



NISRA

Northern Illinois
Special Recreation Association

WINTER & SPRING 2023

Register by December 15





WHAT'S NEW?

Staff Updates

Sam Helton resigned as Northwest Regional Coordinator to pursue her master's in occupational therapy, we wish her the best! You'll still see her around working programs part-time.

Lauren Krawczyk joined the NISRA team in late August as the new Northwest Regional Coordinator. Lauren recently graduated with a bachelor's in social work and LOVES the outdoors! Some of her favorite things to do are hiking, rock climbing, camping, skiing, and playing guitar. Lauren will be a great asset to the NISRA team with her joy for adventure!

We are still hiring for part-time seasonal staff positions! If you or someone you know is interested in joining our fun, compassionate and innovative team, please call our office today at (815) 459-0737 for more information.

Rainout Line

On June 1, 2022, NISRA transitioned to using Rainout Line as our **only** notification system for program changes, cancellations and transportation times. **Make sure to register if you have not already so you don't miss any program updates and information.** Please see **page 45** for more information on ways to use Rainout Line and how to register. You can find a tutorial on our website under "News & Events".

Big Changes Ahead for Day Programs!

The L.I.F.E. (Leisure Increases Freedom & Enjoyment) Program is a NISRA year-round life skills program, using community-based recreation activities to enhance the quality of life for young adults with a mild to moderate cognitive disability.

Beginning in January of 2023, the L.I.F.E Program will see some major changes:

- 1.The age limit of the program will increase to include participants ages 22-45.
- 2.Families can choose up to 4 days of programming and make their own schedule.
- 3.L.I.F.E will now be offering **TWO** program locations; one at the NISRA office in Crystal Lake and the other at the Rakow Center in Carpentersville.

We are so excited about expanding the L.I.F.E. Program!

To inquire about the L.I.F.E. Program:

Contact Katie Weadley, Manager of Adult Day Programs at: kweadley@nisra.org or 815-459-0737, ext. 229.

A meeting will be scheduled to complete the assessment and interview the applicant and a parent or guardian. This process will determine the specific needs of the applicant and whether he or she meets the eligibility criteria of the program.

NISRA will notify the applicant and family of the outcome of the application process. All decisions regarding eligibility will be made by NISRA. NISRA reserves the right to reassess participants for eligibility throughout the year as needed.

WINTER SESSION DATES

Please refer to each program for exceptions!

- Mondays:** January 16 - February 27
- Tuesdays:** January 17- February 28
- Wednesdays:** January 18 - March 1
- Thursdays:** January 19 - March 2 ***No Program January 26**
- Fridays:** January 20 - March 3 ***No Program January 27**
- Saturdays:** January 21 - March 4 ***No Program January 28**

SPRING SESSION DATES

Please refer to each program for exceptions!

- Mondays:** April 3 - May 8
- Tuesdays:** April 4 - May 9
- Wednesdays:** April 5 - May 10
- Thursdays:** April 6 - May 11
- Fridays:** April 14 - May 12 ***No Program April 7**
- Saturdays:** April 15 - May 13 ***No Program April 8**

DEADLINES

- Resident Priority Registration Ends: December 8**
- Non-Resident Registration Begins: December 9**
- Final Registration Deadline: December 15**
- Spring Deadline & Payments Due: February 9**

(Residents of NISRA's 13 member districts will be registered first. Non-residents may submit their registration at any time. However, their forms will be processed in the order that they were received beginning December 9)

LOOKING AHEAD

- Summer Brochure Preview: April 17 - April 19**
- Summer Brochure & Registration Opens: April 20**
- Summer Day Camp Brochure Preview: March 14 - March 16**
- Summer Day Camp Registration Opens: March 17**
- Summer Day Camp Dates: June 12 - July 27**



WELCOME TO NISRA

Our Mission

Enriching the lives of people with disabilities through meaningful recreation experiences.

Our Vision

To be a community of limitation free recreation.

Our Values

- Fun
- Professional
- Compassionate
- Trustworthy
- Innovative



NISRA OFFICE 285 Memorial Drive
Crystal Lake, IL 60014

Phone: (815) 459-0737

Fax: (815) 459-0388

Email: info@nisra.org

Website: www.nisra.org

Office Hours: Monday - Friday | 8:30 am - 5:00 pm

The office will be closed on the following dates:
 November 24 & 25, 2022
 December 23, 26, & 30, 2022
 January 2, 2023
 May 29, 2023

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

Asistencia en Español

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

Brochure Available in Audio

We can create an audio version of the brochure for individuals with visual impairments. Please call the NISRA office to request the sections of the brochure that are most important to you.

Americans with Disabilities Act (ADA)

NISRA will comply with the ADA, which prohibits discrimination in the provision of services, programs or facilities to individuals with disabilities. NISRA works closely with its member park districts and recreation departments to provide information on program inclusion, facility accessibility and communication devices. NISRA will make reasonable accommodations in recreation programs to enable participation by an individual with a disability who meets essential eligibility requirements for that recreation program. If you have questions about NISRA or the ADA, or believe that you have been unfairly discriminated against by NISRA, please call Jim Wiseman at (815) 459-0737.

What is NISRA?

NISRA is an extension of 13 park districts and municipal recreation departments, providing year-round community recreation for local children and adults with disabilities.

Our programs take place in our member district facilities along with other public and private recreation sites throughout the area.

NISRA's activities are led by full-time staff with college degrees in Therapeutic Recreation or related fields in addition to trained part-time staff and volunteers.


Our close staff-to-participant ratios help participants develop skills, grow in self-esteem and have FUN!

For:

- Index of All Programs by Name - See Page 5
- Annual Information Update - See Pages 51 - 52
- Facility Locations - See Page 55
- Fitness Program Waiver - See Page 44
- Illness Guidelines - See Page 50
- NISRA Foundation - See Pages 6 - 7
- Program Information - See Pages 49 -50
- Registration Information - See Pages 46 & 49
- Registration Form - See Pages 47 & 48
- Rainout Line Information - See Page 45
- Seizure Questionnaire - See Page 43
- Severe Weather Guidelines - See Page 50
- Special Olympics Information - See Page 39


Key to Symbols/Abbreviations:


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


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

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

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

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

Special Olympics: The Special Olympics logo indicates local training programs & competition. 

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

BOARD & STAFF

Board of Directors

- | | |
|----------------|----------------------------------|
| Terry Jennings | Barrington Park District |
| Dan Jones | Cary Park District |
| Jason Herbster | Crystal Lake Park District |
| Dave Peterson | Dundee Township Park District |
| Maria Cumpata | City of Elgin |
| Laura Schraw | Hampshire Township Park District |
| Ryan Knop | City of Harvard |
| Scott Crowe | Huntley Park District |
| Kim Buscemi | Village of Lake in the Hills |
| Dan Bertrand | Marengo Park District |
| Bill Hobson | City of McHenry |
| Tim Staton | Wauconda Park District |
| Dave Zinnen | City of Woodstock |

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

Administrative Staff

Jim Wiseman, B.S., CPRP, ext. 230
Executive Director

Renee Erling, B.S., ext. 236
Senior Manager of Finance & Administration

Jennifer Wiley, B.A., ext. 237
Office Services Coordinator

Sue Just, A.A., ext. 221
Administrative Assistant

Susan Jennings, A.A., ext. 257
Administrative Assistant II

Lori Lattanzio, B.A., ext. 228
Manager of Communication & Marketing

Laura Cullotta, B.A., ext. 225
Manager of Fund Development

Patty Panas, B.A., ext. 241
Manager of Human Resources

Recreation Staff

Heidi Jenkins, M.A., CTRS, ext. 238
Superintendent of Recreation

Emily Todd, B.S., CPRP, ext. 243
Senior Manager of Support Staff & Volunteers

Rebecca Moore, B.A., CPRP, CTRS, ext. 223
Senior Manager of Recreation

Dana Seehafer, B.A., CPRP, ext. 227
Senior Manager of Operations

Trisha Palmieri, B.S., CPRP, CTRS, QIDP, CTRI ext. 249
Manager of Special Olympics & Healthy Minds Healthy Bodies

Mia Ross, B.S., CTRS, ext. 224
Manager of Inclusion; Please call Mia with questions about inclusion into member district programs

Jordan Miller, B.S., CTRS, ext. 234
Manager of Summer Day Camp & Outreach

Katie Weadley, B.S., CPRP, ext. 229
Manager of Adult Day Programs

Gabrielle Winkel, B.S., CTRS, ext. 246
Manager of Cultural Arts & Special Events

Your Regional Coordinator

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

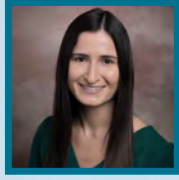


Anya Naumovski - Eastern Region

Please call Anya at extension 248 or email her at anaumovski@nisra.org with program suggestions for the Barrington, Cary and Wauconda areas.

Lauren Krawczyk - Northwest Region

Please call Lauren at extension 265 or email her at lkrawczyk@nisra.org with program suggestions for the Harvard, Marengo, McHenry & Woodstock areas.



Emily Eliscu - Central Region

Please call Emily at extension 226 or email her at eeliscu@nisra.org with program suggestions for the Crystal Lake, Huntley, and Lake in the Hills areas.

Taylor Baretz - Southern Region

Please call Taylor at extension 231 or email him at tbaretz@nisra.org with program suggestions for the Dundee Township, Elgin & Hampshire areas.



Anya Naumovski, B.S., QIDP, ext. 248
Regional Coordinator; Please call Anya with program ideas for Barrington, Cary & Wauconda

Lauren Krawczyk, B.S., ext. 265
Regional Coordinator; Please call Lauren with program ideas for Harvard, Marengo, McHenry & Woodstock

Emily Eliscu, B.S., CTRS, ext. 226
Regional Coordinator; Please call Emily with program ideas for Crystal Lake, Huntley & Lake in the Hills

Taylor Baretz, B.A., ext. 231
Regional Coordinator; Please call Taylor with program ideas for Dundee Township, Elgin & Hampshire

Michelle Friedrichs, B.A., ext. 240
L.I.F.E. Program Leader

Macky Leech, DSP, ext. 235
Bright Program Recreation Specialist

Nicole Eisenrich, B.S.
Healthy Minds Healthy Bodies Specialist

Habacuc Rico, A.A.S.
Healthy Minds Healthy Bodies Specialist

CTRS & CPRP

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

PROGRAM INDEX

Special Events, Family Events & Trips

Special events & trips are listed on pages **8 - 12**

Sensory Programs are listed on page **13**

Young Children

Aqua Explorers.....	16
Kids Klub.....	17
Rec Explorers.....	16
Rock 'n' Kids.....	17
Saturday Fun Club (6 - 12).....	17
Youth Social Clubs.....	16

Youth & Young Teens

Buddy Baseball.....	19
Climb On.....	21
Fishing 101.....	20
Gamers Paradise.....	20
Garage Band.....	19
Ice Skating - Learn to Skate.....	18
Kids Cooking Around the World.....	20
Pen to the Paper.....	20
Saturday Fun Club (13 - 18).....	21
"Special Focus" Karate.....	19
Super Saturdays.....	21
Swim Lessons.....	18

Teens & Adults

Adult Open Swim.....	29
BINGO & BAGGO.....	25
Bowling.....	27
Friday Night Supper Club.....	24
Let's Get Crafty.....	24
NISRA Content Creators.....	24
Simply Cooking.....	28
Spring Baking Buddies.....	25
Spring Creations.....	26
Snowshoe Trekkers.....	28
Teen Clubs.....	22 - 23
Teen & Young Adult Disc Golf - Indoor & Outdoor.....	26
Tennis - Beginner.....	24
Tuesday Night Adventures.....	25
Winter Baking Buddies.....	25
Winter Creations.....	26
Workout @ Your Choice.....	28
Yoga.....	29
Zumba.....	29

Adults 21 & Older

Adult Social Clubs.....	35 - 36
AID Programs.....	34
Aquacize.....	32
Fitness Swim.....	14
Friday Friends.....	33
Gardening Club.....	32
Lunch Bunch.....	33
Out -n- About & Restaurant Hoppers.....	15
Movie Review Crew.....	33
Pioneer Glee Club.....	32
Stretch 'n Tone.....	14
Young Adult Clubs.....	30 - 31

Cultural Arts

Art Attack.....	37
Art Explorations - Virtual.....	37
Clay Workshop.....	37
Encore! Joyful Noise Choir.....	37
Fused Glass Workshops.....	37
Individual Dance Lessons.....	38
Individual Music Lessons.....	38
Kingpins Drumline.....	38
Theater Troupe.....	38

Special Olympics

Boccia.....	14
Bocce Ball.....	40
Gold 3-6-9.....	42
March Madness League.....	42
Pickle Ball.....	41
Powerlifting.....	41
Rhythmic Gymnastics.....	41
Soccer.....	40
Softball.....	42
Swimming.....	41
Tennis.....	40
Track & Field.....	40
Unified Golf.....	42



Color Key to Sections:

- SPECIAL EVENTS & TRIPS**
- SENSORY PROGRAMS**
- INDIVIDUALS WITH PHYSICAL/VISUAL LIMITATIONS**
- YOUNG CHILDREN**
- YOUTH & YOUNG TEENS**
- TEENS & ADULTS**
- ADULTS - 21 AND OLDER**
- CULTURAL ARTS**
- SPECIAL OLYMPICS**



Do You Know?

For every \$1 given to the Foundation:

- 72 cents goes to support NISRA programs & services
- 24 cents goes to fundraising costs
- 4 cents goes to management & administrative expenses

What the Foundation Does

The NISRA Foundation was created in 1991 to preserve the future funding and quality of NISRA services. The Foundation raises money through fundraising events, grant solicitation and donations in order to exclusively support NISRA programs and services. Since its inception, the Foundation has made annual grants to NISRA, cumulatively exceeding \$2.3 million, for the following purposes:

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

The Foundation Board

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

Foundation Board of Directors

- | | |
|---|----------------|
| Annette Hammortree, <i>President</i> | Kim Buscemi |
| Rochelle Donahue, <i>Vice President</i> | Amy MacCrimdle |
| Dawn Goerger, <i>Treasurer</i> | Tad Gralewski |
| Jim Wiseman, <i>Secretary</i> | Pat Kallaus |
| Julie Amendt | |



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

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

Thank you to the NISRA Foundation's Corporate Partners:



*Law Offices of
Donahue & Walsh, P.C.*

GIVE THE GIFT OF FUN!

Volunteer

- Assist at an event
- Join an event committee
- Serve on the Foundation Board of Directors

Donate

- Make a donation
- Secure raffle or auction items
- Leave a legacy by remembering NISRA in your will or estate plan
- Sponsor one of our many FUNdraising events
- Ask your employer about their matching gift program
- Donate every time you shop with AmazonSmile

AmazonSmile



1 Go to:
smile.amazon.com



2 Select the NISRA Foundation
as your charity



3 Support the Foundation with
every purchase!

Tell Family & Friends

- NISRA has great programs
- Spread the word about Foundation events
- Like our Facebook & Instagram pages and join in on the fun!

SPECIAL THANKS...

Women's Golf Outing - Tiki Tee Time

It was a beautiful day on the tropical greens at Randall Oaks Golf Club & Banquets! Thank you to our generous sponsors, donors, and golfers! Your support makes NISRA's life-changing programs possible!

Knights of Columbus - Tootsie Roll Drive

Thank you to our local Knights of Columbus councils who continually support vital developmental disability services from the proceeds of their annual Tootsie Roll Drive each September. Your generosity enriches the lives of all who are served at NISRA.

MHRL - Fall Diddley

The Mental Health Resource League of McHenry County hosts its annual Fall Diddley every October, with proceeds benefiting NISRA programming and services. Thank you for your unwavering support year after year!

Holiday Fashion Show - Tropical Holiday

We extend our deepest gratitude to our volunteers and committee members who work on this event all year. To our donors, sponsors, attendees, NISRA participants and their families...we couldn't do it without all of you!

SAVE THE DATES!

Bowl-a-Thon

April

Strikeout with this ultimate FUNdraiser that gets the whole family involved! Bowl with NISRA or on your own with your friends and family, with chances to win awards and prizes!



Spring Shootout

Friday, June 2

Save the date now, have fun with us later! The annual Spring Shootout will be held at the Randall Oaks Golf Club & Banquets. This 18-round scramble is perfect for a day out with colleagues and friends!



