

WINTER SPRING 2023



50
years
1973-2023

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
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Office Hours 9:00 am - 5:00 pm

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Park Forest Department of Recreation, Parks & Community Health
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Tinley Park-Park District
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SSSRA MISSION STATEMENT

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

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REGISTER TODAY!

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

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



50
years

Celebrating Individuals with Special Needs 1973-2023

SSSRA is excited to celebrate our 50th Anniversary with our participants, families, friends, and supporters. We are proud to continue to offer programs and special events that promote our mission and values. It has brought us so much joy over the years to see our participants having fun, learning new skills, smiling with their friends, creating a work of art, performing on stage, or heading on an adventure.

We have a lot planned for 2023 - giveaways, trivia, SSSRA history, and special events where we will celebrate 50 years!

To kick off the celebration, all SSSRA participants who register for an in-person winter program will receive a limited edition, 50th Anniversary winter hat.

Looking forward to seeing you in 2023!

SSSRA Programs from the 1970s

Swim Lessons • Magic • Weightlifting
Bowling • Fishing Derby
Disco Dancing • Social Club • Ceramics
Piano Lessons • Square Dancing Club

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 Juanita Williams 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.

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. These guidelines are subject to change.

- Participants must be able to maintain 6 feet apart from other participants/staff.
- Participants must be able to stay with the group.
- Participants must always keep their hands and feet to themselves.

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.

To hear updated information on general programs and special events, call 815.806.0384, and press 3.

To hear updated information on athletics, call 815.806.0384, and press 4.

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.

Some high risk programs/special events will require an additional waiver to be signed by a legal guardian.

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

SSSRA relies upon the post office for mail deliveries of our seasonal brochures. SSSRA assumes no responsibility for mail delivery. If for some reason you do not receive a brochure, please pick one up at your park district, recreation department, or the SSSRA office.

Transportation

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

1. All passengers must be sitting in seats or wheelchairs with belts securely fastened. The driver will not proceed until all seat belts are fastened.
2. All wheelchairs must have brakes that are in good working order and can stop the chair from moving.
3. SSSRA has established transportation policies to ensure the safety of all passengers. If SSSRA staff determines it would be dangerous to transport an individual, SSSRA reserves the right to refuse to transport that person.
4. Persons riding in Amigo-type wheelchairs may have to transfer into a vehicle seat and use a seat belt. Amigo-type wheelchairs are not designed to transport individuals in moving vehicles.
5. Wheelchairs may be available for participant use while at programs and special events. Assistance by SSSRA staff will be determined on a case-by-case basis.
6. Late registrants may not have transportation during the first week of programs due to routing changes. Participants are notified if a problem occurs.
7. When transportation is included in special events, the use of vans or buses may change as necessary to accommodate group sizes and needs.
8. A minimum of three participants is required for a vehicle route to run. If there are not enough participants for the route, you will be notified.
9. If participants do not use SSSRA transportation and plan to be dropped off or picked up at a special event, please notify the SSSRA office prior to the event. Parents/guardians/group home staff are required to notify the program supervisor upon participant arrival and departure.
10. State law does not require the use of car seats in SSSRA buses, as they weigh more than 9,000 pounds. However, as a best practice, the association uses car seats whenever possible, for children under the age of 8.

Pick-Up Points

1. Special events have centralized pick-up and drop-off locations.
2. There are different codes for each pick-up point. Transportation is based on registration for each pick-up point. Please be sure to indicate which pick-up point you will use by documenting the correct code for the program you are registering for.
3. SSSRA cannot wait more than 10 minutes at the pick-up point due to demanding vehicle schedule.

Transportation: Door-To-Door, Persons with Physical Disabilities, and Day Camp

1. SSSRA drivers will assist participants to and from their front door; driveways/walks must be clear of debris/obstacles. SSSRA staff will not enter residences.
2. Persons unable to be in a house alone should have someone meet the van at the designated time of return. SSSRA cannot wait more than 5 minutes due to the demanding vehicle schedule.
3. SSSRA transports in-district participants only for door-to-door service.
4. For door-to-door transportation, you will be called with your pick-up time prior to the program date.
5. A minimum of three participants is required for a vehicle route to run. If there are not enough participants for the route, you will be notified.
6. Door-to-door transportation is available on a limited basis as indicated by this symbol. 

Early Arrival or Late Pick-Up Fee

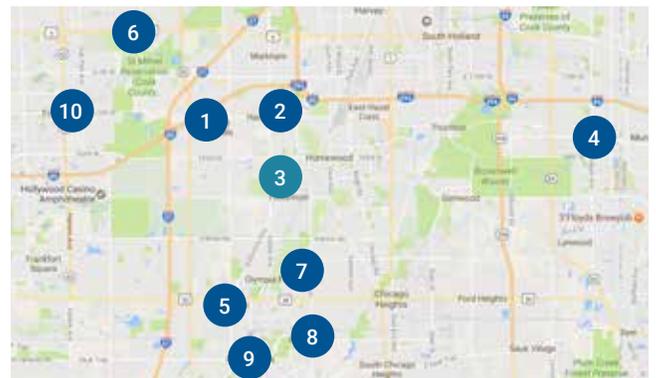
Participants arriving more than 15 minutes prior to a program or special event will be charged a \$15 fee for every 15 minutes early. Please pick-up participants at the designated time. If parents/guardians are not on time for participant pick-up, a \$15 fee will be assessed for every 15 minutes late.

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

Mileage from Member Communities to Coyote Run Golf Course, Flossmoor

(central pick-up point)

1	Country Club Hills Community Recreation Center	3.4 miles
2	Hazel Crest	2.9 miles
3	Coyote Run, Flossmoor	
4	Eisenhower Center, Lansing	9.6 miles
5	Matteson Community Center (Matteson Avenue)	4.3 miles
6	Oak Forest Park District	7.4 miles
7	Olympia Fields Park District	3.5 miles
8	Park Forest Village Hall	5.9 miles
9	Richton Park Community Center	5.3 miles
10	SSSRA, Tinley Park	8.5 Miles



VIRTUAL

Stretching

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

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

All ages

Virtual

Mon, Feb 6 - Mar 6

11:00-11:30 am

R: FREE, NR: FREE

Code: 35416

Min/Max: 5/100

Registration Deadline: Mon, Jan 30

Animal Exploration

Have you ever wanted to learn about a tortoise, an elephant, or a horse? Learn fun facts about animals each week as we take virtual tours of zoos and natural wildlife habitats! 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.

All ages

Virtual

Mon, Feb 6 - Mar 6

4:00-4:30 pm

R: FREE, NR: FREE

Code: 35412

Min/Max: 5/100

Registration Deadline: Mon, Jan 30



Find us on Facebook
facebook.com/sssra1973



Find us on Instagram
[@sssra1973](https://www.instagram.com/sssra1973)

Astronomy

You don't have to be an astronaut to explore outer space! No space suit required, so come as you are, and get ready to explore all the mysteries that lie beyond our planet Earth. We are going out of this world to learn about our neighboring planets and stars. To infinity... and beyond!

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

All ages

Virtual

Tues, Feb 7 - Mar 7

4:00-4:30 pm

R: FREE, NR: FREE

Code: 35403

Min/Max: 5/100

Registration Deadline: Tues, Jan 31

Travel Buddies

Take a virtual trip from the comfort of home, and learn about popular destination spots around the world. You can also share your favorite travel stories with the group. Let's get ready to explore!

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

All ages

Virtual

Wed, Feb 8 - Mar 8

4:00-4:30 pm

R: FREE, NR: FREE

Code: 35417

Min/Max: 5/100

Registration Deadline: Wed, Feb 1

Game Time Fun

If you like to play trivia, memory, or anything in between, join us for Game Time Fun! We might play dice bowling or Off to the Races, or even a new game.

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

All ages

Virtual

Wed, Feb 8 - Mar 8

6:30-7:15 pm

R: FREE, NR: FREE

Code: 35407

Min/Max: 5/100

Registration Deadline: Wed, Feb 1

Family Bingo

Join us for everyone's favorite game! Whether you have 5 across, up and down, or diagonal, or four corners yell BINGO! Invite your family to this fun filled night! Bingo cards will be emailed to you after the registration deadline.

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

All ages

Virtual

Thurs, Feb 9 - Mar 9

6:30-7:30 pm

R: FREE, NR: FREE

Code: 35410

Min/Max: 5/100

Registration Deadline: Thurs, Feb 2

Cirque De Soleil ★

Come one, come all! Escape to the imaginary world that this non-traditional circus creates for us. Cirque De Soleil offers unique stories using original music and choreography, and the stunts will make your jaw drop! Let's flip, fly, and float with the amazing performers that have reinvented the circus as we once knew it.

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

All ages

Virtual

Thurs, Jan 19

5:00-6:00 pm

R: FREE, NR: FREE

Code: 35402

Min/Max: 10/100

Registration Deadline: Sun, Jan 15

Trip to Mount Rushmore ★

Have you ever wanted to visit Mount Rushmore without all the traveling? Sit back and relax as we virtually travel there to learn about this president sculpted mountain as well as fun facts about this amazing memorial site.

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

All ages

Virtual

Mon, Jan 23

5:00-6:00 pm

R: FREE, NR: FREE

Code: 35418

Min/Max: 10/100

Registration Deadline: Mon, Jan 16

DIY Sensory Bottles ★

Create a homemade sensory bottle with your friends! Sensory bottles give you the chance to explore, discover, imagine, and create while engaging your senses in a simple and fun way. We will use different materials such as glitter, soap, and oil to create our bottles, and the result will mesmerize you! A list of materials needed for our project will be sent out two weeks before program.

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

All ages

Virtual

Thurs, Jan 26

5:00-6:00 pm

R: FREE, NR: FREE

Code: 35415

Min/Max: 10/100

Registration Deadline: Thurs, Jan 19

WINTER REGISTRATION

In-Person Program Registration Dates

Resident Registration

Begins Monday, November 14 at 9:00 am

Non-Resident Registration

Begins Monday, December 5 at 9:00 am

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

Virtual Program Registration Dates

Resident Registration

Begins Monday, November 14 at 9:00 am

Non-Resident Registration

Begins Monday, November 14 at 9:00 am

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

SPECIAL EVENTS FOR ALL AGES

VIRTUAL

Winter Blues Bingo ★

Are you feeling blue during this cold and bleak winter season? Get rid of the winter blues by playing bingo! Winter themed cards may include hot chocolate, mittens, snow, or other winter items. Grab your lucky charm and play from the comfort of home. Bingo cards will be emailed to you after the registration deadline. Please register early to receive your cards. Make sure to have something to mark your bingo card (coins, bingo chips, M&M's, or whatever you choose).

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

All ages

Virtual

Mon, Jan 30

5:00-6:00 pm

R: FREE, NR: FREE

Code: 35419

Min/Max: 10/100

Registration Deadline: Mon, Jan 23

Guess Who?

Guess Who? is a game of asking descriptive questions and trying to guess the character. Our winter event is based on sports teams. Bring your detective hat and let's play!

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

All ages

Virtual

Thurs, Feb 2

5:00-6:00 pm

R: FREE, NR: FREE

Code: 35408

Min/Max: 10/100

Registration Deadline: Thurs, Jan 26

★ New Program

Dice Bowling

Grab a die and join us for bowling - dice bowling that is! Earn strikes and spares from the comfort of home. If you haven't played before, it's easy to learn. Roll the die to see how many pins you knock down.

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

All ages

Virtual

Tues, Feb 7

5:00-6:00 pm

R: FREE, NR: FREE

Code: 35405

Min/Max: 10/100

Registration Deadline: Tues, Jan 31

Proud to Be Me Dance Party ★

Proud to Be Me is a beginner level dance and movement class that provides a fun outlet for letting out energy and enjoying time with friends!

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

All ages

Virtual

Sat, Feb 18

5:00-6:00 pm

R: FREE, NR: FREE

Code: 35414

Min/Max: 10/100

Registration Deadline: Sat, Feb 11

Game Show Fun ★

Do you like Wheel of Fortune, Jeopardy, or Family Feud? Then come on down! Enjoy a fun-filled night with game show festivities and friendly competition with friends.

