

SUMMER 2024



SSSRA
South Suburban Special
Recreation Association

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



SSSRA
South Suburban Special
Recreation Association

19910 80th Avenue
Tinley Park, IL 60487

815.806.0384
815.806.0390 (FAX)
711 (Illinois Relay System)

www.sssra.org | info@sssra.org

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SSSRA Board Members

Country Club Hills Parks and
Recreation Department
Targett Johnson

Hazel Crest Park District
Christopher Cole

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 Board of Directors Meetings

Fourth Thursday of the Month
9:00 am
SSSRA

Congratulations on your retirement, Cindy!

SSSRA is grateful for your dedication to our
participants, families and staff!



SSSRA Staff



Lisa Drzewiecki, CPRP
Executive Director
lisa@sssra.org



Sarah Sizemore
Superintendent of Finance
sarah@sssra.org



Heather Specht, MS, CTRS
Superintendent of Recreation
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Operations Manager
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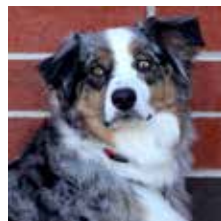
Juanita Williams, MHA
Inclusion Manager
juanita@sssra.org



John Braun
Vehicle Maintenance Coordinator
john@sssra.org



Jonathan Washington
Program Coordinator
jonathan@sssra.org



Buster



Hannah Pacheco
Program Coordinator
hpacheco@sssra.org

What is SSSRA?

SSSRA provides recreational opportunities to individuals with disabilities or special needs. Our association is an extension of seven park districts and three recreation and parks departments.

Vision Statement

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

Mission Statement

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

Program Eligibility

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

SSSRA Residents

Individuals who live within the following member agency borders are eligible to register for programs at the resident fee. Non-residents may also register, but there is a non-resident fee.

- Country Club Hills Parks and Recreation Department
- 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 Department of Recreation, Parks & Community Health
- Richton Park Parks & Recreation Department
- 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

We are committed to providing new and challenging recreation opportunities for all of our participants. Individuals who have special needs are welcome to participate alongside their peers in any programs offered by our member park districts and recreation departments. We work with our member agencies to assist with this transition. Our professional staff are available to help:

- Choose appropriate programs
- Provide referral services
- Conduct staff trainings
- Secure support staff
- Supply adaptive equipment

Please contact Juanita Williams at 815.806.0384 or juanita@sssra.org for additional information.



SSSRA Cooperative Agreements

Cooperative agreements enable individuals to participate with other special recreation associations at resident rates unless otherwise noted. Summer Day Camp, trips, scholarships and door-to-door transportation are not included. Cooperative registrations will be processed after the registration deadline for SSSRA residents. Welcome coupon cannot be applied. We hope these agreements allow all of our residents expanded opportunities.

The intent is not to duplicate programs. Therefore, if an agency offers similar programs as the home agency, the participant can participate, but at the non-resident rate.

LWSRA

815.320.3500 / lwsra.org

- Crete
- Frankfort
- Frankfort Square
- Manhattan
- Mokena
- New Lenox
- Peotone
- Wilmington

SWSRA

708.389.9423 / swsra.com

- Alsip
- Blue Island
- Merrionette Park
- Midlothian
- Palos Heights
- Posen
- Worth

R / NR

R: Resident

NR: Non-Resident

Program Times

Parents or individuals providing transportation should drop-off and pick-up participants at times listed for the program. Time before the program is used to meet with staff and set-up. Please be prompt for pick-up 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 be picked up by someone other than a parent or guardian, a permission note, signed and dated by the parent or guardian, must be given to the Program Supervisor.

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.

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.

Safety Precautions

Staff and volunteers have been provided in-service training concerning proper hygienic procedures. SSSRA seeks to provide a safe environment for all participants, staff, volunteers and the public. If you have any specific questions, please call our Executive Director or Superintendent at 815.806.0384.

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 an 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. Please contact the SSSRA office for more information.

Program Policies

- SSSRA reserves the right to determine participant appropriateness for programs and special events.
- When arriving and departing a program, parents/guardians/group home staff are required to notify the program supervisor.
- If a participant cannot attend a program, he/she cannot send a substitute in their place.
- When participants of varying ages and ability levels are in the same program, SSSRA will group them appropriately.
- SSSRA provides an approximate 1:4 staff-to-participant ratio.
- 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.
- 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.
- With your child's best interest in mind, parents are invited to their child's first program. Our staff have found that parent and/or sibling distractions during the program time affects the quality of their experience. Our staff always welcome the opportunity to discuss progress with parents at any time.

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:

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

Participant Expectations

- 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.
- Overall appearance should be clean (hair, face, teeth, hands, nails, etc.).
- Clean, dry clothing
- Appropriate attire for program participation (i.e. tennis shoes, warm-ups or loose/comfortable fitting clothing for athletic/sports/exercise programs).

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.

- Participants must show respect to all participants, staff and volunteers.
- Participants must refrain from threatening or causing bodily harm to self, other participants or staff.
- Participants must refrain from using foul language or discussing inappropriate topics.
- Participants must show respect for equipment, supplies and facilities.
- Additional rules may be developed for specific programs and athletic programs as deemed necessary by staff.
- 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.
- Participants must be able to stay with the group.
- Participants must always keep their hands and feet to themselves.

When Applicable

- Due to the current situation with COVID-19, some programs and/or special events may change.
- Please contact our office for any questions or concerns about safety guidelines.
- Some high risk programs/special events will require an additional waiver to be signed by a legal guardian.

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:

- At the scheduled program time, if no participants arrive within the first 30 minutes, the program session will be canceled, and staff will be sent home. No refunds will be given.
- SSSRA staff look at all circumstances three hours prior to the starting time of the program or transportation route, to determine if the program should be canceled.
- If the program is canceled, program staff attempt to reach all participants by phone or email to inform them.
- SSSRA attempts to extend programs to make up missed dates.
- SSSRA will call/send a letter announcing program extensions.
- A refund will not be provided for cancellations due to inclement weather.

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.

Severe Weather Guidelines

In the event of severe weather, canceling 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.

