



Proudly Serving

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



19910 80th Avenue Tinley Park, IL 60487

815.806.0384 815.806.0390 (FAX) 711 (Illinois Relay System)

www.sssra.org | info@sssra.org

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SSSRA Board Members

Country Club Hills Parks and Recreation Department

Targett Johnson

Hazel Crest Park District

Christopher Cole

Homewood-Flossmoor Park District

Mike Gianatasio

Matteson Recreational Division

Lisa Hill

Oak Forest Park District

Kirstin Dahm

Olympia Fields Park District

Jesus Vargas

Park Forest Department of Recreation,

Parks & Community Health

Kevin Adams

Richton Park Parks &

Recreation Department

Ashley Turner

Tinley Park-Park District

Meghan Fenlon

SSSRA Board of Directors Meetings

Fourth Thursday of the Month

9:00 am

SSSRA

SSSRA Staff



Lisa Drzewiecki, CPRP Executive Director lisa@sssra.org



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Buster

What is SSSRA?

SSSRA provides recreational opportunities to children and adults with disabilities or special needs. We are an extension of our member park districts and recreation and parks departments.

Vision Statement

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

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.

Program Eligibility

SSSRA programs are for any age group and any type of disability or special need.

SSSRA Residents

Individuals who live within the following member agency borders are eligible to register for programs at the resident fee. Non-residents may also register, but there is a non-resident fee.

- Country Club Hills Parks and Recreation Department
- Hazel Crest Park District
- Homewood-Flossmoor Park District
- Matteson Recreational Division
- Oak Forest Park District
- Olympia Fields Park District
- Park Forest Department of Recreation, Parks & Community Health
- Richton Park Parks & Recreation Department
- 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

We are committed to providing new and challenging recreation opportunities for all of our participants. Individuals who have special needs are welcome to participate alongside their peers in any programs offered by our member park districts and recreation departments. We work with our member agencies to assist with this transition. Our professional staff are available to help:

- Choose appropriate programs
- Provide referral services
- Conduct staff trainings
- Secure support staff
- Supply adaptive equipment

Please contact Juanita Williams at 815.806.0384 or juanita@sssra.org for additional information.



SSSRA Cooperative Agreements

Cooperative agreements enable individuals to participate with other special recreation associations at resident rates unless otherwise noted. Day Camp, trips, scholarships and door-to-door transportation are not included. Cooperative registrations will be processed after the registration deadline for SSSRA residents. Welcome coupon cannot be applied. We hope these agreements allow all of our residents expanded opportunities.

The intent is not to duplicate programs.

Therefore, if an agency offers similar programs as the home agency, the participant can participate, but at the non-resident rate.

LWSRA

815.320.3500 / lwsra.org

- Crete
- Frankfort
- Frankfort Square
- Manhattan
- Mokena
- New Lenox
- Peotone
- Wilmington

SWSRA

708.389.9423 / swsra.com

- Alsip
- Blue Island
- Merrionette Park
- Midlothian
- Palos Heights
- Posen
- Worth

R/NR

R: Resident

NR: Non-Resident

Program Times

Parents or individuals providing transportation should drop-off and pick-up participants at times listed for the program. Time before the program is used to meet with staff and set-up. Please be prompt for pick-up 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 be picked up by someone other than a parent or guardian, please contact the SSSRA office.

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.

Safety Precautions

Staff and volunteers have been provided inservice training concerning proper hygienic procedures. SSSRA seeks to provide a safe environment for all participants, staff, volunteers and the public. If you have any specific questions, please call our Executive Director or Superintendent of Recreation at 815.806.0384.

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. Please contact SSSRA for more information.

Program Policies

- SSSRA reserves the right to determine participant appropriateness for programs and special events.
- When arriving and departing a program, parents/guardians/group home staff are required to notify the program supervisor.
- If a participant cannot attend a program, he/ she cannot send a substitute in their place.
- When participants of varying ages and ability levels are in the same program, SSSRA will group them appropriately.
- SSSRA provides an approximate 1:4 staff-to-participant ratio.
- 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.
- 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.
- With your child's best interest in mind, parents are invited to their child's first program. Our staff have found that parent and/or sibling distractions during the program time affects the quality of their experience. Our staff always welcome the opportunity to discuss progress with parents at any time.

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:

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

Participant Expectations

- 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 SSSRA.
- Overall appearance should be clean (hair, face, teeth, hands, nails, etc.).
- Clean, dry clothing
- Appropriate attire for program participation (i.e. shoes, warm-ups or loose/comfortable fitting clothing for athletic/sports/exercise programs).

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.

- Participants must show respect to all participants, staff and volunteers.
- Participants must refrain from threatening or causing bodily harm to self, other participants or staff.
- Participants must refrain from using foul language or discussing inappropriate topics.
- Participants must show respect for equipment, supplies and facilities.
- Additional rules may be developed for specific programs and athletic programs as deemed necessary by staff.
- 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.
- Participants must be able to stay with the group.
- Participants must always keep their hands and feet to themselves.

When Applicable

- Due to the current situation with COVID-19, some programs and/or special events may change.
- Please contact our office for any questions or concerns about safety guidelines.
- Some high risk programs/special events will require an additional waiver to be signed by a legal guardian.

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:

- At the scheduled program time, if no participants arrive within the first 30 minutes, the program session will be canceled, and staff will be sent home. No refunds will be given.
- 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 canceled.
- If the program is canceled, program staff attempt to reach all participants by phone or email to inform them.
- SSSRA attempts to extend programs to make up missed dates.
- SSSRA will call/send a letter announcing program extensions.
- A refund will not be provided for cancellations due to inclement weather.

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 SSSRA.

Severe Weather Guidelines

In the event of severe weather, canceling 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.

Transportation

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

- All passengers must be sitting in seats or wheelchairs with belts securely fastened. The driver will not proceed until all seat belts are fastened.
- All wheelchairs must have brakes that are in good working order and can stop the chair from moving.
- 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.
- Persons riding in Amigo-type wheelchairs will have to transfer into a vehicle seat and use a seat belt. Amigo-type wheelchairs are not designed to transport individuals in moving vehicles.
- 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.
- Late registrants may not have transportation during the first week of programs due to routing changes. Participants are notified if a problem occurs.
- When transportation is included in special events, the use of vans or buses may change as necessary to accommodate group sizes and needs.
- 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.
- 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.
- 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

Special events have centralized pick-up and drop-off locations.

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 location for the program you are registering for.

SSSRA cannot wait more than 10 minutes at the pick-up point due to demanding vehicle schedule.

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. Matteson Community Center Matteson Avenue / 4.3 miles
- 5. Oak Forest Park District / 7.4 miles
- 6. Olympia Fields Park District / 3.5 miles
- 7. Park Forest Village Hall / 5.9 miles
- 8. Richton Park Community Center / 5.3 miles
- 9. SSSRA, Tinley Park / 8.5 Miles

Transportation: Door-To-Door, Individuals with Physical Disabilities & Day Camp

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.

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 five minutes due to the demanding vehicle schedule.

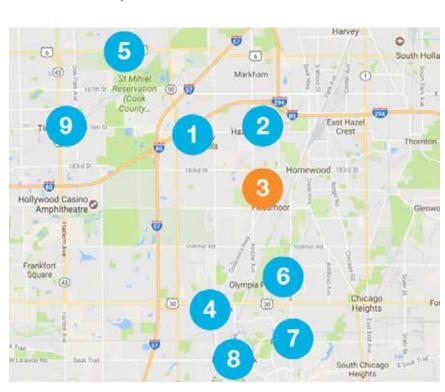
SSSRA offers door-to-door transportation for residents only.

You will be called with your pick-up time prior to the program date for door-to-door transportation.

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.

Door-to-door transportation is available on a limited basis as indicated by this symbol.





ALL AGES VIRTUAL

Due to the generosity of an anonymous donor, virtual programs and virtual special events are offered at a discounted rate for all participants.

Stretching

Reach for the sky, touch your toes and twist! Work on your flexibility while having fun with your friends. Please wear exercise clothes and bring a water bottle. 1, 2, 3... stretch!

