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PROSPECT HEIGHTS • RIVER TRAILS • ROLLING MEADOWS

SALT CREEK • SCHAUMBURG • SOUTH BARRINGTON • STREAMWOOD • WHEELING

Winter/Spring 2011 REGISTRATION BEGINS

FRIDAY, DECEMBER 10

REGISTRATION DEADLINE:

TUESDAY, JANUARY 4

NWSRA

NWSRA Board of Trustees

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NWSRA STAFF Administration

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Deb Caruthers, CTRS, CPRP Superintendent of Administrative
Services, ext. 250
Julie ClasenSuperintendent of Recreation
ext. 242
Jayne Finger, CTRS, CPRPSuperintendent of Recreation
ext. 229

Management

Glenn Anastacio..... Manager of Special Recreation
Day Camp Coordinator, ext. 245
Trisha Breitlow, CTRS, CPRP Manager of Special Recreation
Inclusion Services, ext. 260
Sue Huckstadt Manager of Special Recreation
Support Services/Cultural Arts Coordinator, ext. 268
Angie Lee, CPRP Manager of Special Recreation
Special Events Coordinator, ext. 263
JoAnn Snyder, CPRP Manager of Special Recreation
Brochure Coordinator, ext. 247

Coordinators

Barb Bassett, CPRP Operations Coordinator, ext. 241
Rachel DeKeyser, CTRS... Inclusion Coordinator Area IV, ext. 231
Barb Dettman Business Services Coordinator, ext. 251
Andrea Griffin Inclusion Coordinator Area II, ext. 235
Kathy Kretch, CTRS Area III Coordinator, Youth at Risk,
Deaf & Hard of Hearing Contact, ext. 259
Summer Krones Area I Coordinator
Seniors Contact, ext. 228
Mary Mazzaroli, CPRP .. Inclusion Coordinator Area III, ext. 225
Renee Miles, CTRS, CPRP ...Inclusion Coordinator Area I, ext. 230

Jodi SchultzSupport Services Coordinator, ext. 254
Justin Sienkiewicz..... Communications & Grant Coordinator
ext. 244
Kristin ViolanteLeisure Education
Volunteer Coordinator, ext. 248
Theresa WaiteArea IV Coordinator,
Autistic Children & Teens Contact, ext. 243
Valerie Yellin Area II Coordinator, MI Contact, ext. 262

Program Specialists

Ethan Bontly Coordinator for PI/VI Adults, ext. 246
Liz Collins, CPRP Coordinator for MH Children
& Teens, ext. 227
Kat Hamilton.....Coordinator for CD Adults, ext. 236
Daniel Henson.....Coordinator for TMH/S&P, ext. 258
Wesley HubschCoordinator for LD/ED, ext. 257
Dana Kroeger, CTRSCoordinator for Autistic Adults, ext. 239
Allison Kuehlthau Coordinator for Early Childhood, ext. 238
Katie Newport..... Coordinator for EMH/MMI, ext. 237
Greg Zbrzezny.....Coordinator for PI/VI Children
& Teens, ext. 226

Program Specialist I

Jeff Kamp Program Leader, ext. 249

Special Leisure Services Foundation

Brian Selders, CPRP Superintendent of Development, ext. 264
Nanette Sowa Foundation Coordinator, ext. 255

Support Staff

Mary Lou D'AsticeReceptionist, ext. 221
Sherry Gach Administrative Assistant, ext. 267
Sue PaalbalogAdministrative Coordinator, ext. 265
Michele ParadiseRegistration Office Coordinator, ext. 222
Janet Plencner Public Information Coordinator, ext. 232
Zofia Sobkiewicz Registrar, ext. 223



Key to Certifications

CPRP Certified Park & Recreation Professional
CTRS Certified Therapeutic Recreation Specialist

PROGRAM GUIDE

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Key to Abbreviations

| | |
|-------|--|
| ADD | Attention Deficit Disorder |
| AUT | Autism Spectrum |
| CD | Cognitive Disability |
| ED | Emotional Disability |
| EMH | Educable Mentally Disabled |
| HOH | Hard of Hearing |
| LD | Learning Disabled |
| MH | Multiply Disabled |
| MI | Mental Health Needs |
| MMI | Mildly/Moderately Mentally Impaired |
| MN | Multiple Needs |
| PI | Physically Impaired |
| S & P | Severely/Profoundly Disabled |
| SR | Seniors with Special Needs |
| TMH | Trainable Mentally Disabled |
| VI | Visually Impaired |

CELEBRATE ABILITY



NORTHWEST SPECIAL RECREATION ASSOCIATION

Park Central, 3000 W. Central Road, Suite 205, Rolling Meadows, IL 60008

847/392-2848 VOICE 847/392-2855 TTY 847/392-2870 FAX

website: www.nwsra.org

Office Hours: Monday through Friday, 8:30 a.m. - 5:00 p.m., except holidays

After 5:00 p.m., voice mail is available for callers to leave a message.

Phone calls accepted Saturdays during program session, 8:00 a.m. - 1:00 p.m.

MISSION STATEMENT

We exist to provide outstanding opportunities through recreation for children and adults with disabilities.

VALUES

- Respect for each individual
- Dedication to safe and fun programs
- Collaboration for community access
- Commitment to enthusiastic service



VISION STATEMENT

To be a leading force, creating greater options that enrich the life experiences of the participants, families and communities we serve.

Welcome!

Northwest Special Recreation Association (NWSRA) was formed in 1973 to provide a full spectrum of recreation services to individuals with disabilities. NWSRA is a partnership of 17 park districts in the northwest suburbs of Chicago committed to supporting community access to recreation for people with disabilities.

Celebrating Ability has been a long standing theme, creating an atmosphere in programs and in the community to expect the best. Each citizen can participate at their highest level of ability and experience a leisure lifestyle that is self fulfilling. We hope you enjoy the opportunities available.

NWSRA Update

Welcome to Danny Henson, Wesley Hubsch and Kat Hamilton new Program Specialists. Danny is a graduate of Illinois State University with a degree in Therapeutic Recreation. Kat is a graduate of Southern Illinois University in Therapeutic Recreation and just completed her internship with NWSRA. Wesley is also a graduate of Illinois State University with a degree in Recreation and Park Administration.

Congratulations to Glenn and Lindsay Anastacio on the birth of their daughter, Abigail Lynn. Abigail was born on September 28, 2010.

FIT PERKS Program

Attention Fitness Fanatics! NWSRA is excited to launch the **Fit Perks** program. Fit Perks provides incentives for registering for fitness-related programs. Fit Perks members will receive Fit Points for every registration in a Fit Perks eligible program. There are four reward levels that Fit Perks members may attain. For each point level achieved, members will receive a reward.

The Fit Perks reward structure is as follows:

| <u>Point Level</u> | <u>Points</u> | <u>Reward</u> |
|--------------------|---------------|--|
| Rookie | 50 and under | Pedometer |
| Pro | 51-150 | Water Bottle |
| All-Star | 151-250 | Hand Towel |
| Hall of Fame | 251+ | Hall of Fame pin with certificate of achievement |

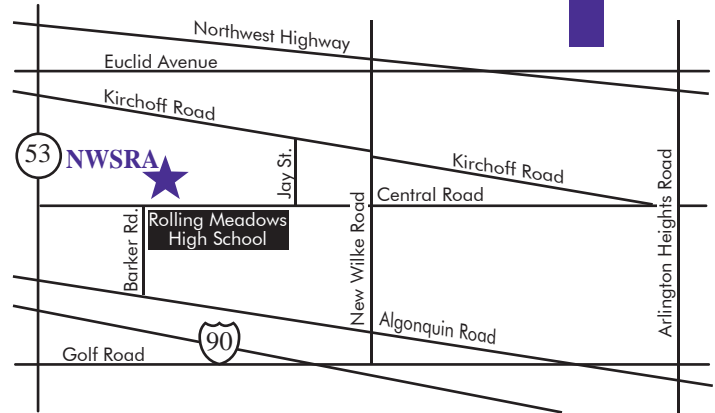
Programs that award Fit Points are indicated in each seasonal brochure by a heart icon in the upper left corner of the program description, along with the number of points assigned to that program. Enrolling in Fit Perks is easy, just sign up for a fitness program that awards Fit Points. After enrolling, make sure to download your copy of the Fit Perks brochure by visiting www.nwsra.org/fitperks.

Congratulations to these Award Winners

The Illinois Park and Recreation Association Community Service Award recognizes those who have made a difference in their communities toward improving parks and recreation. Congratulations to Tom O'Rourke, Palatine Women's Club, Northwest Community Hospital and Rotary Club of Palatine on receiving this outstanding award. All have made a huge impact on NWSRA and its programs, and their dedication is truly appreciated!

Map to the NWSRA office:

Park Central
3000 West Central Road, Suite 205
Rolling Meadows, Illinois 60008



Did You Know?

NWSRA has gift certificates available for that special person in your life. Give the gift of recreation and fun for any occasion.

NWSRA Online Store is now open! Visit www.nwsra.org today to purchase an array of NWSRA merchandise and support SLSF; 15% of all purchases will support SLSF!

NWSRA intends to participate in the Annual Special Recreation Association Art Show held at Bloomingdale Park District Museum. Artists with disabilities will have the opportunity to showcase their art work for the public from April 17 - 26. Please contact Sue Huckstadt for more information regarding hours for the show or to display your art work.

NWSRA Board Meetings

NWSRA Board Meetings are held at the NWSRA office at Park Central, 3000 W. Central Road, Rolling Meadows. The public is welcome to attend. Please call the NWSRA office prior to attending a meeting to confirm the date. If an accommodation is required due to a disability, please contact NWSRA at least 48 hours in advance of the meeting. The winter/spring meeting dates are: January 26, March 16 and May 25, 2011.

NWSRA Summer Brochure & Registration Schedule

The NWSRA summer brochure will be distributed through the mail, schools and facilities between May 2 - 6. If you do not receive a brochure by May 11, please call our office. Summer program dates are tentatively scheduled for June 13 - July 16. The registration deadline for summer programs is Friday, May 27.

Support SLSF and SAVE!

Visit the NWSRA website, click on the Uwantsavings.com link on the bottom of the home page and begin shopping to receive huge discounts on everyday items. SLSF will receive 10% of all items sold to support children and adults with disabilities.

Register Online!

NWSRA is committed to providing you with an easy registration process through mail, fax or online. Now you will be able to browse for programs offered by NWSRA and register for them with secure payment options. NWSRA winter/spring programs will be available online on December 3.

Create an online account now! Here are the three easy steps to get you started:

1. Call the NWSRA office at 847/392-2848 or download the on-line registration form at www.nwsra.org
2. Complete the form and return to the NWSRA office through mail, fax or in person.
3. Wait for your online confirmation to be mailed to you from NWSRA. In the online confirmation, you will receive ONE user name that is shared by all family members and individual participation codes for each member of the family. You will use these numbers in the online registration site.

Each fall, participants are required to complete the two page NWSRA registration form, which can be mailed, faxed or brought to the NWSRA office. Once the completed two page NWSRA registration form has been received and you have completed the three easy steps above, you will be able to register for programs online. Visit the website at www.nwsra.org for more details.

FOUR WAYS TO REGISTER!



Mail In

Northwest Special Recreation Association
3000 West Central Road, Suite 205
Rolling Meadows, IL 60008-2551
American Express, Discover, MasterCard, Visa
Make check payable to:
Northwest Special Recreation Association



Drop Off

Northwest Special Recreation Association
3000 West Central Road, Suite 205
Rolling Meadows, IL 60008-2551
2nd floor
American Express, Discover, MasterCard, Visa
Make check payable to:
Northwest Special Recreation Association



Fax

847/392-2870
American Express, Discover, MasterCard, Visa
Call to insure receipt of fax.



Online

www.nwsra.org
MasterCard and Visa

PROGRAM HIGHLIGHTS

Introducing U.S. Paralympic Sports

NWSRA is now a part of the Northern Illinois Paralympic Sport Club. This is a cooperative grass-roots program designed to introduce Paralympic sports to young emerging athletes at a local level. Paralympic Sport Clubs are community-based organizations that involve youth and adults with physical and visual disabilities in sports and physical activity, regardless of skill level. For more information on participating or becoming a volunteer coach, contact Ethan C. Bontly, ext. 246 or ebontly@nwsra.org.

Program offerings:

- **8923 U.S. Paralympic Sports Club Training p. 19**
- **1929 Sled Hockey p. 19**
- **8864 Wheelchair Tennis p. 19**



NWSRA

WEEKS OF PLAY

WINTER SESSION:

**Tuesday, January 18 through
Saturday, March 5**

**Not: January 27, 28, 29
February 21**

SPRING SESSION:

**Monday, April 11 through
Saturday, May 14**

Not April 22, 23

Registration Begins

Friday

December 10 at 9:30 a.m.

Registration Deadline

Tuesday

January 4 at 5:00 p.m.

**The NWSRA office
will be closed:**

Friday, April 22

Saturday, April 23

**Please see registration policies
and procedures at the back
of the brochure.**

Transportation

- ◆ A minimum of two people must be registered at each pick up and drop off location in order for the location to be utilized.
- ◆ Transportation times for all programs may change based on enrollment and/or last minute facility changes.
- ◆ All individuals transported while in a wheelchair must have a seat belt system that secures them into their wheelchair and brakes that are in good working order. If a participant is in need of a seat belt system, NWSRA will provide one for program use only.
- ◆ Individuals using tri-wheelers must transfer into a bus seat as they cannot be safely secured while in the tri-wheeler.
- ◆ Door-to-door transportation is provided for in district residents only.
- ◆ Individuals may be assisted by NWSRA staff to and from the door of their residence if there are no other individuals in the van or a second staff is available. NWSRA staff are not permitted to enter the individuals' residence at any time. NWSRA staff may not lift, carry or transport an individuals' assistive

PARENT/GUARDIAN RESPONSIBILITIES

- ◆ When arriving at or departing from a program, please CHECK-IN with the NWSRA staff.
- ◆ Please help us keep track of your child's belongings by labeling all items, including clothing. Please contact NWSRA to inquire about lost and found items. NWSRA can not be responsible for lost or stolen items.
- ◆ Parents/guardians are responsible for informing teachers and/or transportation departments of the participant's NWSRA programs after school or workshop.
- ◆ If a participant may walk or ride a bike home, a written notice, signed by the parent/guardian, must be sent to the NWSRA office prior to the start of the program.
- ◆ Head instructors must be notified in advance, by a written notice if someone new/unfamiliar to the NWSRA staff will be picking up the participant after a program.
- ◆ NWSRA provides a snack for your child in many of our programs. If your child has dietary restrictions, you may send your own snack or call the

NWSRA office to make arrangements for a snack suitable for your child's needs.

- ◆ Please contact the NWSRA office if your child will be absent from a program.

Please Register On Time!

Please help us be ready for programs by registering by the deadline. In order to have staff hired, trained and ready for each program, we must know who and how many are registered at least two weeks in advance.

Late Policy

Running late? Parents/guardians should adhere to scheduled pick up and drop off times. Parents/guardians must provide supervision until the scheduled start time as stated in the brochure. Staff are not available to provide supervision prior to the start of programs due to preparations for program. Please be on time picking up your child as staff may have other work responsibilities following the program. The staff appreciates your cooperation in this matter.

Late fees

When parents are late picking up their child, a fee of \$1.00 per minute will be charged.

PROGRAM INFORMATION

transportation device to any vehicle other than a NWSRA vehicle.

- ◆ The Child Passenger Protection Act of the Illinois Vehicle Code requires that children under the age of 8 be transported in an approved Child Safety Seat in certain vehicles. Parent/Guardian will be notified if there is a need to provide a Child Safety Seat for your child. Children under 8 years of age will not be transported if the parent/guardian does not provide a Child Safety Seat. For further information, please contact Barb Bassett at 847/392-2848, ext. 241.
- ◆ If transportation presents a problem, please contact NWSRA and a staff will try to help parents pool their transportation resources.

Class Size

Depending upon the activity, most programs have a minimum or maximum size. Programs may be cancelled or postponed if adequate registration is not met. When children of various ability and age levels are enrolled in the same program, NWSRA will group them according to age and ability.

Staff Ratios in Programs

NWSRA programs are staffed according to the needs and abilities of participants as well as the nature of a particular program. Most programs have one staff to approximately four participants. Closer staff to participant ratios are typically for

those individuals or groups which have more involved needs/behavior issues. These ratios are arranged through manager or superintendent approval. Refer to the program description for specific information.

Parent/Guardian Visitation Week

NWSRA invites parents/guardians to observe their child's participation in activities during the last week of programs each session. If you desire additional observation, please discuss with the head instructor or contact NWSRA.

Who is the Program Leader?

NWSRA attempts to secure and place leaders at each program as soon as adequate registration is received. To find out leader's name, or other information, please call one week before the program starts.

Suggested Programs

Some of NWSRA's programs and special events listed in the brochure are suggested for certain age groups and disability classifications to help ease your selection for programs. NWSRA will determine appropriate program placement if necessary.

Program Cancellation ~ Severe Weather Guidelines

Parents/guardians will be notified if a program is cancelled due to severe weather conditions. Please see page 7 for severe weather guidelines.

NWSRA ~ Member Park District INCLUSION PROCESS

NWSRA and its member park districts believe that all individuals should be provided with leisure opportunities that allow for performance at their highest level of ability. Although many people achieve this through participation in an NWSRA program, others may have greater success in a park district activity. NWSRA and its member park districts adhere to the following basic principles when providing accommodations to allow for successful inclusion of individuals with disabilities in park district activities.

Principles of Inclusion

1. The interests and needs of the individual participant will be addressed.
2. The concerns of the parents/guardians will be taken into account.
3. The member park district and staff will be given full support by NWSRA.
4. Options will be made available to individuals with disabilities.
5. The NWSRA Board will determine, as necessary, the provision of resources for inclusion services.

The Inclusion Process Is Simple!

To begin, simply register for the program of choice through the park district, or contact NWSRA. Park districts are welcoming people with disabilities into recreation programs. Please indicate the disability and any accommodations for participation on the park



district registration form. NWSRA has a formal inclusion process that is followed for each situation. The NWSRA inclusion staff will provide guidance, training, equipment, resources, and/or staff as necessary to ensure success for the person with a disability.

For more information on the inclusion process, contact the NWSRA Manager of Inclusion Services, Trisha Breitlow at 847/392-2848, ext. 260.

NWSRA ADDITIONAL SERVICES

Audiotaped Brochures

A copy of this brochure is available in alternate form upon request. Please contact the NWSRA office if you would like to receive any portion of the brochure in audio format. Forty-eight hours notice is required.

8000 - In - Home Programming

\$10.00 per program visit. NWSRA is offering a 1:1 program for those who, due to their disability, are unable to participate in NWSRA programs in the community. A full-time staff member will do an initial home visit to assess the individual's needs and interests. If in-home programming is determined to be the most appropriate option, a part-time staff member will be scheduled to make one hour visits on a regular basis to introduce a variety of activities that are of interest to the individual. For more information call Jodi Schultz at 847/392-2848 ext. 254 (maximum 4 individuals per session).

NWSRA Lending Closet

NWSRA has specialized equipment such as bowling ramps, five pound bowling balls, guide rails and a handle grip bowling ball available for loan on a prearranged basis. The loan may have a time limit due to the number available and its regular program usage. A \$25.00 refundable deposit is required at the time of pick up. Please call the NWSRA office to reserve equipment.

Accessible Fitness Centers

Bartlett Community Center and Prairie Stone Fitness Center has a section of the fitness center equipped with wheelchair accessible exercise machines.

Speakers Bureau

NWSRA staff members are available to speak to parent, teacher, social service, or other community groups about NWSRA's available services and programs. Call Jayne Finger at 847/392-2848, ext. 229 to obtain a Speakers Bureau Brochure.

Accessible Swimming Pool Information

Area pools equipped with lifts include The Water Works in Schaumburg, Olympic Indoor Swim Center in Arlington Heights, RecPlex in Mt. Prospect, The Pavilion in Elk Grove Village, Harper College in Palatine and Park Place in Streamwood. Individuals should contact the involved park district facility or NWSRA if use of the lift is desired. See Open Swim information on page 8 for complete pool information.

Facilities Provided

NWSRA residents with special needs desiring to secure a park district facility for a support group meeting or other purpose may call the NWSRA office and a staff will try to help.

Free ½ Hour Recreation Counseling

NWSRA staff are available to conduct half hour private meetings to discuss recreation and leisure opportunities for individuals with special needs. Interested persons may contact NWSRA to schedule an appointment.

ADA Compliance

The Northwest Special Recreation Association will comply with the Americans with Disabilities Act (ADA), which prohibits discrimination in the provision of programs, services or activities to individuals with disabilities. Programs in our brochure are suggested for certain age groups and disability classifications so that programs can be designed to meet specific needs. However, any individual desiring to participate in a program not suggested for his or her age or disability group, may contact our staff at 847/392-2848. Every attempt at reasonable accommodation will be made so that the individual may participate in the desired program. If you have any questions about the NWSRA policy regarding ADA, or believe you have been unfairly discriminated against in the provision of programs, services or activities of the Northwest Special Recreation Association, please contact ADA Compliance Officers, Julie Clasen or Jayne Finger at 847/392-2848. A procedure is available to you for the prompt resolution of your complaint against NWSRA.

Participant Expectations

1. Participants must have bowel and bladder control or arrive at the program wearing Depends or similar items under clothing. If this is a concern, please contact the NWSRA office.
2. Overall appearance should be clean (hair, face, teeth, hands, nails, etc.).
3. Clean, dry clothing.
4. Appropriate attire for program participation and weather conditions.

Behavior Code of Conduct

NWSRA participants are expected to exhibit appropriate behavior at all times. The following guidelines have been developed to help make NWSRA programs safe and enjoyable for all participants. Additional rules may be developed for particular programs and athletic leagues as deemed necessary by staff.

Participants will:

1. Show respect to all participants and staff, take direction from staff.
2. Refrain from using abusive or foul language.
3. Refrain from causing bodily harm to self or others.
4. Show respect to equipment, supplies and facilities.
5. Refrain from kissing, inappropriate touching/hugging.

Discipline:

A positive approach will be used regarding discipline. Staff will periodically review rules with participants during the program session. If inappropriate behavior occurs, prompt resolution will be sought specific to each individual situation. NWSRA reserves the right to dismiss a participant whose behavior endangers the safety of himself or others.

When Illness Occurs

In consideration of other participants and the NWSRA staff and to prevent the spread of contagious illnesses, it is recommended that participants refrain from attending programs when any of the following conditions exist:

1. Fever of 100 degrees or higher.
2. Vomiting within the last 24 hours.
3. Persistent diarrhea in conjunction with other symptoms.
4. Contagious rash or a rash of unknown origin.
5. Persistent cough and/or cold symptoms.
6. "Pink eye" (conjunctivitis) or discharge from the eye.
7. Symptoms of mumps, measles, chicken pox, strep throat, flu, impetigo, or coxsackie virus.
8. Runny nose with yellow or green discharge (which indicates infection).
9. Lice or mites present.
10. Fatigue, due to illness, that will hinder participation and enjoyment in the program.

Please notify the NWSRA office if the participant contracts any contagious illness that will affect his/her attendance at the program. Participants should return to programs at the doctor's recommendation, or, if not under a doctor's care, when the symptoms have clearly passed.

Lost and Found items

Occasionally items are found at NWSRA programs. If you are missing any items from the past season, please call Jeff Kamp at 847/392-2848, ext. 249 to claim them. Lost and found items must be claimed by Monday, January 10, 2011.

Employment Opportunities

NWSRA is currently seeking staff to assist individuals with disabilities in NWSRA weekly programs and work 1:1 with individuals included in regular park district programs. Morning, afternoon and evening hours are available, Monday through Sunday. If you or someone you know is interested, please call Sue Huckstadt at 847/392-2848, ext. 268.

Severe Weather Guidelines

In the event of severe weather, NWSRA may be forced to cancel programs. The following guidelines will be used to determine cancellation:

Severe Cold Weather

- **Outdoor programs:**
0° or/in combination with wind chill of 0° or less.
- **Programs with transportation:**
For non-ambulatory routes: 0° or/in combination with wind chill of -10° or less.
For ambulatory routes: Temperature range of -10° or/in combination with wind chill of -20° or less.
- **All programs (including indoor):**
Snowstorm situations when driving restrictions (winter storm or blizzard warning in which authorities have advised not going out unless necessary) and emergency accident plans (state and local police) are in effect.

