

CELEBRATE ABILITY

NWCSRA



Club Registration Inside!

Winter/Spring 2017

PROGRAM GUIDE

1

Goals Legend

- CI** ~ Community Integration **S** ~ Sportsmanship
HW ~ Health & Wellness **SE** ~ Social & Emotional Skills
I ~ Independence **SI** ~ Sensory Integration
M ~ Motor Skills **T** ~ Technology Skills
PAN ~ Programs that emphasize physical activity and nutrition.

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Key to Abbreviations

- AUT** Autism Spectrum
EC Early Childhood
ID Intellectual Disability
P Physical Disability
V Visual Disability

Key to Certifications

- CPRP** Certified Park & Recreation Professional
CTRS Certified Therapeutic Recreation Specialist
DSP Direct Service Provider
QIDP Qualified Intellectual Disabilities Professional

STAFF

Administration

- Tracey Crawford, CTRS, CPRP, ext. 251 Executive Director
 Trisha Breitlow, CTRS, CPRP, ext. 260 Supt. of Administrative Services
 Jayne Finger, CTRS, CPRP, ext. 229 Supt. of Recreation
 Andrea Griffin, CTRS, CPRP, ext. 235 Supt. of Recreation
 Brian Selders, CPRP, ext. 264 Supt. of Communications & IT
 Jessica Vasalos, ext. 265 Administrative Coordinator

Management

- Rachel Hubsch, CTRS, CPRP, ext. 231 Manager of Inclusion Services
 Courtney Lucente, CTRS, ext. 268 Manager of Support Services
 Renee Miles, CTRS, CPRP, ext. 230 Manager of Special Recreation
 Lightning Sports Coordinator
 Jodi Schultz, CPRP, ext. 254 Manager of Special Recreation
 Day Camp Coordinator
 JoAnn Snyder, CPRP, QIDP, DSP, ext. 247 Sr. Manager of Special Recreation
 Miranda Woodard, ext. 253 Accounting Manager

Coordinators

- Ted Adatto, ext. 250 Inclusion Coordinator
 Manuel Aguilar, CTRS, ext. 258 Inclusion Coordinator
 Barb Bassett, CPRP, ext. 241 Operations Coordinator
 Jessica Earhart, CTRS, ext. 261 Support Services Coordinator
 Nicole Estrada, CTRS, CPRP, ext. 269 Support Services Coordinator
 Victoria Gonzalez, CTRS, ext. 237 Inclusion Coordinator
 Summer Kronos, DSP, ext. 228 Park District Facility/Leisure Education Coordinator
 Katrina Place, CTRS, ext. 259 Inclusion Coordinator
 Janet Plencner, ext. 232 Public Information Coordinator
 Erica Stanko, CPRP, ext. 248 Volunteer/Recruitment Coordinator
 Theresa Waite, DSP, ext. 243 School/Commercial Facility/Special Events Coordinator

Adult Day Program

- Liz Thomas, CPRP, QIDP, DSP, ext. 227 Adult Day Coordinator
 TBA Adult Day Program Specialist

Program Specialists

- Jenna Horton ext. 225
 Mackenzie Irelan, CTRS ext. 238
 Lauren Jevaney, CTRS ext. 246
 Jessica Johnsen, CTRS ext. 233
 Jaclyn Moore, CTRS ext. 239
 Trisha Palmieri, CTRS, DSP ext. 236
 Megan Quandt, CTRS ext. 242
 Michael Rusin, CTRS ext. 226
 Victoria Trebels, CTRS, DSP ext. 257
 Montana Werhane ext. 262

Special Leisure Services Foundation

- Nanette Sowa, CPRP, ext. 255 Supt. of Development
 Cathy Splett, ext. 244 Foundation Coordinator

Support Staff

- Mary Lou D'Astice, ext. 221 Receptionist
 Sherry Gach, ext. 267 Administrative Assistant
 Jackie McCarty, ext. 252 Payroll Clerk
 Michele Paradise, ext. 222 Registration Office Coordinator
 Zofia Sobkiewicz, ext. 223 Registrar

Connect with us



WELCOME TO NWSRA

2

MISSION STATEMENT

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

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

VISION STATEMENT

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

Board of Trustees

Schaumburg	Inverness
Tony LaFrenera, Chair	Robert Dowling
Salt Creek	Mount Prospect
Diane Hilgers, Vice Chair	Greg Kuhs
Arlington Heights	Palatine
Rick Hanetho	Michael Clark
Bartlett	Prospect Heights
Rita Fletcher	Christina Ferraro
Buffalo Grove	River Trails
Ryan Risinger	Bret Fahnstrom
Elk Grove	Rolling Meadows
Tom Busby	Amy Charlesworth
Hanover Park	South Barrington
Rick Wulbecker	Jay Morgan
Hoffman Estates	Streamwood
Dean Bostrom	Dennis Stein
	Wheeling
	Jan Buchs

Board Meetings

All Board Meetings will be held at 10:30 am at:
NWSRA/Park Central • 3000 W. Central Road
Rolling Meadows, IL 60008

For Board Meeting dates and to access a copy of the meeting agenda, visit www.nwsra.org.

ABOUT NWSRA

Northwest Special Recreation Association (NWSRA) was formed in 1974 to provide a full spectrum of recreation services to individuals with disabilities. NWSRA is a partnership of seventeen park districts in the northwest suburbs of Chicago committed to supporting community access to recreation for people with disabilities.

WINTER/SPRING PROGRAMMING

Monday, February 13 ~

Saturday, April 29

Please note that program dates vary. Please check individual program dates.

BROCHURE ON-LINE:

Friday, December 2

REGISTRATION BEGINS:

Monday, December 19 at 8:30 am

REGISTRATION DEADLINE:

Friday, January 20 at 5:00 pm

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

FOUR WAYS TO REGISTER!

Mail In or Drop Off



Northwest Special Recreation Association
3000 W. Central Road, Suite 205
Rolling Meadows, IL 60008-2551

Make check payable to:



Northwest Special Recreation Association
American Express, Discover, MasterCard, Visa
NWSRA is located on the 2nd floor of Park Central

Fax



847/392-2870

American Express, Discover, MasterCard, Visa
Call to ensure receipt of fax.

Online



Access forms to create your online account and register at www.nwsra.org. We accept:
American Express, Discover, MasterCard, Visa

OFFICE HOURS

Monday through Friday,

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

Phone: 847/392-2848

TTY: 847/392-2855

Video Phone: 224/210-1616

After 5:00 pm, voicemail is available.

Phone calls accepted Saturdays during program session, 8:00 ~ 11:30 am

The NWSRA office will be closed:

December 23, 26 and 30, 2016

January 2, April 14 and May 29, 2017

SWIMMING

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SWIM PROGRAM CLASSIFICATIONS

Please refer to the Special Notice Section at the back of the brochure regarding all swim programs. The Illinois Department of Public Health requires that all participants not completely toilet trained must wear tightly fitting plastic pants. Meet on swim deck for all swim programs.

Level 1	INTRODUCTION TO WATER SKILLS	Familiarize swimmer with the aquatic environment. Introduce front/back float, beginning arms, blowing bubbles and going under water. Safety skills are introduced in conjunction with skill development.	APPROPRIATE CLASSES 1050
Level 2	FUNDAMENTAL AQUATIC SKILLS	Develop skills for unsupported floating with kicks, rhythmic breathing, jumping into pool and beginning stroke development. Swimmers will be grouped according to age and specific swim skills.	1050, 1052, 8053
Level 3	STROKE DEVELOPMENT	Improve skill competency with deep water work, elementary back stroke, rhythmic breathing, breast stroke and survival float.	1052, 8053
Individual Swim Lessons and Swim Clinics		Swim in a 1:1 setting with a swim instructor. Lessons may be held in conjunction with other NWSRA swim lessons or park district swim time and therefore are not private. Parents must be flexible as to when they can attend within the time frame given. Please state your preferred times on the registration form. You will be called before the program with your time confirmation.	1010, 1011, 1012, 1013, 1020, 1051, 6542, 6543
Swim Team Development		Prepare the swimmer for the future participation on the Lightning Swim Team. Swimmers will focus on endurance through training drills using competitive strokes, starts, turns and finishes. Competitive rules and regulations will be introduced to prepare swimmers for competition.	1065
Aqua Exercise		Please refer to the Adult P/V section for more information.	94

GROUP SWIM LESSONS GOAL ~ M

PROGRAM #	LEVEL	AGE	DAY	TIME	DATES	NOT DATES	LOCATION	FEE	MIN/MAX
1065	Pre-team	8 years & older	Mon	7:15 - 8:15 pm	2/13 - 4/24	2/20, 3/27	Olympic Indoor Swim Center • Arlington Heights	\$78.75	3/5
1050	1/2	8 - 18 years	Mon	7:15 - 7:45 pm	2/13 - 4/24	2/20, 3/27	Olympic Indoor Swim Center • Arlington Heights	\$72.00	2/4
1052	2/3	8 - 18 years	Mon	7:50 - 8:20 pm	2/13 - 4/24	2/20, 3/27	Olympic Indoor Swim Center • Arlington Heights	\$72.00	2/4
8053	2/3	8 - 18 years	Mon	8:20 - 8:50 pm	2/13 - 4/24	2/20, 3/27	Olympic Indoor Swim Center • Arlington Heights	\$72.00	2/4

SWIM CLINICS GOAL ~ M

40 minute individual swim lessons for four days to develop your swimming skills.

PROGRAM #	AGE	DAY	TIME	DATES	REGISTRATION DEADLINE	LOCATION	FEE	MIN/MAX
6543	4 - 10 years	Tues - Fri	5:00 - 7:30 pm	5/30 - 6/2	5/12	Arctic Splash • Wheeling	\$60.00	2/8
6542	4 - 10 years	Mon - Thurs	5:00 - 7:00 pm	6/5 - 6/8	5/12	Olympic Indoor Swim Center • Arlington Heights	\$60.00	2/6

NOTE Please state your preferred times on the registration form. You will be called before the program with your time confirmation. Meet on swim deck. Lessons are held in conjunction with other park district programs.

INDIVIDUAL SWIM LESSONS GOAL ~ M

30 minute swim lessons

PROGRAM #	AGE	DAY	TIME	DATES	NOT DATES	LOCATION	FEE	MIN/MAX
1013	4 - 15 years	Mon	5:00 - 7:30 pm	2/13 - 4/24	2/20, 3/27	Arctic Splash • Wheeling Lap Lane	\$135.00	2/8
1020	4 - 10 years	Tues	4:00 - 5:00 pm	2/14 - 4/25	3/28	Jack Claes Pavilion • Elk Grove Village Therapy Pool	\$150.00	2/4
1011	4 - 10 years	Wed	4:00 - 5:00 pm	2/15 - 4/26	3/29	Jack Claes Pavilion • Elk Grove Village Therapy Pool	\$150.00	2/4
1010	4 - 8 years	Wed	5:00 - 6:30 pm	2/15 - 4/26	3/29	Park Place Family Recreation Center • Streamwood	\$150.00	2/3
1012	4 - 10 years	Thurs	4:30 - 6:45 pm	2/16 - 4/27	3/30	Kirk School, Therapy Pool • Palatine	\$150.00	2/8
1051	8 - 15 years	Thurs	6:45 - 7:45 pm	2/16 - 4/27	3/30	RecPlex • Mount Prospect Lap Lane	\$150.00	2/4

BOWLING 4

BOWLING PROGRAMS GOALS ~ CI, M, S

Bowling programs are developed for a fun, social experience while instructors give bowling points and tips. In large programs, participants will be assigned to lanes according to their age, skill and ability level. Please do not bring outside food or snacks to the bowling alley as most of the bowling alleys do not allow it. Participants may bring money to purchase a snack at the bowling alley. All bowling programs include two games of bowling unless otherwise stated. Please indicate pick up/drop off location on registration form.

PROGRAM#	GROUP	AGE	DAY	LOCATION	TIME	DATES	NOT DATES	FEE	MIN/MAX
2600	Adults	21 years & older	Mon	Arlington Lanes	3:15 - 4:45 pm	2/13 - 4/24	2/20, 3/27	\$128.25	5/15
TRANSPORTATION Please add \$40.50 for drop off.			TRANSPORTATION LOCATIONS PURSUIT • Rolling Meadows Little City/Countryside Center • Palatine Avenues to Independence • Wheeling Meadows Sheltered Care • Rolling Meadows Conyers Learning Academy • Rolling Meadows			PICK UP 2:15 pm 2:25 pm 2:45 pm None None	DROP OFF None None None 5:15 pm 5:30 pm		
1310	Youth & Teens	7 - 21 years	Tues	Arlington Lanes	2:45 - 4:30 pm	2/14 - 4/25	3/28	\$172.50	5/10
NOTE Fee includes money to purchase snack at the bowling alley.			TRANSPORTATION LOCATIONS Miner School • Arlington Heights Winston Campus • Palatine Conyers Learning Academy • Rolling Meadows			PICK UP 2:15 pm 2:30 pm None	DROP OFF None None 5:00 pm		
1260	Youth & Teens	8 - 14 years	Thurs	Arlington Lanes	4:00 - 5:30 pm	2/16 - 4/27	3/30	\$172.50	5/10
NOTE Fee includes money to purchase snack at the bowling alley.			TRANSPORTATION LOCATIONS Riley Elementary School • Arlington Heights Longfellow Elementary School • Buffalo Grove Jack London Middle School • Wheeling Conyers Learning Academy • Rolling Meadows			PICK UP 3:15 pm 3:30 pm 3:30 pm None	DROP OFF None None None 6:00 pm		
2624	Adults	21 years & older	Fri	Brunswick Zone Mount Prospect	3:15 - 4:45 pm	2/17 - 4/28	3/31, 4/14	\$128.25	5/24
TRANSPORTATION Please add \$40.50 for drop off.			TRANSPORTATION LOCATIONS Clearbrook Golf • Rolling Meadows Clearbrook Basswood • Schaumburg Clearbrook Getz Building • Palatine Search • Mount Prospect Conyers Learning Academy • Rolling Meadows			PICK UP 2:30 pm 2:40 pm 2:45 pm 3:00 pm None	DROP OFF None None None None 5:20 pm		
1400	Youth, Teens & Adults	10 years & older	Fri	Streamwood Bowl	3:30 - 5:00 pm	2/17 - 4/28	3/31, 4/14	\$109.00	5/20
						3 games			
2260	P/V	8 years & older	Sat	Poplar Creek Bowl Hoffman Estates	1:30 - 3:30 pm	2/18 - 4/29	4/1, 4/15	\$87.75	5/8
TRANSPORTATION Please add \$72.00 for door-to-door transportation for residents only. Please indicate door-to-door transportation on registration form. Maximum 6 for transportation.									
8320	Teens & Adults	12 years & older	Sat	Poplar Creek Bowl Hoffman Estates	1:30 - 3:30 pm	2/18 - 4/29	4/1, 4/15	\$87.75	5/8
1340	Teens & Adults	12 years & older	Sat	Brunswick Zone Mount Prospect	2:00 - 4:00 pm	2/18 - 4/29	4/1, 4/15	\$99.00	5/30
						3 games			

BOWLING TOURNAMENT

*Online registration is not available for this program. Please complete this form and return to the NWSRA office with your registration form. You must register for 7350 on your registration form and have a current medical application form on file with NWSRA and Area 18 Special Olympics. All bowlers are responsible for submitting their scores.

PROGRAM#	GROUP	AGE	DAY	LOCATION	DATE	REGISTRATION DEADLINE	FEE								
7350	All Abilities	8 years & older	Sat	Elk Grove Bowl	6/3	March 31	\$10.00								
NAME			T-SHIRT SIZE			<input type="checkbox"/> DOUBLES -Partner's Name	<input type="checkbox"/> SINGLES	<input type="checkbox"/> RAMP							
RECORD 15 SCORES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15

CULTURAL ARTS 5

PROGRAM SCHEDULE

MONDAY

No Programs

WEDNESDAY

Piano/Voice Lessons 6:00 - 8:30 pm
Thirty minute private lessons

FRIDAY

No Programs

TUESDAY

Broadway Buddies 5:30 - 6:30 pm
Piano/Voice Lessons 5:30 - 8:15 pm
Thirty minute private lessons

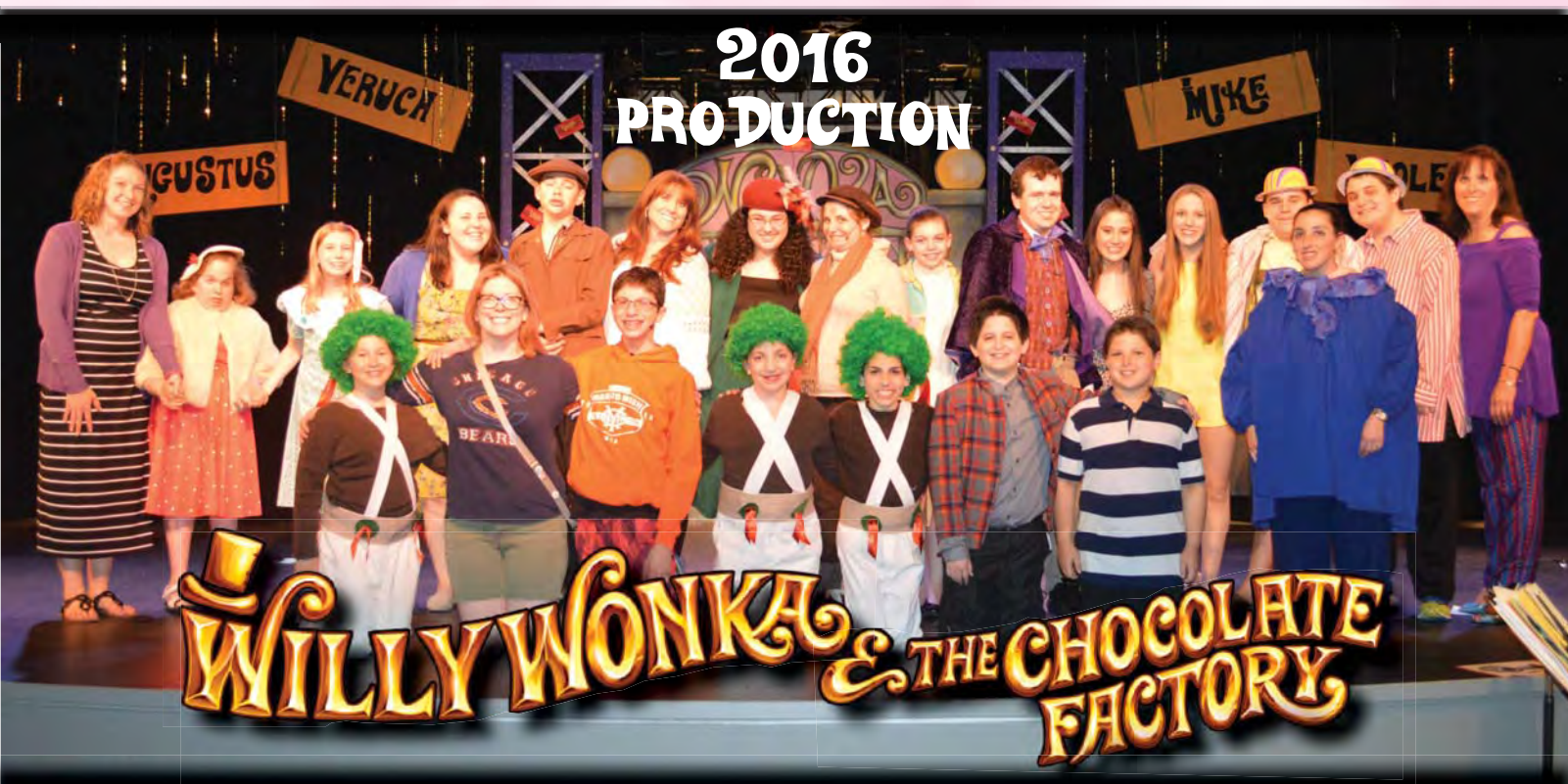
THURSDAY

Drum Lessons 5:30 - 7:30 pm
Thirty minute private lessons

SATURDAY

Piano Lessons 9:00 am - 1:00 pm
Thirty minute private lessons
Guitar Lessons 9:30 - 11:00 am
Thirty minute private lessons
Art Sampler (p.26) 3:00 - 4:15 pm

Online payment/registration is available for all programs.



Broadway Buddies

Enhance creativity through theatre games and activities while learning a full production alongside a volunteer buddy provided by the Buffalo Grove Park District. The Broadway Buddies class will work on a production of "Grease: a Review" that will be performed on May 4 and 5, 2017. Dress rehearsal will be held May 1 and 2 on stage. Must be able to follow simple directions and remain with the group at all times.

GROUP Youth, Teens & Adults **AGE** 11 years & older, 1:3 ratio

LOCATION Community Arts Center • Buffalo Grove

PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
2045	Tues	5:30 - 6:30 pm	1/24 - 5/2	3/28	\$224.00	5/15	SE, SI, I

NOTE Tickets are \$5 for the performance and can be purchased through Buffalo Grove Park District. All performers will get 2 complimentary tickets for each show.