All Ages Mon, Oct 6 to Nov 17 10:00 to 10:30 am Virtual \$7 R / \$7 NR Min/Max: 5/50

Registration Deadline: Mon, Sept 29

Animal Exploration

If you love animals, this program is for you! Learn unique facts about different animals each week. We may learn about sea lions, turkeys or gorillas while we explore zoos and natural habitats around the world.

All Ages Mon, Oct 6 to Nov 17 4:00 to 4:30 pm Virtual \$7 R / \$7 NR

Min/Max: 5/50

Registration Deadline: Mon, Sept 29

Social Time

It's always good to see familiar faces and chat with friends! Learn about each other as we talk about interests, hobbies or our favorite food. Tell the group about your weekend plans or share a joke. We are looking forward to having conversations with old and new friends.

All Ages
Tues, Oct 7 to Nov 18
4:00 to 4:30 pm
Virtual
\$7 R / \$7 NR
Min/Max: 5/50

Registration Deadline: Tues, Sept 30

Travel Buddies

Take virtual trips from the comfort of home, and learn about popular places around the world. Please share your favorite travel stories with the group, and get ready to explore!

All Ages Wed, Oct 8 to Nov 19 10:00 to 10:30 am Virtual \$7 R / \$7 NR Min/Max: 5/50

Registration Deadline: Wed, Oct 1

Drawing Techniques

Learn new techniques and explore your creative side. Each participant will receive a drawing book so you can share your art with your friends and family.

All Ages Wed, Oct 8 to Nov 19 6:30 to 7:00 pm Virtual \$7 R / \$7 NR Min/Max: 5/50

Registration Deadline: Wed, Oct 1



Family Bingo

Looking for a way to bring the family together? Try Virtual Family Bingo! Turn an ordinary night into a fun experience where families will bond, laugh and enjoy friendly competition. Your cards will be emailed to you before the program starts.

All Ages
Thurs, Oct 9 to Nov 20
6:00 to 7:00 pm
Virtual
\$7 R / \$7 NR
Min/Max: 5/50

Registration Deadline: Thurs, Oct 2

Michael Jackson Virtual Concert

NEW

Michael Jackson was known as the "King of Pop," and his music career spans decades. His hits begin in the 1960s with the Jackson 5 and continue through the early 2000s as a solo artist. Sing along and show everyone your best dance moves. I wonder if we will hear "Thriller" - join us to find out!

All Ages Fri, Oct 24 5:00 to 6:00 pm Virtual \$3 R / \$3 NR Min/Max: 10/50

Registration Deadline: Fri, Oct 17

Trip to Mexico

NEW

Hola amigos! Mexico offers a diverse range of attractions, from beautiful beaches and vibrant cities, to rich cultural experiences and stunning natural landscapes. We will discuss popular cuisine, including some of our favorites that we eat here in America.

All Ages Fri, Oct 31 6:00 to 7:00 pm Virtual \$3 R / \$3 NR

Min/Max: 10/50

Registration Deadline: Fri, Oct 24

Friendsgiving

NEW

Celebrate community and gratitude in this memorable experience. Gather loved ones at home and join your friends on Zoom for fun, connection and appreciation. Enjoy festive games and activities, and share what you are thankful for.

All Ages Fri, Nov 21 6:00 to 7:00 pm Virtual \$3 R / \$3 NR Min/Max: 10/50

Registration Deadline: Fri, Nov 14

Zoom with Santa

SSSRA has Santa's direct number and we asked him if he would have a chat with some of our friends! He said, "ABSOLUTELY!" Meet with Santa via Zoom, for one-on-one time to share your wish list, sing songs or tell him a joke. If you share your list with him, he will share it with the elves at the North Pole. You will be notified of your time slot.

All Ages Mon, Dec 8 4:00 to 7:00 pm Virtual \$3 R / \$3 NR Min/Max: 10/15

Registration Deadline: Tues, Nov 25

Bingo with the Grinch

We are welcoming a special guest from Whoville to call BINGO! He's a mean one, Mr. Grinch, but he calls an awesome game of bingo. Your cards will be emailed to you before the event.

All Ages Wed, Dec 10 5:00 to 6:00 pm Virtual \$3 R / \$3 NR

\$3 R / \$3 NR Min/Max: 10/50

Registration Deadline: Wed, Dec 3

ALL AGES

Bowling

Experience the joy of knocking down the pins while having fun with your friends. All abilities are welcome. This program includes two games or an hour and a half of bowling, whichever comes first. Bowling ramps are available and staff will keep track of participants' averages for Special Olympics.

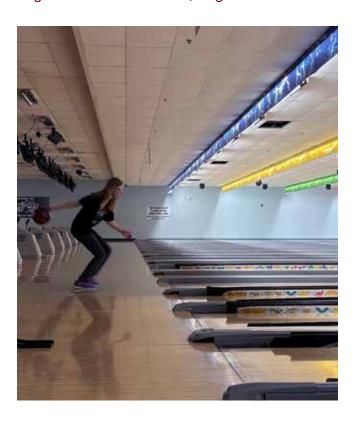
Due to the popularity of Bowling, please register for only one of the sessions below.

All Ages Wed, Sept 10 to Oct 22 3:30 to 5:00 pm Centennial Lanes 2.0, Tinley Park \$95 R / \$128 NR Min/Max: 6/20

Registration Deadline: Sun, Aug 31

All Ages Thurs, Sept 11 to Oct 23 3:30 to 5:00 pm Thunder Bowl, Mokena \$95 R / \$128 NR Min/Max: 6/20

Registration Deadline: Sun, Aug 31



Fall Festival

Join your friends and family for food and fun! Enjoy lunch, games and crafts for a perfect fall afternoon.

Participants must be accompanied by a parent, guardian or group home staff. This is not a staffed event. Each person attending must register and sign a participation waiver. Please contact us if you have a dietary restriction.

This event will take place in rainy conditions unless there is thunder and lighting.

Due to the generosity of Donald and Marchelle Goens, this special event is offered at a discounted rate for our residents.

All Ages & Family Sun, Oct 5 12:00 to 2:00 pm Bradford Barn, Olympia Fields \$10 R / \$20 NR / \$15 LWSRA & SWSRA Min/Max: 10/50

Registration Deadline: Sun, Sept 21

Show Choir & Drama Show

See your friends perform at Freedom Hall! Show Choir and Drama Club have been working hard all season and are ready to put on a show that you will not forget. Bring your friends and family members - this event is fun for all ages!

Refreshments will be served in the lobby after the performance.

Participants must be accompanied by a parent, guardian or group home staff. This is not a staffed event. Each person attending must register and sign a participation waiver.

All Ages & Family Mon, Dec 1 7:00 to 9:00 pm Freedom Hall, Park Forest FREE

Min/Max: 10/100

Registration Deadline: Sun, Nov 30



A Visit to the North Pole

SSSRA is celebrating the season and transforming into the North Pole! Visit the North Pole Workshop where you can make reindeer food, play games, make a craft, sip hot cocoa and visit with Santa Claus!

Participants and children must be accompanied by a parent, guardian or group home staff. This is not a staffed event. Each person attending must register and sign a participation waiver.

Due to the generosity of Donald and Marchelle Goens, this special event is offered at a discounted rate for SSSRA residents.

All Ages & Family Sat, Dec 13 SSSRA, Tinley Park

SSSRA Participants & Family

10:00 am to 12:00 pm \$5 R / \$5 NR / \$5 LWSRA & SWSRA

Min/Max: 10/75

Registration Deadline: Sun, Nov 30

Community Members & Family

1:00 to 3:00 pm \$5 R / \$5 NR Min/Max: 10/100

Registration Deadline: Sun, Nov 30

EARLY CHILDHOOD & YOUTH

Gymnastics

Gymnastics is a great way for kids to work on core strength, agility, flexibility, coordination and balance. Children will learn the basics of tumbling and overall fitness, while having fun in a social environment.

Due to the generosity of Donald and Marchelle Goens, this program is offered at a discounted rate for our residents.

