

# SSSRA

South Suburban Special Recreation Association

Providing Therapeutic Recreation Services Since 1973

October 2020

## In-Person & Virtual Programs!

October 5 - October 31

### In-Person Programs

Registration Deadline: September 4

### Virtual Programs

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



[www.sssra.org](http://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

(815) 806-0384  
711 (Illinois Relay System)  
(815) 806-0390 (FAX)  
[www.sssra.org](http://www.sssra.org) | [info@sssra.org](mailto:info@sssra.org)

## SSSRA STAFF

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## SSSRA MEMBERS

**Country Club Hills Park District**  
Dwone Ross, Sr.

**Hazel Crest Park District**  
Joseph Bertrand

**Homewood-Flossmoor Park District**  
Stephanie Simpson

**Lan-Oak Park District**  
Michelle Havran

**Matteson Recreational Division**  
Lisa Hill

**Oak Forest Park District**  
Cindy Grannan

**Olympia Fields Park District**  
Jesus Vargas

**Park Forest Recreation & Parks Department**  
Kevin Adams

**Richton Park Parks & Recreation Department**  
Ashley Turner

**Tinley Park-Park District**  
Meghan Fenlon

## 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.



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[facebook.com/sssra1973](https://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 McMahon at (815) 806-0384.

## Safety Precautions

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

## SSSRA and SWSRA Cooperative Agreement

SSSRA has a cooperative agreement with South West Special Recreation Association (SWSRA). This agreement enables participants who reside in SSSRA and SWSRA resident communities to participate in most programs offered by either association at resident rates. Please note that this does not include day camp, vacation trips, away camps, and weekend trips. Special services such as scholarships and door-to-door transportation are not included in this agreement. 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, Merriquette 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](mailto: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

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## In-Person

### Friday Drop In

Calling all parents! Drop the kids off for a fun filled hour of games, music, and 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. 171<sup>st</sup> Street, Tinley Park

Fri, Oct 9 - Oct 30

6:00 - 7:00 pm

Min/Max: 6/15

Registration Deadline: Fri, September 4 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-A**

Children ages 6 - 12

R: \$19, NR: \$76

Additional guests are \$5 each day.

**Code: 20316-A**

# EARLY CHILDHOOD & YOUTH PROGRAMS

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## Virtual

### 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!

Virtual

Mon, Oct 5 - Oct 26

6:00 - 6:30 pm

Registration Deadline: Sun, Oct 4 at 5:00 pm

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

**Due to the generosity of an anonymous donor, this program is offered free of charge for non-residents, ages 2-5 and all participants, ages 6 - 12.**

Children ages 2 - 5

R: FREE, NR: FREE

**Code: 25501-A**

Children ages 6 - 12

R: FREE, NR: FREE

**Code: 25601-A**

### Story Time

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

Virtual

Tues, Oct 6 - Oct 27

6:00 - 6:30 pm

Registration Deadline: Mon, Oct 5 at 5:00 pm

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

**Due to the generosity of an anonymous donor, this program is offered free of charge for non-residents, ages 2-5 and all participants, ages 6 - 12.**

Children ages 2 - 5

R: FREE, NR: FREE

**Code: 25502-A**

Children ages 6 - 12

R: FREE, NR: FREE

**Code: 25602-A**

### Game Time Fun

If you like to play trivia or memory or anything in between, join us for Game Time Fun! We will play Dice Bowling, and then it's Off to the Races. You will need a set of dice for each week. Don't worry if you don't know how to play, we will show you. It is easy peezy, lemon squeeze!

Virtual

Wed, Oct 7 - Oct 28

6:00 - 6:30 pm

Registration Deadline: Tues, Oct 6 at 5:00 pm

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

**Due to the generosity of an anonymous donor, this program is offered free of charge for non-residents, ages 2-5 and all participants, ages 6 - 12.**

Children ages 2 - 5

R: FREE, NR: FREE

Code: 25503-A

Children ages 6 - 12

R: FREE, NR: FREE

Code: 25603-A

### 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!

Virtual

Thurs, Oct 8 - Oct 29

5:00 - 5:30 pm

Registration Deadline: Wed, Oct 7 at 5:00 pm

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

**Due to the generosity of an anonymous donor, this program is offered free of charge for non-residents, ages 2-5 and all participants, ages 6 - 12.**

Children ages 2 - 5

R: FREE, NR: FREE

Code: 25504-A

Children ages 6 - 12

R: FREE, NR: FREE

Code: 25604-A



### 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 an anonymous donor, this program is offered free of charge for all participants.**

All ages

Virtual

Thurs, Oct 8 - Oct 29

6:00 - 7:00 pm

R: FREE, NR: FREE

Code: 25401-A

Registration Deadline: Wed, Oct 7 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 an anonymous donor, this program is offered free of charge for all participants.**

