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WINTER | SPRING



REGISTRATION BEGINS

DECEMBER 6, 2021

PROGRAM DATES

JANUARY 18, 2022-APRIL 29, 2022



This activity is not sponsored by Community Consolidated School District 59, any of its schools, or groups officially associated with the District.



WINTER | SPRING PROGRAMMING

JANUARY 18 – APRIL 29

BROCHURE ONLINE

NOVEMBER 22, 2021

REGISTRATION BEGINS

DECEMBER 6, 2021

REGISTRATION DEADLINE

DECEMBER 28, 2021



ABOUT NWSRA

MISSION

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

VISION

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

VALUES

Teamwork Support each other and work together

Respect Be open, honest and kind

Enthusiasm Exceed expectations

Collaboration Combine resources to achieve common goals

Communication Listen, share and adapt

WAYS TO REGISTER



MAIL IN

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



FAX

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



E-MAIL

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

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

NWSRA COVID GUIDELINES

The following are programs that NWSRA plans on hosting in person. However, depending on COVID-19 guidelines, these programs are subject to change or cancel. Limited first come first serve transportation will be provided in order to ensure the safety of our participants, NWSRA is requiring assessments to be performed for all participants prior to the beginning of programs. See pages 45 - 46 to submit the participant assessment form along with the registration forms. Once you have successfully completed an assessment you don't have to do it each session.

PROGRAM GUIDE

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BOARD OF DIRECTORS

PROSPECT HEIGHTS
Christina Ferraro, Chair

HOFFMAN ESTATES
Craig Talsma, Vice Chair

ARLINGTON HEIGHTS
Carrie Fullerton

BARTLETT
Rita Fletcher

BUFFALO GROVE
Ryan Risinger

ELK GROVE
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Bret Fahnstrom

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SOUTH BARRINGTON
Jay Morgan

STREAMWOOD
Jeffrey Janda

WHEELING
Jan Buchs

BOARD MEETING

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



GOALS

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

ABBREVIATIONS

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

CERTIFICATIONS

- CIA** Certified Inclusivity Assessor
- CPE** Certified Play Expert
- CPRP** Certified Park & Recreation Professional
- CTRS** Certified Therapeutic Recreation Specialist
- DSP** Direct Support Person
- QIDP** Qualified Intellectual Disabilities Professional

OFFICE HOURS

Monday - Friday
8:30 am - 5:00 pm
except holidays

Ph: 847/392-2848
Fax: 847/392-2870
TTY: 847/392-2855
Video Ph: 224/210-1616

After 5:00 pm voicemail
available.

STAFF DIRECTORY

ADMINISTRATION

Executive Director	Tracey Crawford, CTRS, CPRP	ext. 251
Supt. of Recreation	Andrea Griffin, CTRS, CPRP, CPE, CIA	ext. 235
Supt. of Recreation	Rachel Hubsch, CTRS, CPRP	ext. 231
Supt. of Administrative Services	Darleen Negrillo, PHR, SHRM-CP, CPRP	ext. 260
Supt. of Marketing and Communications	Tom Draper	ext. 263
Administrative Manager	Jessica Vasalos	ext. 265

MANAGEMENT

Manager of Special Recreation	Manuel Aguilar, CTRS, CPRP	ext. 258
Manager of Special Recreation	Jaclyn Moore, CTRS, CPRP, CPE	ext. 239
Manager of Collaborative Services	Lauren (LJ) Jevaney, CTRS, DSP, QIDP, CPE	ext. 246
Manager of Collaborative Services	Katrina Wiegand, CTRS, CPRP, DSP, QIDP, CPE	ext. 259
Manager of Support Services	Alexis Bell, CTRS	ext. 226
Manager of Inclusion Services	Victoria Gonzalez, CTRS, CPRP, CPE, CIA	ext. 237
Finance Manager	Miranda Woodard, MBA	ext. 253

COORDINATORS

Collaboratives Coordinator	Adrienne Adkins	ext. 276
Collaboratives Coordinator	Sarah Cuthbert, CTRS	ext. 236
Collaboratives Coordinator	Kate Moran, CTRS, QIDP, DSP	ext. 274
Collaboratives Coordinator	Danielle Olson, CTRS	ext. 238
Collaboratives Coordinator	Kaila Robinson, CPRP, QIDP, DSP	ext. 225
Graphic Communications Coordinator	Erika Flores	ext. 232
Inclusion Coordinator	Jordan Ross, CTRS, CIA	ext. 230
Inclusion Coordinator	Anita Trzebunia, CTRS, DSP	ext. 250
Inclusion Coordinator	Clariza Wickell, CTRS, DSP, CIA	ext. 257
IT Services Coordinator	Devin Morrison	ext. 220
Program Coordinator	Megan Quandt, CTRS, CPE	ext. 242
Support Services Coordinator	Ethen Frierson	ext. 261
Support Services Coordinator	Janae Winston, CTRS	ext. 249
Operations Coordinator	Josh Ruston	ext. 241

RECREATION SPECIALISTS

Recreation Specialist	Brianna Assad, CTRS	ext. 247
Recreation Specialist	Celine Ehert	ext. 268
Recreation Specialist	Kristen Stepniak	ext. 262
Recreation Specialist	Cassandra Lexa	ext. 266
Recreation Specialist	Rebecca Lizalde	ext. 254
Recreation Specialist	Andi Marfillius	ext. 228
Recreation Specialist	Lauren Otteman, CTRS	ext. 240
Recreation Specialist	Tania Meza - Sanchez, CTRS	ext. 233
Recreation Specialist	Samantha Tabert	ext. 243

SPECIAL LEISURE SERVICES FOUNDATION

Supt. of Development	Anne Kiwala	ext. 244
Foundation Manager	Liz Thomas, CPRP, QIDP, CPE	ext. 227
Events Coordinator	Megan O'Brien	ext. 267

SUPPORT STAFF

Office Coordinator	Michele Paradise	ext. 222
Receptionist	Mary Lou D'Astice	ext. 221
Registrar	Zofia Sobkiewicz	ext. 223

SPECIALITY LESSONS

SWIM

SWIM PROGRAM CLASSIFICATIONS

The Illinois Department of Public Health requires that all participants not completely toilet trained must wear tight fitting plastic under swimwear.

NWSRA staff along with Celtic Swim School provide quality swim lessons. The progressive technique used encourages confidence and strengthens gross motor skills toward the goal of unassisted swimming.

Individual Swim Lessons

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



INDIVIDUAL SWIM LESSONS - GOALS: M, P (30 MINUTE SWIM LESSON)

Please state your preferred times on the registration form. You will be called before the program with your time confirmation. **Meet on swim deck for all swim programs.**

Prog. #	Prog. Name	Day	Time	Dates	Location	Fee	Min/Max
1010	4 - 12 yrs.	M	4:00 - 7:00 pm	1/24 - 4/25	Arlington Ridge Center	\$324.00	2/6
1020	4 - 12 yrs.	T	4:00 - 7:00 pm	1/18 - 4/26	Wheeling Community Recreation Center	\$378.00	2/6
1030	4 - 12 yrs.	W	4:00 - 7:00 pm	1/19 - 4/27	Jack Claes Pavilion, Therapy Pool • Elk Grove Village	\$378.00	2/6

No Programs on: February 21 and March 21 - 23.

SPECIALITY LESSONS

Monday	Voice Lessons 4:00 - 6:00 pm	Horseback Riding Lessons 4:55 - 5:30 pm 5:40 - 6:15 pm 6:25 - 7:00 pm	Piano Lessons 6:00 - 8:30 pm
Tuesday	Guitar Lessons 3:30 - 6:00 pm	Drum Lessons 6:00 - 8:30 pm	

GOALS LEGEND

- C** Cognitive Skills
- CI** Community Integration
- HW** Health & Wellness
- I** Independent Functioning
- M** Motor Skills
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PRIVATE MUSIC LESSONS

All lessons are a 30 minute private lesson. Please state your preferred time on the registration form. You will be contacted before the program with your lesson time confirmation.

MUSIC

VOICE LESSONS • Age: 7 yrs. & older

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

No program on February 21 and March 21.

Group: All Abilities

Location: Rolling Meadows Community Center • NWSRA Wing

Min/Max: 1/5 per program

Goals: M, C

Prog. #	Dates	Day	Time	Fee
2025	1/24 - 4/25	M	4:00 - 6:00 pm	\$420.00

MUSIC

PIANO LESSONS • Age: 7 yrs. & older

Discover your musical talent and improve your rhythm, hand-eye and fine motor coordination, while learning to play the piano.

No program on February 21 and March 21.

Group: All Abilities

Location: Rolling Meadows Community Center • NWSRA Wing

Min/Max: 1/5 per program

Goals: M, C

Prog. #	Dates	Day	Time	Fee
2010	1/24 - 4/25	M	6:00 - 8:30 pm	\$420.00

MUSIC

GUITAR LESSONS • Age: 7 yrs. & older

Jam to great music, while learning about guitar technique and performance.

No program on March 22.

Group: All Abilities

Location: Rolling Meadows Community Center • NWSRA Wing

Min/Max: 1/5 per program

Goals: M, C

Prog. #	Dates	Day	Time	Fee
2030	1/18 - 4/26	T	3:30 - 6:00 pm	\$490.00

MUSIC

DRUM LESSONS • Age: 7 yrs. & older

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

No program on March 22.

Group: All Abilities

Location: Rolling Meadows Community Center • NWSRA Wing

Min/Max: 1/5 per program

Goals: M, C

Prog. #	Dates	Day	Time	Fee
2045	1/18 - 4/26	T	6:00 - 8:30 pm	\$490.00

SPECIAL EVENTS

Not able to commit to a weekly program? Join us for a one day special event in the community! **See page 39 for more details.**

SPECIALITY LESSONS



HORSEBACK RIDING LESSONS

In this progressive riding lesson you will learn basic skills required to ride a horse. Riding lessons are overseen by an instructor from Palatine Stables. Riders must display safe behavior when in close proximity to horses. Riders will be evaluated and individual goals will be set on the first night of the session. No experience necessary.

NOTE: Riders enrolled in this program must have adequate balance, mobility, posture and ability to maintain upper neck and trunk control. Helmets are provided, a waiver and medical form must be signed before the first day of class. The program is held indoors. **Participants must be under 150 pounds for the safety of the rider and horse. Riders are required to wear boots or shoes with a heel.**

Prog. #	Age	Day	Time	Dates	Location	Fee	Max	Goals
1845	6 yrs & older	M	4:55 - 5:30 pm	3/28 - 4/25	Palatine Stables	\$140.00	3	M, SI
1855	6 yrs & older	M	5:40 - 6:15 pm	3/28 - 4/25	Palatine Stables	\$140.00	3	M, SI
1850	6 yrs & older	M	6:25 - 7:00 pm	3/28 - 4/25	Palatine Stables	\$140.00	3	M, SI

No Programs on: April 11.

1:1 THERAPY PROGRAMMING

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

SNOEZELN SENSORY ROOM

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



Age: 3 yrs. & older

Group: All Abilities

Location: Rolling Meadows, Hanover Park, Mt. Prospect

Min/Max: 1/4 per program

Goals: SI

Prog. #	Dates	Day	Time	Fee
2410	1/24 - 4/25	M	2:30 - 6:15 pm	\$324.00
2420	1/18 - 4/26	T	2:30 - 6:15 pm	\$378.00
2430	1/19 - 4/27	W	2:30 - 6:15 pm	\$378.00
2440	1/20 - 4/28	Th	2:30 - 6:15 pm	\$378.00
2450	1/22 - 4/23	Sa	2:30 - 6:15 pm	\$351.00

No program on January 29, February 21, March 21-26, and April 16.

DREAM LAB

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



Age: 3 yrs. & older

Group: All Abilities

Location: Rolling Meadows Community Center • NWSRA Wing

Min/Max: 1/4 per program

Goals: C, I

Prog. #	Dates	Day	Time	Fee
2330	1/18 - 4/26	T	2:30 - 5:00 pm	\$280.00
2340	1/20 - 4/28	Th	2:30 - 5:00 pm	\$260.00

No program on January 27 and March 22 & 24.

COMMUNITY SENSORY GARDEN

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



Age: 3 yrs. & older

Group: All Abilities

Location: Hanover Park Community Center • Sensory Garden

Min/Max: 1/4 per program

Goals: SI, CI

Prog. #	Dates	Day	Time	Fee
2350	1/19 - 4/27	W	2:30 - 5:00 pm	\$280.00
2360	1/22 - 4/23	Sa	10:00 - 12:45 pm	\$220.00

No program on January 29, March 23 & 26, and April 16.

CLUB WELLNESS

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



Age: 3 yrs. & older

Group: All Abilities

Location: 2310 Central Community Center • NWSRA Wing

2320 Buffalo Grove Fitness Center • NWSRA Wing

Min/Max: 1/6 per program

Goals: HW, M

Prog. #	Dates	Day	Time	Fee
2310	1/19 - 4/27	W	2:30 - 5:15 pm	\$280.00
2320	1/21 - 4/29	F	2:30 - 6:00 pm	\$260.00

No program on January 28, March 23 & 25, and April 15.

ATHLETICS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Golf League 4:00 - 5:30 pm	Basketball Skills 5:30 - 6:30 pm	Snowshoe Team 5:30 - 7:00 pm	Golf League 4:00 - 5:30 pm	No Program	Gymnastics 8:00 - 8:45 am
Bocce Training 5:30 - 6:30 pm	Co-Rec Softball 6:30 - 7:30 pm	Alpine Ski Team 6:00 - 8:00 pm	Powerlifting Team 5:30 - 6:45 pm		
Swim Team 7:00 - 8:00 pm		Co-Rec Soccer 5:00 - 6:00 pm	Track and Field 5:30 - 6:30 pm 6:30 - 7:30 pm		

GOALS LEGEND

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

For more information please contact: Manuel Aguilar, CTRS, CPRP at manuela@nwsra.org or 847/392-2848, ext. 258.

