

South Suburban Special Recreation Association

Providing Therapeutic Recreation Services Since 1973

Winter
Spring
2019



Winter Registration Deadline: January 4, 2019
Spring Registration Deadline: February 8, 2019

**Online Registration
Now Available!**
See page 23 for details.

Country Club Hills • Hazel Crest • Homewood-Flossmoor • Lansing • Matteson
Oak Forest • Olympia Fields • Park Forest • Richton Park • Tinley Park



SSSRA Administrative Office

19910 80th Avenue
Tinley Park, IL 60487
Office Hours 9:00 am - 5:00 pm

(815) 806-0384
711 (Illinois Relay System)
(815) 806-0390 (FAX)
www.sssra.org

SSSRA Staff

Janet Porter, CTRS	Executive Director
Lisa Drzewiecki	Superintendent
Pam Alvarado	Operations Manager
Tammy McMahon	Inclusion Manager
Katie Lucas, CTRS	Program Manager
Rob Hentschel	Support Staff Manager
Kiley Harmon, CTRS	Recreation Specialist
Stephanie Bitz	Recreation Specialist
Regina Ross-Ellison	Finance & Office Manager
Sandy DeFrancesco	Secretary/Registrar
Laura Pubins	Secretary/Registrar
Anna Broccolo	Public Relations Manager
John Braun	Vehicle Maintenance Coordinator

SSSRA Members

Country Club Hills Park District	Dwone Ross, Sr.
Hazel Crest Park District	Joseph Bertrand
Homewood-Flossmoor Park District	Stephanie Simpson
Lan-Oak Park District	Michelle Havran
Matteson Recreational Division	Lisa Hill
Oak Forest Park District	Cindy Grannan
Olympia Fields Park District	Denise Will
Park Forest Recreation & Parks Department	Kevin Adams
Richton Park Parks & Recreation Department	Ashley Turner
Tinley Park-Park District	Sandra Wolff-Chevalier

The SSSRA Board of Directors meets at 9:00 am on the fourth Thursday of the month at the SSSRA Office.

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Winter Registration Deadline

January 4, 2019

Do not delay, register today!

Ensure that the program you wish to attend is not cancelled by registering early. Unfortunately, if there are not enough registrants, the program must be cancelled. Please register early!

SSSRA Mission Statement

To promote the power of choice and to enhance the quality of life of individuals of all abilities, by providing accessible recreation in an environment that promotes dignity, success, and fun.

What is SSSRA?

SSSRA is a therapeutic recreation program that is an extension of seven park districts and three recreation and parks departments. It is organized to provide individuals with disabilities or special needs, the opportunity to be involved in year-round recreation.

Vision Statement

To be a quality resource that impacts the lives of the community, by evolving with their needs.

Who is Eligible for SSSRA Programs?

SSSRA programs are for individuals from birth through adult who receive special education services, vocational services, supported employment, or who have recreational needs not met by traditional park district programs. This could include individuals who have varying degrees of physical disabilities, intellectual disabilities, learning disabilities, emotional difficulties, hearing or visual impairments, and developmental delays.

Who is a SSSRA Resident?

Persons residing in the SSSRA member agencies are considered residents. These agencies are: Country Club Hills Park District, Hazel Crest Park District, Homewood-Flossmoor Park District, Lan-Oak Park District, Matteson Recreational Division, Oak Forest Park District, Olympia Fields Park District, Park Forest Recreation and Parks Department, Richton Park Parks and Recreation Department, and Tinley Park - Park District. SSSRA reserves the right to verify residency and special education services.

Americans with Disabilities Act

SSSRA is subject to and will comply with the Americans with Disabilities Act (ADA), which prohibits discrimination on the basis of disability against persons who meet essential eligibility requirements for services. If you have any questions about our services in regard to the ADA, please call us at (815) 806-0384.

Inclusion Services at SSSRA

SSSRA is committed to providing new and challenging leisure and recreation activities for all of our participants. We recognize that a park district or recreation department program may better serve an individual's needs. SSSRA works with our ten member agencies to assist individuals with making the transition from special recreation to these programs. Our professional staff can help you choose an appropriate program, provide referral services, conduct any necessary staff training, secure support staff, or supply adaptive equipment or communication devices. If you or a family member wish to participate in a park district or recreation department program, please contact Tammy McMahon at (815) 806-0384.

Safety Precautions

Some participants in SSSRA programs and special events may be carriers of infectious disease(s). Staff and volunteers have been provided in-service training concerning proper hygienic procedures. SSSRA seeks to provide a safe environment for all of our participants, staff, volunteers, and the public. If you have any specific questions, please call the SSSRA Executive Director or Superintendent at (815) 806-0384.

SSSRA and SWSRA Cooperative Agreement

SSSRA has a cooperative agreement with South West Special Recreation Association (SWSRA). This agreement enables participants who reside in SSSRA and SWSRA resident communities to participate in most programs offered by either association at resident rates. Please note that this does not include day camp, vacation trips, away camps, and weekend trips. Special services such as scholarships and door-to-door transportation are not included in this agreement. Registrations will be processed after the deadline is reached for agency residents. SWSRA serves the residents of: Alsip, Blue Island, Hickory Hills, Merrionette Park, Midlothian, Palos Heights, Posen, and Worth.

We hope that through this agreement, each agency's residents will have expanded opportunities for program participation. For additional information about this agreement, please call SSSRA at (815) 806-0384. To receive a copy of the SWSRA brochure, call the SWSRA office at (708) 389-9423.

SSSRA and LWSRA Cooperative Agreement

SSSRA has a cooperative agreement with Lincolnway Special Recreation Association (LWSRA). This agreement enables participants who reside in SSSRA and LWSRA resident communities to participate in most programs offered by either association at resident rates. Please note that this does not include day camp, vacation trips, away camps, and weekend trips. Special services such as scholarships and door-to-door transportation are not included in this agreement. Registrations will be processed after the deadline is reached for agency residents. LWSRA serves the residents of: Frankfort, Frankfort Square, Mokena, Manhattan, New Lenox, Peotone, and Wilmington.

We hope that through this agreement, each agency's residents will have expanded opportunities for program participation. For additional information about this agreement, please call SSSRA at (815) 806-0384. To receive a copy of the LWSRA brochure, call the LWSRA office at (815) 320-3500.

General Information

Transportation


SSSRA has implemented these transportation procedures to ensure participants ride safely in our vehicles.

1. All passengers must be sitting in seats or wheelchairs with belts securely fastened. The driver will not proceed until all seat belts are fastened.
2. All wheelchairs must have brakes that are in good working order and can stop the chair from moving.
3. SSSRA has established transportation policies to ensure the safety of all passengers. If SSSRA staff determines it would be dangerous to transport an individual, SSSRA reserves the right to refuse to transport that person.
4. Persons riding in Amigo-type wheelchairs may have to transfer into a vehicle seat and use a seat belt. Amigo-type wheelchairs are not designed to transport individuals in moving vehicles.
5. Wheelchairs may be available for participant use while at programs and special events. Assistance by SSSRA staff will be determined on a case-by-case basis.
6. Late registrants may not have transportation during the first week of programs due to routing changes. Participants are notified if a problem occurs.
7. When transportation is included in special events, the use of vans or buses may change as necessary to accommodate group sizes and needs.
8. A minimum of three participants is required for a vehicle route to run. If there are not enough participants for the route, you will be notified.
9. If participants do not use SSSRA transportation and plan to be dropped off or picked up at a special event, please notify the SSSRA office prior to the event. Parents/guardians/group home staff are required to notify the program supervisor upon participant arrival and departure.
10. State law does not require the use of car seats in SSSRA buses, as they weigh more than 9,000 pounds. However, as a best practice, the association uses car seats whenever possible, for children under the age of 8.

Pick-Up Points

1. Special events have centralized pick-up and drop-off locations.
2. There are different codes for each pick-up point. Transportation is based on registration for each pick-up point. Please be sure to indicate which pick-up point you will use by documenting the correct code for the program you are registering for.
3. SSSRA cannot wait more than 10 minutes at the pick-up point due to demanding vehicle schedule.

Transportation: Door-To-Door, Persons with Physical Disabilities, and Day Camp

1. SSSRA drivers will assist participants to and from their front door; driveways/walks must be clear of debris/obstacles. SSSRA staff will not enter residences.
2. Persons unable to be in a house alone should have someone meet the van at the designated time of return. SSSRA cannot wait more than 5 minutes due to the demanding vehicle schedule.
3. SSSRA transports in-district participants only for door-to-door service.
4. For door-to-door transportation, you will be called with your pick-up time prior to the program date.
5. A minimum of three participants is required for a vehicle route to run. If there are not enough participants for the route, you will be notified.
6. Door-to-door transportation is available on a limited basis as indicated by this symbol. 