#0001 OPEN FAMILY SWIM

OPEN SWIM POLICY: The Open Family Swim program is an extended benefit for the families of NWSRA program participants. To qualify for the discounted pass, a family member must have participated in an NWSRA program within the last year. Qualifying NWSRA programs include: Special Events, Weekly Programs, Special Olympics, Day Camp, Leisure Education, Clubs, and Trips. Proof of disability is required. There is a \$5.00 replacement fee for lost or stolen passes.

SWIM PASS FEE: \$250.00 for up to five immediate family members. The swim pass fee is an annual fee and cannot be pro-rated if purchased in the middle of the year.

The following open swim times are available for **individuals with special needs and their immediate family members living at the same address within an NWSRA member park district.** The purpose of offering these open swims is to give our residents an opportunity to swim in a park district pool during a light use time. Most of the times listed are also available to park district residents. The times listed below are the **ONLY** times when an NWSRA swim pass will be honored. **The individual with the disability must be present in order for the family to utilize the pass.** Purchasing an NWSRA swim pass will allow you and your family to swim during all of the times listed. This pass does not replace the park district swim pass. If these times are inconvenient for you, or if you are interested in swimming at additional times, we encourage you to purchase a swim pass through your local park district. If extended family members or friends wish to attend open swim, they must pay the daily fee.

Open Swim Supervision

NWSRA staff members are not present during open swim times. Park district lifeguards are on duty, but are not familiar with each individual swimmer's special needs. Supervision of the open swim participants is the responsibility of the parents or guardians. If a swimmer has any conditions warranting safety concerns such as seizures, NWSRA recommends that the lifeguards and/or pool manager on duty be informed of the situation, and that a Coast Guard approved personal flotation device (PFD) be considered for the swimmer.

Purchasing A Swim Pass

Please complete the family registration form at the back of the brochure, including names & birth dates of a maximum of **five immediate family members who will be attending the open swim.** NWSRA will send a family swim pass after the registration form and fee is received. The fee covers up to five

members of a family from June 1, 2010 through May 31, 2011. The swim pass must be shown at each open swim. Swim passes are non-transferable and are not available to non-residents. Financial assistance is not available for swim passes.

Lifts/Accessibility

Pools that have lifts and are accessible to individuals who use wheelchairs are listed below under *additional information.

Personal Flotation Devices

If the use of a personal flotation device (PFD) is required for safety during park district open or public swim time, please call the appropriate park district to ask what requirements, if any, they have regarding PFDs. Please see the special notice section at the back of the brochure for further information about use of PFDs.

Swim times and pools vary from season to season. Refer to the current season's NWSRA brochure or the park district web site for valid hours of use and pool locations.

| Day | Time | Location | *Additional Info. |
|---|---|--|-------------------|
| Fridays Saturdays & Sundays | 5:00 - 7:30 p.m. 1:00 - 4:30 p.m. | Arctic Splash Central Aquatics Center • 333 W. Dundee Rd. • Wheeling 847/465-7675 | 6,8 |
| Fridays Saturdays & Sundays | 7:00 - 9:00 p.m. 1:30 - 4:00 p.m. | Buffalo Grove Aquadome • 1100 W. Dundee Rd. • Buffalo Grove 847/459-2310 (Buffalo Grove High School - North end of building) | |
| Mondays & Wednesdays Tuesdays & Thursdays Fridays Saturdays Sundays | 12:00 - 2:00 p.m. 7:00 - 8:30 p.m. 4:00 - 7:00 p.m. 3:00 - 7:00 p.m. 3:00 - 6:00 p.m. | Jack Claes Pavilion Pool • 1000 Wellington Ave. • Elk Grove Village 847/593-6248 (Pavilion only) | 2,5,6,8 |
| Tuesdays Saturdays & Sundays | 7:00 - 9:00 p.m. 3:00 - 5:00 p.m. | Olympic Indoor Swim Center • 660 N. Ridge St. • Arlington Heights 847/577-3025 | 5,6,8 |
| Tuesdays & Thursdays Fridays Saturdays & Sundays | 6:30 - 8:30 p.m. 4:00 - 6:00 p.m. 1:00 - 6:00 p.m. | Park Place Aquatic Center • 550 S. Park Blvd. • Streamwood 630/372-7275 | 2,5,6,8 |
| Mondays thru Fridays Saturdays Sundays | 1:00 - 3:00 p.m. 4:00 - 6:00 p.m. 2:00 - 4:00 p.m. | Prairie Stone Sports & Wellness Center • 5050 Sedge Blvd. • Hoffman Estates 847/645-1900 | 4,5,7,8 |
| Fridays Saturdays Sundays | 7:00 - 9:00 p.m. 2:00 - 7:45 p.m. 2:00 - 4:45 p.m. | RecPlex • 420 W. Dempster St. • Mt. Prospect 847/640-1000 | 1,2,5,8 |
| Mondays, Wednesdays & Fridays Fridays Saturdays & Sundays | 10:30 a.m. - 1:00 p.m. 6:30 - 9:00 p.m. 1:00 - 7:00 p.m. | Splash Central Aquatics Center • 700 S. Bartlett Rd. • Bartlett 630/540-4800 | 2,4,5, 6,8 |
| Mondays thru Thursdays Fridays Saturdays & Sundays | 5:30 - 8:00 p.m. 4:00 - 8:00 p.m. 12:00 - 5:00 p.m. | The Water Works • 505 N. Springinsguth Rd. • Schaumburg 847/490-2505 | 2,5,6,8 |

*Additional Information

1. Fridays are Family Float Night. Bring a float and enjoy an evening of floating or just paddling around!
2. Lift is available.
3. Accessible ramp is available. Please call ahead for use and allow 20 minutes for staff to set up.
4. Zero depth entry for easy access into pool.
5. Pool and locker rooms are accessible.
6. Zero depth entry for activity pool only.
7. Lifeguards are not on duty during this open swim time.
8. Family locker room available.

SWIMMING

| Program # | Day | Suggested Group/Age | Time | Dates | | Location | Fee | | Total Fee |
|---|------|---------------------|-------------------|-------------------------|-------------------------|--|---------|---------|-----------|
| | | | | Winter | Spring | | Winter | Spring | |
| 1050 Level 2 | Mon. | 8 - 18 years | 7:30 - 8:00 p.m. | 1/24 - 2/28 Not 2/21 | 4/11 - 5/9 | Olympic Indoor Swim Center Arlington Heights | \$26.25 | \$26.25 | \$52.50 |
| 1052 Level 3 | Mon. | 8 - 18 years | 8:00 - 8:30 p.m. | 1/24 - 2/28 Not 2/21 | 4/11 - 5/9 | Olympic Indoor Swim Center Arlington Heights | \$26.25 | \$26.25 | \$52.50 |
| 1060 Swim Team Max. 25 | Mon. | 8 years & older | 7:30 - 8:30 p.m. | 1/24 - 2/28 Not 2/21 | 4/11 - 5/9 | Olympic Indoor Swim Center Arlington Heights | \$36.50 | \$27.50 | \$64.00 |
| NOTE: Swim meets: February 5, WDSRA and March 19, District Meet. Fee includes meet entry fees. | | | | | | | | | |
| 1062 Swim Team Extended | Mon. | 8 years & older | 7:30 - 8:30 p.m. | | 5/16 - 6/6 Not 5/30 | Olympic Indoor Swim Center Arlington Heights | | \$16.50 | \$16.50 |
| 8381 Lesson & Fitness | Wed. | 16 years & older | 7:30 - 8:30 p.m. | 1/19 - 3/2 | 4/13 - 5/11 | South Barrington Park District | \$38.50 | \$27.50 | \$66.00 |
| 1140 Level 1~2 | Sat. | 3 - 7 years | 9:00 - 9:30 a.m. | 1/22 - 3/5 Not 1/29 | 4/16 - 5/14 Not 4/23 | Park Place Family Recreation Center Streamwood | \$31.50 | \$21.00 | \$52.50 |
| 1150 Level 1~2 | Sat. | 8 - 12 years | 9:15 - 9:45 a.m. | 1/22 - 3/5 Not 1/29 | 4/30 - 5/14 | The Water Works Schaumburg | \$31.50 | \$15.75 | \$47.25 |
| 1180 Level 1 | Sat. | 3 - 7 years | 9:15 - 9:45 a.m. | 1/22 - 3/5 Not 1/29 | 4/16 - 5/14 Not 4/23 | Kirk School Palatine | \$31.50 | \$21.00 | \$52.00 |
| 1170 Level 1~2 | Sat. | 8 - 12 years | 12:45 - 1:15 p.m. | 1/22 - 3/5 Not 1/29 | 4/16 - 5/14 Not 4/23 | Kirk School Palatine | \$31.50 | \$21.00 | \$52.00 |
| 1190 Level 1 | Sat. | 3 - 7 years | 1:20 - 1:50 p.m. | 1/22 - 3/5 Not 1/29 | 4/16 - 5/14 Not 4/23 | Kirk School Palatine | \$31.50 | \$21.00 | \$52.00 |

SPECIAL NOTE: Please refer to Special Notice Section at the back of the brochure regarding swim programs.

Individual Lessons

| | | | | | | | | | |
|--------------------------|--------|-----------------|------------------|-------------------------|-------------|--|---------|---------|----------|
| 1011 Maximum 8 | Mon. | 4 years & older | 4:00 - 6:00 p.m. | 1/24 - 2/28 Not 2/21 | 4/11 - 5/9 | Kirk School Palatine | \$62.50 | \$62.50 | \$125.00 |
| 1020 Maximum 4 | Tues. | 4 years & older | 6:00 - 7:00 p.m. | 1/18 - 3/1 | 4/12 - 5/10 | Kirk School Palatine | \$87.50 | \$62.50 | \$150.00 |
| 1010 Maximum 4 | Wed. | 4 years & older | 6:30 - 8:30 p.m. | 1/19 - 3/2 | 4/13 - 5/11 | Park Place Family Recreation Center Streamwood | \$87.50 | \$62.50 | \$150.00 |
| 1013 Maximum 8 | Thurs. | 4 years & older | 4:00 - 6:00 p.m. | 1/20 - 3/3 Not 1/27 | 4/14 - 5/12 | Arctic Splash Aquatics Center Wheeling | \$75.00 | \$62.50 | \$137.50 |
| 1012 Maximum 8 | Thurs. | 4 years & older | 4:30 - 6:30 p.m. | 1/20 - 3/3 Not 1/27 | 4/14 - 5/12 | Kirk School Palatine | \$75.00 | \$62.50 | \$137.50 |
| 1051 Maximum 4 | Thurs. | 8 - 15 years | 6:45 - 7:15 p.m. | 1/20 - 3/3 Not 1/27 | 4/14 - 5/12 | RecPlex Mt. Prospect | \$75.00 | \$62.50 | \$139.50 |

**Please state your preferred times on registration form.
You will be called before the program with your time confirmation.**

NWSRA swim programs are designed for specific age groups and skill abilities. Instructors are supervised by a Water Safety Instructor. NWSRA maintains records on swim classes so it is not necessary to evaluate children who participated in the previous session for skill placement. Other individuals must be evaluated to assure proper instruction. See below for course descriptions to ensure proper placement. For further information regarding swim programs, please refer to Special Notice Section at the back of the brochure.

Open Family Swim

Designed for family fun! An NWSRA swim pass is required. For information, please refer to the open swim page.

Level 1

Introduction to Water Skills

Designed to familiarize the swimmer with the aquatic environment. We will introduce front and back floating, beginning arms, blowing bubbles, and going under water. Safety skills are introduced in conjunction with skill development.

Appropriate classes: 1140, 1150, 1170, 1180, 1190, 8381

Level 2

Fundamental Aquatic Skills

Develop skills for unsupported floating with kicks, rhythmic breathing, jumping into pool, and beginning stroke development are the focus for this class. Swimmers will be grouped according to age and specific swim skills.

Appropriate classes: 1050, 1140, 1150, 1170

Level 3

Stroke Development

Improving skill competency is emphasized at this level. It will include deep water work, elementary back stroke, rhythmic breathing, breast stroke, and survival float. This class will provide lead-up skills for swim team.

Appropriate classes: 1052

Individual Swim Lessons

Swim instructor will work 1:1 with each child, teaching a 1/2 hour lesson at his or her ability level. Lessons may be held in conjunction with other NWSRA or park district swim lessons and therefore are not private. Parents must be flexible as to when they can attend within the time frame given.

Appropriate classes: 1010, 1011, 1012, 1013, 1020, 1051

♥Swim Team/Swim Team Extended

Fit Perks ~ 2 Points

Participants must be able to swim 25 yards using freestyle swim technique unassisted to meet prerequisites for this program. The first week all members will be skill tested for appropriate placement. The improvement of swim strokes and endurance is emphasized in this program. The NWSRA Swim Team participates in competitions throughout the season.

Appropriate class: 1060/1062

♥Aqua Exercise

Fit Perks ~ 2 Points

Please refer to the Adult PI/VI section for more information.

NOTES

1. Limited pool space available. Maximum 5 at The Water Works, Schaumburg. Maximum 6 at Kirk School.
2. Participants wearing diapers must wear snug fitting rubber pants over diapers in the pool and bring diapers designed for swimming.
3. No swim programs provide transportation unless indicated by head instructor.

BOWLING

Bowling programs are developed for a fun, social experience, while instructors give bowling points and tips. If a structured lesson is desired, please consult with the instructor. In large programs, participants will be assigned to lanes according to their age, skill and ability level. Please do not bring outside food or snacks to the bowling alley as most of the bowling alleys do not allow it. Participants may bring money to purchase a snack at the bowling alley.

| Prog. # | Day | Suggested Group/Age | Time | Dates | |
|--|------------|--|-------------------------|-------------------------|-------------------------|
| | | | | Winter | Spring |
| 1300 Max. 15 | Mondays | AUT/MH S&P/TMH 16 - 21 years | 3:30 - 5:00 p.m. | 1/24 - 2/28 Not 2/21 | 4/11 - 5/9 |
| 2600 Max. 36 | Mondays | EMH/MMI Teens CD Adults 16 years & older | 3:30 - 5:00 p.m. | 1/24 - 2/28 Not 2/21 | 4/11 - 5/9 |
| <i>NOTE: On January 24 program will meet at Arlington Lanes.</i> | | | | | |
| 1310 Min. 4 | Tuesdays | All special ed. students 7- 22 years | 3:15 - 5:15 p.m. | 1/18 - 3/1 | 4/12 - 5/10 |
| 1590 Min. 4 | Tuesdays | All special ed. students 10 - 16 years | 3:30 - 5:15 p.m. | 1/25 - 3/1 Not 2/22 | 4/12 - 5/10 |
| 1210 Min. 3 | Wednesdays | EC 3 - 7 years | 6:00 - 7:15 p.m. | 1/19 - 3/2 | 4/13 - 5/11 |
| 1260 Min. 4 | Thursdays | All special ed. students 8 - 14 years | 4:00 - 5:45 p.m. | 1/20 - 3/3 Not 1/27 | 4/14 - 5/12 |
| 1350 | Fridays | MI Adults 18 years & older | 10:30 a.m. - 12:00 p.m. | 1/21, 2/4, 2/18, 3/4 | |
| 2624 Max. 24 | Fridays | CD Adults 21 years & older | 3:15 - 4:45 p.m. | 1/21 - 2/25 Not 1/28 | 4/15 - 5/13 Not 4/22 |
| 1280 Max. 12 | Fridays | All special ed. students 6 - 21 years | 3:30 - 5:00 p.m. | 1/21 - 3/4 Not 1/28 | 4/15 - 5/13 Not 4/22 |
| 1400 Max. 21 | Fridays | All 18 years & older | 3:30 - 5:00 p.m. | 1/21 - 3/4 Not 1/28 | 4/15 - 5/13 Not 4/22 |
| <i>NOTE: Fee includes an awards party in the spring.</i> | | | | | |
| 1320 Max. 10 | Saturdays | All 8 years & older | 1:30 - 3:30 p.m. | 1/22 - 3/5 Not 1/29 | 4/16 - 5/14 Not 4/23 |
| 2820 Max. 8 | Saturdays | PI/VI 8 years & older | 1:30 - 3:30 p.m. | 1/22 - 3/5 Not 1/29 | 4/16 - 5/14 Not 4/23 |
| <i>NOTE: Cosmic bowl may take place on certain weeks during this program time.</i> | | | | | |
| 2260 Max. 8 | Saturdays | PI/VI 8 years & older | 1:30 - 3:30 p.m. | 1/22 - 3/5 Not 1/29 | 4/16 - 5/14 Not 4/23 |
| 1340 Max. 36 | Saturdays | All Teens & Adults 16 years & older | 2:00 - 4:00 p.m. | 1/22 - 3/5 Not 1/29 | 4/16 - 5/14 Not 4/23 |
| <i>NOTE: Cosmic bowl may take place on certain weeks during this program time.</i> | | | | | |

For programs offering pick up/drop off points, please refer to page 5 for transportation information. The door-to-door transportation provided for programs 2260 & 2820 is for residents only and space on vans is limited. Please indicate on registration form if door-to-door transportation is desired for programs 2260 & 2820. **All bowling programs include 2 games of bowling unless otherwise stated.**

| Location | Transportation | Fees | | Total Fee | |
|--------------------------------------|--|--|--|--|---|
| | | Winter | Spring | | |
| Arlington Lanes | Fr: Kirk School, Pal. To: Meineke Recreation Center, Schaum. Alcott Center, Buffalo Grove NWSRA/Park Central, R.M. Lions Recreation Center, M.P. | 3:00 p.m. 5:30 p.m. 5:30 p.m. 6:00 p.m. 6:00 p.m. | \$48.75 Add \$11.25 for drop off | \$48.75 Add \$11.25 for drop off | \$97.50 Add \$22.50 for drop off |
| AMF Rolling Meadows | Fr: Countryside Workshop, Pal. Avenues, Wh. To: Meadows, R.M. Alcott Center, B.G. Meineke Recreation Center, Schaum. NWSRA/Park Central, R.M. | 2:15 p.m. 2:45 p.m. 5:15 p.m. 5:30 p.m. 5:45 p.m. 6:00 p.m. | \$50.00 Add \$11.25 for drop off | \$50.00 Add \$11.25 for drop off | \$100.00 Add \$22.50 for drop off |
| Arlington Lanes | Fr: Miner School, A.H. New Connections Academy, Pal. To: NWSRA/Park Central, R.M. | 2:15 p.m. 2:45 p.m. 5:45 p.m. | \$70.00 Add \$14.00 for drop off | \$50.00 Add \$10.00 for drop off | \$120.00 Add \$24.00 for drop off |
| Arlington Lanes | Fr: Sundling Jr. High, Pal. Winston Campus, Pal. Learning Academy, R.M. To: NWSRA/Park Central, R.M. | 2:30 p.m. 2:45 p.m. 3:15 p.m. 5:45 p.m. | \$50.00 Add \$10.00 for drop off | \$50.00 Add \$10.00 for drop off | \$100.00 Add \$20.00 for drop off |
| Arlington Lanes | No | | \$54.25 | \$38.75 | \$93.00 |
| Arlington Lanes | Fr: Riley School, A.H. Jack London School. Wh. To: NWSRA/Park Central, R.M. | 3:15 p.m. 3:30 p.m. 6:15 p.m. | \$60.00 Add \$12.00 for drop off | \$50.00 Add \$10.00 for drop off | \$110.00 Add \$22.00 for drop off |
| Elk Grove Bowl | Fr: NWSRA/Park Central, R.M. Kenneth Young, E.G.V. To: Kenneth Young, E.G.V. NWSRA/Park Central, R.M. | 10:00 a.m. 10:15 a.m. 12:15 p.m. 12:30 p.m. | \$48.00 | None | \$48.00 |
| AMF Rolling Meadows | Fr: Clearbrook Day Training, Schaum. Clearbrook Workshop, Pal. | 2:30 p.m. 3:00 p.m. | \$50.00 | \$40.00 | \$90.00 |
| Streamwood Bowl | No | | \$46.50 | \$31.00 | \$77.50 |
| Streamwood Bowl | No | | \$51.00 (3 games) | \$44.00 (3 games) | \$95.00 |
| Poplar Creek Bowl Hoffman Estates | No | | \$51.00 (3 games) | \$34.00 (3 games) | \$85.00 |
| AMF Rolling Meadows | Door-to-door Transportation Available | | \$46.50 Add \$34.50 for trans. | \$31.00 Add \$23.00 for trans. | \$77.50 Add \$57.50 for trans. |
| Poplar Creek Bowl Hoffman Estates | Door-to-door Transportation Available | | \$46.50 Add \$34.50 for trans. | \$31.00 Add \$23.00 for trans. | \$77.50 Add \$57.50 for trans. |
| AMF Rolling Meadows | No | | \$51.00 (3 games) | \$34.00 (3 games) | \$85.00 |

CULTURAL ARTS

Program Schedule

Monday

| | |
|---------------------|--|
| Stages of Acting | 7:00 - 8:00 p.m. |
| Guitar Lessons | 7:00 - 7:30 p.m. & 7:30 - 8:00 p.m. |
| Acting Through Life | 8:05 - 9:05 p.m. |

Tuesday

| | |
|--------------------------------|------------------|
| Rhythmic Movement | 5:00 - 6:00 p.m. |
| Take Your Best Shot | |
| Photography Class (p. 25 & 34) | 6:30 - 8:00 p.m. |
| Artists in Bloom | 7:00 - 8:00 p.m. |
| Sign & Sing | 7:00 - 8:00 p.m. |

Wednesday

| | |
|------------------------------|--|
| Dandy Dancers | 6:00 - 6:50 p.m. & 7:00 - 7:50 p.m. |
| Drum Lessons | 6:15 - 6:45 p.m. & 8:10 - 8:40 p.m. |
| Breaking Grounds in Drumming | 7:00 - 8:00 p.m. |
| Guitar Lessons | 7:00 - 7:30 p.m. & 7:30 - 8:00 p.m. |
| Social Dance Craze (p. 29) | 8:00 - 9:00 p.m. |

Thursday

| | |
|------------------|------------------|
| Artists in Bloom | 7:00 - 8:00 p.m. |
|------------------|------------------|

Friday

Saturday

| | |
|---------------------|--|
| Piano Lessons | 8:45 a.m. - 2:00 p.m. (Thirty minute private lessons) |
| Art Sampler (p. 32) | 2:00 - 3:15 p.m. & 3:15 - 4:45 p.m. |

8472 Stages of Acting

Jump into the act in this theater class that focuses on working as an ensemble, developing a better sense of the actors' tools - body, mind and voice, creating characters and improvisation. Students will have a great first experience for beginners or strong continuing theater education for veterans. Learn the basics of Acting Techniques! Class is led by an instructor for the Metropolis School of the Arts. Watch how theater can help students communicate, move and work as a team. **Participants will perform in NWSRA's Annual Showcase on Friday, May 13.**

Group/Age:LD, ED, PI/VI, EMH siblings & peers
9 - 14 years

Location:Metropolis Performing Arts Centre
Arlington Heights

Day & Time:Mondays
7:00 - 8:00 p.m.

Dates & Fees:

Winter:January 24 - February 28
Not February 21
\$67.50

Spring:April 11 - May 23
\$99.00

W/S Total Fee:\$166.50
Minimum 5/Maximum 12/4 peers

2069 Acting Through Life: Acting Techniques

This is one of the most popular classes at Metropolis School of Performing Arts! Acting Through Life builds the skills actors need to develop believable characters. Instructors focus on teaching the importance of acting instinctively, emoting and working as an ensemble while using the tools of the actor - voice, body and imagination. Acting Through Life will help you identify individual strengths and employ the fundamentals of strong acting. This program makes theatre technique accessible and meaningful to its participants while emphasizing self-confidence in movement, voice and speech. Get in the act in Acting Through Life. **Participants will perform in NWSRA's Annual Showcase on Friday, May 13.**

Group/Age:LD, ED, PI/VI, EMH siblings & peers
15 - 30 years

Location:Metropolis Performing Arts Centre
Arlington Heights

Day & Time:Mondays
8:05 - 9:05 p.m.

