



WINTER & SPRING 2022

Register By December 20!



WHAT'S NEW

Staff Updates

NISRA is still transitioning with staff changes from the fall! As previously noted, this tends to happen in cycles as life events and family changes are only natural. We're excited for what our onboarding staff have to offer and the value they add to our fun, innovative and compassionate team!

Sarah Holcombe retired on August 13. **Lori Lattanzio** joins NISRA after nearly 9 years with Pioneer Center for Human Services and is NISRA's new Manager of Communications and Marketing. Lori previously served as a direct support professional then transitioned to fund/development and marketing.

On September 3, NISRA's longtime Senior Manager of Recreation **Cyndi Herendeen** resigned to head back to her native state of sunny California. She will be closer to her family and will be working for The Arc in San Diego. **Rebecca Moore** advanced to this position from Manager of Summer Day Camp.

NISRA's Senior Manager of Finance and Administration **Gergana Minchev** accepted a position as Assistant Superintendent for Palatine Park District, which is closer to home. Gergana has been replaced by **Renee Erling**, who comes onboard with an extensive background in accounting and administration previously serving various entities in McHenry County.

Cailyn Welch, Manager of Fund Development resigned on October 8 to head out west to Arizona where her husband accepted a promotion and will be closer to her parents. **Laura Cullotta** is the new Manager of Fund Development and comes with experience in development for a not-for-profit with a nationwide service area.

Registration Update

To make the registration process more efficient, it is required that an eligibility assessment is completed prior to registering online or **in person** for winter/spring programs. If the participant currently does not have an eligibility assessment on file, please complete and return to the NISRA office. Once the assessment has been reviewed and approved, the participant will be able to register either online or in person for winter/spring programs.

WINTER & SPRING SESSION DATES

(Please refer to each program for exceptions!)

Winter

Mondays: January 17-February 28

Tuesdays: January 18-March 1

Wednesdays: January 19-March 2

Thursdays: January 20-March 3

No Programs January 27

Fridays: January 21-March 4

No Programs January 28

Saturdays: January 22-March 5

No Programs January 29

Spring

Mondays: April 4-May 9

Tuesdays: April 5-May 10

Wednesdays: April 6-May 11

Thursdays: April 7-May 12

Fridays: April 8-May 13

No Programs April 15

Saturdays: April 9-May 14

No Programs April 16

Program Update

NISRA and Pioneer Center for Human Services are collaborating on expanding adult day programming services to the west side of the county in 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. This 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.

This program is for adults with disabilities 22 years and older, who can participate and show independence in planned activities and personal care. Activities will focus on: recreation & leisure, community integration, socialization & communication, self-esteem, independent living skills and health & wellness.

The Bright Program is 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 815-759-7160 or ddadmissions@pioneercenter.org.



DEADLINES

Resident Priority Registration Ends: December 16

Non-Resident Registration Begins: December 17

Final Registration Deadline: December 20

Spring Deadline & Payments Due: February 17

(Residents of NISRA's 13 member districts will be registered first. Non-residents may submit their registration at any time, however, their forms will be processed in the order that they were received beginning December 17)

LOOKING AHEAD

Summer Brochure Available: April 21

Summer Registration Opens: April 21

Final Registration Deadline: May 26

Registration Received After Deadline

will be Reviewed After: June 20

WELCOME TO NISRA

Our Mission

The Northern Illinois Special Recreation Association, 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 a.m.-5:00 p.m.

The office will be closed on the following dates:

November 25, 26
December 23, 24, 30, 31
May 30

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

Asistencia en Español

Si quisiera inscribirse en un programa, y necesita asistencia en Español, favor llamar a la oficina de NISRA. Deje un mensaje en extensión 6. Alguien les respondera lo mas pronto posible. Tel: (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 and the ADA, or believe that you have been unfairly discriminated against by NISRA, please call Jim Wiseman at (815) 459-0737. If you would like information about inclusion support, please call Mia Leyba at the NISRA Office 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 & adults with disabilities.

Our programs take place in our member district facilities and other public & private recreation sites throughout the area.

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

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

For:

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Facility Locations, See Page 57

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Illness Guidelines, See Page 56

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Severe Weather Guidelines, See Page 56

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Key to Symbols/Abbreviations

Resident/Non-Resident Fee:

N/NR

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

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



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

No Prog

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, found throughout the brochure.

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



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



BOARD & STAFF

Board of Directors

Terry Jennings
Dan Jones
Jason Herbster
Dave Peterson
Maria Cumpata
Laura Schraw
Ryan Knop
Thom Palmer
Kim Buscemi
Dan Bertrand
Bill Hobson
Tim Staton
Dave Zinnen

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

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

For example, jwiseman@nisra.org.

Administrative Staff

Jim Wiseman, B.S., CPRP, ext. 230
Renee Erling, B.S., ext. 236

Jennifer Wiley, B.A., ext. 237
Susan Just, A.A., ext. 221
Susan Jennings, A.A., ext. 257
Lori Lattanzio, B.A., ext. 228
Laura Cullotta, B.A., ext. 225
Patty Panas, B.A., ext. 241

*Executive Director
Senior Mgr. of Finance &
Administration
Office Services Coord.
Administrative Assistant
Administrative Assistant II
Mgr. Comm. & Marketing
Mgr. Fund Development
Human Resources Coord.*

Recreation Staff

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

Emily Todd, B.S., CPRP, ext. 243
Senior Mgr. of Support Staff

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

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

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

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

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

Katie Weadley, B.S., CPRP, ext. 229
Mgr. of Cultural Arts & Adult Day programs

Emily Eliscu, B.S., CTRS, ext. 226
Regional Coord.; Please call Emily with program ideas for Crystal Lake, Huntley & Lake in the Hills

Gabrielle Winkel, B.S., CTRS, ext. 246
Regional Coord.; Please call Gabrielle with program ideas for Dundee Township, Elgin & Hampshire

Anya Naumovski, B.S., QIDP, ext. 238
Regional Coord.; 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!



Gabrielle Winkel—Southern Region
Please call Gabrielle at extension 246 or e-mail her at gwinkel@nisra.org with program suggestions for the Dundee Township, Elgin, and Hampshire areas.



Anya Naumovski—Eastern Region
Please call Anya at extension 248 or e-mail 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 e-mail her at shelton@nisra.org with program suggestions for the Harvard, Marengo, McHenry, and Woodstock areas.



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

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

Michelle Friedrichs, B.A., ext. 240
L.I.F.E. Program Leader

TBA
Recreation Specialist—Part-time

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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Color Key to Sections:

SPECIAL EVENTS & TRIPS

INDIVIDUALS WITH PHYSICAL/VISUAL LIMITATIONS

EARLY CHILDHOOD, YOUNG CHILDREN & YOUTH

YOUTH & YOUNG TEENS

TEENS, YOUNG ADULTS & ADULTS

ADULTS, 21 & OLDER

CULTURAL ARTS

SPECIAL OLYMPICS



Do You Know?

For every \$1.00 given to the Foundation:

- 79 cents goes to support NISRA programs & services
 - 16 cents goes to fundraising costs
- 5 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 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

Julie Amendt
Rochelle Donahue
Dawn Goerger
Tad Gralewski
Annette Hammortree

Pat Kallaus
Amy MacCrindle
Thom Palmer
Jim Wiseman

YOU CAN HELP!

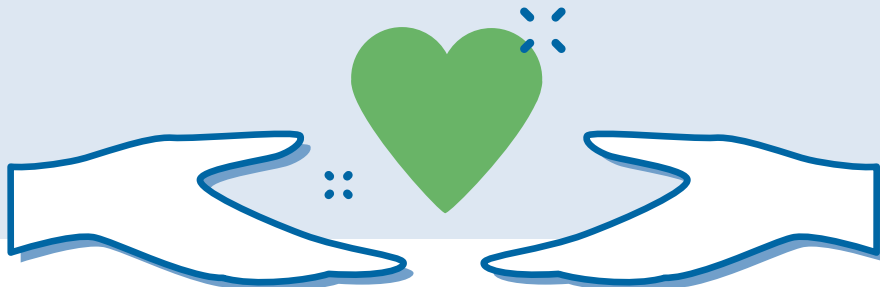
Donate a Raffle Prize or Auction Item, or Be a Sponsor

Volunteer a Bit of Time

Leave a Legacy

Remember NISRA in your will or estate planning and leave a lasting legacy. Please call us for more information.

Visit the Foundation page at www.nisra.org or contact Laura Cullotta, Manager of Fund Development at 815-459-0737, ext 225 or lcullotta@nisra.org.



THE NISRA FOUNDATION

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

Thank you to the NISRA Foundation's Corporate Partners:

- Brown Dog Media
- Crystal Clear Plumbing
- Ed & Rochelle Donahue
- Hammortree Financial
- Stryker

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 families that donated their credits back to us!

Annual Tootsie Roll Drive - Knights of Columbus

Thank you to the local Knights of Columbus for contributions on behalf of their Annual Tootsie Roll Drive from September 17 - 18. Each year, NISRA staff volunteer at local businesses to promote developmental disability services and collect donations. The Knights of Columbus have been longtime supporters of NISRA, thank you for your continued support!



Holiday Fashion Show



NISRA extends a huge thank you to our donors, participants & their families, sponsors and volunteers for assistance at the Annual Holiday Fashion Show!

Thank You!

We thank the Alpha Theta chapter of Delta Kappa Gamma for their generous donation to the NISRA Foundation. This chapter represents 100 women educators in McHenry County that are committed to the excellence in the field of education. Here's to making our community stronger, together! Thank you!



Annual Women's Golf Outing "Life is Sweet" 2021

Thank you to everyone who supported the NISRA Foundation by attending and donating to our Annual Women's Golf Outing on September 14. It was a beautiful day on the course to come together for a great cause for this annual fundraiser. Thank you to our sponsors and to the amazing ladies who showed up with theme-spirit and style! We raised over \$6,500!



SAVE THE DATE!
Spring Golf Outing

Save the date for our Annual Spring Golf Outing on Friday, June 3, 2022.

Transportation Update and Locations:

Some of the following Special Events will only show transportation location options. You will be contacted via your primary email before the scheduled event with the transportation times. Please still choose a transportation location for your event.

SOCIAL EVENTS FOR YOUTH

Youth Social Club - Pajama Movie Night

Grab your comfiest pajamas and cozy up to watch a movie with friends on a wintery weekend!

Age group: Ages 6-15

Location: Sage TR Center, NISRA

Min/Max: 4/10

Staff Contact: Emily E.

Prog#	Day	Date	Time	R/NR Fee
3-2247	Sun	Feb 20	5:00-7:00 pm	\$14/\$24

Transportation Location

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

Youth Social Club - Crafts & Cones

Get together to make seasonal crafts and play yard games (if weather permits) at the NISRA office. Then, take a bus ride over for a sweet ice cream treat at Cary Dairy.

Age group: Ages 6-15

Location: Sage TR Center, NISRA

Min/Max: 4/10

Staff Contact: Anya

Prog#	Day	Date	Time	R/NR Fee
4-3239	Sun	May 15	3:00-5:00 pm	\$28/\$50

Transportation Location

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

SPRING BREAK FUN FOR AGES 7-18

Spring Break Scene

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

Age group: Ages 7-18

Suggested ability level: All Abilities

This program is geared toward children & teens who benefit from more structure and fewer transitions. The group may be divided into age-appropriate small groups for some activities.

Location: Sage TR Center, NISRA with swimming at The Centre in Elgin

Staff Contact: Jordan



Bus Departs	Transportation Location	Returns
8:30 am	Lake in the Hills Village Hall	3:30 pm
9:00	NISRA Office	3:00
8:00	Woodstock Recreation Center	4:00

Prog #	Days/Dates	Time	R/NR Fee	Min/Max
3-8300	Mon-Fri, Mar 28-Apr 1	9:00 am-3:00 pm	\$160/\$280	8/15

NOTE: Please bring a labeled sack lunch & drink each day. NISRA will provide an afternoon snack. Please bring a labeled swimsuit & towel on Monday, Wednesday, and Friday. The group may go on some local field trips.



SPRING BREAK FUN FOR AGES 13-21

Age group: Ages 13-21
Suggested ability level: All Abilities
Min/Max: 8/15



NOTE: These trips are geared toward teens & young adults who are comfortable with transitions and public places with a crowd.

Bus Departs	Transportation Location	Returns
8:30 am	Lake in the Hills Village Hall	3:30 pm
9:00	NISRA Office	3:00
8:00	Woodstock Recreation Center	4:00

Spring Break Trip—Main Event

Join us for a day of bowling, gaming and a game of laser tag... then top it off with a cheesy pizza lunch!

Location: Main Event, Hoffman Estates

Staff Contact: Anya

Prog#	Day Date	Time	R/NR Fee
3-8681	Mon Mar 28	9:00 am-3:00 pm	\$52/\$91

NOTE: Fee includes all activities and lunch

Spring Break Trip—Brookfield Zoo

Join us for a global wildlife adventure with the beautiful animals of Brookfield Zoo. We'll visit the 400+ species and enjoy the majestic dolphin show in the Seven Seas!

Location: Brookfield Zoo, Brookfield IL

Staff Contact: Gabrielle

Prog#	Day Date	Time	R/NR Fee
3-8682	Tues Mar 29	9:00 am-3:00 pm	\$76/\$134

NOTE: Fee includes transportation, park admission and dolphin show. Please come dressed for the weather and bring a sack lunch. Please bring additional money if you would like to purchase anything from the Zoo gift shops.

Spring Break Trip—Morton Arboretum

Let's spend the day outdoors exploring the spectacular 1,700 acre living museum of champion trees, outdoor art exhibits, 16 miles of hiking trails and the maze garden! We'll finish off this adventurous day with a picnic in the park.

Location: The Morton Arboretum, Lisle, IL

Staff Contact: Emily E.

Prog#	Day Date	Time	R/NR Fee
3-8683	Wed Mar 30	9:00 am-3:00 pm	\$50/\$87

NOTE: Please bring a labeled sack lunch & drink and dress for the weather as we will be outside most of the day. There is an Arboretum Store, so please bring additional money if you would like to purchase any souvenirs.



Spring Break Trip—Skate & Snacks

Come hit the ice at the Crystal Lake Ice House. We will join in on their public skate then make a light snack and enjoy them at the NISRA office.

Location: Crystal Lake Ice House & Sage TR Center, NISRA

Staff Contact: Samantha

Prog#	Day Date	Time	R/NR Fee
3-8684	Thurs Mar 31	9:00 am-3:00 pm	\$43/\$76

NOTE: Fee includes ice skating. Please bring a sack lunch and drink.

Spring Break Trip—Painting Party

Express your creative talents and create a Masterpiece with us! After our time painting, we will go out for a bite to eat at Culver's!

Location: Culver's Crystal Lake & Sage TR Center, NISRA
Staff Contact: Anya

Prog#	Day Date	Time	R/NR Fee
3-8685	Fri Apr 1	9:00 am-3:00 pm	\$48/\$84

NOTE: Fee includes all activities and lunch at Culver's.

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 Therapeutic Recreation Specialist 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: Ages 3 & older

Suggested ability level: All Abilities

Location: Snoezelen® Room, Sage TR Center at the NISRA Office

Staff Contact: Samantha

NOTE: This is a 1:1 ratio program. Fees are for a 30-minute session 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.



