



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

**Summer 2024 | [nssra.org](http://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

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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
Vacant	Recreation Specialist	x6816; xx@nssra.org	Adult Programs
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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	Traditional Programs, Staffing, Transportation
Peytan Schulte	Recreation Specialist	x6824; pschulte@nssra.org	Adult Day Programs, ELA Program
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
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Laurie DeSimone	Foundation Manager	x6821; ldesimone@nssra.org
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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

**Inclusion On-Call Phone**

(847) 477-5403

**Summer Camp On-Call Phone**

(847) 452-3372

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 email newsletters at [nssra.org](http://nssra.org)



[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>	Joe Mobile
<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>	Shannon Nazzal

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 Vision

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

## 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 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:** April 22 - May 10

**Summer Program Dates:** June 17 - August 3

**No Program Dates:** July 4

## 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, May 16. 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, May 24.

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.**

## 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 has access.
- ▶ You can update this information anytime a change happens.
- ▶ **ePACT information must be reconfirmed on an annual basis. If you need assistance, please contact the front office.**

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: Doug Bundy  
Phone: (847) 256-9672

### Winnetka Park District

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

# The Leahy Family's Dedication Lights Up the Heart of Mitchell L. Slotnick Center



The Mitchell L. Slotnick Center is a vibrant facility that participants affectionately call home. Laughter, along with the bustling energy of NSSRA participants, fills the air as they engage in various activities such as creating self-empowerment, enjoying a snack, practicing the piano, or relaxing with yoga, all infused with fun and inclusivity.

In March, this spirit of togetherness took center stage as NSSRA proudly named one of our five Recreation Rooms the Leahy Recreation Room. Bart Leahy, accompanied by his son Bryson, was surrounded by family and friends, members of the NSSRA Foundation and Board of Directors, Jay and Valerie Slotnick, and NSSRA staff at the dedication ceremony. Thanks to Bart's contagious enthusiasm and the Leahy Family's unwavering commitment to NSSRA, the collective group filled the room with a palpable sense of joy.

## A Journey of Dedication

The Leahy Family's connection with NSSRA runs deep, starting with Kathy Leahy, Bart's beloved aunt, a vibrant participant until the early 2000s. Her love for social outings and the choral group resonated within the NSSRA community, becoming a cherished part of her life. The Leahy Family showcases Kathy's love for NSSRA by extending their gracious support in numerous ways.

## Over a Decade of Support

Since 2011, the Leahy Family has steadfastly supported NSSRA. Their contributions have been vast and varied, from supporting events like the Shining Stars Banquet and Summer Bash to playing a crucial role in the NSSRA Foundations' A Place to Belong Capital Campaign. Notably, Bart Leahy's larger-than-life personality and boisterous crew have been a fixture and presenting sponsor at the NSSRA Foundation's SWING Golf outing for nearly a decade and, to Bart's surprise, have won the tournament from time to time.



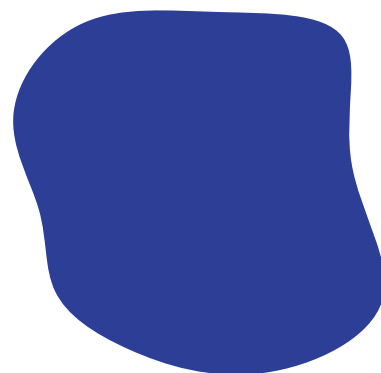


## Making a Difference, One Smile at a Time

The Leahy Family's involvement transcends financial contributions, creating meaningful experiences. In 2021, Bart was touring the Slotnick Center, and when he reached the Cless Recreation Room, he graciously offered to contribute whatever was necessary to get NSSRA top-of-the-line fitness equipment, ensuring long-term benefits for participants. His spontaneous acts of kindness, like surprise visits with gifts that benefit participants, reflect his genuine care for the NSSRA community and the overall well-being of our participants.

## Thank You, Leahy Family

In recognition of their exceptional contributions, which align with the NSSRA Facility Recognition Policy, NSSRA is proud to honor the Leahy Family by naming the recreation room in the Mitchell L. Slotnick Center in honor of them - the Leahy Recreation Room. This room, a tangible testament to their support, stands as a symbol of gratitude and a reminder of the positive impact their generosity have on the lives of NSSRA participants. It's a physical representation of the Leahy Family's commitment to creating a space where individuals with disabilities can thrive and find joy.



# 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**

NSSRA will communicate specific transportation details and pick up points before the program begins for programs with a transportation icon.

## **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.

## **Sensory Alert**

This event may be overwhelming at certain points with excessive/loud noise, busy with a large number of people, tight areas to sit in, outdoor weather elements, etc. Please send your participant with any sensory items that they may need.



# Special Events

Date	Program	Time	Ages	Page
Sunday, June 23	Summer Soiree	2:00 - 4:00 pm	7 - 18	13
Sunday, June 30	Brewers vs. Cubs	1:00 pm - End of game	21 and up	13
Saturday, July 13	Olympic Trials	3:30 - 5:30 pm	16 - 30	13
Sunday, July 14	Brick Bonanza	1:00 - 3:30 pm	7 - 18	14
Saturday, July 20	Arcade Mayhem	7:00 - 9:00 pm	18 and up	14
Sunday, July 21	Boogie on the Beach	1:30 - 3:30 pm	7 - 18	14
Sunday, July 28	Skokie Northshore Sculpture Park	3:15 - 5:15 pm	16 - 30	14
Saturday, August 3	Northbrook Days	9:30 - 11:30 am	All ages	14
Sunday, August 4	Million Dollar Quartet	3:00 - 7:45 pm	21 and up	15
Saturday, August 10	Dinner Delight	5:30 - 7:30 pm	21 and up	15
Sunday, August 11	Garden Party	1:00 - 4:00 pm	18 and up	15
Wednesday, August 14	Summer Bash	5:30 - 8:00 pm	All ages	17
Friday, August 23	Family Movie Night	7:00 - End of movie	All ages	16
Saturday, September 14	Northwestern Art Tour	3:30 - 7:00 pm	18 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:** April 22 - May 10

## 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.

## **Summer Soiree**

**Sunday, June 23 | 2:00 - 4:00 pm**

**Sunset Woods Park, Highland Park**

Step into summer with our Summer Soiree, where you can savor delicious snacks and drinks while enjoying the fresh air and sunshine. Take advantage of the playground and outdoor games for a day of fun and laughter with friends, new and old.

 A light snack and refreshments will be provided

 **Age:** 7 - 18


 **Program Code / Fee:** 347001-61 / \$62


## **Brewers vs. Cubs**

**Sunday, June 30 | 1:00 pm - End of game**

**American Family Field, Milwaukee**

Come and experience the excitement of America's favorite pastime with us! Whether you're a die-hard baseball fan or just looking for a great time, this outing is perfect. Experience the excitement of a classic baseball rivalry with our outing to watch the Milwaukee Brewers face off against the Chicago Cubs in Milwaukee!

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

 **Age:** 21 and up


 **Program Code / Fee:** 347002-61 / \$100

## **Olympic Trials**

**Saturday, July 13 | 3:30 - 5:30 pm**

**Willow Park Fieldhouse, Glenview**

Get ready to unleash your inner athlete at our Olympic Trials event, inspired by the excitement of the Summer Olympics 2024! Join us for a day of friendly competition as participants compete in various games and challenges to earn points to bring their team to victory.

 Please wear athletic clothing, gym shoes, and bring a water bottle.

 **Age:** 16 - 30

 **Program Code / Fee:** 347003-61 / \$47



## **Brick Bonanza**

**Sunday, July 14 | 1:00 - 3:30 pm**

**Legoland, Schaumburg**

Explore the world of LEGO bricks and let your creativity soar as you build, play, and learn together. Don't miss this exciting opportunity to experience the magic of Legoland and create lasting memories! Afterward, we will get Jamba Juice smoothies to refuel.

