



**nssra**  
Northern Suburban Special  
Recreation Association  
**Play • Grow • Belong**

**Winter / Spring 2024 | [nssra.org](https://nssra.org) | (847) 509-9400**

**Serving the communities of** Deerfield, Glencoe, Glenview,  
Highland Park, Highwood, Kenilworth, Lake Bluff, Lake Forest,  
Northbrook, Northfield, Riverwoods, Wilmette and Winnetka.

# Staff Information

## Recreation Team

Lacey Allen, CTRS	Recreation Specialist	x6833; lallen@nssra.org	Gator Athletics, Trips
Iliana Antonio	Site Coordinator	x6839; iantonio@nssra.org	ELA Site Coordinator
Meggan Davies, CTRS	Recreation Manager	x6828; mdavies@nssra.org	Inclusion, Facilities, Safety
Nick Falter	Recreation Specialist	x6825; nfalter@nssra.org	Inclusion (Placement & Partner Agency Relations)
Christian Guenther	Recreation Specialist	x6863; cguenther@nssra.org	Special Events, Camp
Joe Hart	Recreation Specialist	x6816; jhart@nssra.org	Adult Day Programs, ELA Program
Stephany Hoch, CTRS	Recreation Specialist	x6812; shoch@nssra.org	Social Clubs, Camp, Cooperative Programs
Becca Luecke, CTRS	Recreation Manager	x6823; bluecke@nssra.org	ELA Program, Gator Athletics, Trips, Interns
Katie Meyer	Recreation Specialist	x6827; kmeyer@nssra.org	Inclusion (Behavior Management)
Lauren Perry	Recreation Manager	x6817; lperry@nssra.org	Programs, Staffing, Transportation
Peytan Schulte	Recreation Specialist	x6824; pschulte@nssra.org	Adult Programs
Koren Sharrar	Recreation Specialist	x6834; ksharrar@nssra.org	Youth Programs
Erin White, MS, CTRS	Recreation Manager	x6830; ewhite@nssra.org	Special Events, Social Clubs, Camps, Volunteers

## Administrative Team

Bonnie Amir	Receptionist	x6810; frontoffice@nssra.org
Dani Aponte	Registration and Training Coordinator	x6815; daponte@nssra.org
Christian Camarena	Facility Coordinator	x6813; ccamarena@nssra.org
Craig Culp	Executive Director	x6820; cculp@nssra.org
Candice Cunningham, CTRS	Superintendent	x6826; ccunningham@nssra.org
Laurie DeSimone	Foundation Manager	x6821; ldesimone@nssra.org
Jessica Olague	Human Resources Coordinator	x6818; jolague@nssra.org
George Pappas, CPA	Superintendent	x6822; gpappas@nssra.org
Sherry Prause	Executive Assistant	x6837; sprause@nssra.org
Mel Robson	Superintendent	x6829; mrobson@nssra.org
Chris Varner	Marketing & Communications Manager	x6819; cvarner@nssra.org

## Welcome, Lauren!

We are excited to introduce Lauren as the new Recreation Manager for Programs and Transportation at NSSRA. Lauren has a wealth of previous experience working as a program manager and specialist at a residential facility for at-risk youth.

Beyond her professional achievements, she's a loving mother to a 6-year-old boy, and together, they're on a mission to explore new horizons and create beautiful memories in their new home.

We're thrilled to have Lauren on board and can't wait to see the positive energy and dedication she will bring to our team!



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## Address

1221 County Line Rd., Highland Park, IL 60035

## Office Hours

Monday - Friday  
9:00 am to 5:00 pm

## Online

[www.nssra.org](http://www.nssra.org)

## Email

[info@nssra.org](mailto:info@nssra.org)

## Phone

(847) 509-9400

## Fax

(847) 509-1177

## After Hours On-Call Phone

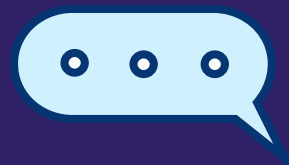
(847) 452-3369

Individuals who are deaf or hearing impaired can call NSSRA through the Illinois Relay System by dialing 711 or 1 (800) 526-0844.

## Reminder!

Sign up for our text message reminders. We will send texts about registration, special events, and more!

📍 Sign up at [nssra.org/register/text-alerts/](https://nssra.org/register/text-alerts/).



[facebook.com/nssra](https://facebook.com/nssra)



[@PlayWithNSSRA](https://www.instagram.com/PlayWithNSSRA)

# About NSSRA

Northern Suburban Special Recreation Association was formed in 1970 and is an extension of ten park districts, two cities and one village in the northern suburbs of Chicago. This partnership includes the Park Districts of Deerfield, Glencoe, Glenview, Highland Park, Lake Bluff, Kenilworth, Northbrook, Northfield, Wilmette and Winnetka; the Cities of Highwood, and Lake Forest and the Village of Riverwoods. NSSRA has been creating an environment of belonging through play for over 50 years, and has the distinction of being the first Special Recreation Association in the country.

## NSSRA's Partner Communities

As a cooperative of 13 partner communities, one representative from each partner community serves on our Board of Directors, collaborating to provide leadership and governance to NSSRA.

<b>Deerfield Park District</b>	Laura McCarty
<b>Glencoe Park District</b>	Lisa Sheppard
<b>Glenview Park District</b>	Michael McCarty
<b>Park District of Highland Park</b>	Brian Romes
<b>City of Highwood</b>	Jim Hospodarsky
<b>Kenilworth Park District</b>	Johnathan Kiwala
<b>Lake Bluff Park District</b>	John Bealer
<b>City of Lake Forest</b>	Sally Swarthout
<b>Northbrook Park District</b>	Chris Leiner
<b>Northfield Park District</b>	Bill Byron
<b>Village of Riverwoods</b>	Kris Ford
<b>Wilmette Park District</b>	Steve Wilson
<b>Winnetka Park District</b>	John Peterson

NSSRA families and the community are invited to attend board meetings on designated Thursdays at 10:00 am. Board meeting schedules can be found online at [nssra.org](http://nssra.org).

## NSSRA's Core Values

Compassion, Respect, Quality, Flexible, Accountable and Ethical Practices.

## NSSRA's Services

NSSRA services include traditional, inclusive, cooperative, summer camp programs, special events, overnight trips, camps, Gator Athletics/Special Olympics, and more.

## NSSRA's Vision

To be leaders in recreation by providing innovative and exceptional services for people with disabilities.

## NSSRA's Mission

Enrich the lives of people with disabilities in our partner communities through quality recreation services.

## Diversity, Equity, and Inclusion Statement

NSSRA is committed to cultivating an inclusive, equitable and safe environment. NSSRA works to remove barriers by fostering a culture that embraces diversity and treats all people with dignity and respect.





# Registration Information

## How to Register

**Online** at [nssra.org](https://nssra.org)

**Email** your registration form to [registration@nssra.org](mailto:registration@nssra.org)

**Fax** to (847) 509-1177

**Drop Off or Mail** to 1221 County Line Rd.  
Highland Park, IL 60035



The NSSRA registration form can be downloaded, or submitted at [NSSRA.org/forms](https://nssra.org/forms).

## Important Dates

### Registration Dates (Winter and Spring):

November 13 - December 8

**Winter Program Dates:** January 15 - March 9

**Spring Program Dates:** April 1 - May 18

**No Program Dates:** January 25 - 28, March 29 - 31, April 13, April 19, and April 22 - 23

## Program Lottery

NSSRA uses a lottery system for programs. When participants register for a program, they will be put on a waitlist until the lottery is conducted. You don't need to make any payment during registration. The outcome of the lottery will be communicated to all participants by Thursday, December 14. You will receive a receipt via your primary email address, which will list the programs you are enrolled in, and payment will be expected by Friday, December 29.

If the program you selected is in high demand and becomes full during the lottery, you will remain on the waiting list. Your position on the list will be determined by the lottery results and will be specified on your receipt. We will do our best to accommodate the waitlists. Openings in programs are dependent on factors such as staff availability, transportation, facility space, and pre-purchased tickets. **NSSRA staff will regularly review the waitlists during the season and will contact you if a spot becomes available in a program.**

## Winter and Spring Together at Last

Registration for both Winter and Spring programs will now occur during the winter season, providing more opportunities to secure a spot in our action-packed schedule. Here's why we're making this change:

**Efficiency in Scheduling:** By combining the registration of seasons, NSSRA can better plan resources and allocate staff and facilities for both seasons.

**Convenience:** Families have one registration date to remember, making it more convenient for you.

**Consistency:** A unified registration process ensures deadlines, procedures, and communications consistency.

## Required for Registration

ePACT replaced our Annual Information Form, Seizure Information Form and Allergy Form.

- ▶ Contact our office to receive an email invite to share information with NSSRA.
- ▶ Click 'Complete Request' to create a free account or log in if you already have an existing ePACT account.
- ▶ Enter the required information, like medical conditions, and share it with NSSRA so that program staff have access.
- ▶ You can update this information anytime a change happens.
- ▶ **ePACT information will be required to be reconfirmed on an annual basis. You will receive an email on November 20. Your profile must be confirmed by Friday, December 8 at noon to be eligible for the lottery.**

Have questions? Don't hesitate to get in touch with us at [registration@nssra.org](mailto:registration@nssra.org).

# Inclusion Services

NSSRA recognizes that some individuals with disabilities would benefit from social opportunities available by participating in programs offered through their local park district or recreation department. Inclusion provides a choice for individuals of varying abilities to experience recreation programming within their community.

Inclusion services are offered to residents of NSSRA's 13 partner communities at no additional cost to the family. Inclusion support may come in the form of one or more of the following: program observation, staff training, program modifications/adaptations, modified equipment, and/or an Inclusion Companion.

An Inclusion Companion's role is to blend into the program with the partner agency staff while providing the appropriate amount of support to promote independence.

## What types of services does Inclusion provide?

- ▶ Activity Modification
- ▶ Disability Awareness Training
- ▶ Behavior Management Support
- ▶ Observation and Evaluations
- ▶ Adaptive Equipment
- ▶ Visual Systems
- ▶ Varying Levels of Staff Support

## Reasons to Request Inclusion Support

- ▶ A parent or family member recognizes that a participant would benefit from additional support in a partner agency program.
- ▶ The partner agency staff identifies a need for additional support, for safety and programmatic reasons and communicates this need to the family.





# Requesting Inclusion Services

When registering for a program with one of NSSRA's partner agencies:

- ▣ Mark the accommodation section of the registration form. This can be indicated in the following ways: Special Accommodations, ADA Information, or Americans with Disabilities Act.
- ▣ Once the registration form is submitted, the partner agency will contact the family to discuss the type of Inclusion support needed for the participant.
- ▣ The partner agency will provide NSSRA with an Inclusion request that contains both program and participant information.
- ▣ NSSRA then contacts the family to discuss the participant's needs further and receive input on the type of support needed.
- ▣ NSSRA will work with the partner agency to put the necessary Inclusion accommodations in place.
- ▣ Communication between NSSRA, partner agency staff, and the family continues throughout the Inclusion process.

## Partner Agency Inclusion Contacts

Each of NSSRA's partner agencies has a contact who is available to answer questions regarding Inclusion.

### Deerfield Park District

Contact: Dana Bundy  
Phone: (847) 572-2624

### City of Highwood

Contact: Scott Coren  
Phone: (847) 432-1924

### Northbrook Park District

Contact: Nancy Eschker  
Phone: (847) 291-2995

### Glencoe Park District

Contact: Bobby Collins  
Phone: (847) 835-7535

### Kenilworth Park District

Contact: Johnathan Kiwala  
Phone: (847) 251-1691

### Northfield Park District

Contact: Jim Reuter  
Phone: (847) 446-4428

### Glenview Park District

Contact: Natalie Liang  
Phone: (224) 521-2552

### Lake Bluff Park District

Contact: Jim Lakeman  
Phone: (847) 457-7343

### Village of Riverwoods

Contact: Kris Ford  
Phone: (847) 867-3188

### Park District of Highland Park

Contact: Julie Nichols  
Phone: (847) 579-3131

### City of Lake Forest Recreation Department

Contact: Joe Mobile  
Phone: (847) 810-3941

### Wilmette Park District

Contact: Mary Liz Jayne  
Phone: (847) 256-9689

### Winnetka Park District

Contact: Toby Ross  
Phone: (847) 501-2071

# Code of Conduct

## Behavior

All participants and their guests are expected to exhibit appropriate behavior at all times while participating, spectating or attending any program or activity sponsored by NSSRA. This includes participation in programs that may or may not require an admission fee. For the purpose of the Code of Conduct, the term “program” refers to all recreational events you may attend as a participant, spectator or visitor sponsored by NSSRA.

## Equal Access

No eligible participant shall, on the basis of race, creed, national origin or disability, be denied equal access to programs, activities, services or benefits or be limited in the exercise of any right, privilege, advantage or opportunity. If any special accommodations are necessary for participation in any program or to receive any service provided by NSSRA, please notify staff upon registration.

## Participants and their guests shall:

- ▶ Show respect to all participants and program staff and/or supervisors.
- ▶ Take direction from program staff and/or supervisors.
- ▶ Refrain from using abusive or foul language.
- ▶ Refrain from causing bodily harm to self, other participants or program staff and/or supervisors.
- ▶ Refrain from bullying other participants or program staff and/or supervisors.
- ▶ Show respect to equipment, supplies and facilities.

## Participant Expectations

- ▶ Clean, dry clothing.
- ▶ No bowel/bladder problems upon arrival at the transportation location or program. If this is a concern, extra clean clothing, clean-up supplies and Depends™ garments or similar items must be sent with the participant.
- ▶ Attention to body odor.
- ▶ Overall appearance should be clean.
- ▶ Appropriate attire for program participation. If you have questions about the type of attire participants should wear for a particular program, please contact our office.
- ▶ NSSRA staff will also be consistent in stressing personal hygiene while participants are in our programs and will not return participant(s) in an unclean manner at the end of a program.

## Discipline

A positive approach is used when disciplining. Program staff may discuss the Code of Conduct with all program participants prior to the start of the program and will periodically review the Code of Conduct. If inappropriate behavior occurs, staff will develop a solution specific to each situation as it arises. NSSRA reserves the right to dismiss participants whose behavior endangers themselves or others.



# Icon Key



## **Atlanto-Axial Instability (AAI)**

NSSRA requires AAI documentation from a physician for a participant with Down syndrome wishing to register in a program where this symbol is indicated. AAI requires precautions that may affect the safety of those with Down syndrome participating in certain programs.

## **Transportation Information**

Program descriptions specify where pick up and drop off points or door-to-door transportation are available. Please indicate your pick up/drop off locations on the registration form.

## **Bring Spending Money**

Programs with this symbol may request participants to carry spending money for food, beverages and souvenirs.

## **Undetermined Drop Off Time**

NSSRA may offer programs to destinations such as sporting events and shows for which the end time cannot be specifically determined. The group will stay until the conclusion of the event. Staff will phone each participant's household at the conclusion of the event with specific drop off times.

## **High Risk Waiver**

Programs with this symbol have higher risk than typical recreation programs and will require a waiver signed by the parent/guardian for participation.



# Special Events

Date	Program	Time	Ages	Page
January 19	Big Top Boogie	7:00 - 9:00 pm	16 and up	11
January 21	Thrown Elements	12:00 - 3:00 pm	7 - 21	11
February 4	Shedd Aquarium	1:00 - 4:00 pm	7 - 21	11
February 10	NEDSRA Valentines Dance	7:00 - 9:00 pm	18 and up	12
February 18	Soup-er Bowl Showdown	12:00 - 2:00 pm	16 and up	12
March 2	Hockey Huddle	7:00 pm - End of game	16 - 21	12
March 3	<b>FREE!</b> Family Movie Night	7:00 - End of Movie	All Ages	12
March 9	Karaoke & Bingo	4:00 - 7:00 pm	16 - 21	13
March 17	Feeling Lucky?	1:00 - 3:00 pm	21 and up	13
March 24	Tee Time Adventure	11:00 - 2:00 pm	21 and up	13
April 7	Painting & Popsicles	1:00 - 3:00 pm	7 - 21	15
April 13	BSTC: The Wizard of Oz	6:00 - 8:00 pm	21 and up	15
April 14	BSTC: The Wizard of Oz	1:30 - 3:30 pm	7 - 21	15
April 19	Shining Stars Banquet	6:00 - 10:00 pm	All ages	14
April 21	<b>FREE!</b> Family Movie Night	7:00 - End of Movie	All Ages	15
April 28	Earth Day Expedition	12:00 - 4:30 pm	7 - 21	15
May 3	Spring Formal	7:00 - 9:00 pm	16 and up	16
May 5	Cinco de Mayo Fiesta	11:30 - 1:30 pm	16 and up	16
May 11	Ventures in Volo	11:00 - 2:00 pm	7 - 21	16
May 19	Cruise & Cuisine	11:30 - 2:30 pm	21 and up	16
June 11	Bags & Burgers	11:30 - 1:30 pm	16 and up	16


## How to Register for Special Events

**Online** at [nssra.org](http://nssra.org)

**Email** your registration form to [registration@nssra.org](mailto:registration@nssra.org)

**Fax** to (847) 509-1177

**Drop Off or Mail** to 1221 County Line Rd.  
Highland Park, IL 60035

 The NSSRA registration form can be downloaded or submitted at [nssra.org/forms](http://nssra.org/forms).

