
3-2630		\$51/\$89
4-2630		\$44/\$76

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

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

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!



# Wellness Programs



## STAY ACTIVE!



### 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:** Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2639	Mon	1/22 - 2/26	6	5:00 - 5:45 pm	\$54/\$95
4-2639	Mon	4/1 - 5/6	6	5:00 - 5:45 pm	\$54/\$95

Family Member Prog #	R/NR Fee for Family Member
3-2640	\$44/\$76
4-2640	\$44/\$76

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

### Workout @Your Choice McHenry or Woodstock

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

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Min/Max:** 6/8

**Staff Contact:** TBD

#### McHenry Recreation Center

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-1618	Mon	1/22 - 2/26	6	4:00 - 5:00 pm	\$44/\$76
4-1618	Mon	4/1 - 5/6	6	4:00 - 5:00 pm	\$44/\$76

#### Woodstock Recreation Center

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-1616	Tue	1/16 - 2/27	7	5:00 - 6:00 pm	\$51/\$89
4-1616	Tue	4/2 - 5/7	6	5:00 - 6:00 pm	\$44/\$76

**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.





### 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.

#### LEGO® Masters

It's LEGO® master time! Come spend an evening with friends watching the LEGO® movie while creating and building your very own LEGO® kit.

**Location:** Wauconda Park District

**Min/Max:** 8/20

**Staff Contact:** Rodney

Prog #	Day	Date	Time	R/NR Fee
3-3919	Sat	1/20	6:00 - 8:00 pm	\$43/\$59

#### Transportation Location

NISRA Office

Sheltered Village

McHenry Recreation Center

The Centre, Elgin

\*No transportation, meet at Wauconda Park District

#### Dinner at Chili's

Get together with friends for an evening of your favorite menu items - or try a twist of Tex-Mex cuisine at Chili's.

**Location:** Chili's, Crystal Lake

**Min/Max:** 8/15

**Staff Contact:** Anya

Prog #	Day	Date	Time	R/NR Fee
3-2921	Sat	2/3	4:00 - 6:00 pm	\$54/\$94

#### Transportation Location

Sheltered Village

McHenry Recreation Center

The Centre, Elgin

\*No transportation, meet at Chili's

HA HA  
HA!

#### Sweethearts Crafts & BINGO

Get ready for that oh-so-sweet day of the year by making crafts & treats and playing Valentine Bingo!

**Location:** Woodstock Recreation Center

**Min/Max:** 8/30

**Staff Contact:** TBD

Prog #	Day	Date	Time	R/NR Fee
3-1932	Sat	2/10	6:00 - 8:00 pm	\$34/\$59

#### Transportation Location

NISRA Office

McHenry Recreation Center

The Centre, Elgin

\*No transportation, meet at Woodstock Recreation Center

#### Improv Comedy Club

Imagine a few hours of complete improvisation, like "Whose Line is it Anyway?" Actors take audience suggestions and turn them into hilarious, creative, clean comedy sketches to get you laughing. Come see the show that made Green Room Productions famous!

**Location:** Raue Center, Crystal Lake

**Min/Max:** 8/15

**Staff Contact:** Anya

Prog #	Day	Date	Time	R/NR Fee
3-2933	Sat	2/17	6:30 - 8:30 pm	\$49/\$85

#### Transportation Location

NISRA Office

Sheltered Village

McHenry Recreation Center

The Centre, Elgin

\*No transportation, meet at the Raue Center

**NOTE:** Show starts at 7:00pm. Fee includes show ticket. Please bring additional money if you would like to purchase a drink or snack. Drop Off route times may differ if show goes longer than expected.





## 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.

## Craft & Create

Spring is in the air! Come join friends to create a spring-themed project.

**Location:** Marengo Park District

**Min/Max:** 8/30

**Staff Contact:** TBD

Prog #	Day	Date	Time	R/NR Fee
3-1935	Fri	2/23	6:00 - 8:00 pm	\$34/\$59

### Transportation Location

NISRA Office

Sheltered Village

McHenry Recreation Center

The Centre, Elgin

\*No transportation, meet at Marengo Park District



## Spring Photo Hike

Enjoy the outdoors and let's make a memory of it! We'll go on a photo hike where participants can take polaroid photos to put in a scrapbook provided by NISRA.

**Location:** Jelke Creek Bird Sanctuary, Sleepy Hollow

**Min/Max:** 8/15

**Staff Contact:** David

Prog #	Day	Date	Time	R/NR Fee
4-0934	Sat	4/6	4:00 - 6:00 pm	\$39/\$67

### Transportation Location

NISRA Office

Sheltered Village

McHenry Recreation Center

\*No transportation, meet at Jelke Creek Sanctuary

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

## Night at the Movies

A perfect weekend activity paired with good friends! We'll enjoy a Saturday night at the movies.

**Location:** Classic Cinemas 12, Carpentersville

**Min/Max:** 8/30

**Staff Contact:** David

Prog #	Day	Date	Time	R/NR Fee
3-0935	Sat	3/2	6:00 - 8:00 pm	\$39/\$68

### Transportation Location

NISRA Office

Sheltered Village

McHenry Recreation Center

The Centre, Elgin

\*No transportation, meet at Classic Cinemas 12

**NOTE:** Program fee includes movie ticket. If you would like to purchase concessions, please bring extra money.

Program time approximate, movie times will be posted on Rainout Line the week of the program.





