

SSSRA

South Suburban Special Recreation Association

Providing Therapeutic Recreation Services Since 1973

November 2020

In-Person & Virtual Programs!

November 9 - December 5

No programs November 26 - 29

In-Person Programs

Registration Deadline: October 23

Virtual Programs

Registration Deadline:
5:00 pm the day before the program



www.sssra.org

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



SSSRA Administrative Office

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

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SSSRA MISSION STATEMENT

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

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REGISTER TODAY!

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

See program description for registration deadlines.



Find us on Facebook
facebook.com/sssra1973

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

What is SSSRA?

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

Vision Statement

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

Who is Eligible for SSSRA Programs?

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

Who is a SSSRA Resident?

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

Americans with Disabilities Act

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

Inclusion Services at SSSRA

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

Safety Precautions

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

SSSRA and SWSRA Cooperative Agreement

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

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

SSSRA and LWSRA Cooperative Agreement

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

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

GENERAL INFORMATION

Behavior Guidelines

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

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

Below are the expectations and guidelines the participants will need to follow in order to attend in-person programs/special events.

- Participants must be able to maintain 6ft apart from other participants/staff.
- Participants must be able to wear a face covering.
- Participants must be able to stay with the group.
- Participants must always keep their hands and feet to themselves.
- A questionnaire will be sent to families prior to the start of each program/special event.

Program Cancellations

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

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

Please call 815-806-0384 for weather related cancellations.

Extension 23 for weekly programs and special events, and extension 24 for Special Olympics.

Severe Weather Guidelines

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

Severe Cold Weather

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

Severe Hot Weather

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

High Wind Advisory

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

Program Options

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

Due to the current situation with COVID-19, some programs and/or special events may change.

Program Times

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

Participation Guidelines When Illness Occurs

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

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

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

Atlanto-Axial Instability (AAI)

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

Program Policies

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

Participant Expectations

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

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

We will not be mailing out a Fall brochure. Program information will be available on our website. Updates will also be sent in email newsletters and posted on our Facebook page. Email info@sssra.org to sign up for our newsletter. If you would like to have a program schedule mailed to you each month, please call 815-806-0384.

EARLY CHILDHOOD & YOUTH PROGRAMS

In-Person

Friday Drop In

Drop the kids off for a fun filled hour of arts and crafts. Feel free to send your kids in comfy clothes. Siblings are welcome, but must be listed on the registration form, sign a waiver, and pay the \$5 fee for each day attending. Please serve your child dinner prior to the program, as food will not be provided. Participants must be able to wear a face covering the entire time.

Tony Bettenhausen Recreation Center

8125 W. 171st Street, Tinley Park

Fri, Nov 13 - Dec 4, **No program Nov 27**

6:00 - 7:00 pm

Min/Max: 6/15

Registration Deadline: Fri, Oct 23 at 5:00 pm

Due to the generosity of Ecolab, Inc., this program is offered free of charge for residents ages 2 - 5.

Children ages 2 - 5

R: FREE, NR: \$76, LWSRA & SWSRA: \$19

Additional guests are \$5 each day.

Code: 20218-B

Children ages 6 - 12

R: \$19, NR: \$76

Additional guests are \$5 each day.

Code: 20316-B

EARLY CHILDHOOD & YOUTH PROGRAMS

Virtual

Stretching

Are you looking for a fitness class to join to shake off the cobwebs? Join your SSSRA friends for a fun-filled stretching class! We will be reaching for the sky, doing side bends, twists, and many other stretches to help with that. Make sure to wear your exercise clothes and have a water bottle available to keep hydrated. 1, 2, 3... let's get stretching!

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

Aileen S. Andrew Foundation

Anonymous Donor

Ecolab, Inc.

All ages

Virtual

Mon, Nov 9 - Nov 30

2:00 - 2:30 pm

R: FREE, NR: FREE

Code: 25414

Registration Deadline: Sun, Nov 8 at 5:00 pm

Animal Exploration

Have you ever wanted to learn about a hippopotamus, a monkey, or a lion? Come with SSSRA as we take a virtual tour of various zoos and natural habitats of wildlife! We will learn fun facts about the animals each week. It is sure to be a roaring good time!

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

Aileen S. Andrew Foundation

Anonymous Donor

Ecolab, Inc.

