FALL 2019

REGISTRATION BEGINS
Monday, August 5, 2019

REGISTRATION ENDS
Friday, September 6, 2019

CELEBRATE ABILITY

NWSRA

NORTHWEST SPECIAL RECREATION ASSOCIATION

www.nwsra.org

About NWSRA

Northwest Special Recreation Association (NWSRA) provides outstanding opportunities through recreation for children and adults with disabilities. As a partnership between 17 member Park Districts, NWSRA provides over 2,000 recreational programs annually. Programs include day camps, weekly programs, trips, special events, cultural arts and more. Founded in 1974, NWSRA:

- Collectively addresses the financial and social responsibilities set forth by the unfunded ADA mandate and inclusion of individuals with disabilities

- Pools resources and funding to address the need for services and accessible public parks and facilities

- Centralizes a team of staff to collectively address best practices and trends affecting individuals with disabilities

- Increases the range of inclusive services for individuals with any type of disability provided within member communities

NWSRA has received the National Recreation and Park Association Excellence in Inclusion Award, given to one organization throughout the nation that has proven its leadership in the promotion of inclusion and diversity initiatives. For more information on NWSRA, visit www.nwsra.org, call us at 847/392-2848 or e-mail marketing@nwsra.org.

CONNECT WITH US

www.nwsra.org

SLSF
MAKING AN IMPACT FOR NWSRA

What is SLSF?

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

Mission Statement

We exist to support and promote outstanding opportunities through recreation for children and adults with disabilities in cooperation with Northwest Special Recreation Association.

Foundation Dollars Provide:

- Transportation
- Programs
- Inclusion
- Scholarships
- Athletics

Get Involved!

To learn more about donating, sponsoring or volunteering, please visit www.slsf.me or contact Cathy Splett at csplett@slsf.me or 847/392-2848.

ABOUT NWSRA

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

MISSION

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

VALUES

- **Teamwork:** Support each other and work together
- **Respect:** Be open, honest and kind
- **Enthusiasm:** Exceed expectations
- **Collaboration:** Combine resources to achieve common goals
- **Communication:** Listen, share and adapt

VISION

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

FALL PROGRAMMING

Monday, September 16 - Saturday, December 7
Please note that program dates vary. Please check individual program dates.

BROCHURE ONLINE:

Friday, July 19

REGISTRATION BEGINS:

Monday, August 5 at 8:30 am

REGISTRATION DEADLINE:

Friday, September 6 at 5:00 pm

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

PROGRAM GUIDE

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KEY TO ABBREVIATION

AUT = Autism Spectrum
ID = Intellectual Disability
P = Physical Disability
V = Visual Disability

KEY TO CERTIFICATIONS

CPRP = Certified Park & Recreation Professional
CTRS = Certified Therapeutic Recreation Specialist
DSP = Direct Service Provider
PATH = Professional Association of Therapeutic Horsemanship
QIDP = Qualified Intellectual Disabilities Professional
CPE = Certified Play Expert

OFFICE HOURS

Monday - Friday
8:30 am - 5:00 pm except holidays
Ph. 847/392-2848
TTY: 847/392-2855
Video Ph: 224/210-1616
After 5:00 pm voicemail available
Phone calls accepted Saturdays during program session, 8:00 am - 1:00 pm

FOUR WAYS TO REGISTER!

MAIL IN OR DROP OFF
NWSRA
3000 W. Central Rd.
Suite 205
Rolling Meadows, IL
60008

CHECK PAYABLE TO:
Northwest Special Recreation Association

FAX
847/392-2870
We accept AmEx, Discover, MasterCard, Visa.
Call to ensure receipt of fax.

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

WELCOME TO NWSRA

BOARD OF TRUSTEES

SOUTH BARRINGTON
Jay Morgan, Chair

BUFFALO GROVE
Ryan Risinger, Vice Chair

ARLINGTON HEIGHTS
Steve Scholten

BARTLETT
Rita Fletcher

ELK GROVE
Ben Curcio

HANOVER PARK
Bob O'Brien

HOFFMAN ESTATES
Craig Talsma

INVERNESS
Robert Dowling

MT. PROSPECT
Jim Jarog

PALATINE
Michael Clark

PROSPECT HEIGHTS
Christina Ferraro

RIVER TRAILS
Bret Fahnstrom

ROLLING MEADOWS
Amy Charlesworth

SALT CREEK
Diane Hilgers

SCHAUMBURG
Tony LaFrenere

STREAMWOOD
Larry Piekarcz

WHEELING
Jan Buchs

STAFF

Administration
Tracey Crawford, CTRS, CPRP, ext. 251 .....Executive Director
Andrea Griffin, CTRS, CPRP, CPE, ext. 235 .....Supt. of Recreation
Rachel Hubsch, CTRS, CPRP, ext. 231 .....Supt. of Recreation
Darleen Negrillo, PHR, SHRM-CP, ext. 260 .....Supt. of Administrative Services
Brian Selders, CPRP, ext. 264 .....Supt. of Communication & IT
Jessica Vasalos, ext. 265 .....Administrative Manager

Management
Ted Adatto, CPRP, ext. 250 .....Manager of Inclusion Services
Manuel Aguilar, CTRS, CPRP ext. 258 .....Manager of Special Recreation (Athletics)
Nicole Estrada, CTRS, CPRP, CPE, ext. 269 .....Manager of Support Services
Victoria Gonzalez, CTRS, CPRP, CPE, ext. 237 ..Manager of Special Recreation (Day Camp)
JoAnn Snyder, CPRP, QIDP, DSP, ext. 247 .....Sr. Manager of Special Recreation
Miranda Woodard, MBA, ext. 253 .....Accounting Manager

Coordinators
TBD .....Operations Coordinator
Lauren Jevaney, CTRS, CPE, ext. 246 .....Inclusion Coordinator
Jaclyn Moore, CTRS, CPE, ext. 239 .....Inclusion Coordinator
Emily Nock, CTRS, DSP, ext. 226 .....Inclusion Coordinator
Katrina Place, CTRS, CPRP, CPE, ext. 259 .....Inclusion Coordinator
Megan Quandt, CTRS, CPE, ext. 242 .....Support Services Coordinator
Danielle Ralph, CTRS, DSP, ext. 266..... Program Coordinator
Maria Sposito, ext. 232 .....Graphic Communications Coordinator
Theresa Waite, DSP, ext. 243.....Support Services Coordinator
Jocelyn Wright, CTRS, ext. 233 .....Volunteer/Recruitment Coordinator

Collaborative Programs
Liz Thomas, CPRP, QIDP, DSP, CPE, ext. 227 .....Manager of Special Recreation
Mackenzie Irelan, CTRS, QIDP, DSP ext. 238 .....Collaboratives Coordinator
Cortney Lucente, CTRS, CPRP, QIDP, DSP ext. 268.....Collaboratives Coordinator
Kate Moran, CTRS, QIDP, DSP, ext. 274 .....Collaboratives Coordinator
Trisha Palmieri, CTRS, CPRP, QIDP, DSP, PATH, ext. 236 .....Collaboratives Coordinator
Erica Patricca, CPRP, QIDP, DSP ext.248.....Collaboratives Coordinator

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Cay Collier, DSP, ext. 276 .....Program Specialist
Megan Edwards, DSP, ext. 261.....Program Specialist
Clariza Kotsovos, DSP, ext. 257.....Program Specialist
Rebecca Lizadle, ext. 254.....Program Specialist
Kaila Robinson, QIDP, DSP, ext. 225.....Program Specialist
Jordan Ross, CTRS, ext. 230 .....Program Specialist
Janae Winston, CTRS, ext. 249 .....Program Specialist

Special Leisure Services Foundation
Cathy Splett, CPRP, ext. 244 .....Supt. of Development
Megan O'Brien, ext. 267 .....Events Coordinator
TBD ext. 255 .....Manager of Foundation

Support Staff
Mary Lou D'Astice, ext. 221 .....Receptionist
Jodi Schultz, CTRS, CPRP, ext. 252 .....Payroll Clerk
Michele Paradise, ext. 222 .....Registration Office Coordinator
Beverly Simon, ext. 263 .....Office Support Clerk
Zofia Sobkiewicz, ext. 223 .....Registrar

BOARD MEETING
All Board Meetings will be held at 10:30 am at:
NWSRA/Park Central • 3000 W. Central Road
Rolling Meadows, IL 60008
For Board Meeting dates and to access a copy of the meeting agenda, visit www.nwsra.org.

SWIMMING

SWIM PROGRAM CLASSIFICATIONS

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

Individual/Group Swim Lessons	In these progressive swim lessons, swimmers are introduced to basic water skills, breath holding and a variety of submerging progressions, eventually leading the participant to unassisted swimming. The curriculum is broken into concepts, which are advanced and developed through each level using different techniques and skills.	**1010, 1011, 1012, 1013, 1020, 1051**
Lightning Swim Team	Athletes must be able to swim 25 yards using freestyle swim techniques unassisted and be able to swim for five minutes continuously to meet prerequisites for team. The first week, all members will be skill tested for appropriate placement. Swimmers that do not meet the above criteria will be placed in Swim Team Development.	**1060**
Swim Team Development	Prepare the swimmer for the future participation on the Lightning Swim Team. Swimmers will work on four competitive strokes, developing their swimming techniques, learn competitive swim vocabulary, turns, finishes, etc. Swimmers must be able to swim half a length of freestyle, face in water, unassisted and half a length of backstroke/back kick in the proper position to be ready to participate in this program.	**1065**

NWSRA CERTIFIED STAFF PROVIDE QUALITY SWIM LESSONS. THE PROGRESSIVE TECHNIQUE USED ENCOURAGES CONFIDENCE AND STRENGTHENS GROSS MOTOR SKILLS TOWARD THE GOAL OF UNASSISTED SWIMMING.

LIGHTNING SWIM TEAM & SWIM TEAM DEVELOPMENT ~ GOALS: M

Prog. #	Age	Day	Time	Dates	Locationtbd	Fee	Min/Max
1060	8 yrs. & older	M	8:00 - 9:00 pm 7:15 - 8:15 pm	9/16 - 4/27 January - April	Jack Claes Pavilion, Elk Grove Village Arlington Ridge Center • Arlington Heights starting in January	$279.00	5/25
1065	8 yrs. & older	M	8:00 - 9:00 pm	9/16 - 12/2	Jack Claes Pavilion, Elk Grove Village	$118.00	3/5

No Programs on: October 14, 1060 only December 16 - 30, January 6, 20, February 17

INDIVIDUAL SWIM LESSONS ~ GOALS: M (30 MINUTE SWIM LESSON)

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

Prog. #	Age	Day	Time	Dates	Location	Fee	Min/Max
1020	4 - 10 yrs.	T	4:00 - 5:00 pm	9/17 - 12/3	Jack Claes Pavilion, Therapy Pool • Elk Grove Village	$312.00	2/4
1013	4 - 15 yrs.	T	5:00 - 7:30 pm	9/17 - 12/3	Arctic Splash, Lap Lane • Wheeling	$312.00	2/6
1011	4 - 10 yrs.	W	4:00 - 5:00 pm	9/18 - 12/4	Jack Claes Pavilion, Therapy Pool • Elk Grove Village	$286.00	2/4
1010	4 - 8 yrs.	W	5:00 - 6:30 pm	9/18 - 12/4	Park Place Family Recreation Center, Lap Lane • Streamwood	$286.00	2/6
1051	8 - 15 yrs.	Th	6:45 - 7:45 pm	9/19 - 12/5	RecPlex, Lap Lane • Mount Prospect	$286.00	2/4
1012	4 - 10 yrs.	Th	7:00 - 8:00 pm	9/19 - 12/5	Harper College, Lap Lane • Palatine	$286.00	2/4

No Programs on: November 27, 28

CULTURAL ARTS

CULTURAL ARTS AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Piano/Voice Lessons 5:00 - 8:00 pm	**Drum Lessons** 4:00 - 7:30 pm	**Ceramics** 6:00 - 7:30 pm	**No Program**	**No Program**	**Guitar Lessons** 9:00 - 11:00 am
	Broadway Buddies 5:00 - 6:00 pm 7:00 - 8:00 pm	**Piano/Voice Lessons** 5:00 - 8:00 pm			**Art Sampler** 3:15 - 4:30 pm
	Choral Buddies 6:00 - 7:00 pm				

COLOR LEGEND

Cultural Arts Section
Adults Section

Note: Online payment/registration is available for all programs. Parents/ guardians are responsible for informing teachers/transportation departments of participant's after school/workshop activities and changes as they arise.

PRIVATE MUSIC LESSONS

All lessons are 30 minute private lesson. Please state your preferred time on the registration form. Books may be purchased through the instructor, if needed. Registration deadline for all returning students is August 28. New students will be accepted after the August 28 deadline. You will be contacted before the program with your lesson time confirmation.

MUSIC

PIANO LESSONS ~ Age: 7 yrs. & older

Discover your musical talent and improve your rhythm, eye-hand and fine motor coordination, while learning to read music. **No program on October 14, November 25 and 27.**

Group: Youth, Teens & Adults
Location: Rolling Meadows Community Center
Min/Max: 2/4 for 2010/ 2012 and 2/3 for 2013
Goals: M, SI

Prog. #	Dates	Day	Time	Fee
2010	9/16 - 12/2	M	5:00 - 8:00 pm	$286.00 per program
2012	9/18 - 12/4	W	5:00 - 8:00 pm	

MUSIC

DRUM LESSONS ~ Age: 12 yrs. & older

Tap out rhythms and feel the beat while learning drumming techniques and performing on a drum set, snare drum, bells and a variety of rhythm instruments. **No program on November 26.**

Group: Youth, Teens & Adults
Location: Rolling Meadows Community Center
Min/Max: 2/4 per program
Goals: M, SI

Prog. #	Dates	Day	Time	Fee
2074	9/17 - 12/3	T	4:00 - 7:30 pm	$286.00

MUSIC

VOICE LESSONS ~ Age: 9 yrs. & older

Improve voice control, tone and technique while singing some of your favorite songs. **No program on October 14, November 25 and 27.**

Group: Youth, Teens & Adults
Location: Rolling Meadows Community Center
Min/Max: 2/3 per program
Goals: M, SI

Prog. #	Dates	Day	Time	Fee
2080	9/16 - 12/2	M	5:00 - 8:00 pm	$286.00 per program
2081	9/18 - 12/4	W	5:00 - 8:00 pm	

MUSIC

GUITAR LESSONS ~ Age: 12 yrs. & older

Jam to great music, while learning about guitar technique and performance. Must provide your own guitar. **No program on November 30.**

Group: Youth, Teens & Adults
Location: Rolling Meadows Community Center
Min/Max: 2/3 per program
Goals: M, SI

Prog. #	Dates	Day	Time	Fee
2076	9/21 - 12/7	Sa	9:00 - 11:00 am	$286.00

CULTURAL ARTS

DRAMA

BROADWAY BUDDIES ~ Age: 11 yrs. & older
Cooperative with Buffalo Grove Park District
Enhance creativity through theatre games and activities while learning a full production alongside a buddy provided by the Buffalo Grove Park District. The Broadway Buddies class will work on a production of "Seussical" that will be performed in May. Dress rehearsal will be in May. The last 3 weeks classes will combine to prepare for performance. Details will be provided by instructor. Must be able to follow simple directions and remain with the group at all times. **No program on November 26.**

Group: Youth, Teens & Adults
Location: Community Arts Center • Buffalo Grove
Min/Max: 5/10 per program
Ratio: 1:4 to Independent
Goals: M, SI

Prog. #	Dates	Day	Time	Fee
2045 2046	9/17 - 12/17	T	5:00 - 6:00 pm 7:00 - 8:00 pm	$195.00 per program

MUSIC

CHORAL BUDDIES ~ Age: 11 yrs. & older
Cooperative with Buffalo Grove Park District
Enhance creativity through singing and concert style techniques alongside a buddy provided by the Buffalo Grove Park District. The last night there will be a small informal performance. **No program on November 26.**

Group: Youth, Teens & Adults
Location: Community Arts Center • Buffalo Grove
Min/Max: 4/10
Ratio: 1:2 to Independent
Goals: SE, SI

Prog. #	Dates	Day	Time	Fee
8035	9/17 - 12/17	T	6:00 - 7:00 pm	$195.00

GOALS LEGEND

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

Certified Play Experts

***NWSRA** is proud to announce new certifications for ten of its full time staff! The **Certified Play Expert (CPE)** accreditation is provided by the **American Specialty Toy Retailers Association (ASTRA)**. **CPE** staff work with program leaders to ensure play is incorporated throughout programs and to assist participants in reaching their goals. Play is both fun and fundamental to living a healthy rewarding and relationship rich life. **NWSRA** believes play is essential, helping individuals thrive in their environment and reach milestones through physical, cognitive, communicative, social/emotional and sensory play experiences and toys.*

ASTRA CERTIFIED PLAY EXPERT

NWSRA
NORTHWEST SPECIAL RECREATION ASSOCIATION

SPORTS

SPORTS AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Par 3 Golf League 4:00 - 5:30 pm	**Golf Lessons** 4:45 - 5:45 pm	**Snowshoe Racing Team** 5:30 - 7:00 pm	**Learn to Skate** 3:55 - 4:30 pm		**Gymnastics Team** 8:00 - 9:30 am
Powerlifting Team (1 hour practice) 6:00 - 8:30 pm	**Competitive Cheer** 6:30 - 7:30 pm	**Basketball Skills** 6:30 - 7:30 pm	**Figure Skating Team** 4:00 - 5:30 pm	**No Program**	**U.S. Paralympic Sport Sampler** 3:30 - 5:00 pm
Swim Team Development 8:00 - 9:00 pm	**Co-Rec Basketball (1 hour practice)** 6:30 - 8:30 pm	**Alpine Ski Team** 6:00 - 8:00 pm	**Powerlifting Team (1 hour practice)** 6:30 - 8:30 pm		
Swim Team 8:00 - 9:00 pm					

COLOR LEGEND

Swimming Section
Sports Section

GOALS LEGEND

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

Note: Online payment/registration is not available for programs marked with an asterisk. Parents/guardians are responsible for informing teachers/transportation departments of participant's after school/workshop activities and changes as they arise. For programs including swimming please refer to Special Notice Section at the back of the brochure regarding swim programs.

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

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

FALL GOLF

Please note that golf programs are canceled in case of inclement weather.

SKILL DEVELOPMENT

PAR 3 GOLF LEAGUE ~ Age: 8 yrs. & older

Play a round of golf each week with a 4-some of golfers. Learn golf course etiquette and improve your game. This program is geared towards the beginner and intermediate golfer.

Group: Ambulatory Athletes
Location: Nickol Knoll Golf Course• Arlington Heights
Min/Max: 4/12 per program
Ratio:1:4 to Independent
Goals: M, S
Note: Must provide your own clubs and be able to walk the course.

