









FALL 2022

Register by August 23





WHAT'S NEW?



Staff Updates

NISRA is excited that we have filled all full-time positions at the organization. We are full steam ahead for an exciting fall season with the return of trips and new programs!

Taylor Baretz joined the team in May as the new Southern Regional Coordinator. Taylor comes to NISRA with four years of experience in Aquatics through the Buffalo Grove Park District. He also spent two years as a paraprofessional at a therapeutic day school for students with special needs. That is where he discovered his passion for working with the special needs population; we are thrilled to have him on the NISRA team!

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

COVID-19 Updates

NISRA remains committed to the health and safety of our participants and staff. The Association continues to follow current guidance from the Centers for Disease Control (CDC), Illinois Department of Public Health (IDPH), and Illinois Department of Commerce and Economic Opportunity (DCEO) for recommendations on safe program operations. NISRA will continue to follow the most up to date information and make adaptations to programs when necessary.

Rainout Line



On June 1, 2022, NISRA transitioned to using Rainout Line as our only notification system for program changes and cancellations. Make sure to register if you have not already so you don't miss any program changes or cancellations. Please see page 51 for more information on ways to use Rainout Line and how to register. You can find a tutorial on our website under "News & Events".

Adult Day Programs

For adults with disabilities - 22 years and older

The L.I.F.E. (Leisure Increases Freedom & Enjoyment) Program is a NISRA year-round life skills program, using community-based recreation activities to enhance the quality of life for young adults, 22 years and older. The L.I.F.E. Program runs Monday through Thursday, 9:30 am - 2:30 pm at the NISRA Office located at 285 Memorial Drive, Crystal Lake, IL.

Participants plan and actively participate in fitness activities, planning and preparing meals, scheduling field trips, performing service projects and other leisure time experiences.

For more information on costs, tours, eligibility assessments and registration process, please contact Katie Weadley, Manager of Adult Day Programs at kweadley@nisra.org.

NISRA and Pioneer Center for Human Services collaborated on the expansion of adult day programming services to Huntley, IL. The Bright Program is a unique opportunity where the efforts of NISRA and Pioneer Center come together and provide a community-based program. The partnership allows access to opportunities and activities that are offered by both organizations at one location. The program focuses on personal development through case management, community connections and healthy relationships.

The Bright Program runs Monday through Friday, 9:00 am - 2:00 pm at Deicke Park located at 11419 IL Route 47 in Huntley, IL.

For more information on costs, tours, eligibility assessments and registration process, please contact Pioneer Center Admissions at ddadmissions@pioneercenter.org or (815) 759-7160 today!

FALL SESSION DATES

Please refer to each program for exceptions!

Mondays: September 19 - November 7

No program October 31 for most programs, check each program description for details.

Tuesdays: September 20 - November 8
Wednesdays: September 21 - November 9
Thursdays: September 22 - November 10
Fridays: September 23 - November 11
Saturdays: September 24 - November 12

DEADLINES

Resident Priority Registration Ends: August 16
Non-Resident Registration Begins: August 17

Final Registration Deadline: August 23

(Residents of NISRA's 13 member districts will be registered first.

Non-residents may submit their registration at any time. However, their forms will be processed in the order that they were received beginning August 17)

LOOKING AHEAD

Winter & Spring registration will be available November 17

WELCOME TO NISRA

Our Mission

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

Our Vision

To be a community of limitation free recreation.

Our Values

- Fun
- Professional
- Compassionate
- Trustworthy
- Innovative



NISRA OFFICE 285 Memorial Drive

Crystal Lake, IL 60014

Phone: (815) 459-0737 Fax: (815) 459-0388 Email: info@nisra.org Website: www.nisra.org

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

The office will be closed on the following dates:

August 25 August 26 September 5 November 24 & 25 December 23, 26, & 30 January 2

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

Asistencia en Español

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

Brochure Available in Audio

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

Americans with Disabilities Act (ADA)

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

What is NISRA?

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

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

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

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

For:

Index of All Programs by Name - See Page 5 Annual Information Update - See Pages 53 - 54 Facility Locations - See Page 55 Fitness Program Waiver - See Page 45 Illness Guidelines - See Page 50 NISRA Foundation - See Pages 6 - 7 **Program Information - See Pages 49 - 50** Registration Information - See Pages 46 & 49 Seizure Questionnaire - See Page 44 **Severe Weather Guidelines - See Page 50** Special Olympics Information - See Page 40

Key to Symbols/Abbreviations:

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

R/NR

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



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

No Program

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

Wellness Programs: Programs focusing on fitness, nutrition, and the connection between the outdoors & emotional health. These are found throughout the brochure.



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



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



BOARD & STAFF

Board of Directors

Terry Jennings Barrington Park District Dan Jones Cary Park District Crystal Lake Park District Jason Herbster Dave Peterson **Dundee Township Park District** City of Elgin Maria Cumpata

Laura Schraw Hampshire Township Park District

Rvan Knop City of Harvard Scott Crowe **Huntley Park District** Kim Buscemi Village of Lake in the Hills Dan Bertrand Marengo Park District Bill Hobson City of McHenry Tim Staton Wauconda Park District

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

City of Woodstock

Administrative Staff

Dave Zinnen

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

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

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

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

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

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

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

Patty Panas, B.A., ext. 241 **Human Resources Coordinator**

Recreation Staff

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

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

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

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

Trisha Palmieri, B.S., CPRP, CTRS, QIDP, CTRI ext. 249 Manager of Special Olympics & Healthy Minds Healthy Bodies

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

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

Katie Weadley, B.S., CPRP, ext. 229 Manager of Adult Day Programs

Gabrielle Winkel, B.S., CTRS, ext. 246 Manager of Cultural Arts & Special Events

Anya Naumovski, B.S., QIDP, ext. 248 Regional Coordinator; Please call Anya with program ideas for Barrington, Cary & Wauconda

Your Regional Coordinator

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



Anya Naumovski - Eastern Region

Please call Anya at extension 248 or email her at anaumovski@nisra.org with program suggestions for the Barrington, Cary and Wauconda areas.

Samantha Helton - Northwest Region

Please call Samantha at extension 265 or email her at shelton@nisra.org with program suggestions for the Harvard, Marengo, McHenry & Woodstock areas.



Emily Eliscu - Central Region

Please call Emily at extension 226 or email her at eeliscu@nisra.org with program suggestions for the Crystal Lake, Huntley, and Lake in the Hills areas.

Taylor Baretz - Southern Region

Please call Taylor at extension 231 or email him at tbaretz@nisra.org with program suggestions for the Dundee Township, Elgin & Hampshire areas.



Samantha Helton., B.S., CTRS, ext. 265 Regional Coordinator; Please call Samantha with program ideas for Harvard, Marengo, McHenry & Woodstock

Emily Eliscu, B.S., CTRS, ext. 226

Regional Coordinator; Please call Emily with program ideas for Crystal Lake, Huntley & Lake in the Hills

Taylor Baretz, B.A., ext. 231

Regional Coordinator; Please call Taylor with program ideas for Dundee Township, Elgin & Hampshire

Michelle Friedrichs, B.A., ext. 240

L.I.F.E. Program Leader

Macky Leech, DSP, ext. 235 Bright Program Recreation Specialist

Nicole Eisenrich, B.S.

Healthy Minds Healthy Bodies Specialist

Habacuc Rico, A.A.S.

Healthy Minds Healthy Bodies Specialist

CTRS & CPRP

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

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SPECIAL EVENTS, FAMILY EVENTS & TRIPS

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YOUNG CHILDREN

YOUTH & YOUNG TEENS

TEENS & ADULTS

ADULTS - 21 AND OLDER

CULTURAL ARTS

SPECIAL OLYMPICS



Do You Know?

For every \$1 given to the Foundation:

- 72 cents goes to support NISRA programs & services
- 24 cents goes to fundraising costs
- 4 cents goes to management & administrative expenses

What the Foundation Does

The NISRA Foundation was created in 1991 to preserve the future funding and quality of NISRA services. The Foundation raises money through fundraising events, grant solicitation and donations in order to exclusively support NISRA programs and services. Since its inception, the Foundation has made annual grants to NISRA, cumulatively exceeding \$2.3 million, for the following purposes:

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

The Foundation Board

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

Foundation Board of Directors

Annette Hammortree, *President*Rochelle Donahue, *Vice President*Dawn Goerger, *Treasurer*Jim Wiseman, *Secretary*Julie Amendt

Kim Buscemi Amy MacCrindle Tad Gralewski Pat Kallaus



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

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

Thank you to the NISRA Foundation's Corporate Partners:

Law Offices of Donahue & Walsh, P.C.





GIVE THE GIFT OF FUN!

Volunteer

- · Assist at an event
- Join an event committee
- Serve on the Foundation Board of Directors

Donate

- Make a donation
- · Secure raffle or auction items
- Leave a legacy by remembering NISRA in your will or estate plan
- Sponsor one of our many FUNdraising events
- Ask your employer about their matching gift program
- Donate every time you shop with AmazonSmile

AmazonSmile



Go to:



2 Select the NISRA Foundation as your charity



3 Support the Foundation with every purchase!

SAVE THE DATES!

Women's Golf Outing Tuesday, September 13

Players of all ability levels are welcome for a 9-hole adventure at Randall Oaks Golf Club with games and props! Hula your way to the greens with this year's theme, "Tiki Tee Time"! Register for a day of laughs with your girlfriends, while supporting NISRA. All of the details are on our website.

Fall Diddley

Saturday, October 8 & Sunday, October 9

This fantastic craft show with over 300 crafters and artisans is held at the Boone County Fairgrounds in Belvidere. Organized by the Mental Health Resource League, profits from the fair are distributed to social service organizations like NISRA. Find out more at www.mhrl.org today!

Holiday Fashion Show

Saturday, November 19

The ultimate holiday kick-off event that you DON'T want to miss! This year's theme is "Tropical Holiday"...we'll be pretending we're on a beach under the hot sun while raising funds for NISRA programs! Watch for more details on our website in September.

NISRA Foundation

For more information:

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

Tell Family & Friends

- · NISRA has great programs
- Spread the word about Foundation events
- Like our Facebook & Instagram pages and join in on the fun!

SPECIAL THANKS...

Spring Shootout

We had a great day at Randall Oaks Golf Club & Banquets! Thank you to sponsors, donors and attendees. Your support makes NISRA's life-changing programs possible!

Ride for Dreams

Thank you to Tops Cats Illinois for hosting the annual ride. It started at Woodstock Harley Davidson and wove through the scenic McHenry County countryside that ended at the Volo Auto Museum and Jurassic Gardens.

NISRA Families

Thank you to the NISRA families that donated their credits back to us!



SPECIAL EVENTS



Winter Break Scene

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

Age Group: 6 - 15

Suggested Ability Level: All Abilities

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

Staff Contact: Jordan

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Prog #	Days/Dates	Time	R/NR Fee	R/NR Fee	Min/Max
	Week I: Mon, Dec. 19 - Thurs, Dec 22	9:00 am - 3:00 pm	\$136/\$238	\$160/\$262	6/10
8665	Week II: Tues, Dec 27 - Thurs, Dec 29	9:00 am - 3:00 pm	\$102/\$179	\$120/\$197	6/10

Bus Departs	Transportation Location	Returns
8:20 am	Woodstock Recreation Center	3:40 pm
8:40 am	LITH Village Hall	3:20 pm
9:00 am	NISRA Office	3:00 pm

NOTE: Please bring a labeled sack lunch & drink each day. NISRA will provide an afternoon snack. Please bring a labeled swimsuit & towel on Dec 20, 22, 27 & 29. The group may go on some local field trips.



Winter Break Trip - Cooking & Movie

Cook and enjoy a delicious meal before going to the movie theater! We'll prepare and eat our lunch in the Teaching Kitchen then see one of the current movies on the big screen!

Location: Sage TR Center, NISRA

Prog #	<u>Day</u>	Date	Time	R/NR Fee
8662			9:00 am - 3:00 pm	\$51/\$88

NOTE: Movie will be PG or PG-13. Fee includes lunch & movie ticket; bring additional money for snacks at the theater. Please let the NISRA Office know of any food allergies, so we may try to accommodate.



Age Group: 13 - 21

Suggested Ability Level: All Abilities

Min/Max: 8/15

Staff Contact: Gabrielle

Bus Departs	Transportation Location	Returns
8:20 am	Woodstock Recreation Center	3:40 pm
8:40 am	LITH Village Hall	3:20 pm
9:00 am	NISRA Office	3:00 pm

Winter Break Trip - Climbing & Games NEW!



Spend the reaching new heights with friends! We'll be climbing at North Wall and creating our very own subs for lunch and ending the day with games at NISRA!

Location: North Wall & Sage TR Center, Crystal Lake

Prog #	<u> рау</u>	Date	Time	K/NK Fee
8606		Dec 20	9:00 am - 3:00 pm	\$55/\$96

Wall requires a waiver to be signed before participating. Waiver can be found here: https://waiver. smartwaiver.com/w/5b08559cb6db5/web/, at the top of their website or by scanning the QR Code to the left. Please fill out, open your email and press confirm in the email.

NOTE: Fee includes climbing shoes. Please wear socks. North

Winter Break Trip - Color Me Mine

It's time to get crafty! We'll spend the morning picking out our own ceramics, painting them, and getting them glazed. We'll head back to NISRA for lunch, games, and more! Location: Color Me Mine, Crystal Lake

Prog #	<u>Day</u>	Date	Time	R/NR Fee
8861			9:00 am - 3:00 pm	\$57/\$100

NOTE: Please bring a labeled sack lunch. Ceramics will be picked up the following week and participants will be contacted to pick up their pieces at NISRA.



Winter Break Trip - Luigi's Fun

We're headed to somewhere new, Luigi's Pizza and Fun Center! A one-stop shop for a focus on fun, friends and fabulous food.

Location: Luigi's Pizza and Fun Center, Aurora

Prog #	<u>Day</u>	Date	Time	R/NR Fee
8608	_	Dec 27	9:00 am - 3:00 pm	\$55/\$96



Winter Break Trip - Schaumburg Water Works

Join us for a pool day at our nearby indoor water park, Schaumburg Water Works. We'll have a blast splashing in the whirlpool and using the waterslides and diving boards!

