



NISRA
Northern Illinois
Special Recreation Association

**FALL
2026**

Registration Begins: July 16 Registration Ends: August 7



WHAT'S NEW?

Staff Updates

Superintendent of Recreation Announcement

NISRA is proud to announce the appointment of **Rebecca Moore** as its new Superintendent of Recreation.

Moore brings more than a decade of experience in therapeutic recreation and inclusive programming, along with a strong track record of leadership, innovation, and community collaboration. She has been a dedicated member of the NISRA team since 2015, most recently serving as Senior Manager of Recreation for the last 5 years.

In her new role, Moore will oversee the agency's recreation department, including the planning, development, and implementation of programs, events, and services that enrich the lives of individuals with disabilities across NISRA's 13 member districts. Congratulations Rebecca!

Manager of Communication & Marketing Announcement

We're thrilled to welcome **Felicia Felau** to the NISRA team as the Manager of Communication and Marketing! Felicia comes to NISRA with her most recent work experience at Hoffman Estates Park District blending graphic design and storytelling into an impactful combination that will help further NISRA's mission.



Registration Reminders

Waitlists

- *You will not be charged to be on a waitlist when registering online
- *You'll be contacted by email only if a space opens
- *You'll have 48 hours to respond before the next person is contacted

Program Cancellations

- *If a program is cancelled due to low enrollment, you'll receive an email notification

Program Updates

- *Weather or schedule changes will be communicated through ePact notifications or Rainout Line (except for Summer Day Camp)
- *Be sure ePact notifications are enabled to avoid missed updates

Financial Assistance

- *Please contact Jennifer Wiley at jwiley@nisra.org if you are in need of financial assistance for further instructions

Registration forms will not be accepted through email, fax, or the NISRA drop box. All registrations must be completed online through WebTrac or in person at the NISRA office during business hours.

If you want to make changes to your participant's program(s), cancel a program, or have any questions, please email registration@nisra.org.

FALL SESSION DATES

Please refer to each program for exceptions!

Mondays: September 14 - November 2

Tuesdays: September 15 - November 3

Wednesdays: September 16 - November 4

Thursdays: September 17 - November 5

Fridays: September 18 - November 6

Saturdays: September 19 - November 7

***No program October 31**

DEADLINES

Resident Priority Registration Begins: July 16

Resident Priority Registration Ends: July 30

Non-Resident Registration Begins: July 31

Final Registration Deadline: August 7

2026 OFFICE CLOSURE DATES

Thursday, August 20

Friday, August 21

Monday, September 7

Thursday, November 26

Friday, November 27

Thursday, December 24

Friday, December 25

Thursday, December 31

LOOKING AHEAD

**Winter/Spring Brochure Preview Begins:
November 9**

**Winter/Spring Brochure & Registration Opens:
November 12**

WELCOME TO NISRA!

Northern Illinois Special Recreation Association (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, schools, along with other public and collaborative 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.

For 50 years, our close staff-to-participant ratios have helped participants develop skills, grow in self-esteem and have FUN!

Key to Symbols/Abbreviations:

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

R/NR

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



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

No Program

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



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.



NISRA
Northern Illinois
Special Recreation Association



NISRA OFFICE

285 Memorial Drive | Crystal Lake, IL 60014

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

P: (815) 459-0737 | F: (815) 459-0388

www.nisra.org | info@nisra.org

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

Our Mission

To enrich 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

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 Heidi Jenkins, Executive Director at (815) 459-0737.

BOARD & STAFF

Board of Directors

Terry Jennings
Dan Jones
Kurt Reckamp
Dave Peterson
Jen Hermonson
Laura Schraw
Jo Atkinson
Scott Crowe
Randy Splitt
Dan Bertrand
Bill Hobson
Tim Staton
Mark Pentecost

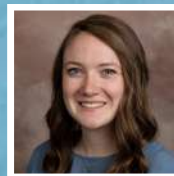
Barrington Park District
Cary Park District
Crystal Lake Park District
Dundee Township Park District
City of Elgin
Hampshire Township Park District
City of Harvard
Huntley Park District
Village of Lake in the Hills
Marengo Park District
City of McHenry
Wauconda Park District
City of Woodstock

Your Regional Coordinator

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

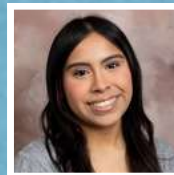
Taylor Gonio – Northwest Region

Please call Taylor at extension 265 or email her at tgonio@nisra.org with program suggestions for the Harvard, Marengo, McHenry, and Woodstock areas.



Liceny Cordero – Southern Region

Please call Liceny at extension 231 or email her at lcordero@nisra.org with program suggestions for the Dundee Township, Elgin and Hampshire areas.



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

Administrative Staff

Heidi Jenkins, M.A., CPRP, ext. 238
Executive Director

Patty Panas, B.A., CPRP ext. 241
Senior Manager of Human Resources & Administration

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

Sue Just, A.A., ext. 221
Business Support Coordinator

Tara Mackey, B.S., ext. 257
Registration Specialist

Felicia Felau, B.A., ext. 228
Manager of Communication & Marketing

Jamie Lee, ext. 225
Manager of Fund Development

Recreation Staff

Rebecca Moore, M.S., CPRE, CTRS, ext. 223
Superintendent of Recreation

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

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

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

Mia Ross, B.S., CTRS, ext. 224
Manager of Inclusion; Please call Mia with questions about inclusion into member district programs

Jordan Chandler, B.S., CTRS, ext. 234
Manager of Summer Day Camp & Outreach

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

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

Taylor Gonio, B.S., CTRS, ext. 265
Northwest Regional Coordinator; Please call Taylor with program ideas for Harvard, Marengo, McHenry and Woodstock

TBD

Eastern Regional Coordinator; Please call the NISRA office with program ideas for Barrington, Wauconda and Cary

Liceny Cordero, B.S., CTRS, ext. 231

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

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

LIFE Program Recreation Specialist, Crystal Lake

Heather Hetzel, A.A., ext. 235

LIFE Program Recreation Specialist, Carpentersville

Mackey Leech, DSP, ext. 235

LIFE Program Recreation Specialist, Huntley

Nicole Eisenrich, B.S.

Veterans Fitness and Fellowship Program Specialist

April Bodmer, B.A., ext. 233

Inclusion 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).

BROCHURE INDEX

Service Information

Fitness Program Waiver.....	49
Illness Guidelines.....	46
NISRA Foundation.....	6 - 7
Program Information.....	44 - 46
Rainout Line	51
Registration Information.....	43
Registration Form.....	47 - 48
Seizure Questionnaire.....	50
Severe Weather Guidelines.....	46
Transportation Information.....	46

Trips, Special Events, & Sensory Programs

Trips.....	8
Special Events.....	9 - 11
Family & Co-op Events.....	12
Sensory Programs.....	13

Young Children

Open Gym.....	15
Swim Skills.....	15
Youth Baseball Skills.....	15

Youth & Young Teens

Aqua Explorers.....	20
Assisted Riding.....	16
Baseball Skills.....	18
Climb On.....	19
Equine Assisted Services: Groundwork Program.....	16
Gamers Paradise.....	20
Ice Skating - Learn to Skate.....	18
Kids Baking.....	17
Open Gym.....	19
Saturday Fun Club.....	19
Special Focus Karate - Beginner.....	17
Super Saturdays.....	20
Youth Bowling.....	17

Teens & Adults

Archery.....	24
Aqua Fit.....	24
Baking Buddies.....	23
Bowling.....	28
Creative Creations.....	27
Disc Golf.....	27
Gardening Club.....	27
Friday Night Supper Club.....	22
Holiday Baking Buddies.....	21
Horsemanship 101 & 102.....	26
Gaming Galore.....	23
Just Keep Rowing.....	23
Pickleball.....	21
Simply Cooking.....	25
Spin Jam.....	22
Sunshine Through Golf.....	21
Tuesday Night Adventure.....	24
Yoga.....	22
Zumba.....	25

Adults 21 & Older

Adult Social Clubs.....	29 - 32
Aqua Fit.....	14
Coffee Around Town.....	33
Canvas and Coffee Bar.....	14/33
Movie Review Crew.....	33
Out-n-About.....	14
STAR (Strength Through Adult Relationships).....	34

Cultural Arts

Art Workshops.....	35
Bell Choir.....	35
Encore! Joyful Noise Choir.....	35
Glee Club.....	36
Individual Music Lessons.....	36
NISRA Amazing Artists.....	36
Move to the Music.....	36

Special Olympics

Alpine Skiing.....	39
Bowling Bash.....	41
Gold in Sight - Bocce Ball, Flag Football, & Volleyball.....	38
Region B Bowling Tournament.....	41
Rhythmic Gymnastics.....	39
Powerlifting.....	39
Snowshoeing.....	40
Swimming.....	40
Basketball.....	42

Color Key to Sections:

SPECIAL EVENTS & FAMILY PROGRAMS

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:

- 78 cents goes to support NISRA programs and services
- 19 cents goes to fundraising costs
- 3 cents goes to management and administrative expenses

About the NISRA Foundation

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 \$3 million, for the following purposes:

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

The Foundation Board

The Foundation Board's role is to identify potential sources of funding, engage and connect with the community, and assist with fundraising events, activities, and support.

Foundation Board of Directors

Pat Kallaus, *President*

Jessica Loustaunau, *Vice President*

Julie Amendt, *Treasurer*

Heidi Jenkins, *Secretary*

Scott Gallagher

Lori Homeyer

Reggie Layoff

Randy Splitt

Thank you to the NISRA Foundation's Corporate Partners:

Dakzell Jewelers



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**M Northwestern
Medicine®**

*Melissa
Cooney*

SAVE THE DATES!

**DISCO ON THE GREEN:
BOOGIE BASH**

**NISRA FOUNDATION
ANNUAL WOMEN'S GOLF OUTING**

September 15, 2026

Randall Oaks Golf Club | West Dundee



 **NISRA
Foundation**

31ST ANNUAL HOLIDAY FASHION SHOW.

*Winter Wishes &
Runway Dreams*

SATURDAY, NOVEMBER 21, 2026
10:00 AM - 2:30 PM
HOLIDAY INN | CRYSTAL LAKE, IL

TRIPS

General Information about Trips

Eligibility

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

Housing

Trip accommodations are double occupancy. Participants will be sharing rooms with peers and will have their own beds. A NISRA staff member may not be staying in the room with participants. Room assignments will be made by the staff coordinating the trip due to safety. Participants are encouraged to be considerate and take care of their personal belongings while being respectful of their roommates.