Ages 2 to 12
Tues, Oct 7 to Nov 18
4:00 to 4:50 pm
Oak Forest Park District
\$28 R / \$62 NR / \$46 LWSRA & SWSRA
Min/Max: 6/15

Registration Deadline: Sun, Sept 7

Little Kickers Soccer

Kick start your child's love for soccer with this fun and engaging program! It's the perfect way for young athletes to have fun while learning teamwork, sportsmanship, coordination and skills. This program will take place in rainy conditions unless there is thunder and lightning. Please dress for the weather.

Due to the generosity of Donald and Marchelle Goens, this program is offered at a discounted rate for our residents.

Ages 2 to 12 Wed, Sept 10 to Oct 15 4:30 to 5:15 pm Matteson Community Center Soccer Field \$35 R / \$74 NR / \$55 LWSRA & SWSRA Min/Max: 6/10

Registration Deadline: Sun, Aug 31

Youth Basketball

Basketball is a fun and active sport. Whether you want to play in your driveway or on a team, now is a great time to learn basic skills, enhance your current skills, or just come out and have fun! Dress comfortably so you can move around the court. Gym shoes are required for this program.

Please register for only one session.

Due to the generosity of Donald and Marchelle Goens, this program is offered at a discounted rate for our residents.

Ages 2 to 12 Thurs, Oct 9 to Nov 20 Morton Gingerwood School, Oak Forest \$50 R / \$95 NR / \$70 LWSRA & SWSRA Min/Max: 6/15

Registration Deadline: Sun, Sept 7

Session Times

5:15 to 6:00 pm 6:15 to 7:00 pm

REGISTRATION DATES

Fall In-Person Program Registration Dates

Resident Registration Begins Monday, August 4 at 9:00 am

Non-Resident Registration Begins Monday, August 25 at 9:00 am

Fall Virtual Program Registration Dates

Resident Registration Begins Monday, August 4 at 9:00 am

Non-Resident Registration Begins Monday, August 4 at 9:00 am

Registration deadlines vary. Please note program or special event description.

Swim Lessons

Swim lessons are fun and essential. Led by certified instructors from Swim Chicago Southland, this program introduces swimmers to basic water skills, breath holding and a series of submerging progressions that lead to unassisted swimming. Your child will strengthen their selfconfidence and gross motor skills.

Each swim lesson is 30 minutes. Please register for only one session and one day.

Swimmers may only participate in one Swim Lessons program per season. Please note that we share the pool with the public. If your child is not toilet trained, they must wear a swim diaper in the water. SSSRA staff will not assist with changing.

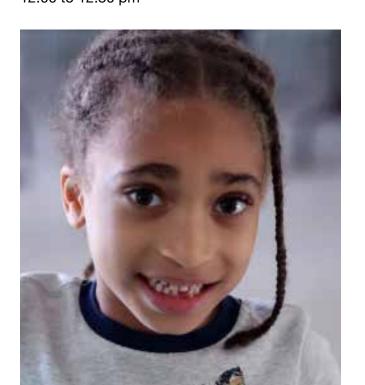
Ages 2 to 12 Sat, Oct 11 to Nov 22 Matteson Community Center \$100 R / \$135 NR

Min/Max: 1/2 (per time slot)

Registration Deadline: Sun, Sept 7

Session Times

10:00 to 10:30 am 10:30 to 11:00 am 11:00 to 11:30 am 11:30 am to 12:00 pm 12:00 to 12:30 pm



Sensory Garden Playground

NEW

Enjoy the day at this universally accessible playground. We'll explore the playgrounds, make music in the sound garden and have a picnic lunch. Please bring a sack lunch.

Due to the generosity of Donald and Marchelle Goens, this special event is offered at a discounted rate for our residents.

Ages 2 to 12 Sat, Sept 20 12:00 to 1:30 pm Sensory Garden Playground, Lisle \$10 R / \$34 NR / \$25 LWSRA & SWSRA Min/Max: 6/15

Registration Deadline: Sun, Sept 7

Transportation

SSSRA 10:30 am Depart / 3:00 pm Return

Coyote Run, Flossmoor 11:00 am Depart / 2:30 pm Return

Cookie Creations

NEW

Whisk, roll, sprinkle, repeat! Join us for a fun, hands-on experience where creativity meets sweetness. Your child will bake and decorate cookies like a pro.

Due to the generosity of Donald and Marchelle Goens, this special event is offered at a discounted rate for our residents.

Ages 2 to 12
Sat, Dec 6
1:00 to 2:30 pm
Hazel Crest Park District
\$5 R / \$16 NR / \$12 LWSRA & SWSRA
Min/Max: 6/15

Registration Deadline: Sun, Nov 23



The generous support of our sponsors has made a significant impact on the lives of our participants, and we are truly grateful for their dedication to our mission!

INTERESTED IN BECOMING A SPONSOR?

Please contact us for more information. 815.806.0384 anna@sssra.org

FALL SPONSORS

Anonymous Donor Ecolab Donald and Marchelle Goens Ozinga Suburban Service League

HOLIDAY DANCE SPONSORS

4imprint
Beggars Pizza, Oak Forest
Louis Broccolo
Tinley Park Chamber of Commerce

SCHOLARSHIP PROGRAM SUPPORTERS

Infinite Behavioral Operations Millie's Keepsake Solutions

Stingrays Sports Information

If you have any questions about Stingrays Sports, please contact: Laura Pubins, Operations Manager 815.806.0384 laura@sssra.org

Please indicate that your shirt size on the Annual Information Form is correct.

All Special Olympics forms are now available in the online portal. Please contact Laura for the links to set up your portal.

Stingrays Unified Cornhole Preseason

Toss, score and celebrate in our Unified Sports opportunity! Special Olympics athletes and Unified Partners team up to play this classic game. Competition season begins in early 2026.

Unified Partners must register and pay program fees. Athletes should secure their Unified Partner, but SSSRA staff will help secure a Unified Partner if needed.

The Special Olympics portal must be created or updated by February 8, 2026.

Ages 8 & Older
Mon, Oct 6 to Nov 17
5:15 to 6:15 pm
Oakwood Recreation Center, Matteson
Participants - \$30 R / \$41 NR
Unified Partners - FREE R / FREE NR
Min/Max: 6/15

Registration Deadline: Sun, Sept 7

Stingrays Powerlifting Preseason

Powerlifting preseason is designed for athletes to use cardio and fitness machines as well as dumbbell weights. Athletes may work on bench press and deadlift in preparation for the upcoming competition season that begins in early 2026.

The Special Olympics portal must be created or updated by October 18, 2026.

Ages 13 & Older Thurs, Oct 9 to Nov 20 6:30 to 7:30 pm Oak Forest Park District \$48 R / \$65 NR Min/Max: 6/15

Registration Deadline: Sun, Sept 7





Stingrays Basketball

Practice your skills, make lifelong friends and experience the thrill of competition. Teams will compete against other special recreation associations. A practice and game schedule will be provided.

Teams will compete in the Special Olympics Region E Tournament (January 2026) and the ITRS Tournament (November 2025). If your team wins a gold medal at the Region E Tournament, the team will qualify for the State Basketball Tournament (March 2026).

The Special Olympics portal must be created or updated by October 18, 2026.

Ages 13 & Older
Tues, Oct 14 to Feb 24

No program Nov 4, Dec 23, Dec 30
6:30 to 8:00 pm
Christa McAuliffe School, Tinley Park and
Matteson Community Center*
*First week of practice will be held at Matteson
Community Center
\$185 R / \$230 NR
Program fee does not include State Basketball.
Min/Max: 10/50

Registration Deadline: Sun, Sept 14

Stingrays Athletic Banquet

If you participated in Stingrays Sports in 2025, come celebrate with us! The Stingrays Athletic Banquet will acknowledge all athletes, highlight their accomplishments, and present awards. Dinner will be served before the awards presentation.

Participants must be accompanied by a parent, guardian or group home staff. This is not a staffed event. Each person attending must register and sign a participation waiver.

Please note that if you do not show up for the event you will be charged an additional \$30 for each no show in your party.

Due to the generosity of an anonymous donor, this special event is offered free for our athletes.

Stingrays Athletes & Family Thurs, Jan 15 6:00 to 8:30 pm Wiley's Grill, Homewood FREE Athlete / \$30 Guest Min/Max: 20/100

Registration Deadline: Sun, Dec 28

Day Trippers

Let's go on an adventure as we enjoy activities throughout the community! This program has a strong emphasis on socialization and community integration. Please dress for the weather.

