NISRA
Northern Illinois
Special Recreation Association

WINTER & SPRING

2027 PROGRAM GUIDE

REGISTRATION OPENS NOVEMBER 12 • NISRA.ORG







WELCOME

Northern Illinois Special Recreation Association (NISRA) is an extension of 13 park districts and municipal recreation departments, providing year-round community recreation for local children and adults with disabilities.

Our programs take place in our member district facilities, schools, along with other public and collaborative recreation sites throughout the area.

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

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





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

Our Vision
To be a community of limitation-free recreation.

Our Values
Fun | Professional | Compassionate
Trustworthy | Innovative

NISRA Office
285 Memorial Drive, Crystal Lake, IL 60014
Monday–Friday | 8:30 AM–5:00 PM
Phone | (815) 459-0737 Fax | (815) 459-0388

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

Office Closures
Thursday, November 26
Friday, November 27
Thursday, December 24
Friday, December 25
Thursday, December 31
Friday, January 1
Monday, May 31

REGISTRATION DEADLINES

Resident Priority Registration Opens: November 12
Resident Priority Registration Ends: November 30
Non-Resident Registration Opens: December 1
Winter Registration Deadline: December 8
Spring Registration Deadline: February 5

Winter Session Dates

Please refer to each program for exceptions

Mondays: January 25 - March 1
Tuesdays: January 19 - March 2
Wednesdays: January 20 - March 3
Thursdays: January 21 - March 4
**No programs January 28*
Fridays: January 22 - March 5
**No programs January 29*
Saturdays: January 23 - March 6
**No programs January 30*

Spring Session Dates

Please refer to each program for exceptions

Mondays: April 5 - May 10
Tuesdays: April 6 - May 11
Wednesdays: April 7 - May 12
Thursdays: April 8 - May 13
Fridays: April 9 - May 14
Saturdays: April 10 - May 15

Looking Ahead

Summer Brochure Preview Begins: April 12
Summer Brochure Registration Opens: April 15

Registration Reminders

Waitlists

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

Program Updates

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

Program Cancellations

If a program is cancelled due to low enrollment, you'll receive an email notification and a refund for payments made.

Financial Assistance

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

Late Registration

If you wish to sign your participant up or add to a program after registration has closed, email registration@nisra.org and include your participant's name, program name, program number, and any transportation if applicable.

Important

Registration forms will not be accepted through email, fax, or the NISRA drop box. All registrations must be completed online through WebTrac or in person at the NISRA office during business hours. If you want to make changes to your participant's program(s), cancel a program, or have any questions, please email registration@nisra.org.

Symbol

Rainout Line

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

Color Coding

Blue: Winter Program

Green: Spring Program



Asistencia en Español

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

Brochure Available in Audio

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

Americans with Disabilities Act (ADA)

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

NISRA Foundation



About

The NISRA Foundation was created in 1991 to preserve the future funding and quality of NISRA services. The Foundation raises money through fundraising events, grant solicitation, and donations in order to exclusively support NISRA programs and services. Since its inception, the Foundation has made annual grants to NISRA, cumulatively exceeding $3 million, for the following purposes:

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

For every $1 given to the Foundation:

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

The Foundation Board

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

The Foundation Board of Directors

Pat Kallaus, President
Jessica Loustaunau, Vice President
Julie Amendt, Treasurer
Heidi Jenkins, Secretary
Scott Gallagher
Lori Homeyer
Reggie Layoff
Jo Atkinson
Austin May

Upcoming Events

Valentines Day Raffle	February 12
Pins For a Purpose	April 5
Spring Golf Outing	June 4
Holiday Fashion Show	November 20

Thank You to our Corporate Sponsors

HAMMORTREE FINANCIAL SERVICES

Kingston LANES Entertainment Center

Melissa Cooney

bcu Your Community Credit Union

Northwestern Medicine

BOARD & STAFF

Administrative Staff

Heidi Jenkins, CPRP, ext. 238
Executive Director

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

Jennifer Wiley, ext. 237
Office Services Coordinator

Sue Just, ext. 221
Business Support Coordinator

Tara Mackey, ext. 257
Registration Specialist

Felicia Felau, ext. 228
Manager of Communications & Marketing

Jamie Lee, ext. 225
Manager of Fund Development

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).

Board of Directors

Terry Jennings	Barrington Park District
Dan Jones	Cary Park District
Kurt Reckamp	Crystal Lake Park District
Dave Peterson	Dundee Township Park District
Jen Hermonson	City of Elgin
Laura Schraw	Hampshire Township Park District
Jo Atkinson	City of Harvard
Scott Crowe	Huntley Park District
Katie Gock	Village of Lake in the Hills
Amanda Damisch	Marengo Park District
Bill Hobson	City of McHenry
Tim Staton	Wauconda Park District
Mark Pentecost	City of Woodstock

Recreation Staff

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

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

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

Emily Wicks, CTRS, CPRP, ext. 226
Senior Manager of Recreation

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

Trisha Seng, CPRP, CTRS, QIDP, CTRI, ext. 249
Manager of Adult Day Programs

MacKenzie Dombrowski, CTRS, ext. 246
Manager of Events

Taylor Gonio, CTRS, ext. 265
Manager of Special Olympics and Veterans Programs

TBD
Manager of Summer Day Camp & Outreach

Demetrius Jackson, CTRS, ext. 229
Recreation Program Coordinator

TBD
Recreation Program Coordinators

Michelle Friedrichs, CPRP, ext. 240
LIFE Program Recreation Specialist, Crystal Lake

Heather Hetzel, ext. 235
LIFE Program Recreation Specialist, Carpentersville

Macky Leech, DSP, ext. 235
LIFE Program Recreation Specialist, Huntley

Nicole Eisenrich
Veterans Fitness and Fellowship Program Specialist

April Bodmer, ext. 233
Inclusion Specialist

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

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Windy City Bulls

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

Ages 18+ | NOW Arena, Hoffman Estates
Staff Contact: MacKenzie Dombrowski
Sa 1/16 5:00–9:30 PM $64/$112 310000-01
Game time: 7:00 PM
Transportation Locations:
NISRA
Sheltered Village
The Centre of Elgin
Note: *The fee includes meal item and drink. This venue is cashless, please bring cashless payment if wanting to purchase souvenirs and additional food.*

Valentine's Day Dance

It's that irresistible holiday: Valentine's Day! Let's boogie to the music, enjoy refreshments, a light snack and socialize!
Staff Contact: MacKenzie Dombrowski

NO TRANSPORTATION
Ages 18+ | Huntley REC Center
F 2/5 6:00–8:00 PM $17/$32 310005-01

MCHENRY TRANSPORTATION
Ages 18+ | McHenry Recreation Center
F 2/5 6:00–8:00 PM $28/$41 310005-02

NISRA TRANSPORTATION
Ages 18+ | NISRA Sage TR Center
F 2/5 6:00–8:00 PM $28/$41 310005-03

SHELTERED VILLAGE TRANSPORTATION
Ages 18+ | Sheltered Village, Woodstock
F 2/5 6:00–8:00 PM $28/$41 310005-04

THE CENTRE TRANSPORTATION
Ages 18+ | The Centre, Elgin
F 2/5 6:00–8:00 PM $28/$41 310005-05

Sunday Social - Bingo

Come together, socialize, and enjoy a Sunday afternoon with friends. We'll hang out, play games, enjoy a light snack, and connect with others in a fun and welcoming atmosphere.

Ages 40+ | The Centre, Elgin
Staff Contact: NISRA Office
Su 1/24 2:00–4:00 PM $30/$53 340050-01
Transportation Locations:
NISRA
Sheltered Village
No Transportation

Sunday Social - Cards

Come together, socialize, and enjoy a Sunday afternoon with friends. We'll hang out, play classic card games, enjoy a light snack, and connect with others in a fun and welcoming atmosphere.

Ages 40+ | NISRA Sage TR Center Community Room
Staff Contact: NISRA Office
Su 5/16 2:00–4:00 PM $28/$48 340050-02
Transportation Locations:
Sheltered Village
The Centre, Elgin
No Transportation

Transportation Update & Locations

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

Museum of Science & Industry

Get ready to discover, experiment, and have fun! We will enjoy hands-on exhibits, interactive displays, and engaging experiences that bring science, technology, engineering, and nature to life.

Ages 18+ | Location: Chicago
Staff Contact: MacKenzie Dombrowski
Su 2/21 8:00 AM–4:00 PM $122/$214 310012-01
Transportation Locations:
NISRA
Note: *The fee includes lunch at the museum. If you wish to purchase souvenirs or additional food, please bring additional cashless funds.*

Tiki Terrace

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

Ages 18+ | The Tiki Terrace, Des Plaines
Staff Contact: MacKenzie Dombrowski
Sa 2/27 3:30–8:00 PM $111/$194 310015-01
Transportation Locations:
NISRA
The Centre of Elgin

Spring Break Scene

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

Ages 8-21 | NISRA Sage TR Center Community Room
Staff Contact: MacKenzie Dombrowski
M-F 3/29-4/2 9:00 AM–3:00 PM $215/$376 318501-01
Note: *Please bring a labeled sack lunch and drink each day. Please bring a labeled swimsuit and towel on Tuesday for swimming at The Centre, Elgin. The group may go on some local field trips.*

Chicago Wolves

Experience the excitement of extreme ice hockey as we watch our very own Chicago Wolves. We'll be watching the Wolves take on the Texas Stars!