COMPETITIVE

GOLF LEAGUE • Age: 16 yrs. & older

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

No program on May 30.

Group: All Ambulatory Athletes

Location: **7200** Arlington Lakes • Arlington Heights
7201 Nickol Knoll • Arlington Heights

Min/Max: 4/12

Ratio: 1:4 to Independent

Goals: M, S, HW

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

Prog. #	Dates	Day	Time	Fee
7200	4/11 - 6/27	M	4:00 - 5:30 pm	\$154.00
7201	4/14 - 6/30	Th	4:00 - 5:30 pm	\$168.00

COMPETITIVE

BOCCE TRAINING • Age: 16 yrs. & older

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 ramp.

No program on May 30, July 4, and September 5.

Group: All Ambulatory Athletes

Location: Park Central Field • Rolling Meadows

Min/Max: 5/15

Goals: M, S, HW

Ratio: 1:4 to Independent

Note: Registration accepted in the spring for the entire season. Participants may be eligible to compete in the fall for Special Olympics Regionals for Summer Games 2022. In case of inclement weather, program will be held at Park Central Teen Center.

Prog. #	Dates	Day	Time	Fee
2604	4/11 - 9/26	M	5:30 - 6:30 pm	\$246.00

SOCIAL CLUBS

Come socialize with friends while going out and having fun! Join one of the 5 social clubs with the potential of grooving at the Snowflake Ball, watching the Windy City Bulls beat the Long Island Nets and solving puzzles at an Escape Room! **For more details, see page 33.**

ATHLETICS

COMPETITIVE

SWIM TEAM • Age: 16 yrs. & older

Swimmers will work on strokes, developing their swimming techniques and endurance. Swimmers must be able to swim half a length of freestyle, face in water, unassisted and half a length of backstroke/back kick in the proper position to be ready to participate in this program. There will be no assistance in locker room or getting into the pool, staff will be giving instruction from the pool deck.

No program on February 21 and March 21.

Group: All Ambulatory Athletes

Location: Arlington Ridge Center • Arlington Heights

Min/Max: 5/15

Goals: M, S, HW

Ratio: 1:4 to Independent

Prog. #	Dates	Day	Time	Fee
7600	1/24 - 4/25	M	7:00 - 8:00 pm	\$132.00

COMPETITIVE

BASKETBALL SKILLS • Age: 16 yrs. & older

The focus of this program is developing skills, dribbling, shooting and all the fundamentals rather than team play. Athletes will have the opportunity to compete in Special Olympics Individual Skills Competition. Athletes can only compete in one division of Special Olympics competition, Individual Skills or Team.

Group: All Ambulatory Athletes

Location: Wheeling Fitness Center • Wheeling

Min/Max: 5/10

Goals: M, S, HW

Ratio: 1:4 to Independent

Prog. #	Dates	Day	Time	Fee
7000	1/18 - 2/22	T	5:30 - 6:30 pm	\$72.00

COMPETITIVE

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

Participants will practice and compete in tournament play with other special recreation associations through the summer. **Participants must participate in practices in order to compete during league play.**

Group: All Ambulatory Athletes

Location: Osage Park • Palatine

Min/Max: 11/30

Goals: M, S, HW

Ratio: 1:4 to Independent

Note: At first practice on April 12, athletes will be assessed from 6:30 - 7:30 pm at Osage Park, Palatine. 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. In case of inclement weather, program will be held at Conyers Learning Academy, Rolling Meadows.

Prog. #	Dates	Day	Time	Fee
7020	4/12 - 7/26	T	6:30 - 7:30 pm	\$192.00

COMPETITIVE

SNOWSHOE TEAM • Age: 16 yrs. & older

Designed for any level athlete. Dress appropriately for cold weather. To be eligible for Winter Games in Galena, athletes must attend six training nights and receive a gold medal at the Special Olympics Area Competition.

Group: All Ambulatory Athletes

Location: Teen Center • Rolling Meadows

Min/Max: 5/12

Goals: M, S, HW

Ratio: 1:4 to Independent

Prog. #	Dates	Day	Time	Fee
7060	1/5 - 1/26	W	5:30 - 7:00 pm	\$48.00





COMPETITIVE

CO-REC SOCCER • Age: 16 yrs. & older

Score with more soccer skills development and conditioning during the winter session and league play during the spring. **Participants must participate in practices in order to compete during league play. No program on March 23.**

Group: All Ambulatory Athletes
Location: Falcon Park • Palatine
Min/Max: 7/20
Goals: M, S, HW
Ratio: 1:4 to Independent

Prog. #	Dates	Day	Time	Fee
7040	2/9 - 4/27	W	5:00 - 6:00 pm	\$132.00



OVERNIGHT TRIPS

Want to go exploring a new town? Join us on a special trip to Naperville or Chicago this spring! **See page 32 for more details.**

COMPETITIVE

ALPINE SKI TEAM • Age: 16 yrs. & older

Enhance your core strength, increase stamina and enhance safety awareness through this challenging and fun program. This program is designed for the experienced skier. Athletes must be able to ski independently without additional assistance. Please bring \$16.00 for ski package rental and \$5.00 for helmet per day to cover equipment rental if needed. Dress appropriately for cold weather. To be eligible for State Winter Games, athletes must attend at least six trainings and demonstrate the ability to control and maneuver a downhill course based on the judgment of the training committee to compete with the Lightning Ski Team.

Group: All Ambulatory Athletes
Location: Wilmot, Wisconsin
Min/Max: 5/12
Goals: M, S, HW
Ratio: 1:4 to Independent

Prog. #	Dates	Day	Time	Fee
7070	1/5 - 1/26	W	6:00 - 8:00 pm	\$180.00

Transportation: 4:30pm Pick up/9:00pm Drop Off - NWSRA Park Central
Fee: \$32 Pick Up/Drop Off

COMPETITIVE

POWERLIFTING TEAM • Age: 16 yrs. & older

Improve athlete's general health, strength and quality of life. **No program on January 27 and March 24.**

Group: All Ambulatory Athletes
Location: Wheeling Fitness Center • Wheeling
Min/Max: 5/12
Goals: M, S, HW
Ratio: 1:4 to Independent

Prog. #	Dates	Day	Time	Fee
7030	1/20 - 4/28	Th	5:30 - 6:45 pm	\$168.00

ATHLETICS

COMPETITIVE

TRACK & FIELD • Age: 16 yrs. & older

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

No program on March 24.

Group: All Ambulatory Athletes

Location: Sandburg Jr. High • Rolling Meadows

Min/Max: 5/30

Goals: M, S, HW

Ratio: 1:4 to Independent

Prog. #	Dates	Day	Time	Fee
7050	2/10 - 4/28	Th	5:30 - 6:30 pm	\$132.00
7051	2/10 - 4/28	Th	6:30 - 7:30 pm	\$132.00

COMPETITIVE

GYMNASTICS TEAM • Age: 8 yrs. & older

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

No program on January 29, March 26 and April 16.

Group: All Ambulatory Athletes

Location: Palatine Community Center

Min/Max: 5/15

Goals: M, S, HW

Ratio: 1:4 to Independent

Note: Team leotards will be purchased in the spring if athlete decides to compete

Prog. #	Dates	Day	Time	Fee
7300	1/22 - 5/7	Sa	8:00 - 8:45 am	\$168.00



BECOME A BOOSTER!

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

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

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

If you are interested in joining or learning more about Booster Club activities, please contact Liz Thomas at 847/392-2848 ext. 227 or e-mail lizt@slsf.me

EARLY CHILDHOOD AGE: 2 - 5 YEARS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Clay Play 5:00 - 5:45 pm	Movin' and Groovin' 4:00 - 4:45 pm	Sensory Scientist 4:00 - 4:45 pm	Movin' and Groovin' 4:00 - 4:45 pm	No Programs	Parent and Child Music Theory 9:00 - 9:45 am
					Saturday Clubhouse 10:00 - 12:00 pm 12:30 - 2:30 pm
					Tumbling Tots 1:30 - 2:15 pm

GOALS LEGEND

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SOCIAL

CLAY PLAY • Age: 3 - 5 yrs.

Get messy and create unique ceramic pieces! Fee includes ceramic instruction, glaze, firing, and greenware.

No program on February 21 and March 21.

Group: All Abilities & Siblings

Location: Thrown Elements • Arlington Heights

Min/Max: 4/6

Ratio: 1:1 to Independent

Goals: M, SE, SI

Prog. #	Dates	Day	Time	Fee
1210	1/24 - 4/25	M	5:00 - 5:45 pm	\$300.00

SOCIAL

MOVIN' AND GROOVIN' • Age: 3 - 5 yrs.

Come join your peers and get your wiggles out by dancing around while playing games.

No program on January 27 and March 22 & 24.

Group: All Abilities & Siblings

Location: 1690 Rolling Meadows Community Center • NWSRA Wing
1695 Bartlett Community Center

Min/Max: 4/6

Ratio: 1:1 to Independent

Goals: M, SE, I

Prog. #	Dates	Day	Time	Fee
1690	1/18 - 4/26	T	4:00 - 4:45 pm	\$182.00
1695	1/20 - 4/28	Th	4:00 - 4:45 pm	\$182.00

SNOZELEN SENSORY THERAPY ROOM

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 in the Snoezelen Room is available Monday - Saturday, see page 8.



EARLY CHILDHOOD



SOCIAL

SENSORY SCIENTIST • Age: 3 - 5 yrs.

Join your peers and develop social interaction and teamwork skills through play. Each week there will be a new sensory theme for the participants to explore. **This program is overseen by a Certified Play Expert (CPE).**
No program on March 23.

Group: All Abilities & Siblings

Location: Rolling Meadows Community Center • NWSRA Wing

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: M, SE

Prog. #	Dates	Day	Time	Fee
1635	1/19 - 4/27	W	4:00 - 4:45 pm	\$210.00

THERAPY

PARENT AND CHILD MUSIC THERAPY • Age: 0 - 5 yrs.

Come sing, rock, dance, and play with your little one! This early childhood class is filled with live music and focuses on creating a positive bond between child and caregiver. Experience the benefits of a class led by a Board-Certified Music Therapist, an expert in using music to reach developmental goals. You'll take home lots of ideas for using music with your child. Children of all abilities are welcome!
No program on January 29, March 26, and April 16.

Group: Early Childhood & Siblings

Location: Rolling Meadows Community Center • NWSRA Wing

Min/Max: 4/10

Ratio: 1:1 to Independent

Goals: M, SE

Prog. #	Dates	Day	Time	Fee
1970	1/22 - 4/23	Sa	9:00 - 9:45 am	\$330.00

SOCIAL

SATURDAY CLUBHOUSE • Age: 3 - 5 yrs.

Enhance cognitive, fine motor and social skills through playing games, fitness, music and crafts.
No program on January 29, March 26, and April 16.

Group: All Abilities & Siblings

Location: Rolling Meadows Community Center • NWSRA Wing

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: M, SE

Prog. #	Dates	Day	Time	Fee
2730	1/22 - 4/23	Sa	10:00 - 12:00 pm	\$187.00
2735	1/22 - 4/23	Sa	12:30 - 2:30 pm	\$187.00

SKILL DEVELOPMENT

TUMBLING TOTS • Age: 3 - 5 yrs.

Leap into action while developing poise, flexibility and strength! In this program, your child will enhance gross motor, balance and basic gymnastics skills.

No program on January 29, March 26, and April 16.

Group: All Abilities & Siblings

Location: Voegelei Park & Barn • Hoffman Estates

Min/Max: 4/6

Ratio: 1:1 to Independent

Goals: M, SE

Prog. #	Dates	Day	Time	Fee
1560	1/22 - 4/23	Sa	1:30 - 2:15 pm	\$165.00

SCHOOL AGE

AGE: 6 - 21 YEARS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rock n' Bowl 3:30 - 5:00 pm	Broadway Buddies 4:30 - 5:30 pm	Young Chef's 4:00 - 5:00 pm	Travelin' Teens 3:30 - 5:30 pm	Tech Explorers 4:30 - 5:30 pm	Shooting Stars 10:00 - 12:30 pm
Crafty Creators 4:00 - 5:00 pm	Autism Movement Therapy 5:15 - 6:00 pm	Pakour 4:30 - 5:30 pm 5:30 - 6:30 pm	Autism Movement Therapy 5:15 - 6:00 pm		District Travelers 10:00 - 12:30 pm
	Recess Games and Sports 5:30 - 6:15 pm	Sensory Scientist 5:00 - 5:45 pm	Recipe Makers 5:30 - 7:00 pm		Rise n' Bowl 10:00 - 12:30 pm
			Level Up Gaming 6:00 - 7:00 pm		Superstars 1:00 - 3:30 pm
					District Travelers 1:00 - 3:30 pm
					Spare Time Bowlers 1:00 - 3:30 pm
					Gymnastics 3:00 - 3:45 pm

VIRTUAL PROGRAMMING

Not ready for in-person programs? Don't worry we have plenty of programs you can do in the comfort of your own home while still meeting your goals. See page 29 for virtual programs offerings.

SOCIAL

ROCK N' BOWL • Age: 14 - 21 yrs.

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

No program on February 21 and March 21.

Group: All Abilities

Location: Bowerlo • Mount Prospect

Min/Max: 4/20

Ratio: 1:4 to Independent

Goals: CI, SE

Prog. #	Dates	Day	Time	Fee
1255	1/24 - 4/25	M	3:30 - 5:00 pm	\$252.00

THERAPY

AUTISM MOVEMENT THERAPY® • Age: 6 - 10 yrs.

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.

No program on January 27 and March 22 & 24.

Group: Autism Spectrum

Location: 1680 Bartlett Community Center

1685 Rolling Meadows Community Center • NWSRA Wing

Min/Max: 4/6

Ratio: 1:1 to Independent

Goals: M, SI

Prog. #	Dates	Day	Time	Fee
1680	1/18 - 4/26	T	5:15 - 6:00 pm	\$238.00
1685	1/20 - 4/28	Th	5:15 - 6:00 pm	\$221.00

SKILL DEVELOPMENT

CRAFTY CREATORS • Age: 14 - 21 yrs.

