

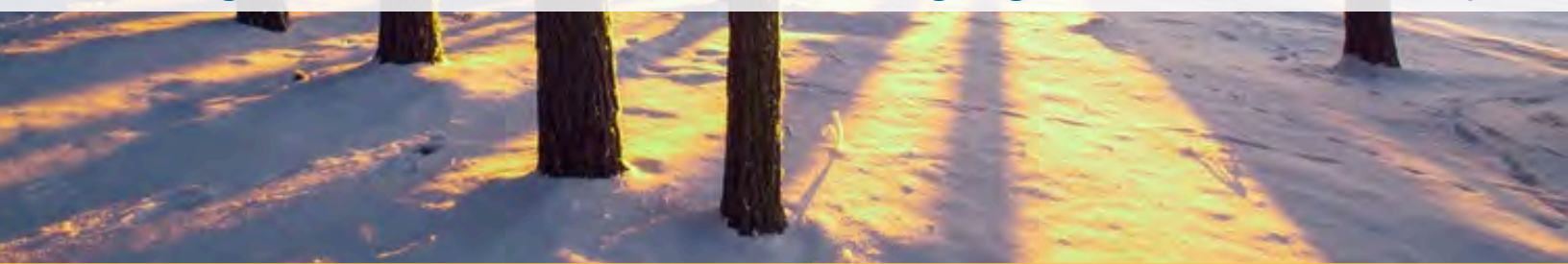
**NISRA**  
Northern Illinois  
Special Recreation Association

**WINTER &  
SPRING 2026**

**Registration Begins: November 13**

**Winter Registration Ends: December 11**

**Spring Registration Ends: February 13**





# WHAT'S NEW?

## RecTrac & ePact

### NISRA's New Registration System Is Here!

We launched WebTrac, our new online registration system that makes it easier than ever for families to create accounts, view programs, and register online. The WebTrac link and setup instructions can be found at [nisra.org](http://nisra.org) under "register". Once your WebTrac account is approved, you'll be ready to register for Winter/Spring 2026 programs.

After registering, families will receive an email invitation to complete participant information through ePact, NISRA's secure emergency and medical information system. All ePact information must be completed by December 19, 2025. Participants whose ePact profiles are not completed by this date may be dropped from their Winter/Spring programs.

### New Features & Important Changes

#### 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 canceled 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
- Be sure ePact notifications are enabled to avoid missed updates

#### Financial Assistance

- Families receiving financial aid will receive details on how to apply it through WebTrac

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

**THANK YOU FOR YOUR COOPERATION DURING THE ROLLOUT OF OUR NEW REGISTRATION SYSTEM AND PROCESS!**

## NISRA's 50<sup>th</sup> Anniversary

NISRA is turning **50** in 2026! We're celebrating five decades of recreation, friendships, and community and you bet you're all invited to join in on the fun!



Stay tuned for exciting updates and fun ways to celebrate with us all year long. Follow us on social media and check your email for the latest on our 50th Anniversary festivities!

## WINTER SESSION DATES

*Please refer to each program for exceptions!*

**Mondays:** January 26 - March 2

**Tuesdays:** January 20 - March 3

**Wednesdays:** January 21 - March 4

**Thursdays:** January 22 - March 5 \*No program January 29

**Fridays:** January 23 - March 6 \*No program January 30

**Saturdays:** January 24 - March 7 \*No program January 31

## SPRING SESSION DATES

*Please refer to each program for exceptions!*

**Mondays:** April 6 - May 11

**Tuesdays:** April 7 - May 12

**Wednesdays:** April 8 - May 13

**Thursdays:** April 9 - May 14

**Fridays:** April 10 - May 15

**Saturdays:** April 11 - May 16

## DEADLINES

**Resident Priority Registration Begins:** November 13

**Resident Priority Registration Ends:** December 2

**Non-Resident Registration Begins:** December 3

**Winter Registration Deadline:** December 11

**Complete ePact Setup:** December 19

**Spring Registration Deadline:** February 13

## OFFICE CLOSURE DATES

**November 27 - 28, 2025**

**December 24, 25, & 31, 2025**

**January 1, 2026**

**May 25, 2026**

## LOOKING AHEAD

**Summer Brochure Preview Begins:** April 13

**Summer Brochure & Registration Opens:** April 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!

## Key to Symbols/Abbreviations:

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

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



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

No Program

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

Min/Max

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



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



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



**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](http://www.nisra.org) | [info@nisra.org](mailto: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.



# 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, B.A., 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*

**Mara Golden, 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 Eliscu, B.S., CTRS, ext. 226**  
*Manager of Special Olympics*

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

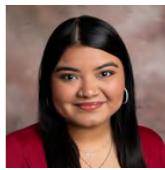
**Jordan Chandler, B.S., CTRS, ext. 234**  
*Manager of Summer Day Camp & Outreach*

**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!*

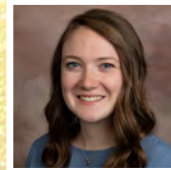


### Anahi Troncoso- Central Region

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., 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*

### Mackey Leech, DSP, ext. 235

*LIFE Program Recreation Specialist, Huntley*

### Nikki Eisenrich, B.S.

*Veterans Fitness and Fellowship Program 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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**YOUTH & YOUNG TEENS**

**TEENS & ADULTS**

**ADULTS - 21 AND OLDER**

**CULTURAL ARTS**

**SPECIAL OLYMPICS**



**Do You Know?**



*For every \$1 given to the Foundation:*

- 82 cents goes to support NISRA programs and services
- 15 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*

Annette Hammortree, *Vice President*

Julie Amendt, *Treasurer*

Jim Wiseman, *Secretary*

Scott Gallagher

Cheryl Hayes

Reggie Layoff

Jessica Loustaunau

Randy Splitt

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



*Melissa Cooney*



**stryker**



# GIVE THE GIFT OF FUN!

## SAVE THE DATES!

### Valentine's Day Diamond Raffle

February 2026

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

### Bowl-A-Thon

April 2026

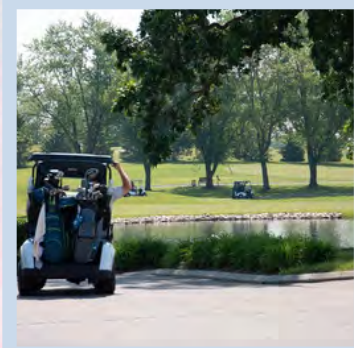
*Strikeout with this ultimate FUNdraiser that gets the whole family involved! Bowl with NISRA or on your own with your friends and family, with chances to win awards and prizes! This is fun for EVERYONE!*



### Spring Shootout

June 2026

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



## GET INVOLVED!

#### Have some time?

Join a committee!

#### Have a few hours?

Volunteer the day of an event!

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

Consider sponsorship or in-kind donations!

#### NISRA Foundation Events Include:

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

**VOLUNTEER**

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

#### Benefits Include:

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

**SPONSOR**

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

#### Benefits:

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

**IN-KIND DONATIONS**

#### In-Kind Donation Examples:

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



**NISRA**  
Foundation

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



# DANCES & SPRING BREAK SCENE

## Valentine's Day Dance

It's that irresistible holiday...Valentine's Day! Let's boogie to the music, enjoy refreshments, a light snack and socialize!

**Age Group:** 18 & Older

**Location:** Cosman Theater, Huntley REC Center

**Staff Contact:** MacKenzie

Day	Date	Time	No Transportation	Transportation
			R/NR Fee	R/NR Fee
Fri	2/6	6:00 - 8:00 pm	\$18/\$31	\$28/\$41

### Transportation Locations

NISRA Office

McHenry Recreation Center

Sheltered Village

The Centre, Elgin

No transportation

## Spring Break Scene

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

**Age Group:** 8 - 21

**Location:** Sage TR Center, Crystal Lake

**Staff Contact:** Jordan

Days/Dates	Time	R/NR Fee
Mon - Fri, 3/23 - 3/27	9:00 am - 3:00 pm	\$215/\$376

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

# SPECIAL EVENTS

## Transportation Update & Locations

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

## Windy City Bulls

It's game time! We're headed to see the Windy City Bulls - the NBA G League affiliate of the Chicago Bulls. They're facing the Delaware Blue Coats!