All ages

Virtual

Fri, Oct 9 - Oct 30

6:00 - 7:00 pm

R: FREE, NR: FREE

Code: 25402-A

Registration Deadline: Thurs, Oct 8 at 5:00 pm



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# 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 80<sup>th</sup> Avenue, Tinley Park  
Mon, Oct 5 - Oct 26  
6:00 - 7:00 pm  
R: \$18, NR: \$72  
**Code: 22950-A**  
Min/Max: 6/15  
Registration Deadline: Fri, Sept 4 at 5:00 pm

### Book Club

Join SSSRA as we get together to read (we will listen to the story being read) and discuss the book, *Cloudy with a Chance of Meatballs*, by Judi Barrows. "If food dropped like rain from the sky, wouldn't it be marvelous! Or would it? It could, after all, be messy. And you would have no choice. What if you didn't like what fell? Or what if too much came? Have you ever thought of what it might be like to be squashed flat by a pancake?" We will enjoy the same book in a variety of ways during the program. Then, we will compare the differences of the way the book was presented to see if we prefer one type of presentation over another. If you would like to have your own copy, either audio or hard copy, please have it before the first program date. Participants must be able to wear a face covering the entire time.

Person ages 13 and older  
SSSRA Office  
19910 80<sup>th</sup> Avenue, Tinley Park  
Mon, Oct 5 - Nov 30, **No program November 2**  
7:15 - 8:15 pm  
R: \$40, NR: \$160  
**Code: 22948-A**  
Min/Max: 6/15  
Registration Deadline: Fri, Sept 4 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, Oct 6 - Oct 27  
5:00 - 6:00 pm  
R: \$21, NR: \$84  
**Code: 22937-A**  
Min/Max: 6/15  
Registration Deadline: Fri, Sept 4 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, Oct 6 - Oct 27  
6:15 - 7:15 pm  
R: \$30, NR: \$120  
**Code: 22907-A**  
Min/Max: 6/15  
Registration Deadline: Fri, Sept 4 at 5:00 pm



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### 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. 171<sup>st</sup> Street, Tinley Park

Wed, Oct 7 - Oct 28

6:00 - 7:00 pm

R: \$16, NR: \$64

Code: 22943-A

Min/Max: 6/15

Registration Deadline: Fri, Sept 4 at 5:00 pm

### 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. 171<sup>st</sup> Street, Tinley Park

Wed, Oct 7 - Oct 28

7:15 - 8:15 pm

R: \$16, NR: \$64

Code: 22914-A

Min/Max: 6/15

Registration Deadline: Fri, Sept 4 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.

Persons ages 13 and older

Oak Forest Bowl

15240 S. Cicero Avenue, Oak Forest

Thurs, Oct 8 - Oct 29

R: \$45, NR: \$180

Registration Deadline: Fri, Sept 4 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-A

Min/Max: 4/14

4:15 - 5:15 pm

Code: 22911-B

Min/Max: 4/14

# TEEN & ADULT PROGRAMS

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## 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, Oct 8 - Oct 29  
6:30 - 7:30 pm  
R: \$16, NR: \$64  
Code: 22951-A  
Min/Max: 4/10  
Registration Deadline: Fri, Sept 4 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 80<sup>th</sup> Avenue, Tinley Park  
Fri, Oct 9 - Oct 30  
6:00 - 7:00 pm  
R: \$18, NR: \$72  
Code: 22930-A  
Min/Max: 6/15  
Registration Deadline: Fri, Sept 4 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, Oct 10 - Oct 31  
10:00 - 11:00 am  
R: \$16, NR: \$64  
Code: 22918-A  
Min/Max: 4/10  
Registration Deadline: Fri, Sept 4 at 5:00 pm

### Halloween Crafting in the Garden

Join us for some Halloween crafting in the garden! We will create a pumpkin treat jar as one of a few arts & crafts projects. In case of inclement weather, we will be in the SSSRA Office. Participants must be able to wear a face covering the entire time and be able to maintain 6ft apart from other participants/staff.

Person ages 13 and older  
SSSRA Office  
19910 80<sup>th</sup> Avenue, Tinley Park  
Sat, Oct 10  
1:00 - 2:00 pm  
R: \$6, NR: \$24  
Code: 21145  
Min/Max: 4/15  
Registration Deadline: Fri, Sept 4 at 5:00 pm

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## 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.