### 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.

#### Planetarium Show

Stars, planets, black holes, oh my! Join us as we go to the McHenry County College planetarium to take in a show and learn about the universe and everything in it!

**Location:** McHenry County College

**Min/Max:** 8/30

**Staff Contact:** David

Prog #	Day	Date	Time	R/NR Fee
4-0921	Fri	4/12	*6:00 - 8:00 pm	\$40/\$71

*\*Showtime is tentative and will be posted on Rainout Line*

#### Transportation Location

NISRA Office

Sheltered Village

McHenry Recreation Center

The Centre, Elgin

\*No transportation, meet at MCC

#### Dinner at Olive Garden

Enjoy a taste of Italy at the Olive Garden restaurant, famous for its delicious breadsticks and all-you-can-eat salad!

**Location:** Olive Garden, McHenry

**Min/Max:** 8/15

**Staff Contact:** TBD

Prog #	Day	Date	Time	R/NR Fee
4-1916	Sat	4/27	4:00 - 6:00 pm	\$54/\$94

#### Transportation Location

Sheltered Village

The Centre, Elgin

NISRA Office

\*No transportation, meet at Olive Garden

#### Dinner and a Movie

Join us for a movie night in! Wear your favorite pajamas and enjoy a catered mac & cheese bar from Noodles and Co. with friends.

**Location:** Sage TR Center, NISRA

**Min/Max:** 8/30

**Staff Contact:** TBD

Prog #	Day	Date	Time	R/NR Fee
4-1912	Sat	4/20	6:00 - 8:00 pm	\$42/\$73

#### Transportation Location

Sheltered Village

McHenry Recreation Center

The Centre, Elgin

\*No transportation, meet at NISRA

#### Tulip Festival

Richardson Adventure Farm is nothing short of adventure! With 300,000 planted bulbs, their Tulip Festival is one you don't want to miss. We'll spend the day enjoying live music and taking in all the beauty of the thousands of tulips!

**Location:** Richardson Adventure Farm, Spring Grove

**Min/Max:** 8/20

**Staff Contact:** Anya

Prog #	Day	Date	Time	R/NR Fee
4-2932	Sat	5/4	3:00 - 5:00 pm	\$42/\$74

#### Transportation Location

NISRA Office

Sheltered Village

McHenry Recreation Center

The Centre, Elgin

**NOTE:** Fee includes entrance ticket and 1 tulip. Please bring additional money if wanting food or memorabilia. This program requires a lot of walking.

\*Richardson's is wheelchair accessible and follows ADA guidelines, however the ground may be uneven and will require assistance. Rainfall may worsen conditions.





# ADULTS - 18 & OLDER

## Aquacize

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

**Age Group:** 21 & Older

**Suggested Ability Level:** All Abilities

**Location:** Woodstock Recreation Center

**Min/Max:** 6/10

**Staff Contact:** TBD

**NOTE:** Please bring a labeled swimsuit & towel. Fitness waiver required for participation by participants with a disability. Participants who have had medical treatment during the 2-year time frame of their **Fitness Waiver** need to submit a new form to their doctor and NISRA.

Prog #	Day	Dates	Weeks	Time
3-1400	Mon	1/22 - 2/26	6	10:15 - 11:00 am
4-1400	Mon	4/1 - 5/6	6	10:15 - 11:00 am

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

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

## Coffee Around Town

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

**Age Group:** 21 & Older

**Suggested Ability Level:** All Abilities

**Locations:**

**1/18:** Conscious Cup Coffee Roasters, Crystal Lake

**1/25:** Daily Projects Coffee Bar & Eatery, Algonquin

**2/8:** Grounds Coffee Bar, Crystal Lake

**2/15:** The Other Side, Crystal Lake

**Min/Max:** 6/10

**Staff Contact:** Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2401	Thu	1/18 - 2/15	4	10:00 - 11:00 am	\$40/\$70

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



## Adaptive Self Defense

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

**Age Group:** 21 - 35

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

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

**Min/Max:** 8/12

**Staff Contact:** Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2400	Tue	1/16 - 2/27	7	6:00 - 7:00 pm	\$116/\$202
4-2400	Tue	4/2 - 5/7	6	6:00 - 7:00 pm	\$99/\$173

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





# ADULTS - 21 & OLDER

## Lunch Bunch

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

**Age Group:** 21 & Older

**Suggested Ability Level:** All Abilities

**Min/Max:** 8/12

**Staff Contact:** TBD

**Winter Locations:**

**1/17:** Panera, McHenry

**1/31:** Epic Deli, McHenry

**2/14:** Buona Beef, Lakemoor

**2/28:** Olive Garden, McHenry

**Spring Locations:**

**4/3:** Buffalo Wild Wings, McHenry

**4/17:** Chili's, McHenry

**5/1:** IHOP, McHenry

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-1407	Wed	1/17, 1/31 2/14, 2/28	4	11:45 am - 1:00 pm	\$108/\$189