Early Arrival or Late Pick-Up Fee

Participants arriving more than 15 minutes prior to a program or special event will be charged a \$15 fee for every 15 minutes early. Please pick-up participants at the designated time. If parents/guardians are not on time for participant pick-up, a \$15 fee will be assessed for every 15 minutes late.

SSSRA is not responsible for participants' safety until the scheduled program time.

Mileage from Member Communities to Coyote Run Golf Course, Flossmoor (central pick-up point)

1	Country Club Hills	
	Community Recreation Center	3.4 miles
2	Hazel Crest	2.9 miles
3	Coyote Run, Flossmoor	
4	Eisenhower Center, Lansing	9.6 miles
5	Matteson Community Center (Matteson Avenue)	4.3 miles
6	Oak Forest Park District	7.4 miles
7	Olympia Fields Park District	3.5 miles
8	Park Forest Village Hall	5.9 miles
9	Richton Park Community Center	5.3 miles
10	SSSRA, Tinley Park	8.5 Miles



Program Times

Parents or individuals providing transportation for participants should make drop-offs and pick-ups at the times listed for the program. SSSRA staff use the time before the program to meet with staff and set-up. Please be prompt after the program as some staff are expected at another program. SSSRA staff are instructed to stay with participants until they are picked up. If a participant may walk home, or will be picked up by someone other than parents, a permission note signed and dated by the parent, must be given to the Program Supervisor.

Participation Guidelines When Illness Occurs

To prevent the spread of contagious illnesses, it is recommended that participants refrain from attending programs when any of the following conditions exist:

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

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

Atlanto-Axial Instability (AAI)

Because of the risk of injury, Special Olympics Illinois has established a policy which states that any participant with Down Syndrome, involved in any Special Olympics sport/activity, must obtain a x-ray, submit a letter from their physician, and complete the Special Olympics Illinois medical form. The letter must state that the individual does not have atlanto-axial instability prior to participating in the program. All programs in the brochure which require AAI clearance are marked with the AAI symbol. Please contact the SSSRA office for more information.

Program Policies

1. SSSRA reserves the right to determine participant appropriateness for programs and special events.
2. When arriving and departing a program, parents/guardians/group home staff are required to notify the program supervisor.
3. If a participant cannot attend a program, he/she cannot send a substitute in their place.
4. When participants of varying ages and ability levels are in the same program, SSSRA will group them appropriately.
5. SSSRA provides an approximate 1:4 staff-to-participant ratio.
6. While SSSRA staff will assist participants with their belongings at programs, SSSRA cannot be responsible for lost or stolen property. Participants should not bring valuables to programs.
7. Vacation Trips, Weekend Trips, and Overnights: Participants must have independent self-help skills, be able to work successfully in a 1:4 staff to participant ratio, and have participated in SSSRA weekly programs.
8. With your child's best interest in mind, parents are invited to their child's first program meeting. Our instructors have found that parent and/or sibling distractions during the program time affects the quality of their instruction. Our instructors always welcome the opportunity to discuss a participant's progress with parents at any time.

Participant Expectations

1. Participants must have bowel and bladder control or arrive at the program wearing Depends or similar items under clothing. If this is a concern, please contact the SSSRA office.
2. Overall appearance should be clean (Hair, face, teeth, hands, nails, etc.).
3. Clean, dry clothing.
4. Appropriate attire for program participation (i.e. tennis shoes, warm-ups or loose/comfortable fitting clothing for athletic/sports/exercise programs).

General Information

Behavior Guidelines

SSSRA promotes the concept of “equal fun for everyone.” Participants are expected to exhibit appropriate behavior at all times. SSSRA’s behavior guidelines have been developed to help make the programs safe and enjoyable for all participants.

1. Participants must show respect to all participants, staff and volunteers.
2. Participants must refrain from threatening or causing bodily harm to self, other participants, or staff.
3. Participants must refrain from using foul language or discussing inappropriate topics.
4. Participants must show respect for equipment, supplies, and facilities.
5. Additional rules may be developed for specific programs and athletic programs as deemed necessary by staff.
6. If inappropriate behavior occurs, a prompt resolution will be sought specific to each individual’s situation. SSSRA reserves the right to dismiss participants whose behavior endangers the safety of themselves or others.

Program Cancellations

SSSRA attempts to hold programs whenever possible. However, inclement weather occasionally makes it difficult for staff and participants to travel to program locations. SSSRA’s cancellation policies are as follows:

1. At the scheduled program time, if no participants arrive within the first 30 minutes, the program session will be cancelled, and staff will be sent home. No refunds will be given.
2. SSSRA staff look at all circumstances three hours prior to the starting time of the program or transportation route, to determine if the program should be cancelled.
3. If the program is cancelled, program staff attempt to reach all participants by phone to inform them. You will only be called if the program is cancelled.
4. SSSRA attempts to extend programs to make up missed dates.
5. SSSRA will call/send a letter announcing program extensions.

Severe Weather Guidelines

In the event of severe weather, cancelling programs may be in the best interest of our participants. For the safety of our participants, supervisors may make the decision to cancel a program in progress, should weather become questionable. The following guidelines will be used to determine cancellations:

Severe Cold Weather

- Outdoor programs: Temperature range of 0 degrees or less, including wind chill.
- Programs with transportation: Temperature of 0 degrees or less, including wind chill.
- All programs (including indoor): Snowstorm situations when driving restrictions (winter storm or blizzard warning in which authorities have advised not going out unless necessary) and emergency accident plans (state and local police) are in effect.

Severe Hot Weather

- Outdoor programs, or indoor sites without air-conditioning, a heat index of 100 degrees or higher.
- Programs with transportation: Heat index of 100 degrees or higher.
- All programs (including indoor): Weather situations when a tornado warning is in effect for Lake, Will, Cook and/or DuPage counties.

High Wind Advisory

Transportation when there is a high wind advisory in effect, strong winds can make driving difficult, especially for high profile vehicles.

Program Options

SSSRA assigns designations for individuals in targeted disability groups for each program. The groups targeted are suggestions. We will attempt to accommodate all individuals. Please contact the SSSRA office if you would like to discuss your program options.

Brochure Errors

Our staff have made every effort to prepare this brochure as accurately as possible; however, errors can occur. Circumstances may require that adjustments be made to programs, fees, schedules, etc. SSSRA reserves the right to make any such adjustments. The staff apologize for any inconvenience these errors or adjustments may cause.

Brochure Mail Delivery

SSSRA relies upon the post office for mail deliveries of our seasonal brochures. SSSRA assumes no responsibility for mail delivery. If for some reason you do not receive a brochure, please pick one up at your park district, recreation department, or the SSSRA office.

Swim Lessons

SSSRA has partnered with British Swim School and their certified instructors to provide quality swim lessons to our participants. In the progressive classes, swimmers are introduced to basic water skills, breath holding, and a number of submerging progressions, which will eventually lead the child to unassisted swimming. Swimming activities will encourage self-confidence, strengthen gross motor skills, and assist in following directions. Swim lessons are taught in a 1:2 staff to participant ratio. Please note that we share the pool with the public.

Please note that participant's guardian/caregiver must assist with personal needs, i.e. dressing.

Please note 2 locations.

Children ages 3 - 12
LA Fitness, Tinley Park
Mon, Feb 4 - Mar 4
R: \$126, NR: \$504
Min/Max: 2/4

4:30 - 5:00 pm **Code: 36102**

Children ages 3 - 12
LA Fitness, Tinley Park
Tues, Feb 5 - Mar 5
R: \$126, NR: \$504
Min/Max: 2/4

4:30 - 5:00 pm **Code: 36103**

5:00 - 5:30 pm **Code: 36104**

5:30 - 6:00 pm **Code: 36105**

Children ages 3 - 12
Tinley Fitness
Sat, Feb 9 - Mar 9
R: \$126, NR: \$504
Min/Max: 2/4

9:00 - 9:30 am **Code: 36106**

9:30 - 10:00 am **Code: 36107**

10:00 - 10:30 am **Code: 36108**

Look What I Made!

New!

A fun way to explore art in a creative environment. In art everyone succeeds. Some of the exciting projects include sponge painting, finger painting, torn paper, and so much more. So put on your play clothes and get ready to become one with art!

Children ages 2 - 5, 6 - 12
Eisenhower Center, Lansing
Mon, Feb 4 - Mar 4
5:30 - 6:15 pm
R: \$24, NR: \$96
Code: 33520
Min/Max: 4/10

Junior Hoopsters

Look out Bulls, the future players are signing up for Junior Hoopsters! Players will develop skills such as dribbling and shooting while learning more about the game of basketball. This is a great transition program to prepare athletes for Special Olympics Basketball.

