



FALL 2026



SSSRA

South Suburban Special
Recreation Association

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
Fax: 815-806-0390
Illinois Relay System: 711

sssra.org
info@sssra.org

SSSRA Board Members

Country Club Hills Parks and Recreation Department
Kevin Green

Hazel Crest Park District
Christopher Cole

Homewood-Flossmoor Park District
Oralethea Davenport

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

Table of Contents

12 to 15	All Ages
10 to 11	Early Childhood & Youth
3 to 8	General Information
39	Program Index
43	Program Locations
36 to 42	Registration Information & Forms
9	Sponsors
17 to 18	Stingrays Sports
16	Teen
19 to 33	Teen & Adult
26	Teen & Adult - Physical Disabilities
27	Teen & Adult - Limited Abilities
33	Trip
35	Veterans

SSSRA Staff



Lisa Drzewiecki, CPRP
Executive Director
lisa@sssra.org



Kristina Welke
Program Coordinator
kristina@sssra.org



Heather Specht, MS, CTRS
Superintendent of Recreation
heather@sssra.org



Sarah Sizemore
Superintendent of Finance
sarah@sssra.org



Laura Pubins, CPRP
Operations Manager
laura@sssra.org



Shannon Haggerty
Administrative Assistant
shannon@sssra.org



Juanita Williams, MHA
Inclusion Manager
juanita@sssra.org



Anna Broccolo
Marketing & Development Manager
anna@sssra.org



Megan Siebert, CTRS
Support Staff Manager
megan@sssra.org



John Braun
Vehicle Maintenance Coordinator
john@sssra.org



Jonathan Washington
Program Coordinator
jonathan@sssra.org



Buster
Chief Pawsitivity Officer

GENERAL INFORMATION

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.

Who is an SSSRA Resident?

Participants who live within the following park district or recreation department boundaries can register for programs at the resident fee.

Non-residents are welcome to 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.

R / NR

R: Resident / NR: Non-Resident

Who Can Participate?

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

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.

More Information

815-806-0384

info@sssra.org

Inclusion

Children and adults with disabilities or special needs are welcome to participate in special recreation programs or in programs offered by our member park districts and recreation departments.

Please let the park district or recreation department know that you need special modifications for their program at least two weeks in advance, and they will contact us to:

- Provide an Inclusion Aide
- Help choose appropriate programs
- Conduct staff trainings
- Supply adaptive equipment

More Information

815-806-0384

juanita@sssra.org



SSSRA Cooperative Agreements

Participants have the opportunity to attend programs with LWSRA or SWSRA at the resident rate, 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.

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

Program Updates

SSSRA reserves the right to make any updates related to programs, including, but not limited to dates, fees, time or location.

Program Times

Arriving more than 15 minutes early or leaving more than 15 minutes past the end time of a program may result in a fee.

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

Drop-Off & Pick-Up

Please drop-off and pick-up participants at the scheduled time for programs.

If a participant may walk home or be picked up by someone other than a parent or guardian, please contact SSSRA.

GENERAL INFORMATION

Safety Precautions

SSSRA staff have been trained in proper safety procedures. We provide a safe environment for all participants, staff, volunteers and the public.

More Information

815-806-0384

info@sssra.org

Program Policies

- SSSRA reserves the right to determine participant appropriateness for programs.
- Parents, guardians or group home staff are required to notify the program supervisor at program arrival and departure.
- SSSRA will group varying ages and ability levels appropriately when in the same program.
- SSSRA provides an approximate 1:4 staff-to-participant ratio.
- SSSRA is not responsible for lost or stolen property. Participants should not bring valuables to programs.

Illness Guidelines

- To prevent the spread of contagious illnesses, it is recommended that participants do not attend 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.
- Please notify SSSRA if a participant contracts any contagious illness that will effect their attendance at a 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. Please contact SSSRA if this is a concern.
- Overall appearance should be clean (hair, face, teeth, hands, nails, etc.).
- Clean, dry clothing.
- Appropriate attire for program, such as athletic shoes for fitness programs.

Behavior Expectations

SSSRA requires all participants to agree to the following:

- Show respect to all participants and staff.
- Refrain from threatening or causing bodily harm to self, other participants or staff.
- Bullying of any form will not be tolerated.
- Listen to 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.
- Remain fully clothed at all times.
- Show respect for equipment, supplies and facilities.
- Additional rules may be developed for specific programs.
- If inappropriate behavior occurs, a prompt resolution will be sought.
- SSSRA reserves the right to dismiss participants whose behavior endangers the safety of themselves or others.

Program Cancellations

- If no participants arrive within the first 30 minutes of the scheduled start time of a program, the 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 start time of a program or transportation route, to determine if a program should be canceled.
- If a program is canceled, staff will contact participants by phone or email.
- SSSRA attempts to extend programs to make up canceled dates.
- SSSRA will call or send a letter to notify participants of program extensions.
- Refunds will not be provided for cancellations due to inclement weather.

Weather Guidelines

Severe Cold Weather

- Zero degrees or less, including wind chill.
- Snowstorm situations when driving restrictions and emergency accident plans are in effect.
- High wind advisory in effect.

Severe Hot Weather

- Heat index of 100 degrees or higher.
- Tornado warning in effect for Lake, Will, Cook and/or DuPage counties.
- High wind advisory in effect.
- Outdoor programs will take place in rainy conditions unless there is thunder and lightning.

GENERAL INFORMATION

Transportation

SSSRA Residents Only

- 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 reserves the right to refuse transportation.
- Individuals 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. Assistance by SSSRA staff will be determined on a case-by-case basis.
- Transportation is not available for late registrations during the first week of programs due to routing changes. Participants are notified if a problem occurs.
- 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 program, please notify SSSRA prior to the program. Parents, guardians or 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. We use car seats, when possible, for children under the age of 8.

Pick-Up Points

- Some programs have centralized pick-up and drop-off locations.
- SSSRA cannot wait more than 10 minutes at the pick-up and drop-off locations.

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

- SSSRA drivers will assist participants to and from their front door. 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.
- Door-to-door transportation is available on a limited basis as indicated by this symbol.



thank you

to our

SPONSORS

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 Anna Broccolo for more information.

anna@sssra.org

815-806-0384

FALL SPONSORS

Anonymous

Virtual Programs & Special Events

Dancin' Deevas

Let's Dance

Tinley Park Police Department

Stingrays Basketball

SSSRA

Stingrays Athletic Banquet

Tinley Park Parade of Lights

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- Lorraine Maldonado
- Laura Pubins

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ALL CAMP & FAMILY DAY SPONSORS

- Berkot's, Homewood

EARLY CHILDHOOD & YOUTH

Gymnastics

We are excited to offer Gymnastics at United Gymnastics Academy (UGA) this season! Gymnastics is a great way for children to build core strength, agility, flexibility, coordination and balance. Participants will learn the fundamentals of tumbling while improving their overall fitness in a fun, supportive and social environment.