**Age Group:** 18+

**Location:** NOW Arena, Hoffman Estates

**Staff Contact:** MacKenzie

Day	Date	Time	R/NR Fee
Sat	1/10	*7:00 pm game time	\$60/\$104

### 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.

## Disney On Ice

Guided by Mickey, Minnie, Donald, Goofy, and a Magical MousePad, the show journeys through the adventures of characters from Frozen, Encanto, Zootopia, Toy Story, and the Disney Princesses, creating an unforgettable family experience through world-class ice skating, dazzling sets, and music. *As part of the magical experience, several Disney On Ice shows feature special effects, including a safe theatrical fog, strobe lights and dazzling special effects.*

**Age Group:** 18+

**Location:** Allstate Arena, Rosemont

**Staff Contact:** MacKenzie

Day	Date	Time	R/NR Fee
Sun	1/25	2:30 - 5:00 pm	\$103/\$181

### Transportation Locations

NISRA Office

The Centre, Elgin

**NOTE:** This venue is cashless, please bring cashless payment if wanting to purchase souvenirs and/or food.





## Tiki Terrace

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

**Age Group:** 18+

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

**Staff Contact:** MacKenzie

Day	Date	Time	R/NR Fee
Sat	2/28	3:30 - 8:00 pm	\$103/\$181

### Transportation Locations

NISRA Office

The Centre, Elgin

## 32<sup>nd</sup> Annual Recognition Night

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

**Age Group:** 3+

**Location:** The Centre, Elgin

**Staff Contact:** MacKenzie

Day	Date	Time	Fee (Participant)
Mon	3/9	6:00 - 8:30 pm	\$10

Adult Family Member	Children's Meal	Sponsor a Participant
\$35	\$15	\$10

**NOTE:** Attendees under the age of 15 must be accompanied by an adult.



## Chicago Wolves

Experience the excitement of extreme ice hockey as we watch our very own Chicago Wolves. We'll be watching the Wolves take on the Grand Rapids Griffins.

**Age Group:** 18+

**Location:** Allstate Arena, Rosemont

**Staff Contact:** MacKenzie

Day	Date	Time	R/NR Fee
Sun	3/15	*5:00 pm game time	\$72/\$126

### Transportation Locations

NISRA Office

The Centre, Elgin

**NOTE:** This venue is cashless, please bring cashless payment if wanting to purchase souvenirs and/or food.



# SPECIAL EVENTS

## Medieval Times

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

**Age Group:** 16+

**Location:** Medieval Times, Schaumburg

**Staff Contact:** MacKenzie

Day	Date	Time	R/NR Fee
Sun	4/19	1:00 - 4:00 pm	\$94/\$164

### Transportation Locations

NISRA Office

The Centre, Elgin

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



## Shedd Aquarium

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

**Age Group:** 18+

**Location:** Shedd Aquarium, Chicago

**Staff Contact:** MacKenzie

Day	Date	Time	R/NR Fee
Sun	5/17	10:00 am - 2:00 pm	\$106/\$186

### Transportation Locations

NISRA Office

The Centre, Elgin

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

## South Pacific Musical

**NEW!**

Set in a tropical paradise with warm sea breezes, breathless sunsets and B-29 Bombers. South Pacific is an uplifting musical tale that follows World War II Armed Services personnel, Ensign Nellie Forbush, and Lt. Joseph Cable through spy missions, war-time drama, and romance. Balancing duties to their country with their island expectations, they each find themselves irresistibly falling in love on foreign soil. But will that love translate back in the States?

**Age Group:** 18+

**Location:** Paramount Theater, Aurora

**Staff Contact:** MacKenzie

Day	Date	Time	R/NR Fee
Sun	5/3	1:00 - 4:00 pm	\$100/\$175

### Transportation Locations

NISRA Office

The Centre, Elgin





## Sibshops

### A group for SIBLINGS of Children with Disabilities!

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

**Age Group:** 7 -12

**Locations:**

**1/24:** Huntley REC Center

**2/21:** The Centre, Elgin

**3/21:** Sage TR Center, NISRA

**4/18:** Huntley REC Center

**Min/Max:** 4/12

**Staff Contact:** Mia



Day	Date	Time	R/NR Fee
Sat	1/24	11:30 am - 1:30 pm	FREE!
Sat	2/21	11:30 am - 1:30 pm	FREE!
Sun	3/22	11:30 am - 1:30 pm	FREE!
Sun	4/19	11:30 am - 1:30 pm	FREE!

**NOTE:** Light snacks will be provided.

### 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	1/21 - 3/4	5:00 - 6:30 pm	\$74/\$129
Wed	4/8 - 5/13	5:00 - 6:30 pm	\$63/\$110

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

## 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 Member 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. **Contact Nikki Freeman at [nfreeman@nisra.org](mailto:nfreeman@nisra.org) to schedule.**

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

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



# SENSORY PROGRAMS

## Individual Snoezelen® Therapy

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

**Age Group:** 3+

**Location:** Sage TR Center, NISRA

**Staff Contact:** Nikki

Day	Dates	Time	R/NR Fee
Tue	1/20 - 3/3	11:30 am - 1:30 pm *11:30, 12:00, 12:30, 1:00	\$109/\$190
Wed	1/21 - 3/4	4:00 - 6:00 pm *4:00, 4:30, 5:00, 5:30	\$109/\$190
Tue	4/7 - 5/12	11:30 am - 1:30 pm *11:30, 12:00, 12:30, 1:00	\$93/\$163
Wed	4/8 - 5/13	4:00 - 6:00 pm *4:00, 4:30, 5:00, 5:30	\$93/\$163

**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 and 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	1/20 - 3/3	4:30 - 5:00 pm	\$60/\$104
9 - 15	Tue	1/20 - 3/3	5:00 - 5:30 pm	\$60/\$104
16 - 25	Tue	1/20 - 3/3	5:30 - 6:00 pm	\$60/\$104
3 - 8	Tue	4/7 - 5/12	4:30 - 5:00 pm	\$51/\$89
9 - 15	Tue	4/7 - 5/12	5:00 - 5:30 pm	\$51/\$89
16 - 25	Tue	4/7 - 5/12	5:30 - 6:00 pm	\$51/\$89

**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

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



## Fitness Swim

Dip in the pool for some water exercises or 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:** 21+

**Suggested Ability Level:** Participants with physical limitations

**Location:** Rakow Center, Carpentersville

**Staff Contact:** Liceny

Day	Dates	Time	No Transportation	Door-to-Door
			R/NR Fee	R Fee
Fri	4/10 - 5/15	11:20 - 12:00 pm	\$62/\$108	\$152

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

## Stretch 'n Tone

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

**Age Group:** 21+

**Suggested Ability Level:** Participants with physical limitations

**Location:** Huntley REC Center

**Staff Contact:** Taylor

Day	Dates	Time	No Transportation	Door-to-Door
			R/NR Fee	R Fee
Thu	1/22 - 3/5	10:30 - 11:30 am	\$62/\$108	\$152
No program 1/29				





# INDIVIDUALS WITH PHYSICAL LIMITATIONS

## Out-n-About

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

**Age Group:** 21+

**Suggested Ability Level:** Participants with physical limitations

### Winter Locations:

**1/21:** Algonquin Library Makerspace & Treat

**1/28:** Bowling, Lucky Strike

**2/4:** Group Choice

### Spring Locations:

**4/8:** Spring into Spring, NISRA Office

**4/15:** Movies at Classic Cinemas 12

**4/22:** Group Choice

**Staff Contact:** Liceny

Day	Dates	Time	No Transportation	Door-to-Door
			R/NR Fee	R Fee
Wed	1/21 - 2/4	6:00 - 8:00 pm	\$56/\$97	\$101
Wed	4/8 - 4/22	6:00 - 8:00 pm	\$56/\$97	\$101

**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.



## 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+

**Suggested Ability Level:** Participants with physical limitations

### Winter Locations:

**2/11:** On The Border, Algonquin

**2/18-3/4:** Group Choice

### Spring Locations:

**4/29:** Rookies, Huntley

**5/6-5/13:** Group Choice

**Staff Contact:** Liceny

Day	Dates	Time	No Transportation	Door-to-Door
			R/NR Fee	R Fee
Wed	2/11 - 3/4	6:00 - 8:00 pm	\$138/\$242	\$198
Wed	4/29 - 5/13	6:00 - 8:00 pm	\$104/\$181	\$149

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.



## 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	1/23 - 3/6 <i>No program 1/30</i>	5:00 - 5:45 pm	\$99/\$173

Fri	4/10 - 5/15	5:00 - 5:45 pm	\$99/\$173
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**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.



