



Spring 2021

Register by March 22!



NISRA
Northern Illinois
Special Recreation Association

Greetings!

We look forward to welcoming more of you back as we follow the guidelines to safely offer programs each season. This brochure contains spring programs, most lasting five weeks.

We are planning a seven week summer session. Due to the challenges of planning and print production deadlines, the summer brochure will not be printed and mailed.

Please continue to share your thoughts and ideas at info@nisra.org or 815-459-0737.

In-Person Programs

In order to comply with the guidelines of the Illinois Department of Public Health and the Centers for Disease Control, NISRA has implemented an Eligibility Assessment. Those who wish to participate in-person must go through the Assessment process (form available in this brochure).

For those who completed the Assessment and participated in our late summer, fall or winter programs, we have your form on file and there is no need to submit a new one.

For those who want to consider in-person programs, please see page 8 for some guidance. Then submit the Assessment Form **as soon as possible** because your registration will be pending until your participation is approved.

Please check our website, Facebook page, and your email for updates.

Family-friendly events

Our Magical Holiday Drive-Thru was so delightful, we're doing a similar event in the spring! See page 12.



Spring Session Dates

(please refer to each program for exceptions!)

Mondays, April 12-May 10

Tuesdays, April 13-May 11

Wednesdays, April 14-May 12

Thursdays, April 15-May 13

Fridays, April 16-May 14

Saturdays, April 17-May 15

Watch for our Summer brochure and registration, available April 22.

What's new



Summer Day Camps

We're planning some in-person camps this summer, with COVID-19 safety measures in place and requirements for participation. Once we know more about facility availability and the progress of COVID-19 mitigation, we will inform you about the camps we're able to offer.

Camp information and registration will be available in early April.

Registration Kiosk

Do you need access to a computer to view the brochure? Would you like to register online? NISRA has a registration station in the lobby of our office, where you can go online and we will provide assistance. Be sure to check for our current office hours before coming over!



Resident Priority Registration
ends Mar 18

Non-Resident Registration
begins Mar 19

Final Registration Deadline
Mar 22

(Residents of NISRA's 13 member districts will be registered first. Non-residents may submit their registration at any time, however, their forms will be processed—in the order that they were received—beginning March 19)



Welcome to NISRA

Our Mission

The Northern Illinois Special Recreation Association, enriching the lives of people with disabilities through meaningful recreation experiences.

Our Vision

To be a community of limitation free recreation.

Our Values

- Fun
- Professional
- Compassionate
- Trustworthy
- Innovative



NISRA OFFICE

285 Memorial Drive
Crystal Lake, IL 60014
(815) 459-0737 Phone
(815) 459-0388 Fax
e-mail: info@nisra.org
website: www.nisra.org

Office hours as of February 2021:

Monday-Friday, 8:30 am-4:30 pm
Monday-Friday, 8:30-5:00 (phone/fax)

Drop-box available on the front of the building

The office will be closed on the following dates:
May 31

Please check our website for the most current listing of our office hours and closures.

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

Asistencia en Español

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

AMERICANS WITH DISABILITIES ACT (ADA)

NISRA will comply with the ADA, which prohibits discrimination in the provision of services, programs or facilities to individuals with disabilities. NISRA works closely with its member park districts and recreation departments to provide information on program inclusion, facility accessibility and communication devices. NISRA will make reasonable accommodations in recreation programs to enable participation by an individual with a disability who meets essential eligibility requirements for that recreation program.

If you have questions about NISRA and the ADA, or believe that you have been unfairly discriminated against by NISRA, please call Jim Wiseman at (815) 459-0737. If you would like information about inclusion support, please call Kelly Kronwall at the NISRA Office at (815) 459-0737.

What is NISRA?

NISRA is an extension of 13 park districts and municipal recreation departments, providing year round community recreation for local children & adults with disabilities. Our programs take place in our member district facilities and other public & private recreation sites throughout the area.

NISRA's activities are led by full-time staff with college degrees in Therapeutic Recreation or related fields, and trained part-time staff and volunteers. Our close staff-to-participant ratios help participants to develop skills, grow in self-esteem, and have fun!

For:

Eligibility Assessment, see pages 25-28

Index of all programs by name, see page 5

Facility locations, see pages 38-39

Fitness Program Waiver, see page 31

Health Questionnaire, see page 29

Illness Guidelines, see page 38

NISRA Foundation, see pages 6-7

Program Information, see pages 37-38

Registration Information, see page 32, 37

Seizure Questionnaire, see page 30

Severe Weather Guidelines, see page 38


Special Olympics Med App, see pages 35-36

Transportation Information, see page 38

Key to Symbols/Abbreviations

Resident/Non-Resident Fee: R/NR

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

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

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

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




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

Special Olympics:

The Special Olympics logo indicates local training programs and competition.



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

board & staff

Board of Directors

Terry Jennings	Barrington Park District
Dan Jones	Cary Park District
Jason Herbster	Crystal Lake Park District
Dave Peterson	Dundee Twp. Park District
Maria Cumpata	City of Elgin
Laura Schraw	Hampshire Twp. Park District
Ryan Knop	City of Harvard
Thom Palmer	Huntley Park District
Kim Buscemi	Village of Lake in the Hills
Joseph Vallez	Marengo Park District
Bill Hobson	City of McHenry
Nancy Burton	Wauconda Park District
Dave Zinnen	City of Woodstock

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

Administrative Staff

Jim Wiseman, B.S., CPRP, ext. 230	Executive Director
Gergana Minchev, B.S., CPRP, ext. 236	Senior Mgr. of Finance & Administration
Jennifer Wiley, B.A., ext. 237	Office Services Coord.
Susan Just, A.A., ext. 221	Administrative Assistant
Susan Jennings, A.A., ext. 257	Administrative Assistant II
Sarah Holcombe, M.S., CPRP, ext. 235	Mgr. Comm. & Marketing
Cailyn Welch, B.S., CTRS, ext. 225	Mgr. Fund Development
David Butts, M.S., PHR, SHRM-CP, ext. 241	Human Resources Coord.

Recreation Staff

Heidi Jenkins, M.A., CTRS, ext. 238	Superintendent of Recreation
Cathy Bott, B.A., CPRP, ext. 228	Senior Mgr. of Support Staff
Cynthia Herendeen, B.A., CTRS, ext. 234	Senior Mgr. of Recreation
Dana Seehafer, B.A., CPRP, ext. 227	Senior Mgr. of Operations
Kara David, B.S., CTRS, ext. 229	Mgr. of Special Olympics/Adapted Sports/Healthy Minds Healthy Bodies
Kelly Kronwall, B.S., CPRP, ext. 224	Mgr. of Inclusion
<i>Please call Kelly with questions about inclusion into member district programs</i>	
Rebecca Moore, B.A., CPRP, CTRS, ext. 223	Mgr. of Summer Day Camp & Outreach
Emily Todd, B.S., CPRP, ext. 243	Mgr. of Cultural Arts/Adult Day programs
Rachel Knudsen, B.S., ext. 249	Regional Coord.
<i>Please call Rachel with program ideas for Crystal Lake, Huntley & Lake in the Hills</i>	
Gabrielle Winkel, B.S., CTRS, ext. 246	Regional Coord.
<i>Please call Gabrielle with program ideas for Dundee Township, Elgin & Hampshire</i>	
Ciara Kriegler, B.S., CTRS, ext. 248	Regional Coord.
<i>Please call Ciara with program ideas for Barrington, Cary & Wauconda</i>	
Samantha Helton, B.S., CTRS, ext. 265	Regional Coord.
<i>Please call Samantha with program ideas for Harvard, Marengo, McHenry & Woodstock</i>	
Michelle Friedrichs, B.A., ext. 240	L.I.F.E. Program Leader
Emily Eliscu, B.S., CTRS, ext. 226	Recreation Specialist
Nicole Eisenrich	Healthy Minds Healthy Bodies Specialist
Habacuc Rico	Healthy Minds Healthy Bodies Specialist

Your Regional Coordinator

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



Gabrielle Winkel—Southern Region

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



Ciara Kriegler—Eastern Region

Please call Ciara at extension 248 or e-mail her at ckriegler@nisra.org with program suggestions for the Barrington, Cary, and Wauconda areas.



Samantha Helton—Northwest Region

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



Rachel Knudsen—Central Region

Please call Rachel at extension 249 or email her at rknudsen@nisra.org with program suggestions for the Crystal Lake, Huntley, and Lake in the Hills areas.

CTRS & CPRP

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

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Color key to sections:

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Monday - Saturday Programs

Cultural Arts

NISRA Knights Athletics

Teen Club

Young Adult & Adult Clubs

NISRA Foundation & fundraising information



Do You Know?

For every \$1.00 given to the Foundation:

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

What The Foundation Does

The NISRA Foundation was created in 1991 to preserve the future funding and quality of NISRA services. The Foundation raises money through fundraising events, grant solicitation and donations in order to exclusively support NISRA programs and services. Since its inception the Foundation has made annual grants to NISRA, cumulatively exceeding \$2 million, for the following purposes:

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



Holiday Fashion Show Results

We raised \$10,300 from our first, 100% virtual event. Thank you to everyone who supported us!