Ages 2 to 12

Thursday, October 8 to November 19

4:00 to 4:50 pm

UGA, Tinley Park

\$192 Resident / \$288 Non-Resident

Minimum/Maximum: 6/12

Registration Deadline: Sunday, September 6

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. Please dress for the weather.

This program will take place in rainy conditions unless there is thunder and lightning.

Ages 2 to 12

Wednesday, September 9 to October 14

4:30 to 5:15 pm

Matteson Community Center

\$40 Resident / \$60 Non-Resident

Minimum/Maximum: 6/10

Registration Deadline: Sunday, August 30

Basketball Basics

Whether your child wants to play basketball in the driveway or on a team, now is a great time for them to learn basic skills, enhance current skills or just have fun! Please dress comfortably for easy movement around the court. Gym shoes are required for this program.

Ages 2 to 12

Tuesday, October 6 to November 17

Morton Gingerwood School, Oak Forest

\$55 Resident / \$83 Non-Resident

Minimum/Maximum: 6/10

Registration Deadline: Sunday, September 6

Session Times

5:30 to 6:15 pm

6:30 to 7:15 pm



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 self confidence and gross motor skills.

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

Swim Lessons are instructed with a 1:2 staff to participant ratio.

Ages 2 to 12

Saturday, October 10 to November 21

Matteson Community Center

\$120 Resident / \$180 Non-Resident

Minimum/Maximum: 1/2

Registration Deadline: Sunday, September 6

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

12:15 to 12:45 pm

Boo Bash

NEW

Kids will have a frightfully fun time with friends. Your little ones are invited to come dressed in their favorite costumes and enjoy an evening full of games, treats and festive fun.

Siblings are welcome to attend. Each person attending must register and sign a participation waiver.

Ages 2 to 12

Friday, October 30

5:00 to 7:00 pm

Richton Park Community Center

\$20 Resident / \$30 Non-Resident

Minimum/Maximum: 6/10

Registration Deadline: Sunday, October 11

Cookie Creations

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

Siblings are welcome to attend. Each person attending must register and sign a participation waiver.

Ages 2 to 12

Saturday, December 5

1:00 to 2:30 pm

Hazel Crest Park District

\$10 Resident / \$15 Non-Resident

Minimum/Maximum: 6/10

Registration Deadline: Sunday, November 22



ALL AGES

Bowling

Experience the joy of knocking down the pins while having fun with your friends. 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

Wednesday, September 23 to November 4
3:30 to 5:00 pm

Centennial Lanes 2.0, Tinley Park
\$110 Resident / \$165 Non-Resident
Minimum/Maximum: 6/20

Registration Deadline: Sunday, September 6

All Ages

Saturday, September 26 to November 7
1:00 to 2:30 pm

Centennial Lanes 2.0, Tinley Park
\$110 Resident / \$165 Non-Resident
Minimum/Maximum: 6/20

Registration Deadline: Sunday, September 6

Fall Fest

Celebrate the season with an afternoon of family-friendly fun! Enjoy music, food and activities, such as creating your own caramel apple, decorating pumpkins, exploring unique vendors and soaking in the cozy fall vibes. There's something for everyone at this exciting event. Come make memories and enjoy the best of fall! Please bring money to purchase items from vendors.

Participants must be accompanied by a parent, guardian or group home staff. Each person attending must register and sign a participation waiver.

All Ages

Saturday, October 3
12:00 to 2:00 pm

SSSRA, Tinley Park
\$5 Resident / \$5 Non-Resident
Minimum/Maximum: 25/100

Registration Deadline: Sunday, September 6



A Visit to the North Pole

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

Participants and children must be accompanied by a parent, guardian or group home staff. Each person attending must register and sign a participation waiver.

All Ages

Saturday, December 12

10:00 am to 12:00 pm

SSSRA, Tinley Park

\$5 Resident / \$5 Non-Resident

Minimum/Maximum: 10/75

Registration Deadline: Sunday, November 29

All Ages

Saturday, December 12

1:00 to 3:00 pm

SSSRA, Tinley Park

\$5 Resident / \$5 Non-Resident

Minimum/Maximum: 10/75

Registration Deadline: Sunday, November 29

Performing Arts Show

SSSRA Chorus and SSSRA Theater have been working hard all season, and they are ready to put on a show that you will not forget. This event is fun for all ages, so bring your family and friends.

Refreshments will be served in the lobby after the performance.

Participants must be accompanied by a parent, guardian or group home staff. Each person attending must register and sign a participation waiver.

All Ages

Monday, November 30

7:00 to 9:00 pm

Freedom Hall, Park Forest

FREE

Minimum/Maximum: 10/100

Registration Deadline: Sunday, November 29

Calm Cabin Sensory Room

NEW

Tinley Park-Park District is excited to introduce its new sensory room, Calm Cabin, designed to engage and support your senses in a welcoming environment. Explore state-of-the-art technology and hands-on equipment that provides a variety of sensory experiences through interactive and calming features.

Please register for one 30 minute session.

Participants must be accompanied by a parent or guardian at all times. SSSRA staff will be on-site to assist with the space, however, supervision and therapeutic services will not be provided.

All Ages

Tony Bettenhausen Recreation Center, Tinley Park
\$30 Resident / \$40 Non-Resident

Registration Deadline: Sunday, September 6

Session Times, October 5 to November 21

Mondays

9:00 to 9:30 am

9:45 to 10:15 am

10:30 to 11:00 am

11:15 to 11:45 am

Thursdays

3:00 to 3:30 pm

3:45 to 4:15 pm

4:30 to 5:00 pm

5:15 to 5:45 pm

6:00 to 6:30 pm

Tuesdays

3:00 to 3:30 pm

3:45 to 4:15 pm

4:30 to 5:00 pm

5:15 to 5:45 pm

6:00 to 6:30 pm

Saturdays

11:00 to 11:30 am

11:45 am to 12:15 pm

12:30 to 1:00 pm

1:15 to 1:45 pm

Wednesdays

9:00 to 9:30 am

9:45 to 10:15 am

10:30 to 11:00 am

11:15 to 11:45 am

ALL AGES

Stretching & Relaxation

Breathe in, breathe out. Stretch, 2, 3, 4. Let's come together to work on our fitness goals by practicing relaxation and stretching exercises. Please wear athletic clothing and bring a water bottle.