CULTURAL ARTS

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PRIVATE MUSIC LESSONS

Group Youth, Teens & Adults

Location Rolling Meadows Community Center • NWSRA Entrance

All lessons are 30 minute private lessons. Please state your preferred time on the registration form. Books may be purchased through the instructor if needed. Students may choose to perform in a recital on April 29.

Registration deadline for all returning students is January 6. New students will be accepted after the January 6 deadline. You will be contacted before the program with your lesson time confirmation.

Winter Schedule

Piano Lessons

Discover your musical talent and improve your rhythm, eye-hand and fine motor coordination, while learning to read music.

AGE	PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
7 years & older	2012	Tues	5:30 - 8:15 pm	1/24 - 4/25	3/28	\$239.50	2/4 per program	M, SI
	2013	Wed	6:00 - 8:30 pm	1/25 - 4/26	3/29	\$239.50		
	2010	Sat	9:00 am - 1:00 pm	2/11 - 4/22	4/1, 4/15	\$167.50		

Voice Lessons

Improve voice control, tone and technique while singing some of your favorite songs.

AGE	PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
9 years & older	2081	Tue	5:30 - 8:15 pm	1/24 - 4/25	3/28	\$239.50	2/3 per program	M, SI
	2080	Wed	6:00 - 8:30 pm	1/25 - 4/26	3/29	per program		

Drum Lessons

Tap out rhythms and feel the beat while learning drumming techniques and performing on a digital drum set, snare drum, bells and a variety of rhythm instruments.

AGE	PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
12 years & older	2074	Thurs	5:30 - 7:30 pm	2/16 - 4/27	3/30, 4/13	\$167.50	2/4	M, SI

Guitar Lessons

Jam to great music, while learning about guitar technique and performance. Must provide your own guitar.

AGE	PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
12 years & older	2077	Sat	9:30 - 11:00 am	2/18 - 4/29	4/1, 4/15	\$167.50	2/3	M, SI

Spring Schedule

Drum Lessons

Tap out rhythms and feel the beat while learning drumming techniques and performing on a digital drum set, snare drum, bells and a variety of rhythm instruments.

AGE	PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
12 years & older	2074	Thurs	5:30 - 7:30 pm	5/4 - 5/18		\$54.00	2/4	M, SI

EARLY CHILDHOOD

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PROGRAM SCHEDULE

MONDAY

Sensory Therapy (p.9) 4:00 - 8:00 pm
1013 Individual Swim (p.3) 5:00 - 7:30 pm

TUESDAY

1020 Individual Swim (p.3) 4:00 - 5:00 pm
Fun with the Alphabet 5:30 - 6:15 pm
Sports Skills Development 6:00 - 7:00 pm

WEDNESDAY

1011 Individual Swim (p.3) 4:00 - 5:00 pm
Sensory Therapy (p.9) 4:00 - 8:00 pm
1010 Individual Swim (p.3) 5:00 - 6:30 pm
Autism Movement 5:00 - 6:00 pm
Therapy ® & 5:15 - 6:15 pm

THURSDAY

Sensory Therapy (p.9) 4:00 - 8:00 pm
1012 Individual Swim (p.3) 4:30 - 6:45 pm
Colors & Shapes 5:30 - 6:15 pm

FRIDAY

No Programs

SATURDAY

Saturday Clubhouse 10:00 am - 1:00 pm
Gymnastics & Tumbling 2:00 - 2:45 pm

For all programs that include swimming please refer to Special Notice Section at the back of the brochure regarding swim programs.

Online payment/registration is available for all programs.

SUMMER DAY CAMP

Tentative Dates 2017*

8 Week Camps: Tuesday, June 13 through Thursday, August 3 (Not July 3 & 4)

4 Week Camps: Tuesday, July 11 through Thursday, August 3

If you are interested in the NWSRA Summer Day Camp program for your child, please call our office to be added to the mailing list. Camp flyers are mailed in mid-February. The registration deadline for Day Camp 2017 is April 17. Early Childhood camps are offered to ages 3 - 7 years and include options for Monday through Friday or M/W/F only. Camp runs from 9:00 am - 2:30 pm. For more information, please contact our Day Camp Manager, Jodi Schultz at 847/392-2848, ext. 254.

*Camp dates are tentative and may change with school district school calendars.



EARLY CHILDHOOD

8



Fun with the Alphabet

ABC becomes easy and breezy after completing the fun games in this program. Your child will love learning through music and games that focus on letter recognition and sounds.

GROUP	EC	AGE	3 - 6 years												
LOCATION	Schaumburg Township District Library														
PROGRAM #	8861	DAY	Tues	TIME	5:30 - 6:15 pm	DATES	2/14 - 3/14	NOT DATES		FEE	\$31.25	MIN/MAX	5/10	GOALS	M, SI

Sports Skills Development

Join your friends and learn the basics of t-ball, soccer and basketball. Your child will spend time on each sport learning the basic rules and developing the motor skills to participate on a team.

GROUP	EC	AGE	3 - 6 years												
LOCATION	Hanover Park Community Center														
PROGRAM #	1759	DAY	Tues	TIME	6:00 - 7:00 pm	DATES	4/4 - 4/25	NOT DATES		FEE	\$24.00	MIN/MAX	5/10	GOALS	M, SE, SI

Autism Movement Therapy®

Combine structured movement and music that connects the left and right hemispheres of the brain for a complete cognitive thinking approach in this nationally renowned program. This program helps improve peer interaction, ability to work in groups and perform academically in the classroom.

GROUP	Autism Spectrum		AGE	1790 4 - 8 years 1792 3 - 6 years											
LOCATION	1790	Rolling Meadows Community Center • NWSRA Entrance													
	1792	Hanover Park Community Center													
PROGRAM #	1790	DAY	Wed	TIME	5:00 - 6:00 pm	DATES	2/15 - 4/26	NOT DATES	3/29	FEE	\$62.50	MIN/MAX	5/10	GOALS	M, SE, SI
	1792	DAY	Wed	TIME	5:15 - 6:15 pm					FEE	per program	MIN/MAX	per program		

Colors & Shapes

This program is designed to help your child learn to identify colors and basic shapes through games to enhance their progress in school.

GROUP	EC	AGE	3 - 6 years												
LOCATION	Schaumburg Township District Library														
PROGRAM #	8862	DAY	Thurs	TIME	5:30 - 6:15 pm	DATES	3/16 - 4/27	NOT DATES	3/30	FEE	\$37.50	MIN/MAX	5/10	GOALS	SE, SI

Saturday Clubhouse

Enhance cognitive, fine motor and social skills through playing games, fitness, music and crafts. Program includes adapted yoga/relaxation techniques.

GROUP	EC	AGE	3 - 7 years												
LOCATION	1540	Rolling Meadows Community Center • NWSRA Entrance													
	8341	Schaumburg Community Recreation Center													
PROGRAM #	1540	DAY	Sat	TIME	10:00 am - 1:00 pm	DATES	2/18 - 4/29	NOT DATES	4/1 & 4/15	FEE	\$78.75	MIN/MAX	5/10	GOALS	M, SE, SI
	8341									FEE	per program	MIN/MAX	per program		

NOTE Please bring a labeled sack lunch and drink.

Gymnastics & Tumbling

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

GROUP	All Abilities	AGE	4 - 12 years												
LOCATION	Vogelei • Hoffman Estates														
PROGRAM #	1660	DAY	Sat	TIME	2:00 - 2:45 pm	DATES	4/8 - 5/6	NOT DATES	4/15	FEE	\$24.00	MIN/MAX	5/10	GOALS	M, S

NOTE Participants should wear a leotard or fitted stretchy clothing but please, no tights. **Participants with Down Syndrome must be clear of AAI. Please refer to Special Notice Section in back of brochure regarding AAI.**

SNOEZELEN® ROOM

9

Imagine a room where an individual with special needs can feel safe, relax their mind through a multi-sensory experience, or feel in control and make choices independently. 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. Sensory therapy will follow an appropriate and logical sequence geared toward accomplishing individual goals. A Certified Therapeutic Recreation Specialist (*CTRS) trained by the Flaghouse Snoezelen Team will provide therapy. In therapy, the CTRS will allow the individual to guide the therapy session through verbal and nonverbal communication.

ASSESSMENTS:

- Parents or the individual will be required to complete a questionnaire prior to first therapy session to assist in learning about the individual and help develop goals.
- An assessment will take place during the first therapy session of the programming season to allow the CTRS to meet the individual, assess level and determine goals.
- As assessment will take place during the last therapy session of the programming season to allow the individual and CTRS to see success and re-evaluate current goals/skills.

SENSORY THERAPY:

- Leisure Awareness
- Physical Improvement
- Affective Improvement
- Cognitive Improvement
- Emotional Improvement
- Linguistic Improvement
- Social/Developmental Improvements



THErapy SESSIONS ~ All sessions are 45 minute time slots

GROUP: All Abilities		AGES: 3 years & older			
LOCATION		Rolling Meadows Community Center • NWSRA Entrance			
THErapy SESSION	DAY/DATES	TIME	MIN/MAX	TYPES OF THERapy	FEE
Individual 8655 8657	Mon Feb 27 - March 20 April 3 - April 24	4:00 - 8:00 pm	1/4	• Individualized Sensory Therapy	\$100.00 per program
Individual 8656 8658	Wed Feb 22 - March 15 April 5 - April 26	4:00 - 8:00 pm	1/4	• Individualized Sensory Therapy	\$100.00 per program
Small Group 8659 8660	Thurs Feb 23 - March 16 April 6 - April 27	4:00 - 8:00 pm	2/3 per session	• Individuals register knowing that they will be slotted for time and will be grouped according to age and ability • Family/Sibling Sensory Therapy	\$50.00 per individual \$100.00 per family of 2 - 3
Note	Please indicate preferred time on the registration form. You will be contacted before the program with your time conformation.				

SPORTS 10

PROGRAM SCHEDULE

MONDAY

Golf League	5:30 - 7:30 pm
Advanced Golf	5:30 - 6:30 pm
Bocce Training	6:00 - 7:00 pm

TUESDAY

*Sunshine Through Golf	4:00 - 5:00 pm
Co-Rec Softball League	5:30 - 7:30 pm (One hour practice)

WEDNESDAY

U.S. Paralympic Archery	5:00 - 6:00 pm
Co-Rec Soccer	5:00 - 6:00 pm

THURSDAY

Learn to Ice Skate	3:55 - 4:30 pm
Track & Field Team	5:30 - 6:30 pm & 6:30 - 7:30 pm
Golf League	6:00 - 8:00 pm
Got the Gold Practice	6:00 - 7:00 pm

FRIDAY

* Sunshine Through Golf	4:00 - 5:00 pm
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SATURDAY

Gymnastics & Tumbling	2:00 - 2:45 pm
U.S. Paralympic Boccia & Sports Training	4:30 - 6:30 pm

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

All Athletes planning to compete on NWSRA Lightning Teams must have a current Special Olympics medical application form on file by the second week of program and valid through state competition.

SPRING GOLF!

Golf programs are canceled in case of inclement weather.



Advanced Golf Cooperative with Freedom Golf Association

This program is designed for the intermediate to advanced golfer. Instructors are provided by Freedom Golf Association. Please bring your own clubs.

GROUP	All Ambulatory Athletes	AGE	8 years & older, 1:4 ratio
LOCATION	Buffalo Grove Golf & Sports Center		

PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
8234	Mon	5:30 - 6:30 pm	1/30 - 3/6	2/20	\$30.00	3/12	M, S

Golf League

Tee time! Join a foursome of golfers and play a round of golf each week. Learn golf course etiquette and improve your game. This program is geared towards the intermediate and more advanced golfer.

GROUP	All Ambulatory Athletes	AGE	16 years & older, 1:4 ratio
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LOCATION	1581 Fox Run Golf Links • Elk Grove Village
	1683 Arlington Lakes Golf Club • Arlington Heights

PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
1581	Mon	5:30 - 7:30 pm	5/1 - 7/10	5/29, 7/3	\$135.00	5/10	M, S
1683	Thurs	6:00 - 8:00 pm	5/4 - 7/13	6/8, 7/6	per program	per program	

NOTE League golfers must provide your own clubs and be able to walk 9 holes of golf, consistently hit the ball and have participated in NWSRA golf lessons previously.

*Sunshine Through Golf Cooperative with CDGA

This lesson is designed for the first time golfer. Golfers will receive close supervision as they develop their golf skills at the driving range and putting greens. Please feel free to bring your own clubs or clubs will be provided for you.

GROUP	All Ambulatory Athletes	AGE	1630 19 years & older, 1:3 ratio 1631 8 - 18 years, 1:3 ratio
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LOCATION	Twin Lakes Recreation Area • Palatine		
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PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
1630	Tues	4:00 - 5:00 pm	5/16 - 6/27		Free	5/10	M, S
1631	Fri	4:00 - 5:00 pm	5/19 - 6/30			per program	

SPORTS 11

Bocce Training

This game requires skill, strategy and a little luck. Learn to roll, hit and score while training for Special Olympics competition. Must be able to compete without assistance or use of a ramp.

GROUP All Athletes **AGE** 16 years & older

LOCATION Park Central Field • Rolling Meadows

PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
1510	Mon	6:00 - 7:00 pm	4/10 - 9/18	5/29, 7/3, 8/21, 9/4	\$176.00	3/12	M, S

NOTE Registration accepted in spring only for entire season. Participants may be eligible to compete in Special Olympics. District qualifiers for Summer Games 2018 will be held in the fall.

Co-Rec Softball League

Participants will practice and compete in tournament play with other special recreation associations through the summer.

GROUP All Ambulatory Athletes **AGE** 16 years & older

LOCATION Osage Park • Palatine

PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
2580	Tues	5:30 - 7:30 pm (One hour practice)	4/4 - 7/11	7/4	\$165.00	10/18 per program	M, S, PAN

NOTE The first practice on April 4 will be evaluation from 5:45 - 7:15 pm. Players will then be divided into teams based on ability, age, position played and team chemistry. Players and parents/guardians will be informed by the coach of team assignments, practice time and location by April 7. Teams will participate in the Special Olympics district qualifier on July 23 and ITRS tournament on July 16.

Volleyball Skills Clinic

Get ready to bump, set, spike and serve as we hit the court for a day of fun! This clinic is designed for volleyball players of all ability levels that want to improve their skills in passing, setting, hitting and serving. Join us as we practice drills, play skill based games, scrimmage and have a blast playing the sport we all love.

GROUP All Ambulatory Athletes **AGE** 18 years & older

LOCATION **6458** Camelot Park • Arlington Heights
6459 Hanover Park Community Center

CLINIC #	DAY	TIME	DATES	REGISTRATION DEADLINE	FEE	MIN/MAX	GOALS
6458	Tues	6:30 - 8:00 pm	6/6		\$20.00	6/15	M
6459	Thurs		6/8	5/19	per program	per program	

Co-Rec Soccer League

Score with more soccer skills development and conditioning during the winter session and league play during the spring session. Teams will be divided by age and ability.

GROUP All Ambulatory Athletes **AGE** 16 years & older

LOCATION **Practice** The Zone, River Trails Park District • Mount Prospect
Games Rolling Meadows Community Center Field

PROGRAM #	DAY	PRACTICE TIME	PRACTICE DATES	NOT DATES	FEE	MIN/MAX	GOALS
2554	Wed	5:00 - 6:00 pm	2/15 - 3/22	3/29	\$151.00	8/20	M, S, PAN
		GAME TIME 6:00 - 7:00 pm	GAME DATES 4/5 - 5/10				

TRANSPORTATION Please add \$39.00 for transportation for practice dates only. Please indicate if transportation is desired on the registration form. The Program Leader will inform parents/guardians of any changes in pick up or drop off times. A minimum of 3 needed.

TRANSPORTATION LOCATION	PICK UP	DROP OFF
Olympic Park • Schaumburg	4:00 pm	6:45 pm

NOTE Teams will participate in the Special Olympics soccer qualifier on May 7. Transportation locations and times for away games will vary based on game schedule. Athletes must provide transportation to home games.



SPORTS 12

BECOME A BOOSTER!



The Lightning Booster Club was established in January 2013 as a committee under SLSF, a 501(c)3 charity that is the fundraising arm of NWSRA. It is specifically established to support NWSRA Lightning athletes, and the club is entirely run by volunteers consisting of their proud parents.

If you are interested in joining or learning more about Booster Club activities, please contact Nanette Sowa at 847/392-2848, ext. 255 or email nsowa@nwsra.org.

Learn to Ice Skate Lace up and learn to march, glide, backwards wiggle and stop. Beginning through intermediate skills are taught including gross motor coordination and balance.

GROUP	All Abilities	AGE	6 - 21 years												
LOCATION	Triphahn Center & Ice Arena • Hoffman Estates														
PROGRAM #	1650	DAY	Thurs	TIME	3:55 - 4:30 pm	DATES	2/16 - 4/27	NOT DATES	3/30	FEE	\$60.00	MIN/MAX	5/10	GOALS	M, SI
NOTE	The class consists of a 25 minute structured lesson and 10 minutes of games to enhance skills. Figure Skating is a Special Olympics competitive sport. NWSRA Figure Skating team accepts new athletes in the fall.														

Track & Field Team 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.

GROUP	All Athletes	AGE	8 years & older												
LOCATION	Sandburg Jr. High School • Rolling Meadows														
PROGRAM #	2710	DAY	Thurs	TIME	5:30 - 6:30 pm	DATE	2/16 - 4/20	NOT DATES	3/30	FEE	\$96.00	MIN/MAX	5/15 per	GOALS	M, S
	2581			TIME	6:30 - 7:30 pm						per program	program			
NOTE	NWSRA will only register athletes for Spring Games that have trained with the NWSRA Track & Field Team. Spring Games will be held on April 23.														

Got the Gold Practice Spring Games gold medal winners for Track & Field events may continue training to prepare for the Special Olympics State Competition. Congratulations on a great Special Olympics Spring Games and good luck at State!

GROUP	All 2017 Spring Games Gold Medal Athletes	AGE	8 years & older												
LOCATION	Sandburg Jr. High School • Rolling Meadows														
PROGRAM #	2711	DAY	Thurs	TIME	6:00 - 7:00 pm	DATES	5/11 - 6/1	NOT DATES		FEE	\$32.00	MIN/MAX	5/15	GOALS	M, S
NOTE	Register for this program after the Spring Games competition.														

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

GROUP	All Abilities	AGE	4 - 12 years												
LOCATION	Vogelei • Hoffman Estates														
PROGRAM #	1660	DAY	Sat	TIME	2:00 - 2:45 pm	DATES	4/8 - 5/6	NOT DATES	4/15	FEE	\$24.00	MIN/MAX	5/10	GOALS	M, S
NOTE	Participants should wear a leotard or fitted stretchy clothing, please, no tights. Participants with Down Syndrome must be clear of AAI. Please refer to Special Notice Section in back of brochure regarding AAI.														

SPORTS 13



Athletes wishing to participate in Special Olympics competitions must have a current Special Olympics medical application form on file at NWSRA and Special Olympics Illinois valid through state competition. It is valid for two years from the date of the examination.

Please contact Renee Miles to check expiration date. The medical application is available on our website, www.nwsra.org.

Parent/guardian's signatures are required and faxed forms will now be accepted.

2017 ITRS Tournament

Junior Basketball.....Feb 18
 Senior Basketball.....Feb 19
 Soccer.....May 21
 Softball..... July 16

SPECIAL OLYMPICS COMPETITION	COMPETITION DATE	IF MEDICAL APPLICATIONS EXPIRE PRIOR TO COMPETITION DATE. A NEW FORM NEEDS TO BE COMPLETED AND TURNED IN NO LATER THAN:
Alpine Ski Qualifier	January 4	December 1
Snowshoe Qualifier	January 7	December 1
Cross Country Ski Qualifier	January 8	December 1
District Junior Basketball	January 21	November 21
District Senior Basketball	January 22	November 21
Winter Games	February 7 - 9	January 3
Skating Championships	February 18 - 19	January 18
District Gymnastics	March 5	February 1
State Basketball	March 17 - 19	February 1
District Aquatics	March 25	February 1
Spring Games	April 23	March 1
Power Lifting Qualifier	May 6	March 20
Soccer Qualifier	May 7	March 20
Area Bowling Tournament	June 3	April 21
State Summer Games	June 9 - 11	May 1
Unified Golf Qualifier	July 17	June 6
Golf Skills Qualifier	July 18	June 6
District Softball	July 23	June 13
3/6/9 Hole Golf Qualifier	August 7	June 30
Outdoor Sports Festival	September 9 - 10	August 1

ADULT & YOUTH/PHYSICAL DISABILITY

14



Northwest Suburban Chicago

NWSRA is a Paralympic Sport Club. This is a cooperative grass-roots program designed to introduce Paralympic sports to emerging athletes at a local level. Paralympic Sport Clubs are community based organizations that involve youth and adults with physical and visual disabilities in sports and physical activity, regardless of skill level. For more information on these Paralympic events and programs, please visit www.nwsra.org/paralympics.

U.S. Paralympic Archery

Challenge yourself at this paralympic sport while increasing strength, flexibility and focus. Archer must be able to follow simple instructions, safety procedures and have use of one arm or ability to use your mouth to grip.