The Foundation Board

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

Foundation Board of Directors

Julie Amendt	Pat Kallaus
Rochelle Donahue	Kevin Murray
Dawn Goerger	Thom Palmer
Tad Gralewski	Jim Wiseman
Annette Hammortree	

You Can Help!

Donate a raffle prize or auction item, or be a sponsor

Volunteer a bit of time

Leave a Legacy

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

Visit the Foundation page at www.nisra.org

or contact Cailyn Welch, Manager of Fund Development at 815-459-0737, ext. 225 or cwelch@nisra.org.

What's new

with the NISRA Foundation

Save these dates!

2021 brings the return of our in-person fundraisers, both our own and favorites with partner organizations.

Please take a moment to mark your calendar:

- | | |
|-------------------------------|--------------|
| • Spring Shootout Golf Outing | June 4 |
| • Top Cats Ride for Dreams | June 13 |
| • Women's Golf Outing | September 14 |
| • Fall Diddley | October 9-10 |
| • Holiday Fashion Show | November 20 |

Please watch your email, social media and our website for updates on some new fundraising opportunities that we're working on now!

Not on our email list? Contact Cailyn at: cwelch@nisra.org and we'll add you!



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

Thank you to the NISRA Foundation's Corporate Partners:

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

Thank you to these organizations that have made recent donations:

- **Mental Health Resource League** (generous donation despite the cancelation of Fair & Fall Diddley)
- **Rotary Club of Crystal Lake Dawnbreakers**

Thank you to the Knights of Columbus for the donations from their annual Intellectual Disabilities "Tootsie Roll" drive:

- **Council #776** (Woodstock area)
- **Council #12824** (Cary area)
- **Council #13034** (Hampshire area)

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

Thank you to the families who donated their credits back to us!

Information for virtual and in-person programs

Registration

You can register in the usual ways:

Online. Click “Register online” in the menu on NISRA’s Home page at www.nisra.org. It’s easy! If you need help creating your account, leave a message at 815-459-0737 and we’ll return your call.

Mail or drop-off. Use the form at the back of this brochure to mail or drop off a paper registration at the NISRA Office.

Fax. 815-459-0388

NEW! Stop in to our office. Let us assist you at our new Registration kiosk in the front lobby. Please call first for the current status of our office hours.

See page 3 or our website for the most current office hours. Please register by the deadline so that we can distribute supplies and coordinate with our specialty leaders so that you’ll have a fantastic experience!

Program supplies

Some programs have slightly higher fees due to supplies and/or the expertise of the specialty leader. Some programs have maximums because supplies are included. If you register for a program with supplies, you will receive an email with instructions about getting the supplies.

A General Supplies Package is also available, with basic items such as tape, glue, etc. If you do not have these supplies at home or don’t want to shop for them, you may purchase this optional package. See page 10 and each program’s description for additional details.

Participant Eligibility/Registering for In-Person Programs

NISRA continues to follow the guidelines of the Restore Illinois phases and health authorities, and there are eligibility requirements for in-person programs. Participants will need to be able to comply with safety requirements such as the following:

- Ability to maintain 6 feet of physical distance from others
- Ability to put on, wear, and remove a cloth face covering when necessary, for the duration of the program
- Ability to perform personal care independently (hand washing, toileting, other hygiene, eating)
- Ability to function in a 1:4 staff to participant ratio
- Participate with visual and verbal prompting without the need for physical re-direction
- Ability to follow NISRA’s Behavior Code of Conduct and other guidelines
- Have a current Annual Information Form on file

Full details are on pages 25-28. Included is an Assessment Questionnaire that is required if the participant wants to be considered for in-person programs.

Are in-person programs a good fit?

Your answers to these questions may help you decide whether to proceed with submitting an Assessment Form:

- Can the participant maintain 6 feet of physical distance from others?
- Is the participant able to put on, wear, and remove a cloth face covering when necessary, for the duration of the program?
- Can the participant perform personal care independently (hand washing, toileting, other hygiene, eating)?
- Can the participant do the activities in a 1:4 staff to participant ratio, with visual and verbal prompting without the need for physical assistance or re-direction?
- Can the participant demonstrate safe behavior toward him or herself and other throughout the duration of the program?

☐ You answered “Yes” to all of the questions and the participant is interested in potentially joining in-person programs. **We encourage you to complete and submit the Assessment Questionnaire as soon as possible.** Then staff will review it promptly and notify you of your status to register for in-person programs.

If you completed the Questionnaire for the summer or fall program session, we have it on file! You do not need to complete it again. Questions? Contact Kelly at kkronwall@nisra.org.

☐ You cannot answer “Yes” to all of the questions and comply with the requirements at this time. Virtual programs are available now and there will be upcoming opportunities to re-assess as Restore Illinois progresses and the guidelines change. We encourage you to call us to explore which programs are potentially the best fit for the participant’s abilities and interests.

In-Person Programs

Before the Program. NISRA has a video showing how to prepare and arrive at the program. **Those who registered for an in-person program will receive an email with instructions** and a link to the video.

- Before leaving home, use the checklist on page 29 to make sure there aren't any symptoms to prevent the participant from attending.

By registering for the NISRA program, you are agreeing to conduct the Health Questionnaire Wellness Screening Form each day for the participant attending the program. This process is critical in keeping our participants and staff safe. If the participant has any of the symptoms and/or signs listed on the questionnaire or answers yes to any of the questions, you are NOT to send nor attend the program that day and contact the program staff. By sending the participant to the NISRA program it confirms that the wellness check was completed and all answers resulted in a response of "no."

- If any symptoms from the health monitoring form (see page 29) have been exhibited, **the participant will not be allowed to participate.**
- Please arrive no sooner than 5 minutes before the program time. Upon arrival to the program location, please remain in your vehicle. A NISRA staff member will greet participants and escort them to the program.
- No food or drink is allowed. Only water is permitted (please bring your own water bottle).

- A cloth face mask, covering the nose, mouth, and resting under the chin (not Gator-type) is required to be worn for the duration of the program.
- Face shields are not permitted unless approved by NISRA Senior Manager of Operations.
- Before participants enter the programming space, they must wash their hands or use hand sanitizer, and wear a cloth (not Gator-type) face covering.

During and After the Program.

- The participant must successfully participate in a 1:4 ratio and comply with all criteria in the Eligibility Assessment. Staff are able to provide verbal prompts only, not physical assistance.
- If it is found that these safety standards cannot be maintained, or the participant exhibits symptoms from health monitoring form, parents/guardians will be asked to pick up their participants from the program immediately. **This could result in loss of eligibility.**
- Family members should depart from the program space once the program begins.
- When outside, all safety standards will be enforced, but the cloth facial coverings may be removed when prompted by staff.
- Outside programs will be canceled due to inclement weather, and not rescheduled or made up, except for those with a stated alternate plan.
- Parents/Guardians are asked to stay in their cars and line up at the pick up/drop off location. Staff will direct participants to cars while maintaining social distancing.



Virtual/Online Programs

- Each week you will receive an email with the Zoom link, meeting ID and password to enter the program. If you prefer an alternate email address, please notify the leader.
- You'll receive the email no later than 2 hours before the start of the program.
- Zoom links will change weekly to ensure added security precautions.
- Be sure to read the entire email each week, as the leader may provide additional information to ensure you are prepared for the start of each program.
- Zoom has a sensitive auditory system and easily picks up background noise. Please be conscious of this while your participant is attending virtual programs. This helps eliminate any distractions during the program and maintains your privacy. If this occurs, please be aware that the participant may be muted.
- When entering a Zoom session, participants will be put into a waiting room until the program leader admits them into the session. If you registered for a program that has supplies, you will be contacted through email prior to the start of programs.

Special Events

General Supplies Package for Virtual Programs

This *optional*, General Supplies Package includes **basic supplies** (see list in the blue box) for our virtual programs with crafts.

If you do not already have these items at home or don't want to shop for them, you may purchase the package and we will gather these items for you.

In the programs on this page there may also be **specialty supplies** related to the theme, which are included in the program fee. The basic supplies (tape, glue, etc.) will not be included.

Supplies will be available for pick-up at the NISRA Office the week before the programs begin.

Questions? Please contact Ciara or Rachel.



VIRTUAL/ONLINE PROGRAMS



VIRTUAL – Spring Break Fun

Celebrate your spring break from school with seasonal activities! Create a Mason Jar Chick, Egg Carton Critters, and more.

Age group: Ages 6 & older

Suggested ability level: all abilities

Min/Max: 5/20

Staff Contact: Ciara

Prog#	Days	Dates	Time	R/NR Fee
5004	Mon-Wed	Mar 29-31	1:30 pm Zoom	\$11/\$18
5002	General Supplies Package (optional)			\$13

NOTE: **Program Fee includes only the specialty supplies** for the projects, **not basic supplies** such as glue, tape, markers, paintbrushes, etc. Staff will notify you regarding the supplies that will be ready for pick-up at the NISRA Office the week before the program.