Transportation

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

- All passengers must be sitting in seats or wheelchairs with belts securely fastened. The driver will not proceed until all seat belts are fastened.
- All wheelchairs must have brakes that are in good working order and can stop the chair from moving.
- SSSRA 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.
- Persons riding in Amigo-type wheelchairs will have to transfer into a vehicle seat and use a seat belt. Amigo-type wheelchairs are not designed to transport individuals in moving vehicles.
- Wheelchairs may be available for participant use while at programs and special events. Assistance by SSSRA staff will be determined on a case-by-case basis.
- Late registrants may not have transportation during the first week of programs due to routing changes. Participants are notified if a problem occurs.
- When transportation is included in special events, the use of vans or buses may change as necessary to accommodate group sizes and needs.
- A minimum of three participants is required for a vehicle route to run. If there are not enough participants for the route, you will be notified.
- If participants do not use SSSRA transportation and plan to be dropped off or picked up at a 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.
- 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

Special events have centralized pick-up and drop-off locations.

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 location for the program you are registering for.

SSSRA cannot wait more than 10 minutes at the pick-up point due to demanding vehicle schedule.

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, / 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

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

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.

Persons unable to be in a house alone should have someone meet the van at the designated time of return. SSSRA cannot wait more than five minutes due to the demanding vehicle schedule.

SSSRA offers door-to-door transportation for residents only.

You will be called with your pick-up time prior to the program date for door-to-door transportation.

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.

Door-to-door transportation is available on a limited basis as indicated by this symbol.



SUMMER DAY CAMP

Summer Day Camp offers an atmosphere where campers have fun, experience social interaction with campmates and develop skills such as sportsmanship and increased independence. Activities include sports, games, crafts, singing, dancing, food creations, playtime, swimming and field trips.

Benefits of Summer Day Camp

- Improves socialization skills by developing peer relationships and encouraging meaningful relationships with adult leaders
- Encourages campers to cooperatively play with others and make new friends
- Improves self-help skills
- Increases creativity and mind development
- Provides daily experiences that increase self-esteem
- Improves fine and gross motor skills



Summer Day Camp Registration

Each camp is limited to a maximum number of campers. Early registration is important for enrollment to camp. Registrations will be accepted on a first come, first served basis (registration form and payment in full) with preference given to residents of member park districts and recreation departments. Payment plans can be arranged by contacting SSSRA. A 25% deposit is required for each session with registration form. Once camp is in progress adding sessions will require an additional 25% deposit per session.

Current camp session must be paid in full before your camper may participate in the next registered session.

Once a child is enrolled for any session of camp, fees will only be adjusted or refunded for the following circumstances once camp begins:

- Prolonged medical absences
- Summer school, other educational programs or therapies
- Moving

Fees are not prorated for vacation time.

SSSRA incurs costs for hiring staff, drivers and administration of transportation routes. Your understanding on this is appreciated.

Scholarships

SSSRA can assist residents with disabilities or special needs who are in need of financial support by providing a scholarship for a portion of the Summer Day Camp fee. Residents requesting a scholarship should complete a confidential Scholarship Application (available online and at the SSSRA office) and submit it to the SSSRA Executive Director with the completed registration form and waiver. Participants who receive Summer Day Camp scholarships will be responsible for paying fees for any weekly programs or special events they register for.

Each resident participant must make a 25% deposit. Once scholarships have been applied, the remaining portion will be due.

Public Aid Recipients

Department of Children and Family Services

Residents who have foster children through DCFS who wish to participate in Summer Day Camp should contact their caseworker to make payment arrangements. Payment arrangements must accompany the SSSRA Registration Form, Waiver, and Annual Information Form if not already on file.

A child will not be considered enrolled until written confirmation of payment is completed and received by SSSRA. Spots may not be reserved over the telephone by caseworkers. We appreciate your understanding on this matter. If you have any questions, please call SSSRA for more information.

Transportation

Door-to-door transportation to and from Summer Day Camp is an option for residents only. SSSRA does its best to make sure that participants are not on the bus for more than one hour. A Transportation Assessment Form is required to be completed for all campers and returned to SSSRA two weeks prior to the beginning of each camp session. The purpose of the Transportation Assessment is to provide information to our staff when campers are traveling to swim and field trips in addition to providing a pick-up and drop-off address for transportation. SSSRA cannot guarantee transportation to and from camp after the registration deadline. A minimum of three participants is required for a vehicle route to run.

Day Camp Assessment Forms

Our goal is to provide a quality experience for your child as he/she participates in Summer Day Camp. We believe we can carry out that goal by getting to know your child's interests, educational and physical strengths, and special needs.

Upon receipt of your Registration Form, SSSRA will send you a Day Camp Assessment Form that must be completed by you and your child's current teacher. Please return forms to SSSRA two weeks prior to the start of the Summer Day Camp session.

Day Camp Staff

A ratio of one staff to every four campers is maintained at camp sites. Summer Day Camp staff participate in an extensive orientation to familiarize them with the special needs of the campers.

Snacks and Lunches

Parents will need to send a sack lunch every day with their child's name on it. SSSRA provides an individual snack for your child during Summer Day Camp. If your child has dietary restrictions, you may send your own snack or call SSSRA to make arrangements for us to supply a snack suitable for your child's needs. SSSRA will provide water. Please list all dietary restrictions on the Registration Form. Campers will not have access to vending machines.

Rainy Days

SSSRA has access to indoor facilities if it rains, therefore, camp will meet every day.

Medication

If your camper will need to take medication during camp time or if you are sending emergency medication (Benadryl or inhalers), you must complete and return the Medication Release Form and the Inhaler & Auto-Injector Waiver, both found in the Parent Assessment Form packets.

All medicine must be in the sealed medication envelope (provided by SSSRA) with all correct and pertinent information needed. Medication must be turned in to the SSSRA office on the Friday prior to the session start date.

Site Supervisors at each camp will be responsible for dispensing medication.

Swimming

Campers will swim once a week. They must bring a swimsuit and towel in a swim bag provided by you. Male campers must have lined swim trunks or they will not be allowed to swim in the pool. SSSRA recommends that female swimmers wear a one piece swimsuit.