GROUP	P Athletes		AGE	13 years & older				
LOCATION	The Zone, River Trails Park District • Mount Prospect							
PROGRAM #	101	DAY Wed	TIME 5:00 - 6:00 pm	DATES 2/15 - 4/26	NOT DATES 3/29	FEE \$60.00	MIN/MAX 5/12	GOALS M, S, PAN
TRANSPORTATION	Please add \$80.00 for door-to-door transportation and indicate on registration form. The Program Leader will contact participants two days before the start of the program to inform of pick up and drop off times.							

U.S. Paralympic Boccia & Sports Training

Train as a multi-sport athlete! Schedule includes boccia every week and will highlight wheelchair basketball, tennis, power soccer and football.

GROUP	P Athletes		AGE	6 years & older				
LOCATION	Hanover Park Community Center							
PROGRAM #	106	DAY Sat	TIME 4:30 - 6:30 pm	DATES 2/18 - 4/29	NOT DATES 4/15	FEE \$110.00	MIN/MAX 5/12	GOALS M, S, PAN
TRANSPORTATION	Please add \$80.00 for door-to-door transportation and indicate on registration form. The Program Leader will contact participants two days before the start of the program to inform of pick up and drop off times.							



In cooperation with NWSRA, Bartlett, Buffalo Grove and Palatine 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 participating park districts for themselves and a second for a friend or family member.
- Free personal training sessions or classes (varies with each park district).
- Monthly activities to socialize with fellow veterans and family members.

Contact Rachel Hubsch for information at 847/392-2848, ext. 231 or rhubsch@nwsra.org.

Healthy Minds Healthy Bodies is a registered trademark of



YOUTH and TEENS 15

PROGRAM SCHEDULE

MONDAY

After School Club	2:45 - 5:00 pm
Sensory Therapy (p.9)	4:00 - 8:00 pm
1013 Individual Swim (p.3)	5:00 - 7:30 pm
Golf League (p.10)	5:30 - 7:30 pm
Horseback Riding Instruction	5:30 - 6:30 pm & 6:30 - 7:30 pm
Advanced Golf (p.10)	5:30 - 6:30 pm
Bocce Training (p.11)	6:00 - 7:00 pm
Swim Team Development (p.3)	7:15 - 8:15 pm
1050 Swim Lessons (p.3)	7:15 - 7:45 pm
1052 Swim Lessons (p.3)	7:50 - 8:20 pm
8053 Swim Lessons (p.3)	8:20 - 8:50 pm

TUESDAY

1310 Bowl (p.4)	2:45 - 4:30 pm
Kirk Kids on the Go	3:00 - 5:00 pm
Travelin' Teens	3:30 - 6:00 pm
*Sunshine Though Golf (p.10)	4:00 - 5:00 pm
1020 Individual Swim (p.3)	4:00 - 5:00 pm
Piano/Voice Lessons (p.6)	5:30 - 8:15 pm (Thirty minute private lessons)
Broadway Buddies (p.5)	5:30 - 6:30 pm
Co-Rec Softball League (p.11)	5:30 - 7:30 pm (One hour practice)
Zumba (p.23)	7:30 - 8:30 pm

For all programs that include swimming please refer to Special Notice Section at the back of the brochure regarding swim programs.

WEDNESDAY

Teens Around Town	2:30 - 5:00 pm
After School Fitness	3:00 - 5:00 pm
1011 Individual Swim (p.3)	4:00 - 5:00 pm
Sensory Therapy (p.9)	4:00 - 8:00 pm
U.S. Paralympic Archery (p.14)	5:00 - 6:00 pm
1010 Individual Swim (p.3)	5:00 - 6:30 pm
Autism Movement Therapy ®	5:00 - 6:00 pm & 6:15 - 7:15 pm
Co-Rec Soccer (p.11)	5:00 - 6:00 pm
Piano/Voice Lessons (p.6)	6:00 - 8:30 pm (Thirty minute private lessons)
Recess Games	6:00 - 7:00 pm
*Safety for Yourself	6:00 - 7:00 pm & 7:00 - 8:00 pm

THURSDAY

Fitness Exploration	2:30 - 4:30 pm
Take Time For Fun	3:00 - 5:00 pm
Culinary Creators	3:30 - 5:30 pm
Learn to Ice Skate (p.12)	3:55 - 4:30 pm
Sensory Therapy (p.9)	4:00 - 8:00 pm
1260 Bowl (p.4)	4:00 - 5:30 pm
1012 Individual Swim (p.3)	4:30 - 6:45 pm
Drum Lessons (p.6)	5:30 - 7:30 pm (Thirty minute private lessons)
Horseback Riding Instruction	5:30 - 6:30 pm & 6:30 - 7:30 pm
Track & Field Team (p.12)	5:30 - 6:30 pm & 6:30 - 7:30 pm
Got the Gold Practice (p.12)	6:00 - 7:00 pm
Golf League (p.10)	6:00 - 8:00 pm

THURSDAY CONT.

*Safety for Yourself	6:00 - 7:00 pm & 7:00 - 8:00 pm
Wii Mania	6:30 - 7:30 pm
1051 Individual Swim (p.3)	6:45 - 7:45 pm

FRIDAY

Miner Fitness & Games	2:15 - 4:30 pm
Music, Movement & Art Expression	3:15 - 5:00 pm
1400 Bowl (p.4)	3:30 - 5:00 pm
*Sunshine Though Golf (p.10)	4:00 - 5:00 pm

SATURDAY

Piano Lessons (p.6)	9:00 am - 1:00 pm (Thirty minute private lessons)
Guitar Lessons (p.6)	9:30 - 11:00 am (Thirty minute private lessons)
Saturday Superstars	10:30 am - 2:00 pm
On the Go	10:30 am - 1:30 pm
Busy Bodies	11:00 am - 2:00 pm
8320 Bowl (p.4)	1:30 - 3:30 pm
2260 Bowl (p.4)	1:30 - 3:30 pm
Gymnastics & Tumbling	2:00 - 2:45 pm
1340 Bowl (p.4)	2:00 - 4:00 pm
Saturday Afternoon Hangout	2:30 - 4:00 pm
U.S. Paralympic Boccia & Sports Training (p.14)	4:30 - 6:30 pm

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

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

The Illinois Department of Health requires that all participants not completely toilet trained must wear tightly fitting plastic pants in swimming pool.



YOUTH and TEENS 16

Horseback Riding Instruction Beginner & Intermediate

Mount up with your friends at the stables. The first week, riders will be evaluated and placed in the group time appropriate to their skill level.

GROUP	Youth, Teens & Adults		AGE 6 years & older				
LOCATION	Palatine Stables						
PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
2620	Mon	5:30 - 6:30 pm	4/3 - 5/15		\$294.00	3/5	M, S
2621	Mon	6:30 - 7:30 pm			per program	per program	
2622	Thurs	5:30 - 6:30 pm	4/6 - 5/18				
2623	Thurs	6:30 - 7:30 pm					

NOTE Please refer to the Special Notice Section at back of brochure. Riders enrolled in this program must have adequate balance, mobility, posture and ability to maintain upper neck and trunk control. Palatine Stables provides riding helmets and requires a waiver to be signed 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.**

Learning to Ride a Bike Clinic

This exciting four day clinic is designed to help the child and parent/guardian learn and practice techniques to learn how to ride a bike.

GROUP	All Abilities		AGE 5 - 10 years				
LOCATION	Kimball Hill Elementary School • Rolling Meadows						
CLINIC #	DAY	TIME	DATES	REGISTRATION DEADLINE	FEE	MIN/MAX	GOALS
6544	Tues - Fri	5:15 - 6:15 pm	5/30 - 6/2	5/12	\$30.00	5/10	M
6545		6:30 - 7:30 pm			per program	per program	

NOTE Must provide own bike and helmet.

Autism Movement Therapy®

Combine structured movement and music that connects the left and right hemispheres of the brain for a complete cognitive thinking approach in this nationally renowned program. This program helps improve peer interaction, ability to work in groups and perform academically in the classroom.

GROUP	Autism Spectrum		AGE 1790 4 - 8 years 1791 9 - 13 years				
LOCATION	Rolling Meadows Community Center • NWSRA Entrance						
PROGRAM#	DAY	TIME	DATES	NOT DATES	FEES	MIN/MAX	GOALS
1790	Wed	5:00 - 6:00 pm	2/15 - 4/26	3/29	\$62.50	5/10	M, I, SE
1791		6:15 - 7:15 pm			per program	per program	

Recess Games

Join your friends and learn how to play recess games that have been played for years and learn current games on the playground. Games may include Four Square, Tag, Hot Potato and relay races.

GROUP	Youth		AGE 5 - 12 years				
LOCATION	Schaumburg Township						
PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
8760	Wed	6:00 - 7:00 pm	2/15 - 3/15		\$30.00	5/10	M, S

*Safety for Yourself



Develop self-control, physical fitness and respect for others while learning non-contact martial arts. The skills learned can transfer into all aspects of everyday life with improvements seen in school performance and social skills. You may only register for Safety for Yourself 1955/1956 twice. Continue your training and register for Safety for Yourself 1967/1968. Instructors will evaluate participants the first week and may assign you to a different time according to your ability level.

GROUP	Youth, Teens & Adults		AGE 8 - 30 years, 1:2 - 1:6 ratio				
LOCATION	1955/1967 Alcott Center • Buffalo Grove 1956/1968 Alexian Brothers Behavioral Health Hospital (Gym) • Hoffman Estates						
PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
*1955	Wed	6:00 - 7:00 pm	2/15 - 4/26	3/29	Free	5/10	M, SE, SI
*1956	Thurs		2/16 - 4/27	3/30	Free	per program	
1967	Wed	7:00 - 8:00 pm	2/15 - 4/26	3/29	\$90.00		
1968	Thurs		2/16 - 4/27	3/30	\$90.00		

NOTE Taught by a martial arts instructor and run cooperatively with Alexian Brothers Autism Resource.

Wii Mania

Come and spend an evening with friends. NWSRA will provide games and equipment and teach you how to play a variety of Wii Games.

GROUP	Teens & Young Adults		AGE 16 - 25 years				
LOCATION	Rolling Meadows Community Center • NWSRA Entrance						
PROGRAM#	DAY	TIME	DATES	NOT DATES	FEES	MIN/MAX	GOALS
8940	Thurs	6:30 - 7:30 pm	2/16 - 4/27	3/30	\$62.50	5/10	SI, T

YOUTH and TEENS 17

SATURDAY PROGRAMS

On the Go

Visit some of your favorite attractions in the area and socialize with friends. Improve independence, community awareness, socialization and positive use of leisure time. A schedule of activities will be distributed the first week.

GROUP Teens **AGE** 13 - 18 years, 1:4 - 1:5 ratio
LOCATION Varies

PROGRAM # 1840 **DAY** Sat **TIME** 10:30 am - 1:30 pm **DATES** 2/18 - 4/29 **NOT DATES** 4/1, 4/15 **FEE** \$153.00 **MIN/MAX** 5/20 **GOALS** CI, I, SE

TRANSPORTATION Provided from locations listed below. Pick up points may vary depending on registration. Please indicate desired pick up/drop off location on the registration form. Pick up and drop off times may vary depending on location of outings. The Program Leader will inform parents/guardians of any changes in pick up or drop off times. A minimum of 3 needed at each location.

TRANSPORTATION LOCATION	PICK UP	DROP OFF
Conyers Learning Academy • Rolling Meadows	9:45 am	2:15 pm
Palatine Gymnastics	9:45 am	None
Buffalo Grove Golf & Sports Center	10:15 am	1:45 pm
Meineke Recreation Center • Schaumburg	10:15 am	1:50 pm

NOTE Please bring a labeled sack lunch and drink. Transportation to 1340 Bowling or 8770 Saturday Afternoon Hangout provided from this program.

Saturday Superstars

Enhance cognitive, fine motor and social skills through playing games, fitness, swimming and crafts.

GROUP Youth **AGE** 7 - 12 years
LOCATION 1500 Wheeling Community Recreation Center
1580 RecPlex • Mount Prospect
1700 Park Place Family Recreation Center • Streamwood

PROGRAM # 1500 **DAY** Sat **TIME** 10:30 am - 2:00 pm **DATES** 2/18 - 4/29 **NOT DATES** 4/1, 4/15 **FEE** \$83.25 **MIN/MAX** 5/10 **GOALS** M, SE
1580 per program per program
1700

NOTE Please bring a labeled swimsuit, towel, lunch and drink. Parents pick up on the pool deck.

Busy Bodies

Socialize with friends, play games, swim and travel in the community. Activities may include field trips, games and swimming. A detailed schedule of trips and activities will be distributed the first week of programs.

GROUP Teens **AGE** 13 - 18 years **SWIM LOCATIONS** 1670 North Arctic Splash • Wheeling
1:2 - 1:3 ratio 1671 South Bartlett Community Center

PROGRAM # 1670 **DAY** Sat **TIME** 11:00 am - 2:00 pm **DATES** 2/18 - 4/29 **NOT DATES** 4/1, 4/15 **FEE** \$148.50 **MIN/MAX** 5/10 **GOALS** CI, I, SE
1671 per program per program

TRANSPORTATION Provided from locations listed below. Pick up points may vary depending on registration. Please indicate desired pick up/drop off location on the registration form. Pick up and drop off times may vary depending on location of outings. The Program Leader will inform parents/guardians of any changes in pick up or drop off times. A minimum of 3 needed at each location.

TRANSPORTATION LOCATION	PICK UP	DROP OFF
1670 Conyers Learning Academy • Rolling Meadows	10:15 am	2:50 pm
Alcott Center • Buffalo Grove	10:40 am	2:20 pm
1671 Conyers Learning Academy • Rolling Meadows	10:15 am	2:45 pm
Meineke Recreation Center • Schaumburg	10:40 am	2:20 pm

NOTE Please bring a labeled swimsuit, towel, lunch and drink. Swim time is in the afternoon. Transportation to 8770 Saturday Afternoon Hangout provided from this program.

Saturday Afternoon Hang Out

Spend the afternoon with friends relaxing with a movie, enjoying Wii games or maybe a class in yoga or relaxation techniques.

GROUP Teens & Young Adults **AGE** 13 - 35 years

LOCATION Rolling Meadows Community Center • NWSRA Entrance

PROGRAM # 8770 **DAY** Sat **TIME** 2:30 - 4:00 pm **DATES** 2/18 - 4/29 **NOT DATES** 4/1, 4/15 **FEE** \$60.75 **MIN/MAX** 5/20 **GOALS** M, SI

NOTE Participants will be grouped by age and ability into separate activities. Transportation provided to this program for those registered for On the Go and Busy Bodies.

Extend your fun and register for 1340 Bowling (p.4) or Saturday Afternoon Hangout. Parent/guardian pick up is at Rolling Meadows Community Center or Brunswick Zone at the end of program.

YOUTH and TEENS 18

Due to the dietary restrictions of many participants, NWSRA will no longer provide snacks at after school programs.

Parents are welcome to send a snack and beverage, if desired.



AFTER SCHOOL PROGRAMS

STUDENTS FROM ANY SCHOOL DISTRICT ARE WELCOME TO ATTEND THE AFTER SCHOOL OFFERINGS

After School Club Make friends and develop social skills while enjoying crafts, music and games.

GROUP All Special Education Students **AGE** 6 - 21 years

LOCATION Rolling Meadows Community Center • NWSRA Entrance

PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
1885	Mon	3:15 - 5:00 pm	2/13 - 4/24	2/20, 3/27	\$114.75	5/15	SI, SE

TRANSPORTATION Provided from the locations below. Please indicate desired pick up location on the registration form. The Program Leader will inform parents/guardians of any changes in pick up times. Minimum of 3 needed at each location.

TRANSPORTATION LOCATION	PICK UP	DROP OFF
Miner School • Arlington Heights	2:20 pm	None
Kirk School • Palatine	3:00 pm	None

Kirk Kids on the Go

Have fun after school with friends out on the town. The first week an activity is at a local park district. A schedule of activities will be distributed the first week.

GROUP All Special Education Students **AGE** 13 - 21 years

LOCATION Varies

PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
1820	Tues	3:00 - 5:00 pm	2/14 - 4/25	3/28	\$155.00	5/10	CI, I, SE

TRANSPORTATION Provided from the locations below. Pick up points may vary depending on registration. Please indicate desired pick up/drop off location on the registration form. Pick up/drop off times may vary depending upon the location of the outings. The Program Leader will inform parents/guardians of any changes in pick up/drop off times. Minimum of 3 needed at each location.

TRANSPORTATION LOCATION	PICK UP	DROP OFF
Kirk School • Palatine	3:00 pm	None
Alcott Center • Buffalo Grove	None	5:15 pm
Conyers Learning Academy • Rolling Meadows	None	5:45 pm
Meineke Recreation Center • Schaumburg	None	5:45 pm

YOUTH and TEENS 19

AFTER SCHOOL PROGRAMS

Travelin' Teens

Improve independence, money management skills and socialization. Activities are planned by the participants and may include trips to a mall, nature center, bowling alley and more. A schedule of activities will be distributed the second week.

GROUP All Special Education Students **AGE** 13 - 21 years

LOCATION Varies

PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
# 1800	Tues	3:30 - 6:00 pm	2/14 - 4/25	3/28	\$110.00	5/15	CI, I

TRANSPORTATION Provided from locations listed below. Pick up points may vary depending on registration. Please indicate desired pick up/drop off location on the registration form. Pick up and drop off times may vary depending on location of outings. The Program Leader will inform parents/guardians of any changes in pick up or drop off times. A minimum of 3 needed at each location.

TRANSPORTATION LOCATION	PICK UP	DROP OFF
Hersey High School • Arlington Heights	3:10 pm	None
Palatine High School	3:30 pm	None
Academy at Forest View • Arlington Heights	2:50 pm	None
RecPlex • Mount Prospect	None	6:30 pm
Conyers Learning Academy • Rolling Meadows	None	6:45 pm

NOTE Participants need to bring money each week to cover the cost of each activity. Activities range \$0 - \$7.00/week.

Teens Around Town

Make friends! Improve independence, money management skills and socialization. The group will plan activities and learn to handle their money.

GROUP All Special Education Students **AGE** 10 - 21 years

LOCATION Varies

PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
# 1890	Wed	2:30 - 5:00 pm	2/15 - 4/26	3/29	\$105.00	5/10	CI, I

TRANSPORTATION Provided from the locations below. Please indicate desired pick up/drop off location on the registration form. Pick up/drop off times may vary depending upon the location of the outings. The Program Leader will inform parents/guardians of any changes in pick up/drop off times. Minimum of 3 needed at each location.

TRANSPORTATION LOCATION	PICK UP	DROP OFF
Miner School • Arlington Heights	2:10 pm	5:00 pm
Winston School • Palatine	2:30 pm	None
Conyers Learning Academy • Rolling Meadows	None	5:30 pm

After School Fitness

Tone, strengthen muscles and improve cardiovascular fitness through swimming, light weights and resistance bands. Remember a swimsuit and towel.

GROUP All Special Education Students **AGE** 5 - 21 years

LOCATION Kirk School • Palatine

PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
# 1640	Wed	3:00 - 5:00 pm	2/15 - 4/26	3/29	\$77.50	5/10	SI, SE, M, HW

Fitness Exploration

Explore various park district facilities and get active with unique fitness experiences which might include yoga, Zumba and more!

GROUP All Special Education Students **AGE** 12 - 21 years

LOCATION Varies

PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
# 1861	Thurs	2:30 - 4:30 pm	2/16 - 4/27	3/30	\$115.00	5/10	CI, M, S

TRANSPORTATION Provided from the locations below. Please indicate desired pick up/drop off location on the registration form. Pick up/drop off times may vary depending upon the location of the outings. The Program Leader will inform parents/guardians of any changes in pick up/drop off times. Minimum of 3 needed at each location.

TRANSPORTATION LOCATION	PICK UP	DROP OFF
Miner School • Arlington Heights	2:10 pm	5:00 pm
Winston School • Palatine	2:30 pm	None
Conyers Learning Academy • Rolling Meadows	None	5:30 pm

Take Time for Fun

Swimming, crafts, games and music are all a part of this fun after school program. Remember a swimsuit and towel.

GROUP All Special Education Students **AGE** 5 - 21 years

LOCATION Kirk School • Palatine

PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
# 1730	Thur	3:00 - 5:00 pm	2/16 - 4/27	3/30	\$77.50	5/10	M, SE

YOUTH and TEENS 20

AFTER SCHOOL PROGRAMS

Culinary Creators Grab your favorite recipes, meet with friends and learn how to create snacks, simple meals and desserts independently. Create a shopping list and shop for the program. Learn basic food preparation, safety and sanitation. Enjoy your creations.

GROUP All Special Education Students **AGE** 14 - 21 years

LOCATION Kirk School • Palatine

PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
# 2420	Thurs	3:30 - 5:30 pm	2/16 - 4/27	3/30	\$115.00	5/10	HW, I, PAN

TRANSPORTATION Parents/guardians pick up is at Kirk School at 5:30 pm or add \$45.00 for drop off at one of the below locations. Please indicate desired pick up/drop off location on the registration form. A minimum of 3 needed at each location.