NISRA
Foundation

For more information:

Contact Laura Cullotta, Manager of Fund Development at:
lculotta@nisra.org or (815) 459-0737, ext. 225

SPECIAL EVENTS

SPRING BREAK FUN for ages 8 - 21

Spring Break Scene

School's out and it's time to hang out with your friends for fun, games, arts & crafts and more! Each day includes activities focused on a theme at the Sage TR Center. We'll also go swimming a couple of times. The group will be divided into age-appropriate small groups for some activities.

Age Group: 8 - 21

Suggested Ability Level: All Abilities

Location: Sage TR Center, Crystal Lake and swimming at The Centre, Elgin

Staff Contact: Jordan

Prog #	Days/Dates	Time	(no transp.) R/NR Fee	(w/ transp.) R/NR Fee	Min/Max
3-8300	Mon - Fri, Mar 27 - 31	9:00 am - 3:00 pm	\$170/\$298	\$200/\$328	8/10

Bus Departs	Transportation Location	Returns
8:00 am	Woodstock Recreation Center	4:00 pm
8:30 am	LITH Village Hall	3:30 pm

NOTE: Please bring a labeled sack lunch and drink each day. NISRA will provide an afternoon snack. Please bring a labeled swimsuit and towel on Monday, Wednesday and Friday for swimming at The Centre in Elgin. The group may go on some local field trips.

Weekend Trip - Wisconsin Dells

The Wilderness Resort is America's Largest Waterpark Resort! After a long day of playing at the waterpark, we'll recuperate at our Cabin before heading to more activities! We will shop, spend some time in the arcade playing mini golf & laser tag, and eat lots of yummy food!

Age Group: 21 & Older

Suggested Ability Level: This trip will be staffed at a 1:5 staff-to-participant ratio and is recommended for ambulatory adults who have independent living skills, can stay with the group, and walk long distances.

Min/Max: 8/12

Staff Contact: Emily E.

NOTE: Please read "General Information about Trips" below. There will be a pre-trip meeting to discuss trip details; further details will be shared after registration. Please bring extra money for buying souvenirs or any additional purchases.

Prog #	Days	Date	Times	R/NR Fee
3-4020	Fri - Sun	Mar 17 - Mar 19	11:00 am 11:00 am	\$578/\$694



General Information about Trips

Eligibility

It is recommended that participants have a moderate level of independence skills for overnight trips. In addition to caring for themselves and their belongings, participants will be expected to follow scheduled activities, stay with the group, and help with general activities of daily living including food preparation and clean up. After the registration is received, a NISRA staff member will contact the participant/family by phone to discuss the trip and make sure that it is a good fit for the participant, ensuring a successful trip for everyone.

Housing

Trip accommodations will be double-occupancy. Participants will be sharing rooms and beds with peers. A NISRA staff member may not be staying in the room. Room assignments will be made by the staff coordinating the trip. Participants are encouraged to be considerate, and take care of their personal belongings while being respectful of their roommates.

Medication Dispensing Changes

When the parent/guardian supplies envelopes containing individual dosages, the envelopes must be sealed and not be a clear/transparent material. No pill bottles or bubble packs. If this applies to you, we will provide additional details when you register.

Valentine's Day Dance

It's that irresistible holiday...Valentine's Day! Bring that special friend to NISRA's Valentine's Dance and boogie to the music, enjoy refreshments, a light snack, and socialize.

Age Group: 18 & Older

Suggested Ability Level: All Abilities

Location: Huntley R.E.C. Center Cafeteria

Min/Max: 50/100

Staff Contact: Gabrielle

Program #	Transportation Location
3-8432	Barrington Park District
3-8435	McHenry Recreation Center
3-8436	Sheltered Village
3-8437	The Centre, Elgin
3-8433	NISRA Office
3-8438	*No transportation; meet at dance

Day	Date	Time	R/NR Fee	R/NR Fee w/ Transportation
Fri	Feb 10	7:00 - 9:00 pm	\$15/\$26	\$21/\$32

NOTE: Please register for the Program # that goes with the transportation location where you wish to be picked up & dropped off. Transportation times will be listed on Rainout Line the week of the scheduled event. **For more information on Rainout Line, see page 45.**

Prom

Come dressed in your very best, we're hosting a NISRA Prom! Get out those dancing shoes and get ready for a fun night of dancing with friends and dinner too!

Age Group: 18 & Older

Suggested Ability Level: All Abilities

Location: Ballroom at The Centre, Elgin

Min/Max: 50/100

Staff Contact: Gabrielle

Program #	Transportation Location
4-8483	NISRA Office
4-8482	*No transportation; meet at dance

Day	Date	Time	R/NR Fee	R/NR Fee w/ Transportation
Fri	May 5	6:00 - 8:30 pm	\$35/\$62	\$41/\$68

NOTE: Fee includes a sub sandwich, chips, cookie, and a drink. If you have dietary restrictions, please contact Gabrielle Winkel at the office. Semi-formal attire is recommended, but not required. Transportation times will be listed on Rainout Line the week of the scheduled event. **For more information on Rainout Line, see page 45.**

Disney on Ice

Disney on Ice presents...Frozen and Encanto, hosted by Mickey and Minnie! Join your friends and sing along to your favorite songs to celebrate the power of love and courage.

Age Group: 13 & Older

Suggested Ability Level: All Abilities/Community Ready

Location: Allstate Arena, Rosemont

Min/Max: 10/25

Staff Contact: Gabrielle

Prog #	Day	Date	Time	R/NR Fee
3-8638	Sat	Feb 4	7:00 pm *showtime	\$81/\$141

Bus Departs	Transportation Location
5:15 pm	NISRA Office
5:45 pm	The Centre, Elgin

NOTE: The fee includes a meal item and a drink. This venue may be cashless. Please bring cashless payment if wanting to purchase souvenirs and additional food. The show features fireworks, flashing lights and loud music. **Please check Rainout Line the day of the scheduled event for return times.**



SPECIAL EVENTS

Chicago Bulls

"You gotta be there!" Experience NBA basketball and cheer on the Bulls.

Age Group: 18 & Older

Suggested Ability Level: All Abilities

Location: United Center, Chicago

Min/Max: 10/30

Staff Contact: Gabrielle

Prog #	Day	Date	Time	R/NR Fee
3-8412	Sun	Mar 5	2:30 pm *gametime	\$124/\$218

Bus Departs Transportation Location

12:00 pm	NISRA Office
12:30 pm	The Centre, Elgin

NOTE: Tickets are for seats located on the 300 level. This event is not recommended for those who are afraid of heights. The fee includes a meal item and a drink. This venue may be cashless, please bring cashless payment if wanting to purchase souvenirs and additional food.

Please check Rainout Line the day of the scheduled event for return times.

Chicago Wolves

Experience the excitement of extreme ice hockey as we watch our very own Chicago Wolves. We'll be attending the last home game of the season vs. the Manitoba Moose!

Age Group: 18 & Older

Suggested Ability Level: All Abilities

Location: Allstate Arena, Rosemont

Min/Max: 10/30

Staff Contact: Gabrielle

Prog #	Day	Date	Time	R/NR Fee
4-8413	Sun	Apr 16	3:00 pm *gametime	\$61/\$107

Bus Departs Transportation Location

1:15 pm	NISRA Office
1:45 pm	The Centre, Elgin

NOTE: The fee includes a hotdog and a drink. This venue may be cashless. Please bring cashless payment if wanting to purchase souvenirs and additional food. The show features fireworks, flashing lights and loud music.

Please check Rainout Line the day of the scheduled event for return times.

Tiki Terrace

Chicagoland's only Hawaiian-themed venue where you can experience "Luau Dinner and Shows". It is *truly* a full experience perfect for those seeking a unique night out. Relax and celebrate in a tropical atmosphere reminiscent of beautiful Hawaii.

Age Group: 18 & Older

Suggested Ability Level: All Abilities

Location: The Tiki Terrace, Des Plaines

Min/Max: 10/20

Staff Contact: Gabrielle

Prog #	Day	Date	Time	R/NR Fee
3-8416	Sat	Mar 25	3:30 - 8:00 pm	\$95/\$165

Bus Departs Transportation Location

1:45 pm	NISRA Office
2:15 pm	The Centre, Elgin

NOTE: Fee includes dinner with a tropical salad, entrée, and dessert of your choice. **Please check Rainout Line the day of the scheduled event for return times.**



School of Rock Musical

"We're not goofing off, we're creating musical fusion!" Enjoy an afternoon at the beautiful Paramount Theatre, watching the unforgettable magic and costumes in this show!

Age Group: 18 & Older

Suggested Ability Level: All Abilities

Location: Paramount Theatre, Aurora

Min/Max: 10/12

Staff Contact: Gabrielle

Prog #	Day	Date	Time	R/NR Fee
4-8465	Sun	Apr 30	1:00 pm *showtime	\$98/\$171

Bus Departs Transportation Location

11:00 am	NISRA Office
11:30 am	The Centre, Elgin

NOTE: Please bring a disposable sack lunch and drink to eat on the way to the performance, along with money if you wish to purchase concessions during intermission. Participants must be able to sit through a 3-hour musical production. There is limited accessible seating, available on a first-come, first-serve basis. **Please check Rainout Line the day of the scheduled event for return times.**

29th Annual Recognition Night

Celebrate with us on this special night when we'll recognize participants, staff, volunteers, contributors, and community supporters. A catered dinner with dessert, soft drinks and coffee will be provided. A cash bar will also be available. Recommended attire is business casual.

The evening's schedule:

- 6:00 pm Doors open & cash bar begins
- 6:15 pm Dinner is served
- 7:00 pm Awards ceremony

Group: All participants, family members, staff, & community members

Age Group: 6 years & older with an adult
Ages 16 & older may attend independently

Location: Heritage Ballroom, The Centre, Elgin

Staff Contact: Gabrielle



Prog #	Day/Date	Time
3-8602	Thurs, Mar 16	6:00 pm

Recognition Night Registration

Please complete this form to register. Invitations will NOT be mailed to NISRA participants.

Your Name _____

Chicken Vegetarian

Please provide all of your guest names and meal preferences. If preferences are not given, the chicken entrée will be selected.

Family/Guest Names:

<input type="checkbox"/> Chicken	<input type="checkbox"/> Vegetarian	<input type="checkbox"/> Child's
<input type="checkbox"/> Chicken	<input type="checkbox"/> Vegetarian	<input type="checkbox"/> Child's
<input type="checkbox"/> Chicken	<input type="checkbox"/> Vegetarian	<input type="checkbox"/> Child's
<input type="checkbox"/> Chicken	<input type="checkbox"/> Vegetarian	<input type="checkbox"/> Child's
<input type="checkbox"/> Chicken	<input type="checkbox"/> Vegetarian	<input type="checkbox"/> Child's
<input type="checkbox"/> Chicken	<input type="checkbox"/> Vegetarian	<input type="checkbox"/> Child's
<input type="checkbox"/> Chicken	<input type="checkbox"/> Vegetarian	<input type="checkbox"/> Child's
<input type="checkbox"/> Chicken	<input type="checkbox"/> Vegetarian	<input type="checkbox"/> Child's
<input type="checkbox"/> Chicken	<input type="checkbox"/> Vegetarian	<input type="checkbox"/> Child's

Any special seating accommodations needed (ex: wheelchair, assistive device): _____

of NISRA participants x \$5/each = _____

of children's meals (ages 6 -13) x \$5/each = _____

of adult family members/guests x \$15/each = _____

We wish to sponsor a participant x \$5 = _____

Total due: _____

You may pay by credit card. Please check one: Mastercard VISA Discover

Account # _____ Exp. Date ____/____ Security Code _____

Cardholder Name (please print) _____ Signature _____

Cardholder Address _____ City _____ State ____ Zip _____

Enter your credit card payment information or pay by check. Return to the NISRA Office by February 15.

Family Picnic & Pepper Family Tree House

Spend time with the whole family! Enjoy a picnic lunch and have fun exploring the Pepper Family Tree House and Citizen's Park!

Age Group: All Ages

Suggested Ability Level: All Abilities

Location: Citizen's Park, Barrington

Min/Max: 15/50

Staff Contact: Anya

Prog #	Day	Date	Time	R/NR Fee
4-8689	Sun	May 14	1:00 - 3:00 pm	\$5/\$9

NOTE: Family members need to register, more than one family member can register. NISRA Staff will be assisting with the program and are unable to supervise participants.



Family Pool Party

Come one, come all...NISRA participants and their families are invited to join us for an afternoon at Adventure Island! Nothing better than time spent poolside with the family.

Age Group: All Ages

Suggested Ability Level: All Abilities

Location: The Centre, Elgin

Min/Max: 15/30

Staff Contact: Taylor

Prog #	Day	Date	Time	R/NR Fee
3-8688	Sun	Feb 19	1:00 - 3:00 pm	\$3/\$5

NOTE: Family members need to register, more than one family member can register. NISRA Staff will be assisting with the program and are unable to supervise participants.

Family Bowling

Strikeout with the ultimate family night of bowling! Enjoy an evening on the lanes with a family member at Glo-Bowl in Marengo. This program is for one participant and one family member.

Age Group: All Ages

Suggested Ability Level: All Abilities

Location: Glo-Bowl, Marengo

Min/Max: 8/24

Staff Contact: Lauren

Prog #	Day	Dates	Weeks	Time
4-1638	Wed	Apr 5 - May 10	6	5:00 - 6:30 pm

R/NR Fee	Family R/NR Fee
\$72/\$126	\$42/\$74

NOTE: Due to facility availability, this program is only offered in spring. Family members need to register, more than one family member can register. NISRA Staff will be assisting with the program and are unable to supervise participants.

Sibshops - A group of SIBLINGS of Children with Disabilities!

Age Group: 7 -12

Location: Huntley R.E.C. Center

Min/Max: 4/12

Staff Contact: Mia

Sibshops provide opportunities for the siblings of children with disabilities to meet and engage with peers in a recreational setting. They are able to meet new friends, hang out, and participate in a wide variety of FUN recreational activities! *Sibshops are intended for siblings of children with disabilities.*

Prog #	Day	Date	Time	R/NR Fee
3-8230	Sat	Feb 18	10:00 am - 12:00 pm	FREE!
4-8230	Sat	Apr 15	10:00 am - 12:00 pm	FREE!
4-8231	Sat	May 20	10:00 am - 12:00 pm	FREE!



Individual Snoezelen® Therapy

Get ready to experience a room where people of any age or ability level can engage in safe activities that stimulate all the senses through aromas, color, lights, sounds and textures. Our Snoezelen® Sensory Room can be customized to each individual's specific needs. These one-on-one sessions with a trained recreation professional are designed with your personalized goals in mind. An assessment will be completed the first week, so that the sessions can be geared to accomplishing the goals.

Age Group: 3 & Older

Suggested Ability Level: All Abilities

Location: Sage TR Center, NISRA

Staff Contact: Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee	Min/Max
3-6020	Wed	Jan 18 - Feb 22	6	4:00 - 4:30 pm	\$90/\$158	1/1
4-6020	Wed	Apr 5 - May 10	6	4:00 - 4:30 pm	\$90/\$158	1/1
3-6021	Wed	Jan 18 - Feb 22	6	4:30 - 5:00 pm	\$90/\$158	1/1
4-6021	Wed	Apr 5 - May 10	6	4:30 - 5:00 pm	\$90/\$158	1/1
3-6022	Wed	Jan 18 - Feb 22	6	5:00 - 5:30 pm	\$90/\$158	1/1
4-6022	Wed	Apr 5 - May 10	6	5:00 - 5:30 pm	\$90/\$158	1/1
3-6023	Wed	Jan 18 - Feb 22	6	5:30 - 6:00 pm	\$90/\$158	1/1
4-6023	Wed	Apr 5 - May 10	6	5:30 - 6:00 pm	\$90/\$158	1/1

NOTE: This is a 1:1 ratio program. Fees are for a 30 minute session (4:00 - 4:30, 4:30 - 5:00, 5:00 - 5:30, & 5:30 - 6:00), and are given on a first-come, first-serve basis. A parent/guardian is required to be in the building for the duration of the session.