All Ages

Monday, October 5 to November 16

10:00 to 10:30 am

Virtual

\$7 Resident / \$7 Non-Resident

Minimum/Maximum: 5/50

Registration Deadline: Monday, September 28

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

Wednesday, October 7 to November 18

6:00 to 6:45 pm

Virtual

\$7 Resident / \$7 Non-Resident

Minimum/Maximum: 5/50

Registration Deadline: Wednesday, September 30

Animal Exploration

If you love animals, this program is for you! Learn unique facts about a variety of animals. We may learn about seals, elephants or giraffes while we explore zoos and natural habitats around the world.

All Ages

Monday, October 5 to November 16

4:00 to 4:30 pm

Virtual

\$7 Resident / \$7 Non-Resident

Minimum/Maximum: 5/50

Registration Deadline: Monday, September 28

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

Thursday, October 8 to November 19

4:00 to 4:30 pm

Virtual

\$7 Resident / \$7 Non-Resident

Minimum/Maximum: 5/50

Registration Deadline: Thursday, October 1

Game Show Fun

This is your chance to answer questions during Jeopardy or solve the puzzle playing Wheel of Fortune. Everyone is sure to have a blast!

All Ages

Tuesday, October 6 to November 17

6:00 to 6:45 pm

Virtual

\$7 Resident / \$7 Non-Resident

Minimum/Maximum: 5/50

Registration Deadline: Tuesday, September 29

Family Bingo

Get ready for a fun-filled, virtual experience! Your bingo cards will be emailed to you before the program starts. BINGO!

All Ages

Thursday, October 8 to November 19

6:00 to 7:00 pm

Virtual

\$7 Resident / \$7 Non-Resident

Minimum/Maximum: 5/50

Registration Deadline: Thursday, October 1

Trip to Japan

NEW

Embark on an unforgettable journey without leaving home. Experience the rich culture, stunning landscapes and vibrant traditions of Japan through an engaging and interactive online adventure.

Travel from the bustling streets of Tokyo to the historic temples of Kyoto, and take in the breathtaking beauty of Mount Fuji. Along the way, you'll explore Japanese cuisine, learn about unique customs and festivals, and discover the blend of modern innovation and ancient tradition that makes Japan so special.

All Ages

Friday, October 23

6:00 to 7:00 pm

Virtual

\$3 Resident / \$3 Non-Resident

Minimum/Maximum: 10/50

Registration Deadline: Friday, October 16

Foods Around the World

Learn how different parts of the world celebrate the holidays through famous dishes and traditions that make countries unique. You may even find out where your favorite food is from.

All Ages

Monday, November 9

5:00 to 6:00 pm

Virtual

\$3 Resident / \$3 Non-Resident

Minimum/Maximum: 10/50

Registration Deadline: Monday, November 2

 thank you to
our sponsors

Grateful Gatherings

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

Friday, November 20

6:00 to 7:00 pm

Virtual

\$3 Resident / \$3 Non-Resident

Minimum/Maximum: 10/50

Registration Deadline: Friday, November 13

Pentatonix Concert

NEW

This high-energy concert features the Grammy Award-winning group, known for their vocal harmonies, beat boxing and innovative arrangements of hit songs and holiday favorites.

All Ages

Thursday, December 3

6:00 to 7:00 pm

Virtual

\$3 Resident / \$3 Non-Resident

Minimum/Maximum: 10/50

Registration Deadline: Sunday, November 29

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

Wednesday, December 9

5:00 to 6:00 pm

Virtual

\$3 Resident / \$3 Non-Resident

Minimum/Maximum: 10/50

Registration Deadline: Wednesday, December 2

Sports Sampler

NEW

Teens can discover what sports they love while staying active and having fun. Participants will get the chance to try a variety of sports without the pressure of committing to just one. They will build skills, confidence and teamwork along the way. Whether they're new to athletics or looking to explore something different, this is a supportive, high-energy environment where every teen can play, learn and grow.

Ages 13 to 20

Thursday, October 8 to November 19

5:30 to 6:30 pm

Oakwood Recreation Center, Matteson

\$44 Resident / \$66 Non-Resident

Minimum/Maximum: 6/10

Registration Deadline: Sunday, September 6

Brunch Bunch

NEW

This warm and inviting social gathering includes good food, easy conversation and meaningful connections. Share a delicious brunch in a relaxed and friendly atmosphere, while building friendships and a sense of community. It's the perfect way to make weekends more enjoyable.

Ages 13 to 20

Sunday, October 11, October 25, November 8, November 22

11:00 am to 1:00 pm

\$70 Resident / \$105 Non-Resident

Minimum/Maximum: 6/15

Registration Deadline: Sunday, September 6

Blueberry Hill Pancake House, Homewood

Mr. Stacks, Tinley Park

The Original Pancake House, Oak Forest

Eggheadz Cafe, Tinley Park

REGISTRATION DATES

Fall In-Person Program Registration Dates

Resident Registration

Begins Monday, August 3 at 9:00 am

Non-Resident Registration

Begins Monday, August 24 at 9:00 am

Fall Virtual Program Registration Dates

Resident Registration

Begins Monday, August 3 at 9:00 am

Non-Resident Registration

Begins Monday, August 3 at 9:00 am

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

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 2027.

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.

Special Olympics Portal Deadline: October 25

Ages 13 & Older

Monday, October 5 to November 16

5:15 to 6:15 pm

Oakwood Recreation Center, Matteson

\$35 Resident / \$53 Non-Resident /

FREE Unified Partner

Minimum/Maximum: 6/14

Registration Deadline: Sunday, September 6

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 2027.

Special Olympics Portal Deadline: October 25

Ages 13 & Older

Thursday, October 8 to November 19

6:30 to 7:30 pm

Oak Forest Park District

\$48 Resident / \$72 Non-Resident

Minimum/Maximum: 6/15

Registration Deadline: Sunday, September 6

Stingrays Basketball

Practice your skills, make lifelong friends and experience the thrill of competition. Teams will compete against other special recreation associations. Schedules for practices and games will be provided.

Teams will compete in the Special Olympics TR Section Region E Tournament (January 2027) and the ITRS Tournament (November 2026). If your team wins a gold medal at the Region E Tournament, the team will qualify for the State Basketball Tournament (March 2027).

The women's team may play against men's or co-ed teams due to the number of women's teams available to play. Please note that if we do not meet the minimum, you will be asked if you want to join the co-ed team.

Special Olympics Portal Deadline: October 18

Ages 13 & Older

Tuesday, October 13 to February 23

No program November 3, December 22 or December 29

6:30 to 8:00 pm

Christa McAuliffe Elementary School, Tinley Park and Matteson Community Center

\$185 Resident / \$300 Non-Resident

Program fee does not include state competition.

Co-Ed

Minimum/Maximum: 10/45

Registration Deadline: Sunday, September 13

Women

Minimum/Maximum: 10/12

Registration Deadline: Sunday, September 13

 *thank you to our sponsors*



Stingrays Athletic Banquet

If you participated in Stingrays Sports in 2026, come celebrate with us! We 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. Each person attending must register and sign a participation waiver.