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

No program on February 21 and March 21.

Group: All Abilities

Location: Jack A. Claes Pavillion • Elk Grove Village

Min/Max: 4/15

Ratio: 1:1 to Independent

Goals: HW, SE

Prog. #	Dates	Day	Time	Fee
2495	1/24 - 4/25	M	4:00 - 5:00 pm	\$156.00

SKILL DEVELOPMENT

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

Join your peers and develop the skills to play recess games and improve your sports skills. This program works to develop an understanding of the games and motor skills to participate in various sports. Enhance proper social interaction and working with others while having fun. **This program is overseen by a Certified Play Expert (CPE).**

No program on March 22.

Group: All Abilities

Location: Willow Recreation Center • Hoffman Estates

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: HW, M

Prog. #	Dates	Day	Time	Fee
1600	1/18 - 4/26	T	5:30 - 6:15 pm	\$182.00

SCHOOL AGE

GOALS LEGEND

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



SKILL DEVELOPMENT?

BROADWAY BUDDIES • Age: 11 - 18 yrs.

Big Deal Productions and NWSRA are pleased to be together again this year. The newly envisioned Broadway Buddies program is back and led again by Elise Hackl of A Squared Arts. In our accessible program, our community will work together to gain confidence, learn ensemble skills, and integrate acting techniques, as we work to put together our performance of "Once On This Island, A Review," which will be performed on May 13 and 14. For more information, contact Jessi Hersman at 847/850-2162 or jessi@bgparks.org.

No program on March 23.

Group: All Abilities
Location: Community Arts Center • Buffalo Grove
Min/Max: 4/20
Ratio: 1:2 to Independent
Goals: SE, I, CI

Prog. #	Dates	Day	Time	Fee
2070	1/18 - 5/17	T	4:30 - 5:30 pm	\$200.00

SKILL DEVELOPMENT

YOUNG CHEFS • Age: 12 - 16 yrs.

Learn kitchen and cooking basics while socializing with your peers. Each participant will create and eat their own healthy snack/appetizer.

No program on March 23.

Group: All Abilities
Location: Schaumburg Community Recreation Center
Min/Max: 4/10
Ratio: 1:2 to Independent
Goals: HW, SE

Prog. #	Dates	Day	Time	Fee
1390	1/19 - 4/27	W	4:00 - 5:00 pm	\$238.00

SKILL DEVELOPMENT

PARKOUR • 1610: 6 - 13 yrs. 1615: Age: 14 - 18 yrs.

Enjoy parkour fitness through obstacle course training, at your own pace. A certified instructor will work with you to learn basic skills mixed with movement activities such as free running, strength and agility.

No program on March 23.

Group: All Ambulatory
Location: The Zone • Mt. Prospect
Min/Max: 4/10
Ratio: 1:2 to Independent
Goals: HW, M

Prog. #	Dates	Day	Time	Fee
1610	1/19 - 4/27	W	4:30 - 5:30 pm	\$252.00
1615	1/19 - 4/27	W	5:30 - 6:30 pm	\$252.00

SOCIAL

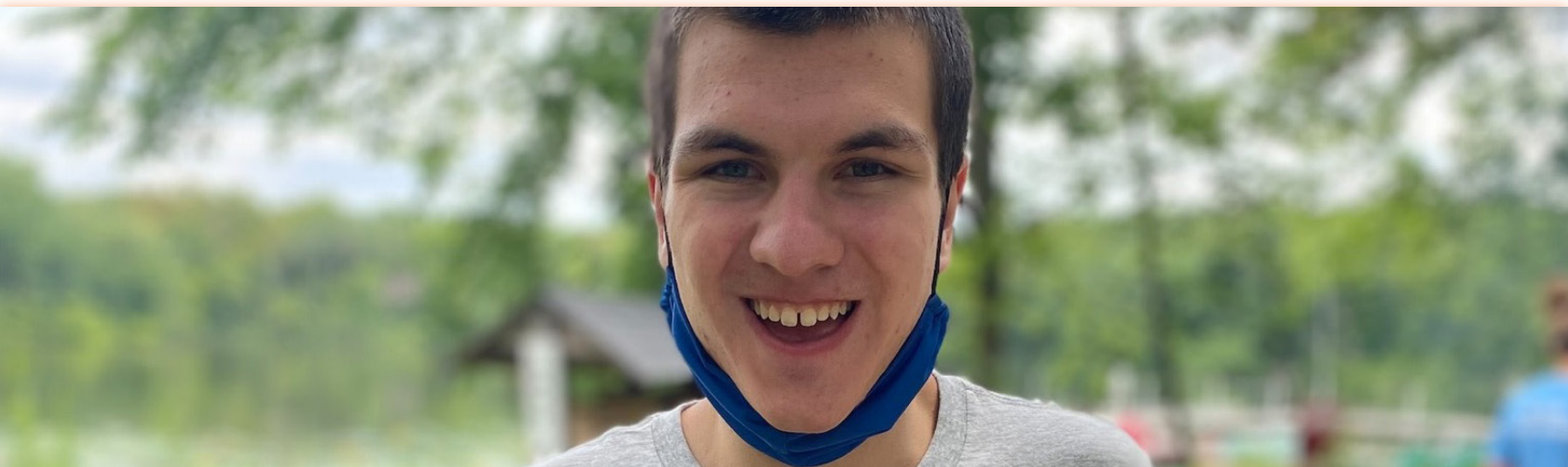
SENSORY SCIENTIST • Age: 6 - 8 yrs.

Join your peers and develop social interaction and teamwork skills through play. Each week there will be a new sensory theme for the participants to explore. **This program is overseen by a Certified Play Expert (CPE).**

No program on March 23.

Group: All Abilities
Location: Rolling Meadows Community Center • NWSRA Wing
Min/Max: 4/8
Ratio: 1:1 to Independent
Goals: SI

Prog. #	Dates	Day	Time	Fee
1640	1/19 - 4/27	W	5:00 - 5:45 pm	\$210.00



SKILL DEVELOPMENT

RECIPE MAKERS • Age: 17 - 21 yrs.

Work together as a group to create a menu for the season. Each week the group will work together to make a recipe come to life. A recipe book will be given to each participant at the end of the session.

No program on January 27 and March 24.

Group: All Abilities

Location: Weiss Community Center • Mt. Prospect

Min/Max: 4/15

Ratio: 1:1 to Independent

Goals: HW, SE

Prog. #	Dates	Day	Time	Fee
2150	1/20 - 4/28	Th	5:30 - 7:00pm	\$273.00

SOCIAL

TRAVELIN' TEENS • Age: 14 - 21 yrs.

Improve independence, money management skills and socialization. Activities are planned by the participants and may include trips to the mall, nature centers, bowling alley and more. A schedule will be given to families the second week.

No program on January 27 and March 24.

Group: All Abilities

Location: Teen Center • Rolling Meadows

Min/Max: 4/10

Ratio: 1:2 to Independent

Goals: CI, SE

Prog. #	Dates	Day	Time	Fee
1380	1/20 - 4/28	Th	3:30 - 5:30 pm	\$294.00

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

Fee: \$56 one way, \$112 round trip

Transportation Location	Pick Up	Drop Off
Hoffman Estates High School	2:45 pm	None
Palatine High School	3:30 pm	None
Hersey High School	3:00 pm	None
Triphahn Center • Hoffman Estates	None	6:00 pm
Gary Morava • Prospect Heights	None	5:45 pm

SKILL DEVELOPMENT

LEVEL UP GAMING • Age: 12 - 16 yrs.

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

No program on January 27 and March 24.



Group: All Abilities & Siblings

Location: Rolling Meadows Community Center • Dream Lab

Min/Max: 4/6

Ratio: 1:4 to Independent

Goals: C, SE

Prog. #	Dates	Day	Time	Fee
2100	1/20 - 4/28	Th	6:00 - 7:00 pm	\$221.00

SKILL DEVELOPMENT

TECH EXPLORERS • Age: 17 - 21 yrs.

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

No program on January 29, March 25, and April 15.



Group: All Abilities

Location: Rolling Meadows Community Center • Dream Lab

Min/Max: 4/8

Ratio: 1:4 to Independent

Goals: C, I

Prog. #	Dates	Day	Time	Fee
2120	1/21 - 4/29	F	4:30 - 5:30 pm	\$204.00

SOCIAL

RISE N' BOWL • Age: 16 - 21 yrs.

Start your morning off right with socializing and bowling with your friends before your Saturday afternoon program. If you selected transportation for your afternoon program, the fee includes transportation from Rise N' Bowl to your afternoon program. If you did not need transportation for your afternoon program, please add \$56 to your registration in order to have transportation to your afternoon program from Rise N' Bowl.

No program on January 29, March 26, and April 16.

Group: All Abilities

Location: Bowlero • Mt. Prospect

Min/Max: 4/20

Ratio: 1:2 to Independent

Goals: M, SE

Prog. #	Dates	Day	Time	Fee
1230	1/22 - 4/23	Sa	10:00 - 12:30 pm	\$231.00

Transportation: One way to or from another Saturday program.

Fee: \$56

SOCIAL

SHOOTING STARS • 2770 Age: 6 - 10 yrs.

2780 Age: 6 - 10 yrs.

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

No program on January 29, March 26, and April 16.

Group: All Abilities

Location: 2770 Wheeling Community Center • NWSRA Wing

2780 Bartlett Community Center

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: M, SE

Prog. #	Dates	Day	Time	Fee
2770	1/22 - 4/23	Sa	10:00 - 12:30 pm	\$187.00
2780	1/22 - 4/23	Sa	10:00 - 12:30 pm	\$187.00

SCHOOL AGE

SOCIAL

DISTRICT TRAVELERS • Age: 13 - 21 yrs.

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

No program on January 29, March 26, and April 16.

Group: All Abilities
Location: Palatine Community Center
Min/Max: 4/10
Ratio: 1:4 to Independent
Goals: CI, SE

Prog. #	Dates	Day	Time	Fee
2500	1/22 - 4/23	Sa	10:00 - 12:30 pm	\$275.00
2505	1/22 - 4/23	Sa	1:00 - 3:30 pm	\$275.00

Transportation: Please indicate pick up and drop off location on registration.
Fee: \$56 one way, \$112 round trip

Transportation Location	Pick Up	Drop Off
Hanover Park Community Center	9:30 am/12:30 pm	1:00 pm/4:00pm
Buffalo Grove Fitness Center	9:30 am/12:30 pm	1:00 pm/4:00pm

SOCIAL

SPARE TIME BOWLERS • Age: 16 - 21 yrs.

Come extend your day while socializing and bowling with friends after your morning Saturday program. If you selected transportation for your morning program, the fee includes transportation to Spare Time Bowlers after your morning program. If you did not need transportation to your morning program, please add \$56 to your registration in order to have transportation from your morning program to Spare Time Bowlers.

No program on January 29, March 26, and April 16.

Group: All Abilities
Location: Bowlero - Mt. Prospect
Min/Max: 4/20
Ratio: 1:2 to Independent
Goals: M, SE

Prog. #	Dates	Day	Time	Fee
1240	1/22 - 4/23	Sa	1:00 - 3:30 pm	\$231.00

Transportation: One way to or from another Saturday program.
Fee: \$56

SOCIAL

SUPERSTARS • 2775 Age: 11 - 15 yrs. 2785 Age: 11 - 15 yrs.

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

No program on January 29, March 26, and April 16.

Group: All Abilities
Location: 2775 Wheeling Community Center • NWSRA Wing
 2785 Bartlett Community Center
Min/Max: 4/8
Ratio: 1:1 to Independent
Goals: M, SE

Prog. #	Dates	Day	Time	Fee
2775	1/22 - 4/23	Sa	1:00 - 3:30 pm	\$231.00
2785	1/22 - 4/23	Sa	1:00 - 3:30 pm	\$231.00

SKILL DEVELOPMENT

GYMNASTIC SKILLS • Age: 6 - 8 yrs.

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

No program on January 29, March 26, and April 16.

Group: All Ambulatory
Location: Vogeley Park & Barn • Hoffman Estates
Min/Max: 4/8
Ratio: 1:1 to Independent
Goals: M, SE

Prog. #	Dates	Day	Time	Fee
1565	1/22 - 4/23	Sa	3:00 - 3:45pm	\$165.00

1:1 THERAPY PROGRAMMING

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





HANGOUT



FUN ACTIVITIES



MEET NEW FRIENDS



SIBSHOPS

Locations

Hanover Park Community Center
1919 Walnut Avenue
Hanover Park, IL 60133

Buffalo Grove Fitness Center
601 Deerfield Parkway
Buffalo Grove, IL 60089

Rolling Meadows Community Center
3705 Pheasant Drive
Rolling Meadows, IL 60008

Central Community Center
1000 W Central Road
Mt. Prospect, IL 60056

Schedule

6405: Thursday, February 17
Hanover Park Community Center

6406: Thursday, March 24
Buffalo Grove Community Center

6407: Thursday, April 21
Rolling Meadows Community Center

6408: Thursday, May 19
Central Community Center

Time 4:30 pm - 6:30 pm

Presented by:



A GROUP FOR SIBLINGS OF CHILDREN WITH SPECIAL NEEDS

Sibshops provides opportunities for siblings of children with special needs to meet other siblings and engage in peer support in a recreational setting.

FOR SIBLINGS OF CHILDREN WITH SPECIAL NEEDS AGES 5 - 12 YEARS OLD
Teens may volunteer as helpers. Max:5
Parent support group meets during the program

Fee: \$10.00 per program
Registration forms can be found at nwsra.org/sibshops. Forms are due one week prior to event. For more information or to register please contact **LJ Jevaney** at ljevaney@nwsra.org or 847/392-2848 ext. 246

SPRING DAY CAMPS



Register now for camps filled with crafts, gym activities, swimming and socializing. Community outings will be planned for one day a week. Please select the appropriate camp below.