Ages 18+ | Allstate Arena, Rosemont
Staff Contact: MacKenzie Dombrowski
Su 2/28 3:00–7:30 PM $74/$130 310010-01
Game time: 3:00 PM
Transportation Locations:
NISRA
The Centre of Elgin
Note: *Game time is 3:00 PM. This venue is cashless, please bring cashless payment if wanting to purchase souvenirs and additional food items.*

33rd Annual Recognition Night

Celebrate with us on this special night when we'll recognize participants, staff, volunteers, contributors and community supporters. A sweets table and light refreshments will be provided. A cash bar will also be available. Recommended attire is business casual.

Ages 3+ | The Centre of Elgin
Staff Contact: MacKenzie Dombrowski
Th 3/11 6:30–8:00 PM FREE 310016-01
Note: *Attendees under the age of 15 must be accompanied by an adult. All attendes must register.*



Transportation Update & Locations

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

Medieval Times

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

Ages 16+ | Medieval Times, Schaumburg
Staff Contact: MacKenzie Dombrowski
Su 4/4 1:00–4:00 PM $95/$167 310020-01
Transportation Locations:
NISRA
The Centre of Elgin
Note: *The show includes stroboscopic and pyrotechnic effects. Fee includes dinner of chicken, spareribs, potatoes, soup, bread, pastry & beverages... without utensils (or with utensils upon request)! Gluten free and vegetarian options available, please indicate your preference when registering.*





Shedd Aquarium

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

Ages 18+ | Shedd Aquarium, Chicago
Staff Contact: MacKenzie Dombrowski
Su 5/2 10:00 AM–2:00 PM $116/$203 310030-01
Transportation Locations:
NISRA
The Centre of Elgin
Note: *Please pack a sack lunch and drink. *There will be a lot of walking. Wheelchairs may be available to rent but are provided as first-come first-serve.*

Illinois Railway Museum

All aboard for a fun-filled trip to the train museum! We will explore interactive exhibits and have the opportunity to ride on various trains. Make sure to dress for the weather and wear comfortable shoes, as this museum is outdoors.

Ages 18+ | Illinois Railway Museum, Union
Staff Contact: MacKenzie Dombrowski
Su 5/23 12:00–3:00 PM $64/$111 310008-01
Transportation Locations:
NISRA
The Centre of Elgin
Note: *Bring a sack lunch to enjoy.*

Family Bowling

Strike out with the ultimate family night of bowling! Enjoy an evening on the lanes with a family member at J's Lanes. Participants will not be enrolled in the program until a family member has submitted their own registration. Family members need to register. More than one family member can register. NISRA staff will be assisting with the program and are unable to supervise participants.

Ages 3+ | J's Lanes, Harvard

Staff Contact: NISRA Office

W 1/27–3/3 5:00–6:30 PM $72/$126 319000-01

W 4/7–5/12 5:00–6:30 PM $72/$126 319000-02

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

Family Bowling & Pizza Party

Enjoy an afternoon on the lanes with a family member at Kingston Lanes. A pizza party is included for all who are registered.

Participants will not be enrolled in the program until a family member has submitted their own registration. Family members need to register. More than one family member can register. NISRA staff will be assisting with the program and are unable to supervise participants.

Ages 3+ | Kingston Lanes, Woodstock

Staff Contact: MacKenzie Dombrowski

Su 3/14 12:00–2:00 PM $11/$19 319002-01

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

Sibshops

Ages 5-12

Staff Contact: MacKenzie Dombrowski

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

HUNTLEY REC CENTER

Su 1/10 11:30 AM–1:30 PM FREE 319006-01

THE CENTRE OF ELGIN

Su 2/21 11:30 AM–1:30 PM FREE 319006-02

NISRA SAGE TR CENTER COMMUNITY ROOM

Su 3/21 11:30 AM–1:30 PM FREE 319006-03

NISRA SAGE TR CENTER COMMUNITY ROOM

Su 4/18 11:30 AM–1:30 PM FREE 319006-04

A group for siblings of children with disabilities



Snoezelen® Room Punch Card

Ages 3+ | NISRA Sage TR Center Snoezelen Room
Staff Contact: MacKenzie Dombrowski

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

Individual Punch Card

Mon-Fri 1/1-12/31 9:30–4:30 PM $24/$42 370001-01

Family Punch Card

Mon-Fri 1/1-12/31 9:30–4:30 PM $39/$68 *370002-01*

Note: *Visits must be done within normal office hours, Monday-Friday, 9:30 AM-4:30 PM and used within 6 months of the pruchase date. The Family Punch Card allows for up to 4 people total. Each family member must complete a waiver before the first session and a parent/guardian is required to be in the building for the duration of the session. Punch cards can be purchased at any time!*

Sensory Explorations

Please register according to age group
NISRA Sage TR Center Snoezelen Room
Staff Contact: MacKenzie Dombrowski

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

Ages					
3-8	Tu	1/19-3/2	4:30–5:00 PM	$63/$110	370002-01
9-15	Tu	1/19-3/2	5:00–5:30 PM	$63/$110	370002-02
16-25	Tu	1/19-3/2	5:30–6:00 PM	$63/$110	370002-03
3-8	Tu	4/6-5/11	4:30–5:00 PM	$54/$95	370002-04
9-15	Tu	4/6-5/11	5:00–5:30 PM	$54/$95	370002-05
16-25	Tu	4/6-5/11	5:30–6:00 PM	$54/$95	370002-06

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

Individual Snoezelen

Ages 3+ | NISRA Sage TR Center Snoezelen Room
Staff Contact: MacKenzie Dombrowski

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

W	1/20-3/3	4:00–4:30 PM	$112/$196	370006-01
W	1/20-3/3	4:30–5:00 PM	$112/$196	370006-02
W	1/20-3/3	5:00–5:30 PM	$112/$196	370006-03
W	1/20-3/3	5:30–6:00 PM	$112/$196	370006-04
W	4/7-5/12	4:00–4:30 PM	$96/$168	370006-05
W	4/7-5/12	4:30–5:00 PM	$96/$168	370006-06
W	4/7-5/12	5:00–5:30 PM	$96/$168	370006-07
W	4/7-5/12	5:30–6:00 PM	$96/$168	370006-08

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



Door to Door Transportation: *Door-to-door transportation is available for residents of NISRA's 13 member districts for individuals who have a physical disability or traumatic or acquired brain injury. Transportation availability is determined by the buses available and routes with reasonable riding times.*

Aqua Fit

Ages 18+ | Rakow Center, Carpentersville
Staff Contact: Demetrius Jackson

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

No Transportation:
F 4/9–5/14 11:20 AM–12:00 PM $63/$110 340010-01
Door-to-Door Transporation:
F 4/9–5/14 11:20 AM–12:00 PM $171 340010-02

Note: *A Fitness waiver is required for participation by participants with a disability. Participants who have had medical treatment during the 2-year time frame of their Fitness Waiver need to submit a new form to their doctor and ePACT.*

Out N About

Ages 21+ | Location varies weekly
Staff Contact: Demetrius Jackson

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.

Door-to-Door Transportation:
Wed 1/20–2/3 6:00–8:00 PM $117 340016-02
Wed 4/7–4/21 6:00–8:00 PM $117 340016-03

LOCATIONS FOR WINTER:
1/20: Sip N Paint, Huntley Rec
1/27: Game Night, The Centre of Elgin
2/3: Group Choice

LOCATIONS FOR SPRING:
4/7: Treat Decorating ,NISRA
4/14: Algonquin Library, Algonquin
4/21: Group Choice

NEW

Munch and Mingle

Ages 21+ | The Centre of Elgin
Staff Contact: Demetrius Jackson

Come enjoy some tasty bites and great conversation! Grab a snack, chat with friends, meet new people, and enjoy some fun together. It's the perfect opportunity to connect, laugh, and make new memories!

No Transportation:
W 2/10–3/3 6:00–8:00 PM $140/$245 340022-01
Door-to-Door Transportation:
W 2/10–3/3 6:00–8:00 PM $212 340022-02
No Transportation
W 4/28–5/12 6:00–8:00 PM $140/$245 340022-03
Door-to-Door Transportation:
W 4/28–5/12 6:00–8:00 PM $212 340022-04

Note: *Dinner will be ordered family-style and shared among the group.*

NEW

Wellness Warriors

Ages 18+ | Huntley Rec Center
Staff Contact: NISRA Office

Start off your new year focusing on your physical wellness. Our dedicated and caring staff will help design an individual fitness plan specifically for you. Light weights and fitness equipment will be used to increase your strength, muscle tone, and flexibility.

No Transportation:
F 1/22–3/5 11:15 AM–12:00 PM $63/$110 340024-01
No program 1/29
Door-to-Door Transportation:
F 1/22–3/5 11:15 AM–12:00 PM $171 340024-02
No program 1/29

Note: *A Fitness waiver is required for participation by participants with a disability. Participants who have had medical treatment during the 2-year time frame of their Fitness Waiver need to submit a new form to their doctor and ePACT.*



Aqua Explorers

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

Ages 6–21 | The Centre of Elgin
Staff Contact: Demetrius Jackson

M 1/25–3/1 5:00–5:45 PM $63/$110 330001-01
M 4/5–5/10 5:00–5:45 PM $63/$110 330001-02

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

Gamers Paradise

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

Ages 8–15 | NISRA Sage TR Center Community Room
Staff Contact: NISRA Office

Tu 1/19–3/2 5:30–6:15 PM $63/$110 330003-01
Tu 4/6–5/11 5:30–6:15 PM $54/$95 330003-02

Kids Baking

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

Ages 8–15 | NISRA Sage TR Center Kitchen
Staff Contact: NISRA Office

Tu 1/19–3/2 6:30–7:45 PM $126/$221 330005-01
Tu 4/6–5/11 6:30–7:45 PM $108/$189 330005-02

Note: *It is recommended participants eat before class.*

Youth Bowling

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

Ages 8–15 | Lucky Strike Algonquin
Staff Contact: Demetrius Jackson

M 1/25–3/1 5:00–6:30 PM $96/$168 330011-01
M 4/5–5/10 5:00–6:30 PM $96/$168 330011-02

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

T-Ball

Step up to the plate on our wheelchair-accessible field! This fun and supportive T-ball program helps players develop batting, catching, throwing, and base-running skills in an engaging and inclusive environment. Please bring a baseball glove and water bottle. Meet at the accessible Buddy Baseball Field off of Haligus Road, near the skate park.