## Important Dates

**Registration Dates:** November 13 through December 8

## Questions?





For any questions about special events, please contact Christian Guenther at (847) 509-9400 x6863 or [cguenther@nssra.org](mailto:cguenther@nssra.org).


## Transportation for Special Events

Most of NSSRA's special events include transportation to and from designated pick up points with enrollment. Transportation times vary and will add to program length before and after the special event advertised.

NSSRA will communicate specific transportation details and pick up points before the event.

## Designated Pick Up Points

-  Slotnick Center / NSSRA, Highland Park
-  Moraine Living Facility
-  Wilmette Community Recreation Center
-  Northbrook Sports Center

 Pick up points will vary based on registration and special event location.




## **Big Top Boogie**

**Friday, January 19 | 7:00 - 9:00 pm**

**Park Center, Glenview**

Let's boogie the night away! Come one, come all for an evening of dancing to some of the best songs and carnival games with your friends from NSSRA and other SRAs in the area. It will be an event you won't want to miss!

 Light snacks and refreshments will be offered

 **Age:** 16 and up

 **Program Code / Fee:** 147001-61 / \$51

## **Thrown Elements**

**Sunday, January 21 | 12:00 - 3:00 pm**

**Thrown Elements, Arlington Heights**

Unleash your creativity at Thrown Elements! Join us for a delightful day of pottery painting and self-expression. Indulge in a delectable lunch at The Village Grill in Arlington Heights before diving into a world of colors and imagination.

 **Age:** 7 - 21


 **Program Code / Fee:** 147002-61 / \$88

## **Shedd Aquarium**

**Sunday, February 4 | 1:00 - 4:00 pm**

**Shedd Aquarium, Chicago**

Dive into wonder at the Shedd Aquarium! Immerse yourself in the underwater world and explore all kinds of marine life. Get excited about your next aquatic adventure!

 Please bring additional money if you would like to purchase snacks or souvenirs.

 **Age:** 7 - 21


 **Program Code / Fee:** 147003-61 / \$135



## **NEDSRA Valentines Dance**

**Saturday, February 10 | 7:00 - 9:00 pm**  
**Lombard Community Building**

Love is in the air! Join us and our friends from other SRAs as we enjoy a night of dancing and fun at NEDSRA's annual Valentine's Day Dance! We can't wait for an unforgettable night on the dance floor and we hope that you can be there too!

 **Age:** 18 and up  
**Program Code / Fee:** 147004-61 / \$54

## **Soup-er Bowl Showdown**

**Sunday, February 18 | 12:00 - 2:00 pm**  
**Slotnick Center / NSSRA, Highland Park**



Not ready for the Super Bowl parties to end? Keep the party going with a twist. Get ready to taste victory at our Super Bowl-themed soup extravaganza. Experience the thrill of flavor match-ups as we pit the finest soups against each other in a bracket-style competition. From creamy classics to hearty chilis, savor every spoonful and cast your votes to crown the ultimate champion.

 **Age:** 16 and up  
**Program Code / Fee:** 147005-61/ \$45

## **Hockey Huddle**

**Saturday, March 2 | 7:00 pm until End of Game**  
**Fox Valley Ice Arena, Geneva**

Join us for an electrifying outing to witness the skill, speed, and excitement of the Chicago Steel. Feel the rush as the crowd erupts in cheers. Every moment on the ice is a spectacle, from jaw-dropping saves to exhilarating goals.



-  Please bring additional money if you would like to purchase snacks or souvenirs.
-  Expect a phone call regarding drop off times as the game length varies.

 **Age:** 16 - 21  
**Program Code / Fee:** 147007-61 / \$66

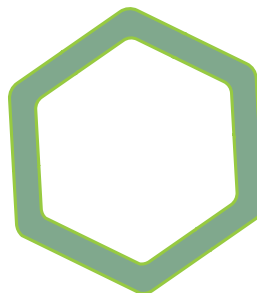
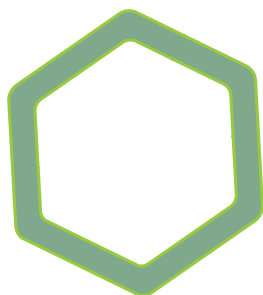
## **FREE!** Family Movie Night

**Sunday, March 3 | 6:00 pm**  
**Registration Deadline:** March 1  
**Slotnick Center / NSSRA, Highland Park**

Looking for a fun activity for the entire family?! Get your family and friends together for our FREE Family Movie Night! The next feature film will be announced one month prior.

-  Family Movie Night is a FREE event; advance registration is required.
-  Please note that NSSRA staff will not be available to supervise participants.

 **Age:** All Ages  
**Program Code / Fee:** 147008-01 / FREE




## **Karaoke & Bingo**

**Saturday, March 9 | 6:00 - 8:00 pm**

**Slotnick Center / NSSRA, Highland Park**

Enjoy thrilling Bingo rounds with fantastic prizes and afterwards unleash your inner rock star with a diverse karaoke song selection. Whether you're a karaoke pro or just looking for a fun night out, join us for an unforgettable evening of entertainment.

 Snacks and refreshments will be served

 **Age:** 16 and up

 **Program Code / Fee:** 147009-61 / \$44




## **Feeling Lucky?**

**Sunday, March 17 | 1:00 - 3:00 pm**

**Slotnick Center / NSSRA, Highland Park**

Step into a world of luck and luxury at our gambling extravaganza! Experience the thrill and take your chances at a variety of games. Join us for an afternoon of entertainment, camaraderie, and the opportunity to win big.

 Snacks and refreshments will be served.

 **Age:** 21 and up


 **Program Code / Fee:** 147010-61 / \$47

## **Tee Time Adventure**

**Sunday, March 24 | 11:00 am - 2:00 pm**

**Puttshack, Oak Brook**

Swing into playful competition at Puttshack, where the classic game of mini golf meets an exciting twist. After sinking those winning putts, we'll continue the fun at the Lazy Dog Restaurant.

 **Age:** 21 and up

 **Program Code / Fee:** 147011-61 / \$101

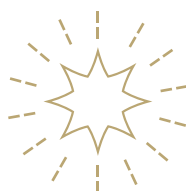






# SHINING STARS

## *Awards & Recognition Banquet*



### **Shining Stars Banquet**

**Friday, April 19 | 6:00 - 10:00 pm**

**Pinstripes, Northbrook**

You are cordially invited to the 2024 Shining Stars Awards and Recognition Banquet! Enjoy a night of celebration for our NSSRA participants, families, supporters, and community. Dance the night away with our DJ's best hits, take home some snazzy giveaways, and more. Sponsored by the NSSRA Foundation.



Please note that NSSRA staff members are not available to supervise participants.

**Invitations and sponsorship material will be mailed in late February. All attendees must complete an RSVP card via mail or on our website at [www.nssra.org/shiningstars](http://www.nssra.org/shiningstars); on site registration will not be available.**

 **Age: All Ages**



## **Painting & Popsicles**

**Sunday, April 7 | 1:00 - 3:00 pm**

**Slotnick Center / NSSRA, Highland Park**

Join us for a creative escape filled with vibrant colors and sweet treats. Indulge your artistic side as you paint your masterpiece. After the finishing touches, cool down with a refreshing popsicle while you marvel at your masterpiece.

**Age:** 7 - 21

**Program Code / Fee:** 247004-61 / \$48

## **Bright Star Theatre Company: We're Off to See the Wizard**

**Saturday, April 13 | 6:00 - 8:30 pm**

**Northbrook Leisure Center**

Join us as we support our fellow NSSRA performers in this year's Bright Star Theater Company's production of The Wizard of Oz! See Dorothy travel with a Scarecrow, Tin Man, Cowardly Lion, and her dog Toto to the Emerald City to meet the Wizard. Afterward, we'll get a treat to end the night.

**Age:** 21 and up

**Program Code / Fee:** 247013-61 / \$53

## **Bright Star Theatre Company: The Wizard of Oz**

**Sunday, April 14 | 1:30 - 4:00 pm**

**Northbrook Leisure Center**

Join us as we support our fellow NSSRA performers in this year's Bright Star Theater Company's production of The Wizard of Oz! See Dorothy travel with a Scarecrow, Tin Man, Cowardly Lion, and her dog Toto to the Emerald City to meet the Wizard. Afterward, we'll get a treat to end the night.

**Age:** 7 - 21

**Program Code / Fee:** 247005-61 / \$53


## **FREE!** Family Movie Night


**Sunday, April 21 | 7:30 pm**

**Registration Deadline:** April 19

**Slotnick Center / NSSRA, Highland Park**

Looking for a fun activity for the entire family?! Get your family and friends together for our FREE Family Movie Night! The next feature film will be announced one month prior.

 Family Movie Night is a FREE event; advance registration is required.

 Please note that NSSRA staff will not be available to supervise participants.

**Age:** All Ages


**Program Code / Fee:** 247006-01 / FREE


## **Earth Day Expedition**

**Sunday, April 28 | 12:00 - 4:30 pm**

**Lincoln Park Zoo, Chicago**

Celebrate our planet's beauty on this special outing in honor of Earth Day. Appreciate all the natural wonders and engage with animals of all kinds. Let your mind wander as you explore the Lincoln Park Zoo.

 Lunch will be provided.

 Please bring money if you would like to purchase any snacks and/or souvenirs.

**Age:** 7 - 21


**Program Code / Fee:** 247007-61 / \$71



## **Spring Formal**

**Friday, May 3 | 7:00 - 9:00 pm**

**Park Center, Glenview**

Get dressed up for a fun night with your friends from other SRAs. Groove to the dance floor beat and recharge at the refreshment table before you rock out some more.

-  Please dress appropriately for this formal affair. Dresses and ties are encouraged! The dance begins at 7:00 pm.


 **Age:** 16 and up  
 **Program Code / Fee:** 247002-61 / \$48

## **Cinco de Mayo Fiesta**

**Sunday, May 5 | 11:30 am - 1:30 pm**

**Fat Rosie's, Lincolnshire**

From zesty tacos to sizzling fajitas, indulge in a mouthwatering array of dishes that capture the essence of Mexican cuisine. With colorful decor and a lively atmosphere, join us to celebrate Cinco de Mayo.


 **Age:** 16 and up  
 **Program Code / Fee:** 247008-61 / \$74

## **Ventures in Volo**

**Sunday, May 12 | 11:00 am - 2:00 pm**

**Volo Museum, Volo**

Join us for a thrilling journey that bridges the past and the prehistoric. It's a day of marvels, from the ingenuity of automotive history to the majesty of ancient reptiles. Get ready to be amazed by two worlds, each with a captivating story.

-  Please bring additional money if you would like to purchase any extra snacks or souvenirs.

 **Age:** 7 - 21  
 **Program Code / Fee:** 247009-61 / \$120

## **Cruise & Cuisine**

**Sunday, May 19 | 11:30 am - 2:30 pm**

**Lake Geneva, Wisconsin**

Set sail and embark on a serene adventure as we glide across the tranquil waters of Lake Geneva. Marvel at picturesque views and soak in the soothing atmosphere as we take a boat cruise around Lake Geneva. After the cruise, we'll go for a delectable lunch that perfectly complements our time on the water.

 **Age:** 21 and up  
 **Program Code / Fee:** 247011-61 / \$96

## **Bags & Burgers**

**Saturday, June 1 | 11:30 am - 1:30 pm**

**Slotnick Center / NSSRA, Highland Park**

Kick-start summer with bags and burgers! Join us for an outdoor extravaganza featuring classic yard games and the sizzling aroma of freshly-made burgers. It's the ultimate way to welcome the warmer days, surrounded by friends, fun, and the unmistakable spirit of summer.

 **Age:** 16 and up  
 **Program Code / Fee:** 247012-61 / \$42

# NSSRA SUMMER CAMPS

INFORMATION  
COMING FEBRUARY



Bright Star Theatre Company Presents

## THE WIZARD OF OZ

### Show Dates

April 13 - 6:30 pm

April 14 - 2:00 pm

**Tickets go on Sale  
Monday, January 29**

For more information or with questions, please  
contact Recreation Specialist Stephany Hoch at  
(847) 509-9400 x6812 or [shoch@nssra.org](mailto:shoch@nssra.org).



In partnership with Northbrook Park District, NSSRA participants are joined by Creative Companions and Northbrook Park District staff at Northbrook Theatre to facilitate a live production.



# Overnight Trips

## Trip Eligibility

Participants must be able to meet general trip expectations for all overnight trips. Specific trip eligibility is listed in the program guide information. For all trips lasting longer than three days and two nights, participants must attend an NSSRA overnight trip prior to the registration deadline for the desired trip in order for NSSRA staff to assess the individual's readiness for the trip. Assessments will be completed at the end of all trips to determine eligibility for future trips.

## General Trip Expectations

For NSSRA overnight trips, participants must be able to:

- ▶ Meet all expectations outlined in the Code of Conduct.
- ▶ Participate in a group setting and follow all scheduled activities.
- ▶ Demonstrate appropriate social skills with peers, staff and members of the public.
- ▶ Carry out activities of daily living, with or without staff assistance.
- ▶ Respectfully share living space with other participants and staff.

## Registration Deadline

**Friday, May 10**

Please note that registration for overnight trips will be conducted on a first-come-first-served basis, meaning that spots will be filled in the order that registrations are received. There will no longer be a lottery system in place for trip registration. Don't wait to sign up for these amazing opportunities!

## Questions?

For any questions about trips, please contact Lacey Allen at (847) 509-9400 x6833 or [llallen@nssra.org](mailto:llallen@nssra.org).

## Trip Housing

Participants may be expected to share rooms, and possibly beds, with peers of the same gender. Specific housing details are listed in the trip information. To arrange for a single room or bed, if available, please call the trip contact listed in the program guide by the designated registration deadline. An additional fee may apply for these arrangements.

NSSRA staff may not be present in all rooms during downtime, personal care/hygiene time or overnight. Room assignments will be made at the staff's discretion. Participants are expected to stay in their rooms and be respectful of their roommates. To arrange for a staff member to be present in the room overnight, please call the trip contact as listed in the program guide by the designated registration deadline.

## Activities of Daily Living

All participants are required to adhere to NSSRA participant expectations for the duration of the trip. Depending on the trip, NSSRA staff are available to provide different levels of reminders, prompting and assistance for activities of daily living (i.e. toileting, showering, brushing teeth, dressing and feeding). Specific expectations for carrying out activities of daily living on trips are listed in the program guide information.

## Camp Duncan



**Registration Deadline:** Friday, May 10

**Location:** YMCA Camp Duncan, Ingleside, IL

**Age:** 12 and up

**Min/Max:** 7/14

It's time to head out for a week-long overnight trip at the local YMCA Camp Duncan. The week at Camp Duncan will include many activities, including boating, hiking, a climbing wall, an indoor swimming pool, and arts and crafts. Tell your friends and pack your bags; this will be a memorable summer experience!

After the registration deadline, registrants will be split into two groups based on age. Each group will have their own scheduled activities and cabins. Please note that participants will be in single bunk beds in a large open cabin with peers in their group and of the same gender. Staff will be present in all cabins overnight. Individual cabins are not available.

The fee includes transportation, meals, accommodations, and various activities. New participants must attend an NSSRA overnight trip before Camp Duncan's registration deadline so NSSRA can assess the individual's readiness for this trip. There will also be a mandatory meeting for new participants a week before we leave for Camp Duncan. Participants must be able to function in a group setting with assistance and follow scheduled activities.

NSSRA will email a trip waiver and information packet, which must be returned with payment by July 5.

Please contact Lacey Allen at (847) 509-9400 x6833 or [lallen@nssra.org](mailto:lallen@nssra.org) for additional trip details.

**Date:** Monday, August 5 - Friday, August 9

**Program Code / Fee:** 341001-61 / \$1,490

## Camp Wigwam



**Registration Deadline:** Friday, May 10

**Location:** Camp Wigwam, Waterford, ME

**Age:** 18 and up

**Min/Max:** 13/20

Ahka Lacka Ching! NSSRA will again fly to Camp Wigwam on Bear Lake in Waterford, Maine.

This camp offers exciting opportunities, including swimming, tubing, fishing, boating on the beautiful Bear Lake, and hiking up Hawk Mountain. We'll challenge ourselves on the climbing wall and in archery and spend time together singing around the campfire and making s'mores! We will also venture outside of Camp Wigwam to watch a baseball game in Portland, Maine, visit the Portland beach, and enjoy all Maine has to offer! The camp is accredited by the American Camping Association, and NSSRA has been taking groups to Maine for over forty years. Camp Wigwam is an unforgettable experience and an excellent opportunity to explore, make new friends, and create new memories!