Prog #	Day Date	Weeks	Time	R/NR Fee	Min/Max
3-1140	Wed, Jan 19-Feb 9	4	4:00 - 6:30 pm *4:00, 4:30, 5:00, 5:30, 6:00	\$60/\$105	1/5
4-1140	Wed, Apr 6-Apr 27	4	4:00 - 6:30 pm *4:00, 4:30, 5:00, 5:30, 6:00	\$60/\$105	1/5

Valentine's Dance

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

Age group: Ages 18 & older

Suggested ability level: All Abilities

Location: Huntley R.E.C. Center Cafeteria

Staff Contact: Samantha

Prog #	Day Date	Time	R/NR Fee	R/NR Fee w/Transp.
3-8438*	Fri Feb 11	7:00-9:00 pm	\$15/\$26	\$20/\$35

*No Transp.

Transportation Location

3-8436 Sheltered Village	3-8433 NISRA Office
3-8435 McHenry Recreation Center	3-8432 Barrington Park District
3-8487 The Centre of Elgin	3-8434 Wauconda Park District

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 #	Day	Date	Weeks	Time
3-1638	Wed	Jan 19-Mar 2	7	5:00-6:30 pm
4-1638	Wed	Apr 6-May 11	6	5:00-6:30 pm

Winter R/NR Fee **Family R/NR Fee**

\$77/\$135

\$49/\$86

Spring R/NR Fee

\$66/\$116

Family R/NR Fee
\$42/\$74

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, please fill out separate registration form.

Masquerade Ball

"Mask-arade"...come with your best masks on and all dressed up to have a ball!

Age group: Ages 18 & older

Suggested ability level: All Abilities

Location: Huntley R.E.C. Center Cafeteria

Staff Contact: Anya

NOTE: Please register for the Program # that goes with the transportation location where you wish to be picked up and dropped off.

Prog #	Day Date	Time	R/NR Fee	R/NR Fee w/Transp.
4-8451*	Sat, Apr 9	7:00-9:00 pm	\$15/\$26	\$20/\$35

*No Transp.

Transportation Location

4-8448 Sheltered Village	4-8450 NISRA Office
4-8447 McHenry Recreation Center	4-8445 Barrington Park District
4-8449 The Centre of Elgin	4-8446 Wauconda Park District

Family Game Night

Oh what a night! Join other families to participate in some traditional games while trying new ones as well. This program is for one participant and one family member.

Age group: All Ages

Suggested ability level: All Abilities

Location: McHenry Recreation Center

Min/Max: 6/12

Staff Contact: Samantha

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-1640	Tues	Jan 18-Mar 1	7	5:30-6:30 pm	\$46/\$88
4-1640	Tues	Apr 5-May 10	6	5:30-6:30 pm	\$39/\$59

NOTE: No fee for family member. Family member must be 13 years or older or guardian will need to stay the duration of the program. Family members need to register, please fill out separate registration form.

28th Annual Recognition Night

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

The evening's schedule:

- 6:30 pm Doors open & cash bar begins
- 6:45 Dinner is served
- 7:30-9:00 Awards ceremony
- 9:00 Event concludes

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

Age Group*: 6 years & older with an adult;

Ages 16 & older may attend independently

Location: Heritage Ballroom, The Centre, Elgin

Staff Contact: Mia



Prog #	Day Date	Time
3-8602	Wed, March 16	6:30-9:00 pm

Recognition Night Registration

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

Your Name _____ chicken vegetarian

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

Family/Guest Names:

_____	<input type="checkbox"/> chicken	<input type="checkbox"/> vegetarian	<input type="checkbox"/> child's
_____	<input type="checkbox"/> chicken	<input type="checkbox"/> vegetarian	<input type="checkbox"/> child's
_____	<input type="checkbox"/> chicken	<input type="checkbox"/> vegetarian	<input type="checkbox"/> child's
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_____	<input type="checkbox"/> chicken	<input type="checkbox"/> vegetarian	<input type="checkbox"/> child's
_____	<input type="checkbox"/> chicken	<input type="checkbox"/> vegetarian	<input type="checkbox"/> child's

Any special seating accommodations needed (ex., wheelchair, assistive device): _____

# of NISRA participants x \$5/each = _____	# of children's meals (ages 6-13) x \$5/each = _____
# of adult family members/guests x \$15/each = _____	We wish to sponsor a participant x \$5 = _____
Total due: _____	

You may pay by credit card. Please check one: <input type="checkbox"/> Master Card <input type="checkbox"/> VISA <input type="checkbox"/> Discover		
Account # _____	Expiration Date ____/____	Security Code (back of card) _____
Cardholder Name (please print) _____		Signature _____
Cardholder Address _____	City _____	State _____ Zip _____

Enter your credit card payment information or pay by check. Return to the NISRA Office by February 16.

Chicago Wolves Game

Be entertained as you watch our own Chicago Wolves play the fast-paced, intense sport of ice hockey!

Age group: Ages 13 & Older

Suggested ability level: All Abilities

Location: Allstate Arena, Rosemont

Min/Max: 10/30

Staff Contact: Samantha

Prog#	Day	Date	Time	R/NR Fee
4-8615	Sun	Apr 24	3:00 pm	\$56/\$98

Transportation Location

Sheltered Village
McHenry Recreation Center
The Centre of Elgin
NISRA Office

*Please call the NISRA office after 6:00 pm & dial 4 for the return times.

NOTE: Please bring \$20 for food and extra money for souvenirs. The pre-game show features fireworks, flashing lights and loud music.

A Day on Bangs Lake

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

Age group: Ages 13 & Older

Location: Wauconda Park District - Bangs Lake

Min/Max: 6/8

Staff Contact: Anya

Prog#	Day	Date	Time	R/NR Fee
4-3633	Sun	May 22	11:00 am-2:00 pm	\$16/\$27

Transportation Location

Sheltered Village
McHenry Recreation Center
The Centre of Elgin
NISRA Office

NOTE: Don't forget your fishing pole and a sack lunch! If you need to borrow a fishing pole, please email Anya at anaumovski@nisra.org

...IT'S BACK! NISRA'S MAGICAL HOLIDAY DRIVE-THRU AND PHOTOS WITH SANTA!

Friday, December 10, 2021 from 4:30 – 6:30 pm

*Register for a 15-minute timeslot to complete the drive.

Drive up to the NISRA Office for this holiday event that will include festive stations, pictures with Santa, a food drive and more! See more details at www.nisra.org – or call us today!

Registration is required to safely spread cars apart.

Please see the online catalog for your participant/preferred time slot or call the office to register! \$5 for each participant or family member receiving a gift from Santa. You will register by the name of the participant and your preferred time.

Maximum 5 cars for each 15-minute time slot. **Deadline: December 3**



SRA COOPERATIVE, VIRTUAL & FAMILY PROGRAMS



Family Shell-A-Bration: LITH Cooperative Event

Float on over to shell-a-brate a magical night under the sea with us! We will dance, craft, snack and take lots of photos with our fun backdrops and props. All of the mermaids will get a photo & bag of goodies to remember this fun time!

Age group: Ages 3 & older
Suggested ability level: All Abilities
Location: Lake in the Hills Village Hall
Min/Max: 8/24

Staff Contact: Emily E.

Prog #	Day	Date	Time	R/NR Fee
3-2627	Sat	Feb 19	12:00-1:30 pm	\$18/\$32

NOTE: Fee is for 1 NISRA participant and 1 adult. Emily will send out a waiver that needs to be filled out prior to the event. You do not need to be from LITH to register.

VIRTUAL – Movement Mix-Up

This creative and active program will have your body AND your mind thanking you! Our enthusiastic fitness instructor will guide us through an engaging routine that incorporates a variety of fun exercise styles to get you up and moving! This program will be on held on Zoom.

Age group: Ages 16 & older
Suggested ability level: All Abilities
Min/Max: 5/10

Staff Contact: Gabrielle

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-5013	Mon	Jan 17-Feb 28	7	11:00am-12:00 pm	\$49/\$86
4-5013	Mon	Apr 4-May 9	6	11:00am-12:00 pm	\$42/\$74

VIRTUAL – Bingo

Calling all B-I-N-G-O fans from the family room! Join our virtual Bingo where you can win the game of chance from the comfort of your favorite spot! This program will be on held on Zoom.

Age group: Ages 16 & older
Suggested ability level: All Abilities
Min/Max: 5/12

Staff Contact: Samantha

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-5064	Wed	Jan 19-Mar 2	7	3:00-4:00 pm	\$21/\$37
4-5064	Wed	Apr 6-May 11	6	3:00-4:00 pm	\$18/\$32

VIRTUAL – SRA Trivia Night-Disney+

Join the NISRA Team as we battle it out in a friendly competition with our pals at other special recreation associations. If you know about Disney, we need you to play and add to our success! The trivia questions will be all about Disney topics.

Age group: Ages 16 & older
Suggested ability level: All Abilities
Min/Max: 5/10

Staff Contact: Samantha

Prog #	Day	Date	Time	R/NR Fee
3-5016	Sat	Jan 22	7:00-8:00 pm	Free!
4-5016	Sat	Apr 23	7:00-8:00 pm	Free!

VIRTUAL – Family Cooking

Let's bring our yummy recipes to your own home! Get together online and we'll show you and your family how to make new and exciting meals all while spending time with each other. Recipes and ingredient lists will be sent out via email the week before the program. This program will be on held on Zoom.

Age group: Ages 7 & older
Suggested ability level: All Abilities
Min/Max: 5/10

Staff Contact: Anya

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-5001	Tues	Jan 18-Mar 1	7	5:30-6:30 pm	\$21/\$37
4-5001	Tues	Apr 5-May 10	6	5:30-6:30 pm	\$18/\$32

VIRTUAL – Brain Busters

Have FUN testing your knowledge of all kinds of things! Each week we'll engage in puzzles and games for those who love a good cranium challenge. This program will be on held on Zoom.

Age group: Ages 16 & older
Suggested ability level: All Abilities
Min/Max: 5/12

Staff Contact: Emily

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-5012	Thurs	Jan 20-Mar 3	6	6:00-7:00 pm	\$18/\$32
		No Prog Jan 27			
4-5012	Thurs	Apr 7-May 12	6	6:00-7:00 pm	\$18/\$32

VIRTUAL – Art Explorations

Tap into your creativity with a professional artist. Learn new techniques and explore subjects with paints, pastels & more! This program will be on held on Zoom.

Age group: Ages 16 & older
Suggested ability level: All Abilities
Min/Max: 6/10

Staff Contact: Katie

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-5003	Thurs	Jan 20-Mar 3	6	6:00-7:00 pm	\$63/\$113
		No Prog Jan 27			
4-5003	Thurs	Apr 7-May 12	6	6:00-7:00 pm	\$63/\$113

NOTE: Fee includes supplies. Staff will contact you when supplies are ready for pick-up during business hours at the NISRA Office.

VIRTUAL – SRA Bingo

Calling all B-I-N-G-O fans! Join with the staff and our friends at the other SRAs for some rounds of this favorite game of chance.

Age group: Ages 16 & older
Suggested ability level: All Abilities
Min/Max: 5/10

Staff Contact: Samantha

Prog #	Day	Date	Time	R/NR Fee
3-5017	Sat	Mar 12	7:00-8:00 pm	Free!

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 and mood as well!

Age group: Ages 21 & older

Suggested ability level: Participants w/ physical limitations

Location: Rakow Center, Carpentersville

Min/Max: 5/8

Staff Contact: Gabrielle

Prog #	Day	Dates	Weeks	Time
4-0502	Mon	Apr 4 - May 9	6	11:10-11:55 am

R/NR Fee no Transp.	R Fee w/ Door-to-Door Transp.*
Spring \$47/\$81	Spring \$92

*Door-to-door is available for resident's of NISRA's 13 member districts only.

NOTE: Pick-up points for non-residents will be determined after registration. See page 49 for information about the fitness waiver required for participation. If you have medical treatment during the 2-year time frame of your Fitness Waiver, please submit a new form to your doctor & NISRA.

Out-n-About

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

Age group: Ages 18 & older

Suggested ability level: Participants w/physical disabilities, or traumatic or acquired brain injury

Location: various

Min/Max: 5/10

Transportation Max: Transportation availability is determined by the number of buses available and routes with reasonable riding times

Staff Contact: Gabrielle

Prog #	Day	Dates	Weeks	Time
3-0503	Tues	Jan 18-Feb 8	4	6:00-8:00 pm
4-0503	Tues	Apr 5-Apr 19	3	6:00-8:00 pm

R/NR Fee no Transp.	R Fee w/Door-to-Door Transp.*
Winter \$50/\$88	Winter \$82
Spring \$38/\$66	Spring \$62

*Door-to-Door is available for residents of NISRA's 13 member districts only.

NOTE: Pick-up points for non-residents will be determined after registration. Due to NISRA's large service area, participants may be picked up as early as 4:15 pm and dropped off as late as 10:30 pm. A detailed flyer will be mailed to you before the first week with specific information about each week's outing. 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.

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



Restaurant Hoppers  

Why eat at the same restaurant all the time when there are so many great options? Each week we'll visit a tasty eatery in the Crystal Lake or Algonquin area to sample a new entree.

Age group: Ages 18 & older

Suggested ability level: Participants w/physical disabilities, or traumatic or acquired brain injury

Location: Various Restaurants in the Surrounding Area

Min/Max: 5/10

Staff Contact: Gabrielle

Prog #	Day	Date	Weeks	Time
3-0509	Tues	Feb 15-Mar 1	3	6:00-8:00 pm
4-0509	Tues	Apr 26-May 10	3	6:00-8:00 pm
R/NR Fee no Transp.		R Fee w/Door-to-Door Transp.*		
Winter \$38/\$66		Winter \$62		
Spring \$38/\$66		Spring \$62		

*Door-to-Door is available for residents of NISRA's 13 member districts only.

NOTE: Pick-up points for non-residents will be determined after registration. If no transportation is chosen, please meet at the restaurant each week. The schedule will be sent to you prior to the start of the season. Please bring money for dinner & tip.

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: Ages 8 & older

Suggested ability level: Participants w/ physical disabilities, or traumatic or acquired brain injury

Location: Huntley Recreation Center

Min/Max: 3/8

Staff Contact: Trisha

Prog #	Day	Date	Weeks	Time
3-6802	Thurs	Jan 20- Mar 3	6	7:00-8:00 pm
		No Prog Jan 27		
4-6802	Thurs	Apr 7-May 12	6	7:00-8:00 pm
R/NR Fee no Transp.		R Fee w/Door-to-Door Transp.*		
Winter \$39/\$68		Winter \$87		
Spring \$39/\$68		Spring \$87		

*Door-to-Door is available for residents of NISRA's 13 member districts only.

NOTE: There may be opportunities to participate in Boccia competitions for an additional fee.

Stretch n' Tone  

Our dedicated & caring staff will help design an individual fitness plan specifically 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: Ages 21 & older

Suggested ability level: Participants w/ physical disabilities, or traumatic or acquired brain injury

Location: McHenry County College Fitness Center

Min/Max each day: 6/6

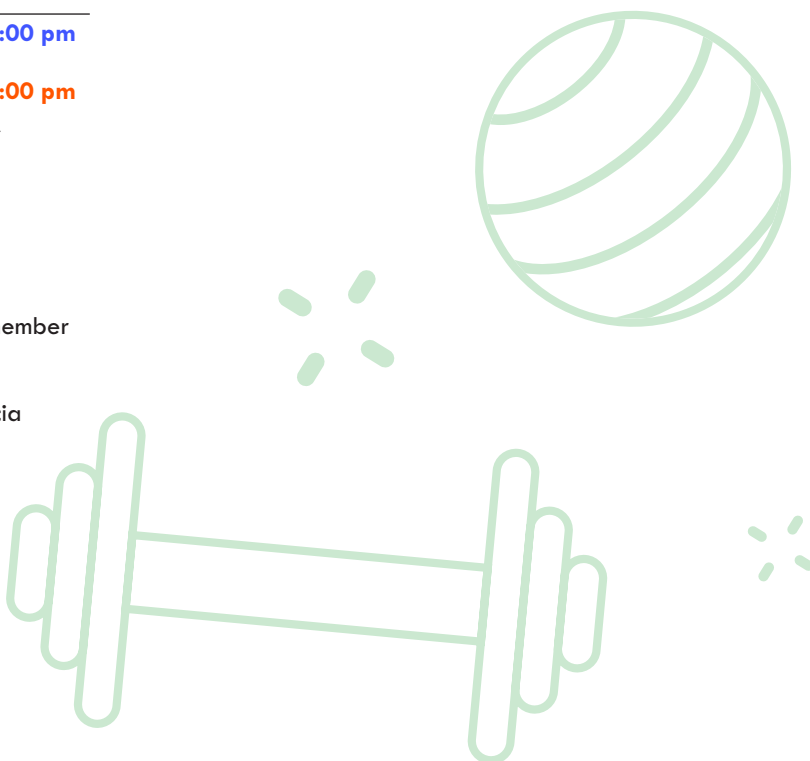
Transportation Max: Transportation availability is determined by the number of buses available & routes with reasonable riding times.