Sensory Exploration - All Ages

Check out the Snoezelen® Sensory Room! Participants are guided through a sensory experience that incorporates hand-eye coordinatorm, gross motor skills, working with others, operating controls and setting scenes in the room, and relaxing.

Suggested Ability Level: All Abilities

Location: Sage TR Center, NISRA

Staff Contact: Anya

Prog #	Age Group	Day	Dates	Weeks	Time	R/NR Fee	Min/Max
3-6000	3 - 6	Tues	Jan 17 - Feb 28	7	4:00 - 4:30 pm	\$56/\$98	2/3
4-6000	3 - 6	Tues	Apr 4 - May 9	6	4:00 - 4:30 pm	\$48/\$84	2/3
3-6001	7 - 12	Tues	Jan 17 - Feb 28	7	4:30 - 5:00 pm	\$56/\$98	2/3
4-6001	7 - 12	Tues	Apr 4 - May 9	6	4:30 - 5:00 pm	\$48/\$84	2/3
3-6002	13 - 20	Tues	Jan 17 - Feb 28	7	5:00 - 5:30 pm	\$56/\$98	2/3
4-6002	13 - 20	Tues	Apr 4 - May 9	6	5:00 - 5:30 pm	\$48/\$84	2/3
3-6003	21 & Older	Tues	Jan 17 - Feb 28	7	5:30 - 6:00 pm	\$56/\$98	2/3
4-6003	21 & Older	Tues	Apr 4 - May 9	6	5:30 - 6:00 pm	\$48/\$84	2/3

NOTE: Please register according to the participant's age group. A parent/guardian is required to be in the building for the duration of the session.

INDIVIDUALS WITH PHYSICAL LIMITATIONS

Fitness Swim

Dip in the pool for some water exercises or walking laps to help increase your strength, flexibility, and endurance. Research has proven that exercise boosts not only your physical health, but your attitude and mood as well.

Age Group: 21 & Older

Suggested Ability Level: Participants w/ physical limitations

Location: Rakow Center, Carpentersville

Min/Max: 5/6

Staff Contact: Taylor

NOTE: See page 44 for information about the fitness waiver required for participation. If you have had medical treatment during the 2 year time frame of your **Fitness Waiver**, please submit a new form to your doctor and NISRA.

Prog #	Day	Dates	Weeks	Time
4-0502	Mon	Apr 3 - May 8	6	11:10 - 11:55 am

R/NR Fee No Transp.	R Fee w/ Door-to-Door Transp.*
\$48/\$84	\$111

*Door to door is available for residents of NISRA's 13 Member districts only.

Stretch 'n Tone

Our dedicated and caring staff will help design an individual fitness plan specially for you. Light weights and fitness equipment will be used to increase your strength, muscle tone and flexibility. This is a recreational fitness program and is not intended to be a replacement for physical therapy.

Age Group: 21 & Older

Suggested Ability Level: Participants w/ physical limitations

Location: Huntley R.E.C. Center

Min/Max: 5/6

Transp. Max each day: Transportation availability is determined by the buses available & routes with reasonable riding times

Staff Contact: Emily E.

NOTE: See page 44 for information about the fitness waiver required for participation. If you have had medical treatment during the 2 year time frame of your **Fitness Waiver**, please submit a new form to your doctor and NISRA.

Prog #	Day	Dates	Weeks	Time
3-2507	Tues	Jan 17 - Feb 28	7	1:00 - 2:00 pm
4-2507	Tues	Apr 4 - May 9	6	1:00 - 2:00 pm

R/NR Fee No Transp.	R Fee w/ Door-to-Door Transp.*
\$56/\$98	\$119
\$48/\$84	\$111

*Door to door is available for residents of NISRA's 13 Member districts only.

Boccia

Boccia is a competitive sport as well as a fun yard game! It's designed for those with a physical disability that limits range of motion in the arms and hands. Coaches will assist you in determining whether adapted devices (ramps, head stick, etc.) are needed to make you successful.

Age Group: 8 & Older

Suggested Ability Level: Participants w/ physical limitations

Location: Huntley R.E.C. Center

Min/Max: 3/8

Staff Contact: Trisha

NOTE: Due to staffing difficulties, we are not able to provide transportation for the winter or spring seasons.

Prog #	Day	Dates	Weeks	Time
3-6802	Thurs	Jan 19 - Mar 2	6	7:00 - 8:00 pm
<i>No program Jan 26</i>				

4-6802	Thurs	Apr 6 - May 11	6	7:00 - 8:00 pm
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R/NR Fee No Transp.
\$41/\$71
\$41/\$71



INDIVIDUALS WITH PHYSICAL LIMITATIONS

Out -n- About & Restaurant Hoppers

Don't miss out on the great things to do in this area! Get together to explore the community, talk, laugh, go out to eat and have fun!

Age Group: 21 & Older

Suggested Ability Level: Participants w/ Physical/Visual Limitations

Location: Varies Weekly

Min/Max: 4/6

Staff Contact: Taylor

Prog #	Day	Dates	Weeks	Time	R/NR Fee (No transportation)	R Fee w/ Door-to-Door Transp.
3-0507	Wed	Jan 18 & 25; Feb 1 & 8	4	6:00 - 8:00 pm	\$100/\$175	\$136
3-0508	Wed	Feb 15 & 22; Mar 1 & 8	4	6:00 - 8:00 pm	\$100/\$175	\$136
4-0507	Wed	Apr 26; May 3 & 10	3	6:00 - 8:00 pm	\$75/\$131	\$111
4-0508	Wed	Apr 5, 12, 19	3	6:00 - 8:00 pm	\$75/\$131	\$111

NOTE: Due to the increasing popularity of Out-n-About & Restaurant Hoppers, the programs will be combined and offered in two sessions for each season. Please only register for one session per season so more people can participate. For participants with physical disabilities, or traumatic or acquired brain injury. Fee includes activities and going out to dinner one or two times a session. No additional money is needed. *Please check Rainout Line for weekly activities.*



Enriching the lives of people with disabilities
through meaningful recreation experiences...

YOUNG CHILDREN

Youth Social Club - Bowling & Pizza



Strike up a conversation and meet new friends! This youth social club will be full of bowling, pizza, friends and fun!

Age Group: 3 - 12

Suggested Ability Level: All Abilities

Location: Glo-Bowl, Marengo

Min/Max: 6/12

Staff Contact: Lauren

Prog #	Day	Dates	Time	R/NR Fee
3-1221	Sun	Mar 5	12:00 - 2:00 pm	\$35/\$62

Bus Departs	Transportation Location	Returns
11:30 am	NISRA Office	2:30 pm

NOTE: Program fee includes bowling, 2 slices of pizza and soda.

Youth Social Club - Superhero Bash



Come dressed as your favorite superhero or make up your very own! We'll enjoy some kryptonite snacks and play games by leaping over obstacles and creating new things!

Age Group: 3 - 12

Suggested Ability Level: All Abilities

Location: Sage TR Center, NISRA

Min/Max: 6/12

Staff Contact: Emily E.

Prog #	Day	Dates	Time	R/NR Fee
4-2246	Sun	Apr 30	3:00 - 5:00 pm	\$25/\$44

Rec Explorers

This program is a one-stop shop of all things recreation! This program mash-up will be a variety of activities that transition between both the multi-purpose gym and conference room at The Centre in Elgin. Activities will include stretching, gym games, body awareness, peer cooperation, sportsmanship, team building, sensory activities, crafts, science experiments and more!

Age Group: 3 - 8

Suggested Ability Level: All Abilities

Location: The Centre, Elgin

Min/Max: 4/8

Staff Contact: Taylor

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-0606	Thurs	Jan 19 - Mar 2	6	5:00 - 5:45 pm	\$48/\$84
<i>No program Jan 26</i>					
4-0606	Thurs	Apr 6 - May 11	6	5:00 - 5:45 pm	\$48/\$84

NOTE: Please bring a water bottle to the program and wear comfortable clothes and gym shoes.



Aqua Explorers

Explore the fun and exciting sensory experience of water at your own pace! Explore the zero depth pool, water safety and feeling comfortable with being submerged in water. Please note that this program's main focus is comfortability in the water and not specific swim skills.

Age Group: 3 - 8

Suggested Ability Level: All Abilities

Location: The Centre, Elgin

Min/Max: 4/8

Staff Contact: Taylor

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-0607	Thurs	Jan 19 - Mar 2	6	6:00 - 6:30 pm	\$48/\$84
<i>No program Jan 26</i>					
4-0607	Thurs	Apr 6 - May 11	6	6:00 - 6:30 pm	\$48/\$84

NOTE: Please bring a labeled swimsuit and towel.



Rock 'n' Kids

This interactive music, movement and imagination class has everyone on their feet! Activities include songs and rhymes, rhythm and coordination, fine and gross motor skills, imagination and sensory, listening and following directions skills.

Age Group: 3 - 8

Suggested Ability Level: All Abilities

Location: Sage TR Center, NISRA

Min/Max: 6/10

Staff Contact: Lauren

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-1104	Wed	Jan 18 - Mar 1	7	5:15 - 6:00 pm	\$60/\$104
4-1104	Wed	Apr 12 - May 17	6	5:15 - 6:00 pm	\$51/\$89

NOTE: The spring session starts one week later. This program will be led by a contracted instructor.



Kids Klub

Spend your Saturday morning filled with crafts, games, sports and music. A perfect blend for a kickin' Kids Klub!

Age Group: 3 - 8

Suggested Ability Level: All Abilities

Location: Sage TR Center, NISRA

Min/Max: 6/10

Staff Contact: Emily E.

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2101	Sat	Jan 21 - Mar 4	6	9:00 - 10:30 am	\$74/\$129
<i>No program Jan 28</i>					
4-2101	Sat	Apr 15 - May 13	5	9:00 - 10:30 am	\$61/\$107

NOTE: Please bring a water bottle and snack.

Saturday Fun Club (6 - 12)

Check out Saturday Fun Club and all the things to do at The Centre! NISRA's encouraging staff lead games, music, art activities and swimming in this program where fun & laughter abound!

Age Group: 6 - 12

Suggested Ability Level: All Abilities

Location: The Centre, Elgin

Min/Max: 4/6

Staff Contact: Taylor

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-0207	Sat	Jan 21 - Mar 4	6	10:00 am - 1:00 pm	\$83/\$144
<i>No program Jan 28</i>					
4-0207	Sat	Apr 15 - May 13	5	10:00 am - 1:00 pm	\$69/\$120

NOTE: Please bring a labeled sack lunch, drink, swimsuit and towel. Parents, please pick up your child at the pool at 12:50 pm.



If your child is older than 12, there's still more fun to be had at Saturday Fun Club, for ages 13 - 18! See page 21.

YOUTH & YOUNG TEENS

Swim Lessons

This swim program is geared to those swimmers who need to learn basic swim skills. The structured lessons will be tailored to your child's swim ability with the goal of having your child feel comfortable and safe in the pool. Swimmers will be introduced to basic water skills, breath holding and submersion progressions.

Age Group: 3 - 15

Suggest Ability Level: All Abilities

Min/Max: 2/4

Prog #	Day	Dates	Weeks	Time	R/NR Fee
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Carpentersville - Rakow Recreation Center

Staff Contact: Taylor

3-0211	Mon	Jan 16 - Feb 27	7	5:30 - 6:00 pm	\$77/\$135
4-0211	Mon	Apr 3 - May 8	6	5:30 - 6:00 pm	\$66/\$116
3-0212	Mon	Jan 16 - Feb 27	7	6:00 - 6:30 pm	\$77/\$135
4-0212	Mon	Apr 3 - May 8	6	6:00 - 6:30 pm	\$66/\$116

Woodstock - Woodstock Recreation Center

Staff Contact: Lauren

3-1216	Thurs	Jan 19 - Mar 2 <i>No program Jan 26</i>	6	6:00 - 6:30 pm	\$66/\$116
4-1216	Thurs	Apr 6 - May 11	6	6:00 - 6:30 pm	\$66/\$116
3-1217	Thurs	Jan 19 - Mar 2 <i>No program Jan 26</i>	6	6:30 - 7:00 pm	\$66/\$116
4-1217	Thurs	Apr 6 - May 11	6	6:30 - 7:00 pm	\$66/\$116

Ice Skating - Learn to Skate

Learn the basics of skating, including balance and movement in order to start gliding on the ice. This beginner program will help you develop the skills to advance to the next level.

Age Group: 6 & Older

Suggested Ability Level: All Abilities

Location: Crystal Lake Ice House, Crystal Lake

Min/Max: 4/6

Staff Contact: Emily E.

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2606	Sat	Jan 21 - Mar 4 <i>No program Jan 28</i>	6	8:45 - 9:30 am	\$25/\$45
4-2606	Sat	Apr 15 - May 13	5	8:45 - 9:30 am	\$21/\$37

NOTE: The Ice House requires parents/guardians to remain in the building during the program time. Fee is reduced due to the generous donation of ice time and instructors by the Crystal Ice House.

Interested in Ice Skating for the Intermediate/Advanced level?

Please register through the Crystal Lake Ice House website or by using the QR Code below! The program will be found under group lessons and named "LTS/Special Olympics Intermediate/Advanced". Make sure to register as soon as you can!



Please contact Kim Johnson at the Crystal Lake Ice House with any questions at: kim.johnson@crystalicehouse.com



YOUTH & YOUNG TEENS

Buddy Baseball

Learn how to play baseball and spend time on the field! This program has participants work alongside peers to improve your baseball skills. Batter up!

Age Group: 6 - 16

Suggested Ability Level: All Abilities

Location: Buddy Baseball Field, Sunset Park, Lake in the Hills

Min/Max: 6/12

Staff Contact: Emily E.

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-2217	Wed	Apr 19 - May 10	4	6:00 - 7:00 pm	\$18/\$32

Buddy Baseball is in partnership with Northern Illinois Rawlings Tigers 13U - Artinghelli.



Garage Band NEW!

Express yourself through music with friends! Participants will create and play homemade instruments as well as traditional instruments. Play together with peers to make the ultimate NISRA garage band!

Age Group: 8 - 15

Suggested Ability Level: All Abilities

Location: The Centre, Elgin

Min/Max: 6/10

Staff Contact: Taylor

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-0204	Thurs	Apr 6 - May 11	6	7:00 - 7:45 pm	\$49/\$86



"Special Focus" Karate

The martial arts are a great way to develop physical & mental abilities—consider the benefits of karate: strength, coordination, self-confidence and respect for oneself & others. Gain focus and control, while learning self-defense in this structured & safe program.

Age Group: 6 & Older

Suggested Ability Level: Highly structured class; participants must be independent and follow with guided instruction.

Location: Focus Martial Arts, Lake in the Hills

Min/Max: 8/15

Staff Contact: Emily E.

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2614	Sat	Jan 14 - Mar 18	10	11:15 am - 12:00 pm	\$125/\$219
4-2614	Sat	Apr 15 - May 27	7	11:15 am - 12:00 pm	\$88/\$153

NOTE: Please wear comfortable clothing to move around in. Focus Martial Arts is strongly recommending the purchase of a gi, white belt, and fist guards for the full karate experience and etiquette. You can purchase the uniform from Focus for \$59.40 and they also have various t-shirts available for sale.

YOUTH & YOUNG TEENS

Gamers Paradise

Play some Wii, Xbox, Pac Man, board games and other popular games on our big screens! We'll challenge each other, while being team players and practicing sportsmanship as we play both electronic and board games!

Age Group: 8 - 15

Suggested Ability Level: All Abilities

Location: Sage TR Center, NISRA

Min/Max: 6/10

Staff Contact: Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-3235	Tues	Jan 17 - Feb 28	7	5:30 - 6:15 pm	\$49/\$86
4-3235	Tues	Apr 4 - May 9	6	5:30 - 6:15 pm	\$42/\$74



BACK-TO-BACK PROGRAMS!

Kids Cooking Around the World

Bring your whisk and bring your wanderlust! Travel around the world through your taste buds. Each week, we will be visiting a new part of the world and creating yummy dishes to try.

Age Group: 8 - 15

Suggested Ability Level: All Abilities

Location: Sage TR Center, NISRA

Min/Max: 6/8

Staff Contact: Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-3215	Tues	Jan 17 - Feb 28	7	6:30 - 7:45 pm	\$88/\$153
4-3215	Tues	Apr 4 - May 9	6	6:30 - 7:45 pm	\$74/\$131



Fishing 101

NEW!