Prog. #	Dates	Day	Tee Time	Fee
1624	9/9 - 10/7	M	4:00 - 5:30 pm	$70.00

SKILL DEVELOPMENT

SUNSHINE THROUGH GOLF ~ Age: 8 yrs. & older
COOPERATIVE WITH CHICAGO GOLF DISTRICT ASSOCIATION

This lesson is designed for the first time golfer. Golfers will receive close supervision as they develop their golf skills at the driving range and putting greens.

Group: Ambulatory Athletes
Location: Old Orchard Country Club • Prospect Heights
Min/Max: 5/10 per program
Ratio: 1:2 to Independent
Goals: M, S
Note: Golfers may provide their own clubs or clubs will be provided. Please contact the NWSRA office, if clubs need to be provided.

Prog. #	Dates	Day	Time	Fee
1511	9/10 - 10/8	T	4:45 - 5:45 pm	$25.00

SPORTS

SKILL DEVELOPMENT

COMPETITIVE

BASKETBALL SKILLS ~ Age: 16 yrs. & older
The focus of this program is developing skills, dribbling, shooting and all the fundamentals rather than team play. Athletes will have the opportunity to compete in Special Olympics Individual Skills Competition.
No program November 27, December 11 - January 22.

Group: Ambulatory Athletes
Location: Central Road School • Rolling Meadows
Min/Max: 6/15
Ratio:1:4 to Independent
Goals: M, S, PAN
Med App: valid through March 2020
Note: Athletes can only compete in one division of Special Olympics competition, Individual Skills or Team.

Prog. #	Dates	Day	Tee Time	Fee
1911	9/18 - 2/12	W	6:30 - 7:30 pm	$144.00

SKILL DEVELOPMENT

LEARN TO SKATE~ Age: 6 - 21 yrs.
Lace up and learn to march, glide, backwards wiggle and stop. Beginning through intermediate skills are taught including gross motor coordination and balance.
No program November 28.

Group: Ambulatory Athletes
Location: Triphahn Center & Ice Arena • Hoffman Estates
Min/Max: 4/8
Ratio: 1:1 to Independent
Goals: M, S, PAN

Prog. #	Dates	Day	Time	Fee
1650	9/19 - 12/5	Th	3:55 - 4:30 pm	$110.00

COMPETITIVE SPORTS

Note that athletes under 16 years old will need to attend assessment night to be considered for a senior level Co-Rec Lightning Sports Team. Participants must participate in team practices in order to compete during league play.

COMPETITIVE

POWERLIFTING TEAM ~ Age: 16 yrs. and older
Improve athlete's general health, strength and prepare for the Powerlifting Regionals in May. Individuals may train to compete in Special Olympics powerlifting competition.
No program October 14, November 28, December 9 - January 23, February 17, 20 and March 23 & 26.

Group: Ambulatory Athletes
Location: 2535/2536 Wheeling Community Recreation Center
2537/2538 Schaumburg Tennis Plus
Min/Max: 5 at Wheeling; 4/10 per program for other sites
Ratio:1:4 to Independent
Goals: M, S, PAN
Med App: valid through June 2020.

Prog. #	Dates	Day	Tee Time	Fee
2535	9/16 - 5/4	M	6:00 - 7:00 pm	$243.00 per program
2536	9/16 - 5/4	M	7:00 - 8:00 pm	
2537	9/19 - 5/7	Th	6:30 - 7:30 pm	
2538	9/19 - 5/7	Th	7:30 - 8:30 pm	

BECOME A BOOSTER!

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

If you are interested in joining or learning more about Booster Club activities, please contact Manuel Aguilar at manuela@nwsra.org or 847/392-2848, ext. 258

SPORTS

COMPETITIVE

CO-REC BASKETBALL TEAM ~ Age: 16 yrs. & older

Enhance basketball skills, teamwork and conditioning for the first five weeks of the session and begin league play in mid November. **No program November 26 & December 24 - 31.**

Group: Ambulatory Athletes
Location: Varies
Min/Max: 10/12 per team
Ratio:1:4 to Independent
Goals: M, S, PAN
Registration Deadline: September 17
Med App: valid through March 2020
Note: The first practice on October 8 will be player assessment between 6:30 - 8:30 pm at RecPlex. Players will then be divided into teams based on ability, age, position played and team chemistry. Players and parents/guardians will be informed by the coach of team assignments, practice time and location by October 14. Length of program varies depending on location of games.

Prog. #	Dates	Day	Time	Fee
2583	10/8 - 2/18	T	6:30 - 8:30 pm (1 hour practice)	$216.00

COMPETITIVE

SNOWSHOE RACING TEAM ~ Age: 8 yrs. & older

Designed for any level athlete. Dress appropriately for cold weather. To be eligible for Winter Games in Galena, athletes must attend six training nights and receive a gold medal at the Special Olympics Area Competition. **No program November 27, December 25 & January 1.**

Group: Ambulatory Athletes
Location: Kimball Hill School • Rolling Meadows
Min/Max: 4/16
Ratio: 1:2 to Independent
Goals: M, S, PAN
Registration Deadline: November 13
Med App: valid through February 2020

Prog. #	Dates	Day	Time	Fee
2292	11/20 - 1/29	W	5:30 - 7:00 pm	$81.00

COMPETITIVE

ALPINE SKI TEAM ~ Age: 8 yrs. & older

Enhance your core strength, increase stamina and enhance safety awareness through this challenging and fun program. This program is designed for the experienced skier. Athletes must be able to ski independently without additional assistance. **No program December 25 & January 1.**

Group: Ambulatory Athletes
Location: Wilmot Mountain • Wisconsin
Min/Max: 4/10
Ratio: 1:4 to Independent
Goals: M, S, PAN
Registration Deadline: November 13
Med App: valid through February 2020
Note: Please bring $16.00 for ski package rental and $5.00 for helmet per day to cover equipment rental if needed. Dress appropriately for cold weather. To be eligible for State Winter Games, athletes must attend at least six trainings and demonstrate the ability to control and maneuver a downhill course based on the judgment of the training committee to compete with the Lightning Ski Team.

Prog. #	Dates	Day	Time	Fee
2291	12/11 - 1/29	W	6:00 - 8:00 pm	$318.50

Transportation: Provided from NWSRA/Park Central at 4:00 pm and returns at 9:30 pm.

COMPETITIVE

COMPETITIVE CHEER ~ Age: 13 - 35 yrs.

Join the competitive cheer team. Practice the latest cheer and dance moves to today's popular music. Each week stretch out, learn a new cheer and add to the dances created together by the team.

Group: Ambulatory Athletes
Location: Rolling Meadows Community Center • NWSRA Wing
Min/Max: 6/15
Ratio: 1:1 to Independent
Goals: M, S, PAN

Prog. #	Dates	Day	Time	Fee
2630	10/8 - 12/17	T	6:30 - 7:30 pm	$120.00

SPORTS

COMPETITIVE

FIGURE SKATING TEAM ~ Age: 6 yrs. & older

Join the team and prepare competitive routines and compulsory moves for competition for the 2019/2020 season. Lessons will be 30 minutes of private/semi-private coaching. Those who meet the requirements to skate independently may stay before or after their lesson with minimal guidance from coaches.
No program on November 28 & December 26.

Group: Ambulatory Athletes
Location: Triphahn Center and Ice Arena
• Hoffman Estates
Min/Max: 3/10
Ratio: 1:1 to Independent
Goals: M, S, PAN
Note: Please indicate desired half hour preference in order of desired to least desired time.
1741 Private Lessons are available for team members at $26.00 for a 30 minute lesson. The coach will contact you to arrange a time and location.

Prog. #	Dates	Day	Time	Fee
1740	9/12 - 3/19	Th	4:00 - 5:30 pm	$252.00

COMPETITIVE

GYMNASTICS TEAM ~ Age: 8 - 25 yrs.

Leap into action while developing poise, flexibility and strength! The NWSRA team trains for Special Olympics competitions. **No program November 2, 30, December 14 - January 4, January 25, March 28 & April 11.**

Group: Ambulatory Athletes
Location: Palatine Gymnastics Center
Min/Max: 5/14
Ratio: 1:2 to Independent
Goals: M, S, PAN
Med App: valid through June 2020
Note: Team leotard is required and is an additional fee. All other team apparel is optional. Participants with Down Syndrome mus be clear of AAI. Please refer to Special Notice Section in back of brochure regarding AAI.

Prog. #	Dates	Day	Time	Fee
1665	9/21 - 5/2	Sa	8:00 - 9:30 am	$216.00

COMPETITIVE

U.S. PARALYMPIC SPORTS SAMPLER~ Age: 6 yrs. & older

Train as a multi-sport athlete. Schedule includes boccia every week and will highlight wheelchair basketball, tennis, power soccer and football. Athletes will have the opportunity to participate in competitions.
No program on November 30.

Group: P Athletes
Location: Camelot Park • Arlington Heights
Min/Max: 5/12
Ratio: 1:1 to Independent
Goals: M, S

Prog. #	Dates	Day	Time	Fee
1106	9/21 -12/7	Sa	3:30 - 5:00 pm	$132.00

Transportation: Please add $88.00 for door-to-door transportation and indicate on registration form. The Program Leader will contact participants two days before the start of the program to inform of pick up and drop off times.

SPECIAL EVENT

SPORTS BANQUET ~ Age: 6 yrs. & older

Dine and dance at this awards presentation that will highlight your athletic achievement for the year.

Group: All NWSRA Team Athletes
Location: Chandler's Banquets • Schaumburg
Min/Max: 25/100
Ratio: 1:4 to Independent
Goals: I, SE
Registration Deadline: August 29
Note: Athletes must have competed with an NWSRA Lightning Team in 2018/2019.

Prog. #	Dates	Day	Time	Fee
7355	9/19	Th	6:30 - 8:30 pm	$40.00

SPECIAL OLYMPICS COMPETITIONS SCHEDULE

SPECIAL OLYMPIC COMPETITION	COMPETITION DATE	FORM TURN IN (IF MEDICAL APPLICATION EXPIRE PRIOR TO COMPETITION DATE)
Flag Football Regionals	September Late	June 17
Volleyball Regionals	September 22	July 22
Outdoor Sports Festival	September 7 - 8	August 5
Bocce Regionals	October 6	August 9
Floor Hockey Regionals	October 13	June 17
Sectional Bowling	November 2	October 7
Fall Games	October 26 - 27	September 9
State Floor Hockey	November 16	October 14
State Bowling	December 1	November 4
Basketball Skills Regionals	December 8	November 4
Snowshoe Regionals	January 4 (tentative)	December 2
Alpine Ski Regionals	January 8 (tentative)	December 2
Junior Basketball Regionals	January 19 (tentative)	December 2
Senior Basketball Regionals	January 19 (tentative)	December 2
Winter Games	February 4 - 6 (tentative)	December 2

IMPORTANT!

Athletes wishing to participate in Special Olympics competitions must have a current Special Olympics medical application form on file at NWSRA and Special Olympics Illinois valid through state competition. It is valid for two years from the date of the examination. Parent/guardian's signatures are required and faxed forms will now be accepted.

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

2019/2020 General Competitions

Volleyball.....October 7
Figure Skating.....January 4
Skating Championship.....February 16

BOWLING

NWSRA BOWLING PROGRAMS ~ GOALS: CI, MS, S

Bowling programs are developed for a fun, social experience while instructors give bowling points and tips. In large programs, participants will be assigned to lanes according to their age, skill and ability level. Please do not bring outside food or snacks to the bowling alley as most of the bowling alleys do not allow it. Participants may bring money to purchase a snack at the bowling alley. All bowling programs include 2 games of bowling unless otherwise stated.

Prog. #	Prog. Name	Day	Time	Dates	Location	Fee	Min/Max	Transportation
2600	21 yrs. & older **Ratio:1:1 to Independent**	M	3:15 - 4:45 pm	9/16 - 12/2	Arlington Lanes	$165.00 without trans. $214.50 with trans.	5/15	**YES** (schedule below)
2624	21 yrs. & older **Ratio:1:1 to Independent**	F	3:15 - 4:45 pm	9/20 - 12/6	Brunswick Zone • Mount Prospect	$150.00 without trans. $195.00 with trans.	5/24	**YES** (schedule below)
1400	7 yrs. & older **Ratio:1:4 to Independent**	F	3:30 - 5:00 pm	9/20 - 12/6	Streamwood Bowl	$145.50 3 games	5/20	None
		Note: Team T-shirt included in fall.						
2260	P/V 7 yrs. & older **Ratio:1:1 to Independent**	Sa	1:30 - 3:30 pm	9/21 - 12/7	Poplar Creek Bowl • Hoffman Estates	$115.50 without trans. $203.50 with trans.	5/8	Door-to-door
1320	13 yrs. & older **Ratio:1:4 to Independent**	Sa	1:30 - 3:30 pm	9/21 - 12/7	Poplar Creek Bowl • Hoffman Estates	$137.50 3 games	5/8	None
1340	13 yrs. & older **Ratio:1:4 to Independent**	Sa	2:00 - 4:00 pm	9/21 - 12/7	Brunswick Zone • Mount Prospect	$137.50 3 games	5/30	None

No programs on: October 4, 14, November 29, 30

PLEASE INDICATE PICK UP AND DROP OF LOCATIONS ON THE REGSITRATION FORM. LIMITED WHEELCHAIR SPACE AVAILABLE.

TRANSPORTATION SCHEDULES

Transportation Location for Program #2600	Pick Up	Drop Off
PURSUIT • Wheeling	2:15 pm	None
PURSUIT • Hanover Park	2:15 pm	None
PURSUIT • Mount Prospect	2:30 pm	None
PURSUIT • Rolling Meadows	2:45 pm	None
Conyers Learning Academy • Rolling Meadows	None	5:15 pm

Transportation Location for Program #2624	Pick Up	Drop Off
Clearbrook Golf • Rolling Meadows	2:30 pm	None
Clearbrook Getz • Palatine	2:45 pm	None
Avenues to Independence • Wheeling	2:50 pm	None
Achieve • Palatine	2:50 pm	None
Conyers Learning Academy • Rolling Meadows	None	5:20 pm

EARLY CHILDHOOD

EARLY CHILDHOOD AT A GLANCE

Storytime & Games 5:15 - 6:00 pm	**1020 Individual Swimming** 4:00 - 5:00 pm	**Autism Movement Therapy ®** 5:30 - 6:00 pm	**Autism Movement Therapy ®** 5:30 - 6:00 pm		**Saturday Clubhouse** 9:30 - 11:30 am 11:45 am - 1:45 pm
	1013 Individual Swimming 5:00 - 7:30 pm	**1011 Individual Swimming** 4:00 - 5:00 pm	**Sensory Scientist** 5:30 - 6:15 pm	**No Programs**	
	Recess Games & Sport Skills 5:15 - 6:00 pm	**1010 Individual Swimming** 5:00 - 6:30 pm	**1012 Individual Swimming** 7:00 - 8:00 pm		
	Sensory Scientist 6:15 - 7:15pm				

COLOR LEGEND

- Swimming Section
- Cultural Arts Section
- Early Childhood Section
- Youth & Teen Section

Note: *Online payment/registration is not available for programs marked with an asterisk. Parents/guardians are responsible for informing teachers/transportation departments of participant's after school/workshop activities and changes as they arise. For programs including swimming please refer to Special Notice Section at the back of the brochure regarding swim programs.

Sensory Therapy is available Monday - Saturday, see page 27.

SPECIAL EVENTS SCHEDULE

EVENTS	DATE	TIME
Bulls/Sox Academy Adventure	October 14	10:00 am - 3:30 pm
***Zurich Fun Fair**	October 26	10:30 am - 1:00 pm
***Sensory Friendly Concert**	December 9	7:00 - 7:45 pm
***Visit with Santa**	December 14	10:00 am - 12:00 pm

GOALS LEGEND

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

SOCIAL

STORY TIME & GAMES ~ Age: 3 - 7 yrs.

Enjoy listening to a story, acting it out or playing a game around a theme. Stories will be chosen to enhance social development, listening and gross motor skills. Parents are welcome to stay, but not required.
No program on October 14.

Group: EC & Siblings
Location: Central Community Center • Mount Prospect
Min/Max: 5/10
Ratio: 1:1 to Independent
Goals: M, I

Prog. #	Dates	Day	Time	Fee
1753	9/16 - 11/25	M	5:15 - 6:00 pm	$70.00

SKILLS DEVELOPMENT

RECESS GAMES & SPORTS SKILLS ~ Age: 5 - 8 yrs.

Join your peers and develop the skills to play recess games and improve your sports skills. This program works to develop an understanding of the games and motor skills to participate in various sports. Enhance proper social interaction and working with others while having fun. **This program is overseen by a Certified Play Expert. No program on November 26.**

Group: EC Youth & Siblings
Location: Willow Recreation Center • Hoffman Estates
Min/Max: 5/10 per program
Ratio: 1:1 to Independent
Goals: M

Prog. #	Dates	Day	Time	Fee
1770	9/17 - 12/3	T	5:15 - 6:00 pm	$77.00

EARLY CHILDHOOD

THERAPY

AUTISM MOVEMENT THERAPY® ~ Age: 4 - 8 yrs.

Combine structured movement and music that connects the left and right hemispheres of the brain for a complete cognitive thinking approach in this nationally renowned program. This program helps improve peer interaction, ability to work in groups and perform academically in the classroom. **No program on November 27 & 28.**

Group: Autism Spectrum
Location: **1790** Rolling Meadows Community Center
• NWSRA Wing
1792 Hanover Park Community Center
• NWSRA Wing
Min/Max: 4/6 per program
Ratio: 1:1 to Independent
Goals: M, SE, SI

Prog. #	Dates	Day	Time	Fee
1790	9/18 - 12/4	W	5:30 - 6:00 pm	$110.00 per program
1792	9/19 - 12/5	Th	5:30 - 6:00 pm	

SOCIAL

SENSORY SCIENTIST ~ Age: 3 - 7 yrs.

Join your peers and a Certified Play Expert in the Snoezelen room to build your social interaction and teamwork skills through play. Each week there will be a new sensory theme for clients to explore. Therapists will help clients interact and connect with others in the class. **No program on November 27.**

Group: EC & Siblings
Location: Rolling Meadows Community Center
• NWSRA Wing
Min/Max: 4/6
Ratio: 1:1 to Independent
Goals: M, SE, SI

Prog. #	Dates	Day	Time	Fee
1760	9/19 - 11/21	Th	5:30 - 6:15 pm	$100.00

SOCIAL

SATURDAY CLUBHOUSE ~ Age: 3 - 7 yrs.

Enhance cognitive, fine motor and social skills through playing games, fitness, music and crafts. Program includes adapted yoga/relaxation techniques.
No program on November 30.

Group: EC, Youth & Siblings
Location: **1540/1542** Rolling Meadows Community Center
1541 Hanover Park Community Center
• NWSRA Wing
Min/Max: 5/8 per program
Ratio: 1:1 to Independent
Goals: M, SE, SI

Prog. #	Dates	Day	Time	Fee
1540	9/21 - 12/7	Sa	9:30 - 11:30 am	$99.00 per program
1542			11:45 am - 1:45 pm	
1541			9:30 - 11:30 am	

Many of our Early Childhood programs are open to siblings within the program age range.
Check out the "Group" within the program description.