All ages

Virtual

Mon, Nov 9 - Nov 30

4:00 - 4:30 pm

R: FREE, NR: FREE

Code: 25412

Registration Deadline: Sun, Nov 8 at 5:00 pm

Story Time

Join us for a short story from a new and exciting book each week!

Virtual

Tues, Nov 10 - Dec 1

6:00 - 6:30 pm

Registration Deadline: Mon, Nov 9 at 5:00 pm

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

**Anonymous Donor
Ecolab, Inc.**

Children ages 2 - 5

R: FREE, NR: FREE

Code: 25502-B

Children ages 6 - 12

R: FREE, NR: FREE

Code: 25602-B

Travel Buddies

We can't take a trip right now, but we can visit many areas - from Yosemite to New York and everywhere in between. We will take a virtual trip, enjoy the view, and learn about various areas of the country. We also want to hear about trips you have enjoyed. Bring your pictures and your memories of the trips you have taken with your family or SSSRA. Let's get ready to travel the United States!

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

**Aileen S. Andrew Foundation
Anonymous Donor
Ecolab, Inc.**

All ages

Virtual

Wed, Nov 11 - Dec 2

4:00 - 4:30 pm

R: FREE, NR: FREE

Code: 25413

Registration Deadline: Tues, Nov 10 at 5:00 pm

Game Time Fun

If you like to play trivia, memory, or anything in between, join us for Game Time Fun!

Virtual

Wed, Nov 11 - Dec 2

6:00 - 6:30 pm

Registration Deadline: Tues, Nov 10 at 5:00 pm

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

**Aileen S. Andrew Foundation
Anonymous Donor
Ecolab, Inc.**

Children ages 2 - 5

R: FREE, NR: FREE

Code: 25503-B

Children ages 6 - 12

R: FREE, NR: FREE

Code: 25603-B

Silly Science - **New!**

Time to get creative with some of your SSSRA friends! Join our Silly Science virtual program, and you will get the chance to try out mini science experiments each week! Come ready to try your hand at easy experiments that can be done with materials we can find around the house. We will provide you with a list of materials you will need for each week.

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

**Anonymous Donor
Ecolab, Inc.**

All ages

Virtual

Thurs, Nov 12 - Dec 3, **No program Nov 26**

5:00 - 5:30 pm

R: FREE, NR: FREE

Code: 25418

Registration Deadline: Wed, Nov 11 at 5:00 pm



Find us on Facebook
facebook.com/sssra1973

EARLY CHILDHOOD & YOUTH PROGRAMS

Virtual



Family Number BINGO

Join us for everyone's favorite game! Whether you have 5 across, up and down, or diagonal, yell BINGO for your name to go into the pool to be drawn for a prize! Stay the whole time or play only a few games, we are just excited to see you! Have your family join in the fun too.

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

Aileen S. Andrew Foundation
Anonymous Donor
Ecolab, Inc.

All ages
Virtual

Thurs, Nov 12 - Dec 3, **No program Nov 26**

6:00 - 7:00 pm

R: FREE, NR: FREE

Code: 25401-B

Registration Deadline: Wed, Nov 11 at 5:00 pm

Family Dance Party

Come on all you dancers, let's dance to the music! We will dance to all of your favorite songs! Bring some water because dancing will get you thirsty. See you at the Friday Dance Party!

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

Aileen S. Andrew Foundation
Anonymous Donor
Ecolab, Inc.

All ages

Virtual

Fri, Nov 13 - Dec 4, **No program Nov 27**

6:00 - 7:00 pm

R: FREE, NR: FREE

Code: 25402-B

Registration Deadline: Thurs, Nov 12 at 5:00 pm

Zoom with Santa - **New!**

Visits with Santa will look a lot different this year, but SSSRA has already talked to the big guy! He is going to be available for personal one-to-one Zoom calls with families! Each family will have 15 minutes of personal time with Santa himself! You can make sure to give him your list and tell him how good you have been. Please register for the date, and you will be given an appointment time 2 weeks in advance... so you can make sure to be up and ready to talk with Santa himself!

Due to the generosity of an anonymous donor, this program is offered free of charge for all participants.

All ages

Virtual

Sat, Dec 19

9:00 - 11:00 am (You will be notified of your exact time the week of November 30.)

R: FREE, NR: FREE

Code: 25420

Registration Deadline: Sun, Nov 29 at 5:00 pm

THANK YOU TO OUR SPONSORS

Thank you to our sponsors for your continued support in helping us to reduce program expenses, including virtual programs.