For these 3 day programs there will be multiple activities in your bag and we will do 3 of them together on Zoom.

The Zoom sessions are optional. We would love to connect with you, but you are free to do the activities on your own--you can find videos to guide you each day after the program ends on our YouTube channel: NISRACrystalLake

Questions? Please contact Ciara or Rachel.

VIRTUAL – Science & Sensory Fun

Let's be curious and explore some science and sensory activities to engage our brains and senses. We'll make Rainbow Rain or Moon Sand and other projects!

Age group: Ages 6 & older

Suggested ability level: all abilities

Min/Max: 5/20

Staff Contact: Rachel

Prog#	Days	Dates	Time	R/NR Fee
5007	Mon-Wed	Apr 19-21	4:00 pm Zoom	\$11/\$18
5002	General Supplies Package (optional)			\$13

NOTE: **Program Fee includes only the specialty supplies** for the projects, **not basic supplies** such as glue, tape, markers, paintbrushes, etc. Staff will notify you regarding the supplies that will be ready for pick-up at the NISRA Office the week before the program.

VIRTUAL – April Showers Bring May Flowers

The cold winter is winding down and spring is on its way! Join your friends and our staff on Zoom to create some fun crafts with a spring season theme.

Age group: Ages 6 & older

Suggested ability level: all abilities

Min/Max: 5/20

Staff Contact: Rachel

Prog#	Days	Dates	Time	R/NR Fee
5008	Mon-Wed	Apr 26-28	4:00 pm Zoom	\$11/\$18
5002	General Supplies Package (optional)			\$13

NOTE: **Program Fee includes only the specialty supplies** for the projects, **not basic supplies** such as glue, tape, markers, paintbrushes, etc. Staff will notify you regarding the supplies that will be ready for pick-up at the NISRA Office the week before the program.

Special Events

VIRTUAL/ONLINE PROGRAMS



Youth, Teens & Adults

VIRTUAL – Pizza Party

Sign on to our first ever virtual pizza party! Make pizza, talk and laugh with your friends and our staff. Register for **one pizza of your choice** and we'll supply the ingredients.

Age group: Ages 6 & older

Suggested ability level: all abilities

Min/Max: 5/20

Staff Contact: Ciara

Day	Date	Time
Fri	May 14	5:00 pm Zoom

Prog #	Pizza Choice	R/NR Fee
5047	Cheese (dough, sauce, cheese)	\$12/\$21
5048	Pepperoni (dough, sauce, cheese, pepperoni)	\$12/\$21
5049	Veggie (dough, sauce, cheese, asstd. vgs)	\$12/\$21
5050	Gluten Free Cheese (GF dough, sauce, cheese)	\$12/\$21

NOTE: Staff will notify you regarding the supplies that will be ready for pick-up at the NISRA Office the week before the program. Please contact Ciara with any dietary restrictions or questions.



SRA Cooperative events

FREE!

VIRTUAL – SRA Digital Dance Party

Feel like crashing a dance party? Join us as we take part in FVSRA's Friday Night Dance Party. You never know who you might see and what dance moves you might learn!

Age group: Ages 13 & older

Suggested ability level: all abilities

Min/Max: 5/10

Staff Contact: Samantha

Prog#	Day	Date	Time	R/NR Fee
5039	Fri	Apr 9	7:00-7:30 pm	Free!

VIRTUAL – SRA Digital Dance Party Take 2

We're crashing FVSRA's Friday Night Dance Party again! Sign on to look for some familiar faces and check out their dance moves.

Age group: Ages 13 & older

Suggested ability level: all abilities

Min/Max: 5/10

Staff Contact: Samantha

Prog#	Day	Date	Time	R/NR Fee
5041	Fri	May 7	7:00-7:30 pm	Free!

VIRTUAL – SRA Decades Dance

Feelin' Groovy? Put on your favorite outfit from the decade of the 50s, 60s, 70s or 90s and bust a move with our friends from other SRAs.

Age group: Ages 13 & older

Suggested ability level: all abilities

Min/Max: 5/10

Staff Contact: Samantha

Prog#	Day	Date	Time	R/NR Fee
5010	Sat	Apr 17	7:00-8:00 pm	Free!

VIRTUAL – SRA Trivia Night-Disney+

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

Age group: Ages 13 & older

Suggested ability level: all abilities

Min/Max: 5/10

Staff Contact: Samantha

Prog #	Day	Date	Time	R/NR Fee
5016	Sat	May 22	7:00-8:00 pm	Free!

Turn the page for more events!



Special Events



IN-PERSON PROGRAMS

Before registering, the potential participant must be assessed for eligibility to comply with COVID-19 requirements & be confirmed to register (see pages 25-28).

Outside programs will be canceled in inclement weather unless an alternate is indicated.

Youth Social Club – Disney Party



Do you wish upon a star? Celebrate your favorite Disney movies and characters! We'll test our knowledge of "all things Disney," make Disney crafts, and more.

Age group: Ages 6-15

Suggested ability level: all abilities

Location: Sage TR Center at the NISRA Office

Min/Max: 4/8

Staff Contact: Ciara

Prog#	Day	Date	Time	R/NR Fee
5006	Sat	Apr 24	12:00-1:00 pm	\$18/\$32
Bus Departs		Transportation Location		Returns
11:30 am		The Centre, Elgin		1:30 pm

NOTE: Transportation Min/Max: 4/6 per bus. Participants must wear a face covering on the bus, and will sit one person per seat.

Earth Day in the Park

Celebrate our planet at this family friendly event. Join the fun and games while we appreciate what we all have in common: EARTH! Staff will guide your group through nature loving activity stations and you'll receive an awesome "Save the Earth" take home kit.

Age group: Ages 2 & older with parent/guardian

Suggested ability level: all abilities

Location: Wing Park, Elgin

Min/Max: 5 vehicles for each time slot

Staff Contact: Gabrielle

Day	Dates	Time
Sat	Apr 17	12:00-2:00 pm (15 minute time slots)



How to Register

This event is similar to our Magical Holiday Drive-Thru. In order to safely spread everyone out, there are (8) 15-minute time slots between 12:00 noon-2:00 pm. There is a program number assigned to each time slot, including the choice of how many participants in the family will receive a take home kit.

If you are registering online, you can scroll down through the options of time and number of participants to make your choice. If you are registering on paper, please call our office to secure your time slot and number of take home kits.

The fee is based upon the number of take home kits:

- 1 participant/kit = \$7
- 2 participants/kits = \$14
- 3 participants/kits = \$21
- 4 participants/kits = \$28

When your time slot ends, feel free to enjoy the other areas of Wing Park!

Cultural Arts Workshops

Fused Glass Workshops

Discover this beautiful art medium! Place colored grains of glass into a unique shape to be fired.

Age group: Ages 16 & older

Suggested ability level: all abilities

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

Min/Max: 4/8

Staff Contact: Emily

Prog #	Day	Dates	Time	R/NR Fee
5044	Tues	Apr 13	6:00-7:00 pm	\$30/\$53
		<i>Fish plate and pendant necklace</i>		
5021	Tues	May 11	6:00-7:00 pm	\$30/\$53
		<i>4 piece coaster set and Murrini brooch</i>		



Mondays

VIRTUAL/ONLINE PROGRAMS



VIRTUAL - Zoomtastic Package

Dance Party

Put on your boogie shoes and show us your best moves. You'll have these tunes stuck in your brain to keep you dancing all night long!

Age group: Ages 8 & older

Suggested ability level: all abilities

Min/Max: 5/12

Staff Contact: Rachel

Prog #	Day	Dates	Time	R/NR Fee
5009	Mon	Apr 12-May 10	5:00 -6:00 pm	\$25/\$44

NOTE: This package program also includes #5014 Gaming

Mashup on Wednesdays.

VIRTUAL – World Explorers

If we can't travel the entire world in person, we sure can see a lot virtually! We'll use live cams, virtual vacations, and discussions to take a trip and interact with wild and wonderful places.

Age group: Ages 16 & older

Suggested ability level: all abilities

Min/Max: 5/12

Staff Contact: Rachel

Prog #	Day	Dates	Time	R/NR Fee
5011	Mon	Apr 12-May 10	6:00-7:00 pm	\$13/\$22

IN-PERSON PROGRAMS



Before registering, the potential participant must be assessed for eligibility to comply with COVID-19 requirements & be confirmed to register (see pages 25-28).

Let's Get Crafty!

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

Age group: Ages 16 & older

Suggested ability level: all abilities

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

Min/Max: 4/8

Staff Contact: Samantha

Prog #	Day	Dates	Time	R/NR Fee
5023	Mon	Apr 12-May 10	11:00 am-12:00 pm	\$34/\$59

Kingston Bowlers

Let's get back on the lanes...it's been too long! Dust off a bowling ball and practice your skills. It's time to throw some strikes and spares!