4-1407	Wed	4/3, 4/17, 5/1	3	11:45 am - 1:00 pm	\$81/\$142
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Bus Departs	Transportation Location	Bus Returns
11:00 am	NISRA Office	1:40 pm
11:20 am	Pioneer Center - McHenry	1:20 pm

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

## Movie Review Crew

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

**Age Group:** 21 & Older

**Suggested Ability Level:** All Abilities

**Location:** Varies Weekly

**Min/Max:** 8/12

**Staff Contact:** TBD

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-1433	Wed	1/24, 2/7, 2/21	3	12:00 - 2:00 pm	\$59/\$102

4-1433	Wed	4/10, 4/24, 5/8	3	12:00 - 2:00 pm	\$59/\$102
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Bus Departs	Transportation Location	Bus Returns
10:50 am	NISRA Office	3:00 pm
11:15 am	Pioneer Center - McHenry	2:30 pm

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

## Friday Friends

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

Prog #	Day	Dates	Weeks	Time
3-1463	Fri	1/19 - 3/1	7	10:00 - 11:30 am
4-1463	Fri	4/5 - 5/10	6	10:00 - 11:30 am

R/NR Fee (no transportation)	R/NR Fee (with transportation)
\$102/\$178	\$151/\$227
\$87/\$152	\$129/\$194

**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
3-0404	Mon	1/22 - 2/26	6	9:30 - 10:30 am	\$54/\$95
4-0404	Mon	4/1 - 5/6	6	9:30 - 10:30 am	\$54/\$95



## AID Glee Club

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

**Age Group:** 21 & Older

**Suggested Ability Level:** All Abilities

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

**Min/Max:** 6/20

**Staff Contact:** Gabrielle

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-5517	Wed	1/17 - 2/28	7	1:00 - 1:45 pm	\$60/\$104
4-5517	Wed	4/3 - 5/8	6	1:00 - 1:45 pm	\$51/\$89

## 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
3-0445	Thu	1/18 - 2/29	7	9:30 - 10:30 am	\$63/\$110
4-0445	Thu	4/4 - 5/9	6	9:30 - 10:30 am	\$54/\$95

**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.



**Non-AID clients, check out  
NISRA Amazing Artists on page 40.**

## AID Amazing Artists

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

**Age Group:** 21 & Older

**Suggested Ability Level:** All Abilities

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

**Min/Max:** 6/10

**Staff Contact:** Gabrielle

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-5576	Fri	1/19 - 3/1	7	9:30 - 10:15 am	\$60/\$104
4-5576	Fri	4/5 - 5/10	6	9:30 - 10:15 am	\$51/\$89



# ADULTS - 21 & OLDER

## Pioneer Glee Club

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

**Age Group:** 21 & Older

**Suggested Ability Level:** All Abilities

**Location:** Pioneer Center, McHenry

**Min/Max:** 6/15

**Staff Contact:** Gabrielle

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-5516	Mon	1/22 - 2/26	6	12:45 - 1:30 pm	\$51/\$89
4-5516	Mon	4/1 - 5/6	6	12:45 - 1:30 pm	\$51/\$89



Sing it loud  
and proud!

## 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:** Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-2437	Thu	4/18 - 5/9	4	3:30 - 4:30 pm	\$34/\$60

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

## 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:** Anya

### Locations:

**1/8:** Dinner at Panera Bread, Crystal Lake

**2/12:** Coffee chat at Daily Projects, Huntley

**3/18:** Coffee chat at Elder & Oat, West Dundee

**4/22:** Earth Day party at The Centre, Elgin

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-3490	Mon	1/8 & 2/12	2	6:00 - 7:30 pm	\$5/\$9
4-3490	Mon	3/18 & 4/22	2	6:00 - 7:30 pm	\$5/\$9





## WORKSHOPS

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

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

Name	Prog #	Day/Date	Time	R/NR Fee	Min/Max
<b>Fused Glass Workshops</b> <i>Discover this beautiful art medium! Place colored grains of glass into a shape to be fired.</i>					
Spiral Plate & Lovely Leaf Dish	3-5595	Tue, 1/23	6:00 - 7:00 pm	\$33/\$58	6/8
Forest Adventure Tray & Bobble Brooch	3-5596	Tue, 2/20	6:00 - 7:00 pm	\$33/\$58	6/8
Dragonfly Sparkler Dish & Ripple Bowl	4-5595	Tue, 4/2	6:00 - 7:00 pm	\$33/\$58	6/8
Sunset Mosaic Mural & Sunflower Magnet	4-5596	Tue, 4/30	6:00 - 7:00 pm	\$33/\$58	6/8

## Encore! Joyful Noise

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

**Age Group:** 10 & Older

**Suggested Ability Level:** All Abilities

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

**Min/Max:** 6/15

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-5548	Thu	1/18 - 2/29	6	6:15 - 7:00 pm	\$75/\$131
		No program 1/25			
4-5548	Thu	4/4 - 5/9	6	6:15 - 7:00 pm	\$75/\$131



