

NISRA
Northern Illinois
Special Recreation Association

**SUMMER
2026**

Registration Begins: April 16 Registration Ends: May 14



WHAT'S NEW?

Staff Updates

Welcoming Jamie Lee – Manager of Fund Development

We are thrilled to welcome Jamie Lee to NISRA as the Manager of Fund Development. Jamie brings a deep passion for community connection and advocacy, most recently serving as Executive Director at GiGi's Playhouse in McHenry and the Algonquin Chamber of Commerce. Her heart for people and her commitment to building meaningful partnerships will help strengthen the mission and future of the NISRA Foundation!

Announcing Jim Wiseman's Retirement

After 18 remarkable years of leadership at NISRA, Executive Director Jim Wiseman will retire on May 29. Jim has devoted more than 40 years of his life to serving people with disabilities through therapeutic recreation and Special Olympics, leaving an extraordinary legacy of inclusion, compassion, and opportunity. His steady leadership and genuine love for our participants have helped shape the spirit of NISRA and the countless lives touched through our programs. While he will be deeply missed, we celebrate the incredible impact he has made and wish him a joyful and well-earned retirement.

Leadership Transition

With great enthusiasm, the Board of Directors has named Heidi Jenkins as NISRA's next Executive Director. Heidi, who currently serves as Superintendent of Recreation, will officially step into her new role on May 1, ensuring a seamless and thoughtful transition.

Throughout Heidi's time at NISRA, she has been a driving force behind innovative programming, staff development, and meaningful participant experiences. Her deep understanding of the organization's mission, combined with her genuine compassion and leadership, make her exceptionally well-suited to guide NISRA into its next chapter!

SUMMER SESSION DATES

Please refer to each program for exceptions!

Mondays: June 15 - July 27

Tuesdays: June 16 - July 28

Wednesdays: June 17 - July 29

Thursdays: June 18 - July 30 *No program July 3

Fridays: June 19 - July 31 *No program July 4

Saturdays: June 20 - August 1

DEADLINES

Resident Priority Registration Begins: April 16

Resident Priority Registration Ends: May 5

Non-Resident Registration Begins: May 6

Final Registration Deadline: May 14

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.

2026 OFFICE CLOSURE DATES

Monday, May 25

Friday, July 3

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

Fall Brochure Preview Begins: July 13

Fall Brochure & Registration Opens: July 16

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!



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 Jim Wiseman at (815) 459-0737.

Key to Symbols/Abbreviations:

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

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

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

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

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

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

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

BOARD & STAFF

Board of Directors

Terry Jennings
Dan Jones
Jason Herbster
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

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

Administrative Staff

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

Patty Panas, 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

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

Jamie Lee, ext. 225
Manager of Fund Development

Recreation Staff

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

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

Rebecca Moore, M.S., CRPE, CTRS, ext. 223
Senior Manager of Recreation

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

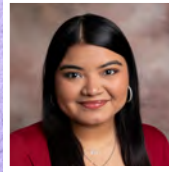
Jordan Chandler, B.S., CTRS, ext. 234
Manager of Summer Day Camp & Outreach

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

Your Regional Coordinator

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

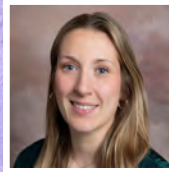


Anahi Troncoso- Central Region

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

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.



Nikki Freeman – Eastern Region

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

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.



Anahi Troncoso, B.S., CTRS, ext. 248

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

Taylor Gonio, B.S., CTRS, ext. 265

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

Nikki Freeman, B.A., ext. 229

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

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., ext. 240

LIFE Program Recreation Specialist, Crystal Lake

Heather Hetzel, A.A., ext. 235

LIFE Program Recreation Specialist, Carpentersville

Macky 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).

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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*

Jim Wiseman, *Secretary*

Scott Gallagher

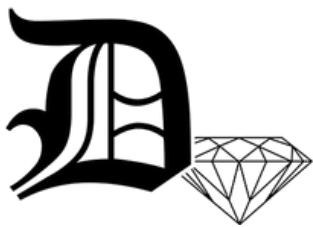
Lori Homeyer

Reggie Layoff

Randy Splitt

Thank you to the NISRA Foundation's Corporate Partners:

Dakzell Jewelers



Melissa Cooney

NISRA Foundation 2026 Fundraising Events

Pins for Purpose

April 6 - May 9

Spring Golf Outing

Friday, June 5

Top Cats Motorcycle Ride

Sunday, June 14

Fall Golf Outing

Tuesday, September 15

Holiday Fashion Show

Saturday, November 21

Happy Birthday
NISRA!



Celebrating 50 Years of Purpose, Play, and Possibility!

Since March 9, 1976, NISRA has been a place where friendships begin, confidence grows, and everyone belongs.

**IT'S WHERE RECREATION BECAME PURPOSE...
LAUGHTER BUILT CONNECTION...
AND COMMUNITY TURNED INTO FAMILY.**

As we celebrate our 50th birthday, you can help create even more meaningful moments. Every gift will be matched dollar-for-dollar up to \$20,000 thanks to the generosity of the Foglia Family Foundation.

That means your support brings twice the recreation, twice the inclusion, and twice the joy to individuals and families who count on NISRA programs. Together, we can raise \$40,000 to further celebrate purpose, play, and possibility!

special thanks

Foglia Family
FOUNDATION



SCAN TO DONATE OR VISIT [NISRA.ORG](https://nisra.org) TODAY!

OR MAIL A CHECK TO: NISRA FOUNDATION
285 MEMORIAL DRIVE
CRYSTAL LAKE, IL 60014



NISRA
Foundation

Be a part of the fun! For more information, contact:
Jamie Lee, Manager of Fund Development
jlee@nisra.org | (815) 459-0737, ext. 225

TRIPS

General Information about Trips

Eligibility

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

Get ready for an unforgettable adventure as NISRA heads to St. Louis for a trip packed with exploration, excitement, and discovery! We will experience some of the city's most iconic attractions, including the Saint Louis Zoo, where we'll come face-to-face with animals from around the globe. From roaring big cats to playful penguins, every turn brings something new to see and learn. We'll also explore the beauty of the Missouri Botanical Garden, where vibrant flowers, lush landscapes, and interactive exhibits create a peaceful yet inspiring experience for all. It's the perfect place to connect with nature and enjoy the colors and scents of the season. Throughout the trip, we will enjoy a variety of engaging activities, local attractions, group outings, and memorable moments.

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: Liceny

Days	Dates	R/NR Fee	Bus Departs from NISRA	Bus Returns to NISRA
Mon - Fri	8/10 - 8/14	\$1091/\$1309	9:00 am	3:00 pm (approximately)

NOTE: There will be a pre-trip meeting to discuss trip details; further details will be shared after registration. Please bring extra money for buying souvenirs or any additional purchases.

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.

Chicago Cubs vs. Milwaukee Brewers

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

Age Group: 18+

Location: American Family Field, Milwaukee, WI

Staff Contact: MacKenzie

Day	Date	Time	R/NR Fee
Sun	6/28	*1:10 pm gametime	\$126/\$221

Transportation Locations

NISRA Office
Sheltered Village
The Centre, Elgin

NOTE: The fee includes meal item and drink. This venue is cashless, please bring cashless payment if wanting to purchase souvenirs and additional food. There will not be time to stop for dinner.

Kane County Cougars

Join us for an exciting game of baseball as we watch the Kane County Cougars take on Sioux Falls at Northwestern Medicine Field! Spend the day with great company and a classic ballpark experience.

