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WINTER SPRING

REGISTRATION DEC. 9 - 27

WINTER SPRING PROGRAMMING

January 27 – May 3

Registration Begins

December 9, 2024

Registration Deadline

December 27, 2024

Scholarship Deadline

December 27, 2024

SCAN HERE
for scholarship
application



OFFICE HOURS

Monday - Friday

8:30 am - 5:00 pm except for holidays

Ph: 847/392-2848

Fax: 847/392-2870

TTY: 847/392-2855

Video Ph: 224/210-1616

After 5:00 pm voicemail available.

ABOUT NWSRA

NWSRA serves 17 northwest suburban communities in partnership with member Park Districts, providing day camps, programs, trips, special events, speciality programs and more.

WAYS TO REGISTER



MAIL IN

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



FAX

847/392-2870 Call office to ensure receipt of fax.



E-MAIL

E-mail new fillable registration form to office@nwsra.org

We accept AmEx, Discover, MasterCard, Visa. Checks payable to Northwest Special Recreation Association.



MISSION

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

VISION

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

VALUES

Teamwork Support each other and work together

Respect Be open, honest and kind

Enthusiasm Exceed expectations

Collaboration Combine resources to achieve common goals

Communication Listen, share and adapt

Diversity Self-evaluate, educate, celebrate, advocate and represent

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GOALS

| | |
|-----------|---------------------------|
| C | Cognitive Skills |
| CI | Community Integration |
| HW | Health & Wellness |
| I | Independent Functioning |
| M | Motor Skills |
| P | Physical Skills |
| SE | Social & Emotional Skills |
| SI | Sensory Integration |

ABBREVIATIONS

| | |
|------------|-------------------------|
| AUT | Autism Spectrum |
| ID | Intellectual Disability |
| P | Physical Disability |
| V | Visual Disability |

CERTIFICATIONS

| | |
|-------------|--|
| CIA | Certified Inclusivity Assessor |
| CPRP | Certified Park & Recreation Professional |
| CTRS | Certified Therapeutic Recreation Specialist |
| DSP | Direct Support Person |
| QIDP | Qualified Intellectual Disabilities Professional |
| PHR | Professional in Human Resources |
| CPA | Certified Public Accountant |

BOARD OF DIRECTORS

ARLINGTON HEIGHTS

Carrie Fullerton

BARTLETT

Kevin Romejko

BUFFALO GROVE

Erika Strojinc

ELK GROVE

Ben Curcio

HANOVER PARK

Steve Bessette

HOFFMAN ESTATES

Craig Talsma

INVERNESS

Robert Dowling

MT. PROSPECT

Jim Jarog

PALATINE

Ben Rea

PROSPECT HEIGHTS

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Bret Fahnstrom

ROLLING MEADOWS

Nick Troy

SALT CREEK

Diane Hilgers

SCHAUMBURG

Tony LaFrenere

SOUTH BARRINGTON

Jay Morgan

STREAMWOOD

Jeffrey Janda

WHEELING

Jan Buchs

BOARD MEETING

For Board Meeting dates and to access a copy of the meeting agenda, visit [nwsra.org/board](https://www.nwsra.org/board).

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TBA
Inclusion Coordinator

TBA
Collaboratives Coordinator

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Registrar

speciality lessons



GOALS LEGEND

C Cognitive Skills **CI** Community Integration **HW** Health & Wellness **I** Independent Functioning
M Motor Skills **P** Physical Skills **SE** Social & Emotional Skills **SI** Sensory Integration

SWIM LESSONS

In these progressive, 30 minute swim lessons, swimmers are introduced to basic water skills, breath holding and a variety of submerging progressions, eventually leading the participant to unassisted swimming. The curriculum is broken into concepts, which are advanced and developed through each level using different techniques and skills.

Please state your preferred times on the registration form. You will be called before the program with your time confirmation. **Meet on swim deck for all swim programs. The Illinois Department of Public Health requires that all participants not completely toilet trained must wear tight fitting plastic pants under swimwear.**

No Programs: 3/25, 3/26, 3/27

| Prog. # | Prog. Name | Goals | Day | Time | Dates | Location | Fee | Min/Max |
|---------|-------------|-------|-----|----------------|-------------|---|----------|---------|
| 1010 | 3 - 16 yrs. | M, P | T | 4:00 - 7:00 pm | 1/28 - 4/29 | Wheeling Community Recreation Center | \$390.00 | 2/5 |
| 1020 | 3 - 16 yrs. | M, P | W | 4:00 - 7:00 pm | 1/29 - 4/30 | Jack Claes Pavilion • Elk Grove Village | \$390.00 | 2/5 |
| 1030 | 3 - 16 yrs. | M, P | Th | 4:00 - 7:00 pm | 1/30 - 5/1 | Arlington Ridge Center | \$360.00 | 2/5 |
| 1040 | 3 - 16 yrs. | M, P | Th | 4:00 - 7:00 pm | 1/30 - 5/1 | Park Place • Streamwood | \$360.00 | 2/5 |

MUSIC

VOICE & PIANO LESSONS • Age: 7 yrs. & older

Improve voice control, tone and technique while singing some of your favorite songs or discover your musical talent and improve your rhythm, hand-eye and fine motor coordination while learning to play the piano. Please list your 30 minute time slot preference from 4:00pm to 8:30pm on the registration form.

NOTE: List preferred time on registration form.

No program: 2/17, 3/24

Group: All Abilities

Location: Rolling Meadows Community Center • Music Room

Min/Max: 1/6 per program

Goals: M, C

| Prog. # | Dates | Day | Time | Fee |
|---------|-------------|-----|----------------|----------|
| 1070 | 1/27 - 4/28 | M | 4:00 - 8:30 pm | \$360.00 |

SPECIAL EVENTS Looking for a day full of fun and excitement? Don't worry we have plenty of special events you can attend without committing to a full program season. There is something for every age group and adventure seeker. **See page 40 for event offerings.**



SPECIALITY LESSONS

🎵 MUSIC

GUITAR LESSONS • Age: 7 yrs. & older

Jam to great music, while learning about guitar technique and performance. Please list your 30 minute time slot preference from 3:45pm to 6:15pm on the registration form.

NOTE: List preferred time on registration form.

No Program: 3/25

Group: All Abilities

Location: Rolling Meadows Community Center • Music Room

Min/Max: 1/4 per program

Goals: M, C

| Prog. # | Dates | Day | Time | Fee |
|---------|-------------|-----|----------------|----------|
| 1080 | 1/28 - 4/29 | T | 3:45 - 6:15 pm | \$390.00 |

🎵 MUSIC

DRUM LESSONS • Age: 7 yrs. & older

Tap out rhythms and feel the beat while learning drumming techniques and performing on a drum set, snare drum, bells and a variety of rhythm instruments. Please list your 30 minute time slot preference from 6:15pm to 8:45pm on the registration form.

NOTE: List preferred time on registration form.

No Program: 3/25

Group: All Abilities

Location: Rolling Meadows Community Center • Music Room

Min/Max: 1/4 per program

Goals: M, C

| Prog. # | Dates | Day | Time | Fee |
|---------|-------------|-----|----------------|----------|
| 1090 | 1/28 - 4/29 | T | 6:15 - 8:45 pm | \$390.00 |

PLEASE NOTE

Time slots are not guaranteed. Assigned time slot will be confirmed prior to the start of program by the Program Coordinator, Eric Engleson.



SPECIAL EVENTS

Not able to commit to a weekly program? Join us for a one day special event in the community! See page 40 for more details.





A NEW HOME FOR THERAPEUTIC HORSEBACK RIDING LESSONS

HORSEBACK RIDING LESSONS

The Palatine Park District has hosted NWSRA's Therapeutic Horseback Riding Program at the Palatine Stables for years - building truly amazing memories during that time. As you may or may not be aware, the Palatine Park District has had to make the difficult decision to close the stables. While this news is difficult for everyone, especially since the stables have been a staple in the Palatine community and NWSRA for years, we are thrilled to announce the new home for our Therapeutic Horseback Riding Program starting January 2025.

Walk On's mission is to promote well-being and inspire individuals to reach their highest potential, by harnessing the healing power of horses – which from a therapeutic standpoint is NWSRA's goal for this program. NWSRA is always committed to offering the highest quality instruction, and the instructors at Walk On are PATH International Certified, meaning they specialize in equine therapy and can guide riders of all physical, cognitive, and ability levels toward progressions on a horse. During program, both NWSRA and Walk On staff will work jointly to provide participants an elevated level of programming. In addition to top-notch instruction, this new partnership with Walk On will allow NWSRA to offer its Therapeutic Horseback Riding Program year-round, creating more opportunities for participants to experience the joy and benefits of therapeutic riding. Please only register for one program number in order to allow others to participate.

NOTE: Riders enrolled in this program must have adequate balance, mobility, posture and ability to maintain upper neck and trunk control. Helmets are provided, a waiver and medical form must be signed before the first day of class. The program is held indoors. **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.**

| Prog. # | Age | Day | Time | Dates | Location | Fee | Max | Goals |
|---------|---------------|-----|----------------|-------------|---------------|----------|-----|-------|
| 1025 | 6 yrs & older | T | 4:00 - 4:30 pm | 1/7 - 2/4 | Walk-On Farms | \$225.00 | 2 | M, SI |
| 1035 | 6 yrs & older | T | 4:30 - 5:00 pm | 1/7 - 2/4 | Walk-On Farms | \$225.00 | 2 | M, SI |
| 1045 | 6 yrs & older | T | 4:00 - 4:30 pm | 2/18 - 3/18 | Walk-On Farms | \$225.00 | 2 | M, SI |
| 1055 | 6 yrs & older | T | 4:30 - 5:00 pm | 2/18 - 3/18 | Walk-On Farms | \$225.00 | 2 | M, SI |

1:1 therapy programming

All sessions are 45 minute individual or sibling sessions. **Please state your preferred time on the registration form.** These therapy sessions will be video recorded and require an additional waiver for participation. You will be contacted before the therapy session with your time confirmation. Dates are subject to change based on availability.

SNOEZELEN SENSORY ROOM



Sensory therapy consists of placing an individual in a soothing and stimulating environment, called the “Snoezelen Room.” This room is specially designed to deliver stimuli to various senses using lighting effects, color, sounds, music, scents, etc.

No program: 2/17, 3/24, 3/25, 3/26, 3/27

Note: Location subject to change

Age: 3 yrs. & older

Group: All Abilities

Location: 1120 - Rolling Meadows Community Center
1121 - Rolling Meadows Community Center
1122 - Central Community Center • Mt. Prospect
1123 - Wheeling Community Recreation Center

Min/Max: 1/4 per program

Goals: SI

| Prog. # | Dates | Day | Time | Fee |
|---------|-------------|-----|----------------|----------|
| 1120 | 1/27 - 4/28 | M | 2:30 - 6:15 pm | \$390.00 |
| 1121 | 1/28 - 4/29 | T | 2:30 - 6:15 pm | \$390.00 |
| 1122 | 1/29 - 4/30 | W | 2:30 - 6:15 pm | \$390.00 |
| 1123 | 1/30 - 5/1 | Th | 2:30 - 6:15 pm | \$390.00 |

DREAM LAB



The fully accessible Dream Lab opens endless possibilities through next-level technology. The Dream Lab hosts Virtual Reality, 3D printing, fully adjustable computers, a 70 inch iPad and so much more! Participants will learn stress-reduction techniques, expand their minds through endless virtual worlds and explore their interests through technology.

No program: 3/25, 3/27

Age: 3 yrs. & older

Group: All Abilites

Location: Rolling Meadows Community Center • NWSRA Dream Lab

Min/Max: 1/4 per program

Goals: C, I

| Prog. # | Dates | Day | Time | Fee |
|---------|-------------|-----|----------------|----------|
| 1140 | 1/28 - 4/29 | T | 2:30 - 5:15 pm | \$260.00 |
| 1141 | 1/30 - 5/1 | Th | 2:30 - 5:15 pm | \$260.00 |

COMMUNITY SENSORY GARDEN



The NWSRA Community Sensory Garden welcomes individuals of all ability levels to explore, play, learn, and grow in a natural environment. The garden features plants, vegetables, an accessible walkway, seating and several interactive amenities that cultivate an increased connection to nature. Through the knowledge and expertise of Certified Therapeutic Recreation Specialists (CTRS) and Certified Park and Recreation Professionals (CPRP), children and adults expand their boundaries through nature-based learning and play.

Age: 3 yrs. & older

Group: All Abilities

Location: Hanover Park Community Center • Sensory Garden

Min/Max: 1/3 per program

Goals: SI, CI

| Prog. # | Dates | Day | Time | Fee |
|---------|------------|-----|----------------|----------|
| 1130 | 4/2 - 4/30 | W | 2:30 - 5:00 pm | \$125.00 |

CLUB WELLNESS



Club Wellness is a complete activity-rich program of fitness, nutrition and wellness training designed specifically for people with intellectual disabilities, and effective for all. This unique program builds a team culture of inclusion, support and encouragement which is led by a certified Club Wellness Trainer. 1:1 Club Wellness sessions can be in-person or virtual. Please indicate on registration form.

No program: 2/17, 3/24, 3/26

Age: 8 yrs. & older

Group: All Abilities

Location: 1150 Hanover Park Community Center • NWSRA Space

1151 Wheeling Community Center • NWSRA Space

Min/Max: 1/4 per program

Goals: HW, M, P

| Prog. # | Dates | Day | Time | Fee |
|---------|-------------|-----|----------------|----------|
| 1150 | 1/27 - 4/28 | M | 2:30 - 6:00 pm | \$260.00 |
| 1151 | 1/29 - 4/30 | W | 2:30 - 5:00 pm | \$260.00 |



GOALS LEGEND

C Cognitive Skills **CI** Community Integration **HW** Health & Wellness **I** Independent Functioning
M Motor Skills **P** Physical Skills **SE** Social & Emotional Skills **SI** Sensory Integration

NOTE: All Athletes registering for a NWSRA Lightning Teams must have a current Special Olympics medical and consent form on file by the second week of program good through the state competition.

For more information please contact: Kaila Robinson at krobinson@nwsra.org or 847/392-2848, ext. 225.

COMPETITIVE

GOLF LEAGUE • Age: 16 yrs. & older

Play 6 - 9 holes of golf each week with a four-some of golfers. Learn golf course etiquette and improve your game. This program is geared towards the intermediate and advanced golfer.

No program: 5/26

Group: All Ambulatory Athletes

Location: 7200 Arlington Lakes Golf Club • Arlington Heights

Min/Max: 4/12

Ratio: 1:4 to Independent

Goals: M, C, HW

Note: Must provide your own clubs and be able to walk 9 holes of golf, consistently hit the ball a minimum of 50 yards and have participated in NWSRA golf lessons previously.

| Prog. # | Dates | Day | Time | Fee |
|---------|------------|-----|----------------|----------|
| 7200 | 5/5 - 7/28 | M | 5:00 - 7:30 pm | \$144.00 |

COMPETITIVE

CO-REC SOFTBALL • Age: 16 yrs. & older

Athletes will compete in tournament play with other special recreation associations through the summer. Participants must participate in practices in order to compete during league play and Special Olympics Competition.

Group: All Ambulatory Athletes

Location: Park Central • Rolling Meadows

Min/Max: 11/30

Ratio: 1:4 to Independent

Goals: M, HW, SE, C

Note: At the first practice on May 2nd, athletes will be assessed from 6:30pm to 7:30pm. Players will then be divided into teams based on ability, age and team chemistry.

| Prog. # | Dates | Day | Time | Fee |
|---------|------------|-----|----------------|----------|
| 7020 | 5/6 - 7/29 | T | 6:30 - 7:30 pm | \$156.00 |

SOCIAL CLUBS

Come socialize with friends while going out and having fun! Join one of our six social clubs with the potential of grooving at the Valentine's Day Ball, cheering on the Windy City Bulls, laughing at the movies and so much more! **For more details, see page 34.**





COMPETITIVE

SWIM TEAM • Age: 16 yrs. & older

Swimmers will work on strokes, developing their swimming techniques and endurance. Swimmers must be able to swim half a length of freestyle, face in water, unassisted and half a length of backstroke/back kick in the proper position to be ready to participate in this program. Swimmers will compete in Special Olympics and other meets offered.

No program: 2/17, 3/24

Group: All Ambulatory Athletes

Location: Arlington Ridge Center • Arlington Heights

Min/Max: 5/15

Goals: M, S, HW

Ratio: 1:4 to Independent

| Prog. # | Dates | Day | Time | Fee |
|---------|-------------|-----|----------------|----------|
| 7600 | 1/27 - 4/28 | M | 7:00 - 9:00 pm | \$144.00 |

COMPETITIVE

CO-REC SOCCER • Age: 16 yrs. & older

Score with more soccer skills development and conditioning during the winter session and league play during the spring. **Participants must participate in practices in order to compete during league play.**

No program: 3/26

Group: All Ambulatory Athletes

Location: The Zone • Mt. Prospect

Min/Max: 7/20

Goals: M, S, HW

Ratio: 1:4 to Independent

Note: At first practice on February 15, athletes will be assessed from 6:30-7:30pm. Players will then be divided into teams based on ability, age, and team chemistry.

| Prog. # | Dates | Day | Time | Fee |
|---------|-------------|-----|----------------|----------|
| 7040 | 2/12 - 5/14 | W | 6:30 - 7:30 pm | \$156.00 |



1:1 THERAPY PROGRAMMING

Want to expand your mind through technology? Come by our Dream Lab. Want to help nurture our flowers? Stop by our Community Sensory Garden. Whatever your thing is, we offer 4 different programs that help you explore, play, learn, and grow! **For more information regarding our 1:1 Therapy Programming, see page 8.**

COMPETITIVE

POWERLIFTING TEAM • Age: 16 yrs. & older

Improve athlete's general health, strength and quality of life. Athletes will be training to compete in Special Olympics competition.