## Group Music Therapy

**NEW!**

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

**Age Group:** 11 - 18

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Min/Max:** 6/10

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-5500	Thu	1/18 - 2/29	6	6:00 - 6:45 pm	\$75/\$131
		No program 1/25			
4-5500	Thu	4/4 - 5/9	6	6:00 - 6:45 pm	\$75/\$131



# 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:** All Abilities

**Location:** Sage TR Center, NISRA

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

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

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

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

Prog #	Day	Dates	Weeks	*Time	R/NR Fee	Min/Max
3-5544	Mon	1/22 - 2/26	6	3:30 - 6:00 pm *3:30, 4:00, 4:30, 5:00, 5:30	\$150/\$263	1/5
4-5544	Mon	4/1 - 5/6	6	3:30 - 6:00 pm *3:30, 4:00, 4:30, 5:00, 5:30	\$150/\$263	1/5
3-5542	Tue	1/16 - 2/27	7	3:00 - 6:00 pm *3:00, 3:30, 4:00, 4:30, 5:00, 5:30	\$175/\$306	1/5
4-5542	Tue	4/2 - 5/7	6	3:30 - 6:00 pm *3:30, 4:00, 4:30, 5:00, 5:30	\$150/\$263	1/5
3-5543	Thu	1/18 - 2/29 <i>No program 1/25 and 3/22</i>	5	2:00 - 4:30 pm *2:00, 2:30, 3:00, 3:30, 4:00	\$125/\$219	1/5
4-5543	Thu	4/4 - 5/9	6	2:00 - 4:30 pm *2:00, 2:30, 3:00, 3:30, 4:00	\$150/\$263	1/5

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



## 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
3-5537	Tue	1/16 - 2/27	7	6:30 - 7:15 pm	\$88/\$151
4-5537	Tue	4/2 - 5/7	6	6:30 - 7:15 pm	\$75/\$131



## Individual Dance Lessons

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

**Age Group:** 10 & Older

**Suggested Ability Level:** All Abilities

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

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

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

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

Prog #	Day	Dates	Weeks	*Time	R/NR Fee	Min/Max
4-5600	Fri	4/5 - 5/10	6	3:00 - 5:30 pm	\$150/\$263	1/5
*3:00, 3:30, 4:00, 4:30, 5:00						

## Art Attack!

Tap into your creativity with a professional artist.

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Min/Max:** 6/10

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-5527	Thu	1/18 - 2/29	6	6:00 - 7:00 pm	\$75/\$131
No program 1/25					
4-5527	Thu	4/4 - 5/9	6	6:00 - 7:00 pm	\$75/\$131



## Art Explorations - Virtual

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

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Min/Max:** 6/10

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-5003	Thu	1/18 - 2/29	6	6:00 - 7:00 pm	\$75/\$131
No program 1/25					
4-5003	Thu	4/4 - 5/9	6	6:00 - 7:00 pm	\$75/\$131

**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.





# CULTURAL ARTS

## Theater Troupe Presents...

### "Popstars - The 90's Musical"

Show off under the bright lights! This high energy musical is jam-packed with pop smash hits from the 90s! From Britney Spears, to \*NSYNC, TLC, and the Backstreet Boys. We welcome any new or veteran performers - no experience necessary! We teach simple choreography and how to get into character on stage.

**Age Group:** 8 & Older

**Suggested Ability Level:** All Abilities

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

**Min/Max:** 11/20

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

Prog #	Day	Date	Time
4-5512			
*Auditions	Wed	2/28	5:00 - 7:30 pm
*Rehearsals	Wed	3/6 - 5/8 No program 3/27	6:30 - 8:00 pm
*Dress Rehearsals	Wed	5/15	6:30 - 8:00 pm
	Thurs	5/16	6:30 - 8:00 pm
*Performances	Fri	5/17	7:00 pm
	Sat	5/18	12:00 pm

R/NR Fee	R/NR w/ Transportation
\$182/\$319	\$252/\$389

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

## NISRA Amazing Artists

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

**Age Group:** 21 & Older

**Suggested Ability Level:** All Abilities

**Location:** The Centre, Elgin

**Min/Max:** 6/10

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-5677	Fri	1/19 - 2/23	6	1:00 - 1:45 pm	\$51/\$89
4-5677	Fri	4/5 - 5/10	6	1:00 - 1:45 pm	\$51/\$89

**NOTE:** This program is geared towards non-AID clients.



## Kingpins Drumline

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

**Age Group:** 13 - 25

**Suggested Ability Level:** All Abilities

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

**Min/Max:** 8/20

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-5606	Mon	1/22 - 2/26	6	6:00 - 7:00 pm	\$56/\$97
4-5606	Mon	4/1 - 5/6	6	6:00 - 7:00 pm	\$56/\$97

**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:

2/10/24 - Evening of Percussion at the Raue Center, Crystal Lake





## Uniform Update

Athletes will need to purchase their uniforms before the season starts and will be able to keep them when the season ends. NISRA will be working with a printing company to order uniforms that are necessary to participate in games. We will plan to have athletes keep the same jersey for each individual team and sport for 2-3 years. We will slowly implement this new process. New uniforms were not needed for all sports in 2022 with some not needed until 2023 - 2024.