Stingrays Athletes & Family

Thursday, January 14

6:00 to 8:30 pm

Wiley's Grill, Homewood

FREE Athlete / \$30 Guest

Minimum/Maximum: 20/100

Registration Deadline: Sunday, December 20



Competition Dates

September 20

Region E Unified Volleyball Tournament

September 26

Region E Bocce Tournament

September 27

TR Section Volleyball Tournament. Traditional Only

October 4

Region C Volleyball Tournament

October 17 to 18

Fall Games, State Volleyball Tournament

November 7 to 8

State Bocce Tournament

December 13

State Bowling Tournament

Day Trippers

Get ready to visit different places in our community and share new experiences with your friends!

Visit a local museum, shop for the perfect gift and challenge each other in a game show.

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

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.

Ages 21 & Older

9:00 am to 5:00 pm

\$295 Resident / \$443 Non-Resident

Minimum/Maximum: 6/15

Registration Deadline: Sunday, September 6

Monday, October 5

Illinois Rock & Roll Museum On Route 66, Joliet

Monday, October 19

Scene75, Romeoville

Monday, November 2

Chicago Ridge Mall

Monday, November 16

Game Show Battle Rooms, Lombard

Walk & Talk

Start your week off with a few laps around the track. Chat with your friends or listen to your favorite music on your headphones. Please bring a bottle of water and wear comfortable walking shoes.

Ages 13 & Older

Monday, October 5 to November 16

5:00 to 6:00 pm

Tony Bettenhausen Recreation Center, Tinley Park

\$35 Resident / \$53 Non-Resident

Minimum/Maximum: 6/15

Registration Deadline: Sunday, September 6

Bingo Night

Get ready for a fun and relaxing night with friends! Play multiple rounds of bingo, win small prizes and share lots of laughs in a welcoming and supportive environment. This program is all about socializing, building friendships, and practicing listening and number recognition skills in an easy, engaging way. Whether you're a bingo pro or playing for the first time, everyone is encouraged to join in on the fun!

Ages 13 & Older

Monday, October 5 to November 16

6:15 to 7:15 pm

Tony Bettenhausen Recreation Center, Tinley Park

\$60 Resident / \$90 Non-Resident

Minimum/Maximum: 6/15

Registration Deadline: Sunday, September 6



TEEN & ADULT

SSSRA Chorus

It's time to warm up your vocal chords and learn new songs. Practice singing and choreographed dance moves. The season will end with a performance for your friends and family at the SSSRA Performing Arts Show.

Ages 13 & Older

Monday, October 5 to November 16

Dress Rehearsal: Monday, November 23

Performing Arts Show: Monday, November 30

5:15 to 6:15 pm

Freedom Hall, Park Forest

\$100 Resident / \$150 Non-Resident

Minimum/Maximum: 6/12

Registration Deadline: Sunday, September 6

SSSRA Theater

Ready to shine on the big stage? No performing experience is required to participate in SSSRA Theater. 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 season will end with a performance for your friends and family at the SSSRA Performing Arts Show.

Ages 13 & Older

Monday, October 5 to November 16

Dress Rehearsal: Monday, November 23

Performing Arts Show: Monday, November 30

6:30 to 8:00 pm

Freedom Hall, Park Forest

\$100 Resident / \$150 Non-Resident

Minimum/Maximum: 6/12

Registration Deadline: Sunday, September 6



Science Seekers

NEW

Get curious and discover the wonders of science in this fun, hands-on program. Participants will explore exciting topics through simple experiments, interactive activities and group discussions. From everyday science to cool discoveries, this program encourages problem-solving, creativity and social connection in a relaxed and supportive environment.

Ages 13 & Older

Tuesday, October 6 to November 17

1:00 to 2:30 pm

Irwin Community Center, Homewood

\$73 Resident / \$110 Non-Resident

Minimum/Maximum: 6/15

Registration Deadline: Sunday, September 6

Basketball Conditioning

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

Ages 13 & Older

Tuesday, September 8 to October 6

6:00 to 7:00 pm

Tony Bettenhausen Recreation Center, Tinley Park

\$30 Resident / \$45 Non-Resident

Minimum/Maximum: 6/15

Registration Deadline: Sunday, August 30

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.

Ages 13 & Older

Tuesday, October 6 to November 17

6:00 to 7:00 pm

H-F Racquet & Fitness, Homewood

\$75 Resident / \$113 Non-Resident

Minimum/Maximum: 6/15

Registration Deadline: Sunday, September 6

Sports Enthusiasts

NEW

Get ready to support our Stingrays Basketball teams! Come dressed in blue or an SSSRA shirt to show your pride, and cheer loud from the sidelines. We'll enjoy the excitement of the game, connect with teammates and friends, and celebrate the power of teamwork and community.

A list of where to meet each week will be provided before the season begins.

Ages 13 & Older

Tuesday, November 10 to December 15

7:00 to 8:00 pm

Matteson Community Center or

Christa McAuliffe Elementary School, Tinley Park

\$35 Resident / \$53 Non-Resident

Minimum/Maximum: 10/15

Registration Deadline: Sunday, October 18

TEEN & ADULT

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 athletic clothing and bring a bottle of water.

Ages 13 & Older

Wednesday, October 7 to November 18

6:00 to 7:00 pm

Irwin Community Center, Homewood

\$40 Resident / \$60 Non-Resident

Minimum/Maximum: 6/20

Registration Deadline: Sunday, September 6

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 enhances gross motor skills and encourages socialization. Please wear athletic clothing and bring a bottle of water.

Ages 13 & Older

Wednesday, October 7 to November 18

7:15 to 8:15 pm

Irwin Community Center, Homewood

\$12 Resident / \$80 Non-Resident /

\$40 LWSRA & SWSRA

Minimum/Maximum: 6/20

Registration Deadline: Sunday, September 6

Fast Food & Flicks

Watch a movie on the big screen after having dinner at a local fast food restaurant. 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.

Ages 13 & Older

4:30 to 10:30 pm

Emagine Frankfort or Marcus Orland Park Cinema

\$260 Resident / \$390 Non-Resident

Minimum/Maximum: 6/12

Registration Deadline: Sunday, September 6

Group A

Wednesday, October 14, October 28,
November 11, November 25

Group B

Wednesday, October 7, October 21,
November 4, November 18

Transportation

SSSRA

5:00 pm Depart / 10:30 pm Return

Coyote Run

4:30 pm Depart / 10:00 pm Return

 thank you to
our sponsors

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.

Ages 13 & Older

Thursday, October 8 to November 19

4:30 to 6:30 pm

Hazel Crest Park District

\$125 Resident / \$188 Non-Resident

Minimum/Maximum: 6/15

Registration Deadline: Sunday, September 6

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.