## Aqua Explorers

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

**Age Group:** 5 - 15

**Location:** The Centre, Elgin

**Staff Contact:** Liceny

Day	Dates	Time	R/NR Fee
Mon	1/26 - 3/2	5:00 - 5:45 pm	\$62/\$108
Mon	4/6 - 5/11	5:00 - 5:45 pm	\$62/\$108



## Swim Skills

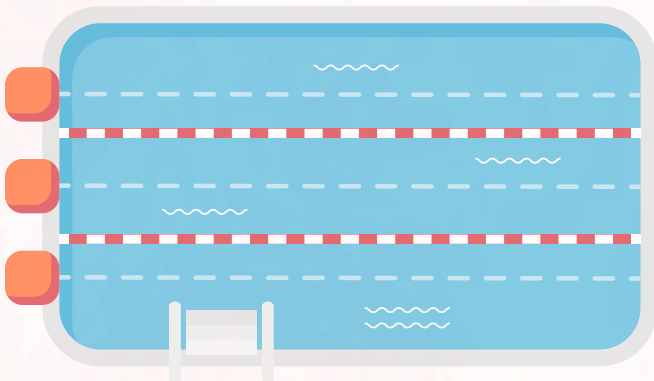
This swim program is geared to those swimmers who need to learn basic swim skills. The class will be tailored to your child's swim ability with the goal of having your child feel comfortable and safe in the pool. Swimmers will be introduced to basic water skills, breath holding, and submersion progressions.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

**Age Group:** 5 - 15

**Location:** Rakow Center, Carpentersville

**Staff Contact:** Liceny

Day	Dates	Time	R/NR Fee
Thu	1/22 - 3/5 <i>*No program 1/29</i>	6:30 - 7:00 pm	\$93/\$163
Thu	1/22 - 3/5 <i>*No program 1/29</i>	7:00 - 7:30 pm	\$93/\$163
Thu	4/9 - 5/14	6:30 - 7:00 pm	\$93/\$163
Thu	4/9 - 5/14	7:00 - 7:30 pm	\$93/\$163





# YOUTH & YOUNG TEENS

## 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:** Licensy

Day	Dates	Time	R/NR Fee
Sat	1/24 - 3/7	10:00 am - 1:00 pm	\$114/\$200

*No program 1/31*

Sat	4/11 - 5/16	10:00 am - 1:00 pm	\$114/\$200
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**NOTE:** Please bring a labeled sack lunch, drink, swimsuit, and towel. Parents please pick up your child at the pool at 12:50 pm.

## Special Focus Karate

The martial arts are a great way to develop physical 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.

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

**Staff Contact:** Anahi

Day	Dates	Time	R/NR Fee
Sat	1/17 - 3/21	11:15 am - 12:00 pm	\$153/\$268

*No program 1/31*

Sat	4/11 - 5/16	11:15 am - 12:00 pm	\$102/\$179
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**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.



## Youth Bowling

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

## Lucky Strike, Algonquin

**Age Group:** 8 - 15

**Staff Contact:** Anahi

Day	Dates	Time	R/NR Fee
Mon	1/26 - 3/2	5:00 - 6:30 pm	\$92/\$160
Mon	4/6 - 5/11	5:00 - 6:30 pm	\$92/\$160

## Elgin Lanes, Elgin

**Age Group:** 8 - 15

**Staff Contact:** Licensy

Day	Dates	Time	R/NR Fee
Tue	1/20 - 3/3	5:00 - 6:30 pm	\$107/\$187
Tue	4/7 - 5/12	5:00 - 6:30 pm	\$92/\$160

**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
Sat	1/10 - 3/7 <i>No program 1/31</i>	8:45 - 9:30 am	\$52/\$91
Sat	3/14 - 5/16 <i>No program 3/28, 4/4, 4/18</i>	8:45 - 9:30 am	\$46/\$80

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



## 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

**Staff Contact:** Anahi

Day	Dates	Time	R/NR Fee
Wed	4/22 - 5/13	5:30 - 6:15 pm	\$36/\$63

**NOTE:** Please bring a baseball glove and water bottle. Meet at the accessible Buddy Baseball Field off of Haligus Road, near the skate park.



## 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](mailto:kim.johnson@crystalicehouse.com)



## 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	1/20 - 3/3	5:30 - 6:15 pm	\$61/\$107
Tue	4/7 - 5/12	5:30 - 6:15 pm	\$53/\$92

# T-BALL



# YOUTH & YOUNG TEENS

## Super Saturdays

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

**Age Group:** 6 - 15

**Location:** Sage TR Center, NISRA

**Staff Contact:** Nikki

Day	Dates	Time	R/NR Fee
Sat	1/24 - 3/7	11:00 am - 1:00 pm	\$114/\$200
	No program 1/31		
Sat	4/11 - 5/16	11:00 am - 1:00 pm	\$114/\$200

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



## 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	1/21 - 3/4	4:00 - 5:00 pm	\$410/\$717
Wed	1/21 - 3/4	5:15 - 6:15 pm	\$410/\$717
Wed	4/8 - 5/13	4:00 - 5:00 pm	\$351/\$614
Wed	4/8 - 5/13	5:15 - 6:15 pm	\$351/\$614

**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.

## Aqua Explorers

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

**Age Group:** 16+

**Location:** The Centre, Elgin

**Staff Contact:** Liceny

Day	Dates	Time	R/NR Fee
Mon	1/26 - 3/2	4:15 - 5:00 pm	\$62/\$108
Mon	4/6 - 5/11	4:15 - 5:00 pm	\$62/\$108

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





# YOUTH & YOUNG TEENS



## 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	1/20 - 3/3	6:30 - 7:45 pm	\$116/\$202
Tue	4/7 - 5/12	6:30 - 7:45 pm	\$99/\$173

**NOTE:** It is recommended that participants eat before class.



## 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



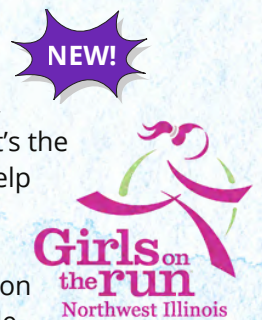
Day	Dates	Time	R/NR Fee
Fri	1/23 - 3/6	6:00 - 6:45 pm	\$99/\$173
	No program 1/30		

Fri	4/10 - 5/15	6:00 - 6:45 pm	\$99/\$173
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**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.

## Girls on the Run - Heart & Soul

Find friends and joy in movement. That's the power of Heart & Sole. A program to help every girl strengthen their mind, body and spirit through interactive lessons, physical activity, and team discussions on topics all girls can relate to. Heart & Sole is a unique program just for girls! Get to know yourself and others through interactive lessons, team discussions and fun physical activities. Over the ten-week program participants will learn how to embrace who they are, both inside and outside. They'll learn strategies to become independent and critical thinkers, skills to share their own stories and tools to find inner strength through physical activity. At the conclusion of the program, they can feel the pride of accomplishment within our Celebration 5K.



**Age Group:** 10 - 15

**Location:** Randall Oaks Rec Center, West Dundee

**Staff Contact:** Nikki

Days	Dates	Time	R/NR Fee
Mon & Thu	3/2 - 5/14	5:00 - 6:30 pm	\$260/\$455
	No program 3/23 & 3/26		

**NOTE:** 5k will be held on May 17 at Woodstock North High School.



# TEENS & ADULTS

## 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	1/20 - 2/3	6:00 - 7:30 pm	\$78/\$137
Tue	2/10 - 2/24	6:00 - 7:30 pm	\$78/\$137
Tue	4/7 - 4/21	6:00 - 7:30 pm	\$78/\$137
Tue	4/28 - 5/12	6:00 - 7:30 pm	\$78/\$137

**Bus Departs** 5:30 pm      **Transportation Location** NISRA Office      **Bus Returns** 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.

## 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	1/26 - 3/2	5:00 - 5:45 pm	\$62/\$108	\$54/\$95
Mon	4/6 - 5/11	5:00 - 5:45 pm	\$62/\$108	\$54/\$95

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

## Horsemanship

**NEW!**

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

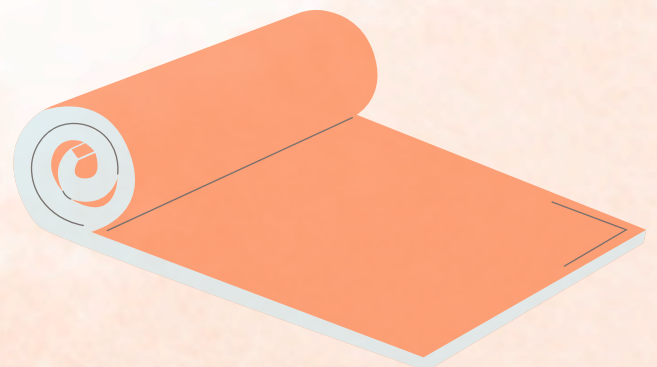
Come have some fun and meet the Main Stay horses!