Children ages 6 - 12
Tony Bettenhausen Recreation Center,
Tinley Park (confirmation pending)
Tues, Feb 5 - Mar 5
5:00 - 5:45 pm
R: \$31, NR: \$124
Code: 30301
Min/Max: 4/12

Story Time Adventure

New!

It's story time! Each week, we will listen to a new short story, but this isn't any story time! We will make movements or sounds during the story, and afterwards, we will make a craft to remind us of the story that we read!

Children ages 2 - 5
The Bradford Barn, Olympia Fields
Tues, Feb 5 - Mar 5
5:00 - 5:45 pm
R: \$28, NR: \$112
Code: 30216
Min/Max: 4/10

Early Childhood & Youth Programs

Gymnastics

Children will experience a wide range of gross motor activities while being introduced to the sport of gymnastics. Each class will provide your gymnast with a new experience on the trampoline, balance beam, and bars, along with many other gross motor activities implemented into the program in a fun and safe environment. Staff from SSSRA will assist each gymnast while a certified gymnastics instructor runs the program.

Children ages 4 - 6
Eisenhower Center, Lansing
Wed, Feb 6 - Mar 6
4:30 - 5:20 pm
R: \$97, NR: \$388
Code: 30203
Min/Max: 4/10

Children ages 7 - 12
Eisenhower Center, Lansing
Wed, Feb 6 - Mar 6
5:30 - 6:20 pm
R: \$97, NR: \$388
Code: 30303
Min/Max: 4/10

THANK YOU
TO OUR **SPONSORS!**

Thank you to our Winter 2019 sponsors for enabling us to offer programs, special events, and transportation services for free or at a discounted fee for our residents.



Aileen S. Andrew Foundation



Ricky's Ride



Interested in Becoming a Sponsor?

Please contact our office at 815-806-0384.

Bumper Bowl

This favorite program is guaranteed to provide a "striking" good time. Our bowling programs provide an opportunity for all ability levels to participate in this popular sport. Bumpers are placed in the gutters so you will be able to concentrate on skill development and technique while enjoying the success of watching the pins fall. Bowlers will be grouped according to age and ability. This program includes two games or 1½ hours of bowling, whichever comes first.

Children ages 2 - 5, 6 - 12
Centennial Lanes, Tinley Park
Wed, Feb 6 - Mar 6
4:30 - 6:00 pm
R: \$55, NR: \$220
Code: 33501
Min/Max: 4/10

Children ages 2 - 5, 6 - 12
Oak Forest Bowl, Oak Forest
Thurs, Feb 7 - Mar 7
4:15 - 5:45 pm
R: \$55, NR: \$220
Code: 33502
Min/Max: 4/10

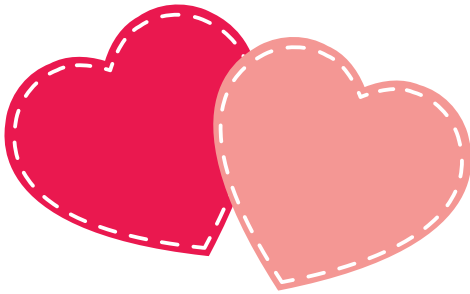
Children ages 2 - 5, 6 - 12
Tinley Bowl
Sat, Feb 9 - Mar 9
12:30 - 2:00 pm
R: \$55, NR: \$220
Code: 33503
Min/Max: 4/10

Friday Drop In

Calling all parents! It is your turn for a night out on the town. Drop the kids off for a fun filled evening of games, music, arts and crafts, and a movie. Dinner will be provided each week. Feel free to send your kids in comfy clothes. Siblings are welcome, but must be listed on the registration form, sign a waiver, and pay the \$17 fee for each day attending.

Children ages 2 - 5, 6 - 12
Tony Bettenhausen Recreation Center, Tinley Park
Fri, Feb 8 - Mar 8
5:00 - 7:30 pm
R: \$86, NR: \$344
Additional guests are \$17 each day.
Code: 33519
Min/Max: 6/15

Early Childhood & Youth Special Events



Valentine's Fun

Love is in the air! Come join your friends to create gifts to give to your loved ones on Valentine's Day. Siblings are welcome, but must be listed on the registration form and sign a waiver.

Children ages 2 - 5, 6 - 12
Richton Park Community Center
Sat, Feb 9
1:00 - 2:00 pm
R: \$8, NR: \$16
Code: 34413
Min/Max: 4/12

Funtopia - Naperville

New!

Funtopia is a unique concept that combines sports and fun. It offers adventurous, entertaining, and healthy activities for all ages, all under one roof. With so many Fun Walls, a Rope Course, a Ninja Course, a Giant Slide, and a toddler area, there is something for everybody, age 1 to 101. Please bring a lunch and a water bottle. Participants must be able to physically climb by themselves and work successfully in a 1:4 staff to participant ratio. Participants will need to wear closed toe shoes and have a waiver signed prior to attending.

Children ages 6 - 12
Funtopia, Naperville
Mon, Feb 18
10:00 am - 1:00 pm
R: \$40, NR: \$80
Code: 34301
Min/Max: 4/10

Location	Depart	Return
SSSRA Office, Tinley Park	8:30 am	2:15 pm
Coyote Run Golf Course, Flossmoor	9:00 am	1:45 pm

Hot Wheels® Derby Day

New!

Grab your fastest Hot Wheel®, and let's race against your friends! Show off those shiny colors or your favorite car design! We will also create some Hot Wheel® inspired crafts and make a snack. Please bring a Hot Wheel® with you.

Children ages 2 - 5, 6 - 12
Marie Irwin Center, Homewood
Sun, Mar 3
1:00 - 2:30 pm
R: \$10, NR: \$20
Code: 34417
Min/Max: 5/15

Dance Party

New!

Let's get together for a dance party! A variety of interactive songs will be played that will encourage self expression and creative fun. Your child won't want to stop moving and grooving when the program ends.

Children ages 2 - 5
Tony Bettenhausen Recreation Center, Tinley Park
Sat, Mar 9
12:00 - 1:00 pm
R: \$8, NR: \$16
Code: 30904
Min/Max: 4/12



Find us on Facebook
facebook.com/sssra1973

Teen Programs

Star Baker

New!

Grab your apron and chef's hat and let's see what we can create in the kitchen! Get ready to measure, slice, mix, and bake some tasty treats each week! Along with refining our baking skills each week, we will also learn some important kitchen safety.

Persons ages 13 - 20
Hazel Crest Park District
Mon, Feb 4 - Mar 4
5:00 - 6:00 pm
R: \$32, NR: \$128
Code: 32715
Min/Max: 6/12

Movie Review Crew

New!

Kick back, relax, and watch a movie with friends! We'll be watching a new movie each week and decide if it gets a "thumbs up" or "thumbs down." Light snacks will be provided each week to munch on during the movie.

Persons ages 13 - 20
SSSRA Office, Tinley Park
Tues, Feb 5 - Mar 5
5:30 - 8:00 pm
R: \$53, NR: \$212
Code: 32716
Min/Max: 6/12

Splash N Swim

New!

There may be snow on the ground, but that doesn't mean we can't have fun in the pool! Join your friends as we spend each week enjoying some open swim time in the pool. We can play water games, swim laps, try out water exercises, or anything else you choose. Don't forget your towel! Please note that we share the pool with the public.

Please note that participant's guardian/caregiver must assist with personal needs, i.e. dressing.

Persons ages 13 - 20
Matteson Community Center (Matteson Avenue)
Wed, Feb 6 - Mar 6
5:00 - 6:00 pm
R: \$29, NR: \$116
Code: 32717
Min/Max: 6/12

Fit-Tastic

Shape up weekly as we work out with a goal to improve our wellness. We will work on building our balance, muscle tone, strength, and gym etiquette. Please wear comfortable clothing, gym shoes, and bring a bottle of water.

Persons ages 13 - 20
Homewood-Flossmoor Racquet & Fitness Club
Thurs, Feb 7 - Mar 7
6:30 - 7:30 pm
R: \$26, NR: \$104
Code: 32713
Min/Max: 6/12

Young Adult Social Club

Liven up your Friday nights by joining your friends at Young Adult Social Club! All of our activities place a strong emphasis on socialization. You will be mailed a schedule of events and transportation times one week prior to the start of the program. Participants must be able to work successfully in a 1:4 staff to participant ratio, and display appropriate table manners.

Persons ages 13 - 20
Various Community Outings
Fri, Feb 8 - Mar 8
6:00 - 9:00 pm (times may vary)
R: \$89, NR: \$356
Code: 32705
Min/Max: 6/12



SSSRA Gift Cards

SSSRA gift cards are now available at our office. A great gift for any occasion!

Call 815-806-0384 for more information.

Back by Popular Demand!