Medication Dispensing Procedure

When the parent/guardian supplies envelopes containing individual dosages, the envelopes must be sealed and not be a clear/transparent material. No pill bottles or bubble packs. If this applies to you, we will provide additional details when you register.

Adult Spring Training Trip - Mesa, AZ

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

Age Group: 21 & Older

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

Staff Contact: Taylor

Days	Dates	R/NR Fee	Bus Departs from NISRA	Bus Returns to NISRA
Mon - Fri	3/15 - 3/19	*\$50/50	TBD	TBD

NOTE: Fee includes air fare, ground transportation, lodging, meals, activities, and staff supervision. *The \$50 deposit is required to register for the trip. Upon eligibility, participants will be charged \$450. The final cost (estimated \$2,400 - \$2,800 for residents and \$2,800 - \$3,200 for non-residents) will be determined following airline booking. Final payment will be due by January 17. There will be a pre-trip meeting to discuss trip details; further details will be shared after registration. Please bring extra money for buying souvenirs or any additional purchases.

Transportation Update & Locations

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



Lake Geneva Boat Ride

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

Age Group: 18+

Location: Riviera Docks, Wisconsin

Staff Contact: MacKenzie

Day	Date	Time	R/NR Fee
Sun	9/20	2:00 - 4:00 pm	\$70/\$122

Transportation Locations

NISRA Office

Sheltered Village

The Centre, Elgin

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

Halloween Dance

What will it be...spooky, funny, or just plain cute? Have fun in your Halloween costume while dancing to your favorite tunes!

Age Group: 18+

Location: Huntley REC Center

Staff Contact: MacKenzie

Day	Date	Time	No Transportation	Transportation
			R/NR Fee	R/NR Fee
Fri	10/23	6:00 - 8:00 pm	\$18/\$31	\$28/\$41

Transportation Locations

NISRA Office

Sheltered Village

The Centre, Elgin

McHenry Recreation Center

NOTE: A light snack and water will be provided.

Holiday Shopping & Lunch

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

Age Group: 18+

Location: Hawthorn Mall, Vernon Hills

Staff Contact: MacKenzie

Day	Date	Time	R/NR Fee
Tue	12/1	10:30 am - 3:00 pm	\$66/\$115

Transportation Locations

NISRA Office

Sheltered Village

The Centre, Elgin

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

SPECIAL EVENTS

Transportation Update & Locations

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

Holiday Magic at Brookfield Zoo

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

Age Group: 18+

Location: Brookfield Zoo, Brookfield

Staff Contact: MacKenzie

Day	Date	Time	R/NR Fee
Sun	12/6	3:00 - 7:00 pm	\$113/\$197

Transportation Locations

NISRA Office

The Centre, Elgin

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



Goebbert's Drive-Thru Light Show

We're headed to the largest drive-in Christmas light show there is! Come experience the magic of the holiday season!

Age Group: 18+

Location: Goebbert's Farm, Pingree Grove

Staff Contact: MacKenzie

Day	Date	Time	R/NR Fee
Wed	12/9	6:00 - 7:30 pm	\$53/\$93

Transportation Locations

NISRA Office

Sheltered Village

The Centre, Elgin

Holiday Dance

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

Age Group: 18+

Location: The Centre, Elgin

Staff Contact: MacKenzie

Day	Date	Time	No Transportation	Transportation
			R/NR Fee	R/NR Fee
Sat	12/12	3:00 - 5:00 pm	\$18/31	\$28/\$41

Transportation Locations

NISRA Office

Sheltered Village

McHenry Recreation Center

NOTE: A light snack and water will be provided.



Transportation Update & Locations

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



Happy Holiday Railway



NEW!

We're headed to Illinois Railway Museum to view the Happy Holiday Railway! We will embark on a magical train ride through the winter countryside with Santa.

Age Group: 18+

Location: Illinois Railway Museum, Union

Staff Contact: MacKenzie

Day	Date	Time	R/NR Fee
Sun	12/20	5:00 - 7:00 pm	\$51/\$90

Transportation Locations

NISRA Office

The Centre, Elgin

NOTE: The train ride is 40 minutes long. The program fee includes hot chocolate and treats. Illinois Railway Museum is looking to have an accessible train by July 2026. In the event the accessible train is not purchased, accessibility may be limited.



Pictures With Santa

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

Age Group: All Ages

Location: Sage TR Center, NISRA

Staff Contact: MacKenzie

Day	Date	Time	R/NR Fee
Wed	12/16	5:00 - 7:00 pm	\$5/\$5

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

Winter Break Scene



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

Age Group: 8 - 21

Location: Sage TR Center, NISRA

Staff Contact: Jordan

Days	Dates	Time	R/NR Fee
Mon - Wed	12/21 - 12/23	9:00 am - 3:00 pm	\$129/\$266
Mon - Wed	12/28 - 12/30	9:00 am - 3:00 pm	\$129/\$266

NOTE: Please bring a labeled sack lunch and drink each day. Please bring a labeled swimsuit and towel on Tuesday for swimming at the Center. The group may go on some local field trips.

FAMILY PROGRAMS

Sibshops A group for SIBLINGS of Children with Disabilities!

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

Age Group: 5 -12
Locations:
9/20: Huntley REC Center
10/18: The Centre, Elgin
11/15: Sage TR Center, NISRA
12/13: Huntley REC Center
Staff Contact: Mia



Day	Date	Time	R/NR Fee
Sun	9/20	11:30 am - 1:30 pm	FREE!
Sun	10/18	11:30 am - 1:30 pm	FREE!
Sun	11/15	11:30 am - 1:30 pm	FREE!
Sun	12/13	11:30 am - 1:30 pm	FREE!

NOTE: Light snacks will be provided.

Family Hayride at Sterne’s Woods

A crisp fall day is perfect for spending time with family on a wagon ride, capped off with delicious s’mores around a flickering campfire. Please dress appropriately for the weather.

Age Group: 3+
Location: Sterne's Woods, Crystal Lake
Staff Contact: Jordan

Day	Date	Time	R/NR Fee
Sun	10/4	4:00 - 6:00 pm	\$8/\$14

NOTE: In the event of inclement weather, this program will be canceled. The hayride is not wheelchair accessible. Participants will not be enrolled in the program until a family member has submitted their own 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 - Harvard

Strikeout with the ultimate family night of bowling! Enjoy an evening on the lanes with a family member at J’s Lanes.

Age Group: 3+
Location: J’s Lanes, Harvard
Staff Contact: Taylor

Day	Dates	Time	R/NR Fee
Wed	9/16 - 11/4	5:00 - 6:30 pm	\$96/\$168

Family Member R/NR Fee
\$96/\$168

NOTE: Fee includes shoe and ball rental and 1 or 2 games of bowling, whichever time permits. Participants will not be enrolled in the program until a family member has submitted their own 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.

Lake in the Hills Holiday Light Tour

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

Age Group: 3+
Location: Lake in the Hills Village Hall
Staff Contact: Taylor

Day	Date	Time	R/NR Fee
Thu	12/17	*5:30 - 8:00 pm	\$6/\$7

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

NOTE: Program time is approximate based on a number of houses on the route. Everyone will ride a NISRA bus together. Participants will not be enrolled in the program until a family member has submitted their own 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.

Snoezelen® Room Punch Card

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

Age Group: 3+

Location: Sage TR Center, NISRA

Staff Contact: MacKenzie

Individual Punch Card

Days	Dates	Time	R/NR Fee
Mon - Fri	1/1 - 12/31	9:30 am - 4:30 pm	\$24/\$42

Family Punch Card

Days	Dates	Time	R/NR Fee
Mon - Fri	1/1 - 12/31	9:30 am - 4:30 pm	\$39/\$68

NOTE: Visits must be done within normal office hours, Monday - Friday, 9:30 am - 4:30 pm and used within 6 months of the purchase date. 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! Contact MacKenzie Dombrowski mdombrowski@nisra.org to schedule.**

Individual Snoezelen® Therapy

Get ready to experience a room where people of any age or ability level can engage in safe activities that stimulate all the senses through aromas, color, lights, sounds and textures. Our Snoezelen® Sensory Room can be customized to each individual's specific needs. These one-on-one sessions with a trained recreation professional are designed with your personalized goals in mind. An assessment will be completed the first week, so that the sessions can be geared to accomplishing the goals.

Age Group: 3+

Location: Sage TR Center, NISRA

Staff Contact: MacKenzie

Day	Dates	Time	R/NR Fee
Wed	9/16 - 11/4	4:00 - 4:30 pm	\$128/\$224
Wed	9/16 - 11/4	4:30 - 5:00 pm	\$128/\$224
Wed	9/16 - 11/4	5:00 - 5:30 pm	\$128/\$224
Wed	9/16 - 11/4	5:30 - 6:00 pm	\$128/\$224

NOTE: Participants must be able to refrain from physical outbursts. This is a 1:1 ratio program. Fees are for a 30-minute session and are given on a first-come, first serve basis. A parent/guardian is required to be in the building for the duration of the session.

Sensory Exploration - All Ages

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

Age Group: 3+

Location: Sage TR Center, NISRA

Staff Contact: MacKenzie

Ages	Day	Dates	Time	R/NR Fee
3 - 8	Tue	9/15 - 11/3	4:30 - 5:00 pm	\$72/\$126
9 - 15	Tue	9/15 - 11/3	5:00 - 5:30 pm	\$72/\$126
16 - 25	Tue	9/15 - 11/3	5:30 - 6:00 pm	\$72/\$126

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

INDIVIDUALS WITH PHYSICAL LIMITATIONS

Aqua Fit

Dip in the pool for some water exercises or walk 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: 18+

Location: Rakow Center, Carpentersville

Staff Contact: Liceny

Day	Dates	Time	No Transportation	Door-to-Door
			R/NR Fee	R Fee
Fri	9/18 - 11/6	11:20 am - 12:00 pm	\$84/\$147	\$174

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



A **fitness waiver** is required for Aqua Fit 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 ePact. Door-to-door transportation is available for residents of NISRA's 13 Member districts only.