No program: 2/17, 3/24, 3/27

Group: All Ambulatory Athletes

Location: Monday: CrossFit Arioeh • Elgin

Thursday: Wheeling Community Recreation Center

Min/Max: 5/12

Goals: M, S, HW

Ratio: 1:4 to Independent

| Prog. # | Dates | Day | Time | Fee |
|---------|-------------|-----|----------------|----------|
| 7030 | 1/27 - 4/28 | M | 6:00 - 7:00 pm | \$144.00 |
| 7031 | 1/30 - 5/1 | Th | 5:30 - 6:55 pm | \$156.00 |

Transportation: Fee included in program fee.

| Transportation Location (Monday Only) | Pick Up | Drop Off |
|---------------------------------------|---------|----------|
| Park Central • Rolling Meadows | 5:30 pm | 7:30 pm |

SHORT TRIPS

Want to go on an adventure? Join us on a special trip to Madison, WI this spring! **See page 41 for more details.**



ATHLETICS

 **COMPETITIVE**

TRACK & FIELD • Age: 16 yrs. & older

Train for peak performance to increase strength, coordination and flexibility. Don't delay! Special Olympics requires 8 weeks of continuous training to compete in Spring Games. Space is limited and only open to athletes competing on the NWSRA team.

No program: 3/27

Group: All Ambulatory Athletes

Location: Carl Sandburg Jr. High • Rolling Meadows

Min/Max: 5/30

Goals: M,HW,P,I

Ratio: 1:4 to Independent

| Prog. # | Dates | Day | Time | Fee |
|---------|------------|-----|----------------|----------|
| 7050 | 2/13 - 5/8 | Th | 5:30 - 6:30 pm | \$144.00 |
| 7051 | 2/13 - 5/8 | Th | 6:30 - 7:30 pm | \$144.00 |

 **COMPETITIVE**

GYMNASTICS TEAM • Age: 8 yrs. & older

Develop coordination, balance and basic gymnastics skills. Training for Special Olympics competition is offered with the NWSRA Gymnastics Team, new athletes accepted on team in the fall.

No program: 3/29, 4/19

Group: All Ambulatory Athletes

Location: Palatine Community Center

Min/Max: 5/15

Goals: M,HW,P,I

Ratio: 1:4 to Independent

Note: Team leotards will be purchased in the spring for competition

| Prog. # | Dates | Day | Time | Fee |
|---------|------------|-----|----------------|----------|
| 7300 | 1/18 - 5/3 | Sa | 7:45 - 8:45 am | \$168.00 |



BECOME A BOOSTER

The NWSRA Lightning Athletic Booster Club was established as a committee under SLSF, a 501 (c)(3) charity that is the fundraising arm of NWSRA. The Booster Club is comprised of parents and friends of Lightning Athletes working together to enhance athletic opportunities through increased funding toward transportation to competitions, housing for tournaments, equipment and uniforms. Here are some examples of support, with your help, that the Booster Club looks forward to providing:

- Equipment and uniforms for NWSRA Lightning Athletic teams
- Volunteering at tournaments NWSRA hosts
- Creating and supporting fundraising opportunities

Over 200 NWSRA Lightning Athletes compete year-round in a variety of 16 sports including basketball, softball, swimming, golf, bowling, and so much more!

If you are interested in joining or learning more about Booster Club activities, please contact Kaila Robinson at 847/ 392-2848 ext. 225 or email krobinson@nwsra.org



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------|---------------------|-----------|-------------------|--------|---|
| Sensory Storytime | Movin' and Groovin' | Clay Play | Sensory Scientist | --- | Music Makers Saturday Clubhouse Tumbling Tots |

GOALS LEGEND

C Cognitive Skills **CI** Community Integration **HW** Health & Wellness **I** Independent Functioning
M Motor Skills **P** Physical Skills **SE** Social & Emotional Skills **SI** Sensory Integration

SOCIAL

SENSORY STORY TIME • Age: 3 - 6 yrs.

Welcome to our interactive Sensory Storytime, a story hour designed to engage children through sight, sound, touch, movement, and more! Storytime includes creative elements to bring books to life by stretching, dancing, and participating in related activities. The program will follow a theme each week and incorporate STEAM activities

No program: 2/17, 3/24

Group: All Abilities & Siblings

Location: Buffalo Grove Fitness Center • NWSRA Wing

Min/Max: 4/6

Ratio: 1:1 to Independent

Goals: C, I

| Prog. # | Dates | Day | Time | Fee |
|---------|-------------|-----|----------------|----------|
| 1635 | 1/27 - 4/28 | M | 4:15 - 5:15 pm | \$180.00 |

HEALTH AND WELLNESS

MOVIN' AND GROOVIN' • Age: 3 - 6 yrs.

Come join your peers and get your wiggles out. While we socialize and play games, there will be motor development and recognition tasks.

No program: 3/25

Group: All Abilities & Siblings

Location: Rolling Meadows Community Center • NWSRA Wing

Min/Max: 4/6

Ratio: 1:1 to Independent

Goals: M, HW, P

| Prog. # | Dates | Day | Time | Fee |
|---------|-------------|-----|----------------|----------|
| 1690 | 1/28 - 4/29 | T | 4:15 - 5:15 pm | \$195.00 |

SKILL DEVELOPMENT

CLAY PLAY • Age: 3 - 6 yrs.

Get messy and create unique ceramic pieces using molding clay and other mediums! Parents and siblings are welcome.

No program: 3/26

Group: All Abilities & Siblings

Location: Vogeley House & Barn - NWSRA Wing • Hoffman Estates

Min/Max: 4/6

Ratio: 1:1 to Independent

Goals: M, CI

| Prog. # | Dates | Day | Time | Fee |
|---------|-------------|-----|----------------|----------|
| 1950 | 1/29 - 4/30 | W | 5:30 - 6:15 pm | \$221.00 |

SOCIAL

SENSORY SCIENTIST • Age: 3 - 6 yrs.

Join your peers and develop social interaction and teamwork skills through play. Each week there will be a new sensory theme for the participants to explore.

No program: 3/27

Group: All Abilities & Siblings

Location: Hanover Park Community Center • NWSRA Wing

Min/Max: 4/6

Ratio: 1:1 to Independent

Goals: SI, SE

| Prog. # | Dates | Day | Time | Fee |
|---------|------------|-----|----------------|----------|
| 1640 | 1/30 - 5/1 | Th | 4:15 - 5:15 pm | \$221.00 |



1:1 THERAPY PROGRAMMING
 Want to expand your mind in the Snoelezen Sensory Room? We offer four different programs in our specialty spaces which help you explore, play, learn, and grow! **For more information regarding our 1:1 Therapy Programming, see page 8.**

 **SKILL DEVELOPMENT**

MUSIC MAKERS • Age: 3 - 6 yrs.

Through singing, listening, and playing instruments, children will develop rhythm, build fine motor skills. We use a variety of musical styles to expose kids to different genres, from jazz to pop and world music. Social skills are strengthened as we collaborate and play together. Extend your child's day by adding on Saturday clubhouse! NWSRA staff will transition them to their next program.

No program: 3/29, 4/19

Group: All Abilities & Siblings

Location: Rolling Meadows Community Center • NWSRA Wing

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: C, I, M

| Prog. # | Dates | Day | Time | Fee |
|---------|-----------|-----|-----------------|----------|
| 1845 | 2/1 - 5/3 | Sa | 9:00 - 10:00 am | \$216.00 |



 **SOCIAL**

SATURDAY CLUBHOUSE • Age: 3 - 6 yrs.

Help your child strengthen friendships, cognitive skills, and practice social skills through creative projects and fun games! Cooperative activities will promote peer interaction, decision making and provide an outlet for expression. Please bring a labeled lunch or snack with a drink. Extend your child's day by starting off with Music Makers! NWSRA staff will transition them to their next program.

No program: 3/29, 4/19

Group: All Abilities & Siblings

Location: Rolling Meadows Community Center • NWSRA Wing

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: SE

| Prog. # | Dates | Day | Time | Fee |
|---------|-----------|-----|------------------|----------|
| 1850 | 2/1 - 5/3 | Sa | 10:00 - 12:00 pm | \$300.00 |

 **SKILL DEVELOPMENT**

TUMBLING TOTS • Age: 3 - 6 yrs.

Leap into action while developing poise, flexibility and strength. Learn spatial awareness on the balance beam, uneven bars, vault and floor. Participants will learn physical development, age-appropriate play, as well as social and emotional development through the art of gymnastics. This class is all about imagination and fun while practicing gymnastics skills and drills.

No program: 3/29, 4/19

Group: All Abilities & Siblings

Location: Vogeley Barn • Hoffman Estates

Min/Max: 4/6

Ratio: 1:1 to Independent

Goals: M, P

| Prog. # | Dates | Day | Time | Fee |
|---------|-----------|-----|----------------|----------|
| 1560 | 2/1 - 5/3 | Sa | 1:30 - 2:15 pm | \$216.00 |

spring day camps



Spring Day Camps are full of exploration, play, and unique experiences that will create independence, friendships and lifelong skills. Campers will engage in various activities, swim at an indoor pool and experience a field trip in the community. Camp experiences are based off the four Day Camp Goals: Leisure Awareness, Self Awareness, Community Awareness and Health Awareness. Transportation is not provided during Spring Break Camp.

Ratio: 1:1 to Independent - **Registration Deadline:** February 21

Please contact **Kate Moran**, kmoran@nwsra.org or at **847/392-2848, ext. 274** for more information.

| Camp Name | Prog. # | Min/Max | Dates | Time | Ages | Location | Fee |
|--|---------|------------------|--------------------------------------|---------------------------------------|---------------|---------------------------------------|----------------------|
|  little sunflowers | 4310 | | | | 3 - 6 years | Palatine Community Center Palatine | |
|  Spring it Up! | 4320 | | | | 7 - 11 years | RecPlex Mt. Prospect | |
|  Spring Explorers | 4330 | 5/15 per camp | All Camps March 24 - 28 | All Camps 8:30 am - 2:30 pm | 12 - 16 years | Plum Grove Park Rolling Meadows | \$240.00 per camp |
|  Rainblazers | 4340 | | | | 17 - 21 years | Teen Center Rolling Meadows | |

NOTE: Register early, as these camps fill up quickly. 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. Participants are grouped by age and ability. **Bring a labeled sack lunch, drink, snack, swimsuit, and towel each day. Participants not yet toilet trained must wear snug fitting plastic pants under their swimsuit. Dress appropriately for the weather.**

PREVIEW TO SUMMER CAMP

9 Week Camp Dates: June 9 - August 8
5 Week Camp Dates: July 7 - August 8
Day Camp Hours: 8:30 am - 2:30 pm

After Care Hours: 2:30 - 6:00 pm

School District Camp Dates based on school district ESY Calendar.

Registration Opens: Monday, March 10
Registration Ends: Monday, April 18

Anyone who registers after registration deadline will be placed on a waitlist and contacted if space is available.



GOALS LEGEND

C Cognitive Skills **CI** Community Integration **HW** Health & Wellness **I** Independent Functioning
M Motor Skills **P** Physical Skills **SE** Social & Emotional Skills **SI** Sensory Integration

SOCIAL

STEAM ENGINEERS • Age: 10 - 14 yrs.

Join your peers and develop social interaction and teamwork skills through play. Each week there will be a new STEAM theme for the participants to explore.

No program: 2/17, 3/24

Group: All Abilities

Location: Central Community Center • NWSRA space

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: SI, I, C, SE

| Prog. # | Dates | Day | Time | Fee |
|---------|-------------|-----|----------------|----------|
| 2440 | 1/27 - 4/28 | M | 6:30 - 8:00 pm | \$216.00 |



SKILL DEVELOPMENT

CRAFTY CREATORS • Age: 14 - 21 yrs.

Draw, paint and create fun projects while developing your creative side. Beginners are welcome! Please bring a labeled snack and drink. Fee includes supplies.

No program: 2/17, 3/24

Group: All Abilities

Location: Kirk School • Palatine

Min/Max: 4/15

Ratio: 1:1 to Independent

Goals: SE, I, SI

| Prog. # | Dates | Day | Time | Fee |
|---------|-------------|-----|----------------|----------|
| 2450 | 1/27 - 4/28 | M | 2:30 - 4:00 pm | \$216.00 |

SOCIAL

REC N' ROLL • Age: 6 - 10 yrs.

Join your peers to try out new recreation activities that encourage social interaction, teamwork and gross motor skills. Learn what NWSRA and member Park Districts offer to support a healthy lifestyle through recreation in your community.

No program: 2/17, 3/24

Group: All Abilities

Location: Central Community Center • NWSRA space

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: SI, I, C, SE

| Prog. # | Dates | Day | Time | Fee |
|---------|-------------|-----|----------------|----------|
| 2445 | 1/27 - 4/28 | M | 4:30 - 8:00 pm | \$216.00 |

SOCIAL

TRAVELIN' TEENS • Age: 14 - 21 yrs.

Improve independence, money management skills and socialization while going on adventures with friends! Activities are planned by the participants and may include trips to the mall, nature center, bowling alley and more. A schedule will be given to families the second week.

No program: 3/25

Group: All Abilities

Location: Palatine Teen Center • Rolling Meadows

Min/Max: 4/10

Ratio: 1:2 to Independent

Goals: CI, SE, I

| Prog. # | Dates | Day | Time | Fee |
|---------|-------------|-----|----------------|----------|
| 2250 | 1/28 - 4/29 | T | 4:00 - 6:00 pm | \$312.00 |

Transportation: Please indicate pick up and drop off location on registration.
Fee: \$65 one way, \$130 round trip

| Transportation Location | Pick Up | Drop Off |
|---------------------------------|---------|----------|
| Higgins Education Center | 3:00 pm | None |
| Hoffman Estates High School | 2:45 pm | None |
| Palatine High School | 3:30 pm | None |
| Hersey High School | 3:00 pm | None |
| Vogelei House • Hoffman Estates | None | 6:00 pm |
| NWSRA Park Central | None | 6:00 pm |

SOCIAL

DANCING DYNAMICS • Age: 14 - 21 yrs.

Unleash your inner dancer with our exciting dance program! Designed for all individuals our program offers a fun and energetic environment where you can learn various dance styles, improve your skills, and meet new friends.

No program: 3/25

Group: All Abilities

Location: Bartlett Community Center

Min/Max: 4/10

Ratio: 1:4 to Independent

Goals: M, SE

| Prog. # | Dates | Day | Time | Fee |
|---------|-------------|-----|----------------|----------|
| 2105 | 1/28 - 4/29 | T | 4:30 - 5:30 pm | \$228.00 |

SKILL DEVELOPMENT

PARKOUR • 2010: 6 - 13 yrs. 2015: Age: 14 - 18 yrs.

Come climb, run, and jump through creative obstacle courses! A certified instructor will work with you to learn basic skills mixed with movement activities such as strength, agility and safety.

No program: 3/26

Group: All Abilities

Location: The Zone • Mt. Prospect

Min/Max: 4/10

Ratio: 1:2 to Independent

Goals: HW, M, P

| Prog. # | Dates | Day | Time | Fee |
|---------|-------------|-----|----------------|----------|
| 2010 | 1/29 - 4/30 | W | 4:30 - 5:30 pm | \$286.00 |
| 2015 | 1/29 - 4/30 | W | 5:30 - 6:30 pm | \$286.00 |

SKILL DEVELOPMENT

BROADWAY BUDDIES • Age: 14 - 21 yrs.

Big Deal Productions and NWSRA are pleased to be together again this year. The newly envisioned Broadway Buddies program is back; and, this year will be better than ever! In our accessible program, our community of actors, on stage support, and production team will work together to gain confidence, learn ensemble skills, and integrate acting techniques, as we work to put together our performance of Mary Poppins., which will be performed on May 18 at 2:30 pm. Additional classes and rehearsals will be held May 12 – 16 from 5 - 7 pm.

Group: All Abilities

Location: Community Arts Center • Buffalo Grove

Min/Max: 4/20

Ratio: 1:4 to Independent

Goals: SE, I, CI

| Prog. # | Dates | Day | Time | Fee |
|---------|------------|-----|---------------|----------|
| 2070 | 1/7 - 5/18 | T | 5:00 - 6:00pm | \$360.00 |

SKILL DEVELOPMENT

RECIPE MAKERS • Age: 14 - 21 yrs.

Work together as a group to create a list of healthy snacks for the season. Each week the group will work together to make a healthy snack come to life. A recipe book will be given to each participant at the end of the session. Each week will be filled with health and wellness games.

No program: 3/26

Group: All Abilities

Location: Kirk School • Palatine

Min/Max: 4/15

Ratio: 1:4 to Independent

Goals: HW, SE, SI

| Prog. # | Dates | Day | Time | Fee |
|---------|-------------|-----|---------------|----------|
| 2150 | 1/29 - 4/30 | W | 2:30 - 4:30pm | \$286.00 |

THERAPY

AUTISM MOVEMENT THERAPY®

• 2080 - 2090: Age: 6 - 10 yrs.

• 2085 - 2095: Age: 10 - 13 yrs.

Come join your peers exploring the benefits of structured movements, dance, and music. This program uses different tools to help improve your child's engagement and participation in a group environment.

No program: 3/25, 3/27

Group: Autism Spectrum

Location: 2080/2085: Schaumburg CRC

2090/2095: Buffalo Grove Fitness Center

Min/Max: 4/6

Ratio: 1:1 to Independent

Goals: M, SI

| Prog. # | Dates | Day | Time | Fee |
|---------|-------------|-----|----------------|----------|
| 2080 | 1/28 - 4/29 | T | 4:30 - 5:15 pm | \$260.00 |
| 2085 | 1/28 - 4/29 | T | 5:30 - 6:15 pm | \$260.00 |
| 2090 | 1/30 - 5/1 | TH | 4:30 - 5:15 pm | \$260.00 |
| 2095 | 1/30 - 5/1 | TH | 5:30 - 6:15 pm | \$260.00 |



SKILL DEVELOPMENT

LEVEL UP GAMING • Age: 14 - 21 yrs.

Want to expand your technology knowledge? Come explore the NWSRA Dream Lab Accession Technology Center. You will get to experience a giant Padzilla, adapted TapIt System, Virtual Reality, 3D printer, Microsoft Xbox and Nintendo Switch video games.

No program: 3/27

Group: All Abilities

Location: Rolling Meadows Community Center • Dream Lab

Min/Max: 4/8

Ratio: 1:4to Independent

Goals: C, SE, I



| Prog. # | Dates | Day | Time | Fee |
|---------|------------|-----|----------------|----------|
| 2120 | 1/30 - 5/1 | Th | 6:30 - 7:30 pm | \$204.00 |

SCHOOL AGE

SOCIAL

ROCK N' BOWL • Age: 14 - 21 yrs.