For sports such as Tennis, Golf and Bocce, there will be a new polo option for athletes to purchase or the option to wear what they already have. Under each sport, it will be indicated in the notes section if purchasing a jersey is required. Once registered for a sport, you will receive an email from the Manager of Special Olympics informing you of the process to purchase a new jersey.

## Special Olympics Competition

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

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

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

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

*Please call the NISRA Office to speak with 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) has changed its required forms that applies to ALL ATHLETES. For more of the background and benefits for this change, please visit the NISRA website.

### Eligibility Process

#### 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

Special Olympics State Competitions and additional practices are **not** included in the weekly program. As of 2024, program structure for Special Olympics State Tournaments and Competitions will be as follows:

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

The additional practices will apply to the following teams:

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

## Gold in Sight for the NISRA Knights!

### Special Olympics Track & Field

Due to the short season for track & field, athletes will need to attend all practices. Missing more than one practice will disqualify an athlete from competition.

**Age Group:** 8 & Older

**Suggested Ability Level:** All Abilities

**Locations:**

Marlowe Middle School, Lake in the Hills

**(inside 2/26 and 3/4 and outside 3/11)**

**Min/Max:** 6/12

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-6/65	Mon	2/26 - 4/8	6	5:00 - 6:00 pm	\$74/\$106
No program 3/25					

*Facilities are subject to change based on availability.*

**NOTE:** Those who received a gold medal at Spring Games will qualify for Summer Games. Athletes that receive a gold medal will be registered for an additional two week practices. An e-mail will go out with information about additional practices and fees. A flyer will be sent with additional information and a fee for Summer Games.

**Spring Games:** April 13 - 14, 2024 at Prospect High School

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

### Special Olympics Tennis

If you're new to tennis, you must participate in Beginner Tennis before joining the Intermediate/Advanced Special Olympics Team.

**Age Group:** 16 & Older

**Suggested Ability Level:** Intermediate/Advanced

**Locations:** Crystal Lake Racket Club

**Min/Max:** 3/6

**NOTE:** Those athletes that received a gold medal at the District Qualifier will be registered for an additional two week practice. You will receive an e-mail with additional information about practices and fees. A flyer will be sent with information and a fee for State Tennis.

### Special Olympics Soccer

If you're playing this popular sport and want to take your skills to the next level, try NISRA's Special Olympics Soccer Team.

**Age Group:** 16 & Older

**Suggested Ability Level:** Intermediate

**Locations:**

Lippold Park, Crystal Lake

**Min/Max:** 6/12

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-6/61	Wed	3/6 - 5/8	8	5:00 - 6:00 pm	\$80/\$129
No program 3/27					

**NOTE:** If the team qualifies for Summer Games, they will be registered for an additional two week practice. You will receive an e-mail with information about additional practices and fees. A flyer will be sent with additional information and a fee for Summer Games. Conflict with Swim Team at summer games. Athletes must choose soccer or swim team.

**ITRS Tournament:** May 12, 2024

**Regional Qualifier:** May 4, 2024

**Summer Games:** June 7 - 9, 2024

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-6/56	Mon	4/22 - 6/17	8	4:00 - 5:00 pm	\$73/\$117
No program 5/27					

**District Competition:** TBA

**State Tennis:** August 17, 2024



## NISRA March Madness

Are you looking for some added fun for the upcoming NCAA March Madness? How would you like to have a friendly competition with your NISRA buddies? Then join NISRA's March Madness League!

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Sage TR Center, NISRA

**Min/Max:** 4/25

Prog #	Day	Date	Time	R/NR Fee
4-8404	Mon	4/8	7:30 pm	\$36/\$63

**NOTE:** Participants will create their bracket on the Yahoo Fantasy app. You will receive an invite to the league. We will have an end of season party where winners will be crowned. Pizza, snacks, and drinks will be provided. Please know that signing up for this program means you will fill out your March Madness bracket by March 16, 2024!

## Special Olympics Golf 3-6-9

Practice on a consistent basis, develop your game, and get ready to compete!

**Age Group:** 16 & Older

**Suggested Ability Level:** For players who are ready to play 3 - 9 holes.

**Location:** Randall Oaks Golf Club, West Dundee

**Min/Max:** 3/8

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-6707	Wed	5/8 - 6/26	8	6:00 - 8:00 pm	\$81/\$131

**NOTE:** There will be a significant amount of walking since golf carts will not be provided. Only authorized staff and participants are permitted on the golf course during play. Parents, guardians, guests and spectators are prohibited on the golf course during play and must remain in designated areas for non-golfers. athletes that received a gold medal at the District Qualifier will be registered for an additional two week practice. You will receive an e-mail with additional information about practices and fees. A flyer will be sent with information and a fee for State Golf.

**District Competition:** TBA

**State Golf:** September 7 - 8, 2024

## Special Olympics Softball

Teams are based upon ability, for safety reasons. Players should register according to the skill level for each team. NISRA reserves the right to adjust teams as needed for safety reasons.