Ages 5–10 | Buddy Baseball Field, Sunset Park
Staff Contact: Demetrius Jackson

W 4/21–5/12 5:30–6:15 PM $36/$63 330013-01

Note: *In the event of inclement weather, the program will be canceled.*

Assisted Riding

The focus of our program is to provide our riders with confidence, self-esteem, a sense of achievement, and an understanding of horses and horsemanship in a safe environment. Helmets are provided and must be worn, along with long pants and sturdy closed-toed, closed-heel shoes. The child's parent/guardian must sign a release form on the first day at John White Stables. Participants must be able to refrain from physical outbursts and be able to mount a horse with minimal physical assistance. Weight limit is 175 lbs.

Ages 6–21 | John White Stables, Woodstock
Staff Contact: NISRA Office

W 1/20–3/3 4:00–5:00 PM $413/$723 330014-01
W 4/7–5/12 4:00–5:00 PM $354/$620 330014-02

Sensory Studio – McHenry

Discover, touch, and play! Join us for a hands-on sensory experience designed for participants of all abilities. Activities will vary each week and may include tactile bins, slime, playdoh and calming creative activities that each participant can enjoy at their own pace.

Ages 6–18 | McHenry Recreation Center, McHenry
Staff Contact: NISRA Office

Th 1/21–2/11 7:00–7:45 PM $38/$67 330012-03
No program 1/28
Th 4/8–4/22 7:00–7:45 PM $38/$67 330012-07

Note: *Sign up for Sensory Studio & STEM Lab for a full season of Thursday night programming.*

STEM Lab – McHenry

Spark your natural curiosity with hands-on experiments, collaborative building challenges, and fun scientific discovery.

Ages 6–18 | McHenry Recreation Center, McHenry
Staff Contact: NISRA Office

Th 2/18–3/4 7:00–7:45 PM $38/$67 330012-04
Th 4/29–5/13 7:00–7:45 PM $38/$67 330012-08

Note: *Sign up for Sensory Studio & STEM Lab for a full season of Thursday night programming.*

Sensory Studio – Elgin

Discover, touch, and play! Join us for a hands-on sensory experience designed for participants of all abilities. Activities will vary each week and may include tactile bins, slime, playdoh and calming creative activities that each participant can enjoy at their own pace.

Ages 6–18 | The Centre of Elgin
Staff Contact: Demetrius Jackson

M 1/25–2/8 6:15–7:00 PM $38/$67 330012-01
M 4/5–4/19 6:15–7:00 PM $38/$67 330012-05

Note: *Sign up for Sensory Studio & STEM Lab for a full season of Monday night programming.*

STEM Lab – Elgin

Spark your natural curiosity with hands-on experiments, collaborative building challenges, and fun scientific discovery.

Ages 6–18 | The Centre of Elgin
Staff Contact: Demetrius Jackson

M 2/15–3/1 6:15–7:00 PM $38/$67 330012-02
M 4/26–5/10 6:15–7:00 PM $38/$67 330012-06

Note: *Sign up for Sensory Studio & STEM Lab for a full season of Monday night programming.*



Open Gym (Ages 3–6)

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

Ages 3–6 | Cary Gymnastics Center, Cary
Staff Contact: NISRA Office

F 1/22–3/5 5:00–5:45 PM $102/$179 330007-01
No program 1/29
F 4/9–5/14 5:00–5:45 PM $102/$179 330007-02

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

Open Gym (Ages 7–12)

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

Ages 7–12 | Cary Gymnastics Center, Cary
Staff Contact: NISRA Office

F 1/22–3/5 6:00–6:45 PM $102/$179 330008-01
No program 1/29
F 4/9–5/14 6:00–6:45 PM $102/$179 330008-02

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

Ice Skating

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.

Ages 6+ | Crystal Ice House, Crystal Lake
Staff Contact: NISRA Office

Sa 1/16–3/6 8:45–9:30 AM $46/$80 330010-01
No program 1/30
Sa 3/27–5/15 8:45–9:30 AM $46/$80 330010-02
No program 4/3

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



Special Focus Karate - Beginner

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

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

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

Ages 6+ | Spoerl Park, Crystal Lake

Staff Contact: NISRA Office

Th 1/21–3/18 6:30–7:15 PM $170/$298 330002-01

No program 1/28

Th 4/8–5/20 6:30–7:15 PM $136/$238 330002-02

Looking For Something More Advanced? Special Focus Karate for Continuers: The focus of this continuer program is to train athletes in their social development, fitness, confidence, discipline, communication skills, gross and fine motor skills and have fun through karate. This class is geared towards individuals who have participated in the beginner Karate class and have received recommendation from Focus Karate to register. Need more information? Call Focus at 847-458-0938.







Sensory Swim

Come enjoy the buoyancy, comfort, and benefits of the therapy pool. This is an unstructured aquatics program and may be self-guided.

Ages 6–21 | Therapy Pool - The Centre of Elgin
Staff Contact: Demetrius Jackson
Th 1/21–3/4 5:00–5:45 PM $63/$110 330016-01
No program 1/28
Th 4/8–5/13 5:00–5:45 PM $63/$110 330016-02
Note: *Please wear a swimsuit and bring a towel.*

Super Saturdays

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

Ages 6–15 | NISRA Sage TR Center Community Room
Staff Contact: NISRA Office
Sa 1/23–3/6 11:00 AM–1:00 PM $126/$221 330028-01
No program 1/30
Sa 4/10–5/15 11:00 AM–1:00 PM $126/$221 330028-02
Note: *Please bring a labeled sack lunch and drink.*

Saturday Fun Club

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

Ages 6–18 | The Centre of Elgin
Staff Contact: Demetrius Jackson
Sa 1/23–3/6 10:00 AM–1:00 PM $126/$221 330009-01
No program 1/30
Sa 4/10–5/15 10:00 AM–1:00 PM $126/$221 330009-02
Note: *Please bring a labeled sack lunch, drink, swimsuit, and towel. Parents, please pick up your child at the pool.*



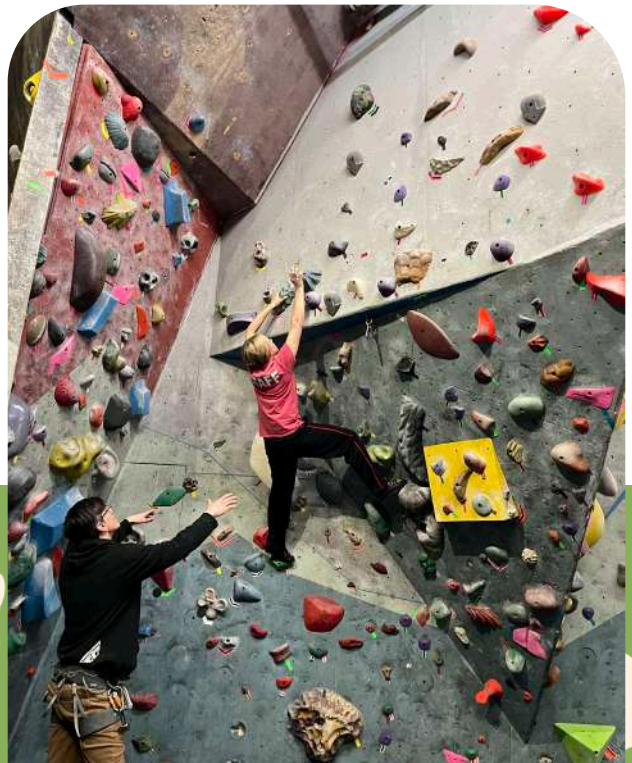
NEW

Kids Zumba

Get ready to dance, move, and have fun! Our new Kids Zumba program combines upbeat music, easy-to-follow dance moves, and playful activities to help kids stay active, build confidence, and make new friends!

Ages 6-15 | The Centre of Elgin
Staff Contact: NISRA Office

Tu 1/19–3/2 5:30–6:15 PM $126/$221 330018-01
Tu 4/6–5/11 5:30–6:15 PM $126/$221 330018-02



Climb On!

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

Ages 8+ | North Wall, Crystal Lake
Staff Contact: NISRA Office

M 1/25–3/1 6:00–7:00 PM $150/$263 330004-01
M 4/5–5/10 6:00–7:00 PM $150/$263 330004-02

Note: *North Wall requires a waiver to be signed before participating. The waiver can be found at the top right of North Wall's website at climbnorthwall.com or by scanning the QR code in our brochure. Please fill out, open your email, and press confirm in the email. Fee includes climbing shoes. Please wear socks.*

Scan for the waiver.

NEW

Navigating NISRA - Winter

Discover what NISRA's member districts have to offer! During the winter season, we will take trips to 4 of NISRA's member districts and see what makes them unique.

Ages 18+ | Location Varies Weekly

Staff Contact: NISRA Office

1/20: Pickleball at Wauconda Park District

2/3: Racquetball or Wallyball at Rakow Center

2/17: DIY Snack Mixes & Bingo at Cary Park District

3/3: Swimming at Adventure Island at The Centre of Elgin

W 1/20-3/3 12:00–1:30 PM $100/$175 340031-01

Transportation Locations:

NISRA Office

Note: *Program fee includes activity or small treat. Transportation times vary based on destination, please check Rainout Line.*

NEW

Navigating NISRA - Spring

Discover what NISRA's member districts have to offer! During the spring season, we will take trips to 3 of NISRA's member districts to support local businesses and visit their inclusive parks.