Snow Tubing

We will head up to Bartlett to try snow tubing, which is a recreational activity of riding an inner tube on snow. After our 2 hours on the slopes, we will stop for lunch before we head back for the day. Participants must be able to walk independently in snow, have flexibility to sit inside the tube, and strength enough to hold onto the tube to keep themselves on the tube for 2 hours.

Please note that this program may be canceled due to no snow.

Persons ages 13 - 20
Villa Olivia, Bartlett
Sat, Feb 9
10:30 am - 3:00 pm
R: \$67, NR: \$134
Code: 33106
Min/Max: 6/12

Location	Depart	Return
SSSRA Office, Tinley Park	8:45 am	4:30 pm
Coyote Run Golf Course, Flossmoor	9:15 am	4:00 pm

Hollywood Boulevard

Hollywood Boulevard is a movie theater with full food and beverage service brought to your seat. We will watch the 7:00 pm movie of your choice and enjoy dinner.

Please note that program time is subject to change due to show times.

Persons ages 13 - 20
Hollywood Boulevard, Woodridge
Sat, Feb 23
7:00 pm Show
R: \$39, NR: \$78
Code: 33107
Min/Max: 6/12

Location	Depart	Return
SSSRA Office, Tinley Park	5:00 pm	11:30 pm
Coyote Run Golf Course, Flossmoor	5:30 pm	11:00 pm

Thanks to Staff

Jean Arola
Rebecca Atwood
Donna Bailey
Deb Baker
Jasmine Baker
Kaitlyn Bauman
Jen Biesadecki
Caroline Bitz
Samantha Bockstahler
Jennifer Braun-Denton
Dorian Bogard
Dana Browne
Maggie Brown
McKayla Brzeszkiewicz
Eric Buksa
Jane Bunnell
Michael Carr
Morgan Carr
Christina Chapan
Rachel Cipich
Jillian Colletti
Courtney Conway
Justin Correll
Shannon Cotter
Christine Cotter
Shannon Coyle
Isabel Diaz
Sandra Dittmann

Lauren Egebrecht
Kiara Elizalde- Terrell
Terry Elliott
Alexander Estrada
Kelli Farlow
Todd Fitzpatrick
Caitlin Flaherty
Shannon Flaherty
Lexi Frazier
Austin Fritzgerald
Hannah Funk
Abigale Graf
Ryan Hagen
Mike Hallahan
Tara Hallahan
Brian Hedinger (V)
Linda Hentschel
Dorothy Hodson
Steffani Hommes
Susan Irvin
Lora Irwin
Tina Izzo-Delbovo
Delaney Jacobson
Alexa Jerkatis
Kristen Jerkatis
Dominique Johnson
Martin Johnson
Stacey Johnson

Lisa Jurgenson
Lindsey Justin
Nathan Kies
Abigail King
Lilia Kingma
Kaila Konecki
Kylie Korbelt
Emily Leader
Morgan Lenderink
Elijah Leonard
Ka Trina Lindsey
Jeslyn Linares
Terrell Littles
Hailey Lowery
Katelyn Lowery
Jill Ludwig
Mara Maday
Marisa Marchionda
Kelly McGrail
Scott McMahan
Julia Milazzo
Colleen Murray
Alexa Nakvosas
Shannon Nemec
Sara Osoba
Niyati Patel
TJ Petry
Tammy Pruitt

Shevon Reed
Rebecca Reidenga
Ashley Richardson
Laura Rosas
Ellie Roseen
Joseph Saylor
Teresa Schmittgens
Nicole Sharp
Eddie Smith
Erika Sodergren
Colleen Spain
Reid Specht II (V)
Kristina Spychalski
Andrea Stilts
Gabby Ulanowski
Jennie Valdez
Tom Vargo
Kristina Welke
Sarah West
Doreen Westra
Frances Widomski
Kayla Wols
Karen Wolske
Shelby Zagorski
Alex Zappavigna
Kristina Zappavigna
Michael Zwartz

Teen & Adult Programs

Day Trippers

Come spend Mondays with your friends from SSSRA. Different activities are scheduled every other week. All of our activities place a strong emphasis on socialization and community integration. Door-to-door transportation is provided for residents, and participants will be notified of their pick-up time. Non-residents will need to meet at the SSSRA office and will be notified of the departure time. Participants must be able to work successfully in a 1:4 staff to participant ratio, and display appropriate table manners.

February 4 - Lunch and a Movie

Let's enjoy lunch and a movie. We will catch up and enjoy conversations over lunch, then head to The Cinemark @ Seven Bridges to watch a movie on the IMAX screen. Lunch and movie ticket is included in the fee. Please feel free to bring extra money if you wish to purchase snacks.

February 18 - Harrah's Casino

Who is feeling lucky? The group will be heading to Harrah's Casino in Joliet to win some money and enjoy a buffet lunch. Lunch is included in the fee. Please bring your ID and money if you wish to press your luck.

March 4 - Lagunitas Brewing Company

Get ready to hang out with your friends at one of the most popular breweries in Chicago! We will enjoy a tour of Lagunitas Brewing Company, stop in the gift shop, and play games. Prior to hanging out at the brewery, we will stop for brunch. Participants who have signed permission from their guardian are allowed to have a maximum of 2 alcoholic drinks. Bring your ID and money for any alcoholic drink purchases.

March 25 - Shopping and Lunch

Get your shopping list ready because we will be spending the day at the mall! Lunch will be in the food court and is included in the fee. Please bring money if you wish to purchase anything at the mall. The group will decide which mall they want to go to the week before.

April 8 - Garfield Park Conservatory

Whether it's the food we eat or the oxygen we breathe, we are connected to plants every second of every day. Garfield Park conservatory grows exotic plants in striking landscapes in Chicago's own backyard! Pack a sack lunch and join us as we have a picnic and enjoy the beautiful gardens.



You will be notified of your pick-up time for door-to-door transportation.

Persons ages 21 and older

Various Community Outings

Mon, Feb 4, 18; Mar 4, 25; Apr 8

9:00 am - 5:00 pm (times may vary)

R w/ Trans: \$180, NR: \$720

Code: 35001

Min/Max: 6/10

Swim Lessons

SSSRA has partnered with British Swim School and their certified instructors to provide quality swim lessons to our participants. In the progressive classes, swimmers are introduced to basic water skills, breath holding, and a number of submerging progressions, which will eventually lead the child to unassisted swimming. Swimming activities will encourage self-confidence, strengthen gross motor skills, and assist in following directions. Swim lessons are taught in a 1:2 staff to participant ratio. Please note that we share the pool with the public.

Please note that participant's guardian/caregiver must assist with personal needs, i.e. dressing.

Please note 2 locations.

Persons ages 13 and older

LA Fitness, Tinley Park

Mon, Feb 4 - Mar 4

R: \$126, NR: \$504

Min/Max: 2/4

4:30 - 5:00 pm

Code: 36102

Persons ages 13 and older

LA Fitness, Tinley Park

Tues, Feb 5 - Mar 5

R: \$126, NR: \$504

Min/Max: 2/4

4:30 - 5:00 pm

Code: 36103

5:00 - 5:30 pm

Code: 36104

5:30 - 6:00 pm

Code: 36105

Persons ages 13 and older

Tinley Fitness

Sat, Feb 9 - Mar 9

R: \$126, NR: \$504

Min/Max: 2/4

10:30 - 11:00 am

Code: 36109



Find us on Facebook
facebook.com/sssra1973



Drama Club

There's no business like show business! Here is your big chance to become a star! We will work on pantomime, facial expressions, and vocal levels. Performing is a great way to improve verbal and social skills, while building self-confidence. Using props and costumes, we will perform at the Spring Drama Show on Monday, April 22 at 7:00 pm.

Persons ages 13 and older
Freedom Hall, Park Forest
Mon, Feb 4 - Apr 15,

Meet at SSSRA Office on Feb 11
Drama Show - Mon, Apr 22, 7:00 pm

6:00 - 7:30 pm
R: \$99, NR: \$396
Code: 32902
Min/Max: 6/20

Weight Lifting and Water Aerobics

Ready to get in shape and feel energized? We will spend the first half of the program in the pool, working on core muscle strengthening and overall body conditioning. The other half of the program will be in the weight room to work on cardiovascular exercises as well as overall strength training. Please bring workout clothes and gym shoes, and bring a water bottle, swimsuit, and towel. Participants may want to consider bringing a key lock for the lockers. Participants must be able to work successfully in a 1:4 staff to participant ratio. Please note that we share the pool with the public.

Please note that we will start in the pool.

Persons ages 14 and older
Matteson Community Center (Matteson Avenue)
Mon, Feb 4 - Mar 4
6:30 - 8:30 pm
R: \$47, NR: \$188
Code: 32904
Min/Max: 6/12

Chef's Kitchen

Join us at Chef's Kitchen where every week is a culinary experience. Learn new culinary skills that can last you a lifetime. Enjoy your creation that was prepared along with your SSSRA friends! Participants must be able to work successfully in a 1:4 staff to participant ratio, and display appropriate table manners. Stay for Crafty Creations following this program.