You'll have a "reel" good time with fishing 101! This program will focus on the mechanics while fishing in various areas. Participants will learn how to fish for a variety of fish with an emphasis on bass fishing.

Age Group: 8 - 15

Suggested Ability Level: All Abilities

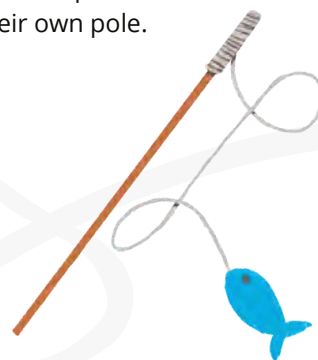
Location: Penny Road Pond, Barrington & South End Park and Island, West Dundee

Min/Max: 6/8

Staff Contact: Taylor

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-0229	Wed	Apr 19 - May 10	4	5:00 - 6:00 pm	\$28/\$49

NOTE: Fishing poles, bait, and lures will be provided each week. Participants are welcome to bring their own pole.



Pen to the Paper

NEW!

Let's get the pen to the paper! Learn and write in different creative writing forms such as poetry, prose, short stories, and other forms of written and drawn literature.

Age Group: 8 - 15

Suggested Ability Level: All Abilities

Location: Teen Center, The Centre, Elgin

Min/Max: 6/10

Staff Contact: Taylor

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-0246	Thurs	Jan 19 - Mar 2	6	7:00 - 7:45 pm	\$41/\$71
<i>No program Jan 26</i>					



Saturday Fun Club (13 - 18)

Check out Saturday Fun Club and all the things to do at The Centre! NISRA's encouraging staff lead games, music, art activities and swimming in this program where fun & laughter abound!

Age Group: 13 - 18

Suggested Ability Level: All Abilities

Location: The Centre, Elgin

Min/Max: 4/6

Staff Contact: Taylor

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-0239	Sat	Jan 21 - Mar 4	6	10:00 am - 1:00 pm	\$83/\$144
<i>No program Jan 28</i>					
4-0239	Sat	Apr 15 - May 13	5	10:00 am - 1:00 pm	\$69/\$120

NOTE: Participants should bring a labeled sack lunch, drink, swimsuit & towel. Parents, please pick up your child at the pool at 12:50 pm.

If your child is younger than 12, there's still more fun to be had at Saturday Fun Club, for ages 13 - 18! See page 17.

Climb On

We will, we will, rock you! Learn how to rock climb as you build climbing skills each week with an enthusiastic instructor! We'll spend time climbing over boulders, belay climbing and into coves.

Age Group: 8 & Older

Suggested Ability Level: All Abilities

Location: North Wall, Crystal Lake

Min/Max: 6/10

Staff Contact: Emily E.



Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2600	Thurs	Jan 19 - Mar 2	6	6:00 - 7:00 pm	\$120/\$210
<i>No program Jan 26</i>					

4-2600 Tues Apr 4 - May 9 6 6:00 - 7:00 pm \$120/\$210

NOTE: Fee includes climbing shoes. Please wear socks. North Wall requires a waiver to be signed before participating. Waiver can be found at the top of their website at climbnorthwall.com or by scanning the QR Code above. Please fill out, open your email and press confirm in the email.



Super Saturdays

Have a blast on Saturdays with our energetic line-up of games, sports, crafts, music and a couple of field trips. Make new friends in this fun program!

Age Group: 6 - 15

Suggested Ability Level: All Abilities

Location: Sage TR Center, NISRA

Min/Max: 6/10

Staff Contact: Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-3222	Sat	Jan 21 - Mar 4	6	11:00 am - 1:00 pm	\$83/\$144
<i>No program Jan 28</i>					
4-3222	Sat	Apr 15 - May 13	5	11:00 am - 1:00 pm	\$69/\$120

NOTE: Please bring a labeled sack lunch and drink.



Transportation Update & Locations 

The following Teen Clubs will only show transportation locations. Transportation times will be listed on Rainout Line the week of the scheduled event. You must choose a transportation location for each event. *For more information on Rainout Line, see page 45.*

Teen Club - Popcorn Bar & Movie Night

Make your very own popcorn masterpiece and enjoy it while watching a movie with friends!

Location: Sage TR Center, NISRA

Min/Max: 8/20

Staff Contact: Emily E.

Prog #	Date	Time	R/NR Fee
3-2335	Feb 4	5:00 - 7:00 pm	\$23/\$41

Transportation Location

- Woodstock Recreation Center
- McHenry Recreation Center
- The Centre, Elgin
- NISRA Office



HAVE YOU REGISTERED FOR RAINOUT LINE? SEE PAGE 45 FOR MORE INFORMATION!

Teen Club - Axe Throwing & Ice Cream

Test your throwing skills to hit that bullseye or just get comfortable with the swing! The cherry on top of this evening will be getting custard at Culver's!

Location: Spartan Axe Throwing, Crystal Lake

Min/Max: 8/15

Staff Contact: Anya

Prog #	Date	Time	R/NR Fee
3-3330	Feb 18	5:00 - 7:00 pm	\$42/\$74

Transportation Location

- Woodstock Recreation Center
- McHenry Recreation Center
- The Centre, Elgin
- NISRA Office

NOTE: Spartan Axe Throwing requires a waiver, which needs to be completed on its website prior to program (middle top of website) at: spartanaxethrowing.com/waiver.

Teen Club - Glo-Bowl & Dinner

Start the evening having dinner with friends at the Trio Grille, then bowl for some strikes and spares...a perfect night!

Location: Glo-Bowl, Marengo

Min/Max: 8/15

Staff Contact: Lauren

Prog #	Day/Date	Time	R/NR Fee
3-1337	Sun, Mar 5	5:00 - 7:30 pm	\$48/\$83

Transportation Location

- Woodstock Recreation Center
- McHenry Recreation Center
- The Centre, Elgin
- NISRA Office



Be sure to **check in with staff** and **board the correct vehicle** in the parking lot. Multiple programs pick-up/drop-off at the same location!

Can't make it to the program?

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

See information about late pick-up on page 49.

Teen Club - Candyland Adventures

You're in for a sweet adventure! We'll play the classic game of Candyland to pair perfectly with a candy bar! Dress up as your favorite sweet treat!

Location: Wauconda Park District

Min/Max: 8/20

Staff Contact: Anya

Prog #	Date	Time	R/NR Fee
4-3331	Apr 15	5:00 - 7:00 pm	\$29/\$51

Transportation Location

Woodstock Recreation Center
 McHenry Recreation Center
 The Centre, Elgin
 NISRA Office

Teen Club - Skate & Pizza

Having fun is the way we roll! Join peers for an "X-tremely" fun time roller skating and pizza for dinner!

Location: Xtreme Wheels, Crystal Lake

Min/Max: 8/15

Staff Contact: Lauren

Prog #	Date	Time	R/NR Fee
4-1340	Apr 29	5:00 - 7:00 pm	\$29/\$51

Transportation Location

Woodstock Recreation Center
 McHenry Recreation Center
 The Centre, Elgin
 NISRA Office



Teen Club - Bags & BBQ

Bags, BBQ, and your buddies! We'll eat some delicious BBQ and play the classic game of bags like its summertime!

Location: Hampshire Park District

Min/Max: 8/20

Staff Contact: Taylor

Prog #	Date	Time	R/NR Fee
4-0332	May 13	5:00 - 7:00 pm	\$32/\$57

Transportation Location

Woodstock Recreation Center
 McHenry Recreation Center
 The Centre, Elgin
 NISRA Office



TEENS & ADULTS

Let's Get Crafty

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

Age Group: 16 & Older

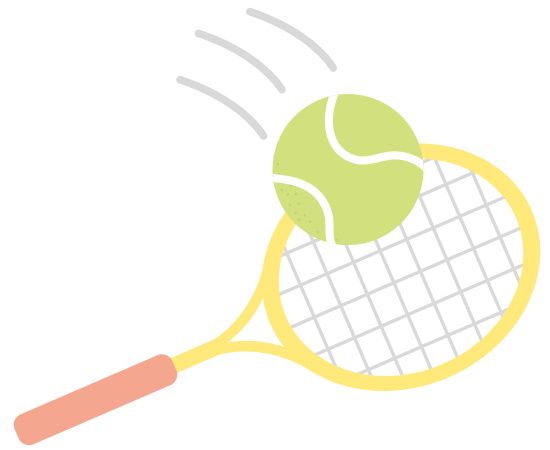
Suggested Ability Level: All Abilities

Location: Sage TR Center, NISRA

Min/Max: 6/12

Staff Contact: Lauren

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-1621	Mon	Jan 16 - Feb 27	7	4:45 - 5:45 pm	\$56/\$98
4-1621	Mon	Apr 3 - May 8	6	4:45 - 5:45 pm	\$48/\$84



Tennis - Beginner

Get out your tennis racket and hit some balls! Start practicing in this encouraging program for beginners. We'll focus on the basics: serves, volleys, forehand and backhand.

Age Group: 15 & Older

Suggested Ability Level: All Abilities

Location: Crystal Lake Racket Club

Min/Max: 4/6

Staff Contact: Emily E.

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2642	Tues	Jan 17 - Feb 28	7	5:00 - 5:45 pm	\$47/\$83
3-2643	Tues	Jan 17 - Feb 28	7	5:45 - 6:30 pm	\$47/\$83
4-2642	Tues	Apr 4 - May 9	6	5:00 - 5:45 pm	\$41/\$71
4-2643	Tues	Apr 4 - May 9	6	5:45 - 6:30 pm	\$41/\$71

NOTE: Bring your own racket and water bottle. Please wear tennis shoes and comfortable clothes to move around in. This program is a prerequisite to participate in Special Olympics Intermediate/Advanced Tennis.

BACK-TO-BACK PROGRAMS!

NISRA Content Creators

Learn short dances like the ones we see on TikTok! We'll learn, practice and then film dances to watch our skills come to life! Maybe one of our dances will end up on the NISRA Facebook or Instagram page.

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Location: Sage TR Center, NISRA

Min/Max: 6/12

Staff Contact: Lauren

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-1630	Mon	Jan 16 - Feb 27	7	6:00 - 7:00 pm	\$49/\$86
4-1630	Mon	Apr 3 - May 8	6	6:00 - 7:00 pm	\$42/\$74

Friday Night Supper Club

Make a delicious dinner & hang out with others. Try out some scrumptious recipes in the Teaching Kitchen!

Age Group: 13 & Older

Suggested Ability Level: All Abilities

Location: Sage TR Center, NISRA

Min/Max: 5/8

Staff Contact: Emily E.

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2644	Fri	Jan 20, Feb 10 & Feb 24	3	6:30 - 8:00 pm	\$38/\$66
3-2645	Fri	Feb 3, 17 & Mar 3	3	6:30 - 8:00 pm	\$38/\$66
4-2644	Fri	Apr 14, 28 & May 12	3	6:30 - 8:00 pm	\$38/\$66
4-2645	Fri	Apr 21 & May 5	2	6:30 - 8:00 pm	\$25/\$44

NOTE: Please only sign up for one session per season, as the recipes will be the same.



TIME FOR an adventure

Tuesday Night Adventures

We're travelers on Tuesdays! We'll adventure and take trips each week to explore the community and have fun with friends. Oh, the places you'll go!

Age Group: 14 - 22

Suggested Ability Level: All Abilities

Location: Various Locations

Min/Max: 6/10

Staff Contact: Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-3314	Tues	Jan 17, 24, 31 & Feb 7	4	6:00 - 7:30 pm	\$76/\$133
4-3314	Tues	Apr 4, 11, 18, & 25	4	6:00 - 7:30 pm	\$76/\$133

Bus Departs	Transportation Location	Returns
5:30 pm	NISRA Office	8:00 pm

NOTE: Please check Rainout Line for weekly program locations.



Spring Baking Buddies

Put on your chef's hat and apron because we'll be making spring-inspired goodies to show off and then of course, taste test!

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Location: Sage TR Center, NISRA

Min/Max: 6/8

Staff Contact: Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-3634	Mon	Apr 3, 10, & 17	3	5:30 - 7:00 pm	\$38/\$66
4-3636	Mon	Apr 24, May 1 & 8	3	5:30 - 7:00 pm	\$38/\$66

NOTE: Please only sign up for one session, as the recipes will be the same.

BINGO & BAGGO

...and BINGO was his name-o! Or was it BAGGO? Either way, we'll be playing both games. Each week we will be alternating between the two. Learn to play or strengthen your skills at one, or both!

Age Group: 16 & Older

Suggested Ability Level: All Abilities

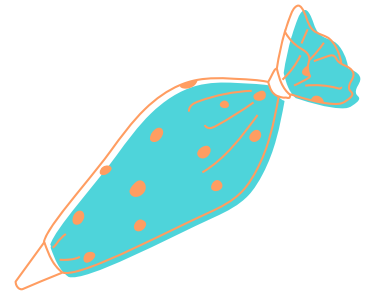
Location: Sage TR Center, NISRA

Min/Max: 6/12

Staff Contact: Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-3615	Fri	Jan 20 - Mar 3 <i>No program Jan 27</i>	6	5:15 - 6:15 pm	\$54/\$95
4-3615	Fri	Apr 14 - May 12	5	5:15 - 6:15 pm	\$45/\$79

NOTE: If weather permits, Baggo will be held outside!



Winter Baking Buddies

Put on your chef's hat and apron because we'll be making winter-inspired goodies to show off and then of course, taste test!

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Location: Sage TR Center, NISRA

Min/Max: 6/8

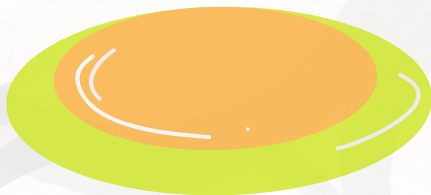
Staff Contact: Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-3634	Mon	Jan 16, 23, & 30	3	5:30 - 7:00 pm	\$38/\$66
3-3636	Mon	Feb 6, 13, & 20	3	5:30 - 7:00 pm	\$38/\$66

NOTE: Please only sign up for one session, as the recipes will be the same.



TEENS & ADULTS



Teen & Adult Disc Golf - Indoor!

Disc golf indoors? Who knew! Join us on Friday evenings to work on our frisbee skills. Each week we'll work on our putting and long range throws, getting us ready for spring when we can hit the outdoor courses!

Age Group: 13 & Older

Suggested Ability Level: All Abilities

Locations: Huntley R.E.C. Center

Min/Max: 6/12

Staff Contact: Emily E.

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2622	Fri	Jan 20 - Mar 3	6	4:00 - 5:15 pm	\$39/\$68
<i>No program Jan 27</i>					

NOTE: The winter session program will be indoors and will not have transportation.

Teen & Adult Disc Golf - Outdoor!

Start your weekend with some fun and friendly competition! Disc golf is a simple game of throwing a frisbee toward targets on a short course. Each week we'll explore disc golf courses in our area.

Age Group: 13 & Older

Suggested Ability Level: All Abilities

Locations:

April 14: Lippold Park, Crystal Lake

April 21: Fel-Pro RRR, Cary

April 28: Emricson Park, Woodstock

May 5: Randall Oaks Park, Dundee

May 12: Walnut Hollow Disc Golf Course, Cary

Min/Max: 6/12

Staff Contact: Emily E.

Prog #	Day	Dates	Weeks	Time
4-2622	Fri	Apr 14 - May 12	5	4:00 - 5:15 pm

R/NR Fee (No Transp.)	R/NR Fee w/ Transp.
\$39/\$68	\$69/\$98

Bus Departs	Transportation Location	Returns
3:30 pm	NISRA Office	5:30 pm
4:00 pm	No Transportation	5:15 pm

NOTE: The spring session program will be outdoors. If you sign up for no transportation, that means you must meet at the location each week. If you sign up for transportation, you will be dropped off and picked up at the NISRA office.

Winter Creations

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

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Location: Sage TR Center, NISRA

Min/Max: 6/12

Staff Contact: Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-3606	Wed	Jan 18 - Mar 1	7	5:00 - 6:00 pm	\$79/\$138

NOTE: This program is back-to-back with Simply Cooking. Consider registering for both!

A Day on Bangs

Join us for a day on the lake! We will be fishing, going on a boat ride, and having a picnic lunch right on the water.