Location: Schaumburg Water Works, Schaumburg

Prog#	Day	Date	Time	R/NR Fee
8258		Dec 29	9:00 am - 3:00 pm	\$50/\$87

NOTE: Please bring a labeled sack lunch & drink, along with a labeled swimsuit & towel.

SPECIAL EVENTS



Winter Break Trip - Exquisite Chocolatier

Put on your baker's hat and follow along as a guided instructor leads the way to make chocolate pizzas, pretzels and other molded candies. You will leave with about a pound of chocolate...read that twice!

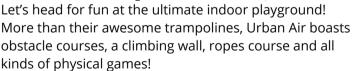
Location: Morkes Chocolate, Huntley

Prog#	Day	Date	Time	R/NR Fee
8607		Dec 22	9:00 am - 3:00 pm	\$57/\$99

NOTE: There will be no dairy-free options. Please bring a sack lunch.



Winter Break Trip - Urban Air



Location: Urban Air, Crystal Lake

Prog#	<u>Day</u>	Date	Time	R/NR Fee
8609	Wed		9:00 am - 3:00 pm	\$62/\$108

NOTE: Please bring a labeled sack lunch & drink. Urban Air requires a waiver which needs to be completed on its website at: urbanairtrampolinepark.com.

DANCES

Halloween Dance	
-----------------	--

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

your favorite tunes!

Age Group: 18 & Older

Suggested Ability Level: All Abilities Location: Huntley R.E.C. Center

Min/Max: 50/150 Staff Contact: Gabrielle

Time R/NR Fee w/ Transportation Day Date R/NR Fee

Fri Oct 28

NOTE: A light snack and water will be provided. Please register for the Program # that goes with the transportation location where you wish to be picked up & dropped off. Transportation times will be listed on Rainout Line the week of the scheduled event. For more information on Rainout Line, see pages 51.

Program #

8459

8460

8461

8462

8464

8463

Program #

8631

8632

Transportation Location Barrington Park District

McHenry Recreation Center

Transportation Location

The Centre, Elgin

NISRA Office

*No transportation; meet at dance

Sheltered Village

The Centre, Elgin

NISRA Office

SRSNLC Turkey Twist

Give thanks for the chance to dance! The Turkey Twist is back and it's better than ever. Join us for dancing, snacks, and a take home craft. Twist your way to Waukegan to enjoy a great evening!

Age Group: 13 & Older

Suggested Ability Level: All Abilities

Location: Belvidere Recreation Center, Waukegan

Min/Max: 10/15

Staff Contact: Gabrielle

Day Date Time 6:30 - 8:30 pm Nov 4

NOTE: Please eat dinner prior to attending this event. Transportation times will be listed on Rainout Line the week of

Holiday Dance

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

the scheduled event. For more information on Rainout Line, see pages 51.

Age Group: 18 & Older

Suggested Ability Level: All Abilities Location: Lords Park Pavilion, Elgin

Min/Max: 50/150 Staff Contact: Gabrielle

Program #	Transportation Location
8471	Barrington Park District
8472	McHenry Recreation Center
8473	Sheltered Village
8470	NISRA Office
8475	*No transportation; meet at dance

<u>Day</u>	Date	Time	R/NR Fee	R/NR Fee w/ Transportation
-		3:00 - 5:00 pm	\$15/\$26	\$21/\$32

NOTE: A light snack and water will be provided. Please register for the Program # that goes with the transportation location where you wish to be picked up & dropped off. Transportation times will be listed on Rainout Line the week of the scheduled event. For more information on Rainout Line, see pages 51.

Monster Jam

Monster Jam® is the motorsports competition where 12,000-pound trucks and the world-class athletes who drive them tear up the dirt with gravity-defying feats. We'll witness a fierce battle for the event championship!

Age Group: 18 & Older

Suggested Ability Level: All Abilities Location: Allstate Arena, Rosemont

Min/Max: 10/20

Staff Contact: Gabrielle

Prog # Day Date Time R/NR Fee Sun Sept 18 12:00 - 3:00 pm \$74/\$129

Bus Departs Transportation Location Returns 10:45 am NISRA Office 5:15pm* 11:15 am The Centre, Elgin 4:45 pm*

NOTE: Please bring \$25 for concessions and additional \$ for souvenirs. This event will have excessive noise and NISRA will provide ear plugs. If sensitive to sound, consider bringing headphones. *Return times are approximate.

Please check Rainout Line the day of the scheduled

event for return times.





This show transforms the movie blockbuster series into an exhilarating live experience. We'll take a trip to Isla Nublar, a journey that takes a terrifying turn when the Indominus rex escapes and causes chaos in the park.

Age Group: 13 & Older

Suggested Ability Level: All Abilities Location: Allstate Arena, Rosemont

Min/Max: 10/20

Staff Contact: Gabrielle

Prog # Day Date Time R/NR Fee 10:30 am - 1:00 pm Nov 6

Bus Departs Transportation Location **Returns** 9:00 am NISRA Office 2:45 pm* 9:30 am The Centre, Elgin 2:15 pm*

NOTE: Please bring \$25 for concessions and additional \$ for souvenirs. This show includes an intense strobe light display that may not be suitable for individuals with sensitivity to flashing lights. *Return times are approximate. Please check Rainout Line the day of the scheduled event for return times.

SPECIAL EVENTS

Lake Geneva Boat Ride - Ice Cream Social

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

Manor.

Age Group: 18 & Older

Suggested Ability Level: All Abilities

Location: Lake Geneva, WI

Min/Max: 10/35

Staff Contact: Gabrielle

Prog#	Day	Date	Time	R/NR Fee
			2:00 - 4:00 pm	\$64/\$113
			44	

Bus Departs	Transportation Location	Returns
12:00 pm	NISRA Office	5:15 pm
12:30 pm	Sheltered Village	4:45 pm
11:15 am	The Centre, Elgin	5:45 pm

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

Holiday Shopping & Lunch

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

Age Group: 18 & Older

Suggested Ability Level: All Abilities Location: Hawthorn Mall, Vernon Hills

Min/Max: 10/25

Staff Contact: Gabrielle

Prog # Day Date Time 8401 Thurs Dec 1 10:00 am - 2:00 pm

Bus Departs	Transportation Location	Returns
9:00 am	NISRA Office	3:30 pm
8:30 am	Sheltered Village	4:00 pm
9:00 am	The Centre, Elgin	3:30 pm

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

TRIPS

Adult Vacation Trip - South Haven, Michigan

Trips are back and we're heading to Pure Michigan! We'll plan for horseback riding on a trail, walks along the beach, visits to the lighthouse in South Haven, a boat ride on the water and a visit to the "World Famous" Shermann's Ice Cream!

Age Group: 21 & Older

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

Min/Max: 8/10
Staff Contact: Anya

Prog#	Days	Date	Times	R/NR Fee
4020	Fri -	Sept 16 -	9:00 am	\$459/\$551
	Sun	Sept 18	1:00 pm	

NOTE: Please read "General Information about Trips" below. There will be a pre-trip meeting to discuss trip details; further details will be shared after registration.



General Information about Trips

Eligibility

It is recommended that participants have a moderate level of independence skills for overnight trips. In addition to caring for themselves & their belongings, participants will be expected to follow scheduled activities, stay with the group, and help with general activities of daily living including food preparation and clean up. After the registration is received, a NISRA staff member will contact the participant/family by phone to discuss the trip and make sure that it is a good fit for the participant, ensuring a successful trip for everyone.

Housing

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

Medication Dispensing Changes

Based upon direction from NISRA's risk management agency, we are implementing a change to our procedure for dispensing medication during trips. When the parent/guardian supplies envelopes containing individual dosages, the envelopes must be sealed and not be a clear/transparent material. No pill bottles or bubble packs. If this applies to you, we will provide additional details when you register.

LITH Family Holiday Light Tour

Travel around Lake in the Hills to see sights and lights while serving as a judge for the Holiday House Decorating Contest. Hot chocolate & cookies provided.

Age Group: 3 & Older

Suggested Ability Level: All Abilities **Location:** Village of Lake in the Hills

Min/Max: 6/24

Staff Contact: Emily E.

 Prog #
 Day
 Date
 Time
 R/NR Fee

 8648
 Thurs
 Dec 15
 5:30 pm
 \$6/\$7

*Registration deadline is Dec 12

NOTE: A family member/guardian must attend and complete a registration form for each family member who will be attending.

CO-OP EVENTS

LITH - Family Outdoor Movie Night

Bring a blanket, chairs, and dinner / snacks to Village Hall and enjoy the movie **Hocus Pocus** with us! Gates open at 6:30 pm, movie starts when it is dark enough. Everyone will get a glow bracelet and popcorn to enjoy.

Age Group: All Ages

Suggested Ability Level: All Abilities **Location:** Village of Lake in the Hills

Staff Contact: Emily E.

 Prog #
 Day
 Date
 Time

 8449
 Fri
 Oct 7
 6:30 - 9:30 pm



\$2 per person pre-registered \$3 per person onsite



Algonquin Area Public Library District

NOTE: A family member/guardian must attend and complete a registration form for each family member who will be attending. This program will be outside, if inclement weather, program will be moved inside.

Family BINGO & Pizza



FAMILY EVENTS & PROGRAMS

Spend a Sunday funday afternoon with the whole family! We'll enjoy some pizza and play the classic pastime game of BINGO!

Age Group: All Ages

Suggested Ability Level: All Abilities

Location: Cary Park District

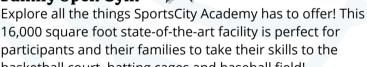
Min/Max: 15/30 Staff Contact: Anya

Prog # Day Date **R/NR Fee** Time

NOTE: Family member must be 13 years or older or guardian will need to stay the duration of the program. Family members need to register, more than one family member can register.



NEW! Family Open Gym



16,000 square foot state-of-the-art facility is perfect for participants and their families to take their skills to the basketball court, batting cages and baseball field!

Age Group: All Ages

Suggested Ability Level: All Abilities **Location:** SportsCity Academy, Woodstock

Min/Max: 8/20

Staff Contact: Samantha

Day Dates **Weeks Time** Prog # Mon Sept 19 - Nov 7 No program Oct 31

NOTE: Family member must be 13 years or older or guardian will need to stay the duration of the program. Family members need to register, more than one family member can register.



Family Bowling

Strikeout with the ultimate family night of bowling! Enjoy an evening on the lanes with a family member at Glo-Bowl in Marengo. This program is for one participant and one family member.

Age Group: All Ages

Suggested Ability Level: All Abilities

Location: Glo-Bowl, Marengo

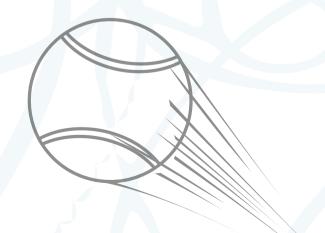
Min/Max: 8/24

Staff Contact: Samantha

Prog #	<u>Day</u>	Dates	Weeks	Time
		Sept 21 - Nov 9	8	5:00 - 6:30 pm

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

NOTE: Family member must be 13 years or older or guardian will need to stay the duration of the program. Family members need to register, more than one family member can register.



SPECIAL EVENTS



NISRA Polar Express

(formerly Magical Holiday Drive-Thru)

Our Magical Holiday Drive-Thru will be transforming to our very own Polar Express! Travel from station to station in the Sage TR Center and end the journey with a visit and picture with the jolliest guy we know, Santa. **All aboard for FUN!**

Age Group: All Ages

Location: Sage TR Center, NISRA Office

Min/Max: 8/24 per time slot Staff Contact: Gabrielle

Prog #	Day	Date	Time Slot	Fee
8612	Fri	Dec 16	5:00 - 6:00 pm	\$2 per person
8613	Fri	Dec 16	6:00 - 7:00 pm	\$2 per person
8614	Fri	Dec 16	7:00 - 8:00 pm	\$2 per person

NOTE: Please arrive at your scheduled time slot. All family members participating must register.

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 initial assessment will be completed prior to the first week, so that the sessions can be geared to accomplishing the goals.

Age Group: 3 & Older

Suggested Ability Level: All Abilities **Location:** Sage TR Center, NISRA

Staff Contact: Samantha

Prog #	Day	Dates	Weeks	Time	R/NR Fee	Min/Max
		Sept 21 - Nov 9	8	4:00 - 6:30 pm	\$120/\$210	1/5
				*4:00, 4:30 5:00, 5:30	6:00	

NOTE: This is a 1:1 ratio program. Fees are for a 30 minute session (4:00 - 4:30, 4:30 - 5:00, 5:00 - 5:30, 5:30 - 6:00 & 6:00 - 6:30 PM), and are given on a first-come, first-serve basis. *Please indicate your time preference on your Registration Form. You will be contacted only if your preferred time slot is not available. A parent/guardian is required to be in the building for the duration of the session.

Sensory Exploration - All Ages

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

Suggested Ability Level: All Abilities **Location:** Sage TR Center, NISRA

Staff Contact: Samantha

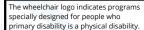
Prog #	Age Group	Day	Dates	Weeks	Time	R/NR Fee	Min/Max
1140	•	Tues	Sept 20 - Nov 8	8	4:00 - 4:30 pm	\$64/\$112	2/3
1240	7 - 12	Tues	Sept 20 - Nov 8	8	4:30 - 5:00 pm	\$64/\$112	2/3
1340	13 - 20	Tues	Sept 20 - Nov 8	8	5:00 - 5:30 pm	\$64/\$112	2/3
1416	21 & Older	Tues	Sept 20 - Nov 8	8	5:30 - 6:00 pm	\$64/\$112	2/3

NOTE: Please register according to the participant's age group.