TRANSPORTATION LOCATION	PICK UP	DROP OFF
Academy at Forest View • Arlington Heights	2:50 pm	None
Hersey High School • Arlington Heights	3:10 pm	None
Palatine High School	3:30 pm	None
Conyers Learning Academy • Rolling Meadows	None	6:00 pm

Miner Fitness & Games

Develop strength, flexibility and good health! Participate in aerobics and strength training while developing a personal workout routine. Socialize and develop interpersonal skills through a variety of games.

GROUP All Special Education Students **AGE** 13 - 21 years

LOCATION Miner School • Arlington Heights

PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
# 1860	Fri	2:15 - 4:30 pm	2/17 - 4/28	2/24, 3/31, 4/14	\$66.00	5/10	SI, SE, HW

Music, Movement & Art Expression

Develop coordination, rhythm and interactive skills through this unique program. Participants will combine music and movement to develop their own unique style of expression.

GROUP All Special Education Students **AGE** 5 - 21 years

LOCATION Rolling Meadows Community Center • NWSRA Entrance

PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
# 1530	Fri	3:15 - 5:00 pm	2/17 - 4/28	2/24, 3/31, 4/14	\$106.00	5/10	SI, SE

TRANSPORTATION Provided from the locations below. Please indicate desired pick up location on the registration form. Minimum of 3 needed at each location.

TRANSPORTATION LOCATION	PICK UP	DROP OFF
Conyers Learning Academy • Rolling Meadows	2:30 pm	None
Kirk School • Palatine	3:00 pm	None

SUMMER DAY CAMP

Tentative Dates 2017*

8 Week Camps: Tuesday, June 13 through Thursday, August 3 (Not July 3 & 4)

4 Week Camps: Tuesday, July 11 through Thursday, August 3

If you are interested in the NWSRA Summer Day Camp program for your child, please call our office to be added to the mailing list. Camp flyers are mailed in mid-February. The registration deadline for Day Camp 2017 is April 17. Camps are offered Monday through Friday to ages 8 - 21 years and run from 9:00 am - 2:30 pm. For more information, please contact our Day Camp Manager, Jodi Schultz at 847/392-2848, ext. 254.

*Camp dates are tentative and may change with school district school calendars.



ADULTS 21



PROGRAM SCHEDULE

MONDAY

2600 Bowl (p.4)	3:15 - 4:45 pm
Sensory Therapy (p.9)	4:00 - 8:00 pm
Golf League (p.10)	5:30 - 7:30 pm
Bocce Training (p.10)	6:00 - 7:00 pm
Recipe for a Healthier You	6:30 - 8:00 pm
Fitness & Swim	6:45 - 8:15 pm
Monday Night Fun	7:00 - 9:00 pm
Staying Fit	7:00 - 8:00 pm
Swim Team	7:15 - 8:15 pm
Development (p.3)	

TUESDAY

Personal Trainer	1:00 - 4:00 pm
Supper Club	3:15 - 5:30 pm
*Sunshine Through Golf (p.10)	4:00 - 5:00 pm
Broadway Buddies (p.5)	5:30 - 6:30 pm
Piano/Voice Lessons (p.6)	5:30 - 8:15 pm
	(Thirty minute private lessons)
Co-Rec Softball League (p.10)	5:30 - 7:30 pm
	(One hour practice)
Get Tech Smart!	6:30 - 7:30 pm
Aktion Club	6:30 - 7:30 pm

WEDNESDAY

Creative Corner	3:00 - 4:00 pm
Supper Club Too!	3:15 - 5:30 pm
Sensory Therapy (p.9)	4:00 - 8:00 pm
Co-Rec Soccer (p.11)	5:00 - 6:00 pm
Water Exercise	6:00 - 6:45 pm
	& 6:45 - 7:30 pm
Happy Hour	6:00 - 7:15 pm
*Safety for Yourself	6:00 - 7:00 pm
	& 7:00 - 8:00 pm
Piano/Voice Lessons (p.6)	6:00 - 8:30 pm
	(Thirty minute private lessons)
Exploring the Burbs	7:00 - 9:00 pm
Spin Class	7:30 - 8:15 pm

THURSDAY

Personal Trainer	1:00 - 4:00 pm
Chefs Corner	3:15 - 5:30 pm
Exercise & Swim	3:30 - 5:30 pm
Sensory Therapy (p.9)	4:00 - 8:00 pm
Drum Lessons (p.6)	5:30 - 7:30 pm
	(Thirty minute private lessons)
Walk Across America	5:30 - 6:30 pm
	& 6:30 - 7:30 pm
Track & Field Team (p.12)	5:30 - 6:30 pm
	& 6:30 - 7:30 pm
Got the Gold (p.12)	6:00 - 7:00 pm

THURSDAY (CONT)

Staying Fit	6:00 - 7:00 pm
Golf League (p.10)	6:00 - 8:00 pm
*Safety for Yourself	6:00 - 7:00 pm
	& 7:00 - 8:00 pm
Wii Mania	6:30 - 7:30 pm
Young Adults Rockin' Around the Burbs	7:00 - 9:00 pm
Spin Class	7:15 - 8:00 pm

FRIDAY

2624 Bowl (p.4)	3:15 - 4:45 pm
1400 Bowl (p.4)	3:30 - 5:00 pm

SATURDAY

Piano Lessons (p.6)	9:00 am - 1:00 pm
	(Thirty minute private lessons)
Guitar Lessons (p.6)	9:30 - 11:30 pm
	(Thirty minute private lessons)
Adults on The Go	10:00 am - 1:30 pm
Adult Busy Bodies	10:15 am - 1:30 pm
Lunch Crew	11:00 am - 1:45 pm
8320 Bowl (p.4)	1:30 - 3:30 pm
1340 Bowl (p.4)	2:00 - 4:00 pm
Saturday Hangout	2:30 - 4:00 pm
Art Sampler	3:00 - 4:15 pm

For all programs that include swimming please refer to Special Notice Section at the back of the brochure regarding swim programs.

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

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

ADULTS 22

Recipe for a Healthier You

Wellbeing is a skill! Learn how to reduce negative stressors and reinforce the positive ones from Certified Nurses. Identification of symptoms of stress, how to cope with stress and demonstration of specific techniques to relieve stress taught. Must be able to engage in group discussions.

GROUP	Young Adults	AGE	18 - 35 years, 1:4 ratio					
LOCATION	8722 Rolling Meadows Community Center • NWSRA Entrance 8723 Schaumburg Community Recreation Center							
PROGRAM #	8722	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
	8723	Mon	6:30 - 8:00 pm	2/13 - 3/13 4/3 - 4/24	2/20	\$80.00 per program	6/10 per program	HW, SE

Fitness & Swim

Start your workout with 30 minutes of walking/jogging on the track and finish with 45 minutes of water exercise. Pick up is on the pool deck at 8:15 pm.

GROUP	Adults	AGE	18 years & older, 1:7 ratio					
LOCATION	Jack Claes Pavilion • Elk Grove Village							
PROGRAM #	2510	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
		Mon	6:45 - 8:15 pm	2/13 - 4/24	2/20, 3/27	\$58.50	5/15	HW, M, PAN
NOTE	Elk Grove Park District requires a waiver to be signed, once a year, before the first day of class.							

Monday Night Fun

Spend time with your friends playing games, watching sports or just hanging out.

GROUP	Young Adults	AGE	21 - 35 years, 1:8 ratio					
LOCATION	Burger Baron • Arlington Heights							
PROGRAM #	1600	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
		Mon	7:00 - 9:00 pm	2/13 - 4/24	2/20, 3/27	\$65.25	5/15	CI, I
NOTE	Please bring \$5.00 - \$10.00 for snacks, if desired.							

Staying Fit

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

GROUP	Adults	AGE	18 years & older, 1:4 ratio					
LOCATION	Park Place Family Recreation Center • Streamwood							
PROGRAM #	8350	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
	2251	Mon	7:00 - 8:00 pm	2/13 - 4/24	2/20, 3/27	\$54.00	5/10	HW, M, PAN
		Thurs	6:00 - 7:00 pm	2/16 - 4/27	3/30	\$60.00	per program	
NOTE	Need a longer workout after 2251? Also register for 8252 Spin Class.							

Personal Trainer Individual or Partner

Exercise is hard enough! Get the most out of your work outs by teaming up with a personal trainer. The trainer can work with you on toning and strength, weight loss goals, nutritional support and creating a life plan. You can sign up for individual sessions or encourage a friend to join the fun. Sessions are one hour in length. You may sign up for one or as many as you wish.

GROUP	Adults	AGE	18 years & older					
LOCATION	Park Place Family Recreation Center • Streamwood							
PROGRAM #	8685 Individual	DAY & TIME	DATE RANGE	FEE PER SESSION	MIN/MAX	GOALS		
	8686 Partner	Tues or Thurs between 1:00 - 4:00 pm	2/7 - 4/27	\$40.00 \$26.50 per person	1/4 2 per hour	HW, M, PAN		
NOTE	If register for 8686, please indicate partner on registration forms. Dates and times are arranged with the trainer following the completion of the personal questionnaire. Participants must be able to follow verbal directions and cues from trainer and independently utilize restrooms. NWSRA staff is not on site, trainer has background working with people with disabilities and adapting exercises to fit individual needs.							

Get Tech Smart

Get mobile, get in the cloud, get tech! This interactive course will adjust to the specific interests and learning needs of the participants. Techies may bring their own laptop or tablet if they wish. NWSRA is equipped with iPads, Apple TV, Wii, PC's and thousands of apps that will bring you to the next level of technology!

GROUP	Adults	AGE	21 years & older					
LOCATION	Rolling Meadows Community Center • NWSRA Entrance							
PROGRAM #	1931	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
		Tues	6:30 - 7:30 pm	2/14 - 3/14		\$31.25	2/4	T

Private Computer Lessons

8932 If you would like to set up a private 30 minute computer lesson for \$16.25, call 847/392-2848 for available days and times. An instructor can help you create that perfect vacation PowerPoint, learn a new program or even develop a Boardmaker communication system for your adult.

ADULTS 23

Aktion Club Sponsored by Rolling Meadows Kiwanis Club

Aktion club is a unique community service organization designed for adults who wish to help others. The group will establish the 2017 board of directors, research service project opportunities and schedule their activities. Future dates will vary based on service projects chosen for the season.

GROUP Adults **AGE** 21- 35 years
LOCATION Rolling Meadows Community Center • NWSRA Entrance

PROGRAM #	8523	DAY	Tues	TIME	6:30 - 7:30 pm	DATES	2/28 - 3/7	NOT DATES		FEE	\$40.00	MIN/MAX	6/15	GOALS	Cl, I
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Zumba

Ditch the boring workout and join the party! Zumba is a Latin inspired dance-fitness class that tones and sculpts the body. The cardio-based dance movements are easy to follow, so no experience is necessary. Individuals must be able to follow the instructor and stay in their own space during the workout.

GROUP Ambulatory Teens & Adults **AGE** 16 years & older, 1:4 ratio
LOCATION Rolling Meadows Community Center • NWSRA Entrance

PROGRAM #	2550	DAY	Tues	TIME	7:30 - 8:30 pm	DATES	2/14 - 4/25	NOT DATES	3/28	FEE	\$80.00	MIN/MAX	5/8	GOALS	HW, M, PAN
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Creative Corner

Play games, make crafts and occasionally prepare a healthy snack while getting in touch with your creative side.

GROUP Adults **AGE** 45 years & older
LOCATION Clearbrook Krause • Rolling Meadows

PROGRAM #	2573	DAY	Wed	TIME	3:00 - 4:00 pm	DATES	2/15 - 4/26	NOT DATES	3/29	FEE	\$67.50	MIN/MAX	5/10	GOALS	HW, M, SI
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*Safety for Yourself



Develop self-control, physical fitness, respect for others while learning non-contact martial arts. The skills learned can transfer into all aspects of everyday life with improvements seen in school performance and social skills. You may only register for Safety for Yourself 1955/1956 twice. Continue your training and register for Safety for Yourself 1967/1968. Instructors will evaluate participants the first week and may assign you to a different time according to your ability level.

GROUP Youth, Teens & Adults **AGE** 8 - 30 years, 1:2 - 1:6 ratio
LOCATION 1956, 1968 Alexian Brothers Behavioral Health Hospital (Gym) • Hoffman Estates
1955, 1967 Alcott Center • Buffalo Grove

PROGRAM #	*1955	DAY	Wed	TIME	6:00 - 7:00 pm	DATES	2/15 - 4/26	NOT DATES	3/29	FEE	Free	MIN/MAX	5/10	GOALS	M, SE, SI
	*1956	DAY	Thurs	TIME		DATES	2/16 - 4/27	NOT DATES	3/30	FEE	Free	MIN/MAX	per program	GOALS	
	1967	DAY <td>Wed <td>TIME <td>7:00 - 8:00 pm</td> <td>DATES <td>2/15 - 4/26</td> <td>NOT DATES <td>3/29</td> <td>FEE <td>\$90.00</td> <td>MIN/MAX</td> <td></td> <td>GOALS</td> <td></td> </td></td></td></td></td>	Wed <td>TIME <td>7:00 - 8:00 pm</td> <td>DATES <td>2/15 - 4/26</td> <td>NOT DATES <td>3/29</td> <td>FEE <td>\$90.00</td> <td>MIN/MAX</td> <td></td> <td>GOALS</td> <td></td> </td></td></td></td>	TIME <td>7:00 - 8:00 pm</td> <td>DATES <td>2/15 - 4/26</td> <td>NOT DATES <td>3/29</td> <td>FEE <td>\$90.00</td> <td>MIN/MAX</td> <td></td> <td>GOALS</td> <td></td> </td></td></td>	7:00 - 8:00 pm	DATES <td>2/15 - 4/26</td> <td>NOT DATES <td>3/29</td> <td>FEE <td>\$90.00</td> <td>MIN/MAX</td> <td></td> <td>GOALS</td> <td></td> </td></td>	2/15 - 4/26	NOT DATES <td>3/29</td> <td>FEE <td>\$90.00</td> <td>MIN/MAX</td> <td></td> <td>GOALS</td> <td></td> </td>	3/29	FEE <td>\$90.00</td> <td>MIN/MAX</td> <td></td> <td>GOALS</td> <td></td>	\$90.00	MIN/MAX		GOALS	
	1968	DAY <td>Thurs</td> <td>TIME</td> <td></td> <td>DATES <td>2/16 - 4/27</td> <td>NOT DATES <td>3/30</td> <td>FEE <td>\$90.00</td> <td>MIN/MAX</td> <td></td> <td>GOALS</td> <td></td> </td></td></td>	Thurs	TIME		DATES <td>2/16 - 4/27</td> <td>NOT DATES <td>3/30</td> <td>FEE <td>\$90.00</td> <td>MIN/MAX</td> <td></td> <td>GOALS</td> <td></td> </td></td>	2/16 - 4/27	NOT DATES <td>3/30</td> <td>FEE <td>\$90.00</td> <td>MIN/MAX</td> <td></td> <td>GOALS</td> <td></td> </td>	3/30	FEE <td>\$90.00</td> <td>MIN/MAX</td> <td></td> <td>GOALS</td> <td></td>	\$90.00	MIN/MAX		GOALS	

NOTE Taught by a martial arts instructor and run cooperatively with Alexian Brothers Autism Resource.

Exploring the Burbs & Young Adults Rockin' Around the Burbs

Meet up with your friends each week as you enjoy a variety of recreational opportunities in the suburbs.

GROUP Adults **AGE** 8261 36 - 45 years, 1:10 ratio
1761 21 - 35 years, 1:10 ratio

LOCATION Varies **8261** Exploring the Burbs
1761 Young Adults Rockin' Around the Burbs

PROGRAM #	8261	DAY	Wed	TIME	7:00 - 9:00 pm	DATES	2/15 - 4/26	NOT DATES	3/29	FEE	\$60.00	MIN/MAX	5/15	GOALS	Cl, I
	1761	DAY <td>Thurs</td> <td>TIME <td></td> <td>DATES <td>2/16 - 4/27</td> <td>NOT DATES <td>3/30</td> <td>FEE <td>per program</td> <td>MIN/MAX <td>per program</td> <td>GOALS <td></td> </td></td></td></td></td></td>	Thurs	TIME <td></td> <td>DATES <td>2/16 - 4/27</td> <td>NOT DATES <td>3/30</td> <td>FEE <td>per program</td> <td>MIN/MAX <td>per program</td> <td>GOALS <td></td> </td></td></td></td></td>		DATES <td>2/16 - 4/27</td> <td>NOT DATES <td>3/30</td> <td>FEE <td>per program</td> <td>MIN/MAX <td>per program</td> <td>GOALS <td></td> </td></td></td></td>	2/16 - 4/27	NOT DATES <td>3/30</td> <td>FEE <td>per program</td> <td>MIN/MAX <td>per program</td> <td>GOALS <td></td> </td></td></td>	3/30	FEE <td>per program</td> <td>MIN/MAX <td>per program</td> <td>GOALS <td></td> </td></td>	per program	MIN/MAX <td>per program</td> <td>GOALS <td></td> </td>	per program	GOALS <td></td>	

NOTE A schedule explaining where to meet each week and how much money to bring will be distributed the second week. The first week the group will meet at the front entrance of Bahama Breeze in Schaumburg. Please bring approximately \$15.00.

Water Exercise

Refresh with low and high impact water exercises. The class will help you tone and strengthen muscles while working on cardiovascular fitness.

GROUP Adults **AGE** 18 years & older
LOCATION South Barrington Community Center

PROGRAM #	2681	DAY	Wed	TIME	6:00 - 6:45 pm	DATES	2/15 - 4/26	NOT DATES	3/29	FEE	\$60.00	MIN/MAX	5/10	GOALS	HW, M, PAN
	8682	DAY <td></td> <td>TIME <td>6:45 - 7:30 pm</td> <td>DATES <td></td> <td>NOT DATES <td></td> <td>FEE <td>per program</td> <td>MIN/MAX <td>per program</td> <td>GOALS <td></td> </td></td></td></td></td></td>		TIME <td>6:45 - 7:30 pm</td> <td>DATES <td></td> <td>NOT DATES <td></td> <td>FEE <td>per program</td> <td>MIN/MAX <td>per program</td> <td>GOALS <td></td> </td></td></td></td></td>	6:45 - 7:30 pm	DATES <td></td> <td>NOT DATES <td></td> <td>FEE <td>per program</td> <td>MIN/MAX <td>per program</td> <td>GOALS <td></td> </td></td></td></td>		NOT DATES <td></td> <td>FEE <td>per program</td> <td>MIN/MAX <td>per program</td> <td>GOALS <td></td> </td></td></td>		FEE <td>per program</td> <td>MIN/MAX <td>per program</td> <td>GOALS <td></td> </td></td>	per program	MIN/MAX <td>per program</td> <td>GOALS <td></td> </td>	per program	GOALS <td></td>	

ADULTS 24



Spin Class

Burn calories and develop cardio stamina in this cycling class. Finish with a cool down and stretch to prevent muscle tightness.

GROUP	Adults	AGE	18 years & older, 1:4 ratio					
LOCATION	8253	Rolling Meadows Community Center • NWSRA Entrance						
	8252	Park Place Family Recreation Center • Streamwood						
PROGRAM #	8253	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
	8252	Wed	7:30 - 8:15 pm	2/15 - 4/26	3/29	\$80.00	3/6	HW, M, PAN
		Thurs	7:15 - 8:00 pm	2/16 4/27	3/30	per program	4/8	
NOTE	Participants must be able to ride a stationary bike independently.							

Exercise & Swim

Take a dip after a long day of work in this after workshop program. The group will utilize the indoor track for walking/jogging and the pool for water exercise.

GROUP	Adults	AGE	22 years & older, 1:4 ratio					
LOCATION	RecPlex • Mount Prospect							
PROGRAM #	2650	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
		Thurs	3:30 - 5:30 pm	2/16 - 4/27	3/30	\$105.00	5/15	HW, M, PAN
TRANSPORTATION	Parents/guardians pick up is at RecPlex at 5:30 pm or add \$45.00 for drop off at one of the below locations. Please indicate desired pick up/drop off location on the registration form. A minimum of 3 needed at each location.							
	TRANSPORTATION LOCATION				PICK UP		DROP OFF	
	Little City/Countryside Center • Palatine				2:30 pm		None	
	PURSUIT • Rolling Meadows				2:30 pm		None	
	Clearbrook Getz • Palatine				2:45 pm		None	
	Avenues to Independence • Wheeling				2:50 pm		None	
	Conyers Learning Academy • Rolling Meadows				None		6:00 pm	

Walk Across America

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.

GROUP	Ambulatory Adults	AGE	18 years & older, 1:4 ratio					
LOCATION	2545	Wheeling Community Recreation Center						
	2546	Wheeling Community Recreation Center						
PROGRAM #	2545	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
	2546	Thurs	5:30 - 6:30 pm	2/16 - 4/28	3/30	\$60.00	5/8	HW, M, PAN
			6:30 - 7:30 pm			per program		

Wii Mania

Come and spend an evening with friends. NWSRA will provide games and equipment and teach you how to play a variety of Wii Games.