Canvas and Coffee Bar

Join us for a relaxed, creative experience where you can enjoy a coffee while painting in a welcoming setting. Perfect for all skill levels, it's a fun way to unwind, connect, and leave with your own finished artwork.

Age Group: 21+

Location: Sage TR Center, NISRA

Staff Contact: MacKenzie

Day	Dates	Time	No Transportation	Door-to-Door
			R/NR Fee	R Fee
Mon	9/14 - 10/5	10:30 - 11:30 am	\$42/\$74	\$102

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+

Locations:

9/16: Game Night at The Centre, Elgin

9/23: Lucky Strike, Algonquin

9/30: Halloween Party at Huntley REC Center

10/7: Group Choice

Staff Contact: Liceny

Day	Dates	Time	No Transportation	Door-to-Door
			R/NR Fee	R Fee
Wed	9/16 - 10/7	6:00 - 8:00 pm	\$84/\$147	\$144

NOTE: We'll focus on recreational outings. Please eat before or bring a snack unless otherwise specified.



OUT-N-ABOUT PARTICIPANTS:

Due to NISRA's large service area, participants may be picked up as early as 4:15 pm and dropped off as late as 10:30pm. Transportation times will be communicated via phone late Tuesday afternoon or early Wednesday morning.



Youth Baseball Skills



Learn how to play baseball by focusing on a new skill each week! This program has participants work alongside peers to improve their baseball skills. Sign up for the 4-part series for a well-rounded understanding of the sport.

Age Group: 5 - 10

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

Staff Contact: Taylor

Week 1: Throwing and Catching

Day	Date	Time	R/NR Fee
Wed	9/16	4:45 - 5:30pm	\$9/\$16

Week 2: Hitting and Baserunning

Day	Date	Time	R/NR Fee
Wed	9/23	4:45 - 5:30pm	\$9/\$16

Week 3: Fielding

Day	Date	Time	R/NR Fee
Wed	9/30	4:45 - 5:30pm	\$9/\$16

Week 4: Scrimmage

Day	Date	Time	R/NR Fee
Wed	10/7	4:45 - 5:30pm	\$9/\$16

NOTE: Please bring a baseball glove and water bottle. Meet at the accessible Buddy Baseball Field off of Haligus Road, near the skate park. In the event of inclement weather, the program will be cancelled.

Open Gym (3 - 6)

Come explore all that the Cary Gymnastics Center has to offer in this open gym session! This unstructured program is fun for all skill levels!

Age Group: 3 - 6

Location: Cary Gymnastics Center, Cary

Staff Contact: NISRA Office



Day	Dates	Time	R/NR Fee
Fri	9/18 - 11/6	5:00 - 5:45 pm	\$136/\$238

NOTE: The facility requires an additional waiver that will need to be completed prior to participation on the first day at Cary Gymnastics Center. The program leader will have waivers to sign on the first day of program. Please wear socks.



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: 5 - 15

Location: Rakow Center, Carpentersville

Staff Contact: Liceny

Day	Dates	Time	R/NR Fee
Mon	9/14 - 11/2	6:30 - 7:00 pm	\$128/\$224
Mon	9/14 - 11/2	7:00 - 7:30 pm	\$128/\$224

NOTE: Please wear your swimsuit and bring a towel.



YOUTH & YOUNG TEENS

Assisted Riding

The focus of our program is to provide our riders with confidence, self-esteem, a sense of achievement, and an understanding of horses and horsemanship in a safe environment.

Age Group: 6 - 21

Location: John White Stables, Woodstock

Staff Contact: Taylor

Day	Dates	Time	R/NR Fee
Wed	9/16 - 11/4	4:00 - 5:00 pm	\$472/\$826

NOTE: Helmets are provided and must be worn, along with long pants and sturdy closed-toed, closed-heel shoes. The child's parent/guardian must sign a release form on the first day at John White Stables. Participants must be able to refrain from physical outbursts and be able to mount a horse with minimal physical assistance. Weight limit is 175lbs.



Equine Assisted Services: Groundwork Program

The Groundwork Program is an unmounted equine assisted services program designed to support participants through structured, hands-on interaction with horses. This program focuses on social-emotional growth, life skills development, confidence building, and therapeutic engagement in a safe and supportive barn environment. Participants work directly with trained horses under the supervision of trained staff and volunteers. Sessions will focus on a group format with a structured warm-up, horse interaction activities, and closing cool down.

Age Group: 6+

Location: John White Stables, Woodstock

Staff Contact: Taylor

Day	Dates	Time	R/NR Fee
Wed	9/16 - 11/4	5:15 - 6:15 pm	\$472/\$826

NOTE: The child's parent/guardian must sign a release form on the first day at John White Stables. Participants must be able to refrain from physical outbursts.



Youth Bowling

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

Age Group: 8 - 15

Location: Lucky Strike, Algonquin

Staff Contact: NISRA Office

Day	Dates	Time	R/NR Fee
Mon	9/14 - 11/2	5:00 - 6:30 pm	\$112/\$196

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



Kids Baking

Grab your whisk and apron and get ready to mix, bake, and create delicious treats. We will use a variety of boxed mixes and from scratch recipes to make some yummy treats!

Age Group: 8 -15

Location: Sage TR Center, NISRA

Staff Contact: Taylor

Day	Dates	Time	R/NR Fee
Tue	9/15 - 11/3	6:30 - 7:45 pm	\$144/\$252

NOTE: It is recommended that participants eat before class.

Special Focus Karate – Beginner

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

Age Group: 6+

Suggested Ability Level: Highly structured class, participants must be independent and follow with guided instruction. This class is geared towards individuals with 1 year or less of experience.

Location: Focus Martial Arts, Lake in the Hills

Staff Contact: Taylor

Day	Dates	Time	R/NR Fee
Sat	9/12 - 10/24	12:15 - 1:00 pm	\$119/\$208
Sat	11/7 - 12/19	12:15 - 1:00 pm	\$119/\$208
No program 11/28			

NOTE: Please wear comfortable clothing to move around in. Focus Martial Arts is strongly recommending the purchase of a gi, white belt, and fist guards for the full karate experience and etiquette. You can purchase the uniform from Focus Martial Arts, and they also have various t-shirts available for sale. Focus Martial Arts does require the purchase of the gi, should you/your participant want to belt test during the program. For any gi questions, please contact the Focus Martial Arts.



Looking For Something More Advanced? Special Focus Karate for Continuers:

The focus of this continuer program is to train athletes in their social development, fitness, confidence, discipline, communication skills, gross and fine motor skills and have fun through karate. This class is geared towards individuals who have participated in the beginner Karate class and have received recommendation from Focus Karate to register.

**Need more information?
Call Focus at (847) 946-8064.**

YOUTH & YOUNG TEENS

Baseball Skills

Learn how to play baseball by focusing on a new skill each week! This program has participants work alongside peers to improve their baseball skills. Sign up for the 4-part series for a well-rounded understanding of the sport.

Age Group: 11 - 16

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

Staff Contact: Taylor

Week 1: Throwing and Catching

Day	Date	Time	R/NR Fee
Wed	9/16	5:30 - 6:15 pm	\$9/\$16

Week 2: Hitting and Baserunning

Day	Date	Time	R/NR Fee
Wed	9/23	5:30 - 6:15 pm	\$9/\$16

Week 3: Fielding

Day	Date	Time	R/NR Fee
Wed	9/30	5:30 - 6:15 pm	\$9/\$16

Week 4: Scrimmage

Day	Date	Time	R/NR Fee
Wed	10/7	5:30 - 6:15 pm	\$9/\$16

NOTE: Please bring a baseball glove and water bottle. Meet at the accessible Buddy Baseball Field off of Haligus Road, near the skate park. In the event of inclement weather, the program will be cancelled.



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+

Location: Crystal Ice House, Crystal Lake

Staff Contact: NISRA Office

Day	Dates	Time	R/NR Fee
Sat	9/12 - 10/24	8:45 - 9:30 am	\$46/\$80

NOTE: The Ice House requires parents/guardians to remain in the building during the program time. Fee is reduced due to the generous donation of ice time and instructors by the Crystal Ice House. If an individual chooses to wear a helmet, the family is responsible for ensuring it fits properly. Crystal Lake Ice House requires individuals to be registered through Learn to Skate USA. An additional form will be required to be filled out on the first day of class.



CRYSTAL ICE HOUSE

320 EAST PRAIRIE STREET - CRYSTAL LAKE, IL 60014 - (815) 356 8500

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





Saturday Fun Club

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: 6 - 18

Location: The Centre, Elgin

Staff Contact: Liceny

Day	Dates	Time	R/NR Fee
Sat	9/19 - 11/7	10:00 am - 1:00 pm	\$147/\$257
No program 10/31			

NOTE: Please bring a labeled sack lunch, drink, swimsuit, and towel. Parents, please pick up your participant from the pool.



Open Gym (7 - 12)

Come explore all that the Cary Gymnastics Center has to offer in this open gym session! This unstructured program is fun for all skill levels!

Age Group: 7 - 12

Location: Cary Gymnastics Center, Cary

Staff Contact: NISRA Office



Day	Dates	Time	R/NR Fee
Fri	9/18 - 11/6	6:00 - 6:45 pm	\$136/\$238

NOTE: The facility requires an additional waiver that will need to be completed prior to participation on the first day at Cary Gymnastics Center. The program leader will have waivers to sign on the first day of program. Please wear socks.

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 belay climbing over boulders and into coves.

Age Group: 8+

Location: North Wall, Crystal Lake

Staff Contact: Taylor

Day	Dates	Time	R/NR Fee
Tue	9/15 - 11/3	6:15 - 7:15 pm	\$200/\$350

NOTE: 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 or by **scanning the QR code**. Please fill out, open your email, and press confirm in the email. Fee includes climbing shoes. Please wear socks.



YOUTH & YOUNG TEENS

Super Saturdays

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

Age Group: 6 - 15

Location: Sage TR Center, NISRA

Staff Contact: Jordan

Day	Dates	Time	R/NR Fee
Sat	9/19 - 11/7	11:00 am - 1:00 pm	\$147/\$257
No program 10/31			

NOTE: Please bring a labeled sack lunch and drink.



Aqua Explorers

Explore the fun and exciting sensory experience of Adventure Island at The Centre, Elgin. Please note that this program's main focus is comfortability in the water and not specific swim skills.

