

SSSRA

South Suburban Special Recreation Association

Providing Therapeutic Recreation Services Since 1973

Spring 2021

In-Person & Virtual Programs!

March 8 - May 1

In-Person Programs

Registration Deadline: February 5

Virtual Programs

Registration Deadline:

5:00 pm the day before the first day of 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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711 (Illinois Relay System)
(815) 806-0390 (FAX)
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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.



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.

PROGRAMS FOR ALL AGES

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 sponsor, this program is offered free of charge for all participants.

Anonymous Donor

All ages

Virtual

Mon, Mar 8 - Apr 26

11:00 - 11:30 am

R: FREE, NR: FREE

Code: 45414

Registration Deadline: Sun, Mar 7 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 sponsor, this program is offered free of charge for all participants.

Anonymous Donor

All ages

Virtual

Mon, Mar 8 - Apr 26

4:00 - 4:30 pm

R: FREE, NR: FREE

Code: 45412

Registration Deadline: Sun, Mar 7 at 5:00 pm

Book Club - *James and the Giant Peach*

Join SSSRA as we read a book together, virtually! SSSRA staff will read, and you will either read along or just listen. If you want to read along, you will need to get a copy of the book before the program.

We will be reading *James and the Giant Peach* by Ronald Dahl, and then we will watch the movie.

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

Anonymous Donor

All ages

Virtual

Tues, Mar 9 - Apr 27

6:30 - 7:30 pm

R: FREE, NR: FREE

Code: 45415

Registration Deadline: Mon, Mar 8 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 sponsor, this program is offered free of charge for all participants.

Anonymous Donor

All ages

Virtual

Wed, Mar 10 - Apr 28

4:00 - 4:30 pm

R: FREE, NR: FREE

Code: 45416

Registration Deadline: Tues, Mar 9 at 5:00 pm



Find us on Facebook
facebook.com/sssra1973

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 sponsor, this program is offered free of charge for all participants.

Anonymous Donor

All ages

Virtual

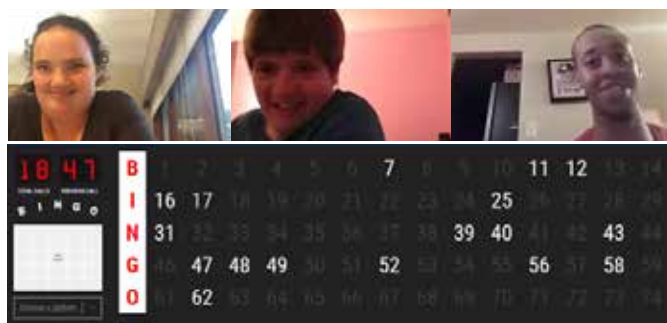
Wed, Mar 10 - Apr 28

6:30 - 7:30 pm

R: FREE, NR: FREE

Code: 45409

Registration Deadline: Tues, Mar 9 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! 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 sponsor, this program is offered free of charge for all participants.

Anonymous Donor

All ages

Virtual

Thurs, Mar 11 - Apr 29

6:30 - 7:30 pm

R: FREE, NR: FREE

Code: 45408

Registration Deadline: Wed, Mar 10 at 5:00 pm

Silly Science

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 sponsor, this program is offered free of charge for all participants.

Anonymous Donor

All ages

Virtual

Thurs, Mar 11 - Apr 29

4:00 - 4:30 pm

R: FREE, NR: FREE

Code: 45410

Registration Deadline: Wed, Mar 10 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

OLD PLANK TRAIL COMMUNITY BANK

SUBURBAN SERVICE LEAGUE

SPECIAL EVENTS FOR ALL AGES

Virtual

Basketball Social Hour - **New!**

Miss talking with your teammates from basketball? Let's get together and catch up! We may not have a season, but we still have teammates! Talk about your favorite memories from last season or maybe how you are staying in shape for next season. Join us and check in.

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

Anonymous Donor

All ages

Virtual

Tues, Mar 2

6:30 - 7:30 pm

R: FREE, NR: FREE

Code: 45411

Registration Deadline: Mon, Mar 1 at 5:00 pm

Family Appreciation - **New!**

SSSRA has the best participants and families, and we want to recognize each of you! We can't have a large banquet, but we can still get together virtually! Join us for Family Appreciation as we recognize part-time staff, play some games, and maybe even have a special visit from a very special stingray. We will end the evening with participant recognition.