GROUP	Teens & Young Adults	AGE	16 - 25					
LOCATION	Rolling Meadows Community Center • NWSRA Entrance							
PROGRAM#	8940	DAY	TIME	DATES	NOT DATES	FEES	MIN/MAX	GOALS
		Thur	6:30 - 7:30 pm	2/16 - 4/27	3/30	\$60.00	5/10	SI, T

ADULTS 25



SATURDAY PROGRAMS

YOU MAY ONLY SIGN UP FOR ONE TRAVELING PROGRAM (1805, 1845, 1672 OR 1673) AND REQUEST TO BE PLACED ON THE WAITING LIST FOR THE SECOND PROGRAM IF SPACE ALLOWS. IF LOOKING FOR SOMETHING ON OFF WEEKS, SIGN UP FOR LUNCH CREW!

Adults on the Go Visit some of your favorite attractions with friends! The program will focus on enhancements of social skills in the community, group interaction and communication. Activities will be identical for each program. Must be able to follow group directions, help in group decision making and stay with leader in a group of four.

GROUP Adults **AGE** 19 years & older, 1:4 - 1:5 ratio

LOCATION Varies

PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
1805	Sat	10:00 am - 1:30 pm	2/18 - 3/11	4/1, 4/15	\$68.00	5/15	Cl, I, SE
1845			3/18 - 4/22		per program	per program	

TRANSPORTATION Provided from the locations below. Please indicate desired pick up/drop off location on the registration form. Pick up/drop off times may vary depending upon the location of the outings. The Program Leader will inform parents/guardians of any changes in pick up/drop off times. Minimum of 3 needed at each location.

TRANSPORTATION LOCATION	PICK UP	DROP OFF
Conyers Learning Academy • Rolling Meadows	9:15 am	2:30 pm
Palatine Gymnastics Center	9:40 am	None
Buffalo Grove Golf & Sports Center	9:20 am	2:00 pm
Meineke Recreation Center • Schaumburg	9:45 am	2:00 pm

NOTE Please bring a labeled sack lunch and drink. A detailed schedule of activities will be distributed the first week.

Adult Busy Bodies Visit some of your favorite attractions with friends! The program will focus on enhancements of social skills in the community, group interaction and communication. Activities will be identical for each program.

GROUP Adults **AGE** 19 years & older, 1:2 - 1:3 ratio

LOCATION Varies

PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
1672	Sat	10:15 am - 1:30 pm	2/18 - 3/11	4/1, 4/15	\$68.00	5/10	Cl, I, SE
1673			3/18 - 4/22		per program	per program	

TRANSPORTATION Provided from the locations below. Please indicate desired pick up/drop off location on the registration form. Pick up/drop off times may vary depending upon the location of the outings. The Program Leader will inform parents/guardians of any changes in pick up/drop off times. Minimum of 3 needed at each location.

TRANSPORTATION LOCATION	PICK UP	DROP OFF
Conyers Learning Academy • Rolling Meadows	9:45 am	2:30 pm
Buffalo Grove Golf & Sports Center	10:00 am	2:00 pm
Meineke Recreation Center • Schaumburg	10:00 am	2:00 pm

NOTE Please bring a labeled sack lunch and drink. A detailed schedule of activities will be distributed the first week.

ADULTS 26

SATURDAY PROGRAMS

Lunch Crew

Join the "Crew" for some Saturday fun with fitness, games, cooking and virtual tours of the USA!

GROUP Adults

AGE 19 years & older

LOCATION Gary Morava Recreation Center • Prospect Heights

PROGRAM #	DATE	ACTIVITY	PROGRAM #	DATE	ACTIVITY
1830	2/18	Dance Fun	1835	3/25	Strength Training
1831	2/25	Strength Training	1836	4/8	Sports Sampler
1832	3/4	Yoga	1837	4/22	Yoga
1833	3/11	Sports Sampler	1838	4/29	Relaxation Techniques
1834	3/18	Dance Fun			

TRANSPORTATION Please add \$6.50 per day for transportation from the locations below. Please indicate desired pick up/drop off location on the registration form. The Program Leader will inform parents/guardians of any changes in pick up or drop off times. Minimum of 3 needed at each location.

TRANSPORTATION LOCATION

Frontier Park • Arlington Heights
Jack Claes Pavilion • Elk Grove Village
Buffalo Grove Golf & Sports Center

PICK UP

10:40 am
10:10 am
None

DROP OFF

2:00 pm
2:30 pm
2:00 pm

NOTE Please bring a labeled sack lunch and drink.

Saturday Afternoon Hang Out

Spend the afternoon with friends relaxing with a movie, enjoying Wii games or maybe a class in yoga or relaxation techniques.

GROUP Teens & Adults

AGE 13 - 35 years

LOCATION Rolling Meadows Community Center • NWSRA Entrance

PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
8770	Sat	2:30 - 4:00 pm	2/18 - 4/29	4/1, 4/15	\$60.75	5/20	M, SI

NOTE Participants will be grouped by age and ability into designated activities. Transportation provided to program for those registered for Lunch Crew, Adults on the Go and Adult Busy Bodies.

Art Sampler

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

GROUP Adults

AGE 18 years & older

LOCATION Park Central Teen Center • Rolling Meadows

PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
2530	Sat	3:00 - 4:15 pm	2/18 - 4/29	4/1, 4/15	\$85.50	5/20	M, SI

NOTE Fee includes supplies.

Extend your fun and register for 1340 Bowling (p.4) or 8770 Saturday Afternoon Hangout.

Transportation will be provided from 1805/1845 and 1672/1673 to these programs.

Parent/guardian/residential staff pick up is at Rolling Meadows Community Center or Brunswick Zone at the end of program.



ADULTS 27

NWSRA COOKING PROGRAMS GOALS ~ HW, I, PAN

Participants may enroll in one cooking program.

Enrollment in other cooking programs is as space allows.

A minimum of 3 needed at each transportation location.

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

GROUP FOR ALL ADULT COOKING PROGRAMS Adults

AGE FOR ALL ADULT COOKING PROGRAMS

21 years & older

PROGRAM #	LOCATION	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX
Supper Club	2570 Gary Morava Recreation Center • Prospect Heights	Tues	3:15 - 5:30 pm	2/14 - 4/25	3/28	\$140.00 per program	5/15 per program
	2571 Bock Neighborhood Center • Schaumburg		3:15 - 5:30 pm				
TRANSPORTATION		Parent/guardian pick up is at the entrance at the end of the program or add \$45.00 for drop off at one of the below locations. Please indicate drop off location on registration form. Limited wheelchair space available.					
TRANSPORTATION LOCATIONS		PICK UP	2570	2571	DROP OFF	2570	2571
Clearbrook Basswood • Schaumburg			None	2:45 pm		None	None
Clearbrook Krause Building • Rolling Meadows			2:30 pm	None		None	None
Clearbrook Golf • Rolling Meadows			2:45 pm	None		None	None
Meadows Sheltered Care • Rolling Meadows			None	None		5:50 pm	None
Wilke House • Rolling Meadows			None	None		6:00 pm	None
Conyers Learning Academy • Rolling Meadows			None	None		6:15 pm	6:15 pm
Fairfax House • Rolling Meadows			None	None		None	6:00 pm

PROGRAM #	LOCATION	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX
Supper Club Too!	2540 Rolling Meadows Community Center • Senior Center Entrance	Wed	3:15 - 5:30 pm	2/15 - 4/26	3/29	\$140.00	5/15
TRANSPORTATION		Parent/guardian pick up is at the entrance at the end of the program or add \$45.00 for drop off at one of the below locations. Please indicate drop off location on registration form. Limited wheelchair space available.					
TRANSPORTATION LOCATIONS		PICK UP			DROP OFF		
PURSUIT • Rolling Meadows		2:15 pm			None		
Little City/Countryside Center • Palatine		2:15 pm			None		
Avenues to Independence • Wheeling		2:45 pm			None		
Meadows Sheltered Care • Rolling Meadows		None			6:00 pm		

Happy Hour Learn how to make simple, healthy appetizers, desserts and non-alcoholic drinks.

PROGRAM #	LOCATION	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX
2566	Rolling Meadows Community Center • Senior Center Entrance	Wed	6:00 - 7:15 pm	2/15 - 4/26	3/29	\$60.00	6/20

PROGRAM #	LOCATION	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX
Chefs Corner	2700 Plum Grove Park • Palatine	Thurs	3:15 - 5:30 pm	2/16 - 4/27	3/30	\$140.00	5/12
TRANSPORTATION		Parent/guardian pick up is at the entrance at the end of the program or add \$45.00 for drop off at one of the below locations. Please indicate drop off location on registration form. Limited wheelchair space available.					
TRANSPORTATION LOCATIONS		PICK UP			DROP OFF		
PURSUIT • Rolling Meadows		2:30 pm			None		
Clearbrook Getz • Palatine		2:50 pm			None		
Conyers Learning Academy • Rolling Meadows		None			6:00 pm		

NOTE Participants must independently be able to cut with a knife, measure, follow a recipe and use the stove.



ADULTS/PHYSICAL DISABILITIES

28

PROGRAM SCHEDULE

MONDAY		WEDNESDAY		FRIDAY
Yoga for All	10:30 am- 12:00 pm	Meet'n Place	10:00 am - 12:00 pm	No Programs
Monday Night Fun	7:00 - 9:00 pm	Strength & Conditioning	1:00 - 2:00 pm	
		Aqua Exercise	2:30 - 3:30 pm	SATURDAY
TUESDAY		U.S. Paralympic Archery (p.14)	5:00 - 6:00 pm	Piano Lessons (p.6) 9:00 am - 1:00 pm (Thirty minute private lessons)
Piano/Voice Lessons (p.6)	5:30 - 8:15 pm (Thirty minute private lessons)	Piano/Voice Lessons (p.6)	6:00 - 8:30 pm (Thirty minute private lessons)	Guitar Lessons (p.6) 9:30 - 11:00 am (Thirty minute private lessons)
Broadway Buddies (p.5)	5:30 - 6:30 pm	Ceramics	6:00 - 7:30 pm	Adults on the Go (p.25) 10:00 am - 1:30 pm
Get Tech Smart!	6:30 - 7:30 pm			Lunch Crew (p.26) 11:00 am - 1:45 pm
		THURSDAY		U.S. Paralympic Boccia & Sports Training (p.14) 4:30 - 6:30 pm
		Dinner Club	3:30 - 5:45 pm	
		Drum Lessons (p.6)	5:30 - 7:30 pm (Thirty minute private lessons)	

Online payment/registration is available for all programs.

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

Yoga for All Cooperative with Arlington Heights Park District

Experience yoga poses adapted to all levels of ability to ignite mind body awareness. This class is designed specifically for individuals with mobility limitations with or without the use of a wheelchair.

GROUP	P Adults	AGE	18 years & older				
LOCATION	Camelot Park • Arlington Heights						
PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
8274	Mon	10:30 am - 12:00 pm	2/27 - 5/22	3/27	\$144.00	3/6	M, HW
TRANSPORTATION	Please add \$96.00 for door to door transportation.						

Monday Night Fun

Spend time with your friends playing games, watching sports or just talking.

GROUP	Adults	AGE	21 - 35 years, 1:8 ratio				
LOCATION	Burger Baron • Arlington Heights						
PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
1600	Mon	7:00 - 9:00 pm	2/13 - 4/24	2/20, 3/27	\$65.25	5/15	Cl, I
NOTE	Participants must be able to function in a 1:8 staff to participant ratio. Bring \$5.00 - \$10.00 for snacks, if desired.						

Get Tech Smart!

Get mobile, get in the cloud, get tech! This interactive course will adjust to the specific interests and learning needs of the participants. Techies may bring their own laptop or tablet if they wish. NWSRA is equipped with iPads, Apple TV, Wii, PC's and thousands of apps that will bring you to the next level of technology!

GROUP	Adults	AGE	21 years & older				
LOCATION	Rolling Meadows Community Center • NWSRA Entrance						
PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
1931	Tues	6:30 - 7:30 pm	2/14 - 3/21		\$37.50	2/4	T

Private Computer Lessons

8932 If you would like to set up a private 30 minute computer lesson for \$18.00, call 847/392-2848 for available days and times. An instructor can help you create that perfect vacation PowerPoint, learn a new program or even develop a Boardmaker communication system.

Meet 'n Place

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

GROUP	P/V Adults	AGE	18 years & older				
LOCATION	Varies, first week at Plum Grove Park • Palatine						
PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
2800	Wed	10:00 am - 12:00 pm	2/15 - 4/26	3/29	\$164.50	5/7	Cl, I
TRANSPORTATION	Fee includes transportation to and from program. If you wish to transport yourself, please contact NWSRA for price of program. The Program Leader will contact participants two days before the start of the program to inform you of pick up and drop off times.						

ADULTS/PHYSICAL DISABILITIES

29



Strength & Conditioning

Get a great workout in the fitness center utilizing all the exercise equipment.

GROUP P/V Adults **AGE** 18 years & older

LOCATION Schaumburg Community Recreation Center

PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
1610	Wed	1:00 - 2:00 pm	2/15 - 4/26	3/29	\$65.00	4/8	HW, M

NOTE Need a longer workout? 94 Aqua Exercise is held after 1610 Strength & Conditioning. Register for both!

Aqua Exercise

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. The class begins with light stretching, followed by aerobic activities and a cool down period. An accessible lift is available.

GROUP P/V Adults **AGE** 18 years & older

LOCATION The Water Works • Schaumburg

PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
94	Wed	2:30 - 3:30 pm	2/15 - 4/26	3/29	\$62.50	4/8	HW, M

TRANSPORTATION Please add \$45.00 for transportation to NWSRA/Park Central at 4:30 pm.

NOTE Please refer to Special Notice Section at the back of the brochure regarding swim programs. Need a longer workout? 1610 Strength & Conditioning is held before 94 Aqua Exercise. Register for both!

Ceramics

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

GROUP P/V Adults **AGE** 18 years & older

LOCATION Thrown Elements Pottery • Arlington Heights

PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
2050	Wed	6:00 - 7:30 pm	3/8 - 4/26	3/29	\$196.00	5/10	M, SI, CI

TRANSPORTATION Fee includes door-to-door transportation. If you wish to transport yourself, please contact NWSRA for price of program. The Program Leader will contact participants two days before the start of the program to inform of pick up and drop off times.

Dinner Club

Explore a different culture or style of cuisine through in-house cooking, restaurants and one professional cooking lesson at Dave's Specialty Foods. Bring books and information about the topic each week to share in the dinner discussion.

GROUP P/V Adults **AGE** 18 years & older

LOCATION Rolling Meadows Community Center • Senior Center Entrance

PROGRAM #	DAY	TIME	DATES	NOT DATES	FEE	MIN/MAX	GOALS
2541	Thurs	3:30 - 5:45 pm	2/16 - 4/27	3/30	\$255.00	5/8	CI, I

TRANSPORTATION Fee includes transportation from locations below and door-to-door transportation home. If you wish to transport yourself, please contact NWSRA for price of program. The Program Leader will contact participants two days before the start of the program to inform you of drop off times.

TRANSPORTATION LOCATION	PICK UP	DROP OFF
Avenues to Independence • Wheeling	2:45 pm	Door-to-door

NOTE Diners will need to bring \$15-\$25 when a restaurant outing is planned.



SOCIAL CLUBS 30

ADULT CLUB GOALS ~ CI, SE

CLUB COORDINATOR
Jaclyn Moore, CTRS
jmoore@nwsra.org
REQUIRED SKILLS:

AGE
41 years & older

GROUP
P/V

RATIO
1:4

Money handling, ability to engage in group discussion & decision making.

ACTIVITY # 821 **Savory Popcorns & Games** Come play a variety of board games with friends while creating and enjoying several different flavors of homemade savory popcorns.
LOCATION Plum Grove Park • 4001 Park Drive • Palatine

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION
Thurs	7:00 - 9:00 pm	1/26	1/19	\$6.00 without trans \$14.00 with trans	5/12	Door-to-door

ACTIVITY # 822 **Dinner Out at Rack House** Come enjoy a night out on the town and indulge in a belated Valentine's Day dinner with your friends.
LOCATION Rack House • 222 E. Algonquin Road • Arlington Heights

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION
Thurs	7:00 - 9:00 pm	2/16	2/9	\$23.00 without trans \$31.00 with trans	5/12	Door-to-door

ACTIVITY # 823 **National Chip & Dip Day** Let's make several different dips to enjoy with chips while we watch a red box movie to celebrate national chip and dip day.
LOCATION Park Central Banquet Hall • 3000 W. Central Road • Rolling Meadows

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION
Thurs	7:00 - 9:00 pm	3/9	3/2	\$6.00 without trans \$14.00 with trans	5/12	Door-to-door

ACTIVITY # 824 **Windy City Bulls** Let's cheer on Chicago's newest basketball team, the Windy City Bulls! Please bring additional money for snacks, if desired.
LOCATION Sears Centre Arena • 5333 Prairie Stone Parkway • Hoffman Estates

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION
Thurs	7:00 - 9:30 pm	3/23	3/2	\$21.00 without trans \$29.00 with trans	5/12	Door-to-door

ACTIVITY # 825 **Pottery Night** Come out and make some beautiful pottery while socializing with your friends.
LOCATION Thrown Elements Pottery • 260 N. Evergreen Avenue • Arlington Heights

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION
Thurs	7:00 - 9:00 pm	4/6	3/30	\$20.00 without trans \$28.00 with trans	5/12	Door-to-door

ACTIVITY # 826 **Spring Time Craft** Come one, come all! We will get messy and creative while making a beautiful spring themed crafts to take home. Snacks will be provided.
LOCATION Rolling Meadows Teen Center • 3000 W. Central Road • Rolling Meadows

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION
Thurs	7:00 - 9:00 pm	4/27	4/20	\$12.00 without trans \$20.00 with trans	5/12	Door-to-door





SOCIAL CLUBS

31

CENTRAL STARS GOALS ~ CI, SE

CLUB COORDINATOR
Trisha Palmieri, CTRS
trishap@nwsra.org

AGE
22 years & older

GROUP
Adults in central suburbs that include:
Inverness, Palatine, Rolling Meadows,
Salt Creek & South Barrington

RATIO
1:4

ACTIVITY # 681 Professional Bull Riding The excitement really begins when the Top 35 bull riders in the world compete against the fiercest bucking bulls on the planet, providing two hours of thrills and spills keeping you on the edge-of-your-seat! Please bring additional money for snacks, if desired.

LOCATION Allstate Arena • 6920 N. Mannheim Road • Rosemont

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:30 - 9:30 pm	1/13	12/22	\$24.00 without trans \$30.50 with trans	5/30	NWSRA/Park Central Inverness Park District	6:00 pm 6:30 pm	10:20 pm 10:00 pm

ACTIVITY # 682 Windy City Bulls Let's cheer on Chicago's newest basketball team, the Windy City Bulls! Please bring additional money for snacks, if desired.

LOCATION Sears Centre Arena • 5333 Prairie Stone Parkway • Hoffman Estates

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:00 - 9:30 pm	1/27	1/6	\$21.00 without trans \$27.50 with trans	5/30	NWSRA/Park Central Inverness Park District	5:30 pm 6:00 pm	10:20 pm 10:00 pm

ACTIVITY # 683 Valentine's Day Dance Join us in the season of love for a night of dancing, decorating cookies, playing games, and socializing with friends at our all club event. Dress to impress!

LOCATION Conyers Learning Academy • 2800 W. Central Road • Rolling Meadows

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:00 - 9:00 pm	2/10	2/3	\$11.00 without trans \$17.50 with trans	5/30	Inverness Park District	6:30 pm	9:30 pm

ACTIVITY # 684 The Shamrock Shake Enjoy celebrating St. Patty's day with all the Star Clubs. Put on your favorite green attire and participate in themed Games. Snacks will be provided.

LOCATION Conyers Learning Academy • 2800 W. Central Road • Rolling Meadows

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:00 - 9:00 pm	3/10	3/3	\$6.00 without trans \$12.50 with trans	5/30	Inverness Park District	6:30 pm	9:30 pm

ACTIVITY # 685 In-House Dinner Join us as we cook a meal together and play bingo.

LOCATION Plum Grove Park • 4001 Park Drive • Palatine

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:00 - 9:00 pm	3/24	3/17	\$10.00 without trans \$16.50 with trans	5/30	Inverness Park District	6:30 pm	9:30 pm

ACTIVITY # 686 Spring Formal Welcome in the spring by dancing the night away, socializing with friends, taking photos in our photo booth, and enjoying a snack at our all club dance. Dress to impress!