**Age Group:** 16+

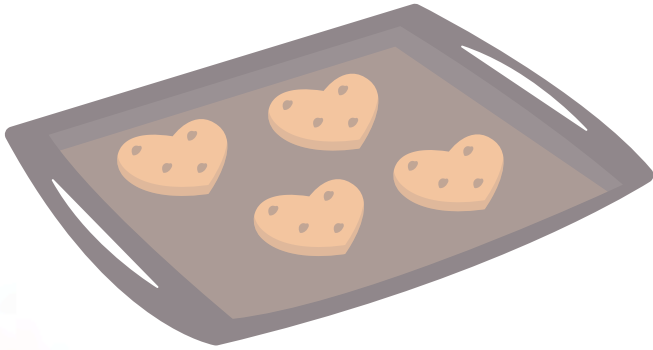
**Location:** Main Stay Therapeutic Farm, Richmond

**Staff Contact:** Taylor

Day	Dates	Time	R/NR Fee
Mon	1/26 - 3/2	4:00 - 5:00 pm	\$210/\$368
Mon	4/6 - 5/11	4:00 - 5:00 pm	\$210/\$368







## 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.

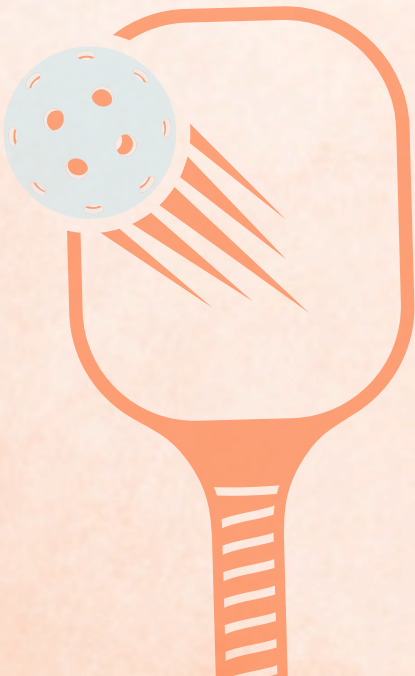
**Age Group:** 16+

**Location:** Pickle Haus, Algonquin

**Staff Contact:** Anahi

*Pickle Haus*

Day	Dates	Time	R/NR Fee
Thu	1/22 - 3/5 *No program 1/29	4:00 - 5:00 pm	\$93/\$163
Thu	1/22 - 3/5 *No program 1/29	5:00 - 6:00 pm	\$93/\$163
Thu	4/9 - 5/14	4:00 - 5:00 pm	\$93/\$163
Thu	4/9 - 5/14	5:00 - 6:00 pm	\$93/\$163



## 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	1/26 - 2/9	5:30 - 7:00 pm	\$50/\$87
Mon	2/16 - 3/2	5:30 - 7:00 pm	\$50/\$87
Mon	4/6 - 4/20	5:30 - 7:00 pm	\$50/\$87
Mon	4/27 - 5/11	5:30 - 7:00 pm	\$50/\$87

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



## 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	1/21 - 3/4	5:00 - 5:45 pm	\$89/\$156
Wed	4/8 - 5/13	5:00 - 5:45pm	\$77/\$134



# TEENS & ADULTS

**NEW!**

## Seated Aerobics

This low-impact workout is designed to improve cardiovascular health, reduce joint stress and increase strength and flexibility.

**Age Group:** 16+

**Location:** Lakeland Park Community Center, McHenry

**Staff Contact:** Taylor

Day	Dates	Time	R/NR Fee
Tue	1/20 - 3/3	5:00 - 6:00 pm	\$72/\$126
Tue	4/7 - 5/12	5:00 - 6:00 pm	\$62/\$108



## Sunshine Through Golf Clinic

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

**Age Group:** 16+

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

**Staff Contact:** Liceny

Day	Dates	Time	R/NR Fee
Thu	4/30 - 5/28	5:00 - 6:00 pm	FREE!
Thu	4/30 - 5/28	6:00 - 7:00 pm	FREE!

**NOTE:** Please only sign up for one session. In the event of inclement weather, the program will be cancelled.

## 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	1/21 - 3/4	6:00 - 7:30 pm	\$116/\$202
Thu	1/22 - 3/5	6:00 - 7:30 pm	\$99/\$173
<i>No program 1/29</i>			
Wed	4/8 - 5/13	6:00 - 7:30 pm	\$99/\$173
Thu	4/9 - 5/14	6:00 - 7:30 pm	\$99/\$173

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





# FRI YAY

## 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!

## Sage TR Center, NISRA

**Age Group:** 16+

**Staff Contact:** Nikki

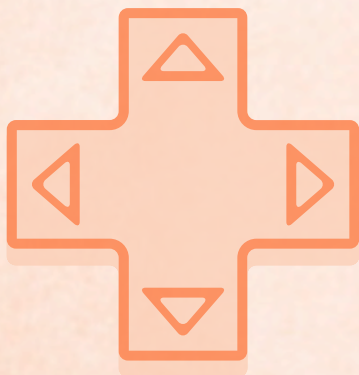
Day	Dates	Time	R/NR Fee
Thu	1/22 - 3/5 <i>No program 1/29</i>	5:00 - 5:45 pm	\$53/\$92
Thu	4/9 - 5/14	5:00 - 5:45 pm	\$53/\$92

## The Centre, Elgin

**Age Group:** 16+

**Staff Contact:** Liceny

Day	Dates	Time	R/NR Fee
Thu	1/22 - 3/5 <i>No program 1/29</i>	5:00 - 5:45 pm	\$53/\$92
Thu	4/9 - 5/14	5:00 - 5:45 pm	\$53/\$92



## 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	1/23 - 2/13 <i>No program 1/30</i>	6:30 - 8:00 pm	\$50/\$87
Fri	2/20 - 3/6	6:30 - 8:00 pm	\$50/\$87
Fri	4/10 - 4/24	6:30 - 8:00 pm	\$50/\$87
Fri	5/1 - 5/15	6:30 - 8:00 pm	\$50/\$87

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



## Wandering Through Woodstock

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+

**Location:** Varies Weekly - Woodstock Area

**5/1:** Kingston Lanes, Woodstock

**5/8:** Rocket Fizz, Woodstock

**5/15:** Intergenerational Playground - Emricson Park, Woodstock

**Staff Contact:** Taylor

Day	Dates	Time	R/NR Fee
Fri	5/1 - 5/15	3:30 - 4:30 pm	\$45/\$79

**NOTE:** Program fee includes activity or small treat.



# TEENS & ADULTS

## Zumba

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

### Huntley REC Center

**Age Group:** 16+

**Staff Contact:** Anahi

Day	Dates	Time	R/NR Fee	R/NR Fee Family
Wed	1/21 - 3/4	6:30 - 7:30 pm	\$75/\$132	\$63/\$110
Wed	4/8 - 5/13	6:30 - 7:30 pm	\$65/\$113	\$54/\$95
Wed	5/20 - 6/10	6:30 - 7:30 pm	\$43/\$75	\$36/\$63

### Spoerl Park, Crystal Lake

**Age Group:** 16+

**Staff Contact:** Anahi

Day	Dates	Time	R/NR Fee	R/NR Fee Family
Thu	1/22 - 3/5	6:30 - 7:30 pm	\$65/\$113	\$54/\$95
No program 1/29				
Thu	4/9 - 5/14	6:30 - 7:30 pm	\$65/\$113	\$54/\$95