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Location: Wauconda Park District

Min/Max: 6/8

Staff Contact: Anya

Prog #	Day	Dates	Time	R/NR Fee
4-3633	Sun	May 21	11:00 am - 2:00 pm	\$16/\$28



Transportation Location

Sheltered Village
McHenry Recreation Center
The Centre, Elgin
NISRA Office

NOTE: Don't forget your fishing pole and a sack lunch! If you need to borrow a fishing pole, please email Anya at anaumovski@nisra.org.

Spring Creations

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

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Location: Sage TR Center, NISRA

Min/Max: 6/12

Staff Contact: Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-3606	Wed	Apr 5 - May 10	6	5:00 - 6:00 pm	\$61/\$118

NOTE: This program is back-to-back with Simply Cooking. Consider registering for both!

Bowling

Age Group: 16 & Older

Suggest Ability Level: All Abilities

NOTE: Fee includes shoe and ball rental & 1 or 2 games of bowling, whichever time permits.




Name & Location	Prog #	Day & Dates	Weeks	Time	R/NR Fee	Min/Max
Bowlero Bowl	3-2601	Mon, Jan 16 - Feb 27	7	5:00 - 6:30 pm	\$84/\$147	8/20
Bowlero Algonquin	4-2601	Mon, Apr 3 - May 8	6	5:00 - 6:30 pm	\$72/\$126	8/20

Staff Contact: Emily E.

Elgin Bowl 	4-0610	Tues, Apr 4 - May 9	6	3:30 - 5:00 pm	\$72/\$126 <u>w/ tranps.</u> \$93/\$147	8/30
Elgin Lanes Elgin						

Staff Contact: Taylor

NOTE: Due to facility availability, this program is only offered in spring. Transportation offered for AID clients from workshop at 3:00 pm. No transportation home.

Pioneer Bowlers 	3-1477	Thurs, Jan 19 - Mar 2	6	10:00 - 11:30 am	\$72/\$126 <u>w/ tranps.</u> \$93/\$147	8/20
Raymond's Bowl Johnsburg		No program Jan 26				
Staff Contact: Lauren	4-1477	Thurs, Apr 6 - May 11	6	10:00 - 11:30 am	\$72/\$126 <u>w/ tranps.</u> \$93/\$147	8/20

NOTE: Transportation offered for Pioneer Center clients from workshop, times TBD.

Saturday Bowlers	3-1612	Sat, Jan 21 - Mar 4	6	11:00 am - 12:30 pm	\$72/\$126	8/30
Kingston Lanes Woodstock		No program Jan 28				
Staff Contact: Lauren	4-1612	Sat, Apr 15 - May 13	5	11:00 am - 12:30 pm	\$60/\$105	8/30

Saturday Strikers	3-0613	Sat, Jan 21 - Mar 4	5	12:00 - 1:30 pm	\$60/\$105	8/20
Liberty Lanes Carpentersville		No program Jan 28 or Feb 11				
Staff Contact: Taylor						

NOTE: Due to facility availability, this program is only offered in winter.



Wellness Programs

Check out these programs geared toward living a healthy lifestyle. We're committed to offering a variety of activities to help you live well and longer!

Snowshoe Trekkers

A spin on our Trekkers program, we'll hit the local trails to glide over the snow to explore the incredible sights and sounds of winter!

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Location: Fox River Trail, Elgin

Min/Max: 6/10

Staff Contact: Taylor

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-0641	Sat	Feb 11 - Mar 4	4	1:45 - 2:45 pm	\$41/\$54

NOTE: If you have snowshoes, please bring them to the program. If you need to borrow a pair, please contact Taylor. In the event of no snow, we will go for a hike! Please dress appropriately for the weather.

Workout @ Your Choice

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

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Location: Sage TR Center, NISRA

Min/Max: 6/8

Staff Contact: Lauren

McHenry Recreation Center

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-1618	Mon	Jan 16 - Feb 27	7	4:00 - 5:00 pm	\$56/\$98
4-1618	Mon	Apr 3 - May 8	6	4:00 - 5:00 pm	\$48/\$84

Woodstock Recreation Center

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-1616	Tues	Jan 17 - Feb 28	7	5:00 - 6:00 pm	\$56/\$98
4-1616	Tues	Apr 4 - May 9	6	5:00 - 6:00 pm	\$48/\$84

NOTE: A fitness waiver is required for participation. Participants who have had medical treatment during the 2-year time frame of their **Fitness Waiver** need to submit a new form to their doctor and NISRA.



Simply Cooking

Cooking doesn't need to be difficult! Simply spend your Wednesday or Thursday evenings in the NISRA teaching kitchen where each week, an entrée, side dish and either a dessert or drink will be made. At the end of the program, each participant will have their own cookbook to take home with all recipes that were made.

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Location: Sage TR Center, NISRA

Min/Max: 6/8

Staff Contact: Anya

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-3618	Wed	Jan 18 - Mar 1	7	6:00 - 7:30 pm	\$88/\$153
4-3618	Wed	Apr 5 - May 10	6	6:00 - 7:30 pm	\$75/\$131
3-3619	Thurs	Jan 19 - Mar 2 <i>No program Jan 26</i>	6	6:00 - 7:30 pm	\$75/\$131
4-3619	Thurs	Apr 6 - May 11	6	6:00 - 7:30 pm	\$75/\$131

NOTE: The menu will be the same for Wednesday and Thursday programs. Please register for only one week night, so that more people can participate.





Yoga

Focus, stretch, and exhale! Yoga positions not only increase your strength and balance, but help your mind. Discover techniques to help you concentrate, calm your emotions, reduce stress and promote positive thoughts.

Age Group: 13 & Older
Suggested Ability Level: All Abilities
Location: Sage TR Center, NISRA
Min/Max: 6/12
Staff Contact: Emily E.

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-2639	Mon	Jan 16 - Feb 27	7	5:00 - 5:45 pm	\$56/\$98
4-2639	Mon	Apr 3 - May 8	6	5:00 - 5:45pm	\$48/\$84

R/NR Fee for Family Member

\$47/\$83
 \$41/\$71

NOTE: Please wear comfortable clothing for moving and stretching, and bring your mat if you have one. NISRA has a limited number of mats. Please complete a registration form for each family member who will be attending.

Adult Open Swim

Explore all the benefits that a pool has to offer and have fun while doing so! Strengthen your body by playing water volleyball, lap swimming, and following along to group exercise!

Age Group: 16 & Older
Suggested Ability Level: All Abilities
Location: Woodstock Recreation Center
Min/Max: 6/10
Staff Contact: Lauren

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-1456	Thurs	Jan 19 - Mar 2	6	7:00 - 8:00 pm	\$48/\$84
<i>No program Jan 26</i>					
4-1456	Thurs	Apr 6 - May 11	6	7:00 - 8:00 pm	\$48/\$84

Zumba

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

Age Group: 16 & Older
Suggested Ability Level: All Abilities
Location: Huntley R.E.C. Center
Min/Max: 6/12
Staff Contact: Emily E.

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-2628	Wed	Apr 5 - May 10	6	7:00 - 7:45 pm	\$48/\$84

R/NR Fee for Family Member

\$41/\$71

NOTE: For ages 16 and older including family members. Please complete a registration form for each family member who will be attending. A fitness waiver required for participation by participants with a disability. Participants who have had medical treatment during the 2-year time frame of their **Fitness Waiver** need to submit a new form to their doctor and NISRA.



Transportation Update & Locations

The following Young Adult Clubs will only show transportation locations. Transportation times will be listed on Rainout Line the week of the scheduled event. You must choose a transportation location for each event. **For more information on Rainout Line, see page 45.**

Young Adult Club - Wizarding Wonders

Gryffindor, Hufflepuff, Ravenclaw or Slytherin? Enjoy the wonders of Harry Potter, where we will watch the first movie and enjoy themed activities! Don't forget to dress up!

Location: Cary Park District

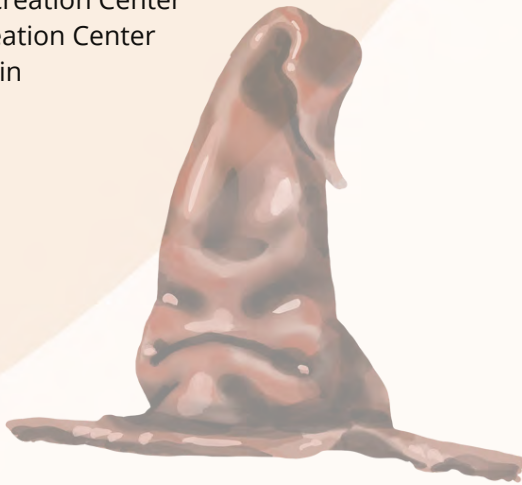
Min/Max: 8/20

Staff Contact: Anya

Prog #	Date	Time	R/NR Fee
3-3427	Feb 3	6:00 - 8:00 pm	\$26/\$45

Transportation Location

Woodstock Recreation Center
 McHenry Recreation Center
 The Centre, Elgin
 NISRA Office



Be sure to **check in with staff** and **board the correct vehicle** in the parking lot. Multiple programs pick-up/drop-off at the same location!

Can't make it to the program?

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

See information about late pick-up on page 49.

Young Adult Club - Pajama Jam

It's a Friday night pajama party! Come in your comfiest pajamas and we'll jam to some karaoke while enjoying pizza.

Location: Marengo Park District

Min/Max: 8/20

Staff Contact: Lauren

Prog #	Date	Time	R/NR Fee
3-1428	Feb 17	6:00 - 8:00 pm	\$28/\$49

Transportation Location

Woodstock Recreation Center
 McHenry Recreation Center
 The Centre, Elgin
 NISRA Office



Young Adult Club - Train Trips & Treats

All aboard! Ride the Metra train and head to beautiful downtown Barrington. We'll enjoy an evening of eating a tasty treat, casual shopping and spending time with friends!

Location: Pingree Road Train Station

Min/Max: 8/15

Staff Contact: Emily E.

Prog #	Date	Time	R/NR Fee
3-2427	Mar 3	4:30 - 7:30 pm	\$46/\$80

Transportation Location

Woodstock Recreation Center
 McHenry Recreation Center
 The Centre, Elgin
 NISRA Office

NOTE: Please dress for the weather. Please bring money if you would like to shop. A train ticket and treat will be provided by NISRA. The group will be using the Metra Train system.

HAVE YOU REGISTERED FOR RAINOUT LINE? SEE PAGE 45 FOR MORE INFORMATION!

Young Adult Club - Spring Equinox Drum Circle

Every winter we can't wait for spring to hit! Come celebrate the spring equinox with a drum circle with friends!

Location: Sage TR Center, NISRA

Min/Max: 8/15

Staff Contact: Taylor

Prog #	Date	Time	R/NR Fee
4-0409	Apr 14	6:30 - 8:30 pm	\$24/\$41

Transportation Location

Woodstock Recreation Center

McHenry Recreation Center

The Centre, Elgin

NISRA Office

NOTE: Please dress for the weather.

Young Adult Club - Goat Yoga

Looking for a "goat" load of fun? Then why not try some yoga with goats? The laughter and joy you'll experience can be a boost for your mental and physical health!

Location: Goat Yoga Chicago, South Barrington

Min/Max: 15/15

Staff Contact: Anya

Prog #	Date	Time	R/NR Fee
4-3423	Apr 28	6:00 - 8:00 pm	\$58/\$101

Transportation Location

Woodstock Recreation Center

McHenry Recreation Center

The Centre, Elgin

NISRA Office



NOTE: Participants must be comfortable with animals and having the goats be in their personal space. A small snack and water bottle will be provided after yoga. Goat Yoga Chicago requires a waiver which needs to be completed by scanning the QR code or visiting their website at: goatyogachicago.com/waiver-and-registration.



Young Adult Club - Mini Golf & Smoothies

We'll start this fun night off with a friendly game of mini golf! Then, we'll head over to Jamba Juice for a refreshing and tasty smoothie!

Location: Lippold Park, Crystal Lake

Min/Max: 8/15

Staff Contact: Emily E.

Prog #	Date	Time	R/NR Fee
4-2423	May 12	6:00 - 8:00 pm	\$25/\$43

Transportation Location

Woodstock Recreation Center

McHenry Recreation Center

The Centre, Elgin

NISRA Office

ADULTS 21 & OLDER

Aquacize

Get in shape while splashing in the pool. Water exercise is a great way to tone muscles and increase cardiovascular endurance.

Age Group: 21 & Older

Suggested Ability Level: All Abilities

Location: Woodstock Recreation Center

Min/Max: 6/10

Staff Contact: Lauren

Prog #	Day	Dates	Weeks	Time
3-1400	Mon	Jan 16 - Feb 27	7	10:15 - 11:00 am
4-1400	Mon	Apr 3 - May 8	6	10:15 - 11:00 am

R/NR Fee - No Transp.	R/NR w/ Transp.
\$47/\$83	\$89/\$125
\$41/\$71	\$77/\$107

Bus Departs	Transportation Location	Returns
9:30 am	Pioneer Center - McHenry	11:55 am
9:55 am	Pioneer Center - Woodstock	11:30 am

NOTE: Please bring a labeled swimsuit and towel. A fitness waiver is required for participation by participants with a disability. Participants who have had medical treatment during the 2-year time frame of their **Fitness Waiver** need to submit a new form to their doctor and NISRA.



ADULTS 21 & OLDER

Let's Grow Together

Gardening Club

Grab your gloves, a new gardening season is coming! We'll decide what to plant, then get started on planting, watering, weeding and watching to see what grows!

Age Group: 21 & Older

Suggested Ability Level: All Abilities

Location: Sage TR Center, NISRA

Min/Max: 6/10

Staff Contact: Emily E.

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-2437	Thurs	Apr 20, 27 & May 4, 11	4	3:30 - 4:30 pm	\$32/\$56

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

Pioneer Glee Club

In this fun choir, learn more about your own voice and make happy harmonies with your friends. We'll practice singing all kinds of songs!

Age Group: 21 & Older

Suggested Ability Level: All Abilities

Location: Pioneer Center, McHenry

Min/Max: 6/15

Staff Contact: Gabrielle

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-5516	Mon	Jan 16 - Feb 27	7	12:45 - 1:30 pm	\$56/\$98
4-5516	Mon	Apr 3 - May 8	6	12:45 - 1:30 pm	\$48/\$84



Movie Review Crew

Kick back, relax, and watch a movie with friends. See a different flick each week and decide if it's a "thumbs up" or a "thumbs down"!

Age Group: 21 & Older

Suggested Ability Level: All Abilities

Location: Varies Weekly

Min/Max: 8/12

Staff Contact: Lauren

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-1433	Wed	Jan 25, Feb 8 & Feb 22	3	12:00 - 2:00pm	\$51/\$89
4-1433	Wed	Apr 12, 26 & May 10	3	12:00 - 2:00 pm	\$51/\$89

Bus Departs	Transportation Location	Returns
10:50 am	NISRA Office	3:00 pm
11:15 am	Pioneer Center, McHenry	2:30 pm

NOTE: Please bring additional money if you want to purchase snacks at the concession stand. Transportation is available from NISRA or Pioneer Center to and from the program, and is included in the fee. Pick-up and drop-off times may vary based upon the movie schedule. Movie choices will be partly based upon PG or PG-13 ratings. This program alternates weeks with Lunch Bunch.

Friday Friends

Meet up with your friends or make some new ones! Friday Friends is an inviting program where everyone feels welcome while we enjoy lunch, crafts, games, getting moving, occasional adventures in the community, and more!

Age Group: 21 & Older

Suggested Ability Level: All Abilities

Location: Varies Weekly

Min/Max: 8/20

Staff Contact: Lauren

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-1463	Fri	Jan 20 - Mar 3 <i>No program Jan 27</i>	6	11:00 am - 1:00 pm	\$116/\$202
4-1463	Fri	Apr 14 - May 12	5	11:00 am - 1:00 pm	\$96/\$168

Bus Departs	Transportation Location	Returns
10:20 am	NISRA Office	1:40 pm
10:40 am	Pioneer Center, McHenry	1:20 pm

NOTE: Please bring a labeled sack lunch each week. We will not have access to a microwave. Transportation times may vary each week depending on the activity and program location. **Please check Rainout Line each week for activities.** Transportation will run every week even if staying at NISRA.