New participants must attend an NSSRA overnight trip before the registration deadline for Camp Wigwam so NSSRA staff can assess the individual's readiness for this trip. There will also be a mandatory meeting for new participants a week before camp. Please note that participants will be in single beds and sharing cabins with peers. Please contact Lacey Allen at (847) 509-9400 x6833 or [lallen@nssra.org](mailto:lallen@nssra.org) before the registration deadline to arrange a single cabin.

NSSRA will email a trip waiver and information packet in July, which must be returned with payment by July 26. Participants must be able to independently perform daily living skills, follow scheduled activities, and function at a 1:4 staff-to-participant ratio. This trip is not recommended for anyone who tires easily when walking. The fee includes transportation, meals, accommodations, and various activities.

**Date:** Wednesday, August 21 - Wednesday, August 28

**Program Code / Fee:** 341002-61 / \$600 Deposit

(Approximate fee will be \$2,700 to \$3,000)

# Youth Programs

Day	Program	Time	Ages	Page
Monday	Fitness Fanatics	5:00 - 6:00 pm	7 - 21	21
Monday	NSSRA Bowling	6:30 - 8:00 pm	8 and up	21
Tuesday	Chef's Creation	4:30 - 5:45 pm	7 - 21	23
Tuesday	Private Piano Lessons	4:30 - 7:30 pm	3 and up	22
Tuesday	NEW! Kickin' It Martial Arts	4:30 - 5:15 pm	7 - 15	23
	NEW! Kickin' It Martial Arts	5:30 - 6:15 pm	16 and up	23
Wednesday	Private Piano Lessons	4:30 - 7:30 pm	3 and up	22
Wednesday	NEW! Ready, Set, Dance!	4:30 - 5:15 pm	5 - 12	24
Wednesday	Sensory Art	4:30 - 5:30 pm	7 - 21	25
Wednesday	Gym Groupies	6:00 - 7:00 pm	16 and up	25
Wednesday	Gym Groupies	7:15 - 8:15 pm	16 and up	25
Thursday	NEW! League of Gamers	4:30 - 5:15 pm	7 - 15	26
	NEW! League of Gamers	5:30 - 6:15 pm	16 - 21	26
Thursday	Youth Horseback Riding	5:00 - 6:10 pm	3 - 15	27
Thursday	Horseback Riding	6:20 - 7:30pm	16 and up	27
Thursday	Embrace U	6:00 - 7:15 pm	15 - 30	27
Friday	Friday Frenzy	7:00 - 9:00 pm	13 - 15	28
Friday	Teens Night Out	7:00 - 9:00 pm	16 - 18	28
Saturday	SPICE	9:00 - 9:30 am	6 - 21	29
Saturday	Northbrook-On-Ice	Varies	6 - 21	29
Saturday	Community Club	9:00 - 11:30 am	7 - 15	30
Saturday	Teen Travelers	12:30 - 3:00 pm	16 - 21	30
Saturday	Social Squad	12:30 - 1:30 pm	7 - 21	31


## How to Register for Youth Programs

**Online** at [register.nssra.org](http://register.nssra.org)

**Email** your registration form to [registration@nssra.org](mailto:registration@nssra.org)

**Fax** to (847) 509-1177






**Drop Off or Mail** to 1221 County Line Rd.  
Highland Park, IL 60035

 The NSSRA registration form can be downloaded at [nssra.org/forms](http://nssra.org/forms).

## Questions?

For any questions about youth programs, please contact Koren Sharrar at (847) 509-9400 x6834 or [ksharrar@nssra.org](mailto:ksharrar@nssra.org).

## Designated Pick Up Points

-  Slotnick Center / NSSRA, Highland Park
-  Moraine Living Facility
-  Wilmette Community Recreation Center
-  Northbrook Sports Center
-  Pick up points will vary based on registration and program location.

## Important Dates

**Registration Dates (Winter and Spring):**

November 13 - December 8

**Winter Program Dates:** January 15 - March 9

**Spring Program Dates:** April 1 - May 18

**No Program Dates:** January 25 - 28, March 29 - 31, April 13, April 19, and April 22 - 23

## Monday

### ! Fitness Fanatics

**Age:** 7-21

**Min/Max:** 6/12

**Location:** Northfield Community Center

Calling all fitness fanatics! Each week, participants will engage in fitness instruction from yoga and meditation to strength training and cardio. This program consists of exploring fitness techniques to create a successful workout. Participants will also socialize with their peers while encouraging active lifestyles.

#### Goals:

- ▢ Engage in various fitness activities.
- ▢ Increase strength, endurance, and flexibility.
- ▢ Increase socialization opportunities.

**Time:** 5:00 - 6:00 pm

**Day:** Monday

#### Winter

**Dates:** 1/15 - 3/4

**Code:** 142001-01

**Fee:** \$109

#### Spring

**Dates:** 4/1 - 5/13

**No Program:** 4/22

**Code:** 242001-01

**Fee:** \$82

### ! NSSRA Bowling

**Age:** 8 and up

**Min/Max:** 6/15

**Location:** Bowlero, Vernon Hills

Looking for a fun way to socialize with your peers? Join our program and enjoy two games of bowling. Adaptive equipment is available to make the game accessible to all.

- ⚙ The fee includes bowling and shoe rental.
- ⚙ Participants already registered for Gator Bowling are not eligible to sign up for NSSRA Bowling.

#### Goals:

- ▢ Develop an understanding of bowling rules and etiquette.
- ▢ Improve social skills by conversing with one another while waiting to bowl.

**Time:** 6:30 - 8:00 pm

**Day:** Monday

#### Winter

**Dates:** 1/15 - 3/4

**Code:** 144003-01

**Fee:** \$160

#### Spring

**Dates:** 4/1 - 5/13

**No Program:** 4/22

**Code:** 244003-01

**Fee:** \$120

## Transportation Information

**Winter Code / Fee:** 144003-51 / \$100

**Spring Code / Fee:** 244003-51 / \$76

NSSRA will communicate specific transportation details and pick up points before the program begins.



Winter and Spring 2024



**Tuesday/Wednesday**

## Private Piano Lessons

**Age:** 3 and up

**Min/Max:** 3/6

**Location:** Slotnick Center / NSSRA, Highland Park

Are you interested in learning how to play the piano? Our program provides 30-minute individual lessons on the piano, developed by a music therapist. You don't need any prior skills or experience to join the program. The instruction will be tailored based on your needs and skill level.

- ⓘ Returning participants have priority for their same time slot from the previous season. You are welcome to state a time preference; however, no spaces are guaranteed.
- ⓘ NSSRA will notify you of your assigned half-hour time slot before the start of the program.
- ⓘ Participants who are not independent at drop-off will need a guardian to stay on-site during the lesson. The guardian will be responsible for all behavior needs, medical decisions, and personal care needs during the time of the program.
- ⓘ Join us on Wednesday, May 22 in the Slotnick Center Auditorium at 6:00 pm for our Spring Piano Recital which will showcase both Tuesday and Wednesday lessons.

### Goals:

- 📋 Develop an understanding and appreciation of music.
- 📋 Increase ability to follow instructions.
- 📋 Promote the development of fine motor skills required to play an instrument.

**Time:** 4:30 - 7:30 pm

**Day:** Tuesday or Wednesday

### Winter: Tuesday

**Dates:** 1/16 - 3/19

**Code:** 142003-01

**Fee:** \$514

### Spring: Tuesday

**Dates:** 4/2 - 5/21

**No Program:** 4/23

**Code:** 242003-01

**Fee:** \$360

### Winter: Wednesday

**Dates:** 1/17 - 3/20

**Code:** 142003-11

**Fee:** \$514

### Spring: Wednesday

**Dates:** 4/3 - 5/15

**Code:** 242003-11

**Fee:** \$360



## Chef's Creations

**Age:** 7 - 21

**Min/Max:** 6/10

**Location:** Slotnick Center / NSSRA, Highland Park

Grab your apron and chef hat, and join us in NSSRA's teaching kitchen on Tuesday afternoons! Channel your inner cooking connoisseur and dabble with new cuisines. Each week, participants will follow step-by-step recipes to create a delicious culinary creation. Get ready to measure, slice, mix, and cook some delightful dishes!

### Goals:

- ▢ Increase kitchen safety.
- ▢ Learn basic cooking skills.
- ▢ Create healthy habits.

**Time:** 4:30 - 5:45 pm

**Day:** Tuesday

### Winter

**Dates:** 1/16 - 3/5

**Code:** 142002-01

**Fee:** \$116

### Spring

**Dates:** 4/2 - 5/14

**No Program:** 4/23

**Code:** 242002-01

**Fee:** \$87



## NEW! Kickin' It Martial Arts

**Age:** 7 and up

**Min/Max:** 6

**Location:** FIT Boutique, Deerfield

Earn your belt and gi in martial arts! Participants will be introduced to basic martial arts and karate skills while learning to connect their minds and bodies. The group will progress through the ranks each week and grow in physical fitness, coordination, and social skills.

- 📄 A waiver will be sent before the program and must be returned to the NSSRA office by Wednesday, January 3.
- 📄 Participants registering for this program must be able to follow gym rules, stay with the group, and transition with minimal assistance.
- 📄 A Gi and belt can be purchased through the facility. A form will be sent out before the start of program.
- 👕 Participants should come dressed in athletic clothing and gym shoes.

### Goals:

- ▢ Improve focus and self-confidence.
- ▢ Improve teamwork.

**Time:** 4:30 - 6:15 pm

**Day:** Tuesday

### Winter

**Dates:** 1/16 - 3/5

**Group 1: Ages 7 - 15**

**Time:** 4:30 - 5:15 pm

**Code:** 142004-01

**Fee:** \$139

**Group 2: Ages**

**16 and up**

**Time:** 5:30 - 6:15 pm

**Code:** 142004-02

**Fee:** \$139

### Spring

**Dates:** 4/2 - 5/14

**No Program:** 4/23

**Group 1: Ages 7 - 15**

**Time:** 4:30 - 5:15 pm

**Code:** 242004-01

**Fee:** \$104

**Group 2: Ages**

**16 and up**

**Time:** 5:30 - 6:15 pm

**Code:** 242004-02

**Fee:** \$104



## Wednesday

### ! **NEW! Ready, Set, Dance!**

**Age:** 5 - 12

**Min/Max:** 6/10

**Location:** Park Center, Glenview

NSSRA wants to dance with somebody, you! Join us as we explore a variety of dance styles, such as jazz, ballet, and contemporary. Participants will work on the connection between the different rhythms of the music and their bodies, fostering self-expression and providing a creative outlet.

- 📅 The spring session will perform in The Spring Dance Recital at Glenbrook South High School on Saturday, May 4th. Additional information on timing and costumes will be provided closer to the recital.

#### Goals:

- 📌 Increase self-confidence.
- 📌 Improve coordination and balance.
- 📌 Improve understanding of basic dance techniques.

📅 **Time:** 4:30 - 5:15 pm

📅 **Day:** Wednesday

#### Winter

📅 **Dates:** 1/17 - 3/6

📅 **Code:** 142005-01

📅 **Fee:** \$96

#### Spring

📅 **Dates:** 4/3 - 5/15

📅 **Code:** 242005-01

📅 **Fee:** \$114

### Seeking Dance Companions

We are seeking dance companions ages 13 and up who are ready to share in the fun and excitement out on the dance floor! As a dance companion, you will be paired with a dancer with disabilities as they participate in the program. This is an hour commitment on Wednesdays on the dates above.

Please contact Erin White at (847) 509-9400 x6830 or ewhite@nssra.org if you are interested in becoming a companion.



## Wednesday

### Sensory Art

**Age:** 7 - 21

**Min/Max:** 4/6

**Location:** Slotnick Center / NSSRA, Highland Park

Prepare to embrace the mess, work with your hands, and nurture your inner artist while gaining experience using new creative mediums, tools, and artistic techniques. Each week will feature sensory-based art activities and stations. It is all about the creative process!

#### Goals:

- ▢ Promote growth and self-confidence through artmaking.
- ▢ Enhance fine motor skills.
- ▢ Increase exposure to creativity and attentiveness to art instruction.

**Time:** 4:30 - 5:30 pm

**Day:** Wednesday

#### Winter

**Dates:** 1/17 - 3/6

**Code:** 142006-01

**Fee:** \$112

#### Spring

**Dates:** 4/3 - 5/15

**Code:** 242006-01

**Fee:** \$98

### Gym Groupies

**Age:** 16 and up

**Min/Max:** 6/10

**Location:** Sachs Recreation Center, Deerfield

Join your friends for an active open gym night! Participants will experience various fitness activities, including stretches, sports skills, scrimmaging, and more! Please wear athletic clothes and gym shoes.

- ⓘ If you would like transportation to and from the program, please ensure you register for Group 2.

#### Goals:

- ▢ Increase exposure to various fitness activities while enhancing gross motor skills through group fitness.
- ▢ Improve social interaction and teamwork.

**Day:** Wednesday

#### Winter

**Dates:** 1/17 - 3/6

##### Group 1

**Time:** 6:00 - 7:00 pm

**Code:** 144007-01

**Fee:** \$109

##### Group 2

**Time:** 7:15 - 8:15 pm

**Code:** 144007-02

**Fee:** \$109

#### Spring

**Dates:** 4/3 - 5/15

##### Group 1

**Time:** 6:00 - 7:00 pm

**Code:** 244007-01

**Fee:** \$96

##### Group 2

**Time:** 7:15 - 8:15 pm

**Code:** 244007-02

**Fee:** \$96

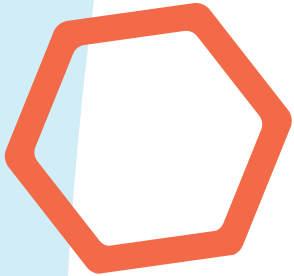
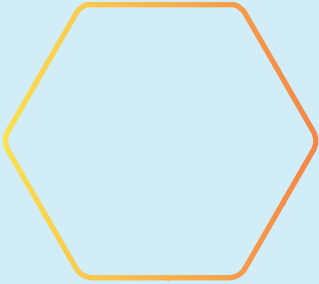
### Transportation Information

**Winter Code / Fee:** 144007-52 / \$100

**Spring Code / Fee:** 244007-52 / \$88

NSSRA will communicate specific transportation details and pick up points before the program begins.





Thursday

## NEW! League of Gamers

**Age:** 7 - 21

**Min/Max:** 4/6

**Location:** Slotnick Center / NSSRA, Highland Park

Do you enjoy playing video games at home? Then, join us in a small group setting as we explore the world of video gaming through the Nintendo Switch, virtual reality, and more! Participants will work alongside their peers to accomplish tasks, build something, and express themselves creatively while playing their favorite video games.

### Goals:

- ▣ Increase social & emotional skills
- ▣ Enhance cognitive functioning
- ▣ Provide a positive sensory experience
- ▣ Improve problem-solving skills

Day: Thursday

### Winter

~ **Dates:** 1/18 - 3/7

~ **No Program:** 1/25

**Group 1: Ages 7 - 15**

~ **Time:** 4:30 - 5:15 pm

~ **Code:** 142007-01

~ **Fee:** \$78

**Group 2: Ages 16 -21**

~ **Time:** 5:30 - 6:15 pm

~ **Code:** 142007-02

~ **Fee:** \$78

### Spring

~ **Dates:** 4/4 - 5/16

**Group 1: Ages 7 - 15**

~ **Time:** 4:30 - 5:15 pm

~ **Code:** 242007-01

~ **Fee:** \$78

**Group 2: Ages 16 - 21**

~ **Time:** 5:30 - 6:15 pm

~ **Code:** 242007-02

~ **Fee:** \$78



## Thursday

### Embrace U

**Age:** 15 - 30

**Min/Max:** 4/8

**Location:** CROYA, Lake Forest

Join us in developing self-love and confidence through individual and group exercises. We'll explore various ways to improve mental health, like journaling, meditation, affirmations, projects and games. Create healthy habits with us!

- ⓘ Due to the content of programming, those registering for Embrace U must be at a 1:4 staffing ratio. For more information, please contact NSSRA.

#### Goals:

- ▢ Improve self-esteem and self-image.
- ▢ Develop a sense of creativity through self-expression.
- ▢ Increase socialization with others through a shared goal.

**Time:** 6:00 - 7:15 pm

**Day:** Thursday

### Winter

**Dates:** 1/18 - 3/7

**No Program:** 1/25

**Code:** 144008-01

**Fee:** \$101

### Spring

**Dates:** 4/4 - 5/16

**Code:** 244008-01

**Fee:** \$101

## Transportation Information

**Winter Code / Fee:** 144008-51 / \$88

**Spring Code / Fee:** 244008-51 / \$88

NSSRA will communicate specific transportation details and pick up points before the program begins.