Ages 18+ | Location Varies Weekly

Staff Contact: NISRA Office

4/14: By the Dozen Bakery & Intergenerational Playground, Woodstock

4/28: Morkes Chocolate & Deicke Park, Huntley

5/12: Menchies & Woodscreek Park, Crystal Lake

W 4/14-5/12 12:00–1:30 PM $75/$131 340031-02

Transportation Locations:

NISRA Office

Note: *Program fee includes activity or small treat. Transportation times vary based on destination, please check Rainout Line.*

Yoga

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

Ages 13+ | NISRA Sage TR Center Community Room

Staff Contact: NISRA Office

M 1/25–3/1 5:00–5:45 PM $69/$121 340007-01

M 4/5–5/10 5:00–5:45 PM $69/$121 340007-03

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

Yoga - Family Member

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

Ages 13+ | NISRA Sage TR Center Community Room

Staff Contact: NISRA Office

M 1/25–3/1 5:00–5:45 PM $54/$95 340007-02

M 4/5–5/10 5:00–5:45 PM $54/$95 340007-04

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





Just Keep Rowing

Join us for fun and fitness at our indoor rowing class! Try this total body, low impact workout that will help you develop strength, muscle tone, better mobility, and cardiovascular health at your own pace all in one workout. We'll keep it fun with games and challenges along the way. Try something different and challenge yourself in new ways!

Ages 16+ | Sweeps and Sculls Rowing, Crystal Lake
Staff Contact: NISRA Office

Tu 1/19–3/2 6:45–7:30 PM $84/$147 340006-01
Tu 4/6–5/11 6:45–7:30 PM $84/$147 340006-03

Note: *A fitness waiver is required for participation by participants with a disability. Participants who have had medical treatment during the 2-year time frame of their Fitness Waiver need to submit a new form to their doctor and ePACT.*

Just Keep Rowing – Family Member

Join us for fun and fitness at our indoor rowing class! Try this total body, low impact workout that will help you develop strength, muscle tone, better mobility, and cardiovascular health at your own pace all in one workout. We'll keep it fun with games and challenges along the way. Try something different and challenge yourself in new ways!

Ages 16+ | Sweeps and Sculls Rowing, Crystal Lake
Staff Contact: NISRA Office

Tu 1/19–3/2 6:45–7:30 PM $66/$116 340006-02
Tu 4/6–5/11 6:45–7:30 PM $66/$116 340006-04





Horsemanship 101

Through groundwork-based sessions facilitated by a PATH Intl. Certified Instructor and supported by Main Stay's trained volunteers, participants will gain confidence, safety awareness, and a meaningful connection with our horses. This program does not include Adaptive/Therapeutic Riding. Participants must be able to independently follow directions for the duration of the class. Groups are kept small to ensure a supportive and engaging learning environment. Main Stay is a heated facility.

Sessions will include:

- Meet & Greet the Horse – How to safely walk up to a horse, put on a halter, and give them a good grooming
- Walk as a Team – Practice leading and building trust with your horse
- Speak "Horse" – Discover what your horse's ears, tail, and body are saying
- Bond from the Ground – Fun, non-riding activities to connect with your horse and with each other

Horsemanship 101 is designed for individuals who have not yet participated in Horsemanship with MainStay. If you have already completed 101, please see Horsemanship 102 to further your connection and understanding of horses.

Ages 16+ | Main Stay Therapeutic Farm, Richmond
Staff Contact: NISRA Office

M 4/5–5/10 5:30–6:45 PM $219/$383 340035-01

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

Horsemanship 102

If you loved the first Horsemanship session, join us at Main Stay Therapeutic Farm for Horsemanship 102. The 6-week course will build upon the first ground-based sessions and include time to bond and partner with your horse through grooming and leading as well as other unmounted activities. Participants will also learn about horse care and health. Participating in Horsemanship 101 is a prerequisite for this session.

Sessions are facilitated by a PATH Intl. Certified Instructor and supported by Main Stay's trained volunteers. This program does not include horseback riding. Participants must be able to independently follow directions for the duration of the class. Groups are kept small to ensure a supportive and engaging learning environment. Main Stay is a heated facility. Additional paperwork is required and will be provided to those registered.

Ages 16+ | Main Stay Therapeutic Farm, Richmond
Staff Contact: NISRA Office

M 4/5–5/10 4:00–5:15 PM $219/$383 340035-02

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





NEW

Wellness Warriors

Start off your new year focusing on your physical wellness. Our dedicated and caring staff will help design an individual fitness plan specifically for you. Light weights and fitness equipment will be used to increase your strength, muscle tone, and flexibility.

Ages 18+ | Huntley Rec Center
Staff Contact: NISRA Office
F 1/22–3/5 11:15 AM–12:00 PM $63/$110 340024-01
No program 1/29
Note: *A Fitness waiver is required for participation by participants with a disability. Participants who have had medical treatment during the 2-year time frame of their Fitness Waiver need to submit a new form to their doctor and ePACT.*

Aqua Fit

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

Ages 18+ | Rakow Center, Carpentersville
Staff Contact: Demetrius Jackson
F 4/9–5/14 11:20 AM–12:00 PM $63/$110 340010-01
Note: *A Fitness waiver is required for participation by participants with a disability. Participants who have had medical treatment during the 2-year time frame of their Fitness Waiver need to submit a new form to their doctor and ePACT.*



Sunshine Through Golf Clinic – Bowes

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

Ages 16+ | Bowes Creek Country Club, Elgin
Staff Contact: Demetrius Jackson
Th 4/29–5/27 5:00–6:00 PM FREE 340030-01
Th 4/29–5/27 6:00–7:00 PM FREE 340030-02
Note: *Please only register for one time slot.*

Gaming Galore

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

Ages 16+ | NISRA Sage TR Center Community Room
Staff Contact: NISRA Office
Th 1/21–3/4 5:00–5:45 PM $54/$95 330006-01
No program 1/28
Th 4/8–5/13 5:00–5:45 PM $54/$95 330006-02

Pickleball

Are you looking for a new sport? Come try pickleball! This is a great entry level sport that combines elements from tennis, badminton, and ping-pong. Athletes can play single or with a partner.

Ages 16+ | Pickle Haus, Algonquin
Staff Contact: Demetrius Jackson
Th 1/21–3/4 4:00–5:00 PM $93/$163 340021-01
No program 1/28
Th 1/21–3/4 5:00–6:00 PM $93/$163 340021-02
No program 1/28
Th 4/8–5/13 4:00–5:00 PM $93/$163 340021-03
Th 4/8–5/13 5:00–6:00 PM $93/$163 340021-04
Note: *NISRA has a limited number of pickleball paddles. Please bring your own if you have one.*



Friday Night Supper Club

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

Ages 13+ | NISRA Sage TR Center Kitchen
Staff Contact: NISRA Office

Fri 1/22–2/12 6:30–8:00 PM $54/$95 340026-01
No program 1/29
F 2/19–3/5 6:30–8:00 PM $54/$95 340026-02
F 4/9–4/23 6:30–8:00 PM $54/$95 340026-03
F 4/30–5/14 6:30–8:00 PM $54/$95 340026-04

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

Baking Buddies

Put on your chef's hat and apron because we'll be making seasonal-inspired goodies to show off and of course, taste test! *Please only sign up for one session each season as the recipes will be the same.*

Ages 16+ | NISRA Sage TR Center Kitchen
Staff Contact: NISRA Office

M 1/25–2/8 6:00–7:30 PM $54/$95 340009-01
M 2/15–3/1 6:00–7:30 PM $54/$95 340009-02
M 4/5–4/19 6:00–7:30 PM $54/$95 340009-03
M 4/26–5/10 6:00–7:30 PM $54/$95 340009-04

Note: *It is recommended participants eat before class.*

Creative Creations

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

Ages 16+ | NISRA Sage TR Center Art Studio
Staff Contact: NISRA Office

W 1/20–3/3 5:00–5:45 PM $86/$150 340014-01
W 4/7–5/12 5:00–5:45 PM $74/$129 340014-02

Simply Cooking

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

Ages 16+ | NISRA Sage TR Center Kitchen
Staff Contact: Demetrius Jackson

W 1/20–3/3 6:00–7:30 PM $126/$221 340015-01
Th 1/21–3/4 6:00–7:30 PM $108/$189 340015-02
No program 1/28
W 4/7–5/12 6:00–7:30 PM $108/$189 340015-03
Th 4/8–5/13 6:00–7:30 PM $108/$189 340015-04

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

Zumba

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

Ages 16+ | Huntley REC Center
Staff Contact: NISRA Office
W 1/20–3/3 6:30–7:30 PM $105/$184 340019-01
W 4/7–5/12 6:30–7:30 PM $90/$158 340019-05
W 5/19–6/9 6:30–7:30 PM $60/$105 340019-09

Ages 16+ | The Centre of Elgin
Staff Contact: NISRA Office
Tu 1/19–3/2 6:30–7:30 PM $105/$184 340019-03
Tu 4/6–5/11 6:30–7:30 PM $90/$158 340019-07

Note: *A Fitness waiver is required for participation by participants with a disability. Participants who have had medical treatment during the 2-year time frame of their Fitness Waiver need to submit a new form to their doctor and ePACT.*

Zumba - Family Member

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

Ages 16+ | Huntley REC Center
Staff Contact: NISRA Office
W 1/20–3/3 6:30–7:30 PM $63/$110 340019-02
W 4/7–5/12 6:30–7:30 PM $54/$95 340019-06
W 5/19–6/9 6:30–7:30 PM $36/$63 340019-10

Ages 16+ | The Centre of Elgin
Staff Contact: NISRA Office
Tu 1/19–3/2 6:30–7:30 PM $63/$110 340019-04
Tu 4/6–5/11 6:30–7:30 PM $54/$95 340019-08

Disc Golf - Indoors

Disc golf indoors? Who knew! Join us to work on our frisbee skills. Each week we'll work on our putting and long-range throws!