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

Anonymous Donor

All ages

Virtual

Thurs, May 6

6:30 - 7:30 pm

R: FREE, NR: FREE

Code: 45413

Registration Deadline: Mon, May 3 at 5:00 pm

SPECIAL EVENTS FOR ALL AGES

In-Person

Drive Through Bunny Visit - **New!**

Gather the family, and load them in the car for a visit with everyone's favorite bunny. The bunny will be stopping at various locations throughout our member districts for a brief time, so families can drive through, wave, and even get a photo from a safe distance!

Times and locations:

9:30 am Park Forest Aqua Center

10:30 am Matteson Community Center (Matteson Avenue)

11:45 am SSSRA Office

All ages

Various Locations

Sat, Mar 27

9:30 am - 12:15 pm

R: FREE, NR: FREE

Code: 42516

Min/Max: 1/100

Registration Deadline: Fri, Feb 5 at 5:00 pm



In-Person

Virtual

Leprechaun Trap - Activity Backpack #8

Join us for our spring pop-up art program! We will be making a leprechaun trap just in time for St. Patrick's Day! Come join your friends as we catch up and put our artistic abilities to the test! Participants must be able to wear a face covering the entire time.

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.

Please save a box to use.

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

All ages
Thurs, Mar 4
5:00 - 6:00 pm

In-Person

SSSRA Office
19910 80th Avenue, Tinley Park
R: \$7, NR: \$28
Code: 41138
Min/Max: 3/10
Registration Deadline: Fri, Feb 5 at 5:00 pm

Virtual

Registration Deadline: Fri, Feb 5 at 5:00 pm

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

Anonymous Donor

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:
45417 (pick up activity backpack at SSSRA office)
45418 (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, Feb 26.

Spring Craft - Activity Backpack #9

Are you ready to do a Spring activity? We are more than ready! Our spring activity might be a craft project, a horticultural project using plants or flowers, or Mother's Day related! It will be a fun filled time with our friends! Participants must be able to wear a face covering the entire time.

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
Wed, May 5
5:00 - 6:00 pm

In-Person

SSSRA Office
19910 80th Avenue, Tinley Park
R: \$7, NR: \$28
Code: 41139
Min/Max: 3/10
Registration Deadline: Fri, Apr 2 at 5:00 pm

Virtual

Registration Deadline: Fri, Apr 2 at 5:00 pm

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

Anonymous Donor

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:
45419 (pick up activity backpack at SSSRA office)
45420 (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, Apr 30.

EARLY CHILDHOOD & YOUTH PROGRAMS

In-Person

Monday Meet Up - **New!**

It's Monday, so that means it's a great time to meet up with our friends! Come join us as we play games, sports, and enjoy a safe space to play! Participants must be able to wear a face covering the entire time.

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

Edmond and Alice Opler Foundation

Children ages 2 - 5, 6 - 12

Tony Bettenhausen Recreation Center

8125 W. 171st Street, Tinley Park

Mon, Mar 8 - Apr 26

4:30 - 5:30 pm

R: FREE, NR: \$140, LWSRA & SWSRA: \$35

Code: 43521

Min/Max: 6/15

Registration Deadline: Fri, Feb 5 at 5:00 pm

YOUTH SPECIAL EVENTS

Virtual

Beautiful Butterflies - **New!**

Butterflies are so beautiful and come in a variety of colors and styles. They also have important jobs in the world! Butterflies help flowers to spread, they eat other plants to keep them from overgrowing, and they are an important food source for other animals. Join us as we learn about butterflies, the life cycles of butterflies, and maybe even see one live. We will also complete an art project about butterflies and view a presentation from the Peggy Notebaert Nature Museum.

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

Edmond and Alice Opler Foundation

Children ages 6 - 12

Virtual

Wed, Mar 3

5:00 - 6:00 pm

R: FREE, NR: FREE

Code: 45308

Registration Deadline: Tues, Mar 2 at 5:00 pm



Fun with Friends Social Club

Are you ready for a daytime opportunity to meet up with your SSSRA friends? We are ready! Each week we will do a different activity such as a game, exercise, arts and crafts project, and much more! We can't wait for the awesome opportunity to have fun with our friends! Please eat lunch before coming to the program. Participants must be able to wear a face covering the entire time.