**Age Group:** 16 & Older

**Min/Max per team:** 10/15

*Facilities are subject to change based on availability.*

### Teal Knights - Beginner/Intermediate Skills

**Location:** Lippold Park, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-6771	Tue	5/7 - 7/23	12	5:00 - 6:00 pm	\$129/\$203

### White Knights - Intermediate Skills

**Location:** Tomaso Park, Field D, Huntley

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-6769	Tue	5/7 - 7/23	12	6:00 - 7:30 pm	\$129/\$203

### Black Knights - Advanced Skills

**Location:** Lippold Park, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-6770	Tue	5/7 - 7/23	12	5:00 - 6:00 pm	\$129/\$203

### Purple Knights - All Abilities

**Location:** Elgin Sports Complex, Field 10

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-6772	Tue	5/7 - 7/23	12	6:00 - 7:30 pm	\$129/\$203

**NOTE:** Athletes that received a gold medal at the District Qualifier will be registered for an additional two week practice. You will receive an e-mail with additional information about practices and fees. A flyer will be sent with information and a fee for State Softball.

**ITRS Tournament:** July 14, 2024

**District Competition:** TBD

**State Softball** September 7 - 8, 2024



# SPECIAL OLYMPICS

## Knight Pickleball

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

**Age Group:** 16 & Older

**Suggested Ability Level:** Beginner/Intermediate

**Location:** Crystal Lake Racket Club

**Min/Max:** 4/8

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-6773	Mon	1/22 - 2/26	6	4:00 - 5:00 pm	\$44/\$76

**NOTE:** The Crystal Lake Racket Club will have rackets for athletes to borrow.

## Special Olympics Unified Golf

Want to work on your golf game with the same partner every week? Then register for Unified Golf, a Special Olympics program that joins Special Olympic athletes with Unified Partners (players without a disability). Scoring for Unified Golf is aggregate, ie., both players' scores on each hole are added together.

**Age Group:** 16 & Older

**Suggested Ability Level:** All Abilities

**Location:** Randall Oaks Golf Club, West Dundee

**Min/Max:** 3/8

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-6710	Wed	5/8 - 6/26	8	6:00 - 8:00 pm	\$81/\$131

## Special Olympics Unified Golf Partner

Prog #	Day	Dates	Weeks	Time
4-6708	Wed	5/8 - 6/26	8	6:00 - 8:00 pm

**NOTE:** Athletes are encouraged to choose a person who they will want to partner with for the entire season. Unified partners need to be at least 14 years of age, complete a Class A form, a Unified Partner form, and a NISRA registration form. There will be a significant amount of walking since golf carts will not be provided. Only authorized staff and participants are permitted on the golf course during play. Parents, guardians, guests & spectators are prohibited on the golf course during play and must remain in designated areas for non-golfers. Athletes that received a gold medal at the District Qualifier will be registered for an additional two week practice. You will receive an e-mail with additional information about practices and fees. A flyer will be sent with information and a fee for State Golf.

**District Competition:** TBA

**State Golf:** September 7 - 8, 2024

Only athletes who received a gold medal at the qualifier will be registered for this Spring session. The Manager of Special Olympics will work with qualifying athletes to complete a registration form. A flyer will be sent with additional information and fees for the program and Summer Games.

## Special Olympics Swim Teams

### Teal Knights

**Location:** Rakow Center, Carpentersville

Day	Dates	Weeks	Time
Mon	4/22 - 6/3	6	6:30 - 7:30 pm
No program 5/27			

**Summer Games:** June 7 - 9, 2024

### Black Knights

**Location:** The Centre, Elgin

Day	Dates	Weeks	Time
Fri	4/26 - 5/31	6	5:00 - 6:00 pm

**Summer Games:** June 7 - 9, 2024

### Black Knights

**Location:** Rakow Center, Carpentersville

Day	Dates	Weeks	Time
Wed	4/24 - 6/5	7	5:30 - 6:30 pm

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

**Summer Games:** June 7 - 9, 2024

## Special Olympics Powerlifting

**Location:** Woodstock North High School

Day	Dates	Weeks	Time
Wed	4/10 - 6/5	9	6:00 - 7:00 pm

**Summer Games:** June 7 - 9, 2024

## Special Olympics Bocce Ball

**Location:** Woodcreek Park, Crystal Lake

Day	Dates	Weeks	Time
Thu	5/23 - 6/6	3	5:30 - 6:30 pm

**Summer Games:** June 7 - 9, 2024

## Special Olympics Rhythmic Gymnastics

**Location:** The Centre, Elgin

Day	Dates	Weeks	Time
Mon	5/6 - 6/3	4	6:00 - 7:00 pm
No program 5/27			

**Summer Games:** June 7 - 9, 2024





# NISRA

Northern Illinois  
Special Recreation Association

## Seizure Questionnaire

(Rev. 8/22/2022)

Office use only:

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

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

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

Participant's Name: \_\_\_\_\_

Completed by: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: (     ) \_\_\_\_\_

### Medication(s):

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

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

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

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

1. Please describe a typical seizure: \_\_\_\_\_  
\_\_\_\_\_
2. Are there any symptoms prior to the onset of the seizure? (i.e. smells, stomach pain, fear, sounds, etc.)  
\_\_\_\_\_
3. What was the date of the participant's last seizure? \_\_\_\_/\_\_\_\_/\_\_\_\_
4. How long does the typical seizure last? \_\_\_\_\_

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

- |                                                  |                                                 |                                         |
|--------------------------------------------------|-------------------------------------------------|-----------------------------------------|
| <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:

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

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

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

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



## Northern Illinois Special Recreation Association Fitness Program Waiver

TO: Medical practitioner  
FROM: Northern Illinois Special Recreation Association (NISRA)  
RE: Recommendation for participation  
DATE:

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

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

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

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### Part 1: For completion by NISRA Participant.