Ratio: 1:1 to Independent
Goals: CI, HW, I, M, P, SE, SI
Registration Deadline: February 28

Please contact Jacki Moore, jmoore@nwsra.org if your child requires transportation to attend.



Camp Name	Prog. #	Min/Max	Dates	Time	Ages	Location	Fee
little sunflowers	4310				3 - 7 years	Plum Grove Park Palatine	
Spring it Up!	4320				7 - 14 years	RecPlex Mt. Prospect	
RAINBLAZERS	4330	5/15 per camp	All Camps March 21 - 25	All Camps 8:30 am - 2:30 pm	14 - 21 years	Wheeling Community Recreation Center	\$240.00 per camp
RAINBLAZERS	4340				14 - 21 years	Bartlett Community Center	

NOTE: Register early, as these camps fill up quickly. Registrations are received on a first come, first served basis. After the maximum has been met, a waiting list will be started with every effort made to accommodate those on the waiting list. Participants are grouped by age and ability. **Bring a labeled sack lunch, drink, snack, swimsuit, and towel each day. Participants not yet toilet trained must wear snug fitting plastic pants under their swimsuit. Dress appropriately for the weather.**

PREVIEW TO SUMMER CAMP

8 Week Camp Dates: June 8 - August 7

5 Week Camp Dates: July 6 - August 7

Day Camp Hours: 8:30 am - 2:30 pm

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

School District Camp Dates based on school district ESY Calendar.

Registration Opens: Monday, March 7

Early Bird Registration Ends: Monday, April 4

Registration Ends: Monday, April 18

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





ADULTS

AGE: 21 YEARS AND OLDER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exercise and Swim 3:30 - 5:30 pm	Afternoon Club 3:30 - 5:30 pm	Meet N' Place 10:00 am - 12:00 pm	Exercise and Swim 3:30 - 5:30 pm	Pin Strikers 3:30 - 5:30 pm	Rise N' Bowl 10:00 - 12:30 pm
Ceramics 6:00 - 7:30 pm	Mindfulness Musketeers 4:30 - 5:30 pm	Strength & Conditioning 1:00 - 2:00 pm	Dinner Club 4:00 - 6:00 pm		Community Travelers 10:00 - 12:30 pm 1:00 - 3:30 pm
Sport Fanatics 7:00 - 9:00 pm	Media Meet Up 6:00 - 7:00 pm	Aqua Exercise 2:30 - 3:30 pm	Staying Fit 5:30 - 6:30 pm 6:30 - 7:30 pm		Venture Squad 10:00 - 12:30 pm 1:00 - 3:30 pm
		Cuisine Critics 3:30 - 5:30 pm	Walk Across America 5:30 - 6:30 pm 6:30 - 7:30 pm		Lunch Crew 11:00 am - 1:00 pm
		Happy Hour 4:00 - 5:00 pm 5:00 - 6:00 pm	Young Adults Rockin' 7:00 - 9:00pm		Spare Time Bowlers 1:00 - 3:30 pm
		Partner Bowl 5:00 - 7:00 pm			DIY Masters 3:00 - 4:00 pm
		Club Wellness 5:30 - 6:30 pm			

GOALS LEGEND

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



SOCIAL

CERAMICS • Age: 21 yrs. & older

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

No program on February 21 and March 21.

Group: All Abilities

Location: Thrown Elements Pottery • Arlington Heights

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: M, SI, CI

Prog. #	Dates	Day	Time	Fee
1985	1/24 - 4/25	M	6:00 - 7:30 pm	\$300.00

SOCIAL

SPORT FANATICS • Age: 21 yrs. & older

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

No program on January 17, February 21, and March 21.

Group: All Abilities

Location: Burger Baron • Arlington Heights

Min/Max: 4/20

Ratio: 1:4 to Independent

Goals: SE, CI

Prog. #	Dates	Day	Time	Fee
1460	1/24 - 4/25	M	7:00 - 9:00 pm	\$180.00

VIRTUAL PROGRAMMING

Not ready for in-person programs? Don't worry we have plenty of programs you can do in the comfort of your own home while still meeting your goals. **See page 29 for virtual programs offerings.**

ADULTS • AFTER DAY PROGRAM ACTIVITIES

HEALTH AND WELLNESS

EXERCISE AND SWIM • Age: 21 yrs. & older

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

No program on January 27, February 21, and March 21 & 24.

Group: All Abilities

Location: 1340 Rec Plex • Mt. Prospect
1350 Wheeling Community Center

Min/Max: 4/15

Ratio: 1:2 to Independent

Goals: M, HW, SE

Prog. #	Dates	Day	Time	Fee
1340	1/24 - 4/25	M	3:30 - 5:30 pm	\$252.00
1350	1/20 - 4/28	Th	3:30 - 5:30 pm	\$273.00

Monday Transportation Fee: \$48 one way, \$96 round trip

Thursday Transportation Fee: \$56 one way, \$112 round trip

SOCIAL

AFTERNOON CLUB • Age: 21 yrs. & older

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

No program on March 22.

Group: All Abilities

Location: Schaumburg Community Recreation Center

Min/Max: 4/15

Ratio: 1:1 to Independent

Goals: SE, C, I

Prog. #	Dates	Day	Time	Fee
1370	1/18 - 4/26	T	3:30 - 5:30 pm	\$210.00

Transportation Fee: \$56 one way, \$112 round trip

Transportation: Please indicate desired pick up/drop off location on the registration form. If you can pick up at the program location, you only need to pay the one way transportation fee.

Transportation Location	Pick Up	M Drop Off	T Drop Off	W Drop Off	Th Drop Off	F Drop Off
PURSUIT • Hanover Park	2:30 pm	6:30 pm	6:00 pm	6:30 pm	6:45 pm	None
Schaumburg Community Recreation Center	3:00 pm	6:00 pm	None	6:00 pm	6:15 pm	5:45 pm
Falcon Park • Palatine	3:00 pm	6:00 pm	6:00 pm	6:00 pm	6:00 pm	6:00 pm
Little City/Countryside Workshop • Schaumburg	2:45 pm	None	None	None	None	None
NWSRA Park Central	None	6:30 pm	6:30 pm	6:30 pm	6:30 pm	6:30 pm

SKILL DEVELOPMENT

CUISINE CRITICS • Age: 21 yrs. & older

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

No program on March 23.

Group: All Abilities

Location: Plum Grove Park • Palatine

Min/Max: 4/15

Ratio: 1:4 to Independent

Goals: HW, C, I

Prog. #	Dates	Day	Time	Fee
2140	1/19 - 4/27	W	3:30 - 5:30 pm	\$294.00

Transportation Fee: \$56 one way, \$112 round trip

SOCIAL

PIN STRIKERS • Age: 21 yrs. & older

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

No program on January 28, March 25, and April 15.

Group: All Abilities

Location: Streamwood Bowl • Streamwood

Min/Max: 4/20

Ratio: 1:2 to Independent

Goals: SE, P

Prog. #	Dates	Day	Time	Fee
1265	1/21 - 4/29	F	3:30 - 5:30 pm	\$252.00

Transportation Fee: \$48 one way, \$96 round trip





PURSUIT

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.

For more information about PURSUIT, see page 28.

HEALTH AND WELLNESS

MINDFULNESS MUSKETEERS • Age: 21 - 35 yrs.

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

No program on March 22.

Group: All Abilities

Location: Rolling Meadows Community Center • Dream Lab

Min/Max: 4/6

Ratio: 1:2 to Independent

Goals: SE, M



Prog. #	Dates	Day	Time	Fee
2110	1/18 - 4/26	T	4:30 - 5:30pm	\$238.00

SOCIAL

MEET N' PLACE • Age: 21 yrs. & older

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

No program on March 23.

Group: PV

Location: Teen Center • Rolling Meadows

Min/Max: 4/8

Ratio: 1:2 to Independent

Goals: SE, C

Prog. #	Dates	Day	Time	Fee
1870	1/19 - 4/27	W	10:00 - 12:00 pm	\$252.00

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

Fee: \$70 one way door-to-door, \$140 round trip door-to-door

SOCIAL

MEDIA MEET UP • Age: 21 yrs. & older

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

No program on March 22.



Group: All Abilities

Location: Rolling Meadows Community Center • Dream Lab

Min/Max: 4/6

Ratio: 1:1 to Independent

Goals: I, C

Prog. #	Dates	Day	Time	Fee
2105	1/18 - 4/26	T	6:00 - 7:00 pm	\$238.00

HEALTH AND WELLNESS

AQUA EXERCISE • Age: 21 yrs. & older

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

No program on March 23.

Group: All Abilities

Location: Schaumburg Community Recreation Center

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: P, HW

Prog. #	Dates	Day	Time	Fee
1180	1/19 - 4/27	W	2:30 - 3:30 pm	\$238.00

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

Fee: \$56 one way drop off

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

ADULTS



HEALTH AND WELLNESS

STRENGTH & CONDITIONING • Age: 21 yrs. & older
Get a great workout in the fitness center improving muscle tone, weight management, coordination, agility and flexibility.
No program on March 23.

Group: All Abilities
Location: Schaumburg Community Recreation Center
Min/Max: 4/8
Ratio: 1:2 to Independent
Goals: P, HW

Prog. #	Dates	Day	Time	Fee
1080	1/19 - 4/27	W	1:00 - 2:00 pm	\$210.00

SOCIAL

PARTNER BOWL • Age: 21 yrs. & older
Make friends, socialize and bowl! Bowl three games each week. Registration is on a first come first serve basis for 50 participants and 10 partners.
No program on March 23.

Group: All Abilities
Location: Elk Grove Bowl
Min/Max: 4/60
Ratio: 1:4 to Independent
Goals: P, HW

Prog. #	Dates	Day	Time	Fee
1300	1/19 - 4/27	W	6:00 - 8:00 pm	\$35.00

SOCIAL

HAPPY HOUR • Age: 35 yrs. & older

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

No program on March 23.

Group: All Abilities

Location: Plum Grove Park • Palatine

Min/Max: 4/20

Ratio: 1:2 to Independent

Goals: HW, C, SE

Prog. #	Dates	Day	Time	Fee
1830	1/19 - 4/27	W	4:00 - 5:00pm	\$238.00
1835	1/19 - 4/27	W	5:00 - 6:00pm	\$238.00

HEALTH AND WELLNESS

CLUB WELLNESS • Age: 21 yrs. & older

Club Wellness is a complete activity-rich program of fitness, nutrition and wellness training designed specifically for people with intellectual disabilities, and effective for all. This unique program builds a team culture of inclusion, support and encouragement which is led by a certified Club Wellness Trainer.

No program on March 23.



Group: All Abilities

Location: Central Community Center • NWSRA Wing

Min/Max: 4/10

Ratio: 1:4 to Independent

Goals: HW, P, I

Prog. #	Dates	Day	Time	Fee
2060	1/19 - 4/27	W	5:30 - 6:30 pm	\$252.00

HEALTH AND WELLNESS

STAYING FIT • 1740 Age: 21 - 35 yrs.

- 1750 Age: 35 yrs. & older

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

No program on January 29 and March 24.

Group: All Abilities

Location: Park Place Family Recreation Center • Streamwood

Min/Max: 4/10

Ratio: 1:2 to Independent

Goals: HW, P, I

Prog. #	Dates	Day	Time	Fee
1740	1/20 - 4/28	Th	5:30 - 6:30 pm	\$195.00
1750	1/20 - 4/28	Th	6:30 - 7:30 pm	\$195.00

SOCIAL

YOUNG ADULTS ROCKIN' • Age: 21 - 35 yrs.

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

No program on January 27 and March 24.

Group: All Abilities

Location: Rolling Meadows Community Center • NWSRA Wing

Min/Max: 4/15

Ratio: 1:4 to Independent

Goals: CI, I, SE

Prog. #	Dates	Day	Time	Fee
1490	1/20 - 4/28	Th	7:00 - 9:00 pm	\$195.00

SOCIAL

DINNER CLUB • Age: 21 yrs. & older

Explore a different culture or style of cuisine through in-house cooking and restaurants. Two local restaurants included in price.

No program on January 27 and March 24.

Group: PV

Location: Rolling Meadows Community Center • Card Room

Min/Max: 4/8

Ratio: 1:1 to Independent

Goals: HW, SE, CI

Prog. #	Dates	Day	Time	Fee
1880	1/20 - 4/28	Th	4:00 - 6:00 pm	\$273.00

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

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

HEALTH AND WELLNESS

WALK ACROSS AMERICA

- 1755 Age: 21 - 35 yrs.
- 1760 Age: 35 yrs. & older

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

No program on January 27 and March 24.

Group: All Abilities

Location: Wheeling Community Recreation Center

Min/Max: 4/15

Ratio: 1:2 to Independent

Goals: HW, SE

Prog. #	Dates	Day	Time	Fee
1755	1/20 - 4/28	Th	5:30 - 6:30 pm	\$195.00
1760	1/20 - 4/28	Th	6:30 - 7:30 pm	\$195.00

ADULTS

SOCIAL CLUBS

Come socialize with friends while going out and having fun! Join one of our 5 social clubs with the potential of grooving at the Snowflake Ball, watching the Windy City Bulls beat the Long Island Nets and solving puzzles at an Escape Room! **For more details, see page 33.**

SOCIAL

LUNCH CREW • Age: 21 yrs. & older

Come grab lunch and hang with your friends, playing games, learning how to create healthy snacks and incorporate healthy habits for the week to come. Please bring a labeled lunch and drink.
No program on January 29, March 26, and April 16.