Person ages 13 and older
 Marie Irwin Center
 18120 Highland Avenue, Homewood
 Mon, Mar 8 - Apr 26
 12:30 - 2:00 pm
 R: \$58, NR: \$232
Code: 42946
 Min/Max: 6/15
 Registration Deadline: Fri, Feb 5 at 5:00 pm

Drama Training - **New!**

Join SSSRA as we explore, learn, and work on new acting skills! We may do a variety of activities that include pantomime, facial expressions, and vocal levels. Performing is a great way to improve our communication and social skills, while building self-confidence. Have you wanted to try the SSSRA Drama Club but didn't know what to expect? Now you can try it without the pressure of performing for an audience! Participants must be able to wear a face covering the entire time.

Person ages 13 and older
 Tony Bettenhausen Recreation Center -
 Arts & Crafts Room
 8125 W. 171st Street, Tinley Park
 Mon, Mar 8 - Apr 26
 5:00 - 6:00 pm
 R: \$30, NR: \$120
Code: 42947
 Min/Max: 6/15
 Registration Deadline: Fri, Feb 5 at 5:00 pm

Softball Skills - **New!**

Calling all SSSRA athletes! It's almost baseball/softball season so it's time for us to hit the diamond and work on our skills. We will be working on our fielding, pitching, hitting and base running. Whether you've been playing for years or are trying it for the first time; we welcome all ability levels. Make sure to bring you glove and a water bottle. Participants must be able to wear a face covering the entire time.

Persons ages 13 and older
 Patriots Park
 18630 W. 187th Street, Homewood
 Tues, Mar 9 - Apr 27
 5:00 - 6:00 pm
 R: \$35, NR: \$140
Code: 42944
 Min/Max: 6/15
 Registration Deadline: Fri, Feb 5 at 5:00 pm

BINGO

Join SSSRA as we play a variety of Bingo games, including traditional or picture Bingo. Get ready to call out B-I-N-G-O, and pick out your prize. A fun time is sure to be had playing Bingo with our friends! Don't forget to explore your crafty side, and register for Crafty Creations before Bingo. 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, Mar 9 - May 4, No program Apr 6
 5:30 - 6:30 pm
 R: \$40, NR: \$160
Code: 45929
 Min/Max: 6/15
 Registration Deadline: Fri, Feb 5 at 5:00 pm

TEEN & ADULT PROGRAMS

In-Person



Crafty Creations

Explore your creative side and use your unique talents to make beautiful crafts! Join us for this exciting program, and experience the fun of using your imagination. Help strengthen your fine motor skills and self-esteem through artistic self-expression. Participants must be able to work successfully in a 1:4 staff to participant ratio. Don't forget to register for BINGO, so you can give the game a try after exploring your creative side. 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, Mar 9 - May 4, No program Apr 6
4:15 - 5:15 pm
R: \$56, NR: \$224
Code: 42911
Min/Max: 6/15
Registration Deadline: Fri, Feb 5 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 - Dance Room
8125 W. 171st Street, Tinley Park
Wed, Mar 10 - Apr 28
6:00 - 7:00 pm
R: \$35, NR: \$140
Code: 42918
Min/Max: 6/15
Registration Deadline: Fri, Feb 5 at 5:00 pm