Make friends and learn to bowl. Proper technique, rules and bowling etiquette will be reviewed each week as the kids engage in this fun sport.

No program: 3/27

Group: All Abilities

Location: Popar Creek Bowl • Hoffman Estates

Min/Max: 4/10

Ratio: 1:1 to Independent

Goals: HW, M

| Prog. # | Dates | Day | Time | Fee |
|---------|------------|-----|----------------|----------|
| 2255 | 1/30 - 5/1 | Th | 3:30 - 5:30 pm | \$312.00 |

Transportation: Please indicate pick up and drop off location on registration.

Fee: \$60 one way, \$120 round trip

| Transportation Location | Pick Up | Drop Off |
|---------------------------------|---------|----------|
| Higgins Education Center | 3:00 pm | None |
| Hoffman Estates High School | 2:45 pm | None |
| Palatine High School | 3:30 pm | None |
| Hersey High School | 3:00 pm | None |
| Vogelei House • Hoffman Estates | None | 6:00 pm |
| NWSRA Park Central | None | 6:00 pm |

SKILL DEVELOPMENT

TECH EXPLORERS • Age: 10 - 14 yrs.

Join us in the Dream Lab Accessible Technology Room to explore gaming at a completely new level. Each week discover a new Microsoft game for X-Box and use Virtual Reality to bring the game to life.

No program: 3/27



Group: All Abilities & Siblings

Location: Rolling Meadows Community Center • Dream Lab

Min/Max: 4/8

Ratio: 1:4 to Independent

Goals: C, I

| Prog. # | Dates | Day | Time | Fee |
|---------|------------|-----|----------------|----------|
| 2110 | 1/30 - 5/1 | Th | 5:30 - 6:30 pm | \$208.00 |

SKILL DEVELOPMENT

RECESS GAMES AND SPORTS • Age: 6 - 10 yrs.

Join your peers and develop the skills to play recess games and improve your sports skills. This program works to develop an understanding of the games and motor skills to participate in various sports. Enhance proper social interaction and working with others while having fun.

No program: 3/28

Group: All Abilities

Location: Birchwood Community Center • Palatine

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: HW, M, P

| Prog. # | Dates | Day | Time | Fee |
|---------|------------|-----|----------------|----------|
| 2350 | 1/31 - 5/2 | F | 4:30 - 5:30 pm | \$221.00 |

SKILL DEVELOPMENT

SPORT SAMPLER • Age: 10 - 14 yrs.

Join your peers and develop the skills to play various games and improve your sports skills. This program works to develop an understanding of the games and motor skills to participate in various sports. Enhance proper social interaction and working with others while having fun.

No program: 3/28

Group: All Abilities

Location: Birchwood Community Center • Palatine

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: HW, M, P

| Prog. # | Dates | Day | Time | Fee |
|---------|------------|-----|----------------|----------|
| 2355 | 1/31 - 5/2 | F | 6:00 - 7:00 pm | \$221.00 |

SOCIAL

SHOOTING STARS • Age: 6 - 10 yrs.

Enhance cognitive, fine motor and social skills through playing games, fitness and crafts. Please bring a labeled snack and drink.

No program: 3/29, 4/19

Group: All Abilities

Location: RecPlex • Mt. Prospect

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: M, SE

| Prog. # | Dates | Day | Time | Fee |
|---------|-----------|-----|-----------------|----------|
| 2770 | 2/1 - 5/3 | Sa | 9:00 - 11:00 am | \$252.00 |

SOCIAL

SUPERSTARS • Age: 10 - 14 yrs.

Enhance cognitive, fine motor and social skills through playing games, fitness, swimming and crafts. Please bring a labeled swimsuit, towel, lunch and drink. The Illinois Dept. of Public Health requires that anyone not completely toilet trained must wear tight fitting plastic pants. Parents pick up on the pool deck.

No program: 3/29, 4/19

Group: All Abilities

Location: RecPlex • Mt. Prospect

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: M, SE, SI

| Prog. # | Dates | Day | Time | Fee |
|---------|-----------|-----|-----------------|----------|
| 2780 | 2/1 - 5/3 | Sa | 11:00 - 2:00 pm | \$372.00 |

 **SOCIAL**

DISTRICT TRAVELERS • Age: 14 - 21 yrs.

Improve independence, community awareness, socialization and positive use of leisure time through participation in community activities. A schedule of activities will be distributed the first week. Please bring a labeled lunch and drink. NWSRA reserves the right to determine an individual's readiness to participate in this traveling program.

No program: 3/29, 4/19

Group: All Abilities

Location: Vogelei House • Hoffman Estates

Min/Max: 4/10

Ratio: 1:4 to Independent

Goals: CI, SE, I

| Prog. # | Dates | Day | Time | Fee |
|---------|-----------|-----|----------------|----------|
| 2500 | 2/1 - 5/3 | Sa | 9:30 - 1:30 pm | \$480.00 |

Transportation: Please indicate pick up and drop off location on registration.

Fee: \$60 one way, \$120 round trip

| Transportation Location | Pick Up | Drop Off |
|-------------------------------|---------|----------|
| Hanover Park Community Center | 9:00am | 2:00pm |
| Buffalo Grove Fitness Center | 9:00am | 2:00pm |

 **SKILL DEVELOPMENT**

GYMNASTIC SKILLS • Age: 6 - 10 yrs.

Not ready for the Lightning Gymnastics Team yet? In this program you will sharpen your skills in balance, core strength and coordination to meet your gymnastic goals and even make the Gymnastics Team.

No program: 3/29, 4/19

Group: All Ambulatory

Location: Vogelei Barn • Hoffman Estates

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: M, P

| Prog. # | Dates | Day | Time | Fee |
|---------|-----------|-----|---------------|----------|
| 2065 | 2/1 - 5/3 | Sa | 2:30 - 3:15pm | \$216.00 |



 **SOCIAL**

SPARE TIME BOWLERS • Age: 14 - 21 yrs.

Come extend your day while socializing and bowling with friends after your morning Saturday program. If you selected transportation for District Travelers, the fee includes transportation to Spare Time Bowlers after program. If you did not need transportation, please add \$60 to your registration in order to have transportation to Spare Time Bowlers.

No program: 3/29, 4/19

Group: All Abilities

Location: Bowlero • Mt. Prospect

Min/Max: 4/15

Ratio: 1:4 to Independent

Goals: M, SE, CI

| Prog. # | Dates | Day | Time | Fee |
|---------|-----------|-----|----------------|----------|
| 3140 | 2/1 - 5/3 | Sa | 2:00 - 4:00 pm | \$300.00 |

Transportation: One way from District Travelers

Fee: \$60





SNOEZELEN[®] ROOM

Through Technology and innovative design, the Snoezelen Room is a controlled multi-sensory environment that helps create a therapeutic alliance between the participant and CTRS as well as a safe place to develop life skills.



STIMULATION

Multi-sensory products and environment can be used to stimulate individuals by providing exciting visuals, music and sounds, invigorating smells and textures to explore.



DEVELOPMENT

Snoezelen can be used as learning and developmental tool, it can be used for color matching, understanding of cause and effect, and creating themed environments to teach within.



RELAXATION

Multi-sensory products and environment can be used to calm and reduce agitation through the use of gentle light, soothing sound, relaxing smell and touch.



THERAPY

NWSRA's Snoezelen Sensory Team will help you create individualized short and long term measurable goals for each individual receiving therapy within the room.

MULTI-SENSORY ROOM FEATURES

BUBBLE TUBES

Provide multi-sensory feedback and stimulate the visual system. Therapeutic benefits include spatial awareness, touching, interaction, de-escalation and fine motor-skill development.



THE GESTURETEK CUBE

Creates an interactive projection on the floor with amazing special effects which are gesture controlled.



SENSORY MAGIC

Allows the therapist to create an image, sound, aroma and color-coordinated themes for learning, therapy, relaxation and more.



BUMPAS

Are soft vinyl objects secured to the walls that vibrate when touched. This may help calm and regulate the system for an under-sensitive individual, while increasing tolerance to tactile input for an over-sensitive individual.



INCLUSION SERVICES

WHAT IS INCLUSION?

NWSRA and its member park districts believe that all individuals should have access to whatever leisure opportunities they choose, regardless of ability level. We work together to assess any modifications that maybe be needed for an individual with a disability to successfully participate in park district programs , at no additional cost.



HOW TO REQUEST ASSISTANCE

Any request for inclusion assistance should be done at registration. Simply check the ADA box, requesting a reasonable accommodation. From there, the Park District Program Supervisor will reach out to you for more information. They will then contact the designated Inclusion Coordinator from NWSRA.

ASSISTANCE PROVIDED MAY INCLUDE

- Adaptive Equipment
- Individualized Resources (behavioral plan, visual schedule, communication board, incentive charts, etc.)
- Facilitation of Personal Care Plans
- Placement of Inclusion Aide

WHY INCLUSION?

Although many people achieve recreation through participation in NWSRA programs, others may have greater success in park district activities/ The process of including people with disabilities but also those without. Inclusive recreation programs prepare people with disabilities for life in an integrated society, and just as importantly, prepare society to accept individual diversity.

“

Inclusion provides **increased social interaction, independent and positive peer modeling.**

”

COMMUNITIES SERVED:

ARLINGTON HEIGHTS • BARTLETT • BUFFALO GROVE • ELK GROVE • HANOVER PARK • HOFFMAN ESTATES • INVERNESS • MT. PROSPECT • PALATINE • PROSPECT HEIGHTS • RIVER TRAILS • ROLLING MEADOWS • SALT CREEK • SCHAUMBURG • SOUTH BARRINGTON • STREAMWOOD • WHEELING

For more information contact the Manager of Inclusion Services, Victoria Gonzalez, or ask to speak to a member of the Inclusion Department at 847/392-2848



GOALS LEGEND

C Cognitive Skills **CI** Community Integration **HW** Health & Wellness **I** Independent Functioning
M Motor Skills **P** Physical Skills **SE** Social & Emotional Skills **SI** Sensory Integration

SOCIAL

SPORT FANATICS • Age: 21 - 39 yrs.

Join your friends each week at Reps to enjoy dinner and watch the current sporting events. Please bring money for food and drinks.

No program: 2/17, 3/24

Group: All Abilities

Location: Reps Place • Rolling Meadows

Min/Max: 4/20

Ratio: 1:4 to Independent

Goals: SE, CI

| Prog. # | Dates | Day | Time | Fee |
|---------|-------------|-----|----------------|----------|
| 3160 | 1/27 - 4/28 | M | 7:00 - 8:00 pm | \$192.00 |

SOCIAL

HAPPY HOUR • Age: 40 yrs. & older

Come focus on healthy eating, table setting/manners and safety in the kitchen. Participants prepare and eat snacks, appetizers or desserts while learning cognitive skills such as counting, measuring and following directions. This is a group cooking program, therefore, all dietary restrictions cannot be accommodated.

No program: 2/17, 3/24

Group: All Abilities

Location: Rolling Meadows Community Center • Great Room

Min/Max: 4/20

Ratio: 1:2 to Independent

Goals: HW, C, SE

| Prog. # | Dates | Day | Time | Fee |
|---------|-------------|-----|---------------|----------|
| 3130 | 1/27 - 4/28 | M | 5:00 - 6:00pm | \$240.00 |

SOCIAL

MEDIA MEET UP • Age: 21 - 39 yrs.

Join peers as we explore different elements of today's popular media. Try your hand at a different media outlet each week. Focus on development of skills in PowerPoint, Prezi, Facebook, YouTube, Print and many more!

No program: 3/25

Group: All Abilities

Location: Rolling Meadows Community Center • Dream Lab

Min/Max: 4/8

Ratio: 1:2 to Independent

Goals: CI, I



| Prog. # | Dates | Day | Time | Fee |
|---------|-------------|-----|----------------|----------|
| 3820 | 1/28 - 4/29 | T | 6:30 - 7:30 pm | \$221.00 |

HEALTH AND WELLNESS

MINDFULNESS MUSKETEERS • Age: 21 yrs. & older

Come unwind and relax in the Dream Lab. Participants will participate in meditation and yoga while learning several other relaxation techniques.

No program: 3/25

Group: All Abilities

Location: Rolling Meadows Community Center • NWSRA space

Min/Max: 4/6

Ratio: 1:2 to Independent

Goals: SE, M

| Prog. # | Dates | Day | Time | Fee |
|---------|-------------|-----|---------------|----------|
| 3810 | 1/28 - 4/29 | T | 5:30 - 6:30pm | \$221.00 |

1:1 THERAPY PROGRAMMING

Want to expand your mind through technology in the Dream Lab? We offer four different programs in our specialty spaces which help you explore, play, learn, and grow! **For more information regarding our 1:1 Therapy Programming, see page 8.**

AFTER DAY PROGRAM ACTIVITIES

HEALTH AND WELLNESS

EXERCISE AND SWIM • Age: 21 yrs. & older

Take time for your health and fitness. The group will utilize the indoor track for walking/jogging and the pool for water exercise.

No program: 2/17, 3/24

Group: All Abilities

Location: 3010 Rec Plex • Mt. Prospect

3015 Jack Claes • Elk Grove Village

Min/Max: 4/15

Ratio: 1:4 to Independent

Goals: M, HW, SE

| Prog. # | Dates | Day | Time | Fee |
|--|-------------|-----|----------------|----------|
| 3010 | 1/27 - 4/28 | M | 4:00 - 6:00 pm | \$300.00 |
| Trans. Drop Off: Buffalo Grove Fitness Center NWSRA Office | | | | |
| 3015 | 1/27 - 4/28 | M | 4:00 - 6:00 pm | \$300.00 |
| Trans. Drop Off: Hanover Park Community Center NWSRA Office | | | | |

Transportation Fee: \$60 one way, \$120 round trip

SKILL DEVELOPMENT

CUISINE CRITICS • Age: 21 yrs. & older

Come focus on healthy eating, table setting/manners and safety in the kitchen. Participants prepare and eat snacks, appetizers or desserts while learning cognitive skills such as counting, measuring and following directions. This is a group cooking program, therefore, all dietary restrictions cannot be accommodated.

No program: 3/26

Group: All Abilities

Location: Gary Morava • Prospect Heights

Min/Max: 4/15

Ratio: 1:4 to Independent

Goals: HW, C, I

| Prog. # | Dates | Day | Time | Fee |
|--|-------------|-----|----------------|----------|
| 3030 | 1/29 - 4/30 | W | 4:00 - 6:00 pm | \$325.00 |
| Trans. Drop Off: Hanover Park Community Center NWSRA Office | | | | |

Transportation Fee: \$60 one way, \$120 round trip

Transportation: If transportation is needed, please indicate the pick-up and drop off locations on the registration form. Priority transportation is reserved for PURSUIT clients attending PURSUIT on the day they are registered for program. If pick-up is needed, select from the locations below or list the PURSUIT site. If drop-off is needed, select from the locations listed for each specific program. The Program Leader will communicate the drop-off times once registration is closed and routes are established.

| Transportation Location | Pick Up |
|--|---------|
| Little City Countryside • Schaumburg | 2:30 pm |
| Clearbrook Getz • Palatine | 2:45 pm |
| Schaumburg Community Recreation Center | 3:00 pm |
| Falcon Park Recreation Center | 3:00 pm |
| Arlington Ridge Center | 3:15 pm |
| Jack Claes Pavilion • Elk Grove | 3:30 pm |

SOCIAL

AFTERNOON CLUB • Age: 21 yrs. & older

Spend the afternoon building friendships, self-esteem and working on individual goals through yoga, games, technology and cultural arts.

No program: 3/25

Group: All Abilities

Location: Hanover Park Community Center • NWSRA space

Min/Max: 4/15

Ratio: 1:1 to Independent

Goals: SE, C, I

| Prog. # | Dates | Day | Time | Fee |
|---|-------------|-----|----------------|----------|
| 3020 | 1/28 - 4/29 | T | 4:00 - 6:00 pm | \$325.00 |
| Trans. Drop Off: Buffalo Grove Fitness Center NWSRA Office | | | | |

Transportation Fee: \$65 one way, \$130 round trip

HEALTH AND WELLNESS

FIT N' FUN

• Age: 21 yrs. & older

Spend a few hours with friends getting your fitness on while exploring ways to incorporate health and wellness into everyday activities. Bring a healthy snack and labeled water bottle.

No program: 3/27

Group: All Abilities

Location: Central Community Center • NWSRA space

Min/Max: 4/15

Ratio: 1:1 to Independent

Goals: SE, C, I

| Prog. # | Dates | Day | Time | Fee |
|---|------------|-----|----------------|----------|
| 3040 | 1/30 - 5/1 | TH | 4:00 - 6:00 pm | \$325.00 |
| Trans. Drop Off: Buffalo Grove Fitness Center Vogelei Park and Barn NWSRA Office | | | | |

Transportation Fee: \$60 one way, \$120 round trip

SOCIAL

PIN STRIKERS • Age: 21 yrs. & older

Make friends and learn to bowl. Proper technique, rules and bowling etiquette will be reviewed each week as the adults engage in this fun sport. Bowl two games each week.

No program: 3/29

Group: All Abilities

Location: Bowlero • Mt Prospect

Min/Max: 4/20

Ratio: 1:4 to Independent

Goals: SE, P

| Prog. # | Dates | Day | Time | Fee |
|---|------------|-----|----------------|----------|
| 3050 | 1/30 - 5/1 | F | 4:00 - 6:00 pm | \$325.00 |
| Trans. Drop Off: Buffalo Grove Fitness Center Vogelei Park and Barn NWSRA Office | | | | |

Transportation Fee: \$60 one way, \$120 round trip

ADULTS

SOCIAL

DANCING DYNAMICS • Age: 21 - 39 yrs.

Unleash your inner dancer with our exciting dance program! Designed for all individuals our program offers a fun and energetic environment where you can learn various dance styles, improve your skills, and meet new friends.

No program: 3/25

Group: All Abilities

Location: Bartlett Community Center

Min/Max: 4/10

Ratio: 1:4 to Independent

Goals: M, SE

| Prog. # | Dates | Day | Time | Fee |
|---------|-------------|-----|----------------|----------|
| 3120 | 1/28 - 4/29 | T | 5:45 - 6:45 pm | \$216.00 |

SKILL DEVELOPMENT

BOOM BEATS • Age: 21 - 39 yrs.