Age Group: 18+

Location: Northwestern Medicine Field, Geneva

Staff Contact: MacKenzie

Day	Date	Time	R/NR Fee
Sun	8/2	*1:00 pm gametime	\$100/\$174

Transportation Locations

NISRA Office
Sheltered Village
The Centre, Elgin

NOTE: The fee includes meal item and drink. This venue is cashless, please bring cashless payment if wanting to purchase souvenirs and additional food. There will not be time to stop for dinner.

Men's USA Volleyball vs. Poland

Join us for an event at NOW Arena watching the Men's Volleyball Nations League vs. Poland!

Age Group: 18+

Location: NOW Arena, Hoffman Estates

Staff Contact: MacKenzie

Day	Date	Time	R/NR Fee
Sun	7/19	8:00 pm	\$93/\$162

Transportation Locations

NISRA Office
Sheltered Village
The Centre, Elgin

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

Lake Geneva Safari

NEW!

Experience wildlife like never before from the comfort of the NISRA bus! Take a journey to Safari Lake Geneva to view a variety of wildlife while spending time with friends.

Age Group: 18+

Location: Lake Geneva Safari, WI

Staff Contact: MacKenzie

Day	Date	Time	R/NR Fee
Sun	8/9	12:00 - 5:00 pm	\$58/\$102

Transportation Locations

NISRA Office
Sheltered Village
The Centre, Elgin

NOTE: Please bring a sack lunch to enjoy. There are no food options available at Safari Lake Geneva. Transportation times will be added into Rainout Line the week of the event.

SPECIAL EVENTS



Bears Training Camp

Football season is right around the corner! Let's bear down at this one-day event for the Chicago Bears training camp. The date of this event is to be determined. The dates will not be shared with NISRA until the end of July.

Age Group: 18+

Location: Halas Hall, Lake Forest

Staff Contact: MacKenzie

Day	Date	Time	R/NR Fee
TBD	TBD	7:30 am - 4:00 pm	\$75/\$132

Transportation Locations

NISRA Office

NOTE: Due to the unpredictable training schedule, dates and transportation locations will be determined in mid-July.

Availability of tickets to watch the practice is uncertain; there is no guarantee that we will be able to get tickets. The fee includes lunch at Portillo's in the Lake Forest area. Training Camp is cashless. If you wish to purchase souvenirs or additional food, please bring additional cashless funds.

Hawaiian Luau

It's luau time! Thanks to Crystal Lake Dawnbreakers Rotary Club, we'll gather at the Band Shell at Main Beach to enjoy tropical tunes, a light dinner, and try out the luau limbo! Find your most colorful Hawaiian shirt or a grass skirt to dance the warm summer evening away!

Age Group: 18+

Location: Main Beach, Crystal Lake

Staff Contact: MacKenzie

Day	Date	Time	No Transportation	Transportation
			R/NR Fee	R/NR Fee
Sat	8/15	3:00 - 5:00 pm	\$18/\$31	\$28/\$41

Transportation Locations

McHenry Recreation Center
Sheltered Village
The Centre, Elgin

NOTE: The program fee includes a light dinner. Transportation times and any program changes or cancellations will be listed on Rainout Line the week of the scheduled event. In the event of inclement weather, the program will be cancelled.

Fishing Has No Boundaries

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

A program form must be completed to attend. Link will be sent via ePact after registration.

Age Group: 18+

Location: C. Haling & Sons Marine, Antioch

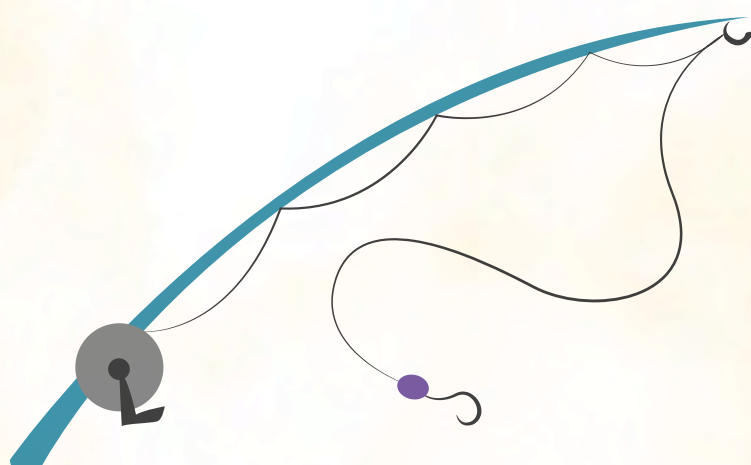
Staff Contact: MacKenzie

Day	Date	Time	R/NR Fee
Sat	9/12	8:00 am - 6:00 pm	\$68/\$118

Transportation Locations

NISRA Office
Sheltered Village

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



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	6/24 - 8/5	5:00 - 6:30 pm	\$84/\$147

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



NISRA's 50th Birthday Bash!

Join us as we celebrate 50 incredible years of inclusion, recreation, and community with NISRA. Since its founding in 1976, NISRA has enriched the lives of individuals with disabilities by providing meaningful recreation opportunities, fostering friendships, and building a stronger, more inclusive community.

Come enjoy a festive evening filled with music, memories, and appreciation as we look back on 50 years of achievements and look ahead to an even brighter future. Together, we celebrate the spirit of inclusion, the power of recreation, and the community that makes NISRA extraordinary. Light snacks will be available.

Age Group: 3+

Location: Main Beach, Crystal Lake

Staff Contact: Rebecca

Day	Date	Time	R/NR Fee	R/NR Family Fee
Fri	8/28	5:30 - 7:30 pm	\$8/\$14	\$8/\$14

NOTE: Family members must register and remain at the program with their participant if they are unable to remain independently at the program. NISRA Staff will be assisting with this event and unable to supervise participants. In the event of inclement weather, the program will be held indoors.



Lake in the Hills Family Bash

Get ready for the ultimate summer kickoff at Indian Trail Beach! Join us to celebrate the start of summer with a fun-packed park party you won't want to miss! Dive into the excitement with beachy activities from community organizations, unleash your creativity as you build epic sandcastles, and challenge your friends to a dance off. Feeling extra adventurous? Show off your limbo skills and dance the night away with our live DJ spinning all your favorite tunes!

Age Group: 3+

Location: Indian Trail Beach, Lake in the Hills

Staff Contact: Anahi

Day	Date	Time	R/NR Fee
Fri	6/19	5:30 - 7:30 pm	\$5/\$7

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



SENSORY PROGRAMS

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: Nikki

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 Nikki Freeman at nfreeman@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: Nikki

Day	Dates	Time	R/NR Fee
Wed	6/17 - 7/29	4:00 - 4:30 pm	\$90/158
Wed	6/17 - 7/29	4:30 - 5:00 pm	\$90/158
Wed	6/17 - 7/29	5:00 - 5:30 pm	\$90/158
Wed	6/17 - 7/29	5:30 - 6:00 pm	\$90/158

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: Nikki

Ages	Day	Dates	Time	R/NR Fee
3 - 8	Tue	6/16 - 7/28	4:30 - 5:00 pm	\$63/\$110
9 - 15	Tue	6/16 - 7/28	5:00 - 5:30 pm	\$63/\$110
16 - 25	Tue	6/16 - 7/28	5:30 - 6:00 pm	\$63/\$110

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

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 R/NR Fee	Door-to-Door R Fee
Fri	6/19 - 7/31	11:20 - 12:00 pm	\$62/\$108	\$152
<i>No program 7/3</i>				

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



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. Door-to-door transportation is available for residents of NISRA's 13 Member districts only.

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:

6/17: Color Me Mine, Crystal Lake

6/24: Woodstock City Band Concert

7/1 & 7/8: Group Choice

Staff Contact: Liceny

Day	Dates	Time	No Transportation R/NR Fee	Door-to-Door R Fee
Wed	6/17 - 7/8	6:00 - 8:00 pm	\$84/\$147	\$144

NOTE: We'll focus on recreational outings; if you're looking for dining out, try Restaurant Hoppers. Please eat before or bring a snack unless otherwise specified.