Age group: Ages 16 & older

Suggested ability level: all abilities

Location: Kingston Lanes, Woodstock

Min/Max: 8/12

Staff Contact: Samantha

Prog #	Day	Dates	Time	R/NR Fee
5022	Mon	Apr 12-May 10	1:30-3:00 pm	\$55/\$96

Monday Fun Day

Spend Monday afternoons playing games and creating new things! Enjoy being with others for some social fun, crafting, and some of your favorite popular games.

Age group: Ages 16 & older

Suggested ability level: all abilities

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

Min/Max: 4/8

Staff Contact: Gabrielle

Prog #	Day	Dates	Time	R/NR Fee
5032	Mon	Apr 12-May 10	3:30-4:30 pm	\$39/\$68

Workout @ McHenry Rec Center

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

Age group: Ages 16 & older

Suggested ability level: all abilities

Location: McHenry Recreation Center

Min/Max: 4/8

Staff Contact: Samantha

Prog #	Day	Dates	Time	R/NR Fee
5028	Mon	Apr 12-May 10	4:00-5:00 pm	\$39/\$68

NOTE: See page 31 for information about the fitness waiver required for participation by participants with a disability. Leaders and participants will be required to wear cloth face masks (not Gator-type).

Yoga I and II

Yoga is great for your body and your mind. Discover techniques to make you stronger and more flexible, and also help you concentrate, calm your emotions, reduce stress & promote positive thoughts.

Age group: Ages 16 & older, and family members

Suggested ability level: all abilities

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

Min/Max: 4/8

Staff Contact: Rachel

Prog #	Day	Dates	Time	R/NR Fee
5025	Mon	Apr 12-May 10	5:00-5:45 pm	\$39/\$68
5031	Mon	Apr 12-May 10	6:00-6:45 pm	\$39/\$68

R/NR Fee for Family Member
\$33/\$57

NOTE: Leaders and participants will be required to wear cloth face masks (not Gator-type). Please wear comfortable clothing for moving & stretching, and bring your mat if you have one. NISRA has a limited number of mats. Please complete a Registration Form for each family member who will be attending.



Tuesdays

VIRTUAL/ONLINE PROGRAMS



VIRTUAL - Movement Mix-up

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

Age group: Ages 16 & older

Suggested ability level: all abilities

Min/Max: 5/15

Staff Contact: Gabrielle

Prog #	Day	Dates	Time	R/NR Fee
5013	Tues	Apr 13-May 11	9:00-10:00 am	\$48/\$83

VIRTUAL - Brain Busters

Have FUN testing your knowledge of all kinds of things! Each week we'll engage in puzzles, mysteries and questions that will rattle our brains!

Age group: Ages 16 & older

Suggested ability level: all abilities

Min/Max: 5/12

Staff Contact: Ciara

Prog #	Day	Dates	Time	R/NR Fee
5012	Tues	Apr 13-May 11	6:00-7:00 pm	\$13/\$22

IN-PERSON PROGRAMS



Before registering, the potential participant must be assessed for eligibility to comply with COVID-19 requirements & be confirmed to register (see pages 25-28).

That's a Holiday?!

Did you know there's a national ice cream day? A national best friends day too! Learn about these quirky holidays. Each week we'll celebrate a new one with activities and crafts related to the day.

Age group: Ages 12 & older

Suggested ability level: all abilities

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

Min/Max: 4/8

Staff Contact: Ciara

Prog #	Day	Dates	Time	R/NR Fee
5027	Tues	Apr 13-May 11	4:30-5:30 pm	\$34/\$59

Feel the Beat

Along with being enjoyable, music can relieve stress. Join us in this free-spirited jam session. Each week we'll use different, ordinary objects to make amazing sounds. It might be a yoga ball, rubber bands, or...show up and find out!

Age group: Ages 8 & older

Suggested ability level: all abilities

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

Min/Max: 4/8

Staff Contact: Samantha

Prog #	Day	Dates	Time	R/NR Fee
5043	Tues	Apr 13-May 11	6:00-7:00 pm	\$33/\$57



Resident Priority Registration
ends Jan 7
Non-Resident Registration
begins Jan 8
Final Registration Deadline
Jan 11

Wednesdays

VIRTUAL/ONLINE PROGRAMS



VIRTUAL - Zoomtastic Package

Gaming Mashup

BINGO, Trivia, and Guess Who...oh my! Link up on Zoom with your friends and staff to play games and have some laughs.

Age group: Ages 8 & older

Suggested ability level: all abilities

Min/Max: 5/12

Staff Contact: Rachel

Prog #	Day	Dates	Time	R/NR Fee
5014	Wed	Apr 14-May 12	5:00 -6:00 pm	\$25/\$44

NOTE: This package program also includes #5009 Dance Party on Mondays.

IN-PERSON PROGRAMS



Before registering, the potential participant must be assessed for eligibility to comply with COVID-19 requirements & be confirmed to register (see pages 25-28).



Workout Wednesdays

Do you want to discover some new ways to stay active? Join us to learn some fitness techniques in this energizing program. We'll motivate each other and take steps toward a healthy lifestyle!

Age group: Ages 16 & older

Suggested ability level: all abilities

Location: Multipurpose Gym, The Centre, Elgin

Min/Max: 4/8

Staff Contact: Gabrielle

Prog #	Day	Dates	Time	R/NR Fee
5029	Wed	Apr 14-May 12	11:00 am-12:00 pm	\$33/\$57

NOTE: Leaders and participants will be required to wear cloth face masks (not Gator-type). Please see page 31 for information about the fitness waiver required for participation.



Zumba I and II

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

Age group: Ages 16 & older, and family members

Suggested ability level: all abilities

Location: Oak Room, Huntley R.E.C. Center

Min/Max: 4/8

Staff Contact: Rachel

Prog #	Day	Dates	Time	R/NR Fee
5030	Wed	Apr 14-May 12	6:00-6:45 pm	\$39/\$68
5033	Wed	Apr 14-May 12	7:00-7:45 pm	\$39/\$68

R/NR Fee for Family Member
\$33/\$57

NOTE: Both programs, at the two times, are identical. Leaders and participants will be required to wear cloth face masks (not Gator-type). Please see page 31 for information about the fitness waiver required for participation by participants with a disability. Please complete a Registration Form for each family member attending.

Spring Creations

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

Age group: Ages 16 & older

Suggested ability level: all abilities

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

Min/Max: 4/8

Staff Contact: Samantha

Prog #	Day	Dates	Time	R/NR Fee
5038	Wed	Apr 14-May 12	3:30-4:30 pm	\$54/\$94

Thursdays

IN-PERSON PROGRAMS



Before registering, the potential participant must be assessed for eligibility to comply with COVID-19 requirements & be confirmed to register (see pages 25-28).



Walking Warriors

Let's do some power walking to get our heart rates up! Take some invigorating walks with NISRA staff and your friends. We'll be indoors most weeks, with a couple of outdoor trail walks planned too.

Age group: Ages 8 & older

Suggested ability level: all abilities

Location: Indoor walking track, The Centre, Elgin

Min/Max: 4/8

Staff Contact: Ciara

Prog #	Day	Dates	Time	R/NR Fee
5060	Thurs	Apr 15-May 13	11:00 am-12:00 pm	\$33/\$57

NOTE: You will be contacted with more details about the outdoor trail walks. Leaders and participants will be required to wear cloth face masks (not Gator-type) while on the indoor track.



Sunshine Through Golf Camp



The Chicagoland District Golf Association Foundation is again teaming up with NISRA to provide a Sunshine Through Golf camp. The program is taught by PGA Professionals and covers the basics of golf, including full swing, short game, and golf etiquette. Find more information on the CDGA website at:

www.cdgafoundation.org.

Age group: Ages 8 & older

Suggested ability level: all abilities

Location: Bowes Creek Golf Course, Elgin

Min/Max: 4/8 for each time slot

Staff Contact: Gabrielle

Prog #	Day	Dates	Time	R/NR Fee
5035	Thurs	Apr 29-May 27	5:00-6:00 pm	Free!
5036	Thurs	Apr 29-May 27	6:00-7:00 pm	Free!

NOTE: Participants may play the Randall Oaks Links Course for free, thanks to a partnership between the CDGA and Randall Oaks. To schedule a tee time, call the Pro Shop at 847-428-5661 and say that you are a NISRA Sunshine Through Golf participant.

Gardening Club

Grab your gloves, a new gardening season is coming. We'll do some planning and decide what to plant, then get started on planting!

Age group: Ages 12 & older

Suggested ability level: all abilities

Location: Sage TR Center at the NISRA Office

Min/Max: 4/8

Staff Contact: Rachel

Prog #	Day	Dates	Time	R/NR Fee
5026	Thurs	Apr 15-May 13	3:30-4:30 pm	\$39/\$68

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

Gaming Squad

Wii, Xbox and so much more! Hang out with some friends and play your favorite video games.

Age group: Ages 7-15

Suggested ability level: all abilities

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

Min/Max: 4/8

Staff Contact: Ciara

Prog #	Day	Dates	Time	R/NR Fee
5024	Thurs	Apr 15-May 13	5:00-6:00 pm	\$34/\$59



Fridays

VIRTUAL/ONLINE PROGRAMS



VIRTUAL - Snack Shack

Since we can't go to the Snack Shack restaurant, let's bring it to our home kitchens! Get together online and we'll show you how to whip up some yummy recipes with minimal ingredients!