### Horseback Riding

**Age:** 3 and up

**Min/Max:** 3/6

**Location:** Equestrian Connection, Lake Forest

Saddle up! Equestrian Connection is a one-of-a-kind stable that provides therapeutic horseback riding opportunities specifically designed for individuals with disabilities. Participants will have three rotations during the program: 20 minutes of riding, groundwork and social time with a snack.

- ⓘ NSSRA will send a waiver before the program, and you must return it to the NSSRA office by Thursday, January 4.
- ⓘ As a safety precaution for all, participants over 250 pounds will do groundwork with horses instead of riding.
- ⓘ Participants must be able to wear an equestrian helmet and gait belt to partake in riding. Participants with physical and medical conditions, please use caution.

#### Goals:

- ▢ Increase flexibility and range of motion while on the horse.
- ▢ Gain self-confidence and a sense of control through stable skills.
- ▢ Develop companionship with the horse and a sense of responsibility.

**Day:** Thursday

### Winter

**Dates:** 1/18 - 3/7

**No Program:** 1/25

**Ages 3 - 15**

**Time:** 5:00 - 6:10 pm

**Code:** 142008-01

**Fee:** \$325

**Ages 16 and up**

**Time:** 6:20 - 7:30 pm

**Code:** 142009-01

**Fee:** \$325

### Spring

**Dates:** 4/4 - 5/16

**Ages 3 - 15**

**Time:** 5:00 - 6:10 pm

**Code:** 242008-01

**Fee:** \$325

**Ages 16 and up**

**Time:** 6:20 - 7:30 pm

**Code:** 242009-01

**Fee:** \$325



## Friday

### Friday Frenzy



**Age:** 13 - 15 **Min/Max:** 6/10

**Location:** Slotnick Center / NSSRA, Highland Park

Get together with your friends for exciting Friday night activities! Participants will have an in-house themed activity or a community outing each night.

-  Fee includes transportation from the designated pick up points, meals at restaurants, and admissions during community outings.
-  NSSRA will email transportation information and other important program information before the start of the program.

#### Goals:

-  Increase ability to initiate interactions with others.
-  Promote independence in the community and increase awareness of positive leisure activities.

**Time:** 7:00 - 9:00 pm

**Day:** Friday

### Friday Frenzy Outings

#### Winter

Big Top Boogie  
Movie Mania  
Cookies, Cocoa & Crafts  
Candy & Culver's  
Mardi Gras Masquerade  
Pin Pals  
1 Fish, Red Fish, Blue Fish!

#### Spring

Spring is in the Air  
Breakfast for Dinner  
Fairytale & Fro-Yo  
Spring Formal  
Action Territory  
Painting Perfection

#### Winter

**Dates:** 1/19 - 3/8  
**No Program:** 1/26  
**Code:** 142010-61  
**Fee:** \$238

#### Spring



**Dates:** 4/5 - 5/17  
**No Program:** 4/19  
**Code:** 242010-61  
**Fee:** \$204

### Teens Night Out




**Age:** 16-18 **Min/Max:** 6/10

**Location:** Slotnick Center / NSSRA, Highland Park

It's teen's night out and time to get together with your friends for exciting Friday night activities! Participants will have a themed in-house activity or a community outing each night.

-  Fee includes transportation from the designated pick up points, meals at restaurants, and admissions during community outings.
-  NSSRA will email transportation information and other important program information before the start of the program.

#### Goals:

-  Increase ability to initiate interactions with peers.
-  Promote independence in the community.
-  Increase awareness of positive leisure activities.

**Time:** 7:00 - 9:00 pm

**Day:** Friday

### Teens Night Out Outings

#### Winter

Big Top Boogie  
Bingo & Brownies  
SRSNLC's Vday Dance  
Happy Campers  
Mardi Gras Masquerade  
DIY Crafts  
Games & Grub

#### Spring

Games Galore  
Karaoke Superstars  
Paint & Scoop  
Spring Formal  
Chefin' It Up  
A Bowl Lot of Fun

#### Winter

**Dates:** 1/19 - 3/8  
**No Program:** 1/26  
**Code:** 142011-61  
**Fee:** \$238

#### Spring

**Dates:** 4/5 - 5/17  
**No Program:** 4/19  
**Code:** 242011-61  
**Fee:** \$204

## Saturday

### ! SPICE

**Age:** 6 - 21

**Min/Max:** 6/10

**Location:** Northbrook Sports Center

Special People's Ice Skating Experience (SPICE) is NSSRA's longest-running program. This program will offer participants a flexible ice-skating experience. A skating coach will work with the group to develop and improve skating skills. Volunteer skating buddies will work alongside the skaters to increase social interaction and instruction.

- ! A waiver will be sent before the program and must be returned to the NSSRA office by Wednesday, January 3.
- ! In order to register for Northbrook-On-Ice, participants must have participated in SPICE during the winter season.
- ! Participants enrolled in Northbrook-On-Ice will be responsible for attending all rehearsals and paying a costume fee.
- ! Additional paperwork will be sent upon registration.

**Time:** 9:00 - 9:30 am

**Day:** Saturday

**Dates:** January 20 - March 9

**No Program:** January 27

**Program Code / Fee:** 148001-01 / \$100

### Northbrook-on-Ice

**Age:** 6 - 21

**Min/Max:** 6/10

**Location:** Northbrook Sports Center



Northbrook-On-Ice will offer participants an experience of learning an ice skating routine to perform during the Northbrook-On-Ice shows. A skating coach will work with the group to develop and improve skating skills. Volunteer skating buddies will work alongside skaters to increase social interaction and instruction.

- ! To register for Northbrook-On-Ice, participants must have participated in SPICE during the winter season.
- ! Participants enrolled in Northbrook-On-Ice will be responsible for attending all rehearsals.
- ! NSSRA will send additional paperwork upon registration.

Saturday, April 6, 9:00 am	Ice Show Rehearsal (Buddies Only)
Saturday, April 13, 9:00 am	Ice Show Rehearsal
Saturday, April 20, 9:00 am	Ice Show Rehearsal
Saturday, April 27, 9:00 am	Ice Show Rehearsal
Sunday, May 5*, 8:00 am	Dress Rehearsal
Tuesday, May 7, 6:00 pm	Tech Rehearsal
Thursday, May 9*, 6:00 pm	Sensory Show
Friday, May 10, 7:00 pm	Ice Show
Saturday, May 11, 11:00 am & 4:00 pm	Ice Show
Sunday, May 12, 1:00 pm	Ice Show

\*Dates Tentative, NSSRA will communicate specific dates and times as they become available.

**Program Code / Fee:** 248001-01 / \$70





**Saturday**

## **Community Club / Teen Travelers**

**Age:** 7 - 21

**Min/Max:** 6/10

**Location:** Slotnick Center / NSSRA, Highland Park

Explore the town in Community Club and Teen Travelers. This program is for you if you enjoy out-and-about adventures and experiencing new things! Each week participants will ride the bus from the Slotnick Center/NSSRA to a local community hot spot for an exciting outing. Weekly destinations may include farmers markets, libraries, local parks, nature centers, and more!

 NSSRA will provide outing details at the start of the season.

### **Goals:**

- ☐ Increase socialization and peer interaction.
- ☐ Enhance awareness of positive leisure in the community.
- ☐ Encourage participation in community activities.