Please note 2 locations and days.

Persons ages 13 and older
Eisenhower Center, Lansing
Tues, Feb 5 - Mar 5
4:30 - 6:30 pm
R: \$52, NR: \$208
Code: 32906
Min/Max: 6/12

Persons ages 13 and older
Hazel Crest Park District
Thurs, Feb 7 - Mar 7
4:30 - 6:30 pm
R: \$52, NR: \$208
Code: 32907
Min/Max: 6/12

Crafty Creations

Explore your creative side and use your unique talents to make beautiful crafts! Join us for this exciting program, and experience the fun of using your imagination. Help strengthen your fine motor skills and self-esteem through artistic self-expression. Participants must be able to work successfully in a 1:4 staff to participant ratio. Don't forget to sign up for Chef's Kitchen to enjoy dinner before this program.

Please note 2 locations and days.

Persons ages 13 and older
Eisenhower Center, Lansing
Tues, Feb 5 - Mar 5
6:45 - 7:45 pm
R: \$32, NR: \$128
Code: 32908
Min/Max: 6/12

Persons ages 13 and older
Hazel Crest Park District
Thurs, Feb 7 - Mar 7
6:45 - 7:45 pm
R: \$32, NR: \$128
Code: 32909
Min/Max: 6/12

Teen & Adult Programs

Bowling

This favorite program is guaranteed to provide a “striking” good time. Our bowling programs provide an opportunity for all ability levels to participate in this popular sport. Bowlers will be grouped according to age and ability. This program includes two games or 1½ hours of bowling, whichever comes first. Bowling ramps are available. Supervisors will keep track of participant’s bowling averages for Special Olympics.

Please note locations and days.

Persons ages 13 and older
Centennial Lanes, Tinley Park
Wed, Feb 6 - Mar 6
4:30 - 6:00 pm
R: \$55, NR: \$220
Code: 32913
Min/Max: 6/30

Persons ages 13 and older
Oak Forest Bowl, Oak Forest
Thurs, Feb 7 - Mar 7
4:15 - 5:45 pm
R: \$55, NR: \$220
Code: 32914
Min/Max: 6/30

Persons ages 13 and older
Tinley Bowl
Sat, Feb 9 - Mar 9
12:30 - 2:00 pm
R: \$55, NR: \$220
Code: 32915
Min/Max: 6/30

Online Donations

SSSRA is now accepting online donations!

Please visit www.sssra.org, and click the “Donate” button to make your donation.

Bingo

B-I-N-G-O! Enjoy yourself and have some fun while playing the game of Bingo! Participants will have the chance every week to win a prize.

Persons ages 13 and older
The Bradford Barn, Olympia Fields
Tues, Feb 5 - Mar 5
6:00 - 7:00 pm
R: \$23, NR: \$92
Code: 32922
Min/Max: 6/12

Aerobics

Are you ready to burn off some energy? Aerobics will get you into shape, strengthen your muscles, and increase your level of cardiovascular fitness. You will learn exercises that you can do at home. We will begin with aerobic activity, and then move into stations to work with weights and other exercise equipment. Be sure to register for Let’s Dance following this program.

Persons ages 13 and older
Marie Irwin Community Center, Homewood
Wed, Feb 6 - Mar 6
6:00 - 7:00 pm
R: \$20, NR: \$80
Code: 32916
Min/Max: 6/20

Let’s Dance

Let’s dance to all your favorite tunes! We will work on dance steps, turns, and combinations, as well as learning interactive dances to all your favorite songs. This program will enhance your gross motor skills and encourage socialization. So grab your dancing shoes and get out on the dance floor! Don’t forget to sign up for Aerobics before this program.

Persons ages 13 and older
Marie Irwin Community Center, Homewood
Wed, Feb 6 - Mar 6
7:15 - 8:15 pm
R: \$20, NR: \$80
Code: 32917
Min/Max: 6/20

Fast Food and Flicks

Lights, Camera, Action! Join your friends for an evening of entertainment! After enjoying a fast food dinner, we will watch one of the newest hit movies. The fee includes dinner and a movie, so if you would like a snack, please bring money. Participants must be able to work successfully in a 1:4 staff to participant ratio, and display appropriate table manners.

Please note that participants are scheduled to view a G, PG, or PG-13 rated movie. R rated movies are an option for those who have permission from their parent or legal guardian.

Please note dates listed.

Persons ages 21 and older
 Marcus Country Club Hills Cinema
 Wed, Feb 20 and Wed, Apr 17
 7:00 pm Showtime
 R: \$68, NR: \$272
Code: 33002
 Min/Max: 6/20

Location	Depart	Return
SSSRA Office, Tinley Park	4:45 pm	TBA*
Coyote Run Golf Course, Flossmoor	5:15 pm	TBA*

*You will be notified of return time each week.

Fitness and Fun

Take time for fun and fitness - it is good for the body and the mind. Join your friends and keep in shape by exercising and using a variety of workout equipment. This is a great opportunity to enhance coordination, balance, strength, and muscle tone. Be sure to wear workout clothes and bring a bottle of water. Participants must be able to work successfully in a 1:4 staff to participant ratio.

Please note 2 locations.

Persons ages 13 and older
 Hazel Crest Park District - Fitness Center
 Sat, Feb 9 - Mar 9
 9:30 - 10:30 am
 R: \$29, NR: \$116
Code: 32918
 Min/Max: 6/10

Persons ages 13 and older
 Oak Forest Park District - Fitness Center
 Sat, Feb 9 - Mar 9
 10:00 - 11:00 am
 R: \$29, NR: \$116
Code: 32919
 Min/Max: 6/15



Animal Therapy

Sign up for an opportunity to interact with Rainbow Animal Assisted Therapy Dogs. We will learn how to groom, pet, walk, interact with, and give treats to dogs. These activities will help develop motor and communication skills, and instill a sense of self-esteem while building confidence.

Persons ages 13 and older
 Marie Irwin Community Center, Homewood
 Sat, Feb 9, 23; Mar 9, 23; Apr 13
 12:30 - 1:00 pm
 R: \$29, NR: \$116
Code: 32920
 Min/Max: 3/6

Saturday Night Social Club

Spend Saturday night with your friends, having fun out on the town! Different activities are scheduled each week. We may dine out, attend a sporting event, or have a dance party. All of our activities place a strong emphasis on socialization skills. You will be mailed a schedule of events and transportation times one week prior to the start of the program. Participants must be able to work successfully in a 1:4 staff to participant ratio, and display appropriate table manners.

Persons ages 21 and older
 Various Community Outings
 Sat, Feb 9 - Mar 9
 6:00 - 9:00 pm (times may vary)
 R: \$89, NR: \$356
Code: 33003
 Min/Max: 6/32

Special Olympics Programs

Special Olympics Swim Team (AAI)

Do you enjoy swimming and want to be part of a competitive team? If you are able to swim laps of the pool comfortably, then the SSSRA Special Olympics Swim Team is for you! Weekly workouts include stroke technique, endurance training, relay team training, and building upper body strength. Participants must be able to work successfully in a 1:4 staff to participant ratio and must be able to swim 1 lap of the pool using basic free-style technique.

All athletes must have a current Special Olympics Medical Application on file with SSSRA by December 14, 2018.

Please note: program fee does not include State Competition

Persons ages 8 and older
Matteson Community Center (Matteson Avenue)
Sat, Jan 12 - Mar 2
11:00 am - 12:00 pm
R: \$66, NR: \$264
Code: 30701
Min/Max: 6/12

Regional Aquatics

Stagg High School, Palos Hills
February 9, 2019 (to be confirmed)
9:00 am - 2:00 pm

District Aquatics

Stagg High School, Palos Hills
Mar 2, 2019 (to be confirmed)
9:00 am - 2:00 pm

State Summer Games

Illinois State University
June 14 - 16, 2019 (to be confirmed)
Time TBA
Fee determined by number of qualifying athletes.
Code: 11901-A

State Competition Fees

Please note that fees for state competition will not be prorated unless for medical reasons. On average, fees are subsidized between 35 - 50%.

Oak Forest Fleadh Parade **SSSRA**

Join SSSRA and the city of Oak Forest as they kick off St. Patrick's Day week! Come dressed in green, and get those smiles and waves ready! SSSRA will participate in the Fleadh Parade down Cicero Avenue. We will meet at the SSSRA office.