**Age:** 7 - 18


**Program Code / Fee:** 347004-61 / \$106

## **Arcade Mayhem**

**Saturday, July 20 | 7:00 - 9:00 pm**

**Enterrium, Schaumburg**

Get ready to level up your evening at Enterrium! Join us for a night of high-energy fun where you can immerse yourself in a world of modern arcade games. Challenge your friends to exciting rounds of your favorite games and enjoy some delicious appetizers.

 Please bring money if you would like to purchase additional food and games.

**Age:** 18 and up

**Program Code / Fee:** 347005-61 / \$91

## **Boogie on the Beach**

**Sunday, July 21 | 1:30 - 3:30 pm**

**Gillson Beach, Wilmette**

Relax and unwind on the beach as you soak up the summer vibes with live music playing in the background. We'll grab a bite at the concession stand and have some refreshing drinks. Whether you want to chill by the shore or get active on the sand, this event promises a perfect blend of relaxation and summer play.

 A light snack will be provided.

**Age:** 7 - 18


**Program Code / Fee:** 347006-61 / \$53

## **Skokie Northshore Sculpture Park**

**Sunday, July 28 | 3:15 - 5:15 pm**

**Skokie Northshore Sculpture Park**

Discover art in nature at the Skokie Northshore Sculpture Park! This unique park features over 60 sculptures set amidst beautifully landscaped grounds, creating a stunning backdrop for art enthusiasts and nature lovers. Afterward, we'll head to Graeter's Ice Cream for a delicious treat.

 This event requires participants to keep pace with the group while on the walking tour.

 Please wear comfortable walking attire.

**Age:** 16 - 30


**Program Code / Fee:** 347007-61 / \$50

## **Northbrook Days**

**Saturday, August 3 | 9:30 - 11:30 am**

**Northbrook Train Station, Northbrook**

Join NSSRA at Northbrook Days this summer! Enjoy carnival rides, games, music, and more. This event is free for the whole family! It is open to Northbrook residents with disabilities and individuals with disabilities served by Northern Suburban Special Recreation Association (NSSRA) and their immediate family or caregiver living in the same household.

 **Northbrook Days is a family event; NSSRA cannot provide staff to supervise participants. Additionally, NSSRA will not be providing transportation. Registration is required.**

**Age:** All Ages


**Program Code / Fee:** 343001-01 / FREE

## **Million Dollar Quartet**

**Sunday, August 4 | 3:00 - 7:45 pm**

**Metropolis Performing Arts Centre, Arlington Heights**

Experience the magic of rock 'n' roll history with a production of "Million Dollar Quartet"! On December 4, 1956, Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Carl Perkins gathered for one unforgettable night of music. This Tony Award-nominated musical takes you inside that legendary jam session, where four icons expressed life's joys and sorrows through song. Enjoy dinner after the show at Armand's Pizzeria!

 **Age:** 21 and up


 **Program Code / Fee:** 347008-61 / \$122


## **Dinner Delight**

**Saturday, August 10 | 5:30 - 7:30 pm**

**Yard House, Glenview**

Join us for a magical evening of great food and good company at our Dinner Delight event. Enjoy a delicious dinner at a local favorite, Yard House! It will be an evening filled with laughs and conversation.

 Dinner will be provided.

 **Age:** 21 and up

 **Program Code / Fee:** 347009-61 / \$61


## **Garden Party**


**Sunday, August 11 | 1:00 - 4:00 pm**

**Chicago Botanic Garden, Glencoe**

Immerse yourself in the beauty of nature with a visit to the Chicago Botanic Garden! Join us for a day of exploration and discovery as we wander through stunning gardens, lush landscapes, and enchanting displays of flora from around the world.

 A light snack will be provided.

 Please wear comfortable walking attire and dress for the weather.

 **Age:** 18 and up

 **Program Code / Fee:** 347010-61 / \$66





## FREE! Family Movie Night

**Friday, August 23 | 7:00 pm**

**Registration Deadline:** Friday, August 23

**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:** 347011-01 / FREE

## 🚌 Northwestern Art Tour

**Saturday, September 14 | 3:30 - 7:00 pm**

**Northwestern University, Evanston**

We'll begin our cultural and culinary adventure with a visit to The Block Museum at Northwestern University to explore fascinating art and exhibitions. Next, we'll embark on an outdoor sculpture walk, immersing ourselves in the beauty of art in nature. We'll head to Lou Malnati's for their famous Chicago-style deep dish pizza to wrap up the day. You won't want to miss this day of art, culture, and great food!

📄 **Age:** 18 and up

📄 **Program Code / Fee:** 347012-61 / \$115



# END-OF-SUMMER PARTY



**Wednesday, August 14 | 5:30 - 8:00 pm**

**Park Center, Glenview**

**Registration Deadline:** Wednesday, July 31

Summer Bash is an end-of-summer party for NSSRA participants, families, and friends. The evening is FREE for everyone and will include dinner, music, and the chance to catch up with old friends and make new ones. There is something for everyone! Register the whole family for this great event!

- ⓘ Please note that NSSRA staff members are not available to supervise participants.
- ⓘ Although this is a free event, advanced registration is required to help us plan accordingly for food, drinks, and fun!

**Age:** All Ages

**Program Code / Fee:** 343002-01 / FREE



# 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, August 16**

**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 [lallen@nssra.org](mailto:lallen@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.



## Loving Life in Lake Geneva



**Registration Deadline:** Friday, August 16

Registration for overnight trips will be conducted on a first-come-first-served basis.

**Location:** Lake Geneva, Wisconsin

**Age:** 18 and up

**Min/Max:** 6/12

Come experience the vibrant spirit of Lake Geneva, Wisconsin where endless adventures await! Our group will try fun local activities such as East Troy Train Museum and the Dancing Horses show, all before eating a delicious meal. This weekend getaway promises an unforgettable experience amidst the stunning views of Lake Geneva. Please bring spending money if you would like to buy snacks or souvenirs.

The fee includes transportation, meals, accommodations and admission to all activities.

**Eligibility:** Participants must be able to meet all general trip expectations. Staff assistance is available for all activities of daily living. All participants may register for this trip without attending prior NSSRA trips.

**Housing:** The group will be staying at a hotel. Staff may not be present in all rooms overnight, but will be present in the hotel. Participants will be sharing rooms with peers of the same gender. To arrange for a single room, if available, please contact Lacey Allen, Recreation Specialist for Trips, by the registration deadline. An additional fee may be charged for these arrangements.

A trip packet will be sent out one month prior to the trip and all included forms must be returned by the advertised deadline for the registered participant to attend.

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

**Date:** Saturday, December 7 - Sunday, December 8

**Program Code / Fee:** 441001-61 / \$665



# 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
Monday	Gator Bowiling	6:30 - 8:00 pm	8 and up	51
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	Gymnastics Skills	5:00 - 5:45 pm	3 - 12	23
Tuesday	Gator Volleyball	6:30 - 8:00 pm	16 and up	52
Wednesday	Private Piano Lessons	4:30 - 7:30 pm	3 and up	22
Wednesday	Learn to Ride a Bike	4:30 - 5:15 pm	3 - 8	24
Wednesday	Learn to Ride a Bike	5:30 - 6:15 pm	3 - 8	24
Wednesday	Sensory Art	4:45 - 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	Music Speaks	4:30 - 5:15 pm	3 - 12	26
Thursday	NEW! Water Play	5:00 - 5:45 pm	3 - 12	27
Thursday	Open Swim	6:00 - 7:00 pm	13 and up	26
Thursday	Youth Horseback Riding	5:00 - 6:10 pm	3 - 15	27
Thursday	Gator Bocce	5:30 - 6:30 pm	16 and up	53
Thursday	Horseback Riding	6:20 - 7:30pm	16 and up	27
Friday	Friday Frenzy	7:00 - 9:00 pm	13 - 15	28
Friday	Teens Night Out	7:00 - 9:00 pm	16 - 18	29
Saturday	Community Club	9:00 - 11:30 am	7 - 15	29
Saturday	NEW! Nature Navigators	10:45 - 11:45 am	16 and up	30
Saturday	Teen Travelers	12:30 - 3:00 pm	16 - 21	29
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:** April 22 - May 10

**Summer Program Dates:** June 17 - August 3

**No Program Dates:** July 4

## Monday

### Fitness Fanatics

**Age:** 7 - 21

**Min/Max:** 6 / 12

**Location:** Northfield Community Center

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

**Dates:** June 17 - July 29

**Program Code / Fee:** 342001-01 / \$96

### NSSRA Bowling

**Age:** 8 and up

**Min/Max:** 6 / 20

**Location:** Bowlero, Vernon Hills

During this program, you will enjoy bowling up to two games and socializing with your peers. Adaptive bowling equipment is available.