ALTERNATING PROGRAMS, CONSIDER REGISTERING FOR BOTH!



Lunch Bunch

Munch & crunch with a fun and friendly bunch! Come eat lunch with us as we visit a new place each week and engage in conversation with the crew.

Age Group: 21 & Older

Suggested Ability Level: All Abilities

Min/Max: 8/12

Staff Contact: Lauren

Winter Locations:

Jan 18: Buona Beef, Lakemoor

Feb 1: Chick-fil-A, Crystal Lake

Feb 15: Freddy's Steakburgers, Crystal Lake

Mar 1: Portillo's, Crystal Lake

Spring Locations:

Apr 5: IHOP, Crystal Lake

Apr 19: Chipotle, Crystal Lake

May 3: Culver's, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-1407	Wed	Jan 18, Feb 1 & Feb 15, Mar 1	4	11:45am - 1:00 pm	\$80/\$140
4-1407	Wed	Apr 5, Apr 19 & May 3	3	11:45 am - 1:00 pm	\$60/\$105

Bus Departs	Transportation Location	Returns
11:00 am	NISRA Office	1:40 pm
11:20 am	Pioneer Center - McHenry	1:20 pm

MEMORIES

ADULTS 21 & OLDER

AID Yoga

Take a break from your day to release stress, enjoy music, and learn new yoga techniques. You'll feel the benefits of yoga which include relaxation, building strength, and increased flexibility.

Age Group: 21 & Older

Suggested Ability Level: All Abilities

Location: AID/Elgin Training Center, Elgin

Min/Max: 6/10

Staff Contact: Taylor

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-0404	Mon	Jan 23 - Feb 27	6	9:30 - 10:30 am	\$48/\$84
4-0404	Mon	Apr 3 - May 8	6	9:30 - 10:30 am	\$48/\$84



AID Glee Club

In this fun choir, learn more about your own voice and make happy harmonies with your friends. We'll practice singing all kinds of songs.

Age Group: 21 & Older

Suggested Ability Level: All Abilities

Location: AID/Elgin Training Center, Elgin

Min/Max: 8/20

Staff Contact: Gabrielle

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-5576	Wed	Jan 18 - Mar 1	7	1:00 - 1:45 pm	\$56/\$98
4-5576	Wed	Apr 5 - May 10	6	1:00 - 1:45 pm	\$48/\$84

AID Movement Mash Up

Learn some new techniques in a moderate workout using this unique form of exercise. You can improve your fitness & stamina!

Age Group: 21 & Older

Suggested Ability Level: All Abilities

Location: AID/Elgin Training Center, Elgin

Min/Max: 8/12

Staff Contact: Taylor

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-0445	Thurs	Jan 19 - Mar 2	6	9:30 - 10:30 am	\$48/\$84
<i>No program Jan 26</i>					

4-0445	Thurs	Apr 6 - May 11	6	9:30 - 10:30 am	\$48/\$84
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AID Amazing Artists

Express yourself through paint, pastels, charcoal, and more. Work with different textures, colors, and techniques to create your own masterpiece.

Age Group: 21 & Older

Suggested Ability Level: All Abilities

Location: AID/Elgin Training Center, Elgin

Min/Max: 6/10

Staff Contact: Gabrielle

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-5577	Fri	Jan 20 - Mar 10	6	9:30 - 10:15 am	\$68/\$118
<i>No program Jan 27 & Feb 17</i>					

4-5577	Fri	Apr 14 - May 12	5	9:30 - 10:15 am	\$56/\$98
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Transportation Update & Locations

The following Adult Social Clubs will only show transportation locations. Transportation times will be listed on Rainout Line the week of the scheduled event. You must choose a transportation location for each event. **For more information on Rainout Line, see page 45.**

Adult Social Club - Poetry Café

Enjoy a hot beverage while writing poetry! If you would like to share your work with your friends, the option for performing your poetry will be available too!

Location: Hampshire Park District

Min/Max: 8/20

Staff Contact: Taylor

Prog #	Date	Time	R/NR Fee
3-0932	Jan 21	6:00 - 8:00 pm	\$21/\$36

Transportation Location

- Sheltered Village
- McHenry Recreation Center
- The Centre, Elgin
- NISRA Office



Adult Social Club - Pancakes and Painting

There's nothing better than breakfast for dinner! Come enjoy pancakes and paint a masterpiece with friends.

Location: Lords Park, Elgin

Min/Max: 8/20

Staff Contact: Taylor

Prog #	Date	Time	R/NR Fee
3-0933	Feb 25	6:00 - 8:00 pm	\$31/\$54

Transportation Location

- Sheltered Village
- McHenry Recreation Center
- The Centre, Elgin
- NISRA Office



Be sure to **check in with staff** and **board the correct vehicle** in the parking lot. Multiple programs pick-up/drop-off at the same location!

Can't make it to the program?

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

See information about late pick-up on page 49.

Adult Social Club - Valentine's Day Party

What better way to mark a holiday that celebrates love and friendship than enjoy it with your friends!

Location: Woodstock Recreation Center

Min/Max: 8/20

Staff Contact: Lauren

Prog #	Date	Time	R/NR Fee
3-1932	Feb 11	6:00 - 8:00 pm	\$23/\$40

Transportation Location

- Sheltered Village
- McHenry Recreation Center
- The Centre, Elgin
- NISRA Office

Adult Social Club - Restaurant Adventures

Why eat at the same restaurant all the time when there are so many great options? Let's try a new appetizer, entrée, and dessert together with friends!

Location: Barrington Area

Min/Max: 8/15

Staff Contact: Anya

Prog #	Date	Time	R/NR Fee
3-3924	Mar 11	6:00 - 8:30 pm	\$51/\$88

Transportation Location

- Sheltered Village
- McHenry Recreation Center
- The Centre, Elgin
- NISRA Office



Adult Social Club - Game Night

We're grabbing some of our favorite games for a night of friendly competition. We'll enjoy a pizza dinner during the fun!

Location: Sage TR Center, NISRA

Min/Max: 8/20

Staff Contact: Emily E.

Prog #	Date	Time	R/NR Fee
4-2927	Apr 1	6:00 - 8:00 pm	\$29/\$50

Transportation Location

- Sheltered Village
- McHenry Recreation Center
- The Centre, Elgin
- NISRA Office



Adult Social Club - Rush Creek Distillery

We're heading to Harvard for an evening at the Rush Creek Distillery! We'll toast to friendship and trying something new.

Location: Rush Creek Distillery, Harvard

Min/Max: 8/15

Staff Contact: Lauren

Prog #	Date	Time	R/NR Fee
4-1933	Apr 22	6:00 - 8:00 pm	\$40/\$69

Transportation Location

- Sheltered Village
- McHenry Recreation Center
- The Centre, Elgin
- NISRA Office

NOTE: Fee includes 1 drink and appetizers. Participants must bring photo ID. Limit 1 alcoholic beverage per participant. There will be other drink options for participants who do not want an alcoholic beverage.

Adult Social Club - Spring Photo Hike

Enjoy the outdoors and let's make a memory of it! We'll go on a photo hike where participants can take polaroid photos to put in a scrapbook provided by NISRA.

Location: Rackow Park, Hampshire

Min/Max: 8/20

Staff Contact: Taylor

Prog #	Date	Time	R/NR Fee
4-0934	May 20	6:00 - 8:00 pm	\$32/\$56

Transportation Location

- Sheltered Village
- McHenry Recreation Center
- The Centre, Elgin
- NISRA Office

Adult Social Club - Kentucky Derby

Time to celebrate the Kentucky Derby weekend! We'll watch the races, play games, and make our own styled hats and fascinators!

Location: Wauconda Park District

Min/Max: 8/20

Staff Contact: Anya

Prog #	Date	Time	R/NR Fee
4-3926	May 6	6:00 - 8:00 pm	\$23/\$39

Transportation Location

- Sheltered Village
- McHenry Recreation Center
- The Centre, Elgin
- NISRA Office

HAVE YOU REGISTERED FOR RAINOUT LINE? SEE PAGE 45 FOR MORE INFORMATION!

WORKSHOPS

Age Group: 16 & Older
Suggested Ability Level: All Abilities
Location: Sage TR Center, NISRA

NOTE: Fee includes all supplies. Projects will be available for pickup approximately 2 weeks after the workshop.

Name	Prog #	Day/Date	Time	R/NR Fee	Min/Max
Handbuilding Projects in Clay <i>Mold it, glaze it, fire it! Make unique ceramic pieces.</i>	4-5559	Apr 3 - Apr 24	6:00 - 7:30 pm	\$72/\$126	4/6

NOTE: This is a 4-week workshop.

Fused Glass Workshops

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

Quilted Slump Dish & Heart Plate	3-5595	Tues, Jan 17	6:00 - 7:00 pm	\$30/\$53	6/8
Beadazzled Serving Bowl & Holey Neckless	3-5596	Tues, Feb 14	6:00 - 7:00 pm	\$30/\$53	6/8
Glass Greeting Cards & Poppy Bowl	4-5595	Tues, Apr 11	6:00 - 7:00 pm	\$30/\$53	6/8
Serving Plate & Spring Plant Stake	4-5596	Tues, May 2	6:00 - 7:00 pm	\$30/\$53	6/8

Kingpins Drumline

This awesome percussion group is part of the Crystal Lake Strikers. learn drumming and drumline techniques & then perform with the famous Strikers!

Age Group: 13 - 25
Suggested Ability Level: All Abilities
Location: Striker's Hall, Crystal Lake
Min/Max: 8/20

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-5606	Mon	Jan 16 - Feb 27	7	6:00 - 7:00 pm	\$54/\$95
4-5606	Mon	Apr 3 - May 8	6	6:00 - 7:00 pm	\$47/\$83

NOTE: Fee includes professional instruction, drum sticks, and a performance shirt if needed. *Performances are scheduled for February 19 at the Raue Center's Evening of Percussion and April 16 at the Special Olympics Track & Field Meet at Prospect High School. Save the dates!*

Encore! Joyful Noise Choir

Calling all enthusiastic singers! In the Joyful Noise Choir, instructed by the Encore Music Academy, you'll create wonderful sounds with your voices while learning a variety of songs.

Age Group: 10 & Older
Suggested Ability Level: All Abilities
Location: First Congregational Church, Crystal Lake
Min/Max: 6/12

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-5548	Thurs	Jan 19 - Mar 2	6	6:15 - 7:00 pm	\$48/\$84
<i>No program Jan 26</i>					
4-5548	Thurs	Apr 6 - May 11	6	6:15 - 7:00 pm	\$48/\$84

Art Attack!

Tap into your creativity with a professional artist!

Age Group: 16 & Older
Suggested Ability Level: All Abilities
Location: Sage TR Center, NISRA
Min/Max: 6/10

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-5527	Thurs	Jan 19 - Mar 2	6	6:00 - 7:00 pm	\$93/\$162
<i>No program Jan 26</i>					
4-5527	Thurs	Apr 6 - May 11	6	6:00 - 7:00 pm	\$93/\$162

NOTE: This program was previously *Art Explorations In-Person* during the fall 2022 season.

Art Explorations - Virtual

Tap into your creativity with a professional artist!

Age Group: 16 & Older
Suggested Ability Level: All Abilities
Min/Max: 6/10

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-5524	Thurs	Jan 19 - Mar 2	6	6:00 - 7:00 pm	\$93/\$162
<i>No program Jan 26</i>					
4-5524	Thurs	Apr 6 - May 11	6	6:00 - 7:00 pm	\$93/\$162

NOTE: This program will be held on Zoom. Fee includes supplies. Staff will contact you when supplies are ready for pick-up during business hours at the NISRA Office.

Individual Music Lessons

Take lessons from a music instructor. **Learn to play guitar, bass guitar, piano, ukulele, or take voice lessons.***

These half-hour lessons include not only individualized instruction, but also new activities, games, and an introduction to new instruments.

Age Group: 7 & Older

Suggested Ability Level: All Abilities

Location: Sage TR Center, NISRA

NOTE: Student should have the instrument at home in order to practice between lessons. If taking guitar or ukulele, bring instrument to class.

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

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

A parent/guardian is required to be in the building for the duration of the session. Participants may need to purchase a music book (approximately \$15), which is not included in the program fee. Makeup lessons may be available and will be determined on a case-by-case basis. If you are interested in lessons and these dates & times don't fit your schedule, contact Gabrielle at the NISRA Office for possible options.

Prog #	Day	Dates	Weeks	*Time	R/NR Fee	Min/Max
3-5542	Tues	Jan 17 - Feb 28	7	3:30 - 6:00 pm *3:30, 4:00, 4:30, 5:00, 5:30	\$168/\$294	1/5
4-5542	Tues	Apr 4 - May 9	6	3:30 - 6:00 pm *3:30, 4:00, 4:30, 5:00, 5:30	\$144/\$252	1/5
3-5543	Thurs	Jan 19 - Mar 2 No program Jan 26	6	2:00 - 5:00 pm *2:00, 2:30, 3:00, 3:30, 4:00, 4:30	\$144/\$252	1/6
4-5543	Thurs	Apr 6 - May 11	6	2:00 - 5:00 pm *2:00, 2:30, 3:00, 3:30, 4:00, 4:30	\$144/\$252	1/6

Individual Dance Lessons

Personalized dance lessons just for you! Our instructor will create a class based on your individual needs, abilities and interests. Beginners get started, and seasoned dancers take your skills to the next level.

Age Group: 10 & Older

Suggested Ability Level: All Abilities

Location: Rakow Center, Carpentersville

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

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

A parent/guardian is required to be in the building for the duration of the session.

Prog #	Day	Dates	Weeks	*Time	R/NR Fee	Min/Max
4-5600	Fri	Apr 14 - May 12	5	2:00 - 4:30 pm *2:00, 2:30, 3:00, 3:30, 4:00	\$132/\$231	2/5

Theater Troupe Presents...

"Disney's Aladdin"

Show off under the bright lights! Join us in the opportunity to perform this magical and enchanted Disney classic, in a full theater production. We welcome any new or veteran performers—no experience necessary! We teach simple choreography & how to get into character on stage.

Age Group: 8 & Older

Suggested Ability Level: All Abilities

Location: Huntley R.E.C. Center

Min/Max: 11/20

NOTE: Transportation is not available for the dress rehearsals or performances.

Prog #	Day	Date	Time
4-5512			
*Auditions	Wed	Mar 1	5:00 - 7:30 pm
*Rehearsals	Wed	Mar 8 - May 10	6:30 - 8:00 pm
*Dress Rehearsals	Wed	May 17	6:30 - 8:00 pm
	Thurs	May 18	6:30 - 8:00 pm
*Performances	Fri	May 19	7:00 pm
	Sat	May 20	2:00 pm

R/NR Fee	R/NR w/ Transp.
\$186/\$325	\$258/\$397

Bus Departs	Transportation Location	Returns
6:00 pm	NISRA Office	8:30 pm

A Whole New World...



SPECIAL OLYMPICS

Special Olympics programs welcome participants with intellectual disabilities.

Uniform Update

Beginning in 2022, athletes will need to purchase their uniforms before the season starts and will be able to keep them when the season ends. NISRA will be working with a printing company to order uniforms that are necessary to participate in games. We will plan to have athletes keep the same jersey for each individual team and sport for 2-3 years. We will slowly implement this new process. New uniforms are not needed for all sports in 2022 with some not needed until 2023-2024.

For sports such as Tennis, Golf and Bocce, there will be a new polo option for athletes to purchase or the option to wear what they already have. Under each sport, it will be indicated in the notes section if purchasing a jersey is required. Once registered for a sport, you will receive an email from the Manager of Special Olympics informing you of the process to purchase a new jersey.

Special Olympics Competition

Special Olympics provides quality training & competition, stresses athletic excellence, rewards determination, emphasizes health and celebrates achievements.

We want athletes to do their best and at the same time, develop physical fitness, experience joy, develop skills and friendships.

Sports is naturally competitive for athletes and parents. Your loved one may not understand competition and may struggle with rules and regulations of competition and the sport.

If that is the case, Special Olympics may not be appropriate and there are other programs that may be more enjoyable and suitable.

Please call the NISRA Office to speak with Trisha to assess which type of program would be the best match for the participant's interests, abilities, and time.