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

All ages

Virtual

Mon, Mar 13

5:00-6:00 pm

R: FREE, NR: FREE

Code: 35406

Min/Max: 10/100

Registration Deadline: Mon, Mar 6

Sand Art - Activity Backpack #25

January may be cold, but we are going to craft like it is summer! We are going to create a beautiful display using colored sand and a jar. Sand art is an easy way to add some color to vases or candles and it is fun to create different designs using various tools.

Whether you join us in-person or virtually, you will have a great time being creative! However you join us, we look forward to seeing you!

If Sand Art is your first Activity Backpack event, you will receive a backpack with all the supplies. If you have participated in a previous Activity Backpack event, you will only receive the supplies for this event. All participants will receive an activity book for each event.

In-Person

Please contact our office for any questions or concerns about safety guidelines.

All ages
SSSRA Office, Tinley Park
Wed, Feb 1
5:00-6:00 pm
R: \$9, NR: \$12
Code: 31109
Min/Max: 10/20
Registration Deadline: Sun, Jan 15

Virtual

Due to the generosity of an Anonymous Donor, the virtual program is offered free of charge for all participants.

All ages
Virtual
Wed, Feb 1
5:00-6:00 pm
R: FREE, NR: FREE
Code: 35420
Min/Max: 10/20
Registration Deadline: Sun, Jan 15
Virtual participants can pick up their supplies beginning Wed, Jan 25.



A WINTRUST COMMUNITY BANK

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

Family Ice Skating ★

It's time to grab some ice skates and practice those figure eights! Join us for a family ice skating night at the Homewood -Flossmoor Ice Arena. Fee includes skate rental. Please eat before coming. Participants must be accompanied by a parent, guardian, or group home staff. This is not a staffed event. Each person attending must register and sign a participation waiver.

Please contact our office for any questions or concerns about safety guidelines.

All ages
Homewood - Flossmoor Ice Arena
Sun, Feb 5
1:00-3:00 pm
R: \$5, NR: \$7
Code: 31201-A (participant), 31201-B (guest)
Min/Max: 10/75
Registration Deadline: Sun, Jan 15

Bowling

How many strikes and spares can you get? Come out and join your friends for bowling! All ability levels are welcome and participants will be grouped by age and ability. This program includes two games or an hour and a half of bowling, whichever comes first. Bowling ramps are available and staff will keep track of participant's bowling averages for Special Olympics.

Please contact our office for any questions or concerns about safety guidelines.

All ages
Centennial Lanes 2.0, Tinley Park
Wed, Mar 1 - Mar 29
4:30-6:00 pm
R: \$60, NR: \$80
Code: 30401
Min/Max: 6/20
Registration Deadline: Sun, Jan 15

All ages
Location TBA
Thurs, Mar 2 - Mar 30
4:30-6:00 pm
R: \$60, NR: \$80
Code: 30402
Min/Max: 6/20
Registration Deadline: Sun, Jan 15

EARLY CHILDHOOD & YOUTH PROGRAMS & SPECIAL EVENTS

IN-PERSON

Basketball Basics ★

Practice beginner basketball skills during the first part of class, then play games to showcase what you learned. No previous basketball experience required.

Please contact our office for any questions or concerns about safety guidelines.

Ages 6 - 12

Tony Bettenhausen Recreation Center, Tinley Park

Mon, Feb 6 - Mar 6

5:00-6:00 pm

R: \$47, NR: \$63

Code: 33501

Min/Max: 6/15

Registration Deadline: Sun, Jan 15

Gymnastics

Gymnastics is a great way to work on core strength, agility, flexibility, coordination, and balance. Learn the basics of tumbling, have fun in a social environment, and improve overall fitness and health.

Please contact our office for any questions or concerns about safety guidelines.

Ages 2 - 12

Oak Forest Park District

Wed, Feb 8 - Mar 8

4:00-4:50 pm

R: \$35, NR: \$47

Code: 33502

Min/Max: 6/10

Registration Deadline: Sun, Jan 15



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Swim Lessons

Swim lessons will show kids the basics - going under water, blowing bubbles, arm movement, and kicking... all while having fun! Kids can learn at their own pace with the support of staff in the water to remind them and guide them. If your child is not toilet trained, they must wear a swim diaper in the water.

Please contact our office for any questions or concerns about safety guidelines.

Ages 2 - 12

Homewood-Flossmoor Racquet & Fitness Club

Sat, Jan 7 - Feb 11

12:00-12:45 pm

R: \$81, NR: \$109

Code: 33503

Min/Max: 6/10

Registration Deadline: Thurs, Dec 22

Disney on Ice

Mickey and the gang are back on the ice for another wonderful show! This year's performance is *Encanto* and *Frozen*, two of Disney's newest and most loved movies. Please eat before attending. If you would like your child to purchase souvenirs or food, please send money in an envelope labeled with their name on it.

Please contact our office for any questions or concerns about safety guidelines.

Ages 2 - 12

Allstate Arena, Rosemont

Sat, Feb 4

3:00 pm Showtime

R: \$90, NR: \$122

Code: 34401

Min/Max: 10/20

Registration Deadline: Sun, Jan 8

Transportation

SSSRA Office

Departure Time: 12:30 pm

Return Time: 6:30 pm

Coyote Run, Flossmoor

Departure Time: 1:00 pm

Return Time: 6:00 pm



Adaptive Sports Mania ★

Are you interested in trying a sport that you may have never thought about before? Now is the time! Explore a different adaptive sport each week, such as sitting volleyball and wheelchair softball. Whether the sports are old or new to you, this program will give you the chance to improve your skills and find a new passion! Wear your workout clothes and bring a bottle of water.

Please contact our office for any questions or concerns about safety guidelines.

Ages 6 - 12

H-F Sports Complex

Mon, Feb 6 - Mar 6

6:00-7:00 pm

R: \$32, NR: \$43

Code: 32401

Min/Max: 6/15

Registration Deadline: Sun, Jan 15

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 or email info@sssra.org.

Winter Sponsors

- Anonymous Donor
- Ecolab, Inc.
- Old Plank Trail Community Bank
- Ozinga
- SSSRA Fundraising Supporters

Fall Book Club

- AmazonSmile Donors

Thank you to the anonymous donors who purchased copies of *Because of Winn-Dixie* from our AmazonSmile Charity List.

STINGRAYS SPORTS PROGRAMS



Stingrays Powerlifting

Coaches will help you get your deadlift and benchpress lifting technique competition ready. Repetition, set, and personal record (PR) are a few terms you are sure to hear and use during the season. You will need to have your own weight lifting belt and knee high sport socks. Bring a bottle of water. Athletes will receive a t-shirt*. We may compete in the Regional Tournament in 2023.

Athletes must have all Special Olympics forms updated through Summer Games (June 2023). All athletes will need to turn in any required Special Olympics forms to the SSSRA Office by January 27. There are new forms that are required by Special Olympics Illinois.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older
Oak Forest Park District
Thurs, Feb 2 - June 1
6:30-7:30 pm

R (program fee only): \$93,
R (program fee + singlet): \$172
NR (program fee only): \$125
NR (program fee + singlet): \$232

Please note that program fees do not include State Competitions.

Code: 30706 (program only), 30707 (program + singlet)
Min/Max: 6/15
Registration Deadline: Sun, Jan 15

Oak Forest Fleadh Parade

Calling all Stingrays athletes and fans! The City of Oak Forest is kicking off St. Patrick's Day week at the Oak Forest Fleadh Parade, and SSSRA is invited to join in the fun! Wear green and get ready to smile and wave to everyone along the parade route. Please dress for the weather and wear comfortable walking shoes.

Please contact our office for any questions or concerns about safety guidelines.

Due to the generosity of SSSRA's fundraising supporters, this program is offered free of charge for our residents.

Ages 13 and older
Oak Forest, Parade Route TBA
Sat, Mar 4
11:00 am-12:00 pm
R: FREE, NR: \$28, LWSRA & SWSRA: \$21
Code: 31106
Min/Max: 6/12
Registration Deadline: Sun, Feb 26

Transportation

SSSRA Office
Departure Time: 9:45 am
Return Time: 1:45 pm

Stingrays Track & Field

Lace up your running shoes and meet us at the track! Each week we will stretch and work on the events that you might be entered in for the Region E Spring Games, and possibly State Summer Games 2023. You can choose track events (running, walking) and field events (softball throw, javelin, running and standing long jumps, shot put). Coaches will help you decide what might be the best fit for you. Athletes will receive a t-shirt*. Bring a bottle of water and dress for the weather.

Athletes must have all Special Olympics forms updated through Summer Games (June 2023). All athletes will need to turn in any required Special Olympics forms to the SSSRA Office by March 10. There are new forms that are required by Special Olympics Illinois.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older
Community Park
175th Street & Maple Avenue, Country Club Hills
Mon, Mar 6 - May 1
5:30-7:00 pm
R: \$75, NR: \$101
Please note that program fees do not include State Competitions.
Code: 30703
Min/Max: 6/25
Registration Deadline: Sun, Feb 19



Please contact Laura Pubins, Operations Manager if you have any questions about Stingrays Sports.

815.806.0384
laura@sssra.org

*If the program or event you are registered for includes a shirt, please make sure that your shirt size is correct on the Annual Information Form to ensure that you receive the correct size.

TEEN PROGRAMS & SPECIAL EVENTS

IN-PERSON

Teen Social Club

Join your friends for Friday night fun! Participants will enjoy a variety of activities such as karaoke, trivia, ice cream socials, bowling and more! A detailed schedule will be sent out prior to the program start date. Please bring a water bottle and wear athletic shoes weekly.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 - 19

Various Locations

Fri, Feb 10 - Mar 10

6:00-8:00 pm

R: \$100, NR: \$135

Code: 32701

Min/Max: 6/15

Registration Deadline: Sun, Jan 15

Holiday Class ★

Do you enjoy celebrating the holidays? If so, this is the program for you! During this program participants will celebrate holidays such as Valentine's Day, St. Patrick's Day, and many more. Participants will make themed crafts, play games, and make sweet treats.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 - 19

Hazel Crest Park District

Tues, Feb 7, Mar 7, Apr 4

5:00-7:00 pm

R: \$56, NR: \$75

Code: 33101

Min/Max: 6/15

Registration Deadline: Sun, Jan 15



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Find us on Instagram
[@sssra1973](https://www.instagram.com/sssra1973)

Girls Day Out ★

Come socialize with your friends. We are going to paint a beautiful masterpiece at Cheese & Crafters Studio & Workshop. After we will go to lunch at Giordano's. The instructor will provide, painting supplies and step-by-step directions.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 - 19

Cheese & Crafters Studio, Schererville, IN

Sat, Feb 11

1:15-4:45 pm

R: \$51, NR: \$70

Code: 33103

Min/Max: 6/15

Registration Deadline: Sun, Jan 22

Transportation

SSSRA Office

Departure Time: 12:00 pm

Return Time: 6:15 pm

Coyote Run, Flossmoor

Departure Time: 12:15 pm

Return Time: 5:45 pm

Guys Day Out ★

Come socialize with your friends! We are playing cyber sports. Cyber Sport is a two team sport that's a combination of lacrosse and basketball played on highly maneuverable Cyber Cars that everyone will love to play. Admission and lunch is included.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 - 19

Up Your Alley, Schererville, IN

Sat, Feb 11

1:15-4:45 pm

R: \$100, NR: \$135

Code: 33102

Min/Max: 6/15

Registration Deadline: Sun, Jan 22

Transportation

SSSRA Office

Departure Time: 12:00 pm

Return Time: 6:30 pm

Coyote Run, Flossmoor

Departure Time: 12:30 pm

Return Time: 6:00 pm

Day Trippers

It's time to get out and explore as we go on community outings and have fun through new experiences! This program has a strong emphasis on socialization and community integration. Door-to-door transportation will be provided for residents, and participants will be notified of their pick-up time. Non-residents will need to meet at the SSSRA office and will be notified of the departure time. Participants must be able to work successfully in a 1:4 staff to participant ratio, and display appropriate table manners.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older

Various locations

Mon, Feb 6, Feb 20, Mar 6, Mar 27, Apr 10, Apr 24

9:00 am-5:00 pm

R: \$281, NR: \$380

Code: 35001

Min/Max: 6/15

Registration Deadline: Sun, Jan 15

Feb 6 - Albanese Confectionery, Merrillville, IN

Bring your sweet tooth as we take a tour of the Albanese Candy Factory! We will shop around for our favorite candy and treats, then enjoy lunch at a nearby restaurant.