 **Day:** Saturday

## **Ages 7 - 15 (Community Club)**

### **Winter**

**Dates:** 1/20 - 3/9

**No Program:** 1/27

**Time:** 9:00 - 11:30 am

**Code:** 142012-61

**Fee:** \$213

### **Spring**

**Dates:** 4/6 - 5/18

**No Program:** 4/13

**Time:** 9:00 - 11:30 am

**Code:** 242012-61

**Fee:** \$183

## **Ages 16 - 21 (Teen Travelers)**

### **Winter**

**Dates:** 1/20 - 3/9

**No Program:** 1/27

**Time:** 12:30 - 3:30 pm

**Code:** 142013-61

**Fee:** \$213

### **Spring**

**Dates:** 4/6 - 5/18

**No Program:** 4/13

**Time:** 12:30 - 3:30 pm

**Code:** 242013-61

**Fee:** \$183



~~~~~ Saturday ~~~~~

## **Social Squad**




**Age:** 7 - 21

**Min/Max:** 6/12

**Location:** Slotnick Center / NSSRA, Highland Park

Saturdays are for socializing! Social Squad allows participants to experience various leisure activities, including current events, group games, fitness and movement, creative expression, and more! If you enjoy trying new things, being active, and spending time with friends, join the squad!

### **Goals:**

-  Increase independence and self-confidence through socialization with peers and staff.
-  Develop increased attention to activities and ability to follow directions.
-  Promote physical activity and knowledge of different leisure activities.

**Time:** 12:30 - 1:30 pm

**Day:** Saturday

### **Winter**

**Dates:** 1/20 - 3/9

**No Program:** 1/27

**Code:** 142014-01

**Fee:** \$104

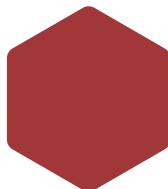
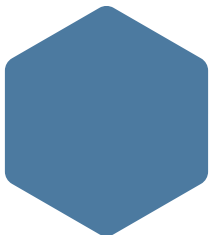
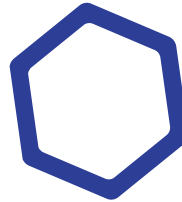
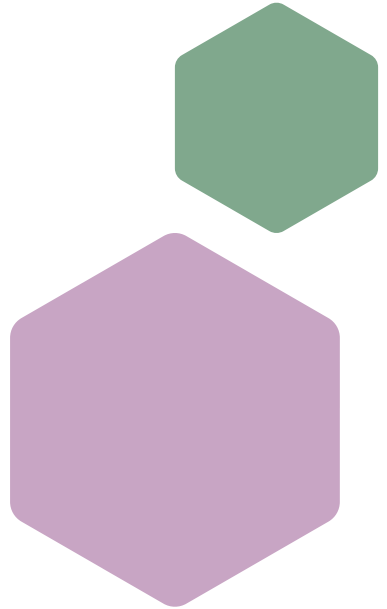
### **Spring**

**Dates:** 4/6 - 5/18

**No Program:** 4/13

**Code:** 242014-01

**Fee:** \$89



# Adult Programs


| Day       | Program                      | Time                | Ages      | Page    |
|-----------|------------------------------|---------------------|-----------|---------|
| Monday    | Let's Bowl                   | 11:30 am - 2:30 pm  | 21 and up | 33      |
| Monday    | Strength & Cardio            | 6:15 - 7:15 pm      | 21 and up | 33      |
| Monday    | NSSRA Bowling                | 6:30 - 8:00 pm      | 8 and up  | 34      |
| Tuesday   | What's Cooking?              | 6:15 - 7:45 pm      | 21 and up | 35      |
| Tuesday   | Private Piano Lessons        | 4:30 - 7:30 pm      | 3 and up  | 22      |
| Wednesday | Private Piano Lessons        | 4:30 - 7:30 pm      | 3 and up  | 22      |
| Wednesday | NEW! Kickin' It Martial Arts | 5:30 - 6:15 pm      | 16 and up | 35      |
| Wednesday | Day Trips                    | 11:00 am - 2:30 pm  | 21 and up | 36 - 38 |
| Wednesday | Paint & Sip                  | 6:00 - 7:15 pm      | 21 and up | 39      |
| Wednesday | Artist Studio                | 6:00 - 7:15 pm      | 21 and up | 39      |
| Wednesday | Gym Groupies 1               | 6:00 - 7:00 pm      | 16 and up | 40      |
|           | Gym Groupies 2               | 7:15 - 8:15 pm      | 16 and up | 40      |
| Thursday  | Embrace U                    | 6:00 - 7:15 pm      | 15 - 30   | 40      |
| Thursday  | Horseback Riding             | 6:20 - 7:30pm       | 16 and up | 41      |
| Thursday  | Singers Showcase             | 6:15 - 7:15 pm      | 21 and up | 41      |
| Friday    | Finally Friday               | 7:00 - 9:00 pm      | 19 - 30   | 42 - 45 |
| Friday    | After Hours                  | 7:00 - 9:00 pm      | 31 and up | 46 - 47 |
| Saturday  | Healthy Living               | 9:30 - 10:30 am     | 21 and up | 48      |
| Saturday  | Creative Arts                | 11:00 am - 12:00 pm | 21 and up | 49      |
| Saturday  | Weekenders                   | 1:00 - 2:00 pm      | 21 and up | 49      |
| Saturday  | Saturday Night Hot Spots     | 7:00 - 9:00 pm      | 21 and up | 50 - 51 |

## How to Register for Adult Programs





**Online** at [nssra.org](https://nssra.org)


**Email** your registration form to [registration@nssra.org](mailto:registration@nssra.org)

**Drop Off or Mail** to 1221 County Line Rd.  
Highland Park, IL 60035

 The NSSRA registration form can be downloaded or submitted at [nssra.org/forms](https://nssra.org/forms).

## Designated Pick Up Points

-  Slotnick Center / NSSRA, Highland Park
-  Moraine Living Facility
-  Wilmette Community Recreation Center
-  Northbrook Sports Center

 Pick up points will vary based on registration and program location.

## Questions?

For questions about adult social clubs (Finally Friday, After Hours, or Saturday Night Hot Spots), please contact Stephany Hoch at (847) 509-9400 x6812 or [shoch@nssra.org](mailto:shoch@nssra.org). For any questions about adult programs, please contact Peyton Schulte at (847) 509-9400 x6824 or [pschulte@nssra.org](mailto:pschulte@nssra.org).

## Important Dates

**Registration Dates (Winter and Spring):** November 13 through December 8

**Winter Program Dates:** January 15 - March 9

**Spring Program Dates:** April 1 - May 18

**No Program Dates:** January 25 - 28, March 29 - 31, April 13, April 19, and April 22 - 23

## Monday


### **Let's Bowl**

**Age:** 21 and up



**Min/Max:** 6/10

**Location:** Pinstripes, Northbrook

Spend time at the lanes with your friends while improving your bowling skills. Participants will bowl at least one game per week before eating lunch together. During the first week of the program, bowlers will eat at the Pinstripes Bistro, and then they will create a schedule of restaurants to visit for the remainder of the season. Adaptive bowling equipment is available.

-  Please bring \$20 - \$25 for lunch each week. The fee includes shoe rental and bowling fees.

#### Goals:

-  Develop an understanding of bowling rules, etiquette, and increase skills.
-  Increase upper extremity's range of motion.

**Time:** 11:30 am - 2:30 pm

**Day:** Monday

#### Winter

**Dates:** 1/15 - 3/4

**Code:** 144013-01

**Fee:** \$252

#### Spring

**Dates:** 4/1 - 5/13

**Code:** 244013-01

**Fee:** \$221


### **Strength & Cardio**

**Age:** 21 and up




**Min/Max:** 4/6

**Location:** Northfield Community Center

Participants will learn to increase strength through various exercise workouts such as cardio, yoga, fitness machines, and free weights. Program staff will assist each participant in a successful workout.

-  This program is not competitive.

#### Goals:

-  Increase knowledge of fitness machines.
-  Engage in various fitness activities and exercises.
-  Maximize strength, endurance, and flexibility through workouts with peers.

**Time:** 6:15 - 7:15 pm

**Day:** Monday

#### Winter

**Dates:** 1/15 - 3/4

**Code:** 144002-01

**Fee:** \$109

#### Spring

**Dates:** 4/1 - 5/13

**No Program:** 4/22

**Code:** 244002-01

**Fee:** \$82

## Transportation Information

**Winter Code / Fee:** 144013-51 / \$100

**Spring Code / Fee:** 244013-51 / \$88

NSSRA will communicate specific transportation details and pick up points before the program begins.





## Monday



### **NSSRA Bowling**

**Age:** 8 and up


**Min/Max:** 6/15

**Location:** Bowlero, Vernon Hills

Looking for a fun way to socialize with your peers? Join our program and enjoy two games of bowling. Adaptive equipment is available to make the game accessible to all.

-  The fee includes bowling and shoe rental.
-  Participants already registered for Gator Bowling are not eligible to sign up for NSSRA Bowling.

#### **Goals:**

-  Develop an understanding of bowling rules and etiquette.

**Time:** 6:30 - 8:00 pm

**Day:** Monday

#### **Winter**

**Dates:** 1/15 - 3/4

**Code:** 144003-01

**Fee:** \$160

#### **Spring**

**Dates:** 4/1 - 5/13

**No Program:** 4/22

**Code:** 244003-01

**Fee:** \$120

## **Transportation Information**

**Winter Code / Fee:** 144003-51 / \$100

**Spring Code / Fee:** 244003-51 / \$76

NSSRA will communicate specific transportation details and pick up points before the program begins.







## **NEW! Kickin' It Martial Arts**

**Age:** 16 and up




**Min/Max:** 6

**Location:** FIT Boutique, Deerfield

Earn your belt and gi in martial arts! Participants will be introduced to basic martial arts and karate skills while learning to connect their minds and bodies. The group will progress through the ranks each week and grow in physical fitness, coordination, and social skills.

-  A waiver will be sent before the program and must be returned to the NSSRA office by Wednesday, January 3.
-  Participants registering for this program must be able to follow gym rules, stay with the group, and transition with minimal assistance.
-  A Gi and belt can be purchased through the facility. A form will be sent out before the start of program.
-  Participants should come dressed in athletic clothing and gym shoes.

### Goals:

-  Improve focus and self-confidence
-  Improve teamwork.
-  Increased social interaction.

**Time:** 5:30 - 6:15 pm

**Day:** Tuesday

### Winter

**Dates:** 1/16 - 3/5

**Code:** 142004-02

**Fee:** \$139

### Spring

**Dates:** 4/2 - 5/14

**No Program:** 4/23

**Code:** 242004-02

**Fee:** \$104



## **What's Cooking?**

**Age:** 21 and up




**Min/Max:** 4/8

**Location:** Slotnick Center / NSSRA, Highland Park

Are you a foodie interested in making delicious dishes while improving your kitchen skills? Then this program in NSSRA's state-of-the-art teaching kitchen is for you! Join your peers in learning hands-on cooking basics, such as meal planning, recipe following, and food prepping. Participants will develop a repertoire of recipes throughout the season.

-  This program includes group cooking instruction; therefore, NSSRA cannot accommodate all dietary restrictions.
-  Eating the food made in the program will be incorporated into this program; please plan accordingly.

### Goals:

-  Learn basic cooking skills and techniques.
-  Develop an understanding of food preparation and kitchen safety.
-  Increase ability to follow step-by-step recipes.

**Time:** 6:15 - 7:45 pm

**Day:** Tuesday

### Winter

**Dates:** 1/16 - 3/5

**Code:** 144004-01

**Fee:** \$116

### Spring

**Dates:** 4/2 - 5/14

**No Program:** 4/23

**Code:** 244004-01

**Fee:** \$87

## **Transportation Information**

**Winter Code / Fee:** 144004-51 / \$100

**Spring Code / Fee:** 244004-51 / \$76

NSSRA will communicate specific transportation details and pick up points before the program begins.

# Wednesday Day Trips



**Age:** 21 and up

**Min/Max:** 6/10

**Location:** Slotnick Center / NSSRA, Highland Park

Spend the day with friends exploring the community and experiencing exciting adventures! Participants can expect to socialize, play games, and visit local destinations. Sign up for all, or choose only the ones that interest you. Each event has a separate fee to cover the cost of admission, staff, and transportation. Each trip will incorporate a group lunch.

ⓘ A valid state-issued ID verifying your age as 21 or older is required each week.

ⓘ Please bring \$20 - \$25 to cover the cost of lunch each week.

## Goals:

- ▢ Enhance socialization with peers.
- ▢ Increase awareness of community leisure opportunities.
- ▢ Strengthen money management skills.

⋈ **Contact:** Peyton Schulte

⋈ **Time:** 11:00 am - 2:30 pm

⋈ **Day:** Wednesday

## Transportation Information

ⓘ Transportation for this program is at community pick up points. Details will be emailed to you prior to the start of the program.

## Lunch n' Learn

**Date:** January 17

**Location:** Wilmette Public Library

Join us at the Wilmette Library to explore it's creative resources, craft and invent with their Maker's services, and relax with a good book. After the library, we will enjoy lunch at Walker Bros. Original Pancake House.

ⓘ Lunch is included in the program fee.

⋈ **Program Code / Fee:** 144005-61 / \$52

## The Milwaukee BioDomes

**Date:** January 24

**Location:** The Mitchell Park Horticultural Conservatory, Milwaukee

Let's gather to appreciate the unique array of plants, animals, and climates featured in The Domes. Afterwards, the group will head to lunch at Chili's!

⋈ **Program Code / Fee:** 144005-62 / \$43

## Curling Club

**Date:** January 31

**Location:** Windy City Curling, Villa Park

You've seen it at the Olympics; now you can try it! The group will learn about curling and try out the sport for themselves. Lunch at Panera Bread will follow the lesson.

ⓘ A waiver will be sent before the program and must be completed by Wednesday, January 17

⋈ **Program Code / Fee:** 144005-63 / \$42

## Confection Connection

**Date:** February 7

**Location:** Long Grove Confectionery, Buffalo Grove

As we prepare for the upcoming holiday, let's venture to our local chocolate factory to see how sweet treats are made. After the tour, the group will indulge in a savory lunch at Jimmy John's.

› **Program Code / Fee:** 144005-64 / \$42

## Volo Museum

**Date:** February 28

**Location:** Volo Museum, Volo

Start your engines! Let's travel to Volo to admire its impressive classic and famous vehicle collection. Lunch will be in the museum at Grams Central Pizzeria.

› **Program Code / Fee:** 144005-67 / \$49

## Love Is in the Air

**Date:** February 14

**Location:** Slotnick Center / NSSRA, Highland Park

Spend Valentine's Day at NSSRA making heart-shaped pizzas, arranging a beautiful bouquet, and decorating cards for loved ones, all while watching a classic rom-com!

› **Program Code / Fee:** 144005-65 / \$48

## Tote-ally Creative

**Date:** March 6

**Location:** GiGi's Playhouse, Hoffman Estates

Time to get creative! Join us as we visit GiGi's Playhouse to design and create custom tote bags. Afterward, the group will head to Garbaldi's next door for lunch. Then, back to GiGi's to socialize and eat gelato.

› **Program Code / Fee:** 144005-68 / \$46

## Pin Pals

**Date:** February 21

**Location:** Pinstripes, Northbrook

Enjoy an afternoon of bowling at Pinstripes. After two hours of gameplay, the group will indulge in a delicious, sit-down lunch at Pinstripes Bistro.



Program will be from 11:30 am – 3:00pm on this date only

› **Program Code / Fee:** 144005-66 / \$73

## Midday Matinee

**Date:** April 3

**Location:** TBD

Lights, camera, action! Spend the day at the movies catching the latest release with your friends.



Lunch and theater location, as well as the movie selection will be communicated the week of April 3.

› **Program Code / Fee:** 244005-61 / \$51

# Wednesday Day Trips Continued

## Gamers Unite

**Date:** April 10

**Location:** Woodfield Mall, Schaumburg

Unleash your inner gamer and level up your Wednesday afternoon fun! Let's go to Enterrium at Woodfield Mall for some arcade games. With time left over, we will explore some shops and eat lunch at the Dining Pavillion.

› **Program Code / Fee:** 244005-62 / \$54

## Living in History

**Date:** April 17

**Location:** Naper Settlement, Naperville

Jump back in time and learn how life has changed in the 19th century for the people of northern Illinois. Through educational and immersive experiences, the group will simulate life as we used to know it. Afterward, the group will move over to MOD Pizza.

› **Program Code / Fee:** 244005-63 / \$43

## The Field Museum

**Date:** April 24

**Location:** Field Museum, Chicago

Immerse yourself in our world's vast array of culture and natural history right here in Chicago. The group will take a field trip to the Field Museum to learn and explore. Lunch will be at the Field Bistro onsite.

› **Program Code / Fee:** 244005-64 / \$55

## May Day Mayhem

**Date:** May 1

**Location:** Slotnick Center / NSSRA, Highland Park

Hello, May! Let's celebrate by making May Day baskets for loved ones. We will pick up supplies from the Dollar Tree, eat lunch at Portillo's, and travel back to NSSRA for crafting and creating.

› **Program Code / Fee:** 244005-65 / \$46

## Topgolf

**Date:** May 8

**Location:** Topgolf, Schaumburg

Swing into spring with an afternoon at Topgolf! Let's head to the bays to hit some balls and play some games as a group. Lunch will be ordered and served onsite.

› **Program Code / Fee:** 244005-66 / \$46

## Lambs Farm

**Date:** May 15

**Location:** Lambs Farm, Libertyville

Join us for a day full of fun on the farm with friends. At Lambs Farm, we will interact with animals, play games, and explore the grounds. The group will eat lunch on-site at Lambs Farm Bistro.

› **Program Code / Fee:** 244005-67 / \$42



## Wednesday


### **NEW! Paint & Sip**

**Age:** 21 and up




**Min/Max:** 6/8

**Location:** Slotnick Center / NSSRA, Highland Park

Do you enjoy the Artist Studio program? Then Paint & Sip is for you! Each week, artists will socialize, make a seasonal beverage, and receive guided painting instruction. With step-by-step directions, participants will create unique paintings throughout the season. By the program's final day, we'll have a portfolio of artwork to showcase!

-  Family members and friends are invited to enjoy the Paint & Sip Art Show on Wednesday, March 6.

#### **Goals:**

-  Improve attention and focus with step-by-step instructions.
-  Increase social engagement with peers through a common interest in art making.
-  Develop self-expression through a visual medium.

### **Winter**

**Time:** 6:00 - 7:15 pm

**Day:** Wednesday

**Dates:** January 17 - March 6

**Code/Fee:** 144006-01 / \$136

### **Transportation Information**

 **Transportation Code / Fee:** 144006-51 / \$100

NSSRA will communicate specific transportation details and pick up points before the program begins.

### **Artist Studio**





**Age:** 21 and up

**Min/Max:** 6/8

**Location:** Slotnick Center / NSSRA, Highland Park

Attention artists! Join us for a program filled with creativity, self-expression, and art-making. Each week, artists will learn different techniques while receiving individualized instruction. During the program session, participants will create a portfolio of art pieces, experimenting with various mediums, styles, and art skills.

#### **Goals:**

-  Learn basic art techniques.
-  Improve attention and focus with step-by-step instructions.
-  Increase social engagement with peers through a common interest in art making.
-  Develop self-expression through a visual medium.

### **Spring**

**Time:** 6:00 - 7:15 pm

**Day:** Wednesday

**Dates:** April 3 - May 15

**Code/Fee:** 244006-01 / \$119

### **Transportation Information**

 **Transportation Code / Fee:** 244006-51 / \$76

NSSRA will communicate specific transportation details and pick up points before the program begins.



## Wednesday

### **Gym Groupies**



**Age:** 16 and up **Min/Max:** 6/10

**Location:** Sachs Recreation Center, Deerfield

Join your friends for an active open gym night! Participants will experience various fitness activities, including stretches, sports skills, scrimmaging, and more!


-  Please wear athletic clothes and gym shoes.
-  If you would like transportation to and from the program, please ensure you register for Group 2.

#### Goals:


-  Increase exposure to various fitness activities.
-  Enhance gross motor skills through group fitness.


 **Day:** Wednesday

#### Winter

 **Dates:** 1/17 - 3/6


##### Group 1


 **Time:** 6:00 - 7:00 pm

 **Code:** 144007-01

 **Fee:** \$109


##### Group 2

 **Time:** 7:15 - 8:15 pm


 **Code:** 144007-02


 **Fee:** \$109

#### Spring

 **Dates:** 4/3 - 5/15


##### Group 1


 **Time:** 6:00 - 7:00 pm

 **Code:** 244007-01

 **Fee:** \$96

##### Group 2

 **Time:** 7:15 - 8:15 pm

 **Code:** 244007-02

 **Fee:** \$96

### Transportation Information

 **Winter Code / Fee:** 144007-52 / \$100

 **Spring Code / Fee:** 244007-52 / \$88

NSSRA will communicate specific transportation details and pick up points before the program begins.


## Thursday

### **Embrace U**



**Age:** 15 - 30 **Min/Max:** 4/8


**Location:** CROYA, Lake Forest

Self-love isn't selfish; it's important. Join us as we develop confidence and manifest acceptance through group and individual exercises. During the program, we will explore many different ways in which we can focus on and improve our mental health, including, but not limited to, journaling and scrapbooking, meditation, affirmations, projects, and games. You will want to take advantage of this opportunity to create healthy habits!

-  Due to the content of programming, those registering for Embrace U must be at a 1:4 staffing ratio. For more information, please contact NSSRA.


#### Goals:

-  Develop a sense of creativity through self-expression while improving self-esteem and self-image.
-  Increase socialization with others through a shared goal.


 **Time:** 6:00 - 7:15 pm

 **Day:** Thursday

#### Winter

 **Dates:** 1/18 - 3/7


 **No Program:** 1/25

 **Code:** 144008-01

 **Fee:** \$101

#### Spring

 **Dates:** 4/4 - 5/16

 **Code:** 244008-01

 **Fee:** \$101

### Transportation Information

 **Winter Code / Fee:** 144008-51 / \$88

 **Spring Code / Fee:** 244008-51 / \$88


NSSRA will communicate specific transportation details and pick up points before the program begins.

## Singers Showcase





**Age:** 21 and up **Min/Max:** 4/12

**Location:** Slotnick Center / NSSRA, Highland Park

Join your fellow singing enthusiasts as we develop our vocal potential! Participants will gain appreciation for a variety of music styles and genres while learning new repertoire and singing old favorites. At each rehearsal, singers will also become familiar with performance etiquette, choreography, and movement.

-  The program will conclude with a final performance on Thursday, May 16. Participants are encouraged to invite their friends and family to attend.

### Goals:

-  Improve vocal skills and ability to follow directions.
-  Enhance memory of song lyrics and music theory.
-  Increase exposure to a variety of movements and musical genres.
-  Provide socialization and education through music and song.

**Dates:** January 18 - May 16


**No Program:** January 25 and March 14 - March 28

**Time:** 6:15 - 7:15 pm

**Day:** Thursday

**Code:** 144009-01

**Fee:** \$157

-  Enrollment in Singers Showcase will include two seasons of programming to allow sufficient time for participants to rehearse for a quality final performance.

## Transportation Information

 **Transportation Code / Fee:** 144009-51 / \$176

NSSRA will communicate specific transportation details and pick up points before the program begins.




## Horseback Riding

**Age:** 16 and up




**Min/Max:** 3/6


**Location:** Equestrian Connection, Lake Forest


Saddle up! Equestrian Connection is a one-of-a-kind stable that provides therapeutic horseback riding opportunities specifically designed for individuals with disabilities. Participants will have three rotations during the program: 20 minutes of riding, groundwork and social time with a snack. During groundwork, participants will learn and practice grooming techniques.

-  NSSRA will send a waiver before the program, and you must return it to the NSSRA office by Thursday, January 4.
-  As a safety precaution for all, participants over 250 pounds will do groundwork with horses instead of riding.
-  Participants must be able to wear an equestrian helmet and gait belt to partake in riding. Participants with physical and medical conditions, please use caution.


### Goals:

-  Increase flexibility and range of motion while on the horse.
-  Gain self-confidence and a sense of control through stable skills.
-  Develop companionship with the horse and a sense of responsibility.

 **Time:** 6:20 - 7:30 pm

 **Day:** Thursday

### Winter


 **Dates:** 1/18 - 3/7


 **No Program:** 1/25


 **Code:** 142009-01

 **Fee:** \$325

### Spring

 **Dates:** 4/4 - 5/16

 **Code:** 242009-01

 **Fee:** \$325

# Finally Friday



**Age:** 19 - 30 (New Age Range)

**Min/Max:** 6/10

**Location:** Slotnick Center / NSSRA, Highland Park

You don't want to miss out on this social scene with friends, fun, and great times! Sign up for all, or choose only the ones that interest you. Each event has a separate fee which covers the cost of admission, transportation, and meals.

- ⓘ Please bring spending money if you would like to purchase snacks or souvenirs, when applicable.

## Goals:

- ▢ Develop ability to initiate positive interactions with others.
- ▢ Expand awareness of leisure activities within the community.
- ▢ Increase awareness of peers and ability to self advocate.

⌋ **Time:** 7:00 - 9:00 pm (Approximate)

**Day:** Friday

⌋ **No Program:** January 26 and April 19

## Transportation Information

- ⓘ Transportation cost is covered in the price of this program and includes pick up and drop off at designated community locations. NSSRA will email details to you before the start of the program.

## Big Top Boogie

**Date:** January 19

**Location:** Park Center, Glenview

Enjoy a fun-filled evening dancing to the greatest hits, playing carnival games, and clowning around with your friends from NSSRA and other SRAs.

- ⓘ Please eat dinner before the event, as only light snacks and refreshments will be offered.

⌋ **Program Code / Fee:** 149001-61 / \$51

## Karaoke Club Pizza Party

**Date:** February 2

**Location:** Slotnick Center / NSSRA, Highland Park

Let's sing our hearts out at this karaoke event! Join us for an evening of singing, dancing, and pizza. Show off your superstar potential on stage and share your amazing vocal talents.

⌋ **Program Code / Fee:** 149001-62 / \$57




## **GBN Variety Show**

**Date:** February 9

**Location:** Glenbrook North High School, Northbrook

GBN has got TALENT! We will watch the Glenbrook North High School students showcase their amazing dancing, singing, and other talents.

-  Please bring additional money if you would like to purchase snacks from the concession stand.

 **Program Code / Fee:** 149001-63 / \$57

## **But First, Tacos!**

**Date:** February 16

**Location:** Uncle Julio's Old Orchard, Skokie

We hope you're hungry because we're heading to Uncle Julio's for a Friday night out! Uncle Julio's is famous for their fresh Mexican cuisine made from scratch. Grab your friends, and let's get a table because the tacos are calling your name!

 **Program Code / Fee:** 149001-64 / \$69

## **WSRA Mardi Gras Dance**

**Date:** February 23

**Location:** TBD

It's Mardi Gras time! Grab a mask and some beads and prepare for a fun-filled evening with our friends from other SRA's at the Warren Special Recreation Association Dance.



 **Program Code / Fee:** 149001-65 / \$45

## **Friday Night Flicks**

**Date:** March 1

**Location:** TBD

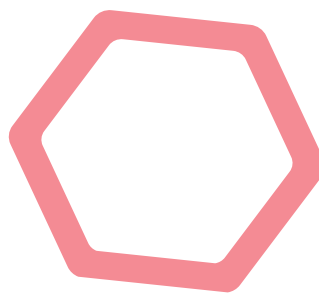
It's movie night! Come sit back and relax as we watch one of the latest flicks at a local theater.

-  NSSRA will provide movie specifics and transportation details before March 1. Program fee includes admission.
-  Please bring additional money if you would like to purchase snacks from the concession stand.

 **Program Code / Fee:** 149001-66 / \$55

**Continued on  
next page...**

# Finally Friday Continued



## Strikes and Spares

**Date:** March 8

**Location:** Bowlero, Vernon Hills

Grab your bowling ball and shoes and prepare to get some lucky strikes and spares!

⌋ **Program Code / Fee:** 149001-67 / \$52

## Spring into Fun

**Date:** April 5

**Location:** Slotnick Center / NSSRA, Highland Park

Enjoy the beginning of the spring season with an evening of games, crafts, music, and food.

⌋ **Program Code / Fee:** 249001-61 / \$43

## Grill House

**Date:** April 12

**Location:** Grill House, Northbrook

Enjoy a night out with friends as we head down to Grill House and enjoy a delicious dinner together!

⌋ **Program Code / Fee:** 249001-62 / \$69

## Earth Day Yoga

**Date:** April 26

**Location:** Heller Nature Center, Highland Park

Become one with your inner zen and realign yourself with Mother Nature! Spend the evening learning new yoga poses in our yoga instructor class at the nature center. Afterward, we'll return to Billy Bricks Ice Cream for a sweet treat.

⌋ **Program Code / Fee:** 249001-63 / \$61

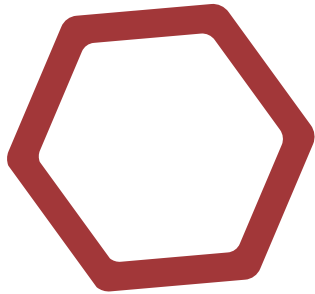
## Spring Formal

**Date:** May 3

**Location:** Park Center, Glenview

Get dressed up for a fun night with your friends from other SRA's. Groove to the dance floor beat and recharge at the refreshment table before you rock out some more.

⌋ **Program Code / Fee:** 249001-64 / \$48





## **Movie Mania**

**Date:** May 10

**Location:** TBD

It's movie night! We will visit the theater to watch one of the latest flicks.

-  NSSRA will contact you with movie details, location, and transportation information before Friday, May 10.
-  The program fee includes admission. Please bring additional money if you would like to purchase concessions.

 **Program Code / Fee:** 249001-65 / \$55

## **Minute to Win it**

**Date:** May 17

**Location:** Slotnick Center / NSSRA, Highland Park

It's game night! Time is of the essence, as you only have one minute on the clock to beat your opponent. Put on the pressure and put on your toppings. You gotta grab your tacos and GO GO GO!

 **Program Code / Fee:** 249001-66 / \$73



# Friday Night After Hours



**Age:** 31 and up (New Age Range)

**Min/Max:** 6/12

**Location:** Slotnick Center / NSSRA, Highland Park

It's after hours and time to socialize! Sign up for all events or choose only the ones that interest you. Each outing has a separate fee that covers admission, meals, staff, and transportation.

- ⓘ Please bring additional money if you would like to purchase snacks from the concession stand (if applicable).

## Goals:

- ▢ Increase awareness of leisure activities and social opportunities.
- ▢ Develop positive peer relationships.
- ▢ Learn about various community resources.

**Time:** 7:00 - 9:00 pm (Approximate)

**Day:** Friday

**No Program:** January 26 and April 19

## Transportation Information

- ⓘ Transportation cost is covered in the price of this program and includes pick up and drop off at designated community locations. NSSRA will email details to you before the start of the program.

## Big Top Boogie

**Date:** January 19

**Location:** Park Center, Glenview

Enjoy a fun-filled evening dancing to the greatest hits, playing carnival games, and clowning around with your friends from NSSRA and other SRAs.

- ⓘ Please eat dinner before the event as only light snacks and refreshments will be offered.

**Program Code / Fee:** 149002-61 / \$51

## Yard House

**Date:** February 2

**Location:** Yard House, Glenview

Let's experience innovative foods from Yard House's fantastic scratch kitchen. With various globally inspired flavors and favorite American dishes, there is something for everyone to enjoy.

**Program Code / Fee:** 149002-62 / \$69

## GBN Variety Show

**Date:** February 9

**Location:** Glenbrook North High School, Northbrook

GBN has got TALENT! We will watch the Glenbrook North High School students showcase their amazing dancing, singing, and other talents.

- ⓘ Please bring additional money if you would like to purchase snacks from the concession stand.

**Program Code / Fee:** 149002-63 / \$57

## Yoga-ta Be Kidding Me!

**Date:** February 16

**Location:** Slotnick Center / NSSRA, Highland Park

Unwind with us during a yoga class as we prepare for the weekend. Afterward, we will re-energize with a healthy beverage and snack.

**Program Code / Fee:** 149002-64 / \$63



## WSRA Mardi Gras Dance

**Date:** February 23

**Location:** TBD

It's Mardi Gras time! Grab a mask and some beads and prepare for a fun-filled evening with our friends from other SRAs at the Warren Special Recreation Association dance.

} **Program Code / Fee:** 149002-65 / \$45

## Lucky Strikes

**Date:** March 1

**Location:** Bowlero, Vernon Hills

Grab your bowling ball and shoes and prepare to get some lucky strikes and spares!


} **Program Code / Fee:** 149002-66 / \$54

## Movie Night

**Date:** March 8

**Location:** TBD

It's movie night! We will visit the theater to watch one of the latest flicks. Please bring additional money if you would like to purchase concessions.

 NSSRA will contact you with movie options, location, and transportation information before Friday, March 8.

} **Program Code / Fee:** 149002-67 / \$55

## Spring into Fun

**Date:** April 5

**Location:** Slotnick Center / NSSRA, Highland Park

Enjoy the beginning of the spring season with an evening of games, crafts, music, and food.

} **Program Code / Fee:** 249002-61 / \$43

## Bowl-O-Rama

**Date:** April 12

**Location:** Bowlero, Buffalo Grove

Enjoy upscale bowling and a lively atmosphere at one of our favorite spots, Bowlero! We will spend the night bowling and enjoy pizza at our lanes.

} **Program Code / Fee:** 249002-62 / \$63

## Taco Bout A Party

**Date:** April 26

**Location:** Lalo's Restaurant, Glenview

What better way to start the weekend than grabbing some delicious tacos from Lalo's Mexican Restaurant? Lalo's tasty, traditional family recipes offers lots of love.

} **Program Code / Fee:** 249002-63 / \$69

## Spring Formal

**Date:** May 3

**Location:** Park Center, Glenview

Get dressed up for a fun night with your friends from other SRAs. Groove to the dance floor beat and recharge at the refreshment table before you rock out some more.

} **Program Code / Fee:** 249002-64 / \$48

## Crafty Canvas

**Date:** May 10

**Location:** Slotnick Center / NSSRA, Highland Park

Join us for a fun-filled guided painting class where we will create fantastic art. We will also shake up the night, creating a fun seasonal mocktail of our choice to sip on while we get artsy.

} **Program Code / Fee:** 249002-65 / \$49

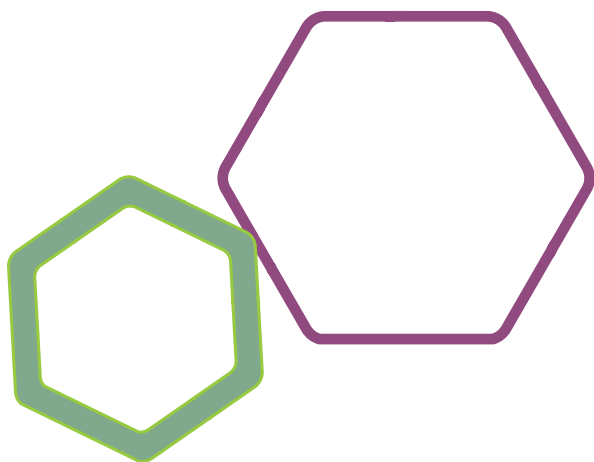
## Wingo

**Date:** May 17

**Location:** Slotnick Center / NSSRA, Highland Park

Test your luck in a game of bingo with friends while enjoying some delicious wings. Who knows... maybe you'll win a prize!

} **Program Code / Fee:** 249002-66 / \$66