Feel the rhythm, feel the rhyme, come on participants- it's Boom Beats time! This program will explore all types of hands on drumming and drum cultures.

No program: 3/26

Group: All Abilities

Location: Rolling Meadows Community Center • Music Room

Min/Max: 4/10

Ratio: 1:2 to Independent

Goals: M, SE

| Prog. # | Dates | Day | Time | Fee |
|---------|-----------|-----|----------------|----------|
| 3900 | 1/29-4/30 | W | 5:30 - 6:30 pm | \$204.00 |

SOCIAL

CERAMICS • Age: 21 yrs. & older

Create beautiful ceramic pieces as gifts or home decorations. Fee includes ceramic instruction, glaze, firing and greenware.

No program: 3/26

Group: All Abilities

Location: Thrown Elements Pottery • Arlington Heights

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: M, SI, CI

| Prog. # | Dates | Day | Time | Fee |
|---------|-----------|-----|----------------|----------|
| 3150 | 1/29-4/30 | W | 6:00 - 7:30 pm | \$325.00 |

SOCIAL CLUBS

Come socialize with friends while going out and having fun! Join one of our six social clubs with the potential of grooving at the Valentine's Day Ball, cheering on the Windy City Bulls, laughing at the movies and so much more! **For more details, see page 34.**

SOCIAL

MEET N' PLACE • Age: 21 yrs. & older

Meet your friends for an enjoyable morning together. Several community outings will be planned.

No program: 3/26

Group: PV

Location: Teen Center • Rolling Meadows

Min/Max: 4/8

Ratio: 1:2 to Independent

Goals: SE, C

| Prog. # | Dates | Day | Time | Fee |
|---------|-----------|-----|------------------|----------|
| 3500 | 1/29-4/30 | W | 10:00 - 12:00 pm | \$260.00 |

Transportation: Please indicate desired pick up/drop off location on the registration form.

Fee: \$78 one way door-to-door, \$156 round trip door-to-door

HEALTH AND WELLNESS

STRENGTH & CONDITIONING • Age: 21 yrs. & older

Get a great workout in the fitness center improving muscle tone, weight management, coordination, agility and flexibility.

No program: 3/26

Group: All Abilities

Location: Schaumburg Community Recreation Center

Min/Max: 4/8

Ratio: 1:2 to Independent

Goals: P, HW

| Prog. # | Dates | Day | Time | Fee |
|---------|-----------|-----|----------------|----------|
| 3510 | 1/29-4/30 | W | 1:00 - 2:00 pm | \$208.00 |

HEALTH AND WELLNESS

AQUA EXERCISE • Age: 21 yrs. & older

Aqua Exercise is designed as an exercise program for adults who have physical limitations including arthritis, multiple sclerosis, have suffered a stroke and other physical conditions, but all abilities are welcomed. The class begins with light stretching, followed by aerobic activities and a cool down period. An accessible lift is available.

No program: 3/26

Group: All Abilities

Location: Schaumburg Community Recreation Center

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: P, HW

| Prog. # | Dates | Day | Time | Fee |
|---------|-----------|-----|----------------|----------|
| 3520 | 1/29-4/30 | W | 2:30 - 3:30 pm | \$234.00 |

Transportation: Fee: \$65 one way drop off

| Transportation Location | Pick Up | Drop Off |
|-------------------------|---------|----------|
| NWSRA Park Central | None | 4:30 pm |



SOCIAL

PARTNER BOWL • Age: 21 yrs. & older

Make friends, socialize and bowl! Fee includes two games of bowling and shoe rental. Registration is on a first come first serve basis for 50 participants and 10 partners.

No program: 3/26

Group: All Abilities

Location: Bowlero • Mt. Prospect

Min/Max: 4/60

Ratio: 1:4 to Independent

Goals: P, HW

| Prog. # | Dates | Day | Time | Fee |
|---------|-----------|-----|----------------|----------|
| 1300 | 1/29-4/30 | W | 5:30 - 8:00 pm | \$104.00 |

HEALTH AND WELLNESS

STAYING FIT • 3740 Age: 21 - 39 yrs.

• 3750 Age: 40 yrs. & older

Increase flexibility, strength and cardio at this invigorating program. Utilize resistance bands, weight training, fitness equipment and walk the track to promote overall fitness development and a healthy lifestyle.

No program: 3/27

Group: All Abilities

Location: Park Place Family Recreation Center • Streamwood

Min/Max: 4/10

Ratio: 1:2 to Independent

Goals: HW, P, I

| Prog. # | Dates | Day | Time | Fee |
|---------|------------|-----|----------------|----------|
| 3740 | 1/30 - 5/1 | Th | 5:30 - 6:30 pm | \$208.00 |
| 3750 | 1/30 - 5/1 | Th | 6:30 - 7:30 pm | \$208.00 |

SOCIAL

DINNER CLUB • Age: 21 yrs. & older

Explore a different culture or style of cuisine through in-house cooking and restaurants. One local restaurants included in price. The menu will be sent out after the first week.

No program: 3/27

Group: PV

Location: Rolling Meadows Community Center • Great Room

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: HW, SE, CI

| Prog. # | Dates | Day | Time | Fee |
|---------|------------|-----|----------------|----------|
| 3580 | 1/30 - 5/1 | Th | 4:00 - 6:00 pm | \$260.00 |

Door-to-Door Transportation: The Program Leader will contact participants two days before the start of the program to inform of transportation times.

Fee: \$78 one way, \$156 round trip



ADULTS

HEALTH AND WELLNESS

- WALK ACROSS AMERICA** • **3745** Age: 21 - 39 yrs.
• **3755** Age: 40 yrs. & older

Smile as you walk many miles. Stretch and warm-up before walking on the track and have your progress charted as you "Walk Across America" to a healthier life-style.

No program: 3/27

Group: All Abilities

Location: Wheeling Community Recreation Center

Min/Max: 4/12

Ratio: 1:2 to Independent

Goals: HW, SE

| Prog. # | Dates | Day | Time | Fee |
|---------|------------|-----|----------------|----------|
| 3745 | 1/30 - 5/1 | Th | 5:30 - 6:30 pm | \$221.00 |
| 3755 | 1/30 - 5/1 | Th | 6:30 - 7:30 pm | \$221.00 |

SOCIAL

- ROCKIN' THE BURBS** • **3490** Age: 21 - 39 yrs.
• **3495** Age: 40 yrs. & older

Meet up with your friends each week as you enjoy a variety of recreational opportunities while enhancing social/emotional skills, independence and building friendships within the community!

Participant Expectations: To engage in the community with the expectation of staying with the group, transitioning between activities with minimal prompting and support, and display appropriate social interaction with peers and staff. Specific needs such as restroom or feeding can be assisted by staff.

No program: 3/27

Group: All Abilities

Location: 3490 Rolling Meadows Community Center • NWSRA Wing
3495 Vogelei House • Hoffman Estates

Min/Max: 4/12

Ratio: 1:4 to Independent

Goals: CI, I, SE

| Prog. # | Dates | Day | Time | Fee |
|---------|------------|-----|----------------|----------|
| 3490 | 1/30 - 5/1 | Th | 6:00 - 8:30 pm | \$312.00 |
| 3495 | 1/30 - 5/1 | Th | 6:00 - 8:30 pm | \$312.00 |



SOCIAL CLUBS

Come socialize with friends while going out and having fun! Join one of our 6 social clubs to cheer on a local High School Football game, dress up in costume at the Halloween Dance or enjoy a movie with friends.

For more details, see page 34.



SOCIAL

COMMUNITY TRAVELERS • Age: 21 yrs. & older

Improve independence, community awareness, socialization and positive use of leisure time through participation in community activities. A schedule of activities will be distributed the first week. Please bring a labeled sack lunch and drink. NWSRA reserves the right to determine an individual's readiness to participate in this traveling program.

Participant Expectations: To engage in the community with the expectation of staying with the group, transitioning between activities with minimal prompting and support, and display appropriate social interaction with peers and staff. Specific needs such as restroom or feeding can be assisted by staff.

No program: 3/29, 4/19

Group: All Abilities

Location: Teen Center • Rolling Meadows

Min/Max: 4/10

Ratio: 1:4 to Independent

Goals: CI, SE

| Prog. # | Dates | Day | Time | Fee |
|---------|-----------|-----|----------------|----------|
| 3550 | 2/1 - 5/3 | Sa | 9:30 - 1:30 pm | \$480.00 |

Transportation: Please indicate pick up and drop off location on registration.

Fee: \$60 one way, \$120 round trip

| Transportation Location | Pick Up | Drop Off |
|-------------------------------|---------|----------|
| Hanover Park Community Center | 9:00 am | 2:00 pm |
| Buffalo Grove Fitness Center | 9:00 am | 2:00 pm |

SOCIAL

LUNCH CREW • Age: 21 yrs. & older

Bring your lunch and hang with your friends, playing games, learning how to create healthy snacks and incorporate healthy habits for the week to come. Please bring a labeled lunch and drink.

No program: 3/29, 4/19

Group: All Abilities

Location: Wheeling Community Center • NWSRA Wing

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: CI, SE

| Prog. # | Dates | Day | Time | Fee |
|---------|-----------|-----|------------------|----------|
| 3600 | 2/1 - 5/3 | Sa | 10:30 - 12:30 pm | \$240.00 |

SKILL DEVELOPMENT

DIY MASTERS • Age: 21 yrs. & older

Draw, paint and create fun projects while developing your creative side. Beginners are welcome! Fee includes supplies.

No program: 3/29, 4/19

Group: All Abilities

Location: Wheeling Community Center • NWSRA space

Min/Max: 4/15

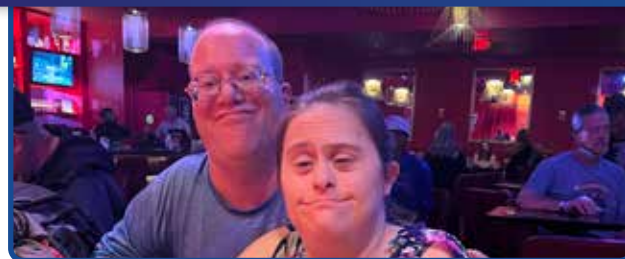
Ratio: 1:1 to Independent

Goals: M, SE

| Prog. # | Dates | Day | Time | Fee |
|---------|-----------|-----|-----------------|----------|
| 3090 | 2/1 - 5/3 | Sa | 12:30 - 2:00 pm | \$204.00 |

SPECIAL EVENTS

Not able to commit to a weekly program? Join us for a one day special event in the community! See page 40 for more details.



SOCIAL

VENTURE SQUAD • Age: 21 yrs. & older

This program will be a combination of in-house activities and community outings to improve independence, community awareness and socialization. A schedule of activities will be distributed the first week. Please bring a labeled sack lunch and drink.

Note: NWSRA reserves the right to determine individuals readiness for travel on community outings.

No program: 3/29, 4/19

Group: All Abilities

Location: Central Community Center • NWSRA Wing

Min/Max: 4/10

Ratio: 1:2 to Independent

Goals: CI, SE

| Prog. # | Dates | Day | Time | Fee |
|---------|-----------|-----|----------------|----------|
| 3650 | 2/1 - 5/3 | Sa | 9:30 - 1:30 pm | \$480.00 |

Transportation: Please indicate pick up and drop off location on registration.

Fee: \$60 one way, \$120 round trip

| Transportation Location | Pick Up | Drop Off |
|-------------------------------|---------|----------|
| Hanover Park Community Center | 9:00 am | 2:00 pm |
| Buffalo Grove Fitness Center | 9:00 am | 2:00 pm |

SOCIAL

SPARE TIME BOWLERS • Age: 21 yrs. & older

Come extend your day while socializing and bowling with friends after your Saturday program. If you selected transportation for 3550 or 3650, the fee includes transportation to Spare Time Bowlers. If you did not need transportation for 3550 or 3650 program, please add \$60 to your registration in order to have transportation from program to Spare Time Bowlers. Fee includes 3 games.

No program: 3/29, 4/19

Group: All Abilities

Location: Bowlero • Mt. Prospect

Min/Max: 4/20

Ratio: 1:2 to Independent

Goals: M, HW

| Prog. # | Dates | Day | Time | Fee |
|---------|-----------|-----|----------------|----------|
| 3140 | 2/1 - 5/3 | Sa | 2:00 - 4:00 pm | \$300.00 |

Transportation: One way from Community Travelers or Venture Squad

Fee: \$60 one way



WHAT IS SLSF?

Special Leisure Services Foundation (SLSF), a 501 (c) (3) non-profit foundation, is the fundraising arm of Northwest Special Recreation Association (NWSRA).

MISSION STATEMENT

We exist to support children and adults with disabilities through philanthropy for Northwest Special Recreation Association.

VISION STATEMENT

Maximizing all philanthropic opportunities to build a future that is diverse and inclusive by opening doors through innovative services and community opportunities.

FOUNDATION DOLLARS PROVIDE:

- Transportation
- Programs
- Inclusion
- Scholarships
- Athletics

How to Get Involved?

- **Be a Virtual Supporter** – Like and follow SLSF and NWSRA on all our social media platforms! Share our programs and fundraising events, invite your friends to like, follow, share, and attend!
- **Volunteer** – Be an event day volunteer for one of our many fundraising events, join an event committee, or volunteer at an NWSRA program with your business or organization.
- **Sponsor** – Sponsor an event or program as an individual or business and receive exposure through web, print, and social media.
- **Donate** – Donate your talent to an NWSRA program and expand participants' skills, donate an item or service in-kind, or donate your treasure to making a lasting impact on the lives of individuals with disabilities through a one-time or a recurring monthly donation.

Learn More
about SLSF and Upcoming Events



21TH ANNUAL



ST. PATRICK'S DAY DINNER

MARCH 8

ROLLING MEADOWS
COMMUNITY CENTER

SCAN HERE
FOR TICKETS



Rolling
Meadows
Park District

35th

Gold Medal Fashion Show

Sunday, February 23

12:00 pm - 5:00 pm

Register at: slsf.me/gmfs





PURSUIT is designed to meet the needs of individuals with disabilities 21 years and older throughout the year by creating recreation and leisure opportunities, improving health and wellness, teaching life skills, self advocacy, and community integration. PURSUIT is licensed by the Illinois Department of Human Services, Division of Developmental Disabilities.

PURSUIT IS STRUCTURED AROUND FOUR CORE ELEMENTS:

Recreation & Leisure

- Developing gross and fine motor skills
- Experiencing cultural arts (dance, drama, arts and music)
- Participating in passive and active sporting activities
- Learning outdoor awareness

Skills & Self Advocacy

- Expanding communication skills
- Promoting human rights and self advocacy
- Enhancing socialization skills
- Developing technology skills

Community Integration

- Participating in local service projects
- Experiencing group outings and activities
- Exploring community resources
- Gaining vocational skills through volunteer experiences

Health & Wellness

- Setting and maintaining fitness goals
- Encouraging healthy eating habits
- Developing a positive body image
- Learning to cook nutritious snacks and meals
- Promoting a balanced lifestyle

Program Time:

9:30 am - 2:30 pm Monday through Friday

Eligibility:

Participants must be at least 21 years old, have a disability, be able to function in a 1:4 ratio and do not need assistance administering medications during program time.

EXTENDED PROGRAMMING

- Rise & Shine is available Monday - Friday, 8:00 - 9:30 am through purchase of a punch card
- After day program activities are available Monday - Friday with transportation from PURSUIT to the program

Locations:

- **Buffalo Grove Fitness Center**
601 W Deerfield Parkway, Buffalo Grove
- **Hanover Park Community Center**
1919 Walnut Avenue, Hanover Park
- **Hoffman Estates Vogelei House**
650 W Higgins Road, Hoffman Estates
- **Mt. Prospect Central Community Center**
1000 W Central Road, Mount Prospect
- **Rolling Meadows Community Center**
3705 Pheasant Drive, Rolling Meadows
- **Wheeling Community Recreation Center**
100 Community Boulevard, Wheeling

Presented in collaboration with:



For more information about Clearbrook, visit: www.clearbrook.org

For more information about PURSUIT, visit: www.nwsra.org/pursuit

Or contact:

Katrina Wiegand at kwiegand@nwsra.org or 847/392-2848, ext. 259

Danielle Olson at dolson@nwsra.org or 847/392-2848, ext. 238

Scan the QR Code to Access the Interest Form



Visit us online at www.nwsra.org/pursuit

virtual programming



GOALS LEGEND

C Cognitive Skills **CI** Community Integration **HW** Health & Wellness **I** Independent Functioning
M Motor Skills **P** Physical Skills **SE** Social & Emotional Skills **SI** Sensory Integration

All virtual programs take place on Zoom. Links will be sent a week prior by the program leader. Please contact Rachel Hubsch at rhubsch@nwsra.org if you do not receive a link before the start of the program.

SOCIAL

GOOD MORNING NWSRA

Start the morning by socializing with friends! The group will discuss a variety of topics, including the weather, current news, national holidays, meditation and more. In addition, a variety of games and activities will start the morning off on a positive note!

No program: 2/17, 3/24

Group: All Abilities

Min: 4

Goals: C, I, SE

| Prog. # | Dates | Day | Time | Fee |
|---------|-----------|-----|-----------------|---------|
| 1410 | 1/27-4/28 | M | 9:00 - 10:00 am | \$60.00 |

SOCIAL

LIFE HACKS

Come ready to discuss all new trends. Learn and chat about fun #lifehacks, trending dances, recipes, and more!

No program: 2/17, 3/24

Group: All Abilities

Min: 4

Goals: SE, I

| Prog. # | Dates | Day | Time | Fee |
|---------|-----------|-----|----------------|---------|
| 1415 | 1/27-4/28 | M | 6:30 - 7:30 pm | \$60.00 |

HEALTH AND WELLNESS

CHAIR ONE FITNESS

Come join the fun with one of our Certified Chair Fitness Instructors! This program takes fitness to a whole new level. It incorporates music, dancing, strength training and even yoga sitting in the comfort of your very own chair. This program delivers a fun interactive workout that uplifts you while providing a total body workout.