**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 NISRA.



## 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

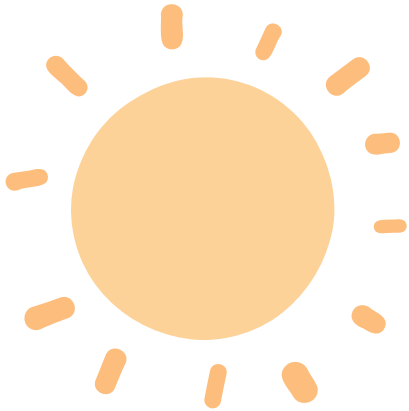
**Staff Contact:** Anahi



Day	Dates	Time	R/NR Fee	R/NR Fee Family
Mon	1/26 - 3/2	7:00 - 7:45pm	\$105/\$184	\$69/\$121
Mon	4/6 - 5/11	7:00 - 7:45 pm	\$105/\$184	\$69/\$121

**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 NISRA.





### Disc Golf – Indoors

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

**Age Group:** 13+

**Location:** Huntley REC Center

**Staff Contact:** Anahi

Day	Dates	Time	R/NR Fee
Fri	1/23 - 3/6 <i>No program 1/30</i>	4:00 - 5:15 pm	\$60/\$105
Thu	4/9 - 5/14	4:00 - 5:15 pm	\$60/\$105

### Disc Golf – Outdoors

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:**

**4/10:** Huntley Park District Disc Golf Course

**4/17:** Walnut Hollow Disc Golf Course, Cary

**4/24:** Lippold Park, Crystal Lake

**5/1:** Fel Pro- RRR, Cary

**5/8:** Randall Oaks Park, Dundee

**5/15:** Group Choice

**Staff Contact:** Anahi

Day	Dates	Time	No Transportation	Transportation
			R/NR Fee	R/NR Fee
Fri	4/10 - 5/15	4:00 - 5:15 pm	\$60/\$105	\$99/\$142

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.



**NEW!**

### Nailed It!

Try your hand at decorating various desserts. Each week you will try to recreate the look of a different dessert photo. See how close you can make it to the original!

**Age Group:** 16+

**Location:** Sage TR Center, NISRA

**Staff Contact:** Taylor

Day	Dates	Time	R/NR Fee
Fri	1/23 - 3/6 <i>No program 1/30</i>	1:30 - 3:00 pm	\$99/\$173
Fri	4/10 - 5/15	1:30 - 3:00 pm	\$99/\$173



# TEENS & ADULTS

## Bowling

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

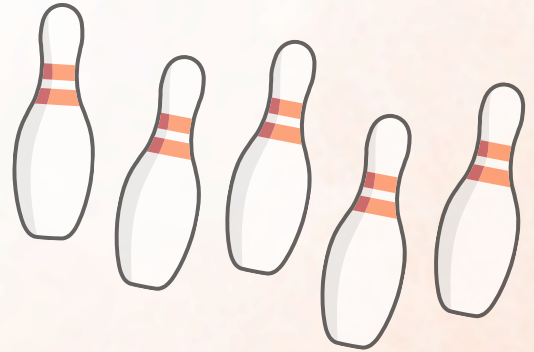
### Teen & Young Adult Bowling

**Age Group:** 16 - 25

**Location:** Lucky Strike, Algonquin

**Staff Contact:** Anahi

Day	Dates	Time	R/NR Fee
Mon	1/26 - 3/2	5:00 - 6:30 pm	\$92/\$160
Mon	4/6 - 5/11	5:00 - 6:30 pm	\$92/\$160



### Lucky Bowl

**Age Group:** 26+

**Location:** Lucky Strike, Algonquin

**Staff Contact:** Anahi

Day	Dates	Time	R/NR Fee
Mon	1/26 - 3/2	5:00 - 6:30 pm	\$92/\$160
Mon	4/6 - 5/11	5:00 - 6:30 pm	\$92/\$160

### Elgin Bowl

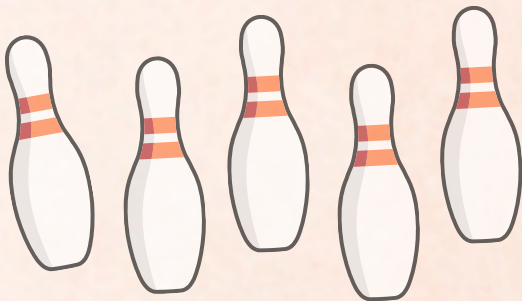
**Age Group:** 16+

**Location:** Elgin Lanes, Elgin

**Staff Contact:** Liceny

Day	Dates	Time	No Transportation	Transportation
			R/NR Fee	R/NR Fee
Tue	1/20 - 3/3	3:30 - 5:00 pm	\$107/\$187	\$138/\$218
Tue	4/7 - 5/12	3:30 - 5:00 pm	\$92/\$160	\$119/\$187

**NOTE:** Transportation offered for AID clients from workshop at 3:00 pm. No transportation home.



### Palace Bowl

**Age Group:** 16+

**Location:** Palace Bowl, Johnsburg

**Staff Contact:** Taylor

Day	Dates	Time	R/NR Fee
Wed	1/21 - 3/4	5:00 - 6:30 pm	\$107/\$187
Wed	4/8 - 5/13	5:00 - 6:30 pm	\$92/\$160

### Saturday Bowlers

**Age Group:** 16+

**Location:** Kingston Lanes, Woodstock

**Staff Contact:** Taylor

Day	Dates	Time	R/NR Fee
Sat	2/7 - 3/7	11:00 am - 12:30 pm	\$76/\$133
Sat	4/11 - 5/16	11:00 am - 12:30 pm	\$92/\$160





### 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.



### Puzzle Palooza

Celebrate National Puzzle Day as you complete various puzzles from jigsaw to sudoku. You will also have the opportunity to customize your very own jigsaw puzzle!

**Location:** McHenry Recreation Center

**Staff Contact:** Taylor

Day	Date	Time	R/NR Fee
Sat	1/24	3:30 - 5:30 pm	\$39/\$68

#### Transportation Locations

NISRA Office  
Sheltered Village  
The Centre, Elgin  
No transportation



### DIY Pizza Party

This DIY Pizza Party lets everyone channel their inner chef, get creative with toppings, and bake their very own personalized pizzas. This hands-on pizza-making experience that's sure to be a blast!

**Location:** Barrington Park District

**Staff Contact:** Nikki

Day	Date	Time	R/NR Fee
Fri	1/23	6:00 - 8:00 pm	\$37/\$64

#### Transportation Locations

NISRA Office  
Sheltered Village  
The Centre, Elgin  
No transportation



### Elgin Buffet

Come hungry and ready to hang out! We're heading to Elgin Buffet for a laid-back dinner with tons of tasty choices. Pile your plate with all your favorites, try something new, and enjoy an easy night out with good food and great company.

**Location:** Elgin Buffet, Elgin

**Staff Contact:** Liceny

Day	Date	Time	R/NR Fee
Sat	2/7	6:00 - 7:30 pm	\$57/\$100

#### Transportation Locations

NISRA Office  
Sheltered Village  
No transportation



### Palentine's Day Bingo & Craft

Who needs cupid when you've got your crew? Come hang out for Palentine's Day—games, snacks, and plenty of laughs included.

**Location:** Lake in the Hills Village Hall

**Staff Contact:** Anahi

Day	Date	Time	R/NR Fee
Fri	2/13	6:00 - 8:00 pm	\$38/\$66

#### Transportation Locations

NISRA Office

Sheltered Village

The Centre, Elgin

No transportation



### Cupid's Carnival

What better way to mark a holiday that celebrates love and friendship than enjoy it with your friends!

**Location:** Cary Park District

**Staff Contact:** Nikki

Day	Date	Time	R/NR Fee
Sun	2/15	4:00 - 6:00 pm	\$35/\$60

#### Transportation Locations

Sheltered Village

The Centre, Elgin

No transportation

### Game On!

Enjoy an evening spent with friends as you compete in a variety of games. Options will range from board games to gaming consoles. Feel free to bring a game of your own to share with the group!