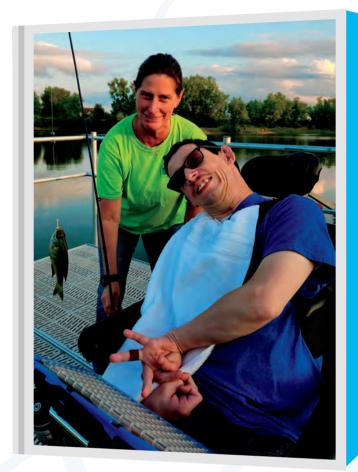
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14				

INDIVIDUALS WITH PHYSICAL DISABI

with physical or visual limitations, Arthritis, ABI/TBI or Stroke survivors







so many great options? Each week we'll visit a tasty eatery in the Crystal Lake or Algonquin area to sample a new entree.

Age Group: 21 & Older

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

Location: Various Restaurants in the Surrounding Area

Oct 19: Village Squire, Dundee

Min/Max: 4/10 Staff Contact: Taylor

Prog # Day **Dates** Weeks **Time** Wed Oct 19 - Nov 9 6:00 - 8:00 pm

R/NR Fee No Transp. R Fee w/ Door-to-Door Transp.* \$56/\$98

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

NOTE: Participants will decide remaining restaurant locations after the first week; please check Rainout Line each week for details. Please bring money for dinner & tip. If no transportation is chosen, please meet at the designated restaurant each week. 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.

Out & About 👃 💬

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

Age Group: 21 & Older

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

Locations:

Sept 21: Dinner & Bowling, Bowlero, Algonquin Sept 28: Night at the Movies, Classic Cinemas 12 Oct 5: Dinner & Grand Victoria Casino, Elgin Oct 12: Pumpkin Carving, Huntley R.E.C. Center

Min/Max: 4/10 **Staff Contact:** Taylor

Prog # Day Sept 21 - Oct 12 6:00 - 8:00 pm

R/NR Fee No Transp. R Fee w/ Door-to-Door Transp.* \$56/\$98

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

NOTE: 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. Please check Rainout Line for any updates. Some activities may require you to bring extra money. We'll focus on recreational outings; if you're looking for dining out, try Restaurant Hoppers.

See page 51 for more details on Rainout Line!

INDIVIDUALS WITH PHYSICAL DISABILITIES

with physical or visual limitations, Arthritis, ABI/TBI or Stroke survivors

Fitness Swim 🕹 😳

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

Age Group: 21 & Older

Suggested Ability Level: Participants w/ physical

limitations

Location: Rakow Center, Carpentersville

Min/Max: 5/8

Staff Contact: Taylor

Prog #	Day	Dates	Weeks	Time
		Sept 19 - Nov 7	8	11:10 - 11:55 am

R/NR Fee No Transp. R Fee w/ Door-to-Door Transp.* \$64/\$112 \$136

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

NOTE: See page 45 for information about the fitness waiver required for participation. If you have had medical treatment during the 2 year time frame of your **Fitness Waiver**, please submit a new form to your doctor & NISRA.

Stretch 'n Tone 💍 💬

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

Age Group: 21 & Older

Suggested Ability Level: Participants w/ physical

limitations

Location: Huntley R.E.C. Center

Min/Max: 5/8

Transp. Max each day: Transportation availability is determined by the buses available & routes with

reasonable riding times. **Staff Contact:** Emily E.

 Prog # Day
 Dates
 Weeks
 Time

 2507
 Thurs Sept 22 - Nov 10
 8
 1:00 - 2:00 pm

R/NR Fee No Transp. R Fee w/ Door-to-Door Transp.*
\$64/\$112 \$136

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

NOTE: See page 45 for information about the fitness waiver required for participation. If you have had medical treatment during the 2 year time frame of your **Fitness Waiver**, please submit a new form to your doctor & NISRA.







Boccia 👆 💬

Boccia is a competitive sport as well as a fun yard game! It's designed for those with a physical disability that limits range of motion in the arms & hands. Coaches will assist you in determining whether adapted devices (ramps, head stick, etc.) are needed to make you successful.

Age Group: 16 & Older

Suggested Ability Level: Participants w/ physical

limitations

Location: Huntley R.E.C. Center

Min/Max: 3/8

Staff Contact: Trisha

 Prog #
 Day
 Dates
 Weeks
 Time

 5802
 Thurs
 Sept 22 - Nov 10
 8
 7:00 - 8:00 pm

R/NR Fee No Transp. R Fee w/ Door-to-Door Transp.*

\$41/\$71 \$95

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

NOTE: A limited number of door-to-door transportation spots are available. There may be opportunities to participate in Boccia competitions for an additional fee.

Youth Social Club - Goebbert's

A haunted house, cornstalk maze, and a pumpkin-eating dinosaur...are just a few of the attractions at Goebbert's Farm Fall Festival! Join us at the farm for a fun-filled fall day.

Age Group: 3 - 12

Suggested Ability Level: All Abilities **Location:** Goebbert's Farm, Pingree Grove

Min/Max: 6/12 Staff Contact: Taylor

 Prog # Day
 Dates
 Time
 R/NR Fee

 0226
 Sun
 Oct 23
 3:00 - 5:00 pm
 \$47/\$83

NOTE: Program fee includes entry, activities, and a snack. In the event of inclement weather, the program will be canceled.



Special Twist Cheerleading is an instructional class designed to teach the basics of the sport of cheerleading. The group will work on the technique for jumps, cheers, and dance. Participants will learn and perform a routine on the last day of class.

Age Group: 3 - 10

Suggested Ability Level: All Abilities

Location: Cary Park District

Min/Max: 4/8
Staff Contact: Anya

 Prog # Day
 Dates
 Weeks Time
 R/NR Fee

 3260
 Tues
 Aug 30, Sept 1
 3
 5:00 - 5:45 pm
 \$41/\$71

& Thurs Sept 6, 8, 13 & 15

NOTE: Program fee includes a t-shirt. A performance will be mid-September. Details will be available the first week of program.

*Non-residents, please register as early as possible and we'll put you in the program regardless of the registration deadlines.

YOUNG CHILDREN

Rec Explorers

This new program is a one-stop shop of all things recreation! This program mash-up will be a variety of activities that transition between both the multi-purpose gym and conference room at The Centre in Elgin. Activities in the gym will include gym games, stretching, body awareness, peer cooperation, sportsmanship and team building. Activities in the conference room will include sensory activities, crafts, science experiments and more!

Age Group: 3 - 8

Suggested Ability Level: All Abilities

Location: The Centre, Elgin

Min/Max: 4/8

Staff Contact: Taylor

 Prog # Day
 Dates
 Weeks Time
 R/NR Fee

 0606
 Tues
 Sept 20 - Nov 8
 8
 5:00 - 5:45 pm
 \$64/\$112

NOTE: Please bring a water bottle to the program and wear comfortable clothes & shoes.



Aqua Explorers

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

Age Group: 3 - 8

Suggested Ability Level: All Abilities

Location: Adventure Island Pool at The Centre, Elgin

Min/Max: 4/6

Staff Contact: Taylor

 Prog # Day
 Dates
 Weeks Time
 R/NR Fee

 0607
 Tues
 Sept 20 - Nov 8
 8
 6:00 - 6:30 pm
 \$64/\$112

NOTE: Please bring a labeled swimsuit and towel.



YOUNG CHILDREN

Rock 'n' Kids



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

Age Group: 3 - 8

Suggested Ability Level: All Abilities **Location:** Sage TR Center, NISRA

Min/Max: 6/10

Staff Contact: Samantha

 Prog # Day
 Dates
 Weeks Time
 R/NR Fee

 1204
 Wed
 Sept 21 - Nov 9
 8
 4:30 - 5:15 pm
 \$68/\$119

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



Crafty Kids

Calling all creative and crafty kids! Meet up with friends to socialize and create different themed-crafts each week and use crafting as an easy de-stresser. Remember, when crafting there are no mistakes...just unique creations like ourselves!

Age Group: 3 - 8

Suggested Ability Level: All Abilities **Location:** Sage TR Center, NISRA

Min/Max: 6/8

Staff Contact: Emily E.

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

 2205
 Wed
 Sept 21 - Nov 9
 8
 5:15 - 6:00 pm
 \$64/\$112

Kids Klub

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

Age Group: 3 - 8

Suggested Ability Level: All Abilities **Location:** Sage TR Center, NISRA

Min/Max: 6/10

Staff Contact: Emily E.

 Prog # Day
 Dates
 Weeks Time
 R/NR Fee

 2101
 Sat
 Sept 24 - Nov 12
 8
 9:00 - 10:30 am
 \$98/\$172

NOTE: Please bring a water bottle and snack.





YOUNG CHILDREN

Sports Mania

Learn sports skills in a fun-filled program! We'll work on motor and cognitive skills through traditional sports such as t-ball, basketball & soccer. We'll also focus on teamwork & sportsmanship.

Age Group: 6 - 12

Suggested Ability Level: All Abilities

Location: Multi-purpose Gym at The Centre, Elgin

Min/Max: 6/8

Staff Contact: Taylor

 Prog #
 Day
 Dates
 Weeks
 Time
 R/NR Fee

 0233
 Thurs
 Sept 22 - Nov 10
 8
 5:00 - 5:45 pm
 \$54/\$95

NOTE: Please bring a water bottle to the program and wear

comfortable clothes & shoes.



Gamers

Nintendo Switch, PlayStation and much more! Hang out with friends and challenge each other in exciting video games.

Age Group: 6 - 12

Suggested Ability Level: All Abilities

Location: East Conference Room at The Centre, Elgin

Min/Max: 6/8

Staff Contact: Taylor

 Prog #
 Day
 Dates
 Weeks
 Time
 R/NR Fee

 0622
 Thurs
 Sept 22 - Nov 10
 8
 5:45 - 6:30 pm
 \$56/\$98

Saturday Fun Club (6 - 12)

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

Age Group: 6 - 12

Suggested Ability Level: All Abilities

Location: The Centre, Elgin

Min/Max: 4/6

Staff Contact: Taylor

 Prog # Day
 Dates
 Weeks Time
 R/NR Fee

 0207
 Sat
 Sept 24 - Nov 12
 8
 10:00 am - 1:00 pm
 \$110/\$193

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

If your child is older than 12, there's still more fun to be had at Saturday Fun Club, for ages 13 - 18! See page 21.

Climb On

We will, we will, rock you! Learn how to rock climb as you build climbing skills each week with an enthusiastic instructor! We'll spend time climbing over boulders, belay climbing and into coves.

Age Group: 8 & Older

Suggested Ability Level: All Abilities **Location:** North Wall, Crystal Lake

Min/Max: 6/10 Staff Contact: Emily E.

 Prog # Day
 Dates
 Weeks Time
 R/NR Fee

 2231
 Tues
 Sept 20 - Nov 8
 8
 6:00 - 7:30 pm
 \$160/\$280

NOTE: Fee includes climbing shoes. Please wear socks. North Wall requires a waiver to be signed before participating. Waiver can be found here: https://waiver.smartwaiver.com/w/5b08559cb6db5/web/, at the top of their website or by scanning the QR Code below. Please fill out, open your email and press confirm in the email.





Tennis - Youth Beginner

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

Age Group: 10 - 15

Suggested Ability Level: All Abilities **Location:** Crystal Lake Racket Club

Min/Max: 4/6

Staff Contact: Emily E.

 Prog # Day
 Dates
 Weeks Time
 R/NR Fee

 2220
 Tues
 Sept 20 - Nov 8
 8
 5:45 - 6:30 pm
 \$47/\$83

NOTE: This program is a prerequisite to participation in Special Olympics Intermediate / Advanced Tennis. Please wear tennis shoes and comfortable clothes to move around in. Bring your own racket and water bottle.

Ice Skating - Learn to Skate

Learn the basics of skating, including balance and movement in order to start gliding on the ice. This beginner program will help you develop the skills to advance to the next level.

Age Group: 6 & Older

Suggested Ability Level: All Abilities

Location: Crystal Lake Ice House, Crystal Lake

Min/Max: 4/6

Staff Contact: Emily E.

 Prog # Day
 Dates
 Weeks Time
 R/NR Fee

 2606
 Sat
 Sept 24 - Nov 12
 7
 8:45 - 9:30 am
 \$47/\$82

 No program Nov 5

NOTE: This program is a prerequisite for the Ice Skating-Intermediate/Advanced class. If the skater has prior experience, please contact Emily E. to be placed in the right program. 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 & instructors by the Crystal Ice House.



Interested in Ice Skating for the Intermediate/Advanced level?

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

Please contact Kim Johnson at the Crystal Lake Ice House with any questions at kim.johnson@crystalicehouse.com

Super Saturdays

Have a blast on Saturdays with our energetic line-up of games, sports, crafts, music & a couple of field trips. Make

new friends in this fun program!

Age Group: 8 - 15

Suggested Ability Level: All Abilities **Location:** Sage TR Center, NISRA

Min/Max: 6/10 Staff Contact: Anya

Prog # Day Dates Weeks Time R/NR Fee

3222 Sat Sept 24 - Nov 12 8 11:00 am - 1:00 pm \$98/\$172

NOTE: Please bring a labeled sack lunch and drink.



Saturday Fun Club (13 - 18)

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

Age Group: 13 - 18

Suggested Ability Level: All Abilities

Location: The Centre, Elgin

Min/Max: 4/6

Staff Contact: Taylor

 Prog # Day
 Dates
 Weeks Time
 R/NR Fee

 0239
 Sat
 Sept 24 - Nov 12
 8
 10:00 am - 1:00 pm
 \$110/\$193

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



Gamers Paradise

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

Age Group: 8 - 15

Suggested Ability Level: All Abilities **Location:** Sage TR Center, NISRA

Min/Max: 6/10
Staff Contact: Anya

 Prog # Day
 Dates
 Weeks Time
 R/NR Fee

 3235
 Tues
 Sept 20 - Nov 8
 8
 5:30 - 6:15 pm
 \$56/\$98



Kids Cooking Around the World

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

Age Group: 8 - 15

Suggested Ability Level: All Abilities **Location:** Sage TR Center, NISRA

Min/Max: 4/8
Staff Contact: Anya

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

 3212
 Tues
 Sept 20 - Nov 8
 8
 6:30 - 7:45 pm
 \$100/\$175



Buddy Baseball

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

Age Group: 6 - 16

Suggested Ability Level: All Abilities

Min/Max: 8/12

NOTE: If you know someone who would be a great Baseball Buddy, like your neighbor, a sibling or family friend, please reach out to the NISRA office today! Buddy must be 13 years or older.