All SSSRA Participants and Families
Oak Forest (Cicero Avenue)
Sat, Mar 2

11:00 am - 12:00 pm
R: FREE, NR: FREE

Code: 31515
Min/Max: 6/25

Location	Depart	Return
SSSRA Office, Tinley Park	10:15 am	1:45 pm

Special Olympics Track & Field (AAI)

Grab your running shoes and meet us at the track. At weekly practices, we will warm up with stretching, then head to the track to practice for Spring games. You can choose from walking/running events, long jump, shot put, softball/tennis ball throw, and much more. We will compete in the Region E Special Olympics Spring games, and if athletes win a gold medal, you will then compete in the Special Olympics Summer Games.

All athletes must have a current Special Olympics Medical Application on file with SSSRA by March 8, 2019.

Please note: program fee does not include State Competition

Registration Deadline: February 1, 2019

Persons ages 8 and older
Matteson Community Center (Matteson Avenue):
Mon, Mar 4 & Apr 22
Memorial Junior High, Lansing: Mon, Mar 11 - Apr 15
5:30 - 7:00 pm
R: \$69, NR: \$276
Code: 30703
Min/Max: 6/25

Region E Spring Games

Thornwood High School, South Holland
May 4, 2019
Time TBA

State Summer Games

Illinois State University
June 14 - 16, 2019 (to be confirmed)
Time TBA
Fee determined by number of qualifying athletes.
Code: 11901-B

Special Olympics Powerlifting (AAI)

Do you enjoy lifting weights? Powerlifting is a growing sport in Special Olympics and SSSRA! Athletes will train to compete at the Regional Tournament in bench-press and deadlift competition. Gold medalists from the Regional Tournament will advance to the Special Olympics Summer Games in June.

All athletes must have a current Special Olympics Medical Application on file with SSSRA by March 1, 2019.

Please note: program fee does not include State Competition

Registration Deadline: February 1, 2019

Persons ages 14 and older

CrossFit Mokena (confirmation pending)

Vanguard Fitness, Park Forest (confirmation pending)

Thurs, Mar 7 - June 6, **No program May 2**

6:30 - 7:30 pm

R: \$69, NR: \$276

Code: 30706

Min/Max: 4/15

Regional Competition

Naperville (to be confirmed)

April 28, 2019

Time TBA

State Summer Games

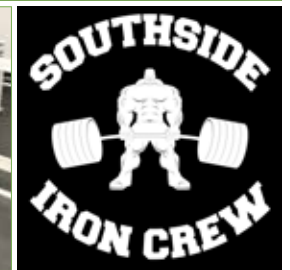
Illinois State University

June 14 - 16, 2019 (to be confirmed)

Time TBA

Fee determined by number of qualifying athletes.

Code: 11901-D



Special Olympics Medical Applications

Special Olympics Medical Applications are available at our office and on our website.

Please contact us at 815-806-0384 if you would like us to mail or fax you an application.

Please visit <http://sssra.org/specialolympics.html> to access the application online.

Programs, Adapted Sports, and Special Events

Suggested for Adults with Physical Disabilities


Brunch and a Movie

We will start off our day together enjoying an early meal at a new restaurant each day. Do you want breakfast or lunch, well that'll be up to you to decide. After we enjoy our brunch together, we will head to the theater to catch a matinee movie and avoid the evening crowds! The cost of the program covers the meal and movie ticket, so please bring extra money if you wish to purchase snacks.

Persons ages 21 and older with physical disabilities

Various locations

Tues, Feb 12, 26

 8:00 am - 4:00 pm

R w/ Trans: \$86, NR: \$344

Code: 30605 (R w/ Trans)

Min/Max: 3/10

Coffee Corner


Do you enjoy starting your morning off with a cup of Joe? Join Coffee Corner and you'll be able to enjoy that cup of coffee with other SSSRA friends! Each time we meet, we'll sip on whatever type of coffee you like while also enjoying some snacks. We can also read some books together throughout the season if you'd like. You get to call the shots in this program!

Due to the generosity of the Aileen S. Andrew Foundation, door-to-door transportation for this program is offered free of charge for residents.

Persons ages 21 and older with physical disabilities

Various coffee shops


Wed, Feb 6, 20; Mar 6

 11:00 am - 12:00 pm

R w/o Trans: \$42, R w/ Trans: \$42, NR: \$168

Code: 30504 (w/o Trans), 30604 (R w/ Trans)

Min/Max: 3/10

 You will be notified of your pick-up time for door-to-door transportation.

Please refer to the Transportation Guidelines on page 4 for additional transportation information.



Please see page 38 for information about Healthy Minds Healthy Bodies.

Bowling


Bowling provides a great opportunity to socialize with your friends and sharpen your bowling skills. An adaptive bowling ball and ramp are available. The program includes two games or 1½ hours of bowling, whichever comes first.

Due to the generosity of the Aileen S. Andrew Foundation, door-to-door transportation for this program is offered free of charge for residents.

Persons ages 21 and older with physical disabilities

Centennial Lanes, Tinley Park

Thurs, Feb 7 - Mar 7

 1:00 - 2:30 pm

R w/o Trans: \$55, R w/ Trans: \$55, NR: \$220

Code: 30502 (w/o Trans), 30602 (R w/ Trans)

Min/Max: 3/10


Minute to Win It

Come see how fast you can perform fine motor, gross motor, and organizational skills while challenging your friends with fun filled games! We will be playing games from the show "Minute to Win It," along with some new activities. Let's see how many challenges you can complete in less than 60 seconds! Light snacks will be provided.

Persons ages 21 and older with physical disabilities

Eisenhower Center, Lansing

Sat, Feb 2

 12:00 - 1:30 pm

R w/o Trans: \$11, R w/ Trans: \$26, NR: \$22

Code: 31308 (w/o Trans), 34611 (R w/ Trans)

Min/Max: 3/10

Mamma Mia!


New!

The international megahit *Mamma Mia!* uses the greatest songs of ABBA to tell a hilarious story of marriage, family, and finding where you belong, proving that in the end, the winner takes it all. Come see why more than 54 million people worldwide have laughed and danced to this unforgettable jukebox musical! Please eat before you are picked up.

Persons ages 21 and older with physical disabilities

Drury Lane Theatre, Oakbrook Terrace

Sun, Feb 24

 2:00 pm show

R w/o Trans: \$88, R w/ Trans: \$103, NR: \$176

Code: 31309 (w/o Trans), 34612 (R w/ Trans)

Min/Max: 3/10

Day Trippers - Please see page 12.

Teen & Adult Programs & Special Events

Suggested for Individuals with Severe & Profound Disabilities

New!

Music Makers

It's time to get creative and discover the art of making an instrument that you can play! Each week, we will make an instrument that you can take with you and enjoy. Don't miss out on this wonderful opportunity to express yourself through art and music. Sign up for Music Therapy after this, and you can show off your instrument to your friends.

Persons ages 13 and older with severe & profound disabilities

Tony Bettenhausen Recreation Center, Tinley Park

Tues, Feb 5 - Mar 5

5:00 - 5:45 pm

R: \$36, NR: \$144

Code: 34811

Min/Max: 4/12

Music Therapy

Music has been recognized for its wonderful healing properties. Making music allows us to explore our creativity, self expressions, and increase our energy through the enjoyment of the activity. Join this exciting program where we will create music through instrumentation, rhythm, and song.

Persons ages 13 and older with severe & profound disabilities

Tony Bettenhausen Recreation Center, Tinley Park

Tues, Feb 5 - Mar 5

6:00 - 6:45 pm

R: \$59, NR: \$238

Code: 34804

Min/Max: 4/12

Walking Club

This program is sure to be a good time! We will warm-up, stretch, and get started walking to music. This is a perfect opportunity to spend some time with your peers and have fun getting your bodies moving. This program is designed for those who need a structured environment in which to participate. This program will enhance socialization, gross motor skills, and receptive and expressive language skills.

Persons ages 13 and older with severe & profound disabilities

Salem Lutheran Church, Homewood

Sat, Feb 9 - Mar 9

9:00 - 9:45 am

R: \$33, NR: \$132

Code: 34812

Min/Max: 4/10

Creative Corner

It's time to get creative and discover the artist in you! Each week, we will be creating a new masterpiece. Don't miss out on this wonderful opportunity to express yourself artistically!

Persons ages 13 and older with severe & profound disabilities

Salem Lutheran Church, Homewood

Sat, Feb 9 - Mar 9

10:00 - 11:00 am

R: \$36, NR: \$144

Code: 34813

Min/Max: 4/10

Animal Therapy

Sign up for an opportunity to interact with Rainbow Animal Assisted Therapy Dogs. We will learn how to groom, pet, walk, interact with, and give treats to dogs. These activities will help develop motor and communication skills, and instill a sense of self-esteem while building confidence.

Please note dates listed.