Ages 13 & Older

Thursday, October 8 to November 19

6:45 to 7:45 pm

Hazel Crest Park District

\$60 Resident / \$90 Non-Resident

Minimum/Maximum: 6/15

Registration Deadline: Sunday, September 6

Sit & Be Fit

Take part in chair-based exercises and light movement activities, including stretching, easy strength movements and simple routines that can be done seated or standing. Movements are guided step-by-step throughout the program.

Ages 13 & Older

Thursday, October 8 to November 19

6:00 to 7:00 pm

Country Club Hills Recreation Center

\$40 Resident / \$60 Non-Resident

Minimum/Maximum: 6/15

Registration Deadline: Sunday, September 6

Movie Critics

NEW

Lights, camera, opinion! Watch popular movie clips or films and share your thoughts like real critics in this fun and interactive program. We will talk about our favorite scenes and characters, and rate each movie in a supportive group setting. This program encourages communication, confidence and social interaction, while having fun discussing movies.

Ages 13 & Older

Friday, October 9 to November 20

6:00 to 7:00 pm

SSSRA, Tinley Park

\$40 Resident / \$60 Non-Resident

Minimum/Maximum: 6/15

Registration Deadline: Sunday, September 6

TEEN & ADULT



Social Club: Fridays

Spend quality time with your friends and engage in activities within our communities. A schedule of events will be provided before the season begins.

Ages 13 & Older

Friday, October 9 to November 20

6:00 to 8:00 pm

Various Locations

\$180 Resident / \$270 Non-Resident

Minimum/Maximum: 6/12

Registration Deadline: Sunday, September 6

Friday, October 9

Hoe Down Dance, New Lenox

Friday, October 16

Bowling, Tinley Park

Friday, October 23

Open Gym Night, Location TBA

Friday, October 30

Halloween Party, Location TBA

Friday, November 6

Dinner at Chili's, Homewood

Friday, November 13

In the Game, Crestwood

Friday, November 20

Movie Night, Emagine Frankfort

Social Club: Saturdays

Spend quality time with your friends and engage in activities within our communities. A schedule of events will be provided before the season begins.

Ages 13 & Older

Saturday, October 10 to November 21

6:00 to 8:00 pm

Various Locations

\$180 Resident / \$270 Non-Resident

Minimum/Maximum: 6/12

Registration Deadline: Sunday, September 6

Saturday, October 10

Bingo, Location TBA

Saturday, October 17

Bowling, Tinley Park

Saturday, October 24

Open Gym Night, Location TBA

Saturday, October 31

Halloween Party, Location TBA

Saturday, November 7

Dinner at Chili's, Homewood

Saturday, November 14

In the Game, Crestwood

Saturday, November 21

Movie Night, Emagine Frankfort

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. Participants will strengthen their 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.

Swim Lessons are instructed with a 1:2 staff to participant ratio.

Ages 13 & Older

Saturday, October 10 to November 21

Matteson Community Center

\$120 R / \$180 NR

Minimum/Maximum: 1/2

Registration Deadline: Sunday, September 6

Session Times

12:45 to 1:15 pm

1:15 to 1:45 pm

1:45 to 2:15 pm

Fitness & Fun

Staying active and exercising regularly are important for your health. Work on coordination, balance, strength and muscle tone. Please wear athletic clothing and bring a bottle of water.

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

Ages 13 & Older

Saturday, October 10 to November 21

10:00 to 11:00 am

Oak Forest Park District

\$55 Resident / \$83 Non-Resident

Minimum/Maximum: 6/15

Registration Deadline: Sunday, September 6

Book Club

A Rover's Story

Join us in reading and discussing *A Rover's Story* by Jasmine Wagra. Meet Resilience, a Mars rover determined to live up to his name. Res was built to explore Mars. He was not built to have human emotions. But as he learns new things from the NASA scientists who assemble him, he begins to develop human-like feelings. Maybe there's a problem with his programming...

Res blasts off to Mars, accompanied by a friendly drone helicopter named Fly. But Res quickly discovers that Mars is a dangerous place filled with dust storms and giant cliffs. As he navigates Mars's difficult landscape, Res is tested in ways that go beyond space exploration.

Register by the deadline to have the book mailed to you.

Ages 13 & Older

Monday, October 5 to November 16

6:30 to 7:30 pm

Virtual

\$7 Resident / \$7 Non-Resident

Minimum/Maximum: 5/50

Registration Deadline: Monday, September 28

Coffee Chats

Coffee Chats brings people together to talk, listen and connect. Whether you're looking to meet new people, learn from shared experiences or simply have great conversation, this space is for you.

Ages 13 & Older

Wednesday, October 7 to November 18

10:00 to 10:30 am

Virtual

\$7 Resident / \$7 Non-Resident

Minimum/Maximum: 5/50

Registration Deadline: Wednesday, September 30

INDIVIDUALS WITH PHYSICAL DISABILITIES

Sports Enthusiasts

NEW

Get ready to support our Stingrays Basketball teams! Come dressed in blue or an SSSRA shirt to show your pride, and cheer loud from the sidelines. We'll enjoy the excitement of the game, connect with teammates and friends, and celebrate the power of teamwork and community.

A list of where to meet each week will be provided before the season begins.

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 the location provided.

Ages 13 & Older with Physical Disabilities
Tuesday, November 10 to December 15
7:00 to 8:00 pm
Matteson Community Center or
Christa McAuliffe Elementary School, Tinley Park
\$35 Resident /
\$100 Resident with Transportation /
\$53 Non-Resident
Minimum/Maximum: 10/15
Registration Deadline: Sunday, October 18

Mucci World

NEW

Have you ever thought about trying pottery? Now is your chance to learn with the guidance of a certified instructor. We will learn the basics of working with a real pottery wheel to create your own design.

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 Mucci World.

Ages 13 & Older with Physical Disabilities
Wednesday, October 21
1:00 to 2:30 pm
Ceramics, Arts & Crafts Studios by Mucci World, Tinley Park
\$50 Resident /
\$72 Resident with Transportation /
\$75 Non-Resident
Minimum/Maximum: 4/8
Registration Deadline: Sunday, September 20

Dave & Buster's

NEW

Join us for a fun-filled outing at Dave & Buster's, where great food and non-stop games come together for an unforgettable time! Whether you're looking to compete, unwind or just hang out, there's something for everyone. We will enjoy lunch after games.

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.

Ages 13 & Older with Physical Disabilities
Thursday, December 3
10:30 am to 1:00 pm
Dave & Buster's, Orland Park
\$80 Resident / \$120 Non-Resident
Minimum/Maximum: 4/8
Registration Deadline: Sunday, November 15



INDIVIDUALS WITH LIMITED ABILITIES

Movement Time

Get in sync with your mind and body as we move to the beat of the music! Participants will sing, dance and explore music with rhythm instruments.