ANONYMOUS DONOR  
ECOLAB, INC.  
EDMOND & ALICE OPLER FOUNDATION  
SUBURBAN SERVICE LEAGUE

### 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 an anonymous donor, this program is offered free of charge for all participants.**

Persons ages 13 and older

Virtual

Mon, Oct 5 - Oct 26

2:00 - 2:30 pm

R: FREE, NR: FREE

Code: 25201-A

Registration Deadline: Sun, Oct 4 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 an anonymous donor, this program is offered free of charge for all participants.**

Persons ages 13 and older

Virtual

Mon, Oct 5 - Oct 26

4:00 - 4:30 pm

R: FREE, NR: FREE

Code: 25202-A

Registration Deadline: Sun, Oct 4 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 an anonymous donor, this program is offered free of charge for all participants.**

Persons ages 13 and older

Virtual

Tues, Oct 6 - Oct 27

2:00 - 2:30 pm

R: FREE, NR: FREE

Code: 25214-A

Registration Deadline: Mon, Oct 5 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 an anonymous donor, this program is offered free of charge for all participants.**

Persons ages 13 and older

Virtual

Tues, Oct 6 - Oct 27

4:00 - 4:30 pm

R: FREE, NR: FREE

Code: 25204-A

Registration Deadline: Mon, Oct 5 at 5:00 pm

### 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 an anonymous donor, this program is offered free of charge for all participants.**

Persons ages 13 and older

Virtual

Wed, Oct 7 - Oct 28

2:00 - 3:00 pm

R: FREE, NR: FREE

Code: 25219-A

Registration Deadline: Tues, Oct 6 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 an anonymous donor, this program is offered free of charge for all participants.**

Persons ages 13 and older

Virtual

Wed, Oct 7 - Oct 28

4:00 - 4:30 pm

R: FREE, NR: FREE

Code: 25206-A

Registration Deadline: Tues, Oct 6 at 5:00 pm

# TEEN & ADULT PROGRAMS

## Virtual

### 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 an anonymous donor, this program is offered free of charge for all participants.**

Persons ages 13 and older

Virtual

Thurs, Oct 8 - Oct 29

2:00 - 2:30 pm

R: FREE, NR: FREE

**Code: 25208-A**

Registration Deadline: Wed, Oct 7 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 an anonymous donor, this program is offered free of charge for all participants.**

All ages

Virtual

Thurs, Oct 8 - Oct 29

6:00 - 7:00 pm

R: FREE, NR: FREE

**Code: 25401-A**

Registration Deadline: Wed, Oct 7 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 an anonymous donor, this program is offered free of charge for all participants.**

Persons ages 13 and older

Virtual

Fri, Oct 9 - Oct 30

2:00 - 2:30 pm

R: FREE, NR: FREE

**Code: 25203-A**

Registration Deadline: Thurs, Oct 8 at 5:00 pm

### Game Time Fun

If you like to play trivia or memory or anything in between, join us for Game Time Fun! We will play Dice Bowling, and then it's Off to the Races. You will need a set of dice for each week. Don't worry if you don't know how to play, we will show you. It is easy peezy, lemon squeeze!

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

Persons ages 13 and older

Virtual

Fri, Oct 9 - Oct 30

4:00 - 4:30 pm

R: FREE, NR: FREE

**Code: 25207-A**

Registration Deadline: Thurs, Oct 8 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 an anonymous donor, this program is offered free of charge for all participants.**

All ages

Virtual

Fri, Oct 9 - Oct 30

6:00 - 7:00 pm

R: FREE, NR: FREE

**Code: 25402-A**

Registration Deadline: Thurs, Oct 8 at 5:00 pm

## SSSRA CASH RAFFLE

*\$50  
per ticket*

Cash Prize  
**\$2,500**

*Only 250  
tickets sold!*

SSSRA Cash Raffle tickets are on sale now!

\$50 per ticket. Only 250 tickets will be sold.

Drawing date is Monday, November 2, 2020.

Please call 815-806-0384 or email [info@sssra.org](mailto:info@sssra.org) for more information.

## 5 WAYS TO REGISTER

SSSRA offers 5 ways to register for programs.

Please visit [www.sssra.org](http://www.sssra.org), call 815-806-0384, or email [register@sssra.org](mailto:register@sssra.org) if you have any questions.



Online



Mail



Fax



Drop Off



Email

### How to Register

- |          |  |
|----------|--|
| Online   | <a href="http://www.register.sssra.org">www.register.sssra.org</a>   |
| 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 <a href="mailto:register@sssra.org">register@sssra.org</a> . 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](http://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%.

### 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](http://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.



# 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).

Registration forms will be accepted by walk-ins, mail, facsimile, or online. 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 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 the SSSRA office to confirm that your fax was received.

Program Name	Code	Resident Fee	Non-Resident Fee
Guest Name:			
Program/Event:			
Guest Name:			
Program/Event:			
	Total		

Date	Waiv	BD	Inf	Code Fee	Tot	Pay	Sch	ML	Rec Trac	Initials
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FOR OFFICE USE ONLY				
Amount Applied	From	Form of Payment	Date	Amount Received
1. \$				
2. \$				
3. \$				
4. \$				
5. \$				
6. \$				
7. \$				
8. \$				

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

815-806-0384 (phone)  
815-806-0390 (fax)  
711 (Illinois Relay System)

## 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'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:

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.

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Printed Name of Participant

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Date

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Printed Name of Parent or Legal Guardian

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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.