~~~~~ Saturday ~~~~~



## Healthy Living

**Age:** 21 and up





**Min/Max:** 6/12

**Location:** Slotnick Center / NSSRA, Highland Park

Living a healthy lifestyle is our priority, so let's create healthy habits! Join your friends for a morning of fitness, meal planning, and self-care practices that you can add to your home routines. Throughout the season, participants will prepare healthy snacks, engage in fitness activities and enjoy learning about healthy lifestyles.

-  This program may include group cooking instruction; therefore, NSSRA cannot accommodate all dietary restrictions.
-  Participants should wear gym shoes and bring a water bottle.

### Goals:

-  Develop an understanding of health and wellness.
-  Promote positive socialization skills with peers.
-  Increase kitchen safety and basic cooking skills.
-  Practice independent skills and healthy lifestyle habits.

**Time:** 9:30 - 10:30 am

**Day:** Saturday

### Winter

**Dates:** 1/20 - 3/9

**No Program:** 1/27

**Code:** 144010-01

**Fee:** \$104

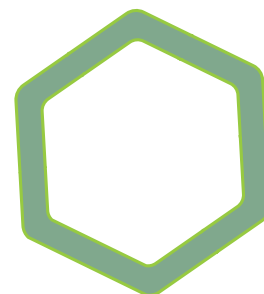
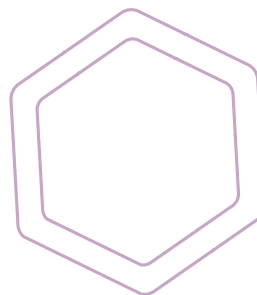
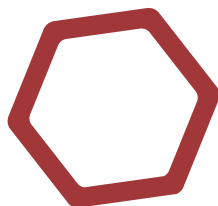
### Spring

**Dates:** 4/6 - 5/18

**No Program:** 4/13

**Code:** 244010-01

**Fee:** \$89



## Saturday

### Creative Arts

**Age:** 21 and up

**Min/Max:** 6/12

**Location:** Slotnick Center / NSSRA, Highland Park

Are you looking for a Saturday morning full of all things creative arts? Join us to develop a repertoire of new hobbies and skills, including, but not limited to, dance, music, drama and theatre, photography, filmmaking, and storytelling. Through hands-on learning and creating, NSSRA will introduce and expose participants to various fine art-related topics each week.

#### Goals:

- ▶ Explore self-expression through the development of original projects and ideas.
- ▶ Develop confidence through performing and sharing with peers.

**Time:** 11:00 am - 12:00 pm

**Day:** Saturday

#### Winter

**Dates:** 1/20 - 3/9

**No Program:** 1/27

**Code:** 144011-01

**Fee:** \$104

#### Spring

**Dates:** 4/6 - 5/18

**No Program:** 4/13

**Code:** 244011-01

**Fee:** \$89



### Weekenders

**Age:** 21 and up

**Min/Max:** 6/10

**Location:** Slotnick Center / NSSRA, Highland Park

Do you live for the weekends? Get a jump start and join your friends for the best Saturday afternoons, including themed parties, activities, and socialization! This group loves good ole fashion fun, from bingo to karaoke, and game day to mocktails.

#### Goals:

- ▶ Increase socialization and positive peer interactions.
- ▶ Develop appropriate peer relationships.
- ▶ Increase awareness of positive leisure activities.
- ▶ Develop increased attention to activities and ability to follow directions.

**Time:** 1:00 - 2:00 pm

**Day:** Saturday

#### Winter

**Dates:** 1/20 - 3/9

**No Program:** 1/27

**Code:** 144012-01

**Fee:** \$104

#### Spring

**Dates:** 4/6 - 5/18

**No Program:** 4/13

**Code:** 244012-01

**Fee:** \$89



# Saturday Night Hot Spots



**Age:** 21 and up

**Min/Max:** 6/12

**Location:** Slotnick Center / NSSRA, Highland Park

Enjoy Saturday nights in Chicagoland! Sign up for all or choose only the ones that interest you. Each outing has a separate fee that covers admission, meal (if applicable), staff, and transportation from designated pick up points.

- ⓘ A valid state-issued ID verifying you are 21 or older is required each week.

## Goals:

- ▢ Develop and maintain positive relationships.
- ▢ Increase awareness of community and leisure opportunities.
- ▢ Improve ability to engage and socialize with peers.

⌋ **Time:** 7:00 - 9:00 pm (Approximate)

⌋ **Day:** Saturday

## Transportation Information

- ⓘ Transportation is covered in the price of each Saturday Night Hot Spot activity and includes pick up and drop off at designated community locations. NSSRA will email details to you before the start of the program.

## NSSRA's Got Talent

**Date:** January 20

**Location:** Slocknick Center/NSSRA, Highland Park

Join us as we host our talent show on stage! Light up the stage as you showcase your amazing talents with your friends. Afterward, we'll enjoy a delicious treat.

⌋ **Program Code / Fee:** 149003-61 / \$45

## King Pins

**Date:** February 3

**Location:** KINGS Dining and Entertainment, Rosemont

We'll hit the bowling lanes and arcade in this sleek retro environment. It'll be a fun-filled evening getting to socialize and play with your friends.

- ⓘ The program fee includes bowling and tokens for the arcade. Food is not included. Please bring spending money if you want to purchase any food.

⌋ **Program Code / Fee:** 149003-62 / \$82



## Chicago Wolves

**Date:** February 17

**Location:** Allstate Arena, Rosemont

Go, Wolves, Go! Prepare to cheer on the Chicago Wolves as they hit the ice and face off against the Cleveland Monsters.

- ⓘ Program fee includes admission, a hot dog, and a drink. Please bring additional money if you would like to purchase snacks or souvenirs. In addition, expect a phone call regarding drop-off times, as the game length varies.

⌋ **Program Code / Fee:** 149003-63 / \$70

## Medieval Times

**Date:** April 20

**Location:** Medieval Times Dinner and Tournament, Schaumburg

Experience the epic battles of steel and steed! The top knights of our kingdom will battle to determine one victor to protect the throne. Join us as we feast and raise a goblet to our queen. It will be an epic battle like no other.

- ⓘ Medieval Times is a live horse show in an enclosed arena. Persons with respiratory conditions, allergies, or asthma should attend at their own risk. Medieval Times uses stroboscopic and pyrotechnic effects. The program fee includes admission and dinner.

⌋ **Program Code / Fee:** 249003-62 / \$93

## The Cheesecake Factory

**Date:** March 2

**Location:** The Cheesecake Factory, Skokie

Enjoy delicious food options at The Cheesecake Factory. Remember to make room for dessert because we can't leave without trying one of it's famous cheesecakes!

⌋ **Program Code / Fee:** 149003-64 / \$ 81

## May The 4th Be With You

**Date:** May 4

**Location:** Slocknick Center/NSSRA, Highland Park

Join us in a galaxy not too far away! Sit back and enjoy an evening at the Slotnick Center for a Star Wars watch party with themed snacks, drinks and fun.

⌋ **Program Code / Fee:** 249003-63 / \$46

## Maggiano's Little Italy

**Date:** April 6

**Location:** Old Orchard, Skokie

Are you craving classic Italian? Well, you've come to the right place! A delicious dinner with your friends awaits on this elegant Saturday night.

⌋ **Program Code / Fee:** 249003-61 / \$81

## Schaumburg Boomers

**Date:** May 18

**Location:** Wintrust Field, Schaumburg

Let's go, Boomers, let's go! Join us as we cheer on the Schaumburg Boomers as they face off against the Florence Y'alls. \*Program fee includes admission, a food voucher for a hot dog, chips, and a soft drink.