- ⓘ 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.
- ▶ Increase bowling averages.
- ▶ Improve social skills by conversing with one another while waiting to bowl.

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

**Day:** Monday

**Dates:** June 17 - July 29

**Program Code / Fee:** 344003-01 / \$140

## Transportation Information

**Transportation Code / Fee:** 344003-51 / \$88

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





## 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.

#### 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

### Tuesday

📅 **Dates:** June 18 - August 13

📅 **Program Code / Fee:**

📅 342004-01 / \$463

### Wednesday

📅 **Dates:** June 19 - August 14

📅 **Program Code / Fee:**

📅 342004-11 / \$463

## Chef's Creations

Age: 7 - 21

Min/Max: 4/6

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. Prepare 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

Dates: June 18 - July 30

Program Code / Fee: 342002-01 / \$101

## Gymnastics Skills

Age: 3 - 12

Min/Max: 4/6

Location: Wilmette Community Recreation Center

Leap, roll, and tumble over to Wilmette's gymnastics gym! Participants will be introduced to basic gymnastics skills while exploring equipment, including the foam pit, balance beams, and trampoline. NSSRA will send a waiver before the program, and you must return it to the NSSRA office by Tuesday, June 4.

- ⓘ Gymnastics Skills is not a competitive program.
- ⓘ Participants registering for this program must be able to follow gym rules, stay with the group, and transition with minimal assistance.
- 👕 Participants should come dressed in athletic clothing and socks.

### Goals:

- ▣ Develop physical skills, including flexibility, body awareness, and strength.
- ▣ Foster social interaction and teamwork.

Time: 5:00 - 5:45 pm

Day: Tuesday

Dates: June 18 - July 30

Program Code / Fee: 342003-01 / \$96





Wednesday

## Learn to Ride a Bike

Age: 3 - 8

Min/Max: 3/6

Location: Watts Park, Glencoe

Get ready to ride with confidence! Our program is geared towards enhancing essential bike riding skills like balance and coordination through engaging interactive games on bikes. But that's not all! Participants will also receive valuable lessons on bike safety, ensuring they're equipped for a safe and enjoyable ride every time.

- ⚙ The first 15 minutes of the program will include attaching adaptive equipment to bikes as necessary.
- ⚙ Participants must wear gym shoes and bring their bikes and helmets.

### Goals:

- 📌 Develop fundamental balance, coordination, and bike riding skills.
- 📌 Increase knowledge and practice of bike safety.

Day: Wednesday

Dates: June 19 - July 31

### Group 1

Time: 4:30 - 5:00 pm

Program Code / Fee:

342005-01 / \$63

### Group 2

Time: 5:15 - 5:45 pm

Program Code / Fee:

342005-02 / \$63





## Sensory Art

**Age:** 7 - 21

**Min/Max:** 4 / 6

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

Explore your senses in this exciting art program! Participants will gain experience using new creative mediums, tools, and artistic techniques. It is all about the creative process! Each week will feature sensory-based art activities and stations. Prepare to embrace the mess, work with your hands, and nurture your inner artist.

### Goals:

- ▶ Promote growth and self-confidence through artmaking.
- ▶ Increase exposure to creativity and attentiveness to art instruction.

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

**Day:** Wednesday

**Dates:** June 19 - July 31

**Program Code / Fee:** 342006-01 / \$98

## Gym Groupies

**Age:** 16 and up

**Min/Max:** 6 / 12

**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! If you are looking for a Wednesday workout, this program is for you.

- 👕 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.
- ▶ Improve social interaction and teamwork.
- ▶ Enhance gross motor skills through group fitness.

**Day:** Wednesday

**Dates:** June 19 - July 31

## Group 1

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

**Program Code /**

**Fee:** 344007-01 / \$96

## Group 2

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

**Program Code /**

**Fee:** 344007-02 / \$96

## Transportation Information

Transportation Code / Fee: 344007-52 / \$88

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

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



Thursday



## NEW! Music Speaks

**Age:** 3 - 12

**Min/Max:** 4 / 6

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

Get ready to rock to the beat of your own drum because music therapy is back! Music Speaks is led by a Board-Certified Music Therapist (MT-BC). Music and rhythm interventions might sound like fun and games, but they also address physical, cognitive, communication, social, and emotional aspects. Music skill or background is optional to be successful in a music therapy session.

### Goals:

- ▶ Develop an understanding and appreciation of music.
- ▶ Encourage positive self-expression.

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

**Day:** Thursday

**Dates:** June 20 - August 1

**No Program:** July 4

**Program Code / Fee:** 342007-01 / \$171

## ! Open Swim

**Age:** 13 and up

**Min/Max:** 4/6

**Location:** Hidden Creek AquaPark, Highland Park

Nothing is better than an evening of swimming with friends in the summer! During open swim, participants can play water games, partake in group exercises, or enjoy free swim time with peers. The choice is yours!

- ▶ Please come dressed in a labeled swimsuit and bring a towel with a change of clothes.

### Goals:

- ▶ Increase social interaction and cooperation.
- ▶ Improve gross motor skills and physical fitness through water play.
- ▶ Increase water safety awareness and confidence.

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

**Day:** Thursday

**Dates:** June 20 - August 1

**No Program:** July 4

**Program Code / Fee:** 344009-01 / \$83



## NEW! Water Play

**Age:** 3 - 12

**Min/Max:** 4 / 8

**Location:** Hidden Creek Aquapark, Highland Park

It's time to make a splash! Join your peers for a recreational swim program. We designed this class to help participants acclimate to and gain confidence in the water. Staff will facilitate various water games, social games, and free swim time.

- 📌 Parents/guardians must change the participant into a swimsuit and meet staff in the pool lobby before the start of the program.
- 📌 All participants must use the restroom before meeting the staff in the pool lobby.
- 📌 Parents and guardians pick up participants from the pool lobby at the end of the program.
- 👕 Non-toilet-trained participants must wear a swim diaper and tight-fitting pants over a swim diaper (no disposable or cloth diapers).

### Goals:

- ▶ Increase social interaction and cooperation.
- ▶ Enhance confidence in the water.
- ▶ Improve gross motor skills and physical fitness through water play.

**Time:** 5:00 - 5:45 pm

**Day:** Thursday

**Dates:** June 20 - August 1

**No Program:** July 4

**Program Code / Fee:** 342008-01 / \$83



## 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: riding, groundwork, and a craft. 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, June 6.
- 📌 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

**Dates:** June 20 - August 1

**No Program:** July 4

## Age: 3 - 15

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

**Program Code / Fee:** 342009-01 / \$278

## Age: 16 and up

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

**Program Code / Fee:** 342010-01 / \$278

# Social Outings






## Friday Frenzy

**Age:** 13 - 15




**Min/Max:** 6 / 10

**Location:** Various

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

-  Fees include transportation from designated pick-up points, restaurant meals, and admissions during community outings.
-  Transportation information and program details will be emailed before the start of the season.
-  Please eat dinner before the program unless it is noted that dinner is provided.

### Goals:

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

## Friday Frenzy Outings

Hello Summer!