Interested in Becoming a Sponsor?

Please contact our office at 815-806-0384.

AILEEN S. ANDREW FOUNDATION

ANONYMOUS DONOR

ECOLAB, INC.

EDMOND & ALICE OPLER FOUNDATION

SUBURBAN SERVICE LEAGUE

Silly Shapes Art! - Activity Backpack #4

Let's try a different art form, making pictures out of shapes we cut out of colorful paper. Henri Matisse is the artist that has used this type of art, and we will use our creativity to show off our artistic skills. All supplies will be provided. This is sure to be a fun filled evening with friends!

You can join us in person or virtually! However you join us, we look forward to seeing you and all our SSSRA friends! If you join us virtually, you will also get to see your friends that are participating from the in-person program. Participants must be able to wear a face covering the entire time if you are joining us in-person.

If this is your first activity backpack event, you will receive a backpack with all the supplies. If you have already participated in an activity backpack event, you will only receive the supplies for this event. All participants will also receive an activity book.

Thank you to Old Plank Trail Community Bank for sponsoring the activity backpacks.

All ages
Thurs, Nov 5
6:00 - 7:00 pm

In-Person

SSSRA Office
19910 80th Avenue, Tinley Park
R: FREE, NR: \$10, SWSRA/LWSRA: \$5
Code: 21205
Min/Max: 3/10
Registration Deadline: Fri, Oct 9 at 5:00 pm

Virtual

Registration Deadline: Fri, Oct 30 at 5:00 pm

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

**Anonymous Donor
Ecolab, Inc.**

R: FREE (pick up activity backpack at SSSRA office)
\$5 (activity backpack dropped off at your house*)
NR: FREE (pick up activity backpack at SSSRA office)

Code:
25417 (pick up activity backpack at SSSRA office)
25419 (activity backpack dropped off at your house*)

*Drop off option only available for residents. Activity backpack will be dropped off during the day on Wed, Nov 4.

Cards Made by You - Activity Backpack #5

Making your own cards is fun, a great way to express your creativity, and it can be therapeutic and help you destress. Best of all, the end result is a card that you can pass to a friend or family member to make them smile. Join us as we make cards to send to our family and friends. You will have the choice to make a birthday card, holiday card, thank you card, just because card, or you will be surprised by what you get! Supplies will be provided to make 4 cards.

You can join us in person or virtually! However you join us, we look forward to seeing you and all our SSSRA friends! If you join us virtually, you will also get to see your friends that are participating from the in-person program. Participants must be able to wear a face covering the entire time if you are joining us in-person.

If this is your first activity backpack event, you will receive a backpack with all the supplies. If you have already participated in an activity backpack event, you will only receive the supplies for this event. All participants will also receive an activity book.

Thank you to Old Plank Trail Community Bank for sponsoring the activity backpacks.

All Ages
Mon, Dec 14
5:30 - 6:30 pm

In-Person

SSSRA Office
19910 80th Avenue, Tinley Park
R: FREE, NR: \$10, SWSRA/LWSRA: \$5
Code: 21204
Min/Max: 3/10
Registration Deadline: Wed, Dec 9 at 5:00 pm

Virtual

Registration Deadline: Wed, Dec 9 at 5:00 pm

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

**Anonymous Donor
Ecolab, Inc.**

R: FREE (pick up activity backpack at SSSRA office)
\$5 (activity backpack dropped off at your house*)
NR: FREE (pick up activity backpack at SSSRA office)

Code:
25421 (pick up activity backpack at SSSRA office)
25422 (activity backpack dropped off at your house*)

*Drop off option only available for residents. Activity backpack will be dropped off during the day on Fri, Dec 11.

TEEN & ADULT PROGRAMS

In-Person

Card Making

Making your own cards is great fun, a great way to express your creativity, and it can be therapeutic and help you de-stress. Best of all, the end result is a card that you can pass to a friend or family member to make them smile. Join us as we make a new card each week. You will have the choice to make a birthday card, holiday card, thank you card, or just because card! Each week will have a different card to try. Supplies will be provided to make 4 cards each. Participants must be able to wear a face covering the entire time.