Age Group: 6 - 21

Location: The Centre, Elgin

Staff Contact: Liceny

Day	Dates	Time	R/NR Fee
Mon	9/14 - 11/2	5:00 - 5:45 pm	\$84/\$147

NOTE: Please wear your swimsuit and bring a towel.

Gamers Paradise

Play some Wii, Xbox, Pac Man, PlayStation 5, Nintendo Switch, board games, and other popular games on our new Smart TV and Infinity Gaming Table! We'll challenge each other all while being team players and practicing sportsmanship as we play both electronic and board games!

Age Group: 8 - 15

Location: Sage TR Center, NISRA

Staff Contact: NISRA Office

Day	Dates	Time	R/NR Fee
Tue	9/15 - 11/3	5:30 - 6:15 pm	\$72/\$126



TEENS & ADULTS

Holiday Baking Buddies

Put on your chef's hat and apron because we'll be making seasonal-inspired goodies to show off and of course, taste test!

Age Group: 16+

Location: Sage TR Center, NISRA

Staff Contact: NISRA Office

Day	Dates	Time	R/NR Fee
Mon	11/30 - 12/14	5:00 - 6:30 pm	\$54/\$95
Mon	11/30 - 12/14	6:45 - 8:15 pm	\$54/\$95

NOTE: It is recommended participants eat before class. Please only sign up for one session each season as the recipes will be the same.



Pickleball

Are you looking for a new sport? Come try pickleball! 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+

Location: Pickle Haus, Algonquin

Staff Contact: Taylor

Pickle Haus

Day	Dates	Time	R/NR Fee
Thu	9/17 - 11/5	4:00 - 5:00 pm	\$109/\$190
Thu	9/17 - 11/5	5:00 - 6:00 pm	\$109/\$190

NOTE: NISRA has a limited number of pickleball paddles. Please bring your own if you have one.



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+

Location: Biltmore Country Club, North Barrington

Staff Contact: NISRA Office

Day	Dates	Time	R/NR Fee
Thu	9/17 - 10/22	4:00 - 5:00 pm	FREE!

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





Friday Night Supper Club

Make a delicious dinner and hang out with others. Try out some scrumptious recipes in the NISRA teaching kitchen!

Age Group: 13+

Location: Sage TR Center, NISRA

Staff Contact: Liceny

Day	Dates	Time	R/NR Fee
Fri	9/18 - 10/9	6:30 - 8:00 pm	\$72/\$126
Fri	10/16 - 11/6	6:30 - 8:00 pm	\$72/\$126

NOTE: Please only sign up for one session each season as the **Spin Jam** recipes will be the same.

Yoga

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

Age Group: 13+

Location: Sage TR Center, NISRA

Staff Contact: NISRA Office

Day	Dates	Time	R/NR Fee
Mon	9/14 - 11/2	5:00 - 5:45 pm	\$92/\$161

R/NR Fee Family
\$72/\$126

NOTE: Please wear comfortable clothing for moving and stretching, and bring your mat if you have one. NISRA has a limited number of mats.

**PARTY
ON
WHEELS**

Spin Jam

This "Party on Wheels" spin class is a high-energy, instructor-led, 45 minute cardiovascular workout on a stationary bike. It will feature motivating music, low-impact movements designed to boost endurance, and involves simulated sprints, steep climbs, and varied resistance.

Age Group: 16+

Location: Dean Street Recreation Center, Woodstock

Staff Contact: Taylor

Day	Dates	Time	R/NR Fee
Thu	10/8 - 10/29	6:45 - 7:30 pm	\$60/\$105

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

NOTE: A Fitness waiver is 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 ePact.

TEENS & ADULTS

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+

Location: Sweeps and Sculls Rowing, Crystal Lake

Staff Contact: Taylor



Day	Dates	Time	R/NR Fee
Mon	9/14 - 11/2	7:00 - 7:45 pm	\$112/\$196

R/NR Fee Family

\$88/\$154

NOTE: A **fitness waiver** is 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 ePact.



Gaming Galore

Play some Wii, Xbox, Pac Man, PlayStation 5, Nintendo Switch, board games, and other popular games on our new Smart TV and Infinity Gaming Table! We'll challenge each other all while being team players and practicing sportsmanship as we play both electronic and board games!

Age Group: 16+

Location: Sage TR Center, NISRA

Staff Contact: NISRA Office

Day	Dates	Time	R/NR Fee
Thu	9/17 - 11/5	5:00 - 5:45 pm	\$72/\$126

Baking Buddies

Put on your chef's hat and apron because we'll be making seasonal-inspired goodies to show off and of course, taste test!

Age Group: 16+

Location: Sage TR Center, NISRA

Staff Contact: NISRA Office

Day	Dates	Time	R/NR Fee
Mon	9/14 - 10/5	5:30 - 7:00 pm	\$72/\$126
Mon	10/12 - 11/2	5:30 - 7:00 pm	\$72/\$126

NOTE: It is recommended participants eat before class. Please only sign up for one session each season as the recipes will be the same.





Archery

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

Age Group: 18+

Location: Petersen Farm, McHenry

Staff Contact: Taylor

Day	Dates	Time	R/NR Fee
Wed	9/9 - 9/30	4:00 - 5:00 pm	\$46/\$81

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



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: 18+

Location: Varies Weekly

Staff Contact: NISRA Office

Day	Dates	Time	R/NR Fee
Tue	9/15 - 10/6	6:00 - 7:30 pm	\$118/\$207
Tue	10/13 - 11/3	6:00 - 7:30 pm	\$118/\$207

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

NOTE: Program fee covers transportation and must be taken. Transportation times and any program changes or cancellations will be listed on Rainout Line the week of the scheduled event. Please only sign up for one session.



Aqua Fit

Dip in the pool for some water exercises or walk 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: 18+

Location: Rakow Center, Carpentersville

Staff Contact: Licensy

Day	Dates	Time	R/NR Fee
Fri	9/18 - 11/6	11:20 am - 12:00 pm	\$84/\$147

NOTE: A Fitness waiver is 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 ePact.

TEENS & ADULTS

Zumba

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

Age Group: 16+

Huntley REC Center

Staff Contact: Liceny

Day	Dates	Time	R/NR Fee
Wed	9/16 - 11/4	6:30 - 7:30 pm	\$120/\$210

R/NR Family Fee
\$72/\$126

EXTENDED
DATES!

Day	Dates	Time	R/NR Fee
Wed	11/11 - 12/16	6:30 - 7:30 pm	\$75/\$131

No program 11/25

R/NR Family Fee
\$45/\$79

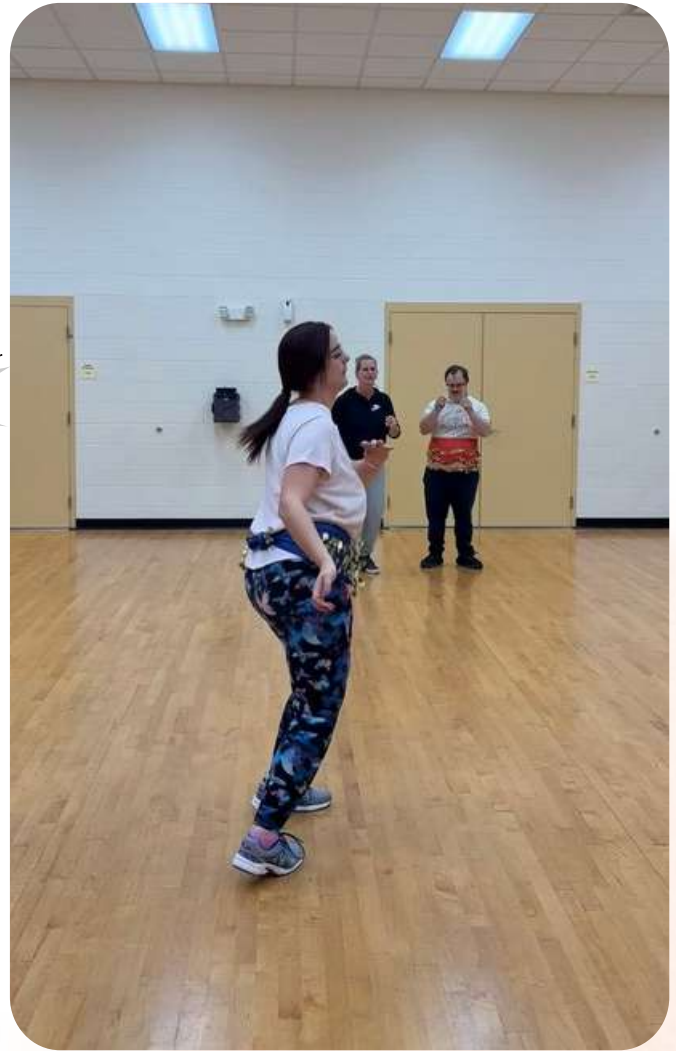
The Centre, Elgin

Staff Contact: Liceny

Day	Dates	Time	R/NR Fee
Tue	9/15 - 11/3	6:30 - 7:30 pm	\$120/\$210

R/NR Family Fee
\$72/\$126

NOTE: A **fitness waiver** is 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 ePact.



Simply Cooking

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

Age Group: 16+

Location: Sage TR Center, NISRA

Staff Contact: NISRA Office

Day	Dates	Time	R/NR Fee
Wed	9/16 - 11/4	6:00 - 7:30 pm	\$144/\$252
Thu	9/17 - 11/5	6:00 - 7:30 pm	\$144/\$252

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

Horsemanship 101

Through groundwork-based sessions facilitated by a PATH Intl. Certified Instructor and supported by Main Stay's trained volunteers, participants will gain confidence, safety awareness, and a meaningful connection with our horses. This program does not include Adaptive/Therapeutic Riding.

Participants must be able to independently follow directions for the duration of the class. Groups are kept small to ensure a supportive and engaging learning environment. Main Stay is a heated facility. Main Stay requires additional paperwork to be completed and will be provided to those registered.

SESSION WILL INCLUDE:

Meet & Greet the Horse: How to safely walk up to a horse, put on a halter, and give them a good grooming

Walk as a Team: Practice leading and building trust with your horse

Speak "Horse": Discover what your horse's ears, tail, and body are saying

Bond from the Ground: Fun, non-riding activities to connect with your horse and with each other

Come have some fun and meet the Main Stay horses!