LOCATION Conyers Learning Academy • 2800 W. Central Road • Rolling Meadows

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:00 - 9:00 pm	4/7	3/31	\$11.00 without trans \$17.50 with trans	5/30	Inverness Park District	6:30 pm	9:30 pm





SOCIAL CLUBS 32

FRIDAY NIGHT FUN GOALS ~ CI, SE

CLUB COORDINATOR
Michael Rusin, CTRS
michaelr@nwsra.org

AGE
31 - 40 years

GROUP
P/V

RATIO
1:4

REQUIRED SKILLS:

Money handling, ability to engage in group discussion & decision making

ACTIVITY # 621 **Video Games & Dinner** Game on! We're starting off the night with dinner followed by an hour of games.
LOCATION Gameworks • 601 N. Martingale Road • Schaumburg

		REGISTRATION				
DAY	TIME	DATE	DEADLINE	FEE	MIN/MAX	TRANSPORTATION
Fri	7:00 - 9:00 pm	1/27	1/20	\$32.00 without trans \$40.00 with trans	5/12	Door-to-door

ACTIVITY # 622 **Valentine's Day Dance** Join us in the season of love for a night of dancing, decorating cookies, playing games, and socializing with friends at our all club event. Dress to impress!
LOCATION Conyers Learning Academy • 2800 W. Central Road • Rolling Meadows

		REGISTRATION				
DAY	TIME	DATE	DEADLINE	FEE	MIN/MAX	TRANSPORTATION
Fri	7:00 - 9:00 pm	2/10	2/3	\$11.00 without trans \$19.00 with trans	5/12	Door-to-door

ACTIVITY # 623 **Windy City Bulls** Let's cheer on Chicago's newest basketball team, the Windy City Bulls! Please bring additional money for snacks, if desired.
LOCATION Sears Centre Arena • 5333 Prairie Stone Parkway • Hoffman Estates

		REGISTRATION				
DAY	TIME	DATE	DEADLINE	FEE	MIN/MAX	TRANSPORTATION
Fri	7:00 - 9:30 pm	3/3	2/10	\$21.00 without trans \$29.00 with trans	5/12	Door-to-door

ACTIVITY # 624 **In-House Movie** Enjoy a movie with friends! Snacks will be provided.
LOCATION Rolling Meadows Community Center • NWSRA Entrance • 3705 Pheasant Drive • Rolling Meadows

		REGISTRATION				
DAY	TIME	DATE	DEADLINE	FEE	MIN/MAX	TRANSPORTATION
Fri	7:00 - 9:00 pm	3/17	3/10	\$6.00 without trans \$14.00 with trans	5/12	Door-to-door

ACTIVITY # 625 **Spring Formal** Welcome in the spring by dancing the night away, socializing with friends, taking photos in our photo booth, and enjoying a snack at our all club dance.
LOCATION Conyers Learning Academy • 2800 W. Central Road • Rolling Meadows

		REGISTRATION				
DAY	TIME	DATE	DEADLINE	FEE	MIN/MAX	TRANSPORTATION
Fri	7:00 - 9:00 pm	4/7	3/31	\$11.00 without trans \$19.00 with trans	5/12	Door-to-door

ACTIVITY # 626 **Paralympic Night with Friday Night Live** Join your friends in a night of playing paralympic sports. There will be a variety of competitive and non-competitive sports to try! Snacks will be provided.
LOCATION Palatine Community Center • 250 E. Wood Street • Palatine

		REGISTRATION				
DAY	TIME	DATE	DEADLINE	FEE	MIN/MAX	TRANSPORTATION
Fri	7:00 - 9:00 pm	4/28	4/21	\$6.00 without trans \$14.00 with trans	5/12	Door-to-door





SOCIAL CLUBS

33

FRIDAY NIGHT LIVE GOALS ~ CI, SE

CLUB COORDINATOR
Victoria Trebels, CTRS
victoriat@nwsra.org

AGE
20 - 30 years

GROUP
P/V

RATIO
1:4

REQUIRED SKILLS: Money handling, ability to engage in group discussion & decision making

ACTIVITY # 641 Professional Bull Riding The excitement really begins when the top 35 bull riders in the world compete against the fiercest bucking bulls on the planet, providing two hours of thrills and spills keeping you on the edge-of-your-seat! Please bring additional money for snacks, if desired.

LOCATION Allstate Arena • 6920 N. Mannheim Road • Rosemont

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION
Fri	7:30 - 9:30 pm	1/13	12/22	\$24.00 without trans \$32.00 with trans	5/12	Door-to-door

ACTIVITY # 642 Valentine's Day Dance Join us in the season of love for a night of dancing, decorating cookies, playing games, and socializing with friends at our all club event. Dress to impress!

LOCATION Conyers Learning Academy • 2800 W. Central Road • Rolling Meadows

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION
Fri	7:00 - 9:00 pm	2/10	2/3	\$11.00 without trans \$19.00 with trans	5/12	Door-to-door

ACTIVITY # 643 Windy City Bulls Let's cheer on Chicago's newest basketball team, the Windy City Bulls! Please bring additional money if snacks are desired.

LOCATION Sears Centre Arena • 5333 Prairie Stone Parkway • Hoffman Estates

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION
Fri	7:00 - 9:30 pm	3/3	2/10	\$21.00 without trans \$29.00 with trans	5/12	Door-to-door

ACTIVITY # 644 Dinner Night Out Enjoy a delicious authentic Mexican dish while catching up with friends.

LOCATION El Sombrero Mexican Restaurant • 1100 S. Elmhurst Rd • Mount Prospect

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION
Fri	7:00 - 9:00 pm	3/24	3/17	\$23.00 without trans \$31.00 with trans	5/12	Door-to-door

ACTIVITY # 645 Spring Formal Welcome in the spring by dancing the night away, socializing with friends, taking photos in our photo booth, and enjoying a snack at our all club dance. Dress to impress!

LOCATION Conyers Learning Academy • 2800 W. Central Road • Rolling Meadows

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION
Fri	7:00 - 9:00 pm	4/7	3/31	\$11.00 without trans \$19.00 with trans	5/12	Door-to-door

ACTIVITY # 646 Paralympic Night with Friday Night Fun Join your friends in a night of playing paralympic sports. There will be a variety of competitive and non-competitive sports to try! Snacks will be provided.

LOCATION Palatine Community Center • 250 E. Wood Street • Palatine

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION
Fri	7:00 - 9:00 pm	4/28	4/21	\$6.00 without trans \$14.00 with trans	5/12	Door-to-door



SOCIAL CLUBS

34



NIGHT RIDERS GOALS ~ CI, SE

CLUB COORDINATOR
Mackenzie Irelan, CTRS
mirelan@nwsra.org

AGE
36 years & older

GROUP ID
mild social limitations

RATIO
1:10

REQUIRED SKILLS:

Money handling, ability to engage in group discussion & decision making

ACTIVITY #	581	Pinterest Projects	Hang out with friends while creating some beautiful take home arts and crafts! Rolling Meadows Community Center • NWSRA Entrance • 3705 Pheasant Drive • Rolling Meadows					
LOCATION								
		REGISTRATION	DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
DAY	TIME	DATE	1/6	\$12.00 without trans \$18.50 with trans	5/30	Frontier Park Meineke Recreation Center	6:00 pm 6:30 pm	9:45 pm 9:30 pm
ACTIVITY #	582	Dinner Night Out	Lets indulge in some delicious food while enjoying the company friends. Granite City • 801 Plaza Drive • Schaumburg					
LOCATION								
		REGISTRATION	DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
DAY	TIME	DATE	1/20	\$30.00 without trans \$36.50 with trans	5/30	Frontier Park NWSRA/Park Central	5:00 pm 5:30 pm	8:30 pm 8:45 pm
ACTIVITY #	583	Valentine's Day Dance	Join us in the season of love for a night of dancing, decorating cookies, playing games, and socializing with friends at our all club event. Dress to impress! Conyers Learning Academy • 2800 W. Central Road • Rolling Meadows					
LOCATION								
		REGISTRATION	DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
DAY	TIME	DATE	2/3	\$11.00 without trans \$17.50 with trans	5/30	Frontier Park Meineke Recreation Center	6:30 pm 6:30 pm	9:30 pm 9:30 pm
ACTIVITY #	584	Windy City Bulls	Let's cheer on Chicago's newest basketball team, the Windy City Bulls! Please bring additional money for snacks, if desired. Sears Centre Arena • 5333 Prairie Stone Parkway • Hoffman Estates					
LOCATION								
		REGISTRATION	DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
DAY	TIME	DATE	2/24	\$21.00 without trans \$27.50 with trans	5/30	Frontier Park NWSRA/Park Central Meineke Recreation Center	5:30 pm 6:00 pm 6:00 pm	10:00 pm 10:15 pm 10:00 pm
ACTIVITY #	585	Spring Formal	Welcome in the spring by dancing the night away, Socializing with friends, taking photos in our photo booth, and enjoying a snack at our all club dance. Dress to impress! Conyers Learning Academy • 2800 W. Central Road • Rolling Meadows					
LOCATION								
		REGISTRATION	DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
DAY	TIME	DATE	3/31	\$11.00 without trans \$17.50 with trans	5/30	Frontier Park Meineke Recreation Center	6:30 pm 6:30 pm	9:30 pm 9:30 pm
ACTIVITY #	586	Willy Wonka Candy Making	Come help make some delicious candy while watching Willy Wonka and the Chocolate Factory! Schaumburg Community Recreation Center • 505 N. Springinsguth Road • Schaumburg					
LOCATION								
		REGISTRATION	DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
DAY	TIME	DATE	4/14	\$6.00 without trans \$12.50 with trans	5/30	Frontier Park NWSRA/Park Central	6:30 pm 6:30 pm	9:30 pm 9:45 pm





SOCIAL CLUBS

35

NIGHTHAWKS GOALS ~ CI, SE

CLUB COORDINATOR
Jenna Horton
jennah@nwsra.org

AGE
14 - 21 years

GROUP
ID, P/V
mild social limitations

RATIO
1:4

ACTIVITY # 701 **Laser Tag** Come out for an exhilarating team game of laser tag with friends
LOCATION Brunswick Zone • 350 McHenry Road • Buffalo Grove

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:00 - 9:00 pm	1/27	1/20	\$20.00 without trans \$26.50 with trans	5/25	NWSRA/Park Central Meineke Recreation Center	6:00 pm 6:30 pm	9:50 pm 9:30 pm

ACTIVITY # 702 **Valentine's Day Dance** Join us in the season of love for a night of dancing, decorating cookies, playing games, and socializing with friends at our all club event. Dress to impress!
LOCATION Conyers Learning Academy • 2800 W. Central Road • Rolling Meadows

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:00 - 9:00 pm	2/10	2/3	\$11.00 without trans \$17.50 with trans	5/25	Buffalo Grove Fitness Center Meineke Recreation Center	6:30 pm 6:30 pm	9:30 pm 9:30 pm

ACTIVITY # 703 **Windy City Bulls** Let's cheer on Chicago's newest basketball team, the Windy City Bulls! Please bring additional money for snacks, if desired.
LOCATION Sears Centre Arena • 5333 Prairie Stone Parkway • Hoffman Estates

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:00 - 9:30 pm	3/3	2/10	\$21.00 without trans \$27.50 with trans	5/25	Buffalo Grove Fitness Center NWSRA/Park Central Meineke Recreation Center	5:30 pm 5:30 pm 6:00 pm	10:10 pm 10:20 pm 10:00 pm

ACTIVITY # 704 **In-House Movie** Come spend time with friends while watching a movie and playing games! Snacks will be provided.
LOCATION Plum Grove Park • 4001 Park Drive • Palatine

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:00 - 9:00 pm	3/17	3/10	\$6.00 without trans \$12.50 with trans	5/25	Buffalo Grove Fitness Center Meineke Recreation Center	6:30 pm 6:30 pm	9:30 pm 9:30 pm

ACTIVITY # 705 **Spring Formal** Welcome in the spring by dancing the night away, socializing with friends, taking photos in our photo booth, and enjoying a snack at our all club dance. Dress to impress!
LOCATION Conyers Learning Academy • 2800 W. Central Road • Rolling Meadows

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:00 - 9:00 pm	4/7	3/31	\$11.00 without trans \$17.50 with trans	5/25	Buffalo Grove Fitness Center Meineke Recreation Center	6:30 pm 6:30 pm	9:30 pm 9:30 pm

ACTIVITY # 706 **Dinner Night Out** Grab a delicious bite to eat while socializing with friends!
LOCATION Wa-Pa-Ghetti's Pizza • 208 McHenry Road • Wheeling

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:00 - 9:00 pm	4/28	4/21	\$20.00 without trans \$26.50 with trans	5/25	NWSRA/Park Central Meineke Recreation Center	6:00 pm 6:30 pm	9:50 pm 9:30 pm





SOCIAL CLUBS 36

NORTHERN STARS GOALS ~ CI, SE

CLUB COORDINATOR
Lauren Jevaney, CTRS
ljevaney@nwsra.org

AGE
22 years & older

GROUP
Adults in northern suburbs that include:
Arlington Heights, Buffalo Grove, Mount
Prospect, Prospect Heights, River Trails,
Wheeling.

RATIO
1:4

ACTIVITY # 501 **Rock N' Bowl** Have a ball bowling and socializing with friends. Fee includes two games of bowling. Please bring additional money for snacks, if desired.

LOCATION Brunswick Zone • 824 E. Rand Road • Mount Prospect

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	6:30 - 8:30 pm	1/13	12/22	\$9.75 without trans \$16.25 with trans	5/30	Frontier Park	6:00 pm	9:00 pm

ACTIVITY # 502 **Windy City Bulls** Let's cheer on Chicago's newest basketball team, the Windy City Bulls! Please bring additional money for snacks, if desired.

LOCATION Sears Centre Arena • 5333 Prairie Stone Parkway • Hoffman Estates

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:00 - 9:30 pm	1/27	1/6	\$21.00 without trans \$27.50 with trans	5/30	Gary Morava Recreation Center Frontier Park	5:30 pm 6:00 pm	10:20 pm 10:00 pm

ACTIVITY # 503 **Valentine's Day Dance** Join us in the season of love for a night of dancing, decorating cookies, playing games, and socializing with friends at our all club event. Dress to impress!

LOCATION Conyers Learning Academy • 2800 W. Central Road • Rolling Meadows

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:00 - 9:00 pm	2/10	2/3	\$11.00 without trans \$17.50 with trans	5/30	Frontier Park Gary Morava Recreation Center	6:30 pm 6:30 pm	9:30 pm 9:30 pm

ACTIVITY # 504 **More Cheese Please** Get together with friends at Moretti's for a pizza party! Fee includes a variety of pizza choices and a drink.

LOCATION Moretti's Ristorante & Pizzeria • 1893 Walden Office Square • Schaumburg

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:00 - 9:00 pm	3/3	2/24	\$23.00 without trans \$29.50 with trans	5/30	Frontier Park Gary Morava Recreation Center	6:00 pm 6:30 pm	9:50 pm 9:30 pm

ACTIVITY # 505 **The Shamrock Shake** Enjoy celebrating St. Patty's day with all the Star Clubs. Put on your favorite green attire and participate in themed games. Snacks will be provided.

LOCATION Conyers Learning Academy • 2800 W. Central Road • Rolling Meadows

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:00 - 9:00 pm	3/10	3/3	\$6.00 without trans \$12.50 with trans	5/30	Frontier Park Gary Morava Recreation Center	6:00 pm 6:30 pm	9:50 pm 9:30 pm

ACTIVITY # 506 **Spring Formal** Welcome in the spring by dancing the night away, Socializing with friends, taking photos in our photo booth, and enjoying a snack at our all club dance. Dress to impress!

LOCATION Conyers Learning Academy • 2800 W. Central Road • Rolling Meadows

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:00 - 9:00 pm	4/7	3/31	\$11.00 without trans \$17.50 with trans	5/30	Frontier Park Gary Morava Recreation Center	6:30 pm 6:30 pm	9:30 pm 9:30 pm



SOCIAL CLUBS

37



SOUTHERN STARS GOALS ~ CI, SE

CLUB COORDINATOR
Jessica Johnson, CTRS
jessicaj@nwsra.org

AGE
22 years & older

GROUP
Adults in south suburbs that include:
Bartlett, Elk Grove Village, Hanover
Park, Hoffman Estates, Schaumburg &
Streamwood

RATIO
1:4

ACTIVITY #	521	Windy City Bulls	Let's cheer on Chicago's newest basketball team, the Windy City Bulls! Please bring additional money for snacks, if desired.					
LOCATION	Sears Centre Arena • 5333 Prairie Stone Parkway • Hoffman Estates							
DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:00 - 9:30 pm	1/27	1/6	\$21.00 without trans \$27.50 with trans	5/30	Jack Claes Pavilion Schaumburg Com. Rec. Center	5:30 pm 6:00 pm	10:20 pm 10:00 pm
ACTIVITY #	522	Valentine's Day Dance	Join us in the season of love for a night of dancing, decorating cookies, playing games, and socializing with friends at our all club event. Dress to impress!					
LOCATION	Conyers Learning Academy • 2800 W. Central Road • Rolling Meadows							
DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:00 - 9:00 pm	2/10	2/3	\$11.00 without trans \$17.50 with trans	5/30	Jack Claes Pavilion Schaumburg Com. Rec. Center	6:00 pm 6:30 pm	9:50 pm 9:30 pm
ACTIVITY #	523	The Shamrock Shake	Enjoy celebrating St. Patty's day with all the Star Clubs. Put on your favorite green attire and participate in themed games. Snacks will be provided.					
LOCATION	Conyers Learning Academy • 2800 W. Central Road • Rolling Meadows							
DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:00 - 9:00 pm	3/10	3/3	\$6.00 without trans \$12.50 with trans	5/30	Jack Claes Pavilion Schaumburg Com. Rec. Center	6:00 pm 6:30 pm	9:50 pm 9:30 pm
ACTIVITY #	524	Paint Like Monet	Enjoy a night filled with unique creativity, as we paint our very own masterpieces through guided instruction. Snacks will be provided.					
LOCATION	Schaumburg Community Recreation Center • 505 N. Springinsguth Road • Schaumburg							
DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:00 - 9:00 pm	3/24	3/17	\$12.00 without trans \$18.50 with trans	5/30	Jack Claes Pavilion	6:30 pm	9:30 pm
ACTIVITY #	525	Spring Formal	Welcome in the spring by dancing the night away, socializing with friends, taking photos in our photo booth, and enjoying a snack at our all club dance. Dress to impress!					
LOCATION	Conyers Learning Academy • 2800 W. Central Road • Rolling Meadows							
DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:00 - 9:00 pm	4/7	3/31	\$11.00 without trans \$17.50 with trans	5/30	Jack Claes Pavilion Schaumburg Com. Rec. Center	6:00 pm 6:30 pm	9:50 pm 9:30 pm
ACTIVITY #	526	Bingo Night	Come enjoy multiple rounds of bingo and try to win awesome prizes, with all your friends! Snacks will be provided.					
LOCATION	Schaumburg Community Recreation Center • 505 N. Springinsguth Road • Schaumburg							
DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:00 - 9:00 pm	4/28	4/21	\$6.00 without trans \$12.50 with trans	5/30	Jack Claes Pavilion	6:30 pm	9:30 pm





SOCIAL CLUBS 38

TGIF GOALS ~ CI, SE

CLUB COORDINATOR
Megan Quandt, CTRS
meganq@nwsra.org

AGE
22 - 35 years

GROUP ID
mild social limitations

RATIO
1:10

REQUIRED SKILLS: Money handling, ability to engage in group discussion & decision making

ACTIVITY # 541 **Pizza Party** Lets indulge in some delicious pizza while playing games and dancing to music! Pizza is provided.
LOCATION Rolling Meadows Community Center • Senior Card Room • 3705 Pheasant Drive • Rolling Meadows

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:00 - 9:00 pm	1/13	1/6	\$7.00 without trans \$13.50 with trans	5/25	Gary Morava Rec. Center Meineke Recreation Center	5:50 pm 6:30 pm	10:00 pm 9:30 pm

ACTIVITY # 542 **Wolves Hockey** Watch the Chicago Wolves take on the Grand Rapids Griffins at the Allstate Arena. Please bring additional money for snacks, if desired.
LOCATION Allstate Arena • 6920 Mannheim Road • Rosemont

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:00 - 9:30 pm	2/3/17	1/6	\$24.00 without trans \$30.50 with trans	5/25	NWSRA/Park Central Meineke Recreation Center Gary Morava Rec. Center	5:30 pm 5:50 pm 6:00 pm	10:20 pm 10:00 pm 10:00 pm

ACTIVITY # 543 **Valentine's Day Dance** Join us in the season of love for a night of dancing, decorating cookies, playing games, and socializing with friends at our all club event. Dress to impress!
LOCATION Conyers Learning Academy • 2800 W. Central Road • Rolling Meadows

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:00 - 9:00 pm	2/10	2/3	\$11.00 without trans \$17.50 with trans	5/25	Gary Morava Rec. Center Meineke Recreation Center	6:30 pm 6:30 pm	9:30 pm 9:30 pm

ACTIVITY # 544 **Windy City Bulls** Let's cheer on Chicago's newest basketball team, the Windy City Bulls! Please bring additional money for snacks, if desired.
LOCATION Sears Centre Arena • 5333 Prairie Stone Parkway • Hoffman Estates

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:00 - 9:30 pm	3/3	2/10	\$21.00 without trans \$27.50 with trans	5/25	NWSRA/Park Central Gary Morava Rec. Center Meineke Recreation Center	5:30 pm 5:50 pm 6:00 pm	10:20 pm 10:00 pm 10:00 pm

ACTIVITY # 545 **Bowling** Lets make the pins fall as we bowl the night away! We will play two games of bowling. Please bring additional money for snacks, if desired.
LOCATION Arlington Lanes • 3435 N. Kennicott Avenue • Arlington Heights

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:00 - 9:00 pm	3/24	3/17	\$9.75 without trans \$16.25 with trans	5/25	NWSRA/Park Central Meineke Recreation Center	6:00 pm 6:30 pm	9:50 pm 9:30 pm

ACTIVITY # 546 **Spring Formal** Welcome in the spring by dancing the night away, socializing with friends, taking photos in our photo booth, and enjoying a snack. Dress to impress!
LOCATION Conyers Learning Academy • 2800 W. Central Road • Rolling Meadows

DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	TRANSPORTATION	PICK UP	DROP OFF
Fri	7:00 - 9:00 pm	4/7	3/31	\$11.00 without trans \$17.50 with trans	5/25	Gary Morava Rec. Center Meineke Recreation Center	6:30 pm 6:30 pm	9:30 pm 9:30 pm



SPECIAL EVENTS

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PROGRAM SCHEDULE

JANUARY

13	Parents' Night Out	5:30 - 9:00 pm
16	Flick & Flack	10:00 am - 2:30 pm
16	Winter Carnival	10:00 am - 3:30 pm
16	Olympic Sports Day	10:00 am - 3:30 pm
27	Teen Gaming Night	6:30 - 9:30 pm

FEBRUARY

1	Tap House Grill	11:30 am - 1:30 pm
17	Mocktails & Art Expression	5:30 - 7:00 pm

FEBRUARY

20	Alphabet Children's Theatre	10:00 am - 3:30 pm
20	Dave & Buster's	11:30 am - 2:30 pm

MARCH

3	Workshop Day Off	11:00 am - 3:00 pm
10	Bulls Game	6:00 - 10:00 pm

JUNE

2	Rumors	
3	A Day on the Farm	9:00 am - 12:00 pm

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

See information in the back of the brochure regarding late policy and late fees.