Staff Contact: Emily

Prog #	Day	Date	Weeks	Time
4-2506	Tues	Apr 5-May 10	6	1:00-2:00 pm
4-2507	Thurs	Apr 7-May 12	6	1:00-2:00 pm
R/NR Fee no Transp.		R Fee w/Door-to-Door Transp.*		
Spring \$47/\$81		Spring \$95		

*Door-to-Door is available for residents of NISRA's 13 member districts only.

NOTE: See page 49 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.



Eats & Beats

Let's try some fitness activities for fun and to feel great! Each week will have a theme and we'll make a tasty snack to match it in our Teaching Kitchen.

Age group: Ages 5-12

Suggested ability level: All Abilities

Location: Sage TR Center at the NISRA Office

Min/Max: 6/12

Staff Contact: Anya

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-3205	Mon	Jan 17-Feb 7	4	6:00-7:00 pm	\$27/\$47
4-3205	Mon	Apr 4-Apr 25	4	6:00-7:00 pm	\$27/\$47

Aqua Explorers

Explore the fun and exciting sensory experience of water at your own pace! Explore the zero depth pool, water safety and 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: Ages 3-10

Suggested ability level: All Abilities

Location: Waterpark Pool Area, The Centre, Elgin

Min/Max: 4/6

Staff Contact: Gabrielle

Prog #	Day	Date	Weeks	Time	R/NR Fee
4-0607	Tues	Apr 5-May 10	6	6:00-6:30 pm	\$47/\$81

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: Ages 3-10

Suggested ability level: All Abilities

Location: The Centre, Elgin

Min/Max: 4/8

Staff Contact: Gabrielle

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-0606	Tues	Jan 18-Mar 1	7	4:45-5:45 pm	\$54/\$95
4-0606	Tues	Apr 5- May 10	6	4:45-5:45 pm	\$47/\$81

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



Sensory Swim

This program is for children 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: Ages 10 & Older

Suggested ability level: All Abilities

Location: Rakow Pool, Carpentersville

Min/Max: 6/10

Staff Contact: Gabrielle

Prog #	Day	Date	Weeks	Time	R/NR Fee
4-0237	Wed	Apr 6-May 11	6	6:00-6:30 pm	\$47/\$81

Learn to Ride a Bike

Wouldn't it be great to take a spin around the block without training wheels? Let NISRA staff help you practice balance, pedaling, steering and other basic riding skills.

Age group: Ages 6-15

Suggested ability level: All Abilities

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

Min/Max: 4/6

Staff Contact: Emily E.

Prog #	Day	Date	Weeks	Time	R/NR Fee
4-2218	Wed	Apr 6-May 11	6	5:15-5:45 pm	\$47/\$81

NOTE: Participants please bring your own bike, helmet and water bottle. Meet in the parking lot by the accessible Buddy Baseball Field off off Haligus Rd. near the skate park.

BACK-TO-BACK PROGRAMS!

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: Ages 6-12

Suggested ability level: All Abilities

Location: Multi-purpose Gym, The Centre, Elgin

Min/Max: 6/10

Staff Contact: Gabrielle

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-0233	Thurs	Jan 20-Mar 3	6	5:00-5:45 pm	\$39/\$59
		No Prog Jan 27			
4-0233	Thurs	Apr 7-May 12	6	5:00-5:45 pm	\$39/\$59

Gamers

Nintendo Switch, Monopoly, PlayStation, Connect 4 anyone? Challenge your friends in a variety of board games and video games while practicing sportsmanship and having fun!

Age group: Ages 6-12

Suggested ability level: All Abilities

Location: Multi-purpose Gym, The Centre, Elgin

Min/Max: 6/10

Staff Contact: Gabrielle

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-0622	Thurs	Jan 20-Mar 3	6	5:45-6:45 pm	\$41/\$71
		No Prog Jan 27			
4-0622	Thurs	Apr 7-May 12	6	5:45-6:45 pm	\$41/\$71

Kids Klub

Calling all kids! Spend your Friday evenings filled with games, sports, and music. A perfect blend for a kickin' Kids Klub!

Age group: Ages 3-8

Suggested ability level: All Abilities

Location: Woodscreek Park, Crystal Lake

Min/Max: 4/10

Staff Contact: Emily E.

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-2101	Fri	Jan 21-Mar 4	6	5:30-7:00 pm	\$71/\$123
		No Prog Jan 28			
4-2101	Fri	Apr 8-May 13	5	5:30-7:00 pm	\$59/\$103
		No Prog Apr 15			

Kick Start Sports & Games

We'll get our bodies moving in this high-energy program! Each week we'll experience a different sport or play an exciting team game. Everyone can laugh & have fun, regardless of ability level.

Age group: Ages 6-12

Suggested ability level: All Abilities

Location: McHenry Recreation Center

Min/Max: 6/8

Staff Contact: Samantha

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-1215	Thurs	Jan 20-Mar 3	6	5:00-5:45 pm	\$39/\$59
		No Prog Jan 27			
4-1215	Thurs	Apr 7-May 12	6	5:00-5:45 pm	\$39/\$59



SATURDAY EVENTS



Super Saturdays

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

Age group: Ages 6-15

Suggested ability level: All Abilities

Location: Sage TR Center at the NISRA Office

Min/Max: 8/10

Staff Contact: Anya

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-3222	Sat	Jan 22-Mar 5	6	10:00 am-1:00 pm	\$59/\$102
		No Prog Jan 29			
4-3222	Sat	Apr 9-May 14	5	10:00 am-1:00 pm	\$49/\$85
		No Prog Apr 16			

NOTE: Participants should bring a labeled sack lunch & drink.

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: Ages 6-12

Suggested ability level: All Abilities

Location: The Centre, Elgin

Min/Max: 4/8

Staff Contact: Gabrielle

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-0207	Sat	Jan 22-Mar 5	6	10:00 am-1:00 pm	\$59/\$102
		No Prog Jan 29			
4-0207	Sat	Apr 9-May 14	5	10:00 am-1:00 pm	\$49/\$85
		No Prog Apr 16			

NOTE: Participants should bring a labeled sack lunch & drink, and 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!





Variety Gaming

Play some of your favorite board games and learn some new ones, too! Each week we will have a board game we will learn and play, while we have others to enjoy.

Age group: Ages 6-15

Suggested ability level: All Abilities

Location: Sage TR Center at the NISRA Office

Min/Max: 4/12

Staff Contact: Anya

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-3603	Tues	Jan 18-Mar 1	7	4:30-5:45 pm	\$47/\$83
4-3603	Tues	Apr 5-May 10	6	4:30-5:45 pm	\$41/\$71

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: Ages 10-15

Suggested ability level: All Abilities

Location: Crystal Lake Racket Club, Algonquin

Min/Max: 4/6

Staff Contact: Emily E.

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-2220	Fri	Jan 21-Mar 4	6	4:15-5:00 pm	\$39/\$68
		No Prog Jan 28			
4-2220	Fri	Apr 8-May 13	5	4:15-5:00 pm	\$33/\$57
		No Prog Apr 15			

Kids Cooking Around the World

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

Age group: Ages 6-15

Suggested ability level: All Abilities

Location: Cary Park District Kitchen and Oak Room B

Min/Max: 4/6

Staff Contact: Anya

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-3212	Mon	Jan 17-Feb 28	7	6:30-7:45 pm	\$82/\$144
4-3212	Mon	Apr 4-May 9	6	6:30-7:45 pm	\$71/\$123

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: Ages 6-15

Suggested ability level: All Abilities

Location: Art Studio, Sage TR Center at the NISRA Office

Min/Max: 4/8

Staff Contact: Emily E.

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-2205	Thurs	Jan 20-Mar 3	6	5:00-6:00 pm	\$47/\$83
		No Prog Jan 27			
4-2205	Thurs	Apr 7-May 12	6	5:00-6:00 pm	\$47/\$83



ICE SKATING PROGRAMS START EARLY!

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: Ages 6 & Older

Suggested ability level: Beginner Level

Location: Crystal Lake Ice House, Crystal Lake

Min/Max: 3/8

Staff Contact: Emily E.

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-2606	Sat	Jan 8-Mar 26	12	8:45-9:30am	\$51/\$89
4-2606	Sat	Apr 9-May 21	5	8:45-9:30am	\$21/\$37
<i>No Prog Apr 16 & 23</i>					

Registrations Deadline: December 17

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. Dates are in conjunction with the Ice House schedule, and 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.

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

Ice Skating-Intermediate/Advanced

Take your skills to the next level in this beautiful and athletic sport. Work on the techniques that you admire in the world's best skaters!

Age group: Ages 6 & Older

Suggested ability level: Intermediate/Advanced Level

Location: Crystal Lake Ice House, Crystal Lake

Min/Max: 3/8

Staff Contact: Emily E.

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-2607	Sat	Jan 8-Mar 26	12	9:30-10:15am	\$51/\$89
4-2608	Sat	Apr 9-May 21	5	9:30-10:15am	\$21/\$37
<i>No Prog Apr 16 or 23</i>					

Registrations Deadline: December 17

NOTE: Dates are in conjunction with the Ice House schedule, and 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.

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





“Special Focus” Karate-Starts Early!

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: Ages 6 & Older

Suggested ability level: All Abilities, Beginner & Intermediate Karate Skills

Location: Focus Martial Arts, Lake in the Hills

Min/Max: 8/15

Staff Contact: Emily E.

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-2614	Sat	Jan 15-Mar 19	10	10:45-11:30 am	\$83/\$144
4-2614	Sat	Apr 9-June 4	8	10:45-11:30 am	\$66/\$116
No Prog Apr 16					

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.

Buddy Baseball-Players

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: Ages 6-15

Suggested ability level: All Abilities

Location: Buddy Baseball Field, Lake in the Hills & Elgin Sports Complex

Min/Max: 8/12

Staff Contact: Emily E. - Lake in the Hills; Gabrielle - Elgin

Lake in the Hills

Prog #	Day	Date	Weeks	Time	R/NR Fee
4-2217	Wed	Apr 6-May 11	6	6:00-7:00 pm	\$18/\$32

Elgin

Prog #	Day	Date	Weeks	Time	R/NR Fee
4-0232	Wed	Apr 6-May 11	6	6:00-7:00 pm	\$18/\$32

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.

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 and not playing or learning specific swim skills. Participants must be independent in the water.

Age group: Ages 12-18

Suggested ability level: All Abilities

Location: Therapy Pool, The Centre, Elgin

Min/Max: 2/4

Staff Contact: Gabrielle

Prog #	Day	Date	Weeks	Time	R/NR Fee
4-0300	Thurs	Apr 7-May 12	6	7:00-7:30 pm	\$39/\$68





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: Ages 13-18

Suggested ability level: All Abilities

Location: Craft Studio, The Centre, Elgin

Min/Max: 4/8

Staff Contact: Gabrielle

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-0239	Sat	Jan 22-Mar 5	6	10:00 am-1:00 pm	\$59/\$102
		No Prog Jan 29			
4-0239	Sat	Apr 9-May 14	5	10:00 am-1:00 pm	\$49/\$85
		No Prog Apr 16			

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

Swim Lessons

This structured swim lesson is to be geared 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 submersion progressions and more! Please register for a time. A 1:1 staff will be provided for each swimmer. One session per participant.

Age group: Ages 3-18

Suggested ability level: All Abilities

Min/Max: 2/4

Staff Contact: Gabrielle (Dundee) & Emily E. (Crystal Lake)

NOTE: Participants should bring a swimsuit and towel.

Dundee - Rakow Recreation Center

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-0211	Mon	Apr 4-May 9	6	5:15-5:45 pm	\$60/\$105
4-0212	Mon	Apr 4-May 9	6	5:45-6:15 pm	\$60/\$105

Crystal Lake - Dolphin Swim Club

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-2213	Fri	Apr 8-May 13 No Prog Apr 15	5	6:30-7:00 pm	\$50/\$88
4-2214	Fri	Apr 8-May 13 No Prog Apr 15	5	7:00-7:30 pm	\$50/\$88

Learn to Rock Climb

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 climb and climbing into coves.

Age group: Ages 8-15

Suggested ability level: All Abilities

Location: North Wall

Min/Max: 4/10

Staff Contact: Emily E.

Prog #	Day	Date	Weeks	Time	R/NR Fee
4-2231	Tues	Apr 5-May 10	6	6:00-7:30 pm	\$132/\$231

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/> or on the top right of their website. Please fill out, open your email and press confirm in the email.



AGES 14-21 | SATURDAYS 6:00-8:00PM

Transportation Update and Locations:

Some of the following Teen Clubs will only show transportation location options. You will be contacted via your primary email before the scheduled event with the transportation times. Please still choose a transportation location for your event.

Teen Club-Main Event & Pizza

Enjoy a night of bowling, laser tag and arcade games at this high energy place! Refuel with a pizza dinner. *This activity is geared toward teens who are comfortable with transitions and a public place with a crowd.*

Location: Main Event, Hoffman Estates

Min/Max: 8/20

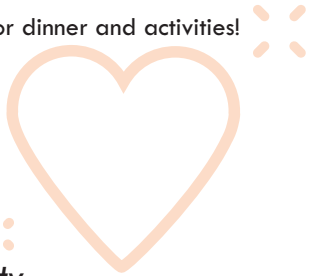
Staff Contact: Anya

Prog#	Date	R/NR Fee
3-3326	Feb 5	\$18/\$32

NOTE: Please bring an additional \$20 for dinner and activities!

Transportation Location

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



Teen Club-Valentine's Day Party

Let's celebrate love & friendship by enjoying a night with friends! We'll have Valentine games, treats "to your heart's content" and some tunes you'll love! *This activity is geared toward teens who benefit from more structure and fewer transitions.*

Location: Main Beach, Crystal Lake

Min/Max: 8/20

Staff Contact: Emily E.

Prog#	Date	R/NR Fee
3-2326	Feb 12	\$18/\$32

NOTE: No additional money needed.

Transportation Location

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

Teen Club-Dinner & A Movie

Chill out with your friends and watch a popular movie on the big screen. We'll get some Culver's for dinner too! *This activity is geared toward teens who are comfortable with transitions and a public place with a crowd.*

Location: Classic Cinema Woodstock, Culver's

Min/Max: 8/12

Staff Contact: Samantha

Prog#	Date	Time	R/NR Fee
3-1338	Feb 19	5:00-9:00 pm	\$18/\$32

NOTE: Please bring \$25 for dinner and movie ticket. Program time will be confirmed once movie schedule is released.

Transportation Location

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

Teen Club-Mod Pizza & Crafts

Let's have a MAD good time at Mod Pizza! Come eat dinner with us, and then hang out making crafts! *This activity is geared toward teens who are comfortable with transitions and a public place with a crowd.*

Location: Sage TR Center, NISRA

Min/Max: 8/12

Staff Contact: Emily E.