Play and Spin

Star Spangled Celebration

Float Night

Trivia & Treats

Putt, Putt, Hooray

Sunset Painting

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

**Day:** Friday

**Dates:** June 21 - August 2

**Program Code / Fee:** 342011-61 / \$238

## Looking for more?

Finally Friday Social Club on pages 42 - 43 is available for participants age 19 and up.




## **Teens Night Out**

**Age:** 16 - 18




**Min/Max:** 6 / 10

**Location:** Various

It's teens' night out and time to get together with your friends for exciting Friday night activities!

-  Fees include transportation from designated pick-up points, restaurant meals, and admissions during community outings.
-  Transportation information and program details will be emailed before the start of the season.
-  Please eat dinner before the program unless it is noted that dinner is provided.

### **Goals:**

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

## **Teens Night Outings**

Out to Eat	Boomer's Game
Bags, Bocce & BBQ	Summer Olympics
Action Territory	The Last Splash
Pixar & Popsicles	

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

**Day:** Friday

**Dates:** June 21 - August 2

**Program Code / Fee:** 342012-61 / \$238

## **Community Club / Teen Travelers**




**Age:** 7 - 21

**Min/Max:** 6 / 10

**Location:** Various

Explore the town in the Community Club or 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 farmer's 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

**Dates:** June 22 - August 3

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

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

**Program Code / Fee:** 342013-61 / \$213

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

**Time:** 12:30 - 3:00 pm

**Program Code / Fee:** 342014-61 / \$213

Saturday

## NEW! Nature Navigators

**Age:** 16 and up

**Min/Max:** 4 / 8

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

Get ready to connect with nature during our Saturday morning program for nature lovers! Each week, we will explore local nature through experiments, sensory observations, and crafts. The emphasis will be on hands-on activities, so expect to get dirty as we learn about plants, pollinators, birds, and more!

- 📅 On July 13 the program will be extended by 30 minutes for a trip to the Chicago Botanical Garden. NSSRA staff will communicate more details before the program date.

### Goals:

- 📌 Increase exposure to nature.
- 📌 Increase socialization and positive peer interactions.
- 📌 Develop increased attention to activities and ability to follow directions.
- 📌 Enhance fine motor skills.

**Time:** 10:45 - 11:45 am

**Day:** Saturday

**Dates:** June 22 - August 3

**Program Code / Fee:** 344013-01 / \$104



## 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

**Dates:** June 22 - August 3

**Program Code / Fee:** 342015-01 / \$104

# Adult Programs


Day	Program	Time	Ages	Page
Monday	Let's Bowl	11:30 am - 2:00 pm	21 and up	33
Monday	Gator Bowling	6:30 - 8:00 pm	8 and up	51
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	Private Piano Lessons	4:30 - 7:30 pm	3 and up	35
Wednesday	Private Piano Lessons	4:30 - 7:30 pm	3 and up	35
Tuesday	What's Cooking?	6:15 - 7:45 pm	21 and up	34
Tuesday	Gator Volleyball	6:30 - 8:00 pm	16 and up	52
Wednesday	Day Trips	11:00 am - 2:30 pm	21 and up	36 - 37
Wednesday	Artist Studio	6:00 - 7:15 pm	21 and up	38
Wednesday	Gym Groupies 1	6:00 - 7:00 pm	16 and up	39
Wednesday	Gym Groupies 2	7:15 - 8:15 pm	16 and up	39
Thursday	Gator Bocce	5:30 - 6:30 pm	16 and up	53
Thursday	Open Swim	6:00 - 7:00 pm	13 and up	41
Thursday	Horseback Riding	6:20 - 7:30 pm	16 and up	42
Friday	Finally Friday	7:00 - 9:00 pm	19 - 30	42 - 43
Friday	After Hours	7:00 - 9:00 pm	31 and up	44 - 45
Saturday	Healthy Living	9:30 - 10:30 am	21 and up	46
Saturday	NEW! Nature Navigators	10:45 - 11:45 am	16 and up	46
Saturday	Creative Arts	11:15 am - 12:15 pm	21 and up	47
Saturday	Weekenders	1:00 - 2:00 pm	21 and up	47
Saturday	Saturday Night Hot Spots	7:00 - 9:00 pm	21 and up	48 - 49

## How to Register for Adult Programs

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

## Important Dates

**Registration Dates:** April 22 - May 10

**Summer Program Dates:** June 17 - August 3





**No Program Dates:** July 4


## Questions?

For any questions about adult programs, please contact Lauren Perry at (847) 509-9400 x6817 or [lperry@nssra.org](mailto:lperry@nssra.org).

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).

## 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.





## 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 program's first week, bowlers will eat at the Pinstripes Bistro and then 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:

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

**Time:** 11:30 am - 2:00 pm

**Day:** Monday

**Dates:** June 17 - July 29

**Program Code / Fee:** 344001-01 / \$221

### **Transportation Information**

**Transportation Code / Fee:** 344001-51 / \$88


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

### **Strength & Cardio**




**Age:** 21 and up **Min/Max:** 4 / 6

**Location:** Northfield Community Center

Participants will learn to increase strength through 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

**Dates:** June 17 - July 29

**Program Code / Fee:** 344002-01 / \$96



## Monday



### **NSSRA Bowling**

**Age:** 8 and up




**Min/Max:** 6 / 15

**Location:** Bowlero, Vernon Hills

During this program, you will enjoy bowling up to two games and socializing with your peers. Adaptive bowling equipment is available.

-  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.
-  Increase bowling averages.
-  Improve social skills by conversing with one another while waiting to bowl.

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

**Day:** Monday

**Dates:** June 17 - July 29

**Program Code / Fee:** 344003-01 / \$140

## Transportation Information

**Transportation Code / Fee:** 344003-51 / \$88

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

## Tuesday



### **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 increasing 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, all dietary restrictions cannot be accommodated.
-  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

**Dates:** June 18 - July 30

**Program Code / Fee:** 344004-01 / \$101

## 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.

#### 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.

### Tuesday

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

**Dates:** June 18 - August 13

**Program Code / Fee:** 342004-01 / \$463

### Wednesday

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

**Dates:** June 19 - August 14

**Program Code / Fee:** 342004-11 / \$463



# 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 unless noted.

## Goals:

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

⌋ **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.

## Racine Zoo

**Date:** June 19

**Location:** Racine, Wisconsin

Walk on the wild side with Day Trips at the Racine Zoo! Here, we will see various animals, including some of the world's most remarkable and endangered wildlife. After exploring, we will travel to Kewpee Sandwich Shop, home of Racine's best burger.

⌋ **Program Code / Fee:** 344005-61 / \$40

## Field Day

**Date:** June 26

**Location:** Northbrook Leisure Center

Enjoy an afternoon of socializing through friendly competition and outdoor fitness. We will utilize Northbrook Leisure Center's bocce courts, basketball courts, and open fields to play games together for our field day. Then, we will head to Subway for a well-deserved lunch.

⌋ **Program Code / Fee:** 344005-62 / \$40

## Beehive: The 60's Musical

**Date:** July 3

**Location:** The Marriott Theatre, Lincolnshire

Beehive: The 60s Musical is a musical celebration of the most powerful and iconic female voices of the 1960s. Let's grab brunch at Walker Bros Original Pancake House and then catch the show. It is sure to be a vibrant and uplifting experience!


} **Program Code / Fee:** 344005-63 / \$88

## Pool Party

**Date:** July 10

**Location:** Hidden Creek AquaPark, Highland Park

"Water" you doing on July 10? It's time to catch some rays and swim the day away at Hidden Creek AquaPark. Once we are done swimming, we'll go to Chick-fil-A for a much-needed lunch.

 Please come dressed in a labeled swimsuit and bring a towel with a change of clothes.