Lake in the Hills

Location: Buddy Baseball Field at Sunset Park, Lake in the Hills **Staff Contact:** Emily E.

 Prog # Day
 Dates
 Weeks Time
 R/NR Fee

 2217
 Wed
 Sept 21 - Oct 12
 4
 5:00 - 6:00 pm
 \$18/\$32

Woodstock

Location: SportsCity Academy, Woodstock

Staff Contact: Samantha

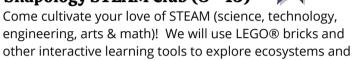
 Prog # Day
 Dates
 Weeks Time
 R/NR Fee

 1211
 Mon
 Sept 19 - Nov 7
 7
 5:30 - 6:30 pm
 \$21/\$37

No program Oct 31

This program is in partnership with Northern Illinois Rawlings Tigers 13U - Artinghelli.

Snapology STEAM Club (8 - 15)



Age Group: 8 - 15

Suggested Ability Level: All Abilities **Location:** McHenry Recreation Center

different plant and animal life cycles.

Min/Max: 6/15

Staff Contact: Samantha

 Prog # Day
 Dates
 Weeks Time
 R/NR Fee

 1212
 Thurs Sept 22 - Nov 10
 8
 5:30 - 6:30 pm
 \$160/\$280

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





"Special Focus" Karate



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

Age Group: 6 & Older

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

instruction.

Location: Focus Martial Arts, Lake in the Hills

Min/Max: 8/15

Staff Contact: Emily E.

Prog #	# Day	Dates	Weeks	Time	R/NR Fee
2614	Sat	Sept 3 - Oct 15	7	11:15 am - 12:00 pm	\$88/\$153
2615	Sat	Oct 29 - Dec 17	7	11:15 am - 12:00 pm	\$88/\$153
		No program Nov	/ 26		

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

*Non-residents, please register as early as possible and we'll put you in the program regardless of the registration deadlines.

Swim Lessons

This swim program is geared to those swimmers who need to learn basic swim skills. The structured lessons 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.

Advanced swimmers should considering signing up for Special Olympics Swim team, see page 42 for more details.

Age Group: 3 - 15

Suggest Ability Level: All Abilities

Min/Max: 2/4

Prog #	Day	Dates	Weeks	Time	R/NR Fee				
Carpentersville - Rakow Recreation Center Staff Contact: Taylor									
0211	Mon	Sept 19 - Nov 7 No program Oct 31	7	5:30 - 6:00 pm	\$77/\$135				
0212	Mon	Sept 19 - Nov 7 No program Oct 31	7	6:00 - 6:30 pm	\$77/\$135				
	Woodstock - Woodstock Recreation Center Staff Contact: Samantha								
1216	Thurs	Sept 22 - Nov 10	8	6:00 - 6:30 pm	\$88/\$154				
1217	Thurs	Sept 22 - Nov 10	8	6:30 - 7:00 pm	\$88/\$154				

Aqua Relaxation

Come relax, float and ease into calm! Enjoy the therapeutic values of being in a warm therapy pool that promotes muscle relaxation with a low-impact and low-stress environment. This program's focus is relaxation & not playing or learning specific swim skills. Participants must be independent in the water.

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Location: Therapy Pool at The Centre, Elgin

Min/Max: 4/6

Staff Contact: Taylor

 Prog # Day
 Dates
 Weeks Time
 R/NR Fee

 0400
 Thurs Sept 22 - Nov 10
 8
 7:00 - 7:45 pm
 \$64/\$112

NOTE: Please bring/wear your swimsuit and towel.

If your child is under 8, check out

Aqua Explorers for ages 3 - 8 on page 17!



Sensory Swim

This program is for those who like being in the water, but don't want structured swim lessons. Children can enjoy the buoyancy, comfort, and benefits of the pool.

Age Group: 10 & Older

Suggested Ability Level: All Abilities

Location: Rakow Recreation Center, Carpentersville

Min/Max: 4/8

Staff Contact: Taylor

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

 0237
 Wed
 Sept 21 - Nov 9
 8
 6:30 - 7:00 pm
 \$64/\$112

NOTE: Please bring/wear your swimsuit and towel.

TEEN CLUB

Ages 14 - 21 | Saturdays

Transportation Update & Locations

The following Teen Clubs will only show transportation locations. Transportation times will be listed on Rainout Line the week of the scheduled event. You must choose a transportation location for each event. *For more information on Rainout Line, see page 51.*

Teen Club - Fall Fest



Let's enjoy the outside as long as we can before the cold weather is upon us! We'll spend the evening around a bonfire with snacks and other fall activities!

Location: Nunda Township

Min/Max: 8/20

Staff Contact: Emily E.

 Prog #
 Date
 Time
 R/NR Fee

 2332
 Oct 1
 6:00 - 8:00 pm
 \$23/\$31

Transportation Location

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

NOTE: Fee includes activities & a light snack. In the event of inclement weather, the program will be canceled.



Teen Club - Spooky Snacks & Crafts



It's spooky season! We'll be making Halloween crafts along with a DIY charcuterie board...a spread of sweet & spooky treats!

Location: Wauconda Park District

Min/Max: 8/20 Staff Contact: Anya

<u>Prog # Date Time R/NR Fee</u> 3322 Oct 15 6:00 - 8:00 pm \$26/\$46

Transportation Location

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

NOTE: Fee includes activities & a light snack.



Teen Club - Twisted Limits Laser Tag



Tag, you're it...for playing the friendly game of laser tag at the 3,000 square foot battleground in McHenry! Participants will use the most advanced laser combat equipment putting their tactical skills to the test.

Location: Twisted Limits, McHenry

Min/Max: 8/15

Staff Contact: Samantha

Prog # Date Time R/NR Fee 1325 Oct 8 6:00 - 8:00 pm \$50/\$88

Transportation Location

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



TEEN CLUB

Be sure to **check in with staff** and **board the correct vehicle** in the parking lot. Multiple programs pick-up/drop-off at the same location!

Can't make it to the program?

If you can no longer attend, call NISRA at (815) 459-0737 and dial 1 for the Emergency Mailbox. Leave a voicemail message for the On-Call staff to relay to the driver. Drivers can wait a maximum of 5 minutes before they must leave for other pick-up points and/or the program.

See information about late pick-up on page 49.

Teen Club - Halloween Party

Wear your costume to this fun-filled party. It'll be a blast

seeing what your friends are wearing! **Location:** Lord's Park Pavilion, Elgin

Min/Max: 8/20 Staff Contact: Taylor

Prog # Date Time R/NR Fee
0336 Oct 29 6:00 - 8:00 pm \$27/\$48

Transportation Location

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

NOTE: Fee includes activities & a light snack.



Teen Club - Climbing & Cones

Climb to new heights with friends! Try something new like rock climbing and we'll top off the night with a sweet treat of ice cream!

Location: North Wall, Crystal Lake

Min/Max: 8/15

Staff Contact: Emily E.

Prog # Date Time R/NR Fee
2334 Oct 22 6:00 - 8:00 pm \$40/\$77

Transportation Location

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



NOTE: Fee includes activity & ice cream. Please wear socks. North Wall requires a waiver to be signed before participating. Waiver can be found here: https://waiver.smartwaiver.com/w/5b08559cb6db5/web/, at the top of their website or by scanning the QR Code above. Please fill out, open your email and press confirm in the email.





Teen Club - Friendsgiving Dinner at Onion Pub

It's time to be thankful...for friends and with friends! Join us for this Friendsgiving dinner at the Onion Pub where we'll reflect on things we're thankful for with good food and even better company.

Location: Onion Pub, Lake Barrington

Min/Max: 8/20 Staff Contact: Anya

Prog # Date Time R/NR Fee
3328 Nov 5 6:00 - 8:00 pm \$39/\$67

Transportation Location

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

NOTE: Fee includes dinner.

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: 14 - 22

Suggested Ability Level: All Abilities

Location: Various Locations

Min/Max: 6/10 Staff Contact: Anya

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

 3211
 Tues
 Sept 20 & 27,
 4
 6:00 - 7:30 pm
 \$76/\$133

Oct 4 & 11

Bus DepartsTransportation LocationReturns5:30 pmNISRA Office8:00 pm



Archery

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

Age Group: 16 & Older

Suggested Ability Level: All Abilities **Location:** Petersen Farm, McHenry

Min/Max: 6/9

Staff Contact: Samantha

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

 1633
 Tues
 Sept 13 - Oct 11 5
 4:00 - 5:00 pm
 \$59/\$103

NOTE: Archery equipment will be provided, please wear close-toed shoes each week and bring bug repellent.



Monday Fun Day

Spend Monday afternoons playing games and creating new things! Enjoy some social fun with friends.

Age Group: 16 & Older

Suggested Ability Level: All Abilities **Location:** Sage TR Center, NISRA

Min/Max: 6/12

Staff Contact: Emily E.

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

 2602
 Mon
 Sept 19 - Nov 7
 7
 3:30 - 4:30 pm
 \$63/\$110

No program Oct 31



Let's Get Crafty

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

Age Group: 16 & Older

Suggested Ability Level: All Abilities **Location:** Sage TR Center, NISRA

Min/Max: 6/12

Staff Contact: Samantha

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

 1621
 Mon
 Sept 19 - Nov 7
 7
 4:45 - 5:45 pm
 \$56/\$98



BINGO & BAGGO

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

Age Group: 16 & Older

Suggested Ability Level: All Abilities Location: Sage TR Center, NISRA

Min/Max: 6/12 Staff Contact: Anya

Prog # Day Dates Weeks Time R/NR Fee 3615 Fri Sept 23 - Nov 11 8 5:15 - 6:15 pm \$72/\$126

NOTE: If weather permits, Baggo will be held outside.

Tennis - Adult Beginner

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

Age Group: 16 & Older

Suggested Ability Level: All Abilities **Location:** Crystal Lake Racket Club

Min/Max: 4/6

Staff Contact: Emily E.

Prog # Day Dates Weeks 2442 Tues Sept 20 - Nov 8 8 5:00 - 5:45 pm

NOTE: Bring your own racket and water bottle. Please wear tennis shoes and comfortable clothes to move around in. This program is a prerequisite to participate in Special Olympics Intermediate/Advanced Tennis.

Snapology STEAM Club (16 - 25)

Come cultivate your love of STEAM (science, technology, engineering, arts & math)! We will use LEGO® bricks and other interactive learning tools to explore ecosystems and different plant and animal life cycles.

Age Group: 16 - 25

Suggested Ability Level: All Abilities **Location:** McHenry Recreation Center

Min/Max: 6/15

Staff Contact: Samantha

Prog # Day Dates 1611 Thurs Sept 22 - Nov 10 8

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

TEENS & ADULTS

Teen & Young Adult Disc Golf

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

courses in our area. Age Group: 13 & Older

Suggested Ability Level: All Abilities

Locations:

Sept 23: Lippold Park, Crystal Lake

Sept 30: Fel-Pro RRR, Cary

Oct 7: Randall Oaks Park, Dundee

Oct 14: Lake in the Hills Disc Golf Course (Linda K. Fischer Park)

Min/Max: 4/12 Staff Contact: Emily E.

Prog # Day Dates Weeks 4:00 - 5:15 pm

Sept 23 - Oct 14 4 Fri

R/NR Fee R/NR Fee w/ Transp. \$31/\$54

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

NOTE: If you sign up for no transportation option, that means you must meet at the location each week. If you sign up for transportation, you will be dropped off and picked up at the NISRA office.



Fall 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

vours!

Age Group: 16 & Older

Suggested Ability Level: All Abilities Location: Sage TR Center, NISRA

Min/Max: 6/12 Staff Contact: Anya

Prog # Day Dates **Weeks Time R/NR Fee** Wed Sept 21 - Nov 9 5:00 - 6:00 pm \$90/\$158

NOTE: This program is back-to-back with Simply Cooking. Consider registering for both! You can find Simply Cooking on page 31.

Saturday Morning Diners 🙄

It's Saturday, an excellent day to go out to eat with friends!

Each week we'll head to a local restaurant, some

restaurants may be repeated. **Age Group:** 16 & Older

Suggested Ability Level: All Abilities

Location: Varies **Min/Max:** 6/10

Staff Contact: Samantha

 Prog #
 Day
 Dates
 Weeks
 Time
 R/NR Fee

 1634
 Sat
 Sept 24 - Nov 12
 8
 9:00 - 10:30 am
 \$136/\$238

Pick-UpTransportation LocationReturns8:45 amKingston Lanes10:45 am

NOTE: Fee includes breakfast & tip. Please check Rainout Line each week for details. If you would like to bowl after going out to eat, consider registering for Saturday Bowlers! Transportation is provided to bowling.

NISRA Content Creators



Learn short dances like the ones we see on TikTok! We'll learn, practice and then film dances to watch our skills come to life! Maybe one of our dances will end up on the NISRA Facebook or Instagram page.

Age Group: 16 & Older

Suggested Ability Level: All Abilities **Location:** Sage TR Center, NISRA

Min/Max: 6/10

Staff Contact: Samantha

 Prog # Day
 Dates
 Weeks Time
 R/NR Fee

 1210
 Thurs
 Sept 22 - Nov 10
 8
 6:00 - 7:00 pm
 \$56/\$98



Friday Night Supper Club

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

Age Group: 13 & Older

Suggested Ability Level: All Abilities **Location:** Sage TR Center, NISRA

Min/Max: 5/8

Staff Contact: Emily E.