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

For programs with swimming the Illinois Department of Public Health requires that anyone not completely toilet trained must wear tightly fitting plastic pants.

*Parents' Night Out

See a movie or treat yourself to dinner out, minus the kids! NWSRA plans an evening of fun and games including swimming!

GROUP	EC, Youth & Siblings	AGE	12 years & younger					
LOCATION	Schaumburg Community Recreation Center							
PROGRAM #	6720	DAY	TIME	DATE	REGISTRATION DEADLINE	FEES	MIN/MAX	GOALS
		Fri	5:30 - 9:00 pm	1/13	12/30	\$16.00 for first child \$7.00 for each additional child. Immediate family only	6/12	Cl, I

NOTE Children under 3 years will participate in an alternate recreation activity in place of swimming. Please inform staff of your approximate pick up time at drop off. Children should eat dinner before the event, a snack will be provided. Please bring a swimsuit and towel.

Recline and relax as you watch a movie at the Marcus Theatre and then head off to lunch at a local restaurant.

GROUP	Adults	AGE	22 years & older					
LOCATION	Marcus Theatre • Addison							
PROGRAM #	6110	DAY	TIME	DATE	REGISTRATION DEADLINE	FEES	MIN/MAX	GOALS
		Mon	10:00 am - 2:30 pm	1/16	1/4	\$48.00	6/18	Cl, I

TRANSPORTATION Provided from one of the locations below. Please indicate desired pick up and drop off location on the registration form. A minimum of 3 is needed at each location.

TRANSPORTATION LOCATION	PICK UP	DROP OFF
Buffalo Grove Golf & Sports Center	9:15 am	3:15 pm
Conyers Learning Academy • Rolling Meadows	9:00 am	3:30 pm
Meineke Recreation Center • Schaumburg	9:30 am	3:00 pm

NOTE Fee includes transportation, movie ticket and lunch. Please bring money to purchase movie snacks, if desired.

Flick & Flack



SPECIAL EVENTS

40

Winter Carnival

Start the day playing winter sports and activities, make a lunch fit for an athlete then finish your day at the pool.

GROUP	Teens & Young Adults	AGE	13 - 21 years						
LOCATION	Hanover Park Community Center Bartlett Aquatic Center								
PROGRAM #	6150	DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	GOALS	
		Mon	10:00 am - 3:30 pm	1/16	1/4	\$50.00	6/15	CI, I, M	
TRANSPORTATION	Provided from one of the locations below. Please indicate desired pick up and drop off location on the registration form. A minimum of 3 is needed at each location.								
	TRANSPORTATION LOCATION	PICK UP						DROP OFF	
	Conyers Learning Academy • Rolling Meadows	9:00 am						4:30 pm	
	Buffalo Grove Golf & Sports Center	9:15 am						4:30 pm	
	Jack Claes Pavilion • Elk Grove Village	9:30 am						4:00 pm	
NOTE	Fee includes lunch and transportation. Please bring a labeled swimsuit & towel.								

Olympic Sports Day

Play and learn a variety of Olympic sports. Enjoy a box lunch from KFC and an afternoon at the pool.

GROUP	EC & Youth	AGE	4 - 12 years						
LOCATION	RecPlex • Mount Prospect Arctic Splash • Wheeling								
PROGRAM #	6160	DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	GOALS	
		Mon	10:00 am - 3:30 pm	1/16	1/4	\$50.00	6/15	CI	
TRANSPORTATION	Provided from one of the locations below. Please indicate desired pick up and drop off location on the registration form. A minimum of 3 is needed at each location.								
	TRANSPORTATION LOCATION	PICK UP						DROP OFF	
	Conyers Learning Academy • Rolling Meadows	9:00 am						4:30 pm	
	Buffalo Grove Golf & Sports Center	9:30 am						4:00 pm	
	Meineke Recreation Center • Schaumburg	9:30 am						4:15 pm	
NOTE	Fee includes lunch and transportation. Please bring a labeled swimsuit & towel.								

Teen Gaming Night

Start the fun at Game Works and then finish the evening with Wii Games and more at the Rolling Meadows Community Center.

GROUP	Teens & Young Adults	AGE	13 - 21 years						
LOCATION	Game Works • Schaumburg Rolling Meadows Community Center • NWSRA Entrance								
PROGRAM #	6710	DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	GOALS	
		Fri	6:30 - 9:30 pm	1/27	1/6	\$30.00	5/10	CI, I	
TRANSPORTATION	Provided from one of the locations below. Please indicate desired pick up and drop off location on the registration form. A minimum of 3 is needed at each location.								
	TRANSPORTATION LOCATION	PICK UP						DROP OFF	
	Rolling Meadows Community Center • NWSRA Entrance	5:30 pm						9:30 pm	
	Buffalo Grove Golf & Sports Center	5:45 pm						10:00 pm	
	Hanover Park Community Center	5:45 pm						10:00 pm	
NOTE	Fee includes a \$10 game card at Game Works and transportation. Participants should eat dinner before the event.								

Tap House Grill

Enjoy a lunch at Tap House Grill where they bring together fresh, made from scratch, "addictive" food. Enjoy an entrée just for yourself or order off the shareable menu for everyone to try.

GROUP	P/V Adults	AGE	21 years & older					
LOCATION	Tap House • Palatine							
PROGRAM #	6820	DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	GOALS
		Wed	11:30 am - 1:30 pm	2/1	1/6	\$55.00	6/10	CI, I
NOTE	Fee includes meal and door-to-door transportation. The Program Leader will contact participants two days before the event with pick up and drop off times.							



SPECIAL EVENTS

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Mocktails & Art Instruction

Get your creative side out and join your friends while painting, making appetizers and drinks. You will be guided on how to paint a pottery piece by a certified instructor from Thrown Elements Pottery.

GROUP	Young Adults/Adults	AGE	18 - 35 years					
LOCATION	Rolling Meadows Community Center • NWSRA Entrance							
PROGRAM #	6230	DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	GOALS
		Fri	5:30 - 8:30 pm	2/17	1/6	\$55.00	5/15	Cl, I
TRANSPORTATION	Provided from one of the locations below. Please indicate desired pick up and drop off location on the registration form. A minimum of 3 is needed at each location.							
	TRANSPORTATION LOCATION	PICK UP						DROP OFF
	Buffalo Grove Golf & Sports Center	4:45 pm						9:00 pm
	Meineke Recreation Center • Schaumburg	4:45 pm						9:00 pm
NOTE	Fee includes art lesson, pottery piece, appetizers, mock-tails and transportation.							

Children's Theatre & Swimming

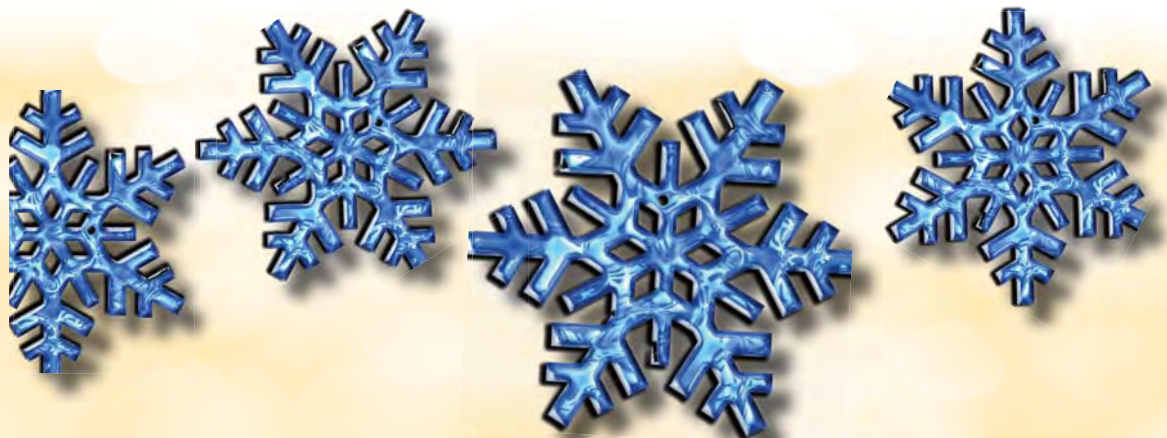
Enjoy Robin Hood presented by AlphaBet Soup Theatre then head to the community center for a box lunch from Jimmy Johns followed by swimming and games.

GROUP	EC & Youth	AGE	4 - 12 years					
LOCATION	Prairie Center for the Arts • Schaumburg Schaumburg Community Recreation Center							
PROGRAM #	6520	DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	GOALS
		Mon	10:00 am - 3:30 pm	2/20	2/3	\$50.00	6/15	Cl, I
TRANSPORTATION	Provided from one of the locations below. Please indicate desired pick up and drop off location on the registration form. A minimum of 3 is needed at each location.							
	TRANSPORTATION LOCATION	PICK UP						DROP OFF
	Conyers Learning Academy • Rolling Meadows	9:00 am						4:30 pm
	Buffalo Grove Golf & Sports Center	9:30 am						4:00 pm
	Hanover Park Community Center	9:30 am						4:00 pm
NOTE	Fee includes tickets, transportation, lunch and swimming.							

Children's Theatre & Swimming

Enjoy Robin Hood presented by AlphaBet Soup Theatre then head to the community center for a box lunch from Jimmy Johns followed by swimming and games.

GROUP	Teens & Young Adults	AGE	13 - 21 years					
LOCATION	Prairie Center for the Arts • Schaumburg Wheeling Community Recreation Center							
PROGRAM #	6540	DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	GOALS
		Mon	10:00 am - 3:30 pm	2/20	2/3	\$50.00	6/15	Cl, I
TRANSPORTATION	Provided from one of the locations below. Please indicate desired pick up and drop off location on the registration form. A minimum of 3 is needed at each location.							
	TRANSPORTATION LOCATION	PICK UP						DROP OFF
	Conyers Learning Academy • Rolling Meadows	9:00 am						4:30 pm
	Buffalo Grove Golf & Sports Center	9:30 am						4:00 pm
	Jack Claes Pavilion • Elk Grove Village	9:30 am						4:00 pm
NOTE	Fee includes tickets, transportation, lunch and swimming.							



SPECIAL EVENTS

42

Dave & Buster's

Test your skill in the arcade and experience the virtual rides at one of Chicago's premier entertainment centers.

GROUP Adults **AGE** 18 years & older

LOCATION Addison

PROGRAM #	6080	DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	GOALS
		Mon	11:30 am - 2:30 pm	2/20	2/3	\$47.00	6/18	Cl, I

TRANSPORTATION Provided from one of the locations below. Please indicate desired pick up and drop off location on the registration form. A minimum of 3 is needed at each location.

TRANSPORTATION LOCATION	PICK UP	DROP OFF
Buffalo Grove Golf & Sports Center	10:45 am	3:15 pm
Conyers Learning Academy • Rolling Meadows	10:30 am	3:30 pm
Meineke Recreation Center • Schaumburg	11:00 am	3:00 pm

NOTE Fee includes lunch, a \$10 game card and transportation. Please bring additional money if you would like to play more games.

Enjoy a day off while bowling, playing Bingo and lunching with friends.

GROUP Adults **AGE** 22 years & older

LOCATION Arlington Lanes • Arlington Heights

PROGRAM #	6195	DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	GOALS
		Fri	11:00 am - 3:00 pm	3/3	2/17	\$25.00	6/20	Cl, I

TRANSPORTATION Please add \$6.50 for transportation provided from one of the locations below. Please indicate desired pick up and drop off location on the registration form. A minimum of 3 is needed at each location.

TRANSPORTATION LOCATION	PICK UP	DROP OFF
NWSRA/Park Central • Rolling Meadows	10:10 am	3:45 pm
Meineke Recreation Center • Schaumburg	10:00 am	3:45 pm
Lattof Commons • Rolling Meadows	10:30 am	3:30 pm
Meadows Sheltered Care • Rolling Meadows	10:30 am	3:30 pm

Don't miss out this year as the Bulls take on the Houston Rockets at the United Center. Tickets are limited, so sign up today!

GROUP Teens & Adults **AGE** 16 years & older

LOCATION United Center • Chicago

PROGRAM #	6210	DAY	TIME	DATE	REGISTRATION DEADLINE	FEE	MIN/MAX	GOALS
		Fri	6:00 - 10:00 pm	3/10	2/10	\$90.00	6/20	Cl, I

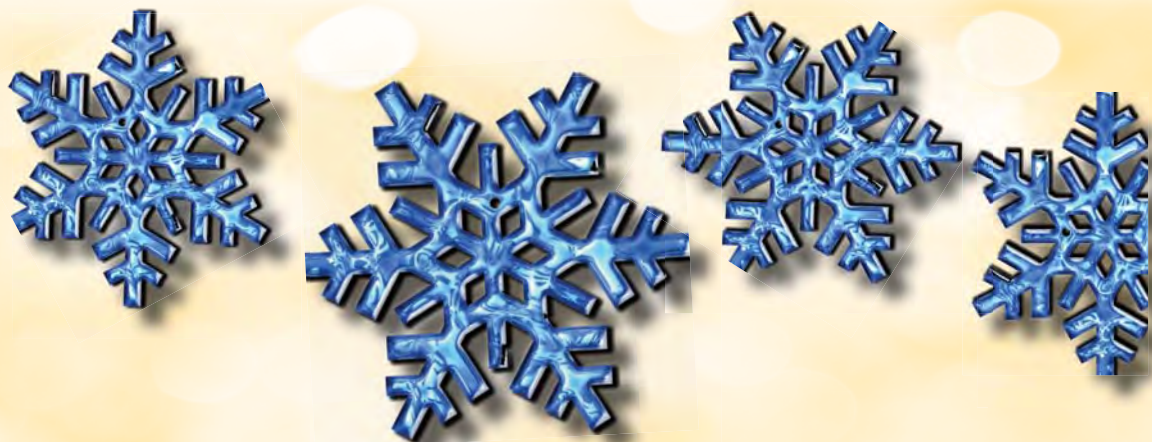
TRANSPORTATION Provided from one of the locations below. Please indicate desired pick up and drop off location on the registration form. A minimum of 3 is needed at each location.

TRANSPORTATION LOCATION	PICK UP	DROP OFF
NWSRA/Park Central • Rolling Meadows	3:30 pm	11:00 pm
Schaumburg Community Recreation Center	4:00 pm	10:45 pm

NOTE Fee includes transportation and ticket to game. There is accessible seating available. Some seats will require the ability to negotiate steps. Please bring money for snacks and souvenirs, if desired.

Workshop Day Off

Chicago Bulls vs Houston Rockets



SPECIAL EVENTS

43

Neil Simon's Rumors

The Deputy Mayor has just shot himself and four couples need to get their stories straight. "Rumors" has been noted as Neil Simon's funniest plays and a fabulous farce.

GROUP Adults **AGE** 30 - 45 years

LOCATION Theatre of Western Springs

PROGRAM # 6530	DAY Fri	TIME 7:30 - 9:00 pm	DATE 6/2	REGISTRATION DEADLINE 5/5	FEE \$48.00	MIN/MAX 6/10	GOALS CI, I
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TRANSPORTATION Provided from one of the locations below. Please indicate desired pick up and drop off location on the registration form. A minimum of 3 is needed at each location.

TRANSPORTATION LOCATION	PICK UP	DROP OFF
Conyers Learning Academy	6:00 pm	10:15 pm
Buffalo Grove Golf & Sports Center	6:45 pm	10:00 pm
Hanover Park Community Center	6:45 pm	9:45 pm

NOTE Fee includes tickets and transportation. Participants must be able to sit quietly for one hour at a time. Please eat dinner prior to the event.

A Day at the Farm

Engage your senses while performing the chores typical of children in the 1880's. By the labor of your own hands, gain more than understanding, gain an appreciation of the agricultural lifestyle. Whether milking a cow, churning butter, lending a hand to process grains or baking pretzels on a wood burning stove, young learners can expect an unforgettable experience. Meet in the parking lot off of Plum Grove Road.

GROUP Youth & Teens **AGE** 8 - 15 years

LOCATION Heritage Farm • Schaumburg

PROGRAM # 6183	DAY Sat	TIME 9:00 am - 12:00 pm	DATE 6/3	REGISTRATION DEADLINE 5/12	FEE \$20.00	MIN/MAX 5/10	GOALS CI, I
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ADULT TRIPS GOALS ~ CI, I, M, SE, SI

*Aurora Excursion

GROUP 9050 ID Young Adults **AGE** 21 - 35 years
 9031 P/V Adults 21 years & older
 9032 ID Adults 36 years & older

LOCATION Aurora, IL

PROGRAM # 9050	DAYS Fri - Sat	DATES 5/5 - 6	REGISTRATION DEADLINE 1/30	TRIP COORDINATOR Rachel Hubsch
9031		5/5 - 6		Renee Miles
9032		5/12 - 13		JoAnn Snyder

NOTE Registration by flyer only.

*Adult Long Trip

GROUP 9020 ID Adults **AGE** 21 years & older
 9030 P/V Adults

PROGRAM # 9020 Information will be available in December on Facebook.
 9030 Contact NWSRA office in January for a flyer.

REGISTRATION DEADLINE 3/25 **TRIP COORDINATOR** Jodi Schultz
 Cortney Lucente

NOTE Registration by flyer only.

SPRING DAY CAMPS GOALS ~ CI, I, M, SE, SI

Register now for camps filled with crafts, gym activities, swimming, and socializing.
 Community outings are included in the fun. Please select the appropriate camp below.

DATES	TIME	ABILITY	REGISTRATION DEADLINE	FEE	RATIO	MIN/MAX
Mon 3/27 - Fri 3/31	9:30 am - 3:30 pm	All Abilities	2/26	\$165	1:1 - 1:4	6/15 per camp
CAMP NAME	PROGRAM #	AGE	LOCATION			
Little Sprouts Camp	4310	3 - 6 years & 7 - 10 years	Palatine Community Center			
Break Camp North	4320	11 - 21 years	Wheeling Community Recreation Center			
Break Camp Central	4330	11 - 21 years	RecPlex • Mount Prospect			
Break Camp South	4340	11 - 21 years	Bartlett Community Center			

IMPORTANT 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. The Illinois Department of Public Health requires that anyone not completely toilet trained must wear tightly fitting plastic pants. Dress appropriately for the weather and planned activities.