Ages 13 & Older with Limited Abilities

Thursday, October 8 to November 19

6:00 to 7:00 pm

Olympia Fields Park District

\$50 Resident / \$75 Non-Resident

Minimum/Maximum: 6/15

Registration Deadline: Sunday, September 6

Sensory Time

This program is filled with engaging, hands-on activities designed to stimulate the senses. Participants will explore textures, sounds, colors and movement in a calm and supportive environment. A perfect way to encourage curiosity, build skills and have fun!

Ages 13 & Older with Limited Abilities

Saturday, October 10 to November 21

11:15 am to 12:15 pm

Country Club Hills Recreation Center

\$68 Resident / \$102 Non-Resident

Minimum/Maximum: 6/10

Registration Deadline: Sunday, September 6



See page 13 for more information.

SPECIAL EVENTS

Fright Fest

We are heading to Six Flags Great America to experience thrills by day and chills by night! Enjoy rides and stroll through a haunted park filled with ghosts, ghouls and all types of characters.

One meal, a snack and a soft drink 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.

Flash and strobe effects are used 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

Ages 13 & Older

Saturday, September 26

11:00 am to 7:00 pm

Six Flags Great America, Gurnee

\$165 Resident / \$248 Non-Resident

Minimum/Maximum: 10/20

Registration Deadline: Sunday, September 6

Transportation

SSSRA

8:30 am Depart / 9:00 pm Return

Coyote Run, Flossmoor

9:00 am Depart / 8:30 pm Return

Anderson Japanese Gardens

Experience the beautiful gardens seen in Japan right here in Illinois! With over 12 acres including streams, waterfalls, winding pathways, and koi-filled ponds, this is one of the highest quality Japanese Gardens in North America. Please dress for the weather and bring a bottle of water. Lunch at a local restaurant is included.

Ages 13 & Older

Sunday, September 27

12:00 to 4:00 pm

Rockford, IL

\$85 Resident / \$128 Non-Resident

Minimum/Maximum: 6/15

Registration Deadline: Sunday, September 6

Transportation

SSSRA

9:30 am Depart / 6:30 pm Return

Coyote Run

10:00 am Depart / 6:00 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.

Ages 13 & Older

Friday, October 9

6:00 to 8:30 pm

LWSRA, New Lenox

\$60 Resident / \$90 Non-Resident /

\$80 Resident with Transportation Home*

Minimum/Maximum: 6/20

Registration Deadline: Sunday, September 27

Transportation

SSSRA

4:45 pm Depart / 9:15 pm Return

Coyote Run

5:15 pm Depart / 8:45 pm Return

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

Game Night Getaway

NEW

Show your community spirit and experience the excitement of game night as we head out to cheer on Andrew High School's football team! Enjoy the energy of the crowd, grab snacks, and most importantly, support our team as they go for the win! This special event is a great way to build community connections, practice social skills and be part of something fun and spirited together.

Please bring cash or a credit/debit card for concessions.

Ages 13 & Older

Friday, October 16

6:00 to 9:00 pm

Andrew High School, Tinley Park

\$20 Resident / \$30 Non-Resident

Minimum/Maximum: 6/12

Registration Deadline: Sunday, September 20

Boo at the Zoo

Come dressed in your Halloween best and check out all the animals. Enjoy not-so-scary thrills, decorations, trick-or-treating 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.

Ages 13 & Older

Sunday, October 18

11:00 am to 4:00 pm

Brookfield Zoo

\$90 Resident / \$135 Non-Resident

Minimum/Maximum: 10/20

Registration Deadline: Sunday, September 27

Transportation

SSSRA

9:45 am Depart / 5:30 pm Return

Coyote Run, Flossmoor

10:15 am Depart / 5:00 pm Return

Halloween Hip-Hop Dance

Enjoy an evening with your friends, filled with great music from a live DJ, snacks and soft drinks. Come dressed in your favorite Halloween costume and show off your style on the dance floor!

Ages 13 & Older

Friday, October 30

7:00 to 9:00 pm

Oak Lawn

\$35 Resident / \$53 Non-Resident /

\$55 Resident with Transportation Home*

Minimum/Maximum: 10/20

Registration Deadline: Sunday, October 4

Transportation

SSSRA

5:45 pm Depart / 10:15 pm Return

Coyote Run

6:15 pm Depart / 9:45 pm Return

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

SPECIAL EVENTS

Tinley Park-Park District Fall Arts Show & Vendor Fair

NEW

Browse artwork, crafts, jewelry, home décor and specialty items created by talented artists with disabilities. This inclusive community event provides an opportunity to discover unique treasures while supporting artists' skills, creativity, and passion. Please bring money to purchase items. If you would like to sell your work, please contact Tinley Park-Park District.

Ages 13 & Older

Saturday, November 7

10:30 to 12:30 pm

Tony Bettenhausen Recreation Center, Tinley Park

\$10 Resident / \$15 Non-Resident

Minimum/Maximum: 10/20

Registration Deadline: Sunday, October 11

Rocket Pro Wrestling

Rocket Pro Wrestling Company is a family owned and operated Independent Professional Wrestling event provider. Multiple matches with a variety of wrestlers will make this a night of action! Please bring money for dinner and concessions. Only cash is accepted.

Ages 13 & Older

Saturday, November 7

4:00 to 8:00 pm

St. Joe's Park, Joliet

\$58 Resident / \$87 Non-Resident /

\$78 Resident with Transportation Home*

Minimum/Maximum: 10/20

Registration Deadline: Sunday, October 11

Transportation

SSSRA

2:30 pm Depart / 9:15 pm Return

Coyote Run

3:00 pm Depart / 8:45 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.

Ages 13 & Older

Friday, November 20

6:00 to 8:30 pm

Romeoville Recreation Center

\$50 Resident / \$75 Non-Resident /

\$70 Resident with Transportation Home*

Minimum/Maximum: 10/20

Registration Deadline: Sunday, November 1

Transportation

SSSRA

4:30 pm Depart / 9:45 pm Return

Coyote Run

5:00 pm Depart / 9:15 pm Return

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

***Illumination: Tree Lights at
The Morton Arboretum***

Step into a winter wonderland of lights. *Illumination* is a one-of-a-kind experience that transforms the Arboretum's trees into a glowing showcase of color, music and interactive displays. Walk through a mile-long trail of immersive light shows and unforgettable photo opportunities. Please eat dinner before the program. Please bring money if you would like to purchase snacks.