Sunscreen is available, but it is recommended that campers bring their own sunscreen due to skin sensitivity. All items **MUST** be labeled with the campers' name. For campers who don't have bladder or bowel control, it is mandatory that they wear swim diapers. Please be sure to send swim diapers every week. Traditional diapers or Depend undergarments will not be allowed in pools.

Contact Jonathan Washington at 815.806.0384 with questions.

Field Trips

SSSRA will schedule three field trips during the six weeks of Summer Day Camp. Campers will be transported in SSSRA vehicles or by a contracted bus company. Information regarding field trips will be sent home on the campers' weekly calendar. On field trip days, please have your camper wear their SSSRA Summer Day Camp t-shirt. If field trips cannot be held, we will have special guests that will come into each camp to do a special activity.

Camp Calendars

Each week your camper will bring home an activity calendar. Important dates and information will be provided on the calendar, as well as other Summer Day Camp news and upcoming projects. Please take a moment to review and share the information with your child.

Summer Day Camp T-Shirt

Each camper will receive a Summer Day Camp t-shirt that are to be worn on all field trips. Please indicate your camper's t-shirt size on the Registration Form. T-shirts will be available for pick-up at Meet the Staff Night.

Camper Attire

Campers should wear shorts or pants, t-shirts and closed toe shoes to camp everyday. Female campers should refrain from wearing tank tops or short shorts. Outdoor activities are planned for campers, so footwear should be protective and functional.

Therapy Services

If campers require therapy services during the summer, SSSRA reserves the right to limit the amount of time that outside therapists will be allowed at Summer Day Camp. Please understand that therapy services during Summer Day Camp may cause a distraction to the other campers and staff. A 24-hour notification is required before a therapist or case worker visits.

If you have questions about therapy services during Summer Day Camp hours, please contact Jonathan Washington at 815.806.0384.

Communication Devices

SSSRA is not responsible for any lost, stolen, or damage to communication devices. While we understand that devices are important for individuals to communicate, SSSRA will not sign any agreements or lending arrangements with school districts or therapy services. All communication devices are the responsibility of the family.

Behavior Guidelines

SSSRA promotes the concept of “equal fun for everyone.” Campers 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 campers.

- Campers must show respect to all campers, Summer Day Camp staff, volunteers and facility staff.
- Campers must refrain from threatening or causing bodily harm to self, other campers, Summer Day Camp staff or volunteers.
- Campers must refrain from using foul language or discussing inappropriate topics.
- Campers must show respect for equipment, supplies and facilities.
- Additional rules may be developed at each camp site.
- If inappropriate behavior occurs, a prompt resolution will be sought specific to each individual’s situation. SSSRA reserves the right to dismiss campers whose behavior endangers the safety of themselves or others.
- Campers must be able to stay with the group.
- An assessment will be sent to families prior to the start of camp.

Summer Day Camp Registration Deadlines

Session A	June 9
Session B	June 23
Session C	July 7
Parent Day/All Camp Day	July 21
After Camp	July 21

Parent/Guardian Responsibilities

- Please sign-in with SSSRA staff upon arrival and departure from camp.
- Please help us keep track of your child’s belongings by labeling all items. SSSRA is not responsible for lost or stolen items.
- Please do not send items not deemed necessary to your child’s care during camp. This includes electronics such as Nintendo Switch, other gaming systems, iPads or cell phones. SSSRA is not responsible for broken, lost or stolen items.
- Please contact the SSSRA office if your child will be absent from camp.
- Campers must arrive at camp with clean and dry clothing. Campers that do not have bladder or bowel control must provide clean clothing, clean-up supplies and diapers/Depends or similar items.
- Parents should adhere to scheduled pick-up and drop-off times. The staff appreciates your consideration in this matter as they need time to set-up and often have additional responsibilities following the end of the day.

Early Arrival or Late Pick-Up Fee

Participants arriving more than 15 minutes prior to the start of camp will be charged a \$15 fee for every 15 minutes they are early. A \$15 fee will be assessed for every 15 minutes they are late being picked up.

More Information

For additional information regarding Summer Day Camp, please contact:

Jonathan Washington, Program Coordinator
815.806.0384
jonathan@sssra.org



SUMMER DAY CAMP

In an effort to accommodate all individuals, Summer Day Camp is divided into three, two-week sessions.

No Camp:

Thursday, July 4 and Friday, July 5

Summer Day Camp is a great way to take part in fun activities while spending time with your friends. Enjoy crafts, games, sports, field trips and swim days. Campers must be able to work successfully in a 1:4 staff to participant ratio.

Meet the Staff Night

Have questions about Summer Day Camp?
Need to know what time to expect the bus?
Come to Meet the Staff Night, and meet the staff that will be working at your child's camp. Campers will receive their camp t-shirt.

SSSRA, Tinley Park

Thurs, June 20

6:30 - 7:30 pm

Registration Deadline: Mon, June 17 at 5:00 pm

Parent Day / All Camp Day

Everyone is invited for a celebration on our last day of Summer Day Camp! Whether you are registered for one session or the entire summer, join us for a fun-filled day. Campers and families will enjoy games, music and dancing. Lunch will be provided, so please let us know of any dietary restrictions. All campers registered for the last session of camp will be attending this event. Each person attending must register and sign a participation waiver.

All Summer Day Camp Participants & Family
SSSRA, Tinley Park

Fri, Aug 2

11:00 am - 2:00 pm

Min/Max: 10/100

Registration Deadline: Sun, July 21

Free for 2024 Summer Day Camp participants and three family members. Additional family members are \$10 per person.