Dates & Fees:

Winter:January 24 - February 28
Not February 21
\$67.50

Spring:April 11 - May 23
\$99.00

W/S Total Fee:\$166.50
Minimum 5/Maximum 12/4 peers

**NWSRA Online Store is now open!
Visit www.nwsra.org
to purchase NWSRA merchandise.**

New

8471 Rhythmic Movement

Come move to the beat in this fun, rhythm based class at Metropolis Performing Arts Centre. Students will explore rhythm by dancing, stomping, clapping and using instruments like rhythm sticks, bells and shakers. They will even create their own rhythms, increasing creativity and confidence. **Participants will perform in NWSRA's Annual Showcase on Friday, May 13.**

Group/Age:All, 10 years and older

Location:Frontier Park
Arlington Heights

Day & Time:Tuesdays
5:00 - 6:00 p.m.

Dates & Fees:

Winter:January 18 - March 1
\$94.50

Spring:April 12 - May 10
\$72.00

W/S Total Fee:\$166.50
Minimum 5/Maximum 12

New

8925/8926 Artists in Bloom

Do you love drawing, painting, or creating beautiful artistic projects? In this multi-media art program learn drawing and painting techniques, collage making and other artist's tricks for success. **Participants' artwork will be displayed at NWSRA's Annual Showcase on Friday, May 13.**

Group/Age:All, 10 years and older

Time:7:00 - 8:00 p.m.

Fees:

Winter:\$45.00

Spring:\$37.50

W/S Total Fee:\$82.50
8926

Location:Wheeling Community Recreation Center

Day & Dates:Tuesdays

Winter:January 18 - February 22

Spring:April 12 - May 10
8925

Location:Hanover Park Community Center

Day & Dates:Thursdays

Winter:January 20 - March 3
Not January 27

Spring:April 14 - May 12
Minimum 3/Maximum 10

NOTE: See information on page 5 regarding late policy and late fees.

Online payment/registration is available for all Cultural Arts programs.

See the NWSRA Program Guide on page 2 for a complete listing of swimming, bowling, special events and programs with their location in the brochure.

♥1690/2021

Dandy Dancers

Fit Perks ~ 2 Points

Join this popular dance program taught by a dance instructor. Participants will learn the basics of ballet, hip hop and modern jazz. **Participants will perform in NWSRA's Annual Showcase on Friday, May 13.**

Group:EC, LD, ED, EMH/MMI
Location:Pioneer Park
Arlington Heights

Day: Wednesdays

Dates & Fees:

Winter: January 19 - March 2
\$36.75

Spring: April 13 - May 11
\$30.75

W/S Total Fee: \$67.50

Age:5 - 9 years

Time:6:00 - 6:50 p.m.

2021

Age:10 - 17 years

Time:7:00 - 7:50 p.m.

Note: Participants should wear leotards, tights and bring ballet slippers and hip hop or jazz shoes.

Minimum 3/Maximum 10

New

8476/8477/8478/8479

Guitar Lessons

Let's get picking and strumming some great music. Take this opportunity to learn more about guitar techniques and performance and learn some of your favorite songs. An instructor will provide small group lessons sure to energize and excite the future performer. Beginners welcome.

Participants will perform in NWSRA's Annual Showcase on Friday, May 13.

Group/Age:All, 12 years & older

Winter Fee: \$45.00

Spring Fee: \$37.50

W/S Total Fee: \$82.50

8476/8477

Location:Inverness Park District

Day: Mondays

Winter:January 24 - February 28

Spring: April 11 - May 9

Times:8476 7:00 - 7:30 p.m.

8477 7:30 - 8:00 p.m.

8478/8479

Location: South Barrington

Community Center

Day: Wednesdays

Winter: January 26 - March 2

Spring: April 13 - May 11

Times:8478 7:00 - 7:30 p.m.

8479 7:30 - 8:00 p.m.

Note: Must provide your own guitar.

Minimum 2/Maximum 3

New

8474/8475 Drum Lessons

Can you feel the beat or like to tap out rhythms all the time? Here is your opportunity to learn more about drumming techniques and performance. An instructor from Breaking Grounds in Drumming will provide small group lessons sure to energize and excite the future performer. Beginners welcome. **Participants will perform in NWSRA's Annual Showcase on Friday, May 13.**

Location:Heritage Park
Arlington Heights

Day: Wednesdays

Dates & Fees:

Winter: January 19 - March 2
\$52.50

Spring: April 13 - May 11
\$42.00

W/S Total Fee: \$94.50

8474

Group/Age:All, 12 - 20 years
6:15 - 6:45 p.m.

8475

Group/Age:All, 21 years & older
8:10 - 8:40 p.m.

Minimum 2/Maximum 3



New

8473 Sign & Sing

Do you enjoy sign language or wish to learn? In this program you will learn basic signs and then put together beautifully choreographed signed songs. The class will prepare a group number with the opportunity for solo turns for performance **in NWSRA's Annual Showcase on Friday, May 13.**

Group/Age:EMH/MMI, LD, ED, CD
12 years and older

Location:Frontier Park
Arlington Heights

Day & Time:Tuesdays
7:00 - 8:00 p.m.

Dates & Fees:

Winter: January 18 - March 1
\$36.75

Spring: April 12 - May 10
\$26.75

W/S Total Fee: \$63.50

Minimum 3/Maximum 10

2538 Breaking Grounds in Drumming

Try out your rhythmic creativity in this unique program. Participants will learn basic drumming skills, rhythmic patterns, improve coordination and enjoy team building through drumming circle activities. Chris Lavidas has created this unique opportunity for all to enjoy. Parents are welcome to participate. **Participants will perform in NWSRA's Annual Showcase on Friday, May 13.**

Group/Age:All & Parent, 12 - 24 years

Location:Heritage Park
Arlington Heights

Day & Time: Wednesdays
7:00 - 8:00 p.m.

Dates & Fees:

Winter: January 19 - March 2
\$63.00

Spring: April 13 - May 11
\$49.50

W/S Total Fee: \$112.50

Minimum 5/Maximum 15

2010

Private Piano Lessons

Discover your musical talent and improve your rhythm, eye-hand and fine motor coordination. Students learn to read music and develop an appreciation for this area of the creative arts. Individual lessons are for one half hour. Please state your preferred times on registration form. You will be called before the program with your time confirmation. Music books may be purchased through the instructor if needed. Please register early, as space is limited. **Participants will perform in NWSRA's Annual Showcase on Friday, May 13.**

Group/Age:All, 7 years & older

Location:Kirk School
Palatine

Day & Time:Saturdays
8:45 a.m. - 2:00 p.m.

Dates & Fees:

Winter: January 22 - March 5
Not January 29
\$91.50

Spring: April 16 - May 14
Not April 23
\$65.50

W/S Total Fee: \$157.00

Note: Registration deadline is January 4 for all returning students. New students will be accepted after the January 4 deadline.

Minimum 2/Maximum 10

EARLY CHILDHOOD

Program Schedule

Monday

1011 Individual Swim (p. 9) 4:00 - 6:00 p.m.

Tuesday

1020 Individual Swim (p. 9) 6:00 - 7:00 p.m.

Wednesday

Elk Grove Playgroup 3:30 - 5:15 p.m.
 Bumper Bowling 6:00 - 7:15 p.m.
 Dandy Dancers (p. 14) 6:00 - 6:50 p.m.
 1010 Individual Swim (p. 9) 6:30 - 8:30 p.m.

Thursday

Preschool Tumbling and Gymnastics 9:45 - 10:20 a.m.
 1013 Individual Swim (p. 9) 4:00 - 6:00 p.m.
 1012 Individual Swim (p. 9) 4:30 - 6:30 p.m.
 Mighty Music Makers 5:00 - 6:00 p.m.
 Let's Get Motoring 5:00 - 6:00 p.m.

Friday

Kid Rock III 10:45 - 11:25 a.m.

Saturday

1140 Swim Lesson (p. 9) 9:00 - 9:30 a.m.
 1180 Swim Lesson (p. 9) 9:15 - 9:45 a.m.
 Kids Klub 9:30 a.m. - 12:30 p.m.
 Whiz Kids 10:00 a.m. - 1:00 p.m.
 Splash & Motor 10:00 a.m. - 1:00 p.m.
 Saturday Recreation 10:00 a.m. - 1:00 p.m.
 1190 Swim Lesson (p. 9) 1:20 - 1:50 p.m.
 Gymnastics & Tumbling (p. 18) 2:45 - 3:30 p.m.

NOTE: See information on page 5 regarding late policy and late fees.

Online payment/registration is available for all Early Childhood programs.

See the NWSRA Program Guide on page 2 for a complete listing of swimming, bowling, special events and programs with their location in the brochure.

1911

Elk Grove Playgroup

Everyone will have a great time in this program using activities to practice motor skills and socialization. Swimming, crafts and riding the carousel are other fun parts of this program.

Group/Age:All, 3 - 8 years

Location:Jack Claes Pavilion
 Elk Grove Village

Day & Time: Wednesdays
 3:30 - 5:15 p.m.

Dates & Fees:

Winter: January 19 - March 2
 \$43.75

Spring: April 13 - May 11
 \$31.25

W/S Total Fee: \$75.00

Note: Please bring labeled swimsuit and towel. A healthy snack included weekly.

Minimum 3/Maximum 12

2001 Let's Get Motoring Winter Only

Spend time with friends playing ball, tag, duck duck goose and other childhood favorites. Gross motor skills, following directions and socialization are promoted while having fun. NWSRA staff specialize in adapting games for your child's success.

Group/Age:All, 3 - 6 years

Location:Pioneer Park
 Arlington Heights

Day & Time: Thursdays
 5:00 - 6:00 p.m.

Dates: January 20 - March 3
 Not January 27

Fee: \$31.50

Minimum 3/Maximum 10



2000 Mighty Music Makers Spring Only

Let's make some noise! Develop rhythm and beginning music skills while making friends and having fun. During this program, your child will make instruments to take home, dance and sway to music, sing songs and play rhythm instruments. Tell a friend to sign up and join in on the fun!

Group/Age:All, 3 - 6 years

Location:Pioneer Park
 Arlington Heights

Day & Time: Thursdays
 5:00 - 6:00 p.m.

Dates: April 14 - May 12

Fee: \$26.25

Minimum 3/Maximum 10

FIT PERKS IS HERE!
 Select marked programs and see page 3 for information about the rewards.

1210 Bumper Bowling

Make new friends as you learn to bowl! Proper technique, rules and bowling etiquette will be reviewed each week as the kids engage in this fun sport! Participants will be given a copy of their scores to take home each week.

Group/Age:All, 3 - 7 years

Location: Arlington Lanes
 Day & Time: Wednesdays
 6:00 - 7:15 p.m.

Dates & Fees:

Winter: January 19 - March 2
 \$54.25

Spring: April 13 - May 11
 \$38.75

W/S Total Fee: \$93.00

Minimum 3/Maximum 10

Saturday Morning Programs at Kirk School

Come join the fun on Saturdays! Individuals in these programs will have an opportunity to enhance their cognitive, fine motor and social skills through playing games, swimming and doing crafts. Your children will enjoy a great morning of fun with their friends!

Group/Age: All, 3 - 7 years

Location: Kirk School
Palatine

Day & Time: Saturdays
10:00 a.m. - 1:00 p.m.

Dates & Fees:

Winter: January 22 - March 5
Not January 29
\$40.50

Spring: April 16 - May 14
Not April 23
\$27.00

W/S Total Fee: \$67.50

Note: Bring a labeled swimsuit, towel, lunch and drink. These programs are held after 1180 Swim and before 1190 Swim and 1770 T-Ball.

Minimum 3/Maximum 9

1540

Whiz Kids

This program is designed for individuals with mild/moderate delays. A 1:3 staff to participant ratio is maintained.

1560

Splash & Motor

This program is designed for individuals with mild/moderate delays. A 1:3 staff to participant ratio is maintained.

1570

Saturday Recreation

This program is designed for individuals with severe or multiple needs. A 1:2, 1:1 staff to participant ratio is maintained.

Participants not toilet trained must wear snug fitting plastic pants and swim diaper in the pool!

NWSRA Online Store is now open!
Visit www.nwsra.org
to purchase NWSRA merchandise.



♥3928 Preschool Tumbling & Gymnastics

Cooperative with River Trails
Park District

Fit Perks ~ 2 Points

Tumbling and Gymnastics are great sports to start at a young age. We'll teach the basics of beginning gymnastics through tumbling combined with use of the balance beam and swing bar. Fun activities are added to develop coordination, flexibility and strength.

Group/Age: EC, 4 - 6 years

Location: Burning Bush
Community Center, Mount Prospect

Day & Time: Thursdays
9:45 - 10:20 a.m.

Dates & Fees:

Winter: January 27 - March 17
\$52.00

Spring: March 31 - May 20
\$52.00

W/S Total Fee: \$104.00
Maximum 4

3915

Kid Rock III

Cooperative with the Prospect Heights
River Trails Park Districts
Sing, dance, jump & play, having fun the Kid Rock way! Use rhythm instruments & props, practice fine & large motor skills & engage in imaginative play. Helps with listening skills & encourages socialization. Parents participate in Kid rock III. Don't miss this unique opportunity for fun & learning.

Group/Age: All, 3 - 5 years

Location: Burning Bush
Community Center Mount Prospect

Day & Time: Fridays
10:45 - 11:25 a.m.

Dates & Fees:

Winter: January 14 - February 11
\$43.00

Spring: April 15 - May 27
\$49.00

W/S Total Fee: \$92.00
Note: Parent participation required.
Maximum 3

1710

Kids Klub

Kids Klub is better than Saturday morning cartoons!! Activities include games, crafts, music and swimming. Swimming will be the first activity each week and will immediately follow 1140 Swim Lessons. Please meet at the pool ready to swim.

Group/Age: All, 3 - 7 years

Location: Park Place
Streamwood

Day & Time: Saturdays
9:30 a.m. - 12:30 p.m.

Dates & Fees:

Winter: January 22 - March 5
Not January 29
\$40.50

Spring: April 16 - May 14
Not April 23
\$27.00

W/S Total Fee: \$67.50

Note: Please bring a labeled swimsuit, towel, lunch and drink.

Minimum 3/Maximum 10

SPORTS

Program Schedule

Sunday

Wolf Pack Sled Hockey 5:00 - 6:30 p.m.

Monday

Par 3 Golf League 4:00 - 5:30 p.m.

Power Lifting 6:00 - 7:00 p.m.

& 7:00 - 8:00 p.m.

& 8:00 - 9:00 p.m.

Bocce Ball Training 6:30 - 7:30 p.m.

1060 Swim Team (p. 9) 7:30 - 8:30 p.m.

1062 Swim Team Extended (p. 9) 7:30 - 8:30 p.m.

Tuesday

Quickstart Tennis 4:00 - 5:00 p.m.

Golf Instruction/Intermediate 4:15 - 5:15 p.m.

Co-Rec Softball League 6:15 - 7:15 p.m.

Cheerleading 7:00 - 8:00 p.m.

Wednesday

Learn to Ice Skate 3:50 - 4:25 p.m.

NWSRA Figure Skating Team 4:30 - 5:10 p.m.

Archery Adventures (p.22 & 31) 6:00 - 7:00 p.m.

& 7:15 - 8:15 p.m.

Wheelchair Tennis 6:00 - 7:00 p.m.

Soccer League Games 6:00 - 7:30 p.m.

Thursday

Preschool Tumbling & Gymnastics (p. 16) 9:45 - 10:20 a.m.

Track and Field Training 5:00 - 6:00 p.m.

& 6:00 - 7:00 p.m.

Got the Gold Practice 6:00 - 7:00 p.m.

Soccer League Practice 6:00 - 7:00 p.m.

Sibling Soccer 6:30 - 7:30 p.m.

Friday

U.S. Paralympic Sport Sampler 7:00 - 9:00 p.m.

Saturday

T-Ball 1:20 - 2:00 p.m.

Gymnastics & Tumbling 2:45 - 3:30 p.m.

NOTE: See information on page 5 regarding late policy and late fees.

Online payment/registration is available for all Sports programs.

See the NWSRA Program Guide on page 2 for a complete listing of swimming, bowling, special events and programs with their location in the brochure.

♥2630

Cheerleading

Winter Only

Fit Perks ~ 2 Points

Learn cheerleading skills, basic cheers and improve physical fitness, coordination and stamina, all while having lots of fun! Cheer for the NWSRA Lightning Basketball Team during home games in competition season. Team shirt provided for competition season.

Group/Age: CD Adults
18 years & older

Location: Lincoln School
Palatine

Day & Time: Tuesdays
7:00 - 8:00 p.m.

Dates: January 25 - March 9
Not February 8 & 22

Fee: \$25.00

Note: Pom poms will be provided for program use.

Minimum 4/Maximum 12

♥1660

Gymnastics &

Tumbling

Fit Perks ~ 2 Points

Chalk up with your friends. Emphasis will be on the development of coordination, balance and basic gymnastics skills. Training for Special Olympics competition is offered in 1665 NWSRA Gymnastics Team.

Group/Age: All, 5 - 12 years

Location: Hoffman Estates
Community Center

Day & Time: Saturdays
2:45 - 3:30 p.m.

Dates & Fees:

Winter: January 22 - March 5
Not January 29
\$30.00

Spring: April 16 - May 14
Not April 23
\$20.00

W/S Total Fee: \$50.00

Note: Participants should wear a leotard, but please, no tights.

Special Note: Participants with Down Syndrome must be clear of AAI. Please refer to Special Notice Section at back of brochure regarding AAI.

Minimum 3/Maximum 10

**NWSRA Online Store is now open!
Visit www.nwsra.org
to purchase NWSRA merchandise.**

New

♥1650

Learn to Ice

Skate

Fit Perks ~ 2 Points

Develop gross motor coordination and balance skills while learning to ice skate. Beginning through intermediate skills are taught including marching, gliding, backwards wiggle and stopping. The class consists of a 25 minute structured lesson and 10 minutes of games to enhance skills. Figure skating is a Special Olympics competitive sport.

Group/Age: All, 7 - 21 years

Location: Hoffman Estates Ice Arena

Day & Time: Wednesdays
3:50 - 4:25 p.m.

Dates & Fees:

Winter: January 19 - March 2
\$35.00

Spring: April 13 - May 11
\$25.00

W/S Total Fee: \$60.00

Minimum 3/Maximum 10

New

♥8240

NWSRA Figure

Skating Team

Fit Perks ~ 2 Points

Join the NWSRA Figure Skating Team and experience Special Olympics competition. During this practice skaters will learn competitive routines and compulsory moves. Skaters are encouraged to sign up for the Learn to Ice Skate program for additional practice.

Group/Age: All, 8 years & older

Location: Hoffman Estates Ice Arena

Day & Time: Wednesdays
4:30 - 5:10 p.m.

Dates & Fees:

Winter: January 5 - March 2
\$45.00

Spring: April 13 - May 11
\$25.00

W/S Total Fee: \$70.00

Note: All athletes participating in competition must have a current medical application on file with the Area 18 Special Olympics Office.

Minimum 3/Maximum 10

♥3920 Quickstart Tennis
 Cooperative with Hanover Park
 Park District
 Spring Only

Fit Perks ~ 2 Points

The Quickstart Tennis format, one of the most significant moves ever to introduce tennis to youth, provides a way to bring kids into the game by utilizing equipment, court dimensions, and scoring that is tailored to their age and size. The Quickstart Tennis play format is designed to help children find success from the very first swing.

Group/Age:LD, ED, EMH, Aspergers
 7 - 12 years
Location: Hanover Park
 Community Center
Day & Time: Tuesdays
 4:00 - 5:00 p.m.
Date: March 22 - April 26
Fee: \$78.00
Note: No black soled shoes.
Maximum 4 NWSRA participants per class

New
♥8924 Par 3 Golf League
 Spring Only

Fit Perks ~ 3 Points

Tee time! Join a 4-some of golfers as we play a round of golf each week. Golf course etiquette will be reviewed weekly. This program is geared towards the beginner and intermediate golfer. Individuals enrolled in this program must be able to walk 9 holes of golf, consistently hit the ball and have participated in NWSRA golf lessons previously.

Group/Age:EMH/MMI, LD, ED, CD
 8 years & older
Location:Nickol Knoll Golf Club
Day & Time: Mondays
 4:00 - 5:30 p.m.
Dates: April 11 - May 9
Fee: \$56.25
Note: Program cancelled in case of inclement weather. Golfers must provide their own clubs.
Minimum 3/Maximum 10

1630 Golf Instruction
 Intermediate Level
 Spring Only

Participants will practice the fundamentals of golf including driving, chipping, putting, score keeping, etiquette and play out on the last two weeks. Individuals enrolled in this program must be able to walk 9 holes of golf, have participated in NWSRA golf lessons previously and be able to function at a 1:3 staff to participant ratio.

Group/Age:EMH, LD, ED
 8 years & older
Location:Twin Lakes Recreation Area
 Palatine
Day & Time:Tuesdays
 4:15 - 5:15 p.m.
Dates: April 12 - May 10
Fee: \$25.00
Note: Participants may be eligible to participate in Area 18 Special Olympics golf events. The first day will be skill assessment.
Minimum 3/Maximum 15

♥1770

T-Ball
 Spring Only

Fit Perks ~ 2 Points

Take me out to the ball game! Playing t-ball is a great way for young children to have fun while developing hand-eye coordination, gross motor skills and begin to learn the importance of sportsmanship and teamwork.

Group/Age: All, 3 - 7 years
Location:Kirk School
 Palatine
Day & Time: Saturdays
 1:20 - 2:00 p.m.
Dates: April 16 - May 14
 Not April 23
Fee: \$20.00
Note: This program is held directly after 1540, 1560 and 1570 and participants in these programs will get priority placement. Supervision is provided between programs. Why not register for both? In case of inclement weather days the program will meet in the gym.
Minimum 6/Maximum 10

♥8848 Sibling Soccer
 Spring Only

Fit Perks ~ 2 Points

Get the kids together for an evening of soccer. Passing, heading, dribbling and ball control will be taught.

Group/Age: All
 5 - 12 years & siblings
Location: Carousel Park
 Arlington Heights
Day & Time: Thursdays
 6:30 - 7:30 p.m.
Dates: April 14 - May 12
Fee: \$25.00
Note: Please complete the family registration form at the back of the brochure for siblings without a disability. Program cancelled in case of inclement weather.
Minimum 5/Maximum 15



Fit Perks is Here! Select programs marked and see page 3 for information about the benefits.

♥2580

**Co-Rec
Softball League
Spring/Summer**

Fit Perks ~ 2 Points

Batter up! Athletes who register for this program will participate in practices and tournament play with other special recreation associations through the end of the summer session! In the event of inclement weather, practice will be held in Kirk School gym.

Group/Age: CD Adults
18 years & older
Location: Kirk School
Palatine
Day & Time: Tuesdays
6:15 - 7:15 p.m.
Dates: April 12 - July 12
Fee: \$97.00
Minimum 10/Maximum 18 per team



♥2554

Co-Rec

Soccer Leagues

Fit Perks ~ 2 Points

This program emphasizes soccer skills, teamwork and conditioning in the winter session and league play in spring session. Teams will be divided by age and ability.

Group/Ages: All, 16 years & older
Fee: \$99.00
Practice
Location: Thomas Junior High School
Day & Time: Thursdays
6:00 - 7:00 p.m.
Dates: January 20 - March 3
& Wednesday March 9
Not January 27

League Play

Location: Varies
Day & Time: Wednesdays
Times vary based on schedule
Dates: March 23 - May 18
Not March 30

Note: Teams will participate in the Special Olympics soccer qualifier in April.
Minimum 8/Maximum 12 per team



NWSRA is now a part of the Northern Illinois Paralympic Sport Club. This is a cooperative grass-roots program designed to introduce Paralympic sports to young emerging athletes at a local level. Paralympic Sport Clubs are community-based organizations that involve youth and adults with physical and visual disabilities in sports and physical activity, regardless of skill level.

New

♥8923

**U.S. Paralympic
Sport Sampler
Winter Only**

Fit Perks ~ 4 Points

Join athletes, families and friends at the recreational and developmental U.S. Paralympic Sport performance level. This athlete driven program will focus on a series of paralympic sport opportunities. Included is basketball, boccia, goalball, table tennis, soccer, tennis, track & field and sitting volleyball. Sports will be determined by the athletes. Family and friends are highly encouraged to participate along with the athlete with a disability.

Group/Age: PI/VI Youth & Teens
6 years & older, Peers & Family
Location: The Sport Center
Schaumburg
Day & Time: Fridays
7:00 - 9:00 p.m.
Dates & Fees:
Winter: January 21, February 11 & 25
& March 4
W/S Total Fee: \$27.50
Minimum 4/Maximum 15

♥1929

**Wolf Pack
Sled Hockey
Spring Only**

Fit Perks ~ 2 Points

Sled hockey is open to individuals with physical impairments who are either ambulatory or non-ambulatory. No experience is necessary as this program will focus on skill development and learning the finer points of team play. The goal of the program is to eventually develop a sled hockey team that will train and compete out of the Hoffman Estates Community Center and Ice Arena.