No program: 3/25

Group: All Abilities

Min: 4

Goals: HW, M, P



| Prog. # | Dates | Day | Time | Fee |
|---------|-----------|-----|-----------------|---------|
| 1420 | 1/28-4/29 | T | 9:00 - 10:00 am | \$65.00 |

HEALTH AND WELLNESS

CLUB WELLNESS

Club Wellness is an activity rich program that promotes wellness through fitness, nutrition and general wellness of participants. Participants spend time learning new fitness techniques, nutritional knowledge and health tips. Club Wellness has a unique curriculum created specifically for people with disabilities taught by a Certified Club Wellness Instructor.

No program: 3/25

Group: All Abilities

Min: 4

Goals: HW, M, P



| Prog. # | Dates | Day | Time | Fee |
|---------|-----------|-----|----------------|---------|
| 1425 | 1/28-4/29 | T | 6:30 - 7:30 pm | \$65.00 |

SOCIAL

LUNCH N’ CHAT

Join NWSRA staff for lunch while socializing with friends. This program will focus on healthy eating tips and learning about new foods.

No program: 3/26

Group: All Abilities
Min: 4
Goals: SE, HW

| Prog. # | Dates | Day | Time | Fee |
|---------|-----------|-----|-----------------|---------|
| 1430 | 1/29-4/30 | W | 12:00 - 1:00 pm | \$65.00 |

SKILL DEVELOPMENT

PHOTOGRAPHY MASTERS

Whether you take photos on your phone, tablet or camera, this program will teach you how to take a quality photo and learn basic skills to edit your photos.

No program: 3/26

Group: All Abilities
Min: 4
Goals: SE, C

| Prog. # | Dates | Day | Time | Fee |
|---------|-----------|-----|----------------|---------|
| 1435 | 1/29-4/30 | W | 6:30 - 7:30 pm | \$60.00 |

HEALTH AND WELLNESS

POWER YOGA

Enhance your physical strength while incorporating a variety of body weight exercises - no equipment necessary! Body weight exercises will enhance a range of biomotor abilities including strength, power, endurance, speed, flexibility, coordination and balance.

No program: 3/27

Group: All Abilities
Min: 4
Goals: HW, M, P

| Prog. # | Dates | Day | Time | Fee |
|---------|----------|-----|-----------------|---------|
| 1440 | 1/30-5/1 | Th | 9:00 - 10:00 am | \$60.00 |

SOCIAL

BRAIN TEASERS

Awaken your brain fibers with challenging problems to solve. Bring your “A Game” to solve trivia, riddles and puzzles.

No program: 3/27

Group: All Abilities
Min: 4
Goals: HW, C, SE

| Prog. # | Dates | Day | Time | Fee |
|---------|----------|-----|----------------|---------|
| 1445 | 1/30-5/1 | Th | 6:30 - 7:30 pm | \$60.00 |

SOCIAL

GOOD MORNING NWSRA

Start the morning by socializing with friends! The group will discuss a variety of topics, including the weather, current news, national holidays, meditation and more. In addition, a variety of games and activities will start the morning off on a positive note!

No program: 3/28

Group: All Abilities
Min: 4
Goals: C, I, SE

| Prog. # | Dates | Day | Time | Fee |
|---------|---------|-----|-----------------|---------|
| 1450 | 2/1-5/2 | F | 9:00 - 10:00 am | \$60.00 |

SKILL DEVELOPMENT

EMPLOYEE BOUND

Be prepared to learn essential vocational skills to help transition into a meaningful job! Learn computer management, resume building, how to advocate for yourself in the work place, and other professional development skills to enhance your job outlook!

No program: 3/28

Group: All Abilities
Min: 4
Goals: HW, M, P

| Prog. # | Dates | Day | Time | Fee |
|---------|---------|-----|----------------|---------|
| 1455 | 2/1-5/2 | F | 1:00 - 2:00 pm | \$60.00 |

SOCIAL CLUBS

Come socialize with friends while going out and having fun! Join one of our social clubs with the potential of grooving at the Valentine's Day Ball, creating canvas art, and catching a Chicago Wolves game live in action. **For more details, see page 34.**





CALLING VETERANS

In cooperation with NWSRA, the Bartlett, Buffalo Grove, Mount Prospect, Palatine, Rolling Meadows and Streamwood Park Districts are offering this unique and free program for military veterans. Veterans who have an illness or have been permanently injured qualify for the program. If you were injured post-service, you may still qualify.

Qualified veterans receive:

- A one-year fitness membership at one of the park districts listed above for themselves and a second for a friend or family member.
- Up to 15 free personal training sessions.
- Free monthly events to interact with fellow veterans and family members.

Healthy Minds Healthy Bodies is a registered trademark of



For more information contact Rachel Hubsch at 847/392-2848 ext. 231 or rhubsch@nwsra.org



LIFECENTER Health & Fitness Club
700 S Bartlett Road
Bartlett



Buffalo Grove Fitness Center
601 Deerfield Parkway
Buffalo Grove



Central Community Center
1000 Central Road
Mount Prospect

RecPlex
420 Dempster Street
Mount Prospect



Palatine Community Center
250 E Wood Street
Palatine



Nelson Sports Complex
3900 Owl Drive
Rolling Meadows



Park Place Family Recreation Center
550 S Park Boulevard
Streamwood

social clubs

NIGHT HAWKS

Club Coordinator:
Kate Zabat

Goals: CI, SE
Ages: 14 - 21 yrs.
Group: ID, PV
Ratio: 1:4 to Independent
Min/Max: 5/20

PLEASE NOTE:

*Include pick up location on registration form

**In case of an emergency during the club events, call at 224/457-2025 to connect with the manager on call.

| Prog # | Details | Date | Location | Fee* |
|--------|--|---|---|--|
| 101 | Bingo Night Bash Whether you're a bingo pro or just want to chill, this is the ultimate Winter Friday night - hot cocoa and Bingo! Bring your friends, grab a bingo card, and get ready for some laughs, prizes, and cocoa goodness! Registration Deadline: January 24 | Friday February 7 7:00 - 9:00 pm | Rolling Meadows Park Central Banquet Hall 3000 W. Central Road Rolling Meadows | Program Fee: \$18.00 Transportation Fee: One Way: \$5 Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center |
| 102 | Be Mine Ball Love is in the air! Get out of your chair, do your hair, and wave your hands like you just don't care! Come out to Conyers Learning Academy and dance the night away at our 2025 Valentine's Day Ball. Pizza and beverages will be provided. Registration Deadline: January 31 | Friday February 14 7:00 - 9:00 pm | Conyers Learning Academy 2800 W. Central Road Rolling Meadows | Program Fee: \$20.00 Transportation Fee: One Way: \$5 Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center |
| 103 | Let's Be Reel Grab your friends and join us for a fun Movie Night out at the theatre! Kick back, relax with some popcorn, and enjoy the big screen experience with the squad. Movie title and time will be released at a closer date. Movie ticket is included, bring money for snacks, if desired. Registration Deadline: Feb 7 | Friday February 28 TBD | Classic Cinemas Elk Grove Theatre 1050 Elk Grove Town Center Elk Grove Village | Program Fee: \$28.00 Transportation Fee: One Way: \$5 Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center |
| 104 | Nugget Palooza Get ready for an unforgettable nugget-tasting extravaganza featuring a variety of dipping sauces. Prepare yourselves for exciting games and time with friends! Registration Deadline: February 28 | Friday March 14 7:00-9:00 pm | Plum Grove Park 4001 Park Drive Palatine | Program Fee: \$20.00 Transportation Fee: One Way: \$5 Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center |
| 105 | Restaurant Ready This is the perfect chance to enjoy some specialty corn dogs with friends! Kong Dog has a variety of specialty corn dogs, bubble teas, lemonades, and tasty side snacks. Bring your appetite and your best vibes - dinner is included in the program fee! Registration Deadline: March 21 | Friday, April 4 6:30-8:30pm | Kong Dog 1649 W. Algonquin Road Rolling Meadows | Program Fee: \$42.00 Transportation Fee: One Way: \$5 Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center |
| 106 | Bowling Bonanza Whether you're a bowling superstar or just in it for the laughs, come ready to make memories that will last long after the final frame. Don't miss out—let's strike up a good time together, three games included! Registration Deadline: March 28 | Friday, April 11 7:00-9:00pm | Arlington Lanes 3435 N. Kennicott Avenue Arlington Heights | Program Fee: \$32.00 Transportation Fee: One Way: \$5 Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center |

Transportation pick up/drop off times will be communicated one week prior.

T.G.I.F

Club Coordinator:
Jillian Trentadue



Goals: CI, SE
Ages: 22 - 35 yrs.
Group: ID
Ratio: 1:10 to Independent
Min/Max: 5/20

PLEASE NOTE:
*Include pick up location on registration form
**In case of an emergency during the club events, call at 224/457-2025 to connect with the manager on call.

| Prog # | Details | Date | Location | Fee* |
|--------|---|---|--|--|
| 201 | Bingo Mania Escape the cold weather and enjoy a warm cup of hot chocolate, and some winter bingo! Registration Deadline: January 24 | Friday February 7 7:00 - 9:00 pm | Rolling Meadows Community Center NWSRA Wing 3705 Pheasant Drive Rolling Meadows | Program Fee: \$18.00 Transportation Fee: One Way: \$5 Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center |
| 202 | Be Mine Ball Love is in the air! Get out of your chair, do your hair, and wave your hands like you just don't care! Come out to Conyers Learning Academy and dance the night away at our 2025 Be Mine Ball. Pizza and beverages will be provided. Registration Deadline: January 31 | Friday February 14 7:00 - 9:00 pm | Conyers Learning Academy 2800 W. Central Road Rolling Meadows | Program Fee: \$20.00 Transportation Fee: One Way: \$5 Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center |
| 203 | Let's Be Reel Grab your friends and join us for a fun Movie Night Out at the theatre! Kick back, relax with some popcorn, and enjoy the big screen experience with the squad. Movie title and time will be released at a closer date. Please bring money for snacks, if desired. Registration Deadline: Feb 7 | Friday February 28 TBD | Classic Cinemas Elk Grove Theatre 1050 Elk Grove Town Center Elk Grove Village | Program Fee: \$28.00 Transportation Fee: One Way: \$5 Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Rolling Meadows Park Central |
| 204 | Nugget Night Out Join us for a night dedicated to golden crispy delights, whether you prefer ketchup, or an array of dipping sauces. Registration Deadline: February 28 | Friday March 14 7:00-9:00 pm | Rolling Meadows Park Central Banquet Hall 3000 W. Central Road Rolling Meadows | Program Fee: \$20.00 Transportation Fee: One Way: \$5 Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center |
| 205 | Savor Every Bite Time for some Fox & Hound magic and great laughs with friends. An entrée and beverage are included. Registration Deadline: March 21 | Friday April 4 7:00-9:00 pm | Fox & Hound 1416 N. Roselle Road Schaumburg | Program Fee: 42.00 Transportation Fee: One Way: \$5 Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Rolling Meadows Park Central |
| 206 | From strikes to spares, let's make this night shine! Come join us for two games of bowling! Please bring money for snacks/drinks, if desired. Registration Deadline: March 28 | Friday April 11 7:00-9:00 pm | Poplar Creek 2354 W. Higgins Road Hoffman Estates | Program Fee: \$32.00 Transportation Fee: One Way: \$5 Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Rolling Meadows Park Central |

Transportation pick up/drop off times will be communicated one week prior.

SHINING STARS

Club Coordinator:
Sydney Csoka

Goals: CI, SE
Ages: 22 yrs. & older
Group: ID
Ratio: 1:1 to 1:4
Min/Max: 5/20

PLEASE NOTE:

*Include pick up location on registration form
 **In case of an emergency during the club events, call at 224/457-2025 to connect with the manager on call.

| Prog # | Details | Date | Location | Fee* |
|--------|---|---|--|---|
| 301 | <p>Flicker & Flame Join us for a relaxing and creative evening where you will learn the art of candle making by creating your own personal candle. As you wait for your creation to cool, indulge in a light snack and board games. Registration Deadline: January 17</p> | Friday January 31 6:00-8:00 pm | Plum Grove Park 4001 Park Drive Palatine | <p>Program Fee: \$18.00</p> <p>Transportation Fee: One Way: \$5 Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center</p> |
| 302 | <p>Be Mine Ball Love is in the air! Get out of your chair, do your hair, and wave your hands like you just don't care! Come out to Conyers Learning Academy and dance the night away at our 2025 Valentine's Day Ball. Pizza and beverages will be provided. Registration Deadline: January 31</p> | Friday February 14 7:00-9:00 pm | Conyers Learning Academy 2800 W. Central Road Rolling Meadows | <p>Program Fee: \$20.00</p> <p>Transportation Fee: One Way: \$5 Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center</p> |
| 303 | <p>Knot Your Average Pillow Come join us for a heartwarming and hands-on experience at our pillow tying party! Choose from a variety of patterns and colors to design a pillow that matches your unique style. Registration Deadline: February 7</p> | Friday February 21 6:00 - 8:00 pm | Rolling Meadows Community Center NWSRA Wing 3705 Pheasant Drive Rolling Meadows | <p>Program Fee: \$37.00</p> <p>Transportation Fee: One Way: \$5 Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center</p> |
| 304 | <p>Brushes and Bubbles Sip, socialize, and paint the night away with an evening filled of creativity, laughter, and good company. All painting supplies are provided, so bring your imagination as you create a masterpiece. Registration Deadline: February 21</p> | Friday March 7 6:00-8:00 pm | Rolling Meadows Park Central Banquet Hall 3000 W Central Road Rolling Meadows | <p>Program Fee: \$20.00</p> <p>Transportation Fee: One Way: \$5 Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center</p> |
| 305 | <p>Biker Night Rev up your engines and get ready to unleash your wild side with a night packed full of fun games, karaoke, and temporary tattoos to get your adrenaline going. Don't forget to refuel with the selection of light snacks to keep your energy high all night long! Registration Deadline: April 11</p> | Friday April 25 6:00-8:00 pm | Central Community Center NWSRA Wing 1000 W Central Road Mount Prospect | <p>Program Fee: \$20.00</p> <p>Transportation Fee: One Way: \$5 Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center</p> |
| 306 | <p>Popcorn & PJs Get ready for the coziest movie experience of the year! Throw on your comfiest pajamas and join us for a relaxing night of movie watching and popcorn eating! Registration Deadline: April 18</p> | Friday May 2 6:00-8:00 pm | Rolling Meadows Park Central Teen Center 3000 W Central Road Rolling Meadows | <p>Program Fee: \$18.00</p> <p>Transportation Fee: One Way: \$5 Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center</p> |

Transportation pick up/drop off times will be communicated one week prior.

NIGHT RIDERS

Club Coordinator:
Kaylie Teschner

Goals: CI, SE
Ages: 36 yrs. & older
Group: ID
Ratio: 1:10 to Independent
Min/Max: 5/20

PLEASE NOTE:

*Include pick up location on registration form

**In case of an emergency during the club events, call at 224/457-2025 to connect with the manager on call.

| Prog # | Details | Date | Location | Fee* |
|--------|--|---|--|---|
| 601 | <p>Be Mine Ball Love is in the air! Get out of your chair, do your hair, and wave your hands like you just don't care! Come out to Conyers Learning Academy and dance the night away at our 2025 Be Mine Ball. Pizza and beverages will be provided. Registration Deadline: January 31</p> | Friday February 14 7:00 - 9:00 pm | Conyers Learning Academy 2800 W Central Road Rolling Meadows | <p>Program Fee: \$20.00</p> <p>Transportation Fee: One Way: \$5 Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center</p> |
| 602 | <p>Laser Duel Get ready for an epic laser tag showdown! Team up with friends or challenge rivals in a fast-paced, adrenaline-fueled adventure. Dodge, strategize, and score big in this action-packed outing. Ready, set, game on! Please bring money if desired for the arcade. Registration Deadline: February 7</p> | Friday February 21 7:00 - 9:00 pm | Laser X 1455 W Lake Street Addison | <p>Program Fee: \$42.00</p> <p>Transportation Fee: One Way: \$5 Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Rolling Meadows Park Central</p> |
| 603 | <p>Pot o' Gold Potluck Join us for a St. Patrick's Day potluck! Bring your appetite and let's celebrate with good food, great company, and plenty of Irish cheer. Don't forget to wear your green—it's going to be a festive feast! Snacks and light refreshments will be provided. Registration Deadline: February 28</p> | Friday March 14 7:00-9:00 pm | Rolling Meadows Community Center NWSRA Wing 3705 Pheasant Drive Rolling Meadows | <p>Program Fee: \$18.00</p> <p>Transportation Fee: One Way: \$5 Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center</p> |
| 604 | <p>Windy City Bulls Catch the thrill of the Windy City Bulls! Join us for high-energy action, intense plays, and a night of excitement. Don't miss out—let's cheer on the Bulls as they take on the Mexico City Capitanes! Please bring additional money for food and drink, if desired. Registration Deadline: March 7</p> | Friday March 21 6:30-9:00 pm | NOW Arena 5333 Prairie Stone Parkway Hoffman Estates | <p>Program Fee: \$37.00</p> <p>Transportation Fee: One Way: \$5 Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Rolling Meadows Park Central</p> |
| 605 | <p>Cinematic Comfort Round up your friends for a fantastic group movie night! Get cozy, load up on snacks, and enjoy a lineup of great films together. Grab a seat—it's movie time! Snacks and light refreshments will be provided. Registration Deadline: March 28</p> | Friday April 11 7:00-9:00 pm | Plum Grove Park 4001 Park Drive Palatine | <p>Program Fee: \$28.00</p> <p>Transportation Fee: One Way: \$5 Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Hanover Park Community Center</p> |
| 606 | <p>Friendly Feast Join us for a charming night out at Rookies. Whether you're a foodie or just looking for a great meal, this dinner promises to be a wonderful time filled with great flavors and great friends. Don't miss out on this tasty adventure! Dinner entrée included in program fee. Registration Deadline: April 18</p> | Friday May 2 6:00-8:00 pm | Rookies Roselle 1360 Lake Street Roselle | <p>Program Fee: \$42.00</p> <p>Transportation Fee: One Way: \$5 Round Trip: \$10 Pick Up/Drop Off Locations • Buffalo Grove Fitness Center • Rolling Meadows Park Central</p> |

Transportation pick up/drop off times will be communicated one week prior.