Print Name: \_\_\_\_\_

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

Date: \_\_\_\_\_ Participant signature: \_\_\_\_\_

---

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

Please check:

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

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

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

Date: \_\_\_\_\_ Medical Practitioner's signature: \_\_\_\_\_

Medical practitioner's address: \_\_\_\_\_

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**Please return to:** NISRA  
285 Memorial Drive  
Crystal Lake, IL 60014  
  
(815) 459-0388 Fax\*

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

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



# RAINOUT LINE

## ***PROGRAM NOTIFICATION SYSTEM***



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

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

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

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

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

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

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

### **How to Register:**

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

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

# REGISTRATION INFORMATION

## A Registration Note...

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

## Annual Registration Update

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

## Registration Information

1. Registration is conducted on a first-come, first-serve basis.

**Residents of NISRA's member districts who register by the Resident Priority Registration date have priority over out-of-district "Non-Resident" participants.**

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

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

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

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

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

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

## Credits and Refunds

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

## Scholarships

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

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

See pages 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 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 **January 15** to see if we can accommodate you. Program fees will not be prorated for a late start.



# NISRA REGISTRATION FORM - WINTER/SPRING 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 **page 48**.

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

**Registration forms received after the December 11 deadline will be reviewed after January 15, 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 ☐  
In the event that the CDC and IDPH Covid-19 mak guidelines change, can the participant wear a mask? Yes ☐ No ☐

## Primary Contact Information - person who should be contact FIRST

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Relationship \_\_\_\_\_  
Email Address (please print) \_\_\_\_\_  
Primary Phone ( ) \_\_\_\_\_ Participant Phone ( ) \_\_\_\_\_  
Alternate Phone ( ) \_\_\_\_\_ Work Phone ( ) \_\_\_\_\_

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

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

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Relationship \_\_\_\_\_  
Email Address (please print) \_\_\_\_\_  
Primary Phone ( ) \_\_\_\_\_ Alternate Phone ( ) \_\_\_\_\_ Work Phone ( ) \_\_\_\_\_

Group Home Name \_\_\_\_\_ Group Home Contact Name \_\_\_\_\_  
(Name and Relationship)

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

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

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

## Alternate Emergency Contact

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

## It might be time!

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

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

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

**SIGN NEXT PAGE**



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

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

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

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

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

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

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

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

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

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

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

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

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

I understand the nature of these programs for which I am registering and have read and fully understand this Waiver, Release and Hold Harmless Agreement.

I further understand that any advisements or warnings of the particular risks of these programs that I subsequently receive will be incorporated by reference into and become a part of the Agreement.

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

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

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

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

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

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

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

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

**Please give us your feedback! Use this space for suggestions and new program ideas:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# PROGRAM & REGISTRATION INFORMATION

## Programs by Age & Ability Level

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

## Disability Classifications

### ASD:

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

### ECE:

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

### IDD:

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

### PH:

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

### MN:

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

### LD/ADD/ADHD:

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

### BD/SED:

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

## Inclusion Services

### *What about a general recreation program?*

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

## Mandated Reporters

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

## Program Policies

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

## NISRA's Values

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



# PROGRAM & TRANSPORTATION INFORMATION

## Severe Weather Guidelines

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

## Cold Weather Guidelines

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

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

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

## Illness Guidelines

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

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

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

## NISRA Transportation



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

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

## Food & Beverages in NISRA Programs

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

## Pick-Up & Drop-Off Locations

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

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

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

## Handle with Care

NISRA staff are trained in the Handle with Care Behavior Management System. Handle with Care specializes in verbal de-escalation techniques, targeted to assist participants in crisis. Handle with Care training also teaches staff how to perform safe physical restraint techniques for participants who may become aggressive, assaultive or cause harm to themselves or others. Please note that safe physical restraint is only used as an absolute last resort as a means for behavior management. NISRA will only use safe physical restraint if all other behavior management techniques have been exhausted or participants are in imminent danger. If Handle with Care techniques are used with your participant, you will always be notified by a NISRA staff.

## Can't Make it to the Program?

**Please call NISRA at (815) 459-0737 and dial 1 for the Emergency Mailbox, to have your message relayed to the driver.** Drivers can wait a maximum of 5 minutes before they must leave for the other pick-up points and/or the program.