Horsemanship 101 is designed for individuals who have not yet participated in Horsemanship with Mainstay.

If you have already completed 101, please see Horsemanship 102 to further your connection and understanding of horses.

Age Group: 16+

Location: Main Stay Therapeutic Farm, Richmond

Staff Contact: Taylor

Day	Dates	Time	R/NR Fee
Mon	9/14 - 10/19	4:00 - 5:15 pm	\$219/\$383

NOTE: Main Stay requires additional paperwork to be completed and will be provided to those registered.



Horsemanship 102

If you loved the first Horsemanship session, join us at Main Stay Therapeutic Farm for Horsemanship 102. The 6-week course will build upon the first ground-based sessions and include time to bond and partner with your horse through grooming and leading as well as other unmounted activities. Participants will also learn about horse care and health.

Sessions are facilitated by a PATH Intl. Certified Instructor and supported by Main Stay's trained volunteers. This program does not include horseback riding.

Participants must be able to independently follow directions for the duration of the class. Groups are kept small to ensure a supportive and engaging learning environment. Main Stay is a heated facility. Additional paperwork is required and will be provided to those registered.

Participating in Horsemanship 101 is a prerequisite for this session.

Age Group: 16+

Location: Main Stay Therapeutic Farm, Richmond

Staff Contact: Taylor

Day	Dates	Time	R/NR Fee
Mon	9/14 - 10/19	5:30 - 6:45 pm	\$219/\$383

NOTE: Main Stay requires additional paperwork to be completed and will be provided to those registered.



Gardening Club

Join us in NISRA's raised, wheelchair-accessible garden, 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: 18+

Location: Sage TR Center, NISRA

Staff Contact: NISRA Office

Day	Dates	Time	R/NR Fee
Thu	9/17 - 10/8	3:30 - 4:30 pm	\$51/\$89



Disc Golf

Start your weekend with some fun and friendly competition! Disc golf is a simple game of throwing a frisbee toward targets on a short course. Each week we'll explore disc golf courses in our area.

Age Group: 13+

Locations:

9/18 - 10/9: Fel-Pro-RRR, Cary

10/16-11/6: Indoors at Conley Elementary School, Algonquin

Staff Contact: Liceny

Day	Dates	Time	R/NR Fee
Fri	9/18 - 11/6	4:00 - 5:15 pm	\$80/\$140

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



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 are uniquely yours!

Age Group: 16+

Location: Sage TR Center, NISRA

Staff Contact: NISRA Office

Day	Dates	Time	R/NR Fee
Wed	9/16 - 11/4	5:00 - 5:45 pm	\$98/\$172

TEENS & ADULTS

Bowling

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

Teen & Young Adult Bowling

Age Group: 16 - 25

Location: Lucky Strike, Algonquin

Staff Contact: NISRA Office

Day	Dates	Time	R/NR Fee
Mon	9/14 - 11/2	5:00 - 6:30 pm	\$128/\$224

Lucky Bowl

Age Group: 26+

Location: Lucky Strike, Algonquin

Staff Contact: NISRA Office

Day	Dates	Time	R/NR Fee
Mon	9/14 - 11/2	5:00 - 6:30 pm	\$128/\$224

Elgin Bowl

Age Group: 16+

Location: Elgin Lanes, Elgin

Staff Contact: Liceny

Day	Dates	Time	R/NR Fee
Tue	9/15 - 11/3	3:30 - 5:00 pm	\$128/\$224

Harvard Bowl

Age Group: 8+

Location: J's Lanes, Harvard

Staff Contact: Taylor

Day	Dates	Time	R/NR Fee
Wed	9/16 - 11/4	5:00 - 6:30 pm	\$128/\$224

Palace Bowl

Age Group: 16+

Location: Palace Bowl, Johnsbury

Staff Contact: Taylor

Day	Dates	Time	R/NR Fee
Thu	9/17 - 11/5	5:00 - 6:30 pm	\$128/\$224

**NEW
DAY!**

Saturday Bowlers

Age Group: 16+

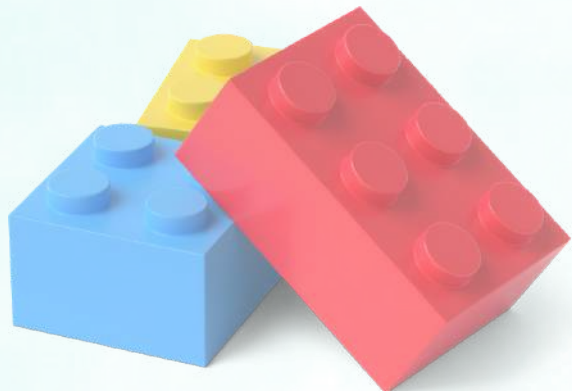
Location: Kingston Lanes, Woodstock

Staff Contact: Taylor

Day	Dates	Time	R/NR Fee
Sat	9/19 - 11/7	11:00 am - 12:30 pm	\$112/\$196
No program 10/31			

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.



Apple Picking & Mini Golf

Take a trip to the Royal Oak Farm for apple picking and mini golf! Each participant will receive a bag for apples upon entry and a token for mini golf.

Location: Royal Oak Farm, Harvard

Staff Contact: Taylor

Day	Date	Time	R/NR Fee
Sun	9/13	10:30 am - 12:30 pm	\$41/\$72

Transportation Locations

NISRA Office

Sheltered Village

The Centre, Elgin

No transportation

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

LEGO® Masters

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

Location: Cary Park District

Staff Contact: MacKenzie

Day	Date	Time	R/NR Fee
Fri	9/11	6:00 - 8:00 pm	\$49/\$86

Transportation Locations

NISRA Office

Sheltered Village

The Centre, Elgin

No transportation

DANCE

Glitter & Groove

Step into a Glitter & Groove night! Where the disco ball shines, the music keeps you moving, and the dance floor is calling. Come ready to dance, soak up the vibes, and enjoy light refreshments with friends in a sparkling, feel good atmosphere.

Location: The Centre, Elgin

Staff Contact: Liceny

Day	Date	Time	R/NR Fee
Fri	9/18	6:00 - 8:00 pm	\$37/\$65

Transportation Locations

NISRA Office

Sheltered Village

No transportation

Hayride & Bonfire - Randall Oaks

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

Location: Randall Oaks Park, West Dundee

Staff Contact: Liceny

Day	Date	Time	R/NR Fee
Fri	10/2	7:00 - 9:00 pm	\$29/\$51

Transportation Locations

NISRA Office

Sheltered Village

No transportation

NOTE: The hayride is not wheelchair-accessible. In the event of inclement weather, the program will be cancelled. Transportation times and any program changes or cancellations will be listed on Rainout Line the week of the scheduled event. Please register for just one hayride so that more people can participate.



Hayride & Bonfire - Sterne's Woods

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

Location: Sterne's Woods, Crystal Lake

Staff Contact: Liceny

Day	Date	Time	R/NR Fee
Sat	10/3	4:00 - 6:00 pm	\$29/\$51

Transportation Locations

Sheltered Village

The Centre, Elgin

No transportation

NOTE: The hayride is not wheelchair-accessible. In the event of inclement weather, the program will be cancelled. Transportation times and any program changes or cancellations will be listed on Rainout Line the week of the scheduled event. Please register for just one hayride so that more people can participate.

Bingo Bonanza

Diagonal? Horizontal? Four corners? Bingo! Let's play a variety of Bingo games and compete for prizes!

Location: McHenry Recreation Center

Staff Contact: Taylor

Day	Date	Time	R/NR Fee
Fri	10/9	5:30 - 7:30 pm	\$31/\$54

Transportation Locations

NISRA Office

Sheltered Village

The Centre, Elgin

No transportation





Halloween Bash

Get ready for a frightfully fun time at our Spooktacular Bash! Dress up in your favorite costume and enjoy a night filled with music, games, tasty treats, and festive Halloween fun. Spend time with friends, show off your spooky style, and celebrate the season in a safe and lively setting. It's the perfect way to get into the Halloween spirit!

Location: Jewel Tea Pavillion, Barrington

Staff Contact: Jordan

Day	Date	Time	R/NR Fee
Sat	10/10	6:00 - 8:00 pm	\$32/\$56

Transportation Locations

NISRA Office
Sheltered Village
The Centre, Elgin
No transportation

Bears Watch Party

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

Location: Sage TR Center, NISRA

Staff Contact: Taylor

Day	Date	Time	R/NR Fee
Sun	10/11	3:15 - 6:15 pm	\$42/\$73

Transportation Location

Sheltered Village
The Centre, Elgin
No transportation



Spooky Treats & Crafts

Get ready for a spooky night of treats and decorate delicious goodies, dive into Halloween crafts, and enjoy festive music all around. With a little dancing, lots of laughs, and friends by your side, it's the perfect mix of eerie fun and creative vibes.

Location: The Centre, Elgin

Staff Contact: Liceny

Day	Date	Time	R/NR Fee
Fri	10/16	6:00 - 8:00 pm	\$32/\$55

Transportation Locations

NISRA Office
Sheltered Village
No transportation

Halloween Movie Night

Get ready for a night of thrills, chills, and just the right amount of fun! Our Halloween Movie Night is the perfect way to celebrate the spooky season. Wear your favorite Halloween pajamas or costume, grab some popcorn, and join friends as we watch a Halloween classic together.