Feb 20 - Fair Oaks Farm, Fair Oaks, IN

Learn about all things farming including pigs, cows, and crops! We will eat lunch at the café on the farm.

Mar 6 - Puttshack & Lunch, Oak Brook

Let's play some indoor miniature golf. We will have lunch at a local restaurant.

Mar 27 - The Painting Camp, Bolingbrook

It's time to get crafty! Paint a ceramic piece of your choice to take home and have lunch at a local restaurant.

Apr 10 - Movie & Lunch, Hollywood Palms Theater, Naperville

Feel like you've been transported to California at this Hollywood themed theater. We will watch a new movie and enjoy lunch at the theater. Please bring additional money if you wish to purchase other snacks.

Apr 24 - Big Run Wolf Ranch, Lockport

Walk around and see bears, tigers, wolves, and other interesting wildlife. We will eat lunch at a local restaurant.

Show Choir ★

Love to sing and dance? Now is your time to bring your talents to the big stage! Show Choir is singing with choreographed movements on stage. The group will practice before Drama Club and perform before the Drama Show on May 1 at Freedom Hall. Warm up those vocals and grab your dancing shoes! Sign up for Drama Club for more stage time.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older

Freedom Hall, Park Forest

Mon, Feb 6 - Apr 24

Dress Rehearsal Date: Mon, Apr 24

Drama Show: Mon, May 1, 7:00 pm

5:30-6:15 pm

R: \$93, NR: \$125

Code: 32906

Min/Max: 6/15

Registration Deadline: Sun, Jan 15

Drama Club

It's time to shine on the big stage! You won't want to miss out on this opportunity to perform a great show with SSSRA. We will work on facial expressions, pantomime, and vocal skills. Performing is a great way to improve verbal and social skills, while building self-confidence. The final night will be a rehearsal for the big show on May 1. For more stage opportunities, register for Show Choir before Drama Club.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older

Freedom Hall, Park Forest

Mon, Feb 6 - Apr 24

Dress Rehearsal Date: Mon, Apr 24

Drama Show: Mon, May 1, 7:00 pm

6:30-8:00 pm

R: \$150, NR: \$202

Code: 32904

Min/Max: 10/20

Registration Deadline: Sun, Jan 15

IN-PERSON

Sports Fanatics

When you participate in Sports Fanatics, you will learn about a variety of sports and get the chance to play. In this non-competitive program, participants will focus on a different sport each week and you will discover your favorite one. As a reminder, wear your workout clothes and bring a bottle of water.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older

Tony Bettenhausen Recreation Center, Tinley Park

Fri, Feb 10 - Mar 10

5:30-6:30 pm

R: \$30, NR: \$40

Code: 32907

Min/Max: 6/15

Registration Deadline: Sun, Jan 15

Open Swim

Grab your swimsuit and get in the pool! Open Swim gives you the freedom to splash around or swim laps. Staff will be in the water to monitor participants, and a lifeguard will be on duty. Locker rooms are available. Proper swim attire is required for this program. If participants have a toileting concern, proper swim undergarments are required.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older

Matteson Community Center (Matteson Avenue)

Mon Feb 6 - Mar 6

6:00-7:00 pm

R: \$37, NR: \$50

Code: 32911

Min/Max: 6/20

Registration Deadline: Sun, Jan 15

Fast Food & Flicks

Join your friends for an evening at the movies! After enjoying a fast food dinner, we will watch a new hit movie at Emagine Theater. The fee includes dinner and the movie, so if you wish to have a snack at the theater, please bring money. Participants must be able to work successfully in a 1:4 staff to participant ratio and display appropriate table manners. Please note that participants are scheduled to watch a G, PG, or PG-13 rated movie. R rated movies are an option for those who have a permission form on file.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older

Emagine Frankfort

Wed, Feb 15, Mar 1, Mar 15, Apr 5, Apr 19

7:00 pm show time

R: \$190, NR: \$257

Code: 32905

Min/Max: 6/20

Registration Deadline: Sun, Jan 15

Transportation

SSSRA Office

Departure Time: 5:15 pm

Return Time: 10:30 pm

Coyote Run, Flossmoor

Departure Time: 4:45 pm

Return Time: 10:00 pm

Aerobics

Aerobics is a fun and easy way to stay in shape. We will do a variety of cardio and strength exercises in a group setting. You will learn easy, but effective exercises to do at home. Please wear workout clothes and bring a bottle of water. Don't forget to sign up for Let's Dance following this program.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older

Marie Irwin Center, Homewood

Wed, Feb 8 - Mar 8

6:00-7:00 pm

R: \$25, NR: \$34

Code: 32916

Min/Max: 6/15

Registration Deadline: Sun, Jan 15

Let's Dance

Let's dance to your favorite songs! We will learn popular dances, while listening to great music. This program will enhance your gross motor skills and encourage socialization. Please wear workout clothes and bring a bottle of water. Register for Aerobics before Let's Dance for twice the exercise and fun!

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older
Marie Irwin Center, Homewood
Wed, Feb 8 - Mar 8
7:15-8:15 pm
R: \$25, NR: \$34
Code: 32917
Min/Max: 6/15
Registration Deadline: Sun, Jan 15

Chef's Kitchen

Make a delish dish in the kitchen with your friends. We will make something new each week, and enjoy our meal together. All ingredients will be provided. Don't forget to register for Crafty Creations after Chef's Kitchen.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older
Hazel Crest Park District
Thurs, Feb 9 - Mar 9
4:30-6:30 pm
R: \$92, NR: \$124
Code: 32902
Min/Max: 6/15
Registration Deadline: Sun, Jan 15

Crafty Creations

Get ready to make new and exciting arts and crafts! We will use a variety of supplies for our art. Don't forget to sign up for Chef's Kitchen before Crafty Creations.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older
Hazel Crest Park District
Thurs, Feb 9 - Mar 9
6:45-7:45 pm
R: \$63, NR: \$85
Code: 32903
Min/Max: 6/15
Registration Deadline: Sun, Jan 15

Fitness & Fun

Staying active and exercising regularly is an important part of maintaining our overall health. What better way to stay active than to do it with your friends? During Fitness and Fun, we will work on coordination, balance, strength, and muscle tone. Please wear workout clothes and bring a bottle of water. Participants must be able to work in a 1:4 staff to participant ratio.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older
Oak Forest Fitness Center
Sat, Feb 11 - Mar 11
10:00-11:00 am
R: \$25, NR: \$34
Code: 32919
Min/Max: 6/15
Registration Deadline: Sun, Jan 15

Socializers Social Club

Spend Saturday night having fun with your friends! Each week we will take part in different activities throughout the community that will involve working on our socialization skills. You will be mailed a schedule of activities two weeks prior to the start of the program. Participants must be able to work successfully in a 1:4 staff to participant ratio and display appropriate table manners.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older
Various Locations
Sat, Feb 11 - Mar 11
6:00-8:00 pm
R: \$100, NR: \$135
Code: 33003
Min/Max: 6/15
Registration Deadline: Sun, Jan 15

TEEN & ADULT PROGRAMS

Suggested for Individuals with Physical Disabilities

IN-PERSON

Out & About ★

Are you craving a fun day out on the town? Let's shop around at different stores each week. We'll end each day with a tasty meal, where we can all enjoy one another's company and show off our newest finds! Door-to-door transportation will be provided for residents, and participants will be notified of their pick-up time. Non-residents will need to meet at the SSSRA office and will be notified of the departure time. Participants must be able to work successfully in a 1:4 staff to participant ratio, and display appropriate table manners in restaurant situations.

Please contact our office for any questions or concerns about safety guidelines.



Residents will be notified of their pick-up time for door-to-door transportation.

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

Ages 13 and older with physical disabilities

Various Locations

Thurs, Feb 9, Feb 16, Feb 23, Mar 2

10:00 am-5:00 pm

R: \$188, NR: \$365, LWSRA & SWSRA: \$270

Code: 30602

Min/Max: 4/10

Registration Deadline: Sun, Jan 15

Feb 9 - Walmart & Culver's

Feb 16 - Orland Square Mall & Buffalo Wild Wings

Feb 23 - Target & McDonald's

Mar 2 - Kohl's & Pop's Italian Beef

Film & Food Critics ★

Skip the line at the movie theatre and come to SSSRA for a program dedicated to films, food, and fun! We'll kick back and relax with front row seats to some of the best movies created. To make our movie even more special, we will have a different meal catered to us each week. This program is a "must see!" Door-to-door transportation will be provided for residents, and participants will be notified of their pick-up time. Non-residents will need to meet at the SSSRA office. Participants must be able to work successfully in a 1:4 staff to participant ratio, and display appropriate table manners in restaurant situations.

Please contact our office for any questions or concerns about safety guidelines.



Residents will be notified of their pick-up time for door-to-door transportation.

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

Ages 13 and older with physical disabilities

SSSRA Office

Tues, Feb 7, Feb 21, Mar 7, Mar 28, Apr 11, Apr 25

10:00 am-5:00 pm

R: \$155, NR: \$285, LWSRA & SWSRA: \$211

Code: 30601

Min/Max: 4/15

Registration Deadline: Sun, Jan 15

WINTER REGISTRATION

In-Person Program Registration Dates

Resident Registration

Begins Monday, November 14 at 9:00 am

Non-Resident Registration

Begins Monday, December 5 at 9:00 am

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

Virtual Program Registration Dates

Resident Registration

Begins Monday, November 14 at 9:00 am

Non-Resident Registration

Begins Monday, November 14 at 9:00 am

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

TEEN & ADULT PROGRAMS

Suggested for Individuals with Physical Disabilities

IN-PERSON

DRUMLine Live! ★

The oh-so talented Legendary Historically Black College and University band has performed *DRUMLine Live!* over 300 times since 2009, and on some of the largest stages around the world! SSSRA is lucky enough to experience a brand-new version of the show at Governors State University which will include choreography and drumming that has never been seen on stage before. Together, we will enjoy all of the jaw-dropping moments that the skillful musicians, percussionists, and dancers have to offer. Door-to-door transportation will be provided for residents, and participants will be notified of their pick-up time. Non-residents will need to meet at the SSSRA office and will be notified of the departure time. Please eat before coming to the event.

Please contact our office for any questions or concerns about safety guidelines.



Residents will be notified of their pick-up time for door-to-door transportation.

Ages 13 and older with physical disabilities
Center for Performing Arts, Governors State University
Sat, Feb 4
7:30 pm Showtime
R: \$70, NR: \$95
Code: 31301
Min/Max: 4/10
Registration Deadline: Sun, Jan 15

TEEN & ADULT PROGRAMS

Suggested for Individuals with Severe & Profound Disabilities

IN-PERSON

Silly Sensory Science Fun ★

Participants will learn, explore, and engage in this hands-on science program. Each week, participants will try new and fun experiments such as learning about rainbows, volcanos, sensory art, and much more!