OUT -N- ABOUT & RESTAURANT HOPPERS:

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.

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 R/NR Fee	Door-to-Door R Fee
Mon	6/15 - 7/6	10:30 - 11:30 am	\$42/\$74	\$102



Restaurant Hoppers

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

Age Group: 21+

Locations

7/15: Chili's Bar and Grill, Algonquin

7/22-7/29: Group Choice

Staff Contact: Liceny

Day	Dates	Time	No Transportation R/NR Fee	Door-to-Door R Fee
Wed	7/15 - 7/29	6:00 - 8:00 pm	\$123/\$215	\$168

YOUNG CHILDREN



Swim Skills

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

Age Group: 5 -15



Location: Sunburst Bay Aquatic Center, Cary
Staff Contact: Nikki

Day	Dates	Time	R/NR Fee
Mon	6/15 - 7/27	6:00 - 6:30 pm	\$112/\$196
Mon	6/15 - 7/27	6:30 - 7:00 pm	\$112/\$196



Location: Stingray Bay Aquatic Center, Huntley
Staff Contact: Anahi

Day	Dates	Time	R/NR Fee
Wed	6/17 - 7/29	7:10 - 7:40 pm	\$196/\$118
Wed	6/17 - 7/29	7:40 - 8:10 pm	\$96/\$168

No program 7/1

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

Carpentersville

Location: Rakow Center, Carpentersville (indoor pool)
Staff Contact: Liceny

Day	Dates	Time	R/NR Fee
Thu	6/18 - 7/30	6:30 - 7:00 pm	\$112/\$196
Thu	6/18 - 7/30	7:00 - 7:30 pm	\$112/\$196

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: Nikki



Day	Dates	Time	R/NR Fee
Fri	6 /19 - 7/31	5:00 - 5:45 pm	\$102/\$179

No program 7/3

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.



Aqua Explorers

Explore the fun and exciting sensory experience of Dolphin Cove in Carpentersville! Please note that this program's main focus is comfortability in the water and not specific swim skills.

Age Group: 6 - 21

Location: Dolphin Cove, Carpentersville

Staff Contact: Liceny

Day	Dates	Time	R/NR Fee
Thu	6/18 - 7/30	5:15- 6:00 pm	\$74/\$129

NOTE: Please wear your swimsuit and bring a towel. In the event of inclement weather, the program will be cancelled.

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: Anahi

Day	Dates	Time	R/NR Fee
Sat	6/13 - 8/22	12:15 - 1:00 pm	\$170/\$298
No program 7/4			

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.



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: Nikki

Day	Dates	Time	R/NR Fee
Tue	6/16 - 7/28	5:30 - 6:15 pm	\$63/\$110



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.**

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 caves.

Age Group: 8+

Location: North Wall, Crystal Lake

Staff Contact: Anahi

Day	Dates	Time	R/NR Fee
Tue	6/16 - 7/28	6:00 - 7:00 pm	\$175/\$306

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

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	6/17 - 7/29	4:00 - 5:00 pm	\$413/\$723

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 cooldown.

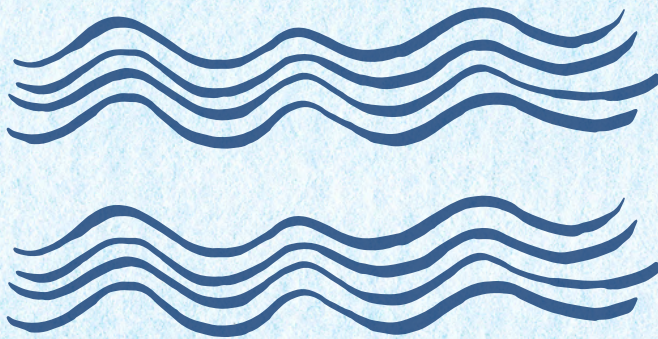
Age Group: 6+

Location: John White Stables, Woodstock

Staff Contact: Taylor

Day	Dates	Time	R/NR Fee
Wed	6/17 - 7/29	5:15 - 6:15 pm	\$413/\$723

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.



Open Swim



Enjoy a morning dip in the pool as we attend Woodstock Water Works sensory swim hours.

Age Group: 6+

Location: Woodstock Water Works, Woodstock

Staff Contact: Taylor

Day	Dates	Time	R/NR Fee
Mon	6/15 - 7/27	10:30 am - 12:00 pm	\$60/\$105
<i>No program 6/29</i>			

R/NR Family Fee

\$30/\$53

NOTE: Bring or wear a swimsuit and towel. In the event of inclement weather, the program will be cancelled.

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: Anahi

Day	Dates	Time	R/NR Fee
Tue	6/16 - 7/28	6:30 - 7:45 pm	\$126/\$221

NOTE: It is recommended that participants eat before class.



GOOD TIMES

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: Nikki



Day	Dates	Time	R/NR Fee
Fri	6/19 - 7/31	6:00 - 6:45 pm	\$102/\$179
<i>No program 7/3</i>			

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.



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	6/20 - 8/1	10:00 am - 1:00 pm	\$126/\$221
<i>No program 7/4</i>			

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

YOUTH & YOUNG TEENS

T-Ball

Step up to the plate on our wheelchair-accessible field! This fun and supportive T-ball program helps players develop batting, catching, throwing, and base-running skills in an engaging and inclusive environment.

Age Group: 5 - 10

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

Staff Contact: Anahi

Day	Dates	Time	R/NR Fee
Wed	6/17 - 7/29	5:30 - 6:15 pm	\$63/\$110

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.



Buddy Baseball

Learn how to play baseball and spend time on the field! This program has participants work alongside peers to improve your baseball skills. Batter up!

Age Group: 12 - 16

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

Staff Contact: Taylor

Day	Dates	Time	R/NR Fee
Wed	6/17 - 7/29	6:30 - 7:15 pm	\$63/\$110

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.

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: Anahi

Day	Dates	Time	R/NR Fee
Mon	6/15 - 7/27	5:00 - 6:30 pm	\$112/\$196

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



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: Anahi

Day	Dates	Time	R/NR Fee
Mon	6/8 - 8/3	4:15 - 5:00 pm	\$52/\$91
	<i>No program 6/29</i>		

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



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: Cary Park District

Staff Contact: Nikki

Day	Dates	Time	R/NR Fee
Sat	6/20 - 8/1	10:00 am - 1:00 pm	\$126/\$221
	<i>No program 7/4</i>		

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

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: Anahi



Day	Dates	Time	R/NR Fee	R/NR Fee Family
Mon	6/15 - 7/27	7:00 - 7:45 pm	\$98/\$172	\$77/\$135

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.



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: Anahi

Day	Dates	Time	R/NR Fee	R/NR Fee Family
Mon	6/15 - 7/27	5:00 - 5:45 pm	\$81/\$141	\$63/\$110

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

Gaming Galore

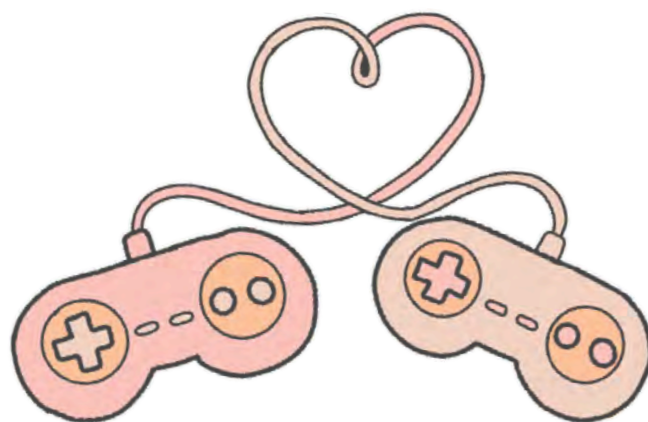
Play some Wii, Xbox, Pac Man, PlayStation 5, Nintendo Switch, board games, and other popular games on our new Smart TV and Infinity Gaming Table! We'll challenge each other all while being team players and practicing sportsmanship as we play both electronic and board games!