Group: All Abilities
Location: Weiss Community Center • Mt. Prospect
Min/Max: 4/8
Ratio: 1:1 to Independent
Goals: SE, I

Prog. #	Dates	Day	Time	Fee
2600	1/22 - 4/23	Sa	11:00 - 1:00 pm	\$165.00

SOCIAL

COMMUNITY TRAVELERS • Age: 21 yrs. & older

Improve independence, community awareness, socialization and positive use of leisure time through participation in community activities. A schedule of activities will be distributed the first week. Please bring a labeled sack lunch and drink. NWSRA reserves the right to determine an individual's readiness to participate in this traveling program.
No program on January 29, March 26, and April 16.

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

Group: All Abilities
Location: Teen Center • Rolling Meadows
Min/Max: 4/10
Ratio: 1:4 to Independent
Goals: CI, SE

Prog. #	Dates	Day	Time	Fee
2540	1/22 - 4/23	Sa	10:00 - 12:30 pm	\$275.00
2550	1/22 - 4/23	Sa	1:00 - 3:30 pm	\$275.00

Transportation: Please indicate pick up and drop off location on registration.
Fee: \$56 one way, \$112 round trip

Transportation Location	Pick Up	Drop Off
Hanover Park Community Center	9:30 am/12:30 pm	1:00 pm/4:00pm
Buffalo Grove Fitness Center	9:30 am/12:30 pm	1:00 pm/4:00pm

SOCIAL

VENTURE SQUAD • Age: 21 yrs. & older

This program will be a combination of in-house activities and community outings to improve independence, community awareness and socialization. A schedule of activities will be distributed the first week. Please bring a labeled sack lunch and drink.
No program on January 29, March 26, and April 16.

Group: All Abilities
Location: Central Community Center • NWSRA Wing
Min/Max: 4/10
Ratio: 1:2 to Independent
Goals: CI, SE

Prog. #	Dates	Day	Time	Fee
2650	1/22 - 4/23	Sa	10:00 - 12:30 pm	\$220.00
2660	1/22 - 4/23	Sa	1:00 - 3:30 pm	\$220.00

Transportation: Please indicate pick up and drop off location on registration.
Fee: \$56 one way, \$112 round trip

Transportation Location	Pick Up	Drop Off
Hanover Park Community Center	9:30 am/12:30 pm	1:00 pm/4:00pm
Buffalo Grove Fitness Center	9:30 am/12:30 pm	1:00 pm/4:00pm

SOCIAL

RISE N' BOWL • Age: 21 yrs. & older

Start your morning off right with socializing and bowling with your friends before your Saturday afternoon program. If you selected transportation for your afternoon program, the fee includes transportation from Rise N' Bowl to your afternoon program. If you did not need transportation for your afternoon program, please add \$56 to your registration in order to have transportation to your afternoon program from Rise N' Bowl.
No program on January 29, March 26, and April 16.

Group: All Abilities
Location: Bowlero • Mt. Prospect
Min/Max: 4/20
Ratio: 1:2 to Independent
Goals: M, HW

Prog. #	Dates	Day	Time	Fee
1230	1/22 - 4/23	Sa	10:00 - 12:30 pm	\$231.00

OVERNIGHT TRIPS

Want to go exploring a new town? Join us on a special trip to Naperville or Chicago this spring! **See page 32 for more details.**

SOCIAL

SPARE TIME BOWLERS • Age: 21 yrs. & older

Come extend your day while socializing and bowling with friends after your morning Saturday program. If you selected transportation for your morning program, the fee includes transportation to Spare Time Bowlers after your morning program. If you did not need transportation to your morning program, please add \$56 to your registration in order to have transportation from your morning program to Spare Time Bowlers.

No program on January 29, March 26, and April 16.

Group: All Abilities

Location: Bowlero • Mt. Prospect

Min/Max: 4/20

Ratio: 1:2 to Independent

Goals: M, HW

Prog. #	Dates	Day	Time	Fee
1240	1/22 - 4/23	Sa	1:00 - 3:30 pm	\$231.00

SKILL DEVELOPMENT

DIY MASTERS • Age: 21 yrs. & older

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

No program on January 29, March 26, and April 16.

Group: All Abilities

Location: Rolling Meadows Community Center • NWSRA Wing

Min/Max: 4/15

Ratio: 1:1 to Independent

Goals: M, SE

Prog. #	Dates	Day	Time	Fee
2490	1/22 - 4/23	Sa	3:00 - 4:00 pm	\$165.00





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

PURSUIT IS STRUCTURED AROUND FOUR CORE ELEMENTS:

Recreation & Leisure

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

Skills & Self Advocacy

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

Community Integration

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

Health & Wellness

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

Locations:

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

COMING SOON:

- **Hoffman Estates Park District**
650 W Higgins Road, Hoffman Estates

EXTENDED PROGRAMMING

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

Program Time:

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

Eligibility:

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

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

Or contact:

Katrina Wiegand at katrinaw@nwsra.org or 847/392-2848, ext. 259
Lauren (LJ) Jevaney at ljevane@nwsra.org or 847/392-2848, ext. 246

Scan the QR Code to Access the Interest Form



Visit us online at www.nwsra.org/pursuit

Presented in collaboration with:



VIRTUAL PROGRAMMING

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

SOCIAL

GOOD MORNING NWSRA • Age: 21 yrs. & older

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

No program on February 21, and March 21.

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

Prog. #	Dates	Day	Time	Fee
9010	1/24 - 4/25	M	9:00 - 10:00 am	\$33.00

SOCIAL

SPORTS CONVERSATION • Age: 14 yrs. & older

Calling all sport fanatics. This program will showcase highlights from all professional sports with some sports trivia mixed in.

No program on February 21 and March 21.

Group: All Abilities
Min: 4
Goals: SE

Prog. #	Dates	Day	Time	Fee
9015	1/24 - 4/25	M	4:00 - 5:00 pm	\$33.00

HEALTH AND WELLNESS

CHAIR ONE FITNESS • Age: 21 yrs. & older

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

No program on March 22.

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



Prog. #	Dates	Day	Time	Fee
9020	1/18 - 4/26	T	9:00 - 10:00 am	\$42.00

HEALTH AND WELLNESS

CLUB WELLNESS • Age: 14 yrs. & older

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

No program on March 22.

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



Prog. #	Dates	Day	Time	Fee
9025	1/18 - 4/26	T	6:00 - 7:00 pm	\$42.00

SOCIAL

LUNCH N' CHAT • Age: 21 yrs. & older

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

No program on March 23.

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

Prog. #	Dates	Day	Time	Fee
9030	1/19 - 4/27	W	12:00 - 1:00 pm	\$42.00

SKILL DEVELOPMENT

PHOTOGRAPHY MASTERS • Age: 14 yrs. & older

Whether you take photos on your phone, tablet, or camera, this program will teach you how to take a quality photo and how to edit. Learn basic skills now for new in-person summer programs.

No program on March 23.

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

Prog. #	Dates	Day	Time	Fee
9035	1/19 - 4/27	W	4:00 - 5:00 pm	\$42.00

HEALTH AND WELLNESS

POWER HOUR • Age: 21 yrs. & older

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

No program on January 27 and March 24.

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

Prog. #	Dates	Day	Time	Fee
9040	1/20 - 4/28	Th	9:00 - 10:00 am	\$39.00

VIRTUAL PROGRAMMING



SOCIAL

BRAIN TEASERS • Age: 14 yrs. & older

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

No program on January 27 and March 24.

Group: All Abilities

Min: 4

Goals: HW, M, P

Prog. #	Dates	Day	Time	Fee
9045	1/20 - 4/28	Th	6:00 - 7:00 pm	\$39.00

SKILL DEVELOPMENT

LIFE HACKS • Age: 21 yrs. & older

Come learn the greatest life hacks that will put the ease in daily tasks and teach you how to best organize your house.

No program on January 28, March 25, and April 15.

Group: All Abilities

Min: 4

Goals: C, SE

Prog. #	Dates	Day	Time	Fee
9055	1/21 - 4/29	F	1:00 - 2:00 pm	\$36.00

HEALTH AND WELLNESS

ME TIME • Age: 21 yrs. & older

Self-care is not selfish. This program will bring light to mental health awareness and learn ways to focus on strengthening your mental health with various self-care routines and techniques.

No program on January 28, March 25, and April 15.

Group: All Abilities

Min: 4

Goals: SE, C

Prog. #	Dates	Day	Time	Fee
9050	1/21 - 4/29	F	9:00 - 10:00 am	\$36.00

SOCIAL CLUBS

Come socialize with friends while going out and having fun! Join one of our 5 social clubs with the potential of grooving at the Snowflake Ball, watching the Windy City Bulls beat the Long Island Nets and solving puzzles at an Escape Room! **For more details, see page 33.**



CALLING VETERANS

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

Qualified veterans receive:

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

Healthy Minds Healthy Bodies is a registered trademark of



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



LIFECENTER Health & Fitness Club
700 S Bartlett Road
Bartlett



Buffalo Grove Fitness Center
601 Deerfield Parkway
Buffalo Grove



Central Community Center
1000 Central Road
Mount Prospect

RecPlex
420 Dempster Street
Mount Prospect



Palatine Community Center
250 E Wood Street
Palatine



Nelson Sports Complex
3900 Owl Drive
Rolling Meadows



Park Place Family Recreation Center
550 S Park Boulevard
Streamwood

OVERNIGHT TRIPS



NAPERVILLE

Age: 21yrs. & older

Come explore downtown Naperville and all the attractions. Ticket entrance fees, lodging and dining are all included in the price.

Dates: May 13 - 14

Fee: \$450 includes meals, lodging, attractions and leadership

Group: ID Adults

Ratio: 1:4 to independent

Min/Max: 8/10

Goals: HW, M, P

Departue from NSWRA: May 13 at 9:30 am

Return to NWSRA: May 14 at 5:00 pm

Registration Deadline: February 4, 2022



CHICAGO

Age: 21yrs. & older

Come explore downtown Chicago and all the attractions. Ticket entrance fees, lodging and dining are all included in the price.

Dates: May 13 - 14

Fee: \$450 includes meals, lodging, attractions and leadership

Group: PV Adults

Ratio: 1:4 to independent

Min/Max: 8/10

Goals: HW, M, P

Departue from NSWRA: May 13 at 9:30 am

Return to NWSRA: May 14 at 5:00 pm

Registration Deadline: February 4, 2022

NOTE: Registration is based on a first come, first served basis: A \$50 refundable fee is required at registration. Once trip is filled, a waiting list will be started on a first-come basis. All participants attending the trip must show proof of vaccination.

PREVIEW TO SUMMER TRIPS

ID Adults | **9021** Wisconsin Dells
August 26 - 28

PV Adults | **9031** Lake Geneva, Wisconsin • PV Adults
August 26 - 28



SOCIAL CLUBS

NIGHTHAWKS

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

PLEASE NOTE:

*Include pick up location on registration form, times will be determined after registration deadline

Prog #	Details	Date	Location	Fee*
701	<p>Snowflake Ball NWSRA invites you to put on your classy suits and elegant dresses to dance the night away! Indulge in dinner and holiday themed games. Registration Deadline: Jan 3</p>	Friday Jan. 21 7:00 - 9:00 pm	<p>Rob Roy Banquet Hall 505 E Camp McDonald Road Prospect Heights</p>	<p>\$25.00 without transportation \$33.00 with transportation</p> <p>Pick Up/Drop Off Locations</p> <ul style="list-style-type: none"> • Schaumburg CRC • Wheeling CRC • NWSRA Park Central
702	<p>Windy City Bulls Meet up with friends from other clubs to enjoy a night full of entertainment while watching the Windy City Bulls take on the Long Island Nets. Please bring money if you wish to purchase concessions and souvenirs. Registration Deadline: Jan 24</p>	Friday Feb. 11 7:00-9:00 pm	<p>NOW Arena 5333 Prairie Stone Parkway Hoffman Estates</p>	<p>\$28.00 without transportation \$36.00 with transportation</p> <p>Pick Up/Drop Off Locations</p> <ul style="list-style-type: none"> • Jack Claes Pavilion • Wheeling CRC • NWSRA Park Central
703	<p>Movie Mania Calling all movie and pizza lovers! Join us for a fun Friday night in watching a movie and enjoying pizza with your friends. Movie will be determined closer to the club date. Registration Deadline: Jan 31</p>	Friday Feb. 18 7:00-9:00 pm	<p>Central Community Center NWSRA Wing 1000 W Central Road Mount Prospect</p>	<p>\$18.00 without transportation \$26.00 with transportation</p> <p>Pick Up/Drop Off Locations</p> <ul style="list-style-type: none"> • Bartlett CC • Wheeling CRC • NWSRA Park Central
704	<p>Hibachi Grill and Chill Let the cook do all the entertaining! Sit around the Hibachi grill as you watch your food being cooked right in front of you. Afterwards, enjoy your meal and socialize with friends. Participants will be able to order one entrée and beverage. Registration Deadline: Feb 21</p>	Friday Mar. 11 7:00 - 9:00 pm	<p>Benihana 81200 E Higgins Road Schaumburg</p>	<p>\$30.00 without transportation \$38.00 with transportation</p> <p>Pick Up/Drop Off Locations</p> <ul style="list-style-type: none"> • Bartlett CC • Wheeling CRC • NWSRA Park Central
705	<p>NWSRA's Got Talent Join us for a night of fun and different talents. Come show us your talent during the talent show while we indulge on some delicious snacks. Registration Deadline: March 25</p>	Friday Apr. 8 7:00-9:00 pm	<p>Central Community Center NWSRA Wing 1000 W Central Road Rolling Meadows</p>	<p>\$16.00 without transportation \$24.00 with transportation</p> <p>Pick Up/Drop Off Locations</p> <ul style="list-style-type: none"> • Jack Claes Pavilion • Wheeling CRC • Bartlett CC
706	<p>Tee Time Show off your golf skills at top golf where we will golf and eat dinner. Participants will be able to order one entrée and beverage. Registration Deadline: Apr 11</p>	Friday Apr. 29 7:00-9:00 pm	<p>Top Golf 2050 Progress Parkway Schaumburg</p>	<p>\$25.00 without transportation \$33.00 with transportation</p> <p>Pick Up/Drop Off Locations</p> <ul style="list-style-type: none"> • Bartlett CC • Wheeling CRC • NWSRA Park Central