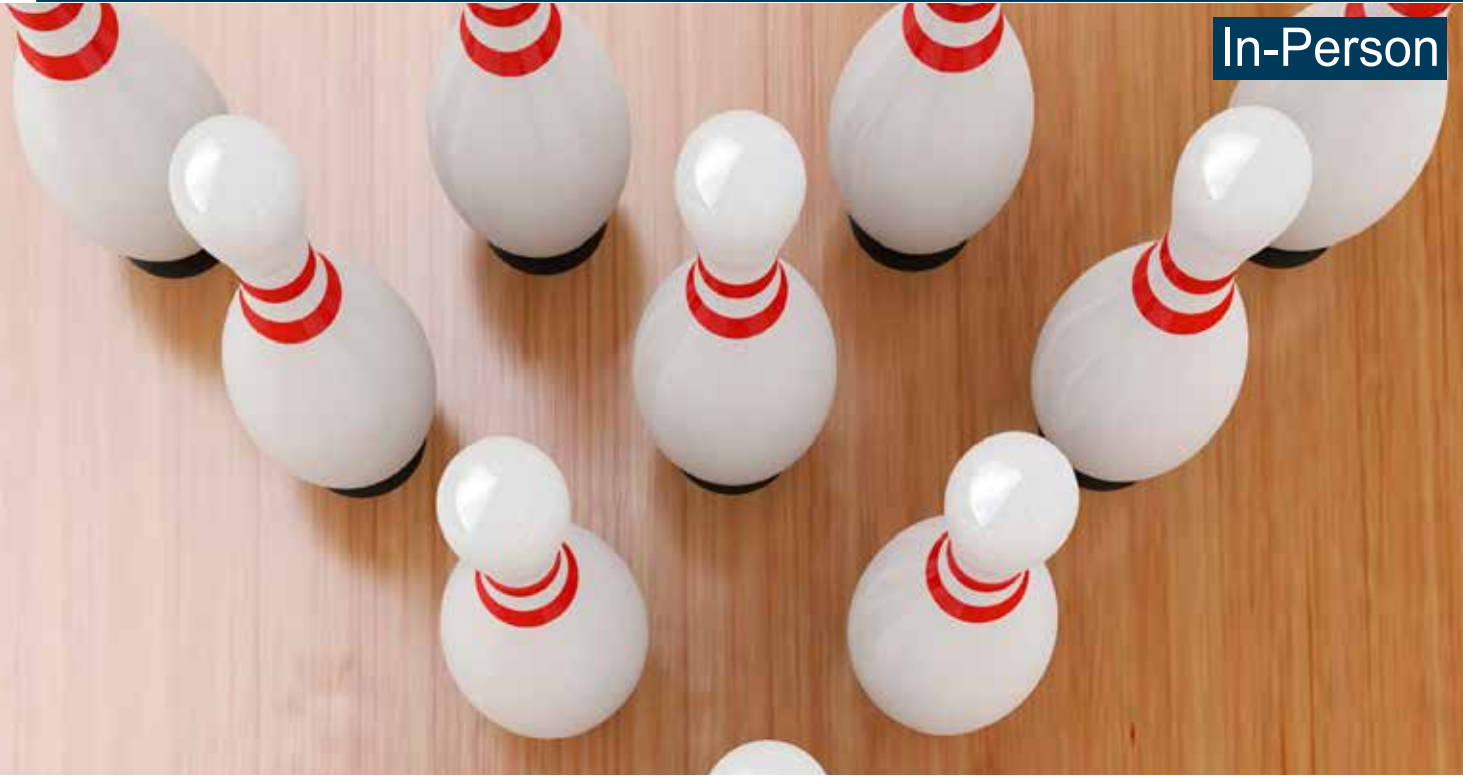
Let's Dance

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 - Dance Room
8125 W. 171st Street, Tinley Park
Wed, Mar 10 - Apr 28
7:15 - 8:15 pm
R: \$35, NR: \$140
Code: 42919
Min/Max: 6/15
Registration Deadline: Fri, Feb 5 at 5:00 pm



Find us on Facebook
facebook.com/ssra1973



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. 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, Mar 11 - Apr 29

R: \$73, NR: \$292

Registration Deadline: Fri, Feb 5 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: 42916-A

Min/Max: 4/14

4:15 - 5:15 pm

Code: 42916-B

Min/Max: 4/14

Fitness & Fun

Take time for fitness and fun - 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, Mar 13 - May 1

10:00 - 11:00 am

R: \$25, NR: \$100

Code: 42921

Min/Max: 4/14

Registration Deadline: Fri, Feb 5 at 5:00 pm

TEEN & ADULT PROGRAMS

In-Person

Garden Prep Program - **New!**

It's spring time, so that means it's time to start getting our garden ready for summer! In this program, we will be working in the garden behind the SSSRA office to get it ready for a full bloom just in time for summer. We will be cleaning, prepping, planting, and beautifying our garden! Participants must be able to wear a face covering the entire time.