} **Program Code / Fee:** 344005-64 / \$45

## Fine Arts, Fine Food

**Date:** July 17

**Location:** Hawthorn Mall, Vernon Hills

Calling all art lovers! Let's spend the day at Painted Penguin in a guided painting class. Afterward, we will indulge in a classy Italian meal at Maggiano's.

} **Program Code / Fee:** 344005-65 / \$49

## The Great Outdoors

**Date:** July 24

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

Nature is calling, and you must answer. At Heller Nature Center, we will go on a nature walk and learn how to build a fire and fish! Once we're done getting our hands dirty, we will travel to Rosati's for some pizza.

 Lunch is included in the program fee.

} **Program Code / Fee:** 344005-66 / \$63

## Farm Fresh Lunch

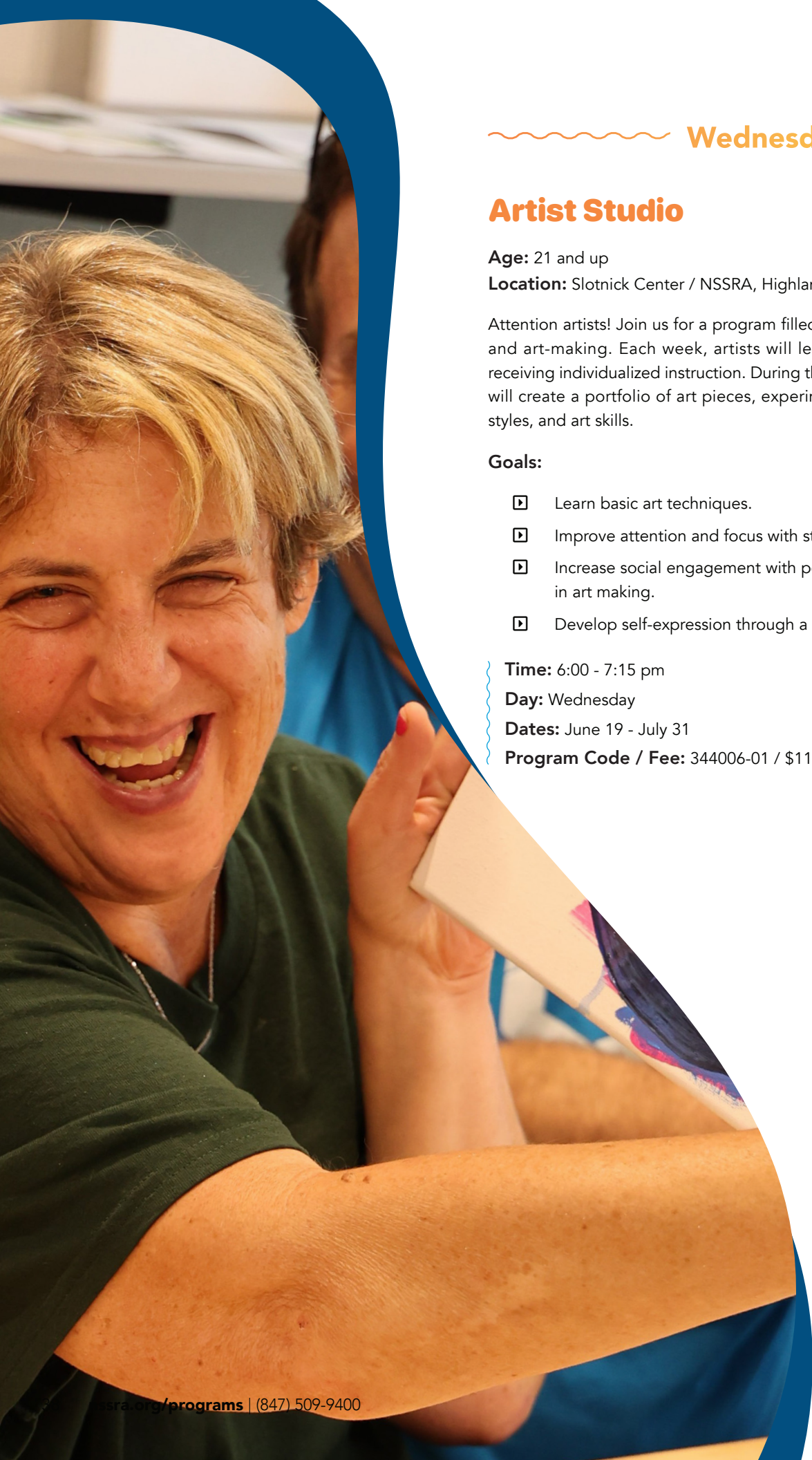
**Date:** July 31

**Location:** Ravinia Farmers Market, Highland Park

Spend the day shopping for produce, listening to live music, and exploring the community at the Ravinia Farmers Market. Once we have the produce needed, the group will make a healthy summer meal together at the Slotnick Center.

 Lunch is included in the program fee.

} **Program Code / Fee:** 344005-67 / \$46



Wednesday

## 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.

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

**Day:** Wednesday

**Dates:** June 19 - July 31

**Program Code / Fee:** 344006-01 / \$119

## Wednesday



### **Gym Groupies**

**Age:** 16 and up




**Min/Max:** 6 / 12

**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! If you are looking for a Wednesday workout, this program is for you.

-  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.
-  Improve social interaction and teamwork.
-  Enhance gross motor skills through group fitness.

**Day:** Wednesday

**Dates:** June 19 - July 31

### Group 1

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

**Program Code / Fee:**

344007-01 / \$96

### Group 2


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

**Program Code / Fee:**

344007-02 / \$96

## Transportation Information

**Transportation Code / Fee:** 344007-52 / \$88

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

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



## Thursday


### ! Open Swim

**Age:** 13 and up





**Min/Max:** 4/6

**Location:** Hidden Creek AquaPark, Highland Park

Nothing is better than an evening of swimming with friends in the summer! During open swim, participants can play water games, partake in group exercises, or enjoy free swim time with peers. The choice is yours!

-  Please come dressed in a labeled swimsuit and bring a towel with a change of clothes.

#### Goals:

-  Increase social interaction and cooperation.
-  Enhance confidence in the water.
-  Improve gross motor skills and physical fitness through water play.
-  Increase water safety awareness.

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

**Day:** Thursday

**Dates:** June 20 - August 1

**No Program:** July 4

**Program Code / Fee:** 344009-01 / \$83





## Thursday




### 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: riding, groundwork, and a craft. 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, June 6.
-  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.