Participants must be able to work successfully in a 1:4 staff to participant ratio and display appropriate table manners.

Door-to-door transportation will be provided for residents, and participants will be notified of their pick-up time. Non-residents will need to meet at SSSRA and will be notified of the departure time.

Due to the popularity of this program, please register for either Group A or Group B. Non-residents, please register for one of the groups.

Due to the generosity of an anonymous donor, this program is offered at a discounted rate for our residents.

Ages 21 & Older 9:00 am to 5:00 pm \$245 R / \$405 NR / \$300 LWSRA & SWSRA

Min/Max: 6/10 (per group)

Registration Deadline: Sun, Sept 7

Group A

Country Club Hills, Hazel Crest, Oak Forest, Tinley Park

Group B

Homewood-Flossmoor, Matteson, Olympia Fields, Park Forest, Richton Park

Mon, Oct 6 (A) / Mon, Oct 13 (B) Hollywood Casino - Bring ID

Mon, Oct 20 (A) / Mon, Oct 27 (B) The Beller Museum

Mon, Nov 3 (A) / Mon, Nov 10 (B)
Main Event

Mon, Nov 17 (A) / Mon, Nov 24 (B) The Big Game Show

perform on stage!

Show Choir

Now is the time to sing your heart out! Show Choir is all about singing with choreographed dance movements. Practice will be held before Drama Club, and singers will perform at the Show Choir and Drama Show at the end of the season.

Due to the generosity of an anonymous donor, this program is offered at a discounted rate for our residents.

Ages 13 & Older Mon, Oct 6 to Nov 24 / Drama Show: Mon, Dec 1 5:15 to 6:15 pm

Freedom Hall, Park Forest \$80 R / \$135 NR / \$100 LWSRA & SWSRA

Min/Max: 6/15

Registration Deadline: Sun, Sept 7

Drama Club

Ready to shine on the big stage? No performing experience is required to participate in Drama Club. On top of having fun, we will work on facial expressions, pantomime and vocal skills. Performing with your friends is a great way to improve verbal and social skills, while building self-confidence. The final night will be a dress rehearsal for the big show.

Due to the generosity of Ecolab, this program is offered at a discounted rate for our residents.

Ages 13 & Older Mon, Oct 6 to Nov 24 / Drama Show: Mon, Dec 1 6:30 to 8:00 pm Freedom Hall, Park Forest

\$90 R / \$155 NR / \$115 LWSRA & SWSRA

Min/Max: 10/20

Registration Deadline: Sun, Sept 7

TEEN & ADULT

Indoor Walking Club

Grab your walking shoes and start the week off on the right - and left - foot! We will walk about 2 miles each week. Please bring a bottle of water and wear comfortable walking shoes.

Due to the generosity of an anonymous donor, this program is offered at a discounted rate for our residents.

Ages 13 & Older
Mon, Oct 6 to Nov 17
5:00 to 6:00 pm
Tony Bettenhausen Recreation Center,
Tinley Park
\$30 R / \$61 NR / \$45 LWSRA & SWSRA
Min/Max: 6/15

MIN/Max: 6/15

Registration Deadline: Sun, Sept 7

Rake Knitting

Rake knitting is a form of knitting that uses a loom or board to create masterpieces with yarn! Help yourself prepare for the winter by making a hat or scarf to stay warm. No experience is necessary!

Due to the generosity of Donald and Marchelle Goens, this program is offered at a discounted rate for our residents.

Ages 13 & Older
Tues, Oct 7 to Nov 18
6:00 to 7:30 pm
Irwin Community Center, Homewood
\$80 R / \$138 NR / \$102 LWSRA & SWSRA
Min/Max: 6/15

Registration Deadline: Sun, Sept 7

Water Aerobics

Water Aerobics provides a low impact experience that everyone will enjoy. SSSRA staff will join you in the water and a lifeguard will be on duty while we are in the water.

Locker rooms are available to change - parents and guardians must assist their participant in the locker room before and after the program.

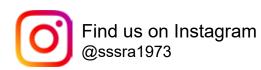
Participants must have proper swim attire, and if needed, proper swim undergarments are required. Please walk your participant to the pool once they are changed, and SSSRA staff will meet them on the pool deck. SSSRA staff will not assist with changing.

Due to the generosity of an anonymous donor, this program is offered at a discounted rate for our residents.

Ages 13 & Older
Tues, Oct 7 to Nov 18
6:00 to 7:00 pm
H-F Racquet & Fitness, Homewood
\$75 R / \$123 NR / \$91 LWSRA & SWSRA
Min/Max: 6/15

Registration Deadline: Sun, Sept 7





Basketball Conditioning

Have you always wanted to play basketball or get extra practice time before the new season? Basketball Conditioning gives you the chance to work on skills such as team building, accuracy and endurance. You do not need to be registered for Stingrays Basketball to register for this program. Please wear gym shoes and bring a bottle of water.

Due to the generosity of Donald and Marchelle Goens, this program is offered at a discounted rate for our residents.

Ages 13 & Older
Tues, Sept 9 to Oct 7
6:00 to 7:00 pm
Tony Bettenhausen Recreation Center,
Tinley Park
\$18 R / \$39 NR / \$29 LWSRA & SWSRA
Min/Max: 6/15

Registration Deadline: Sun, Aug 31

REGISTRATION DATES

Fall In-Person Program Registration Dates

Resident Registration Begins Monday, August 4 at 9:00 am

Non-Resident Registration Begins Monday, August 25 at 9:00 am

Fall Virtual Program Registration Dates

Resident Registration Begins Monday, August 4 at 9:00 am

Non-Resident Registration Begins Monday, August 4 at 9:00 am

Registration deadlines vary. Please note program or special event description.

Fast Food & Flicks

Watch a movie on the big screen after having dinner with your friends. We aim for a 7:00 pm movie. You will be notified of any time or location changes.

Group A participants will see a G, PG or PG-13 rated movie. Group B participants will see a G, PG, PG-13 or R rated movie. A permission form to see R rated movies must be on file.

You will be given a list of restaurants approximately one week before the program starts.

Due to the generosity of an anonymous donor, this program is offered at a discounted rate for our residents.

Please register for either Group A or Group B.

Ages 13 & Older 4:30 to 10:30 pm Emagine Frankfort \$160 R / \$290 NR / \$215 LWSRA & SWSRA Min/Max: 6/12

Registration Deadline: Sun, Sept 7

Group A - G, PG, PG-13Wed, Oct 1, Oct 15, Oct 29, Nov 12

Group B - G, PG, PG-13, RWed, Oct 8, Oct 22, Nov 5, Nov 19

Transportation

SSSRA 5:00 pm Depart / 10:30 pm Return

Coyote Run, Flossmoor 4:30 pm Depart / 10:00 pm Return

move + groove

Aerobics

Aerobics combines cardio, stretching and strength exercises for a fun and easy way to stay in shape. Workouts include dancing, resistance bands and seated exercises. Please wear workout clothes and bring a bottle of water.

Due to the generosity of Ecolab, this program is offered at a discounted rate for our residents.

Ages 13 & Older Wed, Oct 8 to Nov 19 6:00 to 7:00 pm Irwin Community Center, Homewood \$30 R / \$76 NR / \$56 LWSRA & SWSRA Min/Max: 6/20

Registration Deadline: Sun, Sept 7

Let's Dance

Join your friends each week for a fun night of dancing. Learn popular dance moves while listening to great music. This program will enhance your gross motor skills and encourage socialization. Please wear workout clothes and bring a bottle of water.

Due to the generosity of an anonymous donor, this program is offered at a discounted rate for our residents.

Ages 13 & Older Wed, Oct 8 to Nov 19 7:15 to 8:15 pm Irwin Community Center, Homewood \$30 R / \$76 NR / \$56 LWSRA & SWSRA Min/Max: 6/20

Registration Deadline: Sun, Sept 7

cook + craft

Chef's Kitchen

Whether you're a seasoned home chef or new to cooking, Chef's Kitchen has something for everyone. Create delicious meals and enjoy the finished product with your friends. All ingredients are provided. This program will enhance your cooking skills and encourage socialization.