Persons ages 13 and older
SSSRA Garden (located behind the SSSRA office)
19910 80th Avenue, Tinley Park
Sat, Mar 13 - May 1
10:00 - 11:00 am
R: \$49, NR: \$196
Code: 42945
Min/Max: 6/15
Registration Deadline: Fri, Feb 5 at 5:00 pm

Movie Club

Lights, Camera, Action... Join SSSRA as we take in a movie! We are planning to see a 7:00 pm movie that is rated G, PG, or PG-13. Time may vary. We will be ordering the tickets ahead of time, and everyone will be seeing the same movie. Masks are required except when eating or drinking. It is recommended that you preorder your snack prior to coming to the program by visiting the website below. Participants must be able to function independently (remove and replace masks, etc.) and be able to follow all protocols set by the movie theater.

Please visit the Marcus Theater website for an explanation of their policies and procedures:
www.marcustheatres.com/theatre-locations/country-club-hills-cinema-country-club-hills

Persons ages 13 and older
Marcus Country Club Hills Cinema
4201 W. 167th Street, Country Club Hills
Tues, Mar 9, 23; Apr 6, 20
Movie time will be 7:00 pm.
You will be notified of your drop-off time and pick-up time. Times will change due to movie schedules.
R: \$53, NR: \$212
Code: 42943
Min/Max: 6/15
Registration Deadline: Fri, Feb 5 at 5:00 pm

TEEN & ADULT SPECIAL EVENTS

In-Person

Garden Picnic - **New!**

Join us for a Garden Picnic after a long winter indoors! Bring a blanket or a chair to sit on, and we can catch up with everyone! Bring a lunch to eat too. We have planned some outdoor activities to do with our friends. Don't forget to dress for the weather. It is sure to be a fun-filled spring day! Participants must be able to wear a face covering the entire time.

Persons ages 13 and older
SSSRA Garden (located behind the SSSRA office)
19910 80th Avenue, Tinley Park
Sat, Apr 24
11:30 am - 1:00 pm
R: \$8, NR: \$32
Code: 41137
Min/Max: 4/14
Registration Deadline: Fri, Feb 5 at 5:00 pm

Virtual



Friends Night In

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 the following sponsor, this program is offered free of charge for all participants.

Anonymous Donor

Persons ages 13 and older

Virtual

Mon, Mar 8 - Apr 26

6:30 - 7:00 pm

R: FREE, NR: FREE

Code: 45217

Registration Deadline: Sun, Mar 7 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 sponsor, this program is offered free of charge for all participants.

Anonymous Donor

Persons ages 13 and older

Virtual

Tues, Mar 9 - Apr 27

11:00 - 11:30 am

R: FREE, NR: FREE

Code: 45204

Registration Deadline: Mon, Mar 8 at 5:00 pm

BINGO

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

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

Anonymous Donor

Persons ages 13 and older

Virtual

Wed, Mar 10 - Apr 28

11:00 am - 12:00 pm

R: FREE, NR: FREE

Code: 45203

Registration Deadline: Tues, Mar 9 at 5:00 pm

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 sponsor, this program is offered free of charge for all participants.

Anonymous Donor

Persons ages 13 and older

Virtual

Thurs, Mar 11 - Apr 29

11:00 - 11:30 am

R: FREE, NR: FREE

Code: 45219

Registration Deadline: Wed, Mar 10 at 5:00 pm

TEEN & ADULT PROGRAMS

Virtual

Social Time

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 sponsor, this program is offered free of charge for all participants.

Anonymous Donor

Persons ages 13 and older

Virtual

Fri, Mar 12 - Apr 30

11:00 - 11:30 am

R: FREE, NR: FREE

Code: 45225

Registration Deadline: Thurs, Mar 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 sponsor, this program is offered free of charge for all participants.

Anonymous Donor

Persons ages 13 and older

Virtual

Fri, Mar 12 - Apr 30

2:00 - 2:30 pm

R: FREE, NR: FREE

Code: 45227

Registration Deadline: Thurs, Mar 11 at 5:00 pm

Friday Night Social Club

Join us for some virtual Friday night fun! We will meet every other week virtually to enjoy different activities from the comfort of home.

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

Anonymous Donor

Persons ages 13 and older

Virtual

Fri, Mar 12, 26; Apr 9, 23

6:30 - 7:15 pm

R: FREE, NR: FREE

Code: 45216

Registration Deadline: Thurs, Mar 11 at 5:00 pm

COMMUNITY PASS

We have exciting news to share!