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older with severe & profound disabilities
Oak Forest Park District
Tues, Feb 7 - Mar 7
5:00-6:00 pm
R: \$60, NR: \$81
Code: 34801
Min/Max: 6/15
Registration Deadline: Sun, Jan 15

Valentine's Day Party

Sip, sip, hooray... it's Valentine's Day! Come celebrate with your friends at SSSRA! We will snack on sweet treats, make Valentine's Day mocktails, play fun games, and create valentines for our friends. Dinner is included.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older with severe & profound disabilities
Don Gorman Center, Oak Forest
Fri, Feb 10
6:00-8:00 pm
R: \$25, NR: \$34
Code: 35401
Min/Max: 6/15
Registration Deadline: Sun, Jan 22

TEEN & ADULT SPECIAL EVENTS

IN-PERSON

Chicago Wolves Game

Come cheer on the Chicago Wolves! Put on the Wolves' colors, red and gold, and get ready for an exciting hockey game against the Rockford IceHogs. Price includes a voucher for a hot dog and soft drink at the game. If you would like to purchase souvenirs or additional snacks, please bring money.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older
Allstate Arena, Rosemont
Sat, Jan 28
7:00 pm Game Time
R: \$52, NR: \$70
Code: 31108
Min/Max: 6/15
Registration Deadline: Sun, Jan 8

Transportation

SSSRA Office
Departure Time: 4:30 pm
Return Time: 10:00 pm

Coyote Run, Flossmoor
Departure Time: 5:00 pm
Return Time: 9:30 pm



DRUMLine Live!★

The oh-so talented Legendary Historically Black College and University band has performed *DRUMLine Live!* over 300 times since 2009, and on some of the largest stages around the world! SSSRA is lucky enough to experience a brand-new version of the show at Governors State University which will include choreography and drumming that has never been seen on stage before. Together, we will enjoy all of the jaw-dropping moments that the skillful musicians, percussionists, and dancers have to offer. Please eat before coming to the event.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older
Center for Performing Arts, Governors State University
Sat, Feb 4
7:30 pm Showtime
R: \$70, NR: \$95
Code: 32904
Min/Max: 6/20
Registration Deadline: Sun, Jan 15

Transportation

SSSRA Office
Departure Time: 5:30 pm
Return Time: 10:30 pm

Coyote Run, Flossmoor
Departure Time: 6:00 pm
Return Time: 10:00 pm

Valentine Date Night

Love is in the air. Enjoy a great night with the one you love or bring a friend to Gatto's Restaurant. Don't forget to wear red. Each person attending must register and sign a participation waiver. Participants must be able to work successfully in a 1:4 staff to participant ratio, and display appropriate table manners in restaurant situations.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older
Gatto's
8005 183rd Street, Tinley Park
Fri, Feb 10
6:00-8:00 pm
R: \$25, NR: \$34
Code: 31103-A (participant), 31103-B (guest)
Min/Max: 6/20
Registration Deadline: Sun, Jan 15

Broadway Bound

We are Broadway bound to see some great performances... well Paramount bound at least! This program includes two performances and brunch for both shows.

Sun, Feb 12 - *Into the Woods*

Sun, Apr 16 - *School of Rock*

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older

Paramount Theatre, Aurora

Sun, Feb 12 and Sun, Apr 16

1:00 pm Showtime

R: \$150, NR: \$202

Code: 31101

Min/Max: 10/20

Registration Deadline: Sun, Jan 15

Transportation

SSSRA Office

Departure Time: 9:00 am

Return Time: 4:30 pm

Coyote Run, Flossmoor

Departure Time: 9:30 am

Return Time: 4:00 pm

Mardi Gras Mambo

Get ready to bring Mardi Gras home while we enjoy an evening like no other! We will party Bourbon Street style with music, dancing, snacks, and beads!

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older

Oak Lawn Special Recreation

Fri, Feb 24

7:00-9:00 pm

R: \$29, NR: \$40

Code: 34202

Min/Max: 6/20

Registration Deadline: Sun, Feb 12

Transportation

SSSRA Office

Departure Time: 5:45 pm

Return Time: 10:15 pm

Coyote Run, Flossmoor

Departure Time: 6:15 pm

Return Time: 9:45 pm

Farmhouse Academy - Pierogi

Come out and join your SSSRA friends as we learn how to make this favorite Polish dish! We will be making classic potato and cheese Pierogi from scratch with more than enough leftovers to bring home. Participants must be able to work successfully in a 1:4 staff to participant ratio, and display appropriate table manners in restaurant situations.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older

Farmhouse Academy

8940 W. 192nd Street Unit L, Mokena

Sun, Feb 26

Time 1:00-2:30 pm

R: \$35, NR: \$47

Code: 31104

Min/Max: 6/20

Registration Deadline: Sun, Feb 5

Rocket Pro Wrestling ★

Rocket Pro Wrestling is a local wrestling organization that provides plenty of wrestling action! We might see wrestlers like "The Icon" Grin, Gunner Brave, or even "All Day" Marshé Rockett. Tickets include several matches throughout the night, so we are sure to have lots of fun! Concessions are available for purchase, so please bring money for dinner.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older

St. Joe's Park, Joliet

Sat, Mar 4

4:00-8:00 pm

R: \$50, NR: \$67

Code: 31107

Min/Max: 6/15

Registration Deadline: Sun, Feb 19

Transportation

SSSRA Office

Departure Time: 2:15 pm

Return Time: 9:15 pm

Coyote Run, Flossmoor

Departure Time: 2:45 pm

Return Time: 8:45 pm

TEEN & ADULT SPECIAL EVENTS

IN-PERSON

Candle Making ★

Have you ever wanted to make your very own customized candle? At Blue Pearl Candle, you can experience the art of candle-making! In this class, you will create your own 12 oz. soy candle from pouring the wax to choosing the essential oils and decorative add-ons to mix together. We will also be playing some trivia and other fun games!

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older
Blue Pearl Candles
17538 Dixie Highway, Homewood
Sun, Mar 5
2:00-4:00 pm
R: \$31, NR: \$42
Code: 31102
Min/Max: 6/15
Registration Deadline: Sun, Feb 12

March Madness on the Big Screen

We'll experience the action for the NCAA tournament during round 2! Don't forget your brackets as we watch various games while enjoying wings! Participants must be able to work successfully in a 1:4 staff to participant ratio, and display appropriate table manners in restaurant situations.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older
Buffalo Wild Wings
7301 183rd Street, Tinley Park
Sat, Mar 18
11:30 am-2:00 pm
R: \$28, NR: \$38
Code: 31144
Min/Max: 6/20
Registration Deadline: Sun, Feb 26

TRIPS

IN-PERSON

Milwaukee, Wisconsin

Milwaukee, Wisconsin is the next weekend destination for SSSRA! We are heading north to enjoy museums such as the Harley-Davidson Museum, tour of Brewers Field, and visit Milwaukee County Zoo. As we get closer to the weekend, an agenda will be sent to participants.

There will be a lot of walking, so participants must be able to walk 1-2 miles per day comfortably.

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

Please contact our office for any questions or concerns about safety guidelines.

Persons ages 13 and older
Milwaukee, WI
Fri, May 19 - Sun, May 21
9:00 am (Fri) - 5:00 pm (Sun) - time subject to change
R: \$620, NR: \$837, LWSRA & SWSRA: \$837
Code: 41801
Min/Max: 8/15
Registration Deadline: Sun, Apr 9

Transportation

SSSRA Office
Departure Time: 9:00 am (Fri)
Return Time: 5:00 pm (Sun)

Book Club - *Harry Potter and the Sorcerer's Stone*

By special request, SSSRA's Book Club will be reading... J.K. Rowling's *Harry Potter and the Sorcerer's Stone*, the first book in the Harry Potter series. Harry Potter has no idea how famous he is. That's because he's being raised by his miserable aunt and uncle who are terrified Harry will learn that he's really a wizard, just as his parents were. But everything changes when Harry is summoned to attend an infamous school for wizards, and he begins to discover some clues about his illustrious birthright.

SSSRA will send everyone their own copy of the book before the start of the program, so make sure you sign up early to receive your book. Each week, there will be thought provoking discussions about the book.

If time permits, we will watch the movie after we finish reading the book together. If you've always wanted to read *Harry Potter and the Sorcerer's Stone*, don't miss this opportunity!

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

Ages 13 and older

Virtual

Mon, Feb 6 - Mar 6 and Mar 27 - Apr 24

6:30-7:30 pm

R: FREE, NR: FREE

Code: 35404

Min/Max: 5/50

Registration Deadline: Mon, Jan 30

Kitchen Fun

It's time to put your chef's hat on! Learn how to cook and bake using quick recipes. From sweet treats such as banana cream pies, to savory dishes such as BLT pasta salad, your taste buds will experience it all! The recipes with an ingredients list will be sent out two weeks before program starts.

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

Ages 13 and older

Virtual

Tues, Feb 7 - Mar 7

11:00-11:30 am

R: FREE, NR: FREE

Code: 35409

Min/Max: 5/100

Registration Deadline: Tues, Jan 31

Social Time

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

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

Ages 13 and older

Virtual

Tues, Feb 7 - Mar 7

6:30-7:00 pm

R: FREE, NR: FREE

Code: 35413

Min/Max: 5/100

Registration Deadline: Tues, Jan 31

Pokeno

Are you a veteran or a rookie Pokeno player? Either way, playing will be so much fun! Pokeno is a mixture of bingo and poker. A deck of cards will be used to fill your Pokeno card, either horizontally or vertically. All players will receive a couple of cards that you can swap in and out, depending on which card you feel will be your winner! Players will need to provide their own card markers (chips, coins, or whatever you choose). Get ready to yell POKENO!

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

Ages 13 and older

Virtual

Wed, Feb 8 - Mar 8

11:00-11:30 am

R: FREE, NR: FREE

Code: 35203

Min/Max: 5/100

Registration Deadline: Wed, Feb 1

VIRTUAL

Drawing Techniques

Doodling, focal point, and primary colors are terms that relate to drawing and the creative process. Learning drawing techniques is a great way to start exploring your creative side! You will receive a drawing book so you can keep your art and show it to your family and friends.

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

Ages 13 and older

Virtual

Thurs, Feb 9 - Mar 9

4:00-4:30 pm

R: FREE, NR: FREE

Code: 35202

Min/Max: 5/50

Registration Deadline: Thurs, Feb 2

Weight Workout

Grab some weights and your water bottle, 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, using your body weight is just as effective.

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

Ages 13 and older

Virtual

Fri, Feb 10 - Mar 10

2:00-2:30 pm

R: FREE, NR: FREE

Code: 35205

Min/Max: 5/100

Registration Deadline: Fri, Feb 3

Scavenger Hunt

Time to go on a scavenger hunt! Don't worry, you probably have everything on your list right in your house! We will pick an item and give everyone the chance to find it. Points are awarded based on who finds it first. The person with the most points wins that round.

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

Ages 13 - 19

Virtual

Thurs, Mar 23

5:00-6:00 pm

R: FREE, NR: FREE

Code: 35411

Min/Max: 10/50

Registration Deadline: Thurs, Mar 16

Basic Sign Language

Have you ever wanted to learn how to spell your name using sign language? Here's your chance to learn basic signs, letters, and numbers. Each week, we will focus on a new theme, review old themes, and practice with questions and answers with the group. If you already have an understanding of the basic signs, letters, and numbers, you may want to register for Intermediate Sign Language.

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

Ages 13 and older

Virtual

Thurs, Feb 9 - Mar 9

11:00-11:45 am

R: FREE, NR: FREE

Code: 35201

Min/Max: 5/50

Registration Deadline: Thurs, Feb 2

Intermediate Sign Language

If you have participated in Basic Sign Language and feel ready to move on to more signs and starting to put sentences together, then this is the program for you. Participants must be fluent in letters, numbers, and basic signs and have completed SSSRA's Basic Sign Language to participate in this program.

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

Ages 13 and older

Virtual

Fri, Feb 10 - Mar 10

11:00-11:45 am

R: FREE, NR: FREE

Code: 35204

Min/Max: 5/50

Registration Deadline: Fri, Feb 3

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.

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

Place a checkmark here if you would like to receive our email newsletter. SSSRA will not share your email address.

Group Home/Residential Facility _____ Manager/Caseworker _____

Manager/Caseworker Phone - Office _____ After Hours _____

Emergency Contact _____ Relationship _____

Phone - Home _____ Work _____ Cell _____

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

Primary Disability _____ Secondary Disability/Medical Condition _____

Current Medications/Prescribed or Over-The Counter _____

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

Allergies _____ Dietary Restrictions _____

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

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

SOUTH SUBURBAN SPECIAL RECREATION ASSOCIATION Participation Waiver

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

Behavior Expectations

SSSRA requires all participants to comply with the following:

1. Show respect to all participants and staff. Must refrain from threatening or causing bodily harm to self or other participants or staff. Bullying of any form will not be tolerated.
2. Listen to and comply with staff directions.
3. Refrain from using foul language or other offensive behavior such as rude or inappropriate gestures or sexually explicit language.
4. Not be under the influence of alcohol or drugs which would impair the ability to safely participate in the program.
5. Remain fully clothed at all times.
6. Audio or video recording by participants of our programs is strictly prohibited.
7. Participants must show respect for equipment, supplies and facilities

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

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

Warning of Risk

You should consult your physician or other health care professional before starting any of SSSRA'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.