Age Group: 16+

Location: Sage TR Center, NISRA

Staff Contact: Nikki

Day	Dates	Time	R/NR Fee
Thu	6/18 - 7/30	5:00 - 5:45 pm	\$63/\$110





Zumba - Pop Ups!

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+

Staff Contact: Anahi

Spoerl Park, Crystal Lake

Day	Dates	Time	R/NR Fee	R/NR Family Fee
Thu	6/25	6:30 - 7:30 pm	\$15/\$26	\$10/\$18

The Centre, Elgin

Day	Dates	Time	R/NR Fee	R/NR Family Fee
Wed	7/22	6:30 - 7:30 pm	\$15/\$26	\$10/\$18

Huntley REC Center

Day	Dates	Time	R/NR Fee	R/NR Family Fee
Wed	8/26	6:30 - 7:30 pm	\$15/\$26	\$10/\$18

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.

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: Nikki

Day	Dates	Time	R/NR Fee
Mon	6/15 - 6/29	5:30 - 7:00 pm	\$54/\$95
Mon	7/6 - 7/20	5:30 - 7:00 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.



*Good Food
Good Mood*

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: Anahi

Day	Dates	Time	R/NR Fee
Fri	6/19 - 7/10	6:30 - 8:00 pm	\$50/\$87
	<i>No program 7/3</i>		
Fri	7/17 - 7/31	6:30 - 8:00 pm	\$50/\$87

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

TEENS & ADULTS

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: Nikki

Day	Dates	Time	R/NR Fee
Wed	6/17 - 7/29	6:00 - 7:30 pm	\$126/\$221
Thu	6/18 - 7/30	6:00 - 7:30 pm	\$126/\$221

NOTE: 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: Anahi

Pickle Haus

Day	Dates	Time	R/NR Fee
Thu	6/18 - 7/30	4:00 - 5:00 pm	\$109/\$190
Thu	6/18 - 7/30	5:00 - 6:00 pm	\$109/\$190

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

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: Nikki

Day	Dates	Time	R/NR Fee
Tue	6/16 - 6/30	6:00 - 7:30 pm	\$89/\$155
Tue	7/7 - 7/21	6:00 - 7:30 pm	\$89/\$155

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.





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+

Randall Oaks Golf Club, West Dundee

Staff Contact: Liceny

Day	Dates	Time	R/NR Fee
Mon	6/8 - 7/6	5:00 - 6:00 pm	FREE!
Mon	6/8 - 7/6	6:00 - 7:00 pm	FREE!

Makray Memorial Golf Club, Barrington

Staff Contact: Nikki

Day	Dates	Time	R/NR Fee
Thu	7/2 - 7/30	4:30 - 5:30 pm	FREE!

NOTE: Please only sign up for one session. In the event of inclement weather, the program will be cancelled. In the event of a cancellation, the program will be extended to August 3.



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	7/9 - 7/30	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.

Let's Jam!

TEENS & ADULTS

Learn to Sail

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

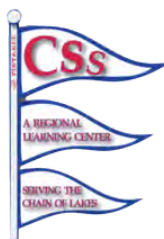
Age Group: 13+

Location: Community Sailing School, Johnsburg

Staff Contact: Taylor

Days	Dates	Time	R/NR Fee
Tue & Thu	6/16 - 6/25	5:30 - 7:30 pm	\$120/\$210
Tue & Thu	7/14 - 7/23	5:30 - 7:30 pm	\$120/\$210

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



Learn to Water Ski

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

Age Group: 13+

Location: Wonder Lake

Staff Contact: Taylor



Days	Dates	Time	R/NR Fee
Mon & Tue	6/1, 6/2, 6/8, & 6/9	6:00 - 8:00 pm	\$24/\$42

NOTE: The Ski Show will be held on the last day of program. In the event of inclement weather, the program will be cancelled. There is a scheduled make-up date on June 15.

Due to a grant, the fees for Learn to Water Ski have been reduced this summer.

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: Nikki

Day	Dates	Time	R/NR Fee
Wed	6/17 - 7/29	5:00 - 5:45 pm	\$86/\$150





Horsemanship

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!

Age Group: 16+

Location: Main Stay Therapeutic Farm, Richmond

Staff Contact: Taylor

Day	Dates	Time	R/NR Fee
Mon	6/15 - 7/27	4:00 - 5:00 pm	\$213/\$373
<i>No program 6/22</i>			

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

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:

6/19: Lippold Park, Crystal Lake

6/26: Fel Pro RRR, Cary

7/10: Randall Oaks Disc Golf Course, Dundee

7/17: Walnut Hallow Disc Golf Course, Cary

7/24: Huntley Park District Golf Course

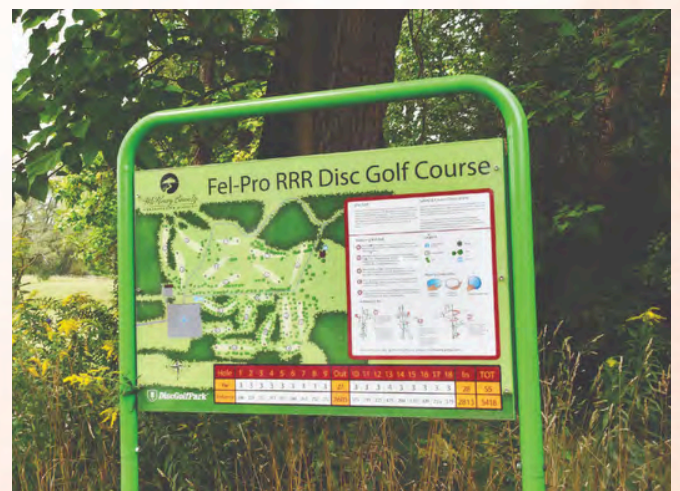
7/31: Group Choice

Staff Contact: Anahi

Day	Dates	Time	No Transportation	Transportation
			R/NR Fee	R/NR Fee
Fri	6/19 - 7/31	4:00 - 5:15 pm	\$60/\$105	\$120/\$165
<i>No program 7/3</i>				

Bus Departs	Transportation Location	Bus Returns
3:30 pm	NISRA Office	5:45 pm

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



TEENS & ADULTS



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	6/17 - 7/22	4:00 - 5:00 pm	\$58/\$101
<i>No program 6/24</i>			

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

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.

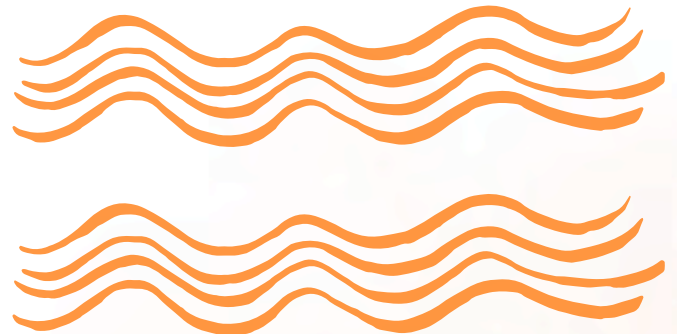
Age Group: 18+

Location: Rakow Center, Carpentersville

Staff Contact: Liceny

Day	Dates	Time	R/NR Fee
Fri	6/19 - 7/31	11:20 am - 12:00 pm	\$62/\$108
<i>No program 7/3</i>			

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.