Special Olympics

Important Notes for Parents/Guardians and Athletes:

NISRA has a Code of Conduct for all Special Olympics programs to encourage athletes, coaches and parents/guardians to embrace the values of competition and sportsmanship. A copy of the form will be provided at the start of each sport season. By registering for any individual or team sport, you are agreeing to adhere to the Code of Conduct before participating. The athlete must attend & actively participate in 75% of all practices prior to the competition in order to be eligible to compete. Athletes who do not compete in the Special Olympics competition will not be allowed to compete at the state level.

Special Olympics Illinois (SOILL) has changed its required forms that applies to ALL ATHLETES. For more of the background/benefits for this change, please visit the NISRA website.

New Consent Form

- The Consent Form contains information that previously existed on the Medical Application (App) form.
- The Consent form separates athlete/parent/guardian consent from the health information.
- This form will only need to be submitted one time throughout an athlete's lifetime, barring any change in guardianship.

***All athletes must submit the Consent Form prior to participation in order to be eligible.**

New Medical Form

- This form will be valid for three years.
- Like the previous Med App, Special Olympics Illinois strongly suggests that all athletes update their Medical Form after having their annual physical exam, in order to be certain they are able to participate in all SOILL programs.
- The new form only requires the examiner's signature. Parent/Guardian signature is not required on this form.

Eligibility Process

- New athletes who have not participated: need to submit the new Consent Form and the new Medical Form in order to be eligible to participate.
- Renewing athletes: need to submit the new Consent Form immediately and the new Medical Form prior to their previous Med App's expiration date. If an athlete has a valid Med App on file, the medical portion of the Med App remains valid until its expiration date.

However, the athlete must submit the new Consent Form prior to continuing their participation.

SOILL discontinued the use of, and will no longer accept the Med App as of August 2021. Not providing all of the required information described above may result in a delay in processing paperwork and affect an athlete's eligibility for upcoming events.

SPECIAL OLYMPICS

Staff contact for all NISRA Special Olympics Programs is Trisha Palmieri.
Contact Trisha at tpalmieri@nisra.org for questions about Special Olympics Programs!

Special Olympics Track & Field

Due to the short season for track & field, athletes will need to attend all practices. Missing more than one practice will disqualify an athlete from competition.

Age Group: 8 & Older

Suggested Ability Level: All Abilities

Facilities are subject to change based on availability.

Lake in the Hills/Huntley

Location: Marlowe Middle School, Lake in the Hills

Min/Max: 6/12

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-6765	Mon	Feb 27 - Apr 10	6	6:00 - 7:00 pm	\$65/\$95
<i>No program Mar 27</i>					

Elgin

Location: The Centre, Elgin

Min/Max: 6/12

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-6715	Mon	Feb 27 - Apr 10	6	5:30 - 6:30 pm	\$65/\$95
<i>No program Mar 27</i>					

NOTE: Those who received a gold medal at Spring Games will qualify for Summer Games. Athletes will receive information about additional practices and fees. A flyer will be sent with additional information and a fee for Summer Games.

Spring Games: April 15 - 16, 2023

Summer Games: June 9 - 11, 2023

Special Olympics Tennis

If you're new to tennis, you must participate in Beginner Tennis before joining the Intermediate/Advanced Special Olympics Team.

Age Group: 16 & Older

Suggested Ability Level: Intermediate/Advanced

Location: Crystal Lake Racket Club

Min/Max: 3/6

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-6756	Mon	Apr 24 - Jun 19	8	4:00 - 4:45 pm	\$66/\$107
<i>No program May 29</i>					

NOTE: Those athletes that received a gold medal at the District Qualifier will be receiving information about additional practices and fees. A flyer will be sent with additional information and a fee for State Tennis.

District Competition: TBD

State Tennis: August 19 - 20, 2023



Special Olympics Soccer

If you're playing this popular sport and want to take your skills to the next level, try NISRA's Special Olympics Soccer Team.

Age Group: 16 & Older

Suggested Ability Level: Intermediate

Location: Lippold Park, Crystal Lake

Min/Max: 8/12

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-6761	Wed	Mar 8 - May 10	9	5:00 - 6:00 pm	\$85/\$130
<i>No program Mar 29</i>					

NOTE: If the team qualifies for Summer Games, we will schedule additional practices and a flyer will be sent with additional information and a fee for Summer Games.

ITRS Tournament: May 14, 2023

Regional Qualifier: May 13, 2023

Summer Games: June 9 - 11, 2023



Special Olympics Bocce Ball

Only athletes who received a gold medal at the qualifier should register for this Spring session. A flyer will be sent with additional information and a fee for Summer Games.

Age Group: 16 & Older

Suggested Ability Level: Beginner

Location: Woodscreek Park, Crystal Lake

Min/Max: 1/7

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-6746	Thurs	May 25 - Jun 8	3	5:30 - 6:30 pm	\$20/\$35

Summer Games: June 9 - 11, 2023

Special Olympics Swim Teams

Beginner Team - Teal Knights

Only athletes who received a gold medal at the qualifier should register for this spring session. A flyer will be sent with additional informational and a fee for Summer Games.

Age Group: 8 & Older

Suggested Ability Level: Beginner competitor, must be able to swim one length of the pool & be coached in a 1:4 ratio of coaches to swimmers.

Location: Rakow Center, Carpentersville

Min/Max: 4/8

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-6768	Mon	Apr 24 - Jun 5	6	6:30 - 7:30 pm	\$41/\$71
<i>No program May 29</i>					

Summer Games: June 9 - 11, 2023

Intermediate/Advanced Teams - Black Knights

Only athletes who received a gold medal at the qualifier should register for this spring session. A flyer will be sent with additional information and a fee for Summer Games.

Age Group: 16 & Older

Suggested Ability Level: Intermediate/Advanced (ability to swim two different strokes for the length of the pool, and swim for the entire hour)

Carpentersville - Black Knights

Location: Rakow Center, Carpentersville

Min/Max: 6/12

Prog #	Day	Dates	Weeks	Time
4-6713	Wed	Apr 26 - Jun 7	7	5:30 - 6:30 pm

R/NR Fee No Transp.	R/NR Fee w/ Transp.
\$47/\$83	\$89/\$125

Bus Departs	Transportation Location	Returns
4:45 pm	NISRA Office	7:15 pm

Elgin - Black Knights

Location: The Centre, Elgin

Min/Max: 6/12

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-6712	Fri	Apr 28 - Jun 2	6	5:00 - 6:00 pm	\$41/\$71

Summer Games: June 9 - 11, 2023



Special Olympics Rhythmic Gymnastics

You must have participated in the Fall/Winter sessions to be eligible. Beginners, watch for this program again in the Fall. Only athletes who received a gold medal at the qualifier should register for Spring session. A flyer will be sent with additional information and a fee for Summer Games.

Age Group: 8 & Older

Suggested Ability Level: All Abilities

Location: The Centre, Elgin

Min/Max: 3/8

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-6700	Mon	May 8 - June 5	4	6:00 - 7:30 pm	\$31/\$54
<i>No program May 29</i>					

Special Olympics Powerlifting

Athletes must have participated in the Fall/Winter session to be eligible. Beginners, watch for this program again in the Fall. Only athletes who received gold medal at the qualifier should register for the spring session. A flyer will be sent with additional information and a fee for Summer Games.

Age Group: 16 & Older

Suggested Ability Level: Beginner/Intermediate

Location: Woodstock Recreation Center

Min/Max: 4/12

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-6741	Wed	May 17 - Jun 7	4	6:00 - 7:00 pm	\$38/\$58

Knights Pickle Ball

Are you looking for a new sport? Come try Pickle Ball! This is a great entry level sport that combines elements from Tennis, Badminton, and Ping-Pong. Athletes can play single or with a partner.

Age Group: 16 & Older

Suggested Ability Level: Beginner/Intermediate

Location: Crystal Lake Racket Club

Min/Max: 4/8

Prog #	Day	Dates	Weeks	Time	R/NR Fee
3-6773	Mon	Jan 16 - Feb 27	7	4:00 - 5:00 pm	\$47/\$83

NOTE: The Crystal Lake Racket Club will have rackets for athletes to borrow.

SPECIAL OLYMPICS

Special Olympics Softball - Teen/Adult Team

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

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Min/Max per team: 10/15

Facilities are subject to change based on availability.

Teal Knights - Beginner/Intermediate Skills

Location: Ladd Park, Crystal Lake

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-6771	Tues	May 9 - July 25	11	6:00 - 7:30 pm	\$109/\$173
<i>No program Jul 4</i>					

White Knights - Intermediate Skills

Location: Tomaso Sports Park, Huntley - Field D

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-6769	Tues	May 9 - July 25	11	6:00 - 7:30 pm	\$109/\$173
<i>No program Jul 4</i>					

Black Knights - Advanced Skills

Location: Lippold Park, Crystal Lake - Green Field

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-6770	Tues	May 9 - July 25	11	5:00 - 6:00 pm	\$109/\$173
<i>No program Jul 4</i>					

Purple Knights - All Abilities

Location: Sports Complex, Elgin - Field 10

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-6772	Tues	May 9 - July 25	11	6:00 - 7:30 pm	\$109/\$173
<i>No program Jul 4</i>					

ITRS Tournament: July 16, 2023

District Competition: July 30, 2023

State Softball: September 9 - 10, 2023

NISRA March Madness League

Are you looking for some added fun for the upcoming NCAA March Madness? How would you like to have a friendly competition with your NISRA buddies? Then join NISRA's March Madness League!

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Location: Sage TR Center, NISRA

Min/Max: 4/25

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-8404	Mon	Apr 3	1	7:30 pm	\$30/\$53

NOTE: Participants will create their bracket on the Yahoo Fantasy app. You will receive an invite to the league. We will have an end of season party where winners will be crowned. Pizza, snacks, and drinks will be provided. Please know that signing up for this program means you will fill out your March Madness bracket by March 15, 2023!

Special Olympics Unified Golf

Want to work on your golf game with the same partner every week? Then register for Unified Golf, a Special Olympics program that joins Special Olympic athletes with Unified Partners (players without a disability). Scoring for Unified Golf is aggregate, i.e., both players' scores on each hole are added together.

Age Group: 16 & Older

Suggested Ability Level: All Abilities

Location: Randall Oaks Golf Club, West Dundee

Min/Max: 3/8

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-6710	Wed	May 17 - Jul 5	8	6:00 - 8:00 pm	\$74/\$121

NOTE: Athletes are encouraged to choose a person who they will want to partner with for the entire season. Unified partners need to be at least 14 years of age, complete a Class A form, a Unified Partner form, and a NISRA registration form. There will be a significant amount of walking since golf carts will not be provided. Only authorized staff & participants are permitted on the golf course during play. Parents, guardians, guests & spectators are prohibited on the golf course during play and must remain in designated areas for non-golfers.

District Competition: July 10, 2023

State Golf: September 9 - 10, 2023



Special Olympics Golf 3-6-9

Practice on a consistent basis, develop your game, and get ready to compete!

Age Group: 16 & Older

Suggested Ability Level: Players who are ready to play 3 - 9 holes

Location: Randall Oaks Golf Club, West Dundee

Min/Max: 3/8

Prog #	Day	Dates	Weeks	Time	R/NR Fee
4-6707	Wed	June 14 - Aug 2	8	6:00 - 8:00 pm	\$74/\$121

NOTE: There will be a significant amount of walking since golf carts will not be provided. Only authorized staff and participants are permitted on the golf course during play. Parents, guardians, guests and spectators are prohibited on the golf course during play and must remain in designated areas for non-golfers.

District Competition: TBD

State Golf: September 9 - 10, 2023



Seizure Questionnaire

(Rev. 8/22/2022)

Office use only: Date Reviewed: _____ Initial: _____

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

Participant's Name: _____

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

Medication(s):

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

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

Please check box & sign below if participant has not experienced a seizure in the last 5 years and you are not requesting accommodations regarding seizure care from NISRA staff (beyond basic first aid), in which case you can opt out of providing an updated Seizure Questionnaire at this time.

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

- Please describe a typical seizure: _____

- Are there any symptoms prior to the onset of the seizure? (i.e. smells, stomach pain, fear, sounds, etc.)

- What was the date of the participant's last seizure? ____/____/____
- How long does the typical seizure last? _____

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

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

Seizure Response Plan

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

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

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

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

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



Northern Illinois Special Recreation Association Fitness Program Waiver

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

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

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

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

Part 1: For completion by NISRA Participant.

Print Name: _____

I give permission for (medical practitioner name) _____ to complete this medical clearance form. It needs to be sent to NISRA prior to the start of the programs which begins on _____ in order for me to be allowed to participate.

Date: _____ Participant signature: _____

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

Please check:

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

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

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

Date: _____ Medical Practitioner's signature: _____

Medical practitioner's address: _____

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

(815) 459-0388 Fax*

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

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

RAINOUT LINE

NEW PROGRAM NOTIFICATION SYSTEM



On June 1, 2022, NISRA transitioned to using Rainout Line as our **only** notification of program changes, cancellations, and transportation times. Make sure to register if you have not already so you don't miss any program cancellations or changes.

NISRA staff can update a status at any time, including the weekends and after hours. Once a status is changed, the information on the Rainout Line is automatically updated.

Ways to Use Rainout Line:

CALL: NISRA's Rainout Line at 815-427-1717 and listen to the prompts for program updates

WEB: Check the status of programs on NISRA's website at nisra.org and click the Rainout Line symbol in the upper right-hand corner

APP: You can download the Rainout Line app on your phone, allowing you to check the status at any time

ALERTS: You can be alerted by email and text message of updates as they occur

How to Register:

1. Go to www.rainoutline.com, chose login and create a new user account
2. Verify your email address
3. Follow NISRA's status by entering NISRA in the search bar or the Rainout Line number
4. Click the star symbol to add NISRA to your favorites
5. You can then choose what programs you want email and/or text message updates from

**You can find a tutorial on our website homepage under "News & Events".
Call the NISRA Office at (815) 459-0737 with any questions!**

REGISTRATION INFORMATION

A Registration Note...

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

Annual Registration Update

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

Registration Information

1. Registration is conducted on a first-come, first-serve basis.

Residents of NISRA's member districts who register by the Resident Priority Registration date have priority over out-of-district "Non-Resident" participants.

2. If a program reaches maximum registration, a waiting list will be started. Those on the list will be notified.

3. A program may be canceled if enrollment is less than the determined minimum. Your account will be credited unless a refund is preferred or the participant joins another program.

4. Registration is considered complete and will be processed only when payment is received, unless other arrangements have been made. *NOTE: Registration will not be processed if there is a balance due from past seasons.*

5. Out-of-district "Non-resident" participants are welcome to register for all programs. However, a non-resident fee is charged (see program descriptions) and registration is processed, in the order it was received, after the Resident Priority Registration date.

6. Instructors may not accept payment or register participants at programs. Registration and payment must be made through the NISRA office.

7. The Registration Form is designed to provide all medical and personal information necessary for the instructor to provide a safe experience. **Please complete the form thoroughly.**

Credits and Refunds

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

Scholarships

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

Group Home Resident Fee Policy

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

Township Information

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

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

Procedure for Seizure Information

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

Fitness Waiver for Fitness Programs

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

Photos/Videos

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

Late Registration

If your registration is late, it will be reviewed after **January 16** to see if we can accommodate you. Program fees will not be prorated for a late start.

If you register on paper and include an email or register online by the deadline, you will be notified of the status of your registration by email.

See pages 49 & 50 for more information about program policies and transportation.

NISRA REGISTRATION FORM - WINTER/SPRING 2023

Both sides of this form must be completed, signed and returned, WITH FULL PAYMENT, to the NISRA Office before registration will be processed and the participant will be allowed to attend any program. Refer to registration information on **page 46**.

Please give us valuable information to help provide the safest & best care possible!

Registration forms received after the December 15, 2022 deadline will be reviewed after January 16, 2023.