Printed Name of Participant

Date

Printed Name of Parent or Legal Guardian

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

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

SPRING 2023



50
years
1973-2023

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
815.806.0390 (FAX)
711 (Illinois Relay System)
www.sssra.org | info@sssra.org

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SSSRA MEMBERS

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Dwone Ross, Sr.

Hazel Crest Park District
Joseph Bertrand

Homewood-Flossmoor Park District
Mike Gianatasio

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 Department of Recreation, Parks & Community Health
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. Unfortunately, if there are not enough registrants, the program must be cancelled.

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

Stretching

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

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

All ages

Virtual

Mon, Mar 27 - Apr 24

11:00-11:30 am

R: FREE, NR: FREE

Code: 45416

Min/Max: 5/100

Registration Deadline: Mon, Mar 20

Animal Exploration

Have you ever wanted to learn about cows, pigs, or dolphins? Learn fun facts about animals each week as we take virtual tours of zoos and natural wildlife habitats! 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.

All ages

Virtual

Mon, Mar 27 - Apr 24

4:00-4:30 pm

R: FREE, NR: FREE

Code: 45412

Min/Max: 5/100

Registration Deadline: Mon, Mar 20

Astronomy

You don't have to be an astronaut to explore outer space! No space suit required, so come as you are and get ready to explore all the mysteries that lie beyond our planet Earth. We are going out of this world to learn about our neighboring planets and stars. To infinity... and beyond!

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

All ages

Virtual

Tues, Mar 28 - Apr 25

4:00-4:30 pm

R: FREE, NR: FREE

Code: 45403

Min/Max: 5/100

Registration Deadline: Tues, Mar 21

Travel Buddies

Take a virtual trip from the comfort of home, and learn about popular destination spots around the world. You can also share your favorite travel stories with the group. Let's get ready to explore!

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

All ages

Virtual

Wed, Mar 29 - Apr 26

4:00-4:30 pm

R: FREE, NR: FREE

Code: 45417

Min/Max: 5/100

Registration Deadline: Wed, Mar 22

Game Time Fun

If you like to play trivia, memory, or anything in between, join us for Game Time Fun! We might play dice bowling or Off to the Races, or even a new game.

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

All ages

Virtual

Wed, Mar 29 - Apr 26

6:30-7:15 pm

R: FREE, NR: FREE

Code: 45407

Min/Max: 5/100

Registration Deadline: Wed, Mar 22



Find us on Facebook
facebook.com/sssra1973



Find us on Instagram
@sssra1973

VIRTUAL

Family Bingo

Join us for everyone's favorite game! Whether you have 5 across, up and down, or diagonal, or four corners yell BINGO! Invite your family to this fun filled night! Bingo cards will be emailed to you after the registration deadline.

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

All ages

Virtual

Thurs, Mar 30 - Apr 27

6:30-7:30 pm

R: FREE, NR: FREE

Code: 45424

Min/Max: 5/50

Registration Deadline: Thurs, Mar 23

Cirque De Soleil

Come one, come all! Escape to the imaginary world that this non-traditional circus creates for us. Cirque De Soleil offers unique stories using original music and choreography, and the stunts will make your jaw drop! Let's flip, fly, and float with the amazing performers that have reinvented the circus as we once knew it.

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

All ages

Virtual

Tues, Mar 21

5:00-6:00 pm

R: FREE, NR: FREE

Code: 45402

Min/Max: 10/100

Registration Deadline: Sun, Mar 12

★ **New Program**

Dice Bowling

Grab a die and join us for bowling - dice bowling that is! Earn strikes and spares from the comfort of home. If you haven't played before, it's easy to learn. Roll the die to see how many pins you knock down.

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

All ages

Virtual

Tues, Mar 28

5:00-6:00 pm

R: FREE, NR: FREE

Code: 45405

Min/Max: 10/100

Registration Deadline: Tues, Mar 21

Trip to Great Barrier Reef★

Sit back and relax as we virtually travel across the world to Australia! See how many different types of sea creatures you can find while we explore and learn more about one of the seven natural wonders of the world!

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

All ages

Virtual

Thurs, May 4

5:00-6:00 pm

R: FREE, NR: FREE

Code: 45418

Min/Max: 10/100

Registration Deadline: Thurs, Apr 27

Game Show Fun

Do you like Wheel of Fortune, Jeopardy, or Family Feud? Then come on down! Enjoy a fun-filled night with game show festivities and friendly competition with friends.

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

All ages

Virtual

Mon, May 8

5:00-6:00 pm

R: FREE, NR: FREE

Code: 45406

Min/Max: 10/100

Registration Deadline: Mon, May 1

Guess Who?

Guess Who? is a game of asking descriptive questions and trying to guess the character. Our spring event is based on Disney movies. Bring your detective hat and let's play!

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

All ages

Virtual

Thurs, May 11

5:00-6:00 pm

R: FREE, NR: FREE

Code: 45408

Min/Max: 10/100

Registration Deadline: Thurs, May 4

Dot Art Masterpiece ★

Dot art, or pointillism, is a painting technique used by Georges Seurat, a French post-impressionist artist. You may be familiar with his famous painting, *A Sunday Afternoon*. This is an opportunity to create a picture using this world-famous technique! You will need water colors (like used in school), water color paper, and either q-tips or pencils with erasers. Let's make Georges Seurat proud with our masterpieces!

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

All ages

Virtual

Tues, May 16

5:00-6:00 pm

R: FREE, NR: FREE

Code: 45404

Min/Max: 10/100

Registration Deadline: Sun, Apr 30

Spring Has Sprung Bingo ★

Do you see or hear the robins outside? Spring has sprung! Spring themed cards may have birds, flowers, clouds, umbrellas, and other spring items. Grab your lucky charm and play from the comfort of home. Bingo cards will be emailed to you after the registration deadline. Please register early to receive your cards.

Make sure to have something to mark your bingo card (coins, bingo chips, M&M's, or whatever you choose).

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

All ages

Virtual

Mon, May 15

5:00-6:00 pm

R: FREE, NR: FREE

Code: 45415

Min/Max: 10/100

Registration Deadline: Mon, May 8

Proud to Be Me Dance Party

Proud to Be Me is a beginner level dance and movement class that provides a fun outlet for letting out energy and enjoying time with friends!

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

All ages

Virtual

Sat, May 13

5:00-6:00 pm

R: FREE, NR: FREE

Code: 45414

Min/Max: 10/100

Registration Deadline: Sun, Apr 30

SPRING REGISTRATION

In-Person Program Registration Dates

Resident Registration

Begins Monday, November 14 at 9:00 am

Non-Resident Registration

Begins Monday, January 9 at 9:00 am

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

Virtual Program Registration Dates

Resident Registration

Begins Monday, November 14 at 9:00 am

Non-Resident Registration

Begins Monday, November 14 at 9:00 am

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

SPECIAL EVENTS FOR ALL AGES

IN-PERSON & VIRTUAL

Sandpaper Art - Activity Backpack #26

Use an out of the box tool to create a work of art by drawing a picture on sandpaper! You will receive 2 sheets of sandpaper and Crayola crayons (they work best). You can either frame the picture or you can make your own iron on transfer with help from an adult (directions will be included for the iron on transfer).

Whether you join us in-person or virtually, you will have a great time being creative! However you join us, we look forward to seeing you!

If Sandpaper Art is your first Activity Backpack event, you will receive a backpack with all the supplies. If you have participated in a previous Activity Backpack event, you will only receive the supplies for this event. All participants will receive an activity book for each event.

In-Person

Please contact our office for any questions or concerns about safety guidelines.

All ages

SSSRA Office, Tinley Park

Wed, May 3

5:00-6:00 pm

R: \$9, NR: \$12

Code: 41102

Min/Max: 6/20

Registration Deadline: Wed, Apr 12

Virtual

Due to the generosity of an Anonymous Donor, the virtual program is offered free of charge for all participants.

All ages

Virtual

Wed, May 3

5:00-6:00 pm

R: FREE, NR: FREE

Code: 45401

Min/Max: 10/20

Registration Deadline: Wed, Apr 12

Participants can pick up their supplies beginning

Mon, Apr 24.



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

Bowling

How many strikes and spares can you get? Come out and join your friends in some fun rounds of bowling! All ability levels are welcome and participants will be grouped by age and ability. This program includes two games or an hour and a half of bowling, whichever comes first. Bowling ramps are available and staff will keep track of participant's bowling averages for Special Olympics.

Please contact our office for any questions or concerns about safety guidelines.

All ages
Centennial Lanes 2.0, Tinley Park
Wed, Apr 5 - May 3
4:30-6:00 pm
R: \$60, NR: \$80
Code: 40401
Min/Max: 6/20
Registration Deadline: Sun, Feb 19

All ages
Location TBA
Thurs, Apr 6 - May 4
4:30-6:00 pm
R: \$60, NR: \$80
Code: 40402
Min/Max: 6/20
Registration Deadline: Sun, Feb 19

Bunny Breakfast

Let's hop to breakfast with Peter Cottontail! Wiley's Grill in Flossmoor will be open just for SSSRA and our friends from other SRAs. Enjoy delicious food and a visit with everyone's favorite bunny! A photo will be taken of you with the bunny and mailed after the event. Each person attending must register and sign a participation waiver.

Please contact our office for any questions or concerns about safety guidelines.

All ages
Wiley's Grill, Flossmoor
Sat, Apr 8
9:00-10:30 am
R: \$15, NR: \$27, LWSRA & SWSRA: \$20
Code: 43203-A (participant), 43203-B (guest)
Min/Max: 25/100
Registration Deadline: Sun, Mar 26

If you or your guest(s) do not show up for the event, you will be charged an additional \$10 for each no show in your party.

Drama Show

See your friends perform at Freedom Hall! The Drama Club has been hard at work and they are ready to put on a show that you will not forget. New this year is a performance from the Show Choir. This new group has been practicing their singing and dancing, and they are sure to get the crowd ready for a great drama performance. Participants must be accompanied by a parent, guardian, or group home staff. This is not a staffed event.

Please contact our office for any questions or concerns about safety guidelines.

All ages
Freedom Hall, Park Forest
Mon, May 1
7:00 pm Showtime
R: FREE, NR: FREE
Code: 43201
Min/Max: 10/200
Registration Deadline: Sun, Apr 30

Fishing Derby

Get ready to reel in some fish! Come out to Centennial Lake and see what you can catch. Once you catch the fish, Fish Tales club members will show you how to clean and cook them as well. Rods, reels, and bait will be provided. We will sit together and enjoy what we have caught together at picnic tables near the lake. Please note there is a short walk from the parking lot to the pier.

Please contact our office for any questions or concerns about safety guidelines.

All ages
Centennial Lake, Tinley Park
Mon, May 8
5:30-8:00 pm
R: \$13, NR: \$18
Code: 41132
Min/Max: 6/20
Registration Deadline: Sun, Apr 16

FAMILY BANQUET



50
years
1973-2023

Everyone is invited to the Family Banquet for a fun-filled night! This year's event is extra special as we **celebrate SSSRA's 50th Anniversary**. Enjoy dinner with your family and friends, then dance the night away.

All of our wonderful participants will be recognized and every SSSRA participant will receive a **limited edition 50th Anniversary gift**.

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

Please contact our office for any questions or concerns about safety guidelines.

All ages
Gaelic Park
6119 147th Street, Oak Forest
Wed, May 17
6:00-9:30 pm
R: \$20, NR: \$20
Code: 43202
Min/Max: 100/200
Registration Deadline: Sun, Apr 16

If you or your guest(s) do not show up for the event, you will be charged an additional \$30 for each no show in your party.