FRIDAY NIGHT LIVE

Club Coordinator:
Caitlin Cron

Goals: CI, SE
Ages: 22 - 35 yrs.
Group: PV
Ratio: 1:4 to Independent
Min/Max: 5/12

PLEASE NOTE:
**In case of an emergency during the club events, call at 224/457-2025 to connect with the manager on call.

| Prog # | Details | Date | Location | Fee* |
|--------|--|---|--|---|
| 401 | Wingo The perfect blend of tasty bites and bingo! Bring your appetite, your lucky charms, and your friends for a night of delicious wings and winning thrills! Registration Deadline: January 24 | Friday February 7 7:00 - 9:00 pm | Hanover Park Community Center NWSRA Wing 1919 Walnut Avenue Hanover Park | Program Fee: \$32.00 Door-to-Door Transportation Fee: One Way: \$6 Round Trip: \$12 |
| 402 | Valentine's Ball Come enjoy a night filled with fun, fantastic music, and enough heart-shaped treats to last until next Valentine's Day. Dress up, show up, and let the good times roll! Pizza will be provided. Registration Deadline: January 31 | Friday February 14 7:00 - 9:00 pm | Rolling Meadows Park Central Banquet Hall 3000 W. Central Road Rolling Meadows | Program Fee: \$20.00 Door-to-Door Transportation Fee: One Way: \$6 Round Trip: \$12 |
| 403 | Evening Eats Come hungry, come ready for laughter, and come prepared to make some memorable dining adventures. Bon appétit and cheers to a night of great food and even better company! Dinner is included in the price – please review the menu ahead of time. Registration Deadline: February 21 | Friday, March 7 6:30-8:30 pm | Millers Ale House 1300 N. Meacham Road Schaumburg | Program Fee: \$42.00 Door-to-Door Transportation Fee: One Way: \$6 Round Trip: \$12 |
| 404 | Windy City Bulls Catch the thrill of the Windy City Bulls! Join us for high-energy action, intense plays, and a night of excitement. Don't miss out—let's cheer on the Bulls as they take on the Mexico City Capitanes! Please bring additional money for food and drink, if desired. Registration Deadline: March 7 | Friday March 21 6:30-9:00 pm | NOW Arena 5333 Prairie Stone Parkway Hoffman Estates | Program Fee: \$37.00 Door-to-Door Transportation Fee: One Way: \$6 Round Trip: \$12 |
| 405 | Blooms & Brushes Get ready to turn ordinary pots into quirky creations. Come for fun, stay for the laughs, and leave with a pot that's as unique as your creativity! Registration Deadline: March 21 | Friday April 4 7:00-9:00 pm | Hanover Park Community Center NWSRA Wing 1919 Walnut Avenue Hanover Park | Program Fee: \$29.00 Door-to-Door Transportation Fee: One Way: \$6 Round Trip: \$12 |
| 406 | Reel Retreat Prepare for a cinematic experience with more laughs and snacks than you can handle. Lights, camera, and a whole lot of munching—come for the movie, stay for the hilarity, and leave with a full belly and a big smile! Light snacks will be provided. Registration Deadline: April 11 | Friday April 25 7:00-9:00 pm | Rolling Meadows Community Center Great Room 3705 Pheasant Drive Rolling Meadows | Program Fee: \$18.00 Door-to-Door Transportation Fee: One Way: \$6 Round Trip: \$12 |

Transportation pick up/drop off times will be communicated one week prior.

FRIDAY NIGHT FUN

Club Coordinator:
Gianna Mendoza

Goals: CI, SE
Ages: 36 yrs. & older
Group: PV
Ratio: 1:4 to Independent
Min/Max: 5/12

PLEASE NOTE:
**In case of an emergency during the club events, call at 224/457-2025 to connect with the manager on call.

| Prog # | Details | Date | Location | Fee* |
|--------|---|---|--|---|
| 501 | <p>Taste of the Caribbean Get ready to escape to a tropical paradise without leaving town at Bahama Breeze! Dive into a vibrant atmosphere where every meal feels like a mini vacation. Pack your appetite and your sense of adventure, this is a delicious journey you won't want to miss! Registration Deadline: January 17</p> | Friday January 31 6:00-8:00 pm | Bahama Breeze 406 E. Golf Road Schaumburg | <p>Program Fee: \$42.00</p> <p>Door-to-Door Transportation Fee: One Way: \$6 Round Trip: \$12</p> |
| 512 | <p>Valentine's Ball Come enjoy a night filled with fun, fantastic music, and enough heart-shaped treats to last until next Valentine's Day. Dress up, show up, and let the good times roll! Pizza will be provided. Registration Deadline: January 31</p> | Friday February 14th 7:00 - 9:00 pm | Rolling Meadows Park Central Banquet Hall 3000 W. Central Rd Rolling Meadows | <p>Program Fee: \$20.00</p> <p>Door-to-Door Transportation Fee: One Way: \$6 Round Trip: \$12</p> |
| 513 | <p>Movie Premier Buttery popcorn and cheesy pretzels only have one thing in common... Movies!!! Whether it's a classic favorite or the latest movie release, this is the perfect way to unwind. Get comfy, bring your blanket, and prepare for the movie of a lifetime. Registration Deadline: February 14</p> | Friday February 28 7:00 - 9:00 pm | Rolling Meadows Park Central Banquet Hall 3000 W. Central Rd Rolling Meadows | <p>Program Fee: \$18.00</p> <p>Door-to-Door Transportation Fee: One Way: \$6 Round Trip: \$12</p> |
| 514 | <p>Windy City Bulls Catch the thrill of the Windy City Bulls! Join us for high-energy action, intense plays, and a night of excitement. Don't miss out—let's cheer on the Bulls as they take on the Mexico City Capitanes! Please bring additional money for food and drink, if desired. Registration Deadline: March 7</p> | Friday March 21 6:30-9:00 pm | NOW Arena 5333 Prairie Stone Parkway Hoffman Estates | <p>Program Fee: \$37.00</p> <p>Door-to-Door Transportation Fee: One Way: \$6 Round Trip: \$12</p> |
| 515 | <p>Mystery Night Calling all detectives! There has been a crime within our organization. You are needed to solve the mystery and capture the culprit. As a reward we are offering the one thing you desire most... Food! Light snacks will be served. Registration Deadline: March 28</p> | Friday April 11 7:00 – 9:00 pm | Rolling Meadows Park Central Teen Center 3000 W. Central Road Rolling Meadows | <p>Program Fee: \$18.00</p> <p>Door-to-Door Transportation Fee: One Way: \$6 Round Trip: \$12</p> |
| 516 | <p>Roll of the Dice Ready to add some excitement to your evening? Join us for a thrilling night of chance, strategy, and laughter. Whether you're a seasoned gamer or a casual player, this event promises a lively atmosphere where every roll counts. Registration Deadline: April 18</p> | Friday May 2 7:00-9:00 pm | Rolling Meadows Community Center NWSRA Wing 3705 Pheasant Drive Rolling Meadows | <p>Program Fee: \$18.00</p> <p>Door-to-Door Transportation Fee: One Way: \$6 Round Trip: \$12</p> |

Transportation pick up/drop off times will be communicated one week prior.

special events



GOALS LEGEND

C Cognitive Skills **CI** Community Integration
HW Health & Wellness **I** Independent Functioning
M Motor Skills **P** Physical Skills **SE** Social & Emotional Skills **SI** Sensory Integration

WINTER CARNIVAL • Age: 3 - 11 yrs.

Get ready for a magical day at the winter-themed carnival hosted by the Prospect Heights Park District! We will meet at the NWSRA programming space in Buffalo Grove then head to Gary Morava to experience a variety of exciting winter-themed games, win fantastic prizes, and enjoy loads of fun activities. After the carnival festivities, we'll dive into some indoor pool fun! Please bring swim suit, towel and sack lunch. Groups will be split up by age.

Group: All Abilities

Location: Buffalo Grove Fitness Center • NWSRA Wing

Min/Max: 4/8

Ratio: 1:1 to independent

Goals: C, I

Goals: CI, SE

| Prog. # | Date | Day | Time | Fee |
|---------|------|-----|----------------|---------|
| 6140 | 1/20 | M | 9:00 - 4:00 pm | \$85.00 |

Transportation Fee: \$10

| Transportation Location | Pick Up | Drop Off |
|-------------------------------|---------|----------|
| Hanover Park Community Center | 8:00 am | 4:30 pm |
| Rolling Meadows Park Central | 8:30 am | 5:00 pm |

ARCADE & STRIKES • Age: 12 - 21 yrs.

Get ready for an exciting day packed with bowling, games, and more! Your fee includes a game card and bowling, so you can enjoy all the action. If you'd like to grab some food and drinks, please bring additional money to satisfy your cravings. Don't miss out on the fun—we can't wait to see you there!

Group: All Abilities

Location: Rolling Meadows Community Center • NWSRA Wing

Min/Max: 5/10

Ratio: 1:1 to independent

Goals: CI, I, C

| Prog. # | Date | Day | Time | Fee |
|---------|------|-----|----------------|---------|
| 6195 | 1/20 | M | 9:00 - 4:00 pm | \$90.00 |

Transportation Fee: \$10

| Transportation Location | Pick Up | Drop Off |
|-------------------------------|---------|----------|
| Hanover Park Community Center | 8:00 am | 4:30 pm |
| Buffalo Grove Fitness Center | 8:30 am | 5:00 pm |

SPORTS GALORE • Age: 21 yrs. & older

Calling all sports fans! We will be meet at the NWSRA program space in Hoffman Estates then heading to Fox and Hound to watch live sporting events and play games with friends! Test your skills at giant Jenga, darts, pool, shuffleboard, bags, and ping pong! Please bring additional money for food and drinks if desired.

Group: All Abilities

Location: Vogelei House • Hoffman Estates

Min/Max: 5/15

Ratio: 1:4 to independent

Goals: CI, SE

| Prog. # | Date | Day | Time | Fee |
|---------|------|-----|----------------|---------|
| 6160 | 1/20 | M | 9:00 - 4:00 pm | \$85.00 |

Transportation Fee: \$10

| Transportation Location | Pick Up | Drop Off |
|-------------------------------|---------|----------|
| Hanover Park Community Center | 8:00 am | 4:30 pm |
| Buffalo Grove Fitness Center | 8:30 am | 5:00 pm |

CHUCK E. CHEESE • Age: 3 - 11 yrs.

Join us for an action-packed morning at Chuck E. Cheese! First we will meet at Plum Grove Park in Palatine then enjoy a world of games, delicious food, and endless laughter. After a tasty lunch, we will be going swimming at the Arlington Ridge Center. Please bring a sack lunch, swimsuit and a towel.

Group: All Abilities

Location: Plum Grove Park • Palatine

Min/Max: 4/8

Ratio: 1:1 to independent

Goals: CI, P, S

| Prog. # | Date | Day | Time | Fee |
|---------|------|-----|----------------|---------|
| 6060 | 2/17 | M | 9:00 - 4:00 pm | \$88.00 |

Transportation Fee: \$10

| Transportation Location | Pick Up | Drop Off |
|-------------------------------|---------|----------|
| Buffalo Grove Fitness Center | 8:30 am | 4:30 pm |
| Hanover Park Community Center | 8:30 am | 4:30 pm |

WINTER WONDERLAND • Age: 12 - 21yrs.

Kick off your day with an exhilarating indoor rock climbing experience, after conquering the climbing wall, it's time to bundle up in your winter boots and hats for some thrilling snow tubing fun! Be sure to pack a delicious sack lunch to enjoy between activities. This promises to be a day filled with excitement and unforgettable memories.

Group: All Abilities

Location: The Club at Prairie Stone • Hoffman Estates

Min/Max: 5/10

Ratio: 1:2 to independent

Goals: CI, I, S

| Prog. # | Date | Day | Time | Fee |
|---------|------|-----|----------------|---------|
| 6070 | 2/17 | M | 9:00 - 4:00 pm | \$95.00 |

Transportation Fee: \$10

| Transportation Location | Pick Up | Drop Off |
|------------------------------|---------|----------|
| Buffalo Grove Fitness Center | 8:00 am | 5:00 pm |
| Rolling Meadows Park Central | 8:30 am | 4:30 pm |

CHICAGO BULLS GAME • Age: 21 yrs. & older

Don't miss the Bulls take on the Toronto Raptors. This event is popular so sign up quick! Limited accessible seating available and some seats will require ability to navigate steps. If food or souvenirs are desired, please bring additional money.

Group: All Abilities
Location: United Center • Chicago
Min/Max: 5/20
Ratio: 1:4 to independent
Goals: Cl, I, S

| Prog. # | Date | Day | Time | Fee |
|---------|------|-----|----------------|----------|
| 6210 | 4/1 | T | 7:00 - 9:30 pm | \$108.00 |

Transportation Fee: \$10

| Transportation Location | Pick Up | Drop Off |
|------------------------------|---------|----------|
| Rolling Meadows Park Central | 4:30 pm | 11:00 pm |

TEEN NIGHT OUT • Age: 14 - 21 yrs.

Get ready to experience a thrilling round of mini golf like never before! Just grab a putter and a neon ball and prepare to be transported into a world of magical glow-in-the-dark golfing. After golfing, the magical adventure continues with having dinner with your friends. Bring money for dinner at Enchanted Castle.

Group: All Abilities
Location: Enchanted Castle • Lombard
Min/Max: 5/10
Ratio: 1:2 to Independent
Goals: Cl, S

| Prog. # | Date | Day | Time | Fee |
|---------|------|-----|----------------|---------|
| 6171 | 4/25 | F | 5:30 - 8:30 pm | \$50.00 |

Transportation Fee: \$10

| Transportation Location | Pick Up | Drop Off |
|------------------------------|---------|----------|
| Rolling Meadows Park Central | 5:00 pm | 9:00 pm |

PARENT'S NIGHT OUT • Age: 3 - 13 yrs.

Parents take the night off and hit the town as your kids join us for some spring-themed fun and games.

Note: Participants should eat dinner before the event, only light snacks will be provided.

Group: All Abilities & Siblings
Location: Voegel House • Hoffman Estates
Min/Max: 5/15
Ratio: 1:1 to independent
Goals: Cl, S

| Prog. # | Date | Day | Time | Fee |
|---------|------|-----|----------------|---------|
| 6300 | 5/2 | F | 5:30 - 8:30 pm | \$45.00 |

CHICAGO STEEL HOCKEY GAME • Age: 21 yrs. & older

Join us to watch the Chicago Steel take on the Muskegon Lumberjacks for some exciting ice hockey entertainment! Ticket and a hot dog meal voucher is included in program fee. Please bring additional money for other snacks, if desired.

Group: All Abilities
Location: Fox Valley Ice Arena • Geneva
Min/Max: 5/15
Ratio: 1:4 to independent
Goals: Cl, SE

| Prog. # | Date | Day | Time | Fee |
|---------|------|-----|----------------|---------|
| 6896 | 4/12 | Sa | 6:00 - 9:00 pm | \$70.00 |

Transportation Fee: \$10

| Transportation Location | Pick Up | Drop Off |
|------------------------------|---------|----------|
| Rolling Meadows Park Central | 4:30 pm | 10:00 pm |

MUSICAL AT CUTTING HALL • Age: 21 yrs. & older

Come along as we enjoy the thrilling musical, "Fiddler on the Roof"! This classic performance is sure to have you singing along in your seat. Don't miss out on this entertaining evening—come and experience the joy of live theater with us!

Group: All Abilities
Location: Cutting Hall Performing Arts Center • Palatine
Min/Max: 5/15
Ratio: 1:4 to independent
Goals: Cl, SE

| Prog. # | Date | Day | Time | Fee |
|---------|------|-----|----------------|---------|
| 6856 | 2/16 | Su | 1:30 - 5:30 pm | \$68.00 |

Transportation Fee: \$10

| Transportation Location | Pick Up | Drop Off |
|-------------------------------|----------|----------|
| Hanover Park Community Center | 12:30 pm | 5:30 pm |

SHORT TRIPS • 9020 ID | 9030 PV Age: 21 yrs. & older

Escape with your friends for an unforgettable weekend in Madison! We'll tour fascinating museums, indulge in delicious local cuisine, visit the state capitol, and so much more.

The bus will depart on Friday morning and return Sunday night, making it the perfect opportunity for adventure and exploration. Don't miss out on this amazing trip—come make memories with us!

Group: All Abilities
Location: Madison, Wisconsin
Min/Max: 5/15
Ratio: 1:4 to independent

| Prog. # | Date | Fee |
|---------|-------------|----------|
| 9020 | May 16 - 18 | \$850.00 |
| 9030 | May 16 - 18 | \$850.00 |

Please Note: All special events will accept registrations until 2 weeks prior to each event.



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, Tracey Crawford or Andrea Griffin at 847/392-2848. A procedure is available for the prompt resolution of your complaint with NWSRA.

ATTENDANCE AT NWSRA PROGRAMS

To ensure the safety of participants, only NWSRA staff, volunteers or registered participants are authorized to attend NWSRA programs. Anyone who does not meet this criteria must request to attend programs in writing. Requests must be submitted to NWSRA via e-mail to the Superintendent of Administrative Services at dnegrillo@nwsra.org no later than one week in advance of the program, and requester must provide e-mail and phone number within the request. Approval will be provided no later than two days prior to the program.

AUDIO 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.

BROCHURE ACCURACY

Every effort has been made to ensure the accuracy of information contained within this brochure. However, errors can occur and circumstances may require adjustments to fees, schedules, locations or other aspects. NWSRA reserves the right to make such adjustments and apologizes for any inconvenience these errors or adjustments may cause.

EVALUATIONS

How did last month's programming go? We would love to have your feedback. Please click on the link below to complete our online program evaluation. If you would like to receive a hard copy of the evaluation form please call the NWSRA office. Visit <https://www.surveymonkey.com/r/7P9QVDY> to take the survey!

FAIR PLAY AT NWSRA

NWSRA is committed to making safety an integral part of an enjoyable recreation and leisure experience for all participants. Each participant shall have the opportunity to enjoy NWSRA programs and services, or if desired, programs and services provided by an NWSRA member district. NWSRA and its member districts take great pride in providing recreation and leisure services and opportunities to persons with special needs, and are mutually and or individually committed to compliance with the Americans with Disabilities Act (ADA). The FAIR PLAY AT NWSRA process cannot be considered absolute; but shall serve as a frame of reference for evaluation of specific proposals and recommendations.

FAIR PLAY AT NWSRA is a process which NWSRA uses to make recreation & leisure programs and services safe for all participants, staff & community members. FAIR PLAY AT NWSRA sets out the NWSRA expectations for the conduct of participants with or without disabilities, in recreation & leisure programs, or access to a service provided by NWSRA.