Prog#	Date	Time	R/NR Fee
3-2321	Feb 26	6:00-8:30 pm	\$18/\$32

NOTE: Please bring \$10-15 for dinner and a drink. Participants will order their own pizza; food allergies can be avoided.

Transportation Location

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

Teen Club-Paint N' Sip

It's time to get crafty! We'll be completing a paint by number canvas, and playing some games while our masterpieces dry while sipping on our favorite beverages! *This activity is geared toward teens who benefit from more structure and fewer transitions.*

Location: Sage TR Center at NISRA Office

Min/Max: 8/18

Staff Contact: Gabrielle

Prog#	Date	R/NR Fee
3-0335	Mar 5	\$18/\$32

NOTE: A light snack will be provided. No additional money needed.

Transportation Location

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



AGES 14-21 | SATURDAYS 6:00-8:00PM

Teen Club-Urban Air

Let's head for fun at the ultimate indoor playground! More than their awesome trampolines, Urban Air boasts obstacle courses, a climbing wall, ropes course and all kinds of physical games!

Location: Urban Air, Crystal Lake

Min/Max: 8/20

Staff Contact: Emily E.

Prog#	Date	R/NR Fee
4-2329	Apr 23	\$18/\$32

NOTE: Please bring \$20 for admission to the park. No dinner will be served. Urban Air requires a waiver which needs to be completed on its website (upper left corner) at:

www.urbanairtrampolinepark.com/locations/illinois/crystallake

Transportation Location

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

Teen Club-Go Kart, Bowling & Mini Golf...Oh My!

Let's hit the road to Kristoff's for a one-stop shop of adventure and fun! We'll be getting wristbands to go bowling, go-karting and a little putting!

Location: Kristof's Entertainment Center, Round Lake Beach

Min/Max: 8/20

Staff Contact: Samantha

Prog#	Date	R/NR Fee
4-1328	May 7	\$18/\$32

NOTE: Please bring additional \$25 for wristband and food.

Transportation Location

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



Teen Club-Cinco de Mayo Fiesta

Get together with friends to celebrate Cinco De Mayo with fun appetizers and light snacks, games, music and other festivities!

Location: Sage TR Center at the NISRA Office

Min/Max: 8/25

Staff Contact: Emily E.

Prog#	Date	R/NR Fee
4-2328	Apr 30	\$18/\$32

NOTE: No additional \$ is needed.

Transportation Location

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

Teen Club-Goat Yoga

Looking for a "goat" load of fun? Then why not try some yoga with goats? The laughter and joy you'll experience can be a boost for your mental and physical health!

Location: Goat Yoga Chicago, South Barrington

Min/Max: 10/10

Staff Contact: Gabrielle

Prog#	Date	Time	R/NR Fee
4-0331	May 14	*2:00-4:30pm	\$18/\$32

NOTE: Please bring \$20 for the activity. Participants must be comfortable with animals and having the goats be in their personal space. A small snack & water bottle will be provided after yoga. Goat Yoga Chicago requires a waiver which needs to be completed on its website at:

<https://www.goatyogachicago.com/waiver-and-registration>

Transportation Location

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

Teen Club-Game Night

All games aboard! Join us for a night full of variety. We'll have electronic games, classic board games and everything in between!

Location: Wauconda Park District

Min/Max: 8/20

Staff Contact: Anya

Prog#	Date	R/NR Fee
4-3327	May 21	\$18/\$32

NOTE: No additional money needed.

Transportation Location

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

Kingpins Drumline-Crystal Lake

This awesome percussion group is the newest ensemble of the Crystal Lake Strikers. Learn drumming and drumline techniques, then perform with the famous Strikers! Possible performances, too! We will update you with more information.

Age group: Ages 13-25
Suggested ability level: All Abilities
Location: Striker's Hall, Crystal Lake
Min/Max: 8/20

Staff Contact: Emily E.

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-2352	Mon	Jan 17-Feb 28	7	6:00-7:00 pm	\$46/\$80

NOTE: Fee includes professional instruction, drum sticks & performance shirt if needed.

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: Ages 13-25
Suggested ability level: All Abilities
Locations:

- Week 1:** Lippold Park, Crystal Lake
- Week 2:** Fel Pro-RRR, Cary
- Week 3:** Randall Oaks Park, Dundee
- Week 4:** Walnut Hollow Disc Golf Course, Hoffman Park, Cary

Min/Max: 4/12

Staff Contact: Emily E.

Prog #	Day	Date	Weeks	Time
4-2633	Fri	Apr 22-May 13	4	5:00-6:15 pm

R/NR Fee no Transp.	R/NR Fee w/Transp.
\$30/53	\$50/\$73

Pick-Up Time	Transportation Location	Drop-Off Time
4:30 pm	NISRA Office	6:45 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.

Teen & Young Adult Skate-**New!**

Get groovy and skate to the music Friday night! This is an open skate (roller blades or roller skates) and is geared towards individuals who know how to skate.

Age group: Ages 13-35
Suggested ability level: All Abilities
Location: Xtreme Wheels, Crystal Lake
Min/Max: 4/12

Staff Contact: Emily E.

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-2632	Fri	Jan 21-Feb 18	4	6:00-7:00 pm	\$31/\$54
No Prog Jan 28					

NOTE: Fee includes roller blades/roller skates.



Friday Night Supper Club I

Make a delicious dinner & hang out with others. Try out some scrumptious recipes in the Teaching Kitchen! Please only register for one.

Age group: Ages 13 & Older
Suggested ability level: All Abilities
Location: Teaching Kitchen, Sage TR Center at the NISRA Office
Min/Max: 5/8

Staff Contact: Emily E.

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-2644	Fri	Jan 21, Feb 11, Feb 25	3	6:30-8:00 pm	\$35/\$62
4-2644	Fri	Apr 8, Apr 29, May 13	3	6:30-8:00 pm	\$35/\$62

Friday Night Supper Club II

Try out some great recipes that you can find on the internet or Food Network shows. We'll use the Teaching Kitchen to experiment & sample our tasty creations. Please only register for one.

Age group: Ages 13 & Older
Suggested ability level: All Abilities
Location: Teaching Kitchen, Sage TR Center at the NISRA Office
Min/Max: 5/8

Staff Contact: Emily

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-2645	Fri	Feb 4, Feb 18, Mar 4	3	6:30-8:00 pm	\$35/\$62
4-2645	Fri	Apr 22, May 6	2	6:30-8:00 pm	\$24/\$41

BINGO and 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: Ages 16 & Older
Suggested ability level: All Abilities
Location: Sage TR Center at the NISRA Office
Min/Max: 4/12

Staff Contact: Anya

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-3615	Fri	Jan 21-Mar 4	6	5:15-6:15 pm	\$54/\$95
No Prog Jan 28					
4-3615	Fri	Apr 8-May 13	5	5:15-6:15 pm	\$47/\$81
No Prog Apr 15					

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: Ages 16 & Older

Suggested ability level: All Abilities

Location: Sage TR Center at the NISRA Office

Min/Max: 6/10

Staff Contact: Samantha

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-1621	Mon	Jan 17-Feb 28	7	4:45-5:45 pm	\$54/\$95
4-1621	Mon	Apr 4-May 9	6	4:45-5:45 pm	\$47/\$81

Monday Funday

Spend Monday afternoons playing games and creating new things! Enjoy some social fun while playing favorite games and crafting.

Age group: Ages 16 & Older

Suggested ability level: All Abilities

Location: Sage TR Center, NISRA

Min/Max: 4/12

Staff Contact: Emily E.

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-2602	Mon	Jan 17-Feb 28	7	3:30-4:30 pm	\$54/\$95
4-2602	Mon	Apr 4-May 9	6	3:30-4:30 pm	\$47/\$81



Feel the Beat

Along with being enjoyable, music can relieve stress. Get movin' in this free-spirited jam session where each week we'll use different, ordinary objects to make some amazing sounds! It might be a yoga ball, rubber bands or...keep it a surprise. Show up and find out!

Age group: Ages 13-35

Suggested ability level: All Abilities

Location: Community Room, Sage TR Center at the NISRA Office

Min/Max: 4/10

Staff Contact: Samantha

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-1620	Tues	Jan 18-Mar 1	7	6:00-7:00 pm	\$46/\$80
4-1620	Tues	Apr 5-May 10	6	6:00-7:00 pm	\$39/\$68

Consider signing up for back-to-back programs. Check out Saturday Breakfast Club, Trekkers, or Saturday Strikers for the ultimate fun-filled Saturday!

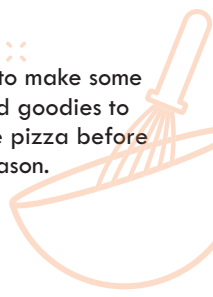


Winter Baking Buddies

Put on your chef's hat and your best holiday apron to make some winter-y fun treats! We'll be making holiday inspired goodies to show off and then of course, taste test! There will be pizza before we bake. Please only sign up for one session per season.

Age group: Ages 16 & Older
Suggested ability level: All Abilities
Location: Sage TR Center, NISRA
Min/Max: 4/8
Staff Contact: Anya

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-3639	Mon	Jan 17-Jan 31	3	5:00-6:30 pm	\$35/\$62
3-3640	Mon	Feb 7-Feb 21	3	5:00-6:30 pm	\$35/\$62



Spring Baking Buddies

Spring into the kitchen and let's get to it! Grab your chef's hat and apron because we'll be making spring inspired goodies to show off and then of course, taste test! There will be pizza before we bake. Please only sign up for one session per season.

Age group: Ages 16 & Older
Suggested ability level: All Abilities
Location: Sage TR Center, NISRA
Min/Max: 4/8
Staff Contact: Anya

Prog #	Day	Date	Weeks	Time	R/NR Fee
4-3639	Mon	Apr 4-Apr 18	3	5:00-6:30 pm	\$35/\$62
4-3640	Mon	Apr 25-May 9	3	5:00-6:30 pm	\$35/\$62

Saturday Morning Breakfast Club I

Scrumptious Saturdays are headed your way! Grab your chef's hat and meet us at the NISRA Teaching Kitchen to see friends and whip up delicious breakfast treats. Please only sign up for one session per season.

Age group: Ages 16 & Older
Suggested ability level: All Abilities
Location: Sage TR Center, NISRA
Min/Max: 5/8
Staff Contact: Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-3644	Sat	Jan 22-Feb 12	3	8:30-9:30 am	\$35/\$62
No Prog Jan 29					
4-3644	Sat	Apr 9-Apr 30		8:30-9:30 am	\$35/\$62
No Prog Apr 16					

Saturday Morning Breakfast Club II

Scrumptious Saturdays are headed your way! Grab your chef's hat and meet us at the NISRA Teaching Kitchen to see friends and whip up delicious breakfast treats. Please only sign up for one session per season.

Age group: Ages 16 & Older
Suggested ability level: All Abilities
Location: Sage TR Center, NISRA
Min/Max: 5/8
Staff Contact: Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-3645	Sat	Feb 19-Mar 5	3	8:30-9:30 am	\$35/\$62
4-3645	Sat	May 7-May 21	3	8:30-9:30 am	\$35/\$62

Winter Creations

In this creative class we'll spend fun-filled weeks crafting beautiful creations. Each week you'll build on the previous week's effort, resulting in original pieces that is uniquely yours!

Age group: Ages 16 & Older
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
3-3606	Wed	Jan 19-Mar 2	7	3:30-4:30 pm	\$75/\$132

Spring Creations

In this creative class we'll spend fun-filled weeks crafting beautiful creations. Each week you'll build on the previous week's effort, resulting in original pieces that is uniquely yours!

Age group: Ages 16 & Older
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
4-3606	Wed	Apr 6-May 11	6	3:30-4:30 pm	\$65/\$113

Sunshine Through Golf Clinic I

"Fore!" The Sunshine Through Golf Foundation (STGF) is again teaming up with NISRA to provide a "Sunshine Through Golf" camp. The program is taught by PGA Professionals and covers all of the basics of golf including swing, putting and etiquette. You can find more information on the STGF web site at: www.sunshinethroughgolf.org.

Age group: Ages 16 & Older
Suggested ability level: All Abilities
Location: Bowes Creek Golf Course, Elgin
Min/Max: 6/10 for each time slot
Staff Contact: Gabrielle

Prog #	Day	Date	Weeks	Time	R/NR Fee
4-0636	Thurs	Apr 28-June 2	5	5:00-6:00 pm	Free!
No Prog May 12					

Sunshine Through Golf Clinic II

"Fore!" The Sunshine Through Golf Foundation (STGF) is again teaming up with NISRA to provide a "Sunshine Through Golf" camp. The program is taught by PGA Professionals and covers all of the basics of golf including swing, putting and etiquette. You can find more information on the STGF web site at: www.sunshinethroughgolf.org.

Age group: Ages 16 & Older
Suggested ability level: All Abilities
Location: Bowes Creek Golf Course, Elgin
Min/Max: 6/10 for each time slot
Staff Contact: Gabrielle

Prog #	Day	Date	Weeks	Time	R/NR Fee
4-0637	Thurs	Apr 28-June 2	5	6:00-7:00 pm	Free!
No Prog May 12					

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, Crystal Lake

Min/Max: 4/6

Staff Contact: Emily E.

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-2442	Fri	Jan 21-Mar 4	6	3:30-4:15 pm	\$39/\$68
		No Prog Jan 28			
4-2442	Fri	Apr 8-May 13	5	3:30-4:15 pm	\$33/\$57
		No Prog Apr 15			

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.

Learn to Ride a Bike-For Teens!

Check off a bucket list item and let's ride! NISRA staff will help you practice balance, pedaling, steering and other basic riding skills.

Age group: 16-21

Suggested ability level: All Abilities

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

Min/Max: 4/6

Staff Contact: Emily E.

Prog #	Day	Date	Weeks	Time	R/NR Fee
4-2307	Wed	Apr 6-May 11	6	4:30-5:00 pm	\$47/\$81

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 and not playing or learning specific swim skills. Participants must be independent in the water.

Age group: 18 & Older

Suggested ability level: All Abilities

Location: Therapy Pool, The Centre, Elgin

Min/Max: 2/4

Staff Contact: Gabrielle

Prog #	Day	Date	Weeks	Time	R/NR Fee
4-0400	Thurs	Apr 7-May 12	6	7:30-8:00 pm	\$39/\$68

Bowling

Age Group: Ages 16 & Older

Suggested ability level: All Abilities

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

Name & Location	Program #	Day/Dates	Weeks	Time	R/NR Fee	Min/Max
Bowlero Bowl Algonquin Staff Contact: Emily E.	3-2601	Mon, Jan 17-Feb 28	7	5:00-6:30 pm	\$77/\$135	8/30
	4-2601	Mon, Apr 4-May 9	6	5:00-6:30 pm	\$66/\$116	8/30
Pin Pals Bowling 3D Bowl, Island Lake Staff Contact: Anya	3-3623	Tues, Jan 18-Mar 1	7	3:30-5:00 pm	\$77/\$135	8/30
	4-3623	Tues, Apr 5-May 10	6	3:30-5:00 pm	\$66/\$116	8/30
Elgin Bowl  Elgin Lanes, Elgin Staff Contact: Gabrielle	3-0610	Tues, Jan 18-Mar 1	7	3:30-5:00 pm	\$77/\$135	8/35
	4-0610	Tues, Apr 5-May 10	6	3:30-5:00 pm	\$66/\$116	8/35
					Winter Fee w/ Transp.	\$98/\$156
					Spring Fee w/ Transp.	\$87/\$137
Rock 'N Bowl Raymond's Bowl, Johnsburg Staff Contact: Samantha	3-1622	Sat, Jan 22-Mar 5	6	1:30-3:00 pm	\$66/\$116	8/30
		No Prog Jan 29				
	4-1622	Sat, Apr 9-May 14	5	1:30-3:00 pm	\$55/\$96	8/30
		No Prog Apr 16				
Saturday Bowlers Kingston Lanes, Woodstock Staff Contact: Samantha	3-1612	Sat, Jan 22-Mar 5	6	11:00am-12:30 pm	\$66/\$116	8/30
		No Prog Jan 29				
	4-1612	Sat, Apr 9-May 14	5	11:00am-12:30 pm	\$55/\$96	8/30
		No Prog Apr 16				
Saturday Strikers Liberty Lanes, Carpentersville Staff Contact: Gabrielle	3-0613	Sat, Jan 22-Mar 5	6	12:30-2:00 pm	\$66/\$116	8/20
		No Prog Jan 29				
	4-0613	Sat, Apr 9-May 14	5	12:30-2:00 pm	\$55/\$96	8/20
		No Prog Apr 16				



CHECK OUT THESE PROGRAMS GEARED TOWARDS LIVING A HEALTHY LIFESTYLE.