Prog # Day Dates

2644	Fri	Sept 23, Oct 7, Oct 21, Nov 4	4	6:30 - 8:00 pm	\$50/\$88
2645	Fri	Sept 30, Oct 14, Oct 28, Nov 11	4	6:30 - 8:00 pm	\$50/\$88

Weeks Time

R/NR Fee

R/NR Fee

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

Fall Baking Buddies

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

Age Group: 16 & Older

Suggested Ability Level: All Abilities **Location:** Sage TR Center, NISRA

Min/Max: 6/8
Staff Contact: Anya
Prog # Day Dates

		Sept 19 - Oct 10	4	5:30 - 7:00 pm	\$50/\$88
3636	Mon	Oct 17 - Nov 7	3	5:30 - 7:00 pm	\$38/\$66

Weeks Time

No program Oct 31

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

Holiday Baking Buddies

Put on your chef hat or apron to make some holiday sweet treats. We'll make some festive goodies to show off, then

Age Group: 16 & Older

Suggested Ability Level: All Abilities **Location:** Sage TR Center, NISRA

Min/Max: 6/8
Staff Contact: Anya

 Prog # Day
 Dates
 Weeks Time
 R/NR Fee

 3639
 Mon
 Nov 28 - Dec 12
 3
 5:00 - 6:30 pm
 \$38/\$66

3640 Mon Nov 28 - Dec 12 3 6:45 - 8:15 pm \$38/\$66

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

\$144/\$216

ame & Location	Prog #	Day & Dates	Weeks Time	R/NR Foo	Min/May
NOTE: Fee includes sh	ioe & ball rei	ntal, and 1 or 2 game	s of bowling, whichever time pe	rmits.	
Suggest Ability Level	: All Abilities				
Age Group: 16 & Olde	r				RAA P
Bowling				a	A 0 2

Name & Location	Prog #	Day & Dates	Weeks	Time	R/NR Fee	Min/Max
Bowlero Bowl Bowlero, Algonquin Staff Contact: Emily E.	2601	Mon, Sept 19 - Nov 7 No program Oct 31	7	5:00 - 6:30 pm	\$84/\$147	8/30
Elgin Bowl () Elgin Lanes, Elgin Staff Contact: Taylor	0610	Tues, Sept 20 - Nov 8		3:30 - 5:00 pm	\$96/\$168 <u>w/ tranps.</u> \$120/\$192	8/30
NOTE: Transportation off	ered for All	O clients from workshop a	t 3:00 pm.	No transportation h	ome.	
Pin Pals Bowling 3D Bowl & Sideouts Island Lake	3623	Tues, Sept 20 - Nov 8	8	3:30 - 5:00 pm	\$96/\$168	8/30

Staff Contact: Anya

Pioneer Bowlers 2 1477 Thur, Sept 22 - Nov 10 8 10:00 - 11:30 am \$96/\$168 8/30 Raymond's Bowl w/ tranps.

Johnsburg Staff Contact: Samantha

NOTE: Transportation offered for Pioneer Center clients from workshop, times TBD.

1612 Sat, Sept 24 - Nov 12 8 11:00 am - 12:30 pm **Saturday Bowlers** 8/30

Kingston Lanes Woodstock

Staff Contact: Samantha

Sat, Sept 24 - Nov 12 8 **Saturday Strikers** 0613 12:30 - 2:00 pm \$96/\$168 8/20

Liberty Lanes Carpentersville

Staff Contact: Taylor



Wellness Programs

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

Workout @ Your Choice

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

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Min/Max: 6/8

Staff Contact: Samantha

McHenry Recreation Center

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

 1618
 Mon
 Sept 19 - Nov 7
 7
 4:00 - 5:00 pm
 \$56/\$98

 No program Oct 31

Woodstock Recreation Center

 Prog # Day
 Dates
 Weeks Time
 R/NR Fee

 1616
 Tues Sept 20 - Nov 8
 5:00 - 6:00 pm
 \$64/\$112

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



Move & Groove



Come out and work out + move your body through dance and gentle movements. Each week we will be participating in workouts that are fun, funky and healthy.

Age Group: 16 & Older

Suggested Ability Level: All Abilities **Location:** Barrington Park District

Min/Max: 6/8
Staff Contact: Anya

 Prog # Day
 Dates
 Weeks Time
 R/NR Fee

 3605
 Thurs
 Sept 22 - Nov 10
 8
 5:30 - 6:15 pm
 \$64/\$112

NOTE: This program can be modified and is great for both

beginner/skilled participants.

Biking Club

Hop on your bike for each week's leisurely, scenic ride and take in sights & sounds of the season on the Prairie Trail.

Age Group: 16 & Older

R/NR Fee Suggested Ability Level: All Abilities

Location: Prairie Trail at Towne Park, Algonquin

Min/Max: 4/12

Staff Contact: Emily E.

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

 2635
 Mon
 Sept 19 - Oct 10 4
 4:30 - 6:00 pm
 \$41/\$54

NOTE: Participants need to have their own bike, helmet and water bottle. Meet at Towne Park parking lot at the west end of Washington Street.

Zumba!

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

Age Group: 13 & Older

Suggested Ability Level: All Abilities **Location:** Huntley R.E.C. Center

Min/Max: 6/12

Staff Contact: Emily E.

 Prog # Day Dates
 Weeks
 Time
 R/NR Fee

 2628
 Wed Sept 21 - Nov 9
 8
 7:00 - 7:45 pm
 \$64/\$112

R/NR Fee for Family Member

\$54/\$95

NOTE: For ages 13 & Older including family members. Please complete a registration form for each family member who will be attending. Fitness waiver required for participation. Participants who have had medical treatment during the 2-year time frame of their **Fitness Waiver** need to submit a new form to their doctor & NISRA.



Yoga

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

reduce stress & promote positive thoughts.

Age Group: 16 & Older

Suggested Ability Level: All Abilities **Location:** Sage TR Center, NISRA

Min/Max: 6/12

Staff Contact: Emily E.

 Prog # Day
 Dates
 Weeks Time
 R/NR Fee

 2639
 Mon
 Sept 19 - Nov 7
 7
 5:00 - 5:45 pm
 \$64/\$112

No program Oct 31

R/NR Fee for Family Member

\$54/\$95

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

Trekkers 💬

Hike the local trails to explore the incredible sights and sounds. Each week, we will trek to a new location, before having a picnic lunch with friends.

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Location: Various Locations

Min/Max: 8/12 Staff Contact: Anya

 Prog #
 Day Dates
 Weeks
 Time
 R/NR Fee

 3620
 Sat
 Sept 24 - Nov 12
 8
 10:45 am - 12:00 pm
 \$62/\$109

Bus DepartsTransportation LocationReturns9:45 amNISRA Office1:00pm10:15 amLiberty Lanes12:30 pm

NOTE: Please list your pick-up & drop-off locations on your Registration Form. Please wear comfortable clothes and bring a water bottle, sunscreen, bug repellent & sack lunch. If there is inclement weather, we will take a walk at an indoor track.



Total Body Aqua

Get a full body workout and have fun doing it. Functional water exercises will include stretching and strengthening to work all muscle groups. Variations will be given for those with limited mobility.

Age Group: 18 & Older

Suggested Ability Level: All Abilities **Location:** Woodstock Recreation Center

Min/Max: 6/10

Staff Contact: Samantha

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fer

 1456
 Thurs
 Sept 22 - Nov 10
 8
 7:00 - 8:00 pm
 \$64/\$11

NOTE: This program will be led by a contracted instructor. Fitness waiver required for participation. Participants who have had medical treatment during the 2-year time frame of their **Fitness Waiver** need to submit a new form to their doctor & NISRA.

Walking Club

Walking strengthens your heart and helps reduce stress, so let's walk for fitness, friendship or both! This is a simple way to stay healthy and active with friends.

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Location: Rakow Fitness Center, Carpentersville

Min/Max: 6/8

Staff Contact: Taylor

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

 0617
 Wed
 Sept 21 - Nov 9 8
 5:15 - 6:15 pm
 \$64/\$112

Simply Cooking

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

home with all recipes that were made.

Age Group: 16 & Older **Suggested Ability Level:** All Abilities

Location: Sage TR Center, NISRA

Min/Max: 6/8
Staff Contact: Anya

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

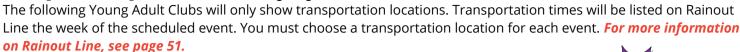
 3618
 Wed Sept 21 - Nov 9
 8
 6:00 - 7:30 pm
 \$100/\$175

3619 Thur Sept 22 - Nov 10 8 6:00 - 7:30 pm \$100/\$175

NOTE: The menu will be the same for Wednesday and Thursday programs. Please only register for one weeknight only so that more people can participate.

YOUNG ADULT CLUB Ages 22 - 35

Transportation Update & Locations



Young Adult Club -

Underground Retrocade & Pizza NEW!

Calling all gamers! Looking to flashback to the days of the retro arcade? Look no further, Underground Retrocade has a great collection of old fashioned arcade games just waiting to be played. Join us for a night of games and pizza at a local restaurant.

Location: Underground Retrocade, West Dundee

Min/Max: 8/20 Staff Contact: Taylor

 Prog # Day Date
 Time
 R/NR Fee

 0422
 Fri Sept 23
 6:00 - 8:00 pm
 \$47/\$81

Transportation Location

Sheltered Village

McHenry Recreation Center

The Centre, Elgin NISRA Office

NOTE: Fee includes entry to arcade & dinner.

Young Adult Club - 🗵

Chicago Bears Football Party

It's time to bear down! Spend a football Sunday with friends as we watch the Bears play and we'll enjoy some football games and snacks!

Location: Sage TR Center, NISRA

Min/Max: 8/20 Staff Contact: Anya

 Prog # Day Date
 Time
 R/NR Fee

 3422
 Sun Oct 9
 12:00 - 3:00 pm
 \$26/\$45

Transportation Location

Sheltered Village McHenry Recreation Center The Centre, Elgin NISRA Office

NOTE: Fee includes activity & lunch.

Young Adult Club - Magic & Munchies

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

Location: Sage TR Center, NISRA

Min/Max: 8/20

Staff Contact: Samantha

 Prog # Day Date
 Time
 R/NR Fee

 1427
 Fri Oct 21
 6:30 - 8:30 pm
 \$36/\$63

Transportation Location

Sheltered Village McHenry Recreation Center The Centre, Elgin NISRA Office

Young Adult Club - Bake Off!

Let's get creative in the kitchen! We will make delicious desserts and craft while we wait for our masterpieces to be done!

Location: Huntley R.E.C. Center

Min/Max: 8/20 Staff Contact: Emily E.

 Prog # Day Date
 Time
 R/NR Fee

 2426
 Fri Nov 4
 6:00 - 8:00 pm
 \$27/\$48

Transportation Location

Sheltered Village

McHenry Recreation Center

The Centre, Elgin NISRA Office

NOTE: This activity is a themed dessert program and does include the use of concentrated sweets.



Young Adult Club - Evening at the Brewery

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

Location: Black & Grey, East Dundee

Min/Max: 8/20 Staff Contact: Taylor

 Prog # Day Date
 Time
 R/NR Fee

 0427
 Fri Nov 18
 6:00 - 8:00 pm
 \$33/\$57

Transportation Location

Sheltered Village

McHenry Recreation Center

The Centre, Elgin NISRA Office

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

Movie Review Crew

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

down!"

Age Group: 21 & Older

Suggested Ability Level: All Abilities

Location: Varies Weekly

Min/Max: 8/20

Staff Contact: Samantha

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

 1433
 Wed
 Sept 21, Oct 5
 4
 11:30 am - 2:00 pm
 \$68/\$119

Oct 19, Nov 2

Bus Departs	Transportation Location	Returns
10:50 am	NISRA Office	3:00 pm
11:15 am	Pioneer Center - McHenry	2:30 pm

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

Friday Friends 💬

Meet up with your friends or make some new ones! Friday Friends is an inviting program where everyone feels welcome while we enjoy lunch, crafts, games, getting moving, occasional adventures in the community, and more!

Age Group: 21 & Older

Suggested Ability Level: All Abilities

Location: Varies Weekly

Min/Max: 8/20

Staff Contact: Samantha

 Prog # Day Dates
 Weeks Time
 R/NR Fee

 1463
 Fri Sept 23 - Nov 11 8
 11:00 am - 1:00 pm
 \$154/\$270

Transportation Location

NISRA Office

Pioneer Center - McHenry Pioneer Center - Woodstock

NOTE: Please bring a labeled sack lunch each week. We will not have access to a microwave. Transportation times may vary each week depending on the activity and program location. Please check Rainout Line each week for transportation times. Transportation will run every week even if staying at NISRA.

ADULTS - 21 & OLDER

ALTERNATING PROGRAMS, CONSIDER REGISTERING FOR BOTH!



Lunch Bunch

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

Age Group: 21 & Older

Suggested Ability Level: All Abilities

Location: Various Locations

Min/Max: 6/10

Staff Contact: Samantha

 Prog # Day
 Dates
 Weeks Time
 R/NR Fee

 1407
 Wed Sept 28, Oct 12 Oct 26 & Nov 9
 4 11:30 am - 1:00 pm
 \$80/\$140

Bus DepartsTransportation LocationReturns10:35 amNISRA Office1:55 pm11:00 amPioneer Center - McHenry1:30 pm

NOTE: This program is for Pioneer Center & NISRA participants. Program fee includes lunch. This program alternates weeks with Movie Review Crew.

Aquacize

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

Age Group: 21 & Older

Suggested Ability Level: All Abilities Location: Woodstock Recreation Center

Min/Max: 6/10

Staff Contact: Samantha

 Prog # Day
 Dates
 Weeks
 Time

 1400
 Mon
 Sept 19 - Nov 7
 7
 10:15 - 11:00 am

 No program Oct 31

R/NR Fee no Transp. R/NR Fee w/ Transp. \$54/\$95 \$102/\$143

Bus DepartsTransportation LocationReturns9:55 amPioneer Center - Woodstock11:30 am9:30 amPioneer Center - McHenry11:55 am

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

ADULTS - 21 & OLDER

Gardening Club

We'll wrap up the gardening season by picking whatever is ready to harvest, as well as continuing to learn & plan

for next year!

Age Group: 21 & Older

Suggested Ability Level: All Abilities Location: Sage TR Center, NISRA

Min/Max: 6/10 Staff Contact: Emily E.

Prog # Day Dates Weeks Time R/NR Fee 2437 Thurs Sept 22 - Oct 13 4 4:45 - 5:45 pm

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



See page 51 for more details on Rainout Line!