EARLY CHILDHOOD & YOUTH PROGRAMS & SPECIAL EVENTS

IN-PERSON



Baseball Basics ★

Baseball Basics is a fun way to learn fundamentals. We will start each week learning a skill, then end with a game to practice what we learned. No previous baseball experience required.

Please contact our office for any questions or concerns about safety guidelines.

Ages 2 - 12
Tony Bettenhausen Recreation Center, Tinley Park
Mon, Mar 27 - Apr 24
5:00-6:00 pm
R: \$47, NR, \$63
Code: 43501
Min/Max: 6/15
Registration Deadline: Sun, Feb 19

Gymnastics

Gymnastics is a great way to work on core strength, agility, flexibility, coordination, and balance. Learn the basics of tumbling, have fun in a social environment, and improve overall fitness and health.

Please contact our office for any questions or concerns about safety guidelines.

Ages 2 - 12
Oak Forest Park District
Wed, Apr 5 - May 3
4:00-4:50 pm
R: \$35, NR: \$47
Code: 43502
Min/Max: 6/10
Registration Deadline: Sun, Feb 19

DuPage Children's Museum ★

For over 30 years, the DuPage Children's Museum has provided learning for kids through play. With a variety of exhibits, programs, and special events, every experience is designed to help children develop a strong foundation of creativity, critical thinking and problem solving skills, and confidence. Please send a water bottle and eat lunch before we leave.

Please contact our office for any questions or concerns about safety guidelines.

Ages 2 - 12
DuPage Children's Museum, Naperville
Sat, Apr 29
1:00-4:00 pm
R: \$58, NR: \$78
Code: 44401
Min/Max: 10/20
Registration Deadline: Sun, Apr 2

Transportation

SSSRA Office
Departure Time: 11:45 am
Return Time: 5:15 pm

Coyote Run, Flossmoor
Departure Time: 12:15 pm
Return Time: 4:45 pm

IN-PERSON

Adaptive Sports Mania

Are you interested in trying a sport that you may have never thought about before? Now is the time! Explore a different adaptive sport each week, such as sitting volleyball and wheelchair softball. Whether the sports are old or new to you, this program will give you the chance to improve your skills and find a new passion! Wear your workout clothes and bring a bottle of water.

Please contact our office for any questions or concerns about safety guidelines.

Ages 6 - 12

H-F Sports Complex

18220 Morgan Avenue, Homewood

Mon, Mar 27 - Apr 24

6:00-7:00 pm

R: \$32, NR: \$43

Code: 42401

Min/Max: 6/15

Registration Deadline: Sun, Feb 19

Adaptive Tennis ★

Adaptive tennis is one of the world's most inclusive sports programs. Whether you're a beginner or advanced player, you'll have fun and learn how to become a more competitive player after this event! Skilled instructors at Homewood-Flossmoor Racquet & Fitness Club will join forces with SSSRA to teach basic skills such as game strategy, form, consistency and control, and more.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older

Homewood-Flossmoor Racquet & Fitness Club

Sat, Apr 15

9:00-11:00 am

R: \$10, NR: \$15

Code: 42501

Min/Max: 6/15

Registration Deadline: Sun, Mar 26



Teen Social Club

Join your friends for Friday night fun! Participants will enjoy activities such as karaoke, trivia, ice cream socials, bowling, and more! A detailed schedule will be sent out prior to the program start date. Please bring a water bottle and wear athletic shoes weekly.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 - 19

Various Locations

Fri, Mar 31 - Apr 28

6:00-8:00 pm

R: \$100, NR: \$135

Code: 42701

Min/Max: 6/15

Registration Deadline: Sun, Feb 19

The Forge ★

Climb, zip, soar, and more! Get ready for an exhilarating outdoor activity at the Forge! Participants will have fun with friends zip lining and rock climbing. Lunch is included. Participants must have signed waivers, bring a water bottle, dress for the weather, and wear athletic shoes.

Please contact our office for any questions or concerns about safety guidelines.

Persons ages 13 - 19

The Forge, Lemont

Sat, Apr 15

1:00-5:00 pm

R: \$100, NR: \$135

Code: 43101

Min/Max: 6/15

Registration Deadline: Sun, Mar 26

Transportation

SSSRA Office

Departure Time: 12:00 pm

Return Time: 6:00 pm

Coyote Run, Flossmoor

Departure Time: 12:15 pm

Return Time: 5:45 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 or email info@sssra.org.

Spring Sponsors

- Anonymous Donor
- Ecolab, Inc.
- Old Plank Trail Community Bank

STINGRAYS SPORTS PROGRAMS

IN-PERSON



Stingrays Softball

Grab your glove and head to the field! If you are interested in playing against other SRAs in a competitive setting, then Stingrays Softball is for you! Every player will need to have their own glove at the first practice. A schedule will be given to you after the first practice. Each athlete will be given a t-shirt* and a hat to keep. Don't forget your water!

We may compete in the Regional Tournament in August and the ITRS tournament in July. Please note that program fee does not include State Competition usually in September.

Athletes must have all Special Olympics forms updated through the State Tournament (September 2023). All athletes will need to turn in any required Special Olympics forms to the SSSRA Office by June 9, 2023. There are new forms that are required by Special Olympics Illinois.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older

Homewood Estates

Tues, May 2 - Aug 1, No program July 4

6:30-8:00 pm

R: \$132, NR: \$178

Please note that program fees do not include State Competitions.

Code: 40702

Min/Max: 10/30

Registration Deadline: Sun, Apr 16



Please contact Laura Pubins, Operations Manager if you have any questions about Stingrays Sports.

815.806.0384
laura@sssra.org

*If the program or event you are registered for includes a shirt, please make sure that your shirt size is correct on the Annual Information Form to ensure that you receive the correct size.

Open Swim

Grab your swimsuit and get in the pool! Open Swim gives you the freedom to splash around or swim laps. Staff will be in the water to monitor participants, and a lifeguard will be on duty. Locker rooms are available. Proper swim attire is required for this program. If participants have a toileting concern, proper swim undergarments are required.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older
 Matteson Community Center (Matteson Avenue)
 Mon, Mar 27 - Apr 24
 6:00-7:00 pm
 R: \$37, NR: \$50
 Code: 42911
 Min/Max: 6/20
 Registration Deadline: Sun, Feb 19

Bingo

Come join your SSSRA friends for some fun games of Bingo. See if you can get 5 across, up and down, diagonal, or four corners, be ready to yell BINGO! Winners will also receive a prize.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older
 Tony Bettenhausen Recreation Center, Tinley Park
 Tues, Mar 28 - Apr 25
 5:00-6:00 pm
 R: \$35, NR: \$47
 Code: 42901
 Min/Max: 6/15
 Registration Deadline: Sun, Feb 19

Aerobics

Aerobics is a fun and easy way to stay in shape. We will do a variety of cardio and strength exercises in a group setting. You will learn easy, but effective exercises to do at home. Please wear workout clothes and bring a bottle of water. Don't forget to sign up for Let's Dance following this program.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older
 Marie Irwin Center, Homewood
 Wed, Mar 29 - Apr 26
 6:00-7:00 pm
 R: \$25, NR: \$34
 Code: 42916
 Min/Max: 6/15
 Registration Deadline: Sun, Feb 19

Let's Dance

Let's dance to your favorite songs! We will learn popular dances, while listening to great music. This program will enhance your gross motor skills and encourage socialization. Please wear workout clothes and bring a bottle of water. Register for Aerobics before Let's Dance for twice the exercise and fun!

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older
 Marie Irwin Center, Homewood
 Wed, Mar 29 - Apr 26
 7:15-8:15 pm
 R: \$25, NR: \$34
 Code: 42917
 Min/Max: 6/15
 Registration Deadline: Sun, Feb 19



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[@sssra1973](https://www.instagram.com/sssra1973)

IN-PERSON

Chef's Kitchen

Make a delish dish in the kitchen with your friends. We will make something new each week, and enjoy our meal together. All ingredients will be provided. Don't forget to register for Crafty Creations after Chef's Kitchen.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older
Hazel Crest Park District
Thurs, Mar 30 - Apr 27
4:30-6:30 pm
R: \$92, NR: \$124
Code: 42902
Min/Max: 6/15
Registration Deadline: Sun, Feb 19

Crafty Creations

Get ready to make new and exciting arts and crafts! We will use a variety of supplies for our art. Don't forget to sign up for Chef's Kitchen before Crafty Creations.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older
Hazel Crest Park District
Thurs, Mar 30 - Apr 27
6:45-7:45 pm
R: \$63, NR: \$85
Code: 42903
Min/Max: 6/15
Registration Deadline: Sun, Feb 19

Sports Fanatics

When you participate in Sports Fanatics, you will learn about a variety of sports and get the chance to play. In this non-competitive program, participants will focus on a different sport each week and you will discover your favorite one. As a reminder, wear your workout clothes and bring a bottle of water.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older
Tony Bettenhausen Recreation Center, Tinley Park
Fri, Mar 31 - Apr 28
5:30-6:30 pm
R: \$30, NR: \$40
Code: 42907
Min/Max: 6/15
Registration Deadline: Sun, Feb 19

Disc Golf ★

Get ready to practice your aim! Come out and join your SSSRA friends each week where we will play a couple rounds of disc golf at a local outdoor course. Disc golf is a fun and relaxed sport that involves throwing frisbees at targets to try and make it in the baskets. During this program we will be working on throwing accuracy, hand eye coordination, and socialization. Be sure to dress for the weather and wear comfortable shoes.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older
The Bradford Barn, Olympia Fields
Sat, Apr 1 - Apr 29
9:00-10:30 am
R: \$30, NR: \$40
Code: 42905
Min/Max: 6/15
Registration Deadline: Sun, Feb 19

Fitness & Fun

Staying active and exercising regularly is an important part of maintaining our overall health. What better way to stay active than to do it with your friends? During Fitness and Fun, we will work on coordination, balance, strength, and muscle tone. Please wear workout clothes and bring a bottle of water. Participants must be able to work in a 1:4 staff to participant ratio.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older

Oak Forest Fitness Center

Sat, Apr 1 - Apr 29

10:00-11:00 am

R: \$25, NR: \$34

Code: 42919

Min/Max: 6/15

Registration Deadline: Sun, Feb 19

Socializers Social Club

Spend Saturday night having fun with your friends! Each week we will take part in different activities throughout the community that will involve working on our socialization skills. You will be mailed a schedule of activities two weeks prior to the start of the program. Participants must be able to work successfully in a 1:4 staff to participant ratio and display appropriate table manners.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older

Various Locations

Sat, Apr 1 - Apr 29

6:00-8:00 pm

R: \$100, NR: \$135

Code: 43001

Min/Max: 6/15

Registration Deadline: Sun, Feb 19

TEEN & ADULT PROGRAMS

Suggested for Individuals with Severe & Profound Disabilities

Shedd Aquarium ★

Visiting the Shedd Aquarium is an amazing experience where you can learn all about the aquatic animal world. Explore exhibits, observe fish and dolphins, and discover the beauty of nature. Fee includes admission. Please bring a bag lunch, and money for snacks and souvenirs.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older with severe & profound disabilities

Shedd Aquarium, Chicago

Sun, Apr 2

10:00 am-2:00 pm

R: \$109, NR: \$135

Code: 45501

Min/Max: 6/15

Registration Deadline: Sun, Mar 19

Transportation

SSSRA Office

Departure Time: 9:00 am

Return Time: 3:00 pm

Coyote Run, Flossmoor

Departure Time: 9:15 am

Return Time: 2:45 pm

TEEN & ADULT PROGRAMS

Suggested for Individuals with Physical Disabilities

IN-PERSON



Swimming ★

Swimming is a great way to incorporate a low impact workout into your week! During each session, swimmers will work to improve their swimming stroke technique. We will focus on using a variety of different strokes such as breaststroke and freestyle stroke with the outcome of enhancing muscular strength and cardiovascular endurance. Proper swim attire is required for this program. If participants have a toileting concern, proper swim undergarments are required. Door-to-door transportation will be provided for residents, and participants will be notified of their pick-up time. Non-residents will need to meet at the SSSRA office and will be notified of the departure time.