## Arriving at Programs

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

## Reaching NISRA After Hours

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

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



**(815) 459-0737**



# ANNUAL INFORMATION UPDATE

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

## Participant Information

**New Participant?** ☐ Yes ☐ No, just updating information

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Birthdate \_\_\_\_\_

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

Subdivision (if applicable) \_\_\_\_\_ Township \_\_\_\_\_ County \_\_\_\_\_

Primary Disability \_\_\_\_\_

Secondary Disability \_\_\_\_\_

Down syndrome? ☐ Yes ☐ No

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

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

## Allergies

☐ Food Allergies: Type & Details: \_\_\_\_\_

☐ Insect Bite Allergies: Type & Details: \_\_\_\_\_

☐ Medication Allergies: Type & Details: \_\_\_\_\_

☐ Other (list): Details: \_\_\_\_\_

## Dietary Restrictions (includes Diabetes, PKU) & Other Conditions

Condition: \_\_\_\_\_

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

☐ Eyeglasses ☐ Shunts ☐ Other (list) \_\_\_\_\_

## Communication Needs

☐ Uses Hearing Aid(s) Which ear? \_\_\_\_\_

☐ Speech Reads

☐ Uses Sign Language ☐ Sign Language Interpreter Needed Details: \_\_\_\_\_

☐ Uses Communication System (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: \_\_\_\_\_



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**



# 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

## 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

### **Hickory Grove**

500 Hickory Nut Grove Ln  
Cary

### **The Hollows Conservation Area**

3804 US Highway 14  
Cary

### **Silver Creek**

1009 Rawson Bridge Rd  
Cary

## CRYSTAL LAKE

**(including Algonquin)**

### **Bowlero**

1611 S Randall Rd  
Algonquin  
(847) 658-2257

### **Conscious Cup Coffee Roasters**

5005 NW Highway 14, #101  
Crystal Lake

### **Crystal Ice House**

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

### **Crystal Lake Racket Club**

9101 S Route 31  
Algonquin  
(847) 658-5688

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

124 S Randall Rd  
Algonquin

### **First Congregational Church**

461 Pierson St  
Crystal Lake

### **Fox Bluff**

1300 Cold Springs Rd  
Algonquin

### **Grounds Coffee Bar**

89 N William St  
Crystal Lake

### **Lippold Park**

1251 W Route 176  
Crystal Lake

### **North Wall**

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

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

285 Memorial Dr  
Crystal Lake

### **Sweeps and Sculls Rowing**

4410 IL-176  
Crystal Lake

### **Striker's Hall**

54 Lou St, Ste B  
Crystal Lake

### **The Other Side**

135 Beardsley St  
Crystal Lake

### **Woodscreek Park**

1420 Willow Tree Dr  
Crystal Lake

## DUNDEE AREA

**(including Carpentersville & Sleepy Hollow)**

### **Liberty Lanes**

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

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

665 Barrington Ave  
Carpentersville  
(847) 428-7131

### **Randall Oaks 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

### **The Centre**

100 Symphony Way  
Elgin  
(847) 531-7000

### **Elgin Lanes**

401 Shepard Dr  
Elgin  
(847) 695-3777

### **Elgin Sport Complex**

709 Sports Way  
Elgin

### **Voyager Landing Forest Preserve**

50 Airport Rd  
Elgin

## HAMPSHIRE

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

390 South Ave  
Hampshire  
(847) 683-2690

## HARVARD

### **Harvard City Hall**

201 W Diggins St  
Harvard  
(815)943-6468

## HUNTLEY

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

12015 Mill St  
Huntley  
(847) 669-3180

### **Tomaso Park - Field D**

111950 Ackman Rd  
Huntley

## LAKE IN THE HILLS

### **Focus Marital Arts**

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

### **LITH Village Hall**

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

### **Marlowe Middle School**

9625 Haligus Road  
Lake in the Hills

### **Sunset Park**

**(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)**

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

3636 Municipal Dr  
McHenry  
(815) 363-2160

### **Petersen Farm**

4112 McCullom Lake Rd  
McHenry

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

4001 Dayton St  
McHenry  
(815) 344-1230

### **Raymond's Bowl**

3960 N Johnsburg Rd  
Johnsburg

## WAUCONDA

**(Including Lake Zurich)**

### **Bowlero Deer Park**

21080 N Rand Rd  
Lake Zurich

### **Wauconda Park District**

600 Main St  
Wauconda  
(847) 526-3610

## WOODSTOCK

### **Brookdale Conservation Area**

2105 Paulsen Rd  
Woodstock

### **Emricson Park**

1313 Kishwaukee Valley Rd  
Woodstock

### **Kingston Lanes**

1330 S Eastwood Dr  
Woodstock  
(815) 338-2105

### **Sheltered Village**

600 Borden St  
Woodstock  
(815) 338-6440

### **Woodstock North High School**

3000 Raffel Rd  
Woodstock

### **Woodstock Recreation Center**

820 Lake Ave  
Woodstock  
(815) 338-4363



# NISRA

Northern Illinois  
Special Recreation Association

285 Memorial Drive

Crystal Lake, IL 60014

## LOOKING AHEAD

**SUMMER BROCHURE PREVIEW: APRIL 15 - 17**

**SUMMER BROCHURE AVAILABLE: APRIL 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.*