Person ages 13 and older
SSSRA Office
19910 80th Avenue, Tinley Park
Mon, Nov 9 - Nov 30

6:00 - 7:00 pm

R: \$18, NR: \$72

Code: 22950-B

Min/Max: 6/15

Registration Deadline: Fri, Oct 23 at 5:00 pm

BINGO

B-I-N-G-O! Enjoy yourself and have some fun while playing the game of Bingo! Participants will have the chance every week to win a prize. Participants must be able to wear a face covering the entire time.

Persons ages 13 and older
The Bradford Barn
20712 Western Avenue, Olympia Fields
Tues, Nov 10 - Dec 1

5:00 - 6:00 pm

R: \$21, NR: \$84

Code: 22937-B

Min/Max: 6/15

Registration Deadline: Fri, Oct 23 at 5:00 pm



Crafty Creations

Explore your creative side and use your unique talents to make beautiful crafts! Join us for this exciting program, and experience the fun of using your imagination. Help strengthen your fine motor skills and self-esteem through artistic self-expression. Participants must be able to work successfully in a 1:4 staff to participant ratio. Participants must be able to wear a face covering the entire time.

Persons ages 13 and older
The Bradford Barn
20712 Western Avenue, Olympia Fields
Tues, Nov 10 - Dec 1

6:15 - 7:15 pm

R: \$30, NR: \$120

Code: 22907-B

Min/Max: 6/15

Registration Deadline: Fri, Oct 23 at 5:00 pm

Aerobics

Aerobics will get you into shape, strengthen your muscles, and increase your level of cardiovascular fitness. You will learn exercises that you can do at home. Be sure to wear workout clothes and bring a bottle of water. Participants must be able to wear a face covering the entire time.

Persons ages 13 and older
Tony Bettenhausen Recreation Center
8125 W. 171st Street, Tinley Park
Wed, Nov 11 - Dec 2

6:00 - 7:00 pm

R: \$16, NR: \$64

Code: 22943-B

Min/Max: 6/15

Registration Deadline: Fri, Oct 23 at 5:00 pm

In-Person



Let's Dance

Let's dance to all your favorite tunes! We will work on dance steps, turns, and combinations, as well as learning interactive dances to all your favorite songs. This program will enhance your gross motor skills and encourage socialization. Grab your dancing shoes and get out on the dance floor! Be sure to wear workout clothes and bring a bottle of water. Participants must be able to wear a face covering the entire time.

Persons ages 13 and older
 Tony Bettenhausen Recreation Center
 8125 W. 171st Street, Tinley Park
 Wed, Nov 11 - Dec 2
 7:15 - 8:15 pm
 R: \$16, NR: \$64
Code: 22914-B
 Min/Max: 6/15
 Registration Deadline: Fri, Oct 23 at 5:00 pm

Bowling

This favorite program is guaranteed to provide a "striking" good time. Our bowling program provides an opportunity for all ability levels to participate in this popular sport. There will be 2 bowlers on a lane. This program includes 2 games or 1 hour of bowling, whichever comes first. Bowling ramps are available. Supervisors will keep track of participant's bowling averages for Special Olympics. Participants must be able to wear a face covering the entire time.

Due to the generosity of the Aileen S. Andrew Foundation, this program is offered at a discounted rate for our residents.

Persons ages 13 and older
 Oak Forest Bowl
 15240 S. Cicero Avenue, Oak Forest
 Thurs, Nov 12 - Dec 3, **No program Nov 26**
 R: \$33, NR: \$132
 Registration Deadline: Fri, Oct 23 at 5:00 pm

Due to safety guidelines, we will be offering 2 separate times for Bowling. Please sign up for your preferred time. Only 1 time per participant.

3:00 - 4:00 pm
Code: 22911-C
 Min/Max: 4/14

4:15 - 5:15 pm
Code: 22911-D
 Min/Max: 4/14



Find us on Facebook
facebook.com/sssra1973

TEEN & ADULT PROGRAMS

In-Person

Strength & Conditioning

Keep in shape by conditioning with SSSRA. Workouts will be designed to work on cardio and physical fitness. Be sure to wear workout clothes and bring a bottle of water. Participants must be able to wear a face covering the entire time.