**Location:** Sage TR Center, NISRA

**Staff Contact:** Taylor

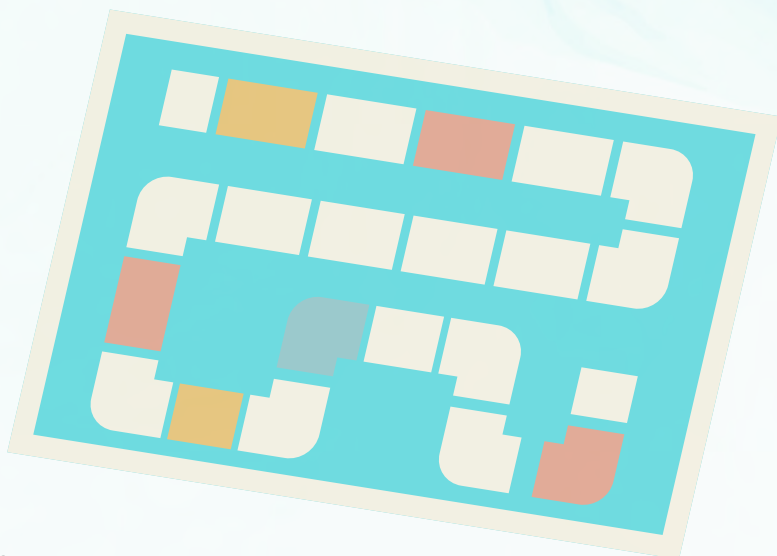
Day	Date	Time	R/NR Fee
Fri	2/20	6:00 - 8:00 pm	\$33/\$58

#### Transportation Locations

Sheltered Village

The Centre, Elgin

No transportation







### Crystal Lake Buffet

Come hungry and ready to hang out! We're heading to Crystal Lake Buffet for a laid-back dinner with tons of tasty choices. Pile your plate with all your favorites, try something new, and enjoy an easy night out with good food and great company.

**Location:** Crystal Lake Buffet, Crystal Lake

**Staff Contact:** Anahi

Day	Date	Time	R/NR Fee
Fri	3/6	6:00 - 8:00 pm	\$57/\$100

#### Transportation Locations

Sheltered Village  
The Centre, Elgin  
No transportation

### St. Patrick's Day Party

It's our annual party! Test your luck with some crazy St. Patrick's Day themed games. Wear some green if you wish, there'll be lots of it!

**Location:** Jewel Tea Pavillion, Barrington

**Staff Contact:** Nikki

Day	Date	Time	R/NR Fee
Fri	3/13	6:00 - 8:00 pm	\$40/\$69

#### Transportation Locations

NISRA Office  
Sheltered Village  
The Centre, Elgin  
No Transportation

### PJ Plushie Palooza

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

**Location:** Barrington Park District

**Staff Contact:** Nikki

Day	Date	Time	R/NR Fee
Fri	2/27	6:00 - 8:00 pm	\$42/\$73

#### Transportation Locations

NISRA Office  
Sheltered Village  
The Centre, Elgin  
No transportation

### Color Craze

Get ready to splash into a party full of bright colors, good vibes and unforgettable memories. Dress in your favorite color and enjoy color themed snacks, drinks and games!

**Location:** Hampshire Park District - Seyller Community Room

**Staff Contact:** Liceny

Day	Date	Time	R/NR Fee
Sat	3/7	6:00 - 8:00 pm	\$36/\$63

#### Transportation Locations

NISRA Office  
Sheltered Village  
The Centre, Elgin  
No transportation





### Neon Karaoke Party

Get ready to light up the night with a Neon Karaoke Party! Sing your heart out to your favorite songs, dance under the glowing lights, and enjoy an unforgettable night filled with music, laughter, and neon colors!

**Location:** Huntley REC Center

**Staff Contact:** Anahi

Day	Date	Time	R/NR Fee
Fri	4/10	6:00 - 8:00 pm	\$38/\$66

#### Transportation Locations

NISRA Office

Sheltered Village

The Centre, Elgin

No Transportation



### Cupcake Canvas

Unleash your inner cake artist at a one-of-a-kind party where frosting flies, and sprinkles and creativity is the main ingredient. Whether you're a pro or first-time decorator, this party is all about having fun!

**Location:** The Centre, Elgin

**Staff Contact:** Liceny

Day	Date	Time	R/NR Fee
Sat	4/18	6:00 - 8:00 pm	\$34/\$60

#### Transportation Locations

NISRA Office

Sheltered Village

No Transportation



### Melt Fest

In honor of National Grilled Cheese Day create your own melty masterpiece! Various breads, cheeses, and other fixings will be available.

**Location:** Sage TR Center, NISRA

**Staff Contact:** Taylor

Day	Date	Time	R/NR Fee
Sat	4/11	6:00 - 8:00 pm	\$39/\$68

#### Transportation Locations

Sheltered Village

The Centre, Elgin

No Transportation

### Brushes & Bubbles

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
Sat	4/25	6:00 - 8:00 pm	\$33/\$58

#### Transportation Locations

NISRA Office

Sheltered Village

No Transportation





### Berry Sweet Picnic

Join us for a cozy picnic party filled with food, drinks, games and fun!

**Location:** Hawthorne Hill Nature Center, Elgin

**Staff Contact:** Liceny

Day	Date	Time	R/NR Fee
Sat	5/9	6:00 - 8:00 pm	\$34/\$60

#### Transportation Locations

NISRA Office

Sheltered Village

No Transportation

### A Day on Bangs Lake

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

**Location:** Bangs Lake, Wauconda

**Staff Contact:** Nikki

Day	Date	Time	R/NR Fee
Sun	5/31	11:00 - 1:00 pm	\$31/\$55

#### Transportation Locations

NISRA Office

The Centre, Elgin

No Transportation

**NOTE:** Please bring a sack lunch and fishing pole if you have one.

### Cosmic Bowling

Spend a night at the alley with a fun and vibrant twist. Bowl under the black lights and enjoy a pizza dinner!

**Location:** Raymond's Bowl, Johnsburg

**Staff Contact:** Taylor

Day	Date	Time	R/NR Fee
Fri	5/1	6:00 - 8:00 pm	\$49/\$86

#### Transportation Locations

NISRA Office

Sheltered Village

The Centre, Elgin

No Transportation

### A Day on Bangs Lake

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

**Location:** Bangs Lake, Wauconda

**Staff Contact:** Nikki

Day	Date	Time	R/NR Fee
Sat	5/16	4:30 - 6:30 pm	\$31/\$55

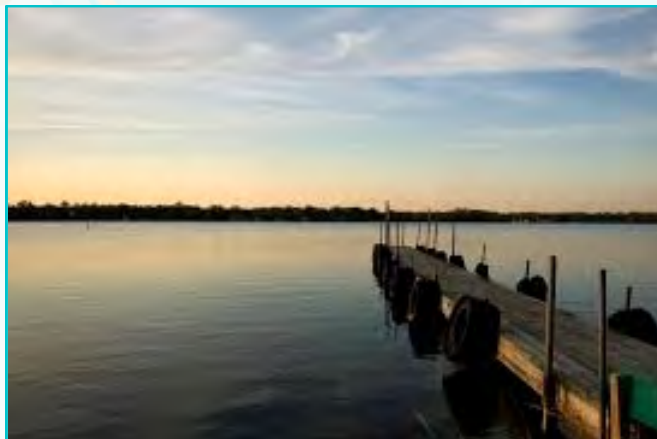
#### Transportation Locations

NISRA Office

The Centre, Elgin

No Transportation

**NOTE:** Please bring a sack dinner and fishing pole if you have one.





# ADULTS - 21 & OLDER

## Aquacize

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

**Age Group:** 21+

**Location:** Rakow Center, Carpentersville

**Staff Contact:** Liceny

Day	Dates	Time	No Transportation Transportation	
			R/NR Fee	R/NR Fee
Mon	1/26 - 3/2	11:00 - 11:45 am	\$62/\$108	\$107/\$153
Mon	4/6 - 5/11	11:00 - 11:45 am	\$62/\$108	\$107/\$153

Bus Departs	Transportation Location	Bus Returns
10:15 am	NISRA Office	12:30 pm

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



## 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	4/23 - 5/14	3:30 - 4:30 pm	\$41/\$72

## Movie Review Crew

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

**Age Group:** 21+

**Location:** Classic Cinemas - Carpentersville

**Staff Contact:** Taylor

Day	Dates	Time	No Transportation Transportation	
			R/NR Fee	R/NR Fee
Wed	1/28, 2/11, 2/25	12:00 - 2:00 pm	\$47/\$81	\$69/\$104
Wed	4/8, 4/22, 5/6	12:00 - 2:00 pm	\$47/\$81	\$69/\$104

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+

### Winter Locations:

**1/21:** DC Cobbs, McHenry  
**2/4:** Buddyz Pizzeria, McHenry  
**2/18:** Buona, Algonquin  
**3/4:** Group Choice

### Spring Locations:

**4/15:** Salerno's Pizzeria, McHenry  
**4/29:** IHOP, McHenry  
**5/13:** Group Choice

**Staff Contact:** Taylor

Day	Dates	Time	R/NR Fee
Wed	1/21 - 3/4	11:45 am - 1:00 pm	\$134/\$235
Wed	4/15 - 5/13	11:45 am - 1:00 pm	\$104/\$181