Summer Day Camp Registration Deadlines

Session A	June 9
Session B	June 23
Session C	July 7
Parent Day/All Camp Day	July 21
After Camp	July 21

Shooting Stars

Ages 2 - 8
 Tony Bettenhausen Recreation Center,
 Tinley Park
 9:00 am-3:00 pm
 Min/Max: 6/15

Mon-Fri, June 24-July 3, *No Camp July 4, July 5*
 \$264 R / \$552 R with Transportation / \$355 NR

Mon-Fri, July 8-July 19
 \$325 R / \$685 R with Transportation / \$440 NR

Mon-Fri, July 22-Aug 2
 \$325 R / \$685 R with Transportation / \$440 NR

Adventurers

Ages 9-13
 SSSRA, Tinley Park
 9:00 am-3:00 pm
 Min/Max: 6/15

Mon-Fri, June 24-July 3, *No Camp July 4, July 5*
 \$264 R / \$552 R with Transportation / \$355 NR

Mon-Fri, July 8-July 19
 \$325 R / \$685 R with Transportation / \$440 NR

Mon-Fri, July 22-Aug 2
 \$325 R / \$685 R with Transportation / \$440 NR

Trailblazers

Ages 14-22
 Eisenhower Center, Lansing
 9:00 am-3:00 pm
 Min/Max: 6/15

Mon-Fri, June 24-July 3, *No Camp July 4, July 5*
 \$264 R / \$552 R with Transportation / \$355 NR

Mon-Fri, July 8-July 19
 \$325 R / \$685 R with Transportation / \$440 NR


Mon-Fri, July 22-Aug 2
 \$325 R / \$685 R with Transportation / \$440 NR

After Camp

After Camp offers more summer fun before school begins. Campers will enjoy a swim day, playing at the playground, arts and crafts, games, nature activities and sports. Please bring a sack lunch each day, wear gym shoes and bring a water bottle.

Ages 2-10
 Mon-Fri, Aug 5-Aug 9
 9:00 am-3:00 pm
 Tony Bettenhausen Recreation Center,
 Tinley Park
 \$163 R / \$345 R with Transportation / \$220 NR
 Min/Max: 6/15

Ages 11-22
 Mon-Fri, Aug 5-Aug 9
 9:00 am-3:00 pm
 SSSRA, Tinley Park
 \$163 R / \$345 R with Transportation / \$220 NR
 Min/Max: 6/15

 **Due to the generosity of an Anonymous Donor, all virtual programs and special events are offered at a discounted rate for all participants.**

Animal Exploration

Calling all animal lovers! Join us each week as we explore different animals and learn about their unique facts. We may learn about monkeys, tigers or sharks while we explore zoos and natural habitats around the world.

All Ages
Mon, June 10-July 29
4:00-4:30 pm
Virtual
\$7 R / \$7 NR
Min/Max: 5/50

Registration Deadline: Mon, June 3

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.

All Ages
Tues, June 11-July 30
6:30-7:00 pm
Virtual
\$7 R / \$7 NR
Min/Max: 5/50

Registration Deadline: Tues, June 4



Find us on Facebook
facebook.com/sssra1973



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

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!

All Ages
Mon, Aug 5-Aug 26
4:00-4:30 pm
Virtual
\$5 R / \$5 NR
Min/Max: 5/50

Registration Deadline: Mon, July 29

Family Bingo

Join us for everyone's favorite game. Whether you have five across, up and down, diagonal or four corners yell BINGO! Invite your family to play along. Your cards will be emailed to you before the program starts.

All Ages
Thurs, Aug 8-Aug 29
6:30-7:30 pm
Virtual
\$5 R / \$5 NR
Min/Max: 5/50

Registration Deadline: Thurs, Aug 1

Summertime Bingo

Join in summer fun from the comfort of home for our summertime themed bingo game! Your board will be emailed to you the week prior to the event.

All Ages
Wed, June 5
5:00-6:00 pm
Virtual
\$3 R / \$3 NR
Min/Max: 10/25

Registration Deadline: Wed, May 29



Painting to Stick By

NEW

Make a colorful flag from paint sticks to celebrate the nation!

All Ages
 Mon, June 24
 5:00-6:00 pm
 SSSRA, Tinley Park
 \$9 R / \$12 NR
 Min/Max: 6/20

Registration Deadline: Sun, June 2

Due to the generosity of an Anonymous Donor, this virtual event is offered at a discounted rate for all participants.

All Ages
 Mon, June 24
 5:00-6:00 pm
 Virtual
 \$3 R / \$3 NR
 Min/Max: 10/100

Registration Deadline: Sun, June 2

Virtual participants may pick up their supplies beginning Mon, June 17.

Joy of Painting

NEW

Get ready to create an abstract masterpiece by using paint and masking tape on canvas. The design is up to you - geometric shapes, a sun or a flower - whatever you imagine.

All Ages
 Thurs, July 25
 5:00-6:00 pm
 SSSRA, Tinley Park
 \$9 R / \$12 NR
 Min/Max: 6/20

Registration Deadline: Sun, July 7

Due to the generosity of an Anonymous Donor, this virtual event is offered at a discounted rate for all participants.

All Ages
 Thurs, July 25
 5:00-6:00 pm
 Virtual
 \$3 R / \$3 NR
 Min/Max: 10/100

Registration Deadline: Sun, July 7

Virtual participants may pick up their supplies beginning Mon, July 22.

Mandala Sun Catchers

NEW

Let's catch the final summer rays of sunshine with DIY mandala sun catchers! This craft will be a great end of summer activity for all ages.

All Ages
Wed, Aug 21
5:00-6:00 pm
SSSRA Office, Tinley Park
\$9 R / \$12 NR
Min/Max: 6/20

Registration Deadline: Sun, Aug 4

Due to the generosity of an Anonymous Donor, the virtual program is offered at a discounted rate for all participants.

All Ages
Wed, August 21
5:00-6:00 pm
Virtual
\$3 R / \$3 NR
Min/Max: 10/100

Registration Deadline: Sun, Aug 4

Virtual participants may pick up their supplies beginning Mon, Aug 12.

Bowling

Experience the joy of knocking down the pins while having fun with your friends. All ability levels are welcome. This program includes two games or an hour and a half of bowling, whichever comes first. Bowling ramps are available and staff will keep track of participants' averages for Special Olympics.

Due to the popularity of Bowling, please register for only one of the sessions below.