SOCIAL CLUBS

SHINING STARS

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

PLEASE NOTE:

*Include pick up location on registration form, times will be determined after registration deadline

Prog #	Details	Date	Location	Fee*
521	<p>Snowflake Ball NWSRA invites you to put on your classy suits and elegant dresses to dance the night away! Indulge in dinner and holiday themed games. Registration Deadline: Jan 3</p>	Friday Jan. 21 7:00 - 9:00 pm	<p>Rob Roy Banquet Hall 505 E Camp McDonald Road Prospect Heights</p>	<p>\$25.00 without transportation \$33.00 with transportation</p> <p>Pick Up/Drop Off Locations</p> <ul style="list-style-type: none"> • Schaumburg CRC • Wheeling CRC • NWSRA Park Central
522	<p>Lights, Camera, Action Let's enjoy a Friday movie night together with popcorn and treats to snack on. Movie will be determined closer to club date. Registration Deadline: Jan 10</p>	Friday Jan. 28 7:00 - 9:00 pm	<p>CMX CineBistro 401 W Dundee Road Wheeling</p>	<p>\$28.00 without transportation \$36.00 with transportation</p> <p>Pick Up/Drop Off Locations</p> <ul style="list-style-type: none"> • Hanover Park CC • Schaumburg CRC • NWSRA Park Central
523	<p>Windy City Bulls Meet up with friends from other clubs to enjoy a night full of entertainment while watching the Windy City Bulls take on the Long Island Nets. Please bring money if you wish to purchase concessions and souvenirs. Registration Deadline: Jan 31</p>	Friday Feb. 11 7:00-9:00 pm	<p>NOW Arena 5333 Prairie Stone Parkway Hoffman Estates</p>	<p>\$28.00 without transportation \$36.00 with transportation</p> <p>Pick Up/Drop Off Locations</p> <ul style="list-style-type: none"> • Jack Claes Pavilion • Wheeling CRC • NWSRA Park Central
524	<p>Clay Creations Get your creative hands ready! Let's enjoy a Friday night together decorating pottery that you get to take home! Club Coordinator will let participants know when pottery is ready for pick up. Registration Deadline: Feb 7</p>	Friday Feb. 25 7:00-9:00 pm	<p>Thrown Elements 260 N Evergreen Avenue Arlington Heights</p>	<p>\$30.00 without transportation \$38.00 with transportation</p> <p>Pick Up/Drop Off Locations</p> <ul style="list-style-type: none"> • Schaumburg CRC • Wheeling CRC • NWSRA Park Central
525	<p>Chocolate Factory Fondue Join us for a fun filled night making our very own chocolate factory! A variety of sweet treats and fresh fruits will be provided to dip into our chocolate fondue! We will enjoy our treats while watching Charlie and the Chocolate Factory. Registration Deadline: Feb 28</p>	Friday Mar. 18 7:00-9:00 pm	<p>Rolling Meadows Community Center NWSRA Space 3705 Pheasant Drive Rolling Meadows</p>	<p>\$25.00 without transportation \$33.00 with transportation</p> <p>Pick Up/Drop Off Locations</p> <ul style="list-style-type: none"> • Schaumburg CRC • Wheeling CRC • Jack Claes Pavilion
526	<p>Escape Room Time to put your thinking caps on! Let's work together as a team and solve puzzles, find clues, and get out before the time runs out! Registration Deadline: Mar 21</p>	Friday Apr. 1 7:00-9:00 pm	<p>Mastermind Escape Games 1015 E State Parkway Schaumburg</p>	<p>\$25.00 without transportation \$33.00 with transportation</p> <p>Pick Up/Drop Off Locations</p> <ul style="list-style-type: none"> • Bartlett CC • Wheeling CRC • NWSRA Park Central

SOCIAL CLUBS

T.G.I.F



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

PLEASE NOTE:

*Include pick up location on registration form, times will be determined after registration deadline

Prog #	Details	Date	Location	Fee*
541	<p>Snowflake Ball NWSRA invites you to put on your classy suits and elegant dresses to dance the night away! Indulge in dinner and holiday themed games. Registration Deadline: Jan 3</p>	Friday Jan. 21 7:00 - 9:00 pm	<p>Rob Roy Banquet Hall 505 E Camp McDonald Road Prospect Heights</p>	<p>\$25.00 without transportation \$33.00 with transportation</p> <p>Pick Up/Drop Off Locations</p> <ul style="list-style-type: none"> • Schaumburg CRC • Wheeling CRC • NWSRA Park Central
542	<p>Hibachi Grill and Chill Experience a delicious dinner and Hibachi show for a fun night out with friends! Dinner is included in the fee. Registration Deadline: Jan 10</p>	Friday Jan. 28 7:00 - 9:00 pm	<p>Rokbonki Japanese Steak House 876 W Dundee Road Arlington Heights</p>	<p>\$35.00 without transportation \$43.00 with transportation</p> <p>Pick Up/Drop Off Locations</p> <ul style="list-style-type: none"> • Schaumburg CRC • Wheeling CRC • Jack Claes Pavilion
543	<p>Windy City Bulls Meet up with friends from other clubs to enjoy a night full of entertainment while watching the Windy City Bulls take on the Long Island Nets. Please bring money if you wish to purchase concessions and souvenirs. Registration Deadline: Jan 24</p>	Friday Feb. 11 7:00-9:00 pm	<p>NOW Arena 5333 Prairie Stone Parkway Hoffman Estates</p>	<p>\$28.00 without transportation \$36.00 with transportation</p> <p>Pick Up/Drop Off Locations</p> <ul style="list-style-type: none"> • Jack Claes Pavilion • Wheeling CRC • NWSRA Park Central
544	<p>It's Show Time Singing, dancing, and joking, oh my! Come hangout with friends and show off some cool skills at the talent show. Yummy snacks and drinks will be provided. Registration Deadline: Jan 31</p>	Friday Feb. 18 7:00-9:00 pm	<p>Rolling Meadows Community Center NWSRA Wing 3705 Pheasant Drive Rolling Meadows</p>	<p>\$18.00 without transportation \$26.00 with transportation</p> <p>Pick Up/Drop Off Locations</p> <ul style="list-style-type: none"> • Schaumburg CRC • Wheeling CRC • Jack Claes Pavilion
545	<p>Popcorn Party Come enjoy a cozy night in watching a new movie! The film will be determined closer to club. Snacks and drinks will be provided. Registration Deadline: Feb 28</p>	Friday Mar. 18 7:00-9:00 pm	<p>Central Community Center NWSRA Wing 1000 W Central Road Mount Prospect</p>	<p>\$16.00 without transportation \$22.00 with transportation</p> <p>Pick Up/Drop Off Locations</p> <ul style="list-style-type: none"> • Schaumburg CRC • Wheeling CRC • Jack Claes Pavilion
546	<p>This Is How We Roll Join us for a fun night eating pizza and bowling with friends! Pizza, two games of bowling and shoes are included. Registration Deadline: Apr 4</p>	Friday Apr. 22 7:00-9:00 pm	<p>Arlington Lanes 3435 N Kennicott Avenue Arlington Heights</p>	<p>\$28.00 without transportation \$36.00 with transportation</p> <p>Pick Up/Drop Off Locations</p> <ul style="list-style-type: none"> • Schaumburg CRC • Wheeling CRC • NWSRA Park Central

SOCIAL CLUBS

FRIDAY NIGHT LIVE



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

PLEASE NOTE:

*Include pick up location on registration form, times will be determined after registration deadline

Prog #	Details	Date	Location	Fee*
641	Snowflake Ball NWSRA invites you to put on your classy suits and elegant dresses to dance the night away! Indulge in dinner and holiday themed games. Registration Deadline: Jan 3	Friday Jan. 21 7:00 - 9:00 pm	Rob Roy Banquet Hall 505 E Camp McDonald Road Prospect Heights	\$25.00 without transportation \$35.00 with door-to-door transportation
642	Valentine's Party Celebrate Valentine's Day with crafts, snacks, and friends! Registration Deadline: Jan 17	Friday Feb. 4 7:00 - 9:00 pm	Rolling Meadows Community Center 3705 Pheasant Drive Rolling Meadows	\$15.00 without transportation \$25.00 with door-to-door transportation
643	Windy City Bulls Meet up with friends from other clubs to enjoy a night full of entertainment while watching the Windy City Bulls take on the Long Island Nets. Please bring money if you wish to purchase concessions and souvenirs. Registration Deadline: Jan 24	Friday Feb. 11 7:00-9:00 pm	NOW Arena 5333 Prairie Stone Parkway Hoffman Estates	\$28.00 without transportation \$38.00 with door-to-door transportation
644	Strikes and Spares Roll on over, there's no time to spare, it's going to be a blast and we want you there. Let's strike up some fun while we enjoy bowling with friends. Please bring money for concessions. Registration Deadline: Feb 21	Friday Mar. 11 7:00-9:00 pm	Arlington Lanes 3435 N Kennicott Avenue Arlington Heights	\$25.00 without transportation \$35.00 with door-to-door transportation
645	Fondue Night Enjoy a sweet and savory fondue night while socializing with friends. Registration Deadline: Mar 21	Friday Apr. 1 7:00-9:00 pm	Teen Center 3000 W Central Road Rolling Meadows	\$25.00 without transportation \$35.00 with door-to-door transportation
646	Master Chef Create your own personalized pizza, then sit back and enjoy your masterpiece while watching an in-house movie. Registration Deadline: Apr 11	Friday Apr. 29 7:00-9:00 pm	Central Community Center NWSRA Wing 1000 W Central Road Mount Prospect	\$15.00 without transportation \$25.00 with door-to-door transportation

SOCIAL CLUBS

FRIDAY NIGHT FUN



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

PLEASE NOTE:

*Include pick up location on registration form, times will be determined after registration deadline

Prog #	Details	Date	Location	Fee*
621	Snowflake Ball NWSRA invites you to put on your classy suits and elegant dresses to dance the night away! Indulge in dinner and holiday themed games. Registration Deadline: Jan 3	Friday Jan. 21 7:00 - 9:00 pm	Rob Roy Banquet Hall 505 E Camp McDonald Road Prospect Heights	\$25.00 without transportation \$35.00 with door-to-door transportation
622	Hot Chocolate Bar and Bingo Cozy up and enjoy a custom cup of hot chocolate with an array of toppings! Top that off by playing a few rounds of bingo. Everyone will go home with one prize. Registration Deadline: Jan 10	Friday Jan. 28 7:00 - 9:00 pm	Schaumburg Community Recreation Center 505 Springinsguth Road Schaumburg	\$15.00 without transportation \$25.00 with door-to-door transportation
623	Windy City Bulls Meet up with friends from other clubs to enjoy a night full of entertainment while watching the Windy City Bulls take on the Long Island Nets. Please bring money if you wish to purchase concessions and souvenirs. Registration Deadline: Jan 24	Friday Feb. 11 7:00-9:00 pm	NOW Arena 5333 Prairie Stone Parkway Hoffman Estates	\$28.00 without transportation \$38.00 with door-to-door transportation
624	Singing Starz Come out and show off to your friends your singing talent! Snacks will be provided. Registration Deadline: Feb 7	Friday Feb. 25 7:00-9:00 pm	Hanover Park Community Center NWSRA Wing 1919 Walnut Avenue Hanover Park	\$15.00 without transportation \$25.00 with door-to-door transportation
625	Popcorn Party Come enjoy a cozy night in watching a new movie! The film will be determined closer to club. Snacks and drinks will be provided. Registration Deadline: Mar 28	Friday Apr. 8 7:00-9:00 pm	AMC Randhurst 12 200 Randhurst Village Drive Mount Prospect	\$25.00 without transportation \$35.00 with door-to-door transportation
626	Biker's Night Cruise on over for a night of pool and tattoos. The gang is all here so come and enjoy some bar snacks, music and a great time with friends. Registration Deadline: Apr 11	Friday Apr. 29 7:00-9:00 pm	Central Community Center NWSRA Wing 1000 W Central Road Mount Prospect	\$18.00 without transportation \$28.00 with door-to-door transportation

CELEBRATE ABILITY

NWSRA

NORTHWEST SPECIAL RECREATION ASSOCIATION

INCLUSION SERVICES



WHAT IS INCLUSION

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



HOW TO REQUEST ASSISTANCE

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

ASSISTANCE PROVIDED MAY INCLUDE

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

“Inclusion provides increased social interaction, independence, and positive peer modeling.”



WHY INCLUSION

Although many people achieve recreation through participation in NWSRA programs, others may have greater success in park district activities. The process of including people with disabilities into typical recreation programs benefits not only participants with disabilities but also those without. Inclusive recreation programs prepare people with disabilities for life in an integrated society, and just as importantly, prepare society to accept individual diversity.

COMMUNITIES SERVED:

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

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

SPECIAL EVENTS

BON APPÉTIT • Age: 18 yrs. & older

Travel around town to local restaurants to try their signature food. First stop: Appetizers, second stop: Dinner, and third stop: Dessert. No additional money required.

Group: All Abilities

Location: Teen Center • Rolling Meadows

Min/Max: 5/15

Ratio: 1:4 to Independent

Goals: Cl, S

Prog. #	Date	Day	Time	Fee
6820	1/3	M	10:00 - 3:00 pm	\$60.00

Transportation Fee: \$8

Transportation Location	Pick Up	Drop Off
Hanover Park Community Center	9:30 am	3:30 pm
Wheeling Community Center	9:30 am	3:30 pm

TEEN NIGHT OUT • Age: 13 - 21 yrs.

Spend the evening at Lazer X where you will get to play unlimited arcade games and a match of laser tag with your friends!