Persons ages 14 and older
Oak Forest Fitness Center
15601 South Central Avenue, Oak Forest
Thurs, Nov 12 - Dec 3, **No program Nov 26**
6:30 - 7:30 pm
R: \$15, NR: \$60
Code: 22951-B
Min/Max: 4/10
Registration Deadline: Fri, Oct 23 at 5:00 pm

Rake Knitting

Come learn how to rake knit, where knitting is done without needles! This program is designed to teach participants how to knit by using a circular frame and yarn. We will work on enhancing fine motor skills while creating a masterpiece. Participants must be able to wear a face covering the entire time.

Person ages 13 and older
SSSRA Office
19910 80th Avenue, Tinley Park
Fri, Nov 13 - Dec 4, **No program Nov 27**
6:00 - 7:00 pm
R: \$16, NR: \$64
Code: 22930-B
Min/Max: 6/15
Registration Deadline: Fri, Oct 23 at 5:00 pm

Fitness & Fun

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

Persons ages 13 and older
Oak Forest Fitness Center
15601 South Central Avenue, Oak Forest
Sat, Nov 14 - Dec 5, **No program Nov 28**
10:00 - 11:00 am
R: \$15, NR: \$60
Code: 22918-B
Min/Max: 4/10
Registration Deadline: Fri, Oct 23 at 5:00 pm

Movie Night: *Hocus Pocus* - **New!**

Grab a snack and drink, and join your friends from SSSRA for *Hocus Pocus*! Comfy clothes or pajamas - it's up to you! Participants must be able to wear a face covering the entire time and be able to maintain 6ft apart from other participants/staff. Participants must bring their own snacks and drinks. If you would like, you can bring a blanket to sit on.

All ages
Tony Bettenhausen Recreation Center
8125 W. 171st Street, Tinley Park
Sat, Nov 7
5:00 - 7:30 pm
R: \$7, NR: \$28
Code: 21146
Min/Max: 10/15
Registration Deadline: Fri, Oct 23 at 5:00 pm

SSSRA CASH RAFFLE

\$50 per ticket.

Only 250 tickets will be sold.

Drawing date is Monday, November 2.

Please call 815-806-0384 or email info@sssra.org for more information.

SSSRA
CASH RAFFLE

Cash Prize
\$2,500

\$50 per ticket

Only 250 tickets sold!

The graphic is a teal-colored rectangle with a white dashed border. At the top, it says 'SSSRA' in white and 'CASH RAFFLE' in large, bold, white letters. In the center, there is a yellow box with a white border containing the text 'Cash Prize' and '\$2,500' in teal. On the left side, there is a white box with a teal border containing the text '\$50 per ticket' in teal. On the right side, there is a white box with a teal border containing the text 'Only 250 tickets sold!' in teal.

Stretching

Are you looking for a fitness class to join to shake off the cobwebs? Join your SSSRA friends for a fun-filled stretching class! We will be reaching for the sky, doing side bends, twists, and many other stretches to help with that. Make sure to wear your exercise clothes and have a water bottle available to keep hydrated. 1, 2, 3... let's get stretching!

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

**Aileen S. Andrew Foundation
Anonymous Donor**

All ages

Virtual

Mon, Nov 9 - Nov 30

2:00 - 2:30 pm

R: FREE, NR: FREE

Code: 25414

Registration Deadline: Sun, Nov 8 at 5:00 pm

Animal Exploration

Have you ever wanted to learn about a hippopotamus, a monkey, or a lion? Come with SSSRA as we take a virtual tour of various zoos and natural habitats of wildlife! We will learn fun facts about the animals each week. It is sure to be a roaring good time!

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

**Aileen S. Andrew Foundation
Anonymous Donor**

All ages

Virtual

Mon, Nov 9 - Nov 30

4:00 - 4:30 pm

R: FREE, NR: FREE

Code: 25412

Registration Deadline: Sun, Nov 8 at 5:00 pm

Friends Night In - **New!**

Enjoy an evening with your SSSRA friends! We may play some games or have good conversation. You won't want to miss seeing all your friends!

Due to the generosity of an anonymous donor, this program is offered free of charge for all participants.

Persons ages 13 and older

Virtual

Mon, Nov 9 - Nov 30

6:00 - 6:30 pm

R: FREE, NR: FREE

Code: 25220

Registration Deadline: Sun, Nov 8 at 5:00 pm

Kitchen Fun

Join SSSRA as we learn to cook and bake, simple and tasty recipes. Each week, we will make something that you are sure to enjoy! You will be provided the recipe and a list of ingredients for each week. Bon Appetite!!