Ages 13 & Older

Wednesday, December 2

5:00 to 7:30 pm

Morton Arboretum, Lisle

\$55 Resident / \$82 Non-Resident /

\$75 Resident with Transportation Home*

Minimum/Maximum: 6/15

Registration Deadline: Sunday, November 15

Transportation

SSSRA

4:00 pm Depart / 8:30 pm Return

Coyote Run

4:30 pm Depart / 8:00 pm Return

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

HOLIDAY DANCE

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!

Ages 13 & Older

Friday, December 4

7:00 to 9:00 pm

Park Place, Oak Forest

\$25 Resident / \$38 Non-Resident /

\$45 Resident with Transportation Home*

Minimum/Maximum: 25/100

Registration Deadline: Sunday, November 15

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



SPECIAL EVENTS

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. While we shop, we will grab lunch at the food court. Please bring a debit or credit card for shopping. Lunch is included.

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

Ages 13 & Older

Saturday, December 5

11:00 am to 4:00 pm

North Riverside Park Mall

\$50 Resident / \$75 Non-Resident

Minimum/Maximum: 10/20

Registration Deadline: Sunday, November 15

Transportation

SSSRA

9:30 am Depart / 5:30 pm Return

Coyote Run

10:00 am Depart / 5:00 pm Return

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 before the program.

Ages 13 & Older

Sunday, December 6

3:30 to 6:15 pm

Downtown Tinley Park

FREE Resident / \$10 Non-Resident /

\$10 LWSRA & SWSRA

Minimum/Maximum: 6/15

Registration Deadline: Sunday, November 15

Transportation

SSSRA

3:45 pm Depart / 6:30 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. Please eat dinner before the program.

Ages 13 & Older

Friday, December 11

4:45 to 9:00 pm

SSSRA, Tinley Park

\$25 Resident / \$38 Non-Resident /

\$45 Resident with Transportation Home*

Minimum/Maximum: 6/15

Registration Deadline: Sunday, November 22

Transportation

SSSRA

4:00 pm Depart / 10:00 pm Return

Coyote Run

4:30 pm Depart / 9:30 pm Return

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



New Year Celebration

Enjoy a full night of fun and relaxation. Start the evening with dinner, followed by board games. After a good night's sleep, we will head downstairs for a complimentary breakfast. Participants will share a room with another participant of the same gender. There may or may not be a staff assigned to the participants' room.

Ages 13 & Older

Friday, January 8 to Saturday, January 9

5:00 pm (Friday) to 10:00 am (Saturday)

Comfort Inn & Suites, Tinley Park

\$125 Resident / \$188 Non-Resident

Minimum/Maximum: 10/15

Registration Deadline: Sunday, December 13

Louisville, Kentucky Spring Trip

Ready for a spring escape? Louisville is buzzing this time of year. Think sunshine, baseball and culture. From exploring the iconic Kentucky Derby Museum to walking across the Big Four Bridge, there's no shortage of things to do. Add in amazing food and a vibrant local scene, and you've got the perfect spring trip.

Participants must have independent self-help skills and be willing and able to stay with the group. Participants must be able to successfully work 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 the trip.

Participants will be sharing a room with another participant of the same gender. There may or may not be a staff assigned to the participants room.

Monthly payment plans are available. Please contact SSSRA to set up a payment plan.

Ages 13 & Older

Friday, May 14 to Tuesday, May 18

9:00 am (Friday) to 5:00 pm (Tuesday)

Louisville, Kentucky

\$900 Resident /

\$1,350 Non-Resident /

\$1,350 LWSRA & SWSRA

Minimum/Maximum: 10/14

Registration Deadline: Sunday, April 4

Transportation

SSSRA

9:00 am Depart / 5:00 pm Return

Resident Payment Plan

October 1 - \$130

November 1 - \$130

December 1 - \$130

January 1 - \$130

February 1 - \$130

March 1 - \$130

April 1 - \$130

Non-Resident Payment Plan

October 1 - \$195

November 1 - \$195

December 1 - \$195

January 1 - \$195

February 1 - \$195

March 1 - \$195

April 1 - \$180



FALL FEST

Saturday, October 3
12:00 to 2:00 pm
SSSRA, Tinley Park
All Ages

See page 12 for more information.



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

More Information

Juanita Williams

815-806-0384

juanita@sssra.org

REGISTRATION

How to Register

Online

register.capturepoint.com/SSSRA

Mail

19910 80th Avenue
Tinley Park, IL 60487

Fax

815-806-0390

Drop Box

Located on the north side of our building after business hours.

Email

register@sssra.org

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

Online payment: credit card

Office payment: credit card, check or money order

Credit cards accepted are VISA, MasterCard or Discover Card.

Cash will only be accepted in person at SSSRA.

Please call 815-806-0384 to pay over the phone.

Annual Information Form is available on CommunityPass or at SSSRA.

Registration Form and Scholarship Application are available at SSSRA. Please email info@sssra.org for electronic copies.

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 may be issued in the form of a credit to the account or original form of payment.
- Participants who receive a scholarship will receive pro-rated refunds when applicable.
- Fees will not be pro-rated if participants register for a special event on the same day as a scheduled weekly program.
- If a participant misses a program or special event, a refund will not be given.

REGISTRATION DATES

Fall In-Person Program Registration Dates

Resident Registration

Begins Monday, August 3 at 9:00 am

Non-Resident Registration

Begins Monday, August 24 at 9:00 am

Fall Virtual Program Registration Dates

Resident Registration

Begins Monday, August 3 at 9:00 am

Non-Resident Registration

Begins Monday, August 3 at 9:00 am

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

Registration Policies

- Any balance due from a previous season must be paid in full before any registration is accepted for the current season.
- 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 SSSRA to confirm that your fax was received.
- Virtual programs must be paid in full at the time of registration.
- A minimum payment of 25% of the registration fees must accompany the registration form for general programs. Contact SSSRA to make any payment plan arrangements, if necessary.
- Registrations are processed on a first-come, first-served basis.
- Programs have a minimum and maximum number of participants. Program minimum must be met.
- Participant ages listed in the brochure are approximations. If your child is close to the ages listed and is interested in the program, please contact 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 same week.

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 the registration deadline. Does not apply to day camp or trips. If registering online, please call the office to receive your discount.

Non-Resident Registration & Fees

- SSSRA is supported through the taxes of its member communities, so the non-resident fees reflect a more equitable rate in relation to that of its tax supporting members. Non-resident policies are as follows:
- Non-resident fees are 50% higher than resident fees for programs, day camp and special events.
- Non-residents pay 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 not eligible 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. Non-resident registrations for in-person programs will be processed if vacancies still exist in the program.

REGISTRATION

Scholarship Program

SSSRA offers scholarships in the form of fee discounts to SSSRA residents who would like to participate in one or more programs, but 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 weekly programs or special events.
- Scholarships are not available for trips or Special Olympics state competitions.
- SSSRA reserves the right to request proof of financial circumstances, including tax return documents.