All Ages
Wed, June 12-July 31, *No Program June 19*
3:30-5:00 pm
Centennial Lanes 2.0, Tinley Park
\$92 R / \$125 NR
Min/Max: 6/20

Registration Deadline: Sun, May 12

All Ages
Thurs, June 13-August 1, *No Program July 4*
3:30-5:00 pm
Thunder Bowl, Mokena
\$92 R / \$125 NR
Min/Max: 6/20

Registration Deadline: Sun, May 12

REGISTRATION DATES

Summer In-Person Program Registration Dates

Resident Registration
Begins Monday, Monday, March 25 at 9:00 am

Non-Resident Registration
Begins Monday, April 15 at 9:00 am

Summer Virtual Program Registration Dates

Resident Registration
Begins Monday, Monday, March 25 at 9:00 am

Non-Resident Registration
Begins Monday, Monday, March 25 at 9:00 am

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

See page 15 for Summer Day Camp registration deadlines.



Outdoor Movie Night

Gather the family, lawn chairs and blankets for another outdoor movie experience. We are celebrating Christmas in July as we watch **Elf**. Popcorn, snacks, bottled water and/or lemonade will be available. We may even have a visitor or two that night! Each person attending must register and sign a participation waiver.

Due to the generosity of SSSRA supporters, this event is offered free of charge for our residents.

All Ages
 Fri, July 26
 8:30-10:30 pm
 SSSRA, Tinley Park
 FREE R / \$14 NR / \$10 LWSRA & SWSRA
 Min/Max: 10/50
Registration Deadline: Sun, July 7

SSSRA Family Picnic

Celebrate the summer with SSSRA staff at a picnic with grilled food and games. Picnic tables will be available, but families are encouraged to bring chairs or blankets.

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

Due to the generosity of SSSRA supporters, this event is offered free of charge for our residents.

All Ages & Family
 Sun, Aug 25
 11:00 am-1:00 pm
 Bicentennial Park, Olympia Fields
 FREE R / \$23 NR / \$17 LWSRA & SWSRA
 Min/Max: 25/100
Registration Deadline: Sun, Aug 4

Karate

Learn karate from a true professional! Together we will practice techniques that build mental and physical strength. Please wear comfortable clothing and shoes. Participants will have the chance to purchase a uniform and test for various levels throughout the program. More information about uniforms will be available the first week of class.

Due to the generosity of the Edmond and Alice Opler Foundation, this program is offered at a discounted rate for our residents.

Ages 5-12

Mon, June 10-July 29

5:00-5:50 pm

Tony Bettenhausen Recreation Center,

Tinley Park

\$55 R / \$120 NR / \$88 LWSRA & SWSRA

Min/Max: 6/10

Registration Deadline: Sun, May 12

Little Kickers Soccer

Develop and enhance teamwork, sportsmanship, coordination and skill building. Skills and exercises will help improve your child's ability to move the ball down the field and score goals. This program will take place in rainy conditions unless there is thunder and lightning.

Ages 2-12

Tues, June 11-July 30

5:00-5:45 pm

Matteson Community Center

\$50 R / \$60 NR

Min/Max: 6/10

Registration Deadline: Sun, May 12

T-Ball

Your child will develop and enhance skills such as throwing, hitting, catching and base running. T-ball is a great program for improving hand-eye coordination, building self-confidence, learning sportsmanship and developing social skills. There are no competitive games for this group. This program will take place in rainy conditions unless there is thunder and lightning.

Due to the generosity of the Edmond and Alice Opler Foundation, this program is offered at a discounted rate for our residents.

Ages 2-12

Thurs, June 13-Aug 1, *No Program July 4*

5:00-5:45 pm

Challenger Field at Bettenhausen Park,

Tinley Park

\$35 R / \$81 NR / \$60 LWSRA & SWSRA

Min/Max: 6/10

Registration Deadline: Sun, May 12

Beginner Dance

NEW

Welcome to a new dance program, where rhythm meets movement in a welcoming and supportive environment! Learn skills that will help develop motor skills, coordination and body awareness through song and dance.

Due to the generosity of the Edmond and Alice Opler Foundation, this program is offered at a discounted rate for our residents.

Ages 2-12

Thurs, June 13-Aug 1, *No Program July 4*

7:15-8:00 pm

Oak Forest Park District

\$75 R / \$160 NR / \$118 LWSRA & SWSRA

Min/Max: 6/10

Registration Deadline: Sun, May 12

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 and guide them. If your child is not toilet trained, they must wear a swim diaper in the water.

Due to the popularity of Swim Lessons, please register for only one of the sessions below.

Due to the generosity of the Edmond and Alice Opler Foundation, this program is offered at a discounted rate for our residents.

Ages 2-12

Wed, June 5-July 24, *No Program June 19*

5:30-6:00 pm

Lions Club Pool

\$70 R / \$142 NR / \$105 LWSRA & SWSRA

Min/Max: 6/8

Registration Deadline: Sun, May 12

Ages 2-12

Wed, June 5-July 24, *No Program June 19*

6:05-6:35 pm

Lions Club Pool

\$70 R / \$142 NR / \$105 LWSRA & SWSRA

Min/Max: 6/8

Registration Deadline: Sun, May 12

Ages 2-12

Sun, June 16-Aug 4, *No Program July 7*

9:00-9:45 am

White Water Canyon, Tinley Park

\$70 R / \$142 NR / \$105 LWSRA & SWSRA

Min/Max: 6/8

Registration Deadline: Sun, May 12

Urban Air

NEW

Urban Air is filled with activities such as climbing walls, trampolines, basketball hoops and high ropes adventures. Jump around and get your sillies out! Each participant will be sent a waiver prior to the event. Siblings are welcome to register. Please eat lunch prior to arriving.

Due to the generosity of the Edmond and Alice Opler Foundation, this event is offered at a discounted rate for our residents.

Ages 2-12

Sun, June 2

12:00-3:00 pm

Urban Air, Mokena

\$25 R / \$68 NR / \$50 LWSRA & SWSRA

Min/Max: 6/15

Registration Deadline: Sun, May 12



Teen Social Club

Spend Friday night having fun with your friends! Each week there will be different activities throughout the community that help promote social skills. A schedule will be provided one week 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.

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

Ages 13-20

Fri, June 14-Aug 2, *No Program July 5*

6:00-8:00 pm

Various Locations

\$130 R / \$243 NR / \$180 LWSRA & SWSRA

Min/Max: 6/15

Registration Deadline: Sun, May 12

Sports Galore

NEW

If you love playing and learning about different sports this is the program for you. We will play different sports each week, such as soccer, baseball, Nerf football and more! Participants will develop social skills, teamwork and motor skills - all while having fun. Please wear gym shoes and bring a bottle of water.