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

**Aileen S. Andrew Foundation
Anonymous Donor**

Persons ages 13 and older

Virtual

Tues, Nov 10 - Dec 1

2:00 - 2:30 pm

R: FREE, NR: FREE

Code: 25214-B

Registration Deadline: Mon, Nov 9 at 5:00 pm

Social Hour

Join SSSRA as we gather (virtually) with our friends to catch up! Each week we will enjoy conversation with old and new friends. "What's your favorite SSSRA program?" and "What's your favorite season?" might be a couple of topics covered. It's always good to see a friendly face and have some great conversation among friends!

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

**Aileen S. Andrew Foundation
Anonymous Donor**

Persons ages 13 and older

Virtual

Tues, Nov 10 - Dec 1

4:00 - 4:30 pm

R: FREE, NR: FREE

Code: 25204-B

Registration Deadline: Mon, Nov 9 at 5:00 pm

Virtual

BINGO

Join us for everyone's favorite game! Whether you have 5 across, up and down, or diagonal, yell BINGO for your name to go into the pool to be drawn for a prize! Stay the whole time or play only a few games, we are just excited to see you!

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

**Aileen S. Andrew Foundation
Anonymous Donor**

Persons ages 13 and older

Virtual

Wed, Nov 11 - Dec 2

2:00 - 3:00 pm

R: FREE, NR: FREE

Code: 25219-B

Registration Deadline: Tues, Nov 10 at 5:00 pm

Travel Buddies

We can't take a trip right now, but we can visit many areas - from Yosemite to New York and everywhere in between. We will take a virtual trip, enjoy the view, and learn about various areas of the country. We also want to hear about trips you have enjoyed. Bring your pictures and your memories of the trips you have taken with your family or SSSRA. Let's get ready to travel the United States!

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

**Aileen S. Andrew Foundation
Anonymous Donor**

All ages

Virtual

Wed, Nov 11 - Dec 2

4:00 - 4:30 pm

R: FREE, NR: FREE

Code: 25413

Registration Deadline: Tues, Nov 10 at 5:00 pm



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Off to the Races

Grab your fancy derby hats, and we are off to the races! Join us for a new dice game! Participants will be assigned to a horse and will roll dice to advance their horse to the finish line! Participants will need a set of dice for this program.

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

**Aileen S. Andrew Foundation
Anonymous Donor**

Persons ages 13 and older

Virtual

Thurs, Nov 12 - Dec 3, **No program Nov 26**

2:00 - 2:30 pm

R: FREE, NR: FREE

Code: 25208-B

Registration Deadline: Wed, Nov 11 at 5:00 pm

Silly Science - **New!**

Time to get creative with some of your SSSRA friends! Join our Silly Science virtual program, and you will get the chance to try out mini science experiments each week! Come ready to try your hand at easy experiments that can be done with materials we can find around the house. We will provide you with a list of materials you will need for each week.

Due to the generosity of an anonymous donor, this program is offered free of charge for all participants.

All ages

Virtual

Thurs, Nov 12 - Dec 3, **No program Nov 26**

5:00 - 5:30 pm

R: FREE, NR: FREE

Code: 25418

Registration Deadline: Wed, Nov 11 at 5:00 pm

Family Number BINGO

Join us for everyone's favorite game! Whether you have 5 across, up and down, or diagonal, yell BINGO for your name to go into the pool to be drawn for a prize! Stay the whole time or play only a few games, we are just excited to see you! Have your family join in the fun too.

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

**Aileen S. Andrew Foundation
Anonymous Donor**

All ages

Virtual

Thurs, Nov 12 - Dec 3, **No program Nov 26**

6:00 - 7:00 pm

R: FREE, NR: FREE

Code: 25401-B

Registration Deadline: Wed, Nov 11 at 5:00 pm

Weight Workout

Grab some weights and some water, and join us for a workout! Light weights and repetition will help keep us in shape! If you don't have weights, don't worry! You can still join us! Body weight is just as effective.

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

Aileen S. Andrew Foundation
Anonymous Donor

Persons ages 13 and older

Virtual

Fri, Nov 13 - Dec 4, **No program Nov 27**

2:00 - 2:30 pm

R: FREE, NR: FREE

Code: 25203-B

Registration Deadline: Thurs, Nov 12 at 5:00 pm

Game Time Fun

If you like to play trivia, memory, or anything in between, join us for Game Time Fun!