Group/Age: PI
6 years & older
Location: Hoffman Estates
Ice Arena
Day & Time: Sundays
5:00 - 6:30 p.m.
Dates: March 13 - May 15
Not May 1
Fee: \$35.00
Note: Please plan on arriving 20 minutes prior to scheduled ice time to prepare for program.
Minimum 6/Maximum 15

♥8864

**Wheelchair Tennis
Spring Only**

Fit Perks ~ 2 Points

Join your friends and learn the game of tennis. During this program you will work on gross motor strength and coordination in addition to learning wheelchair tennis rules. Individuals will be taught basic tennis skills and how to play the game.

Group/Age: PI
6 years & older
Location: Hanover Park
Community Center
Day & Time: Wednesdays
6:00 - 7:00 p.m.
Dates: April 13 - May 11
Fee: \$25.00
Note: Participants need to bring their own tennis racquet.
Minimum 3/Maximum 6



Special Olympics Illinois Area 18

For more information on participation, to volunteer as a coach, event volunteer or Global Messenger training, please call the Special Olympics Illinois Area 18 office at 847/392-2842 or e-mail Dan Conley, Director, at dconley@soill.org.

♥2536/2537/8839

Power Lifting

Fit Perks ~ 2 Points

This program is offered to all individuals who are looking to train and compete in Special Olympics power lifting. Individual programs will be designed to improve athlete's general health, strength and specific training and preparation for weight lifting competition in April.

Group/Age: CD Adults

18 years & older

Location:Wheeling Community Recreation Center

Day & Time: Mondays

2537 6:00 - 7:00 p.m.

2536 7:00 - 8:00 p.m.

8839 8:00 - 9:00 p.m.

Dates: January 24 - June 6

Not February 21 & May 30

Fee: \$90.00

Minimum 3/Maximum 6 per class

♥1510

Bocce Ball Training

Fit Perks ~ 2 Points

Played with partners and known to some as lawn bowling, this sport is as fun to learn as it is to play! Participants may be eligible to compete in Special Olympics with a valid Special Olympics medical application. Qualifier will be held in 2011 spring for 2012 Games.

Group/Age:LD/ED, EMH, CD

8 years & older

Location:Schaumburg Community Recreation Center

(rain alternate) South Barrington Community Center

Day & Time: Mondays

6:30 - 7:30 p.m.

Dates: April 4 - May 16

June 6 - October 17

Not July 4 & 11, August 15, & September 5

Fee: \$120.00

Note: Registration accepted in spring only for entire season.

Minimum 3/Maximum 12

♥2710/2581 Track & Field Training

Fit Perks ~ 2 Points

This program offers you an opportunity to train for peak performance. Don't delay, Special Olympics requires 8 weeks of continuous training to compete in Spring Games. An increase in strength, coordination and flexibility are all benefits of this program. The Area 18 Special Olympics Spring Games is on Sunday, May 1.

Group:EMH, AUT, TMH, SP, CD Adult

8 years & older

Locations:(indoor) Rolling Meadows Community Center

(outdoor) Sandburg Jr. High School Rolling Meadows

Day & Times: Thursdays

2710 5:00 - 6:00 p.m.

2581 6:00 - 7:00 p.m.

Dates & Fees:

Winter: February 24 - March 31
\$30.00

Spring: April 7 - 28
\$20.00

W/S Total Fee: \$50.00

Minimum 3/Maximum 15

2011 Winter/Spring ITRS Tournaments

Jr. Basketball Tournament..... February 12

Sr. Basketball Tournament..... February 13

Soccer Tournament May 15

New

♥8811

Got the Gold Practice Spring Only

Fit Perks ~ 2 Points

Congratulations on a great Special Olympics Spring Games. Let's get ready for the State Games in Bloomington. This program offers you the chance to continue your training for Track and Field events to prepare for the Special Olympics State Competition.

Group:EMH, AUT, TMH, SP, CD Adult

8 years & older

Location:Rolling Meadows High School

Day: Thursdays

6:00 - 7:00 p.m.

Dates: May 19 - June 2

Fee: \$15.00

Note: This program is for athletes who received a gold medal at the Spring Games

Minimum 3/Maximum 15

Athletes wishing to participate in Special Olympics programs must have a current Special Olympics medical form on file at NWSRA and Special Olympics Illinois. It is valid for two years from the date of the examination. Please contact Glenn Anastacio to check expiration date or request a form. A medical form is available on our website, www.NWSRA.org. Original doctor's signature required, therefore faxed forms will not be accepted.

2011 Winter/Spring Competitions/Events

Alpine Ski Competition January 5

Franklin Park Skating Tournament January 8

Cross Country Skiing/ Snowshoe

Combined Qualifier..... January 9

District Basketball:

Senior Division January 16

Junior Divisions January 22

High School Teams & Individual Skills January 30

Winter Games February 1 - 3

State Basketball..... March 11 - 13

District Aquatics..... March 19

District Gymnastics..... March 20

Spring Games (Track & Field)..... May 1

Power Lifting Qualifier May 1

Soccer Combined Qualifier..... TBA

Family Festival..... Tentative June 25

YOUTH AND TEENS

Program Schedule

Sunday

Wolf Pack Sled Hockey (p. 19) 5:00 - 6:30 p.m.

Monday

Miner Fitness 2:15 - 4:30 p.m.
 Leisure Pursuits 3:00 - 5:00 p.m.
 1300 Bowl (p. 11) 3:30 - 5:00 p.m.
 1011 Individual Swim (p. 9) 4:00 - 6:00 p.m.
 Par 3 Golf League (p. 18) 4:00 - 5:30 p.m.
 Horseback Riding Instruction 6:30 - 7:30 p.m.
 & 7:30 - 8:30 p.m.
 Guitar Lessons (p. 14) 7:00 - 7:30 p.m.
 & 7:30 - 8:00 p.m.
 Stages of Acting (p. 13) 7:00 - 8:00 p.m.
 1050 Swim Lesson (p. 9) 7:30 - 8:00 p.m.
 1060 Swim Team (p. 9) 7:30 - 8:30 p.m.
 1060 Swim Team Extended (p. 9) 7:30 - 8:30 p.m.
 1052 Swim Lesson (p. 9) 8:00 - 8:30 p.m.
 Acting Through Life (p. 13) 8:05 - 9:05 p.m.

Tuesday

Kirk Kids on the Go 3:00 - 5:30 p.m.
 1310 Bowl (p. 11) 3:15 - 5:15 p.m.
 Travelin' Teens North 3:30 - 6:00 p.m.
 Travelin' Teens South 3:30 - 6:00 p.m.
 1590 Bowl (p. 11) 3:30 - 5:15 p.m.
 Golf Instruction/ 4:15 - 5:15 p.m.
 Intermediate (p. 18)
 Learning to Ride a Bike 5:00 - 5:45 p.m.
 Rhythmic Movement (p. 13) 5:00 - 6:00 p.m.
 1020 Individual Swim (p. 9) 6:00 - 7:00 p.m.
 Take Your Best Shot
 Photography Class 6:30 - 8:00 p.m.
 Artists in Bloom (p. 13) 7:00 - 8:00 p.m.
 Sign & Sing 7:00 - 8:00 p.m.

Wednesday

Teens Around Town 2:30 - 5:00 p.m.
 After School Fitness 3:00 - 5:00 p.m.
 Elk Grove Playgroup (p. 15) 3:30 - 5:15 p.m.
 Learn to Ice Skate (p. 17) 3:50 - 4:25 p.m.
 NWSRA Figure Skating
 Team (p. 17) 4:30 - 5:10 p.m.
 Archery Adventures 6:00 - 7:00 p.m.
 & 7:15 - 8:15 p.m.
 Dandy Dancers (p. 14) 6:00 - 6:50 p.m.
 & 7:00 - 7:50 p.m.

Drum Lessons (p. 14) 6:15 - 6:45 p.m.
 1010 Individual Swim (p. 9) 6:30 - 8:30 p.m.
 Guitar Lessons (p. 14) 7:00 - 7:30 p.m.
 & 7:30 - 8:00 p.m.

Breaking Grounds
 in Drumming (p. 14) 7:00 - 8:00 p.m.
 8381 Swim Lesson
 & Fitness (p. 9) 7:30 - 8:30 p.m.
 Social Dance Craze (p. 29) 8:00 - 9:00 p.m.

Thursday

Take Time for Fun 3:00 - 5:00 p.m.
 After School Sensations 3:15 - 4:45 p.m.
 1260 Bowl (p. 11) 4:00 - 5:45 p.m.
 1013 Individual Swim (p. 9) 4:00 - 6:00 p.m.
 1012 Individual Swim (p. 9) 4:30 - 6:30 p.m.
 Young Chefs 5:00 - 6:00 p.m.
 Learning to Ride a Bike 5:30 - 6:15 p.m.
 Horseback Riding Instruction 5:30 - 6:30 p.m.
 & 6:30 - 7:30 p.m.
 Artists in Bloom (p. 13) 7:00 - 8:00 p.m.
 1051 Individual Swim (p. 9) 6:45 - 7:15 p.m.
 Swim Time Fun 6:30 - 7:45 p.m.

Friday

1280 Bowl (p. 11) 3:30 - 5:00 p.m.
 Getting in the Groove 7:00 - 8:00 p.m.
 U.S. Paralympic Sport Sampler 7:00 - 9:00 p.m.

Saturday

Piano Lessons (p. 14) 8:45 a.m. - 2:00 p.m.
 (thirty minute private lessons)
 1150 Swim Lesson (p. 9) 9:15 - 9:45 a.m.
 Rec & Roll 9:30 a.m. - 12:30 p.m.
 Saturday Surprise 9:30 a.m. - 12:30 p.m.
 Sensational Saturdays 10:00 a.m. - 1:00 p.m.
 Saturday Superstars 10:00 a.m. - 1:00 p.m.
 On The Go 10:30 a.m. - 2:00 p.m.
 Busy Bodies North 11:00 a.m. - 2:00 p.m.
 Busy Bodies South 11:00 a.m. - 2:00 p.m.
 Special Olympics
 Sports Sampler 12:30 - 1:15 p.m.
 1170 Swim Lesson (p. 9) 12:45 - 1:15 p.m.
 1320 Bowl (p. 11) 1:30 - 3:30 p.m.
 2820 Bowl (p. 11) 1:30 - 3:30 p.m.
 2260 Bowl (p. 11) 1:30 - 3:30 p.m.
 1340 Bowl (p. 11) 2:00 - 4:00 p.m.
 Gymnastics & Tumbling (p. 18) 2:45 - 3:30 p.m.

NOTE: See information on page 5 regarding late policy and late fees.

Online payment/registration is not available for Youth and Teen programs marked with an asterisk.

See the NWSRA Program Guide on page 2 for a complete listing of swimming, bowling, special events and programs with their location in the brochure.

♥1860

Miner Fitness

Fit Perks ~ 4 Points

Develop strength, flexibility and good health! Participate in aerobics and strength training while developing a personal workout.

Group/Age: ...All special education students 13 - 22 years

**Location: Miner School
 Arlington Heights**

**Day & Time: Mondays
 2:15 - 4:30 p.m.**

Dates & Fees:

**Winter:January 31 - February 28
 Not February 21
 \$25.00**

**Spring: April 11 - May 9
 \$31.25**

W/S Total Fee: \$56.25

Note: A healthy snack included weekly.

Minimum 5/Maximum 10

FIT PERKS IS HERE!

Select marked programs and see page 3 for information about the rewards.

1865

Leisure Pursuits

Spend your afternoons with NWSRA socializing with friends and traveling to Prairie Stone Sports and Wellness Center where you can partake in swimming, wall climbing, crafts, sports and recreation games. This program is designed to promote independence, socialization and positive use of leisure time.

Group/Age: ...All special education students 11 - 14 years

**Location:Prairie Stone Sports
 & Wellness Center
 Hoffman Estates**

**Day & Time: Mondays
 3:00 - 5:00 p.m.**

Dates & Fees:

**Winter:January 24 - February 28
 Not February 21
 \$42.50**

**Spring: April 11 - May 9
 \$42.50**

W/S Total Fee: \$85.00

Transportation: Parents/guardians may pick up at Prairie Stone at 5:00 p.m. or add \$11.25 in winter and \$11.25 in spring for drop off at one of the locations listed below. Please indicate pick up and drop off location on the registration form. A minimum of 2 needed at each location.

| LOCATION | PICK UP/DROP OFF TIME |
|----------------------------------|-----------------------|
| Mead Jr. High, Elk Grove Village | 2:15 p.m./None |
| Addams Jr. High, Schaumburg | 2:25 p.m./None |
| Sundling Jr. High, Palatine | 2:25/None |
| Winston Campus, Palatine | 2:30/5:45 p.m. |
| Meineke Center, Schaumburg | None/5:30 p.m. |

Note: A healthy snack included weekly.

Minimum 4/Maximum 10

1800/1801 Travelin' Teens

This program is designed to promote independence, money management skills, socialization and positive use of leisure time. **To promote money management skills, participants will need to bring their own money each week to cover the cost of each activity. Activities will range from \$0 - \$7.00/week.** Activities are planned by the participants and may include a trip to a mall, a nature hike, bowling or a trip to a teen center for games. The first week, the group will have a planning party and play games at a local park district facility. A schedule of activities and fees will be distributed the second week of programs. **Participants must be able to function in a 1:6 staff to participant ratio.**

Group/Age: EMH/ MMI, 13 - 21 years
Location:Varies
Day & Time:Tuesdays
 3:30 - 6:00 p.m.

Dates & Fees:

Winter: January 18 - March 1
 \$50.75

Spring: April 12 - May 10
 \$36.25

W/S Total Fee: \$87.00

Transportation: Provided from the below locations. Pick up points may vary depending on registration. Please indicate desired pick up and drop off location on the registration form. A minimum of 2 needed at each location.

1800 North

| LOCATION | PICK UP/DROP OFF TIME |
|---------------------------------------|-----------------------|
| Hersey High School, Arlington Heights | 2:50 p.m./None |
| Palatine High School | 3:30 p.m./None |
| Frontier Park, Arlington Heights | None/6:00 p.m. |
| NWSRA/Park Central, Rolling Meadows | None/6:15 p.m. |
| RecPlex, Mount Prospect | None/6:30 p.m. |

1801 South

| LOCATION | PICK UP/DROP OFF TIME |
|----------------------------------|-----------------------|
| Schaumburg High School | 2:30 p.m./None |
| Hoffman Estates High School | 2:45 p.m./None |
| Hoffman Estates Community Center | None/5:15 p.m. |

Minimum 4/Maximum 15

New

8110 Young Chefs

Bring your appetite for great cooking. Little Chefs will work on beginning cooking skills, safety in the kitchen and proper table etiquette. Each week participants will prepare a different recipe, socialize with peers and assist with clean up.

Group/Age:All, 8 - 13 years
Location:RecPlex, Mt. Prospect
Day & Time:Thursdays
 5:00 - 6:00 p.m.

Dates & Fees:

Winter: January 20 - March 3
 Not January 27
 \$40.50

Spring: April 14 - May 12
 \$33.75

W/S Total Fee: \$74.25

Minimum 4/Maximum 10

1890 Teens Around Town

Hang out with your friends. The group chooses the activities, helps with the planning and learns to handle their money. The first week the group will have a planning party at a local park district. A schedule of activities will be distributed the second week.

Group/Age:All special education students
 10 - 22 years

Location:Varies
Day & Time:Wednesdays
 2:30 - 5:00 p.m.

Dates & Fees:

Winter: January 19 - March 2
 \$63.00

Spring: April 13 - May 11
 \$40.00

W/S Total Fee: \$103.00

Transportation: Provided from the below locations. Please indicate desired pick up and drop off location on the registration form. A minimum of 2 needed at each location.

| LOCATION | PICK UP/DROP OFF TIME |
|-------------------------------------|-----------------------|
| Miner School, Arlington Heights | 2:00/5:00 p.m. |
| Sundling Jr. High, Palatine | 2:20 p.m./None |
| Winston Campus | 2:30 p.m./None |
| NWSRA/Park Central, Rolling Meadows | None/5:20 p.m. |

Note: A healthy snack included weekly.

Minimum 4/Maximum 10

1912

After School Sensations

Creative weekly themes featuring music, games, arts and crafts are planned to focus on social skills, fine and gross motor coordination and community awareness. The group will take four community outings.

Group/Age:All special education students

Location:Marion Jordan School
 Palatine
Day & Time:Thursdays
 3:15 - 4:45 p.m.

Dates & Fees:

Winter: January 20 - March 3
 Not January 27
 \$46.50

Spring: April 14 - May 12
 Not May 5
 \$31.00

W/S Total Fee: \$77.50

Transportation: Included in the fee and is provided from the locations listed below. Please indicate desired drop off location on the registration form. Minimum of two needed at each location. Drop off times may vary depending upon the location of activities.

| LOCATION | PICK UP/DROP OFF TIME |
|-------------------------------------|-----------------------|
| Marion Jordan School, Palatine | 3:15/4:45 p.m. |
| NWSRA/Park Central, Rolling Meadows | None/5:15 p.m. |

Note: A healthy snack included weekly.

Minimum 4/Maximum 10

New

8816/8817

Archery Adventures

Robin Hood is in the building! Check out the latest craze in recreation. Learn basic safety, terminology and skills in archery. Develop eye hand coordination while learning a great leisure skill. This program is supported through the National Alliance for the Development of Archery.

Location:550 Building
 River Trails Park District, Mt. Prospect
Day:Wednesdays
Dates & Fees:

Winter: January 19 - March 2
 \$35.00

Spring: April 13 - May 11
 \$25.00

W/S Total Fee: \$60.00

8816

Group/Age:All, 8 - 15 years
Time: 6:00 - 7:00 p.m.
8817

Group/Age:All, 16 - 30 years
Time: 7:15 - 8:15 p.m.
Minimum 3/Maximum 10

Parents/guardians are responsible for informing teachers and/or transportation departments of participant's after school activities and changes as they arise.

♥1856

Swim Time Fun

Fit Perks ~ 2 Points

Spend an evening at the pool with your friends splashing and playing. This will be a great way to use up that extra energy before bed. Everyone will have a great time in this program. Please meet on the deck ready to swim.

Group/Age:All, 8 - 13 years
Location: Schaumburg Water Works
Day & Time:Thursdays
 6:30 - 7:45 p.m.

Dates & Fees:

Winter: January 20 - March 3
 Not January 27
 \$31.50

Spring: April 14 - May 12
 Not April 21
 \$21.00

W/S Total Fee: \$52.50

Minimum 3/Maximum 10

YOUTH AND TEENS

1700

Saturday Superstars

Socializing, games, interesting themes and swimming will keep the children entertained each week. Parents pick up participants at the pool upon completion of program.

Group/Age: All, 8 - 12 years

Location: Schaumburg Community Recreation Center

Day & Time: Saturdays
10:00 a.m. - 1:00 p.m.

Dates & Fees:

Winter: January 22 - March 5
Not January 29
\$40.50

Spring: April 30 - May 14
\$20.25

W/S Total Fee: \$60.75

Note: Please bring a labeled swimsuit, towel, lunch and drink. This program is held back to back with 1150 Swim.

Minimum 3/Maximum 10

2620/2621/2622/2623

Horseback Riding Instruction Beginner/Intermediate Spring Only

Join your friends down at the stables. The first week, riders will be evaluated for skill level and will be placed in the group time appropriate to their skill level. Riders enrolled in this program must have adequate balance, mobility, posture and ability to maintain upper neck and trunk control. Palatine Stables provides riding helmets and requires a waiver to be signed on the first day of class. The program is held indoors.

Group/Age: All, 8 years & older

Location: Palatine Stables

Fee: \$252.00

2622/2623

Day: Mondays

Dates: April 11 - May 23

Times: 2622 6:30 - 7:30 p.m.

2623 7:30 - 8:30 p.m.

2620/2621

Day: Thursdays

Dates: April 14 - May 26

Times: 2620 5:30 - 6:30 p.m.

2621 6:30 - 7:30 p.m.

Special Note: Please refer to the Special Notice Section at the back of the brochure. **Participants must be under 150 pounds for the safety of the rider and horse. Riders are required to wear boots or shoes with a heel.**

Maximum 5 per class, including maximum of 2 adults

8100

Getting in the Groove Winter Only

This new program is designed to help prepare for attending the school dances. The group will work on appropriate social skills, dance steps and prepare decorations for the big dance. The group will be part of special event 7720 Dancin' the Night Away on March 18 from 7 - 9 p.m.

Group/Age: Aspergers, AUT
12 - 14 years

Location: Twin Lakes Recreation Area
Palatine

Day & Time: Fridays
7:00 - 8:00 p.m.

Dates: February 18 - March 18

Fee: \$39.75

Note: Fee includes program and 7220 Dancin' the Night Away.

Minimum 4/Maximum 10



1750/1760

Learning to Ride a Bike Spring Only

This program will work on developing riding skills, balance and coordination. Your child will also learn about bicycle safety and care. Participants must provide their own bike and safety helmet. If desired, you may leave your child's training wheels on and our staff will work on teaching children to ride independently. On the last day of the program, the bikers will have a parade. Don't forget your camera!

Group/Age: All, 5 - 10 years

Fee: \$25.00

1750

Location: Kirk School
Palatine

Day & Time: Tuesdays
5:00 - 5:45 p.m.

Dates: April 12 - May 10

1760

Location: Hoosier Grove Barn
Streamwood

Day & Time: Thursdays
5:30 - 6:15 p.m.

Dates: April 14 - May 12

Note: Program 1750 held in gym in case of inclement weather. Program 1760 cancelled in case of inclement weather.

Minimum 3/Maximum 8

Saturday Morning Programs at Kirk School

1500

Saturday Surprise

This program is designed for individuals with moderate to severe delays. A 1:2, 1:1 staff to participant ratio is maintained. Ages 8 - 12 years.

Minimum 3/Maximum 9

1530

Rec & Roll

This program is designed for individuals with mild delays. A 1:3 staff to participant ratio is maintained. Ages 8 - 12 years.

Minimum 3/Maximum 9

1580

Sensational Saturdays

This program is designed for individuals with multiple needs who use wheelchairs. A 1:2, 1:1 staff to participant ratio is maintained. Ages 8 - 16 years.

Minimum 3/Maximum 6

Participants not toilet trained must wear snug fitting plastic pants and swim diaper in the pool!

Come join the fun on Saturdays! Games, drama, crafts, sports, music and swimming are just a sampling of the many activities incorporated into each session. Come see what you have been missing!

Location:Kirk School
Palatine

Day & Time:Saturdays
1500/1530 9:30 a.m. - 12:30 p.m.
1580 10:00 a.m. - 1:00 p.m.

Dates & Fees:

Winter: January 22 - March 5
Not January 29
\$40.50

Spring: April 16 - May 14
Not April 23
\$27.00

\$20.25W/S Total Fee: \$67.50

Note: Bring a labeled swimsuit, towel, lunch and drink. Programs 1500 & 1530 are held before 1170 Swim and 1541 S.O. Sports Sampler.

1840

On The Go

Spend your Saturdays with NWSRA socializing with friends and visiting some of your favorite attractions in the area. This program is designed to promote independence, community awareness, socialization and positive use of leisure time. A schedule of activities will be distributed the first week. **Participants must be able to function in a 1:5 staff to participant ratio.**

Group/Age: EMH/MMI, LD/ED,
Deaf & HOH, PI/VI
13 - 21 years

Location:Varies
Day & Time:Saturdays
10:30 a.m. - 2:00 p.m.

Dates & Fees:

Winter: January 22 - March 5
Not January 29
\$57.00

Spring: April 16 - May 14
Not April 23
\$38.00

W/S Total Fee: \$95.00

Transportation: Provided from the locations below. Please indicate desired pick up and drop off location on the registration form. Pick up and drop off times may vary depending on location of outings. Head Instructor will inform parents/guardians of any changes in pick up or drop off times. Minimum of 2 needed at each location.

| LOCATION | PICK UP/DROP OFF TIME |
|---------------------------------------|-----------------------|
| Gary Morava Center, Prospect Heights | 9:45 a.m./2:30 p.m. |
| NWSRA/Park Central, Rolling Meadows | 9:45 a.m./2:30 p.m. |
| Meineke Recreation Center, Schaumburg | 10:15 a.m./2:00 p.m. |
| Alcott Center, Buffalo Grove | 10:30 a.m./2:00 p.m. |

Note: Bring a labeled sack lunch and drink.