Group: All Abilities

Location: Lazer X • Addison

Min/Max: 5/10

Ratio: 1:2 to Independent

Goals: Cl, S

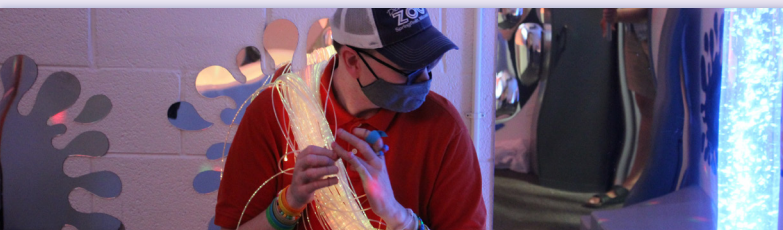
Prog. #	Date	Day	Time	Fee
6710	1/15	Sa	6:00 - 9:00 pm	\$55.00

Transportation Fee: \$8

Transportation Location	Pick Up	Drop Off
NWSRA Park Central • Rolling Meadows	5:30 pm	9:30 pm

1:1 THERAPY PROGRAMMING

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



WHERE A KID CAN BE A KID • Age: 3 - 11 yrs.

Spend the morning at Chuck E. Cheese! There is an indoor playground, arcade games, pizza, prizes, and more. You may get to meet Chuck E. Cheese himself! Afterwards, we will be going swimming at an indoor pool. Please bring a swimsuit and towel. Lunch will be provided.

Group: All Abilities

Location: Chuck E. Cheese • Arlington Heights

Min/Max: 5/8

Ratio: 1:1 to independent

Goals: Cl, S

Prog. #	Date	Day	Time	Fee
6160	1/17	M	10:00 - 3:00 pm	\$50.00

Transportation Fee: \$8

Transportation Location	Pick Up	Drop Off
NWSRA Park Central • Rolling Meadows	9:30 am	4:00 pm
Hanover Park Community Center	9:00 am	3:30 pm

SPORTS GALORE • Age: 21 yrs. & older

Calling all sports fans! We will be heading to Fox and Hound to watch live sporting events, eat lunch, and play games with friends! Test your skills at giant Jenga, darts, pool, shuffleboard, bags, and ping-pong! Lunch will be provided.

Group: All Abilities

Location: Fox and Hound • Schaumburg

Min/Max: 5/15

Ratio: 1:4 to independent

Goals: Cl, S

Prog. #	Date	Day	Time	Fee
6110	1/17	M	10:00 - 3:00 pm	\$55.00

Transportation Fee: \$8

Transportation Location	Pick Up	Drop Off
Gary Morava • Prospect Heights	9:30 am	4:00 pm
Alcott Center • Buffalo Grove	9:00 am	3:30 pm

SCIENCE ADVENTURE • Age: 12 - 21 yrs.

Explore one of the world's largest science museums! Afterwards enjoy lunch at a local Chicago favorites.

Group: All Abilities

Location: Museum of Science and Industry • Chicago

Min/Max: 5/8

Ratio: 1:1 to independent

Goals: Cl, P, S

Prog. #	Date	Day	Time	Fee
6150	1/17	M	10:00 - 3:00 pm	\$65.00

Transportation Fee: \$8

Transportation Location	Pick Up	Drop Off
NWSRA Park Central • Rolling Meadows	9:30 am	4:00 pm

SPECIAL EVENTS



WINTER WONDERLAND • 6540 Age: 8 - 19 yrs. 6580 Age: 20 yrs. & older

Throw on your winter boots and hats because we are going tubing! Spend the rest of your day enjoying a holiday themed crafts and hot chocolate. Lunch will be provided.

Group: All Abilities
Location: Villa Olivia & Bartlett Community Center
Min/Max: 5/10
Ratio: 1:1 to independent
Goals: Cl, I, S

Prog. #	Date	Day	Time	Fee
6540	2/21	M	10:00 - 3:00 pm	\$60.00
6580	2/21	M	10:00 - 3:00 pm	\$60.00

Transportation Fee: \$8

Transportation Location	Pick Up	Drop Off
Alcott Center • Buffalo Grove	9:00 am	3:30 pm
NWSRA Park Central • Rolling Meadows	9:30 am	4:00 pm

WE ROCK THE SPECTRUM • Age: 3 - 7 yrs

Get ready to jump, swing, and climb at We Rock the Spectrum Gym! Afterwards, we will be going swimming at an indoor pool. Please provide a swimsuit and towel. Lunch will be provided.

Group: All Abilities
Location: We Rock the Spectrum Gym • Palatine
Min/Max: 5/8
Ratio: 1:1 to 1:4
Goals: Cl, S

Prog. #	Date	Day	Time	Fee
6520	2/21	M	10:00 - 3:00 pm	\$60.00

Transportation Fee: \$8

Transportation Location	Pick Up	Drop Off
Hanover Park Community Center	9:00 am	4:00 pm
Buffalo Grove Fitness Center	9:30 am	3:30 pm

STARS & STRIKES • Age: 21 yrs. & older

Join us for a day filled with fun! Food, bowling, games, and more! Fee includes meal, game card and bowling.

Group: All Abilities
Location: Enterrium Arcade • Schaumburg
Min/Max: 5/15
Ratio: 1:1 to independent
Goals: Cl, I, C

Prog. #	Date	Day	Time	Fee
6195	3/4	F	10:00 - 3:00 pm	\$65.00

Transportation Fee: \$8

Transportation Location	Pick Up	Drop Off
Hanover Park Community Center	9:00 am	4:00 pm
Alcott Center • Buffalo Grove	9:30 am	3:30 pm

CHICAGO BULLS VS LA CLIPPERS • Age: 16 yrs. & older

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

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

Prog. #	Date	Day	Time	Fee
6210	3/31	Th	7:00 Game Time	\$83.00

Transportation Fee: \$8

Transportation Location	Pick Up	Drop Off
NWSRA Park Central • Rolling Meadows	4:00 pm	11:00 pm

GENERAL INFORMATION



ADA COMPLIANCE

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

ATTENDANCE AT NWSRA PROGRAMS

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

AUDIO BROCHURES

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

BROCHURE ACCURACY

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

EVALUATIONS

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

FAIR PLAY AT NWSRA

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

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

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

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

ILLNESS

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

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

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

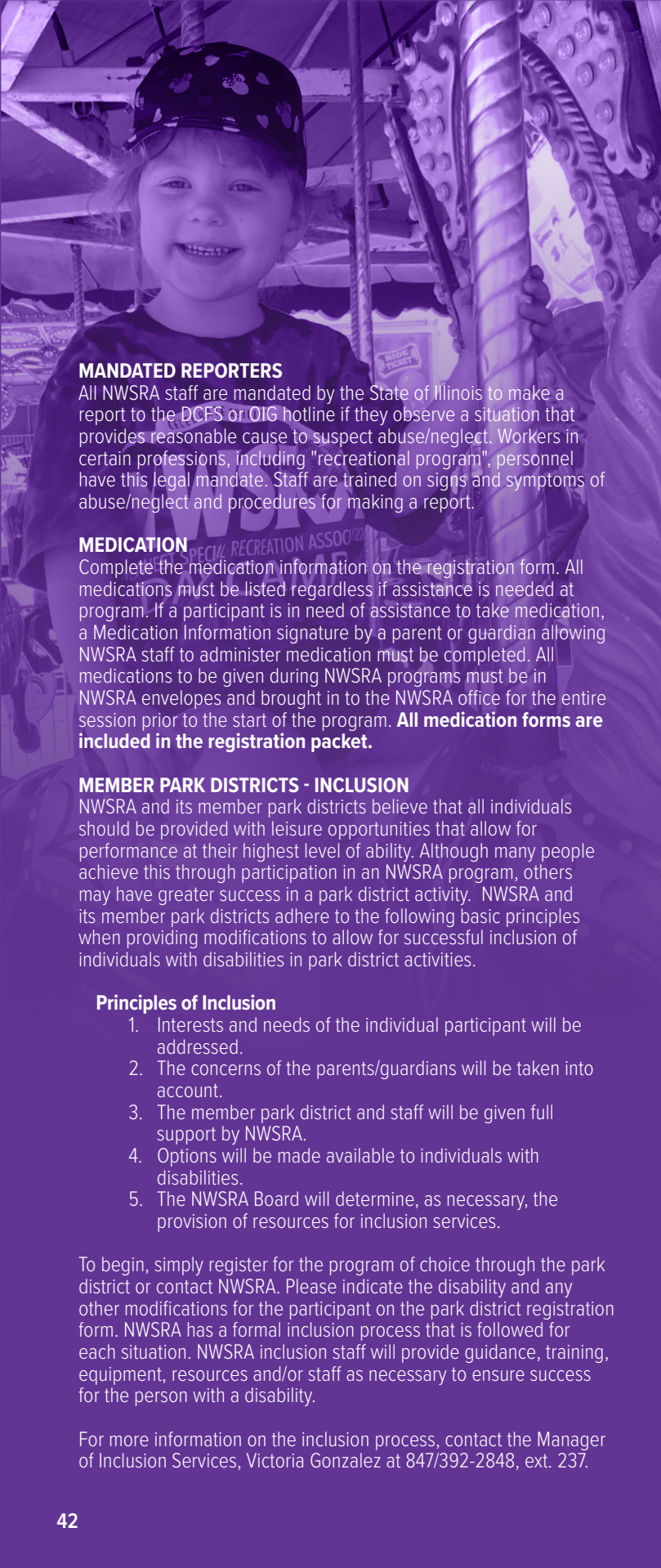
LATE FEES

A fee of \$100 per minute will be charged when parents/guardians/residential staff are late picking up participants.

LOST AND FOUND ITEMS

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

GENERAL INFORMATION



MANDATED REPORTERS

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

MEDICATION

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

MEMBER PARK DISTRICTS - INCLUSION

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

Principles of Inclusion

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

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

For more information on the inclusion process, contact the Manager of Inclusion Services, Victoria Gonzalez at 847/392-2848, ext. 237.

PARENT/GUARDIAN/RESIDENTIAL STAFF RESPONSIBILITIES

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

PROGRAM LEADERS/STAFF

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

PROGRAM SIZE

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

PROGRAM INFORMATION

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

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

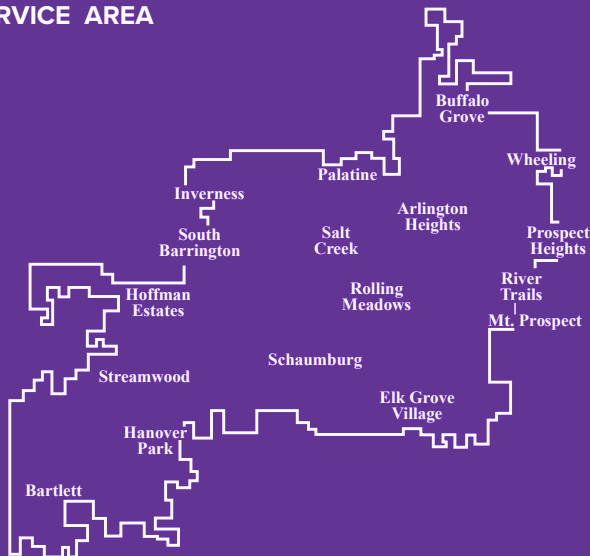
NWSRA is committed to promoting healthy lifestyles. "HW" will be listed under program writeup "GOALS" to highlight programs that emphasize physical activity, healthy lifestyles or nutrition.

RECREATION COUNSELING

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

GENERAL INFORMATION

SERVICE AREA



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 accidents 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.

SPEAKERS BUREAU

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

TRANSLATOR

POLISH SPEAKING TRANSLATOR

A Polish speaking translator is available upon request to assist with registration. Please call 847/392-2848 for Zofia Sobkiewicz, ext. 223 or Anita Trzebunia, ext. 250 to request a time for a phone call.

SPANISH SPEAKING TRANSLATOR

A Spanish speaking translator is available upon request to assist with registration. Please call 847/392-2848 for Manuel Aguilar, ext. 258 or Clariza Wickell, ext. 257 to request a time for a phone call.

TRADUCTOR QUE HABLE ESPAÑOLA

Un traductor que habla Español está disponible bajo petición, para ayudar con la registro. Por favor llame a Manuel al 847/392-2848, ext. 258 o Clariza Wickell, ext. 257 solicite una hora para una llamada telefónica.

TRANSPORTATION

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

- Transportation times for all programs may change based on enrollment and/or last minute facility changes.
- All individuals transported while in a wheelchair must have a seat belt system that secures them into their wheelchair and brakes that are in good working order. If a participant is in need of a seat belt system, NWSRA will provide one for program use only.
- Individuals using tri-wheelers must transfer into a bus seat as they cannot be safely secured while in the tri-wheeler.
- Door-to-door transportation is provided for in-district residents only. Program leaders will contact participants to arrange pickup times.
- NWSRA will make every effort to keep routes at a reasonable length of time. Door-to-door routes vary in length based on pickup locations. Late drop off/pick up of participants at programs creates a ripple effect. Please be considerate of others by being on time. Drivers will only wait 5 minutes at all pickup locations.
- NWSRA reserves the right to determine whether a participant can be transported safely.
- Individuals may be assisted by NWSRA staff to and from the door of their residence if there are no other individuals in the bus or a bus aide is available. NWSRA staff are not permitted to enter the individuals' residence at any time. NWSRA staff may not lift, carry or transport an individuals' assistive transportation device to any vehicle other than a NWSRA vehicle.
- When picking up or dropping off participant for transportation by NWSRA, park your car in a designated parking spot and drop off or pick up participant at the bus. Staff will not release participants until parent/guardian, residential staff or caregiver comes to the bus and signs participant out of program.
- The Child Passenger Protection Act of the Illinois Vehicle Code requires that children under the age of 8 be transported in an approved Child Safety Seat in certain vehicles. Parent/Guardian will be notified if there is a need to provide a Child Safety Seat for your child. Children under 8 years of age will not be transported if the parent/guardian does not provide a Child Safety Seat. For further information, please contact the NWSRA Office at 847/392-2848.