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

Aileen S. Andrew Foundation
Anonymous Donor

Persons ages 13 and older

Virtual

Fri, Nov 13 - Dec 4, **No program Nov 27**

4:00 - 4:30 pm

R: FREE, NR: FREE

Code: 25207-B

Registration Deadline: Thurs, Nov 12 at 5:00 pm

Family Dance Party

Come on all you dancers, let's dance to the music! We will dance to all of your favorite songs! Bring some water because dancing will get you thirsty. See you at the Friday Dance Party!

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

Aileen S. Andrew Foundation
Anonymous Donor

All ages

Virtual

Fri, Nov 13 - Dec 4, **No program Nov 27**

6:00 - 7:00 pm

R: FREE, NR: FREE

Code: 25402-B

Registration Deadline: Thurs, Nov 12 at 5:00 pm

NEDSRA Dance - **New!**

Get your dancing shoes on for this fun filled night! We will be joining NEDSRA, FVSRA, WSRA, and NISRA to boogie the night away.

Due to the generosity of an anonymous donor, this program is offered free of charge for all participants.

Persons ages 13 and older

Virtual

Sat, Nov 21

7:00 - 8:00 pm

R: FREE, NR: FREE

Code: 25221

Registration Deadline: Thurs, Nov 19 at 5:00 pm

Feed the Hungry Dance - **New!**

Come join our friends at SWSRA as we dance the night away! You won't want to miss seeing our friends from other agencies.

Due to the generosity of an anonymous donor, this program is offered free of charge for all participants.

Person ages 13 and older

Virtual

Fri, Dec 11

7:00 - 8:00 pm

R: FREE, NR: FREE

Code: 25222

Registration Deadline: Tues, Nov 10 at 5:00 pm

Zoom with Santa - **New!**

Visits with Santa will look a lot different this year, but SSSRA has already talked to the big guy! He is going to be available for personal one-to-one Zoom calls with families! Each family will have 15 minutes of personal time with Santa himself! You can make sure to give him your list and tell him how good you have been. Please register for the date, and you will be given an appointment time 2 weeks in advance... so you can make sure to be up and ready to talk with Santa himself!

All ages

Virtual

Sat, Dec 19

9:00 - 11:00 am (You will be notified of your exact time the week of Nov 30.)

R: FREE, NR: FREE

Code: 25420

Registration Deadline: Sun, Nov 29 at 5:00 pm

Virtual

Silly Shapes Art! - Activity Backpack #4

Let's try a different art form, making pictures out of shapes we cut out of colorful paper. Henri Matisse is the artist that has used this type of art, and we will use our creativity to show off our artistic skills. All supplies will be provided. This is sure to be a fun filled evening with friends!

You can join us in person or virtually! However you join us, we look forward to seeing you and all our SSSRA friends! If you join us virtually, you will also get to see your friends that are participating from the in-person program. Participants must be able to wear a face covering the entire time if you are joining us in-person.

If this is your first activity backpack event, you will receive a backpack with all the supplies. If you have already participated in an activity backpack event, you will only receive the supplies for this event. All participants will also receive an activity book.

Thank you to Old Plank Trail Community Bank for sponsoring the activity backpacks.

All ages
Thurs, Nov 5
6:00 - 7:00 pm

In-Person

SSSRA Office
19910 80th Avenue, Tinley Park
R: FREE, NR: \$10, SWSRA/LWSRA: \$5
Code: 21205
Min/Max: 3/10
Registration Deadline: Fri, Oct 9 at 5:00 pm

Virtual

Registration Deadline: Fri, Oct 30 at 5:00 pm

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

**Anonymous Donor
Ecolab, Inc.**

R: FREE (pick up activity backpack at SSSRA office)
\$5 (activity backpack dropped off at your house*)
NR: FREE (pick up activity backpack at SSSRA office)

Code:
25417 (pick up activity backpack at SSSRA office)
25419 (activity backpack dropped off at your house*)

*Drop off option only available for residents. Activity backpack will be dropped off during the day on Wed, Nov 4.

Cards Made by You - Activity Backpack #5

Making your own cards is fun, a great way to express your creativity, and it can be therapeutic and help you destress. Best of all, the end result is a card that you can pass to a friend or family member to make them smile. Join us as we make cards to send to our family and friends. You will have the choice to make a birthday card, holiday card, thank you card, just because card, or you will be surprised by what you get! Supplies will be provided to make 4 cards.