Persons ages 13 and older with severe & profound disabilities

Marie Irwin Community Center, Homewood

Sat, Feb 9, 23; Mar 9, 23; Apr 13

12:00 - 12:30 pm

R: \$29, NR: \$116

Code: 34809

Min/Max: 3/6

Hearty Party

An afternoon full of love will surely prepare our hearts for Valentine's Day! Come together with friends, and enjoy a Valentine's Day party complete with cookie decorating and card making.

Persons ages 13 and older with severe & profound disabilities

Richton Park Community Center

Sun, Feb 10

1:00 - 1:45 pm

R: \$10, NR: \$20

Code: 35403

Min/Max: 4/10

Special Events

Chicago Wolves Hockey

Come cheer on the Chicago Wolves! Put on the Wolves' colors, red and gold, and get ready for an exciting hockey game against the Manitoba Moose. Please bring money for snacks and souvenirs.

Persons ages 13 and older
Allstate Arena, Rosemont
Sat, Feb 2
7:00 pm game
R: \$44, NR: \$88
Code: 34217
Min/Max: 6/20

Location	Depart	Return
SSSRA Office, Tinley Park	4:30 pm	10:00 pm
Coyote Run Golf Course, Flossmoor	5:00 pm	9:30 pm

Ice Skating and Lunch

Do you enjoy skating or would you like to learn? We will head to Rosemont where we will choose to eat at one of their 12 restaurants. This new entertaining district is a one stop suburban destination for big city dining. Next, we will skate at the NHL-sized Frozemont Ice Arena. Skates are available for rental or you may bring your own. The fee includes skating, skate rental, and lunch.

Persons ages 13 and older
MB Financial Park, Rosemont
Sun, Feb 3
11:00 am - 2:30 pm
R: \$45, NR: \$90
Code: 34215
Min/Max: 6/20

Location	Depart	Return
SSSRA Office, Tinley Park	9:30 am	3:45 pm
Coyote Run Golf Course, Flossmoor	10:00 am	3:15 pm

Painting and Pottery

It is time to be creative because spring is almost here, so we need to add some color into our lives! Everyone will have the opportunity to paint their own masterpiece for the garden or house. You can even give the pottery to someone as a gift.

Persons ages 13 and older
Richton Park Community Center
Sun, Feb 10
2:00 - 3:30 pm
R: \$8, NR: \$16
Code: 31134
Min/Max: 6/20

Valentine's Date Night

Love is in the air. Enjoy a great night with the one you love or bring a friend to Gatto's Restaurant. Don't forget to wear red. Fee includes one guest. Guest must sign an SSSRA waiver and be listed on the registration form. Must display appropriate table manners and work in a 1:4 staff to participant ratio.

Persons ages 13 and older
Gatto's, 8005 183rd Street, Tinley Park
Fri, Feb 15
6:00 - 8:00 pm
R: \$39, NR: \$78 **Fee includes participant and 1 guest.**
Code: 31103
Min/Max: 6/20

Mardi Gras Mambo

Get ready to bring Mardi Gras home while we enjoy an evening like no other! We will party Bourbon Street style with music, dancing, snacks, beads, prizes, and games.

Persons ages 13 and older
Oak Lawn Park District Community Pavilion
9401 S. Oak Park Avenue, Oak Lawn
Fri, Feb 22
7:00 - 9:00 pm
R: \$30, NR: \$60
Code: 31106 (w/o Trans)
34201 (R w/ Trans - Tinley Park)
34202 (R w/ Trans - Richton Park)
34204 (R w/ Trans - Oak Forest)
34205 (R w/ Trans - Flossmoor)
34230 (R w/ Trans - Country Club Hills)
34231 (R w/ Trans - Lansing)
Min/Max: 6/40

Location	Depart	Return
Tichan House, Oak Forest	5:45 pm	10:15 pm
Eisenhower Center, Lansing	6:00 pm	10:00 pm
SSSRA Office, Tinley Park	6:00 pm	10:00 pm
Richton Park Community Center	6:00 pm	10:00 pm
Country Club Hills Recreation Center	6:00 pm	10:00 pm
Coyote Run Golf Course, Flossmoor	6:30 pm	9:30 pm

New!

Mamma Mia!

The international megahit *Mamma Mia!* uses the greatest songs of ABBA to tell a hilarious story of marriage, family, and finding where you belong, proving that in the end, the winner takes it all. Come see why more than 54 million people worldwide have laughed and danced to this unforgettable jukebox musical! Please eat before you arrive.

Persons ages 13 and older
 Drury Lane Theatre, Oakbrook Terrace
 Sun, Feb 24
 2:00 pm show
 R: \$88, NR: \$176
Code: 34234
 Min/Max: 6/20

Location	Depart	Return
SSSRA Office, Tinley Park	12:00 pm	6:15 pm
Coyote Run Golf Course, Flossmoor	12:30 pm	5:45 pm

Shamrock Shuffle

Celebrate the wearin' of the green with your friends from other SRAs. You will enjoy a full meal, entertainment, dance contest, and a wee bit o' Ireland.

Persons ages 13 and older
 Orland Park Civic Center
 Fri, Mar 1
 6:30 - 9:00 pm
 R: \$48, NR: \$96
Code: 31111 (w/o Trans)
 34206 (R w/ Trans - Tinley Park)
 34207 (R w/ Trans - Richton Park)
 34209 (R w/ Trans - Oak Forest)
 34210 (R w/ Trans - Flossmoor)
 34232 (R w/ Trans - Country Club Hills)
 34233 (R w/ Trans - Lansing)

Min/Max: 6/40

Location	Depart	Return
Tichan House, Oak Forest	5:00 pm	10:30 pm
SSSRA Office, Tinley Park	5:15 pm	10:15 pm
Eisenhower Center, Lansing	5:15 pm	10:15 pm
Richton Park Community Center	5:15 pm	10:15 pm
Country Club Hills Recreation Center	5:15 pm	10:15 pm
Coyote Run Golf Course, Flossmoor	5:45 pm	9:45 pm

Bulls Game

Cheer on the Chicago Bulls as they face off against the Atlanta Hawks. This will be a crowded event, so participants must be willing and able to stay with the group and work successfully in a 1:4 staff to participant ratio. Please bring money for snacks and souvenirs, and don't forget to wear red to support your team!

Persons ages 13 and older
 United Center, Chicago
 Sun, Mar 3
 2:30 pm game
 R: \$54, NR: \$108
Code: 34222
 Min/Max: 6/25

Location	Depart	Return
SSSRA Office, Tinley Park	11:15 am	6:45 pm
Coyote Run Golf Course, Flossmoor	11:45 am	6:15 pm



14th Annual SSSRA Formal

You won't want to miss SSSRA's Annual Formal! This night will include dancing, dinner, and a wonderful time! SSSRA staff will be taking photos of you and your friends and we will crown the King and Queen at the end of the night.

Due to the generosity of Ricky's Ride, this program is offered free of charge for residents.

Persons ages 13 and older
 Eisenhower Center, Lansing
 Fri, Mar 8
 7:00 - 9:00 pm
 R: FREE, NR: \$28, LWSRA & SWSRA: \$14
Code: 31113
 Min/Max: 20/100



Find us on Facebook
facebook.com/sssra1973

Special Events

Gameworks



Gameworks is a one-stop destination for cutting-edge games and good food. We will start out with a pizza buffet and then play games like Deal or No Deal, Slam a Winner, or Red Zone. Price includes pizza buffet, one hour of non-ticketed games, and 72 tokens for ticketed games. Please bring additional money for more game play. Participants must be able to work successfully in a 1:4 staff to participant ratio.

Due to the generosity of Ricky's Ride, this program is offered at a discounted fee for residents.

Persons ages 13 and older

Schaumburg

Sun, Mar 10

12:00 - 3:00 pm

R: \$27, NR: \$94, LWSRA & SWSRA: \$47

Code: 34219

Min/Max: 6/20

Location

SSSRA Office, Tinley Park

Depart Return

10:30 am 5:00 pm

Coyote Run Golf Course, Flossmoor 11:00 am 4:30 pm

Girls Night In



Enjoy a girls night in with good friends! We will paint our nails, bake cookies, drink hot cocoa, watch movies, and make crafts. Since this is an all girls event, come in your PJs and bring a pillow and blanket to relax.

Due to the generosity of Ricky's Ride, this program is offered at a discounted fee for residents.

Persons ages 13 and older

Don Gorman Center, Oak Forest

Fri, Mar 15

6:00 - 10:00 pm

R: FREE, NR: \$26, LWSRA & SWSRA: \$13

Code: 31128

Min/Max: 6/20

Bingo Bowling

Bingo and bowling will be played at the same time. Participants will get a Bingo card and mark their cards based on how many pins they knock down. Everyone will go home a winner after shouting "STRIKE" and "BINGO"!