Welcome Coupon - \$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 SSSRA.
- If registering online, please call 815-806-0384 or email info@sssra.org to use the coupon.

\$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 trips.

**SSSRA**
South Suburban Special
Recreation Association

22	Aerobics	31	<i>Illumination: Tree Lights at The Morton Arboretum</i>
28	Anderson Japanese Gardens	22	Let's Dance
14	Animal Exploration	10	Little Kickers Soccer
10	Basketball Basics	33	Louisville, Kentucky Spring Trip
21	Basketball Conditioning	27	Movement Time
19	Bingo Night	23	Movie Critics
15	Bingo with the Grinch	26	Mucci World
29	Boo at the Zoo	33	New Year Celebration
11	Boo Bash	15	Pentatonix Concert
25	Book Club - <i>A Rover's Story</i>	13	Performing Arts Show
12	Bowling	30	Rocket Pro Wrestling
16	Brunch Bunch	21	Science Seekers
13	Calm Cabin Sensory Room	27	Sensory Time
23	Chef's Kitchen	23	Sit & Be Fit
25	Coffee Chats	24	Social Club: Fridays
11	Cookie Creations	24	Social Club: Saturdays
23	Crafty Creations	21, 26	Sports Enthusiasts
26	Dave & Buster's	16	Sports Sampler
19	Day Trippers	20	SSSRA Chorus
14	Drawing Techniques	20	SSSRA Theater
12	Fall Fest	18	Stingrays Athletic Banquet
14	Family Bingo	17	Stingrays Basketball
22	Fast Food & Flicks	17	Stingrays Powerlifting Preseason
25	Fitness & Fun	17	Stingrays Unified Cornhole Preseason
15	Foods Around the World	14	Stretching & Relaxation
30	Friendsgiving Dance	11, 25	Swim Lessons
28	Fright Fest	32	Tinley Park Parade of Lights
29	Game Night Getaway	30	Tinley Park-Park District Fall Arts Show & Vendor Fair
14	Game Show Fun	14	Travel Buddies
15	Grateful Gatherings	15	Trip to Japan
10	Gymnastics	13	A Visit to the North Pole
29	Halloween Hip-Hop Dance	19	Walk & Talk
29	Hoe Down Dance	21	Water Aerobics
31	Holiday Dance		
32	Holiday Lights & Hot Chocolate		
32	Holiday Shopping & Lunch		

REGISTRATION FORM

Participant's Name _____

Address _____ City _____ State _____ ZIP _____

Date of Birth ____/____/____

Phone - ☐ Home _____ ☐ Work _____ ☐ Cell _____

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

Parent(s)/Guardian(s) Name _____

Address _____ City _____ State _____ ZIP _____

If different from above.

Phone - ☐ Home _____ ☐ Work _____ ☐ Cell _____

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

Parent(s)/Guardian(s) Email Address _____

☐ Check here if you would like to receive our email newsletter. SSSRA will not share your email address.

Emergency Contact _____ Relationship _____

Phone - ☐ Home _____ ☐ Work _____ ☐ Cell _____

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

Group Home/Residential Facility _____ Manager/Caseworker _____

Manager/Caseworker Phone - ☐ Office _____ ☐ After Hours _____

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

Registration forms are 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 a parent/guardian. All guests must sign waiver(s). Submit forms with 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 815-806-0384 to confirm that your fax was received.

Program Name _____ Fee _____

Program Name _____ Fee _____

Program Name _____ Fee _____

Program Name _____ Fee _____

Program Name _____ Fee _____

Program Name _____ Fee _____

Program Name/Guest Name _____ Fee _____

Program Name/Guest Name _____ Fee _____

Total _____

South Suburban Special Recreation Association Program 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's 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.

WAIVER

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 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. 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.

By signing this waiver, you acknowledge and agree to following the Code of Conduct. This includes Behavior Expectations, Warning of Risk, Mandated Reporter Statement and Supervision Acknowledgment.

Printed Name of Participant

Date

Printed Name of Parent or Legal Guardian

Signature (If Own Guardian), Parent, or Legal Guardian

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

Andrew High School

9001 W. 171st Street, Tinley Park

Centennial Lanes 2.0

16050 Centennial Circle, Tinley Park

Christa McAuliffe Elementary School

8944 West 174th Street, Tinley Park

Comfort Inn & Suites

18400 Spring Creek Drive, Tinley Park

Country Club Hills Recreation Center

4709 West 179th Street, Country Club Hills

Coyote Run Golf Course / Wiley's Grill

800 Kedzie Avenue, Flossmoor

Freedom Hall

410 Lakewood Boulevard, Park Forest

Hazel Crest Park District

2600 171st Street, Hazel Crest

H-F Racquet & Fitness

2920 183rd Street, Homewood

Irwin Community Center

18120 Highland Avenue, Homewood

Matteson Community Center

20642 Matteson Avenue, Matteson

Morton Gingerwood School

16936 Forest Avenue, Oak Forest

Mucci World

7913 West 171st Street, Tinley Park

Oakwood Recreation Center

4450 Oakwood Lane, Matteson

**Oak Forest Park District / Fitness Center /
Park Place at Central**

15601 South Central Avenue, Oak Forest

**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

United Gymnastics Academy (UGA)

6805 W. 159th Street, Tinley Park



SSSRA

19910 80th Avenue
Tinley Park, IL 60487



SSSRA
South Suburban Special
Recreation Association

[Programs & Events](#)[About Us](#)[Get Involved](#)[Contact Us](#)[Donate ^](#)

Explore Programs

Discover a wide range of recreational programs designed to support individuals of all abilities. Find activities that match your interests, goals, and schedule.

[View Programs](#)

Upcoming Events

Stay informed about upcoming events, special programs, and community gatherings. Join us and be part of inclusive experiences throughout the year.

[View Events](#)

New Participants

Get started with SSSRA. Learn how to register, explore available programs, and find the support you need to begin your experience with confidence.

[Learn More](#)

About SSSRA

Learn more about our mission, services, and commitment to inclusive recreation. See how we support individuals and strengthen our community.

[Learn More](#)

Announcements

[View All](#)

Jun 26, 2026
2026 Special Olympics Illinois Summer Games

[Read More](#)[Home / Contact Us](#)

Contact Us

Start the conversation. We will help you find the right path forward.

Whether you are exploring programs, need support for a participant, or want to get involved, our team is here to guide you. SSSRA provides year-round recreation opportunities for individuals of all abilities, and every inquiry helps us connect you to the right service or solution.

Use the Form Below to Submit Your Inquiry.

Select the option that best matches your request so we can respond efficiently.

First Name *

Last Name *



SSSRA is excited to announce our new, accessible website!

Visit sssra.org to explore the new site.