Making Our Way Through McHenry

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

Age Group: 18+

Locations:

7/10: Bumble Bread

7/17: Rita's Italian Ice & Frozen Custard

7/24: Palace Bowl

7/31: Group Choice

Staff Contact: Taylor

Day	Dates	Time	R/NR Fee
Fri	7/10 - 7/31	3:30 - 4:30 pm	\$60/\$105

NOTE: Program fee includes activity or small treat.

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: Anahi

Day	Dates	Time	R/NR Fee
Mon	6/15 - 7/27	5:00 - 6:30 pm	\$112/\$196

Lucky Bowl

Age Group: 26+

Location: Lucky Strike, Algonquin

Staff Contact: Anahi

Day	Dates	Time	R/NR Fee
Mon	6/15 - 7/27	5:00 - 6:30 pm	\$112/\$196

Elgin Bowl

Age Group: 16+

Location: Elgin Lanes, Elgin

Staff Contact: Liceny

Day	Dates	Time	R/NR Fee
Tue	6/16 - 7/28	3:30 - 5:00 pm	\$112/\$196

Palace Bowl

Age Group: 16+

Location: Palace Bowl, Johnsburg

Staff Contact: Taylor

Day	Dates	Time	R/NR Fee
Wed	6/17 - 7/29	5:00 - 6:30 pm	\$112/\$196

Saturday Bowlers

Age Group: 16+

Location: Kingston Lanes, Woodstock

Staff Contact: Taylor

Day	Dates	Time	R/NR Fee
Sat	6/20 - 8/1	11:00 am - 12:30 pm	\$96/\$168
<i>No program 7/4</i>			



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.



Evening Cruisers

Join us for an evening on the lake! We will be going on a boat ride, playing outdoor games, and having light snacks right on the water.

Location: Cook Park, Wauconda

Staff Contact: Nikki

Day	Date	Time	R/NR Fee
Sat	6/20	5:30 - 7:30 pm	\$34/\$59

Transportation Locations

- NISRA Office
- Sheltered Village
- The Centre, Elgin
- No transportation

NOTE: Sunset may be viewed from shore; the boat ride will occur around dusk, with all loading and unloading completed in daylight. Please only sign up for one session. In the event of inclement weather, the program will be cancelled.

Power Up

Come dressed as your favorite superhero and get ready for an awesome time. Design your very own heroic mask, create awesome crafts, and show off your super suit in style. Strike a powerful pose at our epic photobooth wall and model your costume like the true hero you are! Enjoy exciting games like superhero bingo, snacks, and plenty of super-powered fun with friends.

Location: Seyller Community Room, Hampshire Park District

Staff Contact: Liceny

Day	Date	Time	R/NR Fee
Fri	6/19	6:00 - 8:00 pm	\$31/\$54

Transportation Locations

- NISRA Office
- Sheltered Village
- The Centre, Elgin
- No transportation



Burst into Summer Sip & Paint

Enjoy a relaxing and social atmosphere where you can paint your very own masterpiece while sipping on refreshing mocktails. Whether you're an experienced artist or just looking for a fun, creative outlet, this event is all about having a great time, meeting new friends, and letting your artistic side shine.

Location: Huntley REC Center

Staff Contact: Anahi

Day	Date	Time	R/NR Fee
Fri	6/26	6:00 - 8:00 pm	\$39/\$68

Transportation Locations

- NISRA Office
- Sheltered Village
- The Centre, Elgin
- No transportation

Plant & Paint

Roll up your sleeves and plant your very own vegetable or flower to take home and grow. You'll decorate your own flowerpot, making it uniquely yours before watching your plant thrive at home. Enjoy creative, nature-themed crafts and snacks.

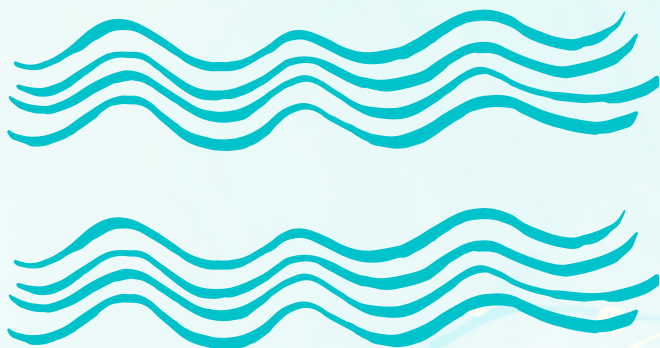
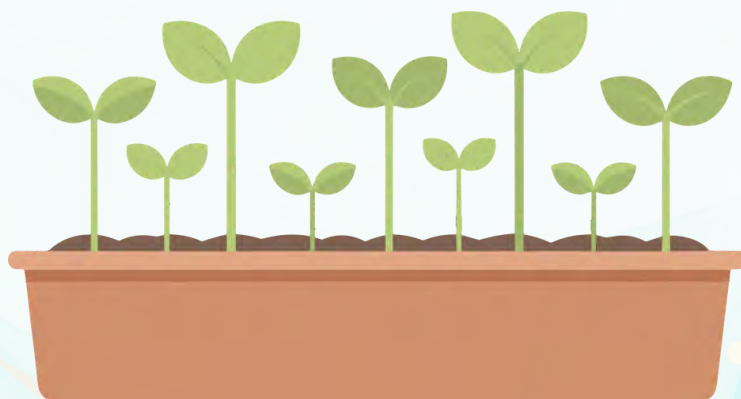
Location: Binnie Forest Preserve, West Dundee

Staff Contact: Liceny

Day	Date	Time	R/NR Fee
Sat	6/27	6:00 - 8:00 pm	\$40/\$70

Transportation Locations

- NISRA Office
- Sheltered Village
- No transportation



Evening Cruisers

Join us for an evening on the lake! We will be going on a boat ride, playing outdoor games, and having light snacks right on the water.

Location: Cook Park, Wauconda

Staff Contact: Nikki

Day	Date	Time	R/NR Fee
Sat	7/11	5:30 - 7:30 pm	\$34/\$59

Transportation Locations

- NISRA Office
- Sheltered Village
- The Centre, Elgin
- No transportation

NOTE: Sunset may be viewed from shore; the boat ride will occur around dusk, with all loading and unloading completed in daylight. Please only sign up for one session. In the event of inclement weather, the program will be cancelled.

The Scoop Zone

We're getting into the sweet zone with an ice cream sundae party! We'll create a delicious sundae, play games, and have the sweetest time hanging out with friends!

Location: The Centre, Elgin

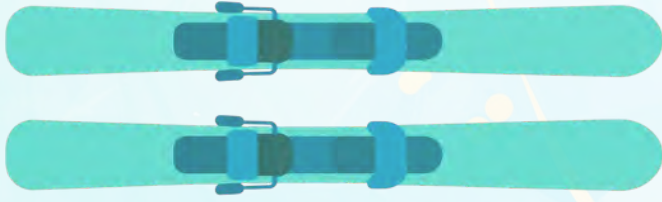
Staff Contact: Liceny

Day	Date	Time	R/NR Fee
Fri	7/10	6:00 - 8:00 pm	\$53/\$93

Transportation Locations

- NISRA Office
- Sheltered Village
- No transportation





Wonder Lake Ski Show

Enjoy a pizza dinner on the hill before watching the Wonder Lake Ski Team show off their skills on the water. Please make sure to bring a blanket or chair to sit on during the program as we will be outdoors watching on the hill.