NWSRA participants are expected to abide by the Behavior Code of Conduct at all times.

The following Behavior Code of Conduct for all participants has been developed to make NWSRA programs safe, enjoyable and successful for all parties involved. Additional expectations may be developed for particular programs and services as deemed necessary by the NWSRA staff. The Behavior Code of Conduct extends to all parties in attendance of NWSRA programs in any capacity. The Behavior Code of Conduct requires all participants to:

1. Show respect to all participants, staff and members of the public
2. Refrain from unwanted and/or harmful physical contact
3. Refrain from using abusive, threatening or foul language
4. Show respect to equipment, supplies and facilities
5. Remain within the established program boundaries

ILLNESS

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

1. Fever
2. Vomiting within the last 24 hours
3. Persistent diarrhea
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, coxsackie virus or any other virus
8. Runny nose with yellow or green discharge
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.

LATE FEES

A fee of \$1.00 per minute will be charged when parents/guardians/residential staff are late picking up participants.

LOST AND FOUND ITEMS

Occasionally items are found at NWSRA programs. If you are missing any items from the past season, please call 847/392-2848 to claim them. Lost and found items must be claimed by the end of the program season, or items will be removed.

MANDATED REPORTERS

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

MEDICATION

Complete the medication information on the registration form. All medications must be listed regardless if assistance is needed at program. If a participant is in need of assistance to take medication, a Medication Information signature by a parent or guardian allowing NWSRA staff to administer medication must be completed. All medications to be given during NWSRA programs must be in NWSRA envelopes and brought in to the NWSRA office for the entire session prior to the start of the program. **All medication forms are included in the registration packet.**

MEMBER PARK DISTRICTS - INCLUSION

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 modifications to allow for successful inclusion of individuals with disabilities in park district activities.

Principles of Inclusion

1. 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.

To begin, simply register for the program of choice through the park district or contact NWSRA. Please indicate the disability and any other modifications for the participant on the park district registration form. NWSRA has a formal inclusion process that is followed for each situation. 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 Manager of Inclusion Services, Victoria Gonzalez at 847/392-2848, ext. 237.

PARENT/GUARDIAN/RESIDENTIAL STAFF RESPONSIBILITIES

- When arriving at a program, CHECK-IN with the NWSRA staff. When departing, you must sign out your participant with NWSRA staff.
- Label all items, including clothing. NWSRA cannot be responsible for lost or stolen items.
- Inform teachers and/or transportation departments of the participant's NWSRA programs after school or day program and changes as they arise.
- 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.
- Notify the program leader in advance, by a written notice if someone new/unfamiliar to NWSRA staff will be picking up the participant after a program.
- Contact the NWSRA office if participant will be absent from a program.
- Parents/guardians/residential staff should adhere to scheduled pick up and drop off times.
- Parents/guardians/residential staff must provide supervision until the scheduled start time as stated in the brochure.
- Parents/guardians/residential staff must ensure participants 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.
- Parents/guardians/residential staff must ensure overall appearance of participant(s) should be clean (hair, face, teeth, hands, nails, etc.), wearing dry clothing, and wearing appropriate attire for program participation and weather conditions.

PROGRAM LEADERS/STAFF

NWSRA attempts to secure and place leaders/staff at each program as soon as adequate registration is received. To find out the program leader's name, or other information, please call one week before the program starts. Requests from parents for their children to have specific staff cannot be accommodated. NWSRA reserves the right to assign staff to specific programs. NWSRA strives for staff consistency, however, staff changes and reassignments may take place after programs have begun due to specific needs at other programs. Careful consideration is utilized when determining staff assignments and developing groupings.

PROGRAM SIZE

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

PROGRAM INFORMATION

All trips and overnight information and registration will be in the program brochure. Flyers will no longer be sent out. To ensure you aren't missing out on any programs make sure to see the At a Glance section for programs and special events. Some programs serve a wide age group but are only listed under one group section.

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.

NWSRA is committed to promoting healthy lifestyles. "HW" will be listed under program writeup "GOALS" to highlight programs that emphasize physical activity, healthy lifestyles or nutrition.

RECREATION COUNSELING

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

GENERAL INFORMATION



SEVERE WEATHER GUIDELINES

In the event of severe weather, NWSRA may be forced to cancel programs. To receive live updates on NWSRA office closings and program cancellations due to inclement weather, please like us on Facebook, follow us on Twitter or visit the “What’s New” section of the NWSRA website. NWSRA also posts office closings on the Emergency Closing Center (ECC) website, and ECC information is posted on several local cable channels. 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.

Program Cancellation - Severe Weather

Parents/guardians will be notified if a program is canceled due to severe weather.

SPEAKERS BUREAU

NWSRA staff members are available to speak to parents, teachers, social service or other community groups about NWSRA services, programs, and additional topics upon request. Call Rachel Hubsch at 847/392-2848 ext. 231 to obtain a Speakers Bureau Brochure.

TRANSPORTATION

For your convenience transportation fees are now separated out from programs. If you are taking 2 way transportation, pay the full cost. If you are taking 1 way transportation pay half the cost. If you aren't taking transportation than disregard the transportation fee.

- 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. Program leaders will contact participants to arrange pick up times.
- NWSRA will make every effort to keep routes at a reasonable length of time. Door-to-door routes vary in length based on pickup locations. Late drop off/pick up of participants at programs creates a ripple effect. Please be considerate of others by being on time. Drivers will only wait 5 minutes at all pick up locations.
- NWSRA reserves the right to determine whether a participant can be transported safely.
- Individuals may be assisted by NWSRA staff to and from the door of their residence if there are no other individuals in the bus or a bus aide 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.
- When picking up or dropping off participant for transportation by NWSRA, park your car in a designated parking spot and drop off or pick up participant at the bus. Staff will not release participants until parent/guardian, residential staff or caregiver comes to the bus and signs participant out of program.
- 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 the NWSRA Office at 847/392-2848.

WAYS TO REGISTER

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. **If an e-mail address is provided, a confirmation of registration will be made via e-mail.** If programs are canceled or postponed, individuals registered will be notified by phone. **No priority is given to mail-in, drop-off or e-mail registration. Processing begins when registration begins.**

FAMILY REGISTRATION

For all NWSRA programs open to sibling/family's fill out the **NEW** participant registration form.

FAXING YOUR REGISTRATION FORM

NWSRA will accept faxed registration forms, but encourages 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.

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.

FINANCIAL ASSISTANCE POLICY

For information and application forms, please contact the NWSRA office at 847/392-2848. Please keep the application deadline for programs in mind. The application process may take several weeks. Please inquire early. Financial assistance is available to member park district residents. Individuals applying for financial assistance must register by mail, fax, drop off, or the new joform on page 2. Financial Assistance applications must be completed for each season. A \$10 deposit is required with each application form.

NWSRA PAYMENT PROCEDURES

NWSRA registrants have two options for making payments toward NWSRA programs. Registrants may either pay in full at the time of registration or have payments automatically withdrawn over the course of three payment dates via a credit card. **We accept AmEx, Discover, MasterCard, Visa.** If a registrant chooses the option to have payments automatically withdrawn for a registration, they must request the automatic withdrawal by checking the box on the registration form, and the NWSRA office will contact you. The registrant must provide a valid credit card.

AUTOMATIC WITHDRAWAL

If a registrant chooses the option to have payments automatically withdrawn for a registration, they must request the automatic withdrawal by checking the box on the registration form. The grid below outlines the dates in which payments will be automatically withdrawn for each registration season. The registrant must provide a valid credit card. It is understood that amounts will be withdrawn according to the dates designated below:

| SEASON | 1/3 of amount withdrawn | Second 1/3 of amount withdrawn | Third 1/3 of amount withdrawn |
|---------------|-------------------------|--------------------------------|-------------------------------|
| Winter/Spring | Reg. Deadline | February 1 | March 1 |
| Day Camp | Reg. Deadline | June 1 | July 1 |
| Summer | Reg. Deadline | June 1 | July 1 |
| Fall | Reg. Deadline | October 1 | November 1 |

REFUNDS AND CREDITS

Credits received to due to cancelled or withdrawn programs will be kept on file for three years. Credits will be applied to programs when a new registration is received. If credit remains on participant account after three years it will be sent to State of Illinois per the State of Illinois Unclaimed Property Statute. You may request a refund of your credit amount by December 1 of the calendar year in which credits were applied.

A full refund or credit may be issued in the following case:

1. A program is canceled by NWSRA.
2. Inclement weather or leader absence occurs, causing program cancellation. However, NWSRA will try to reschedule the activity prior to issuing a credit or refund.

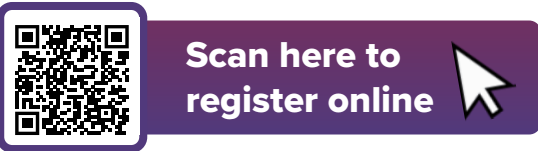
A full refund or credit may be issued with a \$5.00 service fee if the following requirements are met: NWSRA **has not** incurred costs due to purchase of tickets, rentals, deposits, etc., a 48-hour notice must be given to NWSRA and vacancy caused by cancellation filled. A pro-rated refund or credit may be issued with a \$5.00 service fee if NWSRA **has** incurred costs due to purchase of tickets, rentals, deposits, etc. Following are the scenarios in which a credit or refund may be given:

1. In the event of prolonged illness or moving. A doctor's note is required for illness.
2. A participant cancels out of a program or transportation prior to the start of the program.
3. The program is deemed inappropriate for the participant by NWSRA.



FILLABLE REGISTRATION FORMS

NWSRA is proud to offer fillable registration forms! Registrants will now have the ability to download the fillable form, complete the information on their electronic device and save the information for future registrations. To register using the fillable registration form, please follow these instructions:



- 1 Visit www.nwsra.org/brochure
- 2 Click the "Registration Forms" link in the Registration Forms area
- 3 Download and save the file to your computer/electronic device
- 4 Complete the fillable form
- 5 Be sure to indicate Season and Year at the top right corner of the Registration Form
- 6 Send us the form!

E-mail the form to office@nwsra.org

Mail or Drop Off to:
3000 W. Central Road, Suite 205
Rolling Meadows, IL 60008
Fax to: 847-392-2870

The full registration form packet must be filled out for each season.

Save the completed form on your computer/electronic device for next season's registration!



In addition, the registration forms have been updated in order to reduce duplication of information and ensure a more seamless registration process. We look forward to continuing to make improvements to the registration process to ensure a user-friendly experience!

RESIDENTIAL FACILITY REGISTRATION

Residential Facilities will complete the new fillable registration forms each season for each client to be registered. In order to save time and ensure accuracy of forms submitted, Residential Facilities are encouraged to save the registration forms for each client, so that the registration forms may be resubmitted for programs in the following season.

If you have any questions regarding the new registration forms, please contact the main office at 847/392-2848 or e-mail office@nwsra.org

REGISTRATION FORM



Please check this box if there is any information within the registration form that has changed from the previous season.

PARTICIPANT'S INFORMATION:

Participant's Name (Legal Last) _____ (Legal First) _____ (Preferred) _____
 Address _____ City _____ Zip _____
 Park District _____ Township _____ If you **DO NOT** wish to give photo/video permission, please initial here _____
 Home Number _____ Cell Number _____ E-mail _____
 Sex _____ Age _____ Birthdate _____ Diagnosis _____ T-Shirt Size _____
 Residential Facility Name _____ In case of emergency at program please contact _____
 School/Day Center attending _____ Home School District (If different from attending) _____
 Teacher/QIDP _____ E-mail _____ Phone Number _____
 Permission to contact above, please initial here _____ Participant is own guardian Yes No Staffing Ratio: 1:1 1:2 1:4 Independent

Ethnicity

American Indian or Alaska Native Asian Black or African American Hispanic or Latino White
 Middle Eastern or North African Native Hawaiian or Pacific Islander Not Listed (please specify) _____
Gender Pronoun He She They Not Listed (please specify) _____

PARENT/GUARDIAN INFORMATION:

Parent/Guardian 1 (Legal Last) _____ (Legal First) _____ Guardian Type _____
 Address (if different from above) _____ City _____ Zip _____
 Primary Contact Method Home Cell Work E-mail _____
 Home Number _____ Cell Number _____ Opt in to receive text communication about programming
Parent/Guardian 2 (Legal Last) _____ (Legal First) _____ Guardian Type _____
 Address (if different from above) _____ City _____ Zip _____
 Primary Contact Method Home Cell Work E-mail _____
 Home Number _____ Cell Number _____ Opt in to receive text communication about programming

| EMERGENCY CONTACT | NAME OF AUTHORIZED INDIVIDUALS FOR PICKUP | PHONE NUMBER(S) |
|--|---|-----------------|
| <input type="checkbox"/> YES <input type="checkbox"/> NO | | |
| <input type="checkbox"/> YES <input type="checkbox"/> NO | | |
| <input type="checkbox"/> YES <input type="checkbox"/> NO | | |

Would you like to be added to our mailing/e-mail list? Check here

SAFETY INFORMATION

NWSRA is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. 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 registering for the programs listed above must recognize that there is an inherent risk of injury when choosing to participate in recreational programs. You are solely responsible for determining if you or your participant are physically fit and/or skilled for the activities contemplated by this agreement.

RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in the above identified programs, 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 participant might sustain as a result of participating in any and all activities connected with and associated with said programs (including transportation services, when provided.) Recreational programs and 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 or 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, participant misconduct, 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 NWSRA to guarantee absolute safety. I recognize and acknowledge that there are certain risks of physical injury to participants in these programs, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my participant or I may sustain as a result of said participation. I do hereby fully release and forever discharge NWSRA from any and all claims for injuries, damages, or loss that my participant or I may have or which may occur to me or my participant and arising out of, connected with, or in any way associated with these programs.

I have read and fully understand the above safety information, and release of all claims and assumptions of risk. If registering on-line, fax or e-mail, your electronic or photocopy signature shall substitute for and have the same legal effect as an original form signature.

Form Prepared by _____ Relationship to Participant _____
 Signature _____ Date _____ Print Name _____
 Adult participant if own guardian or parent/guardian

- If form has been prepared by someone other than participant. Participant must be made aware.
- For enhanced safety measures, photos will be required for all participants in programming. If you have not submitted a photo previously, please email it to office@nwsra.org

PARTICIPANT NAME _____ SEASON/YEAR _____

| | | | | |
|----------------|---|---|-------------------|-----------|
| PROGRAM # | PROGRAM NAME | MEDS TAKEN AT PROGRAM YES <input type="checkbox"/> NO <input type="checkbox"/> | PROGRAM FEE | TOTAL FEE |
| Transportation | One Way, To Round Trip <input type="checkbox"/> One Way, From Door-to-Door <input type="checkbox"/> | PICK UP LOCATION | DROP OFF LOCATION | TRANS FEE |

| | | | | |
|----------------|---|---|-------------------|-----------|
| PROGRAM # | PROGRAM NAME | MEDS TAKEN AT PROGRAM YES <input type="checkbox"/> NO <input type="checkbox"/> | PROGRAM FEE | TOTAL FEE |
| Transportation | One Way, To Round Trip <input type="checkbox"/> One Way, From Door-to-Door <input type="checkbox"/> | PICK UP LOCATION | DROP OFF LOCATION | TRANS FEE |

| | | | | |
|----------------|---|---|-------------------|-----------|
| PROGRAM # | PROGRAM NAME | MEDS TAKEN AT PROGRAM YES <input type="checkbox"/> NO <input type="checkbox"/> | PROGRAM FEE | TOTAL FEE |
| Transportation | One Way, To Round Trip <input type="checkbox"/> One Way, From Door-to-Door <input type="checkbox"/> | PICK UP LOCATION | DROP OFF LOCATION | TRANS FEE |

| | | | | |
|----------------|---|---|-------------------|-----------|
| PROGRAM # | PROGRAM NAME | MEDS TAKEN AT PROGRAM YES <input type="checkbox"/> NO <input type="checkbox"/> | PROGRAM FEE | TOTAL FEE |
| Transportation | One Way, To Round Trip <input type="checkbox"/> One Way, From Door-to-Door <input type="checkbox"/> | PICK UP LOCATION | DROP OFF LOCATION | TRANS FEE |


| | | | | |
|----------------|---|---|-------------------|-----------|
| PROGRAM # | PROGRAM NAME | MEDS TAKEN AT PROGRAM YES <input type="checkbox"/> NO <input type="checkbox"/> | PROGRAM FEE | TOTAL FEE |
| Transportation | One Way, To Round Trip <input type="checkbox"/> One Way, From Door-to-Door <input type="checkbox"/> | PICK UP LOCATION | DROP OFF LOCATION | TRANS FEE |

| | | | | |
|----------------|---|---|-------------------|-----------|
| PROGRAM # | PROGRAM NAME | MEDS TAKEN AT PROGRAM YES <input type="checkbox"/> NO <input type="checkbox"/> | PROGRAM FEE | TOTAL FEE |
| Transportation | One Way, To Round Trip <input type="checkbox"/> One Way, From Door-to-Door <input type="checkbox"/> | PICK UP LOCATION | DROP OFF LOCATION | TRANS FEE |

| | | | | |
|----------------|---|---|-------------------|-----------|
| PROGRAM # | PROGRAM NAME | MEDS TAKEN AT PROGRAM YES <input type="checkbox"/> NO <input type="checkbox"/> | PROGRAM FEE | TOTAL FEE |
| Transportation | One Way, To Round Trip <input type="checkbox"/> One Way, From Door-to-Door <input type="checkbox"/> | PICK UP LOCATION | DROP OFF LOCATION | TRANS FEE |

Please indicate any important information about family members that staff should be made aware of:

DOOR TO DOOR REQUEST
 For programs which do not advertise door-to-door transportation, it may still be accommodated. Please fill out this door-to-door transportation request form and someone will reach out prior to the start of program



| | |
|---|--|
| WILL THERE BE RESIDENTIAL STAFF ATTENDING THE PROGRAM(S)? | |
| WHICH PROGRAM(S)? | |
| WILL THEY BE ABLE TO ASSIST WITH PERSONAL CARE/BEHAVIOR? | |


You may charge your registration. Please check one.
 American Express Discover MasterCard Visa

Account # _____ Expiration Date ____/____/____ CVC# _____

If paying in full, please check here
 If requesting a payment plan, please check here

By checking the pay in full or the payment plan box on the registration form, I authorize NWSRA to automatically withdraw payments according to the schedule listed within the registration information section of the brochure.