EARLY CHILDHOOD

SPECIAL EVENTS

Chicago Bulls/Sox Youth Academy Adventure ~ Age: 4 - 12 yrs.

Venture out for a day of fun with delicious food and state-of-the-art games. After lunch and games we will enjoy an afternoon at Kline Creek Farm.

Group: EC & Youth
Location: West Suburban Sports Complex • Lisle
Min/Max: 6/18
Ratio: 1:1 to Independent
Goals: CI, I
Registration Deadline: September 23
Note: Fee includes a box lunch from Subway.

Prog. #	Date	Day	Time	Fee
6170	10/14	M	10:00 am - 3:30 pm	$50.00

Transportation: Provided from one of the below locations below. Please indicate desired location on the registration form.

Transportation Location	Pick Up	Drop Off
Jack Claes Pavilion • Elk Grove Village	9:30 am	4:00 pm
Alcott Center • Buffalo Grove	9:30 am	4:00 pm

SPECIAL EVENTS

*ZURICH FUN FAIR ~ Age: 7 yrs. & younger

Cooperative with Zurich North America

Celebrate National Make a Difference Day! Zurich Corporation sponsors a day of fun with games, prizes, crafts ad lunch.

Group: All Abilities & Family
Location: Rolling Meadows Community Center • Senior Entrance
Min/Max: 30/100
Goals: CI, I
Registration Deadline: October 4
Note: NWSRA will not provide chaperons for this event. It is the parent/guardian's responsibility to provide supervision. Lunch includes pizza, juice, cookies and Icees. This is a drop-in event.

Prog. #	Date	Day	Time	Fee
***6175**	10/26	Sa	10:30 am - 1:00 pm	Free

SPECIAL EVENTS

*VISIT WITH SANTA ~ Age: 3 - 7 yrs.

Bring the family for a quiet visit with Santa. Join in the activities to keep the kids busy and no long lines. Please call to reserve your personal Santa visit time. Go home with a personally created gift jar!

Group: EC & Youth
Location: Rolling Meadows Community Center • NWSRA Wing
Min/Max: 5/10
Ratio: 1:1 to Independent
Goals: CI, I
Registration Deadline: November 29

Prog. #	Date	Day	Time	Fee
***6510**	12/14	Sa	10:00 am - 12:00 pm	Free

SPECIAL EVENTS

*SENSORY FRIENDLY HOLIDAY CONCERT ~ All Ages & Family

Harper College Symphony Orchestra and NWSRA are pleased to host the annual sensory friendly concert for individuals with disabilities and their families. Staff from NWSRA will be available to assist families before, during and after the concert to increase everyone's ability to learn concert etiquette and be successful. Lights will be kept low, wiggling and noises will be tolerated. Members from the orchestra will be in the lobby prior to the concert, playing music and sharing information about their instruments. Autism Movement Therapy will also be demonstrated in the lobby. All money raised will go to Special Leisure Services Foundation. Social stories and board maker assists are available after November 25 at https://www.nwsra.org/concert.

Group: All Ages & Family
Location: Harper College Performing Arts Center • Palatine
Min/Max: 30/120
Goals: CI, I
Note: Please purchase your tickets at NWSRA office in person or by phone. Tickets should be picked up at NWSRA office by November 29.

Date	Day	Concert Time	Fee
12/9	M	7:00 - 7:45 pm	$5.00 per person

STAR ACADEMY AFTER CARE PROGRAM

PRESENTED BY CLEARBROOK AND NWSRA

NWSRA, in collaboration with Clearbrook, is proud to present the STAR Academy After Care program!

This program will be held after school and NWSRA Summer Camps until 6:00 pm. Transportation is provided from NWSRA Summer Camps and may be provided from specific schools during the school year.

To register or for more information please contact:

Liz Thomas
lizt@nwsra.org
847/392-2848 ext. 227
www.nwsra.org/academy

Register Now for 2019-2020 school year!

GROUP: All Abilities **AGES: 6 ~ Age 21**

AGES	DAY/DATES	TIME	LOCATION	RATIO	FEE/HR.	MIN/MAX	TRANSPORTATION
Age 6 ~ 14	Choose 1 - 5 days Monday - Friday	2:30 - 6:00 pm	Rolling Meadows Community Center NWSRA Wing 3705 Pheasant Dr.	1:1 1:2 1:4	$15.00 $13.00 $11.00	5/20 per day	• Miner School • Kirk School • District 15, 59 and other NSSEO on a case by case basis
Age 15 ~ 21	Choose 1 - 5 days Monday - Friday	2:30 - 6:00 pm	Central Community Center NWSRA Wing 1000 W. Central Rd., Mount Prospect	1:1 1:2 1:4	$15.00 $13.00 $11.00	5/20 per day	• Miner School • Kirk School • Palatine HS • Hersey High School • Other NSSEO on a case by case basis

All other transportation on a case by case basis.

Notes:
- STAR Academy runs the entire school year and summer, with continuous registration based on availability.
- Summer session dates based on NWSRA Summer Camp calendar.
- DHS Home Based Waiver funding may be used for this program.
- Clearbrook and NWSRA reserve the right to adjust ratios.
- Fees are subject to change based on the annual budget.
- Residents have priority in registration for the program.
- Non-Residents will be allowed to register subject to availability.

Scan the QR Code to access the STAR Academy Registration Form!

*Un traductor de idioma en Español está disponible bajo peticíon, para asistir con la registracíon. Por favor llama a la oficina del número 847/392-2848. Por favor deja un mensaje con Manny para solicitar una cita o para recibir una llamada telefónica.

HANGOUT

FUN ACTIVITIES

MEET NEW FRIENDS

SIBSHOPS

A GROUP FOR SIBLINGS OF CHILDREN WITH SPECIAL NEEDS

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

FOR SIBLINGS OF CHILDREN WITH SPECIAL NEEDS AGE 5 - 12 YEARS OLD

Teens may volunteer as helpers. Max: 5
Parent support group meets during the program.

Locations

Weiss Community Center
1500 E. Euclid Ave.
Mt. Prospect, IL 60056

Hanover Park Community Center
1919 Walnut Ave.
Hanover Park, IL 60133

Schedule

8555; 9/13/2019 : Hanover Park
8556; 10/11/2019 : Weiss
8557; 11/15/2019 : Hanover Park
8558; 12/13/2019 :Weiss
8550; 2/14/2020 : Hanover Park
8551; 3/13/2020 : Weiss
5553; 4/17/2020 : Hanover Park
8554; 5/15/2020 : Weiss

Time

4:30 pm - 6:30 pm

Fee: $5.00 per program.
Registration forms are due one week prior to the event.
For more information or to register please contact
LJ Jevaney at ljevaney@nwsra.org or 847/392-2848 ext. 246.

Presented by:

Sibshops

NWSRA
NORTHWEST SPECIAL RECREATION ASSOCIATION

Building Great Beginnings

YOUTH & TEENS

YOUTH & TEEN AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Par 3 Golf League 4:00 - 5:30 pm	**1020 Individual Swim** 4:00 -5:00 pm	**Piano/Voice Lessons** 5:00 - 8:00 pm	**Learn to Skate** 3:55 - 4:30 pm		**Gymnastics Team** 8:00 - 9:30 am
Piano/Voice Lessons 5:00 - 8:00 pm	**Drum Lessons** 4:00 - 7:30 pm	**Snowshoe Racing Team** 5:30 - 7:00 pm	**Figure Skating Team** 4:00 - 5:30 pm		**Guitar Lessons** 9:00 - 11:00 am
Therapeutic Horseback Riding (30 minute lessons) 5:30 - 7:35 pm	**Golf Lessons** 4:45 - 5:45 pm	**Alpine Ski Team** 6:00 - 8:00 pm	**Therapeutic Horseback Riding (30 minute lessons)** 5:30 - 7:35 pm		**Saturday Superstar** 10:30 am - 2:00 pm
Swim Team Development 8:00 - 9:00 pm	**1013 Individual Swim** 5:00 - 7:30 pm	**Autism Movement Therapy ®** 5:30 - 6:00 pm 6:15 - 6:45 pm	**Autism Movement Therapy ®** 5:30 - 6:00 pm 6:15 - 6:45 pm	**No Programs**	**On the Go** 10:30 am - 1:30 pm
Swim Team 8:00 - 9:00 pm	**Broadway Buddies** 5:00 - 6:00 pm 7:00 - 8:00 pm	**1011 Individual Swim** 4:00 - 5:00 pm	**Safety for Yourself** 6:00 - 7:00 pm 7:00 - 8:00 pm		**Busy Bodies** 11:00 am - 2:00 pm
	Recess Games & Sports Skills 5:15 - 6:00 pm 6:00 - 6:45 pm	**Parkour** 4:30 - 5:30 pm	**1051 Individual Swim** 6:45 - 7:45 pm		**Busy Bodies Out & About** 11:00 am - 2:00 pm
	Choral Buddies 6:00 - 7:00 pm	**Basketball Skills** 6:30 - 7:30 pm	**1012 Individual Swim** 7:00 - 8:00 pm		**Saturday Afternoon Hangout** 2:30 - 4:00 pm
	Competitive Cheer 6:30 - 7:30 pm				**U.S. Paralympic Sport Sampler** 3:30 - 5:00 pm
	Co-Rec Basketball (1 hour practice) 6:30 - 8:30 pm				

COLOR LEGEND

- Swimming Section
- Cultural Arts Section
- Youth & Teen Section
- Sports Section
- Adults Section

SPECIAL EVENTS SCHEDULE

EVENTS	DATE	TIME
River Trails Fun Run	October 5	12:00 pm
Bulls/Sox Academy Adventure	October 14	10:00 am - 3:30 pm
Great America Fright Fest	October 14	11:00 am - 6:00 pm
***Zurich Fun Fair**	October 26	10:30 am - 1:00 pm
***Sensory Friendly Concert**	December 9	7:00 - 7:45 pm
***Visit with Santa**	December 14	10:00 am - 12:00 pm
Teen Night Out	December 14	7:00 - 9:00 pm
***Escape Room Challenge**	January 18	7:00 - 9:00 pm

Note: *Online payment/registration is not available for programs marked with an asterisk. Parents/guardians are responsible for informing teachers/transportation departments of participant's after school/workshop activities and changes as they arise. For programs including swimming please refer to Special Notice Section at the back of the brochure regarding swim programs.

Sensory Therapy is available Monday - Saturday, see page 27.

YOUTH & TEENS

SPORTS

THERAPEUTIC HORSEBACK RIDING ~ Age: 6 yrs. & older

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

Group: Youth, Teens & Adults
Location: Palatine Stables
Min/Max: 1/2 per program
Ratio: 1:1 to Independent, riders must have safe behaviors and ability to actively listen.
Goals: M, S
Note: Please refer to the Special Notice Section at back of brochure. Riders enrolled in this program must have adequate balance, mobility, posture and ability to maintain upper neck and trunk control. Helmets are provided, a waiver and medical form must be signed before the first day of class. The program is held indoors. **Participants must be under 150 pounds for the safety of the rider and horse. Riders are required to wear boots or shoes with a heel.**

Prog. #	Dates	Day	Time	Fee
2620	9/9 - 10/21	M	5:30 - 6:05 pm	$175.00
2621	9/9 - 10/21	M	6:15 - 6:50 pm	$175.00
2626	9/9 - 10/21	M	7:00 - 7:35 pm	$175.00
2622	9/12 - 10/24	Th	5:30 - 6:05 pm	$175.00
2623	9/12 - 10/24	Th	6:15 - 6:50 pm	$175.00
2627	9/12 - 10/24	Th	7:00 - 7:35 pm	$175.00

SKILLS DEVELOPMENT

RECESS GAMES & SPORTS SKILLS ~ Age: 5 - 8 yrs. 1770 / 9 - 12 yrs. 8761

Join your peers and develop the skills to play recess games and improve your sports skills. This program works to develop an understanding of the games and motor skills to participate in various sports. Enhance proper social interaction and working with others while having fun. **This program is overseen by a Certified Play Expert. No program on November 26.**

Group: Youth & Siblings
Location: Willow Recreation Center • Hoffman Estates
Min/Max: 4/6 per program
Ratio: 1:1 to Independent
Goals: M

Prog. #	Dates	Day	Time	Fee
1770 **8761**	9/17 - 12/3	T	5:15 - 6:00 pm 6:00 - 6:45 pm	$77.00 per program

THERAPY

AUTISM MOVEMENT THERAPY® ~ Age: 4 - 8 yrs. 1790/1792 / 9 - 13 yrs. 1791

Combine structured movement and music that connects the left and right hemispheres of the brain for a complete cognitive thinking approach in this nationally renowned program. This program helps improve peer interaction, ability to work in groups and perform academically in the classroom. **No Program on November 27 & 28.**

Group: Autism Spectrum
Location: 1790/1791 Rolling Meadows Community Center • NWSRA Wing
1792 Hanover Park Community Center • NWSRA Wing
Min/Max: 4/6 per program
Ratio: 1:1 to Independent
Goals: M, SI, SE

Prog. #	Dates	Day	Time	Fee
1790	9/18 - 12/4	W	5:30 - 6:00 pm	$110.00
1791	9/18 - 12/4	W	6:15 - 6:45 pm	per
1792	9/19 - 12/5	Th	5:30 - 6:00 pm	program

Health & Wellness

SAFETY FOR YOURSELF ~ Age: 7 - 18 yrs.
Cooperative with Amita Health

Develop self-control, physical fitness and respect for others while learning non-contact martial arts. The skills learned can transfer into all aspects of everyday life with improvements seen in school performance and social skills.
No program on November 28.

Group: Teens & Young Adults
Location: 1956/1968 Alexian Brothers Behavioral Health Hospital (gym) • Hoffman Estates
Min/Max: 5/10 per program
Ratio: 1:2 to Independent
Goals: CI, I
Note: Taught by a martial arts instructor

Prog. #	Date	Day	Time	Fee
1956 **1968**	9/19 - 12/5	Th	6:00 - 7:00 pm 7:00 - 8:00 pm	$110.00 per program

GOALS LEGEND

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

YOUTH & TEENS

SOCIAL

PARKOUR ~ Age: 7 - 18 yrs.

Enjoy parkour, fitness through obstacle course training, at your own pace. A certified instructor will work with you to learn basic skills mixed with movement activities such as free running, strength and agility.
No program on November 30.

Group: Ambulatory Youth & Siblings
Location: The Zone • Mount Prospect
Min/Max: 5/10
Ratio: 1:2 to Independent
Goals: M, HW
Notes: Please wear gym shoes and athletic attire. River Trails Park District requires a waiver to be signed before the first day of class.

Prog. #	Dates	Day	Time	Fee
8780	11/6 - 12/11	W	4:30 - 5:30 pm	$84.00 per child

SOCIAL

SATURDAY SUPERSTARS ~ Age: 7 - 12 yrs.

Enhance cognitive, fine motor and social skills through playing games, fitness, swimming and crafts.
No program on November 30.

Group: Youth
Location: **1500** Wheeling Community Recreation Center
1580 RecPlex • Mount Prospect
1700 Park Place Family Recreation Center • Streamwood
Min/Max: 5/10 per program
Ratio: 1:1 to Independent
Goals: M, SE
Notes: Please bring a labeled swimsuit, towel, lunch and drink. The Illinois Dept. of Public Health requires that anyone not completely toilet trained must wear tightly fitting plastic pants. Parents pick up on the pool deck.

Prog. #	Dates	Day	Time	Fee
1500 **1580** **1700**	9/21 - 12/7	Sa	10:30 am - 2:00 pm	$132.00 per program

TRAVEL

BUSY BODIES OUT & ABOUT ~ Age: 13 - 18 yrs.

Socialize, play games and travel in the community. A schedule of activities will be distributed the first week.
No program on November 30.

Group: Teens
Location: Varies
Min/Max: 5/10
Ratio: 1:2 to Independent
Goals: CI, I, SE
Participant Expectations: Operate in the community with the expectation of staying with the group, transitioning between activities with minimal prompting and support and display appropriate social interaction with peers and staff. Specific needs such as restroom or feeding can be assisted by staff, if set for a predetermined time.
Notes: Please bring a labeled lunch and drink. NWSRA reserves the right to determine an individual's readiness to participate in this traveling program.

Prog. #	Dates	Day	Time	Fee
1670	9/21 - 12/7	Sa	11:00 am - 2:00 pm	$242.00

Transportation: Provided from locations listed below. Pick up points may change depending on registration. Please indicate desired pick up/drop off location on the registration form. Program Leader will inform parents/guardians of any changes in pick up or drop off times.

Transportation Location	Pick Up	Drop Off
Alcott Center • Buffalo Grove	10:00 am	2:50 pm
Conyers Learning Academy • Rolling Meadows	10:30 am	None
Bartlett Community Center	11:00 am	2:00 pm
Rolling Meadows Community Center • NWSRA Wing	None	2:30 pm

SOCIAL

BUSY BODIES ~ Age: 13 - 18 yrs.

Participants will enhance socialization skills with friends through games, activities and swimming.
No program on November 30.

Group: Teens
Location: Hanover Park Community Center • NWSRA Wing
Swim Location: Bartlett Community Center
Min/Max: 5/10
Ratio: 1:1 to Independent
Goals: SE, M
Notes: Please bring a swimsuit, labeled lunch and drink.

Prog. #	Dates	Day	Time	Fee
1671	9/21 - 12/7	Sa	11:00 am - 2:00 pm	$209.00

Transportation: Please pick up at Bartlett Community Center at 2:00 pm or add $71.50 for transportation to and from program or $49.50 for pm transportation to Afternoon Hangout only. Please indicate desired pick up/drop off location on the registration form.

Transportation Location	Pick Up	Drop Off
Alcott Center • Buffalo Grove	10:00 am	2:50 pm
Conyers Learning Academy • Rolling Meadows	10:30 am	None
Rolling Meadows Community Center • NWSRA Wing	None	2:45 pm

YOUTH & TEENS

SOCIAL

SATURDAY AFTERNOON HANGOUT ~ Age: 13 - 18 yrs.

Spend the afternoon with friends relaxing, watching a movie, enjoying Wii games or maybe a class in yoga or relaxation techniques. **No program on November 30.**

Group: Teens
Location: Rolling Meadows Community Center
• NWSRA Wing
Min/Max: 5/10 per program
Ratio: 1:1 to Independent
Goals: M, SI
Notes: Participants will be grouped by age and ability into separate activities. Transportation provided to this program for those registered for On the Go, Busy Bodies Out & About and Busy Bodies. Parent/guardian pick up at Rolling Meadows Community Center at the end of the program.

Prog. #	Dates	Day	Time	Fee
1570	9/21- 12/7	Sa	2:30 - 4:00 pm	$88.00

ON THE GO ~ Age: 13 - 18 yrs.

Improve independence, community awareness, socialization and positive use of leisure time through participation in community activities. A schedule of activities will be distributed the first week.
No program on November 30.