Ages 13+ | Huntley REC Center
Staff Contact: NISRA Office
F 1/22–3/5 4:00–5:15 PM $60/$105 340033-01
No program 1/29

Disc Golf - Outdoors

Start your weekend with some fun and friendly competition! Disc golf is a simple game of throwing a frisbee toward targets on a short course.

Ages 13+ | Lippold Park Disc Golf Course, Crystal Lake
Staff Contact: NISRA Office
F 4/9–5/14 4:00–5:15 PM $60/$105 340033-02



BOWLING



Teen & Young Adult (Ages 16-25)

Ages 16-25 | Lucky Strike Algonquin
Staff Contact: Demetrius Jackson
M 1/25–3/1 5:00–6:30 PM $96/$168 340008-00
M 4/5–5/10 5:00–6:30 PM $96/$168 340008-06

Lucky Bowl (Ages 26+)

Ages 26+ | Lucky Strike Algonquin
Staff Contact: Demetrius Jackson
M 1/25–3/1 5:00–6:30 PM $96/$168 340008-01
M 4/5–5/10 5:00–6:30 PM $96/$168 340008-07

Elgin Bowl (Ages 16+)

Ages 16+ | Elgin Lanes, Elgin
Staff Contact: Demetrius Jackson
Tu 1/19–3/2 3:30–5:00 PM $112/$196 340008-02
Tu 4/6–5/11 3:30–5:00 PM $96/$168 340008-08

Harvard Bowl (Ages 8+)

Ages 8+ | J's Lanes, Harvard
Staff Contact: NISRA Office
W 1/27–3/3 5:00–6:30 PM $96/$168 340008-03
W 4/7–5/12 5:00–6:30 PM $96/$168 340008-09

Palace Bowl (Ages 16+)

Ages 16+ | Palace Bowl, Johnsburg
Staff Contact: NISRA Office
Th 1/21–3/4 5:00–6:30 PM $96/$168 340008-04
No program 1/28
Th 4/8–5/13 5:00–6:30 PM $96/$168 340008-10

Saturday Bowlers (Ages 16+)

Ages 16+ | Kingston Lanes, Woodstock
Staff Contact: NISRA Office
Sa 2/6–3/6 11:00 AM–12:30 PM $80/$140 340008-05
Sa 4/10–5/15 11:00 AM–12:30 PM $96/$168 340008-11

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

Transportation Update & Locations

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

Adult Social Club Sleigh the Look

Like an ugly sweater party, but with T-shirts! Come decorate your own unique, silly, or ugly T-shirt while enjoying light refreshments, crafts, games, and fun with friends!

Ages 18+ | Seyller Community Room, Hampshire
Staff Contact: MacKenzie Dombrowski
F 1/22 6:00–8:00 PM $53/$93 314000-01
Transportation Locations:
NISRA
Sheltered Village
The Centre of Elgin
No transportation

Adult Social Club Laser Tag

Visit the Twisted Limits Laser Tag Arena to enjoy 3,000 square foot arena utilizing the most advanced laser combat equipment and multiple game modes providing action-packed battles. Enjoy a fast-paced, contact-free game where players use infrared light guns to tag opponents and score points.

Ages 18+ | Location: Twisted Limits, McHenry
Staff Contact: MacKenzie Dombrowski
Sa 1/23 6:00–8:00 PM $57/$100 314005-01
Transportation Locations:
NISRA
Sheltered Village
The Centre of Elgin
No transportation

Adult Social Club Rowing Tank

Experience the thrill of rowing without ever leaving shore! The Dammrich Rowing Center's state-of-the-art indoor rowing tank gives you the chance to learn authentic rowing techniques in a one-of-a-kind setting. Feel the water resistance, practice your strokes, and work as a team in a safe, controlled environment—perfect for beginners, fitness enthusiasts, or anyone looking for a fun and unique workout. It's the ultimate way to train like a rower, rain or shine!

Ages 18+ | Dammrich Rowing Center, Skokie
Staff Contact: MacKenzie Dombrowski
Su 1/31 11:00 AM–1:00 PM $44/$77 314027-01
Transportation Locations:
Sheltered Village
The Centre of Elgin
NISRA

Adult Social Club Night at the Movies

A perfect weekend activity paired with good friends! We'll enjoy a Saturday night at the movies.

Ages 18+ | AMC South Barrington
Staff Contact: MacKenzie Dombrowski
Sa 2/6 6:00–8:00 PM $51/$90 314010-01
Transportation Locations:
NISRA
Sheltered Village
The Centre of Elgin
No transportation

Adult Social Club Cupcake Canvas

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

Ages 18+ | The Centre of Elgin

Staff Contact: MacKenzie Dombrowski

F 2/12 6:00–8:00 PM $48/$84 314015-01

Transportation Locations:

NISRA

Sheltered Village

No transportation

Adult Social Club Sweetheart Crafts and Bingo

Get creative with festive sweetheart-themed crafts, then enjoy a fun game of bingo with friends, prizes, and plenty of laughter!

Ages 18+ | Huntley REC Center

Staff Contact: MacKenzie Dombrowski

Sa 2/13 6:00–8:00 PM $34/$60 314020-01

Transportation Locations:

NISRA

Sheltered Village

The Centre of Elgin

No transportation

Adult Social Club Hot Cocoa and Crafts

Join us for a night filled with a hot cocoa bar and hands-on crafting inspired by the winter season. We'll provide all the supplies you need to make seasonal art, gifts and decorations perfect for the season.

Ages 18+ | Marengo Park District

Staff Contact: MacKenzie Dombrowski

F 2/19 5:00–7:00 PM $40/$70 314022-01

Transportation Locations:

NISRA

Sheltered Village

The Centre of Elgin

No transportation



Adult Social Club St. Patrick's Day Party

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

Ages 18+ | Jewel Tea Pavillion, Barrington
Staff Contact: MacKenzie Dombrowski
Sa 3/6 6:00–8:00 PM $34/$60 314035-01
Transportation Locations:
NISRA
Sheltered Village
The Centre of Elgin
No transportation

Adult Social Club Xtreme Wheels

Lace up your skates and join us for a fun-filled outing to Xtreme Wheels! Enjoy music, skating, and time with friends as you roll into a great time.

Ages 18+ | Xtreme Wheels - Roller Skating and Family Fun Center, Crystal Lake
Staff Contact: MacKenzie Dombrowski
F 4/9 6:30–8:30 PM $47/$81 314040-01
Transportation Locations:
Sheltered Village
The Centre of Elgin
No transportation
Note: *Program fee includes skate rental.*

Adult Social Club Cosmic Bowling

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

Ages 18+ | Raymond's Bowl, Johnsburg
Staff Contact: MacKenzie Dombrowski
F 4/16 6:00–8:00 PM $52/$91 314050-01
Transportation Locations:
NISRA
Sheltered Village
The Centre of Elgin
No transportation

Adult Social Club Brunch & Bingo

Enjoy a delicious brunch followed by a fun game of bingo! Connect with friends, win prizes, and enjoy a relaxing morning filled with food, laughter, and friendly competition.

Ages 18+ | NISRA Sage TR Center
Staff Contact: MacKenzie Dombrowski
Su 4/18 10:00 AM–12:00 PM $50/$87 314065-01
Transportation Locations:
Sheltered Village
The Centre of Elgin
No transportation





Adult Social Club Plant and Paint

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

Ages 18+ | Hawthorne Hill Nature Center, Elgin
Staff Contact: MacKenzie Dombrowski
Sa 4/24 6:00–8:00 PM $33/$58 314060-01
Transportation Locations:
NISRA
Sheltered Village
No transportation

Adult Social Club Picnic in the Park

Enjoy a relaxing picnic in the park with friends! Share a meal, play games, and enjoy the fresh air and fun of spending time together outdoors.

Ages 18+ | Woodscreek Park, Crystal Lake
Staff Contact: MacKenzie Dombrowski
Sa 5/1 4:30–6:30 PM $38/$66 314080-01
Transportation Locations:
Sheltered Village
The Centre of Elgin
No transportation

Adult Social Club Mocktails & Matchups

Celebrate National Beverage Day by creating your very own mocktail. Once your drink is created, matchup with an opponent and face off in a game of your choosing. A variety of drinks, garnishes and games will be available to all.

Ages 18+ | NISRA Sage TR Center Community Room
Staff Contact: MacKenzie Dombrowski
F 5/7 6:00–8:00 PM $42/$74 314070-01
Transportation Locations:
Sheltered Village
The Centre of Elgin
No transportation



Movie Review Crew

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

Ages 21+ | Classic Cinemas, Carpentersville

Staff Contact: Demetrius Jackson

W 1/27, 2/10, 2/24

No Transportation:

12:00–2:00 PM $54/$95 340013-01

Transportation:

11:20–2:30 PM $84/$125 340013-02

W 4/7, 4/21, 5/5

No Transportation:

12:00–2:00 PM $54/$95 340013-03

Transportation:

11:20–2:30 PM $84/$125 340013-04

Transportation Locations:

NISRA - Pickup: 11:20 PM and Drop off: 2:30 PM

NEW

Coffee and Conversations

You're only one sip away from a good mood! We'll meet at a local coffee stop each week and enjoy some good coffee with even better company, friends!