Pioneer Thrift Shoppers



New friends, new clothes and finding the "deals" are the name of the game! We're traveling to a different thrift store each week to help each other find some hidden

treasures.

Age Group: 21 & Older

Suggested Ability Level: All Abilities

Location: Local Thrift Stores

Min/Max: 6/10

Staff Contact: Samantha

Prog # Day Dates Weeks Time 1478 Thurs Sept 22 - Nov 10 8 1:00 - 2:00 pm \$51

Bus Departs Transportation Location Returns 12:30 pm Pioneer Center - McHenry 2:30 pm

NOTE: Participants should bring money each week if they would like to make a purchase. A suggested amount is \$10.



EXCLUSIVE TO PIONEER **CENTER CLIENTS!**



Pioneer Glee Club

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

Age Group: 21 & Older

Suggested Ability Level: All Abilities

Location: Pioneer Center

Min/Max: 6/15

Staff Contact: Gabrielle

Prog # Day Dates **Weeks Time** R Fee 5516 Mon Sept 19 - Nov 7 7 12:30 - 1:15 pm No program Oct 31



EXCLUSIVE TO PIONEER CENTER CLIENTS!



Pioneer Tasty Tuesday ()



Put your taste buds to the test for Pioneer Tasty Tuesday! Come create tasty creations for a midweek treat!

Age Group: 21 & Older

Suggested Ability Level: All Abilities Location: Sage TR Center, NISRA

Min/Max: 6/8

Staff Contact: Samantha

Prog # Day Dates Weeks Time 1476 Tues Sept 20 - Nov 8 8 12:00 - 1:30 pm \$148

Transportation Location

Pioneer Center - Woodstock Pioneer Center - McHenry

NOTE: Transportation times will be determined after registration.

AID Yoga

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

Age Group: 21 & Older

Suggested Ability Level: All Abilities **Location:** AID/Elgin Training Center, Elgin

Min/Max: 8/15
Staff Contact: Taylor

 Prog # Day
 Dates
 Weeks Time
 R/NR Fee

 0404
 Mon
 Sept 19 - Nov 7
 7
 9:30 - 10:30 am
 \$56/\$98

No program Oct 31

NOTE: Program will be modified for those who use a wheelchair.



Hey, AID clients!

Check out these great programs, held right at AID!

AID Games

Calling all AID game lovers! Let's get outside and play some yard games like Baggo, Ladder Ball, Yard Scrabble and more! We'll also kick it back old school to play classics like BINGO, Scattegories with some fun and friendly competition.

Age Group: 21 & Older

Suggested Ability Level: All Abilities **Location:** AlD/Elgin Training Center, Elgin

Min/Max: 8/15
Staff Contact: Taylor

 Prog # Day
 Dates
 Weeks Time
 R/NR Fee

 0446
 Wed
 Sept 21 - Nov 9
 8
 11:00 - 11:45 am \$54/\$95

AID Glee Club

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

Age Group: 21 & Older

Suggested Ability Level: All Abilities **Location:** AID/Elgin Training Center, Elgin

Min/Max: 8/20

Staff Contact: Gabrielle

 Prog # Day
 Dates
 Weeks Time
 R/NR Fee

 5576
 Wed
 Sept 21 - Nov 9
 8
 1:00 - 1:45 pm
 \$64/\$112

AID Movement Mash Up

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

Age Group: 21 & Older

Suggested Ability Level: All Abilities **Location:** AlD/Elgin Training Center, Elgin

Min/Max: 8/15 Staff Contact: Taylor

 Prog # Day
 Dates
 Weeks Time
 R/NR Fee

 0445
 Thurs Sept 22 - Nov 10 8
 9:30 - 10:30 am
 \$64/\$112

AID Amazing Artists

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

Age Group: 21 & Older

Suggested Ability Level: All Abilities **Location:** AID/Elgin Training Center, Elgin

Min/Max: 8/12

Staff Contact: Gabrielle

 Prog # Day
 Dates
 Weeks Time
 R/NR Fe

 5577
 Fri
 Sept 23 - Nov 11 8
 9:30 - 10:15 am
 \$90/\$15



ADULT SOCIAL CLUB Ages 21 & Older

Transportation Update & Locations

The following Adult Social Clubs will only show transportation locations. Transportation times will be listed on Rainout Line the week of the scheduled event. You must choose a transportation location for each event. *For more information on Rainout Line, see page 51.*

Adult Social Club - Hayride & Bonfire

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

Location: Sterne's Woods, Crystal Lake

Min/Max: 8/20

Staff Contact: Samantha

 Prog #
 Day
 Date
 Time
 R/NR Fee

 1930
 Sat
 Oct 1
 6:00 - 8:00 pm
 \$23/\$40

Transportation Location

Sheltered Village McHenry Recreation Center The Centre, Elgin NISRA Office

NOTE: Fee includes activity & dinner. Dress for the weather. In the event of inclement weather, the program will be canceled. Please register for just one hayride so that more people can participate. The hayride is not wheelchair accessible.

Adult Social Club - Hayride & Bonfire

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

Location: Randall Oaks, West Dundee

Min/Max: 8/20 Staff Contact: Taylor

 Prog #
 Day
 Date
 Time
 R/NR Fee

 0902
 Sat
 Oct 15
 7:00 - 9:00 pm
 \$23/\$40

Transportation Location

Sheltered Village McHenry Recreation Center The Centre, Elgin NISRA Office

NOTE: Fee includes activity & dinner. Dress for the weather. The event will be canceled if there is inclement weather. Please register for just one hayride so that more people can participate. The hayride is not wheelchair accessible.

Be sure to **check in with staff** and **board the correct vehicle** in the parking lot. Multiple programs pick-up/drop-off at the same location!

Can't make it to the program?

If you can no longer attend, **call NISRA at (815) 459-0737 and dial 1 for the Emergency Mailbox.**Leave a voicemail message for the On-Call staff to relay to the driver. **Drivers can wait a maximum of 5 minutes** before they must leave for other pick-up points and/or the program.

See information about late pick-up on page 49.

Adult Social Club - Color Me Mine & Ice Cream

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

Location: Color Me Mine, Crystal Lake

Min/Max: 8/15

Staff Contact: Emily E.

Prog # Day Date Time R/NR Fee 2909 Sat Oct 8 4:00 - 6:00 pm \$34/\$60

Transportation Location

Sheltered Village McHenry Recreation Center The Centre, Elgin NISRA Office

NOTE: Fee includes activity & ice cream.



NEW!

Adult Social Club - Richardson Adventure Farm

Located right here in McHenry County, we're headed to the world's largest corn maze! Richardson's has something for everyone looking to have some fall fun with friends!

Location: Richardson Adventure Farm, Spring Grove

Min/Max: 8/20

Staff Contact: Samantha

 Prog # Day Date
 Time
 R/NR Fee

 1909 Sat Oct 22
 6:00 - 8:00 pm
 \$59/\$103

Transportation Location

Sheltered Village McHenry Recreation Center The Centre, Elgin NISRA Office

NOTE: Fee includes entry to general admission attractions & a snack.



Adult Social Club - Halloween Party

Dress up in your favorite costume to compete in the participant-rated costume contest. Decorate scarecrows as a team and join in all the fun this night has to offer.

Location: Woodstock Recreation Center

Min/Max: 8/30

Staff Contact: Samantha

 Prog # Day Date
 Time
 R/NR Fee

 1904
 Sat Oct 29
 6:00 - 8:00 pm
 \$26/\$46

Transportation Location

Sheltered Village McHenry Recreation Center The Centre, Elgin NISRA Office

Adult Social Club - Friendsgiving



As Thanksgiving approaches, take time to give thanks for your friends. We'll share a catered meal, play a game or two, and do a holiday craft.

Location: Sage TR Center, NISRA

Min/Max: 8/30
Staff Contact: Anya

<u>Prog # Day Date Time R/NR Fee</u> 3922 Sat Nov 5 6:00 - 8:00 pm \$36/\$63

Transportation Location

Sheltered Village McHenry Recreation Center The Centre, Elgin NISRA Office

NOTE: Fee includes activity & dinner.





ADULT SOCIAL CLUB

Cultural arts

Staff contact for all NISRA Cultural Arts Programs & Workshops is Gabrielle Winkel. Contact Gabrielle at gwinkel@nisra.org for questions about Cultural Arts Programs!

WORKSHOPS

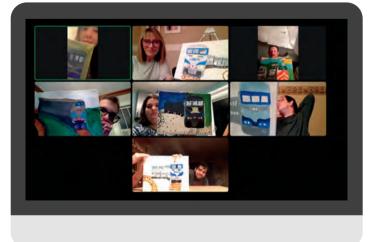
Age Group: 16 & Older

Suggested Ability Level: All Abilities Location: Sage TR Center, NISRA Min/Max for each workshop: 6/8

NOTE: Fees include all supplies. Projects will be available for pickup

approximately 2 weeks after the workshop.