Location: Sage TR Center, NISRA
Staff Contact: Rebecca

Day	Date	Time	R/NR Fee
Sat	10/24	6:00 - 8:00 pm	\$32/\$55

Transportation Location

Sheltered Village
The Centre, Elgin
No transportation

PJ Plushie Palooza

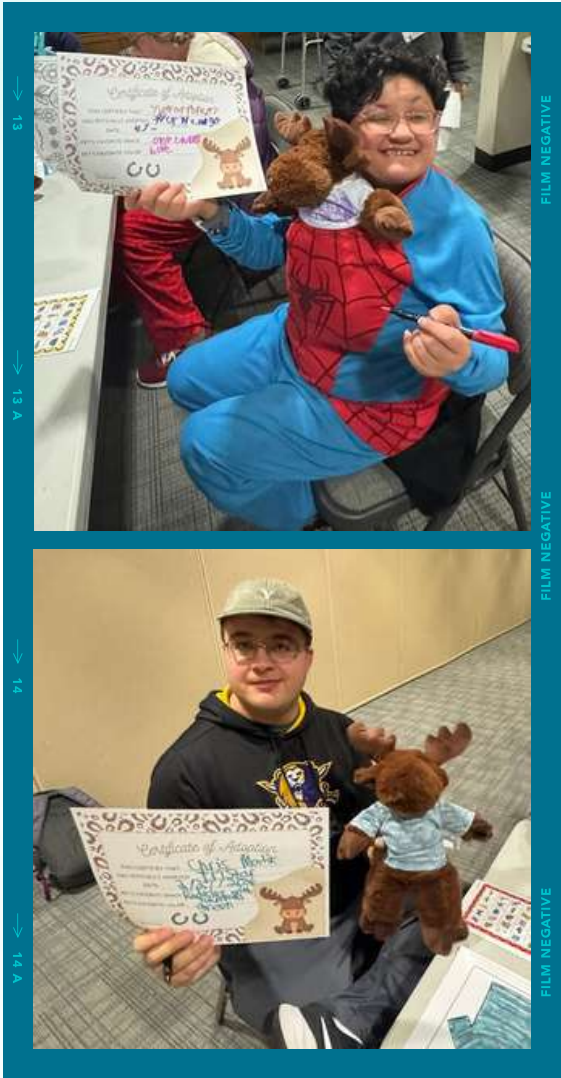
Slip into your favorite pajamas and unleash your creativity as you make your very own stuffed animals. Enjoy delicious popcorn and watch fun movies with friends. It's the perfect way to unwind, have fun, and take home a cuddly new friend!

Location: Sage TR Center, NISRA
Staff Contact: MacKenzie

Day	Date	Time	R/NR Fee
Sat	11/7	6:00 - 8:00 pm	\$42/\$73

Transportation Locations

Sheltered Village
The Centre, Elgin
No transportation



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+

Locations:

9/17: Cheryl's Cafe, Huntley

9/24: Dunkin' Donuts, Algonquin

10/01: Taste of Benedict's, Crystal Lake

10/08: Conscious Cup, Cary

10/15: Triple Berry Cafe, Crystal Lake

10/22: Churros Y Chocolate, Algonquin

10/29: Daily Projects, Algonquin

11/05: Group Choice

Staff Contact: Liceny

Day	Dates	Time	R/NR Fee
Thu	9/17 - 11/5	10:00 - 11:00 am	\$104/\$182

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



Canvas and Coffee Bar

Join us for a relaxed, creative experience where you can enjoy a coffee while painting in a welcoming setting. Perfect for all skill levels, it's a fun way to unwind, connect, and leave with your own finished artwork.

Age Group: 21+

Location: Sage TR Center, NISRA

Staff Contact: MacKenzie

Day	Dates	Time	R/NR Fee
Mon	9/14 - 10/5	10:30 - 11:30 am	\$42/\$74

Movie Review Crew

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

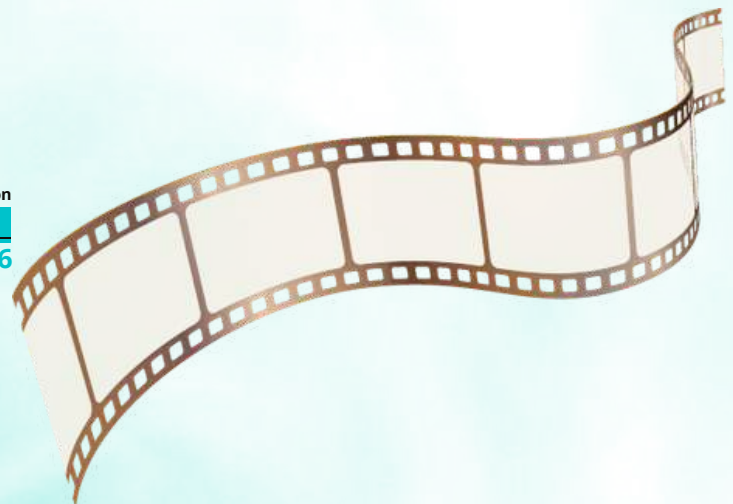
Age Group: 21+

Location: Classic Cinemas - Carpentersville

Staff Contact: Taylor

Day	Dates	Time	No Transportation	Transportation
			R/NR Fee	R/NR Fee
Wed	9/16, 9/30, 10/14, & 10/28	12:00 - 2:00 pm	\$72/\$126	\$112/\$166

Bus Departs	Transportation Location	Bus Returns
11:20 am	NISRA Office	2:30 pm



ADULTS - 21 & OLDER

Strength Through Adult Relationships - STAR

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

Age Group: 21+

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.

Staff Contact: Trisha

NOTE: Program fee covers all activities.

Pizza at Rookies & Conversation Starters

Participants will enjoy pizza and beverage while taking part in guided conversation. Discussion will focus on winter and spring program ideas, using conversation starters to support sharing, connection, and group engagement.

Location: Rookie's, Crystal Lake

Day	Dates	Time	R/NR Fee
Mon	9/14	6:00 - 7:30 pm	\$33/\$57



Gaming at Underground Retrocade

Enjoy classic arcade gaming at Underground Retrocade, featuring a wide variety of vintage and retro games in a fun, high-energy atmosphere perfect for casual play and friendly competition. Each participant will receive a gaming card.

Location: Underground Retrocade, West Dundee

Day	Dates	Time	R/NR Fee
Mon	10/12	6:00 - 7:00 pm	\$30/\$53



Hiking at The Hollows Conservation Area

Enjoy a picnic followed by a scenic hiking on the ADA assessable trail around Lake Atwood and through peaceful woodlands. Picnic foods will be included in the program.

Location: The Hollows, Conservation Area, Cary

Day	Dates	Time	R/NR Fee
Mon	9/28	5:00 - 6:00 pm	\$26/\$45

Elgin Police Department Tour

Tour the Elgin Police Department and learn about the facility. We'll also discuss emergency preparedness and how to stay safe in critical situations.

Location: Elgin Police Department

Day	Dates	Time	R/NR Fee
Mon	11/2	6:00 - 7:00 pm	\$19/\$34



WORKSHOPS

Cultural arts workshops give participants the chance to explore their creativity through hands-on projects in a welcoming and inclusive environment. From fused glass and jewelry making to painting, clay, and theater, each workshop encourages self-expression, creativity, and artistic discovery.

Age Group: 18+

Location: Sage TR Center, NISRA

Fused Glass Workshop

Cornucopia Dish & Fall Owl Brooch

Day	Date	Time	R/NR Fee
Tue	9/15	6:00 - 7:00 pm	\$36/\$63

Fused Glass Workshop

Berry Spray Tray & Cardinal in the Snow Dish

Day	Date	Time	R/NR Fee
Tue	11/3	6:00 - 7:00 pm	\$36/\$63

Clay Workshop

Join our art instructor for a two-part workshop focused on guided, hands-on exploration as you create your own unique decorative pieces from clay.

Day	Dates	Time	R/NR Fee
Tue	9/29 & 10/13	5:30 - 7:00 pm	\$72/\$126

NOTE: The program fee includes all supplies. Project will be available for pickup approximately 2 weeks after the workshop.

Encore! Joyful Noise Choir

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

Age Group: 16+

Location: Sage TR Center, NISRA

Day	Dates	Time	R/NR Fee
Thu	9/17 - 11/5	6:30 - 7:15 pm	\$116/\$203



Bell Choir

A unique bell choir experience with no gloves needed! 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. Classical and popular songs will be played.

Age Group: 18+

Location: Sage TR Center, NISRA

Day	Dates	Time	R/NR Fee
Tue	9/15 - 11/3	6:30 - 7:15 pm	\$116/\$203

CULTURAL ARTS

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: 16+

Location: The Centre, Elgin

Day	Dates	Time	R/NR Fee
Wed	9/16 - 11/4	1:00 - 1:45 pm	\$80/\$140

NOTE: This program is led by a contracted instructor.



Move to the Music

NEW!

Do you love music and movement? This engaging program invites participants to explore rhythm, dance, and interactive musical activities while building creativity, confidence, and joyful self-expression.

Age Group: 7 - 15

Location: Sage TR Center, NISRA

Day	Dates	Time	R/NR Fee
Thu	9/17 - 11/5	5:30 - 6:15 pm	\$112/\$196

NOTE: This program is led by a contracted instructor.



NISRA Amazing Artists

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

Age Group: 16+

Location: The Centre, Elgin

Day	Dates	Time	R/NR Fee
Thu	9/17 - 11/5	6:00 - 6:45 pm	\$102/\$179

Individual Music Lessons

Take music 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. *The student should have the instrument at home in order to practice between the lessons. If taking guitar or ukulele please bring your instrument to class.*

Age Group: 7+

Location: Sage TR Center, NISRA

Day	Dates	Time	R/NR Fee
Mon	9/14 - 11/2	3:00 - 7:00 pm *3:00, 3:30, 4:00, 4:30, 5:00, 5:30, 6:00, 6:30	\$224/\$392
Thu	9/17 - 11/5	2:00 - 6:00 pm *2:00, 2:30, 3:00, 3:30, 4:00, 4:30, 5:00, 5:30	\$224/\$392



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 are 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.

Uniforms

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 and team sport for 2 - 3 years.

For sports such as Tennis, Golf, and Bocce, there will be a new polo option for athletes to purchase or the option to wear what they already have. Once registered for a sport, you will receive an email from the Manager of Special Olympics informing you of the process to purchase a new jersey.

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



Special Olympics

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) Registration & Roster Management

Special Olympics Illinois has launched a new online platform—the Center of Excellence (COE)—to make athlete registration and roster management easier and more efficient.

NISRA will no longer be accepting paper or emailed copies of Athlete Registration Forms. All athlete registration and health history updates will now be completed online through the COE portal.

ALL Athletes MUST be registered in the COE portal and complete all checklist items by their sport season start date in order to be eligible. Visit portals.specialolympics.org to set up your account.

Failure of the athlete to have an accurate, fully completed **Health History & Release and Athlete Acknowledgement Forms** on file with SOILL prior to any relevant deadline will result in the athlete being denied participation in SOILL competitions, programs and events. The Health History & Release Form must be valid throughout the completion of the competition, program, or event.

Visit www.nisra.org for more info!

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

Gold in Sight for the NISRA Knights!