Please contact our office for any questions or concerns about safety guidelines.



Residents will be notified of their pick-up time for door-to-door transportation.

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

Ages 13 and older with physical disabilities
Matteson Community Center (Matteson Avenue)
Thurs, Mar 30 - Apr 27
11:30 am-12:30 pm
R: \$92, R w/ Transportation: \$170,
NR: \$124, LWSRA & SWSRA: \$92
Code: 40501 (No Transportation),
40601 (R w/ Transportation)
Min/Max: 4/10
Registration Deadline: Sun, Feb 19

Air Play ★

Look up in the sky! Is it a bird? Is it a plane? Nope- it's just one of the acrobatic performers flying over our heads! Join SSSRA as we head to Governors State University to enjoy the breathtaking Air Play show. Air Play is a spin-off of a traditional circus, but it becomes even more action packed with the use of sculptures, comedy, and theatre! Door-to-door transportation will be provided for residents, and participants will be notified of their pick-up time. Non-residents will need to meet at the SSSRA office and will be notified of the departure time. Please eat before coming to the event.

Please contact our office for any questions or concerns about safety guidelines.



Residents will be notified of their pick-up time for door-to-door transportation.

Ages 13 and older with physical disabilities
Center for Performing Arts, Governors State University
Sat, Apr 22
2:00 pm Show Time
R: \$55, NR: \$74
Code: 41301
Min/Max: 6/20
Registration Deadline: Sun, Apr 2

★ New Program

Chicago Blackhawks Game ★

Grab your Blackhawks gear and cheer on six time Stanley Cup champions, the Chicago Blackhawks, as they take on the Vancouver Canucks. Before the puck drops, we are heading to the Fifth-Third Arena (where the Blackhawks practice) for a locker room tour, ice skating, and buffet. Please note, the United Center is a cashless venue, so participants will need to bring a debit card for any souvenirs or additional food items. Participants must be able to work successfully in a 1:4 staff to participant ratio.

Please contact our office for any questions or concerns about safety guidelines.

Persons ages 13 and older
United Center, Chicago
Sun, Mar 26
5:00 pm Game Time
R: \$109, NR: \$147
Code: 41103
Min/Max: 10/20
Registration Deadline: Sun, Feb 19

Transportation

SSSRA Office
Departure Time: 12:30 pm
Return Time: 9:00 pm

Coyote Run, Flossmoor
Departure Time: 1:00 pm
Return Time: 8:30 pm

SSSRA Formal

You won't want to miss SSSRA's Formal! This night will include dancing, dinner, and a wonderful time! SSSRA staff will take photos of you and your friends and we will crown the King and Queen at the end of the night.

Please contact our office for any questions or concerns about safety guidelines.

Persons ages 13 and older
Eisenhower Center, Lansing
Fri, Mar 31
6:00-8:00 pm
R: \$21, NR: \$28
Code: 41135
Min/Max: 10/50
Registration Deadline: Sun, Mar 12

Hollywood Blvd

Hollywood Blvd is a fun way to experience going to the movies! This theater has a full food and drink service that gets delivered right to your seat. We will announce the movie closer to the event date.

Fee includes lunch and the movie. Please bring money if you would like to purchase additional snacks. Program time is subject to change due to showtimes. Participants must be able to work successfully in a 1:4 staff to participant ratio, and display appropriate table manners in restaurant situations.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older
Hollywood Blvd, Woodridge
Sun, Apr 2
1:00 pm Showtime
R: \$40, NR: \$54
Code: 44214
Min/Max: 6/20
Registration Deadline: Sun, Mar 19

Transportation

SSSRA Office
Departure Time: 11:00 am
Return Time: 4:45 pm

Coyote Run, Flossmoor
Departure Time: 11:30 am
Return Time: 4:15 pm



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TEEN & ADULT SPECIAL EVENTS

IN-PERSON

LWSRA La Fiesta

Join your SRA friends for a real fiesta! This is a great opportunity to dance, socialize, and celebrate. Grab your sombrero and get ready to dance the night away!

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older
LWSRA, New Lenox
Fri, Apr 14
6:30-9:00 pm
R: \$40, NR: \$54
Code: 44201
Min/Max: 6/40
Registration Deadline: Sun, Mar 12

Transportation

SSSRA Office
Departure Time: 5:30 pm
Return Time: 10:00 pm

Coyote Run, Flossmoor
Departure Time: 6:00 pm
Return Time: 9:30 pm

Billiards & Dart Night ★

Can you hit the bulls eye or sink the 8-ball in before anyone else? Explore your competitive side as we have a fun evening playing a few games of darts and pool! Pizza will be provided for dinner.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older
Thunder Bowl
18700 Old Lagrange Road, Mokena
Tues, Apr 18
5:00-7:00 pm
R: \$37, NR: \$50
Code: 42501
Min/Max: 4/15
Registration Deadline: Sun, Apr 2

Air Play ★

Look up in the sky! Is it a bird? Is it a plane? Nope - it's just one of the acrobatic performers flying over our heads! Enjoy the breathtaking *Air Play* show, a spin-off of a traditional circus, but it becomes even more action packed with the use of sculptures, comedy, and theatre! You will be notified of your pickup time. Please eat before coming to the event.

Please contact our office for any questions or concerns about safety guidelines.

Persons ages 13 and older
Center for Performing Arts, Governors State University
Sat, Apr 22
2:00 pm Show Time
R: \$32, NR: \$43
Code: 41101
Min/Max: 6/20
Registration Deadline: Sun, Apr 2

Transportation

SSSRA Office
Departure Time: 11:45 am
Return Time: 5:00 pm

Coyote Run, Flossmoor
Departure Time: 12:15 pm
Return Time: 4:30 pm

Brookfield Zoo ★

Spring is here, and it's a great time to head to Brookfield Zoo to see the animals! We will visit habitats, see a dolphin show, and eat lunch together. Please bring a sack lunch. Please bring additional money if you would like to purchase your lunch, concessions, or souvenirs.

Please contact our office for any questions or concerns about safety guidelines.

Persons ages 13 and older
Brookfield Zoo
Sun, Apr 23
10:00 am-4:00 pm
R: \$53, NR: \$72
Code: 41104
Min/Max: 10/20
Registration Deadline: Sun, Apr 2

Transportation

SSSRA Office
Departure Time: 9:00 am
Return Time: 5:15 pm

Coyote Run, Flossmoor
Departure Time: 9:30 am
Return Time: 4:45 pm

Medieval Times

Calling all Queens, Knights, and Squires! Be transported back in time, where you will see majestic creatures, watch knights duel, and enjoy a meal. The day will be full of exciting entertainment!

There is the possible use of strobe lighting during the show. Participants must be able to work successfully in a 1:4 staff to participant ratio, and display appropriate table manners in restaurant situations.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older
Medieval Times, Schaumburg
Sun, Apr 30
4:00 pm Showtime
R: \$92, NR: \$124
Code: 41105
Min/Max: 6/20
Registration Deadline: Sun, Apr 2

Transportation

SSSRA Office
Departure Time: 1:30 pm
Return Time: 8:00 pm
Coyote Run, Flossmoor
Departure Time: 2:00 pm
Return Time: 7:30 pm

Shopping & Lunch

Whether you have a shopping list or just want to window shop, nothing is more fun than spending the afternoon with your friends. We will head to Red Robin for lunch after shopping. Lunch is included in the fee. Participants must be able to work successfully in a 1:4 staff to participant ratio, and display appropriate table manners in restaurant situations.

Please contact our office for any questions or concerns about safety guidelines.

Ages 13 and older
Woodfield Mall, Schaumburg
Sun, May 7
11:00 am-4:00 pm
R: \$40, NR: \$54
Code: 44217
Min/Max: 6/20
Registration Deadline: Sun, Apr 16

Transportation

SSSRA Office
Departure Time: 9:30 am
Return Time: 5:30 pm
Coyote Run, Flossmoor
Departure Time: 10:00 am
Return Time: 5:00 pm

SPRING REGISTRATION

In-Person Program Registration Dates

Resident Registration
Begins Monday, November 14 at 9:00 am

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

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

Virtual Program Registration Dates

Resident Registration
Begins Monday, November 14 at 9:00 am

Non-Resident Registration
Begins Monday, November 14 at 9:00 am

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

VIRTUAL

Kitchen Fun

It's time to put your chef's hat on! Learn how to cook and bake using quick recipes. From sweet treats such as breakfast bars, to savory dishes such as BBQ chicken roll-ups, your taste buds will experience it all! The recipes with an ingredients list will be sent out two weeks before program starts.

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

Ages 13 and older

Virtual

Tues, Mar 28 - Apr 25

11:00-11:30 am

R: FREE, NR: FREE

Code: 45409

Min/Max: 5/100

Registration Deadline: Tues, Mar 21

Social Time

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

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

Ages 13 and older

Virtual

Tues, Mar 28 - Apr 25

6:30-7:00 pm

R: FREE, NR: FREE

Code: 45413

Min/Max: 5/100

Registration Deadline: Tues, Mar 21

Pokeno

Are you a veteran or a rookie Pokeno player? Either way, playing will be so much fun! Pokeno is a mixture of bingo and poker. A deck of cards will be used to fill your Pokeno card, either horizontally or vertically. All players will receive a couple of cards that you can swap in and out, depending on which card you feel will be your winner! Players will need to provide their own card markers (chips, coins, or whatever you choose). Get ready to yell POKENO!

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

Ages 13 and older

Virtual

Wed, Mar 29 - Apr 26

11:00-11:30 am

R: FREE, NR: FREE

Code: 45203

Min/Max: 5/100

Registration Deadline: Wed, Mar 22

Drawing Techniques

Doodling, focal point, and primary colors are terms that relate to drawing and the creative process. Learning drawing techniques is a great way to start exploring your creative side! You will receive a drawing book so you can keep your art and show it to your family and friends.

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

Ages 13 and older

Virtual

Thurs, Mar 30 - Apr 27

4:00-4:30 pm

R: FREE, NR: FREE

Code: 45202

Min/Max: 5/50

Registration Deadline: Thurs, Mar 23

Scavenger Hunt

Time to go on a scavenger hunt! Don't worry, you probably have everything on your list right in your house! We will pick an item and give everyone the chance to find it. Points are awarded based on who finds it first. The person with the most points wins that round.

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

Ages 13 - 19

Virtual

Thurs, May 18

5:00-6:00 pm

R: FREE, NR: FREE

Code: 45411

Min/Max: 10/50

Registration Deadline: Thurs, May 11

Weight Workout

Grab some weights and your water bottle, 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, using your body weight is just as effective.

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

Ages 13 and older

Virtual

Fri, Mar 31 - Apr 28

2:00-2:30 pm

R: FREE, NR: FREE

Code: 45205

Min/Max: 5/100

Registration Deadline: Fri, Mar 24

Basic Sign Language

Have you ever wanted to learn how to spell your name using sign language? Here's your chance to learn basic signs, letters, and numbers. Each week, we will focus on a new theme, review old themes, and practice with questions and answers with the group. If you already have an understanding of the basic signs, letters, and numbers, you may want to register for Intermediate Sign Language.

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

Ages 13 and older

Virtual

Thurs, Mar 30 - Apr 27

11:00-11:45 am

R: FREE, NR: FREE

Code: 45201

Min/Max: 5/50

Registration Deadline: Thurs, Mar 23

Intermediate Sign Language

If you have participated in Basic Sign Language and feel ready to move on to more signs and starting to put sentences together, then this is the program for you. Participants must be fluent in letters, numbers, and basic signs and have completed SSSRA's Basic Sign Language to participate in this program.