Due to the generosity of Suburban Service League, this program is offered at a discounted rate for our residents.

Ages 13 & Older
Thurs, Oct 9 to Nov 20
4:30 to 6:30 pm
Hazel Crest Park District
\$110 R / \$182 NR / \$135 LWSRA & SWSRA
Min/Max: 6/15

Registration Deadline: Sun, Sept 7

Crafty Creations

Let's work on our crafting skills together by creating something new and exciting each week! Crafting is a fun way to relax and socialize. All supplies will be provided.

Due to the generosity of an anonymous donor, this program is offered at a discounted rate for our residents.

Ages 13 & Older
Thurs, Oct 9 to Nov 20
6:45 to 7:45 pm
Hazel Crest Park District
\$40 R / \$88 NR / \$65 LWSRA & SWSRA
Min/Max: 6/15

Registration Deadline: Sun, Sept 7

Board Game Buddies

Join your friends to play classic games such as Monopoly, Sorry!, or Uno. Let us know your favorite board game so we can try to include it.

Due to the generosity of an anonymous donor, this program is offered at a discounted rate for our residents.

Ages 13 & Older Thurs, Oct 9 to Nov 20 5:00 to 6:00 pm Irwin Community Center, Homewood \$21 R / \$54 NR / \$40 LWSRA & SWSRA Min/Max: 6/15

Registration Deadline: Sun, Sept 7

Sit & Be Fit

Join your friends to strengthen your body, mind and balance. During this seated exercise program, you will learn how low impact exercises strengthen your overall well-being. Please bring a bottle of water and wear comfortable shoes.

Due to the generosity of an anonymous donor, this program is offered at a discounted rate for our residents.

Ages 13 & Older Thurs, Oct 9 to Nov 20 6:00 to 7:00 pm SSSRA, Tinley Park \$35 R / \$57 NR / \$42 LWSRA & SWSRA

Min/Max: 6/15

Registration Deadline: Sun, Sept 7

Friday Night Flyers

Spend time socializing with your friends and take part in different activities throughout our communities. You will be mailed a schedule of events two weeks prior to the start of the season. Participants must be able to work successfully in a 1:4 staff to participant ratio and display appropriate table manners.

Due to the popularity of social club programs, please register for either Friday Night Flyers or Saturday Socializers.

Due to the generosity of Ecolab, this program is offered at a discounted rate for our residents.

Ages 13 & Older Fri, Oct 10 to Nov 21 6:00 to 8:00 pm - Times May Vary Various Locations \$135 R / \$247 NR / \$183 LWSRA & SWSRA Min/Max: 6/15

Registration Deadline: Sun, Sept 7

Saturday Socializers

Spend Saturday nights socializing with your friends and enjoying different activities throughout our communities. You will be mailed a schedule of events two weeks prior to the start of the season. Participants must be able to work successfully in a 1:4 staff to participant ratio and display appropriate table manners.

Due to the popularity of social club programs, please register for either Friday Night Flyers or Saturday Socializers.

Due to the generosity of an anonymous donor, this program is offered at a discounted rate for our residents.

Ages 13 & Older Sat, Oct 11 to Nov 22 6:00 to 8:00 pm - Times May Vary Various Locations \$135 R / \$247 NR / \$183 LWSRA & SWSRA

Min/Max: 6/15

Registration Deadline: Sun, Sept 7

TEEN & ADULT

Fitness & Fun

Staying active and exercising regularly are important for our health. Work on coordination, balance, strength and muscle tone. Please 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 register for only one session.

Due to the generosity of Ecolab, this program is offered at a discounted rate for our residents.

Ages 13 & Older Sat, Oct 11 to Nov 22 Oak Forest Park District \$30 R / \$81 NR / \$60 LWSRA & SWSRA Min/Max: 6/10

Registration Deadline: Sun, Sept 7

Session Times 9:00 to 10:00 am 10:15 to 11:15 am

Holidays Around the World

Learn about holidays from around the world through culinary creations, designing holiday crafts and participating in traditional games from other cultures. A light snack will be provided.

Due to the generosity of an anonymous donor, this program is offered at a discounted rate for our residents.

Ages 13 & Older Sun, Oct 12 to Nov 23 2:30 to 4:00 pm Richton Park Community Center \$50 R / \$115 NR / \$85 LWSRA & SWSRA Min/Max: 6/15

Registration Deadline: Sun, Sept 7

REGISTRATION DATES

Fall In-Person Program Registration Dates

Resident Registration Begins Monday, August 4 at 9:00 am

Non-Resident Registration Begins Monday, August 25 at 9:00 am

Fall Virtual Program Registration Dates

Resident Registration
Begins Monday, August 4 at 9:00 am

Non-Resident Registration Begins Monday, August 4 at 9:00 am

Registration deadlines vary. Please note program or special event description.



Adult Swim Lessons

NEW

Swim lessons are fun and essential. Led by certified instructors from Swim Chicago Southland, this program introduces swimmers to basic water skills, breath holding and a series of submerging progressions that lead to unassisted swimming. You will strengthen your self-confidence and gross motor skills.

Each swim lesson is 30 minutes. Please sign up for only one session.

Swimmers may only participate in one Swim Lessons program per season. Please note that we share the pool with the public.

Participants must have proper swim attire, and if needed, proper swim undergarments are required. SSSRA staff will not assist with changing.

Due to the generosity of Ozinga, this program is offered at a discounted rate for our residents.

Ages 13 & Older Sat, Oct 11 to Nov 22 Matteson Community Center \$75 R / \$162 NR / \$120 LWSRA & SWSRA Min/Max: 1/2 (per time slot)

Registration Deadline: Sun, Sept 7

Session Times

12:30 to 1:00 pm 1:00 to 1:30 pm 1:30 to 2:00 pm

TEEN & ADULT

INDIVIDUALS WITH PHYSICAL DISABILITIES

In-House Movie Critics 🖼



NEW

Are you a movie fan? Watch a movie at SSSRA and enjoy a light snack. You and your friends will pick a movie from a streaming service, followed by a discussion about what we watched.

Door-to-door transportation is available for residents and participants will be informed of their pick-up time. Non-residents will need to meet at SSSRA.

Due to the generosity of an anonymous donor, this program is offered at a discounted rate for our residents.

Ages 13 & Older with Physical Disabilities Sun, Oct 12 to Nov 23 3:00 to 5:30 pm SSSRA, Tinley Park \$100 R / \$160 R with Transportation / \$289 NR / \$214 LWSRA & SWSRA Min/Max: 4/8

Registration Deadline: Sun, Sept 7

Workout Warriors '



Staying active and exercising regularly are an important part of maintaining your overall health. Exercising with friends makes it more fun! Work on strength, muscle tone, balance and coordination. Please wear workout clothes and bring a bottle of water.

Door-to-door transportation is available for residents and participants will be informed of their pick-up time. Non-residents will need to meet at Oak Forest Park District.

Ages 13 & Older with Physical Disabilities Sat, Oct 11 to Nov 22 10:15 to 11:15 am Oak Forest Park District \$60 R / \$100 R with Transportation / \$81 NR Min/Max: 4/8

Registration Deadline: Sun, Sept 7

Color Me Mine 🖼



NEW

Looking for a new piece of art to display at home? Pick out an unpainted ceramic piece and customize your design. After our art experience, we will have lunch at a local restaurant.

Door-to-door transportation is available for residents and participants will be informed of their pick-up time. Non-residents will need to meet at Color Me Mine.

Due to the generosity of an anonymous donor, this special event is offered at a discounted rate for our residents.

Ages 13 & Older with Physical Disabilities Sat. Dec 6 11:00 am to 2:00 pm Color Me Mine, Frankfort \$60 R / \$120 NR / \$89 LWSRA & SWSRA Min/Max: 4/8

Registration Deadline: Sun, Nov 9



Anderson Japanese Gardens

NEW

Experience the beautiful gardens seen in Japan right here in Illinois! With over 12 acres including streams, waterfalls, winding pathways, and koifilled ponds, this is one of the highest quality Japanese Gardens in North America. Enjoy a two hour private guided tour through the gardens as well as lunch at Fresco at the Garden. Please dress for the weather and bring a bottle of water.