Are you a **new** participant? Yes ___ No ___ If yes, how did you hear about NISRA? _____

We'll contact you soon! Best time to call: **9:00 am - 12:00 pm** ___ **12:00 - 3:00 pm** ___ **3:00 - 6:00 pm** ___

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

Participant's Information

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

Contact Information (Family/Guardian/Group Home)

If the participant is an adult, does he or she have his or her own legal guardian status? Yes No
 In the event that the CDC and IDPH Covid-19 mak guidelines change, can the participant wear a mask? Yes No

Primary Contact Information - person who should be contact FIRST

Last Name _____ First Name _____ Relationship _____
 Email Address (please print) _____
 Primary Phone () _____ Participant Phone () _____
 Alternate Phone () _____ Work Phone () _____

***Primary phone # and email will be used to communicate program changes, automated messages, and for staff to have at the program**

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

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

Group Home Name _____ **Group Home Contact Name** _____
(Name and Relationship)

Phone () _____ **Email Address** _____

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

Last Name _____ First Name _____ Relationship _____
 Primary Phone () _____ Alternate Phone () _____ Work Phone () _____

Alternate Emergency Contact

Last Name _____ First Name _____ Relationship _____
 Primary Phone () _____ Alternate Phone () _____ Work Phone () _____

It might be time!

Just ONCE A YEAR, we're requesting that you complete the Annual Information Form. (next pages)

FOR OFFICE USE ONLY R / NR	Date recv'd. _____	E/A recv'd. <input type="checkbox"/>	Check # _____	Other agency pay <input type="checkbox"/>	Total Due _____
	By _____	E/A apprvd. <input type="checkbox"/>	Cash _____	Scholarship <input type="checkbox"/>	+ / - Credit/Balance Due _____
	In Computer <input type="checkbox"/>	AIU <input type="checkbox"/>	Charge _____	NISRA Respite <input type="checkbox"/>	Grand Total = _____
	Wait List <input type="checkbox"/>	Conf. Email <input type="checkbox"/>	No pymnt recv'd _____		Amount Paid _____

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

SIGN NEXT PAGE 

Participant Name _____

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

Payment Type: Check Cash Mastercard VISA Discover Other (ex. respite or other agency pays)

Account # _____ Exp. Date ___/___ Security Code _____

Cardholder Name (please print) _____ Signature _____

Cardholder Address _____ City _____ State ___ Zip _____

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

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

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

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

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

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

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

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

Photo release. NISRA takes photos & video of participants in programs. By signing the waiver, you are giving permission to NISRA to use these photos & videos in our publications, on our website and social media outlets without further permission and without any compensation to you. All photos & video are the property of NISRA. In case of emergency, I give my permission for the participant to receive any first aid, transportation or medical attention that may be required.

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

Parent/Guardian Signature _____ **Date** _____

**Participant may sign if they are their own guardian*

Relationship to Participant _____

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

PROGRAM & REGISTRATION INFORMATION

Programs by Age & Ability Level

Most programs are offered according to age groups and a suggested ability level or disability classification. In many cases, programs are geared toward "All Abilities" and the staff will divide the participants into appropriate subgroups within the activities.

Disability Classifications

ASD:

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

ECE:

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

IDD:

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

PH:

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

MN:

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

LD/ADD/ADHD:

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

BD/SED:

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

Inclusion Services

What about a general recreation program?

We understand that not every person with a disability needs a NISRA program. NISRA provides assistance to our member park districts and recreation departments to include residents with disabilities in their programs. Types of support may include staff training, adapted equipment, sign language assistance or a program aide. Register for your home district program and for more information, call Mia Leyba at the NISRA office.

Mandated Reporters

Staff are mandated by the State of Illinois to report to the DCFS hotline if they observe a situation that provides reasonable cause to suspect child abuse or neglect. Workers in some professions including "recreational program" personnel have this legal mandate. Staff are trained on the procedure for making a report.

Program Policies

1. Participants must be picked up at the designated end of the program. Late pick-up creates additional costs and potential delays getting to another program. NISRA staff will notify the office of continual late pick-ups and a fine will be assessed.
2. Programs may be canceled due to inclement weather. When a program is canceled, one re-scheduled date will be arranged if possible. No credit or refund will be issued.
3. When participants of varying ages and ability levels are in the same program, NISRA will group them appropriately.
4. NISRA provides an approximate 1:4 staff-to-participant ratio. If you are requesting a different ratio, please indicate the reason on your Registration Form.
5. If a participant will be absent, please notify the NISRA office.
6. If the participant is able to walk or ride a bike home, the parent/guardian must submit notice granting permission, in writing, to the NISRA office prior to the start of the program.
7. If someone other than the participant's parent/guardian will be picking him/her up after a program, a note must be sent for the staff. Staff will not allow a participant to leave with another person without written notice.
8. When arriving to, or departing from a program, please check-in with the staff before you leave or take the participant.
9. If staff observe that it appears unsafe to release a participant to the person picking him/her up after a program, the staff will call a supervisor to determine what other transportation alternatives may be possible.
10. While NISRA staff will assist participants with their belongings at programs, NISRA cannot be responsible for lost or stolen property. Participants should not bring valuables to programs.
11. Consumption of alcohol is not permitted at most NISRA program (this includes adults, ages 21 & Older).
12. Behavior Expectations. Although NISRA recognizes that many participants have special behavioral challenges, guidelines have been established to ensure safety and enjoyment of all participants. The Behavior Code of Conduct expects participants to:
 - a) Show respect to all participants and staff, and take direction from staff.
 - b) Refrain from using abusive or foul language.
 - c) Refrain from causing bodily harm to self, other participants and staff.
 - d) Show respect for equipment, supplies, and facilities.A positive approach will be used regarding discipline. NISRA will work closely with parents/guardians to develop behavior management plans. If inappropriate, disruptive or destructive behavior occurs, a prompt resolution will be sought. NISRA reserves the right to suspend or dismiss any participant whose behavior endangers the safety of him/herself or others.

NISRA's Values

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

PROGRAM & TRANSPORTATION INFORMATION

Severe Weather Guidelines

The guidelines below are used by NISRA Staff to determine whether to delay or cancel programs. **Program updates and cancellations will be on Rainout Line.** See page 45 for more details.

Cold Weather Guidelines

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

- Temperature is below 10 degrees
- Wind chill is below 0 (regardless of temperature)

Indoor programs will be canceled based upon the facility's decision and/or whether authorities have issued driving advisories or Winter Storm/Blizzard warnings.

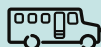
Illness Guidelines

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

- Fever over 100 degrees within the last 24 hours
- Vomiting within the last 24 hours
- Persistent diarrhea
- Persistent cough and/or cold symptoms
- "Pink Eye" (conjunctivitis)
- Symptoms of mumps, measles, chicken pox, strep throat, flu, impetigo, or Hand, Foot & Mouth Disease
- Runny nose with yellow or green discharge (indicates infections)
- Lice or mites present
- Contagious rash or rash of unknown origin
- COVID-19 symptoms

You will be contacted immediately to make arrangements for the participant to go home if any of these symptoms are present.

NISRA Transportation



For programs with transportation, the pick-up and drop-off locations are listed in each program's description. Please choose your preferred location and indicate it on your Registration Form.

Please check in with staff and make sure the participant gets on the correct vehicle in the parking lot. Many times there are multiple NISRA programs using the same transportation location!

Food & Beverages in NISRA Programs

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

Pick-Up & Drop-Off Locations

Generally, buses will try to be in front of the building:

- Barrington Park District Langendorf Park
- Cary Park District Community Center
- The Centre, Elgin
- NISRA Office
- Hampshire Township Park District
- Harvard City Hall parking lot
- McHenry Recreation Center
- Rakow Center, Dundee Township Park District
- Wauconda Park District Community Center
- Woodstock Recreation Center

For programs offered to participants with physical limitations, door-to-door transportation is available for residents living within NISRA's 13 member districts. An additional fee is required for this service. If you require door-to-door transportation, simply pay the appropriate fee and indicate on your registration form that this service is needed.

Handle with Care

NISRA staff are trained in the Handle with Care Behavior Management System. Handle with Care specializes in verbal de-escalation techniques, targeted to assist participants in crisis. Handle with Care training also teaches staff how to perform safe physical restraint techniques for participants who may become aggressive, assaultive or cause harm to themselves or others. Please note that safe physical restraint is only used as an absolute last resort as a means for behavior management. NISRA will only use safe physical restraint if all other behavior management techniques have been exhausted or participants are in imminent danger. If Handle with Care techniques are used with your participant, you will always be notified by a NISRA staff.

Can't Make it to the Program?

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

Arriving at Programs

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

Reaching NISRA After Hours

In response to requests to reach us with an emergency message after business hours or on the weekend, NISRA has an Emergency Mailbox on our phone system. In an emergency, call the NISRA Office, (815) 459-0737.

Listen for the prompt to leave a message in the Emergency Mailbox (ext. 1). Your message will be forwarded to the staff member on-call who will respond as needed.



(815) 459-0737

ANNUAL INFORMATION UPDATE

Please complete and return this Annual Information Form once a year in summer or fall or if you have new information that NISRA needs in order to update its records for the safety of the participant.

Participant Information

New Participant? Yes No, just updating information

Last Name _____ First Name _____ Birthdate _____

Address _____ City _____ State _____ Zip _____

Subdivision (if applicable) _____ Township _____ County _____

Primary Disability _____

Secondary Disability _____

Down syndrome? Yes No

If yes, checked for Atlanto-Axial Subluxation Condition? _____ Date Condition Cleared? _____

Primary Language Used in the Household _____

Allergies

Food Allergies: Type & Details: _____

Insect Bite Allergies: Type & Details: _____

Medication Allergies: Type & Details: _____

Other (list): Details: _____

Dietary Restrictions (includes Diabetes, PKU) & Other Conditions

Condition: _____

Details: _____

Eyeglasses Shunts Other (list) _____

Communication Needs

Uses Hearing Aid(s) Which ear? _____

Speech Reads

Uses Sign Language Sign Language Interpreter Needed Details: _____

Uses Communication System (Ex. PECs, picture schedules) Details: _____

Needs Assistance Details: _____

Non-Verbal Details: _____

Daily Living Skills

Feeding Assistance Required Details: _____

Toilet Assistance Required Details: _____

Dressing Assistance Required Details: _____

Assistance with Money Details: _____

Reading Skills: _____

Other: _____



Participant Name _____

Doctor Name _____ **Phone Number:** _____

Medication

For emergencies (in case NISRA would need to supply paramedics with the participant's current medications)

Please list them below:

Medication Name	Dosage	Time	Purpose

If medication is to be dispensed by NISRA staff, please contact the NISRA Office to obtain a Medication Dispensing Waiver and additional information.

Details on Assistance with Medication : _____

Will participant be taking medication independently during programs? Yes No

Mobility & Transportation

Uses Wheelchair Transfers Independently Needs Harness Hook-Up

Uses Amigo Transfers with Assistance

Wheelchair Type (power or manual): _____

Orthopedic Equipment (walker, braces, canes, AFOs): _____

Is bus aide requested? Yes No If yes, explain why: _____

Is a wheelchair life needed on the bus? Yes No, participant can walk up the stairs on the vehicle

Seizures

Yes No If yes, please complete a **Seizure Questionnaire** (in this brochure) and return it to the NISRA Office.

Releases

OK to remain independently after Program Details: _____

NISRA sometimes contacts schools/caseworkers/service providers for information to better serve the participant's needs.

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

Sensory/Behavioral/Other

Sensory processing difficulties?

Details: _____

Describe any calming techniques used: _____

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

Understanding of sexual information: _____

T-shirt Size: **Youth:** XS S M L XL **Adult:** XS S M L XL 1X 2X 3X

Person Completed Form: _____ **Phone:** _____ **Email:** _____

Participant/Parent Signature: _____ **Date:** _____

***Participant may only sign if they are their own guardian**

FACILITIES

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

Facilities are subject to change, based upon availability. Changes are beyond NISRA's control and may occur after the brochure is made public.

BARRINGTON AREA

Barrington Park District Fitness & Recreation Center & Langendorf Park & Aqualusion

235 Lions Drive
Barrington
(847) 381-0687

Citizen's Park

511 North Lake Zurich Road
Barrington

Goat Yoga Chicago

100 West Higgins Road, Suite F-70
South Barrington

Penny Road Pond

Penny Road
Barrington

Pingree Road Train Station

570 Congress Parkway
Crystal Lake

CARY

Cary Park District Community Center

255 Briargate Road
Cary
(847) 639-6100

Fel-Pro RRR Disc Golf Course

1520 Crystal Lake Road
Cary

Walnut Hollow Disc Golf Course

6 Jefferson Lane
Cary

CRYSTAL LAKE

(including Algonquin)

Bowlero

1611 S. Randall Road
Algonquin
(847) 658-2257

Crystal Ice House

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

Crystal Lake Racket Club

9101 South Route 31
Algonquin
(847) 658-5688

First Congregational Church

461 Pierson Street
Crystal Lake

Ladd Park

555 Coventry Lane
Crystal Lake

Lippold Park

1251 West Route 176
Crystal Lake

North Wall

824 South Main Street, #106
Crystal Lake
(815) 356-6855

Sage Therapeutic Recreation Center at the NISRA Office

285 Memorial Drive
Crystal Lake
(815) 459-0737

Spartan Axe Throwing

975 Nimco Drive, Unit D
Crystal Lake
(779) 220-4605

Striker's Hall

54 Lou Street, Suite B
Crystal Lake

Woods creek Park

1420 Willow Tree Drive
Crystal Lake

Xtreme Wheels

691 South Virginia Road
Crystal Lake
(815) 356-7000

DUNDEE AREA

(including Carpentersville & Sleepy Hollow)

Liberty Lanes

115 LW Besinger Drive
Carpentersville
(847) 428-6446

Rakow Recreation & Fitness Center Dundee Township Park District

665 Barrington Avenue
Carpentersville
(847) 428-7131

Randall Oaks Recreation Center

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

Randall Oaks Golf Club

4101 Binnie Road
West Dundee

South End Park & Island

South First Street
West Dundee

ELGIN

AID/Elgin Training Center (ETC)

1135 Bowes Road
Elgin
(847) 931-6200

The Centre

100 Symphony Way
Elgin
(847) 531-7000

Elgin Lanes

401 Shepard Drive
Elgin
(847) 695-3777

Fox River Trail

319 North River Street
Elgin

Lords Park

100 Oakwood Boulevard
Elgin

Elgin Sports Complex

709 Sports Way
Elgin

HAMPSHIRE

Hampshire Park District Recreation Center

390 South Avenue
Hampshire
(847) 683-2690

Rackow Park

1363 Romke Road
Hampshire

HARVARD

Harvard City Hall

201 West Diggins Street
Harvard
(815)943-6468

Rush Creek Distillery

1501 West Diggins Street
Harvard
(815) 943-7874

HUNTLEY

Huntley R.E.C. Center & Cosman Cultural Center

12015 Mill Street
Huntley
(847) 669-3180

Tomaso Sports Park

11950 Ackman Road
Huntley

LAKE IN THE HILLS

Focus Marital Arts

9344 South Virginia Road
Lake in the Hills
(847) 458-0938

LITH Village Hall

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

Marlowe Middle School

9625 Haligus Road
Lake in the Hills

Sunset Park

5200 Miller Road
Lake in the Hills

MARENGO

Glo-Bowl

101 Franks Road
Marengo

Marengo Park District

825 Indian Oaks Trail
marengo
(815) 568-2695

McHENRY

(including Johnsburg)

McHenry Recreation Center (next to the Municipal Center)

3636 Municipal Drive
McHenry
(815) 363-2160

Pioneer Center/Pioneer Central

4001 Dayton Street
McHenry
(815) 344-1230

Raymond's Bowl

3960 N. Johnsburg Road
Johnsburg

WAUCONDA

Wauconda Park District

600 Main Street
Wauconda
(847) 526-3610

WOODSTOCK

Emricson Park

1313 Kishwaukee Valley Road
Woodstock

Kingston Lanes

1330 South Eastwood Drive
Woodstock
(815) 338-2105

Sheltered Village

600 Borden Street
Woodstock
(815) 338-6440

SportsCity Academy

1269 Cobblestone Way, Unit A
Woodstock
(815) 334-1900

Woodstock Recreation Center

820 Lake Avenue
Woodstock
(815) 338-4363

LOOKING AHEAD:

SUMMER DAY CAMP BROCHURE AVAILABLE - MARCH 16
SUMMER BROCHURE AVAILABLE - APRIL 20



NISRA's 13 Member Districts:

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

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