- ⓘ Please bring additional money if you plan on purchasing snacks or souvenirs.
- ⓘ Expect a phone call regarding drop off times as the game length varies\*

⌋ **Program Code / Fee:** 249003-64 / \$60



# GATORS

Northern Suburban Special Recreation Association

## Gator Athletics

Participants competing on Gator teams are active in Illinois Therapeutic Recreation Section competitions and Special Olympics Illinois games. Gator Athletics gives NSSRA's athletes the experience of competing against other individuals of similar abilities from nearby communities. These programs are competitive, and athletes must follow sports rules, etiquette, and coach direction at practices and competitions. Gator Athletics runs on a different schedule than NSSRA traditional programs to meet deadlines established by Special Olympics Illinois.

Athletes need to attend and participate in all practices, games, and tournaments. Athletes attending any tournament with NSSRA are required to register for this additional program with no extra cost. Registration materials will be sent home during the program and must be turned in by the deadline printed on the registration form. Registrations are a commitment that the athlete will participate in both practices and tournaments.

### Skills Assessment

In most Gator programs, new athletes will go through a Skills Assessment Test during the first week of program. The Skills Assessment Test determines participation in the program for the remainder of the season, gaining eligibility for Special Olympics Illinois competitions in future seasons.

### NSSRA offers nine Gator Athletics programs

- |                            |                                |                          |
|----------------------------|--------------------------------|--------------------------|
| ▶ Basketball (Fall/Winter) | ▶ Volleyball (Fall)            | ▶ Bowling (All Seasons)  |
| ▶ Golf (Summer)            | ▶ Bocce (Fall/Spring)          | ▶ Softball (Summer)      |
| ▶ Swimming (Winter/Spring) | ▶ Powerlifting (Winter/Spring) | ▶ Track & Field (Spring) |

### Special Olympics Medical Forms:

- ▶ Are available in English or Spanish through the NSSRA office and at [www.nssra.org/forms](http://www.nssra.org/forms).
- ▶ Must be completed and signed by a doctor to be considered valid.
- ▶ Must be valid from the start of practice through the last tournament date for each sport in which the athlete competes.
- ▶ Will be submitted to Special Olympics Illinois by NSSRA.

 **All Gator athletes must have a current Special Olympics medical and consent forms on file to compete in tournaments. NSSRA staff will reach out to all athletes and families later to communicate Special Olympics competition information as it is announced.**

For more information, contact Recreation Specialist Lacey Allen at (847) 509-9400 x6833 or [lallen@nssra.org](mailto:lallen@nssra.org).

## **Gator Bowling**

**Age:** 8 and up

**Min/Max:** 6/15

**Location:** Bowlero, Vernon Hills

We designed Gator Bowling for competitive bowlers interested in competing in Special Olympics Tournaments. Athletes will focus on techniques to improve their bowling skills for competition. Each week bowlers will bowl two games.

- See page 52 to learn about skills assessment and required Special Olympics medical forms.
- Recreation Specialist Lacey Allen will reach out to all athletes and families at a later date to communicate Special Olympics tournament information when announced.

### **Goals:**

- Improve competitive skills such as aim, stance and approach.

**Time:** 6:30 - 8:00 pm

**Day:** Monday

### **Winter**

**Dates:** 1/15 - 3/4

**Code:** 146001-01

**Fee:** \$160

### **Spring**

**Dates:** 4/1 - 5/13

**No Program:** 4/22

**Code:** 246001-01

**Fee:** \$120

## **Transportation Information**

**Winter Code / Fee:** 146001-51 / \$100

**Spring Code / Fee:** 246001-51 / \$76

NSSRA will communicate specific transportation details and pick up points before the program begins.

## **Gator Tennis**

**Age:** 8 and up

**Min/Max:** 6/10

**Location:** AC Nielsen Tennis Center, Winnetka

Gator Tennis is for athletes looking to develop their skills and those looking to play competitively. Each week, athletes will practice and prepare for Special Olympics competition in July.

- See page 52 to learn about skills assessment and required Special Olympics medical forms.
- Save the Date! The Special Olympics Tennis Skills Competition will take place on Wednesday, July 10 at BBCHS. Recreation Specialist Lacey Allen will reach out to all athletes and families at a later date to communicate the Special Olympics Tennis Match Play date and location.
- For individuals that qualify, the Special Olympics State Tennis competition will take place Saturday, August 17 at Evergreen Raquet Club in Bloomington, IL! State practices will be offered to athletes who qualify for state and will take place on August 5 and 12.

### **Goals:**

- Develop hand-eye coordination.
- Improve serving, volleying, competitive play techniques
- Increase speed, agility, and quickness.

**Time:** 6:00 - 7:00 pm

**Day:** Monday

**Dates:** April 29 - June 17

**No program:** May 27

**Program Code / Fee:** 246002-01 / \$78






## **Gator Softball**

**Age:** 16 and up




**Min/Max:** 10/24

**Location:** Waveland Park, Lake Forest

Gator Softball athletes will learn softball rules, develop skills, practice, and play weekly games against local teams.

-  See page 52 to learn about skills assessment and required Special Olympics medical forms.
-  Save the Date! The TR Section Softball Tournament will take place on Sunday, July 14 and the location is TBD. Recreation Specialist Lacey Allen will reach out to all athletes and families at a later date to communicate the Special Olympics Softball Tournament date and location.
-  For teams that qualify, the Special Olympics State Outdoor Sports Festival will take place September 7 through 8th at The Land of Lincoln Sports Complex in Springfield, IL! State practice will be offered to athletes who qualify for state and will take place on Tuesday, September 3.

### **Goals:**

-  Enhance hand-eye coordination and upper extremity gross motor skills through batting, catching, and throwing.
-  Foster social interaction with teammates through practices.
-  Improve skills for handling tension during competitions.

**Time:** 6:30 - 8:00 pm

**Day:** Tuesday

**Dates:** May 14 - July 23

**Program Code / Fee:** 246003-61 / \$147

## **Transportation Information**

NSSRA will communicate specific transportation details and pick up points before the program begins.









## **Gator Swim Team**

**Age:** 12 and up




**Min/Max:** 4/10

**Location:** Recreation Center of Highland Park

Gator Swim Team is a lap swim designed for swimmers who want to compete in Special Olympics competitions. Swimmers must be able to swim one length of the pool without assistance or stopping to rest. Gator athletics emphasizes sportsmanship, fundamentals, and rules of the sport.

-  See page 52 to learn about skills assessment and required Special Olympics medical forms.
-  Save the Date! The Special Olympics District Swim Meet is Saturday, March 23 at Lake Forest College.
-  For those who qualify, the Special Olympics Illinois State Summer Games are June 7th through June 9th.
-  NSSRA will offer additional practices to athletes who qualify for state and those will take place on May 30 & June 6, 2024.

### **Goals:**

-  Enhance strength and endurance.
-  Promote proper stroke development and increase physical conditioning.
-  Develop interpersonal connections with teammates and coaches.

**Time:** 6:00 - 7:15 pm

**Day:** Thursday

**Dates:** January 18 - May 16

**No Program:** January 25 and March 28

**Program Code / Fee:** 146003-01 / \$178

## **Transportation Information**

**Transportation Code / Fee:** 1436003-51 / \$176

NSSRA will communicate specific transportation details and pick up points before the program begins.



## **NEW! Snowshoe Sampler**

**Age:** 16 and up



**Min/Max:** 5/8

**Location:** Sunset Woods Park, Highland Park

Are you interested in trying out a new winter sport? Then join us for the Snowshoe Sampler! Snowshoeing is considered the winter equivalent of track, and many of the same sports skills are used. We will learn about the equipment used in this sport and practice snowshoeing outside. Athletes will practice either on snow or grass, depending on weather conditions.

-  Make sure you dress appropriately for the weather and exercise.
-  Snowshoes provided by NSSRA

### **Goals:**

-  Enhance strength and endurance through snowshoeing.
-  Develop an understanding of the sport and self-confidence.

**Time:** 10:15 - 11:00 am

**Day:** Saturday

**Dates:** February 3 - March 2

**Program Code / Fee:** 146004-01 / \$56

## **Cheer on the Gators!**

Did you know that you are welcome, in fact, invited, to attend Gator events?

For more information or with questions, contact Recreation Specialist Lacey Allen at 847-509-9400 x6833 or [lallen@nssra.org](mailto:lallen@nssra.org).





## **Gator Track & Field**

**Age:** 16 and up



**Min/Max:** 6/15

**Location:** Northfield Community Center (2/20 - 3/19)  
New Trier High School (4/2 - 5/7)

Gator Track and Field is designed for athletes to learn the skills and techniques required for competitive meets.

-  See page 52 to learn about skills assessment and required Special Olympics medical forms.
-  Save the date! The Special Olympics North Spring Games is April 13 through April 14 at Prospect High School in Mount Prospect.
-  For those who qualify, the Special Olympics Illinois State Summer Games are June 7th through June 9th.
-  NSSRA will offer additional practices to athletes who qualify for state and those will take place on May 28 and June 4.

### **Goals:**

-  Promote physical, mental, moral, social and emotional well-being.
-  Enhance strength and endurance through weekly physical conditioning.

**Time:** 6:00 - 7:15 pm

**Day:** Tuesday

**Dates:** February 20 - May 7

**No Program:** March 26 and April 23

**Program Code / Fee:** 146005-01 / \$133

## **Transportation Information**

 **Transportation Code / Fee:** 146005-51 / \$126

NSSRA will communicate specific transportation details and pick up points before the program begins.








## **Gator Powerlifting**

**Age:** 21 & Up



**Min/Max:** 4/6

**Location:** Blair Park, Lake Bluff

Gator Powerlifting is designed for athletes to learn the skills and techniques required to lift competitively.

-  See page 52 to learn about skills assessment and required Special Olympics medical forms.
-  Recreation Specialist Lacey Allen will reach out to all athletes and families at a later date to communicate Special Olympics tournament information when announced.
-  Save the date! The Special Olympics District Powerlifting Tournament is March 23 through March 24 at Marmion Academy in Aurora.
-  For those who qualify, the Special Olympics Illinois State Summer Games are June 7th through June 9th.
-  NSSRA will offer additional practices to athletes who qualify for state and those will take place on May 29 and June 5.

### **Goals:**

-  Increase knowledge of powerlifting techniques and create a fitness log.
-  Improve strength and stamina.

**Time:** 6:30 - 8:00 pm

**Day:** Wednesday

**Dates:** February 7 - May 8

**No Program:** March 27

**Program Code / Fee:** 146002-01 / \$174

## **Transportation Information**

**Transportation Code / Fee:** 146002-51 / \$163

NSSRA will communicate specific transportation details and pick up points before the program begins.

## **Gator Golf**






**Age:** 12 and up

**Min/Max:** 6/10




**Location:** Wilmette Golf Club

Gator Golf is designed for athletes who are interested in developing skills to compete in a 3, 6, or 9 hole golf tournament.

Each week, athletes will either work on skill development or practice in preparation for future Special Olympics competitions. Please note that on select nights, athletes who are eligible to compete in Special Olympics Illinois competitions will be given tee times to complete scorecards for competition. Those athletes can expect to finish no later than 8:00 pm.

-  See page 52 to learn about skills assessment and required Special Olympics medical forms.
-  Save the Date! Special Olympics District Golf Skills will be held on Wednesday, July 31 at Springbrook Golf Course in Naperville.
-  Recreation Specialist Lacey Allen will reach out to all athletes and families at a later date to communicate the Special Olympics 3/6/9 Hole Golf Tournament.
-  NSSRA will offer additional practices to athletes who qualify for state and those will take place on August 28 and September 4.
-  For those who qualify, the Special Olympics Illinois State Golf Competition is September 7th through September 8th at Hickory Point Golf Course in Decatur.

### **Goals:**

-  Develop golf skills through practice and competitions.
-  Enhance knowledge of golf rules, techniques, and etiquette.
-  Increase range of motion and practice healthy mindset techniques while participating in competitions.

**Time:** 5:30 - 6:30 pm

**Day:** Wednesday

**Dates:** May 15 - July 24

**Program Code / Fee:** 246004-01 / \$122

# Enriched Lifestyles for Adults



ELA is a year-round day program for individuals with disabilities who are 22 years of age and older. ELA was created to enhance the quality of life and offer well-rounded daytime program options for adults with disabilities while providing a flexible schedule for families.

## ELA's core program areas are:

- ▢ **Independent Living & Continuing Education:** Computers, Nutrition & Health, Money Skills, Reading, Cooking
- ▢ **Communication & Socialization:** Peer Interactions, Current Events, Relationship Building, Conflict Resolution, and Peer Leadership
- ▢ **Recreation & Leisure:** Sports, Fitness, Arts & Crafts, Music, Hobbies
- ▢ **Community Integration:** Community Service Projects, Lunch Outings, Day Trips, Using Community Resources

📌 If you are interested in beginning the registration process for NSSRA's adult day programming, please visit [www.nssra.org/ela](http://www.nssra.org/ela) to complete our Adult Day Program Interest Form. Interested participants will be contacted in the order interest forms are received.





# ELA Program Registration

## ELA Participants Must:

- ▣ Be 22 years of age and older or a high school graduate.
- ▣ Complete the intake assessment process to determine ELA eligibility.
- ▣ Submit participant information forms as requested by the ELA Program.

## Registration Process

- ▣ Complete the Adult Day Program Interest Form online at [nssra.org/forms](https://nssra.org/forms)
- ▣ The Recreation Manager for ELA will contact the interested family to schedule an assessment.
- ▣ Staffing is unique to each participant based on needs determined by the assessment.
- ▣ The participant will be placed on the interest list if the preferred program registration is unavailable after the assessment process.

ELA accepts registration throughout the program year. For openings, questions, or more information, contact Becca Luecke, Recreation Manager for ELA, at (847) 509-9400 x6823 or [bluecke@nssra.org](mailto:bluecke@nssra.org).







# General Policies

## Financial Assistance

Participants in need of financial assistance may download the Reduced Fee Application from our website at [www.nssra.org/forms](http://www.nssra.org/forms) or request a copy from NSSRA at (847) 509-9400 or [registration@nssra.org](mailto:registration@nssra.org).

Send in your registration form with the application. All requests are reviewed by the Executive Director, and you will be notified upon approval. Financial assistance is not awarded to non-resident participants for cooperative programs, special events, trips, or transportation.



## High-Risk Waiver Policy


Programs that involve potential high-risk activities will require signed high-risk waivers to be returned to the office two weeks prior to event date or start of program.

If a waiver has not been returned by the deadline, participation will not be permitted for that specific event or program.



## Participant Information

To better serve our participants and their families, we collect participant information regarding diagnosis, allergies, dietary needs, medications, mobility, communication, safety, behaviors, and daily life skills. A completed ePACT profile must be on file before registration. You will be required to reconfirm between November 20 through December 8 to be eligible for the lottery. If you are new to NSSRA or have not completed an ePACT profile, please contact our team at [registration@nssra.org](mailto:registration@nssra.org) for more details.

 If you do not have a completed ePACT profile on file, you will not be allowed to register for programs.

## Late Pick Up Policy

If a participant has not been picked up at the scheduled program end time, the parent/guardian/group home staff will be contacted. After the ten-minute wait period, emergency contacts will be called if the participant has not been picked up. After ten minutes, a fee may be applied.

## Medication

At times participants require assistance taking medication during programs. If participant is unable to self-medicate or take the medication prior to or after the program, NSSRA requires additional paperwork and pre-packaged medication be delivered to our office prior to the program.

Please contact Safety Coordinator Meggan Davies at (847) 509-9400 x6828 or [mdavies@nssra.org](mailto:mdavies@nssra.org) with any questions.

## Americans with Disabilities Act (ADA)

NSSRA complies with the Americans with Disabilities Act (ADA) and will make reasonable accommodations to enable individuals with disabilities to participate in and enjoy recreation programs. If you have a question about NSSRA's compliance, or feel that NSSRA has discriminated against you, please contact Craig Culp, Executive Director, at (847) 509-9400 x6820 or [cculp@nssra.org](mailto:cculp@nssra.org).

## Inclement Weather Policy

If inclement weather occurs, NSSRA may still decide to hold programs. If the weather turns dangerous (100 degrees or higher actual temperature or heat index, 2 degrees or lower actual temperature, -30 degrees or lower wind chill or severe snow/ice), NSSRA will call participants before the start of a program to cancel the program. If you are not sure whether a program will meet due to inclement weather, call NSSRA. Refunds are issued for canceled programs.

## Transportation

Program descriptions will indicate if transportation is available. If the program offers optional transportation, a separate code and fee will be listed. If you register for transportation, note the transportation code, fee and desired pick up/drop off location when registering.