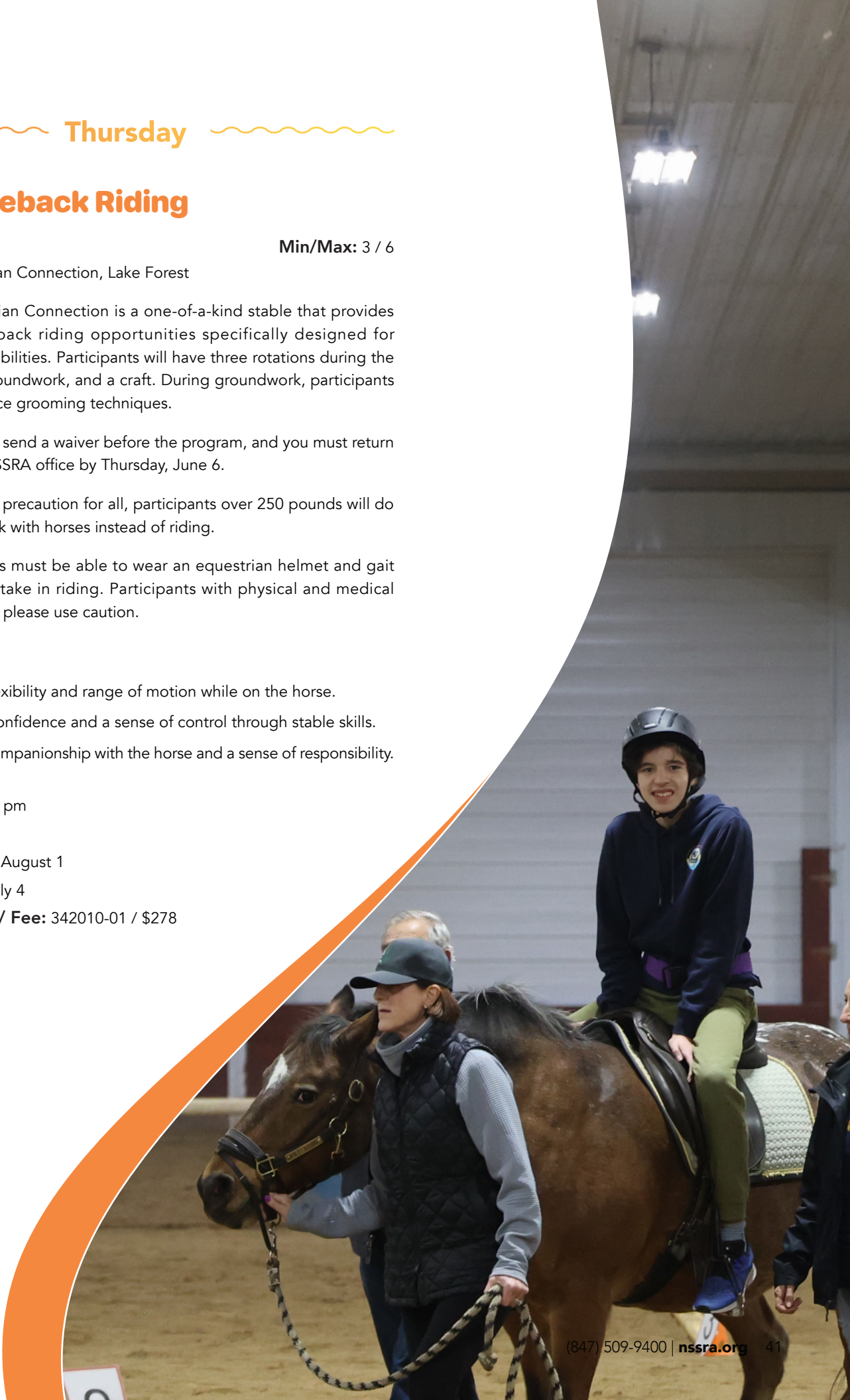
**Time:** 6:20 - 7:30 pm

**Day:** Thursday

**Dates:** June 20 - August 1

**No Program:** July 4

**Program Code / Fee:** 342010-01 / \$278



# Finally Friday



**Age:** 19 - 30

**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

## 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.

## Summer Kick-Off Party

**Date:** June 21

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

Let's kick off the summer season at NSSRA! Dive into the fun with games, music, and delicious summer treats. Make memories that will last all summer long at NSSRA's Summer Kick-Off Party alongside our friends from After Hours!

⌋ **Program Code / Fee:** 349001-61 / \$49

## Baseball Bonanza

**Date:** June 28

**Location:** Wintrust Field, Schaumburg

Prepare for a thrilling evening at the ballpark as we cheer on the Schaumburg Boomers! Experience the excitement of professional baseball, with every pitch, swing, and catch keeping you on the edge of your seat. From the crack of the bat to the crowd's roar, the atmosphere is electric as we rally behind our home team alongside our friends from After Hours!

- ⓘ The program fee includes admission, a hot dog, soft drink, and chips.
- ⓘ 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:** 349001-62 / \$67

## Stars, Stripes & Summer Delights!

**Date:** July 5

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

Join us for a spectacular evening as we celebrate the Fourth of July at NSSRA! Come decked out in red, white, and blue as we unite to honor our nation's independence. With games, activities, music, and more, this celebration promises to be a memorable way to extend the holiday spirit.

} **Program Code / Fee:** 349001-63 / \$61

## Scoops and Strolls

**Date:** July 12

**Location:** Gallery Park, Glenview

Experience the perfect evening at Gallery Park in Glenview, where every step brings new delights. Take a stroll around the picturesque lake, soak in the beauty of nature, and enjoy the vibrant atmosphere. Gather with friends for a friendly game in the open green spaces as the sun sets. After all the fun, treat yourself to a special treat at Ben & Jerry's where every scoop brings pure joy.

} **Program Code / Fee:** 349001-64 / \$40

## The Silo

**Date:** July 19

**Location:** The Silo, Lake Bluff

Escape the ordinary and indulge in a slice of paradise at The Silo's outdoor patio where friends gather and memories are made over mouthwatering pizzas and salads. Nestled under the stars, soak in the summer breeze, sip on refreshing drinks, and let the laughter flow as you enjoy an evening of good food and great company.

} **Program Code / Fee:** 349001-65 / \$58

## The NSSRA Summer Olympics

**Date:** July 26

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

Step into the arena and unleash your inner Olympian at NSSRA's Summer Games! Join us for an evening of friendly competition as you and your friends compete in exciting challenges inspired by the Olympic Games. Every game promises fun and excitement for all. With medals on the line and the thrill of victory in the air, this evening will surely be one for the record books.

} **Program Code / Fee:** 349001-66 / \$64

## Northbrook Days

**Date:** August 2

**Location:** Village Green, Northbrook

Welcome to Northbrook Days Festival where summer evenings come alive with music, laughter, and community spirit! Join us as we celebrate the vibrant essence of our town with an evening filled with excitement and entertainment. From live music performances to mouth-watering food vendors and fun-filled activities for all ages, there's something for everyone to enjoy.

} **Program Code / Fee:** 349001-67 / \$76

# 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

## 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.

## Summer Kick-Off Party

**Date:** June 21

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

Let's kick off the summer season at NSSRA! Dive into the fun with games, music, and delicious summer treats. Make memories that will last all summer at NSSRA's Summer Kick-Off Party alongside our friends from Finally Friday!

⌋ **Program Code / Fee:** 349002-61 / \$49

## It's a Grand Slam

**Date:** June 28

**Location:** Wintrust Field, Schaumburg

Prepare for a thrilling evening at the ballpark as we cheer on the Schaumburg Boomers! Experience the excitement of professional baseball, with every pitch, swing, and catch keeping you on the edge of your seat. From the crack of the bat to the crowd's roar, the atmosphere is electric as we rally behind our home team alongside our friends from Finally Friday!

- ⓘ The program fee includes admission, a hot dog, soft drink, and chips.
- ⓘ 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:** 349002-62 / \$67

## Pickleball Palooza

**Date:** July 5

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

Embark on an active, fun, and relaxing evening with friends at Sunset Woods Park! Dive into the fast-paced excitement of pickleball, a blend of tennis, badminton, and table tennis, perfect for all skill levels. As the sun sets, unwind with a picnic spread while enjoying delicious food and drinks amidst the park's natural beauty. With laughter, friendly competition, and good company, this evening promises to be a memorable blend of sport and leisure.

 In the event of inclement weather we will move inside for table tennis.

} **Program Code / Fee:** 349002-63 / \$49

## Landmark Inn

**Date:** July 12

**Location:** Landmark Inn Bar & Grill, Northbrook

Experience a culinary journey at the Landmark Inn where every meal is delightful and delicious. Feel the summer magic with friends on their charming outdoor patio which provides the perfect backdrop for a memorable evening. Join us at the Landmark Inn this summer and elevate your dining experience as you take in the sunset!

} **Program Code / Fee:** 349002-64 / \$69

## Twilight Tranquility

**Date:** July 19

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

Join us for a serene evening under the open sky as we embrace the tranquility of outdoor yoga at NSSRA. Guided by our experienced instructor, you'll flow through gentle poses, focusing on breath and movement to find balance and harmony. Whether you're a seasoned yogi or new to the practice, this outdoor session will rejuvenate your body and mind. So come, stretch, breathe, and unwind with us while we enjoy a healthy treat afterward.