Due to the generosity of Suburban Service League, this special event is offered at a discounted rate for our residents.

Ages 13 & Older Sun, Sept 28 12:00 to 4:00 pm Rockford, IL \$65 R / \$122 NR / \$90 LWSRA & SWSRA Min/Max: 10/20

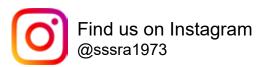
Registration Deadline: Sun, Sept 7

Transportation

SSSRA 9:30 am Depart / 6:30 pm Return

Coyote Run, Flossmoor 10:00 am Depart / 6:00 pm Return





Fright Fest

We are heading to Six Flags Great America for a ghoulish good time! Enjoy the thrills of the rides during the day and chills by night as you stroll through a haunted park filled with ghosts, ghouls and all types of characters.

One meal, a snack and a drink (refillable all day) are included. Please bring a credit or debit card for additional food and souvenirs, Six Flags Great America is a cashless venue.

Participants must be able to work successfully in a 1:4 staff to participant ratio.

Please note there are flash and strobe effects throughout the park.

Six Flags Great America has an Attraction Accessibility Program. Please visit their website to learn more and register for the IBCCES Accessibility Card if needed.

www.sixflags.com/greatamerica/plan-your-visit/accessibility

Due to the generosity of an anonymous donor, this special event is offered at a discounted rate for our residents.

Ages 13 & Older Sat, Oct 4 11:00 am to 7:00 pm Six Flags Great America \$90 R / \$172 NR / \$128 LWSRA & SWSRA Min/Max: 10/20

Registration Deadline: Sun, Sept 7

Transportation

SSSRA 8:30 am Depart / 9:00 pm Return

Coyote Run, Flossmoor 9:00 am Depart / 8:30 pm Return

SPECIAL EVENTS

Not So Scary Hayride

NEW

Ride into the spooky season with a friendly and not so scary hayride! Along with the hayride, you will enjoy live music, fun games and so much more. Please bring cash for food and additional activities that are not included in the fee. Please eat lunch before arriving.

Due to the generosity of Donald and Marchelle Goens, this special event is offered at a discounted rate for our residents.

Ages 13 & Older
Sun, Oct 12
2:00 to 4:00 pm
Lockport Township Park District
\$20 R / \$38 NR / \$28 LWSRA & SWSRA
Min/Max: 10/20

Registration Deadline: Sun, Sept 21

Transportation

SSSRA 12:30 pm Depart / 5:30 pm Return

Coyote Run, Flossmoor 1:00 pm Depart / 5:00 pm Return

Boo at the Zoo

NEW

Boo! Come dressed in your Halloween best and check out all the animals. The zoo will be packed with not so scary thrills, decorations, trick-ortreating and plenty of fun!

Please bring a credit or debit card to purchase souvenirs. Lunch will be provided at the zoo, including a choice of a hamburger, hot dog, pizza or chicken tenders with fries and a drink.

Due to the generosity of Ecolab, this special event is offered at a discounted rate for our residents.

Ages 13 & Older
Sun, Oct 19
11:00 am to 4:00 pm
Brookfield Zoo
\$50 R / \$101 NR / \$75 LWSRA & SWSRA
Min/Max: 10/20

Registration Deadline: Sun, Sept 28

Transportation

SSSRA

9:45 am Depart / 5:30 pm Return

Coyote Run, Flossmoor 10:15 am Depart / 5:00 pm Return







Hoedown Dance

Howdy partners! Let's head to the Hoedown Dance out yonder in New Lenox with our friends at LWSRA! Prepare to dance the night away. A fried chicken dinner is included.

Due to the generosity of Suburban Service League, this special event is offered at a discounted rate for our residents.

Ages 13 & Older
Fri, Nov 7
6:00 to 8:30 pm
LWSRC, New Lenox
\$35 R / \$81 NR / \$60 LWSRA & SWSRA /
\$55 R with Transportation Home*

Registration Deadline: Sun, Oct 12

Transportation

Min/Max: 10/20

SSSRA 4:45 pm Depart / 9:15 pm Return

Coyote Run, Flossmoor 5:15 pm Depart / 9:00 pm Return

*Door-to-door transportation home is offered for residents only. Maximum participants is eight.

Friendsgiving Dance

We are thankful to spend time with our friends at NWCSRA! Enjoy an evening of dinner and dancing. Be sure to register early because this event will fill up quickly.

Due to the generosity of Suburban Service League, this special event is offered at a discounted rate for our residents.

Ages 13 & Older
Fri, Nov 14
6:00 to 8:30 pm
Romeoville Recreation Center
\$30 R / \$61 NR / \$45 LWSRA & SWSRA /
\$50 R with Transportation Home*
Min/Max: 10/20

Registration Deadline: Sun, Oct 19

Transportation

SSSRA 4:30 pm Depart / 9:45 pm Return

Coyote Run, Flossmoor 5:00 pm Depart / 9:15 pm Return

*Door-to-door transportation home is offered for residents only. Maximum participants is eight.

SPECIAL EVENTS

Illumination: Tree Lights at The Morton Arboretum

Step into a winter wonderland of lights. *Illumination: Tree Lights at The Morton Arboretum* is a one-of-a-kind experience that transforms trees into a glowing showcase of color, music and interactive displays. We'll walk a one mile-long trail of immersive light shows and unforgettable photo opportunities.

Please eat dinner before arriving. Please bring cash or a credit/debit card if you would like to purchase a snack.

Ages 13 & Older Wed, Dec 3 5:00 to 7:30 pm Morton Arboretum, Lisle \$55 R / \$75 NR / \$75 R with Transportation Home* Min/Max: 6/15

Registration Deadline: Sun, Nov 9

Transportation

SSSRA 3:30 pm Depart / 9:00 pm Return

Coyote Run, Flossmoor 4:00 pm Depart / 8:30 pm Return

*Door-to-door transportation home is offered for residents only. Maximum participants is eight.

Holiday Shopping & Lunch

Want to surprise your friends or family with a present? This shopping trip is just in time for the holidays. Staff will help you find the perfect gifts for your loved ones - or maybe something special for yourself. After we shop, we will grab lunch so we have a chance to chat about our day and upcoming plans.

Participants must be able to work successfully in a 1:4 staff to participant ratio and display appropriate table manners.

Due to the generosity of an anonymous donor, this special event is offered at a discounted rate for our residents.

Ages 13 & Older Sat, Dec 6 10:30 am to 4:15 pm Chicago Premium Outlets, Aurora \$45 R / \$84 NR / \$62 LWSRA & SWSRA

Min/Max: 10/20

Registration Deadline: Sun, Nov 16

Transportation

SSSRA 9:00 am Depart / 6:00 pm Return

Coyote Run, Flossmoor 9:30 am Depart / 5:30 pm Return





It's time to get into the holiday spirit by singing and dancing along to all your favorite holiday songs. Feel free to dress up in a holiday sweater. Before dancing, we will start the evening off with dinner and socializing. The end of the night will include a visit from Santa and Mrs. Claus!

Due to the generosity of the following supporters, this special event is offered at a discounted rate for our residents.

Anonymous Donor Louis Broccolo







Ages 13 & Older
Fri, Dec 5
7:00 to 9:00 pm
Park Place, Oak Forest
\$10 B / \$40 NB / \$30 LWSBA 8

\$10 R / \$40 NR / \$30 LWSRA & SWSRA / \$30 R with Transportation Home*

Min/Max: 25/80

Registration Deadline: Sun, Nov 16

*Door-to-door transportation home is offered for residents only. Maximum participants is eight.



Tinley Park Parade of Lights

Pass out candy and wave to the crowds as we join the parade through downtown Tinley Park. Please dress for the weather, wear comfortable walking shoes, bring a bottle of water and eat dinner before arriving.

Due to the generosity of Donald and Marchelle Goens, this special event is offered at a discounted rate for our residents.