Age group: Ages 16 & older

Suggested ability level: all abilities

Min/Max: 5/12

Staff Contact: Ciara

Prog #	Day	Dates	Time	R/NR Fee
5001	Fri	Apr 16-May 14	12:30-1:30 pm	\$13/\$22

VIRTUAL - Funky Fridays

Dance your way into the weekend! We'll move and groove to upbeat jams and learn a variety of funky dance combinations.

Age group: Ages 8 & older

Suggested ability level: all abilities

Min/Max: 5/12

Staff Contact: Gabrielle

Prog #	Day	Dates	Time	R/NR Fee
5064	Fri	Apr 16-May 14	3:30-4:30 pm	\$13/\$22



IN-PERSON PROGRAMS



Before registering, the potential participant must be assessed for eligibility to comply with COVID-19 requirements & be confirmed to register (see pages 25-28).

Outside programs will be canceled in inclement weather unless an alternate is indicated.

Friday Friends

(formerly Meetin' Place)



Get out of the house for a morning of fun with friends! The time will fly by as we play games, try some "at home field trips," and do other interesting activities.

Age group: Ages 16 & older

Suggested ability level: all abilities

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

Min/Max: 4/8

Staff Contact: Samantha

Prog #	Day	Dates	Time	R/NR Fee
5037	Fri	Apr 16-May 14	10:00 am-12:00 pm	\$44/\$77

Bus Departs	Transportation Location	Returns
9:30 am	The Centre, Elgin	12:30 pm

NOTE: Transportation Min/Max: 4/6 per bus. Participants must wear a face covering on the bus, and will sit one person per seat.

Gamers

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

Age group: Ages 8 & older

Suggested ability level: all abilities

Location: East Conference Room, The Centre, Elgin

Min/Max: 4/8

Staff Contact: Gabrielle

Prog #	Day	Dates	Time	R/NR Fee
5018	Fri	Apr 16-May 14	5:00-6:00 pm	\$33/\$57

Saturdays

VIRTUAL/ONLINE PROGRAMS



VIRTUAL - "Special Focus" Karate

Hi-ya! Continue building your skills and confidence through these virtual sessions with the exceptional leaders of Focus Martial Arts.

Age group: Ages 6 & older

Suggested ability level: all abilities, Beginner & Intermediate Karate skills

Min/Max: 4/15

Staff Contact: Rachel

Prog #	Day	Dates	Time	R/NR Fee
5034	Sat	Apr 3-May 22	11:30 am-12:15 pm	\$66/\$116

Tennis - Beginner

Grab your tennis racket and hit some balls! Practice in this encouraging program for beginners, where we'll focus on the basics: serves, volleys, forehand and backhand.

Age group: Ages 16 & older

Suggested ability level: all abilities, beginner level

Location: Crystal Lake Racket Club

Min/Max: 4/6

Staff Contact: Rachel

Prog #	Day	Dates	Time	R/NR Fee
5017	Fri	Apr 16-May 14	4:15-5:00 pm	\$33/\$57

NOTE: The Racket Club has a no spectator policy. Parents will need to wait in their car or come back at the end of the program. Leaders and participants will be required to wear cloth face masks (not Gator-type) indoors.

NISRA Knights Athletics

NISRA's athletics programs will adapt when Special Olympics begins offering games and competitions again. We will notify you of all the details if competition resumes.

VIRTUAL/ONLINE PROGRAMS



VIRTUAL - Special Olympics Package

Register for this "package" of *both of the programs listed!*

Age group: Ages 15 & older

Suggested ability level: all abilities

Min/Max: 5/30

Staff Contact: Kara

Prog #: 5020

R/NR Fee: \$18/\$31

Team Building

Need some social time with your friends, while playing games? Hangout with your teammates, play games, and get to know each other better!

Day	Dates	Time
Wed	Apr 14-May 12	5:00-5:45 pm

Workout

It's time to get up and move! "Stop in" for a workout once a week. We'll do different workouts each time: cardio, abs, upper body and lower body.

Day	Dates	Time
Thurs	Apr 15-May 13	5:00-5:45 pm

IN-PERSON PROGRAMS



Before registering, the potential participant must be assessed for eligibility to comply with COVID-19 requirements & be confirmed to register (see pages 25-28).

Knights - Track & Field

Spring is here and it's time to get in shape, whether we're competing or not! Get back on the field with your fellow athletes!

Age group: Ages 8 & older

Suggested ability level: all abilities

Staff Contact: Kara

Elgin

Location: The Centre, Elgin

Min/Max: 4/8

Prog #	Day	Dates	Time	R/NR Fee
6800	Mon	Apr 12-May 10	5:30-6:30 pm	\$33/\$57

LITH

Location: outside only at Marlow Middle School, Lake in the Hills

Min/Max: 4/8

Prog #	Day	Dates	Time	R/NR Fee
6801	Mon	Apr 12-May 10	6:00-7:00 pm TBA	\$33/\$57

NOTE: Program may be canceled due to inclement weather since no indoor option is available.



Knights - Swimming

Athletes, it's finally time to jump back into the pool! Practices will focus on strokes and swimming the entire length of the pool.

Age group: Ages 16 & older

Suggested ability level: all abilities; must be able to swim independently without assistance

Staff Contact: Kara

NOTE: To register, you must have participated in a previous session of NISRA's Special Olympics Swim Team. Please register for only one time session so that more athletes can participate. Fabric face masks must be worn until entering the pool.

Carpentersville

Location: Rakow Center, Carpentersville

Min/Max: 2/5 each time slot

Prog #	Day	Dates	Time	R/NR Fee
6807	Mon	Apr 12-May 10	9:00-9:45 am	\$33/\$57
6808	Mon	Apr 12-May 10	10:00-10:45 am	\$33/\$57

Elgin

Location: The Centre, Elgin

Min/Max: 2/4 each time slot

Prog #	Day	Dates	Time	R/NR Fee
6809	Tues	Apr 13-May 11	5:00-5:40 pm	\$33/\$57
6810	Tues	Apr 13-May 11	5:45-6:25 pm	\$33/\$57

Knights - Softball

We will be running practices until competition resumes, and will inform you when we get updates. There is a chance the season will be extended beyond the dates listed.

Age group: Ages 15 & older

Min/Max at each location: 10/15

Staff Contact: Kara

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

Name & Location	Prog #	Day & Dates	Time	R/NR Fee
Teal Knights (Lightning-Beginner/Intermediate Skills) Ladd Park, Crystal Lake	6771	Tues, Apr 13-May 11	6:00-7:30 pm	\$33/\$57
White Knights (Sluggers-Intermediate Skills) Field D, Tomaso Sports Park, Huntley	6769	Tues, Apr 13-May 11	6:00-7:30 pm	\$33/\$57
Black Knights (Thunder-Advanced Skills) Lippold Park, Crystal Lake	6770	Tues, Apr 13-May 11	5:00-6:00 pm	\$33/\$57
Purple Knights (Mixers-All Abilities) Field #10, Sports Complex, Elgin	6772	Tues, Apr 13-May 11	6:00-7:30 pm	\$33/\$57

Knights - Soccer Skills

This skills program is the alternative to the Knights Soccer Team. Get together with your fellow athletes to develop your skills. We will be running practices and are hopeful that games will eventually be scheduled.

Age group: Ages 16 & older

Suggested ability level: Intermediate

Location: Lippold Park, Crystal Lake

Min/Max: 8/15

Staff Contact: Kara

Prog #	Day	Dates	Time	R/NR Fee
6805	Wed	Apr 14-May 12	5:00-6:00 pm	\$33/\$57



Special Olympics Bocce Ball

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

Age group: Ages 8 & older

Location: Woodscreek Park, Crystal Lake

Min/Max: 4/12

Staff Contact: Kara

Prog #	Day	Dates	Time	R/NR Fee
6746	Thurs	Apr 15-May 13	5:30-6:30 pm	\$33/\$57

Knights - Tennis-Intermediate/Advanced

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

Age group: Ages 8 & older

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

Location: Crystal Lake Racket Club, Algonquin

Min/Max: 3/5

Staff Contact: Kara

Prog #	Day	Dates	Time	R/NR Fee
6806	Fri	Apr 16-May 14	3:30-4:15 pm	\$33/\$57

NOTE: NISRA's Beginner Tennis program is a pre-requisite to this Intermediate/Advanced program. NOTE: The Racket Club has a no spectator policy. Parents will need to wait in their car or come back at the end of the program. Leaders and athletes will be required to wear cloth face masks (not Gator-type) indoors.

Resident Priority Registration
ends Mar 18
Non-Resident Registration
begins Mar 19
Final Registration Deadline
Mar 22

VIRTUAL/ONLINE PROGRAMS



VIRTUAL – Rhythm Works Dance

Integrity Dance Studio is back to guide you through fun & functional dance steps that mimic real, everyday life! Some have a hip hop flare, but the movements can be adjusted to any style.