} **Program Code / Fee:** 349002-65 / \$43

## Lake County Fair

**Date:** July 26

**Location:** Lake County Fairgrounds, Grayslake

Gather your friends and head to the Lake County Fair for an unforgettable evening of fun and excitement! Experience the thrill of the rides, savor the flavors of fair food, and explore the exhibits and attractions that make the fair a summer tradition. From animals to games and food, there is something for everyone to enjoy. So come to the Lake County Fair where the magic of summer comes alive!

 The program fee includes admission and \$15 for games and snacks.

} **Program Code / Fee:** 349002-66 / \$76

## Flaky Delights

**Date:** August 2

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

Join us at NSSRA for a delicious baking adventure as we celebrate a belated National Apple Turnover Day! Roll up your sleeves and learn how to create the perfect flaky pastry filled with sweet, cinnamon-spiced apples. Whether you're a seasoned baker or new to the kitchen, this hands-on experience will surely delight your taste buds.

} **Program Code / Fee:** 349002-67 / \$49

## 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 routines at home. Throughout the season, participants will prepare healthy snacks, participate in fitness activities, and enjoy learning about healthy lifestyles.

- 📌 This program may include group cooking instruction; therefore, NSSRA cannot accommodate all dietary restrictions.
- 📌 We will create a light snack on various program weeks; please plan accordingly.
- 📌 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.
- ▶ Practice independent skills and healthy lifestyle habits.

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

**Day:** Saturday

**Dates:** June 22 - August 3

**Program Code / Fee:** 344010-01 / \$104



### NEW! Nature Navigators

**Age:** 16 and up

**Min/Max:** 4 / 8

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

Get ready to connect with nature during our Saturday morning program for nature lovers! Each week, we will explore local nature through experiments, sensory observations, and crafts. The emphasis will be on hands-on activities, so expect to get dirty as we learn about plants, pollinators, birds, and more!

- 📌 On July 13 the program will be extended by 30 minutes for a trip to the Chicago Botanical Garden. NSSRA staff will communicate more details before the program date.

#### Goals:

- ▶ Increase exposure to nature.
- ▶ Increase socialization and positive peer interactions.
- ▶ Develop increased attention to activities and ability to follow directions.
- ▶ Enhance fine motor skills.

**Time:** 10:45 - 11:45 am

**Day:** Saturday

**Dates:** June 22 - August 3

**Program Code / Fee:** 344013-01 / \$104



## 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 theater, photography, film-making, and storytelling. Participants will be introduced and exposed to various fine art-related topics each week through hands-on learning and creating.

**Goals:**

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

**Time:** 11:15 am - 12:15 pm

**Day:** Saturday

**Dates:** June 22 - August 3

**Program Code / Fee:** 344011-01 / \$104



### Weekenders

**Age:** 21 and up

**Min/Max:** 6 / 12

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

Do you live for the weekends? Get a jump start and join your friends for the best Saturday afternoon, including themed parties, activities, and socialization! This group loves good old-fashioned fun, from bingo to karaoke, game day to mocktails. Participants will enjoy an afternoon full of socializing and activities!

**Goals:**

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

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

**Day:** Saturday

**Dates:** June 22 - August 3

**Program Code / Fee:** 344012-01 / \$104




# Saturday Night Hot Spots




**Age:** 31 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 Summer Olympic Games

**Date:** June 29  
**Location:** Slotnick Center / NSSRA, Highland Park

Join us for an evening of fun and games at the NSSRA Summer Games! Embrace the spirit of friendly competition as athletes of all abilities showcase their skills and sportsmanship. Participate in interactive mini-games, enjoy some refreshments, grab a snack, and get your game face on. The NSSRA Summer Games are sure to be a highlight of your summer!

 **Program Code / Fee:** 349003-61 / \$52

## Journey Through Nature's Canvas

**Date:** July 13  
**Location:** Morton Arboretum, Lisle

Experience the magic of summer evenings at Morton Arboretum with our evening nature walk. As the sun sets and the temperatures cool, join us as we take in the sights, sounds, and scents through lush greenery and vibrant blooms. Whether you're a nature enthusiast or just looking for a peaceful way to unwind, our evening nature walk offers the perfect blend of relaxation and exploration. Join us and reconnect with the beauty of nature this summer.

 **Program Code / Fee:** 349003-62 / \$57



## A Backyard BBQ Bash

**Date:** July 27

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

Prepare to fire the grill and soak up the sun with our summer backyard BBQ! Join us for a sizzling celebration of good food, great company, and endless summer vibes. With refreshing drinks, lively music, and plenty of outdoor games, this BBQ is the ultimate summer soiree. So grab a plate, kick back, and let the good times roll as we enjoy this summer season!

⌋ **Program Code / Fee:** 349003-63 / \$49

## A Chicago Dogs Spectacular

**Date:** August 3

**Location:** Impact Field, Rosemont

Take me out to the ballgame, take me out with the crowd! Let's cheer on the Chicago Dogs! Get ready for a summer evening filled with the crack of the bat, the crowd roar, and the game's thrill. As the Chicago Dogs take the field, we'll cheer them on to victory. So grab your cap, glove, and team spirit because we're all about the Chicago Dogs this summer!

- 📌 The program fee includes admission, a hot dog, soft drink, and chips
- 📌 Please bring additional money if you plan on purchasing snacks or souvenirs.
- 📌 Expect a phone call regarding drop-off times as game length varies.

⌋ **Program Code / Fee:** 349003-64 / \$67





# 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 ten Gator Athletics programs

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

## Monday



### **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 50 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.
-  Increase bowling average

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

**Day:** Monday

**Dates:** June 17 - July 29

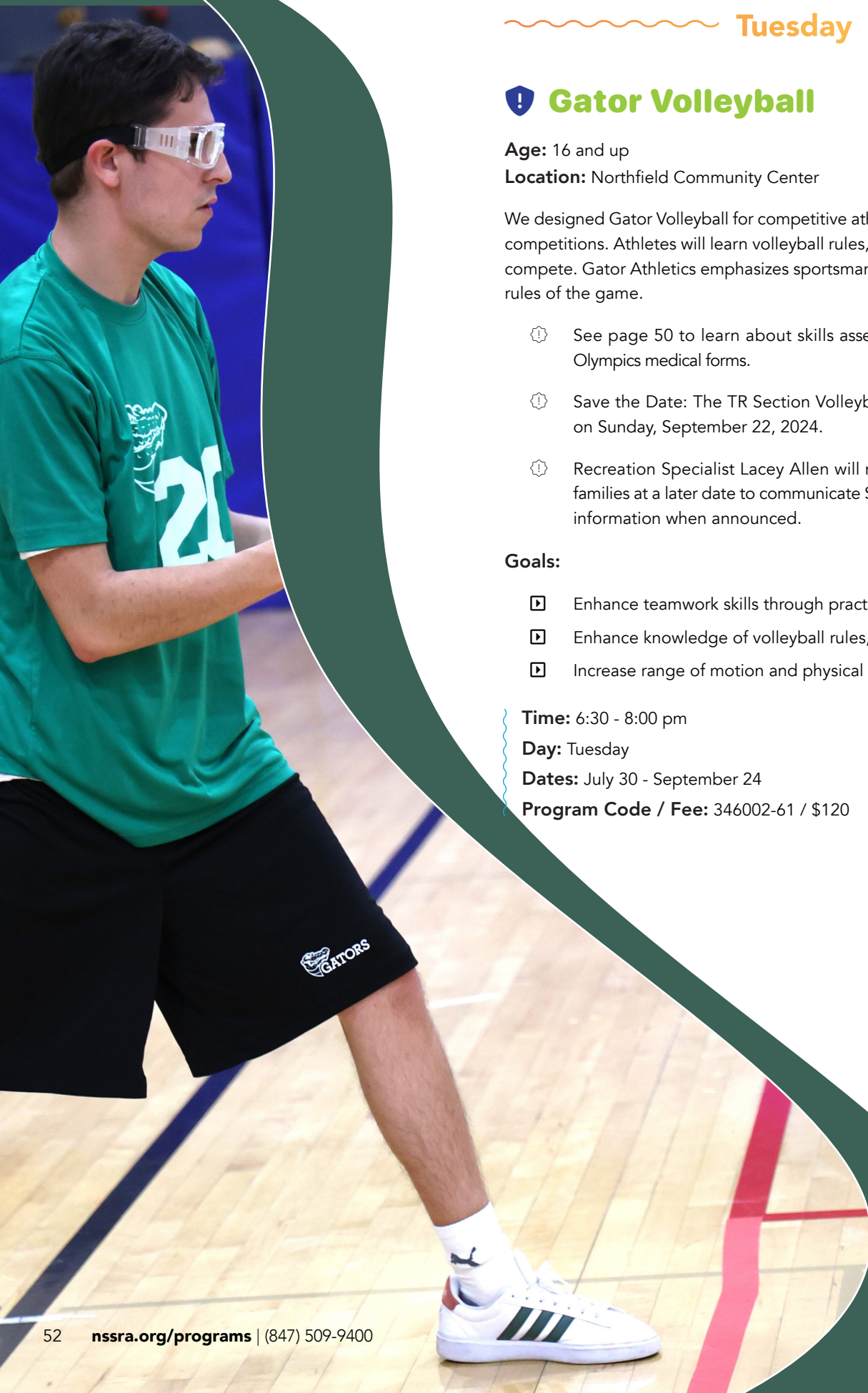
**Program Code / Fee:** 346001-01 / \$140