Ages 13 & Older Sun, Dec 7 3:30 to 7:30 pm Downtown Tinley Park FREE R / \$38 NR / \$28 LWSRA & SWSRA

Min/Max: 6/15

Registration Deadline: Sun, Nov 16

Transportation

SSSRA

3:15 pm Depart / 7:45 pm Return

Holiday Lights & Hot Chocolate

Let's jump on the SSSRA holiday bus and drive through our local communities to enjoy spectacular light displays. Listen and sing along to holiday music while we explore, then end the evening with hot chocolate while we talk about our favorite displays.

Due to the generosity of Suburban Service League, this special event is offered at a discounted rate for our residents.

Ages 13 & Older
Fri, Dec 12
4:45 to 9:00 pm
SSSRA, Tinley Park
\$15 R / \$35 NR / \$26 LWSRA & SWSRA /
\$35 R with Transportation Home*
Min/Max: 6/15

Registration Deadline: Sun, Nov 23

Transportation

SSSRA

4:00 pm Depart / 10:00 pm Return

Coyote Run, Flossmoor 4:30 pm Depart / 9:30 pm Return

*Door-to-door transportation home is offered for residents only. Maximum participants is eight.

SPECIAL EVENTS

White Christmas

The uplifting story and beloved songs of Bing Crosby's *White Christmas* have been enjoyed by families for generations. Two former servicemen and best friends travel through the country with their entertainment act. Out of the blue one Christmas, their old general calls them in desperate need. With two feisty sisters helping them, can they save a Christmas pageant from disaster? We will stop for an early lunch at a fast food restaurant before the show.

Ages 13 & Older
Sun, Dec 14
1:00 pm Showtime
Paramount Theatre, Aurora
\$100 R / \$135 NR
Min/Max: 10/20

Registration Deadline: Sun, Nov 2

Transportation

SSSRA 9:30 am Depart / 4:15 pm Return

Coyote Run, Flossmoor 10:00 am Depart / 4:45 pm Return

New Year's Eve Bash

Happy New Year! Join us for an unforgettable start to the year as we play games and laugh the past year away. Dinner and breakfast are included. Transportation is not included.

Please note: Participants must have independent self-help skills and be willing and able to stay with the group. Participants must be able to work successfully in a 1:4 staff to participant ratio, display appropriate table manners and have participated in SSSRA weekly programs. SSSRA reserves the right to determine the appropriateness of participants for this event.

Due to the generosity of an anonymous donor, this special event is offered at a discounted rate for our residents.

Ages 13 & Older
Fri, Jan 9 to Sat, Jan 10
5:00 pm (Fri) to 10:00 am (Sat)
Comfort Inn & Suites, Tinley Park
\$125 R / \$198 NR / \$147 LWSRA & SWSRA
Min/Max: 6/15

Registration Deadline: Sun, Nov 30



TEEN & ADULT VIRTUAL

Due to the generosity of an anonymous donor, virtual programs and virtual special events are offered at a discounted rate for all participants.

Book Club - The Wild Robot

Written by Peter Brown, *The Wild Robot*, follows Roz, a robot, who is washed ashore on a remote island after a shipwreck. She must learn to survive in the wild, befriending the animals and learn her new purpose. Register before the deadline to have the book mailed to you.

Ages 13 & Older Mon, Oct 6 to Nov 17 6:30 to 7:30 pm Virtual \$7 R / \$7 NR Min/Max: 5/20

Registration Deadline: Mon, Sept 29

Kitchen Fun

It's time to put on your chef's hat and learn how to cook or bake using quick and easy recipes. Each week, we will make something different. A list of recipes will be emailed to you the week before the program begins.

Ages 13 & Older Tues, Oct 7 to Nov 18 10:00 to 10:30 am Virtual \$7 R / \$7 NR Min/Max: 5/50

Registration Deadline: Tues, Sept 30













MIND-BODY-BALANCE FOR VETERANS

Mind-Body-Balance for Veterans is a fitness program designed to serve disabled Veterans throughout SSSRA's member communities. SSSRA and our member communities are committed to making a difference in the lives of Veterans by offering an opportunity to establish a healthy lifestyle through wellness and fitness goals.

Mind-Body-Balance for Veterans is offered to Veterans of all ages with a DD214 Honorable Discharge and 10% or higher disability rating. The program includes a free one-year gym membership, a personal training session option and monthly social activities. Accessible equipment is available.

Veterans must be residents of one of SSSRA's member communities.

Mind-Body-Balance for Veterans registration will be accepted January 1 to May 31 and September 1 to December 31.

Mind-Body-Balance for Veterans is offered at the following fitness facilities:

H-F Racquet & Fitness Club

2920 W. 183rd Street, Homewood

Matteson Community Center

20642 Matteson Avenue, Matteson

Oak Forest Health & Fitness Center

15601 S. Central Avenue, Oak Forest

Tinley Fitness

8125 W 171st Street, Tinley Park

For more information, please contact: Juanita Williams 815.806.0384 juanita@sssra.org

REGISTRATION

How to Register

Online

register.capturepoint.com/SSSRA

Mail

Send completed registration form with payment to our office:

19910 80th Avenue, Tinley Park, IL 60487

Fax

Fax completed registration form to 815.806.0390. Please call our office at 815.806.0384 to pay over the phone.

Drop-Off

Drop-off completed registration form at our office. A drop box is located on the north side of the building if after business hours.

Email

Email completed registration form to register@sssra.org. Please call our office at 815.806.0384 to pay over the phone.

Your receipt will be sent to you after your registration is processed. You will be notified if a program is canceled.

Online payments can be made with a credit card. Office payment options include credit card, check or money order. Credit cards accepted are VISA, MasterCard or Discover Card. Cash will only be accepted in person at the SSSRA office.

If you are registering online, the Annual Information Form is available on the online registration website. If you are registering in the office, the Registration Form, Annual Information Form and Scholarship Application are available. Please visit www.sssra.org/forms/ if you would like to access the forms online.

Refund Policies

- A full refund will be issued if a program does not run for the season. A refund will not be provided for cancellations due to inclement weather.
- 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.
- 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.
- 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.
- A pro-rated refund may be given if SSSRA deems the program is inappropriate for a participant.
- No refunds will be issued for amounts under \$5.
- Refunds can be issued in the form of a credit to the account or a check can be issued. Some refunds can go back to the original credit card. Please inform the office how you would like to receive your refund.
- Participants who receive a scholarship will receive prorated refunds when applicable.
- 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 1-34%.
- If a participant misses a program or special event, a refund will not be given.

Registration Policies

- 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, credit card, check or money order. Online payments can be made with a credit card. Office payment options include credit card, check or money order. Credit cards accepted are VISA, MasterCard or Discover Card. Cash will only be accepted in person at the SSSRA office.
- Multiple Program Registration Discount: SSSRA residents will receive a \$25 discount when they register for \$200 or more in programs and/or special events. Winter and Spring are separate seasons. Completed registration forms and full payment must be made 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. Please call the office for details if you are registering online.
- Registration forms will be accepted by walkins, mail, facsimile or online. However, an individual is not considered registered until SSSRA has received a minimum payment of 25% of the registration fees along with the completed and signed registration form and waiver(s). 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.

- Special events and virtual programs must be paid in full at the time of registration.
- Due to increased volume of participants and programs, a minimum payment of 25% of the registration fees should accompany the registration form for general programs. Contact the SSSRA Executive Director to make any payment plan arrangements, if necessary.
- Registrations are processed on a first-come, first-served basis.
- Programs have a minimum and maximum size. Program minimum must be met by member agency residents. You will be notified after a deadline only if the program is full and you did not get in.
- 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 of Recreation to discuss a solution.
- 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.
- If you register after the registration deadline or after a program begins, you may not be able to attend that program the following week.

REGISTRATION

Non-Resident Registration & 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:

- Non-resident fees are 35% higher than resident fees for programs, day camp and special events.
- 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.
- Non-residents are ineligible for scholarships.
- Non-residents may begin to register for virtual programs on the same day as resident registration begins. Non-residents may begin to register for in-person programs three weeks after resident registration begins. Registration will be on a first-come, first-serve basis. Nonresident registrations for in-person programs will be processed if vacancies still exist in the programs.

\$15 WELCOME COUPON

\$15 off SSSRA program or special event for new participants. Valid for residents only. Siblings, spouses, parents and non-residents are not eligible for the coupon. Excludes Day Camp and weekend trips.