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

Ages 13-20

Mon, June 10-July 29

6:00-7:00 pm

Richton Park Community Center

\$15 R / \$41 NR / \$30 LWSRA & SWSRA

Min/Max: 6/15

Registration Deadline: Sun, May 12

Jak's Warehouse

NEW

Enjoy a day filled with fun and adventure at Jak's Warehouse. Participants will have the opportunity to play video games, ride bumper cars, play laser tag, experience the new 4D movie and much more! Lunch is included. All participants must sign a waiver and must wear gym shoes.

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

Ages 13-20

Sun, July 14

1:00-5:00 pm

Jak's Warehouse, Schererville, IN

\$70 R / \$116 NR / \$86 LWSRA & SWSRA

Min/Max: 6/15

Registration Deadline: Sun, June 16

Transportation

SSSRA Office

11:30 am Depart / 6:30 pm Return

Coyote Run, Flossmoor

12:00 pm Depart / 6:00 pm Return



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Stingrays Sports Information



If you have any questions about Stingrays Sports, please contact:
 Laura Pubins, Operations Manager
 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.

Intro to Unified Bags

NEW

Unified Bags is an emerging sport that Special Olympics Illinois is working on adding to their official sports offerings. This program is designed for athletes to learn the rules of the game and improve their game play. If you have ever wanted to play bags, this is a great opportunity to learn and possibly join SSSRA for Special Olympics Unified Bags in Spring 2025.

Ages 13 & Older
 Mon, June 10-July 29
 6:00-7:00 pm
 Tolentine Park, Olympia Fields
 \$40 R / \$54 NR
 Min/Max: 6/15
Registration Deadline: Sun, May 12





Special Olympics Construction Team Picnic

Join your Stingrays teammates and other friends from Special Olympics for the 24th Annual Construction Team Picnic! We will enjoy food, games, a DJ and dancing. Every participant will receive a t-shirt and more. This is a rain or shine event.

Ages 8 & Older

Sat, Sept 14

10:00 am-1:00 pm

IBEW NECA Technical Institute

\$28 R / \$38 NR

Min/Max: 6/12

Registration Deadline: Sun, Aug 18

Transportation

SSSRA Office

9:00 am Depart / 2:00 pm Return

Coyote Run, Flossmoor

9:30 am Depart / 1:30 pm Return

Special Olympics Region E Bowling Tournament

Calling all bowlers that want to compete at the Special Olympics level! SSSRA is offering you an opportunity to participate in the Region E Bowling Tournament. You must be able to bowl three games in a row. You will be responsible for submitting your bowling average to the SSSRA Office by June 10. Bowlers cannot use bumpers in competition, so you should not use them when submitting your scores. Please indicate your shoe size and if a ramp is needed. If you win a gold medal at the Region E Bowling Tournament, you will advance to the Sectional Bowling Tournament in October. A gold medal there qualifies you for the State Bowling Tournament in December.

All Special Olympics forms must be updated through the State Bowling Tournament (December 2024) and turned in to the SSSRA Office by June 10.

Ages 13 & Older

Sat, Aug 10

Time TBA

Oak Lawn

\$40 R / \$54 NR

Program fee does not include Sectional Tournament or State Tournament.

Min/Max: 6/12

Registration Deadline: Sun, June 23

Stingrays Bocce

Get ready to yell BOCCE! This is a great game to play outdoors with friends. Practice bocce skills while having fun and discussing your winning strategy with coaches and teammates.

We will compete in the Region E Bocce Tournament in October. If you win a gold medal, you will qualify for Summer Games 2025.

All Special Olympics forms must be updated through Summer Games 2025 and turned in to the SSSRA Office by August 12.

Ages 13 & Older

Mon, Aug 12-Oct 7, *No Program Sept 2*

5:30-6:30 pm

Marie Irwin Center Field, Homewood

\$100 R / \$135 NR

Program fee does not include Summer Games.

Min/Max: 6/12

Registration Deadline: Sun, July 14

Stingrays Unified Bocce

Get ready to yell BOCCE! This is a great game to play outdoors with friends. Practice bocce skills while having fun and discussing your winning strategy with your Unified Partner.

Unified Partners need to register and pay program fees. Athletes must secure their own Unified Partner. Each athlete and Unified Partner will receive a shirt to keep.

We will compete in the Region E Bocce Tournament in October. If you win a gold medal, you will qualify for Summer Games 2025.

All Special Olympics forms for athletes and Unified Partners must be updated through Summer Games 2025 and turned in to the SSSRA Office by August 12.

Ages 13 & Older

Mon, Aug 12-Oct 7, *No Program Sept 2*

5:30-6:30 pm

Marie Irwin Center Field, Homewood

\$90 R / \$90 Unified Partner / \$122 NR

Program fee does not include Summer Games.

Min/Max: 6/12

Registration Deadline: Sun, July 14

Stingrays Volleyball

Bump, set and spike! In addition to practice, there will be weekly games against other Special Recreation Associations. A practice and game schedule will be provided the first week of practice. Each athlete will receive a shirt to keep.

We will compete in Special Olympics Region E Tournament in September and may compete in TR Section Tournament in October.

All Special Olympics forms must be updated through State Volleyball (October 2024) and turned in to the SSSRA Office by June 17.

Ages 13 & Older
Tues, Aug 6-Sept 24
6:30-8:00 pm
Matteson Community Center,
HF Sportsplex or
Tony Bettenhausen Recreation Center
\$100 R / \$135 NR
Program fee does not include State Volleyball.
Min/Max: 6/12

Registration Deadline: Sun, June 9

Stingrays Unified Volleyball

Bump, set and spike! Unified Volleyball is a program where an equal number of Special Olympics athletes and Unified Partners compete together on the court. Unified Partners can be family members or friends. In addition to practice, there will be weekly games against other Special Recreation Associations. A practice and game schedule will be provided the first week of practice.

Unified Partners need to register and pay program fees. Athletes must secure their own Unified Partner. Each athlete and Unified Partner will receive a shirt to keep.

We will compete in Special Olympics Region E Unified Volleyball Tournament in September.