Ages 21+

Staff Contact: NISRA Office

10:00–11:00 AM

Conscious Cup Coffee Roasters, Cary

Th 1/21–2/11 $39/68 340020-01

No program 1/28

Wheelhouse Pottery and Coffee, Woodstock

Th 2/18–3/4 $39/68 340020-02

Toast and Roast, McHenry

Th 4/8–4/22 $39/$68 340020-03

Eastside Cafe - Coffee and Wine Bar, West Dundee

Th 4/29–5/13 $39/$68 340020-04

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

NEW

Munch and Mingle

Come enjoy some tasty bites and great conversation! Grab a snack, chat with friends, meet new people, and enjoy some fun together. It's the perfect opportunity to connect, laugh, and make new memories!

Ages 21+ | The Centre of Elgin

Staff Contact: Demetrius Jackson

W 2/10–3/3 6:00–8:00 PM $140/$245 340022-01

W 4/28–5/12 6:00–8:00 PM $140/$245 340022-03

Note: *Dinner will be ordered family-style and shared among the group.*

Tuesday Night Adventures

We're travelers on Tuesdays! We'll adventure and take trips each week to explore the community and have fun with friends. Oh, the places you'll go!

Ages 18+

Staff Contact: NISRA Office

Winter Locations

Week 1: Culvers and Conversations, Crystal Lake

Week 2: Art Explorations, Centre of Elgin

Week 3: Bowling at Elgin Lanes

Tu 1/19–2/2 6:00–7:30 PM $89/$155 340023-01

Tu 2/9–2/23 6:00–7:30 PM $89/$155 340023-02

Spring Locations:

Week 1: Appetizers at Red Robin, Algonquin

Week 2: Pickleball at Huntley Park District

Week 3: Fishing at the Hollows, Cary

Tu 4/6–4/20 6:00–7:30 PM $89/$155 340023-03

Tu 4/27–5/11 6:00–7:30 PM $89/$155 340023-04

Transportation Location:

NISRA Pickup: 5:30 PM, Drop-off: 8:00 PM

Note: *Program fee covers transportation and must be taken. Transportation times and any program changes or cancellations will be listed on Rainout Line the week of the scheduled event. Schedule is subject to change based on weather, facility availability and group size*



STAR

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

This program is geared towards individuals ages 21 and older who are community ready and can successfully participate in a 1:5 staff to participant ratio.

STAR - Winter Blues and Holiday Haze

Ages 21+ | NISRA Sage TR Center Kitchen
Staff Contact: Trisha Seng
M 1/25 5:00–6:00 PM $19/$34 397000-01

Note: *The holidays can be a joyful time, but they can also bring stress, busy schedules, and the winter blues. Join us for a warm and relaxing conversation about managing holiday stress, lifting your mood during the winter months, and finding simple ways to take care of yourself. We'll share helpful tips, connect with others, and enjoy a cozy cup of hot chocolate together!*

STAR - Brew, Connect, and Create

Ages 21+ | Daily Projects, Algonquin
Staff Contact: Trisha Seng
M 2/8 5:00–6:00 PM $19/$34 397000-02

Note: *A casual coffee chat designed to connect, unwind, and spark new ideas. Come enjoy a cup of coffee, catch up with others, share what's on your mind, and brainstorm fun ideas for the summer season ahead. Good coffee, great conversation, and fresh ideas!*

STAR - Self Defense and Community Safety

Ages 21+ | The Centre of Elgin
Staff Contact: Trisha Seng
W 2/24 6:00–7:00 PM $32/$57 397000-03

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

STAR - Egg-cellent Volunteer Day

Ages 21+ | LITH Village Hall
Staff Contact: Trisha Seng
M 3/15 5:00–6:00 PM $19/$34 397000-04

Note: *Join us for a fun volunteer opportunity with the Village of Lake in the Hills as we help stuff Easter eggs for the community! While we lend a hand, we'll also learn how volunteering, speaking up, and communicating our needs are great ways to practice self-advocacy. It's a chance to give back, build confidence, connect with others, and have some Easter fun!*

STAR - Earth Day Clean Up

Ages 21+ | Woodscreek Park, Crystal Lake
Staff Contact: Trisha Seng
M 4/19 5:00–6:00 PM $19/$34 397000-05

Note: *Join us as we celebrate Earth Day by giving back to our community! We'll work together to clean up our local surroundings while learning how small actions can make a big difference. Come get active, connect with others, and help make our community a cleaner, greener place!*

STAR - Monday Sundae

Ages 21+ | NISRA Sage TR Center Community Room
Staff Contact: Trisha Seng
M 5/10 5:00–6:00 PM $19/$34 397000-06

Note: *Come enjoy a sweet treat! Join us to make your own ice cream sundae while learning about severe weather and how to stay safe. We'll talk about the difference between weather watches and warnings, thunderstorm safety, and what to do during severe weather. Come for the ice cream, stay for the safety tips!*

LEISURE INCREASES FREEDOM & ENJOYMENT (LIFE)

The LIFE program of Northern Illinois Special Recreation Association (NISRA) provides year-round opportunities for young adults to build life skills through meaningful, community-based recreation. Activities include fitness, meal planning and preparation, field trips, volunteering, and other leisure experiences—all designed to build independence and enhance quality of life.

Program Eligibility

- Adults with mild - moderate intellectual disabilities ages 22 - 45
- Participants must show independence in planned activities and personal care
- Able to function at a 1:5 staff-to-participant ratio
- Coordinate their own transportation to and from the program

Program Elements

RECREATION & LEISURE: Fitness, wellness, cultural arts, music, games, and day trips

SOCIALIZATION: Group activities, relationship building, peer interaction, and conflict resolution

COMMUNITY INTEGRATION: Volunteer projects, community resources, and discuss current events

INDEPENDENT LIVING SKILLS: Personal health and nutrition, money skills, cooking and cleaning

SCAN TO FILL OUT PROGRAM INTEREST FORM





Program Locations

DUNDEE TOWNSHIP PARK DISTRICT, RAKOW CENTER
665 Barrington Avenue, Carpentersville

HUNTLEY PARK DISTRICT REC CENTER
12015 Mill Street, Huntley

NISRA'S SAGE THERAPEUTIC RECREATION CENTER
285 Memorial Drive, Crystal Lake

NEW

OAKWOODS LODGE
46 East Terra Cotta Avenue, Crystal Lake

NEW

THE CENTRE OF ELGIN
100 Symphony Way, Elgin





Program Details

DAYS: Monday–Thursday

TIMES: 9:30 AM–2:30 PM

PARTICIPANTS & FAMILIES: You will commit to a set schedule, up to four days. Schedules are based on participant interest and site availability. You will be required to pay for registered days. If your schedule changes, we'll try our best to accommodate.

FEES: For current pricing and details, please contact Trisha Seng.

Contact to Learn More

TRISHA SENG: tseng@nisra.org

Individual Music Lessons

Take music lessons from a music instructor. Learn to play guitar, bass guitar, piano, ukulele, or take voice lessons. These half hour lessons include not only individualized instruction, but also new activities, games, and an introduction to new instruments. The student should have the instrument at home in order to practice between the lessons. If taking guitar or ukulele please bring your instrument to class.

Ages 7+ | NISRA Sage TR Center Music Room

Staff Contact: NISRA Office

MONDAYS

1/25–3/1	$168/$294	4/5–5/10	$168/$294
3:00–3:30 PM	350000-00	3:00–3:30 PM	350000-08
3:30–4:00 PM	350000-01	3:30–4:00 PM	350000-09
4:00–4:30 PM	350000-02	4:00–4:30 PM	350000-10
4:30–5:00 PM	350000-03	4:30–5:00 PM	350000-11
5:00–5:30 PM	350000-04	5:00–5:30 PM	350000-12
5:30–6:00 PM	350000-05	5:30–6:00 PM	350000-13
6:00–6:30 PM	350000-06	6:00–6:30 PM	350000-14
6:30–7:00 PM	350000-07	6:30–7:00 PM	350000-15

TUESDAYS

1/19–3/2	$196/$343	4/6–5/11	$168/$294
3:00–3:30 PM	350002-14	3:00–3:30 PM	350002-22
3:30–4:00 PM	350002-15	3:30–4:00 PM	350002-23
4:00–4:30 PM	350002-16	4:00–4:30 PM	350002-24
4:30–5:00 PM	350002-17	4:30–5:00 PM	350002-25
5:00–5:30 PM	350002-18	5:00–5:30 PM	350002-26
5:30–6:00 PM	350002-19	5:30–6:00 PM	350002-27

WEDNESDAYS

1/20–3/3	$196/$343	4/7–5/12	$168/$294
3:00–3:30 PM	350004-14	3:00–3:30 PM	350004-22
3:30–4:00 PM	350004-15	3:30–4:00 PM	350004-23
4:00–4:30 PM	350004-16	4:00–4:30 PM	350004-24
4:30–5:00 PM	350004-17	4:30–5:00 PM	350004-25
5:00–5:30 PM	350004-18	5:00–5:30 PM	350004-26
5:30–6:00 PM	350004-19	5:30–6:00 PM	350004-27

NISRA Amazing Artists

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

Ages 16+ | The Centre of Elgin

Staff Contact: Demetrius Jackson

Th 1/21–3/4 6:00–6:45 PM $77/$134 350023-01

No program 1/28

Th 4/8–5/13 6:00–6:45 PM $77/$134 350023-02

Bell Choir

A unique bell choir experience with no gloves needed! Encore's music therapist arranges music, creates visuals, and develops a conducting style to match each group members' needs. Group members will play 1-3 bells each in a cooperative setting. Classical and popular songs will be played.