If registering online, please call 815.806.0384 or email info@sssra.org to use the coupon.



Scholarships

SSSRA is in a position to offer limited scholarship opportunities 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.

SSSRA's Board of Directors has established specific guidelines for the administration of scholarships. A Scholarship Application (available at SSSRA or at sssra.org) must be completed. Please submit the application to SSSRA's 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 will be responsible for paying fees for any weekly programs or special events they register for.
- Scholarships are not available for vacation trips, weekend trips or Special Olympics state trips.
- SSSRA reserves the right to request proof of financial circumstances, including tax return documents, when needed.

First Time Participants - \$15 Off

- Clip the coupon and attach it to your completed registration form.
- Deduct \$15 off the total fee from your payment.
- Submit the registration form and coupon by the registration deadline to the SSSRA office.
- If registering online, please call 815.806.0384 or email info@sssra.org to use the coupon.

PROGRAM INDEX

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REGISTRATION FORM

Participant's Name						
Address	City		State	ZIP		
Date of Birth//						
Phone - □ Home _ Place a check mark beside the phone number y	□ Work ou would like us to use fire	□	Cell			
Parent(s)/Guardian(s) Name						
Address	City		State	ZIP		
Phone - Home Place a check mark beside the phone number y Parent(s)/Guardian(s) Email Address	ou would like us to use firs	t.				
☐ Check here if you would like to receive our en						
Phone - □ Home	ncy Contact Relationship □ Work □ Cell					
Group Home/Residential Facility	M	lanager/Caseworker				
Manager/Caseworker Phone - □ Office	∍□	After Hours				
Program Name		Resident Fee	Non-Re	sident Fee		
Guest Name						
Program/Event						
	Total					

An updated Annual Information Form & Medication Dispensing Form (if applicable) must be on file to complete registration.

Registration forms will be accepted via walk-in, mail, email or fax.* Registration is not complete until SSSRA has received the registration form(s), waiver(s) and payment. The registration form(s) must be filled out completely and signed by parent or guardian. All guests must sign waiver(s). Submit forms with a deposit to complete registration.

*When sending a facsimile transmission to SSSRA, it is mutually understood that the fax document shall substitute for and have the same legal effect as the original form. Please call to confirm that your fax was received.



SOUTH SUBURBAN SPECIAL RECREATION ASSOCIATION Participation Waiver

All participants who enroll in SSSRA's Programs must sign off on the following expectations, warning of risk, and supervision requirements to be eligible to participate.

Behavior Expectations

- SSSRA requires all participants to comply with the following:
- Show respect to all participants and staff. Must refrain from threatening or causing bodily harm to self or other participants or staff. Bullying of any form will not be tolerated.
- Listen to and comply with staff directions.
- Refrain from using foul language or other offensive behavior such as rude or inappropriate gestures or sexually explicit language.
- Not be under the influence of alcohol or drugs which would impair the ability to safely participate in the program.
- · Remain fully clothed at all times.
- Participants must show respect for equipment, supplies and facilities

If inappropriate behavior occurs, staff will provide a warning. If inappropriate behavior continues to occur, staff will discontinue participation immediately. Staff will follow up with the parent/caregiver at the conclusion of the program by phone to discuss future eligibility. A prompt resolution will be sought specific to each individual situation.

Note: SSSRA reserves the right to resort to immediate dismissal depending on the nature of the incident.

Warning of Risk

You should consult your physician or other health care professional before starting any of SSSRA I programs that involves athletic activities, strenuous exertion program, such as dance, exercise, or movement programs etc., to determine if it is right for your needs. If you experience faintness, dizziness, pain or shortness of breath at any time while participating you should stop immediately. If you choose to participate with SSSRA programs, you do so at your own risk and acknowledge that the activity/programs carry an inherent risk of physical injuries.

I understand that it is my responsibility to ensure there is adequate space for myself or my child/ward to follow the instructor's directions and movements safely and without the possibility of tripping or colliding with objects, furniture, walls, stairwells, or any other object that could pose a potential injury, and that each participant or parent/guardian is solely responsible for assessing if they can participate safely in the space they have chosen.

To the extent permitted by law, South Suburban Special Recreation Association and its affiliates disclaim any-and-all liability in connection with the activity/program presented and any instructions and advice provided.

Mandated Reporter Statement

All SSSRA Staff are mandated reporters and as such are legally required to report any of the following:

- Abuse and neglect of a child, elder, or of an individual who is mentally or physically disabled.
- Suicide threats.
- Threats to the well-being of others.

Supervision Acknowledgment

Due to the limitations of virtual recreation programming staff will not be able to support disruptive or challenging behavior in the ways that they are traditionally able to. Additionally, our programming may not be fully inclusive of each individual's unique needs. For these reasons we ask that a parent/caregiver or family member can supervise and provide intervention as needed.



SOUTH SUBURBAN SPECIAL RECREATION ASSOCIATION

Program Participation Waiver, Release of All Claims and Hold Harmless Agreement

Please read this form carefully and be aware that, in signing up and participating in South Suburban Special Recreation Association (SSSRA) 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 quardians 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. I understand that it is my responsibility to ensure there is adequate space for myself or my child/ward to follow the instructor's directions and movements safely and without the possibility of tripping or colliding with objects, furniture, walls, stairwells, or any other object that could pose a potential injury, and that each participant or parent/guardian is solely responsible for assessing if they can participate safely in the space they have chosen. "You should consult your physician or other health care professional before starting any of SSSRA programs that involves athletic activities, strenuous exertion program, such as dance, exercise, or movement programs etc., to determine if it is right for your needs. If you experience faintness, dizziness, pain or shortness of breath at any time while participating you should stop immediately. If you choose to participate with SSSRA programs, you do so at your own risk and acknowledge that the activity/programs carry an inherent risk of physical injuries. To the extent permitted by law, the SSSRA and its affiliates disclaim any-and-all liability in connection with the activity/program presented and any instructions and advice provided."

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.

expectations, warning of Risk, Mandated Reporte	r Statement and Supervision Acknowledgment.
Printed Name of Participant	Date
Printed Name of Parent or Legal Guardian	Signature (If Own Guardian), Parent, or Legal Guardian

By signing this waiver, you acknowledge and agree to following the Code of Conduct. This includes Behavior

If registering online or via fax, my online or facsimile signature shall substitute for and have the same legal effect as an original form signature.

PROGRAM LOCATIONS

Centennial Lanes 2.0

16050 Centennial Circle, Tinley Park

Christa McAuliffe School

8944 W 174th Street, Tinley Park

Coyote Run Golf Course / Wiley's Grill

800 Kedzie Avenue, Flossmoor

Freedom Hall / Central Park

410 Lakewood Boulevard, Park Forest

Hazel Crest Park District

2600 171st Street, Hazel Crest

H-F Racquet & Fitness Club

2920 183rd Street, Homewood

Irwin Community Center

18120 Highland Avenue, Homewood

Matteson Community Center - Matteson Avenue

20642 Matteson Avenue, Matteson

Morton Gingerwood School

16936 Forest Avenue, Oak Forest

Oak Forest Community Center

15501 Kilpatrick Avenue, Oak Forest

Oak Forest Park District / Fitness Center /

Park Place at Central

15601 South Central Avenue, Oak Forest

Oakwood Recreation Center

4450 West Oakwood Lane, Matteson

Olympia Fields Park District /

The Bradford Barn / Disc Golf Course

20712 Western Avenue, Olympia Fields

Richton Park Community Center

4445 Sauk Trail, Richton Park

SSSRA

19910 80th Avenue, Tinley Park

Thunder Bowl

18700 Old Lagrange Road, Mokena

Tony Bettenhausen Recreation Center / Community Park / White Water Canyon /

Fitness Center

8125 W. 171st Street, Tinley Park

REGISTRATION DATES

Fall In-Person Program Registration Dates

Resident Registration Begins Monday, August 4 at 9:00 am

Non-Resident Registration Begins Monday, August 25 at 9:00 am **Fall Virtual Program Registration Dates**

Resident Registration

Begins Monday, August 4 at 9:00 am

Non-Resident Registration

Begins Monday, August 4 at 9:00 am

Registration deadlines vary. Please note program or special event description.