Group: Teens
Location: Varies
Min/Max: 5/15
Ratio: 1:4 to Independent
Goals: CI, I, SE
Participant Expectations: Operate in community with the expectation of independence. Demonstrate ability to interact with peers appropriately. Display ability to respond to group directives and transition independently. Specific needs such as restroom or feeding can be assisted by staff if set for a predetermined time.
Notes: Please bring a labeled lunch and drink. NWSRA reserves the right to determine an individual's readiness to participate in this traveling program.

Prog. #	Dates	Day	Time	Fee
1840	9/21 - 12/7	Sa	10:30 am - 1:30 pm	$242.00

Transportation: Provided from locations listed below. Pick up points may vary depending on registration. Please indicate desired pick up/drop off location on the registration form. Pick up and drop off times may vary depending on location of outings. Program Leader will inform parents/guardians of any changes in pick up or drop off times.

TRAVEL

Transportation Location	Pick Up	Drop Off
Conyers Learning Academy • Rolling Meadows	10:00 am	None
Rolling Meadows Community Center • NWSRA Wing	None	2:30 pm
Buffalo Grove Golf & Sports Center	10:15 am	2:00 pm
Hanover Park Community Center • NWSRA Wing	10:30 am	2:15 pm

SPECIAL EVENTS

GREAT AMERICA FRIGHT FEST ~ Age: 16 yrs. & older

Prepare for frightfully fun adventures! Ride Raging Bull, Superman, Goliath, the Double Decker Carousel or enjoy a show. Don't miss out on this ghoulish event. We will go rain or shine. A doctors note is required to receive the Fast Pass.

Group: Youth & Adults
Location: Great America • Gurnee
Min/Max: 6/16
Ratio: 1:2 to Independent
Goals: CI, I
Registration Deadline: September 23
Note: Refunds will not be given for inclement weather, so grab your rain jacket if the skies look gray, but we are certain to have an awesome day. Bring money for lunch/dinner. Park admission, supervision and transportation are included in the fee. Participants must be able to function in a 1:3 - 1:4 staff to participant ratio and be able to stay with the group at all times.

Prog. #	Date	Day	Time	Fee
6180	10/14	M	11:00 am - 6:00 pm	$100.00 $50.00 with season pass

Transportation: Provided from one of the below locations below. Please indicate desired location on the registration form.

Transportation Location	Pick Up	Drop Off
Hanover Park Community Center • NWSRA Wing	9:00 am	7:30 pm
Conyers Learning Academy • Rolling Meadows	9:30 am	7:45 pm
Buffalo Grove Golf & Sports Center	10:00 am	7:15 pm

YOUTH & TEENS

SPECIAL EVENTS

CHICAGO BULLS/SOX YOUTH ACADEMY ~ Age: 3 - 12 yrs.

Venture out for a day of fun with delicious food and state-of-the-art games. After lunch and games we will ejnoy an afternoon at Kline Creek Farm.

Group: EC & Youth
Location: West Suburban Sports Complex • Lisle
Min/Max: 6/18
Ratio: 1:1 to Independent
Goals: CI, I
Registration Deadline: September 23
Note: Fee includes lunch from Subway. Please bring a swimsuit and towel.

Prog. #	Dates	Day	Time	Fee
6170	10/14	M	10:00 am - 3:30 pm	$50.00

Transportation: Provided from the below location below. Please indicate desired location on the registration form.

Transportation Location	Pick Up	Drop Off
Jack Claes Pavilion • Elk Grove Village	9:30 am	4:00 pm
Alcott Center • Buffalo Grove	9:30 am	4:00 pm

SPECIAL EVENTS

CHICAGO BULLS/SOX YOUTH ACADEMY ~ Age: 13 - 21 yrs.

Venture out for a day of fun with delicious food and state-of-the-art games. After lunch and games we will ejnoy an afternoon at Kline Creek Farm.

Group: Youth & Teens
Location: West Suburban Sports Complex • Lisle
Min/Max: 5/10
Ratio: 1:1 to Independent
Goals: CI, I
Registration Deadline: September 23
Note: Fee includes lunch from Subway. Please bring a swimsuit and towel.

Prog. #	Dates	Day	Time	Fee
6190	10/14	M	10:00 am - 3:30 pm	$50.00

Transportation: Provided from the below location below. Please indicate desired location on the registration form.

Transportation Location	Pick Up	Drop Off
Conyers Learning Academy • Rolling Meadows	9:00 am	4:30 pm
Alcott Center • Buffalo Grove	9:15 am	4:15 pm
Meineke Recreation Center • Schaumburg	9:30 am	4:00 pm

SPECIAL EVENTS

*ZURICH FUN FAIR ~ Age: 12 yrs. & younger

Cooperative with Zurich North America

Celebrate National Make a Difference Day! Zurich Corporation sponsors a day of fun with games, prizes, crafts and lunch.

Group: All Abilities & Family
Location: Rolling Meadows Community Center • Senior Center Entrance
Min/Max: 30/100
Goals: CI, I
Registration Deadline: October 4
Note: NWSRA will not provide chaperons for this event. It is the parent/guardian's responsibility to provide supervision. Lunch is pizza, juice, cookies and Icees. This is a drop-in event.

Prog. #	Dates	Day	Time	Fee
***6175**	10/26	Sa	10:30 am - 1:00 pm	Free

SPECIAL EVENTS

*VISIT WITH SANTA ~ Age: 3 - 12 yrs.

Bring the family for a quiet visit with Santa. Join in the activities to keep the kids busy and no long lines. Please call to reserve your personal Santa visit time. Go home with a personally created gift jar!

Group: EC & Youth
Location: Rolling Meadows Community Center • NWSRA Wing
Min/Max: 5/10
Ratio: 1:1 to Independent
Goals: CI, I
Registration Deadline: November 29

Prog. #	Dates	Day	Time	Fee
***6510**	12/14	Sa	10:00 am - 12:00 pm	Free

YOUTH & TEENS

SPECIAL EVENTS

RIVER TRAILS FUN RUN ~ 6 yrs. & older & Family

This 1.25 mile course will be an adventurous journey throughout the Woodland Trails Park. There will be 10 - 14 man made obstacles to challenge your physical prowess. Everyone receives a goodie bag, medal and t-shirt.

Group: Youth & Family
Location: Woodland Trails Park, River Trails Park District • Prospect Heights
Min/Max: 6/15
Ratio: 1:4 to Independent
Goals: CI, I
Registration Deadline: September 20
Note: Participants can run the course by themselves or with a family member. All runners will need to sign a waiver.

Prog. #	Dates	Day	Race Time	Fee
6185	10/5	Sa	12:00 pm	$18.00 per person

SPECIAL EVENTS

*SENSORY FRIENDLY ~ Age: All Ages & Family HOLIDAY CONCERT

Harper College Symphony Orchestra and NWSRA are pleased to host the annual sensory friendly concert for individuals with disabilities and their families. Staff from NWSRA will be available to assist families before, during and after the concert to increase everyone's ability to learn concert etiquette and be successful. Lights will be kept low, wiggling and noises will be tolerated. Members from the orchestra will be in the lobby prior to the concert, playing music and sharing information about their instruments. Autism Movement Therapy will also be demonstrated in the lobby. All money raised will go to Special Leisure Services Foundation. Social stories and board maker assists are available after November 25 at https://www.nwsra.org/concert.

Group: All Ages & Family
Location: Harper College Performing Arts Center • Palatine
Min/Max: 30/120
Goals: CI, I
Note: Please purchase your tickets at NWSRA office in person or by phone. Tickets should be picked up at NWSRA office by November 30.

Date	Day	Concert Time	Fee
12/9	M	7:00 - 7:45 pm	$5.00 per person

Sign up for both and receive a $10.00 discount!

SPECIAL EVENTS

TEEN NIGHT OUT ~ Age: 13 - 21 yrs.

Get ready for a Mock Escape Room! We will be solving similar clues to escape a themed room in a safe environment to prepare for the real thing. You will get the opportunity to also sign up for a trip to the Schaumburg Escape Room in January. A snack will be provided.

Group: Teens
Location: Rolling Meadows Community Center • NWSRA Wing
Min/Max: 5/15
Ratio: 1:1 to Independent
Goals: CI, I
Registration Deadline: November 29

Prog. #	Dates	Day	Time	Fee
6710	12/14	Sa	7:00 - 9:00 pm	$16.00

Transportation: Provided from the below location below. Please indicate desired location on the registration form.

Transportation Location	Pick Up	Drop Off
Alcott Center • Buffalo Grove	6:30 pm	9:30 pm
Hanover Park Community Center • NWSRA Wing	6:30 pm	9:30 pm

SPECIAL EVENTS

*ESCAPE ROOM CHALLENGE ~ Age: 13 - 21 yrs.

Take you team building skills learned in December's event and try the real thing. NWSRA leaders will provide any needed adaptations to create a successful experience for all.

Group: Teens
Location: Mastermind Escape Games • Schaumburg
Min/Max: 6/15
Ratio: 1:1 to Independent
Goals: CI, I
Registration Deadline: January 3

Prog. #	Dates	Day	Time	Fee
***6710**	1/18/20	Sa	7:00 - 9:00 pm	$50.00

Transportation: Provided from the below location below. Please indicate desired location on the registration form.

Transportation Location	Pick Up	Drop Off
Conyers Learning Academy • Rolling Meadows	6:15 pm	9:45 pm
Alcott Center • Buffalo Grove	5:45 pm	9:30 pm
Hanover Park Community Center • NWSRA Wing	6:15 pm	9:30 pm

WINTER CAMPS

Winter Break Camps are full of exploration, play, and unique experiences that will create independence, friendships and lifelong skills. Campers will engage in various activities, swim at an indoor pool and experience a field trip in the community. Camp experiences are based off the four Day Camp Goals: Leisure Awareness, Self Awareness, Community Awareness and Health Awareness. Ratio: 1:1 to independent.

Camp Name	Prog. #	Week	Dates	Time	Ages	Location	Fee
Little Snowflakes	**4310** ***4311**	Week 1 Week 2	Week 1 Dec. 23, 26, 27 *Week 2 Dec. 30, Jan. 2, 3	All Camps: 9:00 am - 3:00 pm	3 - 7 years	Rolling Meadows Community Center • NWSRA Wing	$126.00 per camp
Winter Camp It Up	**4320** ***4321**	Week 1 Week 2			7 - 14 years	Central Community Center • Mount Prospect • NWSRA Wing	
Snowblazers North	**4330** ***4331**	Week 1 Week 2			14 - 21 years	Wheeling Community Recreation Center • NWSRA Wing	
Snowblazers South	**4340** ***4341**	Week 1 Week 2			14 - 21 years	Hanover Park Community Center • NWSRA Wing	

Registration Deadline: December 2

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

Contact Victoria Gonzalez for more information at victoriag@nwsra.org or 847/392-2848, ext. 237.

Prog. #	Transportation Location	Pick up	Drop Off
4330/4331 **4340/4341**	NWSRA/Park Central • Rolling Meadows	8:30 am	3:30 pm

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

SNOEZELEN ROOM

Birthday Party

Are you ready to experience our unique party experience? The NWSRA Snoezelen Room is a perfect fit for YOU! At only $100 per hour, parties include access to the Snoezelen Sensory Room with a certified Therapeutic Recreation Specialist specializing in Snoezelen Therapy to monitor and control the Multi-Sensory environment.
The Snoezelen Sensory Room holds a maximum of five individuals at a time, guests will utilize the nearby activity room during the rotation to experience sensory play, participate in active games, enjoy snacks or open presents.
Great for groups of 5 - 15 people.

To receive a detailed description of party opportunities or to see if your date is available, contact Victoria Gonzalez CTRS, CPRP, CPE at 847/392-2848.

SNOEZELEN® ROOM

Imagine a room where an individual with special needs can feel safe, relax their mind through a multi-sensory experience, or feel in control and make choices independently. Sensory therapy consists of placing an individual in a soothing and stimulating environment, called the "Snoezelen Room". This room is specially designed to deliver stimuli to various senses using lighting effects, color, sounds, music, scents, etc. Sensory therapy will follow an appropriate and logical sequence geared toward accomplishing individual goals. A Certified Therapeutic Recreation Specialist (*CTRS) trained by the Flaghouse Snoezelen Team will provide therapy. In therapy, the CTRS will allow the individual to guide the therapy session through verbal and nonverbal communication.

A Certified Therapeutic Recreation Specialist (*CTRS) trained by the Flaghouse Snoezelen Team will provide therapy.

Assessments:

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

Sensory Therapy:

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

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

Group: All Abilities **Ages: 3 yrs. & older** **Use the NWSRA Wing at the Community Centers**

Prog. #	DAY/DATES	TIME	Location	MIN/MAX	TYPES OF THERAPY	FEE
2655	Monday 9/16 - 12/2	3:00 - 7:00 pm	Rolling Meadows	1/4	Individualized or Family Sensory Therapy	$286.00
2656	Tuesday 9/17 - 12/3	3:00 - 7:00 pm	Rolling Meadows	1/4	Individualized or Family Sensory Therapy	$312.00
2657	Wednesday 9/18 - 12/4	3:00 - 7:00 pm	Mount Prospect	1/4	Individualized or Family Sensory Therapy	$286.00
2658	Thursday 9/19 - 12/5	3:00 - 7:00 pm	Mount Prospect	1/4	Individualized or Family Sensory Therapy	$286.00
2661	Friday 9/20 - 12/6	2:00 - 6:00 pm	Hanover Park	1/4	Individualized or Family Sensory Therapy	$286.00
2653	Saturday 9/21 - 12/7	10:00 am - 2:00 pm	Rolling Meadows	1/4	Individualized or Family Sensory Therapy	$286.00

No Programs on: October 14, November 28, 29 & 30

ADULTS

NWSRA PURSUIT-ROLLING MEADOWS

DAY	PROGRAM	PAGE #
Monday	2600 Bowling	Pg. 13
Tuesday	2560 Afternoon Club	Pg. 31
Wednesday	2540 Supper Club	Pg. 38
Thursday	2650 Exercise & Swim	Pg. 30
Friday	2563 Media Meet Up	Pg. 33

NWSRA PURSUIT-HANOVER PARK

DAY	PROGRAM	PAGE #
Monday	2600 Bowling	Pg. 13
Tuesday	2560 Afternoon Club	Pg. 31
Wednesday	2540 Supper Club	Pg. 38
Thursday	2650 Exercise & Swim	Pg. 30
Friday	2563 Media Meet Up	Pg. 33

NWSRA PURSUIT-MOUNT PROSPECT

DAY	PROGRAM	PAGE #
Monday	2600 Bowling	Pg. 13
Tuesday	2560 Afternoon Club	Pg. 31
Wednesday	2540 Supper Club	Pg. 38
Thursday	2650 Exercise & Swim	Pg. 30
Friday	2563 Media Meet Up	Pg. 33

NWSRA PURSUIT-WHEELING

DAY	PROGRAM	PAGE #
Monday	2600 Bowling	Pg. 13
Tuesday	2560 Afternoon Club	Pg. 31
Wednesday	2540 Supper Club	Pg. 38
Thursday	2650 Exercise & Swim	Pg. 30
Friday	2563 Media Meet Up	Pg. 33

ACHIEVE

DAY	PROGRAM	PAGE #
Monday	None	
Tuesday		
Wednesday		
Thursday	2571 Supper Club	Pg. 38
Friday	2624 Bowling	Pg. 13

LITTLE CITY/COUNTRYSIDE CENTER

DAY	PROGRAM	PAGE #
Monday	2645 Exercise & Swim	Pg. 30
Tuesday	2560 Afternoon Club	Pg. 28
Wednesday	2540 Supper Club	Pg. 34
Thursday	2571 Supper Club	Pg. 26
Friday	2624 Bowling	Pg. 13

CLEARBROOK GOLF

DAY	PROGRAM	PAGE #
Monday	None	
Tuesday		
Wednesday		
Thursday	2571 Supper Club	Pg. 38
Friday	2624 Bowling	Pg. 13

CLEARBROOK GETZ

DAY	PROGRAM	PAGE #
Monday	2645 Exercise & Swim	Pg. 30
Tuesday	2560 Afternoon Club	Pg. 30
Wednesday	2540 Supper Club	Pg. 28
Thursday	2700 Chefs Corner	Pg. 28
Friday	2526 PAL & Friends	Pg. 34
	2624 Bowling	Pg. 13

AVENUES TO INDEPENDENCE

DAY	PROGRAM	PAGE #
Monday	2645 Exercise & Swim	Pg. 30
Tuesday	None	
Wednesday		
Thursday	2571 Supper Club	Pg. 38
Friday	2624 Bowling	Pg. 13

ADULTS

ADULTS AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2600 Bowl 3:15 - 4:45 pm	**Drum Lessons** 4:00 - 7:30 pm	**Meet N' Place** 10:00 am - 12:00 pm	**Dinner Club** 3:45 - 6:00 pm	**PAL & Friends** 1:30 - 4:00 pm	**Guitar Lessons** 9:00 - 11:00 am
Exercise & Swim 3:30 - 5:30 pm	**Afternoon Club** 3:30 - 5:30 pm	**Strength & Conditioning** 1:00 - 2:00 pm	**Exercise & Swim** 3:30 - 5:30 pm	**2624 Bowl** 3:15 - 4:45 pm	**Adults on the Go** 10:30 am - 2:00 pm
Par 3 Golf League 4:00 - 5:30 pm	**Golf Lessons** 4:45 - 5:45 pm	**Aqua Exercise** 2:30 - 3:30 pm	**Supper Club** 3:30 - 5:30 pm	**Media Meet Up** 3:30 - 5:00 pm	**Adult Busy Bodies** 10:30 am - 2:00 pm
Piano/Voice Lessons 5:00 - 8:00 pm	**Broadway Buddies** 5:00 - 6:00 pm 7:00 - 8:00 pm	**Supper Club Too!** 3:30 - 5:30 pm	**Chefs Corner** 3:30 - 5:30 pm		**Saturday Social** 11:00 am - 1:45 pm
Fitness & Swim 6:45 - 8:15 pm	**Choral Buddies** 6:00 - 7:00 pm	**Piano/Voice Lessons** 5:00 - 8:00 pm	**Figure Skating Team** 4:00 - 5:30 pm		**Saturday Afternoon Hangout** 2:30 - 4:00 pm
Powerlifting Team (1 hour practice) 6:00 - 8:30 pm	**Co-Rec Basketball (1 hour practice)** 6:30 - 8:30 pm	**Snowshoe Racing Team** 5:30 - 7:00 pm	**Walk Across America** 5:30 - 6:30 pm 6:30 - 7:30 pm		**Art Sampler** 3:15 - 4:30 pm
Staying Fit 7:00 - 8:00 pm	**Competitive Cheer** 6:30 - 7:30 pm	**Alpine Ski Team** 6:00 - 8:00 pm	**Staying Fit** 6:00 - 7:00 pm 7:00 - 8:00 pm		**U.S. Paralympic Sport Sampler** 3:30 - 5:00 pm
Monday Night Fun 7:00 - 9:00 pm	**Zumba®** 6:30 - 7:30 pm 7:30 - 8:30 pm	**Water Exercise** 6:00 - 6:45 pm 6:45 - 7:30 pm	**Happy Hour** 6:00 - 7:15 pm 7:15 - 8:30 pm		
Swim Team Development 8:00 - 9:00 pm		**Happy Hour** 6:00 - 7:15 pm 7:15 - 8:30 pm	**Safety for Yourself** 6:00 - 7:00 pm 7:00 - 8:00 pm		
Swim Team 8:00 - 9:00 pm		**Ceramics** 6:00 - 7:30 pm	**Young Adults Rockin' the Burbs** 7:00 - 9:00 pm		
		Basketball Skills 6:30 - 7:30 pm	**Powerlifting Team (1 hour practice)** 6:30 - 8:30 pm		

SPECIAL EVENTS SCHEDULE

EVENTS	DATE	TIME
Workshop Day Off	October 4	11:00 am - 3:00 pm
River Trails Fun Run	October 5	12:00 pm
Great America Fright Fest	October 14	11:00 am - 6:00 pm
Dinner at Westwood	November 23	6:00 - 8:30 pm
WWE Survivor Series	November 24	5:00 - 8:00 pm
Kings Dining & Entertainment	November 25	6:00 - 8:00 pm
***Sensory Friendly Concert**	December 9	7:00 - 7:45 pm
Holiday Light Show	December 10	7:00 - 9:00 pm
Windy City Cake Boss	December 11	6:00 - 8:00 pm
Bowling Tournament	December 14	12:00 - 3:00 pm

COLOR LEGEND

- Swimming Section
- Cultural Arts Section
- Sports Section
- Adults Section

Note: *Online payment/registration is not available for programs marked with an asterisk. Parents/guardians are responsible for informing teachers/transportation departments of participant's after school/workshop activities and changes as they arise. For programs including swimming please refer to Special Notice Section at the back of the brochure regarding swim programs.