Transportation times and pick up points are subject to change based on enrollment. A minimum of three participants is needed at each pick up/drop off location. NSSRA staff will communicate any changes in transportation prior to the program season. If a participant is registered for transportation and will not need pick up and/or drop off on a particular day, please notify NSSRA by calling the front office at (847) 509-9400. Routes are otherwise unnecessarily delayed.

To review NSSRA's Transportation Policies, please visit [www.nssra.org/us/policies/transportation-policies/](http://www.nssra.org/us/policies/transportation-policies/)





# Participant Information

## Private Meetings

NSSRA staff members are available to conduct 30-minute private consultations to discuss recreation and leisure opportunities for individuals with disabilities.

## Special Assistance and Sign Language Interpreters

If you need special assistance or a sign language interpreter, please inform NSSRA upon registration.

## Boardmaker

If a participant uses a picture-making program such as Boardmaker, please indicate so on the registration form, and our staff will work with you to facilitate its use at our programs.

## Participant Wellness

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

- ☐ Did not attend school, camp, or work due to illness that day
- ☐ Fever of 100 degrees or higher (when this occurs, participants must stay home for one whole program day - 24 hours from time sent home)
- ☐ Vomiting within the last 24 hours
- ☐ Persistent diarrhea in conjunction with other symptoms
- ☐ Contagious rash or rash of unknown origin
- ☐ Persistent cough and/or cold symptoms
- ☐ "Pink Eye" (conjunctivitis) or eye discharge
- ☐ Symptoms of mumps, measles, chicken pox, strep throat, flu, impetigo or coxsackie virus
- ☐ Runny nose with yellow or green discharge
- ☐ Lice/mites present
- ☐ Fatigue due to illness that will hinder participation and enjoyment in the program
- ☐ NSSRA will monitor federal, state, and local health guidelines pertaining to infectious diseases.





# Safety and Insurance Information

NSSRA is committed to conducting its recreation programs and activities in the safest manner possible and holds participants' safety in the highest possible regard. Participants and parents registering for recreation programs must recognize, however, that there is an inherent risk of injury when choosing to participate in recreational activities. NSSRA continually strives to reduce such risks and insists that participants follow all safety rules and instructions designed to protect the participants' safety.

Please recognize that NSSRA does not carry medical accident insurance for injuries sustained in its programs. The cost of such would make program fees prohibitive. Therefore, each person registering themselves or a family member for a recreation program/activity should review their own insurance coverage. It must be noted that the absence of health insurance coverage does not make NSSRA automatically responsible for the payment of medical expenses.

Due to the difficulty and exorbitant cost of obtaining liability insurance, the agency providing liability coverage for NSSRA requires the execution of a Waiver and Release. Certain high-risk activities may require an additional waiver prior to participation. This waiver must be signed before participation in a program. See NSSRA's High-Risk Waiver Policy on page 60 for more information.

⚠ Please contact NSSRA Safety Coordinator Meggan Davies at (847) 509-9400 x6828 or [mdavies@nssra.org](mailto:mdavies@nssra.org) with any questions.

## Safety Slugger

Catch someone being safe! NSSRA's Safety Committee recognizes our staff and volunteers for their safety efforts at each Seasonal Program Meeting.

[nssra.org/us/culture/safety-principles/](https://nssra.org/us/culture/safety-principles/)



# Registration Policies

## Registration Period and Deadline

A lottery will be conducted for all programs. All registered participants will be contacted regarding the outcome of the lottery by December 14.

No payment is required at the time of registration; however, participants who are enrolled in the program will be expected to make a payment by December 29.

## Program Payment

Outstanding balances must be paid prior to registration for the next season. If assistance is needed regarding payment, contact NSSRA at (847) 509-9400 or [registration@nssra.org](mailto:registration@nssra.org).

## Resident/Non-Resident Policy

If you live in one of NSSRA's ten partner park district, two cities, or village, you are considered a resident. These include the Park Districts of Deerfield, Glencoe, Glenview, Highland Park, Kenilworth, Lake Bluff, Northbrook, Northfield, Wilmette and Winnetka, the Cities of Lake Forest and Highwood, and the Village of Riverwoods.

Individuals residing outside the NSSRA boundaries must pay an annual Administrative Fee prior to registering for any NSSRA program. The Administrative Fee is approximately \$2,200.

This fee allows participation in NSSRA programs for one year.

## Program Refunds

For all programs, camps, special events and trips, full refunds will be granted up to the registration deadline. Our full refund policy is available online at [nssra.org/us/policies/registration-policies/](https://nssra.org/us/policies/registration-policies/).







## Waiting List

When you register for most programs, you will be placed on a waitlist until the NSSRA conducts the lottery. If the program you have selected is in high demand and becomes full once the lottery concludes, you will remain on the waiting list. Your position on the waiting list is based on the lottery results and will be visible on your receipt. We will do our best to accommodate the waiting lists, but available program openings depend on staffing needs, transportation, facility space, and pre-purchased tickets. NSSRA staff will monitor the waiting lists throughout the season, and we will contact you if a spot opens up in the program.

Please note that registration for overnight trips will be on a first-come-first-served basis.



## Program & Transportation Fees

Each program and event listed in our program guide is assigned one code and one fee. If the program offers optional transportation, a separate code and fee will be listed.

## Primary Mailing Address

When a participant's parents or guardians have multiple mailing addresses, all of our correspondence is sent to the address listed on the program registration form. If another parent or guardian, living at a different address, would like to receive information from NSSRA, the person who signs the registration form must submit a written request to Superintendent Mel Robson at [mrobson@nssra.org](mailto:mrobson@nssra.org). Program and participant information will also be communicated to the individual who signs the registration form. Sometimes the person who signs the registration form and the person who pays program fees are different. Nevertheless, the person who signs the registration form is NSSRA's primary contact.





## We are thrilled to announce the exceptional success of the SWING Golf Outing!

The outing brought together friends and supporters of the Foundation and garnered overwhelming support from the community, resulting in a record-breaking fundraising achievement of \$52,000.

The event was a resounding success with perfect weather and stellar celebrity golfers, including Matt LaChapelle and Miguel Lara, who had spectacular drives for all the attendees! The event also saw the enthusiastic participation of Northwestern Tennis Athletes, who lent their skills and energy, creating an unforgettable experience for all.

The NSSRA Foundation and NSSRA express their most profound appreciation to all supporters, sponsors, participants, and volunteers who contributed to the tremendous success of the SWING Golf Outing. Together, we significantly impact the lives of individuals with disabilities in our community.



## Thank you SWING Sponsors

### Golf Course Sponsor

- Wilmette Golf Club

### Presenting Sponsors

- LaChapelle Family Foundation
- Leahy Family Foundation
- Twin Brook Capital Partners
- John Ver Bockel, Maureen Raihle and Neil Koricanac

### Ace Sponsor

- Strategic Talent Solutions

### Bloody Mary & Mimosa Bar Sponsor

- Johnson Schaff

### Golf Ball Sponsor

- Wintrust Community Banks

### Eagle Sponsor

- Binstein Family

### Birdie Sponsors

- Blackshaw Family
- ExcalTech
- FGMK
- Glencoe Park District
- Hartemayer Family
- Napoli Family

### Hole Sponsors

- Maxwell Connelly
- Deerfield Park District
- Jennings Chevrolet / Volkswagen
- Rory McIlroy
- Medansky Family
- Gwen and Ches Porter
- Shaw Family
- WB Olson, Inc.
- Woodhouse Tinucci Architects



## NSSRA Foundation Board of Directors

Glenn Binstein,  
President, Glenview

Colin Blackshaw,  
Treasurer, Glenview

Sue Hartemayer,  
Secretary, Winnetka

Ed Bettenhausen,  
Morton Grove

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Highland Park

Benji Rubin, Northbrook

William Schuman,  
Highland Park

Barry Slotnick, Glencoe

Kris Ford, NSSRA Board  
Liaison, Mayor, Village  
of Riverwoods

## Upcoming Board Meetings

📅 December 4 at 5:00 pm

All meetings are held at NSSRA's offices at 1221 County Line Rd., Highland Park, IL 60035. All dates are subject to change.

## About NSSRA Foundation

Northern Suburban Special Recreation Association Foundation (NSSRA Foundation) was established to support the mission of NSSRA. The Foundation raises funds through solicitation of grants and their annual Holiday Appeal and receives generous support from many individuals, corporations, foundations, businesses, and community organizations throughout the year.

The Foundation provides financial assistance for children, teens, and adults with disabilities who demonstrate financial need; grants the funds to purchase specially equipped vehicles to transport participants safely to programs; and provides ongoing support for the growing demand for new services and programs offered by NSSRA.

Additionally, the Foundation hosts an annual SWING Golf Outing with the proceeds supporting NSSRA. The Foundation also sponsors NSSRA special events, including the Shining Stars Banquet and Summer Bash.

NSSRA Foundation's mission is to support the mission of Northern Suburban Special Recreation Association by raising and granting supplemental funding. Established in 1997, NSSRA Foundation supports NSSRA by:

- 📅 Providing approximately 200 scholarships annually.
- 📅 Raising over \$2.5M for NSSRA programs and services in the last 25 years.
- 📅 Raising \$4M for A Place to Belong Capital Campaign.
- 📅 Hosting the SWING Golf Outing each September.
- 📅 Purchasing accessible vehicles for NSSRA that provide approximately 18,000 rides for participants each year.
- 📅 Sponsoring NSSRA special events, allowing participants and their families to attend the Shining Stars Awards & Recognition Banquet and Summer Bash for free or at a reduced rate each year.

NSSRA Foundation is a 501(c)(3) non-profit organization (EIN: 36-4038371). Donations to NSSRA Foundation are tax deductible to the extent allowed by law.

**Donate online at [nssrafoundation.org/give-today](https://nssrafoundation.org/give-today)**

Please contact Laurie DeSimone, Foundation Manager for more information at (847) 509-9400 x6821 or [ldesimone@nssra.org](mailto:ldesimone@nssra.org).

# Program Locations

## **AC Nielsen Tennis Center**

(847) 501-2065  
530 Hibbard Road, Winnetka

## **CROYA**

(847) 810-3980  
400 Hastings Road, Lake Forest

## **Blair Park**

(847) 234-4150  
355 W. Washington Avenue, Lake Bluff

## **Bowlero**

(847) 367-1600  
316 Center Drive, Vernon Hills

## **Equestrian Connection**

(847) 615-8696  
600 North Bradley Road, Lake Forest

## **FIT Boutique**

(847) 607-8574  
448 Lake Cook Road, Deerfield

## **Mitchell L. Slotnick Center / NSSRA, Highland Park**

(847) 509-9400  
1221 County Line Road, Highland Park

## **Moraine Living Facility**

1954 Green Bay Road, Highland Park

## **New Trier Township High School**

385 Winnetka Avenue, New Trier Township  
(847) 446-7000

## **Northbrook Sports Center**

(847) 291-2993  
1730 Pfingsten Road, Northbrook

## **Northfield Community Center**

(847) 446-4428  
401 Wagner Road, Northfield

## **Park Center**

(847) 724-5670  
2400 Chestnut, Glenview

## **Pinstripes**

(847) 480-2323  
1150 Willow Road, Northbrook

## **Recreation Center of Highland Park**

(847) 579-4554  
1207 Park Avenue West, Highland Park

## **Sachs Recreation Center**

(847) 572-2600  
455 Lake Cook Road, Deerfield

## **Sunset Woods Park**

(847) 831-3810  
1801 Sunset Road, Highland Park

## **Takiff Center**

(847) 572-2600  
999 Green Bay Road, Glencoe

## **Waveland Park**

(847) 572-2600  
600 South Waveland Road, Lake Forest

## **Wilmette Community Recreation Center**

(847) 256-9686  
3000 Glenview Road, Wilmette

## **Wilmette Golf Club**

(847) 256-9777  
3900 Fairway Drive, Wilmette

For directions to a park or facility, contact  
NSSRA at (847) 509-9400.

 **Transportation Pick Up  
and Drop Off Locations**



# Registration Form

Mail or drop off to: **Mitchell L. Slotnick Center / NSSRA** | 1221 County Line Rd., Highland Park 60035  
Fax: (847) 509-1177 • Email: [registration@nssra.org](mailto:registration@nssra.org)  
Please be sure to include check or credit card information.

## PARTICIPANT INFORMATION

Participant's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ New Participant? ☐ Yes ☐ No

If you answered yes or if any information has changed since last season, please complete the fields below:

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Contact Name/Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Primary Emergency Contact Name/Phone: \_\_\_\_\_

Participant's School/Work: \_\_\_\_\_ Teacher/Contact Name: \_\_\_\_\_

School/Work Phone: \_\_\_\_\_ Diagnosis: \_\_\_\_\_

☐ Participant Requires Medication During Program

## REGISTRATION INFORMATION

(Need more space? Flip to the next page.)

| Program Information |      |     | Transportation Information |     | SUBTOTAL       |
|---------------------|------|-----|----------------------------|-----|----------------|
| Program             | Code | Fee | Code                       | Fee | (Program Fees) |
|                     |      |     |                            |     |                |
|                     |      |     |                            |     |                |
|                     |      |     |                            |     |                |
|                     |      |     |                            |     |                |
|                     |      |     |                            |     |                |

☐ Yes, I would like to make a donation to NSSRA Foundation. To learn more about NSSRA Foundation, visit [www.nssrafoundation.org](http://www.nssrafoundation.org).

### Waiver & Release of All Claims

Please read this form carefully and be aware in registering yourself or your minor child/ward for participation in an NSSRA program, you will be waiving and releasing all claims for injuries you or your minor child/ward might sustain arising out of said program(s). I recognize and acknowledge that there are certain risks of physical injury to participants in a program, and I agree to assume the full risk of any injuries, damages or loss regardless of severity which I or my minor child/ward may sustain as a result of participating in any and all activities connected with or associated with such program (including transportation services and vehicle operation, when provided). I agree to waive and relinquish all claims I or my child/ward may have as a result of participating in the program against NSSRA and its officers, agents, servants, and employees. I do hereby fully release and discharge NSSRA and its officers, agents, servants, and employees from any and all claims from injuries, damage, or loss which I or my minor child/ward may have or which may accrue to me or my child/ward and arising out of, connected with, or in any way associated with the activities of the program. I further agree to indemnify and hold harmless and defend NSSRA and its officers, agents, servants, and employees from any and all claims resulting from injuries, damages, and losses sustained by me or my minor child/ward arising out of, connected with, or in any way associated with the activities of the program. In the event of any emergency, I authorize NSSRA officials to secure from any licensed hospital, physician and or medical personnel any treatment deemed necessary for me or my minor child/ward's immediate care and agree that I will be responsible for payment of any and all medical services rendered. I have read and fully understand the above Program Details, Waiver and Release of All Claims and Permission to Secure Treatment.

|                             |  |
|-----------------------------|--|
| Subtotal Fee:               |  |
| Subtotal from Reverse Side: |  |
| Deposit:                    |  |
| Credits:                    |  |
| <b>TOTAL DUE:</b>           |  |

### OFFICE USE ONLY:

#### Registration Complete

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Receipt #: \_\_\_\_\_

### ➔ EACH REGISTRATION FORM MUST BE SIGNED\*

Participant/Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_ Please Print Name: \_\_\_\_\_

\*If registering by fax or electronically your facsimile or electronic signature shall substitute for and have the same legal effect as an original form signature.

## PAYMENT INFORMATION: This Section Must Be Completed

☐ If paying by check, please fill in your check number here: \_\_\_\_\_

☐ If you are using Mastercard, Visa, Discover or American Express, please complete the following section:

Please check one: ☐ Mastercard ☐ Visa ☐ Discover ☐ AMEX

Cardholder Name: \_\_\_\_\_ Card Number: \_\_\_\_\_

CV #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Billing Zip Code: \_\_\_\_\_ Amount of Charge: \$ \_\_\_\_\_

Authorized Signature: \_\_\_\_\_



## Registration Form (Page 2)

 Please Print Participant's Name: \_\_\_\_\_

**REGISTRATION INFORMATION CONTINUED**[illegible]

## COMMENTS: We Welcome Your Input

You or your child is participating in programs through NSSRA and/or your local park district or recreation department. NSSRA services include providing year-round recreation programs for the residents of its thirteen partner communities, Inclusion support, sign language interpreters, behavior management support and training, disability awareness training and any other services necessary to involve you and your child in community recreational activities.

We encourage you to share with us your thoughts and ideas about our current services or other services which you would like to see us offer. We use your comments to develop new programs, train support staff and companions, and improve the quality of NSSRA and park district or recreation department programs.

Please send any feedback to [info@nssra.org](mailto:info@nssra.org)!





**Northern Suburban Special  
Recreation Association (NSSRA)**

Mitchell L. Slotnick Center  
1221 County Line Road  
Highland Park, IL 60035



# Volunteer with NSSRA

Volunteering with NSSRA is an exciting opportunity to  
give your time meaningfully while having fun!