Ages 18+ | NISRA Sage TR Center Community Room

Staff Contact: NISRA Office

Tu 1/19–3/2 6:30–7:15 PM $102/$178 352002-01

Tu 4/6–5/11 6:30–7:15 PM $87/$152 352002-02

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.

Ages 16+ | NISRA Sage TR Center Community Room

Staff Contact: NISRA Office

Th 1/21–3/4 6:50–7:35 PM $84/$147 352003-01

No program 1/28

Th 4/8–5/13 6:50–7:35 PM $84/$147 352003-02

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!

Ages 16+ | The Centre of Elgin

Staff Contact: Demetrius Jackson

W 1/20–3/3 1:00–1:45 PM $70/$123 352005-01

W 4/7–5/12 1:00–1:45 PM $60/$105 352005-02

Note: *This program is led by a contracted instructor.*

Fused Glass Workshop

Ages 18+ | NISRA Sage TR Center Art Studio

Staff Contact: NISRA Office

Chicago Skyline Tray & Heart of Mine Paperweight

Tu 2/16 6:00–7:00 PM $36/$63 352008-01

Sunset Plate and Let's Have a Reaction Dish

Tu 4/13 6:00–7:00 PM $36/$63 352008-02

Note: *Fee includes all supplies. Project will be available for pickup approximately 2 weeks after the workshop.*

Clay Workshop

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

Ages 18+ | NISRA Sage TR Center Art Studio

Staff Contact: NISRA Office

Tu 1/19–2/2 5:30–7:00 PM $72/$126 352009-01

No program 1/26

Note: *Fee includes all supplies. Project will be available for pickup approximately 2 weeks after the workshop.*

Move to the Music

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

Ages 7-15 | NISRA Sage TR Center Music Room

Staff Contact: NISRA Office

Th 1/21–3/4 6:00–6:45 PM $84/$147 352006-02

No program 1/28

Th 4/8–5/13 6:00–6:45 PM $84/$147 352006-03

Note: *This program is led by a contracted instructor.*

Theater Troupe Workshop

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

Ages 8+ | Cosman Cultural Center, Huntley

Staff Contact: NISRA Office

W 4/7–5/12 6:30–7:30 PM $96/$168 352010-01

Note: *There is no spring performance.*

Special Olympics Competition

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

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

Sports are naturally competitive for athletes and parents. Your loved one may not understand competition and may struggle with rules and regulations of competition and the sport. If that is the case, Special Olympics may not be appropriate and there are other programs that may be more enjoyable and suitable.

Uniforms

Athletes will need to purchase their uniforms before the season starts and will be able to keep them when the season ends. NISRA will be working with a printing company to order uniforms that are necessary to participate in games. We will plan to have athletes keep the same jersey for each individual and team sport for 2–3 years.

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

Contact

Please call the NISRA Office to speak with Taylor Gonio to assess which type of program would be the best match for the participant's interests and abilities. You can also contact Taylor at tgonio@nisra.org with questions.

Important Notes for Parents, Guardians, and Athletes

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

Special Olympics Illinois (SOILL) Registration and Roster Management

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

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

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

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

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

GOLD IN SIGHT FOR THE NISRA KNIGHTS!

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

Rainout Line

Changes pertaining to practice and/or games will be listed on Rainout Line.

GOLD IN SIGHT - State Rhythmic Gymnastics

Ages 8+ | The Centre of Elgin

M 5/10–6/7 6:00–7:00 PM $84/$117 360002-01

No program 5/31

Summer Games: 6/11–6/13

GOLD IN SIGHT - State Powerlifting

Ages 16+ | Woodstock North High School, Woodstock

W 4/21–6/9 6:00–7:00 PM $128/$194 360006-01

Summer Games: 6/11–6/13

GOLD IN SIGHT - State Swim Team

TEAL KNIGHTS

Ages 8+ | Rakow Center, Carpentersville

W 4/28–6/9 6:30–7:30 PM $117/$175 360012-01

Summer Games: 6/11–6/13

BLACK KNIGHTS

Ages 16+ | Rakow Center, Carpentersville

W 4/28–6/9 5:30–6:30 PM $117/$175 360012-02

Summer Games: 6/11–6/13

Ages 16+ | The Centre of Elgin

F 4/30–6/4 5:00–6:00 PM $95/$136 360012-03

No program 5/28

Summer Games: 6/11–6/13

GOLD IN SIGHT - State Basketball

Ages 16+ | TBD

Tu 3/2 & 3/9 7:00–8:00 PM $62/$79 360015-01

State Basketball: 3/12–3/14





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.

Ages 8+ | Marlowe Middle School, Lake in the Hills

M 3/1–4/19 5:00–6:00 PM $117/$175 360001-01

No program 3/29

*Practice on 4/19 from 6:15–7:15 PM

Spring Games: 4/24–4/25

Gold in Sight: 5/24 & 6/7

Summer Games: 6/11–6/13

Note: *Those who received a gold medal at Spring Games will qualify for Summer Games. Athletes who receive a gold medal will need to register for an additional two weeks of practice. An e-mail will go out with information about additional practices and fees.*

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.

Practice: 3/3 & 3/10 indoors at Chesak for both teams.

BLACK KNIGHTS - INTERMEDIATE/ADVANCED

Ages 16+ | Tomaso Sports Park, Huntley

W 3/3–4/21 6:00–7:00 PM $128/$194 360005-01

TEAL KNIGHTS - ALL ABILITIES/BEGINNER

Ages 16+ | Tomaso Sports Park, Huntley

W 3/3–4/21 6:00–7:00 PM $128/$194 360005-02

Regional Tournament: 4/18

TR Tournament: 4/25

Gold in Sight: 6/2 & 6/9

Summer Games: 6/11–6/13

Note: *If the team qualifies for Summer Games, they will need to register for the Gold in Sight Program, an additional two weeks of practice. You will receive an e-mail with information about additional practices and fees. A flyer will be sent with additional information and a fee for Summer Games.*

NEW

Knights Soccer Skills

Build confidence, develop skills, and have fun on the soccer field! This program is designed for athletes who are not yet ready for competitive soccer but want to learn and improve their fundamental skills. Participants will work on dribbling, shooting, kicking, running, passing, and ball control through fun, skill-based activities and games. Athletes will build their abilities, confidence, and understanding of the game while working toward becoming ready for future competition.

Ages 16+ | Tomaso Sports Park, Huntley

Th 4/8–5/13 5:00–6:00 PM $54/$95 365100-01

Note: *This program does not have any scheduled games or competitions.*

Special Olympics Golf 3-6-9

Practice on a consistent basis, develop your game, and get ready to compete! Suggested Ability Level: For players who are ready to play 3-9 holes.

Ages 16+ | Randall Oaks Golf Course, West Dundee

W 5/26–7/14 6:00–8:00 PM $116/$188 360010-01

3-6 Hole Golf Regional: TBD at Randall Oaks

9 Hole Golf Regional: 7/19 at Bartlett Hills

Gold in Sight Practices: 9/1 & 9/8

State Golf: 9/11 & 9/12

Note: *There will be a significant amount of walking since golf carts will not be provided. Athletes will need to walk the course at competition, unless they have a doctor's note. Only authorized staff and participants are permitted on the golf course during play. Parents, guardians, guests, and spectators are prohibited on the golf course during play and must remain in designated areas for non-golfers.*

Special Olympics Unified Golf – Athlete

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

Ages 16+ | Randall Oaks Golf Course, West Dundee

W 5/26–7/14 6:00–8:00 PM $116/$188 360014-01

Special Olympics Unified Golf – Partner

Unified partners need to be at least 14 years of age, have an up-to-date profile on the Center of Excellence (COE), and register through NISRA.

Ages 14+ | Randall Oaks Golf Course, West Dundee

W 5/26–6/14 6:00–8:00 PM $0/$0 360014-02

Regional Competition: 7/21
Gold in Sight Practices: 9/1 & 9/8
State Golf: 9/11-9/12

Note: *There will be a significant amount of walking since golf carts will not be provided. Special Olympics Competition does not allow carts; athletes must walk unless they submit a Doctor's note.*





Special Olympics Tennis Intermediate/Advanced

Take your tennis skills to the next level! The Knights Tennis Program is designed for athletes who have experience playing tennis and are ready to build their skills, confidence, and competitive abilities.

Ages 16+ | Crystal Lake Racket Club, Algonquin

M 4/26–6/21 4:00–5:30 PM $108/$174 360013-01

No program 5/31

Regional Tournament: 6/26

Gold in Sight Practices: 8/2 & 8/9

State Tennis: 8/14–8/15

NEW

Knights FIT

A specialized fitness program designed to help NISRA Special Olympics athletes build strength, improve fitness, boost confidence, and prepare for their sport seasons. In partnership with Focus Martial Arts & Fitness, this program will provide certified fitness professionals with specialized training and experience working with individuals with disabilities. Training will be adapted to each athlete's abilities, goals, and needs.

Ages 16+ | Focus Martial Arts, Lake in the Hills

Th 1/21–3/4 5:45–6:30 PM $168/$294 365101-01

No program 1/28

Th 4/8–5/13 5:45–6:30 PM $168/$294 365101-02

Note: *Suggested Ability Level: NISRA Special Olympics Athletes. This is a highly structured class; participants must be independent and follow along with guided instruction. There are no games or competition–only training.*



NEW

Special Olympics Unified Cornhole – Athlete

Ready to toss your way to a new sport? Unified Cornhole is a Special Olympics program that brings Special Olympics athletes and Unified Partners (players without a disability) together to compete as a team. Players will build their cornhole skills while enjoying teamwork, competition, and fun. Athletes are required to choose a person who they will want to partner with for the entire season; Unified Partners need to be at least 14 years of age and register under the Special Olympics Unified Cornhole Partner program.