You can join us in person or virtually! However you join us, we look forward to seeing you and all our SSSRA friends! If you join us virtually, you will also get to see your friends that are participating from the in-person program. Participants must be able to wear a face covering the entire time if you are joining us in-person.

If this is your first activity backpack event, you will receive a backpack with all the supplies. If you have already participated in an activity backpack event, you will only receive the supplies for this event. All participants will also receive an activity book.

Thank you to Old Plank Trail Community Bank for sponsoring the activity backpacks.

All Ages
Mon, Dec 14
5:30 - 6:30 pm

In-Person

SSSRA Office
19910 80th Avenue, Tinley Park
R: FREE, NR: \$10, SWSRA/LWSRA: \$5
Code: 21204
Min/Max: 3/10
Registration Deadline: Wed, Dec 9 at 5:00 pm

Virtual

Registration Deadline: Wed, Dec 9 at 5:00 pm

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

**Anonymous Donor
Ecolab, Inc.**

R: FREE (pick up activity backpack at SSSRA office)
\$5 (activity backpack dropped off at your house*)
NR: FREE (pick up activity backpack at SSSRA office)

Code:
25421 (pick up activity backpack at SSSRA office)
25422 (activity backpack dropped off at your house*)

*Drop off option only available for residents. Activity backpack will be dropped off during the day on Fri, Dec 11.

5

WAYS TO REGISTER

SSSRA offers 5 ways to register for programs.

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



Online



Mail



Fax



Drop Off



Email

Scholarships

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

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

How to Register

- Online www.register.sssra.org
- 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 Bring completed registration form to our office - 19910 80th Avenue, Tinley Park, IL 60487. 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 cancelled.

Payment options include check, money order, VISA, MasterCard, or Discover Card. Cash will only be accepted in person, at the SSSRA office.

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

Refund Policies

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

REGISTRATION POLICIES

Non-Resident Registration and Fees

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

1. Non-resident fees are four times the resident fee for programs, four times the resident fee for day camps and two times the resident fee for special events.
2. The non-resident pays the entire fee to SSSRA at the time of registration. Some local park districts or recreation departments may reimburse a portion of your fee.
3. Non-residents are ineligible for scholarships.
4. Non-resident registrations will be processed after the registration deadline, if vacancies still exist in the programs.
5. For In-Person programs, non-residents need to turn in a registration form to the office which can be done by mail, fax, drop off, or fax.

First Time Participants - \$15 Off

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

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

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

SSSRA "First Timer"
Participant Coupon

\$15 off

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

Registration Policies

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

Join Our Mailing List!

E-mail address _____

SSSRA will not share your email address.

Is this your first time participating with SSSRA? Yes No

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

Participant's Name _____

Address _____ City _____ State _____ ZIP _____

Date of Birth ____/____/____ Gender _____

Phone - Home _____ Work _____ Cell _____

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

Parent(s)/Guardian(s) Name _____

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

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

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

Group Home/Residential Facility _____ Manager/Caseworker _____

Manager/Caseworker Phone - Office _____ After Hours _____

Emergency Contact _____ Relationship _____

Phone - Home _____ Work _____ Cell _____

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

Primary Disability _____ Secondary Disability/Medical Condition _____

Current Medications/Prescribed or Over-The Counter _____

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

Allergies _____ Dietary Restrictions _____

Photo Permission: I do hereby grant permission for my/our participant's picture to be used in promotional materials related to SSSRA. Promotional materials include, but are not limited to SSSRA brochures and advertising, SSSRA website, Facebook, SSSRA email newsletter, member park district and recreation department brochures.

Yes No (Unless indicated, photos of participants may be taken and used for publicity).

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:

1. 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.
2. Listen to and comply with staff directions.
3. Refrain from using foul language or other offensive behavior such as rude or inappropriate gestures or sexually explicit language.
4. Not be under the influence of alcohol or drugs which would impair the ability to safely participate in the program.
5. Remain fully clothed at all times.
6. Audio or video recording by participants of our programs is strictly prohibited.
7. 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 1 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:

1. Abuse and neglect of a child, elder, or of an individual who is mentally or physically disabled.
2. Suicide threats.
3. 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 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 Acknowledgement.

Printed Name of Participant

Date

Printed Name of Parent or Legal Guardian

Signature of Participant (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.