Minimum 4/Maximum 20
wheelchair space 2

1670/1671

Busy Bodies

Enjoy Saturdays socializing with friends, playing games, swimming and traveling in the community. The group will have a structured day of activities which could include gym time, field trips, games or swimming. A detailed schedule of field trips and activities will be distributed the first week.

Group/Age: TMH, AUT, MH, S&P
13 - 21 years

Day & Time:Saturdays
11:00 a.m. - 2:00 p.m.

Dates & Fees:

Winter: January 22 - March 5
Not January 29
\$55.50

Spring: April 16 - May 14
Not April 23
\$37.00

W/S Total Fee: \$92.50

1670

Swim Location:Wheeling Community
Recreation Center

1671

Swim Location:Bartlett
Community Center

Transportation: Provided from the below locations. Please indicate desired pick up and drop off location on the registration form. A minimum of 2 needed at each location.

1670 - NORTH

| LOCATION | PICK UP/DROP OFF TIME |
|-------------------------------------|-----------------------|
| NWSRA/Park Central, Rolling Meadows | 10:15 a.m./2:45 p.m. |
| Frontier Park, Arlington Heights | 10:30 a.m./2:30 p.m. |

1671 - SOUTH

| LOCATION | PICK UP/DROP OFF TIME |
|-------------------------------------|-----------------------|
| NWSRA/Park Central, Rolling Meadows | 10:15 a.m./2:45 p.m. |
| Meineke Center, Schaumburg | 10:40 a.m./2:15 p.m. |

Note: Bring a labeled swimsuit, towel, lunch and drink.

Minimum 4/Maximum 10

♥**1541**

Special Olympics Sports Sampler

Fit Perks ~ 2 Points

Here is your chance to try out a variety of Special Olympics competitive sports. Athletes will get the opportunity to learn the basics in bocce, track and field, softball and other competitive sports.

Group/Age:All, 8 - 12 years

Location:Kirk School
Palatine

Day & Time:Saturdays
12:30 - 1:15 p.m.

Dates & Fees:

Winter: January 22 - March 5
Not January 29
\$30.00

Spring: April 16 - May 14
Not April 23
\$20.00

W/S Total Fee: \$50.00

Note: This program is held directly after 1530 and 1500. Supervision provided between programs.

Minimum 3/Maximum 10

YOUTH AND TEENS

Kirk After School Programs

NWSRA is offering structured recreation programs after school. See the schedule below for specific activities on each day. Don't miss out on the fun!

MINIMUM 3/MAXIMUM 10 for each program.

| Day/Time/Date | Program # Activity | Group/Age | Program Description | Transportation Fee | Program Fee |
|--|------------------------------------|--------------------------------|---|---|---|
| Monday 3:30 - 5:00 p.m. W: January 24 - February 28 Not February 21 S: April 11 - May 9 | 1300 Bowling Arlington Lanes | Kirk Students 16 - 21 years | Two games of bowling at accessible lanes. Participants should bring money for a snack. Limited wheelchair space. | Parent pick up at bowling alley at 5:00 p.m. or add \$11.25 in winter and \$11.25 in spring for drop off to locations listed below. | W: \$48.75 S: \$48.75 Total: \$97.50 |
| Tuesday 3:00 - 5:30 p.m. W: January 18 - March 1 S: April 12 - May 10 | 1820 Kirk Kids on the Go | Kirk Students 16 - 21 years | Community outings include trips to the mall, nature centers and bowling. First week activity is at a local park district. Schedule distributed the first week. A healthy snack provided weekly. | Transportation is included in the fee and is offered to drop off locations listed below. | W: \$63.00 S: \$45.00 Total: \$108.00 |
| Wednesday 3:00 - 5:00 p.m. W: January 19 - March 2 Not February 9 S: April 13 - May 11 | ♥1640 After School Fitness | Kirk Students 12 - 21 years | Fitness activities will be the focus of this program. Water aerobics, light weights and resistance bands will be incorporated into the workouts to help you tone and strengthen muscles while working on cardiovascular fitness. A healthy snack will be provided or made weekly. | Parent pick up at Kirk at 5:00 p.m. | W: \$37.50 S: \$31.25 Total: \$68.75 |
| Fit Perks ~ 4 Points | | | | | |
| Thursday 3:00 - 5:00 p.m. W: January 20 - March 3 Not January 27 S: April 14 - May 12 | 1730 Take Time for Fun | Kirk Students 12 - 21 years | Swimming, crafts, games, music and taking time for fun are all a part of this club. Remember a swimsuit and towel! A healthy snack provided weekly. | Parent pick up at Kirk at 5:00 p.m. | W: \$37.50 S: \$31.25 Total: \$68.75 |

NOTE: See information on page 42 regarding dispensing of medication for after school programs at Kirk School.

TRANSPORTATION:

Specific transportation information regarding each program is listed above. Transportation is offered to four convenient drop off locations. Transportation is limited to vehicle availability and capacity. Register early to secure a spot. Please indicate drop off location on the registration form. A minimum of two is needed at each drop off location.

DROP OFF LOCATIONS

For 1300 Bowl

| | |
|-------------------------------------|-----------|
| Alcott Center, Buffalo Grove | 5:30 p.m. |
| Meineke Center, Schaumburg | 5:30 p.m. |
| NWSRA/Park Central, Rolling Meadows | 6:00 p.m. |
| Lions Park, Mt. Prospect | 6:00 p.m. |

For Kirk Kids on the Go

| | |
|-------------------------------------|-----------|
| Alcott Center, Buffalo Grove | 5:45 p.m. |
| Meineke Center, Schaumburg | 6:00 p.m. |
| NWSRA/Park Central, Rolling Meadows | 6:15 p.m. |
| Hoffman Estates Community Center | 5:45 p.m. |

DROP OFF TIME

8465 Take Your Best Shot Photography Class Spring Only

This new program is designed to teach you how to capture that great picture from the first shot to reach the perfect finish. The instructor will work with you to learn how to use your camera, first lining up the perfect shot, then uploading at a local store, editing the pictures and finally printing the finished product. A new adaptive camera will be available for photographers to try. **Participants will display works at NWSRA's Annual Showcase on Friday, May 13.**

Group/Age:All, 14 - 25 years
Location:Gary Morava Recreation Center
Prospect Heights

Day & Time:Tuesdays
6:30 - 8:00 p.m.

Dates & Fee:April 12 - May 10
\$38.75

Note: Participants must provide own camera. Digital processing for pictures taken in class included in fee.

Minimum 4/Maximum 10

SOCIAL CLUBS

Social Clubs offer a variety of activities around the Chicagoland area. Outings may include: sporting events and activities, dances, trips to restaurants, movies, and community outings.

| # | Club Name | Age | Group | Club Coordinator | Staff/Participant Ratio |
|-----|-------------------|-----------------------------------|---------------------------------------|-------------------|-------------------------|
| 560 | Teen Club | 12 - 20 years | PI/VI | Ethan Bontly | 1:4 |
| 700 | Nighthawks | 14 - 21 years (In high school) | EMH, MMI, LD | Allison Kuehlthau | 1:4 |
| 640 | Friday Night Live | 21 - 30 years | PI/VI | Greg Zbrzezny | 1:4 |
| 540 | TGIF | 22 - 35 years | LD, Mild cognitive/social limitations | Danny Henson | 1:10 |
| 500 | Social Club North | 22 years & older | CD | Liz Collins | 1:4 |
| 520 | Social Club South | 22 years & older | CD | Kat Hamilton | 1:4 |
| 820 | Adult Club | 31 years & older | PI/VI | Wesley Hubsch | 1:4 |
| 580 | Night Riders | 36 years & older | LD, Mild cognitive/social limitations | Dana Kroeger | 1:10 |
| 620 | Go Getters | 55 years & older | PI/VI, HOH, Alzheimers, MS | Katie Newport | 1:4 |

560 Teen Club

Day & TimeFriday evenings
Approximately 7:00 - 9:00 p.m.

Dates & Events:

February 4 Movie Night Out
February 18 High School
Basketball Game
March 11 Chicago Wolves Hockey
April 15 In-House Dinner Night
April 29 Comedy Club
May 6 Pinstripes

Transportation: Door-to-door accessible transportation available. To enhance participants' enjoyment and decrease time spent on routes, a maximum has been set of 3-5 individuals per route, or 1 1/2 hours per route.
Maximum 12 for transportation

640 Friday Night Live

Day & TimeFriday evenings
Approximately 7:00 - 9:00 p.m.

Dates & Events:

January 21 Bowling
February 11..... Valentine's Day Dinner
February 25 FNL Idol Night
March 11 Chicago Wolves Hockey
April 8 Film Fanatics
May 6.....Game Night

Transportation: Door-to-door accessible transportation available. To enhance participants' enjoyment and decrease time spent on routes, a maximum has been set of 3-5 individuals per route, or 1 1/2 hours per route.
Maximum 12 for transportation

700 Nighthawks

Day & Time:Friday evenings
Approximately 7:00 - 9:00 p.m.

Dates & Events:

January 21 California Pizza Kitchen
February 4 Chicago Wolves Hockey
February 18 Splish'n'Splash Pool Party
March 4 Movie Night Out
March 18Dancin' the Night Away
April 15 Karaoke & Smoothies

Transportation: Will be offered from NWSRA/Park Central, Gary Morava Recreation Center and Hoffman Estates Community Center.

Please contact NWSRA to receive a club flyer with specific information on individual club events.



Door-to-door Transportation

provided for in-district residents only. Leader will contact participants to arrange pick up times. Individuals may be assisted by NWSRA staff to and from the door of their residence if there are no other individuals in the van or a second staff is available. NWSRA staff are not permitted to enter the individuals' residence at any time. NWSRA staff may not lift, carry or transport an individual's assistive transportation device to any vehicle other than a NWSRA vehicle. See page 5 for more information on transportation.

SOCIAL CLUBS

540 TGIF Club

(Thank Goodness It's Friday Club)
Day & TimeFriday evenings
Approximately 7:00 - 9:00 p.m.

Dates & Events:

- January 21 Bingo & Smoothies
- February 4 Winter Wonderland Dance with Night Riders
- February 18 Dinner Night Out
- March 18 Chicago Steel Hockey
- April 15 Campfire Fun
- May 6 High School Play

Transportation: Will be offered from Pioneer Park, Gary Morava Recreation Center, NWSRA/Park Central, and Meineke Recreation Center.

580 Night Riders

Day & Time Friday evenings
Approximately 7:00 - 9:00 p.m.

Dates & Events:

- February 4 Winter Wonderland Dance with TGIF
- February 11 Baggo & Smoothies
- February 25 Movie Night Out
- March 11 Chicago Wolves Hockey
- April 8 Italian Cooking Night
- April 29 Top Golf Driving Range

Transportation: Will be offered from Gary Morava Recreation Center, Pioneer Park, NWSRA/Park Central and Meineke Recreation Center.

620 Go Getters

Day & Time:Friday mornings
Approximately 10:00 a.m. - 12:00 p.m.
not including transportation

Dates & Events:

- February 25 In-House Movie
- March 11 Morton Arboretum
- April 29 Picnic in the Park

Transportation: Door-to-door accessible transportation is included in the cost of the program. Pick up times will be determined by program leader once registrations have been received. **There is a maximum of 10 for transportation so please register early. Minimum 3/Maximum 10 for transportation**

NORTH

clubs are intended for individuals residing in the park districts of:

- Arlington Heights
- Buffalo Grove
- Inverness
- Mount Prospect
- Palatine
- Prospect Heights
- River Trails
- Salt Creek
- Wheeling



SOUTH

clubs are intended for individuals residing in the park districts of:

- Bartlett
- Elk Grove
- Hanover Park
- Hoffman Estates
- Rolling Meadows
- Schaumburg
- South Barrington
- Streamwood

500 Social Club North

Day & Time:Friday evenings
Approximately 7:00 - 9:00 p.m.

Dates & Events:

- February 11.... Valentines Dance with SCS
- February 25 ...Amy Rudolph Tournament
- March 11 Pajama Party & Breakfast for Dinner
- March 18 Chicago Steel Hockey
- April 15 Aerobics & Smoothies
- April 29 Viva Las Vegas Games & Frozen Drinks

Transportation: Will be offered from NWSRA/ Park Central and Gary Morava Recreation Center.

520 Social Club South

Day & Time:Friday evenings
Approximately 7:00 - 9:00 p.m.

Dates & Events:

- January 21 In-House Movie
- February 11... Valentines Dance with SCN
- February 18 Bowling
- March 4 Pool Party
- March 18 Chicago Steel Hockey
- April 8 Bingo and Snacks

Transportation: Will be offered from NWSRA/Park Central, Schaumburg Community Recreation Center and South Barrington Park District.

820 Adult Club

Day & Time:Thursday evenings
Approximately 7:00 - 9:00 p.m.

Dates & Events:

- January 20 Bowling
- February 10 Valentines Day Dinner
- March 3 In-House Movie & Snack
- March 17 St. Patty's Day Party
- April 7 In-House Game Night
- April 28 Art in the Park

Transportation: Door-to-door accessible transportation available. To enhance participants' enjoyment and decrease time spent on routes, a maximum has been set of 3-5 individuals per route, or 1 1/2 hours per route.

1615/1617/1618/1619

Young Adults Movin' On

This is a day recreation program for young adults transitioning from high school to the working world or those looking for a way to enrich their weekday hours. You may sign up for 1, 2, 3 or all 4 days. Each day will be spent in recreation activities chosen by participants at the facility and out in the community.

Group/Age:PI/VI, MMI Young Adults
21 - 30 years

Time: 10:00 a.m. - 2:30 p.m.

Dates:

Winter: January 19 - March 4
Not January 27, 28 & February 21

Spring: April 11 - May 13

Registration Deadline: January 5
1615

Day: Mondays

Location: Wheeling Community Center
1617

Day: Wednesdays

Location: Hanover Park
Community Center

1618

Day: Thursdays

Location: Weiss Community Center
Mount Prospect

1619

Day: Fridays

Location: Bartlett Community Center

Winter Fee:

1 day \$150.00

2 days \$300.00

3 days \$450.00

4 days \$600.00

Spring Fee:

1 day \$125.00

2 days \$250.00

3 days \$375.00

4 days \$500.00

W/S Total Fee:

1 day \$275.00

2 days \$550.00

3 days \$825.00

4 days \$1100.00

Transportation: Door-to-door transportation or pick up points are available for in-district residents. Please add \$34.50 in winter and \$28.25 in spring per program for door-to-door transportation or \$25.50 in winter and \$21.25 in spring from pick up location. Pick up location will be determined after registration. Leader will contact participants to arrange pick up times. Minimum 2 people needed per route.

Minimum 4/Maximum 10

Program Schedule

Monday

| | |
|-----------------------------|------------------------|
| Young Adults Movin' On | 10:00 a.m. - 2:30 p.m. |
| Time Out Too! | 10:15 - 11:00 a.m. |
| 2600 Bowl (p. 11) | 3:30 - 5:00 p.m. |
| Par 3 Golf League (p. 18) | 4:00 - 5:30 p.m. |
| Evening Workout | 5:15 - 6:15 p.m. |
| Power Lifting (p. 20) | 6:00 - 7:00 p.m. |
| | & 7:00 - 8:00 p.m. |
| | & 8:00 - 9:00 p.m. |
| Guitar Lessons (p. 14) | 7:00 - 7:30 p.m. |
| | & 7:30 - 8:00 p.m. |
| Fitness & Swim | 7:00 - 8:30 p.m. |
| *Monday Night | 7:45 - 10:00 p.m. |
| Board Games & Movies | |
| 1060 Swim Team (p. 9) | 7:30 - 8:30 p.m. |
| 1062 Swim Team | |
| Extended (p. 9) | 7:30 - 8:30 p.m. |
| Acting Through Life (p. 13) | 8:05 - 9:05 p.m. |

Tuesday

| | |
|---|---------------------|
| Custom Fit | 8:45 - 9:30 a.m. |
| | & 9:30 - 10:15 a.m. |
| Fitness & Snack | 3:00 - 4:00 p.m. |
| Fitness & Fun | 3:30 - 5:45 p.m. |
| Supper Club | 3:30 - 6:00 p.m. |
| Golf Instruction/ Intermediate (p. 18) | 4:15 - 5:15 p.m. |
| Staying Fit in Bartlett | 6:00 - 7:00 p.m. |
| Take Your Best Shot | |
| Photography Class (p. 34) | 6:30 - 8:00 p.m. |
| Artists in Bloom (p. 13) | 7:00 - 8:00 p.m. |
| Cheerleading (p. 17) | 7:00 - 8:00 p.m. |
| Sign & Sing (p. 14) | 7:00 - 8:00 p.m. |

Wednesday

| | |
|---|------------------------|
| Young Adults Movin' On | 10:00 a.m. - 2:30 p.m. |
| Creative Corner | 3:00 - 4:00 p.m. |
| Supper Club Too | 3:15 - 5:30 p.m. |
| *Unified Bowling | 5:30 - 8:00 p.m. |
| Happy Hour | 6:00 - 7:15 p.m. |
| | & 7:15 - 8:30 p.m. |
| Guitar Lessons (p. 14) | 7:00 - 7:30 p.m. |
| | & 7:30 - 8:00 p.m. |
| Archery Adventures | 7:15 - 8:15 p.m. |
| 8381 Swim Lesson & Fitness (p. 9) | 7:30 - 8:30 p.m. |
| Breaking Grounds in Drumming (p. 14) | 7:00 - 8:00 p.m. |
| Drum Lessons (p. 14) | 8:10 - 8:40 p.m. |
| Social Dance Craze | 8:00 - 9:00 p.m. |

Thursday

| | |
|--|------------------------|
| Young Adults Movin' On | 10:00 a.m. - 2:30 p.m. |
| Chef's Corner | 3:15 - 5:30 p.m. |
| Exercise & Swim | 3:30 - 5:30 p.m. |
| Stepping Out | 6:15 - 7:15 p.m. |
| | & 7:15 - 8:15 p.m. |
| Walk Across America | 6:30 - 7:30 p.m. |
| Artists in Bloom (p. 13) | 7:00 - 8:00 p.m. |
| Young Adults Rockin' Around the Suburbs | 7:00 - 9:00 p.m. |

Friday

| | |
|------------------------|-------------------------|
| Custom Fit | 8:45 - 9:30 a.m. |
| | & 9:30 - 10:15 a.m. |
| Young Adults Movin' On | 10:00 a.m. - 2:30 p.m. |
| 1350 Bowl (p. 11) | 10:30 a.m. - 12:00 p.m. |
| 2624 Bowl (p. 11) | 3:15 - 4:45 p.m. |
| 1400 Bowl (p. 11) | 3:30 - 5:00 p.m. |

Saturday

| | |
|--------------------------|------------------------|
| Young Adults on the Go | 10:30 a.m. - 2:00 p.m. |
| Naturally in the Suburbs | 10:30 a.m. - 2:00 p.m. |
| Lunch Bunch | 11:00 - 1:00 p.m. |
| 1320 Bowl (p. 11) | 1:30 - 3:30 p.m. |
| Art Sampler | 2:00 - 3:15 p.m. |
| | & 3:30 - 4:45 p.m. |
| 1340 Bowl (p. 11) | 2:00 - 4:00 p.m. |

NOTE: See information on page 5 regarding late policy and late fees.

***Online payment/registration is not available for
Adult programs marked with an asterisk.**

See the NWSRA Program Guide on page 2 for a complete listing of swimming, bowling, special events and programs with their location in the brochure.

NWSRA COOKING PROGRAMS

Participants may enroll in one cooking program and may enroll in other cooking programs as space allows.

| | | | | | | |
|-----------------------------|--|---|---|--|--|---|
| Program #: | 2570 | 2540 | 2700 | 2566/2567/8568 | | |
| Program Name: | Supper Club | Supper Club Too! | Chef's Corner | Happy Hour | | |
| Program Description: | Let's get cooking! Supper Clubs and Chef's Corner will focus on menu planning, table setting, healthy eating, table manners and safety in the kitchen. While participants prepare and eat dinner they will learn cognitive skills such as counting, measuring and following directions. | | | Happy Hour participants will learn how to make simple, healthy appetizers, desserts and non-alcoholic drinks. | | |
| Group: | CD Adults | CD Adults | CD Adults | CD Adults | | |
| Age: | 18 years & older | 18 years & older | 18 years & older | 18 years & older | | |
| Location: | Gary Morava Prospect Heights | RecPlex Mount Prospect | Kirk School Palatine | 2566/2567 Alcott Center, Buffalo Grove 8568 Bock Center, Schaumburg TBA | | |
| Day: | Tuesdays | Wednesdays | Thursdays | Wednesdays | | |
| Time: | 3:30 - 6:00 p.m. | 3:15 - 5:30 p.m. | 3:15 - 5:30 p.m. | 2566/8568 6:00 - 7:15 p.m. 2567 7:15 - 8:30 p.m. | | |
| Dates W/S: | W 1/18 - 3/1 S 4/12 - 5/10 | W 1/19 - 3/2 S 4/13 - 5/11 | W 1/20 - 3/3 Not 1/28 S 4/14 - 5/12 | W 1/19 - 3/2 S 4/13 - 5/11 | | |
| Fee W/S: | \$75.25/\$53.75 | \$77.00/\$55.00 | \$66.00/\$55.00 | \$40.25/\$28.75 | | |
| W/S Total: | \$129.00 | \$132.00 | \$121.00 | \$69.00 | | |
| Transportation: | Parent/guardian pick up is at the entrance at the end of the program or add additional fee for drop off at one of the below locations. Please indicate desired pick up and drop off location on the registration form. A minimum of 2 needed at each location. | | | | | |
| | LOCATION Clearbrook DT, Sch. Meadows, R.M. Lattof Commons, R.M. NWSRA/Park Central, Rolling Meadows | PICK UP/DROP OFF 3:00 p.m./None None/6:20 p.m. None/6:30 p.m. None/6:45 p.m. | LOCATION Countryside, Palatine Avenues, Wheeling Meadows, R. M. NWSRA/Park Central, Rolling Meadows | PICK UP/DROP OFF 2:15 p.m./None 2:45 p.m./None None/6:00 p.m. None/6:15 p.m. | LOCATION Avenues, Wheeling Clearbrook, Palatine Meadows, R. M. NWSRA/Park Central, Rolling Meadows | PICK UP/DROP OFF 2:30 p.m./None 3:00 p.m./None None/5:45 p.m. None/6:00 p.m. |
| Drop off Fee W/S: | \$15.75/\$11.25 | \$15.75/\$11.25 | \$13.50/\$11.25 | N/A | | |
| Maximum: | 15 | 15 | 13 | 10 | | |

♥1677

Social Dance Craze

Fit Perks ~ 2 Points

Join your friends and learn all the new dance steps for prom or your cousin's wedding. This program is taught by a dance instructor. Dress for movement.

Group/Age:LD, ED, EMH/MMI, CD
16 - 35 years

Location:Pioneer Park
Arlington Heights

Day & Time:Wednesdays
8:00 - 9:00 p.m.

Dates & Fees:
Winter:January 19 - March 2
\$36.75

Spring:April 13 - May 11
\$26.25

W/S Total Fee:\$63.00
Minimum 4/Maximum 15

Fit Perks is Here!

Select marked programs and see page 3 for information about the rewards.

NWSRA Online Store is now open!

Visit www.nwsra.org
to purchase NWSRA merchandise.

NOTE: See information on page 5 regarding late policy and late fees.

♥2574 Evening Workout Fit Perks ~ 2 Points

This class is an invigorating workout filled with low and high impact exercises, stretching and a cool down. Light weights and resistance bands will be incorporated into the workouts to help you tone and strengthen muscles while working on cardiovascular fitness. Ratio is 1 staff to 7 participants.

Group/Age: AUT, CD, MH Adults
21 years and older

Location:Rolling Meadows
Teen Center

Day & Time: Mondays
5:15 - 6:15 p.m.

Dates & Fees:

Winter:January 24 - February 28
Not February 21
\$25.00

Spring: April 11 - May 9
\$25.00

W/S Total Fee: \$50.00

Minimum 4/Maximum 15

♥2510 Fitness & Swim Fit Perks ~ 3 Points

Get a great workout through participation in this program which includes 45 minutes of activities promoting fitness and 45 minutes of water exercise. Ratio is 1 staff to 7 participants.