## Transportation Information

 **Transportation Code / Fee:** 346001-51 / \$88

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





Tuesday

## ! Gator Volleyball

**Age:** 16 and up

**Min/Max:** 8 / 24

**Location:** Northfield Community Center

We designed Gator Volleyball for competitive athletes interested in volleyball competitions. Athletes will learn volleyball rules, develop skills, practice, and compete. Gator Athletics emphasizes sportsmanship, fundamentals, and the rules of the game.

- 📄 See page 50 to learn about skills assessment and required Special Olympics medical forms.
- 📅 Save the Date: The TR Section Volleyball Tournament will be held on Sunday, September 22, 2024.
- 👤 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:

- ▶ Enhance teamwork skills through practice and competitions.
- ▶ Enhance knowledge of volleyball rules, techniques, and etiquette.
- ▶ Increase range of motion and physical conditioning.

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

**Day:** Tuesday

**Dates:** July 30 - September 24

**Program Code / Fee:** 346002-61 / \$120

## Thursday



### **Gator Bocce**

**Age:** 16 and up





**Min/Max:** 6 / 12

**Location:** Northbrook Leisure Center

Try your hand at bocce! Gator Bocce is for athletes of all skill and experience levels! Gator athletes will learn the rules of bocce and different strategies for competition.

-  See page 50 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:

-  Enhance upper extremity gross motor skills and hand-eye coordination through throwing the ball.
-  Enhance attention and concentration by targeting a point.
-  Learn bocce rules and skills.
-  Improve problem-solving and decision-making skills through competitions.

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

**Day:** Thursday

**Dates:** June 20 - August 1

**No Program:** July 4

**Program Code / Fee:** 346003-01 / \$80

### **Transportation Information**

**Transportation Code / Fee:** 346003-51 / \$76

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





# 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: Registration Process

- ▣ 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.
- ▣ 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 Scholarship 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. 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 coxsackle 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 56 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 Thursday, May 16.

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 Friday, May 24.

## 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. 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.





## Sponsor the party of the summer - Summer Bash!

Summer Bash is an end-of-the-summer party for participants, families, and friends of NSSRA. The evening will include dinner, live music and the chance to catch up with old friends and make new ones. There is something for everyone!

- ▶ Wednesday, August 14 | 5:30 - 8:00 pm
- ▶ Park Center, Glenview
- ▶ Live Music and Entertainment Sponsor (\$6,500)
- ▶ Delectable Dinner Sponsor (\$3,500)
- ▶ Tent Sponsor (\$1,500)
- ▶ Fun and Games Sponsor (\$1,000)
- ▶ Dessert Sponsor (\$500)
- ▶ Photography Sponsor (\$350)
- ▶ Decór Sponsor (\$200)

Sponsors will be recognized from the stage, on event signage, within NSSRA's Winter Program Guide, email newsletters, and on NSSRA and NSSRA Foundation websites.

Interested in sponsoring this event? Contact Laurie DeSimone at [ldesimone@nssra.org](mailto:ldesimone@nssra.org).



# Save the Date

## Swing Golf Outing

**Friday,  
September 27,  
2024**



A scramble event featuring 18 holes of golf, contests, awards and more.

Funds raised through the SWING Golf Outing provides scholarships for participants and a significant contribution to the NSSRA Foundation Transportation Fund.

Learn more at [nssrafoundation.org/swing](http://nssrafoundation.org/swing)

## NSSRA Foundation Board of Directors

Glenn Binstein,  
President, Glenview

Colin Blackshaw,  
Treasurer, Glenview

Sue Hartemayer,  
Secretary, Winnetka

David Cooperman,  
Highland Park

Alex Karasik, Lake Forest

Janice Kavanaugh, Glencoe

Rick LaChapelle, Wilmette

Christopher Latta, Lake Bluff

Liza McElroy, Chicago

Robynn Medansky,  
Highland Park

Benji Rubin, Northbrook

William Schuman,  
Highland Park

Barry Slotnick, Glencoe

Lisa Sheppard, NSSRA Board  
Liaison, Executive Director,

Glencoe Park District

## Upcoming Board Meetings

- ▶ June 3 at 6:30 pm
- ▶ September 9 at 6:30 pm
- ▶ October 21 at 6:30 pm
- ▶ December 2 at 6:30 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 \$3M 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

## **Bowlero**

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

## **Equestrian Connection**

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

## **Gillson Park**

800 Gillson Park Dr. Wilmette

## **Hidden Creek AquaPark**

(847) 443-3170  
1220 Fredrickson Place, Highland Park

## **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

## **Northbrook Leisure Center**

(847) 291-2995  
3323 Walters Avenue, Northbrook

## **Northbrook Sports Center**

(847) 291-2993  
1730 Pfingsten Road, Northbrook

## **Northfield Community Center**

(847) 446-4428  
401 Wagner Road, Northfield

## **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

## **Watts Park**

461 Jackson Avenue Glencoe

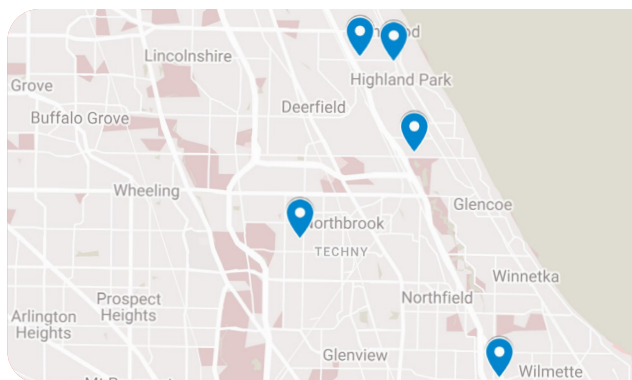
## **Wilmette Community Recreation Center**

(847) 256-9686  
3000 Glenview Road, Wilmette

## **Willow Park Fieldhouse**

2600 Greenwood Road, Glenview

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  
 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 Fees)
Program	Code	Fee	Code	Fee	

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: \_\_\_\_\_

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

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







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

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

# END-OF-SUMMER PARTY



*Summer Bash*

**Wednesday,  
August 14**

Summer Bash is an end-of-summer party for NSSRA participants, families, and friends. The evening is FREE for everyone and will include dinner, music, and the chance to catch up with old friends and make new ones. See page 17 inside for more information.