FACILITY LOCATIONS

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Academy at Forest View
2121 S. Goebbert Road
Arlington Heights
847/718-7772

Alcott Center
530 Bernard Drive
Buffalo Grove
847/850-2100

Alexian Brothers Behavioral Health Hospital
1650 Moon Boulevard
Hoffman Estates
847/882-1600

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

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

Avenues to Independence
444 Mercantile Court
Wheeling
847/541-5250

Bartlett Community Center
700 S. Bartlett Road
Bartlett
630/540-4800

Bock Neighborhood Center
1223 W. Sharon Lane
Schaumburg
847/985-2141

Brunswick Zone
824 E. Rand Road
Mount Prospect
847/392-0550

Buffalo Grove Golf & Sports Center
801 McHenry Road
Buffalo Grove
847/353-7575

Burger Baron
132 E. Golf Road
Arlington Heights
847/258-3736

Camelot Park
1005 E. Suffield Drive
Arlington Heights
847/577-3010

Clearbrook Getz
746 S. Vermont Street
Palatine
847/991-4100

Clearbrook Krause
3201 Campbell Street
Rolling Meadows
847/255-4186

Clearbrook Golf
2100 Golf Road
Rolling Meadows

Clearbrook Basswood
1333 Basswood Road
Schaumburg

Community Arts Center
225 McHenry Road
Buffalo Grove
847/850-2175

Conyers Learning Academy
2800 W. Central Road
Rolling Meadows
847/963-3400

Fairfax House
3980 N. Fairfax Road
Rolling Meadows
847/253-5155

Fox Run Golf Links
333 Plum Grove Road
Elk Grove Village
847/228-3544

Gary Morava Recreation Center
110 W. Camp McDonald Road
Prospect Heights
847/394-2848

Hanover Park Community Center
1919 Walnut Avenue
Hanover Park
630/837-2468

Heritage Farm
201 S. Plum Grove Road
Schaumburg
847/985-2102

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

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

Jack Claes Pavilion
1000 Wellington Avenue
Elk Grove Village
847/437-9494

Jack London Middle School
1001 W. Dundee Road
Wheeling
847/520-2745

Kimball Hill School
2905 Meadow Drive
Rolling Meadows
847/963-5200

Kirk School
520 S. Plum Grove Road
Palatine
847/485-2600

Lattof Commons
3201 Campbell Street
Rolling Meadows
847/255-0120

Little City/Countryside Center
21154 W. Shirley West
Palatine
847/438-8799

Longfellow Elementary School
501 Arlington Heights Road
Buffalo Grove
847/520-2755

Meadows Sheltered Care
3250 Plum Grove Road
Rolling Meadows
847/397-0055

Meineke Recreation Center
220 E. Weatherfield Way
Schaumburg
847/985-2133

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

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

Olympic Indoor Swim Center
660 N. Ridge Street
Arlington Heights
847/577-3025

Palatine Community Center /Gymnastics Center
250 E. Wood Street
Palatine
847/991-0333

Palatine High School
1111 N. Rohlwing Road
Palatine
847/755-1600

Palatine Stables
1510 W. Northwest Highway
Palatine
847/359-0009

Park Place Family Recreation Center
550 S. Park Boulevard
Streamwood
630/372-7275

Plum Grove Park
4001 Park Drive
Palatine
847/818-3200

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

RecPlex
420 Dempster Street
Mount Prospect
847/640-1000

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

Rolling Meadows Community Center/ NWSRA Wing/PURSUIT
3705 Pheasant Drive
Rolling Meadows
847/818-3202

Sandburg Jr. High School
2600 Martin Lane
Rolling Meadows
847/963-7800

Schaumburg Community Recreation Center(CRC)/The Water Works
505 N. Springinsguth Road
Schaumburg
847/490-7015

Schaumburg Township
1 Illinois Boulevard
Schaumburg
847/884-0030

Schaumburg Township District Library
130 S. Roselle Road
Schaumburg
847/985-4000

Search Inc.
625 Slawin Court
Mount Prospect
773/305-5000

South Barrington Community Center
3 Tennis Club Lane
South Barrington
847/381-7515

Streamwood Bowl
1232 Irving Park Road
Streamwood
630/837-5800

The Zone/River Trails Park District
550 E. Business Center Drive
Mount Prospect
847/255-1200

Thrown Elements Pottery
260 N. Evergreen Avenue
Arlington Heights
847/818-1313

Triphahn Center & Ice Arena
1685 W. Higgins Road
Hoffman Estates
847/885-7500

Vogelei
650 W. Higgins Road
Hoffman Estates
847/285-5442

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

Wilke House
3802 Old Wilke Road
Rolling Meadows
847/870-0745

Winston Campus
900 E. Palatine Road
Palatine
847/963-7500

GENERAL INFORMATION

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Parent/Guardian/Residential Staff Responsibilities

- When arriving at or departing from a program, please CHECK-IN with the NWSRA staff.
- Label all items, including clothing. Contact NWSRA to inquire about lost and found items. NWSRA cannot be responsible for lost or stolen items.
- Inform teachers and/or transportation departments of the participant's NWSRA programs after school or workshop 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 the NWSRA staff will be picking up the participant after a program.
- Contact the NWSRA office if participant will be absent from a program.

Register On Time!

In order to have staff hired, trained and ready for each program, NWSRA must know who and how many are registered at least two weeks in advance.

Pick up/Drop off Policy

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. Staff are not available to provide supervision prior to the start of programs due to preparations for program. Pick up your participant(s) on time as staff may have other work responsibilities following the program. The staff appreciates your cooperation in this matter. For safety reasons, parents/guardians/residential staff must check in with the program leader when dropping off or picking up a participant.

Late Fees

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

Participant Expectations

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

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.

Fair Play at NWSRA

Fair Play at NWSRA is a process, intended to maximize the safety and enjoyment of participants, staff, volunteers and the general public accessing recreation and leisure programs and services conducted by NWSRA. Through this process, the concept of joint planning, interactive dialogue and mutual cooperation is followed to the maximum extent possible, requiring the commitment of NWSRA staff and the cooperation of participants and their families. The Fair Play at NWSRA process provides a framework for addressing reasonable accommodations, expectations of conduct, and matching the abilities and interests of the participant to appropriate programs.

Fair Play at NWSRA is intended to maximize the ability of the participant to comply with the essential behavior and conduct expectations by encouraging the participant to develop self-discipline, positive ways of interacting with others and appropriate problem solving skills, as well as provide a safe environment for recreation and leisure activities. The Behavior Code of Conduct requires all participants to:

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

A positive approach will be used to effect discipline. NWSRA staff will periodically review rules with participants during the program session. If unsafe or otherwise inappropriate behavior occurs, prompt resolution will be sought specific to each individual situation. NWSRA reserves the right to dismiss a participant whose behavior endangers his/her own safety or that of others. If property damage occurs, NWSRA may request partial to full reimbursement from the participant, guardian, care giver or parent. NWSRA will evaluate specific proposals and recommendation for continued participation in programs when necessary.

When Illness Occurs

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

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

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

GENERAL INFORMATION

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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 to you for the prompt resolution of your complaint against NWSRA.

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, download the NWSRA mobile app, 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 conditions.

Brochure Accuracy

Every effort has been made to assure 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.

Spanish Speaking Translator

A Spanish speaking translator is available upon request to assist with registration. Please call Manny Aguilar at 847/392-2848, ext. 258 to request a time for an office visit or to receive a phone call.

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.

The Inclusion Process Is Simple!

To begin, simply register for the program of choice through the park district, or contact NWSRA. Please indicate the disability and any modifications for participation on the park district registration form. NWSRA has a formal inclusion process that is followed for each situation. The NWSRA inclusion staff will provide guidance, training, equipment, resources and/or staff as necessary to ensure success for the person with a disability.

For more information on the inclusion process, contact the Manager of Inclusion Services, Rachel Hubsch at 847/392-2848, ext. 231.

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.

NWSRA Lending Closet

NWSRA has specialized equipment such as bowling ramps available for loan on a prearranged basis. The loan may have a time limit due to the number available and its regular program usage. A \$25.00 refundable deposit is required at the time of pick up. Please call Jodi Schultz at 847/392-2848, ext. 230 to reserve equipment.

Speakers Bureau

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

Free ½ Hour Recreation Counseling

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

Traductor de Habla Española

Un traductor de idioma en Español esta disponible bajo petición, para asistir con el registro. Por favor llamar a la oficina del numero: 847/392-2848. Favor de dejar un mensaje con Manny para solicitar una cita o para recibir una llamada telefónica.

PROGRAM INFO

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Suggested Programs

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

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

Class 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.

Staff Ratios in Programs

NWSRA programs are staffed according to the needs and abilities of participants as well as the nature of a particular program. Most programs have one staff to approximately four participants. Closer staff to participant ratios are typically for those individuals or groups which have more involved needs/behavior issues. These ratios are arranged through manager or superintendent approval. Refer to the program description for specific information.

Parent/Guardian Visitation Week

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

Who is the Program Leader?

NWSRA attempts to secure and place leaders at each program as soon as adequate registration is received. To find out 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.

Transportation

- A minimum of three people must be registered at each pick up and drop off location in order for the location to be utilized.
- Transportation times for all programs may change based on enrollment and/or last minute facility changes.
- All individuals transported while in a wheelchair must have a seat belt system that secures them into their wheelchair and brakes that are in good working order. If a participant is in need of a seat belt system, NWSRA will provide one for program use only.
- Individuals using tri-wheelers must transfer into a bus seat as they cannot be safely secured while in the tri-wheeler.
- Door-to-door transportation is provided for in-district residents only. Program leader 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 pick up 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 a pick up location.
- 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 van or a second staff is available. NWSRA staff are not permitted to enter the individuals' residence at any time. NWSRA staff may not lift, carry or transport an individuals' assistive transportation device to any vehicle other than a NWSRA vehicle.
- 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 care giver comes to the bus.
- The Child Passenger Protection Act of the Illinois Vehicle Code requires that children under the age of 8 be transported in an approved Child Safety Seat in certain vehicles. Parent/Guardian will be notified if there is a need to provide a Child Safety Seat for your child. Children under 8 years of age will not be transported if the parent/guardian does not provide a Child Safety Seat. For further information, please contact Barb Bassett at 847/392-2848, ext. 241.
- If transportation presents a problem, please contact NWSRA and a staff will try to help parents pool their transportation resources.

SPECIAL NOTICES

Horseback Riding

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

Swim Programs

Approximate 1:3 staff to participant ratio is provided in swim programs. If participant is seizure prone, seizures must be controlled by medication and/or the individual must not have had a seizure in one (1) year in order to be allowed to join the program at the designated ratio. If the above

conditions are not met or the swimmer has conditions that warrant a 1:1 ratio, parents must note this on the registration form and NWSRA will attempt to find a volunteer.

Personal Flotation Devices (PFD)

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

SPECIAL NOTICES

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Atlantoaxial Instability Condition

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

Dispensing of Medication

If a participant is in need of assistance to take prescription medication, a permission form allowing NWSRA staff to administer medication must be obtained from the NWSRA office. This permission form must be signed by

the parent or guardian and returned to NWSRA before staff may assist the participant in taking medication. Complete the medication information on the registration form and a release will be mailed. Medication information must be indicated on the NWSRA registration form for staff awareness to dispense it during the program. 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. Adult participants older than 22 years of age who need more than a reminder to take prescription medication will need to follow NWSRA's guidelines for dispensing medication.

Mandated Reporters

All NWSRA staff are mandated by the State of Illinois to make a report to the DCFS hotline if they observe a situation that provides reasonable cause to suspect child abuse/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.

REGISTRATION INFO

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. **NWSRA does not make confirmation of registration.** If programs are canceled or postponed, individuals registered will be notified by phone. Each fall, all participants are required to complete the Registration and Participant Information forms. This process of updating information will contribute to the overall safety and quality of NWSRA services. For all other registrations throughout the year, participants need only to fill out the Registration Form. **No priority is given to mail-in, drop-off, e-mail or online registrations. Processing begins when registration begins (see page 2).**

Family Registration

For all NWSRA programs open to sibling/family members, the separate, signed Family Member Registration form, located at the back of the brochure, must accompany the participant's 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 on the policy and application forms, please contact the NWSRA office at 847/392-2848. Please keep the application deadline for weekly 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 or drop off only. 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.

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	Final 1/3 of amount withdrawn
Winter/Spring	Registration Deadline	February 1	March 1
Day Camp	Registration Deadline	July 1	August 1
Summer	Registration Deadline	July 1	August 1
Fall	Registration Deadline	October 1	November 1

Refunds and Credits

Credits given must be used in the current calendar year **and refunds must be requested by December 1 of the current calendar year.**

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.
3. A participant was placed on the waiting list, the program is full and the participant is unable to enter the program.

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.

49 FAMILY MEMBER REGISTRATION

W/S 2017

Please attach to participant registration form.

Name (Last) _____ (First) _____ Birth date _____ Sex: M ___ F ___

Name (Last) _____ (First) _____ Birth date _____ Sex: M ___ F ___

Name (Last) _____ (First) _____ Birth date _____ Sex: M ___ F ___

Name (Last) _____ (First) _____ Birth date _____ Sex: M ___ F ___

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

Participant Name (Last) _____ (First) _____

Parent/Guardian Information:

If different from Participant Information, please complete:

Name (Last) _____ (First) _____

Address _____ City _____ Zip _____

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

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

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

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

Medical Insurance Company _____ Policy # _____

IMPORTANT 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 of children 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 child/ward are physically fit and/or skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

Warning of Risk

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.

Waiver and 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 child/ward might sustain as a result of participating in any and all activities connected with and associated with said programs (including transportation services, when provided.) 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 child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my child/ward may have (or accrue to me or my child/ward) as a result of participating in these programs against NWSRA including its officials, agents, volunteers and employees (hereinafter collectively referred as NWSRA). I do hereby fully release and forever discharge NWSRA from any and all claims for injuries, damages, or loss that my child/ward or I may have or which may accrue to me or my child/ward and arising out of, connected with, or in any way associated with these programs.

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, e-mail, your on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.

Signature _____ Date _____
Adult participant if own guardian or parent/guardian

Please Print Name _____

W/S 2017 REGISTRATION

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If registering more than one participant, please complete an additional form. Family members may register on page 49.
RETURN TO: NWSRA, Park Central, 3000 W. Central Road, Suite 205, Rolling Meadows, Illinois 60008 or FAX to 847/392-2870.
Questions? Call - VOICE: 847/392-2848 • TTY: 847/392-2855 Would you like to be added to our mailing list? Please check

Participant's Information:

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

Address _____ City _____ Zip _____

Home Ph. # (____) _____ Work Ph. # (____) _____ Cell Phone # (____) _____

Sex: F ____ M ____ Age ____ Birthdate _____ Spec. Ed. Classification/Medical Diagnosis _____

School/Workshop site _____ Teacher _____

School District _____ Park District _____ Township _____

Parent/Guardian Information: Mother's Name (Last) _____ (First) _____
 Father's Name (Last) _____ (First) _____

Mother's e-mail: _____ Father's e-mail: _____

Address (if different from above) _____ City _____ Zip _____

Primary phone contact (Check one) MOTHER: Home ____ Work ____ Cell ____ or FATHER: Home ____ Work ____ Cell ____

Home Ph.# (M)(____) _____ (F)(____) _____ Work Ph.# (M)(____) _____ (F)(____) _____

Mother's Cell Phone: (____) _____ Father's Cell Phone (____) _____

Alternate Emergency Contact _____ Relationship to Participant _____

Home Ph. # (____) _____ Work Ph. # (____) _____

First & last names of people authorized to pick up participant _____

Program #	Program Name	Circle if Med needed at program	Pick Up Location	Drop Off Location	Program Fee	Trans. Fee	Total Fee
		Yes No					
		Yes No					
		Yes No					
		Yes No					
		Yes No					

You may charge your registration. Please check one.
 American Express Discover MasterCard Visa
 Account # _____
 Expiration Date ____/____ CVC# _____ (3 digit Card Verification Code # on back of card)

If requesting auto withdrawal payment plan, please check here
 By checking the automatic withdrawal box on the registration form, I authorize NWSRA to automatically withdraw payments in the amount shown from the listed account on the dates provided below.
 Payment dates for auto withdrawal plan (Payment plans will only be offered with automatic withdrawal via a credit card):
 1st withdrawal: Registration Deadline
 2nd withdrawal: February 1
 3rd withdrawal: March 1

All past balances must be paid in full prior to registration.

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

Minus Past Program Credits \$ _____
 SLSF Donation \$ _____
 Total Enclosed \$ _____
Make check payable to NWSRA

IMPORTANT INFORMATION

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You are solely responsible for determining if you or your child/ward are physically fit and/or skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

Warning of Risk

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.

Waiver and 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 child/ward might sustain as a result of participating in any and all activities connected with and associated with said programs (including transportation services, when provided.) 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 child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my child/ward may have (or accrue to me or my child/ward) as a result of participating in these programs against NWSRA including its officials, agents, volunteers and employees (hereinafter collectively referred as NWSRA). I do hereby fully release and forever discharge NWSRA from any and all claims for injuries, damages, or loss that my child/ward or I may have or which may accrue to me or my child/ward and arising out of, connected with, or in any way associated with these programs.

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, e-mail, your on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.

Signature _____ Date _____
 Adult participant if own guardian or parent/guardian

Please Print Name _____

(over)

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W/S 2017 PARTICIPANT INFO

Please complete this form if there has been a change in information or it was not completed for the Fall 2014 session. This portion ALWAYS needs to be updated in the fall or each season with additional changes.

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

MEDICAL CONDITIONS/NEEDS: Diabetes ___ Shunts ___ Braces ___ Canes ___ Walker ___ Glasses ___ G-tube ___ VNS ___ Trach ___ Epi-pen ___ PKU ___ Suctioning ___ Catheter ___ Sign Language Assistance ___ Hearing Aid ___ Oxygen Tank ___

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

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

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

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

Allergies (specific) _____ Other _____

Intolerances: _____

List specific medical instructions: _____

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

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

MEDICATION:

TYPE	DOSAGE	TIME

DOCTOR'S NAME: _____ Phone () _____

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

Inappropriate Activities: _____

Behavior Issues: _____

Areas/goals for the instructor to work toward: _____

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

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

NWSRA takes photos/video at our programs for promotional publications, displays, advertisements, our website, and social media. The participant's identity is kept anonymous or is by first name only, unless we contact you for a special circumstance where he/she would be identified.

If you **do not** wish to give photo/video permission, please initial here: _____

Please indicate under what circumstances, if any, participant may be without leader supervision.

Parent/Guardian Signature: _____ (sign only if participant may be without supervision)

IS A VEHICLE HARNESS REQUIRED? Yes ___ No ___

SWIMMING ABILITY: Swimmer ___ Non-Swimmer ___ A swimmer is defined as an individual who can swim 25 yards, using the front crawl or breast stroke without touching the bottom of the pool, side of pool or needing assistance of any kind.

Permission to apply sunscreen and/or bug spray on participant: Yes ___ No ___ Participants are required to provide bug spray and sunscreen.

Other helpful information: _____

YOUR INPUT HAS IMPACT!

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

W/S 2017 SEIZURE INFO

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

CONTACT INFORMATION:

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

SEIZURE INFORMATION:

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

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

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

BASIC FIRST AID: Care and Comfort Measures

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

SEIZURE EMERGENCIES:

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

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

SEIZURE MEDICATION AND TREATMENT INFORMATION:

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

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

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

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

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

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

GENERAL COMMUNICATION ISSUES:

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

Parent/Guardian Signature: _____ Date: _____

Dates Updated: _____, _____

NWSRA BEHAVIOR INTERVENTION TEAM



NWSRA is committed to making safety an integral part of an enjoyable recreation and leisure experience for all participants. In order to ensure safety and communication between all involved in each recreational experience, NWSRA has implemented the Behavior Intervention Team. The team is comprised of full time Certified Therapeutic Recreation Specialists & Certified Park and Recreation Professionals who train throughout the year on best practices to ensure that proper individualized attention is provided to meet the needs of each participant.

When a challenging behavior occurs:

1. The staff member directly witnessing the behavior reports it to the Behavior Intervention Team
2. The Team reviews the report, communicates with the staff member, participants and parents as needed, and then determines the appropriate behavioral interventions or individualized program supports.
3. Recommendations are based on the existing FAIR PLAY AT NWSRA process. FAIR PLAY AT NWSRA is a process which NWSRA uses to make recreation programs and services safe for all participants, and sets out the expectations for the conduct of participants with or without disabilities in a recreation program or access to a service provided by NWSRA.
4. The Team communicates its recommendations to all parties involved, setting measurements of accomplishment for the individual within a specified time frame.
5. As progress is recorded, communication continues with the parent to adjust the measured accomplishments and make adjustments to the plan as needed.

The Behavior Intervention Team works as a resource for all full and part time staff to identify and address challenging behaviors throughout the year, highlighting the continued implementation of the NWSRA Core Values:

- Teamwork
- Respect
- Enthusiasm
- Collaboration
- Communication



ANNOUNCING our new location!

Pursuit 2

HANOVER PARK

A COLLABORATIVE PROGRAM PRESENTED BY CLEARBROOK and NWSRA

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.

Location: PURSUIT 2
Hanover Park Community Center
1919 Walnut Avenue
Hanover Park, IL 60133

Program Time: Programming is from 9:30 am until 2:30 pm
Monday through Friday

Admission: Continuous throughout the year, upon vacancies available.

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 the program time.



PURSUIT IS STRUCTURED AROUND FOUR CORE ELEMENTS



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

For more information about NWSRA, visit
www.nwsra.org.

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

or contact Liz Thomas, CPRP at
847/392-2848, lizt@nwsra.org

• 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



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

PRSTD STD
US POSTAGE
PAID
Permit #2565
Palatine P&DC
Illinois 60095

DATED INFORMATION PLEASE DISTRIBUTE PROMPTLY

Winter/Spring Registration Begins: Monday, December 19, 2016

Winter/Spring Registration Deadline: Friday, January 20, 2017

Do you benefit from receiving this brochure? If not, please call us at 847/392-2848 to have your name removed from our mailing list.

*Make Friends
Be Included
Have Fun
Learn New Things
Go New Places*

Celebrate My Life