We're committed to offering a variety of activities to help you live well & longer!
Please keep giving your suggestions for these types of programs!

Biking Club

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

Age group: Ages 16 & Older

Suggested ability level: All Abilities

Location: Prairie Trail, Towne Park in Algonquin

Min/Max: 4/12

Staff Contact: Emily E.

Prog #	Day	Date	Weeks	Time	R/NR Fee
4-2635	Mon	Apr 18-May 9	4	4:30-6:00 pm	\$30/\$53

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

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. Choose your location below!

Age group: Ages 16 & Older

Suggested ability level: All Abilities

Min/Max: 6/8

NOTE: See Page 49 for information about the fitness waiver required for participation.

McHenry Recreation Center

Staff Contact: Samantha

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-1618	Mon	Jan 17-Feb 28	7	4:00-5:00 pm	\$54/\$95
4-1618	Mon	Apr 4-May 9	6	4:00-5:00 pm	\$47/\$81

Woodstock Recreation Center

Staff Contact: Samantha

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-1616	Tues	Jan 18-Mar 1	7	5:00-6:00 pm	\$54/\$95
4-1616	Tues	Apr 5-May 10	6	5:00-6:00 pm	\$47/\$81

Rakow Fitness Center

Staff Contact: Gabrielle

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-0617	Wed	Jan 19-Mar 2	7	4:30-5:30 pm	\$54/\$95
4-0617	Wed	Apr 6-May 11	6	4:30-5:30 pm	\$47/\$81

Barrington Recreation Center

Staff Contact: Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-3632	Thurs	Jan 20-Mar 3 No Prog Jan 27	6	5:30-6:30 pm	\$47/\$81
4-3632	Thurs	Apr 7-May 12	6	5:30-6:30 pm	\$47/\$81

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: Ages 16 & Older, and Family Members

Suggested ability level: All Abilities

Location: Community Room, Sage TR Center at the NISRA Office

Min/Max: 4/15

Staff Contact: Emily E.

Prog #	Day	Date	Weeks	Time
3-2639	Mon	Jan 17-Feb 28	7	5:00-5:45 pm
4-2639	Mon	Apr 4-May 9	6	5:00-5:45 pm

R/NR Fee	R/NR Fee for Family Member
Winter \$54/\$95	Winter \$46/\$80
Spring \$47/\$81	Spring \$39/\$68

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.

Simply Cooking

Ready to get back in the kitchen? We'll start out mixing up some simple recipes that are surprisingly delicious!

Age group: 16 & Older

Suggested ability level: All Abilities

Location: Sage TR Center, NISRA

Min/Max: 8/8 for each night

Staff Contact: Anya

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-3618	Wed	Jan 19-Mar 2	7	4:45-6:15 pm	\$82/\$144
4-3618	Wed	Apr 6-May 11	6	4:45-6:15 pm	\$71/\$123

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-3619	Thurs	Jan 20-Mar 3	6	4:45-6:15 pm	\$71/\$123
No Prog Jan 27					
4-3619	Thurs	Apr 7-May 12	6	4:45-6:15 pm	\$71/\$123

NOTE: The menu will be the same for Wednesday & Thursday programs. Please register for only one week night, so that more people can participate.

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: Ages 13 & Older, and Family Members **Suggested ability level:** All Abilities

Location: Huntley R.E.C. Center

Min/Max: 6/12

Staff Contact: Emily E.

Prog #	Day	Date	Weeks	Time
3-2628	Wed	Jan 19-Mar 2	7	7:00-7:45 pm
4-2628	Wed	Apr 6-May 11	6	7:00-7:45 pm

R/NR Fee	R/NR Fee for Family Member
Winter \$54/\$95	Winter \$46/\$80
Spring \$47/\$81	Spring \$39/\$68

NOTE: Please see page 49 for information about the fitness waive required for participation by participants with a disability. Please complete a Registration Form for each family member attending.



Trekkers

Hike the trails of McHenry County to explore the incredible sights & sounds. Research has shown that a walk in nature helps you relax, focus your thoughts, and improve your physical fitness.

Age group: Ages 16 & Older

Suggested ability level: All Abilities

Location: Varies

Min/Max: 8/12

Staff Contact: Anya

Prog #	Day	Date	Weeks	Time	R/NR Fee
4-3620	Sat	Apr 9-May 14	6	10:15 am-12:00 pm	\$42/\$74

Bus Departs	Transportation Location	Returns
9:45 am	NISRA Office	12:30 pm
9:45 am	Liberty Lanes, Carpentersville	12:30 pm

NOTE: Please list your pick-up & drop-off locations on your Registration Form. If you'd like to bowl after Trekkers, consider Saturday Strikers, where we'll drop you off! Wear comfortable clothes and bring a water bottle, sunscreen, bug repellent & sack lunch. **Time is based upon the bowling alley schedule.**



YOUNG ADULT CLUB - AGES 22-35 | FRIDAYS

Young Adult Club Transportation and Update:

If you cannot attend, call NISRA at 815-459-0737 and dial 1 for the Emergency Mailbox. Leave a voice 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. 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!

Some of the following Young Adult Clubs will only show transportation location options. You will be contacted via your primary email before the scheduled event with the transportation times. Please still choose a transportation location for your event.

Young Adult Club-Pinstripes

This Friday night will be packed full of bowling and bocce at Pinstripes in South Barrington. This fun and unique place is a great break from routine to explore somewhere new!

Location: Pinstripes, South Barrington

Min/Max: 15/20

Staff Contact: Gabrielle

Prog#	Date	Time	R/NR Fee
3-0425	Feb 4	6:00-8:30 pm	\$18/\$32

NOTE: Please bring an additional \$25 for dinner and activities.

Transportation Location

Sheltered Village
McHenry Recreation Center
The Centre of Elgin
NISRA Office

Young Adult Club-Guys Day Out

This Friday YAC is for the guys! No better duo than bowling and buds. We'll bowl and eat dinner at 3D Bowl and Sideouts in Wauconda.

Location: 3D Bowl & Sideouts, Wauconda

Min/Max: 8/12

Staff Contact: Anya

Prog#	Date	Time	R/NR Fee
3-3479	Feb 18	4:00-6:00 pm	\$18/\$32

NOTE: Please bring an additional \$25 for dinner and bowling.

Transportation Location

Sheltered Village
McHenry Recreation Center
The Centre of Elgin
NISRA Office

Young Adult Club-Ladies Night In

We all know that "Girls Just Wanna Have Fun!". Enjoy an evening of crafting, glamour shots, watching a chick flick, and snacking. All girls...all fun at Marengo Park District!

Location: Marengo Park District

Min/Max: 8/15

Staff Contact: Samantha

Prog#	Date	Time	R/NR Fee
3-1425	Mar 4	6:00-8:00 pm	\$18/\$32

NOTE: No additional money needed.

Transportation Location

Sheltered Village
McHenry Recreation Center
The Centre of Elgin
NISRA Office

Young Adult Club-Driving Range & Pizza

Practice your best swing at Marengo Ridge where we will be on the range getting comfortable with hitting golf balls. We'll finish the evening with pizza at Joe's.

Location: Marengo Ridge Golf Course & Joe's, Marengo

Min/Max: 8/12

Staff Contact: Samantha

Prog#	Date	Time	R/NR Fee
4-1424	Apr 22	6:00-8:30 pm	\$18/\$32

NOTE: Please bring an additional \$25 for dinner and golf balls.

Transportation Location

Sheltered Village
McHenry Recreation Center
The Centre of Elgin
NISRA Office

Young Adult Club-Karaoke & Pizza

Let's break out some tunes and sing your all-time favorites! Join us at the Wauconda Park District for some karaoke with DJ Ray and a pizza dinner will be delivered. Have stage fright? Come enjoy anyway as there will be games available to play.

Location: Wauconda Park District

Min/Max: 8/20

Staff Contact: Anya

Prog#	Date	Time	R/NR Fee
4-3473	May 6	6:00-8:00 pm	\$18/\$32

NOTE: No additional money needed.

Transportation Location

Sheltered Village
McHenry Recreation Center
The Centre of Elgin
NISRA Office

Young Adult Club-Zipline Adventures

We're zipping straight out of the comfort zone for this ultimate adventure! Explore the beauty of Lake Geneva as you zip through the trees with friends.

Location: Lake Geneva Zipline & Adventures

Min/Max: 8/15

Staff Contact: Gabrielle

Prog#	Date	Time	R/NR Fee
4-0423	May 20	1:30-4:00 pm	\$18/\$32

NOTE: Please bring \$50 to cover activity. Lake Geneva Zipline & Adventures requires a waiver which needs to be completed on its website. After registration, you will be emailed a link directly to the waiver and registration for this program.

Requirements from Lake Geneva Zipline & Adventures: Physical requirements to participate include the ability to apply pressure with your hand to the zipline cable, slightly behind your head, stand on platforms and descend from the final platform that includes a slight hop. Participants must be at least 4 feet tall and weigh between 70 – 250 pounds. Close-toed shoes are required; participants can not be pregnant or under the influence. For those whose mobility does not match requirements, accommodations can be made ahead of time with proper knowledge and evaluation.

Transportation Location

Sheltered Village
McHenry Recreation Center
The Centre of Elgin
NISRA Office

Aquacize

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

Age group: Ages 21 & Older

Suggested ability level: All Abilities

Location: Woodstock Recreation Center

Min/Max: 6/10

Staff Contact: Samantha

Prog #	Day/Date	Weeks	Time	R/NR Fee
3-1400	Mon/Jan 17–Feb 28	7	10:00-10:45 am	\$81/\$141
4-1400	Mon/Apr 4–May 9	6	10:00-10:45 am	\$69/\$121

R/NR Fee No Transp.

\$46/\$80

\$39/\$68

Bus Departs	Transportation Location	Returns
9:30am	Pioneer Center, McHenry	11:30 am

NOTE: Please bring a labeled swimsuit and towel.

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: Ages 21 & Older

Suggested ability level: All Abilities

Location: Varies

Min/Max: 8/20

Staff Contact: Samantha

Prog #	Day/Date	Weeks	Time
3-1433	Wed/Jan 19, Feb 2 & 16, Mar 2	4	11:30am-3:00 pm
4-1433	Wed/Apr 6 & 20, May 4	3	11:30am-3:00 pm

R/NR Fee

\$63/\$110

\$47/\$83

Bus Departs	Transportation Location	Returns
11:00am	NISRA Office	3:00 pm
11:20am	Pioneer Center, McHenry	2:30 pm

NOTE: 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. Please bring additional money if you want to purchase snacks at the concession stand.

Gardening Club

Grab your gloves, a new gardening season is coming! We'll decide what to plant, then get started on planting, watering, weeding and watching to see what grows!

Age group: Ages 21 & Older

Suggested ability level: All Abilities

Location: Sage TR Center at the NISRA Office

Min/Max: 6/10

Staff Contact: Emily E.

Prog #	Day/Date	Weeks	Time	R/NR Fee
4-2437	Thurs/Apr 21–May 12	4	3:30-4:30 pm	\$31/\$54

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

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: Ages 21 & Older

Suggested ability level: All Abilities

Location: Sage TR Center at NISRA Office; Various Locations

Min/Max: 6/22

Staff Contact: Samantha

Prog #	Day/Date	Weeks	Time	R/NR Fee
3-1463	Fri/Jan 21-Mar 4	6	11:00am-1:00 pm	\$83/\$144
No Prog Jan 28				

4-1463 Fri/Apr 8-May 13 5 11:00am-1:00 pm \$69/\$120

No Prog Apr 15

Bus Departs	Transportation Location	Returns
10:20am	NISRA Office	1:40 pm
10:40am	Pioneer Center, McHenry	1:20 pm

NOTE: Please bring a labeled sack lunch each week. A flyer with each week's plan/location will be given out on the first week of programs. Transportation will run every week even if staying at NISRA.



HEY, PIONEER CLIENTS! CHECK OUT THESE PROGRAMS FOR YOU!

Pioneer Art Club

Let's explore art together! Learn about some famous artists and their unique styles. Try out various techniques and mediums and be inspired by what you can create!

Age group: Ages 21 & Older

Suggested ability level: All Abilities

Location: Pioneer Center Art Studio

Min/Max: 6/12

Staff Contact: Katie

Prog #	Day	Date	Weeks	Time	R Fee
3-5517	Tues	Jan 18-Feb 8	4	10:00-10:45 am	\$43
4-5517	Tues	Apr 5-Apr 26	4	10:00-10:45 am	\$43

Pioneer Tasty Tuesday

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

Age group: Ages 21 & Older

Suggested ability level: All Abilities

Location: Sage TR Center, NISRA

Min/Max: 6/8

Staff Contact: Samantha

Prog #	Day	Date	Weeks	Time	R Fee
3-1476	Tues	Jan 18-Mar 1	7	12:30-1:30 pm	\$117
4-1476	Tues	Apr 5-May 10	6	12:30-1:30 pm	\$101

Bus Departs	Transportation Location	Returns
12:10pm	Pioneer Center, McHenry	1:45 pm

Pioneer Bowlers

Straight to the strike zone, let's bowl and enjoy a friendly game of bowling at Raymond's Bowl!