Location: Wonder Center Beach, Wonder Lake

Staff Contact: Taylor

Day	Date	Time	R/NR Fee
Fri	7/17	6:30 - 8:30 pm	\$41/\$72

Transportation Locations

NISRA Office
Sheltered Village
The Centre, Elgin
No transportation

A Day Out at the Brewery

We're going on a brewery tour! Spend a day out with some buds at the local brewery.

Location: Sew Hop'd, Huntley

Staff Contact: Anahi

Day	Date	Time	R/NR Fee
Sat	7/18	6:00 - 8:00 pm	\$41/\$72

Transportation Locations

NISRA Office
Sheltered Village
The Centre, Elgin
No transportation

Color Me Mine and Sweet Treats

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

Location: Color Me Mine, Crystal Lake

Staff Contact: Anahi

Day	Date	Time	R/NR Fee
Fri	7/24	6:00 - 8:00 pm	\$60/\$105

Transportation Locations

Sheltered Village
The Centre, Elgin
No transportation

Venue in the Park

Take a trip to the Venue in the Park in Marengo to enjoy a night of music with friends. Each participant will get a chance to order light snacks from the concessions or food trucks if available.

Location: Marengo Park District

Staff Contact: Taylor

Day	Date	Time	R/NR Fee
Sat	7/25	6:00 - 8:00 pm	\$36/\$63

Transportation Locations

NISRA Office
Sheltered Village
The Centre, Elgin
No Transportation



Boats & Bites

Brunch, breeze, and boats- what more could you ask for? Join us at Lindy's Landing to order your favorite morning treats, then set sail for a leisurely lap around Bangs Lake. It's a morning of food, fun, and fresh air.

Location: Lindy's Landing, Wauconda

Staff Contact: Nikki

Day	Date	Time	R/NR Fee
Sun	7/26	11:00 am - 2:00 pm	\$66/\$116

Transportation Locations

- NISRA Office
- Sheltered Village
- The Centre, Elgin
- No Transportation

NOTE: Please bring sunscreen.

Boatyard Bonanza

Get ready for a fun and interactive visit to the Sweeps and Sculls Boatyard! Participants will explore rowing up close by checking out the boats and equipment and trying hands-on, dryland activities like practicing how to get in and out of a boat and rowing with oars on land. No water time—just plenty of engaging, on-land fun!

Location: Sweeps & Sculls Boatyard at Port Barrington Marina

Staff Contact: Anahi

Day	Date	Time	R/NR Fee
Sat	8/8	12:00 - 1:30 pm	\$39/\$68

Transportation Locations

- NISRA Office
- The Centre, Elgin
- No Transportation

NOTE: This program takes place outdoors, so come prepared with sunscreen, bug spray, and comfortable clothing. Please note that accessibility may vary depending on weather conditions. In the event of inclement weather, the program will be cancelled.



Pool Party

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

Location: Woodstock Water Works

Staff Contact: Taylor

Day	Date	Time	R/NR Fee
Sat	8/1	7:30 - 9:30 pm	\$28/\$49

Transportation Locations

- NISRA Office
- The Centre, Elgin
- No Transportation

NOTE: Bring or wear a swimsuit and towel.



ADULTS - 21 & OLDER

Concerts in the Park

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

Age Group: 21+

Location: Main Beach, Crystal Lake

Staff Contact: Anahi

Day	Dates	Time	R/NR Fee
Tue	6/9 - 6/30	6:30 - 8:30 pm	\$40/\$70

NOTE: Concerts start at 7:00 pm. Participants are to meet staff at the front gate at Main Beach. Staff will wait 5 minutes before entering. This event may have food to be purchased. Please bring money if you would like to purchase anything. Bring a blanket or folding chair to sit on. In the event of inclement weather, the program will be cancelled.



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: 21+

Location: Sage TR Center, NISRA

Staff Contact: Anahi

Day	Dates	Time	R/NR Fee
Thu	6/18 - 7/30	3:30 - 4:30 pm	\$89/\$156

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	R/NR Fee	
			No Transportation	Transportation
Wed	6/24, 7/8, & 7/22	12:00 - 2:00 pm	\$54/\$95	\$84/\$125

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



Lunch Bunch

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

Age Group: 21+

Locations:

6/17: MOD Pizza, Algonquin

7/1: BBQ King, Huntley

7/15: Maple & Hash, West Dundee

7/29: Group Choice

Staff Contact: Taylor

Day	Dates	Time	R/NR Fee
Wed	6/17, 7/1 7/15, & 7/29	11:45 am - 1:00 pm	\$156/\$273

Bus Departs	Transportation Location	Bus Returns
11:15 am	NISRA Office	1:30 pm



Canvas and Coffee Bar

NEW!

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	6/15 - 7/6	10:30 - 11:30 am	\$42/\$74



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:

6/18: Grounds Coffee Bar, Crystal Lake

6/25: Summer Moon, Crystal Lake

7/2: Aroma Coffee and Wine, Crystal Lake

7/9: Conscious Cup Coffee Roasters, Crystal Lake

7/16: Daily Projects Coffee Bar and Eatery, Algonquin

7/23: Einstein Bros. Bagels, Lake in the Hills

7/30: Group Choice

Staff Contact: Anahi

Day	Dates	Time	R/NR Fee
Thu	6/18 - 7/30	10:00 - 11:00 am	\$91/\$159

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

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.

Crystal Lake Fire Department Tour

Tour the Crystal Lake Fire Department and learn about the important work firefighters do to keep the community safe. Participants will explore the firehouse, see the equipment used in emergencies, and have the opportunity to ask questions and learn how the department responds to different situations. This may be a loud environment due to the nature of the firehouse and the equipment being demonstrated. If a fire call comes in during our visit, the alarms will sound and cannot be silenced.

Location: Crystal Lake Fire Station

Day	Dates	Time	R/NR Fee
Mon	6/15	6:00 - 7:00 pm	\$19/\$33

July BBQ & Yard Games

Join us for a July BBQ! Enjoy burgers, hot dogs, and tasty sides while spending time together outdoors. We'll play large yard games, share conversation topics, and take time to relax, connect, and celebrate summer as a group.

Location: Randall Oaks Park and Zoo, West Dundee

Day	Dates	Time	R/NR Fee
Mon	7/13	6:00 - 7:00 pm	\$26/\$45

NOTE: The group will gather at picnic spot 2 (subject to change).



Self Defense & Community Safety

Learn practical self-defense skills with Midwest Academy of TKD and join the conversation on staying safe in your community. Empower yourself with tools to stay aware, confident, and prepared.

Location: The Centre, Elgin

Day	Dates	Time	R/NR Fee
Wed	6/24	6:00 - 7:00 pm	\$32/\$57

From Store to Home: Pet Care Basics

Visit PetSmart for a store tour including talking about the pet hotel and doggy daycare while learning the basics of being a great pet parent. We'll talk about daily pet care, budgeting for pet food and supplies, and the yearly costs of vaccines and other essential items needed to keep pets healthy and happy.

Location: PetSmart, Crystal Lake

Day	Dates	Time	R/NR Fee
Mon	8/10	6:00 - 7:00 pm	\$19/\$33

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

Glass Reactions Plate & Decorative Plant Stake

Day	Date	Time	R/NR Fee
Tue	6/23	6:00 7:00 pm	\$36/\$63

Fused Glass Workshop

Fishing Around Bowl & Fireworks Celebration Dish

Day	Date	Time	R/NR Fee
Tue	7/21	6:00 7:00 pm	\$36/\$63

Paint Night Workshop

Join our art instructor for a step-by-step acrylic summer-themed masterpiece.