Group/Age: AUT, CD, MH Adults
18 years & older

Location:Kirk School
Palatine

Day & Time: Mondays
7:00 - 8:30 p.m.

Dates & Fees:

Winter:January 24 - February 28
Not February 21
\$26.25

Spring: April 11 - May 9
\$26.25

W/S Total Fee: \$52.50

Special Note: Please refer to Special Notice Section at the back of the brochure regarding swim programs.

Minimum 3/Maximum 15

♥2572 Fitness & Snack Fit Perks ~ 2 Points

Join this after workshop program which will be sure to energize you after a long day of work. Participants enrolled in this program will be led in exercises and will prepare a healthy snack.

Group/Age: CD Adults, 21 years & older

Location:Clearbrook Day Training
Schaumburg

Day & Time:Tuesdays
3:00 - 4:00 p.m.

Dates & Fees:

Winter: January 18 - March 1
\$38.50

Spring: April 12 - May 10
\$27.50

W/S Total Fee: \$66.00

Minimum 4/Maximum 15

♥2560 Time Out Too! Fit Perks ~ 2 Points

Take time out with NWSRA for this exciting program. Take a break from the work day and participate in exercise, crafts and games.

Group/Age: Adults who attend Avenues

Location:Avenues, Wheeling

Day & Time: Mondays
10:15 - 11:00 a.m.

Dates & Fees:

Winter:January 24 - February 28
Not February 21
\$22.50

Spring: April 11 - May 9
\$22.50

W/S Total Fee: \$45

Minimum 3/Maximum 10

1600 Monday Night Board Games & Movies

Come spend time with your friends playing games, watching football on a big screen TV, or just talking. Registrants may bring money to order pizza. Sign up one week at a time or come on out for all 10 weeks.

Group/Age: PI/VI, CD Young Adults
21 - 35 years

Location:Rolling Meadows Teen Center

Day & Time: Mondays
7:45 - 10:00 p.m.

Fee:\$6.25 per night

Total Fee: \$62.50

1601:January 24

1602:January 31

1603:February 7

1604:February 14

1605:February 28

1606:April 11

1607:April 18

1608:April 25

1609:May 2

1612:May 9

Note: Registration deadline is one week prior to each event. Ratio is 1 staff to 8 participants.

Minimum 3/Maximum 15 each night

New ♥8251 Staying Fit in Bartlett Fit Perks ~ 2 Points

This class is an invigorating workout filled with an hour of flexibility, strength and cardio training. The class will utilize resistance bands, weight training and popular fitness techniques to promote overall fitness development and a healthy lifestyle.

Group/Age: AUT, CD, MH Adults
21 years & older

Location:Bartlett Community Center

Day & Time:Tuesdays
6:00 - 7:00 p.m.

Dates & Fees:

Winter: January 18 - March 1
\$35.00

Spring: April 12 - May 10
\$25.00

W/S Total Fee: \$60.00

Minimum 4/Maximum 15

♥2950/2951 Custom Fit Fit Perks ~ 2 Points

Custom Fit is an aerobics/exercise program designed for a great workout as well as to strengthen and tone muscles. Join us and get fit!

Group/Age: Adults who attend
Countryside Workshop

Location: Countryside Workshop
Palatine

Day & Time: Tuesdays & Fridays
2950 8:45 - 9:30 a.m.
2951 9:30 - 10:15 a.m.

Dates & Fees:

Winter: January 18 - March 4
January 28 & February 4
\$27.00

Spring: April 12 - May 10
Not April 22
\$22.50

W/S Total Fee: \$49.50

Minimum 3/Maximum 15 per class

Parents/guardians are responsible for informing teachers and/or transportation departments of participant's after school/workshop activities and changes as they arise.

ADULTS

♥2512 Fitness & Fun

Fit Perks ~ 3 Points

Join this after workshop program which will be sure to energize you after a long day of work. Participants enrolled in this program participate in exercises and prepare a healthy snack.

Group/Age: CD Adults
21 years & older
Location: Clearbrook Workshop
Palatine
Day & Time: Tuesdays
3:30 - 5:00 p.m.
Dates & Fees:
Winter: January 18 - March 1
\$40.25
Spring: April 12 - May 10
\$28.75
W/S Total Fee: \$69.00
Minimum 3/Maximum 15

2573 Creative Corner

Get in touch with your creative side. Enjoy a variety of recreation activities such as playing games, making crafts, fitness and preparing a healthy snack.

Group/Age: MH, CD Seniors
45 years & older
Location: Krause Building
Rolling Meadows
Day & Time: Wednesdays
3:00 - 4:00 p.m.
Dates & Fees:
Winter: January 19 - March 2
\$40.25
Spring: April 13 - May 11
\$28.75
W/S Total Fee: \$69.00
Minimum 3/Maximum 10

♥2650 Exercise & Swim

Fit Perks ~ 4 Points

Join this after workshop program which will be sure to energize you after a long day of work. Transportation is provided from workshop to Mt. Prospect's RecPlex. The group may be utilizing the indoor track for jogging or walking and the pool for water exercises.

Group/Age: CD Adults
21 years & older
Location: RecPlex
Mount Prospect
Day & Time: Thursdays
3:30 - 5:30 p.m.
Dates & Fees:
Winter: January 20 - March 3
Not January 27
\$49.50
Spring: April 14 - May 12
\$41.25
W/S Total Fee: \$90.75

Transportation: Parents/guardians may pick up at RecPlex at 5:30 p.m. or add \$12.00 in winter and \$10.00 in spring for drop off at location listed below. Please indicate desired pick up and drop off location on the registration form. A minimum of 2 needed at each location.

| LOCATION | PICK UP/DROP OFF TIME |
|-------------------------------------|-----------------------|
| Countryside Workshop, Palatine | 2:30 p.m./None |
| Clearbrook Workshop, Palatine | 2:45 p.m./None |
| Avenues, Wheeling | 2:50 p.m./None |
| Clearbrook Day Training, Schaumburg | 3:00 p.m./None |
| NWSRA/Park Central, Rolling Meadows | None/6:00 p.m. |

Note: A healthy snack included weekly.
Minimum 3/Maximum 15



8256 Unified Bowling

This program is a team competition and played with partners. Participants may be eligible to compete in Special Olympics with a valid Special Olympics medical application.

Group/Age: All, 18 years & older
Location: AMF Lanes
Rolling Meadows
Day & Time: Wednesdays
5:30 - 8:00 p.m.
Dates & Fees:
Winter: January 19 - March 2
Not February 2
Spring: April 6 - May 11
Fee: Free
Registration Deadline: January 5
Note: Registration deadline is December 29 for all returning bowlers. New bowlers will be accepted after the December 29 deadline.
Minimum 4/Maximum 136

New 8817

Robin Hood is in the building! Check out the latest craze in recreation. Learn basic safety, terminology and skills in archery. Develop eye hand coordination while learning a great leisure skill. This program is supported through the National Alliance for the Development of Archery.

Group/Age: All, 16 - 30 years
Location: 550 Building
River Trails Park District, Mt. Prospect
Day & Time: Wednesdays
7:15 - 8:15 p.m.
Dates & Fees:
Winter: January 19 - March 2
\$35.00
Spring: April 13 - May 11
\$25.00
W/S Total Fee: \$60.00
Minimum 3/Maximum 10

Archery Adventures

♥2545 Walk Across America

Fit Perks ~ 2 Points

There will be plenty of smiles as you walk many miles. Each week participants will focus on proper stretching and warm-up exercises before walking on the track. Each individual will have their progress charted as they "Walk across America" to a healthier life-style.

Group/Age: LD, EMH, CD Adults
18 years & older
Location: Wheeling Community
Recreation Center
Day & Time: Thursdays
6:30 - 7:30 p.m.
Dates & Fees:
Winter: January 20 - March 3
Not January 27
\$30.00
Spring: April 14 - May 12
\$25.00
W/S Total Fee: \$55.00
Minimum 3/Maximum 10

1761 Young Adults Rockin' Around the Suburbs

Meet up with your friends each week as you visit popular eating, shopping and movie spots. A schedule explaining where to meet each week and how much money to bring will be distributed the second week. The first week the group will meet at the front entrance of the Sweet Tomatoes in Schaumburg. Please bring approximately \$15. **Participants must be able to function at a 1:10 staff to participant ratio.**

Group/Age:LD, EMH/MMI Adults
21 - 35 years

Location:Varies
Day & Time:Thursdays
Approx. 7:00 - 9:00 p.m.

Dates & Fees:
Winter: January 20 - March 3
Not January 27
\$30.00

Spring: April 14 - May 12
\$25.00

W/S Total Fee: \$55.00

Minimum 3/Maximum 15

New 8115 Naturally in the Suburbs

Spend your Saturdays with NWSRA and friends learning about nature. Visit a variety nature centers and attractions in the suburbs while you enjoy nature hikes, learning about animals and conservation.

Group/Age: CD, AUT, 31 years & older
Location:Varies
Day & Time:Saturdays
10:30 a.m. - 2:00 p.m.

Dates & Fees:
Winter: January 22 - March 5
Not January 29
\$57.00

Spring: April 16 - May 14
Not April 23
\$38.00

W/S Total Fee: \$95.00

Transportation: Provided from the locations below. Please indicate desired pick up and drop off location on the registration form. Pick up and drop off times may vary depending upon the location of the outings. Head Instructor will inform parents/guardians of any changes in pick up or drop off times. Minimum of 2 needed at each location.

| LOCATION | PICK UP/DROP OFF TIME |
|---------------------------------------|-----------------------|
| Gary Morava Center, Prospect Heights | 10:00 a.m./2:30 p.m. |
| NWSRA/Park Central, Rolling Meadows | 10:00 a.m./2:30 p.m. |
| Meineke Recreation Center, Schaumburg | 10:30 a.m./2:00 p.m. |
| Alcott Center, Buffalo Grove | 10:30 a.m./2:00 p.m. |

Note: Please bring a labeled sack lunch and drink.

Minimum 4/Maximum 10
Wheelchair space 2

2520/2521 Stepping Out Fit Perks ~ 2 Points

Have fun exercising while dancing to favorite songs. We will line dance, hokey pokey and twist and shout! Basic warm-ups and stretching will be included.

Group/Age: CD Adults
18 years & older

Location:Pioneer Park
Arlington Heights

Day & Time:Thursdays
2520 6:15 - 7:15 p.m.
2521 7:15 - 8:15 p.m.

Dates & Fees:
Winter: January 20 - March 3
Not January 27
\$30.00

Spring: April 14 - May 12
\$25.00

W/S Total Fee: \$55.00

Minimum 4/Maximum 12

1845 Young Adults On The Go

Spend your Saturdays with NWSRA socializing with friends and visiting some of your favorite attractions in the area. This program is designed to promote independence, community awareness, socialization and positive use of leisure time. A schedule of activities will be distributed the first week. **Participants must be able to function in a 1:5 staff to participant ratio.**

Group/Age:All, 21 - 30 years
Location:Varies
Day & Time:Saturdays
10:30 a.m. - 2:00 p.m.

Dates & Fees:
Winter: January 22 - March 5
Not January 29
\$57.00

Spring: April 16 - May 14
Not April 23
\$38.00

W/S Total Fee: \$95.00

Transportation: Provided from the locations below. Please indicate desired pick up and drop off location on the registration form. Pick up and drop off times may vary depending upon the location of the outings. Head Instructor will inform parents/guardians of any changes in pick up or drop off times. Minimum of 2 needed at each location.

| LOCATION | PICK UP/DROP OFF TIME |
|---------------------------------------|-----------------------|
| Gary Morava Center, Prospect Heights | 9:45 a.m./2:30 p.m. |
| NWSRA/Park Central, Rolling Meadows | 9:45 a.m./2:30 p.m. |
| Meineke Recreation Center, Schaumburg | 10:15 a.m./2:00 p.m. |
| Alcott Center, Buffalo Grove | 10:30 a.m./2:00 p.m. |

Note: Please bring a labeled sack lunch and drink.

Minimum 5/Maximum 20
Wheelchair space 2

2530/2531 Art Sampler

Get in touch with your creative arts side. In this class participants will learn to draw, paint and create fun projects. Beginners welcome!

Group/Age: MH, CD Adults
18 years & older

Location:Palatine Community Center
Day & Time:Saturdays
2530 2:00 - 3:15 p.m.
2531 3:30 - 4:45 p.m.

Dates & Fees:
Winter: January 22 - March 5
Not January 29
\$46.50

Spring: April 16 - May 14
\$31.00

W/S Total Fee: \$77.50

Note: Fee includes supplies.

Minimum 3/Maximum 10

Fit Perks is Here!
Select marked programs and see page 3 for information about the rewards.

New 8105 Lunch Bunch

Come spend your afternoon with friends. The group will play games or make crafts, enjoy a sack lunch prepared at the program or go out to a restaurant. A schedule will be provided the first week of program. This program offers transportation to and from 1320 Bowl at Poplar Creek Lanes for an extended day of fun. Please register separately for 1320 Bowl.

Group/Age: CD, AUT, TMH Adults
27 years & older
Location: ... South Barrington Park District
Day & Time: Saturdays
11:00 a.m. - 1:00 p.m.

Dates & Fees:
Winter: January 22 - March 5
Not January 29
\$52.50

Spring: April 16 - May 14
Not April 23
\$34.00

W/S Total Fee: \$86.50

Transportation: Please add \$33.75 for transportation from the below locations. A minimum of 2 needed. Parent/guardians must pick up participants not continuing to 1320 bowl at South Barrington Park District at 1:00 p.m.

| LOCATION | PICK UP/DROP OFF TIME |
|-------------------------------------|-----------------------|
| NWSRA/Park Central, Rolling Meadows | 10:00 a.m./4:00 p.m. |
| Poplar Creek Lanes, Hoffman Estates | None/1:15 p.m. |

Minimum 3/Maximum 10
Wheelchair space 2

ADULTS/PHYSICAL CHALLENGES

Program Schedule

Sunday

Wolf Pack Sled Hockey (p. 19) 5:00 - 6:30 p.m.

Monday

Young Adults Movin' On 10:00 a.m. - 2:30 p.m.
 Ceramics 6:00 - 7:30 p.m.
 *Monday Board Games & Movies 7:45 - 10:00 p.m.
 Guitar Lessons (p. 14) 7:00 - 7:30 p.m.
 & 7:30 - 8:00 p.m.
 Acting Through Life (p. 13) 8:05 - 9:05 p.m.

Tuesday

*Aqua Exercise 1:00 - 2:00 p.m.
 Take Your Best Shot
 Photography Class 6:30 - 8:00 p.m.
 Artists in Bloom (p. 13) 7:00 - 8:00 p.m.

Wednesday

Young Adults Movin' On 10:00 a.m. - 2:30 p.m.
 Meet 'n Place 10:00 a.m. - 12:00 p.m.
 *Strength & Conditioning 1:00 - 2:00 p.m.
 *Aqua Exercise 2:30 - 3:30 p.m.
 Wheelchair Tennis (p. 19) 6:00 - 7:00 p.m.
 Guitar Lessons (p. 14) 7:00 - 7:30 p.m.
 & 7:30 - 8:00 p.m.

Thursday

Young Adults Movin' On 10:00 a.m. - 2:30 p.m.
 Dinner Club 3:15 - 5:30 p.m.
 Artists in Bloom (p. 13) 7:00 - 8:00 p.m.

Friday

Young Adults Movin' On 10:00 a.m. - 2:30 p.m.
 *Aqua Exercise 1:00 - 2:00 p.m.
 *Strength & Conditioning 1:00 - 2:00 p.m.
 *Aqua Exercise 2:30 - 3:30 p.m.
 U.S. Paralympic Sport
 Sampler (p. 19) 7:00 - 9:00 p.m.

Saturday

Young Adults
 on the Go (p. 32) 10:30 a.m. - 2:00 p.m.
 2820/2260 Bowl (p. 11) 1:30 - 3:30 p.m.

NOTE: See information on page 5 regarding late policy and late fees.

***Online payment/registration is not available for Adults with Physical Challenges programs marked with an asterisk.**

See the NWSRA Program Guide on page 2 for a complete listing of swimming, bowling, special events and programs with their location in the brochure.

1615/1617/1618/1619

Young Adults Movin' On

This is a day recreation program for young adults transitioning from high school to the working world or those looking for a way to enrich their weekday hours. You may sign up for 1, 2, 3 or all 4 days. Each day will be spent in recreation activities chosen by participants at the facility and out in the community.

Group/Age:PI/VI, MMI Young Adults
 21 - 30 years

Time: 10:00 a.m. - 2:30 p.m.

Dates:

Winter: January 19 - March 4
 Not January 27, 28 & February 21

Spring: April 11 - May 13

Registration Deadline: January 5

1615

Day: Mondays

Location: Wheeling Community Center

1617

Day: Wednesdays

Location: Hanover Park

Community Center

1618

Day: Thursdays

Location: Weiss Community Center

Mount Prospect

1619

Day: Fridays

Location: Bartlett Community Center

Winter Fee:

1 day \$150.00

2 days \$300.00

3 days \$450.00

4 days \$600.00

Spring Fee:

1 day \$125.00

2 days \$250.00

3 days \$375.00

4 days \$500.00

W/S Total Fee:

1 day \$275.00

2 days \$550.00

3 days \$825.00

4 days \$1100.00

Transportation: Door-to-door transportation or pick up points are available for in-district residents. Please add \$34.50 in winter and \$28.75 in spring per program for door-to-door transportation or \$25.50 in winter and \$21.25 in spring from pick up location. Pick up location will be determined after registration. Leader will contact participants to arrange pick up times. Minimum 2 people needed per route.

Minimum 4/Maximum 10

1600

Monday Night

Board Games & Movies

Come spend time with your friends playing games, watching football on a big screen TV, or just talking. Registrants may bring money to order pizza. Sign up one week at a time or come on out for all 10 weeks.

Group/Age:PI/VI, CD Young Adults
 21 - 35 years

Location: Rolling Meadows Teen Center

Day & Time: Mondays
 7:45 - 10:00 p.m.

Fee: \$6.25 per night

Total Fee: \$62.50

1601: January 24

1602: January 31

1603: February 7

1604: February 14

1605: February 28

1606: April 11

1607: April 18

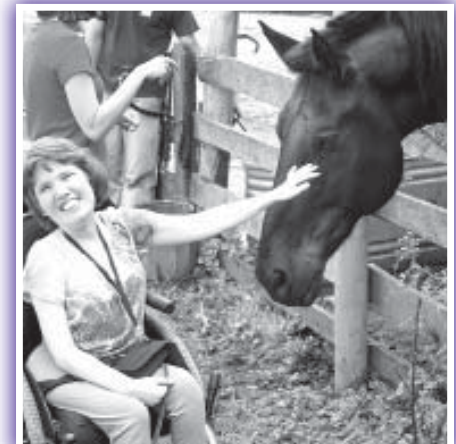
1608: April 25

1609: May 2

1612: May 9

Note: Registration deadline is one week prior to each event. Ratio is 1 staff to 8 participants.

Minimum 3/Maximum 15 each night



2050

**Ceramics
Spring Only**

Get in touch with your creative arts side. In this class participants will learn to draw, paint and create fun projects. Beginners welcome!

Group/Age: PI/VI, 18 years & older
Location: Clayground Art Studio

Day & Time: Mondays, 6:00 - 7:30 p.m.
Dates: April 11 - May 9

Fee: \$103.75

Transportation: Provided for in-district residents only. Price includes door-to-door transportation. If you wish to transport yourself, please contact NWSRA for price of program.

Minimum 3/Maximum 10

Wheelchair space 6

2800

Meet 'n Place

Meet your friends for an enjoyable morning together. Table games and lively conversation are part of the fun. Seven community outings are scheduled.

Group/Age:PI/VI Adults
18 years & older

Location:NWSRA/Park Central
Rolling Meadows

Day & Time: Wednesdays
10:00 a.m. - 12:00 p.m.

Dates & Fees:

Winter: January 19 - March 2
\$85.00

Spring: April 13 - May 11
\$61.00

W/S Total Fee: \$146.00

Transportation: Provided for in-district residents only. Price includes transportation to and from program. If you wish to transport yourself, please contact NWSRA for price of program. Leader will contact participants to arrange pick up times.

Minimum 3/Maximum 7

**8465/8466 Take Your Best
Shot Photography Class**

This new program is designed to teach you how to capture that great picture from the first shot to reach the perfect finish. The instructor will work with you to learn how to use your camera, first lining up the perfect shot, then uploading at a local store, editing the pictures and finally printing the finished product. A new adaptive camera will be available for photographers to try. **Participants will display works at NWSRA's Annual Showcase on Friday, May 13.**

Location: Gary Morava
Recreation Center
Prospect Heights

Day & Time: Tuesdays
6:30 - 8:00 p.m.

Fee: \$38.75
8466

Group/Age: All, 26 years & older
Dates: January 25 - February 22

8465

Group/Age: All, 14 - 25 years
Dates: April 12 - May 10

Note: Participants must provide own camera. Digital processing for pictures taken in class included in fee.

Minimum 4/Maximum 10



2541

Dinner Club

Join your friends for this unique program. Each week will explore a different culture or style of cuisine through in-house cooking, restaurants and one professional cooking lesson at Dave's Speciality Foods. Participants can bring books and information about the topic each week to share in the dinner discussion. Diners will need to bring money when a restaurant outing is planned.

Group/Age: PI/VI Adults
18 years & older

Location: Wheeling Community
Recreation Center

Day & Time: Thursdays
3:15 - 5:30 p.m.

Dates & Fees:

Winter: January 20 - March 3
Not January 27
\$126.00

Spring: April 14 - May 12
\$105.00

W/S Total Fee: \$231.00

Transportation: Price includes transportation from Avenues Workshop at 2:45 p.m. and door-to-door transportation home.

Minimum 4/Maximum 8

ADULTS/PHYSICAL CHALLENGES

AQUA EXERCISE

Fit Perks ~ 2 Points per class

Aqua Exercise is designed as an exercise program for adults who have physical limitations including arthritis, multiple sclerosis, stroke, and other physical conditions. Each class is designed for a specific special need and is recommended for certain groups. The class begins with light stretching, followed by aerobic activities and a cool down period. An accessible lift is available at all of the locations.

Water Temperature: The water temperature of the pools utilized for this program determine which group the class is offered to. The Arthritis Foundation recommends water temperatures no cooler than 83 degrees. The Multiple Sclerosis Society recommends water temperatures no cooler than 82-83 degrees and no warmer than 89 degrees.

Instructor Information: Instructors do not have training in physical therapy. Instructors will lead exercises as desired by swimmers and will design the program around the individual's needs and interests.

Registration Information: Please indicate on the registration form which class(es) you plan to attend by indicating the class number(s). **You may register for more than one class, but you MUST be registered for the class you attend.**

Note: 90 and 91 - No assistance provided in pool & locker room. Participants must be independent in pool and locker room.

Special Note: Please refer to Special Notice Section at the back of the brochure regarding swim programs.

Key to Disabilities: Arthritis (A), Stroke (S), Multiple Sclerosis (MS), Physically Impaired (PI)

Fee: Winter \$36.75 Spring \$26.25 W/S Total \$63.00

Minimum 3/Maximum 12 per class

Door-to-door Transportation provided for in-district residents only. Leader will contact participants to arrange pick up times. Individuals may be assisted by NWSRA staff to and from the door of their residence if there are no other individuals in the van or a second staff is available. NWSRA staff are not permitted to enter the individuals' residence at any time. NWSRA staff may not lift, carry or transport an individuals' assistive transportation device to any vehicle other than a NWSRA vehicle. See page 5 for more information on transportation.

***Need a longer workout? 94 & 95 Aqua Exercise are held after 1610 & 1611 Strength & Conditioning at Schaumburg CRC. Why not register for both!**

♥90/91

Location: Buffalo Grove Fitness Center

Water Temp.: 92 - 96 Degrees

Groups: A, PI/VI, Adults 90

Day: Tuesdays

Time: 1:00 - 2:00 p.m.

Dates: Winter..... January 18 - March 1
Spring..... April 12 - May 10

91

Day: Fridays

Time: 1:00 - 2:00 p.m.

Dates: Winter..... January 21 - March 4
Spring..... April 15 - May 13

♥94/95

Location: The Waterworks Family Aquatic Center, Schaumburg

Water Temp.: 82 - 86 Degrees

Groups: MS, S, PI/VI, Adults 94

Day: Wednesdays

Time: 2:30 - 3:30 p.m.

