

fitness & sports



Autism Takes On Taekwondo!



This program is specifically designed for individuals with Autism Spectrum Disorders. Autism Takes on Taekwondo includes a balanced cardiovascular workout, using the Taekwondo tradition and self control. Uniforms are available for purchase on the first day of class for \$45. *No program May 7.*

GOAL: Participants will improve coordination, power of concentration, balance, and both physical and mental discipline.

Age: 13 & up
Location: KH Kim's Taekwondo, Northbrook
Time: 4:00- 4:45PM
Date: Fridays, April 9- May 21
Min/Max: 3/8
Program Code/Fee: 203308-01 / \$133

Alligators




Instructors in this program evaluate present skill level and work toward endurance and stroke improvement. This program will contain 40 minutes of group instruction and a 5-minute period for games and free time. **This program is designed for participants that are able to swim one length of the pool without assistance.** *No program May 7.*

GOAL: Increase ability to follow one-two step directions, self awareness in the water, endurance and the ability to perform proper swimming techniques.

Age: 7 & up
Location: Glenview Park Center
Time: 4:30-5:15PM
Date: Fridays, May 9 - May 22
Min/Max: 2/3
Program Code/Fee: 209601-01 / \$70

ATHLETICS

GATOR SPORTS
NSSRA offers individual and team training programs for Gator Sports year-round. Athletes ages eight years and older with cognitive impairments may register for these programs.



Join Our PAC (Program Advisory Committee). PAC includes parents and adult participants from NSSRA partner communities. PAC was formed in 1999 to provide information and advice to our staff that will help improve our programs and services. If you are a resident and interested in sharing your input with us on programs and services, please contact the NSSRA Recreation Superintendent at (847) 509-9400.



REPLY TODAY!
Help us celebrate our anniversary.
"FORTY Years of Fun...For Everyone"
MARCH 6, 2010



MEETS & COMPETITION DATES

BASKETBALL
State Tournament - March 12-14

AQUATICS
District Meet - March 20
Summer Games - June 12-13

INSIDE

- Special Events
- Mini Programs/Trips
- Preschool/Kindergarten
- Youth
- Teens
- Young Adult/Adult

Gator Golf (pre-season)

This program trains athletes for participation on the NSSRA Golf Team where they will compete in Special Olympic tournaments. Gator Golf is designed for our more advanced golfers who can compete in a nine-hole round of golf and individual skills. Both competitive play and individual skills will be developed. It is mandatory for Gator Golf athletes to attend this program to obtain individual scores for competitions in course play and golf skills. Every athlete wishing to compete must have a current Special Olympics Medical Application form on file. The Special Olympics Golf Qualifier will be held on August 2. For details on golf programs for beginners, please see Golf Instruction in the youth, teen and adult sections. (4 Weeks)

GOAL: Obtain golf scores, learn driving and putting skills, and enhance knowledge of golf rules, techniques, etiquette and increase range of motion.

Age:	8 and up	
Location:	Winnetka Golf Course	
Time:	5:30-7:30PM	
Date:	Mondays , May 3-May 24	
Min/Max:	4/15	
Program Code/Fee:	206600-01 / \$52	
Transportation Code/Fee:	206600-51 / \$31	
	Pick Up	Drop Off
Times/Location:	4:30PM NSSRA	8:20PM
	5:00PM Moraine	8:00PM

Gator Softball

Softball fundamentals will be reviewed to prepare for competition against ITRS and Special Olympic teams. The first few weeks of program will be practices and conditioning. It is very important that all athletes attend these practices as we will be assessing athletic skills for the Special Olympics Team Rating Form to gain eligibility for Special Olympics competitions. Game locations and transportation times may vary. Practices and games are held outdoors. Please bring your mitt to each practice. (14 weeks)

GOAL: Enhance hand-eye coordination and upper extremity gross motor skills through batting, catching and throwing, enhance self-esteem and social interaction through practices and games with teammates.