Persons ages 13 and older

Tinley Park Bowl

Sat, Mar 16

10:00 am - 12:00 pm

R: \$11, NR: \$22

Code: 31131

Min/Max: 6/40



Event for All!

Family Bowling Night

Bring your family to enjoy a night of bowling, pizza, and prizes! All guests must sign an SSSRA waiver, and indicate number of guests on the registration form.

All SSSRA Participants and Family

Oak Forest Bowl, Oak Forest

Thurs, Mar 14

4:15 - 5:45 pm

R: \$32, NR: \$64, Fee includes participant and up to 2 guests, \$10 for each additional guest

Code: 33201

Min/Max: 6/40

5

WAYS TO REGISTER

SSSRA offers 5 ways to register for programs.

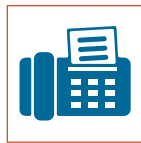
Please call 815-806-0384 or email register@sssra.org if you have any questions.



Online



Mail



Fax



Drop Off



Email

Scholarships

SSSRA is in a position to offer scholarships in the form of fee discounts to SSSRA residents with disabilities who would like to participate in one or more programs, but who cannot afford the total fees charged. The SSSRA Board of Directors has established specific guidelines for the administration of scholarships. Persons requesting a scholarship must complete a Scholarship Application (available at the SSSRA office or at www.sssra.org) and submit it to the SSSRA Executive Director, along with the completed registration form, and a deposit.

The deadline for requesting scholarships for the program session is the same as the registration deadline. Participants who receive day camp scholarships may be responsible for paying fees for any weekly programs or special events they register for. Please note that scholarships are not available for vacation trips. SSSRA reserves the right to request proof of financial circumstances, including tax return documents, when needed.

How to Register

1. Please completely fill in the Registration Form provided on pages 25 and 26.
2. Send completed form with payment to SSSRA Registration:
19910 80th Avenue
Tinley Park, IL 60487
Your receipt will be mailed to you after your registration is processed. You will be notified if a program is cancelled. Payment options include check, money order, VISA, MasterCard, or Discover Card. Cash will only be accepted in person, at the SSSRA office.

Please note that the Registration Form, Annual Information Form, and Scholarship Application are now available as fillable forms on our website. Please visit www.sssra.org/registration to access the forms.

Refund Policies

1. A full refund will be issued if a program is cancelled.
2. If a participant drops a program prior to the start and no costs have been incurred, a \$5 per program service fee will be charged and a refund will be issued.
3. If a participant drops a special event and SSSRA has incurred no costs due to purchase of tickets, rentals, deposits, etc., a \$5 service fee per event will be charged and a refund will be issued.
4. In the event of prolonged illness or moving, a \$5 service fee will be charged for each program and/or event, and a pro-rated refund issued. A doctor's notice is required for illness.
5. A pro-rated refund may be given if SSSRA deems the program is inappropriate for a participant.
6. A refund will not be provided for cancellations due to inclement weather.
7. No refunds will be issued for amounts under \$5.
8. All refunds will be issued by check on a monthly basis.
9. Participants who receive a scholarship will receive prorated refunds when applicable.
10. Fees will not be prorated if participants register for an event on the same day as a scheduled weekly program because programs and special events are already subsidized between 35-50%.

Registration Policies

Non-Resident Registration and Fees

Because SSSRA is supported through the tax dollars of its member communities, the non-resident fees reflect a more equitable rate in relation to that of its tax supporting members and the actual cost of providing the programs. Non-resident policies are as follows:

1. Non-resident fees are four times the resident fee for programs, four times the resident fee for day camps and two times the resident fee for special events.
2. The non-resident pays the entire fee to SSSRA at the time of registration. Some local park districts or recreation departments may reimburse a portion of your fee.
3. Non-residents are ineligible for scholarships.
4. Non-resident registrations will be processed after the registration deadline, if vacancies still exist in the programs.

First Time Participants - \$15 Off

New participants with disabilities living in SSSRA member districts are eligible for \$15 off of the total season registration fee by:

1. Clipping the coupon below and attaching it to your completed registration form.
2. Deducting \$15 off the total fee from your payment.
3. Mailing the registration form and coupon by the program deadline to the SSSRA office.

Valid for all programs except day camps and weekend trips. Siblings, spouses, out-of-district participants, and parents are not eligible for the discount.

SSSRA "First Timer"
Participant Coupon

\$15 off

Good for one SSSRA program
(excludes day camp, weekend trips,
and non-residents)

Registration Policies

1. Any household balance due from a previous program season must be paid in full before any registration is accepted for the current season. The balance due must be paid with cash, check, money order, VISA, MasterCard, or Discover Card.
2. Multiple Program Registration Discount: SSSRA residents will receive a \$25 discount when they register for \$200 or more in programs and/or special events. Please note: Winter and Spring are separate seasons. Completed registration forms and full payment must be in the SSSRA office by 5:00 pm on the registration deadline date for this to apply. No exceptions will be made to any of the criteria listed. Does not apply to Day Camp or Trips.
3. Registration forms will be accepted by walk-ins, mail, facsimile, or online. However, an individual is not considered registered until the SSSRA office has received payment in full along with the completed and signed registration form and waiver. When sending a fax to SSSRA, it is mutually understood that the facsimile document shall substitute for and have the same legal effect as the original form. Please contact the SSSRA office to confirm that your fax was received.
4. Due to increased volume of participants and programs, payment in full should accompany the registration form. Contact the SSSRA Executive Director to make any payment plan arrangements, if necessary.
5. Registrations are processed on a first-come, first-served basis.
6. Programs have a minimum and maximum size. Program minimum must be met by member agency resident. If your registration is received after a program is filled, your name will be placed on a waiting list. You will be notified after a deadline only if the program is full and you did not get in.
7. Participant ages listed in the brochure are approximations. If your child is close to the ages listed, and is interested in the program, please call the Superintendent to discuss a solution.
8. If vacancies exist after the registration deadline, siblings and individuals without disabilities will be allowed to register for designated programs, as considered appropriate by SSSRA staff.
9. A \$32 fee will be charged by Old Plank Trail Community Bank for any returned checks.
10. If you register after the registration deadline or after a program begins, you may not be able to attend that program the following week.

Join Our Mailing List!

E-mail address _____

SSSRA will not share your email address.

Registration Form

Winter Registration Deadline: January 4, 2019

Is this your first time participating with SSSRA? Yes No

How did you hear about SSSRA? Family Publication _____ Community Expo Other _____

Participant's Name _____

Address _____ City _____ State _____ ZIP _____

Date of Birth ____/____/____ Gender _____

Phone - Home _____ Work _____ Cell _____

Place a checkmark beside the phone number you would like us to use first.

Parent(s)/Guardian(s) Name _____

Parent(s)/Guardian(s) Address _____ City _____ State _____ ZIP _____

Parent(s)/Guardian(s) Phone - Home _____ Work _____ Cell _____

Place a checkmark beside the phone number you would like us to use first.

Group Home/Residential Facility _____ Manager/Caseworker _____

Manager/Caseworker Phone - Office _____ After Hours _____

Emergency Contact _____ Relationship _____

Phone - Home _____ Work _____ Cell _____

Place a checkmark beside the phone number you would like us to use first.

Primary Disability _____ Secondary Disability/Medical Condition _____

Current Medications/Prescribed or Over-The Counter _____

Does participant take medications at programs or special events? If yes, additional forms are required for completion. Yes No

Allergies _____ Dietary Restrictions _____

Photo Permission: I do hereby grant permission for my/our participant's picture to be used in promotional materials related to SSSRA. Promotional materials include, but are not limited to SSSRA brochures and advertising, SSSRA website, Facebook, SSSRA email newsletter, member park district and recreation department brochures. Yes No (Unless indicated, photos of participants may be taken and used for publicity).

Waiver, Release of All Claims and Hold Harmless Agreement - Read Carefully!

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

As a participant in these programs, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages or loss which I may sustain as a result of participating, in any manner, in any and all activities with or associated with such program. I further recognize and acknowledge that all athletic activities involving strenuous exertion or potential body contact are hazardous recreational activities and involve substantial risks of injury. Documents that are privileged and confidential communications, including but not limited to, attorney/client privileged communications, reports prepared in anticipation of litigation, and communications between SSSRA and the Park District Risk Management Agency will not be provided.

I agree to waive and relinquish any and all claims I may have as a result of participating in these programs against the SSSRA, any and all other participating or cooperating governmental units, any and all independent contractors, officers, agents, servants and employees of the governmental bodies and independent contractors, and any and all other persons and entities, of whatever nature, might be directly or indirectly liable for any injuries that I might sustain while participating in these programs. (The parties described in the preceding sentence are referred to as "released parties" in the remainder of this Agreement.)

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

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

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

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

Signature of Parent or Legal Guardian _____ Date _____