Name	Prog #	Day/Date	Time	R/NR Fee
Soap Making Workshop Enjoy the process of handmaking your very own	5593 soap from scratch!	Wed, Sept 14	6:00 - 7:00 pm	\$15/\$27
~~~~~				
Handbuilding Projects in Clay Mold it, glaze it, fire it! Make unique ceramic pie	5559 eces.	Mon, Sept 26 - Oct 17	6:00 - 7:30 pm	\$53/\$93
<b>NOTE:</b> This is a 4-week workshop.				
<b>~~~~~</b>				
Fused Glass Workshops Discover this beautiful art medium! Place colore	d grains of glass int	o a shape to be fired.		
Queen Ann Lace Plate & Paw Print Magnet	5595	Tues, Sept 20	6:00 - 7:00 pm	\$30/\$53
Birch Trees in the Moonlight Server & Snowflake Sun Catcher	5596	Tues, Oct 11	6:00 - 7:00 pm	\$30/\$53



# Art Explorations - In-Person or Virtual

Tap into your creativity with a professional artist. Learn new techniques and explore subjects with paints, pastels & more! Projects will vary based on virtual and in-person program.

Age Group: 16 & Older

**Suggested Ability Level:** All Abilities **Min/Max:** 6/10 for each program

# In-Person

Location: Sage TR Center, NISRA

 Prog # Day
 Dates
 Weeks Time
 R/NR Fee

 5524
 Thurs Sept 22 - Nov 10
 8
 6:00 -7:00 pm
 \$90/\$158

### Virtual

Prog #	Day	Dates	Weeks	Time	R/NR Fee
		Sept 22 - Nov 10	8	6:00 -7:00 pm	\$90/\$158

**NOTE:** This program will be held on Zoom. Fee includes supplies. Staff will contact you when supplies are ready for pick-up during business hours at the NISRA Office.

# **Individual Music Lessons**

Take lessons from a music instructor. Learn to play guitar, bass guitar, piano, ukulele, or take voice lessons.*

These half-hour lessons include not only individualized instruction, but also new activities, games, and an introduction to new instruments.

Age Group: 7 & Older

**Suggested Ability Level:** All Abilities **Location:** Sage TR Center, NISRA

**NOTE:** Student should have the instrument at home in order to practice between lessons. If taking guitar or ukulele, bring instrument to class.

# *On your Registration Form, please indicate:

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

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

Prog #	Day	Dates	Weeks	*Time	R/NR Fee	Min/Max
5542	Tues	Sept 20 - Nov 8	8	3:30 - 6:00 pm *3:30, 4:00, 4:30, 5:	\$192/\$336 00, 5:30	1/5
5543	Thurs	Sept 22 - Nov 10	8	2:30 - 5:00 pm *2:30, 3:00, 3:30, 4:	\$192/\$336 00, 4:30	1/5



# **Encore! Joyful Noise Choir**

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

Age Group: 10 & Older

Suggested Ability Level: All Abilities

Location: First Congregational Church, Crystal Lake

Min/Max: 6/12

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

 5548
 Thurs
 Sept 22 - Nov 10
 8
 6:15 - 7:00 pm
 \$72/\$126

**NOTE:** The choir will have the opportunity to sing at the NISRA Foundation's Annual Holiday Fashion Show on Saturday, November 19.

# **Kingpins Drumline**

This awesome percussion group is a part of the Crystal Lake Strikers. Learn drumming and drumline techniques & then perform with the famous Strikers!

**Age Group:** 13 - 25

**Suggested Ability Level:** All Abilities **Location:** Striker's Hall, Crystal Lake

Min/Max: 8/20

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

 5606
 Mon
 Sept 19 - Nov 7
 7
 6:00 - 7:00 pm
 \$47/\$83

 No program Oct 31

**NOTE:** Fee includes professional instruction, drum sticks and a performance shirt if needed. A performance is scheduled for September 25 in Woodstock; details will be available closer to the performance date.



# SPECIAL OLYMPICS

Special Olympics programs welcome participants with intellectual disabilities.

# **Uniform Update**

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

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

# **Special Olympics Competition**

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

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

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

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

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



# Important Notes for Parents/Guardians and Athletes:

NISRA has a Code of Conduct for all Special Olympics programs to encourage athletes, coaches and parents/ guardians to embrace the values of competition and sportsmanship. A copy of the form will be provided at the start of each sport season. By registering for any individual or team sport, you are agreeing to adhere to the Code of Conduct before participating. The athlete must attend & actively participate in 75% of all practices prior to the competition in order to be eligible to compete. Athletes who do not compete in the Special Olympics competition will not be allowed to compete at the state level.

Special Olympics Illinois (SOILL) has changed its required forms that applies to ALL ATHLETES. For more of the background/benefits for this change, please visit the NISRA website.

# **New Consent Form**

- The Consent Form contains information that previously existed on the Medical Application (App) form.
- The Consent form separates athlete/parent/guardian consent from the health information.
- This form will only need to be submitted one time throughout an athlete's lifetime, barring any change in guardianship.
- *All athletes must submit the Consent Form prior to participation in order to be eligible.

# **New Medical Form**

- This form will be valid for three years.
- Like the previous Med App, Special Olympics Illinois strongly suggests that all athletes update their Medical Form after having their annual physical exam, in order to be certain they are able to participate in all SOILL programs.
- The new form only requires the examiner's signature. Parent/Guardian signature is not required on this form.

# **Eligibility Process**

- New athletes who have not participated: need to submit the new Consent Form and the new Medical Form in order to be eligible to participate.
- Renewing athletes: need to submit the new Consent Form immediately and the new Medical Form prior to their previous Med App's expiration date. If an athlete has a valid Med App on file, the medical portion of the Med App remains valid until its expiration date.
  - However, the athlete must submit the new Consent Form prior to continuing their participation.

**SOILL discontinued the use of, and will no longer accept the Med App as of August 2021.** Not providing all of the required information described above may result in a delay in processing paperwork and affect an athlete's eligibility for upcoming events.

# Staff contact for all NISRA Special Olympics Programs is Trisha Palmieri

# **Special Olympics Rhythmic Gymnastics**

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

Age Group: 8 & Older

Suggested Ability Level: All Abilities

Location: The Centre, Elgin

Min/Max: 3/8

Prog # Day Dates Weeks Time R/NR Fee Mon Nov 28 - Feb 20 11 6:00 - 7:30 pm 6700

No program Dec 26 & Jan 2

District Qualifier Competition: TBA, it will either be the last weekend in February or the first week in March, 2023.

**NOTE:** New athletes that will be competing in the Special Olympics competition will need to purchase a leotard.

# Special Olympics Powerlifting

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

Age Group: 16 & Older

Suggested Ability Level: Beginner/Intermediate

# Barrington

**Location:** Superior Advantage Athletics

Min/Max: 4/12

Prog # Day Dates Weeks Time R/NR Fee 6742 Fri Dec 2 - Apr 28 19 3:00 - 4:00 pm \$140/\$236 No program Dec 23 & 30 Spring Break - TBD

# Woodstock

Location: Woodstock Recreation Center

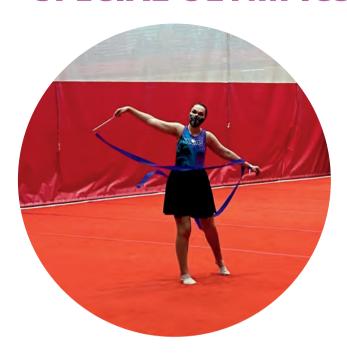
Min/Max: 4/12

Prog # Day Dates Weeks Time 6741 Wed Nov 30 - Apr 26 6:00 - 8:00 pm* \$140/\$236 19 No program Dec 21 & 28 Spring Break - TBD

**NOTE:** *Time slots of 6:00 - 7:00 pm or 7:00 - 8:00 pm are available. Please indicate your preference on your Registration Form. We'll contact you if your preference is **not** available.



# SPECIAL OLYMPICS



# Special Olympics Alpine Skiing

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

Age Group: 10 & Older

Suggested Ability Level: Intermediate/Advanced

(previous experience with downhill skiing)

Location: Wilmot, WI Min/Max: 4/12

Prog # Day Dates **R/NR Fee** Weeks Time Wed Dec 7 - Feb 1 6:00 - 8:00 pm

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

NOTE: *You will be billed at the end of the season for lift ticket & rentals. Athletes can purchase their own season pass. Call Trisha for more details. Due to the short season, athletes will need to attend all training sessions. Fee includes transportation.

# **Special Olympics Snowshoeing**

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

Age Group: 8 & Older

Suggested Ability Level: All Abilities

**Location:** Indoors at The Centre & outdoors at Wing Park, Elgin

Min/Max: 3/8

Prog # Day Dates Weeks Time Nov 5 - Feb 4 10:00 - 11:00 am

No program Nov 19 & 26, Dec 24 & 31, and Ian 28

**NOTE:** Programs on Nov 5 & 12 will be held inside at The Centre.

# **Special Olympics Swim Teams**

# **Beginner Team - Teal Knights**

This beginner level team helps swimmers transition from swim lessons to competition.

Age Group: 8 & Older

**Suggested Ability Level:** Beginner competitor, must be able to swim one length of the pool & be coached

in a 1:4 ratio of coaches to swimmers. **Location:** Rakow Center, Carpentersville

Min/Max: 4/8

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

 6768
 Mon Oct 3 - Nov 14 Jan 9 - Mar 20
 17 6:30 - 7:30 pm
 \$163/\$249

Jan 9 - Mar 20
No program Oct 31

NOTE: The fee includes the swim meets that the team will attend.

# Intermediate/Advanced Teams - Knights

Swimmers, it's time to get back in the pool & perfect your strokes! If you currently have the ability to swim two different strokes for the length of the pool and swim for an entire hour, then the Black Knights Swim team is for you. You must register and compete this fall in order to be eligible for the Area meet next spring.

Age Group: 16 & Older

**Suggested Ability Level:** Intermediate/Advanced (ability to swim two different strokes for the length of the pool,

and swim for the entire hour)

# Carpentersville - Black Knights

Location: Rakow Center, Carpentersville

Min/Max: 4/8

Prog # Day Dates Weeks Time

6713 Wed Oct 5 - Nov 16 18 5:30 - 6:30 pm Jan 11 - Mar 22

**R/NR Fee no Transp. R/NR Fee w/ Tranps.** \$170/\$261 \$278/\$369

Bus DepartsTransportation LocationReturns4:45 pmNISRA Office7:15 pm

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

# **Elgin - Black Knights**

Location: The Centre, Elgin

**Min/Max:** 4/8

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

 6712
 Fri
 Oct 7 - Nov 18
 18
 5:00 - 6:00 pm
 \$170/\$261

 Jan 13 - Mar 24

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





# Fantasy Football - Register by August 1!

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

Age Group: 16 & Older

**Suggested Ability Level:** All Abilities **Location:** Sage TR Center, NISRA

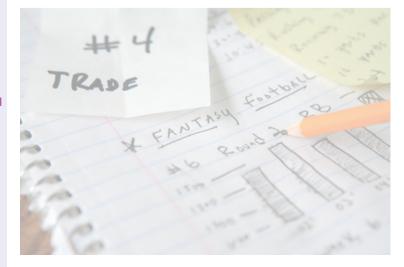
Min/Max: 3/12

 Prog # Day
 Date
 Time
 R/NR Fee

 8405
 Mon Aug 15 - Draft Party
 6:00 - 9:00 pm
 \$53/\$93

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

- If there is more than one division, we'll contact you about an additional draft night(s).
- Draft order will be random.
- The top eight in the league will compete in the playoffs.
- The date and details for the end of the season party in January will be sent out closer to the event.
- Please email Trisha at tpalmieri@nisra.org with your partner's name, phone number and the email address you will use for the Yahoo App.



# **SPECIAL OLYMPICS**

# **Special Olympics Basketball**

Teens/Adult Teams

Age Group: 16 & Older

Min/Max per team: 8/12

Team Name/Location	Prog #	Day	Dates	Weeks	Time	R/NR Fee
Black Knights (formerly the Bulls) Marlow Middle School, Lake	6750	Tues	Oct 11 - Dec 13 Jan 3 - Feb 7 No program Nov	15	7:00 - 8:30 pm	\$140/\$227
Teal Knights (formerly the Hawks)  Marlow Middle School, Lake	6793	Tues	Oct 11 - Dec 13 Jan 3 - Feb 7 No program Nov	15	7:00 - 8:30 pm	\$140/\$227
White Knights (formerly the Lightning)  Marlow Middle School, Lake	6758	Tues	Oct 11 - Dec 13 Jan 3 - Feb 7 No program Nov	15	7:00 - 8:30 pm	\$140/\$227
Silver & Purple Knights (formerly the Wildcats & the Thundercats)	6754	Tues	Oct 11 - Dec 13 Jan 3 - Feb 7 No program No	15 v 22	7:00 - 8:30 pm	\$140/\$227

**Rakow Center, Carpentersville** 

**NOTE:** The Rakow Center teams are for athletes that live in the Elgin & Dundee area. NISRA will hold an assessment night the first week of practice to determine teams.

Gold Knights 6753 Tues Oct 11 - Dec 13 15
(formerly the Bobcats) Jan 3 - Feb 7
No program Nov 22

Heineman Middle School, Algonquin

# Knights Pickle Ball



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

Age Group: 16 & Older

**Suggested Ability Level:** All Abilities **Location:** Crystal Lake Racket Club

Min/Max: 4/8

 Prog # Day
 Dates
 Weeks
 Time
 R/NR Fee

 6773
 Mon
 Sept 19 - Oct 24
 6
 4:00 - 5:00 pm
 \$41/\$71







Office use only:	
Date Reviewed:	
Initial:	

# **Seizure Questionnaire**

(Rev. 1/31/2017)

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.

Particip	ant's Name:			
Comple	ted by:	Relationship:	Phone: (	)
the summannual A Medicate Medicate	tion(s): ant medication needs are to be noted on mer & fall seasonal brochures. If the paration Update form, please submit action Permission form must be submited oral or topical maintenance medication Permission form, please contact the misra.org and click on the "Dates & Formission for the broken is the misra.org and click on the "Dates & Formission for the broken is the brok	articipant's medication needs have it a new update as soon as possibutted if you are requesting NIS cation. To obtain a copy of the A copy NISRA office or download a copy	ve changed since subrale. IRA staff to assist with the staff of the staf	nission of their  th the dispensing of  pdate form or
Please n	ote: NISRA staff will not administer re	ctal Diastat or perform any other	r invasive medical pro	ocedures.
1.	Please describe a typical seizure:			
3. 4.	Are there any symptoms prior to the on What was the date of the participant's leading does the typical seizure last?  Seizure(s) (Please check all that apply)	last seizure?//	comach pain, fear, sou	unds, etc.)
	Absence (staring spell) Complex Partial Other (explain):	Atonic (Drop) Generalized (Gran Ma	l) Simple Par	tial
any addi	rent of a perceived seizure, NISRA staftional actions you would like NISRA s	taff to take in the event of a seize	ure:	
	Call 911 for a seizure lasting more than disregard this request and instead call 911 imme		pending on circumstances,	NISRA staff may
2.				
3.	_			
	■ VNS Device Check box: If chec	ked, parent/guardian must train s	staff on use of VNS d	evice.
Parent/	Guardian Signature:		Date:	

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



# Northern Illinois Special Recreation Association Fitness Program Waiver

TO: Medical practitioner

FROM: Northern Illinois Special Recreation Association (NISRA)

RE: Recommendation for participation

DATE:

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

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

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

l give permission for (medical	practitioner name) to ISRA prior to the start of the programs which begins on	
allowed to participate.		
Date:	Participant signature:	
Part 2: For completion by me	edical practitioner licensed to administer physical exami	nations in the State of Illinois.
Please check: I support my patient's	edical practitioner licensed to administer physical examination participation in this program with no restrictions	
Please check: I support my patient's		
Please check: I support my patient's I support my patient's	participation in this program with no restrictions	

Please return to: NISRA

285 Memorial Drive Crystal Lake, IL 60014

(815) 459-0388 Fax*

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

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

# **REGISTRATION INFORMATION**

# A Registration Note...

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

# **Annual Registration Update**

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

# **Registration Information**

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

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

# **Credits and Refunds**

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

# **Scholarships**

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

# **Group Home Resident Fee Policy**

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

# **Township Information**

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

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

# **Procedure for Seizure Information**

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

# **Fitness Waiver for Fitness Programs**

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

# Photos/Videos

NISRA occasionally takes photographs or video of participants for promoting/advertising our programs, services, events, activities, and facilities in our brochures, website or agency social media, member district publications, and other promotional avenues. By registering for, participating in or attending NISRA programs, events, or other activities, the participant (or parent/ guardian of a minor participant) irrevocably agrees to the use and distribution by NISRA of his or her image (or of his minor child/ward) in photographs, video recordings, and any other electronic reproductions of such programs, events and activities for any purpose without inspection or approval and without compensation, rights to royalties or any other consideration now and in the future. The participant's identity is kept anonymous unless permission is obtained by NISRA to identify the person.