Dates: Winter..... January 19 - March 2
Spring..... April 13 - May 11

95

Day: Fridays

Time: 2:30 - 3:30 p.m.

Dates: Winter..... January 21 - March 4
Spring..... April 15 - May 13

♥1610/1611

Strength & Conditioning

Fit Perks ~ 2 Points

This program is held before 94 & 95 Aqua Exercise. Get a great workout by lifting in the fitness center, followed by an hour of water exercise.

Group/Age: MS, PI/VI Adults
18 years & older

Location: Schaumburg Community Recreation Center

Time: 1:00 - 2:00 p.m.
1610

Day & Dates: Wednesdays

Winter: January 19 - March 2

Spring: April 13 - May 11

1611

Day & Dates: Fridays

Winter: January 21 - March 4

Not January 28

Spring: April 15 - May 13

Not April 22

One fee for both days

Winter: \$38.50

Spring: \$27.50

W/S Total Fee: \$66.00

Minimum 3/Maximum 8

SPECIAL EVENTS

Program Schedule Special Events Program Schedule

6720

Parent's Night Out

Hey Parents! Take advantage of an evening out minus the kids! See that blockbuster movie or have a romantic dinner. We know you'll have a great evening and the kids will too! NWSRA has a whole evening of fun and games planned including lots of crafts, sports, swimming and fun videos. A snack will be provided. **For participants ages three and under, alternate age appropriate recreational activities will be planned in lieu of swimming.** Children may be picked up any time before the end of the program. Please inform staff of the pick up time. **Please have your children eat dinner before the event.** Participants should bring a swim suit and towel. **Participants not toilet trained must wear snug fitting plastic pants in the pool.**

Group/Age:All children & siblings

Location:Jack Claes Pavilion
Elk Grove Village

Day & Time:Friday, January 14
5:30 - 9:30 p.m.

Fee:\$16.00 for first child
\$7.00 for each additional child

Family maximum of \$35.00 for 4 or more children. Immediate family only, please.

Registration Deadline:January 7

Minimum 6/Maximum 18

6160 Winter Play Day

Get ready for a snow adventure at Sunrise Lake. Bundle up for a day of fun! Put on snowshoes and explore the nature trails to see what you may find. A craft and nature activities are planned. Come inside to warm up and have a hot cup of cocoa. After lunch enjoy some more fun with games!

Group/Age: All Abilities
7 - 12 years

Location:Sunrise Lake
Bartlett

Day & Time:Monday, January 17
9:30 a.m. - 3:30 p.m.

Fee:\$30.00

Registration Deadline:January 7

Transportation: Provided from one of the locations below. Please indicate desired pick up and drop off location on the registration form. A minimum of 2 needed at each location.

| LOCATION | PICK UP/DROP OFF TIME |
|--|-----------------------|
| NWSRA/Park Central, Rolling Meadows | 9:00 a.m./4:30 p.m. |
| Alcott Center, Buffalo Grove | 9:00 a.m./4:30 p.m. |
| Meineke Center, Schaumburg | 9:30 a.m./4:00 p.m. |
| Jack Claes Pavilion, Elk Grove Village | 9:30 a.m./4:00 p.m. |

Note: Please bring a sack lunch for this fun event.

Minimum 6/Maximum 15

6150

Hangin' Out!

Start the day with a couple games of bowling, then off to brunch at IHOP and catch up with your friends! After brunch we'll head over to a local park district for an afternoon at the pool. This will be an event you don't want to miss!

Group/Age:TMH, S&P, AUT
13 - 21 years

Location:Hoffman Estates
& Schaumburg

Day & Time:Monday, January 17
9:30 a.m. - 3:30 p.m.

Fee:\$40.00

Registration Deadline:January 7

Transportation: Provided from one of the locations below. Please indicate desired pick up and drop off location on the registration form. A minimum of 2 needed at each location.

| LOCATION | PICK UP/DROP OFF TIME |
|--|-----------------------|
| NWSRA/Park Central, Rolling Meadows | 9:30 a.m./4:30 p.m. |
| Alcott Center, Buffalo Grove | 9:00 a.m./4:00 p.m. |
| Jack Claes Pavilion, Elk Grove Village | 9:30 a.m./4:30 p.m. |
| Meineke Center, Schaumburg | 9:00 a.m./4:00 p.m. |

Note: Brunch and bowling are included in fee.

Minimum 6/Maximum 15

6110 It's My Lucky Day

We will start the day with crafts and games, hangin' out at the Rolling Meadows Teen Center. Next we will head to Lucky Strike Bowling Alley for a couple games and lunch. Be sure to save room because we will be heading to Ed Debevic's for the "Worlds Smallest Sundae" for dessert.

Group/Age:HOH, LD/ED, EMH PI/VI
13 - 21 years

Location:York Town Shopping Center,
Lombard

Day & Time:Monday, January 17
9:30 a.m. - 3:30 p.m.

Fee:\$40.00

Registration Deadline:January 7

Transportation: Provided from one of the locations below. Please indicate desired pick up and drop off location on the registration form. A minimum of 2 needed at each location.

| LOCATION | PICK UP/DROP OFF TIME |
|--|-----------------------|
| NWSRA/Park Central, Rolling Meadows | 9:30 a.m./3:30 p.m. |
| Alcott Center, Buffalo Grove | 9:00 a.m./4:00 p.m. |
| Jack Claes Pavilion, Elk Grove Village | 9:30 a.m./4:30 p.m. |
| Meineke Center, Schaumburg | 9:00 a.m./4:00 p.m. |

Minimum 4/Maximum 12

January

| | |
|----------------------|-----------------------|
| 14 Parents Night Out | 5:30 - 9:30 p.m. |
| 17 Winter Play Day | 9:30 a.m. - 3:30 p.m. |
| 17 Hangin' Out | 9:30 a.m. - 3:30 p.m. |
| 17 It's My Lucky Day | 9:30 a.m. - 3:30 p.m. |

February

| | |
|---------------------------|------------------------|
| 21 A Day at Camp Red Leaf | 9:30 a.m. - 3:30 p.m. |
| 21 Kohl Children's Museum | 10:30 a.m. - 3:30 p.m. |
| 21 Playin' Hookey | 10:30 a.m. - 3:30 p.m. |
| 21 Skate & Create | 10:30 a.m. - 3:30 p.m. |
| 21 Dave & Buster's | 11:00 a.m. - 2:30 p.m. |
| 27 NWSRA Bowling | 1:00 - 3:30 p.m. |
| 28 Art Workshop | 6:00 - 8:00 p.m. |

March

| | |
|---------------------------|------------------------|
| 4 Parent's Night Out | 5:00 - 9:00 p.m. |
| 7 Art Workshop | 6:00 - 8:00 p.m. |
| 13 *Paralympic Experience | 10:00 a.m. - 3:00 p.m. |
| 15 Bulls vs. Washington | 7:00 p.m. Game Time |
| 18 Dancin' the Night Away | 7:00 - 9:00 p.m. |
| 21 - 25 | |
| Springtime Fun Camp | 9:30 a.m. - 3:30 p.m. |
| Little Sprouts Camp | 9:30 a.m. - 3:30 p.m. |
| Swingin' & Springin' Camp | 9:30 a.m. - 3:30 p.m. |
| Urban Adventures Too! | 10:00 a.m. - 3:00 a.m. |

April

| | |
|--------------|------------------------|
| 6 Seasons 52 | 11:30 a.m. - 2:30 p.m. |
|--------------|------------------------|

May

| | |
|-------------------|------------------------|
| 15 *Flying 4 KIDS | 11:00 a.m. - 1:00 p.m. |
|-------------------|------------------------|

Transportation times for ALL special events may change based on enrollment.

NOTE: See information on page 5 regarding late policy and late fees.

***Online payment/registration is not available for Special Events marked with an asterisk.**

See the NWSRA Program Guide on page 2 for a complete listing of swimming, bowling, special events and programs with their location in the brochure.

SPECIAL EVENTS

6530 A Day at Camp Red Leaf

Get ready for a day of camp-type fun! We will do all kinds of exciting activities both indoors and out so please dress accordingly. Lunch will be an indoor hotdog roast with s'mores for dessert!

Group/Age: All Abilities
7 - 12 years

Location:Ingleside, IL
Day & Time:Monday, February 21
10:30 a.m. - 3:30 p.m.

Fee: \$33.00

Registration Deadline: February 11

Transportation: Provided from one of the locations below. Please indicate desired pick up and drop off location on the registration form. A minimum of 2 needed at each location.

| LOCATION | PICK UP/DROP OFF TIME |
|--|-----------------------|
| NWSRA/Park Central Rolling Meadows | 9:00 a.m./4:00 p.m. |
| Alcott Center, Buffalo Grove | 9:30 a.m./4:30 p.m. |
| Jack Claes Pavilion, Elk Grove Village | 9:30 a.m./3:30 p.m. |
| Hoffman Estates Community Center | 9:00 a.m./4:00 p.m. |

Note: Supervision, all activities & lunch are included in the fee. Please dress appropriately for the weather.

Minimum 6/Maximum 20

6520 Kohl Children's Museum

This exciting day begins with a visit to the Kohl Children's Museum. We will stop for lunch at a nearby restaurant before enjoying a dip in the Jack Claes Pavilion Pool in the afternoon.

Group/Age: All Abilities
3 - 6 years

Location:Glenview/Elk Grove Village
Day & Time:Monday, February 21
10:30 a.m. - 3:30 p.m.

Fee: \$33.00

Registration Deadline: February 11

Transportation: Provided from one of the locations below. Please indicate desired pick up and drop off location on the registration form. A minimum of 2 needed at each location.

| LOCATION | PICK UP/DROP OFF TIME |
|--|-----------------------|
| NWSRA/Park Central Rolling Meadows | 10:00 a.m./4:00 p.m. |
| Alcott Center, Buffalo Grove | 10:30 a.m./4:30 p.m. |
| Jack Claes Pavilion, Elk Grove Village | 10:30 a.m./3:30 p.m. |
| Hoffman Estates Community Center | 10:00 a.m./4:00 p.m. |

Note: Supervision, all activities & lunch are included in the fee. Please bring a labeled swimsuit and towel.

Minimum 6/Maximum 20

6540 Playin' Hookey

Join your friends for fun and some adventure. The group will make their own pizza at Barnaby's Pizza in Arlington Heights, followed by swimming at Wheeling Community Recreation Center.

Group/Age: TMH, S&P, AUT
13 - 21 years

Location: Wheeling Community Center
Day & Time:Monday, February 21
10:30 a.m. - 3:30 p.m.

Fee: \$33.00

Registration Deadline: February 11

Transportation: Provided from one of the locations below. Please indicate desired pick up and drop off location on the registration form. A minimum of 2 needed at each location.

| LOCATION | PICK UP/DROP OFF TIME |
|--|-----------------------|
| NWSRA/Park Central, Rolling Meadows | 9:30 a.m./4:30 p.m. |
| Alcott Center, Buffalo Grove | 10:00 a.m./4:00 p.m. |
| Jack Claes Pavilion, Elk Grove Village | 10:00 a.m./4:00 p.m. |
| Hoffman Estates Community Center | 9:30 a.m./4:30 p.m. |

Note: Please bring a labeled swimsuit and towel.

Minimum 6/Maximum 15

6080 Dave & Buster's

When you are looking for a truly comfortable and totally unique place to hang out, unwind and let loose, it's time for Dave & Buster's. Choose from burgers, soups, salads, etc. Then it's on to a little arcade action. Purchase a power card, then test your skill on some of the many different games and virtual rides. It's a great way to spend your day!

Group/Age: CD Adults
18 years & older

Location:Addison
Day & Time:Monday, February 21
11:00 a.m. - 2:30 p.m.

Fee: \$40.00

Registration Deadline: February 11

Transportation: Provided from one of the locations below. Please indicate desired pick up and drop off location on the registration form. A minimum of 2 needed at each location.

| LOCATION | PICK UP/DROP OFF TIME |
|-------------------------------------|-----------------------|
| NWSRA/Park Central, Rolling Meadows | 10:30 a.m./3:30 p.m. |
| Alcott Center, Buffalo Grove | 10:00 a.m./3:15 p.m. |
| Hoffman Estates Community Center | 10:00 a.m./3:15 p.m. |

Note: Leadership, transportation, lunch and \$10 game card are included in the fee. Please bring extra money if you would like to play more games.

Minimum 6/Maximum 18



7130 Skate & Create

Hang out with your buddies and create some awesome art projects suitable for framing or display. After lunch, the group will enjoy in-line skating at Central Community Center.

Group/Age: HOH, LD/ED, EMH
PI/VI, 13 - 21 years

Location: Mt. Prospect
Day & Time:Monday, February 21
10:30 a.m. - 3:30 p.m.

Fee: \$33.00

Registration Deadline: February 11

Transportation: Provided from one of the locations below. Please indicate desired pick up and drop off location on the registration form. A minimum of 2 needed at each location.

| LOCATION | PICK UP/DROP OFF TIME |
|--|-----------------------|
| NWSRA/Park Central, Rolling Meadows | 9:30 a.m./4:30 p.m. |
| Alcott Center, Buffalo Grove | 10:00 a.m./4:00 p.m. |
| Jack Claes Pavilion, Elk Grove Village | 10:00 a.m./4:00 p.m. |
| Hoffman Estates Community Center | 9:30 a.m./4:30 p.m. |

Note: Please bring a sack lunch.

Minimum 6/Maximum 15

6050 NWSRA Bowling Tournament

"Spare" a little time & "strike" up some fun with your friends at the NWSRA annual adult bowling tournament. Mark your calendar and join us for 2 games of bowling. Prizes will be awarded and refreshments served.

Group/Age: CD Adults
18 years & older

Location:AMF Lanes
Rolling Meadows
Day & Time:Sunday, February 27
1:00 - 3:30 p.m.

Fee: \$20.00

Registration Deadline: February 11

Note: This facility is not fully accessible.

Minimum 8/Maximum 30

6710 Parent's Night Out

Hey Parents! Take advantage of an evening out -minus- the kids! See that blockbuster video or have a romantic dinner. We know you'll have a great evening and the kids will too! NWSRA has a whole evening of fun and games planned including lots of crafts, sports, swimming and fun videos. A snack will be provided. **For participants ages three and under, alternate age appropriate recreational activities will be planned in lieu of swimming.** Children may be picked up any time before the end of the program. Please inform staff of the pick up time. **Please have your children eat dinner before the event.** Participants should bring a swim suit and towel. **Participants not toilet trained must wear snug fitting plastic pants in the pool.**

Group/Age: All children & siblings
Location: Wheeling Community Recreation Center

Day & Time: Friday, March 4
5:00 - 9:00 p.m.

Fee: \$16.00 for first child
\$7.00 for each additional child

Registration Deadline: February 25
Family maximum of \$35.00 for 4 or more children. Immediate family only, please.
Minimum 6/Maximum 18

NOTE: See information on page 5 regarding late policy and late fees.

6210 Chicago Bulls vs. Washington Wizards

Come watch your famous Chicago Bulls play against the Washington Wizards! This is a great opportunity to hang out with your peers while enjoying an exciting game of basketball. Tickets are limited so please sign up today!

Group/Age: CD Teens & Adults
16 years & older

Location: United Center, Chicago
Day & Time: Tuesday, March 15
7:00 p.m. game time

Fee: \$35.00
Registration Deadline: February 22

Transportation: Provided from one of the locations below. Please indicate desired pick up and drop off location on the registration form. A minimum of 2 needed at each location.

| LOCATION | PICK UP/DROP OFF TIME |
|--|-----------------------|
| NWSRA/Park Central, Rolling Meadows | 4:15/11:00 p.m. |
| Schaumburg Community Recreation Center | 4:45 p.m./10:45 p.m. |

Note: This trip involves a higher level of independence due to considerable amount of walking, seating arrangements in the stadium and the ability for participants to negotiate steps as we will be in the upper deck. Fee includes admission, leadership and transportation. Bring extra money for snacks and souvenirs.

Minimum 15/Maximum 20

7458 Art Workshop

This is a two night event lead by a professional artist! Participants will experience working with different art media and create an item suitable for display.

Group/Age: PI/VI Adults
18 years & older

Location: Wheeling Community Center
Day & Time: Monday, February 28
& Monday, March 7
6:00 - 8:00 p.m.

Fee: \$30.00
Registration Deadline: February 11

Transportation: Door-to-door transportation is available for an additional \$5.75 per night (\$11.50 for both nights).

Note: \$30 fee includes two nights of instruction and art supplies required for project.

Minimum 6/Maximum 12

7220 Dancin' the Night Away

Boot scoot and boogie on over to this fun filled evening with friends. There will be snacks and a DJ keeping the dance floor blazing! You don't want to miss this event.

Group/Age: AUT, EMH, PI/VI
12 - 16 years

Location: Twin Lakes Recreation Area
Palatine
Day & Time: Friday, March 18
7:00 - 9:00 p.m.

Fee: \$9.75
Registration Deadline: March 11

Minimum 6/Maximum 15

7213 Paralympic Experience

Individuals with physical and visual disabilities are invited to join us for an introduction to Paralympic sports! Highlighted sports are Boccia, Judo, Power Soccer, Sled Hockey and Sitting Volleyball.

Group/Age: PI/VI Children & Young Adults

Location: Hoffman Estates
Community Center & Ice Arena
Day & Time: Sunday, March 13
10:00 a.m. - 3:00 p.m.

Fee: Free
Registration Deadline: March 4

Note: Lunch is provided, please bring a water bottle for this fun event.

Minimum 5/Maximum 30

6820 Seasons 52

Join us for lunch at this casually sophisticated fresh grill and wine bar that invites you to discover the sensational flavors of a seasonally inspired menu.

Group/Age: PI/VI Adults, 18 years & older, including seniors

Location: Schaumburg
Day & Time: Wednesday, April 6
11:30 a.m. - 2:30 p.m.

Fee: \$30.00
Registration Deadline: March 25

Transportation: Door-to-door transportation is available for an additional \$5.75.

Note: Fee includes the cost of the meal.

Minimum 6/Maximum 12

7140 Flying 4 KIDS

Be part of Flying 4 KIDS, a statewide kite fly! Park districts all over Illinois will be raising awareness for the Park District Youth License Plate program through kite flying and we want your help. Bring your favorite kite or come ready to build one on site with our kite making kits! Come wind or no wind to be part of this event for a great cause. Bring a picnic for your family and enjoy lunch in the park.

Group/Age: All Family Event
Location: Bock Center, Schaumburg
Look for the NWSRA Banner

Day & Time: Sunday, May 15
11:00 a.m. - 1:00 p.m.

Fee: Free
Registration Deadline: May 6

Note: This is a free family event, NWSRA will not be providing supervision.

9050 Northern Indiana Short Trip
 Group/Age: CD Adults
 Location: Shipshewana and South Bend, Indiana
 Dates: Friday, May 20 through Sunday, May 22, 2011
 Fee: \$325.00
 Registration Deadline: February 4, 2011
 Coordinator: Kristin Violante
 Register by Flyer Only

9020 Tennessee Long Trip
 Group/Age: CD Adults
 Location: Pigeon Forge and Gatlinburg, Tennessee
 Dates: Thursday, September 8 through Sunday, September 11, 2011
 Fee: \$995.00
 Registration Deadline: March 25, 2011
 Coordinator: Angie Lee
 Register by Flyer Only

9031 Canadian Get Away
 Group/Age: PI/VI Adults
 Location: Toronto, Canada
 Dates: Tuesday, May 17 through Friday, May 20, 2011
 Fee: \$1200.00
 Registration Deadline: January 4, 2011
 Coordinator: Liz Collins
 Register by Flyer Only

SPRING DAY CAMPS

Join NWSRA for a ton of fun including cool crafts, gym activities, swimming and socializing. Community outings will be planned for two of the days. Please select the appropriate camp below based on disability and age.

Dates for all camps: Monday, March 21 through Friday, March 25

Time for camps: 9:30 a.m. - 3:30 p.m.

Fee for all camps: \$120.00

Registration Deadline for All Camps: February 11

Transportation: For camps 6420, 6430 & 6440, please add \$4.25 per day (\$21.25 for 5 days) for transportation from one of the locations below. Please indicate desired pick up and drop off location on the registration form. A minimum of 2 needed at each location.

*See Spring Day Camp Important Note Below.

| LOCATION | PICK UP/DROP OFF TIME 6420 & 6430 | PICK UP/DROP OFF TIME 6440 |
|---------------------------------------|-----------------------------------|----------------------------|
| NWSRA/Park Central, Rolling Meadows | 8:30 a.m./4:30 p.m. | 8:30 a.m./4:30 p.m. |
| Alcott Center, Buffalo Grove | 9:00 a.m./4:00 p.m. | 8:30 a.m./4:00 p.m. |
| Hoffman Estates Community Center | 9:15 a.m./4:15 p.m. | 9:00 a.m./4:30 p.m. |
| Meineke Recreation Center, Schaumburg | 9:00 a.m./4:00 p.m. | 9:00 a.m./4:00 p.m. |

6320 Urban Adventures Too!
 This camp is designed for those that participated in Urban Adventures during the summer. If you were not in Urban Adventures you are still welcome to join in the fun. Community outings will be planned daily.
 Group/Age: PI/VI
 18 - 25 years
 Location: NWSRA/Park Central
 Rolling Meadows
 Time: 10:00 a.m. - 3:00 p.m.
 Fee: \$120.00
Note: Please meet daily at NWSRA/Park Central and park in the back.
 Minimum 5/Maximum 15

6430 Little Sprouts Camp
 Group/Age: All
 3 - 6, 7-12 years
 Location: RecPlex, Mt. Prospect

6440 Swingin' & Springin' Camp
 Group/Age: LD/BD, EMH, HOH
 13 - 21 years
 Location: Wheeling Community Recreation Center

6420 Springtime Fun Camp
 Group/Age: TMH, AUT, S&P, MN
 13 - 21 years
 Location: Bartlett Community Center

Spring Day Camp Important Note for Camps 6420, 6430 & 6440: Register Early! These camps fill up quickly! The registration deadline is Friday, February 11. Registrations are received on a first come, first served basis. After the maximum has been met, a waiting list will be started with every effort made to accommodate those on the waiting list as additional staff are secured. **Participants are grouped by age and ability.** Those needing a closer than 1:4 ratio, please note on registration form. **Bring a labeled sack lunch, drink, swimsuit and towel each day.** An afternoon snack is provided. Dress appropriately for the weather. Participants not yet toilet trained must wear snug fitting plastic pants under their swimsuit.