Age group: Pioneer Center Clients, Ages 21 & Older

Suggested ability level: All Abilities

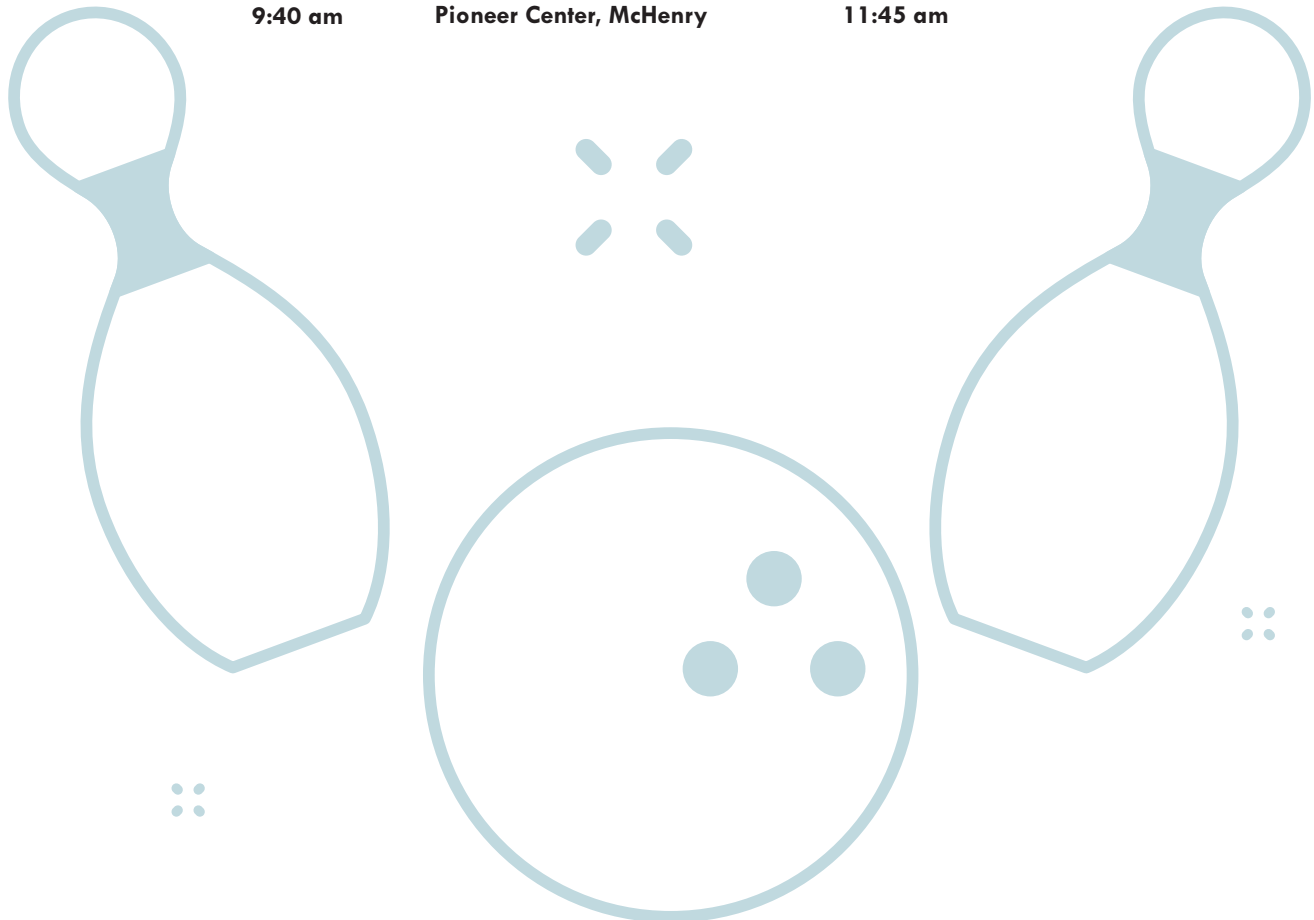
Location: Raymond's Bowl, Johnsburg

Min/Max: 8/24

Staff Contact: Samantha

Prog #	Day	Date	Weeks	Time	R Fee
3-1477	Thurs	Jan 20-Mar 3	6	10:00-11:30 am	\$96
		No Prog Jan 27			
4-1477	Thurs	Apr 7-May 12	6	10:00-11:30 am	\$96

Bus Departs	Transportation Location	Returns
9:40 am	Pioneer Center, McHenry	11:45 am



HEY, AID CLIENTS! CHECK OUT THESE GREAT PROGRAMS HELD AT AID!

Kickboxing

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

Age group: Ages 21 & Older

Suggested ability level: All Abilities

Location: AID/Elgin Training Center, Elgin

Min/Max: 8/12

Staff Contact: Gabrielle

Prog #	Day	Date	Weeks	Time	R Fee
3-0445	Thurs	Jan 20-Mar 3	6	9:30-10:30 am	\$47
		No Prog Jan 27			
4-0445	Thurs	Apr 7-May 12	6	9:30-10:30 am	\$47

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: Ages 21 & Older

Suggested ability level: All Abilities

Location: AID/Elgin Training Center, Elgin

Min/Max: 8/12

Staff Contact: Gabrielle

Prog #	Day	Date	Weeks	Time	R Fee
3-0404	Tues	Jan 18-Mar 1	7	9:30-10:30 am	\$54
4-0404	Tues	Apr 5-May 10	6	9:30-10:30 am	\$47

Shape Up

Stand up, stretch, and move around! This moderate workout will boost your energy for the rest of the day!

Age group: Ages 21 & Older

Suggested ability level: All Abilities

Location: AID/Elgin Training Center, Elgin

Min/Max: 8/12

Staff Contact: Gabrielle

Prog #	Day	Date	Weeks	Time	R Fee
3-0403	Wed	Jan 19-Mar 2	7	9:30-10:30 am	\$46
4-0403	Wed	Apr 6-May 11	6	9:30-10:30 am	\$39



Amazing Artists

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

Age group: Ages 21 & Older

Suggested ability level: All Abilities

Location: AID/Elgin Training Center, Elgin

Min/Max: 6/20

Staff Contact: Katie

Prog #	Day	Date	Weeks	Time	R Fee
3-5577	Fri	Jan 21-Mar 11	6	9:30-10:15 am	\$75
		No Prog Jan 28, Feb 11			
4-5577	Fri	Apr 8-May 13	5	9:30-10:15 am	\$65
		No Prog Apr 15			

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: Ages 21 & Older

Suggested ability level: All Abilities

Location: AID/Elgin Training Center, Elgin

Min/Max: 6/15

Staff Contact: Katie

Prog #	Day	Date	Weeks	Time	R Fee
3-5576	Wed	Jan 19-Mar 2	7	1:00-1:45 pm	\$54
4-5576	Wed	Apr 6-May 11	6	1:00-1:45 pm	\$47

ADULT SOCIAL CLUB - AGES 21 & OLDER | WEEKEND ACTIVITIES

Transportation is available for all of the activities on the next 2 pages.

Don't miss out on the Dances on Page 10 and other special events too!

Adult Social Club Transportation and Update:

If you can not attend, call NISRA at 815-459-0737 and dial 1 for the Emergency Mailbox. Leave a voice 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. 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!

Some of the following Adult Social Clubs will only show transportation location options. You will be contacted via your primary email before the scheduled event with the transportation times. Please still choose a transportation location for your event.

Adult Social Club-Restaurant Adventure

Why eat at the same restaurant all the time when there are so many great options? Let's try a new appetizer, entrée, and dessert together with friends!

Location: McHenry Area

Min/Max: 8/12

Staff Contact: Samantha

Prog #	Day	Date	Time	R/NR Fee
3-1911	Sat	Feb 5	3:00-6:00 pm	\$56/\$98

Transportation Location

Sheltered Village
McHenry Recreation Center
The Centre of Elgin
NISRA Office

Adult Social Club-Pizza & Movie

See what the buzz is all about by checking out a new movie at the theater. We'll enjoy dinner out with our friends too.

Location: Classic Cinema Woodstock/Napoli Pizza

Min/Max: 8/15

Staff Contact: Samantha

Prog #	Day	Date	Time	R/NR Fee
3-1912	Sat	Feb 19	approx. 5:00-9:00 pm	\$49/\$85

NOTE: Program time will be confirmed once movie schedule is confirmed. Please bring money for snacks at the theater. Fee includes movie & pizza.

Transportation Location

Sheltered Village
McHenry Recreation Center
The Centre of Elgin
NISRA Office

Adult Social Club-Valentine's Day Party

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

Location: Huntley R.E.C. Center

Min/Max: 8/20

Staff Contact: Gabrielle

Prog #	Day	Date	Time	R/NR Fee
3-0920	Sat	Feb 12	3:00 - 5:00 pm	\$17/\$29

Transportation Location

Sheltered Village
McHenry Recreation Center
The Centre of Elgin
NISRA Office

Adult Social Club-Goat Yoga

Looking for a "goat" load of fun? Then why not try some yoga with goats? The laughter and joy you'll experience can be a boost for your mental and physical health!

Location: Goat Yoga Chicago, South Barrington

Min/Max: 10/10

Staff Contact: Gabrielle

Prog #	Day	Date	Time	R/NR Fee
3-0923	Sat	Mar 5	2:00-4:00 pm	\$54/\$94

NOTE: Participants must be comfortable with animals and having the goats be in their personal space. A small snack & water bottle will be provided after yoga. Goat Yoga Chicago requires a waiver which needs to be completed on its website at: <https://www.goatyogachicago.com/waiver-and-registration>

Transportation Location

Sheltered Village
McHenry Recreation Center
The Centre of Elgin
NISRA Office

Adult Social Club-St. Patty's Day Party

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

Location: Lake in the Hills Village Hall

Min/Max: 8/20

Staff Contact: Emily E.

Prog #	Day	Date	Time	R/NR Fee
3-2928	Sat	Mar 12	3:00-5:00 pm	\$17/\$29

Transportation Location

Sheltered Village
McHenry Recreation Center
The Centre of Elgin
NISRA Office

Adult Social Club-BINGO Bonanza

This wacky and fun night will be full of all the bingo zaniness you could want. There will be prizes and snacks galore!

Location: Wauconda Park District

Min/Max: 8/25

Staff Contact: Anya

Prog #	Day	Date	Time	R/NR Fee
3-3914	Sat	Feb 26	6:00-8:00 pm	\$17/\$29

Transportation Location

Sheltered Village
McHenry Recreation Center
The Centre of Elgin
NISRA Office

ADULT SOCIAL CLUB - AGES 21 & OLDER | WEEKEND ACTIVITIES

Adult Social Club-Axe Throwing & Ice Cream

Test your throwing skills to hit that bullseye or just get comfortable with the swing! The cherry on top of this afternoon will be getting custard at Culver's!

Location: Spartan Axe Throwing & Culvers, Crystal Lake

Min/Max: 8/20

Staff Contact: Emily E.

Prog #	Day	Date	Time	R/NR Fee
4-2917	Sat	Apr 23	3:00-5:00 pm	\$37/\$65

NOTE: Spartan Axe Throwing requires a waiver, which needs to be completed on its website prior to program (middle top of website) at: <https://www.spartanaxethrowing.com/waiver>.

Transportation Location

Sheltered Village
McHenry Recreation Center
The Centre of Elgin
NISRA Office

Adult Social Club-Cinco de Mayo Party

Get together with your amigos and celebrate Cinco de Mayo with a fiesta full of appetizers and light snacks, games, music and other festivities!

Location: Sage TR Center at the NISRA Office

Min/Max: 8/20

Staff Contact: Gabrielle

Prog #	Day	Date	Time	R/NR Fee
4-0926	Sat	Apr 30	3:00-5:00 pm	\$17/\$29

Transportation Location

Sheltered Village
McHenry Recreation Center
The Centre of Elgin
NISRA Office

Adult Social Club-Bowling and Ice Cream

Spend the afternoon bowling with friends at J's Lane and strike out the day with ice cream to end!

Location: J's Lanes & Dairy Queen, Harvard

Min/Max: 8/25

Staff Contact: Samantha

Prog #	Day	Date	Time	R/NR Fee
4-1906	Sat	May 7	3:00-5:00 pm	\$29/\$51

Transportation Location

Sheltered Village
McHenry Recreation Center
The Centre of Elgin
NISRA Office



Adult Social Club-Mocktails & Masterpieces

It's time to get creative! Join your friends for a fun night in while you create your own masterpiece. Enjoy some light snacks and sample some different mocktails throughout the program.

Location: Sage TR Center at the NISRA Office

Min/Max: 8/20

Staff Contact: Gabrielle

Prog #	Day	Date	Time	R/NR Fee
4-0928	Sat	May 14	3:00-5:00 pm	\$22/\$38

Transportation Location

Sheltered Village
McHenry Recreation Center
The Centre of Elgin
NISRA Office

Adult Social Club-Yoga and Yum

Come get your Namaste on for a guided yoga session then top it off with a frozen treat afterwards to cool down! Yoga will be modified for all participants, sitting or standing.

Location: SAGE TR Center, NISRA

Min/Max: 8/20

Staff Contact: Anya

Prog #	Day	Date	Time	R/NR Fee
4-3902	Sat	May 21	6:00-8:00 pm	\$24/\$42

Transportation Location

Sheltered Village
McHenry Recreation Center
The Centre of Elgin
NISRA Office

Workshops

Age Group: Ages 16 & Older

Suggested ability level: All Abilities

Min/Max for Each Workshop: 6/10

Location: Sage TR Center at the NISRA Office

Staff Contact for All NISRA Cultural Programs/Workshops: Katie Weadley

NOTE: Fees include all supplies. Projects will be available for pickup approximately 2 weeks after the workshop. These are all one-time workshops.

Name	Program #	Day/Date	Time	R/NR Fee
Ceramics & Glass Jewelry Workshop Earring and pendant set, ceramic earring holder, mosaic glass and porcelain brooch	3-5598	Mon, Feb 7	6:00-7:00 pm	\$30/\$53
Ceramics & Glass Jewelry Workshop Woodland animal earring set, sparkling heart plaque, decor beaded jewelry tray	4-5598	Mon, Apr 18	6:00-7:00 pm	\$30/\$53
Fused Glass Workshop Art deco double fish and fantastic "foxy" plate	3-5595	Tues, Jan 25	6:00-7:00 pm	\$30/\$53
Fused Glass Workshop Opaline oval serving bowl and spring plaid leaf dish	3-5596	Tues, Mar 1	6:00-7:00 pm	\$30/\$53
Fused Glass Workshop Rainy day umbrella plate and flashing triangle paperweight	4-5596	Tues, Apr 5	6:00-7:00 pm	\$30/\$53
Fused Glass Workshop "Bee" Happy dish and changing colors reactive glass bowl	4-5595	Tues, May 3	6:00-7:00 pm	\$30/\$53

Cookie Decorators Workshop

The only thing better than eating cookies is decorating them! Nikki, owner of Nikki's Creative Confections, will teach us how to decorate with royal icing on sugar cookies, themed for each month this winter season!

Families can choose to sign up for all sessions or individually.

Name	Program #	Day/Date	Time	R/NR Fee
Winter Wonderland Cookies	3-5626	Tues, Jan 18	6:00-7:00 pm	\$13/\$23
Valentine's Day Cookies	3-5625	Tues, Feb 15	6:00-7:00 pm	\$13/\$23
St. Patrick's Day Cookies	3-5624	Tues, Mar 15	6:00-7:00 pm	\$13/\$23

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: Ages 7 & Older
Suggested ability level: All Abilities
Location: Crystal Lake
Min/Max: 1/6

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 (approx. \$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 Katie at the NISRA Office for possible options.

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-5543	Mon	Jan 17-Feb 28	7	*3:00-6:00 pm 3:00, 3:30, 4:00, 4:30, 5:00, 5:30	\$165/\$288
4-5543	Mon	Apr 4-May 9	6	*3:00-6:00 pm 3:00, 3:30, 4:00, 4:30, 5:00, 5:30	\$141/\$247
3-5542	Tues	Jan 18-Mar 1	7	*3:00-6:00 pm 3:00, 3:30, 4:00, 4:30, 5:00, 5:30	\$165/\$288
4-5542	Tues	Apr 5-May 10	6	*3:00-6:00 pm 3:00, 3:30, 4:00, 4:30, 5:00, 5:30	\$141/\$247

VIRTUAL - Art Explorations

Tap into your creativity with a professional artist. Learn new techniques and explore subjects with paints, pastels & more! This program will be on held on Zoom.

Age group: Ages 16 & Older
Suggested ability level: All Abilities
Min/Max: 6/10

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-5003	Thurs	Jan 20-Mar 3	6	6:00-7:00 pm	\$63/\$113
		No Prog Jan 27			
4-5003	Thurs	Apr 7-May 12	6	6:00-7:00 pm	\$63/\$113

NOTE: Fee includes supplies. Staff will contact you when supplies are ready for pick-up during business hours at the NISRA Office.