# **Late Registration**

If your registration is late, it will be reviewed after **September 19** to see if we can accommodate you. Program fees will not be prorated for a late start.

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

See pages 49 & 50 for more information about program policies and transportation.

# **NISRA REGISTRATION FORM- Fall 2022**

Both sides of this form must be completed, signed and returned, WITH FULL PAYMENT, to the NISRA Office before registration will be processed and the participant will be allowed to attend any program. Refer to registration information on Page 46.

Non-Resident Registration Begins: August 17

Resident Priority Registration Ends:

August 16

on st 23

Registrations received after the Aug Are you a new participant?YesN				Final Registrati Deadline: Augu
We'll contact you soon! Best time to call:				Augu
Registering from brochure:from child's s	school/adult's group home	mailed to me	picked up at:	
Dantisia antis Information			(please sp	ecify location)
Participant's Information  Last Name	First Name			
Address	City		Zip	
Birthdate Age Gen	der:FemaleMale	Other		
SchoolEmployer/Service Provider				
Primary Disability				
Down syndrome?  Yes No If yes,	checked for Atlanto-Axial Sublu	xation Condition?	Date Condition clear	
Seizures? Yes No If new & no Seiz	ture Questionaire on file w/NISR	A, please complete for	m in this brochure & return	w/registration.
Contact Information (Family/Guard  If the participant is an adult, does he or she In the event that the CDC and IDPH Covid-1  Primary Contact Information - person who Last Name  Email address (please print)  • Primary Phone ( )  • Alternate Phone ( )	9 mask guidelines change, can so should be contacted FIRSTFirst Name Participant Ph	he participant wear of the participant wear of the participant wear of the participant will be participant wear of the participant will be participant.	a mask? Yes No	e program
Last NameEmail address (please print)  • Primary Phone ( )  • Alternate Phone ( )	First Name	)	Relationship	
Group Home NameEmail address	-	ame(Name and Relation		
Emergency Contact—Please give the name	of a <i>relative</i> or <i>friend</i> who can	respond in case of e	mergency when you can	not be reached.
Last Name				
Home Phone ( )	Cell Phone ( )		Work Phone ( )	<del></del> -
Alternate Emergency Contact				
Last Name				
Home Phone ( )	Cell Phone ( )		Work Phone ( )	
Planso	turn this page to complet	o the program rec	vistration and sign th	o waivar
Tt might Please give u	turn this page to complet s valuable information to h			
	ve're requesting that you co			
For Office Use Only  R / NR  Date rec'd E/A rec. By EA app. AIU AIU Con. Em	Cash Charge	Scholarship	Total Due +/-Credit/Balance D Grand Total= Amount Paid	due

L		Subtotal of Fee Du minus any available credit	
Contribution to NISRA Founda	ıtion for scholarships, a	accessible buses, and innovative programs	
	•	Due (submit along with Registration Form	
You may pay by credit card. Please chec		ster Card VISA Discov	_
Cardholder Name (please print)		Expiration Date/Security Code SignatureState	back of card
Cardholder Address		CityState	Zip
Please read this form carefully and be aware the following the series of these programs that you or the other named programs. In registering for these programs, you are As a participant in these programs, I recognize a sumages or loss which I may sustain as a result of parastantial risks of injury.  I agree to waive and relinquish any and all claim operating governmental units, any and all independent and any and all other persons and entities of whatever or the series of t	nat in signing up and participating articipant might sustain. The terms agreeing as follows: nd acknowledge that there are conticipation in any manner, in any of the many have as a result of partient contractors, officers, agents, see nature that might be directly of and the other released parties from corograms.  Idefend NISRA and any and all other than any way associated with chas "participation", and "activity and further include the provision and anything related to my use of the participation in programs. By signing without further permission and with the participants in programs. By signing without further permission and with the participant to receive any first a me legal effect as an original form	ties", referred to in this Agreement, include all exercises and of or failure to provide proper instructions or supervision, the services, facilities, or premises involved in these programs and and fully understand this Waiver, Release and Hold Harograms that I subsequently receive will be incorporated by a g the waiver, you are giving permission to NISRA to use these thout any compensation to you. All photos & video are the practical, transportation or medical attention that may be required a signature.*	claims for injuries arising ell as participants in the isk of any injuries, ities and involve or participating or ependent contractors, articipating in these whave or which may images and losses physical movements of e use and adjustment of s, and transportation to implies Agreement.
articipant/Parent/Guardian Signa articipant may sign if they are their own guardian	ture	<mark>Date</mark>	
elationship to Participant			
NISRA's Values: Fun • Professional		*	

# PROGRAM & REGISTRATION INFORMATION

# Programs by Age & Ability Level

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

# **Disability Classifications**

### ASD:

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

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

### IDD:

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

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

### MN.

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

# LD/ADD/ADHD:

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

# BD/SED:

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

# **Inclusion Services**

# What about a general recreation program?

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

# **Mandated Reporters**

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

# **Program Policies**

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

A positive approach will be used regarding discipline. NISRA will work closely with parents/guardians to develop behavior management plans. If inappropriate, disruptive or destructive behavior occurs, a prompt resolution will be sought. NISRA reserves the right to suspend or dismiss any participant whose behavior endangers the safety of him/herself or others.

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

# **PROGRAM & TRANSPORTATION INFORMATION**

# Severe Weather Guidelines

The guidelines below are used by NISRA Staff to determine whether to delay or cancel programs. Typically, participants will be called when conditions force a change in the schedule.

# **Cold Weather Guidelines**

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

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

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

# **Illness Guidelines**

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

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

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

# NISRA Transportation



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

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

# Food & Beverages in NISRA Programs

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

# Pick-Up & Drop-Off Locations

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

- Barrington Park District Langendorf Park
- Cary Park District Community Center
- The Centre, Elgin
- NISRA Office
- Hampshire Township Park District
- Harvard City Hall parking lot
- McHenry Recreation Center
- Rakow Center, Dundee Township Park District
- Wauconda Park District Community Center
- **Woodstock Recreation Center**

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

# Handle with Care

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

# Can't Make it to the Program?

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

# **Arriving at Programs**

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

# **Reaching NISRA After Hours**

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

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



# RAINOUT LINE NEW PROGRAM NOTIFICATION SYSTEM



Starting June 1, 2022 NISRA transitioned to using Rainout Line as our only notification of program changes or cancellations. Make sure to register if you have not already so you don't miss any program cancellations or changes.

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

# Ways to Use Rainout Line:

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

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

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

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

# **How to Register:**

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

You can find a tutorial on our website homepage under "News & Events". Call the NISRA Office at (815) 459-0737 with any questions!



Use this space to jot down your program wish-lists, questions and/or notes when you speak with NISRA staff.


# **ANNUAL INFORMATION UPDATE**

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

LUST NUTTE	First Name		Birthdate _	
Address		City	Stat	e Zip
Subdivision (if applicable)				
Primary Disability				
Secondary Disability				
Down syndrome? Yes No				
If yes, checked for Atlanto-Axial Su	ubluxation Condition?	Date Conditi	on Cleared?	
Primary Language Used in the Ho	usehold			
Allergies				
Food Allergies: Type &	Details:			
Insect Bite Allergies: Type &				
Medication Allergies: Type &	Details:			
Other (list): Details:				
Condition:			nditions	
_,,				
Details: Ot  Eyeglasses Shunts Ot  Communication Needs	ther (list)			
Details: Ot  Eyeglasses Shunts Ot  Communication Needs  Uses Hearing Aid(s)				
Details: Ot  Eyeglasses Shunts Ot  Communication Needs  Uses Hearing Aid(s)  Speech Reads	ther (list) Which ear?			
Details: Ot  Eyeglasses Shunts Ot  Communication Needs Uses Hearing Aid(s) Speech Reads Uses Sign Language	ther (list) Which ear? Sign Language Inte	erpreter Needed	Details:	
Details: Ot  Eyeglasses Shunts Ot  Communication Needs Uses Hearing Aid(s) Speech Reads Uses Sign Language	ther (list) Which ear? Sign Language Inte	erpreter Needed	Details:	
Details: Shunts Ot  Communication Needs Uses Hearing Aid(s) Speech Reads Uses Sign Language Uses Communication System	ther (list) Which ear? Sign Language Inte	erpreter Needed	Details:	
Details: Shunts Ot  Communication Needs  Uses Hearing Aid(s)  Speech Reads  Uses Sign Language  Uses Communication System (Ex. PECs, picture schedules)	ther (list) Which ear? Sign Language Inte	erpreter Needed	Details:	
Details: Ot  Eyeglasses	ther (list)  Which ear?  Sign Language Inte	erpreter Needed	Details:	
Details:  Eyeglasses Shunts Ot  Communication Needs  Uses Hearing Aid(s)  Speech Reads  Uses Sign Language  Uses Communication System (Ex. PECs, picture schedules)  Needs Assistance  Non-Verbal  Daily Living Skills	ther (list)  Which ear?  Sign Language Intended  Details:  Details:	erpreter Needed	Details:	
Details:  Eyeglasses Shunts Ot  Communication Needs  Uses Hearing Aid(s)  Speech Reads  Uses Sign Language  Uses Communication System (Ex. PECs, picture schedules)  Needs Assistance  Non-Verbal  Daily Living Skills  Feeding Assistance Required	which ear? Sign Language Inte	erpreter Needed	Details:	
Details: Shunts Ot  Communication Needs  Uses Hearing Aid(s)  Speech Reads  Uses Sign Language  Uses Communication System (Ex. PECs, picture schedules)  Needs Assistance  Non-Verbal  Daily Living Skills	ther (list)  Which ear?  Sign Language Intended  Details:  Details:	erpreter Needed	Details:	

Participant Name				
Doctor Name			Phone Number:	
<b>Medication</b> For emergencies (in case NISRA was Please list them below:	ould need to supply pa	aramedics with the participar	nt's current medications)	
Medication Name	Dosage	Time	Purpose	
	+			
f medication is to be dispensed and additional information. Details on Assistance with Medicat				
Vill participant be taking medicati	on independently dur	ring programs? Yes	No	
Mobility & Transportation Uses Wheelchair Transfers Uses Amigo Transfers Wheelchair Type (power or manua	s Independently Swith Assistance	· 		
Orthopedic Equipment (walker, br				
s bus aide requested?				
	bus:tesino,	participant can waik up the	e stails off the verlicle	
Seizures ☑Yes ☑No If yes, please con	nplete a <b>Seizure Que</b>	<b>stionnaire</b> (in this brochur	e) and return it to the NISRA	Office.
<b>Releases</b> OK to remain independently aft	ter Program Details	s:		
NISRA sometimes contacts schools f you <b>do not</b> wish to give permiss			to better serve the participal	nt's needs.
<b>Sensory/Behavioral/Othe</b> Sensory processing difficulties?  Details:	•			
Describe any calming techniques (	used:			
NISRA provides an approximate 1:	4 staff-to-participant	ratio. Please note if partici	oant requires a closer ratio ar	nd why:
Understanding of sexual inforn	nation:			
-shirt Size: <b>Youth:</b> XS S N				
Person Completed Form:		Phone:	Email:	
Participant/Parent Signature:			Date:	
Properties in a part property and the sign of the au-	aug thair arms arrand	i a a		

*Participant may only sign if they are their own guardian

# **FACILITIES** Thank you to all of these facilities for their cooperation and support! Facilities are subject to change, based upon availability. Changes are beyond NISRA's control and may occur after the brochure is made public.

## **BARRINGTON AREA**

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

235 Lions Drive Barrington (847) 381-0687

# Goebbert's Farm

40 W. Higgins Road South Barrington (847) 428-6727

# **Makray Memorial Golf Club**

1010 South Northwest Highway Barrington (847) 381-6500

# **Superior Athletic Advantage**

319 West NW Highway Barrington (847) 774-0379

# **Cary Park District Community Center**

255 Briargate Road Cary (847) 639-6100

### **Fel-Pro RRR Disc Golf Course**

1520 Crystal Lake Road

# **CRYSTAL LAKE**

# (including Algonquin)

# Bowlero

1611 S. Randall Road Algonquin (847) 658-2257

### **Color Me Mine**

40 N. Williams St, Suite J Crystal Lake (815) 444-6780

# **Crystal Ice House**

320 E. Prairie Street Crystal Lake (815) 356-8500

# **Crystal Lake Racket Club**

9101 South Route 31 Algonquin (847) 658-5688

# **Dolphin Swim Club**

825 Munshaw Lane Crystal Lake (84) 854-1300

# **First Congregational Church**

461 Pierson Street Crystal Lake

# **Heineman Middle School**

725 Dr. John Burkey Drive Algonquin

# **Lippold Park**

1251 West Route 176 Crystal Lake

# **North Wall**

824 South Main Street, #106 Crystal Lake (815) 356-6855

### **Nunda Township**

3510 Bay Road Crystal Lake

# Sage Therapeutic Recreation Center at the NISRA Office

285 Memorial Drive Crystal Lake (815) 459-0737

### Striker's Hall

54 Lou Street, Suite B Crystal Lake

### **Towne Park**

100 Jefferson Street Algonquin

### **Urban Air**

220 Exchange Drive Crystal Lake (779) 216-5612

## DUNDEE AREA

(including Carpentersville & Sleepy Hollow)

### **Liberty Lanes**

115 LW Besinger Drive Carpentersville (847) 428-6446

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

665 Barrington Avenue Carpentersville (847) 428-7131

# **Randall Oaks Recreation Center**

500 North Randall Road West Dundee (847) 836-4260

### **Randall Oaks Park**

750 South Randall Road West Dundee

# Sterne's Woods

5617 Hillside Road Crystal Lake

# **Underground Retrocade**

121 West Main Street West Dundee (331) 642-8274

# **ELGIN**

# AID/Elgin Training Center (ETC)

1135 Bowes Road (847) 931-6200

# The Centre

100 Symphony Way (847) 531-7000

### **Elgin Lanes**

401 Shepard Drive Elgin (847) 695-3777

### **Lords Park**

100 Oakwood Boulevard Elgin

### Wing Park

1010 Wing Street Elgin

# **HAMPSHIRE**

# Hampshire Park District **Recreation Center**

390 South Avenue Hampshire (847) 683-2690

# **HARVARD**

## Harvard City Hall

201 West Diggins Street Harvard (815)943-6468

# HUNTLEY

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

12015 Mill Street Huntley (847) 669-3180

# **Morkes Chocolate**

11801 Main St. Huntley (847) 458-8585

### LAKE IN THE HILLS

# **Focus Marital Arts**

9344 South Virginia Road Lake in the Hills (847) 458-0938

# **LITH Village Hall**

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

# **LITH Disc Golf Course**

5962 Grafton Farm Road Lake in the Hills (847) 960-7460

# **Marlowe Middle School**

9625 Haligus Road Lake in the Hills

## **Sunset Park**

5200 Miller Road Lake in the Hills

# **MARENGO**

### Glo-Bowl

101 Franks Road Marengo (815) 568-2695

### **Marengo Park District**

825 Indian Oaks Trail marengo (815) 568-2695

# **McHENRY**

(including Johnsburg)

# McHenry Recreation Center (next to the Municipal Center)

3636 Municipal Drive McHenry (815) 363-2160

# Petersen Farm

4112 McCullom Lake Road McHenry (815) 385-0191

### Pioneer Center/Pioneer Central

4001 Dayton Street McHenry (815) 344-1230

# Raymond's Bowl

3960 N. Johnsburg Road Johnsburg

# **Twisted Limits Laser Tag**

4310 West Elm Street (815) 331-8340

# **WAUCONDA**

(including Island Lake) **3D Bowl & Sideouts** 

4018 W. Roberts Rd Island Lake (847) 526-7174

# **Wauconda Park District**

600 Main Street Wauconda (847) 526-3610

# WOODSTOCK

# **Kingston Lanes**

1330 South Eastwood Drive Woodstock (815) 338-2105

# **Sheltered Village**

600 Borden Street Woodstock (815) 338-6440

### SportsCity Academy

1269 Cobblestone Way, Unit A Woodstock (815) 334-1900

# **Woodstock High School**

501 West South Street Woodstock

### **Woodstock Recreation Center**

820 Lake Avenue Woodstock (815) 338-4363



285 Memorial Drive Crystal Lake, IL 60014

# WATCH FOR OUR WINTER/SPRING BROCHURE - AVAILABLE NOVEMBER 17!

# **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.