REGISTRATION INFORMATION



WAYS TO REGISTER

COMPLETING THE REGISTRATION FORM

Registration forms and fees may be mailed or turned into the NWSRA office by the registration deadline in order to allow participation on the first day of the program. Staff cannot receive registration forms or fees at NWSRA activities. **If an e-mail address is provided, a confirmation of registration will be made via e-mail.** If programs are canceled or postponed, individuals registered will be notified by phone. **No priority is given to mail-in, drop-off or e-mail registration. Processing begins when registration begins.**

FAMILY REGISTRATION

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

FAXING YOUR REGISTRATION FORM

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

NON-RESIDENT FEE

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

FINANCIAL ASSISTANCE POLICY

For information and application forms, please contact the NWSRA office at 847/392-2848. Please keep the application deadline for programs in mind. The application process may take several weeks. Please inquire early. Financial assistance is available to member park district residents. Individuals applying for financial assistance must register by mail, fax 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. **We accept AmEx, Discover, MasterCard, Visa.** If a registrant chooses the option to have payments automatically withdrawn for a registration, they must request the automatic withdrawal by checking the box on the registration form, and the NWSRA office will contact you. The registrant must provide a valid credit card.

REFUNDS AND CREDITS

Credits given must be used in the current calendar year. You may request a refund of your credit amount by December 1 of the calendar year in which credits were applied. Credits unused by the end of the year will be forfeited.

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

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

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

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

TRANSPORTATION NEEDS

If transportation is creating a barrier in participating in NWSRA programming please contact Rachel Hubsch at rachelh@nwsra.org or 847/392-2848, ext. 231.

FILLABLE REGISTRATION FORMS

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

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

E-mail the form to office@nwsra.org

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

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

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



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

RESIDENTIAL FACILITY REGISTRATION

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

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

PARTICIPANT ASSESSMENT



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

Date: 2022

To: All NWSRA Participants

Re: NWSRA Return to Program Information

COVID-19 is an extremely contagious virus that spreads easily through person-to-person contact. Federal authorities and the State of Illinois recommend social distancing to prevent the spread of COVID-19. Contracting COVID-19 can lead to severe illness, personal injury, permanent disability, and death. Participation in NWSRA programs could increase the risk of you or your participant contracting COVID-19.

NWSRA and its staff undertakes every effort to keep our programming spaces clean and disinfected; however as with any public facility, we cannot guarantee that you will be 100% safe from airborne illnesses such as COVID-19 or colds and flu while participating in programs.

NWSRA requires all participants participating in programs complete and successfully pass an assessment with an NWSRA staff prior to starting programs to ensure they can adhere to Center for Disease Control (CDC) guidelines.

Participants will be asked to demonstrate the following during an assessment:

1. Participant needs to show they can wear a mask independently for the duration of the assessment, caregivers and or NWSRA staff may assist with securing masks as needed.
2. Participants can wash their hands independently or with minimal assistance and/or verbal cue or prompts.
3. Participants understand social distancing and that they need to keep hands to self with verbal cues and/or prompts.
4. Participants will be asked a series of questions to ensure they understand social distancing guidelines.

A successful restoration of NWSRA programs cannot occur without the full cooperation of all its employees and participants. The COVID-19 pandemic is providing unprecedented challenges for each of us. Cooperation means working together to achieve a common goal, which is to provide comprehensive programming without sacrificing the health and safety of NWSRA employees and participants.

By signing below participants and/or guardians are agreeing to check the participant's temperature prior to programs ensuring it does not exceed 100.4°F. If temperature exceeds 100.4°F or experiencing any of the symptoms above participants will not be able to attend programs that day. This is to ensure the safety of participants and employees.

Participant Name: _____
Print Name Above

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

Signature

Date

NWSRA REGISTRATION

If registering more than one participant, please complete an additional form. Family members may register underneath Participant Registration section. Would you like to be added to our mailing/e-mail list? Please check

PARTICIPANT'S INFORMATION:

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

PARENT/GUARDIAN INFORMATION:

Parent/Guardian 1 (Legal Last) _____ (Legal First) _____ Guardian Type _____
 Address (if different from above) _____ City _____ Zip _____
 Primary Contact Method Home Cell Work E-mail _____
 Home Number _____ Cell Number _____ Work Number _____
Parent/Guardian 2 (Legal Last) _____ (Legal First) _____ Guardian Type _____
 Address (if different from above) _____ City _____ Zip _____
 Primary Contact Method Home Cell Work E-mail _____
 Home Number _____ Cell Number _____ Work Number _____

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

SAFETY INFORMATION

NWSRA is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. NWSRA continually strives to reduce risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians registering for the programs listed above must recognize that there is an inherent risk of injury when choosing to participate in recreational programs. You are solely responsible for determining if you or your participant are physically fit and/or skilled for the activities contemplated by this agreement.

RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in the above identified programs, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your participant might sustain as a result of participating in any and all activities connected with and associated with said programs (including transportation services, when provided.) Recreational programs and activities are intended to challenge and engage the physical, mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational program or activity. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, participant misconduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and all other circumstances inherent to indoor and outdoor recreational activities/programs exist. In this regard, it must be recognized that it is impossible for NWSRA to guarantee absolute safety. I recognize and acknowledge that there are certain risks of physical injury to participants in these programs, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my participant or I may sustain as a result of said participation. I do hereby fully release and forever discharge NWSRA from any and all claims for injuries, damages, or loss that my participant or I may have or which may occur to me or my participant and arising out of, connected with, or in any way associated with these programs.

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

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

*If form has been prepared by someone other than participant. Participant must be made aware.

NWSRA REGISTRATION

PARTICIPANT NAME _____ SEASON/YEAR _____

PROGRAM #	PROGRAM NAME	MEDS TAKEN AT PROGRAM	PICK UP LOCATION	DROP OFF LOCATION	PROGRAM FEE	TRANS FEE	TOTAL FEE
		<input type="checkbox"/> YES <input type="checkbox"/> NO					
		<input type="checkbox"/> YES <input type="checkbox"/> NO					
		<input type="checkbox"/> YES <input type="checkbox"/> NO					
		<input type="checkbox"/> YES <input type="checkbox"/> NO					
		<input type="checkbox"/> YES <input type="checkbox"/> NO					
		<input type="checkbox"/> YES <input type="checkbox"/> NO					
		<input type="checkbox"/> YES <input type="checkbox"/> NO					
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		<input type="checkbox"/> YES <input type="checkbox"/> NO					
		<input type="checkbox"/> YES <input type="checkbox"/> NO					
		<input type="checkbox"/> YES <input type="checkbox"/> NO					
		<input type="checkbox"/> YES <input type="checkbox"/> NO					
		<input type="checkbox"/> YES <input type="checkbox"/> NO					

FAMILY MEMBER(S) ATTENDING AND RELATIONSHIP TO PARTICIPANT	BIRTHDATE (MM/DD/YYYY)	GENDER	PROGRAM #	PROGRAM NAME	PROGRAM FEE

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

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

You may charge your registration. Please check one.
 American Express Discover MasterCard Visa
 Account # _____ Expiration Date ____/____/____ CVC# _____
 If 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 according to the schedule listed within the registration information section of the brochure.

All past balances must be paid in full prior to registration.
 Total Program Cost \$ _____
 Program Credits \$ _____
 SLSF Donation \$ _____
 Total Enclosed \$ _____

Make check payable to NWSRA



I DO NOT NEED TO UPDATE:
 Personal care, medication or medical conditions/needs information:
Send us your registration form!
 MAIL IN: NWSRA 3000 W. Central Road, Suite 205 Rolling Meadows, IL 60008
 FAX: 847/392-2870 Call office to ensure receipt of fax.
 E-MAIL: E-mail new fillable registration form to office@nwsra.org

I NEED TO UPDATE:
 Personal care, medication or medical conditions/needs information:
 Complete the following applicable pages.

PARTICIPANT INFORMATION

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

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

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

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

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

COMMUNICATION:

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

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

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

ASSISTIVE DEVICES:

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

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

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

PARTICIPANT TRANSFERS:

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

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

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

PARTICIPANT INFORMATION CONTINUED ON NEXT PAGE

PARTICIPANT INFORMATION

TRANSPORTATION NEEDS:

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

SWIMMING: (check all that apply)

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

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

TOILETING & CHANGING: (check all that apply)

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

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

EATING: (check all that apply)

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

Additional/Specific Information:

BEHAVIOR:

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



I DO NOT NEED TO UPDATE:

Medication or medical conditions/needs information:

Send us your registration form!

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

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

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

I NEED TO UPDATE:

Medication or medical conditions/needs information:

Complete the following applicable pages.

MEDICAL INFORMATION

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

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

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

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

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

ALLERGY/INTOLERANCE (SPECIFY)	REACTION

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

WAIVER AND RELEASE OF ALL CLAIMS

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

SIGNATURE OF PARENT/GUARDIAN: _____ DATE: _____

PRINTED NAME OF PARENT/GUARDIAN: _____

MEDICAL INFORMATION

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

MEDICAL CONDITIONS/NEEDS:

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

Additional _____

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

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

SEIZURE INFORMATION:

SEIZURE TYPE	DATE DIAGNOSED	LENGTH	FREQUENCY	DESCRIPTION	DATE OF LAST SEIZURE

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

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

DIABETES INFORMATION:

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

TESTING FREQUENCY	BASELINE # RANGE	HIGH # RANGE	LOW # RANGE

3. How does participant count/check carbohydrates? _____

EPI-PEN INFORMATION:

1. Where will Epi-Pen be kept? _____

ALLERGY	SEVERITY OF ALLERGY	REACTION

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

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

MEDICAL INFORMATION

G-TUBE/J-TUBE INFORMATION:

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

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

SUCTION INFORMATION:

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

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

OSTOSTOMY BAG:

INHALER INFORMATION:

OXYGEN INFORMATION:

TEMPERATURE SENSITIVITY INFORMATION:

SHUNT INFORMATION:

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

MEDICAL CONDITION/NEED	ADDITIONAL INFORMATION

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

WAIVER AND RELEASE OF ALL CLAIMS

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

SIGNATURE OF PARENT/GUARDIAN: _____ DATE: _____

PRINTED NAME OF PARENT/GUARDIAN: _____

FACILITY LOCATIONS

Arlington Lanes

3435 N Kennicott Avenue
Arlington Heights
847/255-6373

Arlington Ridge Center

660 N Ridge Avenue
Arlington Heights
847/577-3025

Bartlett Community Center

700 S Bartlett Road
Bartlett
630/540-4800

Bowlero

824 E Rand Road
Mount Prospect
847/392-0550

Buffalo Grove Fitness Center

NWSRA Wing
601 W Deerfield Parkway
Buffalo Grove
847/305-8360

Burger Baron

132 E Golf Road
Arlington Heights
847/258-3736

Burning Bush Community Center

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

Central Community Center

NWSRA Wing
1000 W Central Road
Mount Prospect
847/305-8571

Community Arts Center

225 McHenry Road
Buffalo Grove
847/850-2175

Conyers Learning Academy

2800 W Central Road
Rolling Meadows
847/963-3400

Elk Grove Bowl

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

Falcon Park Recreation Center

2195 N Hicks Road
Palatine
847/202-5111

Gary Morava Recreation Center

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

Hanover Park Community Center

NWSRA Wing
1919 Walnut Avenue
Hanover Park
847/392-2864

Jack Claes Pavilion

1000 Wellington Avenue
Elk Grove Village
847/437-9494

Nickol Knoll Golf Course

3800 N Kennicott Avenue
Arlington Heights
847/590-6050

Old Orchard Country Club

700 W Rand Road
Mount Prospect
847/255-2025

Osage Park

2706 N Old Hicks Road
Palatine
847/991-0333

Palatine Community/Gymnastics Center

250 E Wood Street
Palatine
847/991-0333

Palatine Stables

1510 W Northwest Highway
Palatine
847/359-0009

Park Place Family Recreation Center

550 S. Park Boulevard
Streamwood
630/372-7275

Park Central/Teen Center

3000 Central Road
Rolling Meadows
847/818-3220

Plum Grove Park

4001 Park Drive
Palatine
847/818-3200

RecPlex

420 Dempster Street
Mount Prospect
847/640-1000

Rolling Meadows Community Center • NWSRA Wing

3705 Pheasant Drive
Rolling Meadows
847/632-0049

Sandburg Junior High School

2600 Martin Lane
Rolling Meadows
847/963-7800

Schaumburg Community Recreation Center

505 N Springinsguth Road
Schaumburg
847/490-7015

South Barrington Park District

3 Tennis Club Lane
South Barrington
847/381-7515

Streamwood Bowl

1232 Irving Park Road
Streamwood
630/837-5800

The Zone

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

Thrown Elements

60 N Evergreen Avenue
Arlington Heights
847/818-1313

Wheeling Community Recreation Center/ Arctic Splash/ NWSRA Wing

100 Community Boulevard
Wheeling
847/465-3333

Wilmot Ski

11931 Fox River Road
Wilmot, Wisconsin
630/540-4182

Vogelei Barn

650 W Higgins Road
Hoffman Estates
847/885-7500



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Northwest Special Recreation Association is an extension of 17 park districts and provides outstanding opportunities through recreation for children and adults with disabilities.

We are currently hiring part-time staff! Pay starts are 13.50 - 18.00/hour (based on position qualifications and availability)

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Day Camp Counselors. Inclusion Aides, Program Assisants

Age 21 & older
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JOIN US!

If you are enthusiastic, responsible and interested in making an impact on children and adults with special needs in a recreational setting, contact NWSRA today!



jobs@nwsra.org



847/392-2848



3000 W Central Rd. Suite 205
Rolling Meadows, IL



Visit www.nwsra.org to learn more about us.



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

REGISTRATION BEGINS

DECEMBER 6, 2021

REGISTRATION DEADLINE

DECEMBER 28, 2021

PROGRAMS DATES

JANUARY 18 - APRIL 29, 2022

GOLD MEDAL 
Fashion
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