Sensory Therapy is available Monday - Saturday, see page 27.

ADULTS

HEALTH & WELLNESS

EXERCISE & SWIM ~ Age: 21 yrs. & older

Take a dip after a long day of work in this after workshop program. The group will utilize the indoor track for walking/jogging and the pool for water exercise.
No Program on October 14 and November 28.

Group: Adults
Location: RecPlex • Mount Prospect
Min/Max: 5/15 per program
Ratio: 1:2 to Independent
Goals: CI, I

Prog. #	Dates	Day	Time	Fee
2645 **2650**	9/16 - 12/2 9/19 - 12/5	M Th	3:30 - 5:30 pm 3:30 - 5:30 pm	$214.50 per program

Transportation: Parents/guardians pick up is at RecPlex at 5:30 pm or add $49.50 per program for drop off at one of the below locations. Please indicate desired pick up/drop off location on the registration form.

Transportation Location	Pick Up	Drop Off
Achieve • Rolling Meadows **2645**	3:00 pm	None
Clearbrook Getz • Palatine **2645**	2:40 pm	None
Avenues to Independence • Wheeling **2645**	2:50 pm	6:20 pm
Little City/Countryside Workshop • Palatine **2645**	3:00 pm	None
PURSUIT • Hanover Park **2650**	2:15 pm	6:20 pm
PURSUIT • Wheeling **2650**	2:15 pm	None
PURSUIT • Mount Prospect **2650**	2:30 pm	None
PURSUIT • Rolling Meadows **2650**	2:45 pm	None
Conyers Learning Academy • Rolling Meadows **Both**	None	6:00 pm

HEALTH & WELLNESS

FITNESS & SWIM ~ Age: 18 yrs. & older

Work out with 30 minutes of walking/jogging on the track and 30 minutes of water exercise. The program will finish with water exercise, please pick up on the pool deck at 8:15 pm. **No Program on October 14.**

Group: Adults
Location: Jack Claes Pavilion • Elk Grove Village
Min/Max: 5/15
Ratio: 1:2 to Independent
Goals: HW, M, PAN
Note: Elk Grove Park District requires a waiver to be signed, once a year, before the first day of class.

Prog. #	Dates	Day	Time	Fee
2510	9/16 - 12/2	M	6:45 - 8:15 pm	$88.00

HEALTH & WELLNESS

STAYING FIT ~ Age: 18 yrs. & older

Increase flexibility, strength and cardio at this invigorating program. Utilize resistance bands, weight training, fitness equipment and walk the track to promote overall fitness development and a healthy lifestyle.
No Program on October 14 and November 28.

Group: Adults
Location: Park Place Family Recreation Center • Streamwood
Min/Max: 5/10 per program
Ratio: 1:3 to Independent
Goals: HW, M, PAN

Prog. #	Dates	Day	Time	Fee
2250 **2251** **2252**	9/16 - 12/2 9/19 - 12/5 9/19 - 12/5	M Th Th	7:00 - 8:00 pm 6:00 - 7:00 pm 7:00 - 8:00 pm	$77.00 per program

HEALTH & WELLNESS

MONDAY NIGHT FUN ~Age: 21 - 35 yrs.

Spend time with your friends playing games, watching sports or just talking. **No Program on October 14.**

Group: Adults
Location: Burger Baron • Arlington Heights
Min/Max: 5/15 per program
Ratio: 1:4 to Independent
Goals: CI, I
Note: Bring $5.00 - $10.00 for snacks, if desired.

Prog. #	Dates	Day	Time	Fee
1600	9/16 - 12/2	M	7:00 - 9:00 pm	$99.00

HEALTH & WELLNESS

ZUMBA® ~ Age: 16 yrs. & older

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

Group: Teens & Adults
Location: Rolling Meadows Community Center • NWSRA Wing
Min/Max: 5/8 per program
Ratio: 1:4 to Independent
Goals: HW, M, PAN

Prog. #	Dates	Day	Time	Fee
2549 **2550**	9/17 - 12/3	T	6:30 - 7:30 pm 7:30 - 8:30 pm	$120.00 per program

ADULTS

SOCIAL

AFTERNOON CLUB ~ Age: 21 yrs. & older

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

Group: Adults
Location: Hanover Park Community Center
• NWSRA Wing
Min/Max: 5/15 per program
Ratio: 1:1 to Independent
Goals: CI, I

Prog. #	Dates	Day	Time	Fee
2560	9/17 - 12/3	T	3:30 - 5:30 pm	$174.00

Transportation: Parents/guardians pick up is at facility at 5:30 pm or add $54.00 per program for drop off at one of the below locations. Please indicate desired pick up/drop off location on the registration form.

Transportation Location	Pick Up	Drop Off
PURSUIT • Wheeling	2:15 pm	None
PURSUIT • Mount Prospect	2:30 pm	6:20 pm
Little City/Countryside Workshop • Schaumburg	2:45 pm	None
PURSUIT • Rolling Meadows	2:45 pm	None
Clearbrook Getz • Palatine	3:00 pm	None
Conyers Learning Academy • Rolling Meadows	None	6:00 pm

GOALS LEGEND

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

CALLING VETERANS

HEALTHY MINDS BODIES
VETERANS ★ FITNESS TRAINING ★ NETWORKING

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

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

Healthy Minds Healthy Bodies is a registered trademark of ALLENFORCE ALL VETERANS ALL ERAS

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

ADULTS

P/V SOCIAL

MEET N' PLACE ~ Age: 18 yrs. & older

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

Group: P/V Adults
Location: Varies
Min/Max: 5/7
Ratio: 1:1 to Independent
Goals: CI, I

Prog. #	Dates	Day	Time	Fee
2800	9/18 - 12/4	W	10:00 am - 12:00 pm	$312.00

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

P/V HEALTH & WELLNESS

STRENGTH & CONDITIONING ~ Age: 18 yrs. & older

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

Group: P/V Adults
Location: Schaumburg Community Recreation Center
Min/Max: 4/8
Ratio: 1:1 to Independent
Goals: HW, M
Notes: Need a longer workout? 1094 Aqua Exercise is held after 1610 Strength & Conditioning. Register for both!

Prog. #	Dates	Day	Time	Fee
1610	9/18 - 12/4	W	1:00 - 2:00 pm	$120.00

P/V HEALTH & WELLNESS

AQUA EXERCISE ~ Age:18 yrs. & older

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

Group: P/V Adults
Location: The Water Works • Schaumburg
Min/Max: 4/8
Ratio: 1:1 to Independent
Goals: HW, M
Notes: Need a longer workout? 1610 Strength & Conditioning is held before 1094 Aqua Exercise. Register for both!

Prog. #	Dates	Day	Time	Fee
1094	9/18 - 12/4	W	2:30 - 3:30 pm	$132.00

Transportation: Please add $54.00 for transportation to NWSRA/Park Central at 4:30 pm.

HEALTH & WELLNESS

SAFETY FOR YOURSELF MARTIAL ARTS ~ Age: 18 - 35 yrs.

Develop self-control, physical fitness and respect for others while learning non-contact martial arts. The skills learned can transfer into all aspects of everyday life with improvements seen in school performance and social skills.
No program on November 28.

Group: Teens & Young Adults
Location: **1956/1968** Alexian Brothers Behavioral Health Hospital (gym) • Hoffman Estates
Min/Max: 5/10 per program
Ratio: 1:2 to Independent
Goals: CI, I
Note: Taught by a martial arts instructor

Prog. #	Dates	Day	Time	Fee
1956 **1968**	9/19 - 12/5	Th Th	6:00 - 7:00 pm 7:00 - 8:00 pm	$110.00 per program

HEALTH & WELLNESS

WATER EXERCISE ~ Age: 18 yrs. & older

Refresh with low and high impact water exercises. The class will help you tone and strengthen muscles while working on cardiovascular fitness. Meet on deck ready to swim.
No program on November 27.

Group: Adults
Location: South Barrington Community Center
Min/Max: 5/15 per program
Ratio: 1:2 to Independent
Goals: HW, M, PAN

Prog. #	Dates	Day	Time	Fee
2681 **2682**	9/18 - 12/4	W	6:00 - 6:45 pm 6:45 - 7:30 pm	$110.00 per program

ADULTS

CULTURAL ARTS

CERAMICS ~ Age: 18 yrs. & older

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

Group: Adults
Location: Thrown Elements Pottery • Arlington Heights
Min/Max: 5/10
Ratio: 1:1 to Independent
Goals: M, SI, CI

Prog. #	Dates	Day	Time	Fee
2050	9/25 - 11/6	W	6:00 - 7:30 pm	$224.00

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

SOCIAL

YOUNG ADULTS ROCKIN' AROUND ~ Age: 21 - 35 yrs. THE BURBS

Meet up with your friends each week as you enjoy a variety of recreational opportunities in the suburbs. The first week they will meet at B. Good on Golf in Schaumburg.
No Program on November 28.

Group: Adults
Location: Varies
Min/Max: 5/15
Ratio: 1:4 to Independent
Goals: CI, I

Prog. #	Dates	Day	Time	Fee
1761	9/19 - 12/5	Th	7:00 - 9:00 pm	$99.00

P/V HEALTH & WELLNESS

DINNER CLUB ~ Age: 18 yrs. & older

Explore a different culture or style of cuisine through in-house cooking, restaurants and one professional cooking lesson with Dave's Specialty Foods. Bring books and information about the topic each week to share in the dinner discussion. **No Program on November 28.**

Group: P/V Adults
Location: Rolling Meadows Community Center
• Senior Center Entrance
Min/Max: 5/8
Ratio: 1:1 to Independent
Goals: M, SI, CI
Notes: Diners will need to bring money when a restaurant outing is planned.

Prog. #	Dates	Day	Time	Fee
2541	9/19 - 12/5	Th	3:45 - 6:00 pm	$280.50

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

Transportation Location	Pick Up	Drop Off
Avenues to Independence • Wheeling	2:45 pm	Door-to-door

SOCIAL

MEDIA MEET UP ~ Age: 21 yrs. & older

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

No Program on November 29.
Group: Adults
Location: Wheeling Community Recreation Center
• NWSRA Wing
Min/Max: 5/15 per program
Ratio: 1:1 to Independent
Goals: CI, I

Prog. #	Dates	Day	Time	Fee
2563	9/20 - 12/6	F	3:30 - 5:00 pm	$159.50

Transportation: Parents/guardians pick up is at facility at end of program or add $49.50 for drop off at one of the below locations. Please indicate desired pick up/drop off location on the registration form.

Transportation Location	Pick Up	Drop Off
PURSUIT • Wheeling	2:15 pm	None
PURSUIT • Hanover Park	2:15 pm	None
PURSUIT • Mount Prospect	2:30 pm	None
PURSUIT • Rolling Meadows	2:45 pm	None
Conyers Learning Academy • Rolling Meadows	None	5:30 pm

ADULTS

P/V SOCIAL

PARTNERS IN ADULT LEARNING ~ Age: 21 yrs. & older (PAL) & FRIENDS

Improve independence, community awareness, socialization and positive use of leisure time through participation in community activities following your day program. A schedule of activities will be distributed the first week.
No program on October 4 and November 30.

Group: P/V Adults & Adults in PAL Program
Location: Varies
Min/Max: 5/10
Ratio: 1:1 to Independent
Goals: CI, I

Prog. #	Dates	Day	Time	Fee
2526	9/20 - 12/6	F	1:30 - 4:00 pm	$245.00

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

Transportation Location	Pick Up	Drop Off
Clearbrook Getz • Palatine	1:15 pm	Door-to-door

SOCIAL

SATURDAY SOCIAL ~ Age: 19 yrs. & older

Enjoy your Saturday on a few community outings, participating in community service or enjoying various activities at the recreation center.

Group: Adults
Location: Gary Morava Recreation Center
• Prospect Heights
Min/Max: 5/15 per program
Ratio: 1:1 to Independent
Goals: HW, M, SE
Note: Please bring a labeled sack lunch and drink.

Prog. #	Dates	Day	Time	Fee
1830 **1835**	9/21 - 10/19 10/26 - 11/23	Sa	11:00 am - 1:45 pm	$70.00 per program

Transportation: Please add $32.50 for each program for transportation from the locations below. Please indicate desired pick up/drop off location on the registration form. The Program Leader will inform parents/guardians of any changes in pick up or drop off times.

Transportation Location	Pick Up	Drop Off
Hanover Park Community Center • NWSRA Wing	10:10 am	3:00 pm
Jack Claes Pavilion • Elk Grove Village	10:30 am	2:45 pm
Rolling Meadows Community Center • NWSRA Wing	None	2:30 pm

HEALTH & WELLNESS

WALK ACROSS AMERICA ~ Age: 19 yrs. & older

Smile as you walk many miles. Stretch and warm-up before walking on the track and have your progress charted as you "Walk Across America" to a healthier life-style.
No program on November 28.

Group: Adults
Location: Wheeling Community Recreation Center
Min/Max: 5/10
Ratio: 1:2 to Independent
Goals: HW, M, SI

Prog. #	Dates	Day	Time	Fee
2545 **2546**	9/19 - 12/5	Th	5:30 - 6:30 pm 6:30 - 7:30 pm	$77.00 per program

TRAVEL

ADULTS ON THE GO ~ Age: 19 yrs. & older

Improve independence, community awareness, socialization and positive use of leisure time through participation in community activities. A schedule of activities will be distributed the first week. **You may register for only one traveling program.**

Group: Adults
Location: Varies
Min/Max: 5/15 per program
Ratio: 1:4 to Independent
Goals: CI, I, SE
Participant Expectations: Operate in the community with the expectation of independence. Demonstrate ability to interact with peers appropriately and display ability to respond to group directives and transitions independently. Specific needs such as restroom or feeding can be assisted by staff if set for a predetermined time.
Note: Please bring a labeled sack lunch and drink. A detailed schedule of activities will be distributed the first week. NWSRA reserves the right to determine an individual's readiness to participate in this traveling program.

Prog. #	Dates	Day	Time	Fee
1805 **1845**	9/21 - 10/19 10/26 - 11/23	Sa	10:30 am - 2:00 pm	$110.00 per program

Transportation: Provided from the locations below. Please indicate desired pick up/drop off location on the registration form. Pick up/drop off times may vary depending upon the location of the outings. Program Leader will inform parents/guardians of any changes in pick up/drop off times.

Transportation Location	Pick Up	Drop Off
Conyers Learning Academy • Rolling Meadows	10:00 am	None
Buffalo Grove Golf & Sports Center	10:15 am	2:00 pm
Hanover Park Community Center • NWSRA Wing	10:30 am	2:30 pm
Rolling Meadows Community Center • NWSRA Wing	None	2:30 pm

ADULTS

TRAVEL

ADULT BUSY BODIES ~ Age: 19 yrs. & older

Socialize, play games and travel in the community. A schedule of activities will be distributed the first week. **You may register for only one traveling program.**

Group: Adults
Location: Varies
Min/Max: 5/10 per program
Ratio: 1:2 to Independent
Goals: CI, I, SE
Participant Expectations: Operate in community with the expectation of staying with the group, transitioning between activities with minimal prompting and support and display appropriate social interaction with peers and staff.
Note: Please bring a labeled sack lunch and drink. A detailed schedule of activities will be distributed the first week. NWSRA reserves the right to determine an individual's readiness to participate in this traveling program.

Prog. #	Dates	Day	Time	Fee
1672 **1673**	9/21 - 10/19 10/26 - 11/23	Sa	10:30 am - 2:00 pm	$110.00 per program

Transportation: Provided from the locations below. Please indicate desired pick up/drop off location on the registration form. Pick up/drop off times may vary depending upon the location of the outings. Program Leader will inform parents/guardians of any changes in pick up/drop off times.

Transportation Location	Pick Up	Drop Off
Conyers Learning Academy • Rolling Meadows	10:00 am	None
Rolling Meadows Community Center • NWSRA Wing	None	2:30 pm
Buffalo Grove Golf & Sports Center	10:30 am	2:00 pm
Hanover Park Community Center • NWSRA Wing	10:30 am	2:30 pm

CULTURAL ARTS

ART SAMPLER ~ Age: 18 yrs. & older

Draw, paint and create fun projects while developing your creative side. Beginners welcome! Fee includes supplies. **No Program on November 30.**

Group: Adults
Location: Park Central Teen Center • Rolling Meadows
Min/Max: 5/20
Ratio: 1:4 to Independent
Goals: M, SI

Prog. #	Dates	Day	Time	Fee
2530	9/21 - 12/7	Sa	3:15 - 4:30 pm	$121.00

SOCIAL

SATURDAY AFTERNOON HANGOUT~ Age: 19 yrs. & older

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

Group: Teen & Adults
Location: Rolling Meadows Community Center • NWSRA Wing
Ratio: 1:1 to Independent
Goals: M, SI
Note: Participants will be grouped by age and ability into designated activities. Transportation provided to program for those registered for Adults on the Go, Adult Busy Bodies and Saturday Social. Parent/Guardian pick up at Rolling Meadows Community Center or Hanover Park Community Center at the end of the program.