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: Ages 10 & Older
Suggested ability level: All Abilities
Location: First Congregational Church, Crystal Lake
Min/Max: 6/12

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-5548	Thurs	Jan 20-Mar 3	6	6:15-7:00 pm	\$51/\$89
		No Prog Jan 27			
4-5548	Thurs	Apr 7-May 12	6	6:15-7:00 pm	\$51/\$89

Theater Troupe Presents...



"A Twisted Tale About Sleeping Beauty"

Show off under the bright lights! We're introducing some fresh ideas into our Spring Theater Troupe, and we welcome any new or veteran performers—no experience necessary! We teach simple choreography & how to get into character on stage.

Age group: Ages 8 & Older
Suggested ability level: All Abilities
Location: Cosman Theater, Huntley R.E.C. Center
Min/Max: 6/20

Prog #	Day	Date	Weeks	Time	R/NR Fee
4-5512	Wed	Mar 9-May 11	10	6:30-8:00 pm	\$153/\$268
*Rehearsals	Wed	May 18		6:30-8:00 pm	
	Thurs	May 19		6:30-8:00 pm	
*Performances	Fri	May 20		7:00-9:00 pm	
	Sat	May 21		2:00-4:00 pm	

R/NR Fee w/Transp.

\$193/\$313

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

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



SPECIAL OLYMPICS PROGRAMS WELCOME PARTICIPANTS WITH INTELLECTUAL DISABILITIES.



Uniforms 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, and develop skills and friendships. Sports is naturally competitive for athletes and parents. Your child may not understand competition and may struggle with the 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 suitable and enjoyable.

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

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 their required forms that apply to ALL ATHLETES. For more of the background/benefits for this change, please visit the NISRA website, www.nisra.org.

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 current Med App form as of August 1, 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.



Attention NISRA Bowlers: The 2022 Special Olympics Region B Bowling Tournament, typically in May, has tentatively been moved to August. Please keep your eyes peeled for Bowling Registration in the Summer 2022 NISRA Brochure. As a reminder, athletes are not able to use bumpers at the Region B Bowling Tournament and at State Competition. Happy Bowling!

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: Ages 8 & Older

Location: The Centre, Elgin

Min/Max: 4/8

Staff Contract: Trisha

Prog #	Day	Date	Weeks	Time	R/NR Fee
4-6700	Mon	May 16-June 13	4	6:00-7:30 pm	\$30/\$53
No Prog May 30					

District Competition: February 27, 2022

Summer Games: June 17-19, 2022

NOTE: You must have participated in the Fall/Winter sessions to be eligible. Beginners, watch for this program again in the Fall! Only athletes who received a gold medal at the qualifier should register for this Spring session. A flyer will be sent with additional information and a fee for Summer Games.



SPECIAL OLYMPICS SWIM TEAMS

Beginner Team-Teal Knights

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

Age group: Ages 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: 4/12

Staff Contract: Trisha

Prog #	Day	Date	Weeks	Time	R/NR Fee
4-6768	Mon	May 2-June 13	6	6:20-7:30pm	\$39/\$68
No Prog May 30					

District Competition: March 19, 2022

Summer Games: June 17-19, 2022

NOTE: Those athletes who qualified for Summer Games during the Fall session should register. A flyer will be sent with additional information and a fee for Summer Games. Swimmers who have taken lessons & wish to try the beginner team may also register for this Spring session.

Intermediate/Advanced Teams-Black Knights

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

Age group: Ages 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)

Min/Max: 6/12 for both Locations

Staff Contract: Trisha

Carpentersville - Rakow Center 

Prog #	Day	Date	Weeks	Time	R/NR Fee	R/NR Fee w/ Transp.	Bus Departs	Transportation Location	Bus Returns
4-6713	Wed	May 4-June 15	7	5:30-6:30 pm	\$46/\$80	\$136/\$170	4:45 pm	NISRA Office	7:15 pm

Elgin - The Centre

Prog #	Day	Date	Weeks	Time	R/NR Fee
4-6712	Fri	May 6-June 10	6	5:00-6:00 pm	\$39/\$68

District Competition: March 19, 2022

Summer Games: June 17-19, 2022

NOTE: Only athletes who received a gold medal at the qualifier should register for these Spring sessions. A flyer will be sent with additional information and a fee for Summer Games.

**New swimmers, please call us to determine which team is best for you!*

Special Olympics Track & Field

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

Age group: Ages 8 & Older

Min/Max: 6/12 for both Locations

Staff Contract: Trisha

Facilities are subject to change based on availability.

Lake in the Hills/Huntley - Marlowe Middle School

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-6765	Mon	Mar 7-Apr 25	7	6:00-7:00pm	\$68/\$102
		No Prog Mar 28			

Elgin - The Centre

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-6715	Mon	Mar 7-Apr 25	7	5:30-6:30 pm	\$68/\$102
		No Prog Mar 28			

NISRA Track Meet: April 10, 2022

Spring Games: May 15, 2022

Summer Games: June 17-19, 2022



Special Olympics Softball - Teens/Adult Teams

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

Age group: Ages 16 & Older

Min/Max per Team: 10/15

Staff Contract: Trisha

Facilities are subject to change based on availability.

Teal - Beginner/Intermediate Skills

Location: Ladd Park, Crystal Lake

Prog #	Day	Date	Weeks	Time	R/NR Fee
4-6771	Tues	May 10-July 26	12	6:00-7:30 pm	\$112/\$180

White - Intermediate Skills

Location: Tomaso Sports Park, Field D, Huntley

Prog #	Day	Date	Weeks	Time	R/NR Fee
4-6769	Tues	May 10-July 26	12	6:00-7:30 pm	\$112/\$180

Black - Advanced Skills

Location: Lippold Park, Crystal Lake

Prog #	Day	Date	Weeks	Time	R/NR Fee
4-6770	Tues	May 10-July 26	12	5:00-6:00 pm	\$112/\$180

Purple - All Abilities

Location: Sports Complex, Field 10, Elgin

Prog #	Day	Date	Weeks	Time	R/NR Fee
4-6772	Tues	May 10-July 26	12	6:00-7:30 pm	\$112/\$180

ITRS Tournament: July 17, 2022

District Competition: July 30, 2022

Outdoor Sports Festival: September 16-17, 2022

Special Olympics Soccer

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

Age group: Ages 16 & Older

Suggested ability level: Intermediate

Location: Lippold Park, Crystal Lake

Min/Max: 8/12

Staff Contract: Trisha

Prog #	Day	Date	Weeks	Time	R/NR Fee
3-6761	Wed	Mar 9-May 11	9	5:00-6:00 pm	\$81/\$124
		No Prog Mar 30			

Soccer Regional Qualifier: May 14, 2022

ITRS Tournament: May 15, 2022

Summer Games: June 17-19, 2022

NOTE: If the team qualifies for Summer Games, we will schedule additional practices and a flyer will be sent with additional information and the fee for Summer Games.

Special Olympics Powerlifting

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

Age group: Ages 16 & Older

Suggested ability level: Beginner/Intermediate

Staff Contract: Trisha

Barrington - Superior Athletic Advantage

Min/Max: 2/8

Prog #	Day	Date	Weeks	Time	R/NR Fee
4-6742	Fri	May 20-Jun 10	4	3:00-4:00 pm	\$26/\$46

Woodstock - Woodstock Recreation Center

Min/Max: 3/12

Prog #	Day	Date	Weeks	Time	R/NR Fee
4-6741	Wed	May 25-Jun 15	4	6:00-8:00 pm	\$26/\$46

Regional Qualifier: March 26-27, 2022

Spring Games: May 15, 2022

Summer Games: June 17-19, 2022

Beginner/Intermediate Level

Time slots of 6:00-7:00 pm or 7:00-8:00 pm are available. Please indicate your preference on the Registration Form and we will try to accommodate your choice. We'll contact you if your preference is not available. Only athletes who have received a gold medal at the qualifier should register for this Spring season. A flyer will be sent with additional information and a fee for Summer Games.

Special Olympics Bocce Ball

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

Age group: Ages 16 & Older

Suggested ability level: Beginner

Location: Woods creek Park, Crystal Lake

Min/Max: 10/15

Staff Contract: Trisha

Prog #	Day	Date	Weeks	Time	R/NR Fee
4-6746	Thurs	Jun 2-16	3	5:30-6:30 pm	\$20/\$34

Summer Games: June 17-19, 2022

NOTE: Only athletes who received a gold medal at the qualifier should register for this Spring session. A flyer will be sent with additional information and the fee for Summer Games.

Special Olympic Tennis-Intermediate/Advanced

If you're a tennis player who would like to compete, this program helps athletes prepare for matches. Coaches will determine which athletes are ready for Special Olympics competition.

Age group: Ages 16 & Older

Suggested ability level: Players must have previous experience in tennis (see NOTE below), including the ability to serve & hit into proper courts with reasonable consistency.

Location: Crystal Lake Racket Club, Algonquin

Min/Max: 3/6

Staff Contract: Trisha

Prog #	Day	Date	Weeks	Time	R/NR Fee
4-6761	Wed	May 4-June 22	8	4:00-4:45 pm	\$63/\$102

Regional Qualifier: TBD

State Tennis: Aug 13-14, 2022

NOTE: Only athletes who received a gold medal at the qualifier should register for this Spring session. A flyer will be sent with additional information and the fee for Summer Games.

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

Special Olympic Golf 3-6-9

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

Age group: Ages 16 & Older

Suggested ability level: Players who are ready to play 5 to 9 holes on various weeks this season

Location: Randall Oaks Golf Course, West Dundee

Min/Max: 3/8

Staff Contract: Trisha

Prog #	Day	Date	Weeks	Time	R/NR Fee
4-6707	Wed	June 8-Jul 27	8	6:00-8:00 pm	\$71/\$116

Region Competition: August 1, 2022

Outdoor Sports Festival: September 17 - 18, 2022

Special Olympic Golf Unified Golf

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

Age group: Ages 16 & Older

Location: Randall Oaks Golf Course, West Dundee

Min/Max: 3/8

Staff Contract: Trisha

Prog #	Day	Date	Weeks	Time	R/NR Fee
4-6710	Wed	May 18-Jul 6	8	6:00-8:00 pm	\$71/\$116

Region Competition: July 11, 2022

Outdoor Sports Festival: September 17- 18, 2022

NOTE: Athletes are encouraged to choose a person who they will want to partner with for the entire season. Unified Partners need to be at least 14 years of age, complete a Unified Partner form and a NISRA Registration form.



Program Eligibility & Assessment Questionnaire

If the form was previously submitted, reviewed and approved by NISRA Staff, it is on file at the office. You do not need to complete and submit it again.

To help protect against the spread of COVID-19 and for the safety of our participants and staff, NISRA has developed requirements that need to be followed during all in-person programming.

These procedures include:

- 1) Assessment of the participant's ability to meet eligibility requirements
- 2) Confirmation of the participant's ability to meet the eligibility requirements
- 3) Agreement to abide by the health monitoring requirements listed at the end of this document
- 4) Agreement that if the requirements are not met, then the participant will be deemed ineligible

This form, which includes the participant assessment and sign off of eligibility requirements and health monitoring, needs to be completed and submitted to the NISRA office.

Forms can be:

- Dropped off at the NISRA office. Drop box available on the front of the building
- Emailed to Mia at: mleyba@nisra.org
- Faxed to 815-459-0388

Once forms are received, they will be reviewed by NISRA's eligibility team. Assessment information, as well as knowledge of past participation and any additional information or documentation that is relevant, will be used to determine if a participant is eligible to participate in in-person programming under the new COVID-19 guidelines. New participants to NISRA will need to participate in an intake. Once reviewed, staff will contact families to gather any additional information/documentation needed, and ultimately to let them know about the results and potentially proceed with registering the participant for programs. Participants who do not meet eligibility guidelines will be based on behaviors that are a safety issue according to the current Phase of Restore Illinois. If and when the next Phase is entered, the behavior can be reassessed to determine if the participant meets safety requirements of that phase.

In accordance with guidelines from the Centers for Disease Control (CDC) and Illinois Department of Public Health (IDPH) NISRA is doing the following to protect the safety and health of our participants and staff:

- All program spaces will be routinely cleaned and disinfected in between program usage.
- Participants will have separate supplies during the program which will be cleaned and disinfected between programs.
- NISRA will provide staff with cloth face coverings, gloves, safety glasses. Gloves and safety glasses will only be used if disinfecting. If a specific job task requires the use of the additional PPE, NISRA will provide the PPE to staff. Staff will be required to wear a cloth face covering throughout the duration of programs that are indoors.
- NISRA staff and patrons will complete health self-monitoring form prior to each day. If individuals exhibit any symptoms on the form or have been in close contact with someone who has COVID-19, they will not be permitted to work on-site or participate in a program. If an individual answers "yes" to any question on the health monitoring screening, he/she will not be permitted on-site.
- If NISRA is made aware that someone has been exposed to COVID-19, NISRA will take all appropriate steps as directed by the local health department.

Assessment Questionnaire for Participation in In-Person Programs:

Participant's Name: _____

Person Completing Assessment: _____

Eligibility Requirements

All potential participants desiring to join NISRA in-person programs will need to meet the following eligibility requirements until further notice to ensure NISRA adheres to CDC and Illinois social distancing guidelines.

- Participants will need to be able to do self-care while at NISRA programs. This includes being able to complete the following with minimal verbal cues or prompts
 - Put on and take off cloth face covering
 - Use the bathroom
 - Wash hands
- Participants must **refrain** from the following habits that could result in the spread of illness:
 - Touching their face
 - Taking off cloth face covering unless directed by a NISRA staff
 - Spitting
 - Putting objects in their mouth
 - Biting
 - Eloping (running away)
 - Touching staff, participants or others' belongings
 - Being non-compliant with staff instruction
 - Leaving assigned seating area
- Participants need to be able to participate in the activity with minimal verbal cues or prompts
- Participants need to be able to wear a cloth face covering for the duration of the program
- Participants will need to be able to stay with the group and transition from one activity to another with minimal verbal cues or prompts
- Participants will need to be able to maintain a physical distance of six feet or more from others with minimal verbal cues or prompts
- Participants must demonstrate safe behaviors towards self and others throughout the duration of the program

What level of support does the participant need to do the following?

	None	Minimal Verbal Prompts	Physical Assistance
Walking or standing			
Toileting			
Engaging in activities			
Responding to directions			
Transitioning			
Staying with the group			

With limited verbal prompts, can the participant do the following?

	Yes	No
Wear a cloth face covering that fits over the nose, mouth, and under the chin (not Gator-type). Participant must be able to put on and take off the cloth face covering independently		
Keep a cloth face covering on for the full duration of program		
Maintain physical distance of six feet or more		
Independently wash hands		
Cover a sneeze or cough		

Health Monitoring Requirements

As part of the registration process, participants and/or guardians are required to attest to the following guidelines set forth by the CDC and IDPH. Families must confirm that participants have not exhibited any of the following symptoms prior to arriving to the program every day:

- Fever (over 100.40F) or chills
- Shortness of breath or difficulty breathing
- Cough
- Sore Throat
- Nausea or vomiting
- Diarrhea
- Runny Nose
- Unexplained muscle aches
- Headache
- Unexplained fatigue
- Abdominal pain
- New loss of smell or taste

In addition, if a participant has been in close contact with an individual who has COVID-19, per CDC guidelines, they should self – quarantine for 14 days, but have an option if they have no symptoms. The quarantine could be 10 days with no COVID test, and 7 days with a negative test. The individual will not be permitted to attend programs during this time. If a participant tests positive for COVID-19, such as an asymptomatic positive test, the participant must remain asymptomatic for a 10-day period following the test in order to attend NISRA programs. Additionally, for participants with symptoms or who test positive, a doctor’s note will be required prior to being able to participate in programs.