Age group: Ages 8 & older

Suggested ability level: all abilities

Min/Max: 5/15

Staff Contact: Emily

Prog #	Day	Dates	Time	R/NR Fee
5040	Tues	Apr 13-May 11	1:00-1:45 pm	\$39/\$68



VIRTUAL – Glee Club

Connect with your friends and our music instructor for singing some of your favorite songs, laughing, talking and enjoying being together online!

Age group: Ages 10 & older

Suggested ability level: all abilities

Min/Max: 5/15

Staff Contact: Emily

Prog #	Day	Dates	Time	R/NR Fee
5005	Wed	Apr 14-May 12	1:00-1:45 pm	\$39/\$68



VIRTUAL – Encore! Joyful Noise Choir

Let's get back together to sing some of our favorite songs and learn harmonies under the direction of the Encore! Music Academy.

Age group: Ages 10 & older

Suggested ability level: all abilities

Min/Max: 5/15

Staff Contact: Emily

Prog #	Day	Dates	Time	R/NR Fee
5045	Thurs	Apr 15-May 13	6:30-7:15 pm	\$39/\$68



VIRTUAL – Art Explorations

Learn techniques from a professional artist. You'll develop skills while experiencing and enjoying the therapeutic benefits of art! This season's focus is drawing with markers on mixed media paper.

Age group: Ages 15 & older

Suggested ability level: All abilities

Min/Max: 6/12

Staff Contact: Emily

Prog #	Day	Dates	Time	R/NR Fee
5003	Thurs	Apr 15-May 13	6:00-7:00 pm	\$54/\$94

NOTE: Fee includes supplies. Staff will contact you when supplies are ready for pick-up during business hours at the NISRA Office (see page 3 for the office hours).



VIRTUAL - Individual Music Lessons

Learn to play an instrument or sing—or practice what you’ve already learned—in an individual virtual music lesson! We’re offering guitar, piano, ukelele or voice sessions in 30 minute time slots, with 10 minutes in between for setting up for the next virtual session.*

Age group: Ages 7 & older

Suggested ability level: all abilities

Min/Max: 1/5

Staff Contact: Emily

Prog #	Day	Dates	Time	R/NR Fee
5057	Wed	Apr 14-May 12	3:00-6:10 pm	\$118/\$206

NOTE: This program is taught by a contracted instructor and will not be staffed by NISRA. A parent/guardian must be present during the Zoom session to assist with any technical challenges. Student should have the instrument at home, and might need to purchase a music book which is not included in the program fee.

*Time slots:

3:00-3:30 pm
3:40-4:10
4:20-4:50
5:00-5:30
5:40-6:10

***On your Registration Form, please indicate:**

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



IN-PERSON PROGRAMS

Before registering, the potential participant must be assessed for eligibility to comply with COVID-19 requirements & be confirmed to register (see pages 25-28).

Acting 101

Whether you’re a pro or novice actor, come practice your stage presence and public speaking! Each participant will work toward performing a monologue independently.

Age group: Ages 8 & older

Suggested ability level: all abilities

Location: Barrington Park District

Min/Max: 4/8

Staff Contact: Emily

Prog #	Day	Dates	Time	R/NR Fee
5046	Mon	Apr 12-May 10	5:00-6:00 pm	\$39/\$68

NOTE: A final performance will be recorded to share with family and friends.

Resident Priority Registration
ends Mar 18
Non-Resident Registration
begins Mar 19
Final Registration Deadline
Mar 22

Theater Troupe

Join in on NISRA’s theater fun! Practice acting, choreography, and singing familiar songs from our favorite musicals. This season’s theme is Blast to the Past.

Age group: Ages 15 & older

Suggested ability level: all abilities

Location: Cosman Theater at the Huntley R.E.C. Center

Min/Max: 4/8

Staff Contact: Emily

Prog #	Day	Dates	Time	R/NR Fee
5042	Wed	Apr 14-May 12	6:30-7:30 pm	\$64/\$112

NOTE: A final performance will be recorded to share with family and friends.



See page 12 for Fused Glass Workshops!

INFORMATION FOR ALL CLUBS

Can't make it to the program?

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

Please keep this brochure!
No separate flyer will be mailed!

Resident Priority Registration
ends Mar 18
Non-Resident Registration
begins Mar 19
Final Registration Deadline
Mar 22

TEEN CLUB

Ages 14-21 

IN-PERSON PROGRAMS



Before registering, the potential participant must be assessed for eligibility to comply with COVID-19 requirements & be confirmed to register (see pages 25-28).

Outside programs will be canceled in inclement weather unless an alternate is indicated.

Teen Club – Bonfire Night



Spring is here! Let's get out to enjoy it with a campfire. We'll relax in nature, play some games and make s'mores.

Location: Nunda Township, Crystal Lake

Min/Max: 4/8

Staff Contact: Rachel

Prog#	Day	Date	Time	R/NR Fee
5051	Sat	May 1	6:30-8:00 pm	\$18/\$32

Bus Departs	Transportation Location	Returns
6:00 pm	The Centre, Elgin	8:30 pm

NOTE: Transportation Min/Max: 4/6 per bus. Participants must wear a face covering on the bus, and will sit one person per seat.



Teen Club – Dancing into Spring



Boogie with your friends as we celebrate the end of winter and beginning of spring! We'll listen to our favorite tunes and show off our best dance moves.

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

Min/Max: 4/8

Staff Contact: Rachel

Prog#	Day	Date	Time	R/NR Fee
5052	Sat	May 15	6:30-8:00 pm	\$18/\$32

Bus Departs	Transportation Location	Returns
6:00 pm	The Centre, Elgin	8:30 pm

NOTE: Transportation Min/Max: 4/6 per bus. Participants must wear a face covering on the bus, and will sit one person per seat.



IN-PERSON PROGRAMS



Before registering, the potential participant must be assessed for eligibility to comply with COVID-19 requirements & be confirmed to register (see pages 25-28).

Young Adult Club – Earth Yay!

With Earth Day coming soon, make plans to celebrate our love and appreciation for planet Earth! Join your friends to play themed games and pot a plant to take home.

Location: Sage TR Center at the NISRA Office

Min/Max: 4/8

Staff Contact: Gabrielle

Prog#	Day	Date	Time	R/NR Fee
5053	Fri	Apr 16	4:00-6:00 pm	\$18/\$32

Bus Departs	Transportation Location	Returns
3:20 pm	The Centre, Elgin	6:30 pm

NOTE: Transportation Min/Max: 4/6 per bus. Participants must wear a face covering on the bus, and will sit one person per seat.



Young Adult Club – May the Adventure Begin!

As seasons change and flowers start to bloom, the month of May symbolizes new beginnings. Join friends around the campfire, roast hotdogs, and share your hopes and plans for the season!

Location: Hawthorne Hill Nature Center, Elgin

Min/Max: 4/8

Staff Contact: Gabrielle

Prog#	Day	Date	Time	R/NR Fee
5054	Fri	May 7	4:30-6:00 pm	\$18/\$32

Bus Departs	Transportation Location	Returns
3:50 pm	NISRA Office	6:30 pm

NOTE: Transportation Min/Max: 4/6 per bus. Participants must wear a face covering on the bus, and will sit one person per seat.



ADULT SOCIAL CLUB

Ages 21 & older

IN-PERSON PROGRAMS



Before registering, the potential participant must be assessed for eligibility to comply with COVID-19 requirements & be confirmed to register (see pages 25-28).

Adult Social Club – Bingo Night



Want to shout “BINGO?” Gather with your friends to play some different forms of Bingo through the night and have a chance to win some prizes.

Location: The Centre, Elgin

Min/Max: 4/8

Staff Contact: Samantha

Prog#	Day	Date	Time	R/NR Fee
5058	Sat	Apr 17	3:00-5:00 pm	\$18/\$32
Bus Departs	Transportation Location		Returns	
2:30 pm	NISRA		5:30 pm	

NOTE: Transportation Min/Max: 4/6 per bus. Participants must wear a face covering on the bus, and will sit one person per seat.



Adult Social Club – Cinco de Mayo

Celebrate this popular holiday focusing on Mexican culture with themed games, crafts, music, and more! We'll be running the activities for virtual and in-person participation at the same time.

Virtual

Min/Max: 5/10

Staff Contact: Ciara

Prog#	Day	Date	Time	R/NR Fee
5056	Sat	May 1	3:00-5:00 pm	\$18/\$32

NOTE: Staff will notify you regarding the supplies that will be ready for pick-up at the NISRA Office the week before the program.

In-Person



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

Min/Max: 4/8

Staff Contact: Ciara

Prog#	Day	Date	Time	R/NR Fee
5055	Sat	May 1	3:00-5:00 pm	\$18/\$32
Bus Departs	Transportation Location		Returns	
2:30 pm	The Centre, Elgin		5:30 pm	

NOTE: Transportation Min/Max: 4/6 per bus. Participants must wear a face covering on the bus, and will sit one person per seat.



Adult Social Club – Spring Fling Dance



Let's leap into spring with our boogie feet. We'll dance and laugh until we can't anymore!