FACILITY LOCATIONS

Addams Junior High School

700 S. Springinsguth Road
Schaumburg 847/357-5900

AMF Lanes

3245 Kirchoff Road
Rolling Meadows 847/259-4400

Alcott Center

530 Bernard Drive
Buffalo Grove 847/850-2100

Arlington Lanes

3435 N. Kennicott Avenue
Arlington Heights 847/255-6373

Avenues/Wheeling

444 Mercantile Court
Wheeling 847/541-5250

Bartlett Community Center/ Splash Central Aquatic Center

700 S. Bartlett Road
Bartlett 630/540-4800

Birchwood Park

435 Illinois Avenue
Palatine 847/991-1970

Bock Neighborhood Center

1223 Sharon Lane
Schaumburg 847/985-2141

Buffalo Grove Fitness Center

601 W. Deerfield Parkway
Buffalo Grove 847/353-7500

Burning Bush Community Center

1313 Burning Bush Lane
Mount Prospect 847/255-1200

Carousel Park

Suffield Drive & Forrest Avenue
Arlington Heights

Clayground Art Studio

550 Business Center Drive
Mt. Prospect 847/342-6653

Clearbrook Day Training

1425 Payne Road
Schaumburg 847/310-9141

Clearbrook Workshop (Getz)

746 S. Vermont Street
Palatine 847/991-4100

Conyers Learning Academy

2800 Central Road
Rolling Meadows 847/963-3400

Countryside Workshop

21154 W. Shirley Road
Palatine 847/438-8855

Elk Grove Bowl

53 S. Arlington Heights Road
Elk Grove Village 847/437-3393

Frontier Park

1933 N. Kennicott Avenue
Arlington Heights 847/577-3015

Gary Morava Recreation Center

110 W. Camp McDonald Road
Prospect Heights 847/394-2848

Hanover Park Community Center/ Centre Court

1919 Walnut Avenue
Hanover Park 630/837-2468

Heritage Park

506 W. Victoria Lane
Arlington Heights 847/577-3020

Hersey High School

1900 E. Thomas Street
Arlington Heights 847/718-4800

Hoffman Estates Community Center & Ice Arena

1685 W. Higgins Road
Hoffman Estates 847/885-7500

Hoffman Estates High School

1100 W. Higgins Road
Hoffman Estates 847/755-5600

Hooiser Grove Barn

700 W. Irving Park road
Hoffman Estates 630/372-7275

Inverness Park District

300 N. Highland Road
Palatine 847/934-6300

Jack Claes Pavilion

Elk Grove Park District
1000 Wellington Avenue
Elk Grove Village 847/437-9494

Jack London Middle School

1001 W. Dundee Road
Wheeling 847/520-2745

Kenneth Young Center

1001 Rohlwing Road
Elk Grove Village 847/524-8800

Kirk School

520 S. Plum Grove Road
Palatine 847/463-8500

Krause Building Clearbrook

3201 Campbell Street
Rolling Meadows 847/255-4186

Lattof Commons

3201 Campbell Street
Rolling Meadows 847/255-0120

Lions Recreation Center

411 S. Maple Street
Mount Prospect 847/632-9333

Marion Jordon School

100 N. Harrison Avenue
Palatine 847/963-5500

Mead Junior High School

1765 Biesterfield Road
Elk Grove Village 847/301-2100

Meadows Sheltered Care

3250 Plum Grove Road
Rolling Meadows 847/397-0055

Meineke Recreation Center

220 E. Weathersfield Way
Schaumburg 847/985-2144

Metropolis Performing Arts Centre

111 W. Campbell Street
Arlington Heights 847/577-5982

Miner School

1101 E. Miner Street
Arlington Heights 847/463-8400

New Connections Academy

865 E. Wilmett Road
Palatine 847/359-8690

Nickol Knoll Golf Club

3800 N. Kennicott Avenue
Arlington Heights 847/590-6050

NWSRA/Park Central

3000 W. Central Road
Rolling Meadows 847/392-2848

Olympic Indoor Swim Center

660 N. Ridge Street
Arlington Heights 847/577-3025

Palatine Community Center/Gymnastics

250 E. Wood Street
Palatine 847/991-0333

Palatine High School

1111 N. Rohlwing Road
Palatine 847/755-1600

Palatine Stables

1510 W. Northwest Highway
Palatine 847/359-4801

Park Place Family Recreation Center

550 Park Boulevard
Streamwood 630/372-7275

Pioneer Park

500 S. Fernandez Avenue
Arlington Heights 847/577-3035

Poplar Creek Bowl

2354 W. Higgins Road
Hoffman Estates 847/310-9585

Prairie Stone Sports & Wellness Center

5050 Sedge Boulevard
Hoffman Estates 847/285-5400

RecPlex

420 W. Dempster Street
Mount Prospect 847/640-1000

Riley School

1209 E. Burr Oak Drive
Arlington Heights 847/670-3400

Rolling Meadows Community Center

3705 Pheasant Drive
Rolling Meadows 847/818-3200

Rolling Meadows High School

2901 W. Central Road
Rolling Meadows 847/718-5600

Rolling Meadows Teen Center

3000 W. Central Road
Rolling Meadows 847/392-2848

Sandburg Jr. High School

2600 Martin Lane
Rolling Meadows 847/963-7801

Schaumburg Community Recreation Center (CRC)/ The Water Works

505 N. Springinsguth Road
Schaumburg 847/490-7015

South Barrington Community Center

3 Tennis Court Lane
South Barrington 847/381-7515

Streamwood Bowl

1232 Irving Park Road
Streamwood 630/837-5800

Sundling Jr. High

1100 N. Smith Street
Palatine 847/963-3700

The Sport Center

Schaumburg Park District
1141 W. Irving Park Road
Schaumburg 847/891-1266

Twin Lakes Recreation Area

1200 E. Lake Drive
Palatine 847/934-6050

Weiss Community Center

1500 E. Euclid Avenue
Mount Prospect 847/255-1200

Wheeling Community Recreation Center

Arctic Splash Aquatics Center
333 W. Dundee Road
Wheeling 847/465-3333

Willow Recreation Center

3600 Lexington Drive
Hoffman Estates 847/285-5440

Winston Campus

900 E. Palatine Road
Palatine 847/963-7400

550 Building

550 Business Center Drive
Mt. Prospect 847/255-1200

SPECIAL LEISURE SERVICES FOUNDATION

SLSF exists to support and promote outstanding opportunities through recreation for children and adults with disabilities in cooperation with NWSRA. SLSF supports NWSRA recreation and leisure programs for children and adults with disabilities by:

WINTER/SPRING 2011 FUNDRAISING EVENTS

Gold Medal Fashion Show

Sunday, February 20

Buffalo Grove Golf Classic

Wednesday, May 18

Palatine Hills Golf Classic

Thursday, June 2

If you are interested in receiving information about any of these events, please call Nanette Sowa at 847/392-2848 ext. 255

Purchasing accessible vehicles to transport people with disabilities to programs.



Providing assistance that allows individuals with disabilities to be included in park district leisure services.

Granting scholarships to over 600 children and adults.



On the runway at the Gold Medal Fashion Show 2010



Supporting over 1,150 Special Olympics athletes in sports training and competition.

Acquiring adaptive equipment and supporting innovative recreation services.



Visit www.nwsra.org for more information about SLSF events.

For more information about SLSF, contact Brian Selders at 847/392-2848.

SLSF is a not-for-profit, 501(c)3 corporation whose operations are funded entirely by contributions.

All donations are tax deductible to the amount permitted by law.

REGISTRATION INFORMATION

Completing The Registration Form

Registration forms and fees may be mailed or turned into the NWSRA office by the registration deadline in order to allow participation on the first day of the program. Staff cannot receive registration forms or fees at NWSRA activities. **We do not make confirmation of registration.** If programs are cancelled or postponed, individuals registered will be notified by phone. **Each fall, all participants are required to complete the Registration and Participant Information forms.** This process of updating information will contribute to the overall safety and quality of NWSRA services. **For all other registrations throughout the year, participants need only to fill out the Registration Form. No priority is given to mail-in, drop-off or online registrations. Processing begins on Friday, December 10.**

Family Registration

For all NWSRA programs open to sibling/family members, the separate, signed Family Member Registration form, located on page 39, must accompany the participant's registration form.

Faxing Your Registration Form

NWSRA will accept faxed registration forms, but encourages our customers to call the office for a confirmation of receipt. This will ensure that the fax was received and accepted. NWSRA's fax number is 847/392-2870. To confirm your fax, please call the office at 847/392-2848.

Refunds and Credits

1. A full refund or credit will be issued if a program is cancelled.
2. In the event of prolonged illness or moving, a \$1.00 service fee will be charged and a prorated refund or credit issued. A doctor's notice is required for illness.
3. If NWSRA has incurred costs due to purchase of tickets, rentals, deposits, etc., a 48-hour notice must be given to NWSRA and vacancy caused by cancellation filled. If both conditions are met, a \$1.00 service fee will be charged and a refund or credit will be issued.
4. If a participant cancels out of a program prior to the start, and no costs have been incurred, a \$1.00 service fee will be charged and a refund or a credit will be issued.
5. A prorated refund or credit may be given if the program is deemed inappropriate for a participant.
6. If inclement weather or leader absence occurs, NWSRA will try to reschedule the activity or issue a credit or refund.
7. Credit slips may be used for future registration and are not transferable to other persons.

Non-resident Fee

Non-residents will be assessed a 50% fee increase above the charges listed. NWSRA park district residents will have priority in registering for all NWSRA programs. Non-residents will be allowed to register as additional space, tickets, seating and leadership allow. Final decisions will be made after the registration deadline when applicable. Door-to-door transportation is not available for non-residents.

Payment Systems

Full payment of program fees should be included with the registration form. However, if at the time of registration this presents a problem for any of our residents, delayed or divided payments are acceptable. Please note any altered payment systems on registration form. NWSRA accepts American Express, Discover Card, Visa and MasterCard for payment of programs, fundraising events and donations. Please indicate the card preference, account number and expiration date on the registration form.

Financial Assistance Policy

For information on the policy and application forms, please contact the NWSRA office at 847/392-2848. Please keep the registration deadline for weekly programs in mind. The application process may take several weeks, so please inquire early. Financial assistance is available to member park district residents.

SPECIAL NOTICES

Horseback Riding

If participants are seizure prone, seizures must be controlled by medication and/or the individual must not have had a seizure in over one (1) year in order to be allowed to horseback ride. A doctor's recommendation is suggested for all participants with balance problems or seizures. Riding helmets for all participants are provided by Palatine Stables. At this time, there are no stables in the NWSRA area that can accommodate participants who are non-ambulatory. Stables utilized by NWSRA require that the parent or guardian of each participant sign a release form the first day of the program before the participant will be allowed to ride.

Swim Programs

Approximate 1:3 staff to participant ratio is provided in swim programs. If participant is seizure prone, seizures must be controlled by medication and/or the individual must not have had a seizure in one (1) year in order to be allowed to join the program at the designated ratio. If the above conditions are not met or the swimmer has conditions that warrant a 1:1 ratio, parents must note this on the registration form and NWSRA will attempt to find a volunteer.

Personal Flotation Devices (PFD)

If the use of a PFD is required for safety during an NWSRA or park district aquatic program, please call NWSRA or the appropriate park district to ask what requirements, if any, they have regarding PFD's. These devices provide the swimmer with buoyancy and a sense of personal security but do not prevent drowning. Close supervision of an individual using a PFD is still a necessity. Proper size, style and fit are all important in determining the right PFD for the individual. It is the parent/guardian's responsibility to provide the appropriate PFD. Water wings and air mattresses are not considered PFD's and are not allowed in most public pools except during designated hours.

Atlantoaxial Instability Condition

Individuals with Down syndrome are at risk of having Atlantoaxial Instability (AAI) which allows increased mobility of the first and second vertebrae. For the safety of NWSRA participants, individuals with Down syndrome will not be allowed to participate in activities such as diving, the butterfly stroke in swimming, tumbling, gymnastics, the high jump and others which could potentially injure the neck area unless a doctor's note stating the participant is free of AAI is submitted to NWSRA. An x-ray by a doctor is necessary to determine if the condition is present. Parent/guardian should indicate on the registration form whether or not Atlantoaxial Instability Condition is present. For more information on AAI, contact NWSRA and ask to be sent form #352 on AAI.

Dispensing of Medication

If a participant is in need of assistance to take prescription medication, a permission form allowing NWSRA staff to administer medication must be obtained from the NWSRA office. This permission form must be signed by the parent or guardian and returned to NWSRA before staff may assist the participant in taking medication. Complete the medication information on the registration form and a release will be mailed. For after school programs at Kirk or Miner Schools, the medication for the entire session must be brought in prior to the start of the program, either to the NWSRA office or Kirk and/or Miner Schools. The medication must be in a container clearly marked "For NWSRA", with child's name, doctor's name and phone number and dosage instructions. Due to Kirk/Miner School policy, no medication may come to school with your child. Medication information must be indicated on the NWSRA registration form for staff awareness to dispense it during the program. All other medications for NWSRA programs, other than those listed above, must be in NWSRA envelopes and given to the head instructor each week. Adult participants older than 22 years of age who need more than a reminder to take prescription medication will need to follow NWSRA's guidelines for dispensing medication.

Mandated Reporters

All NWSRA staff are mandated by the State of Illinois to make a report to the DCFS hotline if they observe a situation that provides reasonable cause to suspect child abuse or neglect. Workers in certain professions, including "recreational program" personnel have this legal mandate. Staff are trained on signs and symptoms of abuse and neglect, and procedures for making a report.

FAMILY MEMBER REGISTRATION FORM

WINTER/SPRING 2011

Please attach to participant registration form.

Name (Last) _____ (First) _____ Birth date _____ Sex: M__ F__

Name (Last) _____ (First) _____ Birth date _____ Sex: M__ F__

Name (Last) _____ (First) _____ Birth date _____ Sex: M__ F__

Name (Last) _____ (First) _____ Birth date _____ Sex: M__ F__

Relationship to Participant: Sibling _____ Spouse _____ Parent _____ Friend _____

Participant Name (Last) _____ (First) _____

Parent/Guardian Information:

If different from Participant Information, please complete:

Name (Last) _____ (First) _____

Address _____ City _____ Zip _____

Home Phone # (_____) _____ Work Phone # (_____) _____

Please indicate any medical conditions, allergies, medication information, inappropriate activities etc. for the above listed individuals.

| Names of Family Member(s) Attending | Program # | Program Name |
|-------------------------------------|-----------|--------------|
| | | |
| | | |
| | | |
| | | |

Insurance

NWSRA carries liability insurance only. The cost of medical insurance coverage for injuries would make program fees prohibitive, therefore it is the responsibility of each individual or family to provide their own medical insurance. NWSRA must have the following information, however, in case of an emergency.

Medical Insurance Company _____ Policy # _____

NWSRA Waiver and Release of All Claims

The NWSRA is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The NWSRA continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for the programs/activities listed above must recognize that there is an inherent risk of injury when choosing to participate in recreational programs/activities. You are solely responsible for determining if you or your minor child/ward are physically fit and/or skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity. Recreational programs/activities are intended to challenge and engage the physical, mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational program/activity. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and all other circumstances inherent to indoor and outdoor recreational activities/programs exist. In this regard, it must be recognized that it is impossible for the NWSRA to guarantee absolute safety. Please read this form carefully and be aware that in signing up and participating in the above identified programs/activities, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your child/ward might sustain as a result of participating in any and all activities connected with and associated with said programs/activities (including transportation services/vehicle operation, when provided.).

I recognize and acknowledge that there are certain risks of physical injury to participants in these programs/activities, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in these programs/activities against the NWSRA including its officials, agents, volunteers and employees (hereinafter collectively referred as NWSRA). I do hereby fully release and forever discharge the NWSRA from any and all claims for injuries, damages, or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with these programs/activities. I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, your on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.

Parent/Guardian Signature _____ Date _____

Please Print Name _____

WINTER/SPRING 2011 REGISTRATION FORM

If registering more than one participant, please complete an additional form. Family members may register on page 43.

RETURN TO: NWSRA, Park Central, 3000 W. Central Road, Suite 205, Rolling Meadows, Illinois 60008 or FAX to 847/392-2870.

Questions? Call - VOICE: 847/392-2848 • TTY: 847/392-2855 Would you like to be added to our mailing list? Please check

Participant's Name (Last) _____ (First) _____
 Address _____ City _____ Zip _____

Participant's Information:
 Home Ph. # (_____) _____ Work Ph. # (_____) _____ Cell Phone # (_____) _____
 Sex: F _____ M _____ Age _____ Birthdate _____ Spec. Ed. Classification/Medical Diagnosis _____
 School/Workshop site _____ Teacher _____
 School District _____ Park District _____ Township _____

Parent/Guardian Information: Mother's Name (Last) _____ (First) _____
 Father's Name (Last) _____ (First) _____
 Mother's e-mail: _____ Father's e-mail: _____
 Address (if different from above) _____ City _____ Zip _____
 Home Ph.# (M)(_____) _____ (F)(_____) _____ Work Ph.# (M)(_____) _____ (F)(_____) _____
 Mother's Cell Phone: _____ Father's Cell Phone _____
 Alternate Emergency Contact _____ Relationship to Participant _____
 Home Ph. # (_____) _____ Work Ph. # (_____) _____
 First & last names of people authorized to pick up participant _____

| Program Number | Program Name | * Circle if Med. needed at program | | Check Season(s) | | Pick Up Location | Drop Off Location | Program Fee | Trans. Fee | Total Fee |
|----------------|--------------|------------------------------------|----|-----------------|---|------------------|-------------------|-------------|------------|-----------|
| | | Yes | No | W | S | | | | | |
| | | Yes | No | | | | | | | |
| | | Yes | No | | | | | | | |
| | | Yes | No | | | | | | | |
| | | Yes | No | | | | | | | |
| | | Yes | No | | | | | | | |

Registration Deadline: Tuesday, January 4

You may charge your registration. Please check one.
 American Express Discover MasterCard Visa
 Account # _____
 Expiration Date ____ / ____

If requesting divided payments, please check

Minus Past Program Credits \$ _____

SLSF Donation \$ _____

A third of the total fee is due by each of the following dates: **1/4, 2/1, 3/1**

Total Enclosed \$ _____

Make check payable to NWSRA

Insurance
 NWSRA carries liability insurance only. The cost of medical insurance coverage for injuries would make program fees prohibitive, therefore it is the responsibility of each individual or family to provide their own medical insurance. NWSRA must have the following information in case of an emergency.

Medical Insurance Company _____ Policy # _____

NWSRA Waiver and Release of All Claims

The NWSRA is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The NWSRA continually strives to reduce risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for the programs/activities listed above must recognize that there is an inherent risk of injury when choosing to participate in recreational programs/activities. You are solely responsible for determining if you or your minor/child/ward are physically fit and/or skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity. Recreational programs/activities are intended to challenge and engage the physical, mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational program/activity. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and all other circumstances inherent to indoor and outdoor recreational activities/programs exist. In this regard, it must be recognized that it is impossible for the NWSRA to guarantee absolute safety. Please read this form carefully and be aware that in signing up and participating in the above identified programs/activities, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your child/ward might sustain as a result of participating in any and all activities connected with and associated with said programs/activities (including transportation services/vehicle operation, when provided.).

I recognize and acknowledge that there are certain risks of physical injury to participants in these programs/activities, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in these programs/activities against the NWSRA including its officials, agents, volunteers and employees (hereinafter collectively referred as NWSRA). I do hereby fully release and forever discharge the NWSRA from any and all claims for injuries, damages, or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with these programs/activities. I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, your on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.

Signature _____ Date _____

Please Print Name _____

PARTICIPANT INFORMATION

WINTER/SPRING 2011

Both sides of the registration form MUST be completed and verified by a signature before the participant is allowed to join any NWSRA program. Please check the correct response, complete each category and list any other information you feel NWSRA should be aware of to provide safe and enjoyable activities for the individual being registered.

SEIZURES: No ___ Yes ___ If "Yes", please complete seizure form.

MEDICAL CONDITIONS/NEEDS: Diabetes ___ Shunts ___ Braces ___ Canes ___ Walker ___ Glasses ___ PKU ___ G-tube ___ VNS ___

Trach ___ Epi-pen ___ Sign Language Assistance ___ Hearing Aid ___ Suctioning ___ Catheter ___

Does participant require assistance for personal care (toileting, transferring, feeding, changing)? Yes ___ No ___ (If yes, a personal care information form will be sent to you.)

If using a wheelchair is participant capable of transferring? Yes ___ No ___ Wheelchair (type) _____

AAI Condition: If a participant has Down syndrome, have x-rays of the C-1 and C-2 vertebrae been taken and examined? Yes ___ No ___ Date _____

Is participant clear of Atlantoaxial Instability Condition (AAI)? Yes ___ No ___

Allergies (specific) _____ Other _____

List specific medical instructions: _____

A permission form must be obtained, signed and returned to NWSRA in order for staff to assist with medications. Contact NWSRA to obtain a form.

For participants not needing medication dispensed at programs but would like to make us aware, please list all medications.

| MEDICATION: | TYPE | DOSAGE | TIME |
|-------------|------|--------|------|
| | | | |
| | | | |

DOCTOR'S NAME: _____ Phone () _____

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

Inappropriate Activities: _____

Behavior Issues: _____

Areas/goals for the instructor to work toward: _____

Release of information permission for NWSRA to contact school/workshop staff concerning the participant's needs: Yes ___ No ___

NWSRA regards and treats personal information about participants as confidential, except in certain unusual situations in which NWSRA may have a duty to provide such information to third parties in order to avoid unreasonable risks of harm to them or to other individuals in their care.

Photo permission for NWSRA publicity purposes: Yes ___ No ___

| |
|--|
| Please indicate under what circumstances, if any, participant may be without leader supervision (i.e. to walk home from program, etc.) _____ _____ |
| Parent/Guardian Signature: _____ (sign only if participant may be without supervision) |

IS A BUS AIDE REQUIRED? Yes ___ No ___ Explain why: _____

IS A VEHICLE HARNESS REQUIRED? Yes ___ No ___

SWIM INFORMATION: Beginner ___ Advanced Beginner ___ Intermediate ___ Advanced ___ Diving ___

Permission to apply sunscreen on participant: Yes ___ No ___

Other helpful information: _____

YOUR INPUT HAS IMPACT!

Please use the space below as a way to ask questions, make suggestions, voice concerns or even offer compliments! Your feedback will be read personally by an NWSRA staff member and we will do our best to give your ideas and needs our attention. Of course, there are times when we cannot fulfill every request due to available resources, but your request does not end there! Each season we review all requests that we were not able to accomplish the season before and reconsider the possibilities. If you would like to receive a written response, please check this box.

IF YOUR CHILD HAS SEIZURES, this form MUST be completed and verified by a signature before the participant is allowed to join any NWSRA program. Please check the correct response, complete each category and list any other information you feel NWSRA should be aware of to provide safe and enjoyable activities for the individual being registered.

CONTACT INFORMATION:

Participant Name: _____ Date of Birth: _____
 Parent/Guardian Name: _____ Tel.(H) _____ (W) _____ (C) _____
 Other Emergency Contact: _____ Tel.(H) _____ (W) _____ (C) _____
 Participant Primary Care Dr.: _____ Tel: _____

SEIZURE INFORMATION:

1. When was the participant diagnosed with seizures or epilepsy? _____

| Seizure Type | Length | Frequency | Description |
|-------------------------|--------|-----------|-------------|
| Absence (staring spell) | | | |
| Simple Partial | | | |
| Complex Partial | | | |
| Atonic (drop) | | | |
| Generalized (Gran Mal) | | | |
| Other (explain): | | | |

2. What might trigger a seizure in the participant? _____
 3. Are there any warnings and or behavior changes before the seizure occurs? Yes ___ No ___ If yes, please explain: _____
 4. When was the participant's last seizure? _____
 5. Has there been any recent change in the participant's seizure patterns? Yes ___ No ___ If yes, please explain: _____
 6. How does the participant react after a seizure is over? _____
 7. How do other illnesses affect the participant's seizure control? _____

BASIC FIRST AID: Care and Comfort Measures

8. What basic first aid procedures should be taken when the participant has a seizure? _____

SEIZURE EMERGENCIES:

9. Please describe what constitutes an emergency for the participant? _____
 10. Has the participant ever been hospitalized for continuous seizures? Yes ___ No ___ If yes, please explain: _____

A seizure is generally considered an emergency when: A convulsive (tonic-clonic) seizure lasts longer than 5 minutes • Repeated seizures without regaining consciousness • A first time seizure • Participant is injured or diabetic • Participant has breathing difficulties • Participant has a seizure in water.

SEIZURE MEDICATION AND TREATMENT INFORMATION:

11. What medication(s) for seizures does the participant take?

| Medication | Date Started | Dosage | Frequency and time of day taken | Possible side effects |
|------------|--------------|--------|---------------------------------|-----------------------|
| | | | | |
| | | | | |
| | | | | |

12. What emergency/rescue seizure medications are prescribed for the participant?

| Medication | Dosage | Administration Instructions (timing* & method**) | What to do after administration: |
|------------|--------|--|----------------------------------|
| | | | |
| | | | |

*After 2nd or 3rd seizure, for cluster of seizure, etc. **Orally, under tongue, rectally, etc. NWSRA DOES NOT ADMINISTER RECTAL VALIUM.

13. Does your child have a Vagal Nerve Stimulator Yes ___ No ___ If yes, please describe instructions for appropriate magnet use: _____

GENERAL COMMUNICATION ISSUES:

14. What is the best way for us to communicate with you about the participant's seizure(s)? _____
 15. Is there any other information that NWSRA should know? _____

Parent/Guardian Signature: _____ Date: _____

Dates Updated: _____, _____

DATED INFORMATION PLEASE DISTRIBUTE PROMPTLY

New Cultural Arts Programs...

- Sign & Sing
- Artists in Bloom
- Guitar Lessons



**DO YOU BENEFIT FROM RECEIVING THIS BROCHURE?
IF NOT, PLEASE CALL US AT 847/392-2848
TO HAVE YOUR NAME REMOVED FROM OUR MAILING LIST.**

PLEASE KEEP THIS BROCHURE AS A REFERENCE FOR DATES, TIMES AND LOCATIONS.

Visit the NEW NWSRA STORE at www.nwsra.org!