Agreement

By signing below, participant and/or guardians agree that they have monitored the participant and will not send the participant to program(s) if any of the above symptoms are present. I understand that if the participant exhibits any of the above symptoms, or is unable to follow the eligibility requirements, the guardian will be called and will be expected to pick up the participant from the program immediately. The participant may become ineligible to participate.

Participant Name: _____
(please print)

I, _____ as the guardian or self, understand the above statements and guidelines and agree to abide by them.

Guardian Name: _____
(please print)

Guardian Signature: _____ Date: _____

Office use only:

Date received: _____

Reviewed by: _____

Family contact date: _____

Approved for registration: Yes No Staff Initial: _____



Health Questionnaire for Wellness Screen Related to COVID-19

NISRA is committed to the safety of employees, patrons, community, including the COVID-19 pandemic. Employees and patrons will be required to self-assess using these questions each day prior to coming on-site. If the answer is “yes” to any question, please do not come on-site to prevent the spread of the illness. Additionally, employees should notify Human Resources and patrons should notify the NISRA office of their absence and the reason for the absence.

- Do you have a fever of 100.4 degrees Fahrenheit or higher?
- Do you have a cough?
- Do you have a sore throat?
- Have you been experiencing difficulty breathing or shortness of breath?
- Do you have muscle aches?
- Have you had a new or unusual headache (e.g. not typical to the individual)?
- Have you noticed a new loss of taste or loss of smell?
- Have you been experiencing chills or rigors (sudden feeling of cold with shivering accompanied by a rise in temperature)?
- Do you have any gastrointestinal concerns (e.g. diarrhea, vomiting)?
- Have you tested positive for COVID-19 in the last 14 days?
- Is anyone in your household suspected of having COVID-19(e.g. has symptoms and is seeking diagnosis, has been sent for testing, etc.)
- To the best of your knowledge in the last 14 days have you come into close contact* with anyone who has tested positive for or been diagnosed with COVID-19?

*Close contact includes someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24 hour period starting from 2 days before illness onset (or for asymptomatic patients, 2 days prior to test collection) until the time the patient is isolated.

By coming to the program, you acknowledge that you have in fact conducted this self-assessment and information provided above is true and accurate to the best of your current knowledge and beliefs.



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.

Participant's Name: _____

Completed by: _____ **Relationship:** _____ **Phone:** () _____

Medication(s):

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

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

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

- Please describe a typical seizure: _____

- Are there any symptoms prior to the onset of the seizure? (i.e. smells, stomach pain, fear, sounds, etc.)

- What was the date of the participant's last seizure? ___/___/___
- How long does the typical seizure last? _____

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

- | | | |
|--|---|---|
| <input type="checkbox"/> Absence (staring spell) | <input type="checkbox"/> Atonic (Drop) | <input type="checkbox"/> Simple Partial |
| <input type="checkbox"/> Complex Partial | <input type="checkbox"/> Generalized (Gran Mal) | |
| <input type="checkbox"/> Other (explain): _____ | | |

Seizure Response Plan

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

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

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

Parent/Guardian Signature: _____ **Date:** _____

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



Northern Illinois Special Recreation Association
Fitness Program Waiver

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

NOTE: Participants that have a current Special Olympics 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.

Part 1: For completion by NISRA Participant.

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

Date: Participant signature:

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

Please check:
I support my patient's participation in this program with no restrictions
I support my patient's participation in this program with the following restrictions:
I do not recommend my patient's participation in the program for the following reasons:

Date: Medical Practitioner's signature:
Medical practitioner's address:

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

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

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

REGISTRATION INFORMATION

A Registration Note...

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

Annual Registration Update

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

Registration Information

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

Credits and Refunds

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

Scholarships

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

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

See page 54 for more information about program policies, and page 55 for transportation.

Group Home Resident Fee Policy

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

Township Information

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

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

Procedure for Seizure Information

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

Fitness Waiver for Fitness Programs

Due to the physical nature of NISRA's fitness programs, the circumstances at some facilities, and the exertion that participants may undertake, NISRA requires a fitness waiver prior to 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/Video

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

Late Registration

If your registration is late, it will be reviewed after January 17 to see if we can accommodate you. Program fees will not be prorated for a late start.

NISRA REGISTRATION FORM–Winter & Spring 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 50.

Registrations received after the December 20 deadline will be reviewed after January 17.

Are you a **new** participant? ___ Yes ___ No If yes, how did you hear about NISRA? _____
 We'll contact you soon! Best time to call: _____ **9:00 am - 12:00 pm** _____ **12:00 - 3:00 pm** _____ **3:00 - 6:00 pm**

Resident Priority
Registration ends:
Dec. 16

Non-Resident
Registration begins:
Dec. 17

Final Registration
Deadline: Dec. 20

Registering from brochure: ___ from child's school/ ___ adult's group home ___ mailed to me picked up at: _____
(please specify location)

Participant's Information

Last Name _____ First Name _____
 Address _____ City _____ Zip _____
 Birthdate _____ Age _____ Gender: ___ Female ___ Male
 School _____ School District _____ Teacher _____
 Employer/Service Provider _____ Caseworker _____ Phone () _____
 Primary Disability _____ Secondary Disability _____
 Down syndrome? Yes No If yes, checked for Atlanto-Axial Subluxation Condition? _____ Date Condition cleared? _____
 Seizures? Yes No If new & no Seizure Questionnaire on file w/NISRA, please complete form in this brochure & return w/registration.

Contact Information (Family/Guardian/Group Home)

If the participant is an adult, does he or she have his or her own legal guardian status? Yes No

Primary Contact Information - person who should be contacted FIRST

Last Name _____ First Name _____ Relationship _____
 Email address (please print) _____
 • Primary Phone () _____ **# called FIRST with program changes, automated messages, and for staff to have at the program**
 • Alternate Phone () _____
 • Work Phone () _____

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

Last Name _____ First Name _____ Relationship _____
 Email address (please print) _____
 • Primary Phone () _____
 • Alternate Phone () _____
 • Work Phone () _____

Group Home Name _____ **Group Home Contact Name** _____ **Phone** () _____
(Name and Relationship)
 Email address _____

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

Last Name _____ First Name _____ Relationship _____
 Home Phone () _____ Cell Phone () _____ Work Phone () _____

Alternate Emergency Contact

Last Name _____ First Name _____ Relationship _____
 Home Phone () _____ Cell Phone () _____ Work Phone () _____

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

It might be time!

Please give us valuable information to help us provide the safest & best care possible!
 Just ONCE A YEAR, we're requesting that you complete the Annual Information Form (next pages).

For Office Use Only	Date rec'd. _____ By _____ In computer <input type="checkbox"/> Wait List <input type="checkbox"/>	E/A rec. <input type="checkbox"/> EA app. <input type="checkbox"/> AIU <input type="checkbox"/> Con. Email <input type="checkbox"/>	Check # _____ Cash _____ Charge _____	Other agency pay <input type="checkbox"/> Scholarship <input type="checkbox"/> NISRA Respite <input type="checkbox"/>	Total Due _____ +/-Credit/Balance Due _____ Grand Total= _____ Amount Paid _____
R / NR					

Participant Name _____

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

You may pay by credit card. Please check one: Master Card VISA Discover Other

Account # _____ Expiration Date ___/___ Security Code (back of card) _____

Cardholder Name (please print) _____ Signature _____

Cardholder Address _____ City _____ State _____ Zip _____

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

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

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

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

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

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

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

I understand the nature of these programs for which I am registering and have read and fully understand this Waiver, Release and Hold Harmless Agreement. I further understand that any advisements or warnings of the particular risks of these programs that I subsequently receive will be incorporated by reference into and become a part of the Agreement.

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

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

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

Participant/Parent/Guardian Signature _____ **Date** _____

Relationship to Participant _____

NISRA's Values: Fun • Professional • Trustworthy • Innovative • Compassionate

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

*Please mail or drop off your form. Email is not encrypted & may get trapped in a SPAM filter. Fax can be difficult to read.
Mail or drop off form to: NISRA, 285 Memorial Drive, Crystal Lake, IL 60014 **(See page 3 for dates the office is closed)**

ANNUAL INFORMATION UPDATE

Please complete & return this Annual Information if you have **not updated it since Fall 2020**—or if you have **new information that NISRA needs** in order to update its records.

Participant Information

New Participant? Yes No, just updating information

Last Name _____ First Name _____ Birthdate _____

Address _____ City _____ State _____ Zip _____

Subdivision (if applicable) _____ Township _____ County _____

Primary Disability _____

Secondary Disability _____

Down Syndrome? Yes No

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

Allergies

Food Allergies: Type & Details: _____

Insect Bite Allergies: Type & Details: _____

Medication Allergies: Type & Details: _____

Other (list): _____ Details: _____

Dietary Restrictions (includes Diabetes, PKU) & Other Conditions

Condition: _____

Details: _____

Eyeglasses Shunts Other (list) _____

Communication Needs

Uses Hearing Aid Which ear? _____

Speech reads

Uses Sign Language Details: _____

Uses Communication System (Ex. PECs, picture schedules) Details: _____

Needs Assistance Details: _____

Non-Verbal Details: _____

Daily Living Skills

Feeding Assistance Required Details: _____

Toilet Assistance Required Details: _____

Dressing Assistance Required Details: _____

Assistance with Money Details: _____

Reading Skills: _____

Other: _____

Participant Name _____

Doctor Name: _____ Phone#: _____

Medication

In case of emergency (in case NISRA would need to supply paramedics with the participant's current medications) please list them below:

Medication Name	Dosage	Time	Purpose

If medication is to be dispensed by NISRA staff, please contact the NISRA Office to obtain a Medication Dispensing Waiver and additional information.

Details on Assistance with Medication: _____

Mobility & Transportation

Uses Wheelchair Transfers Independently Needs Harness Hook-Up

Uses Amigo Transfers with Assistance

Wheelchair Type (power or manual): _____

Orthopedic Equipment (walker, braces, canes, AFOs): _____

Is bus aide requested? Yes No If yes, explain why: _____

Is a wheelchair lift needed on the bus? Yes No, participant can walk up the stairs on the vehicle

Seizures

Yes No If yes, please complete Seizure Questionnaire (in this brochure) and return it to the NISRA Office.

Releases

Ok to remain Independently after Program. Details: _____

NISRA sometimes contacts schools/caseworkers/service providers for information to better serve the participant's needs. If you do not wish to give permission, please initial here: _____

Sensory

Sensory processing difficulties?

Details: _____

Describe any calming techniques used : _____

Other

NISRA provides an approximate 1:4 staff to participant ratio. Please note if participant requires a closer ratio and why: _____

Areas for instructor to work toward: _____

Participant/Parent Signature _____ Date _____

PROGRAM & REGISTRATION INFORMATION

Programs by Age & Ability Level

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

Disability Classifications

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

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

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

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

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

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

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

Inclusion Services...

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

NISRA's Values

We strongly believe that 5 core values define what NISRA is & 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 INFO

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 cancelled if any of the following conditions exist:

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

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

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

Food & Beverages in NISRA programs

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

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!

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 Twp. Park District
- Harvard City Hall parking lot
- Huntley Park District R.E.C. Center
- Lake in the Hills Village Hall
- Marengo Park District parking lot
- McHenry Recreation Center
- Rakow Center (Dundee Twp. Park District)
- Wauconda Park District Community Center
- Woodstock Recreation Center

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

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.

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
235 Lions Drive
Barrington
(847) 381-0687

Superior Athletic Advantage
319 West Northwest Highway
Barrington
(847) 774-0379

Cary

Cary Park District Community Center
255 Briargate Road
Cary

Crystal Lake area (incl. Algonquin)

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

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

Crystal Lake Park District
1 E. Crystal Lake Avenue
Crystal Lake
(815) 459-0680

Crystal Lake Racket Club
9101 S. Route 31
Algonquin
(847) 658-5688

Dolphin Swim Club
825 Munshaw Lane
Crystal Lake
(847) 854-1300

First Congregational Church
461 Pierson Street
Crystal Lake
(815) 459-6010

Heineman Middle School
725 Academic Drive
Algonquin
(847) 659-4300

Lippold Park
1251 W. Route 176
Crystal Lake

McHenry County College
8900 US Route 14
Crystal Lake

Nunda Township
2510 Bay Road
Crystal Lake
(815) 459-4011

Rotary Building & Veteran Acres Park
431 Walkup Road
Crystal Lake
(815) 477-5400

Sage Therapeutic Recreation Center
at the NISRA Office
285 Memorial Drive
Crystal Lake
(815) 459-0737

Sterne's Woods
5617 East Hillside Road
Crystal Lake

Striker's Hall
54 Lou Street, Suite B
Crystal Lake

Towne Park
Prairie Trail/Fox River Prairie Trail
100 Jefferson Street
Algonquin

Urban Air
220 Exchange Drive, Unit 4
Crystal Lake
(779) 216-5612

Woods creek Park
1420 Willow Tree Drive
Crystal Lake

Xtreme Wheels
691 S. Virginia St
Crystal Lake
(815) 356-7000

Dundee area (incl. Carpentersville)

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 Park & Barnyard Zoo
17 N. 350 Randall Road
Carpentersville

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

Elgin

AID/Elgin Training Center (ETC) 1135
Bowes Road
Elgin
(847) 931-6200

Bowes Creek Country Club
1250 Bowes Creek Blvd
Elgin

The Centre
100 Symphony Way
Elgin
(847) 531-7000

Wing Park
Wing Street, just west of Route 31
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

J's Lane
5507 S. Division St
Harvard

Huntley

Huntley R.E.C. Center & Cosman Cultural Center
12015 Mill Street
Huntley
(847) 669-3180

Deicke Park
11419 IL-47
Huntley
(847) 669-3180

Island Lake

3D-Bowl/Sideouts
4018 W. Roberts Road
Island Lake
(847) 526-7174

Lake in the Hills

Sunset Park
5200 Miller Rd
Lake in the Hills

Focus Martial Arts
9344 S. Virginia Road
Lake in the Hills

Marengo

Glo-Bowl
101 Franks Road
Marengo
(815) 568-2695

Marengo Park District & Indian Oaks Park
825 Indian Oaks
Marengo
(815) 568-5126

Marengo Ridge Conservation Area
2411 North Route 23
Marengo

McHenry

McHenry Recreation Center
(next to the Municipal Center)
3636 Municipal Drive
McHenry
(815) 363-2160

Raymond's Bowl
3960 N. Johnson Rd
Johnsburg

Petersen Farm
4112 McCullom Lake Road
McHenry
(815) 385-0191

Pioneer Center/Pioneer Central
4001 W. Dayton Street
McHenry
(815) 344-1230

Stade's Farm and Market
3709 Miller Road
McHenry

Wauconda

Wauconda Area Library
801 North Main Street
Wauconda
(847) 526-6225

Wauconda Park District
600 Main Street
Wauconda
(847) 526-3610

Woodstock

Emricson Park
South Street, east of Route 14
Woodstock

Kingston Lanes
1330 South Eastwood Drive
Woodstock
(815) 338-2105

Sheltered Village
600 Borden Street
Woodstock
(815) 338-6440

Woodstock High School
501 West South Street
Woodstock
(815) 338-4370

Woodstock North High School
3000 Raffel Road
Woodstock
(815) 334-2100

Woodstock Recreation Center
820 Lake Avenue
Woodstock
(815) 338-4363

Northern Illinois Special Recreation Association
285 Memorial Drive
Crystal Lake, IL 60014

NISRA'S 13 MEMBERS:

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 & commitment
to providing meaningful recreation services
for people with disabilities.

**WATCH FOR
OUR SUMMER
BROCHURE!**
Available April 21



Para asistencia en Español vea la pagina 3.



Do you want to receive this brochure?

If not, please call us at (815) 459-0737 to have your name removed from our mailing list.