Age:	16 and up	
Location:	Deerpark Community Park, Lake Forest	
Time:	6:15-7:45PM	
Date:	Tuesdays , April 13-July 13	
Min/Max:	10/26	
Program Code/Fee:	200601-01 / \$111	
Transportation Code/Fee:	200601-51 / \$70	
	Pick Up	Drop Off
Times/Location:	4:45PM NSSRA	8:40PM
	5:15PM WCRC	8:20PM
	5:50PM Moraine	8:00PM

Gator Bocce

This training program prepares athletes for Special Olympic Competitions such as the qualifying tournament held in the fall. Gator athletes will learn bocce rules, skills, and how to apply them during competitions. All athletes must have a current Special Olympics Medical Application on file.

GOAL: Enhance upper extremity gross motor skill through throwing a ball, enhance attention and concentration by targeting a point. Learn bocce rules, skills and increase problem solving skills and decision making skills through competitions.

Age:	16 and up	
Location:	West Park, Lake Forest	
Time:	6:15-7:15 PM	
Date:	Wednesdays , March 31-May 12	
Min/Max:	4/8	
Program Code/Fee:	200602-01 / \$69	
Transportation Code/Fee:	200602-51 / \$55	

	Pick Up	Drop Off
Times/Location:	4:50PM NSSRA	8:05PM
	5:20PM WCRC	7:45PM
	5:50PM Moraine	7:30PM

Gator Swim Team

This program is designed for swimmers who want to be on a competitive swim team. Swimmers must be able to swim one length of the pool without assistance or stopping to rest. The first few weeks will focus on conditioning. It is very important that all athletes attend the first program sessions so that the coaches can assess the athletic skill for the Special Olympics (SO) Ratings Forms, which are needed to become eligible for SO competitions.

GOAL: Enhance strength and endurance, improve stroke development, and increase physical conditioning.

Age:	8 and up	
Location:	Sachs Recreation Center, Deerfield	
Time:	7:00 – 8:00PM	
Date:	Thursdays , April 1 – May 13	
Min/Max:	4/16	
Program Code/Fee:	206603-01 / \$42	
Transportation Code/Fee:	206603-51 / \$55	

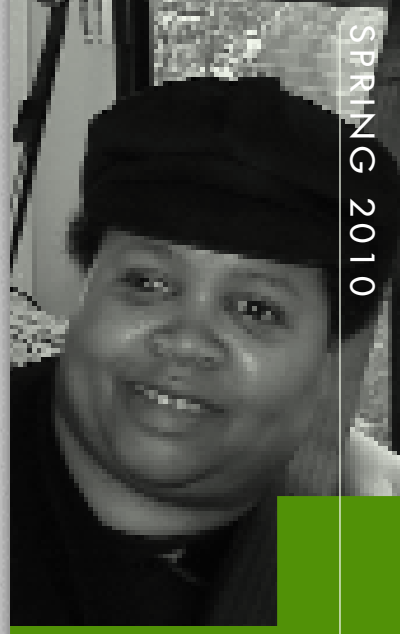
	Pick Up	Drop Off
Times/Location:	5:40 PM NSSRA	9:00 PM
	6:10 PM WCRC	8:35 PM
	6:35 PM Moraine	8:15 PM

Gator Bowling

This program is designed for competitive bowlers. Athletes will focus on techniques to improve their bowling skills. Bowlers will have the chance to compete in Special Olympics and Special Recreation Association (SRA) events. Bowlers who wish to participate in competitions must register for Gator Bowling in order to be eligible. Fees include bowling and shoe rentals.

GOAL: Increase bowling average, learn competitive skills such as aiming, stance, approach and improve balance.

Age:	8 and up	
Location:	Brunswick Zone, Deerfield	
Time:	9:30 – 11:30AM	
Date:	Saturdays , April 10 – May 22	
Min/Max:	6/20	
Program Code/Fee:	206604-01 / \$101	



ATHLETICS

GATOR SPORTS

NSSRA offers individual and team training programs for Gator Sports year-round. Athletes ages eight years and older with cognitive impairments may register for these programs.

CONTACT Us!