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

Special Olympics State Flag Football Black & Teal Knights

Age Group: 16+

Location: Lippold Park, Crystal Lake

Day	Dates	Time	R/NR Fee
Wed	10/28 - 11/4	5:30 - 6:30 pm	\$62/\$79

State Flag Football: November 7 - 8, 2026



Special Olympics State Volleyball

Age Group: 16+

Black Knights

Location: Marlowe Middle School, Lake in the Hills

Day	Date	Time	R/NR Fee
Tue	10/6	7:00 - 8:00 pm	\$31/\$39

Purple Knights

Location: The Centre, Elgin

Day	Dates	Time	R/NR Fee
Tue	10/6 - 10/13	7:00 - 8:00 pm	\$42/\$59

Fall Games: October 17 - 18, 2026

Special Olympics State Bocce Ball

Age Group: 8+

Location: Woodscreek Park, Crystal Lake

Day	Dates	Time	R/NR Fee
Thu	10/29 - 11/5	5:00 - 6:00 pm	\$62/\$79

State Tournament: November 7 - 8, 2026 in Peoria



SPECIAL OLYMPICS

Special Olympics Rhythmic Gymnastics

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

Age Group: 8+

Location: The Centre, Elgin

Day	Dates	Time	R/NR Fee
Mon	12/7 - 3/1	6:00 - 7:30 pm	\$140/\$230
No program 12/21, 12/28, & 1/18			

NOTE: This is a Special Olympics Training Program. New athletes that will be in the Special Olympics competition will need to purchase a leotard please contact Emily W. for ordering details. Please check Rainout line for updates.

Regional Competition: TBD

Summer Games: TBD

Special Olympics Alpine Skiing

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

Age Group: 13+

Suggested Ability Level: Intermediate/Advanced (previous experience with downhill skiing) this is not an intro to ski.

Location: Grand Geneva Ski Resort, Lake Geneva

Day	Dates	Time	R/NR Fee
Wed	12/16 - 2/3	6:00 - 8:00 pm	*
No program 12/23 & 12/30			



Bus Departs	Transportation Location	Returns
5:00 pm	NISRA Office	9:00 pm

NOTE: You will be billed at the end of the season for lift tickets and rentals. Athletes can purchase their own season pass. Call Emily W for more details. Due to the short season, athletes will need to attend all training sessions. Fee includes transportation. Please check Rainout Line for updates. All athletes must complete a Grand Geneva Waiver, this waiver needs to be completed annually. See QR Code.

Regional Competition: TBD

Winter Games: TBD



Special Olympics Powerlifting

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

Age Group: 16+

Location: Woodstock North High School

Day	Dates	Time	R/NR Fee
Wed	12/9 - 3/24	6:00 - 7:00 pm	\$174/\$290
No program 12/23 & 12/30			

Regional Competition: TBD

Summer Games: TBD



Special Olympics Snowshoeing

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

Age Group: 8+

Location: Outdoors at Wing Park, Elgin

Day	Dates	Time	R/NR Fee
Sat	11/7 - 2/6	10:00 - 11:00 am	\$119/\$193
<i>No program 11/21, 11/28, 12/26, 1/2, & 1/30</i>			

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

Regional Competition: TBD

Winter Games: TBD

Special Olympics Swim Teams

Teal Knights - Beginners

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

Age Group: 8+

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

Location: Rakow Center, Carpentersville

Day	Dates	Time	R/NR Fee
Wed	9/16 - 11/4 1/6 - 3/17	6:30 - 7:30 pm	\$289/\$446

Black Knights - Intermediate/Advanced

If you currently have the ability to swim two different strokes for the length of the pool and swim for an entire hour, then the Black Knights Swim team is for you.

Age Group: 16+

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

Black Knights - Carpentersville

Rakow Center

Day	Dates	Time	R/NR Fee
Wed	9/16 - 11/4 & 1/6 - 3/17	5:30 - 6:30 pm	\$289/\$446

Black Knights - Elgin

The Centre

Day	Dates	Time	R/NR Fee
Fri	9/18 - 11/6 & 1/8 - 3/19	5:00 - 6:00 pm	\$278/\$427
<i>No Program 1/29</i>			

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

Regional Swim Meet: TBD

Summer Games: TBD



SPECIAL OLYMPICS

Special Olympics Bowling Bash

NEW!

Calling all NISRA Special Olympics athletes, coaches and family members! You are cordially invited to join us in celebrating the outstanding accomplishments of the Special Olympics NISRA Knights throughout the 2026 year. The event will feature food, bowling and good times in honor of the hard work and dedication shown by our athletes and supporters.

Age Group: 8+ with parent/guardian

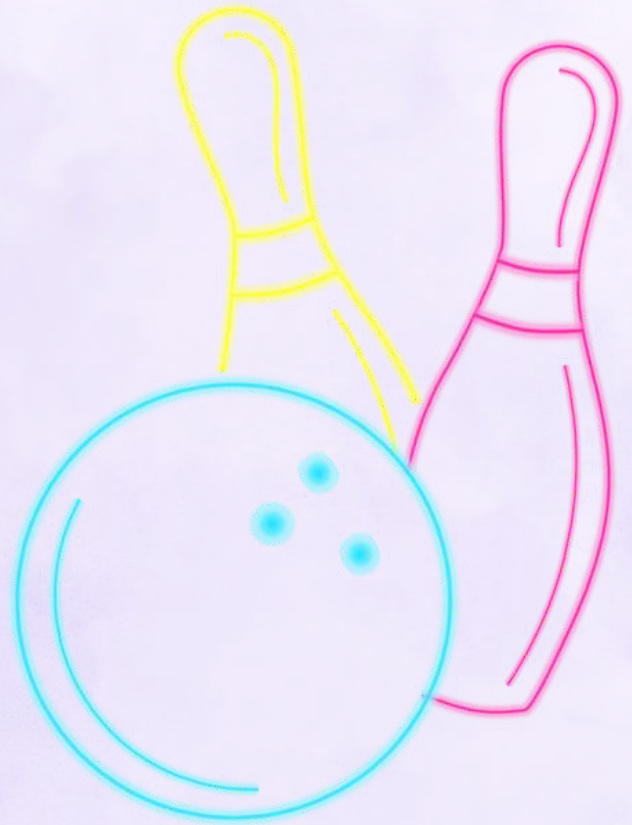
Location: Lucky Strike, Algonquin

Day	Date	Time	R/NR Fee	Family Member
Thu	1/7	6:00 - 8:00 pm	FREE!	\$15

NOTE: This event is for those who were NISRA Special Olympics athletes during the 2026 season.

This is **NOT** a drop-off event. Staff will be present but not able to supervise athletes. This event is free for athletes and coaches. A parent/guardian must register and attend in order for the athletes to be in attendance.

*Due to limited space, only a max of 1 family member can attend. Dinner will be provided. Please let Emily Wicks know of any dietary restrictions. Dinner includes cheese pizza and french fries.



LET
THE
GOOD
TIMES
ROLL!

Special Olympics Region B Bowling Tournament



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

Age Group: 16+

Location: Stardust Bowl, Addison

Day	Date	Time	R/NR Fee
Sun	10/25	9:00 am - 6:00 pm	\$27/\$47

NOTE: There will be no transportation offered. All athletes must meet at Stardust Lanes in Addison. Bowlers will be assigned to bowl 3 games (2 games for ramp bowlers). A flyer will be sent out after shift assignments have been received from the Area Offices. Bowlers must have bowled 12 games in the 2025-2026 year and have a completed COE account to enter this tournament. If requesting a ramp, scores from 2025-2026 year must be from use of a ramp and without bumpers.

Those receiving a gold medal will qualify for State Bowling on Sunday, December 13 in Decatur.

SPECIAL OLYMPICS

Due to NISRA's number of basketball teams and varying ability levels, this is how NISRA will determine teams:

- Athletes will sign up for team based on location.
- Manager of Special Olympics, with the help of basketball coaches, will assign athletes to teams based on location, skill level of previous year, player safety, and competitiveness.
- If an athlete is new, athlete will attend first practice and team will be decided after skills are evaluated at the first practice.
- Manager of Special Olympics will place returning athletes on teams before 1st practice.

Northern Teams

BLACK, WHITE, TEAL & GOLD KNIGHTS

Location: Marlowe Middle School, Lake in the Hills

Day	Date	Time	R/NR Fee
Tue	10/13	7:00 - 8:30 pm	\$172/\$271

ITRS Tournament: November 15

Regional Competition: TBD

State Competition: TBD

Southern Teams

PURPLE & SILVER KNIGHTS

Location: Rakow Center, Carpentersville

Day	Date	Time	R/NR Fee
Tue	10/13	7:00 - 8:30 pm	\$172/\$271

ITRS Tournament: November 15

Regional Competition: TBD

State Competition: TBD

Special Olympics Basketball

Age Group: 16+

Black Knights - Advanced

Location: Marlowe Middle School, Lake in the Hills

Day	Dates	Time	R/NR Fee
Tue	10/13 - 1/12	7:00 - 8:30 pm	
<i>No Program 11/24, 12/22, & 12/29</i>			

White Knights - Intermediate

Location: Marlowe Middle School, Lake in the Hills

Day	Dates	Time	R/NR Fee
Tue	10/13 - 1/12	7:00 - 8:30 pm	
<i>No Program 11/24, 12/22, & 12/29</i>			

Teal Knights - Intermediate

Location: Marlowe Middle School, Lake in the Hills

Day	Dates	Time	R/NR Fee
Tue	10/13 - 1/12	7:00 - 8:30 pm	
<i>No Program 11/24, 12/22, & 12/29</i>			

Gold Knights - Beginner

Location: Heineman Middle School, Algonquin

Day	Dates	Time	R/NR Fee
Tue	10/13 - 1/12	7:00 - 8:30 pm	
<i>No Program 11/24, 12/22, & 12/29</i>			

Purple Knights - All Abilities

Location: Rakow Center, Carpentersville

Day	Dates	Time	R/NR Fee
Tue	10/13 - 1/12	7:00 - 8:30 pm	
<i>No Program 11/24, 12/22, & 12/29</i>			

Silver Knights - All Abilities

Location: Rakow Center, Carpentersville

Day	Dates	Time	R/NR Fee
Tue	10/13 - 1/12	7:00 - 8:30 pm	
<i>No Program 11/24, 12/22, & 12/29</i>			

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.