Day	Date	Time	R/NR Fee
Tue	7/7	5:30 - 7:00 pm	\$24/\$42

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



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	6/16 - 7/28	6:30 - 7:15 pm	\$102/\$178

CULTURAL ARTS

Theater Troupe Presents... **Annie Jr.**

The world's favorite orphan takes the stage in this heartwarming, family-friendly musical adventure. Set in 1930s New York City during the Great Depression, Annie Jr. follows the spunky and optimistic Annie as she dreams of finding the parents who left her at an orphanage years ago. Along the way, she discovers friendship, courage, and the true meaning of family. With teamwork, creativity, and plenty of fun, our talented cast brings the bustling streets of New York to life in a production filled with laughter, heart, and unforgettable moments! You won't want to miss this joyful and inspiring show!

Age Group: 8+

Location: Cosman Theater, Huntley REC Center

Detail	Day	Dates	Time
Auditions	Wed	8/12	5:00 - 7:30 pm
Rehearsals	Wed	8/19 - 11/4	6:30 - 8:00 pm
Dress Rehearsal	Wed	11/11	6:30 - 8:00 pm
Dress Rehearsal	Thu	11/12	6:30 - 8:00 pm
Performance	Fri	11/13	7:00 pm
Performance	Sat	11/14	12:00 pm

No Transportation R/NR Fee	Transportation R/NR Fee
\$285/\$499	\$405/\$619

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

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



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	6/24 - 8/5	1:00 - 1:45 pm	\$60/\$105
	No program 7/8		

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	6/18 - 7/30	6:00 - 6:45 pm	\$77/\$134



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	6/18 - 7/30	6:30 - 7:15 pm	\$98/\$172

Encore! Joyful Noise Choir Junior

Love music? Love being creative? Want to try something new? Join us for Joyful Noise Jr! Participants will sing, move, and play instruments with their peers while learning both popular and classical music. Express yourself and make friends through music!

Age Group: 7 - 15

Location: Sage TR Center, NISRA

Day	Dates	Time	R/NR Fee
Thu	6/18 - 7/30	5:30 - 6:15 pm	\$98/\$172

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	6/15 - 7/27	3:00 - 7:00 pm	\$168/\$294
No program 7/13		*3:00, 3:30, 4:00, 4:30, 5:00, 5:30, 6:00, 6:30	
Thu	6/18 - 7/30	2:00 - 6:00 pm	\$168/\$294
No program 7/9		*2:00, 2:30, 3:00, 3:30, 4:00, 4:30, 5:00, 5:30	





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 Track & Field

Age Group: 8+

Location: Marlowe Middle School, Lake in the Hills

Day	Dates	Time	R/NR Fee
Mon	6/1 - 6/8	5:00 - 6:00 pm	\$62/\$79

Summer Games: June 12-14

Special Olympics State Tennis

Age Group: 16+

Location: Crystal Lake Racket Club, Algonquin

Day	Dates	Time	R/NR Fee
Mon	8/3 - 8/10	4:00 - 5:30 pm	\$64/\$82

State Tennis: August 15 - 16

Special Olympics State Unified Golf

Age Group: 16+

Location: Randall Oaks Golf Course, West Dundee

Day	Dates	Time	R/NR Fee	Partner Fee
Wed	9/2 - 9/9	6:00 - 8:00 pm	\$64/\$82	\$0

State Golf: September 12 - 13

Special Olympics State Soccer

Teal Knights - All Abilities/Beginner

Age Group: 16+

Location: Tomaso Sports Park, Huntley

Day	Dates	Time	R/NR Fee
Wed	6/3 - 6/10	5:00 - 6:00 pm	\$62/\$79

Black Knights - Intermediate/Advanced

Age Group: 16+

Location: Tomaso Sports Park, Huntley

Day	Dates	Time	R/NR Fee
Wed	6/3 - 6/10	5:00 - 6:00 pm	\$62/\$79

Summer Games: June 12-14

Special Olympics State Golf 3-6-9

Age Group: 16+

Location: Randall Oaks Golf Course, West Dundee

Day	Dates	Time	R/NR Fee
Wed	9/2 - 9/9	6:00 - 8:00 pm	\$64/\$82

State Golf: September 12 - 13

SPECIAL OLYMPICS

Gold in Sight...cont'd

Special Olympics Softball

Purple Knights - All Abilities

Age Group: 16+

Location: Elgin Sports Complex, Elgin - Field 10

Day	Dates	Time	R/NR Fee
Tue	9/1 - 9/8	6:00 - 7:00 pm	\$62/\$79

Teal Knights - Beginner/Intermediate

Age Group: 16+

Location: Lippold Park, Crystal Lake - Blue Field

Day	Dates	Time	R/NR Fee
Tue	9/1 - 9/8	5:00 - 6:00 pm	\$62/\$79

White Knights - Intermediate

Age Group: 16+

Location: Tomaso Sports Park, Huntley - Field D

Day	Dates	Time	R/NR Fee
Tue	9/1 - 9/8	6:00 - 7:00 pm	\$62/\$79

Black Knights - Advanced

Age Group: 16+

Location: Lippold Park, Crystal Lake - Green Field

Day	Dates	Time	R/NR Fee
Tue	9/1 - 9/8	5:00 - 6:00 pm	\$62/\$79

State Softball: September 12 - 13



Summer Games

Special Olympics Summer Games

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

Age Group: 8 & Older

Location: ISU, Bloomington-Normal

Staying with NISRA

Days	Dates	Fee
Fri - Sun	6/12 - 6/14	\$60

Bus Departs Transportation Location

5:45 am The Centre, Elgin

6:30 am NISRA Office

*Check Rainout Line for the return time on Sunday, 6/14.

Staying with Family

Days	Dates	Fee
Fri - Sun	6/12 - 6/14	*

*Athlete received tournament fee from Gold in Sight Program or spring program registration.