If you're looking for more info on our **GATOR SPORTS** programs, Contact **Kevin Ballardini**: 847-509-9400, x6834 or E-Mail him directly: kballardini@nssra.org



adapted sports

NSSRA is one of 16 community organizations that make up the Paralympic Sport Club Northern Illinois. Paralympic Sport Clubs are community-based programs developed to involve youth and adults with physical and visual disabilities in sports and physical activity, regardless of skill level.

NSSRA Adapted Sports programs are designed to help children and adults learn and improve their skills in adaptive sports, and enhance fitness, strength, self-confidence and lifestyle. We encourage adults and youth of all skill levels to be a part of NSSRA Adapted Sports. If you're interesting in observing a program or learning about other adapted sports opportunities in the Chicago area, please contact Maggie Richey at 847-509-9400 x6833 or mrichey@nssra.org

Adapted Boccia



The fastest-growing sport in Illinois is boccia! This sport is not based on physical strength but on strategy and accuracy. We will focus on the rules, skills and structure of the game with players. Join us for a mind-stimulating, great time! Adaptive devices will be provided (ramps, head sticks, etc.) to make your experience successful. **This program is intended for individuals with physical disabilities.** For more information on this program, please contact Maggie Richey at 847-509-9400 x6833, or email her directly at mrichey@nssra.org. The registration deadline for this program is February 26. *No program March 30.*

GOAL: Increase physical endurance, improve individual boccia skills, and develop strategic skills to use in competition.

Age: 21 and up
Location: Park Ridge Comm. Center
Time: 2:00 - 3:30PM
Date: Tuesdays, March 23 - May 11
Min/Max: 3/8
Program Code/Fee: 204804-01 / \$24
Transportation Code/Fee: 204804-51 / \$39
Drop off and pick up times will be sent with flyer

ATHLETICS

ADAPTED SPORTS offers opportunities for adults and children with physical disabilities to participate in organized sports.

ADAPTED SPORTS

- Young Movers
- Adapted Boccia
- Young Rollers

If you're looking for more info on our **Adapted Sports** programs, Contact **Maggie Richey:** 847-509-9400 x6833, or E-Mail her directly: mrichey@nssra.org



Young Rollers



This program is specifically designed for young athletes who use wheelchairs to ambulate. Our participants will grow and develop through adaptive sports while working on hand-eye coordination, rules of the game and sportsmanship. This is a great way for children to learn a new sport and become familiar with sports equipment. Note: Some equipment, (power wheelchairs, court wheelchairs, etc.) will be available for our participants to use. The registration deadline for this program is February 26. *No program April 3. (7 weeks)*
GOAL: Increase knowledge of adapted sports, develop hand-eye coordination, improve mobility and increase strength.

Age: 6 & up
Location: Weber Center, Skokie
Time: 11:00AM- 12:30PM
Date: Saturdays, March 27- May 15
Min/Max: 4/8
Program Code/Fee: 207802-01 / \$26
Transportation Code/Fee: 207802-51 / \$39
Drop off and pick up times will be sent with flyer

Young Movers



This program is specifically designed for young athletes who are ambulatory. Our participants will grow and develop through adaptive sports while working on eye-hand coordination, rules of the game and sportsmanship. This is a great way for children to learn a new sport and become familiar with sports equipment. Note: This program is designed specifically for children with physical impairments who are ambulatory, including those children who use walkers or other adaptive devices. The registration deadline for this program is February 26. *No program April 3. (7 weeks)*

GOAL: Increase knowledge of adapted sports, develop hand-eye coordination, improve mobility and increase strength.

Age: 6 & up
Location: Weber Center, Skokie
Time: 11:00AM- 12:30PM
Date: Saturdays, March 27- May 15
Min/Max: 4/8
Program Code/Fee: 207803-01 / \$26
Transportation Code/Fee: 207803-51 / \$39
Drop off and pick up times will be sent with flyer

INSIDE

- S** Special Events
- MP** Trips & Overnights
- P** Preschool/Kindergarten
- Y** Youth
- T** Teens
- YA** Young Adult/Adult

Fitness & Athletics

Get involved!

If you are six years or older with a physical disability or visual impairment please contact Maggie Richey at (847) 509-9400 x6833, to find out about additional adapted sports opportunities, such as yoga, table tennis, or soccer.