Prog. #	Dates	Day	Time	Fee
1571 **1572**	9/21 - 10/19 10/26 - 11/23	Sa	2:30 - 4:00 pm	$40.00 per program

SPECIAL EVENTS

WORKSHOP DAY OFF ~ Age: 21 yrs. & older

Enjoy a day of bowling and lunch out with friends.

Group: Adults
Location: Arlington Lanes/Portillo's • Arlington Heights
Min/Max: 6/30
Ratio: 1:1 to Independent
Goals: CI, I
Registration Deadline: September 21
Note: Fee includes meal and 3 games of bowling.

Prog. #	Date	Day	Time	Fee
6195	10/4	F	11:00 am - 3:00 pm	$30.00

Transportation: Provided from one of the below locations below. Please indicate desired location on the registration form.

Transportation Location	Pick Up	Drop Off
Rolling Meadows Community Center • NWSRA Wing	10:15 am	4:00 pm
Hanover Park Community Center • NWSRA Wing	10:15 am	3:45 pm
Central Community Center • NWSRA Wing	10:45 am	3:30 pm

ADULTS

SPECIAL EVENTS

HOLIDAY LIGHT SHOW ~ Age: 19 yrs. & older

Twinkle, twinkle pretty lights, join us for some fun delights as we check out the decorated neighborhoods! We will follow the snowflakes back for some cookies, cocoa and caroling.

Group: Adults
Location: Rolling Meadows Community Center • NWSRA Wing
Min/Max: 6/20, 4 wheelchairs
Ratio: 1:2 to Independent
Goals: CI, I
Registration Deadline: November 15
Note: This is an outdoor event with a minimum of 30 minutes of walking. Please dress for the weather.

Prog. #	Date	Day	Time	Fee
6192	12/10	T	7:00 - 9:00 pm	$15.00

Transportation: Provided from the below locations below. Please indicate desired location on the registration form.

Transportation Location	Pick Up	Drop Off
Rolling Meadows Community Center • NWSRA Wing	6:00 pm	9:30 pm
Hanover Park Community Center • NWSRA Wing	6:00 pm	9:30 pm

SPECIAL EVENTS

BOWLING TOURNAMENT ~ Age: 19 yrs. & older

Spare some time as we hit the lanes to compete and make friends with bowlers from other Special Recreation Associations.

Group: Adults
Location: Brunswick Zone • Mount Prospect
Min/Max: 6/12
Ratio: 1:2 to Independent
Goals: CI, I
Registration Deadline: November 1
Note: Fee includes 3 games bowling, pizza lunch and awards. Space is limited due to facility availability.

Prog. #	Date	Day	Time	Fee
6280	12/14	Sa	12:00 - 3:00 pm	$28.00

SPECIAL EVENTS

WINDY CITY CAKE BOSS CHALLENGE ~ Age: 21 yrs. & older

Got an eye for design? Show your creativity through cake decorating! We will have some friendly competition, each team will get a theme to show off their decorating skills. All supplies needed will be provided.
Group: P/V Adults
Location: Plum Grove Park • Palatine
Min/Max: 6/10
Ratio: 1:1 to Independent
Goals: CI, I
Registration Deadline: November 22

Prog. #	Date	Day	Time	Fee
6070	12/11	W	6:00 - 8:00 pm	$15.00

SPECIAL EVENTS

WWE SURVIVORS SERIES ~ Age: 21 yrs. & older

Head out and cheer on your favorite wrestler as we attend the thirty third event under the survivor series. Why watch it on Pay-per-view when you can see it live!

Group: Ambulatory Adults
Location: Allstate Arena • Rosemont
Max: 12
Ratio: 1:4 to Independent
Goals: CI, I
Registration Deadline: October 25
Note: Fee includes transportation, ticket and supervision. Please bring additional money for snacks or souvenirs.

Prog. #	Date	Day	Time	Fee
6085	11/24	Su	5:00 - 8:30 pm	$180.00

Transportation: Provided from the location below. Please indicate desired location on the registration form.

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

SPECIAL EVENTS

RIVER TRAILS FUN RUN ~ Age: 18 yrs. & older & Family

This 1.25 mile course will be an adventurous journey throughout the Woodland Trails Park. There will be 10-14 man made obstacles to challenge your physical prowess. Everyone receives a goodie bag, medal and t-shirt.

Group: Youth & Family
Location: Woodland Trails Park, River Trails Park District • Prospect Heights
Min/Max: 6/15
Ratio: 1:4 to Independent
Goals: CI, I
Registration Deadline: September 20
Note: Participants can run the course by themselves or with a family member. All runners will need to sign a waiver.

Prog. #	Dates	Day	Time	Fee
6185	10/5	Sa	12:00 pm	$18.00 per person

ADULTS

SPECIAL EVENTS

GREAT AMERICA FRIGHT FEST ~ Age: 16 yrs. & older

Prepare for frightfully fun adventures! Ride Raging Bull, Superman, Goliath, the Double Decker Carousel or enjoy a show. Don't miss out on this ghoulish event. We will go rain or shine. A doctors note is required to receive the Fast Pass.

Group: Youth & Adults
Location: Great America • Gurnee
Min/Max: 6/16
Ratio: 1:2 to Independent
Goals: CI, I
Registration Deadline: September 23
Note: Refunds will not be given for inclement weather, so grab your rain jacket if the skies look gray, but we are certain to have an awesome day. Bring money for lunch/dinner. Park admission, supervision and transportation are included in the fee. Participants must be able to function in a 1:3 - 1:4 staff to participant ratio and be able to stay with the group at all times.

Prog. #	Date	Day	Time	Fee
6180	10/14	M	11:00 am - 6:00 pm	$100.00 $50.00 with season pass

Transportation: Provided from one of the below locations below. Please indicate desired location on the registration form.

Transportation Location	Pick Up	Drop Off
Hanover Park Community Center • NWSRA Wing	9:00 am	7:30 pm
Conyers Learning Academy • Rolling Meadows	9:30 am	7:45 pm
Buffalo Grove Golf & Sports Center	10:00 am	7:15 pm

SPECIAL EVENTS

DINNER AT WESTWOOD TAVERN ~ Age: 21 yrs. & older

Modern wood-&-stone watering hole with table taps, American eats, fireplaces & an outside patio.

Group: Adults
Location: Westwood Tavern • Schaumburg
Min/Max: 6/15
Ratio: 1:4 to Independent
Goals: CI, I
Registration Deadline: November 1
Note: Participants must be able to stay with the group and use appropriate dinning etiquette.

Prog. #	Date	Day	Time	Fee
6230	11/23	Sa	6:00 - 8:00 pm	$52.00

Transportation: Provided from one of the below locations below. Please indicate desired location on the registration form.

Transportation Location	Pick Up	Drop Off
Rolling Meadows Community Center • NWSRA Wing	5:30 pm	9:00 pm
Hanover Park Community Center • NWSRA Wing	5:30 pm	8:30 pm
Buffalo Grove Golf & Sports Center	4:45 pm	8:30 pm

SPECIAL EVENTS

KINGS DINING & ENTERTAINMENT ~ Age: 21 yrs. & older

Dine and play like a king at an award-winning gathering place for people to connect, play, eat, drink and laugh together.

Group: P/V Adults
Location: Kings Dining & Entertainment • Rosemont
Min/Max: 6/10
Ratio: 1:1 to Independent
Goals: CI, I
Note: Fee includes meal and bowling.
Registration Deadline: November 1

Prog. #	Date	Day	Time	Fee
6820	11/25	M	6:00 - 8:00 pm	$55.00

Transportation: Fee includes door-to-door transportation. The Program Leader will contact participants two days before the start of the program to inform of pick up and drop off times.

SPECIAL EVENTS

*SENSORY FRIENDLY ~ Age: All Ages & Family HOLIDAY CONCERT

Harper College Symphony Orchestra and NWSRA are pleased to host the annual sensory friendly concert for individuals with disabilities and their families. Staff from NWSRA will be available to assist families before, during and after the concert to increase everyone's ability to learn concert etiquette and be successful. Lights will be kept low, wiggling and noises will be tolerated. Members from the orchestra will be in the lobby prior to the concert, playing music and sharing information about their instruments. Autism Movement Therapy will also be demonstrated in the lobby. All money raised will go to Special Leisure Services Foundation. Social stories and board maker assists are available after November 25 at https://www.nwsra.org/concert.

Group: All ages and Family
Location: Harper College Performing Arts Center • Palatine
Min/Max: 30/120
Goals: CI, I
Note: Please purchase your tickets at NWSRA office in person or by phone. Tickets should be picked up at NWSRA office by November 30.

Date	Day	Concert Time	Fee
12/9	M	7:00 - 7:45 pm	$5.00 per person

ADULTS

NWSRA COOKING PROGRAMS ~ AGES: 21 YRS. - OLDER ~ GOALS: HW, I, PAN

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

Prog. #	Prog. Name	Day	Time	Dates	Location	Fee	Min/Max	Transportation
2540	Supper Club Too! Ratio: 1:1 to Independent	W	3:30 - 5:30 pm	9/18 - 12/4	Rolling Meadows Community Center • Senior Center Entrance	$170.50 without drop off $220.00 with drop off	5/15	YES (schedule below)
2566 2567	Happy Hour Ratio: 1:1 to Independent	W	6:00 - 7:15 pm 7:15 - 8:30 pm	9/18 - 12/4	Rolling Meadows Community Center • Senior Center Entrance	$82.50 per program	6/15 per program	None
2571	Supper Club Ratio: 1:1 to Independent	Th	3:30 - 5:30 pm	9/19 - 12/5	Schaumburg Community Recreation Center	$170.50 without drop off $220.00 with drop off	5/15	YES (schedule below)
2700	Chef's Corner Ratio: 1:4 to Independent	Th	3:30 - 5:30 pm	9/19 - 12/5	Plum Grove Park • Palatine	$170.50 without drop off $220.00 with drop off	5/15	YES (schedule below)

No Programs on: November 26, 27 and 28

PARENT/GUARDIAN PICK UP IS AT THE ENTRANCE AT THE END OF THE PROGRAM OR ADD $45.00 FOR DROP OFF AT THE BELOW LOCATION. PLEASE INDICATE DROP OFF LOCATION ON REGISTRATION FORM. LIMITED WHEELCHAIR SPACE AVAILABLE.

Transportation Location for Supper Club #2540	Pick Up	Drop Off
PURSUIT • Wheeling	2:15 pm	None
PURSUIT • Hanover Park	2:15 pm	None
PURSUIT • Mount Prospect	2:30 pm	None
PURSUIT • Rolling Meadows	2:45 pm	None
Clearbrook Getz • Palatine	2:45 pm	None
Little City/Countryside Workshop • Palatine	3:00 pm	None
Conyers Learning Academy • Rolling Meadows	None	6:00 pm

Transportation Location for Supper Club #2571	Pick Up	Drop Off
Clearbrook Golf • Rolling Meadows	2:30 pm	None
Avenues to Independence	2:30 pm	None
Achieve	2:40 pm	None
Little City/Countryside Workshop • Palatine	3:00 pm	None
Conyers Learning Academy • Rolling Meadows	None	6:00 pm

Transportation Location for Chef's Corner #2700	Pick Up	Drop Off
Clearbrook Getz • Palatine	2:50 pm	None

ADULT TRIPS ~ GOALS: CI, I, M, SE, SI

NAME	Prog. #	GROUP	AGE	DATES	DEADLINE	TRIP COORDINATOR
Starved Rock Excursion	9050	ID Young Adult	21 - 35 yrs	5/9 - 5/10, 2020	Feb. 7	Ted Adatto
	9031	P/V Adults	21 yrs. & older	5/9 - 5/10, 2020		Liz Thomas
	9032	ID Adults	36 yrs. & older	5/16 - 5/17, 2020		Victoria Gonzalez

NORTHWEST SPECIAL RECREATION ASSOCIATION

INCLUSION SERVICES

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

Communities Served:
Arlington Heights • Bartlett • Buffalo Grove • Elk Grove • Hanover Park • Hoffman Estates • Inverness • Mount Prospect • Palatine • Prospect Heights • River Trails • Rolling Meadows • Salt Creek • Schaumburg • South Barrington Streamwood • Wheeling

The Inclusion Process

NWSRA and its member park districts believe that all individuals should be provided with leisure opportunities that allow for performance at their highest level of ability in the least restrictive environment while maintaining safety and confidentiality. Although many people achieve this through participation in an NWSRA program, others may have greater success in a park district activity. NWSRA and its member park districts work together to asses any modifications that may be needed for an individual with a disability to successfully participate in a park district program. Inclusion services are always offered to our member park districts at no additional cost to the program. These modifications could include observations, additional training for park district staff, adaptive materials and equipment, and/or aide assistance for the program.

When to Request Inclusion Services

A parent of guardian registers their participant and acknowledges on the registration form that due to a disability they require a program modification/service to be successful.

Requesting Additional Support

The request for Inclusion services should be made at the time of registration, this requires a minimum of two weeks' notice. Please indicate on the registration form that modifications may be needed. Families are encouraged to speak directly with the park district program supervisor, who will then contact the NWSRA Inclusion Team, if circumstances permit.

For more information contact Ted Adatto at teda@nwsra.org or 847/392-2848, ext. 250

CLUBS

NIGHTHAWKS

Prog #	Details	Date	Location	Fee	Transport.	Pick Up	Drop Off
711	**Touchdown!** Support your local football team by watching the Conant Cougars take on the Elk Grove Grenadiers. Please bring money for snacks, if desired. In case of inclement weather, club will watch a football movie at Rolling Meadows Community Center, NWSRA Wing. **Registration Deadline: Aug. 23**	Friday, Sept. 6 7:00 - 9:30 pm	**James B. Conant High School** 700 E. Cougar Trail Hoffman Estates	$18.00 without transportation $24.50 with transportation	**Gary Morava Rec. Center** **NWSRA/Park Central**	6:00 pm 6:30 pm	10:00 pm 10:20 pm
712	**Aquatic Adventure!** Enjoy an evening at the pool, we're sure to make a splash! Pizza provided. **Registration Deadline: Sept. 13**	Friday, Sept. 27 7:00 - 9:00 pm	**Water Works Indoor Pool** 505 N. Springinsguth Road Schaumburg	$15.00 without transportation $21.50 with transportation	**Gary Morava Rec. Center** **NWSRA/Park Central**	6:00 pm 6:30 pm	9:30 pm 9:50 pm
713	**Spooktacular Celebration** Celebrate Halloween early with a party to get into the spirit(s). We will make spooky snacks and celebrate the season. **Registration Deadline: Sept. 20**	Friday, Oct. 4 7:00 - 9:00 pm	**Alcott Center** 530 Bernard Drive Buffalo Grove	$18.00 without transportation $24.50 with transportation	**Meineke Rec. Center** **NWSRA/Park Central**	6:00 pm 6:30 pm	9:30 pm 10:00 pm
714	**Skaters Gotta Skate** Come out for a night of rolling your heart out at the indoor skate rink. Admission, skates and pizza included. **Registration Deadline: Nov. 8**	Friday, Nov. 22 7:00 - 9:00 pm	**Coachlite Roller Skate Center** 1291 W. Bryn Mawr Avenue Roselle	$15.00 without transportation $21.50 with transportation	**Meineke Rec. Center** **NWSRA/Park Central**	6:15 pm 6:40 pm	9:30 pm 10:00 pm
715	**Snow Flake Ball** You are invited to put on your classy suits and elegant dresses to dance the night away! Indulge in hot appetizers and holiday themed games. **Registration Deadline: Nov. 22**	Friday, Dec. 6 6:30 - 8:30 pm	**Conyers Learning Academy** 2800 W. Central Road Rolling Meadows	$25.00 without transportation $31.50 with transportation	**Alcott Center** **Meineke Rec. Center**	6:00 pm 5:30 pm	8:50 pm 9:20 pm

MEET YOUR CLUB COORDINATOR!
Cay Collier, DSP
ccollier@nwsra.org

CLUB INFORMATION

Goals: ***CI, SE***
Age: ***14 - 21 yrs.***
Group: ***ID, P/V, mild social limitations***
Ratio: ***1:1 to Independent***
Min/Max: ***5/30***

T.G.I.F

Prog #	Details	Date	Location	Fee	Transport.	Pick Up	Drop Off
551	**Trivia Night** Test your knowledge with various topics such as movies, music, sports, and more. Snacks provided. **Registration Deadline: Aug. 23**	Friday, Sept. 6 7:00 - 9:00 pm	**Weiss Community Center** 1500 Euclid Avenue Mount Prospect	$15.00 without transportation $21.50 with transportation	**Meineke Rec. Center** **NWSRA/Park Central**	6:00 pm 6:30 pm	9:30 pm 9:45 pm
552	**Haunted Hay Ride** Time to get spooky! Get ready for a hay ride full of laughs, screams, and friends through Dellwood Park. Please bring additional money for snacks, if desired. In case of inclement of weather, we will play Bingo and eat pizza at the Rolling Meadows Community Center. **Registration Deadline: Sept. 20**	Friday, Oct. 4 7:00 - 9:00 pm	**Hay Ride of Horror** 199 E. Woods Drive Lockport	$33.00 without transportation $39.50 with transportation	**Gary Morava Rec. Center** **NWSRA/Park Central** **Meineke Rec. Center**	5:30 pm 6:00 pm 6:00 pm	10:00 pm 9:40 pm 9:30 pm
553	**That's A Wrap!** After a night of horrors and candy, come take a break with NWSRA for a movie night! Snacks will be provided. **Registration Deadline: Oct. 18**	Friday, Nov. 1 7:00 - 9:00 pm	**Bock Neighborhood Center** 1223 W. Sharon Lane Schaumburg	$15.00 without transportation $21.50 with transportation	**Gary Morava Rec. Center** **NWSRA/Park Central**	6:00 pm 6:30 pm	9:30 pm 9:45 pm
554	**Turkey Bowl** It's turkey season! Come show off your bowling skills with friends and see who gets the highest score! Pizza will be provided. **Registration Deadline: Oct. 25**	Friday, Nov. 8 7:00 - 9:00 pm	**Arlington Lanes** 3435 N. Kennicott Avenue Arlington Heights	$18.00 without transportation $24.50 with transportation	**Meineke Rec. Center** **NWSRA/Park Central**	6:00 pm 6:30 pm	9:30 pm 9:45 pm
555	**Snow Flake Ball** You are invited to put on your classy suits and elegant dresses to dance the night away! Indulge in hot appetizers and holiday themed games. **Registration Deadline: Nov. 22**	Friday, Dec. 6 6:30 - 8:30 pm	**Conyers Learning Academy** 2800 W. Central Road Rolling Meadows	$25.00 without transportation $31.50 with transportation	**Alcott Center** **Meineke Rec. Center**	6:00 pm 5:30 pm	8:50 pm 9:20 pm

MEET YOUR CLUB COORDINATOR!
Janae Winston, CTRS
janaew@nwsra.org

CLUB INFORMATION

Goals: ***CI, SE***
Age: ***22 - 35 yrs.***
Group: ***ID, mild social limitations***
Ratio: ***1:10 to Independent***
Min/Max: ***5/30***