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. **Registration will not be permitted if there is a past due balance.**
3. **Programs must be paid for in full at time of registration.**
4. **If a program reaches maximum registration, a waiting list will be started.** There is no fee charged when registering for a waitlisted program.
5. **A program may be cancelled if enrollment is less than the determined minimum.** Your account will be refunded, and a receipt will be emailed to the email address from your WebTrac account.
6. **Registration is to be completed through WebTrac.** Families receiving financial aid will receive details on how to register.
7. Instructors may not accept payment or register participants at programs. Registration and payment must be made through WebTrac or the NISRA office.
8. ePact documents are designed to provide all medical and personal information necessary for the instructor to provide a safe experience. **Please complete this information thoroughly.**

Detailed WebTrac and ePact instructions can be found at nisra.org under the "Register" tab from the main menu.

Annual Information Update

Once each year, all registrants are required to complete an update to their ePact information in order for NISRA to update its record. This process helps the staff provide the safest and best care possible. A reminder will be emailed.

Procedure for Seizure Information

If your participant experiences seizures, a completed Seizure Questionnaire (included in this brochure and on ePact), and/or equivalent seizure plan is required for participation in NISRA programs. This document is kept on ePact and distributed to the leaders of the programs for which the participant is enrolled. Once a year, it is your responsibility to review and update your form through ePact. 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 certain program participation. The form is included in this brochure and on ePact. 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 and NISRA. This signed form can be uploaded to ePact.

Late Registration

If you wish to sign your participant up or add to a program after registration has closed, email registration@nisra.org and include your participant's name, program name, start date and time.

Scholarships

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

Credits and Refunds

Credits and refunds must be requested at least 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. 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.

Group Home Resident Fee Policy

Resident rate will be granted to participants residing in a group home/facility as long as the administrative office for the group home/facility is located within one of NISRA's 13 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

Photos/Videos

NISRA occasionally takes photographs or video of participants for promoting/advertising our programs, services, events, activities, and facilities in our brochures, website, or agency social media, member district publications, and other promotional avenues. By registering for, participating in, or attending NISRA programs, events, or other activities, the participant (or parent/ guardian of a minor participant) irrevocably agrees to the use and distribution by NISRA, any of its members, contractual service providers, or cooperating entities where services or programs take place, of his or her image (or of his/her 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.

PROGRAM 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.

Inclusion Services

What about a general recreation program?

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

Mandated Reporters

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

Handle with Care

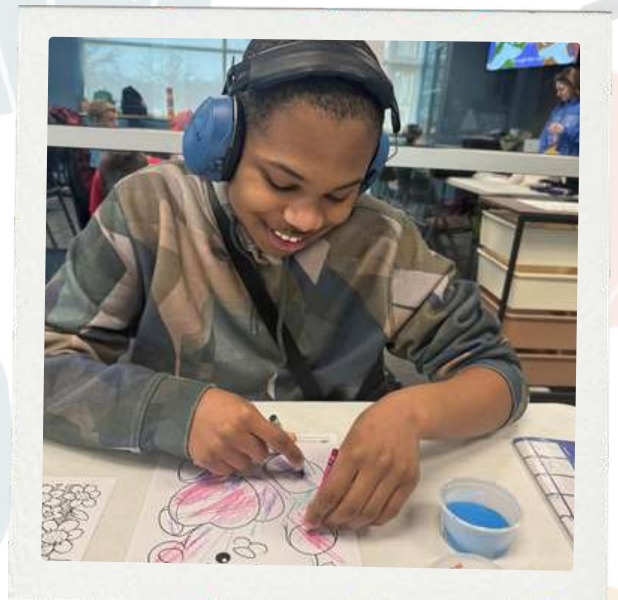
NISRA staff are trained in the Handle with Care Behavior Management System. Handle with Care specializes in verbal de-escalation techniques, targeted to assist participants in crisis. Handle with Care training also teaches staff how to perform safe physical restraint techniques for participants who may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

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 call Heidi Jenkins, Executive Director at (815) 459-0737.

Brochures

We strive to ensure all information in this brochure is accurate and up-to-date at the time of printing. However, human errors can occur. For the most current program details and any updates, please refer to our digital brochure online at www.nisra.org. We appreciate your understanding.



PROGRAM INFORMATION

Program Policies

1. Participants must be picked up at the designated end of the program, see **Late Pick Up Policy**. 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 cancelled due to inclement weather. When a program is cancelled, 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 in ePact.

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 through ePact, 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 through ePact.

8. When arriving to, or departing from a program, please check-in with the staff before you leave or take the participant.

9. If staff observe that it appears unsafe to release a participant to the person picking him/her up after a program, the staff will call a supervisor to determine what other transportation alternatives may be possible.

10. While NISRA staff will assist participants with their belongings at programs, NISRA cannot be responsible for lost or stolen property. Participants should not bring valuables to programs.

11. Consumption of alcohol is not permitted at most NISRA programs (this includes adults ages 21 and 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.

Behavior Expectations

All NISRA participants and their guests are expected to follow the Behavior Code of Conduct at all times. This code has been established to ensure that NISRA programs remain safe, enjoyable, and successful for everyone involved. Appropriate behavior is required from all participants and their guests while participating in, spectating, or attending any NISRA-sponsored program or activity.

The Behavior Code of Conduct expects participants to:

1. Show respect to all: participants, staff, the public, equipment, supplies, and facilities.

2. Listen to and comply with staff direction and program rules.

3. Allow others in the program and those at public facilities to enjoy the activity without disruption (within reason).

4. Refrain from using foul language, bullying, or other offensive behavior such as offensive gestures, sexually explicit language, or inappropriate touching.

5. Refrain from causing bodily harm or aggressive physical contact.

6. Not be under the influence of alcohol or drugs which would impair the ability to safely participate in the program.

7. Not possess any weapons or illegal substances.

8. Participants are expected to practice self-cleanliness throughout their time at programs. This includes washing hands as needed, and taking care of personal hygiene. Staff will provide assistance, reminders, and follow up as needed to support this expectation.

A positive approach will be used regarding behavior management. 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 themselves or others.

Late Pick Up Policy:

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

When a late pick up occurs:

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

One (1) no-fee written reminder, per season, will be given. Reminders will be documented through an email from WebTrac.

After one (1) no-fee written or documented late pick up form reminder, a \$5.00 fee will be charged for every cumulated (5) minutes until participant is picked up. This bill must be paid in full prior to future registrations and will be billed through WebTrac.

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.** See page 51 for more information on Rainout Line.

Hot Weather Guidelines

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

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

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

Illness Guidelines

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

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

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

Food & Beverages in NISRA Programs

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

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!

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 when you are registering.

Program transportation times will be on Rainout Line, in WebTrac or at NISRA.org.

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.

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, select that option when registering.

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.

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



2026 FALL REGISTRATION FORM

Both sides of this form must be completed, signed, and brought to the NISRA Office with payment before registration will be processed and the participant will be allowed to attend any program. Refer to registration information on **page 43**.

****Mailed, emailed, or faxed forms will not be accepted.***

Registration forms received after the August 13 deadline will be reviewed after September 14, 2026.

Are you a **new** participant? Yes ___ No ___ If yes, how did you hear about NISRA? _____

We'll contact you soon! Best time to call: **9:00 am - 12:00 pm** ___ **12:00 - 3:00 pm** ___ **3:00 - 6:00 pm** ___

PARTICIPANT'S INFORMATION

Last Name _____ First Name _____

Address _____ City _____ State _____ Zip _____

Participant Phone _____ Birthdate _____ Age _____

Gender: Female ☐ Male ☐ Other ☐

CONTACT INFORMATION (FAMILY/GUARDIAN/GROUP HOME)

Primary Contact: Person Who Should Be Contact FIRST

Last Name _____ First Name _____

Relationship _____ Email Address _____

Primary Phone _____ Alternate Phone _____

Work Phone _____

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

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

PLEASE TURN THIS PAGE TO COMPLETE THE PROGRAM REGISTRATION AND SIGN THE WAIVER.



Participant Name _____

Program Name	Location	Dates	Transportation Location	Program Fee
FOR OFFICE USE ONLY				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)				

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 and video of participants in programs. By signing the waiver, you are giving permission to NISRA to use these photos and 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 _____



Fitness Program Waiver

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

Your patient (name below) desires 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 medical clearance. Please complete the following information and upload it into your ePact account by the registration deadline for the program.

Part 1: For completion by NISRA Participant.

Print Name: _____

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

Date: _____ **Participant Signature:** _____

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

Please check:

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

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

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

Date: _____ ***Medical Practitioner's Signature:** _____

Medical Practitioner's Address: _____

This form needs to be uploaded into your ePact account.

*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.



NISRA

Northern Illinois
Special Recreation Association

Seizure Questionnaire

Please complete this form if the participant experiences seizures. **Please update this form whenever there is a change in the seizure information/plan and promptly upload it into your ePact account.** NISRA requests that you review this form once a year and provide any necessary updates. ****Unless you have opted out due to no seizure activity within 5 years. Please see below.****

Participant's Name: _____

Completed By: _____ **Relationship:** _____ **Date:** _____

Medication(s):

Participant medication needs are to be noted in the ePact account where all participant information is stored. If the participant's medication needs have changed, please upload medication details into ePact soon as possible.

A **Medication Permission** form must be uploaded into your ePact account if you are requesting NISRA staff to assist with the dispensing of scheduled oral or topical maintenance medication.

☐

Please check box and 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? _____

Types of Seizure(s): Please check all that apply.

_____ Absence (staring spell) _____ Atonic (Drop) _____ Simple Partial
_____ Complex Partial _____ Generalized (Grand Mal) _____ Other (Explain): _____

Seizure Response Plan

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

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

2.

3.

☐

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

Parent/Guardian Signature: _____

Date: _____

This form needs to be uploaded into your ePact account.

RAINOUT LINE

PROGRAM NOTIFICATION SYSTEM



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

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

Ways to Use Rainout Line:

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

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

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

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

How to Register:

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

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



NISRA

Northern Illinois
Special Recreation Association

285 Memorial Drive

Crystal Lake, IL 60014

LOOKING AHEAD

WINTER/SPRING BROCHURE PREVIEW: NOVEMBER 9
WINTER/SPRING BROCHURE AVAILABLE: NOVEMBER 12

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.*