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

# FRIENDS.

# FOOD.

# FUN.

## 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+

### Central Region

**Staff Contact:** Anahi

### Winter Locations:

**1/22:** Conscious Cup Coffee Roasters, Crystal Lake  
**2/5:** Daily Projects Coffee Bar & Eatery, Algonquin  
**2/12:** The Other Side, Crystal Lake  
**2/19:** Odeo Café, Algonquin  
**2/26:** Aroma Coffee, Crystal Lake  
**3/5:** Group Choice

### Eastern Region

**Staff Contact:** Nikki

### Spring Locations:

**4/9:** Whisk Bakery & Coffee, Wauconda  
**4/16:** Honey Hill Coffee Company, Wauconda  
**4/23:** Pepper Park Coffee, Barrington  
**4/30:** Conscious Cup Coffee Roasters, Cary  
**5/7:** Summer Moon, Crystal Lake  
**5/14:** Group Choice

Day	Dates	Time	R/NR Fee
Thu	1/22 - 3/5	10:00 - 11:00 am	\$77/\$134
	No program 1/29		
Thu	4/9 - 5/14	10:00 - 11:00 am	\$77/\$134

**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.

*Upon registration all participants will be placed on a waitlist in the order that their registration is received. A NISRA staff member will contact all new participants/families by phone to discuss eligibility and determine participant approval. Enrolled individuals will receive an updated program confirmation.*

## Team Building & Gingerbread Build Off

Work in small groups to create a unique gingerbread structure using provided supplies. Strengthen communication, bond as a team, and turn different ideas into one sweet creation!

**Location:** Rakow Center, Carpentersville

Day	Dates	Time	R/NR Fee
Mon	1/12	6:00 - 7:00 pm	\$19/\$33

## Tie Blankets & Self-Care Discussion

Join us in creating tie blankets in small groups. The blankets will be donated to an organization chosen by the group. While we create, we'll share favorite self-care tips and talk about why taking care of ourselves is so important.

**Location:** Huntley REC Center

Day	Dates	Time	R/NR Fee
Mon	3/16	6:00 - 7:00 pm	\$15/\$26

## Book Club & Poetry

Visit the library for an instructor-led poetry program covering the origins of poetry, different forms, writing with emotion, and reading aloud.

**Location:** Huntley Public Library

Day	Dates	Time	R/NR Fee
Mon	4/20	6:00 - 7:00 pm	\$19/\$33

## 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	2/11	6:00 - 7:00 pm	\$29/\$51

## McHenry Police Station Tour & Emergency Preparedness

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

**Location:** McHenry Police Station

Day	Dates	Time	R/NR Fee
Mon	3/30	6:00 - 7:00 pm	\$19/\$33

## Tie-Dyeing & Conversation Starters

Each participant will receive one item to tie-dye and keep. Get creative and make it your own!

**Location:** Sage TR Center, NISRA

Day	Dates	Time	R/NR Fee
Mon	5/18	6:00 - 7:00 pm	\$29/\$51





## 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

*Holly Jolly Tray & Confetti Candle*

Day	Date	Time	R/NR Fee
Tue	1/20	6:00 7:00 pm	\$36/\$62



### Cultural Arts Workshop Print Making

Join us for an evening of print making! You will create winter-themed prints or cards using Gelli mats and acrylic paint. Mat printing is easy to learn and lots of fun!

Day	Date	Time	R/NR Fee
Tue	1/27	6:00 7:00 pm	\$36/\$62



### Fused Glass Workshop

*Bunny in a Clover Field Dish & Heart Fling Necklace*

Day	Date	Time	R/NR Fee
Tue	2/17	6:00 7:00 pm	\$36/\$62

### Fused Glass Workshop

*Rainbow Petal Bowl & Paw Print Dish*

Day	Date	Time	R/NR Fee
Tue	4/14	6:00 7:00 pm	\$36/\$62

### Fused Glass Workshop

*Turtles on Parade Tray & Peony Bloom Plate*

Day	Date	Time	R/NR Fee
Tue	5/12	6:00 7:00 pm	\$36/\$62





# CULTURAL ARTS

## 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	1/22 - 3/5 <i>No program 1/29</i>	5:30 - 6:15 pm	\$81/\$142
Thu	4/9 - 5/14	5:30 - 6:15 pm	\$81/\$142



Celebrating 20 Years of  
**ENCORE**  
 music academy

## Bell Choir

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

**Age Group:** 18+

**Location:** Sage TR Center, NISRA

Day	Dates	Time	R/NR Fee
Tue	1/20 - 3/3	6:30 - 7:15 pm	\$95/\$165
Tue	4/7 - 5/12	6:30 - 7:15 pm	\$81/\$142

## 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	1/22 - 3/5 <i>No program 1/29</i>	6:30 - 7:15 pm	\$81/\$142
Thu	4/9 - 5/14	6:30 - 7:15 pm	\$81/\$142





## 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	1/22 - 3/5 <i>No program 1/29</i>	6:00 - 6:45 pm	\$77/\$134
Thu	4/9 - 5/14	6:00 - 6:45 pm	\$77/\$134



## Theater Troupe Workshop

Each week will be a different theater techniques to focus on: singing practice, getting into character, memorizing lines, improv, and physical acting/blocking!

**Age Group:** 8+

**Location:** Cosman Theater, Huntley REC Center

Day	Dates	Time	R/NR Fee
Wed	4/8 - 5/13	6:30 - 7:30 pm	\$90/\$158

**NOTE:** There is no spring performance.

## 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. These program dates are tentative due to instructor availability.*

**Age Group:** 7+

**Location:** Sage TR Center, NISRA

Day	Dates	Time	R/NR Fee
Mon	1/26 - 3/2	3:00 - 7:00pm *3:00, 3:30, 4:00, 4:30, 5:00, 5:30, 6:00, 6:30	\$147/\$257
Thu	1/22 - 3/5 <i>No program 1/29</i>	2:00 - 5:00pm *2:00, 2:30, 3:00, 3:30, 4:00, 4:30	\$147/\$257
Mon	4/6 - 5/11	3:00 - 7:00pm *3:00, 3:30, 4:00, 4:30, 5:00, 5:30, 6:00, 6:30	\$147/\$257
Thu	4/9 - 5/14	2:00 - 5:00pm *2:00, 2:30, 3:00, 3:30, 4:00, 4:30	\$147/\$257







## 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 team and sport for 2-3 years.

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

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



**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

### NEW PROCESS - AUGUST 2025

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 December 1, 2025 in order to maintain eligibility. Visit [portals.specialolympics.org](https://portals.specialolympics.org) to set up your account.

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

## Visit [www.nisra.org](http://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 register athletes for 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 Soccer

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

#### Black Knights - Intermediate/Advanced

**Age Group:** 16+

**Location:** Tomaso Sports Park, Huntley

Day	Dates	Time	R/NR Fee
Wed	3/4 - 4/22	5:00 - 6:00 pm	\$104/\$158

#### Teal Knights - All Abilities/Beginner

**Age Group:** 16+

**Location:** Tomaso Sports Park, Huntley

Day	Dates	Time	R/NR Fee
Wed	3/4 - 4/22	5:00 - 6:00 pm	\$104/\$158

**Regional Tournament:** April 19, 2026

**ITRS Tournament:** April 26, 2026

**Gold in Sight:** June 3 & 10, 2026

**Summer Games:** June 12-14, 2026

### Special Olympics Track & Field

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

**Age Group:** 8+

**Location:** Marlowe Middle School, Lake in the Hills

Day	Dates	Time	R/NR Fee
Mon	3/2 - 4/20	5:00 - 6:00 pm	\$95/\$142
No program 3/23			

\*Practice on March 9 from 4:30 - 5:30 pm

**Spring Games:** April 25 - 26, 2026

**Gold in Sight:** June 1 & 8, 2026

**Summer Games:** June 12-14, 2026



### Special Olympics Tennis

**Age Group:** 16+

**Suggested Ability Level:** Intermediate/Advanced

**Location:** Crystal Lake Racket Club, Algonquin

Day	Dates	Time	R/NR Fee
Mon	4/27 - 6/22	4:00 - 5:00 pm	\$88/\$142
No program 5/25			

**Regional Tournament:** June 27, 2026

**Gold in Sight:** August 3 & 10, 2026

**State Tennis:** August 15 - 16, 2026



# SPECIAL OLYMPICS



## Special Olympics Golf 3-6-9

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

**Age Group:** 16+

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

Day	Dates	Time	R/NR Fee
Wed	5/27 - 7/15	6:00 - 8:00 pm	\$96/\$156

**NOTE:** There will be a significant amount of walking since golf carts will not be provided. Only authorized staff and participants are permitted on the golf course during play. Parents, guardians, guests and spectators are prohibited on the golf course during play and must remain in designated areas for non-golfers.