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

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

Special Olympics Flag Football

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

Teal Knights - All Abilities

Age Group: 16+

Location: Lippold Park, Crystal Lake

Day	Dates	Time	R/NR Fee
Wed	7/29 - 9/23	5:30 - 6:30 pm	\$139/\$213

Black Knights - Intermediate/Advanced

Age Group: 16+

Location: Lippold Park, Crystal Lake

Day	Dates	Time	R/NR Fee
Wed	7/29 - 9/23	5:30 - 6:30 pm	\$139/\$213

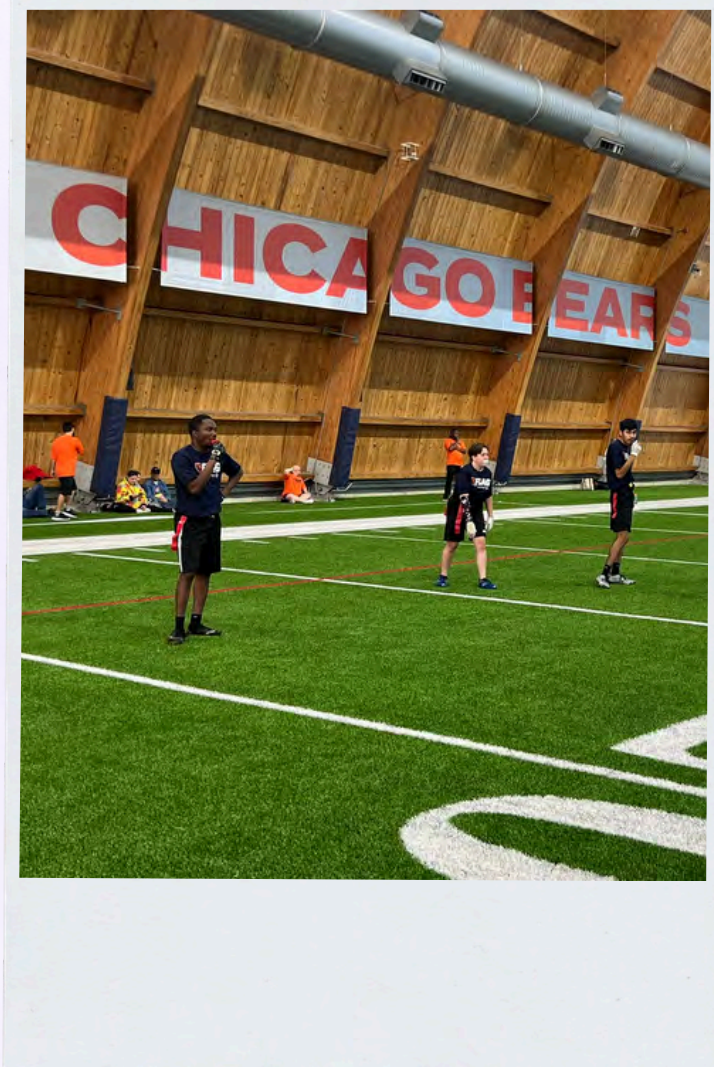
Regional Tournament: TBD

ITRS Tournament: August 23

Gold in Sight Practices: October 28 & November 4

State Tournament: November 7 - 8

NOTE: A mouth guard is required. Please check Rainout line for weekly updates. Please register according to the skill level for each team. NISRA reserves the right to adjust teams as needed for safety reasons. Athletes who also play bocce will have some overlap if their team qualifies for the state competition. State for both sports are on the same weekend. If the team qualifies for State, they will be registered for an additional two weeks of practice. You will receive an e-mail with information about additional practices and fees. A flyer will be sent with additional information and a fee for State.



Special Olympics Floor Hockey

Shoot your best shot in this fast-paced Floor Hockey program! We'll focus on developing skills and understanding the game while playing weekly games with other SRAs.

Age Group: 16+

Location: Chesak Elementary, Lake in the Hills

Day	Dates	Time	R/NR Fee
Mon	9/14 - 11/9	7:00 - 8:00 pm	\$139/\$213

ITRS Tournament: September 27

State Tournament: November 14 or 21

NOTE: Athletes must provide their own full face helmets, padded field hockey gloves, shin guards and mouth guards.



SPECIAL OLYMPICS

Special Olympics Volleyball

Bump, set, and spike... athletes can practice the fundamentals of volleyball and compete against other SRAs.

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

Purple Knights - Beginner/Intermediate Skills

Age Group: 16+

Location: The Centre, Elgin

Day	Dates	Time	R/NR Fee
Tue	7/28 - 9/22	6:30 - 8:00 pm	\$148/\$229

Black Knights - Intermediate/Advanced Skills

Age Group: 16+

Location: Marlowe Middle School, Lake in the Hills

Day	Dates	Time	R/NR Fee
Tue	7/28 - 9/22	6:30 - 8:00 pm	\$148/\$229

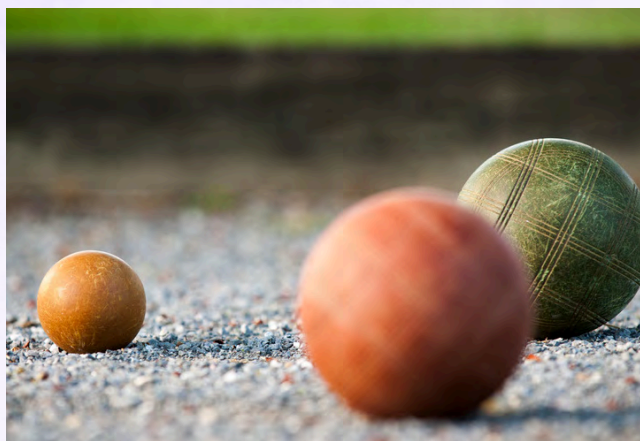
Regional Tournament: TBD

ITRS Tournament: September 27 or October 4

Gold in Sight Practices: October 6 & 13

Fall Games: October 17 -18

NOTE: If the team qualifies for Fall Games, they will be registered for an additional two weeks of practice. You will receive an e-mail with information about additional practices and fees. A flyer will be sent with additional information and a fee for State.



Bocce Ball

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

Age Group: 8+

Location: Woodscreek Park, Crystal Lake

Day	Dates	Time	R/NR Fee
Thu	7/30 - 9/17	5:00 - 6:00 pm	\$108/\$174
Thu	7/30 - 9/17	6:00 - 7:00 pm	\$108/\$174

Regional Tournament: September 19

Gold in Sight Practices: October 29 & November 5

State Tournament: November 7 - 9

NOTE: Please only sign up for one session. Athletes who also play Flag Football will have some overlap if their team qualifies for the state competition. State for both sports are on the same weekend. If your athlete receives a gold medal at the regional tournament, they will be registered for an additional two weeks of practice. You will receive an e-mail with information about additional practices and fees. A flyer will be sent with additional information and a fee for State.

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 contact NISRA's Executive Director.

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 42 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 SUMMER 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 XX**.

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

Registration forms received after the May 14 deadline will be reviewed after June 15, 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.



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

FALL BROCHURE PREVIEW: JULY 13
FALL BROCHURE AVAILABLE: JULY 16

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

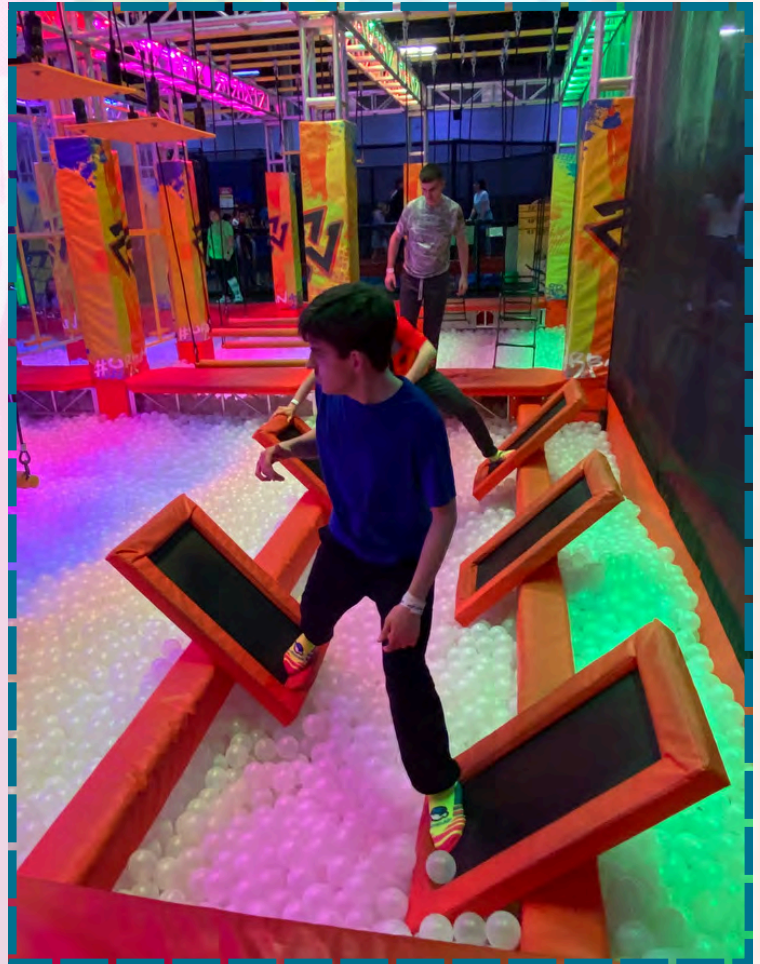
Village of Lake in the Hills

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.