Location: Community Room, Sage TR Center at the NISRA Office
Min/Max: 4/8

Staff Contact: Gabrielle

Prog#	Day	Date	Time	R/NR Fee
5059	Sat	May 15	4:00-5:30 pm	\$18/\$32
Bus Departs	Transportation Location		Returns	
3:30 pm	The Centre, Elgin		6:00 pm	

NOTE: Transportation Min/Max: 4/6 per bus. Participants must wear a face covering on the bus, and will sit one person per seat.



Program Eligibility & Assessment Questionnaire

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

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

These procedures include:

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

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

Forms can be:

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

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

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

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

Assessment Questionnaire for Participation in In-Person Programs:

Participant's Name: _____

Person Completing Assessment: _____

Eligibility Requirements

All potential participants desiring to join NISRA in-person programs will need to meet the following eligibility requirements until further notice to ensure NISRA adheres to CDC and Illinois social distancing guidelines. Participants will need to be able to meet these requirements in a 1:4, staff to participant ratio.

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

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

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

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

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

Health Monitoring Requirements

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

- Temperature that does not exceed 100.40F
- Shortness of breath
- Cough
- Sore Throat
- Nausea or vomiting
- Diarrhea
- Runny Nose
- Chills
- Unexplained muscle aches
- Headache
- Unexplained fatigue
- Abdominal pain
- New loss of smell or taste

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

Agreement

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

Participant Name: _____
(please print)

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

Guardian Name: _____
(please print)

Guardian Signature: _____ Date: _____

Office use only:

Date received: _____

Reviewed by: _____

Family contact date: _____

Approved for registration: ☐ Yes ☐ No Staff Initial: _____

Health Questionnaire for Wellness Screen Related to COVID-19

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

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

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

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

Seizure Questionnaire

(Rev. 1/31/2017)

Please complete this form if the participant experiences seizures. **Please update this form whenever there is a change in the seizure information/plan and promptly submit it to NISRA.** NISRA requests that you review this form once a year and provide any necessary updates.

Participant's Name: _____

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

Medication(s):

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

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

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

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? _____

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

- ☐ Absence (staring spell)
 ☐ Atonic (Drop)
 ☐ Simple Partial
☐ Complex Partial
 ☐ Generalized (Gran Mal)
☐ Other (explain): _____

Seizure Response Plan

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

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

2.

3.



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

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

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



**Northern Illinois Special Recreation Association
Fitness Program Waiver**

TO: Medical practitioner
FROM: Northern Illinois Special Recreation Association (NISRA)
RE: Recommendation for participation
DATE: Spring 2021

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

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

In order for your patient to participate in this type of program, we are requesting a medical clearance. Please complete the following information and return it to the NISRA office by **March 22, 2021**.

Part 1: For completion by NISRA Participant.

Print Name: _____

I give permission for (medical practitioner name) _____ to complete this medical clearance form.

Date: _____ Participant signature: _____

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

Please check:

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

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

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

Date: _____ Medical Practitioner's signature: _____

Medical practitioner's address: _____

Please return to: NISRA
285 Memorial Drive
Crystal Lake, IL 60014

(815) 459-0388 Fax*

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

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

registration information

A Registration Note...

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

Annual Registration Update

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

Registration Information

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

Credits and Refunds

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

Scholarships

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

If you register on paper with an email address included, and we receive it by the deadline, you will be notified of the status of your registration by email.
If you register online by the deadline, you will be notified of the status of your registration by email.

Group Home Resident Fee Policy

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

Township Information

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

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

Procedure for Seizure Information

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

Fitness Waiver for Fitness Programs

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

Photos/Video

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

Late Registration.

If your registration is late, it will be reviewed after April 12 to see if we can accommodate you. Program fees will not be prorated for a late start.

NISRA REGISTRATION FORM—Spring 2021

Both sides of this form must be completed, signed and returned, WITH FULL PAYMENT, to the NISRA Office before registration will be processed and the participant will be allowed to attend any program. Refer to registration information on Page 30.

Registrations received after the March 22 deadline will be reviewed after April 12.

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 noon ☐ 12:00 noon-3:00 pm ☐ 3:00-6:00 pm

Resident Priority Registration
ends Mar 18
Non-Resident Registration
begins Mar 19
Final Registration Deadline
Mar 22

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

Participant's Information

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

Contact Information (Family/Guardian/Group Home)

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

Primary Contact Information – person who should be contacted FIRST

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

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

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

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

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

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

Alternate Emergency Contact

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

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

If you updated your Annual Information Form in Summer or Fall 2020, you're up to date!
If you haven't completed the form, please contact us or you may download it at www.nisra.org

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

Participant Name _____

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

Payment type: <input type="checkbox"/> check <input type="checkbox"/> cash <input type="checkbox"/> Mastercard <input type="checkbox"/> VISA <input type="checkbox"/> Discover <input type="checkbox"/> other (ex. respite or other agency pays) Account # _____ Expiration Date ____/____ Security Code (back of card) _____ Cardholder Name (please print) _____ Signature _____ Cardholder Address _____ City _____ State _____ Zip _____

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

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

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

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

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

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

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

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

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

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

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

Participant/Parent Signature _____ **Date** _____

NISRA's Values: Fun • Professional • Trustworthy • Innovative • Compassionate Please give us your feedback! Use this space for suggestions and new program ideas: _____ _____
--

*Please mail or drop off your form. Email is not encrypted & may get trapped in a SPAM filter. Fax can be difficult to read.

Mail or drop off form to: NISRA, 285 Memorial Drive, Crystal Lake, IL 60014 (See page 3 for dates the office is closed)

Special Olympics App form

S1-10

Instructions for Completing the Application for Participation

This Medapp is valid for 3 years from the date of the examination regardless of the parent/guardian/entrant signature date. Parent/Guardian and Doctor signatures must both be on the same Medapp form.

An athlete's parent/guardian and/or the athlete, if an adult without a guardian, is solely responsible for the accurate completion and timely submission (prior to any relevant deadline) of the Medapp to Special Olympics Illinois.

Failure of the athlete to have an accurate, fully completed Medapp on file with Special Olympics Illinois prior to any relevant deadline will result in the athlete being denied participation in Special Olympics Illinois competitions, programs and events. The Medapp must be valid throughout the completion of the competition, program or event.

Special Olympics Illinois strongly suggests that all athletes update their Medapp annually during their annual physicals in order to make certain they are able to participate in all Special Olympics Illinois competitions, programs and events.

Falsification of the Medapp could result in disciplinary action and possible criminal charges.

Out-of-state Special Olympics Medapp will not be accepted for participation with Special Olympics Illinois.

The Application for Participation (Medapp) must be completely filled in; forms with blank sections will not be accepted.

1. The Athlete Information, Health Insurance and Emergency Information Sections must be completely filled in. The optional ethnicity information is requested to assist in organizational outreach efforts. The information in the gray box is strictly voluntary. Medapps are not returned if this box is not completed.
2. The Parent or Legal Guardian must read, sign and date the Parent/Guardian Authorization and Media Release Section. **Verbal consents or phone consents will not be accepted by Special Olympics Illinois.**
 - a. The section must be signed and dated as printed. Deletions or alterations to the section will result in an invalid Medapp. (Exception for individuals of Christian Science faith: deletion of the last paragraph regarding medical treatment and attachment of a letter of explanation from a minister of church of Christian Science).
 - b. Only one of the two signature blocks must be completed. Special Olympics Illinois works under the understanding that this section may be signed by either:
 - i. The parent (biological or adoptive), unless the athlete has been designated a ward of the state; OR
 - ii. The legal guardian; this person must be legally assigned as guardian for the individual; OR
 - iii. The athlete, if he or she is over the age of 18 and has not been designated as needing and having been assigned a legal guardian. A witness signature is necessary if the athlete's signature is unrecognizable (for example, the athlete's signature is an "X").
3. The Medical Clearance section must be completed, signed, and dated by a medical practitioner licensed to administer physicals by the state in which he or she practices. **This person, by signing the Medical Clearance, is stating the athlete is in good health and can safely participate in Special Olympics sports training and competition. It is strongly suggested that the person administering the physical examination possess the following:**
 - a. Background and preparation in giving sports physical examinations.
 - b. Qualifications to administer examinations that would not compromise his or her area of specialty.
4. The Medapp must be sent to the Region Office who will forward it to the Special Olympics Illinois State office for review and processing. Special Olympics Illinois will validate the Medapp. A Medapp will not be validated until all information is correct and completed. The state office will upload Medapp with an "Approved" stamp to an online file and email file link to the Region Director and the Special Olympics Athletic Director (SOAD). The link is valid for 30 days.
5. Special Olympics Illinois requires that all Medapps and *Unified Sports Partner Applications* be presented by the established registration deadline for any Region, Sectional or State competition. **All Medapps and Unified Sports Partner Applications for the event in question must be valid throughout the completion of that competition.**
6. **Medapps or Unified Sports Applications not on file or in receipt by the specified deadline will not be accepted.**
 - a. An athlete not entered in/scratched from the event may attend the event as a spectator only. He or she will not be allowed to serve as an official member of their team's delegation, therefore, housing and meals will be the individual's responsibility.
 - i. **EXAMPLE:** John is scratched from Winter Games. John attends the event. John may not assume the room space or meals he would have had if he had remained an official member of his team's delegation. Therefore, John must make other housing and meal arrangements.
7. The only Medapps that will be accepted will be the revised forms dated 4/1/08, 8/1/10, 8/1/16 or 8/1/17, or 6/15/20.
8. The Special Olympics Athletics Director (SOAD) is required to check athlete's Medapp for completeness, checking the Parent/Guardian Date and the Doctor's Date for the expiration of the Medapp. **Failure to have a valid Medapp or Unified Sports Partner Application at the time of the registration deadline will result in the athlete or Unified Partner being denied participation in a competition.**
9. An individual who participates in the Unified Sports program as a Unified Sports partner must complete and sign the Unified Sports Partner Application for Participation Form. The Unified Sports Partner Application for Participation Form is maintained by the Special Olympics Illinois State Office. The submission and validation deadlines and processes for the Unified Sports Partner Application for Participation form will follow the same guidelines as those established for the Medapp. A Unified Partner must also have completed a Class A Volunteer Registration Form, Protective Behaviors and Concussion Awareness trainings and a criminal background check (not applicable to minors).