**3-6 Hole Golf Tournament:** TBD at Randall Oaks

**9 Hole Golf Tournament:** July 20, 2026 at Bartlett Hills

**Gold in Sight:** September 2 & 9, 2026

**State Golf:** September 12 - 13, 2026

## Special Olympics Unified Golf

Want to work on your golf game with the same partner every week? Then register for Unified Golf, a Special Olympics program that joins Special Olympic athletes with Unified Partners (players without a disability). Scoring for Unified Golf is aggregate, i.e., both players' scores on each hole are added together. *Athletes are required to choose a person who they will want to partner with for the entire season. Unified partners need to be at least 14 years of age and register under the Special Olympics Unified Golf Partner program.*

**Age Group:** 16+

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

Day	Dates	Time	R/NR Fee
Wed	5/27 - 7/15	6:00 - 8:00 pm	\$96/\$156

**NOTE:** There will be a significant amount of walking since golf carts will not be provided.

**Regional Tournament:** July 22, 2026 at Chicago Heights East

**Gold in Sight:** September 2 & 9, 2026

**State Golf:** September 12 - 13, 2026

## Special Olympics Unified Golf Partner

Unified partners need to be at least 14 years of age, complete a Class A form, a Unified Partner form, and register through NISRA.

**Age Group:** 14+

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

Day	Dates	Time
Wed	5/27 - 7/15	6:00 - 8:00 pm





## Special Olympics Softball

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

### Purple Knights - All Abilities

**Age Group:** 16+

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

Day	Dates	Time	R/NR Fee
Tue	5/5 - 7/21	6:00 - 7:30 pm	\$152/\$242

### Teal Knights - Beginner/Intermediate

**Age Group:** 16+

**Location:** Lippold Park, Crystal Lake - Blue Field

Day	Dates	Time	R/NR Fee
Tue	5/5 - 7/21	5:00 - 6:00 pm	\$152/\$242

\*Home games will be located at LITH Sunset Park.

### White Knights - Intermediate

**Age Group:** 16+

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

Day	Dates	Time	R/NR Fee
Tue	5/5 - 7/21	6:00 - 7:30 pm	\$152/\$242

### Black Knights - Advanced

**Age Group:** 16+

**Location:** Lippold Park, Crystal Lake - Green Field

Day	Dates	Time	R/NR Fee
Tue	5/5 - 7/21	5:00 - 6:00 pm	\$152/\$242

\*Home games will be located at LITH Sunset Park.

**ITRS Tournament:** July 12, 2026

**Regional Tournament:** TBD

**Gold in Sight:** September 1 & 8, 2026

**State Softball:** September 12 - 13, 2026





# RAINOUT LINE

## ***PROGRAM NOTIFICATION SYSTEM***



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

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

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

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

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

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

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

### **How to Register:**

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

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



# REGISTRATION INFORMATION

## A Registration Note...

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

## Registration Information

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

## 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 your registration is late, it will be reviewed **after the start of the program** to see if we can accommodate you. Program fees will not be prorated for a late start.

## 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. **NEW:** NISRA uses discretion when deciding to cancel programs due to inclement weather conditions, watches, and warnings. Credits or refunds will not be given due to weather cancellations. A maximum of one session per program will be rescheduled if possible.

## 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](http://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. The Behavior Code of Conduct expects participants to:

- Show respect to all participants and staff and take direction from staff.
- Refrain from using abusive or foul language.
- Refrain from causing bodily harm to self, other participants, and staff.
- Show respect for equipment, supplies, and facilities.

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:

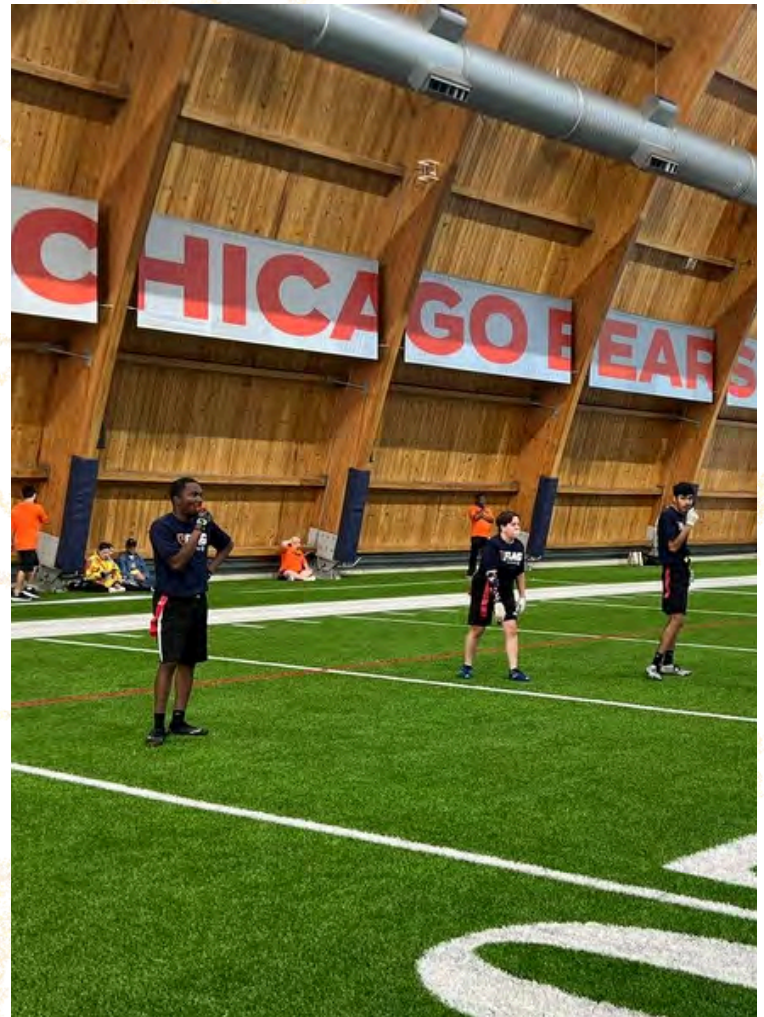
Participants must be picked up at the designated end of the program. Late pick up creates additional costs and potential delays of staff getting to another program. If a participant has not been picked up at the scheduled program end time, the parent/guardian/group home staff will be contacted. After 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.

## Cold Weather Guidelines

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

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

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

## Illness Guidelines

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

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

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

## 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 WINTER/SPRING REGISTRATION FORM

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

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

**Registration forms received after the December 11 deadline will be reviewed after January 19, 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:** \_\_\_\_\_

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





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

Program Name	Location	Dates	Transportation Location	Program Fee
<b>FOR OFFICE USE ONLY</b>				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 return it to the NISRA office by the registration deadline for the program.

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

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

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

**Date:** \_\_\_\_\_ **Participant Signature:** \_\_\_\_\_

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

#### Please check:

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

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

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

**Date:** \_\_\_\_\_ **\*Medical Practitioner's Signature:** \_\_\_\_\_

**Medical Practitioner's Address:** \_\_\_\_\_

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

\*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

Revised: 4-15-2024

Please complete this form if the participant experiences seizures. **Please update this form whenever there is a change in the seizure information/plan and promptly submit it to NISRA.** NISRA requests that you review this form once a year and provide any necessary updates 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 on their **Annual Information Update** form which is distributed each year in the seasonal brochures. If the participant's medication needs have changed since submission of their **Annual Information Update** form, please submit a new update as soon as possible.

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

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\*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:** \_\_\_\_\_

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



[illegible]





# NISRA

Northern Illinois  
Special Recreation Association

285 Memorial Drive  
Crystal Lake, IL 60014

## LOOKING AHEAD

**SUMMER BROCHURE PREVIEW: APRIL 13**  
**SUMMER BROCHURE AVAILABLE: APRIL 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.*