PAYMENT PLAN
 Authorization Form



Total Program Cost: _____
 Program Credits: _____
 SLSF Donation: _____
 Total Enclosed: _____

**Make check payable to NWSRA
 All past balances must be paid in full prior to registration.**

PARTICIPANT INFORMATION FORM

This form must be completed annually



Please check this box if there is any information within the participant information form that has changed from the previous season.

Participant's Name (Legal Last) _____ (Legal First) _____ (Preferred) _____

What are the participant's preferred activities? How does participant react?

What activities does the participant not prefer? How does participant react? Effective staff support/response?

What are the effective transition techniques (timers, countdowns)?

SENSORY: What kind of sensory experiences does participant seek or avoid?

| Sound | Touch | Visual | Taste | Smell | Movement |
|--|--|--|--|--|--|
| <input type="checkbox"/> Seeks <input type="checkbox"/> Avoids | <input type="checkbox"/> Seeks <input type="checkbox"/> Avoids | <input type="checkbox"/> Seeks <input type="checkbox"/> Avoids | <input type="checkbox"/> Seeks <input type="checkbox"/> Avoids | <input type="checkbox"/> Seeks <input type="checkbox"/> Avoids | <input type="checkbox"/> Seeks <input type="checkbox"/> Avoids |

COMMUNICATION:

Is English the participant's primary language? Yes No (If no, list primary language): _____

How does participant communicate? (verbal, sign language, eye movement, picture boards, iPad, etc.)

Is participant capable of giving staff instruction or should staff rely on guardian comments only? (i.e.:food requests, personal care information)

ASSISTIVE DEVICES:

Wheelchair Braces Canes Walker Glasses Sign Language Assistance Hearing Aids Augmentative Communication Device
 Additional _____ If using a wheelchair is participant capable of transferring? Yes No Wheelchair Type Manual Power Amigo

Does participant wear braces (AFOS, SMOS, etc?) Describe how/when to put on and take off.

Can participant walk with assistance or walk independently? Please describe:

PARTICIPANT TRANSFERS:

Please check the amount of staff assistance necessary when conducting a transfer:

- Independent. No assistance necessary.
- Stand-by of supervision. May be potential for loss of balance.
- Transfer with one person. Minimal assistance. Participant can bear weight.
- Transfer with one person. Maximum assistance. Participant cannot bear weight.
- Transfer with two people needed.
- Equipment needed for transfer. (list below)

Specific instructions regarding transfers and how much time participant should be out of the wheelchair?

PARTICIPANT INFORMATION

Participant Initials _____

TRANSPORTATION NEEDS:

- Harness Securement (parent provides vest) Seatbelt Lock Oxygen Tank Securement Bus Aide If yes, Reason _____
 Participant drives self Participant is able to wait independently for transportation Wheelchair straps needed: Foot straps Chest straps Seatbelt
Additional _____

SWIMMING: (check all that apply)

- Participant can swim independently Participant needs assistance while in the pool (list out specific assistance below)
 Does not go into pool. (list reason below) Request one to one staffing in the pool (list reason and describe below)

Describe specific assistance needed in the pool and/or locker room and if pool entry requires transfer assistance from a wheelchair, please describe the process:

TOILETING & CHANGING: (check all that apply)

- Needs verbal prompts for toileting/changing (explain below) Uses pull up/diaper only (specific training required) Uses toilet independently
 Uses toilet, but wears pull up/diapers Needs physical assistance (specific training required) Changes independently

Additional/Specific Information: List out frequency of toileting/changing

EATING: (check all that apply)

- Eats independently, no assistance needed Needs physical assistance for feeding (list specifics below) Can only use specific utensils/equipment
 Uses feeding tube (specific training required) Needs specific consistency for food and drink (list below) Can only eat what is packed (list allergies or diet plan)

Additional/Specific Information:

BEHAVIOR:

- | | | |
|--|--|---|
| <input type="checkbox"/> Wander or leaves the group | <input type="checkbox"/> Has specific triggers, list below | <input type="checkbox"/> Physically/Verbally aggressive (circle one or both) |
| <input type="checkbox"/> Will ask for assistance when needed | <input type="checkbox"/> Has Behavior Plan | <input type="checkbox"/> Will take others belongings or food (circle one or both) |
| <input type="checkbox"/> Easily distracted/difficulty focusing | <input type="checkbox"/> Runs away/flight risk | <input type="checkbox"/> Exhibits self-injurious behaviors, list below |
| <input type="checkbox"/> Recognizes danger | <input type="checkbox"/> Unable to communicate needs | <input type="checkbox"/> Typical Personality _____ |
| <input type="checkbox"/> Anxiety when separated from family | <input type="checkbox"/> Has specific fears/concerns, list below | <input type="checkbox"/> Other _____ |

MEDICATION: In case of an emergency NWSRA is requesting a list of medications participant currently is taking or is prescribed. If medication needs to be administered at program by an NWSRA staff, please sign the waiver and release statement below. Please list all medications below or attach a Physicians order sheet.

Doctor's First Name _____ Doctor's Last Name _____ Phone Number _____

| | | | |
|-------------------------|--|-------------------------|--|
| NAME OF MEDICATION | | NAME OF MEDICATION | |
| DESCRIPTION | | DESCRIPTION | |
| DOSAGE | | DOSAGE | |
| TIME | | TIME | |
| TAKE AT PROGRAM | <input type="checkbox"/> YES <input type="checkbox"/> NO | TAKE AT PROGRAM | <input type="checkbox"/> YES <input type="checkbox"/> NO |
| REFRIGERATION NEEDED | <input type="checkbox"/> YES <input type="checkbox"/> NO | REFRIGERATION NEEDED | <input type="checkbox"/> YES <input type="checkbox"/> NO |
| DISPENSING INSTRUCTIONS | | DISPENSING INSTRUCTIONS | |
| SIDE EFFECTS | | SIDE EFFECTS | |

| | | | |
|-------------------------|--|-------------------------|--|
| NAME OF MEDICATION | | NAME OF MEDICATION | |
| DESCRIPTION | | DESCRIPTION | |
| DOSAGE | | DOSAGE | |
| TIME | | TIME | |
| TAKE AT PROGRAM | <input type="checkbox"/> YES <input type="checkbox"/> NO | TAKE AT PROGRAM | <input type="checkbox"/> YES <input type="checkbox"/> NO |
| REFRIGERATION NEEDED | <input type="checkbox"/> YES <input type="checkbox"/> NO | REFRIGERATION NEEDED | <input type="checkbox"/> YES <input type="checkbox"/> NO |
| DISPENSING INSTRUCTIONS | | DISPENSING INSTRUCTIONS | |
| SIDE EFFECTS | | SIDE EFFECTS | |

| | | | |
|-------------------------|--|-------------------------|--|
| NAME OF MEDICATION | | NAME OF MEDICATION | |
| DESCRIPTION | | DESCRIPTION | |
| DOSAGE | | DOSAGE | |
| TIME | | TIME | |
| TAKE AT PROGRAM | <input type="checkbox"/> YES <input type="checkbox"/> NO | TAKE AT PROGRAM | <input type="checkbox"/> YES <input type="checkbox"/> NO |
| REFRIGERATION NEEDED | <input type="checkbox"/> YES <input type="checkbox"/> NO | REFRIGERATION NEEDED | <input type="checkbox"/> YES <input type="checkbox"/> NO |
| DISPENSING INSTRUCTIONS | | DISPENSING INSTRUCTIONS | |
| SIDE EFFECTS | | SIDE EFFECTS | |

| ALLERGY/INTOLERANCE (SPECIFY) | REACTION |
|-------------------------------|----------|
| | |
| | |
| | |
| | |

I, _____ give permission for _____ to receive the above treatment(s) as directed by the physician. I will provide all supplies needed to provide the treatment. I will notify NWSRA in writing of any changes in the treatment. I understand that an NWSRA staff will assist in the above treatment.

WAIVER AND RELEASE OF ALL CLAIMS

I voluntarily agree to assume the full risk of any and all injuries, damages, or loss, regardless of severity, that the participant may sustain as a result of administered above treatment to the participant. I further agree to waive and relinquish all claims I or the participant may have (or may accrue to the participant) as a result of failing to or negligent administered above treatment to the participant against NWSRA, including it officials, employees, agents and volunteers. I do hereby fully release and forever discharge NWSRA from any and all claims for injuries, damages, or loss the participant may have or which may accrue, and arising out of, connected with, or in any way associated with the dispensing or administration of medication.

SIGNATURE OF PARENT/GUARDIAN: _____ DATE: _____

PRINTED NAME OF PARENT/GUARDIAN: _____

PARTICIPANT INFORMATION

Participant Initials _____

| | |
|------------------------------------|-------------------------------------|
| Participant's Full Name: | Date Completed: |
| Person Completing the Form: | Relationship to Participant: |

MEDICAL CONDITIONS/NEEDS:

- Seizures Diabetes Epi-Pen G-tube/J-tube Suctioning (oral/nasal) Osteotomy bag Inhaler Oxygen Temperature Sensitivity Shunts

Additional _____

MEDICAL CONDITIONS/NEEDS (CONSIDERED TOO INVASIVE FOR NWSRA STAFF): Tracheostomy Suctioning (Deep) Catheter

***If you checked any of the "too invasive" procedures for NWSRA, a member of the admin team will contact you.**

SEIZURE INFORMATION:

| SEIZURE TYPE | DATE DIAGNOSED | LENGTH | FREQUENCY | DESCRIPTION | DATE OF LAST SEIZURE |
|--------------|----------------|--------|-----------|-------------|----------------------|
| | | | | | |
| | | | | | |
| | | | | | |

1. What might trigger a seizure in the participant? _____
2. Are there any warnings and or behavior changes before the seizure occurs? Yes ___ No ___ If yes, please explain: _____
3. Has there been any recent change in the participant's seizure patterns? Yes ___ No ___ If yes, please explain: _____
4. How does the participant react after a seizure is over? _____
5. How do other illnesses affect the participant's seizures? _____
6. What first aid/support should be given after a seizure has occurred? _____
7. Please describe what constitutes an emergency for the participant? _____
8. Has the participant ever been hospitalized for continuous seizures? Yes ___ No ___ If yes, please explain: _____
9. What is the best way for us to communicate with you about the participant's seizure(s) _____
10. Is there any other information that NWSRA should know? _____
11. Does your child have a Vagal Nerve Stimulator Yes ___ No ___ If yes, please describe instructions for appropriate magnet use: _____
12. What medication(s) is the participant prescribed for seizures? _____

| MEDICATION | DATE STARTED | DOSAGE | FREQUENCY AND TIME OF DAY TAKEN | POSSIBLE SIDE EFFECTS |
|------------|--------------|--------|---------------------------------|-----------------------|
| | | | | |
| | | | | |

DIABETES INFORMATION:

1. What supplies are needed for participants diabetes care? (testing kit, calorie book, etc.) _____
2. List step by step instructions of testing blood sugar: _____

| TESTING FREQUENCY | BASELINE # RANGE | HIGH # RANGE | LOW # RANGE |
|-------------------|------------------|--------------|-------------|
| | | | |

3. How does participant count/check carbohydrates? _____

EPI-PEN INFORMATION:

1. Where will Epi-Pen be kept? _____

| ALLERGY | SEVERITY OF ALLERGY | REACTION |
|---------|---------------------|----------|
| | | |

2. List step by step protocol for use of Epi-Pen: _____

3. Check all that apply: Participant is aware of allergy / knows what foods/items to avoid Participant is **NOT** aware of allergy / will **NOT** avoid foods/items allergic to
 Participant administers own Epi-Pen NWSRA Staff administers Epi-Pen

Participant Initials _____

G-TUBE/J-TUBE INFORMATION:

1. Type of j/g-tube: Pump Bag Syringe If pump, what rate should it run at? _____
3. What time(s) for feeding? _____
4. Quantity of food: _____ Quantity of water during feeding/throughout the day: _____
5. Is the food and water mixed or does the water follow as a flush? _____
6. Does participant receive feeding sitting up or laying down? _____ Duration of feeding? _____
7. Does participant need to stay upright after feeding? If yes, how long? _____
8. Can participant take solid food or liquids orally or only through g-tube? _____

In the event that the tube comes out, NWSRA considers replacement of any tubes as too invasive for NWSRA staff. If a nurse is available they can use the replacement kit that is provided. If a nurse is unavailable/unable to replace the tubes, the parent/guardian will be called. If the parent/guardian is unreachable EMS will be called.

SUCTION INFORMATION:

1. What type of suctioning is needed? Nasal Oral Type of device used? _____
3. Signs/symptoms that suctioning is needed? _____
4. How often does participant need suctioning? _____
5. Specific instructions for suctioning procedure: _____

In the event that deep suctioning is needed, NWSRA considers this procedure as too invasive for NWSRA staff. If a nurse is available they can perform deep suctioning with materials provided. If a nurse is unavailable/unable to perform the deep suctioning, the parent/guardian will be called. If the parent/guardian is unreachable EMS will be called.

OSTOSTOMY BAG:

INHALER INFORMATION:

OXYGEN INFORMATION:

TEMPERATURE SENSITIVITY INFORMATION:

SHUNT INFORMATION:

ADDITIONAL MEDICAL CONDITIONS AND NEEDS THAT NWSRA SHOULD BE AWARE OF:

| MEDICAL CONDITION/NEED | ADDITIONAL INFORMATION |
|------------------------|------------------------|
| | |
| | |
| | |

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SIGNATURE OF PARENT/GUARDIAN: _____ DATE: _____

PRINTED NAME OF PARENT/GUARDIAN: _____

WHERE WORK MEETS PLAY

JOIN US AT NWSRA

NWSRA is always looking for amazing people to join our team! Whether you have experience working with people with disabilities or this is your first time, we would love to chat with you! If you are looking for a meaningful job to make some extra income with flexible hours, and to make a difference in your community, NWSRA has the job for you!

For all jobs
and to Apply



Inclusion Aide

As an Inclusion Aide you'll promote interdependence, social interactions and support behavior goals. Aides provide modifications or adaptations to ensure inclusion within the park district program. You'll feel supported with assistance from our Inclusion Team, who will help when needed throughout your assignment.



Camp Counselor

As a Camp Counselor in NWSRA Day Camps, you'll support participants in daily group recreation activities such as swimming, sports, arts & crafts and field trips. Camp counselors assist with behavior management goals, direct supervision, personal care, social skills and help with activities of daily living.



Program Assistant

As a Program Assistant in our General Recreation Therapy programs, you'll support participants in weekly group recreation programs including sports, social activities, craft projects, swimming, cooking, and community outings. Program Assistants work on behavior management goals, direct supervision, and social skills. They also assist participants with personal care and activities of daily living.

Arlington Lakes Golf Club

1211 S New Wilke Rd.
Arlington Heights
847/577-3030

Arlington Ridge Center

660 N Ridge Avenue
Arlington Heights
847/577-3025

Bartlett Community Center

700 S Bartlett Road
Bartlett
630/540-4800

Bowlero - Buffalo Grove

350 McHenry Road
Buffalo Grove
847/821-9000

Bowlero - Mt. Prospect

824 E Rand Road
Mt. Prospect
847/392-0550

**Buffalo Grove Fitness Center
NWSRA Wing**

601 W Deerfield Parkway
Buffalo Grove
847/305-8360

Burning Bush Community Center

1313 N Burning Bush Lane
Mt. Prospect
847/255-1200

Carl Sandburg Junior High

2600 Martin Ln
Rolling Meadows
847/963-7800

**Central Community Center
NWSRA Wing**

1000 W Central Road
Mount Prospect
847/305-8571

Clearbrook - Getz

746 S Vermont Street
Palatine
847/991-4100

Community Arts Center

225 McHenry Road
Buffalo Grove
847/850-2175

Conyers Learning Academy

2800 W Central Road
Rolling Meadows
847/963-3400

CrossFit Arioeh

368 Bluff City Blvd.
Elgin
847/815/0199

Falcon Park Recreation Center

2195 N Hicks Road
Palatine
847/202-5111

Gary Morava Recreation Center

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

**Hanover Park Community Center
NWSRA Wing**

1919 Walnut Avenue
Hanover Park
847/392-2864

Jack Claes Pavilion

1000 Wellington Avenue
Elk Grove Village
847/437-9494

Kirk School

520 S Plum Grove Rd
Palatine
847/485-2600

Little City Countryside

2360 Palmer Drive
Schaumburg
847/438-8799

Palatine Community/Gymnastics Center

250 E Wood Street
Palatine
847/991-0333

Park Place Family Recreation Center

550 S. Park Boulevard
Streamwood
630/372-7275

Park Central/Teen Center

3000 Central Road
Rolling Meadows
847/818-3220

Plum Grove Park

4001 Park Drive
Palatine
847/818-3200

RecPlex

420 Dempster Street
Mount Prospect
847/640-1000

Rep's Place

3200 Kirchoff Road
Rolling Meadows
224/347-2916

**Rolling Meadows Community
Center • NWSRA Wing**

3705 Pheasant Drive
Rolling Meadows
847/632-0049

**Schaumburg Community
Recreation Center**

505 N Springinsguth Road
Schaumburg
847/490-7015

The Club at Praire Stone

5050 Sedge Blvd
Hoffman Estates
847/285/5400

The Zone

550 E Business Center Drive
Mount Prospect
847/255-1400

Thrown Elements

60 N Evergreen Avenue
Arlington Heights
847/818-1313

**Vogelei House/Barn
NWSRA Wing**

650 W Higgins Road
Hoffman Estates
847/885-7500

**Wheeling Community Recreation Center
NWSRA Wing**

100 Community Boulevard
Wheeling
847/465-3333



NORTHWEST SPECIAL RECREATION ASSOCIATION
3000 W. Central Rd., Suite 205 • Rolling Meadows, IL 60008
847/392-2848 • 392-2855 TTY • 392-2870 FAX • www.nwsra.org

REGISTRATION BEGINS

DECEMBER 9, 2024

REGISTRATION DEADLINE

DECEMBER 27, 2024

PROGRAMS DATES

JANUARY 27 -MAY 3