All Special Olympics forms must be updated through State Volleyball (October 2024) and turned in to the SSSRA Office by June 17.

Ages 13 & Older
Tues, Aug 6-Sept 24
6:30-8:00 pm
Matteson Community Center,
HF Sportsplex or
Tony Bettenhausen Recreation Center
\$80 R / \$80 Unified Partner / \$108 NR
Program fee does not include State Volleyball.
Min/Max: 6/12

Registration Deadline: Sun, June 9



Walking Club

Put on your walking shoes for a brisk walk around Centennial Lake. Plan on walking about 2 miles while socializing with friends. Be sure to dress for the weather, apply sunscreen and bring a bottle of water. If you're interested in fishing, sign up for Learn to Fish immediately following Walking Club! This program will take place in rainy conditions unless there is thunder and lightning.

Ages 13 & Older
 Mon, June 10-July 29
 5:15-6:15 pm
 Centennial Lake, Tinley Park
 \$43 R / \$58 NR
 Min/Max: 6/15

Registration Deadline: Sun, May 12

Learn to Fish

Fish Tales Fishing Club members will teach skills such as baiting the hook, casting out, reeling in and fishing etiquette. Rods, reels and bait will be provided. Please note there is a short walk from the parking lot to the pier. Sign up for Walking Club right before this program for fun exercise with friends! This program will take place in rainy conditions unless there is thunder and lightning.

Ages 13 & Older
 Mon, June 10-July 29
 6:30-8:00 pm
 Centennial Lake, Tinley Park
 \$55 R / \$75 NR
 Min/Max: 6/15

Registration Deadline: Sun, May 12

Abstract Artists

This craft program is centered around the use of different mediums to create works of art. You will paint and draw using different methods and tools, such as forks or sponges. Creating unique art pieces will make you feel just like Picasso! Explore the different ways we can make art using everyday items!

Ages 13 & Older
 Mon, June 10-July 29
 6:30-7:30 pm
 Bradford Barn, Olympia Fields
 \$40 R / \$55 NR
 Min/Max: 6/15

Registration Deadline: Sun, May 12

Bocce

Bocce is a fun and versatile sport that allows you to work on your hand-eye coordination and depth perception. Learn the rules of the game while building your skills throughout the summer. This is a non-competitive program. If you are interested in competitive play, see page 25 for Stingrays Bocce.

Ages 13 & Older
 Tues, June 11-July 30
 5:30-6:30 pm
 Wiley's Grill, Homewood
 \$40 R / \$54 NR
 Min/Max: 6/15

Registration Deadline: Sun, May 12

Swimmercise

Water aerobics is an effective way to strengthen and tone your muscles using cardiovascular fitness. We will work on range of motion, balance and coordination. The last 15 minutes will be free swim. Don't forget a towel and sunscreen.

Ages 13 & Older
 Tues, June 11-July 30
 5:00-6:00 pm
 Park Forest Aqua Center
 \$45 R / \$61 NR
 Min/Max: 6/15

Registration Deadline: Sun, May 12

Sand Volleyball

Dive into summer fun with recreational Sand Volleyball. This laid-back and enjoyable experience on the sandy courts gives players of all levels a chance to bump, set and spike in a friendly environment. Please bring a bottle of water. This program will take place in rainy conditions unless there is thunder and lightning. Stay for dinner with Cultural Cuisine Cooking Club.

Ages 13 & Older

Tues, June 11-July 30

5:00-6:00 pm

Lan-Oak Park, Lansing

\$75 R / \$115 R with Transportation /

\$100 NR / \$75 LWSRA & SWSRA

Min/Max: 6/15

Registration Deadline: Sun, May 12

Transportation

SSSRA Office

4:00 pm Depart / 8:15 pm Return

Coyote Run, Flossmoor

4:30 pm Depart / 7:45 pm Return

*Transportation only included if registered for Sand Volleyball and Cultural Cuisine Cooking Club.

Cultural Cuisine Cooking Club

NEW

Do you love to cook? Do you love to eat? If your answer to either of those questions is yes, come check out Cultural Cuisine Club. There will be a different cultural focus each week. You will have the opportunity to make an appetizer, main dish or dessert related to the culture. At the end of the program... we feast! Register for Sand Volleyball right before this program.

Ages 13 & Older

Tues, June 11-July 30

6:15-7:15 pm

Eisenhower Center, Lansing

\$123 R / \$163 R with Transportation /

\$166 NR / \$123 LWSRA & SWSRA

Min/Max: 6/15

Registration Deadline: Sun, May 12

Transportation

SSSRA Office

4:00 pm Depart / 8:15 pm Return

Coyote Run, Flossmoor

4:30 pm Depart / 7:45 pm Return

*Transportation only included if registered for Sand Volleyball and Cultural Cuisine Cooking Club.

 **REGISTRATION DATES**

Summer In-Person Program Registration Dates

Resident Registration

Begins Monday, Monday, March 25 at 9:00 am

Non-Resident Registration

Begins Monday, April 15 at 9:00 am

Summer Virtual Program Registration Dates

Resident Registration

Begins Monday, Monday, March 25 at 9:00 am

Non-Resident Registration

Begins Monday, Monday, March 25 at 9:00 am

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

See page 15 for Summer Day Camp registration deadlines.

Fast Food & Flicks

Watch a movie on the big screen after having a fast food dinner with your friends. We aim for a 7:00 pm show. If times change, you will be contacted with an updated time. Participants will see a G, PG or PG-13 rated movie. R rated movies are available as an option for those who have a permission form on file. You will be given a list of restaurants approximately one week before the program starts.

Due to the popularity of this program, please register for Group A or Group B.

Ages 13 & Older
5:00-10:00 pm
\$215 R / \$290 NR
Min/Max: 6/12

Registration Deadline: Sun, May 12

Group A
Wed, June 12, June 26, July 10, July 24

Group B
Wed, June 5, July 3, July 17, July 31

Transportation

SSSRA Office
5:00 pm Depart / 10:30 pm Return

Coyote Run, Flossmoor
4:30 pm Depart / 10:00 pm Return



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Aerobics

Aerobics is a great way to stay in shape by combining a variety of cardio, stretching and strength exercises. Workouts include dancing, resistance bands and seated exercises. Please wear workout clothes and bring a bottle of water. Sign up for Let's Dance following this program.