NORTHERN STARS

Prog #	Details	Date	Location	Fee	Transport.	Pick Up	Drop Off
511	**Sports Galore** Come cheer on your favorite team and experience a night full of sports, friends and fun! We will be watching a variety of different sports games and play a game of trivia. Appetizers included. **Registration Deadline: Sept. 6**	Friday, Sept. 20 7:00 - 9:00 pm	**Buffalo Wild Wings** 301 E. Euclid Avenue Mount Prospect	$15.00 without transportation $21.50 with transportation	**Frontier Park**	6:30 pm	9:15 pm
512	**Boo-tiful Pumpkins** Grab your crafty hats and glue! We will be spending the night decorating pumpkins that describe our favorite part of Halloween. **Registration Deadline: Sept. 27**	Friday, Oct. 11 7:00 - 9:00 pm	**Palatine Community Center** 250 E. Wood Street Palatine	$18.00 without transportation $24.50 with transportation	**Gary Morava Rec. Center**	6:30 pm	9:15 pm
513	**Friday Night Lights!** Join us in cheering on the Prospect Knights as they play the Buffalo Grove Bisons! Bring money for snacks, if desired. **Registration Deadline: Oct. 4**	Friday, Oct. 18 7:00 - 9:30 pm	**Prospect High School** 801 W. Kensington Road Mount Prospect	$18.00 without transportation $24.50 with transportation	**Alcott Center**	6:30 pm	9:15 pm
514	**Holiday DIY Gifts** Beat the crowds and get ahead on your holiday gifts! We will be making a holiday craft and wrapping it for you to gift to a friend or family member. One craft per person provided. **Registration Deadline: Nov. 1**	Friday, Nov. 8 7:00 - 9:00 pm	**Gary Morava Recreation Center** 110 W. Camp McDonald Road Prospect Heights	$18.00 without transportation $24.50 with transportation	**Frontier Park**	6:30 pm	9:15 pm
515	**Snow Flake Ball** You are invited to put on your classy suits and elegant dresses to dance the night away! Indulge in hot appetizers and holiday themed games. **Registration Deadline: Nov. 22**	Friday, Dec. 6 6:30 - 8:30 pm	**Conyers Learning Academy** 2800 W. Central Road Rolling Meadows	$25.00 without transportation $31.50 with transportation	**Alcott Center**	6:00 pm	8:50 pm

CLUB COORDINATOR:
TBA

NWSRA
CELEBRATE ABILITY
NORTHWEST SPECIAL RECREATION ASSOCIATION

CLUB INFORMATION

Goals: ***CI, SE***
Age: ***22 - 47 yrs.***
Group: ***Adults in northern suburbs that include: Arlington Heights, Buffalo Grove, Mount Prospect, Palatine, Prospect Heights, River Trails, Rolling Meadows, Salt Creek & Wheeling.***
Ratio: ***1:4 to Independent***
Min/Max: ***5/40***

SOUTHERN STARS

Prog #	Details	Date	Location	Fee	Transport.	Pick Up	Drop Off
531	**Sports Galore** Cheer on your favorite team and experience a night full of sports, friends and fun! We will watch a variety of different sports games and play a game of trivia. Appetizers included. **Registration Deadline: Sept. 6**	Friday, Sept. 20 7:00 - 9:00 pm	**Buffalo Wild Wings** 2540 Sutton Road Hoffman Estates	$15.00 without transportation $21.50 with transportation	**Jack Claes Pavillion** **Meineke Rec. Center**	6:15 pm 6:40 pm	9:40 pm 9:20 pm
532	**Boo-tiful Pumpkins** Grab your crafty hats and glue! We will spend the night decorating pumpkins that express our favorite part of Halloween. **Registration Deadline: Sept. 27**	Friday, Oct. 11 7:00 - 9:00 pm	**Bartlett Community Center** 700 S. Bartlett Road Bartlett	$16.00 without transportation $22.50 with transportation	**Jack Claes Pavillion** **Meineke Rec. Center**	6:20 pm 6:40 pm	9:40 pm 9:20 pm
533	**Friday Night Lights!** Join us in cheering on the Schaumburg Saxens as they play the Palatine Pirates! Bring money for snacks, if desired. **Registration Deadline: Oct. 4**	Friday, Oct. 18 7:00 - 9:30 pm	**Schaumburg High School** 1100 W. Schaumburg Road Schaumburg	$18.00 without transportation $24.50 with transportation	**Hanover Park Community Center** **Jack Claes Pavillion**	6:40 pm 6:40 pm	9:50 pm 9:50 pm
534	**Holiday DIY Gifts** Beat the crowds and get ahead on your holiday gifts! We will be making a holiday craft and wrapping it for you to gift to a friend or family member. One craft per person provided. **Registration Deadline: Nov. 1**	Friday, Nov. 8 7:00 - 9:00 pm	**Community Recreation Center** 505 N. Springinsguth Road Schaumburg	$18.00 without transportation $24.50 with transportation	**Jack Claes Pavillion** **Hanover Park Community Center**	6:15 pm 6:40 pm	9:40 pm 9:15 pm
535	**Snow Flake Ball** You are invited to put on your classy suits and elegant dresses to dance the night away! Indulge in hot appetizers and holiday themed games. **Registration Deadline: Nov. 22**	Friday, Dec. 6 6:30 - 8:30 pm	**Conyers Learning Academy** 2800 W. Central Road Rolling Meadows	$25.00 without transportation $31.50 with transportation	**Meineke Rec. Center** **Jack Claes Pavillion**	5:30 pm 6:00 pm	9:00 pm 9:20 pm

MEET YOUR CLUB COORDINATOR!
Mary Therese Bonaguro, CTRS, CPE
marythereseb@nwsra.org

CLUB INFORMATION

Goals: ***CI, SE***
Age: ***22 - 47 yrs.***
Group: ***Adults in southern suburbs that include: Bartlett, Elk Grove Village, Hanover Park, Hoffman Estates, Inverness, Schaumburg, South Barrington & Streamwood***
Ratio: ***1:4 to Independent***
Min/Max: ***5/40***

SHINING STARS

Prog #	Details	Date	Location	Fee	Transport.	Pick Up	Drop Off
691	**Baseball Bonanza** Watch America's favorite game with friends! We will watch a baseball game and play a game of trivia. Light snacks provided. **Registration Deadline: Sept. 6**	Friday, Sept. 20 6:00 - 8:00 pm	**Palatine Community Center** 250 E. Wood Street Palatine	$13.00 without transportation $19.50 with transportation	**Meineke Rec. Center** **Alcott Center**	5:30 pm 5:45 pm	8:30 pm 8:15 pm
692	**Jazz Up Your Jack O' Lantern** Join us for an evening of pumpkin painting and decorating! Fall treats and one pumpkin per person provided. **Registration Deadline: Sept. 27**	Friday, Oct. 11 6:00 - 8:00 pm	**Pioneer Park** 500 S. Fernandez Avenue Arlington Heights	$18.00 without transportation $24.50 with transportation	**Alcott Center** **Meineke Rec. Center**	5:30 pm 5:30 pm	8:15 pm 8:30 pm
693	**Football Frenzy** Spend your night socializing with friends and enjoying a football movie. Enjoy traditional concession stand snacks. **Registration Deadline: Oct. 4**	Friday, Oct. 18 6:00 - 8:00 pm	**Plum Grove Park** 4001 Park Drive Palatine	$13.00 without transportation $19.50 with transportation	**Alcott Center** **Meineke Rec. Center**	5:30 pm 5:30 pm	8:30 pm 8:30 pm
694	**Holiday DIY Gifts** Beat the crowds and get ahead on your holiday gifts! We will be making a holiday craft and wrapping it for you to gift to a friend or family member. One craft per person provided. **Registration Deadline: Oct. 18**	Friday, Nov. 1 6:00 - 8:00 pm	**Frontier Park** 1933 N. Kennicott Drive Arlington Heights	$18.00 without transportation $24.50 with transportation	**Meineke Rec. Center** **Alcott Center**	5:30 pm 5:45 pm	8:30 pm 8:15 pm
695	**Snow Flake Ball** You are invited to put on your classy suits and elegant dresses to dance the night away! Indulge in hot appetizers and holiday themed games. **Registration Deadline: Nov. 22**	Friday, Dec. 6 6:30 - 8:30 pm	**Conyers Learning Academy** 2800 W. Central Road Rolling Meadows	$25.00 without transportation $31.50 with transportation	**Alcott Center** **Meineke Rec. Center**	6:00 pm 5:30 pm	8:50 pm 9:20 pm

CLUB COORDINATOR:
TBA

NWSRA
CELEBRATE ABILITY
NORTHWEST SPECIAL RECREATION ASSOCIATION

CLUB INFORMATION

Goals: ***CI, SE***
Age: ***22 - 47 yrs.***
Group: ***ID, P/V, Mild to Severe Social Limitations***
Ratio: ***1:1 to Independent***
Min/Max: ***5/15***

CLUBS

NIGHT RIDERS

Prog #	Details	Date	Location	Fee	Transport.	Pick Up	Drop Off
591	**Master Chef** Calling all chefs! Create your own personalized pizza, then sit back and enjoy your master piece while watching an in-house movie. **Registration Deadline: Aug. 30**	Friday, Sept. 20 6:30 - 8:30 pm	**Central Community Center • NWSRA Wing** 1000 W. Central Road Mount Prospect	$13.00 without transportation $19.50 with transportation	**Meineke Rec. Center** **NWSRA/Park Central**	5:30 pm 6:00 pm	9:00 pm 9:30 pm
592	**Dinner Night Out** Let's indulge in delicious food while enjoying the company of friends. **Registration Deadline: Sept. 6**	Friday, Sept. 27 6:30 - 8:30 pm	**Village Tavern & Grill** 901 W. Wise Road Schaumburg	$30.00 without transportation $36.50 with transportation	**Gary Morava Rec. Center** **NWSRA/Park Central**	5:30 pm 6:30 pm	9:30 pm 10:00 pm
593	**Epic Knight of Entertainment** Enjoy dinner done the medieval way. Witness a battle, beautiful horses, knights jousting and much more! **Registration Deadline: Oct. 18**	Friday, Nov. 1 7:00 - 9:30 pm	**Medieval Times** 2001 N. Roselle Road Schaumburg	$50.00 without transportation $56.50 with transportation	**Gary Morava Rec. Center** **NWSRA/Park Central**	6:00 pm 6:30 pm	10:00 pm 10:15 pm
594	**Canvas Creator** Create your very own masterpiece, and sip on Mocktails with friends! No artistic ability needed. Light appetizers provided. **Registration Deadline: Oct. 25**	Friday, Nov. 8 7:00 - 9:00 pm	**Alcott Center** 530 Bernard Drive Buffalo Grove	$18.00 without transportation $24.50 with transportation	**Meineke Rec. Center** **NWSRA/Park Central**	6:00 pm 6:30 pm	9:30 pm 10:00 pm
595	**Snow Flake Ball** You are invited to put on your classy suits and elegant dresses to dance the night away! Indulge in hot appetizers and holiday themed games. **Registration Deadline: Nov. 29**	Friday, Dec. 6 6:30 - 8:30 pm	**Conyers Learning Academy** 2800 W. Central Road Rolling Meadows	$25.00 without transportation $31.50 with transportation	**Alcott Center** **Meineke Rec. Center**	6:00 pm 5:30 pm	8:50 pm 9:20 pm

MEET YOUR CLUB COORDINATOR!
Megan Edwards, DSP
megane@nwsra.org

CLUB INFORMATION

Goals: ***CI, SE***
Age: ***36 yrs. & older***
Group: ***ID, mild social limitations***
Ratio: ***1:10 to Independent***
Min/Max: ***5/30***

FRIDAY NIGHT LIVE

Prog #	Details	Date	Location	Fee	Transport.
651	**It's LOL Funny** Let's enjoy a fun night of comedy at a show with friends. Please bring money for dinner. **Registration Deadline: Sept. 13**	Friday, Sept. 27 7:00 - 9:30 pm	**Chicago Improv Comedy Club** 5 Woodfield Road Store K120B Schaumburg	$30.00 without transportation $38.00 with transportation	**Door-to-Door**
652	**I Can't Believe It's Not A Gutter** SPARE for a great time bowling with friends. Games and shoes are included! Pizza will be provided. Please bring money, if other snacks desired. **Registration Deadline: Sept. 20**	Friday, Oct. 4 7:00 - 9:00 pm	**Arlington Lanes** 3435 N. Kennicott Avenue Arlington Heights	$18.00 without transportation $26.00 with transportation	**Door-to-Door**
653	**Jack O' Lantern** Put your painting clothes on and enjoy creating your very own DIY fall crafts! No artistic ability needed. **Registration Deadline: Oct. 4**	Friday, Oct. 18 7:00 - 9:00 pm	**Central Community Center • NWSRA Wing** 1000 W. Central Road Mount Prospect	$15.00 without transportation $23.00 with transportation	**Door-to-Door**
654	**Lights! Camera! Action!** Sit back, relax, and enjoy a movie with your friends. Movie will be determined closer to the club date. Please bring money for snacks, if desired. **Registration Deadline: Nov. 1**	Friday, Nov. 15 7:00 - 9:30 pm	**Classic Cinemas** 1050 Elk Grove Town Center Elk Grove Village	$20.00 without transportation $28.00 with transportation	**Door-to-Door**
655	**Snow Flake Ball** You are invited to put on your classy suits and elegant dresses to dance the night away! Indulge in hot appetizers and holiday themed games. **Registration Deadline: Nov. 22**	Friday, Dec. 6 6:30 - 8:30 pm	**Park Central** 3000 W. Central Road Rolling Meadows	$25.00 without transportation $33.00 with transportation	**Door-to-Door**

MEET YOUR CLUB COORDINATOR!
Rebecca Lizalde
rebeccal@nwsra.org

CLUB INFORMATION

Goals: ***CI, SE***
Age: ***22 - 30 yrs.***
Group: ***P/V Adults***
Required Skills: ***Money handling,ability to engage in group discussion & decision making.***
Ratio: ***1:4 to Independent***
Min/Max: ***5/12***

FRIDAY NIGHT FUN

Prog #	Details	Date	Location	Fee	Transport.
631	**Canvas & Cocktails** Sip on mocktails and create a masterpiece. Let your inner artist out and get crafting! **Registration Deadline: Sept. 13**	Friday, Sept. 27 7:00 - 9:00 pm	**Rolling Meadows Community Center • NWSRA Wing** 3705 Pheasant Drive Rolling Meadows	$18.00 without transportation $26.00 with transportation	**Door-to-door**
632	**Pizza & Bingo** Enjoy pizza and bingo with friends. Come hungry and leave happy! **Registration Deadline: Sept. 20**	Friday, Oct. 4 6:30 - 8:30 pm	**Hanover Park Community Center • NWSRA Wing** 1919 Walnut Avenue Hanover Park	$18.00 without transportation $26.00 with transportation	**Door-to-door**
633	**Lights! Camera! Action!** Sit back, relax, and enjoy a movie with your friends. Movie will be determined closer to the club date. Please bring money for snacks, if desired. **Registration Deadline: Oct. 4**	Friday, Oct. 18 7:00 - 9:30 pm	**AMC Randhurst** 200 Randhurst Village Drive Mount Prospect	$20.00 without transportation $28.00 with transportation	**Door-to-door**
634	**It's LOL Funny** Get ready to Laugh Out Loud while enjoying a night at the Improv **Registration Deadline: Nov. 1**	Friday, Nov. 15 7:30 - 9:30 pm	**LOL Theatre** 601 N. Martingale Road Schaumburg	$30.00 without transportation $38.00 with transportation	**Door-to-door**
635	**Snow Flake Ball** You are invited to put on your classy suits and elegant dresses to dance the night away! Indulge in hot appetizers and holiday themed games. **Registration Deadline: Dec. 7**	Friday, Dec. 6 6:30 - 8:30 pm	**Park Central** 3000 W. Central Road Rolling Meadows	$25.00 without transportation $33.00 with transportation	**Door-to-door**

MEET YOUR CLUB COORDINATOR!
Kaila Robinson, QIDP, DSP
kailar@nwsra.org

CLUB INFORMATION

Goals: ***CI, SE***
Age: ***31 yrs. & older***
Group: ***P/V Adults***
Ratio: ***1:4 to Independent***
Min/Max: ***5/12***

CLUBS

LIFETIMERS

Prog #	Details	Date	Location	Fee	Transport.	Pick Up	Drop Off
611	**Paint & Sip** Join us for an unforgettable evening of friends, fun, mocktails and painting! **Registration Deadline: Aug. 23**	Friday, Sept. 6 6:00 - 8:00 pm	**Falcon Park** 2195 N. Hicks Road Palatine	$15.00 without transportation $21.50 with transportation	**Meineke Rec. Center** **NWSRA/ Park Central**	5:00 pm 5:30 pm	8:30 pm 9:00 pm
612	**National Pepperoni Pizza Day** What better way to celebrate National Pepperoni Pizza Day then making homemade pizza?! **Registration Deadline: Sept. 6**	Friday, Sept. 20 6:00 - 8:00 pm	**Rolling Meadows Community Center • Senior Entrance** 3705 Pheasant Drive Rolling Meadows	$15.00 without transportation $21.50 with transportation	**Meineke Rec. Center** **Alcott Center**	5:30 pm 5:30 pm	8:30 pm 8:30 pm
613	**Trick or Treat yo' Self.** Halloween is just around the corner. Join us for some pumpkin painting & Halloween cookie decorating. **Registration Deadline: Oct. 4**	Friday, Oct. 18 6:00 - 8:00 pm	**Burning Bush Community Center** 1313 N. Burning Bush Lane Mount Prospect	$18.00 without transportation $24.50 with transportation	**Meineke Rec. Center** **NWSRA/Park Central**	5:00 pm 5:30 pm	8:30 pm 9:00 pm
614	**Wings Foundation** Enjoy a fun night volunteering with friends! We will be making fleece blankets for The Wings Foundation and listening to our favorite jams! Snacks provided. **Registration Deadline: Nov. 1**	Friday, Nov. 15 6:00 - 8:00 pm	**Schaumburg Community Rec. Center** 505 Springingsguth Road Schaumburg	$18.00 without transportation $24.50 with transportation	**Alcott Center** **NWSRA/Park Central**	5:00 pm 5:30 pm	8:30 pm 9:00 pm
615	**Snow Flake Ball** NWSRA invites you to put on your classy suits and elegant dresses to dance the night away! Indulge in hot appetizers and holiday themed games. **Registration Deadline: Nov. 22**	Friday, Dec. 6 6:30 - 8:30 pm	**Conyers Learning Academy** 2800 W. Central Road Rolling Meadows	$25.00 without transportation $31.50 with transportation	**Meineke Rec. Center** **Alcott Center**	5:30 pm 6:00 pm	9:20 pm 8:50 pm