program & registration information

Program Policies

1. Participants must be picked up at the designated end of the program. A five minute “grace period” is given. Late pick-up creates additional costs and potential delays getting to another program.

New: If a participant has not been picked up at the scheduled program end time, the parent/guardian/group home staff will be contacted. If the participant has not been picked up after a ten minute wait period, emergency contacts will be called. If there is no response from parent/guardian/group home staff/emergency contacts, the police will be called. The participant will be taken into protective custody until a parent or guardian can be located. When a late pickup occurs, a Late Pick-Up form will be initiated with the incidents, reminders, and parent/guardian signatures documented. One written reminder per season will be given with no penalty fee. Additional incidents will cause a penalty fee of \$5 for every cumulative five minutes late. The fee must be paid in full before registering for future programs.

2. Programs may be cancelled due to inclement weather. When a program is cancelled, one re-scheduled date will be arranged if possible. No credit or refund will be issued.

3. When participants of varying ages and ability levels are in the same program, NISRA will group them appropriately.

4. NISRA provides an approximate 1:4 staff-to-participant ratio. If you are requesting a different ratio, please indicate the reason on your Registration Form.

5. If a participant will be absent, please notify NISRA.

6. If the participant is able to walk or ride a bike home, the parent/guardian must submit notice granting permission, in writing, to the NISRA office prior to the start of the program.

7. If someone other than the participant's parent/guardian will be picking him/her up after a program, a note must be sent for the staff. Staff will not allow a participant to leave with another person without written notice.

8. When arriving to, or departing from a program, please check-in with the staff before you leave or take the participant.

9. If staff observe that it appears unsafe to release a participant to the person picking up after a program, the staff will call a supervisor to determine what other transportation may be possible.

10. While NISRA staff will assist participants with their belongings at programs, NISRA cannot be responsible for lost or stolen property.

Participants should not bring valuables to programs.

11. Consumption of alcohol is not permitted at any NISRA program (this includes adults, ages 21 & older).

12. Behavior Expectations. Although NISRA recognizes that many participants have special behavioral challenges, guidelines have been established to ensure safety and enjoyment of all participants. The Behavior Code of Conduct expects participants to:

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

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

Programs by Age & Ability Level

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

Disability Classifications

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

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

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

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

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

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

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

Inclusion Services

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 Kelly at the NISRA office.

NISRA's Values

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

program & transportation info

Severe Weather Guidelines

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

Hot Weather Guidelines

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

- Temperature is above 95 degrees
- Heat index is 103 degrees or higher

Indoor programs where there is no air conditioning may be canceled at the discretion of the NISRA staff prior to the program or by the Program Leader at the program.

All programs will be canceled when the National Weather Service has issued a Tornado Warning for any of these counties: Lake, Kane, Cook, or McHenry.

Recorded Message for Program Changes

We record a message on our phone system on days when the weather or other factors force a change in the program schedule. Call the NISRA office and dial 3.

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.

Illness Guidelines

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

- Fever over 100 degrees within the last 24 hours
 - Vomiting within the last 24 hours
 - Persistent diarrhea
 - Persistent cough and/or cold symptoms
 - “Pink Eye” (conjunctivitis)
 - Symptoms of mumps, measles, chicken pox, strep throat, flu, impetigo, or Hand, Foot & Mouth Disease
 - Runny nose with yellow or green discharge (indicates infections)
 - Lice or mites present
 - Contagious rash or rash of unknown origin
- You will be contacted immediately to make arrangements for the participant to go home if any of these symptoms are present.

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.

Food & Beverages in NISRA programs

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

facilities

Many of the facilities are unavailable due to COVID-19 or NISRA is not currently offering programs there.

Facilities are subject to change, based upon availability. Changes are sometimes beyond NISRA's control.

Barrington area

Barrington Park District
Fitness & Recreation Center &
Langendorf Park
235 Lions Drive
Barrington
(847) 381-0687

Citizens Park &
Pepper Family Accessible Treehouse
511 Lake Zurich Road
Barrington

Countryside Elementary School
205 West County Line Road
Barrington
(847) 381-1162

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

Cary area

Cary Community Center
255 Briargate
Cary
(847) 639-6100

Hoffman Park
Entrance from West Main Street,
just after passing Jefferson Lane
Cary

Crystal Lake area (incl. Algonquin)

Crystal Bowl
4504 Terra Cotta
Crystal Lake
(815) 459-3636

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

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

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

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

Lippold Park
1251 West Route 176
Crystal Lake

Main Beach
300 Lake Shore Drive
Crystal Lake
(815) 477-5404

McHenry County College (MCC)
Fitness Center
Route 14 & Lucas Road
Crystal Lake
(815) 455-8551

Nunda Township
3510 Bay Road
Crystal Lake
(815) 459-4011

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

Can't make it to the program?

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



Arriving at programs

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

Thank you to all of these facilities for their cooperation and support.

facilities

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

Spoerl Park
7610 Pingree Road
Crystal Lake

Sterne's Woods
5617 East Hillside Road
Crystal Lake

Striker's Hall
100 South Main Street
Crystal Lake

Towne Park
parking lot at west end of
Washington Street
Algonquin

Veteran Acres Park
Route 176 & Walkup Road
Crystal Lake
(815) 459-0680

Woodscrest Park
1420 Willow Tree
Crystal Lake

Dundee area (incl. Carpentersville)

Liberty Lanes
115 Meadowdale
Carpentersville
(847) 428-6446

Rakow Recreation & Fitness Center
Dundee Township Park District
665 Barrington Avenue
Carpentersville
(847) 428-7131

Randall Oaks Park & Barnyard Zoo
17 N 350 Randall Road
Carpentersville

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

Elgin

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

Bowes Creek Golf Course
1250 Bowes Creek Boulevard
Elgin
(847) 214-5880

Hawthorne Hill Nature Center
28 Brookside Drive
Elgin
(847) 531-7009

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

Wing Park
Wing Street, just west of Route 31
Elgin

Hampshire

Hampshire Park District
Recreation Center
390 South Avenue
Hampshire
(847) 683-2690

Harvard

Harvard Pool
607 Galvin Parkway
Harvard
(815) 666-4208

Huntley

HUGS (Huntley Unlimited
Gymnastics School)
10991 Ruth road
Huntley
(847) 659-1675

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

Northwestern Medicine Health &
Fitness Center
10450 Algonquin Road
Huntley
(815) 444-2900

Lake in the Hills

Chesak Elementary
10910 Reed Road
Lake in the Hills
(847) 659-5700

Focus Martial Arts
9342 Virginia Road
Lake in the Hills
(847) 458-0938

Marlowe Middle School
9625 Haligus
Lake in the Hills
(847) 659-4700

Martin Elementary
10920 Reed Road
Lake in the Hills
(847) 659-5300

Sunset Park
5200 Miller Road
Lake in the Hills

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

Marengo

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

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

Marengo Ridge Conservation Area
2411 North Route 23
Marengo

McHenry

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

Palace Bowl
3400 North Richmond
McHenry
(815) 385-8400

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

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

Stade's Farm and Market
3709 Miller Road
McHenry

Wauconda

Farley Accessible Fishing Pier &
Bangs Lake
600 Main Street
Wauconda

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

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

Woodstock

Creekside Middle School
3201 Hercules Road
Woodstock
(815) 337-5200

Emricson Park
South Street, east of Route 14
Woodstock

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

Sheltered Village
600 Borden
Woodstock
(815) 338-6440

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

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

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

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.

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

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Do you want to receive this brochure?

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

NISRA's 13 Members:

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

Thank you for your partnership & commitment to providing meaningful recreation services for people with disabilities.

Para asistencia en Español vea la pagina 3.



*Watch for our Summer brochure,
available April 22.*