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

Ages 13 and older

Virtual

Fri, Mar 31 - Apr 28

11:00-11:45 am

R: FREE, NR: FREE

Code: 45204

Min/Max: 5/50

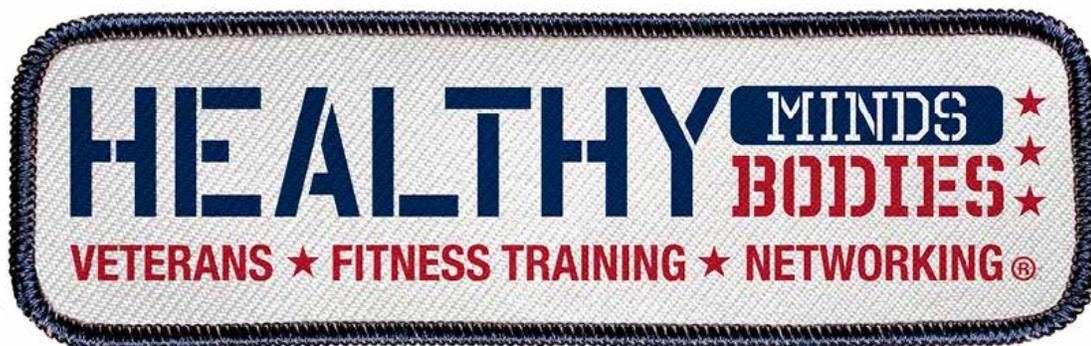
Registration Deadline: Fri, Mar 24



Find us on Facebook
facebook.com/sssra1973



Find us on Instagram
@sssra1973



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 Juanita Williams at 815.806.0384 or juanita@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

How to Register

- Online** register.capturepoint.com/SSSRA
- Mail** Send completed registration form with payment to our office -
19910 80th Avenue, Tinley Park, IL 60487
- Fax** Fax completed registration form to 815.806.0390. Please call our office at 815.806.0384 to pay over the phone.
- Drop Off** 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.

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

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

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.

Please call the office for details if you are registering online.

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, & non-residents)

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 or weekend trips. SSSRA reserves the right to request proof of financial circumstances, including tax return documents, when needed.

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. Refunds can be issued in the form of a credit to the account or a check can be issued. Some refunds can go back to the original credit card. Please inform the office how you would like to receive your refund.
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%.

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

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, credit card, check, or money order. Online payments can be made with a credit card. Office payment options include credit card, check, or money order. Credit cards accepted are VISA, MasterCard, or Discover Card. Cash will only be accepted in person at the SSSRA office.
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. 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. Please call the office for details if you are registering online.
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 a minimum payment of 25% of the registration fees along with the completed and signed registration form and waiver(s). When sending a fax to SSSRA, it is mutually understood that the facsimile document shall substitute for and have the same legal effect as the original form. Please contact the SSSRA office to confirm that your fax was received.
4. Due to increased volume of participants and programs, a minimum payment of 25% of the registration fees 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 residents. 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 \$35 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.

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.

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

Place a checkmark here if you would like to receive our email newsletter. SSSRA will not share your email address.

Group Home/Residential Facility _____ Manager/Caseworker _____

Manager/Caseworker Phone - Office _____ After Hours _____

Emergency Contact _____ Relationship _____

Phone - Home _____ Work _____ Cell _____

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

Primary Disability _____ Secondary Disability/Medical Condition _____

Current Medications/Prescribed or Over-The Counter _____

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

Allergies _____ Dietary Restrictions _____

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

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

SOUTH SUBURBAN SPECIAL RECREATION ASSOCIATION Participation Waiver

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

Behavior Expectations

SSSRA requires all participants to comply with the following:

1. Show respect to all participants and staff. Must refrain from threatening or causing bodily harm to self or other participants or staff. Bullying of any form will not be tolerated.
2. Listen to and comply with staff directions.
3. Refrain from using foul language or other offensive behavior such as rude or inappropriate gestures or sexually explicit language.
4. Not be under the influence of alcohol or drugs which would impair the ability to safely participate in the program.
5. Remain fully clothed at all times.
6. Audio or video recording by participants of our programs is strictly prohibited.
7. Participants must show respect for equipment, supplies and facilities

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

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

Warning of Risk

You should consult your physician or other health care professional before starting any of SSSRA 1 programs that involves athletic activities, strenuous exertion program, such as dance, exercise, or movement programs etc., to determine if it is right for your needs. If you experience faintness, dizziness, pain or shortness of breath at any time while participating you should stop immediately. If you choose to participate with SSSRA programs, you do so at your own risk and acknowledge that the activity/programs carry an inherent risk of physical injuries.

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

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

Mandated Reporter Statement

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

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

Supervision Acknowledgment

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

SOUTH SUBURBAN SPECIAL RECREATION ASSOCIATION Program Participation Waiver, Release of All Claims and Hold Harmless Agreement

Please read this form carefully and be aware that, in signing up and participating in South Suburban Special Recreation Association (SSSRA) programs, you will be waiving and releasing all claims for injuries, arising out of these programs, that you or the other named participants might sustain. The terms “I”, “me”, and “my” also refer to parents or guardians as well as participants in the program. In registering for these programs, you are agreeing as follows:

As a participant in these programs, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages or loss which I may sustain as a result of participating, in any manner, in any and all activities with or associated with such program. I further recognize and acknowledge that all athletic activities involving strenuous exertion or potential body contact are hazardous recreational activities and involve substantial risks of injury. I understand that it is my responsibility to ensure there is adequate space for myself or my child/ward to follow the instructor’s directions and movements safely and without the possibility of tripping or colliding with objects, furniture, walls, stairwells, or any other object that could pose a potential injury, and that each participant or parent/guardian is solely responsible for assessing if they can participate safely in the space they have chosen. *“You should consult your physician or other health care professional before starting any of SSSRA programs that involves athletic activities, strenuous exertion program, such as dance, exercise, or movement programs etc., to determine if it is right for your needs. If you experience faintness, dizziness, pain or shortness of breath at any time while participating you should stop immediately. If you choose to participate with SSSRA programs, you do so at your own risk and acknowledge that the activity/programs carry an inherent risk of physical injuries. To the extent permitted by law, the SSSRA and its affiliates disclaim any-and-all liability in connection with the activity/program presented and any instructions and advice provided.”*

Documents that are privileged and confidential communications, including but not limited to, attorney/client privileged communications, reports prepared in anticipation of litigation, and communications between SSSRA and the Park District Risk Management Agency will not be provided.

I agree to waive and relinquish any and all claims I may have as a result of participating in these programs against the SSSRA, any and all other participating or cooperating governmental units, any and all independent contractors, officers, agents, servants and employees of the governmental bodies and independent contractors, and any and all other persons and entities, of whatever nature, might be directly or indirectly liable for any injuries that I might sustain while participating in these programs. (The parties described in the preceding sentence are referred to as “released parties” in the remainder of this Agreement.)

I do hereby fully release and discharge the SSSRA and the other released parties from any-and-all claims for injuries, damage or loss which I may have, or which may accrue to me on account of my participation in these programs.

I further agree to indemnify, hold harmless and defend the SSSRA and all other released parties, from any and all claims resulting from injuries, damages and losses sustained by anyone, and arising out of, connected with, or in any way associated with my conduct and the activities of these programs.

I further understand and agree that the terms such as “participation”, “programs”, and “activities” referred to in this Agreement, include all exercises and physical movements of any nature while I am participating in these programs and further include the provision of or failure to provide proper instructions or supervision, the use and adjustment of any and all machinery, equipment and apparatus, and anything related to my use of the services, facilities or premises involved in these programs, and transportation to and from any events.

I understand the nature of these programs for which I am registering and have read and fully understand this Waiver. Release and Hold Harmless Agreement. I further understand that any advisements or warnings of the particular risks of these programs that I subsequently receive will be incorporated by reference into and become part of this agreement.

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

Printed Name of Participant

Date

Printed Name of Parent or Legal Guardian

Signature (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.

Centennial Lake / Centennial Park
167th and Parliament, Tinley Park
708.532.8698

Harlem Avenue to 167th Street west.
Left on Centennial Drive.

Centennial Lanes 2.0
16050 Centennial Circle, Tinley Park
708.633.0500

159th Street to Oak Park Avenue
south. Turn right on Centennial
Drive.

**Coyote Run Golf Course /
Wiley's Grill**

800 Kedzie Avenue, Flossmoor
708.957.8700

183rd Street to Kedzie south. Golf
course is located on the west side
before Flossmoor Road.

Don Gorman Field House

4412 Henry Street, Oak Forest
708.687.8882

Cicero to Fieldcrest (1 block north
of 167th Street). Turn east. Left on
Craig Drive and follow to Henry
Street. Building is on the right
(north) side of the street.

Eisenhower Center

2550 178th Street, Lansing
708.474.8552

I-80 East to Torrence Avenue south.
East at 178th Street. Center is on the
north side of the street.

Freedom Hall / Central Park

410 Lakewood Boulevard, Park Forest
708.747.0580

Western Avenue to Lincoln Highway
west. South on Orchard to Lakewood
Boulevard. Building is on the right
side.

**Hazel Crest Park District and
Fitness Center**

2600 W. 171st Street, Hazel Crest
708.335.1500

175th to California Avenue north to
171st east. Building is on the north
side of the street.

Hazel Crest Recreation Center

2701 W. 170th Street, Hazel Crest
708.335.1500

175th to California Avenue north.
California Avenue becomes 170th
Street.

Homewood-Flossmoor Ice Arena

777 Kedzie Avenue, Homewood
708.957.0100

183rd Street to Kedzie south. Ice
Arena is located on the east side of
the street.

**Homewood-Flossmoor Racquet &
Fitness Club / Homewood Estates
Park**

2920 W. 183rd Street, Homewood
708.799.1323

183rd Street 2 blocks east of Kedzie.
Fields are behind the H-F Fitness
Club, and the building is on the north
side of the street.

Marie Irwin Community Center

18120 Highland Avenue, Homewood
708.957.7275

Dixie Highway to Ridge Road, and
turn east. Center is 2 blocks down on
the southwest corner of Ridge and
Highland.

**Matteson Community Center
(Matteson Avenue)**

20642 Matteson Avenue, Matteson
708.441.4500

Cicero to 207th Street. West to
Matteson Avenue.

**Oak Forest Park District /
Tichan House / Fitness Center**

15601 South Central Avenue,
Oak Forest
708.687.7270

Harlem Avenue to 159th Street. Turn
east to Central Avenue north.

**Olympia Fields Park District /
The Bradford Barn / Disc Golf
Course**

20712 Western Avenue,
Olympia Fields
708.481.7313

Lincoln Highway to Western north.
The Barn is on the west side of the
street.

Richton Park Community Center

4445 Sauk Trail, Richton Park

Harlem Avenue to Sauk Trail. Turn
east.

SSSRA Office

19910 80th Avenue, Tinley Park
815.806.0384

Vollmer to Harlem north. Turn west
on 191st Street. Turn south on 80th
Avenue. Office is on the west side of
the street.

Tinley Bowl

7601 183rd Street, Tinley Park

80th Avenue to 183rd Street. Turn
east. Bowling alley is on the right.

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

8125 W. 171st Street, Tinley Park
708.342.4200

183rd Street to 80th Avenue north.
Turn west on 171st Street. Building is
on south side of the street.



SSSRA

19910 80th Avenue
Tinley Park, IL 60487

Non-Profit Organization
U.S. POSTAGE
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Permit #299
Tinley Park, IL 60487



ABA Therapy FOR AUTISM

ABA (applied behavior analysis) therapy provides individualized behavior training and intervention for children with autism. It is used to help individuals with autism live happy and productive lives.

ABA therapy can foster basic skills such as looking, listening and imitating, as well as complex skills such as reading, conversing and understanding another person's perspective. ABA therapy encompasses research based strategies used to treat autism and attacks all deficits systematically and intensively.

THE BEST CHOICE FOR YOUR CHILD AND MINE

Groups focus on

- Fine Motor
- Gross Motor
- Vocabulary
- Communication
- Pretend play skills
- School readiness
- Comprehension
- Language acquisition

Other Services Provided

- Behavior Problems (aggression, noncompliance etc) - decrease
- Intensive Preschool ABA Services
- Life Skills - potty training, brushing teeth, dressing, etc



- Now hiring
- Monthly parent support group
- Monthly social groups
- Call now

(708) 794-6509

21141 Governors Highway #301
Matteson IL 60443

1630 45th St. #201
Munster IN. 46321