MEET YOUR CLUB COORDINATOR!
Clariza Kotsovos
clarizak@nwsra.org

CLUB INFORMATION

Goals: ***CI, SE***
Age: ***48 yrs. & older***
Group: ***D, P/V, Mild to Severe Social Limitations***
Ratio: ***1:1 to Independent***
Min/Max: ***5/20***

FACILITIES

Achieve
1815 Hicks Road
Rolling Meadows
847/804-3571

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

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

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

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

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

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

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

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

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

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

Central Community Center/ NWSRA Wing/PURSUIT/STAR
1000 W. Central Road
Mount Prospect
847/255-5380

Central Elementary School
3800 W. Central Road
Rolling Meadows
847/963-5100

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

Clearbrook Golf
2100 Golf Road
Rolling Meadows
847/979-8563

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

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

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

Hanover Park Community Center/ NWSRA Wing/PURSUIT/STAR
1919 Walnut Avenue
Hanover Park
847/837-2468

Harper College
1200 W. Algonquin Road
Palatine
262/862-2301

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

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

Little City/Countryside Workshop
2360 Palmer Drive
Schaumburg
847/438-8799

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

Nickol Knoll Golf Course
3800 N. Kennicott Avenue
Arlington Heights
847/590-6050

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

Old Orchard Country Club
700 W. Rand Road
Mount Prospect
847/255-2025

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

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

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

Plum Grove Park
4001 Park Drive
Palatine
847/397-4800

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

Prairie Stone Sports & Wellness Center
5050 Sedge Boulevard
Hoffman Estates
847/285-5400

RecPlex
420 Dempster Street
Mount Prospect
847/640-1000

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

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

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

Schaumburg Tennis Plus
1416 Payne Road
Schaumburg
847/884-0678

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

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

The Zone
550 E. Business Center Drive
Mount Prospect
847/255-1200

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

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

Wheeling Community Recreation Center/Arctic Splash/ NWSRA Wing/PURSUIT
100 Community Boulevard
Wheeling
847/465-3333

Willow Recreation Center
3600 Lexington Drive
Hoffman Estates
847/885-7500

Wilmot Mountain
11931 Fox River Road
Wilmot, WI
262/862-2301

Woodland Trails Park/Weiss Community Center
1500 E. Euclid Avenue
Mount Prospect
847/255-1200

Parent/Guardian/Residential Staff Responsibilities

- When arriving at or departing from a program, please CHECK-IN with the NWSRA staff.
- Label all items, including clothing. Contact NWSRA to inquire about lost and found items. NWSRA cannot be responsible for lost or stolen items.
- Inform teachers and/or transportation departments of the participant's NWSRA programs after school or workshop and changes as they arise.
- If a participant may walk or ride a bike home, a written notice, signed by the parent/guardian, must be sent to the NWSRA office prior to the start of the program.
- Notify the program leader in advance, by a written notice if someone new/unfamiliar to the NWSRA staff will be picking up the participant after a program.
- Contact the NWSRA office if participant will be absent from a program.

Register On Time!

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

Pick up/Drop off Policy

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

Late Fees

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

Participant Expectations

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

Lost and Found items

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

Attendance at NWSRA Programs

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

GENERAL INFORMATION

Fair Play at NWSRA

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

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

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

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

When Illness Occurs

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

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

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

ADA Compliance

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

Severe Weather Guidelines

In the event of severe weather, NWSRA may be forced to cancel programs. To receive live updates on NWSRA office closings and program cancellations due to inclement weather, please like us on Facebook, follow us on Twitter, download the NWSRA mobile app, or visit the "What's New" section of the NWSRA website. NWSRA also posts office closings on the Emergency Closing Center (ECC) website, and ECC information is posted on several local cable channels The following guidelines will be used to determine cancellation:

Severe Cold Weather

- Outdoor programs:
  0° or/in combination with wind chill of 0° or less.

- Programs with transportation:
  For non-ambulatory routes: 0° or/in combination with wind chill of -10° or less.
  For ambulatory routes:
  Temperature range of -10° or/in combination with wind chill of -20° or less.

- All programs (including indoor):
  Snowstorm situations when driving restrictions (winter storm or blizzard warning in which authorities have advised not going out unless necessary) and emergency accident plans (state and local police) are in effect.

Program Cancellation ~ Severe Weather

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

Brochure Accuracy

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

Member Park Districts ~ Inclusion

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

Principles of Inclusion

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

The Inclusion Process is Simple!

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

For more information on the inclusion process, contact the Manager of Inclusion Services, Ted Adatto at 847/392-2848, ext. 250.

Audio Brochures

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

NWSRA Lending Closet

NWSRA has specialized equipment such as bowling ramps available for loan on a prearranged basis. The loan may have a time limit due to the number available and its regular program usage. A $25.00 refundable deposit is required at the time of pick up. Please call Victoria Gonzalez at 847/392-2848, ext. 237 to reserve equipment.

Speakers Bureau

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

Free ½ Hour Recreation Counseling

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

SPECIAL NOTES

Spanish Speaking Translator

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

Traductor de Habla Española

Un traductor que habla Español está disponible bajo peticíon, para ayudar con la registro. Por favor llame a Manuel al 847/392-2848 para solicitar una cita o para recibir una llamada telefónica.

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

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

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

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

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

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

PROGRAM INFORMATION

Transportation
- Transportation times for all programs may change based on enrollment and/or last minute facility changes.
- All individuals transported while in a wheelchair must have a seat belt system that secures them into their wheelchair and brakes that are in good working order. If a participant is in need of a seat belt system, NWSRA will provide one for program use only.
- Individuals using tri-wheelers must transfer into a bus seat as they cannot be safely secured while in the tri-wheeler.
- Door-to-door transportation is provided for in-district residents only. Program leader will contact participants to arrange pick up times.
- NWSRA will make every effort to keep routes at a reasonable length of time. Door-to-door routes vary in length based on pick up locations. Late drop off/pick up of participants at programs creates a ripple effect. Please be considerate of others by being on time. Drivers will only wait 5 minutes at a pick up location.
- NWSRA reserves the right to determine whether a participant can be transported safely.
- Individuals may be assisted by NWSRA staff to and from the door of their residence if there are no other individuals in the van or a second staff is available. NWSRA staff are not permitted to enter the individuals' residence at any time. NWSRA staff may not lift, carry or transport an individuals' assistive transportation device to any vehicle other than a NWSRA vehicle.
- When picking up or dropping off participant for transportation by NWSRA, park your car in a designated parking spot and drop off or pick up participant at the bus. Staff will not release participants until parent/guardian, residential staff or care giver comes to the bus.
- The Child Passenger Protection Act of the Illinois Vehicle Code requires that children under the age of 8 be transported in an approved Child Safety Seat in certain vehicles. Parent/Guardian will be notified if there is a need to provide a Child Safety Seat for your child. Children under 8 years of age will not be transported if the parent/guardian does not provide a Child Safety Seat. For further information, please contact Barb Bassett at 847/392-2848, ext. 241.
- If transportation presents a problem, please contact NWSRA and a staff will try to help parents pool their transportation resources.

SPECIAL NOTES

Horseback Riding
If participants are seizure prone, seizures must be controlled by medication and/or the individual must not have had a seizure in over one (1) year in order to be allowed to horseback ride. A medical release is required for all participants. Riding helmets for all participants are provided by Palatine Stables.

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

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

SPECIAL NOTES

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

Dispensing of Medication
If a participant is in need of assistance to take prescription medication, a permission form allowing NWSRA staff to administer medication must be obtained from the NWSRA office. This permission form must be signed by the parent or guardian and returned to NWSRA before staff may assist the participant in taking medication. Complete the medication information on the registration form and a release will be mailed. Medication information must be indicated on the NWSRA registration form for staff awareness to dispense it during the program. All medications to be given during NWSRA programs must be in NWSRA envelopes and brought in to the NWSRA office for the entire session prior to the start of the program. Adult participants older than 22 years of age who need more than a reminder to take prescription medication will need to follow NWSRA's guidelines for dispensing medication.

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

REGISTRATION INFORMATION

Completing The Registration Form
Registration forms and fees may be mailed or turned into the NWSRA office by the registration deadline in order to allow participation on the first day of the program. Staff cannot receive registration forms or fees at NWSRA activities. **If an e-mail address is provided, a confirmation of registration will be made via e-mail.** If programs are canceled or postponed, individuals registered will be notified by phone. Each fall, all participants are required to complete the Registration and Participant Information forms. This process of updating information will contribute to the overall safety and quality of NWSRA services. For all other registrations throughout the year, participants need only to fill out the Registration Form. **No priority is given to mail-in, drop-off, e-mail or online registrations. Processing begins when registration begins (see page 3).**

Family Registration
For all NWSRA programs open to sibling/family members, the separate, signed Family Member Registration form, located at the back of the brochure, must accompany the participant's registration form.

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

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

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

NWSRA Payment Procedures
NWSRA registrants have two options for making payments toward NWSRA programs. Registrants may either pay in full at the time of registration or have payments automatically withdrawn over the course of three payment dates via a credit card.

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

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

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

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

1. A program is canceled by NWSRA.
2. Inclement weather or leader absence occurs, causing program cancellation. However, NWSRA will try to reschedule the activity prior to issuing a credit or refund.
3. A participant was placed on the waiting list, the program is full and the participant is unable to enter the program.

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

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

FAMILY REGISTRATION

FALL 2019

Please attach to participant registration form.

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

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

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

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

Relationship to Participant: Sibling_____ Spouse_____ Parent_____ Friend_____

Participant Name (Last)_____ (First)_____

Parent/Guardian Information:
If different from Participant Information, please complete:

Name (Last)_____ (First)_____

Address_____ City_____ Zip_____

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

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

_____

_____

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

Insurance

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

Medical Insurance Company_____ Policy # _____

IMPORTANT INFORMATION

NWSRA is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. NWSRA continually strives to reduce risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of children registering for the programs listed above must recognize that there is an inherent risk of injury when choosing to participate in recreational programs.

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

Warning of Risk

Recreational programs and activities are intended to challenge and engage the physical, mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational program or activity. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, participant misconduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and all other circumstances inherent to indoor and outdoor recreational activities/programs exist. In this regard, it must be recognized that it is impossible for NWSRA to guarantee absolute safety.

Waiver and Release of All Claims and Assumption of Risk

Please read this form carefully and be aware that in signing up and participating in the above identified programs, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your child/ward might sustain as a result of participating in any and all activities connected with and associated with said programs (including transportation services, when provided.) I recognize and acknowledge that there are certain risks of physical injury to participants in these programs, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my child/ward may have (or accrue to me or my child/ward) as a result of participating in these programs against NWSRA including its officials, agents, volunteers and employees (hereinafter collectively referred as NWSRA). I do hereby fully release and forever discharge NWSRA from any and all claims for injuries, damages, or loss that my child/ward or I may have or which may accrue to me or my child/ward and arising out of, connected with, or in any way associated with these programs.

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

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

Please Print Name_____

FALL 2019 REGISTRATION

If registering more than one participant, please complete an additional form. Family members may register on page 50.
RETURN TO: NWSRA, Park Central, 3000 W. Central Road, Suite 205, Rolling Meadows, Illinois 60008 or FAX to 847/392-2870.
Questions? Call - VOICE: 847/392-2848 • TTY: 847/392-2855 Would you like to be added to our mailing list? Please check ☐

Participant's Information:

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

Address _____ City _____ Zip _____

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

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

School/Workshop site _____ Teacher _____

School District _____ Park District _____ Township _____

Parent/Guardian Information: Parent/Guardian 1 (Last) _____ (First) _____

Parent/Guardian 2 (Last) _____ (First) _____

Parent/Guardian 1 e-mail: _____ Parent/Guardian 2 e-mail: _____

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

Primary phone contact (Check one) MOTHER: Home____ Work____ Cell____ or FATHER: Home____ Work____ Cell____

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

Parent/Guardian 1 Cell Phone: (_____) _____ Parent/Guardian 2 Cell Phone (_____) _____

Alternate Emergency Contact _____ Relationship to Participant _____

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

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

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

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

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

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

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

Medical Insurance Company _____

Policy # _____

Minus Past Program Credits $_____

SLSF Donation $_____

Total Enclosed $_____

Make check payable to NWSRA

IMPORTANT INFORMATION

NWSRA is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. NWSRA continually strives to reduce risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of children registering for the programs listed above must recognize that there is an inherent risk of injury when choosing to participate in recreational programs.

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

Warning of Risk

Recreational programs and activities are intended to challenge and engage the physical, mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational program or activity. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, participant misconduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and all other circumstances inherent to indoor and outdoor recreational activities/programs exist. In this regard, it must be recognized that it is impossible for NWSRA to guarantee absolute safety.

Waiver and Release of All Claims and Assumption of Risk

Please read this form carefully and be aware that in signing up and participating in the above identified programs, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your child/ward might sustain as a result of participating in any and all activities connected with and associated with said programs (including transportation services, when provided.) I recognize and acknowledge that there are certain risks of physical injury to participants in these programs, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my child/ward may have (or accrue to me or my child/ward) as a result of participating in these programs against NWSRA including its officials, agents, volunteers and employees (hereinafter collectively referred as NWSRA). I do hereby fully release and forever discharge NWSRA from any and all claims for injuries, damages, or loss that my child/ward or I may have or which may accrue to me or my child/ward and arising out of, connected with, or in any way associated with these programs.

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

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

Please Print Name _____

(over)

FALL 2019 PARTICIPANT INFO

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

SEIZURES: No____ Yes____ If "Yes", please complete seizure form.

MEDICAL CONDITIONS/NEEDS: Diabetes____ Shunts____ Braces____ Canes____ Walker____ Glasses____ G-tube____ VNS____ Trach____ Epi-pen____ PKU____ Suctioning____ Catheter____ Sign Language Assistance____ Hearing Aid____ Oxygen Tank____

Does participant require assistance for personal care (toileting, transferring, feeding, changing)? Yes___ No___ (If yes, a personal care information form will be sent to you.)

If using a wheelchair is participant capable of transferring? Yes____ No____ Wheelchair (type)_____

AAI Condition: If a participant has Down syndrome, have x-rays of the C-1 and C-2 vertebrae been taken and examined? Yes___ No___ Date_____

Is participant clear of Atlantoaxial Instability Condition (AAI)? Yes____ No____

Allergies (specific)_____ Other _____

Intolerances: _____

List specific medical instructions: _____

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

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

MEDICATION:

TYPE	DOSAGE	TIME

DOCTOR'S NAME:_____Phone ( )_____

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

_____

Inappropriate Activities: _____

Behavior Issues: _____

Areas/goals for the instructor to work toward: _____

Release of information permission for NWSRA to contact school/workshop staff concerning the participant's needs: Yes____ No____

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

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

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

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

_____

_____

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

IS A VEHICLE HARNESS REQUIRED? Yes____ No____

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

Permission to apply sunscreen and/or bug spray on participant: Yes____ No____ Participants are required to provide bug spray and sunscreen.

Other helpful information: _____

YOUR INPUT HAS IMPACT!

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

_____

_____

_____

FALL 2019 SEIZURE INFO

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

CONTACT INFORMATION:

Participant Name:_____ Date of Birth:_____

Parent/Guardian Name: _____ Tel.(H)_____ (W)_____ (C)_____

Other Emergency Contact: _____ Tel.(H)_____ (W)_____ (C)_____

Participant Primary Care Dr.: _____ Tel: _____

SEIZURE INFORMATION:

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

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

2. What might trigger a seizure in the participant? _____
3. Are there any warnings and or behavior changes before the seizure occurs? Yes___ No___ If yes, please explain:_____
4. When was the participant's last seizure? _____
5. Has there been any recent change in the participant's seizure patterns? Yes___ No___ If yes, please explain:_____
6. How does the participant react after a seizure is over? _____
7. How do other illnesses affect the participant's seizure control? _____

BASIC FIRST AID: Care and Comfort Measures

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

_____

SEIZURE EMERGENCIES:

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

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

SEIZURE MEDICATION AND TREATMENT INFORMATION:

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

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

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

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

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

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

_____

GENERAL COMMUNICATION ISSUES:

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

Parent/Guardian Signature: _____ Date: _____

Dates Updated:_____,_____

NWSRA
NORTHWEST SPECIAL RECREATION ASSOCIATION

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

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

NWSRA BEHAVIOR INTERVENTION TEAM

NWSRA CORE VALUES:

- ***Teamwork***
- ***Respect***
- ***Enthusiasm***
- ***Collaboration***
- ***Communication***

When a challenging behavior occurs:

1. The staff member directly witnessing the behavior, reports it to the Behavior Intervention Team.

2. The Team reviews the report, communicates with the staff member, participants and parents as needed, and then determines the appropriate behavioral interventions or individualized program supports.

3. Recommendations are based on the existing FAIR PLAY AT NWSRA process. FAIR PLAY AT NWSRA is a process which NWSRA uses to make recreation programs and services safe for all participants with or without disabilities in a recreation program or access to a service provided by NWSRA.

4. The Team communicates its recommendations to all parties involved, setting measurements of accomplishment for the individual within a specified time frame.

5. As progress is recorded, communication continues with the parent to adjust the measured accomplishments and make adjustments to the plan as needed

Contact Us:
3000 W. Central Road, Suite 205
Rolling Meadows, IL 60008
847/392-2848
behaviorteam@nwsra.org
www.nwsra.org

Celebrate Ability Gala

SAVE THE DATE

Friday, November 8, 2019

Traditions at Chevy Chase
1000 N. Milwaukee Avenue
Wheeling

Festivities begin at 6:30 p.m.
Open Bar, Silent Auction, Impact Auction,
Dinner, Raffle Drawing, And Dancing

$100.00/raffle ticket
November 8, 2019

Includes $5,000 in prizes:

Grand Prize:	**$ 3,000**
Second Prize:	**$ 1,500**
Third Prize:	**$ 500**

Only 200 tickets will be sold!
Winner need not to be present.

To purchase Raffle Ticket and/or make reservations for the event, contact Cathy Splett, ext. 244 or e-mail csplett@slsf.me.

Tickets will be sold the evening of the event.

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

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

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PAID
Permit #2565
Palatine P&DC
Illinois 60095

DATED INFORMATION PLEASE DISTRIBUTE PROMPTLY

Fall Registration Begins:
Monday, August 5, 2019
Fall Registration Deadline:
Friday, September 6, 2019

SLSF
MAKING AN IMPACT FOR NWSRA

DATE	EVENT
Wed, Aug. 14	Moretti's/NWSRA Golf Classic In Memory of Kevin T. Kendrigan
Thu, Sept. 12	Arlington Classic Golf Outing
Sat, Sept. 14	Terrazo & Marble Supply Companies Golf Outing
Wed, Sept. 18	Women's Golf Outing
Fri, Nov. 8	Celebrate Ability Gala
Sun, Feb. 23, 2020	Gold Medal Fashion Show
Wed, May. 13, 2020	Buffalo Grove Golf Classic
Thu, Jun. 4, 2020	Palatine Hills Golf Outing

Register or donate at www.slsf.me

Connect with us