Ages 16+ | Huntley REC Center

Th 1/7–2/25 6:30–7:30 PM $86/$136 360020-01

No program 1/14 & 1/28

Regional Competition: 2/26

Gold in Sight Practices: 6/3 & 6/10

Summer Games: 6/11–6/13

Special Olympics Unified Cornhole – Partner

Unified Partners need to be at least 14 years of age and register under the Special Olympics Unified Cornhole Partner program.

Ages 14+ | Huntley REC Center

Staff Contact: Taylor Gonio

Th 1/7–2/25 6:30–7:30 PM $0/$0 360020-02

No program 1/14 & 1/28

Special Olympics Softball

Teams are based on 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.

BLACK KNIGHTS - ADVANCED

Ages 16+ | Lippold Park, Crystal Lake

Tu 5/4–7/20 5:00–6:00 PM $184/$292 360016-01

Practice Location: Lippold Park, Crystal Lake - Green Field

Home Games: Sunset Park, Lake in the Hills

PURPLE KNIGHTS - ALL ABILITIES

Ages 16+ | Elgin Sports Complex, Elgin – Field 10

Tu 5/4–7/20 6:00–7:30 PM $184/$292 360016-02

TEAL KNIGHTS - BEGINNER/INTERMEDIATE

Ages 16+ | Lippold Park, Crystal Lake

Tu 5/4–7/20 5:00–6:00 PM $184/$292 360016-03

Practice Location: Lippold Park, Crystal Lake - Blue Field

Home Games: Sunset Park, Lake in the Hills

WHITE KNIGHTS - INTERMEDIATE

Ages 16+ | Tomaso Sports Park, Huntley

Tu 5/4–7/20 6:00–7:30 PM $184/$292 360016-04

TR Tournament: 7/18

Regional Tournament: 7/25

Gold in Sight Practices: 8/31 & 9/7

State Softball : 9/11–9/12

Registration Information

1. Registration is conducted on a first-come, first-serve basis. Residents of NISRA's member districts who register by the Resident Priority Registration date have priority over out-of-district "Non-Resident" participants.
2. Registration will not be permitted if there is a past due balance.
3. Programs must be paid for in full at time of registration.
4. If a program reaches maximum registration, a waiting list will be started. There is no fee charged when registering for a waitlisted program.
5. A program may be cancelled if enrollment is less than the determined minimum. Your account will be refunded, and a receipt will be emailed to the email address from your WebTrac account.
6. Registration is to be completed through WebTrac. Families receiving financial aid will receive details on how to register.
7. Instructors may not accept payment or register participants at programs. Registration and payment must be made through WebTrac or the NISRA office.
8. ePact documents are designed to provide all medical and personal information necessary for the instructor to provide a safe experience. Please complete this information thoroughly.

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

Annual Information Update

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

Procedure for Seizure Information

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

Group Home Resident Fee Policy

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

Scholarships

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

Fitness Waiver for Fitness Programs

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

Credits & Refunds

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

Township Information

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

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

Photos & Videos

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

Programs by Age & Ability Level

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

Inclusion Services

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

Mandated Reporters

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

Handle with Care

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

NISRA's Values

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

Brochures

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





Program Policies

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

Behavior Expectations

Behavior Expectations

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

The Behavior Code of Conduct expects participants to:

1. Show respect to all: participants, staff, the public, equipment, supplies, and facilities.
2. Listen to and comply with staff direction and program rules.
3. Allow others in the program and those at public facilities to enjoy the activity without disruption (within reason).
4. Refrain from using foul language, bullying, or other offensive behavior such as offensive gestures, sexually explicit language, or inappropriate touching.
5. Refrain from causing bodily harm or aggressive physical contact.
6. Not be under the influence of alcohol or drugs which would impair the ability to safely participate in the program.
7. Not possess any weapons or illegal substances.
8. Participants are expected to practice self-cleanliness throughout their time at programs. This includes washing hands as needed, and taking care of personal hygiene. Staff will provide assistance, reminders, and follow up as needed to support this expectation.

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

Late Pick Up Policy

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

When A Late Pick Up Occurs

- Five (5) minutes of time will be allotted as a "grace period" following the advertised programs times.
- One (1) no-fee written reminder, per season, will be given. Reminders will be documented through an email from WebTrac.
- After one (1) no-fee written or documented late pick up form reminder, a $5.00 fee will be charged for every cumulated (5) minutes until participant is picked up. This bill must be paid in full prior to future registrations and will be billed through WebTrac.



Severe Weather Guidelines

The guidelines below are used by NISRA Staff to determine whether to delay or cancel programs. **Program updates and cancellations will be on Rainout Line on nisra.org.**

Cold Weather Guidelines

Outdoor programs may be cancelled if any of the following conditions exist:
Temperature is below 10 degrees
Wind chill is below 0 (regardless of temperature)
Indoor programs will be cancelled based upon the facility's decision and/or whether authorities have issued driving advisories or Winter Storm/Blizzard warnings.

Illness Guidelines

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

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

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

NISRA Transportation

For programs with transportation, the pick-up and drop-off locations are listed in each program's description. Please choose your preferred location when you are registering.

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

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

Pick-Up & Drop-Off Locations

Generally, buses will try to be in front of the building:
Barrington Park District Langendorf Park
Cary Park District Community Center
The Centre, Elgin
Hampshire Township Park District
Harvard City Hall parking lot
Huntley Park District R.E.C. Center
Lake in the Hills Village Hall
Marengo Park District parking lot
McHenry Recreation Center
NISRA Office
Rakow Center - Dundee Township Park District
Wauconda Park District Community Center
Woodstock Recreation Center

For programs offered to participants with physical limitations, door-to-door transportation is available for residents living within NISRA's 13 member districts. An additional fee is required for this service. If you require door-to-door transportation, select that option when registering.

Food & Beverages in NISRA Programs

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

Arriving at Programs

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

Can't Make It to the Program?

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

Reaching NISRA After Hours

In response to requests to reach us with an emergency message after business hours or on the weekend, NISRA has an Emergency Mailbox on our phone system. In an emergency, call the NISRA Office, (815) 459-0737. Listen for the prompt to leave a message in the Emergency Mailbox (ext. 1). Your message will be forwarded to the staff member on-call who will respond as needed.

NISRA
Northern Illinois
Special Recreation Association

Fitness Program Waiver

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

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

In order for your patient to participate in this type of program, we are requesting medical clearance. Please complete the following information and upload it into your ePact account by the registration deadline for the program.

Part 1: For completion by NISRA Participant.

Print Name: _____

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

Date: _____ Participant Signature: _____

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

Please check:

_____ I support my patient's participation in this program with no restrictions
_____ I support my patient's participation in this program with the following restrictions: _____

_____

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

_____

Date: _____ *Medical Practitioner's Signature: _____

Medical Practitioner's Address: _____

This form needs to be uploaded into your ePact account.

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

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

NISRA
Northern Illinois
Special Recreation Association

2027 WINTER/SPRING REGISTRATION FORM

Both sides of this form must be completed, signed, and brought to the NISRA Office with payment before registration will be processed and the participant will be allowed to attend any program. Refer to registration information on **page 44.**
Mailed, emailed, or faxed forms will not be accepted.

Registration forms received after the deadline will be reviewed after the first week of programs.

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

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

PARTICIPANT'S INFORMATION

Last Name _____ First Name _____

Address _____ City _____ State ____ Zip _____

Participant Phone _____ Birthdate _____ Age _____

Gender: Female ☐ Male ☐ Other ☐

CONTACT INFORMATION (FAMILY/GUARDIAN/GROUP HOME)

Primary Contact: *Person Who Should Be Contact FIRST*

Last Name _____ First Name _____

Relationship _____ Email Address _____

Primary Phone _____ Alternate Phone _____

Work Phone _____

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

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

_____

_____

_____

_____

_____

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

Participant Name _____

Activity #	Program Name	Dates	Transportation Location	Program Fee
FOR OFFICE USE ONLY			**Subtotal of fee due**	=
			Minus any Available credits	-
			Contribution to NISRA Foundation for scholarships, accessible busses, and innovative programs	
			Total Fee Due (submit along with registration form)	

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

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

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

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

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

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

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

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

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

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

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

Parent/Guardian Signature _____ **Date**_____

**Participant may sign if they are their own guardian*

Relationship to Participant _____

NISRA
Northern Illinois
Special Recreation Association

Seizure Questionnaire

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

Participant's Name: _____

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

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

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

☐ Please check box and sign below if participant has not experienced a seizure in the last 5 years and you are not requesting accommodations regarding seizure care from NISRA staff (beyond basic first aid), in which case you can opt-out of providing an updated Seizure Questionnaire at this time.

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

1. Please describe a typical seizure: _____

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

3. What was the date of the participant's last seizure? _____/_____/_____ 4. How long does the typical seizure last? _____

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

_____ Absence (staring spell) _____ Atonic (Drop) _____ Simple Partial

_____ Complex Partial _____ Generalized (Grand Mal) _____ Other (Explain): _____

Seizure Response Plan

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

1. Call 911 for a seizure lasting more than _____ minutes. (Please note: depending on circumstances, NISRA staff may disregard this request and instead call 911 immediately)
2.
3.

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

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

This form needs to be uploaded into your ePact account.

Revised: February 2026

NISRA
Northern Illinois
Special Recreation Association

285 Memorial Drive, Crystal Lake, IL 60014
Monday–Friday | 8:30 AM–5:00 PM
Phone | (815) 459-0737 Fax | (815) 459-0388



NISRA'S 13 MEMBER DISTRICTS:

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

SUMMER BROCHURE PREVIEW: APRIL 12
SUMMER BROCHURE REGISTRATION OPENS: APRIL 15