Beginning Summer 2021, SSSRA will introduce a new registration software program called CommunityPass. This registration software program is user friendly, easy to navigate through the site, and will make online registration a snap!

More information is coming soon on how to create an account online.



St. Patty's Day Bingo Night

Join us for everyone's favorite game, St. Patrick's Day style. We will be joining NEDSRA, FVSRA, SEASPAR, MNASR, and WSRA for a fun filled evening. The zoom link will be sent out the week of the event.

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

Anonymous Donor

Persons ages 13 and older

Virtual

Sat, Mar 20

7:00 - 8:00 pm

R: FREE NR: FREE

Code: 45220

Registration Deadline: Thurs, Mar 18 at 5:00 pm

Decades Dance

Get your dancing shoes on for this fun filled night. We will be joining NEDSRA, FVSRA, SEASPAR, MNASR, and WSRA to boogie the night away. The zoom link will be sent out the week of the event.

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

Anonymous Donor

Persons ages 13 and older

Virtual

Sat, Apr 17

7:00 - 8:00 pm

R: FREE NR: FREE

Code: 45221

Registration Deadline: Thurs, Apr 15 at 5:00 pm

Disney+ Trivia Night

Calling all trivia enthusiasts! This is your time to shine and show your National Geographic, Marvel, Star Wars, Disney, Pixar and ESPN knowledge. NEDSRA and four other SRA's have joined together and planned a fun and friendly game of trivia just for you! So, save your spot and sign up today! The zoom will be sent out the week of the event.

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

Anonymous Donor

Persons ages 13 and older

Virtual

Sat, May 22

7:00 - 8:00 pm

R: FREE NR: FREE

Code: 45222

Registration Deadline: Thurs, May 20 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

OLD PLANK TRAIL COMMUNITY BANK

SUBURBAN SERVICE LEAGUE

HEALTHY MINDS HEALTHY BODIES



Since 2013, the Healthy Minds Healthy Bodies program has served more than 105 Veterans throughout the SSSRA member communities. Veterans in the Healthy Minds Healthy Bodies program have served in World War II, Korean War, Vietnam, Kuwait, Operation Iraqi Freedom, and the War in Afghanistan.

The Healthy Minds Healthy Bodies program offers a one year membership to a disabled Veteran with a disability rating of 10% or higher, a membership for a training partner for one year, and ten personal training sessions for the Veteran. Please note that Veterans must be residents of one of SSSRA's member communities. Healthy Minds Healthy Bodies is offered at the following fitness facilities:

Eisenhower Fitness Center
2550 178th Street
Lansing

H-F Racquet & Fitness Club
2920 W. 183rd Street
Homewood

Matteson Community Center
20642 Matteson Avenue
Matteson

Oak Forest Health & Fitness Center
15601 S. Central Avenue
Oak Forest

Tinley Fitness
8125 W. 171st Street
Tinley Park

Please note:
New registrations for Healthy Minds Healthy Bodies will be accepted January 1 - May 31 and September 1 - December 31.

For more information about Healthy Minds Healthy Bodies, please contact Tammy McMahon at (815) 806-0384 or tammym@sssra.org

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).

REGISTRATION FORM

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		

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

Date	Waiv	BD	Inf	Code	Tot	Pay	Sch	ML	Rec Trac	Initials
				Fee						

FOR OFFICE USE ONLY				
Amount Applied	From	Form of Payment	Date	Amount Received
1. \$				
2. \$				
3. \$				
4. \$				
5. \$				
6. \$				
7. \$				
8. \$				

To be registered you must:

1. Pay previous balance in full.
2. Complete entire registration form.
3. Parent/Legal Guardian must sign form.
4. Full payment must accompany form.
5. Complete Charge Card information below.

MasterCard VISA Discover

Account # _____ / _____ / _____ / _____

Expiration Date: ____ / ____ CVC Code: _____

Signature: _____

Registration form must be filled out completely and signed by parent or guardian. Return to the SSSRA office with full payment to be considered registered. Please write in program choices and sign waiver. All guests must sign a waiver.



19910 80th Avenue
 Tinley Park, IL 60487
 www.sssra.org

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 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.