Ages 13 & Older
Wed, June 12-Aug 7,
No Program June 19, July 3
6:00-7:00 pm
Marie Irwin Center, Homewood
\$37 R / \$50 NR
Min/Max: 6/20
Registration Deadline: Sun, May 12

Let's Dance

Let's move and groove to our favorite tunes! This is the perfect opportunity to dance with your friends and share your favorite moves with the group. Learn popular dances and engage in dancing activities 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!

Ages 13 & Older
Wed, June 12-Aug 7,
No Program June 19, July 3
7:15-8:15 pm
Marie Irwin Center, Homewood
\$37 R / \$50 NR
Min/Max: 6/20
Registration Deadline: Sun, May 12

Volunteer Club

NEW

Welcome to our volunteer group where we make a meaningful impact by volunteering in the community! Learn the importance of giving back through different projects and acts of service. A schedule of volunteer opportunities will be sent out one week before the program begins. Participants must be able to work successfully in a 1:4 staff to participant ratio.

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

Ages 13 & Older

Thurs, June 13-Aug 1, *No Program July 4*

9:00-11:00 am

Various Locations

\$60 R / \$115 NR / \$85 LWSRA & SWSRA

Min/Max: 6/12

Registration Deadline: Sun, May 12

Sport Sampler

NEW

Unleash your potential and enjoy the excitement of trying something new! Each week, a new sport will be introduced, giving you the opportunity to explore and discover athletic passions. This well-rounded experience fosters skill development and promotes a fun and active lifestyle.

Ages 13 & Older

Thurs, June 13-Aug 1, *No Program July 4*

5:00-6:00 pm

CRC, Country Club Hills (confirmation pending)

\$42 R / \$57 NR

Min/Max: 6/15

Registration Deadline: Sun, May 12

Pickleball

Learn the basics of Pickleball with rules, strategy, scoring system and basic strokes. All skill levels are welcome, so join us to discover the fun of playing Pickleball!

Ages 13 & Older

Thurs, June 13-Aug 1, *No Program July 4*

5:30-6:30 pm

Park Forest Tennis Club

\$58 R / \$78 NR

Min/Max: 6/15

Registration Deadline: Sun, May 12

Drama Foundations

NEW

Discover your inner performer with our new program designed to prepare aspiring actors for the Drama Club stage. We will focus on essential skills like character development, improvisation and stage presence. Cultivate your theatrical talent and let creativity take center stage!

Ages 13 & Older

Thurs, June 13-Aug 1, *No Program July 4*

5:30-6:30 pm

Hazel Crest Park District (confirmation pending)

\$45 R / \$60 NR

Min/Max: 6/15

Registration Deadline: Sun, May 12

Yoga

NEW

Relax, relate and release. Join your friends for our beginner yoga class, taught by a yoga instructor. Improve focus, balance, flexibility and strength at your own pace.

Ages 13 & Older

Fri, June 14-Aug 2, *No Program July 5*

4:30-5:30 pm

The Bradford Barn, Olympia Fields

\$95 R / \$128 NR

Min/Max: 6/10

Registration Deadline: Sun, May 12



Friday Night Flyers

If you like Saturday Socializers, then you'll love Friday Night Flyers! Spend time socializing with your friends and take part in different activities throughout our communities. You will be mailed a schedule of events two weeks prior to the start of the season. Participants must be able to work successfully in a 1:4 staff to participant ratio and display appropriate table manners.

Due to the popularity of social club programs, please register for Friday Night Flyers or Saturday Socializers.

Ages 21 & Older
 Fri, June 14-Aug 2, *No Program July 5*
 6:00-8:00 pm
 Various Locations
 \$140 R / \$190 NR
 Min/Max: 6/15
Registration Deadline: Sun, May 12

Saturday Socializers

Spend your Saturday nights socializing with friends! Each week we will have different activities planned throughout our communities to fill your night with fun. You will be mailed a schedule of events two weeks prior to the start of the season. Participants must be able to work successfully in a 1:4 staff to participant ratio and display appropriate table manners.

Due to the popularity of social club programs, please register for Friday Night Flyers or Saturday Socializers.

Ages 21 & Older
 Sat, June 15-Aug 3, *No Program July 6*
 6:00-8:00 pm
 Various Locations
 \$140 R / \$190 NR
 Min/Max: 6/15
Registration Deadline: Sun, May 12

Fitness & Fun

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

Ages 13 & Older
Sat, June 15-Aug 3, *No Program July 6*
10:00-11:00 am
Oak Forest Park District
\$42 R / \$57 NR
Min/Max: 6/15
Registration Deadline: Sun, May 12

Gardening Gurus

NEW

Join Gardening Gurus for hands-on learning and cultivating green thumbs. Learn essential gardening skills and tips and watch your love for plants grow! This program will take place in rainy conditions unless there is thunder and lightning.

Ages 13 & Older
Sat, June 15-Aug 3, *No Program July 6*
11:30 am-12:30 pm
Park Forest Area
\$45 R / \$60 NR
Min/Max: 6/15
Registration Deadline: Sun, May 12

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The generous support of our sponsors has made a significant impact on the lives of our participants, and we are truly grateful for their dedication to our mission!

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**RICKY'S RIDE TRIVIA NIGHT
TABLE SPONSORS**

Phillips Chevrolet, Frankfort
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Bikemax, LLC, Palos Hills

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JoAnn Villaneuva
Nathan Walden
Donna Wolf



PUTTING WITH PURPOSE

A MINI GOLF OUTING BENEFITING SSSRA

Monday, August 19

Tinley Junction

16801 S. 80th Avenue, Tinley Park

4:00-7:00 pm

All Ages

Putting with Purpose is the first mini golf outing fundraiser to support SSSRA participants with disabilities or special needs. Thank you to Tinley Park-Park District for hosting this event!

Proceeds will go towards SSSRA's Scholarship Program. This program helps residents requiring financial assistance by reducing fees for programs and special events.

\$15 - Mini Golf

\$50 - Hole Sponsor

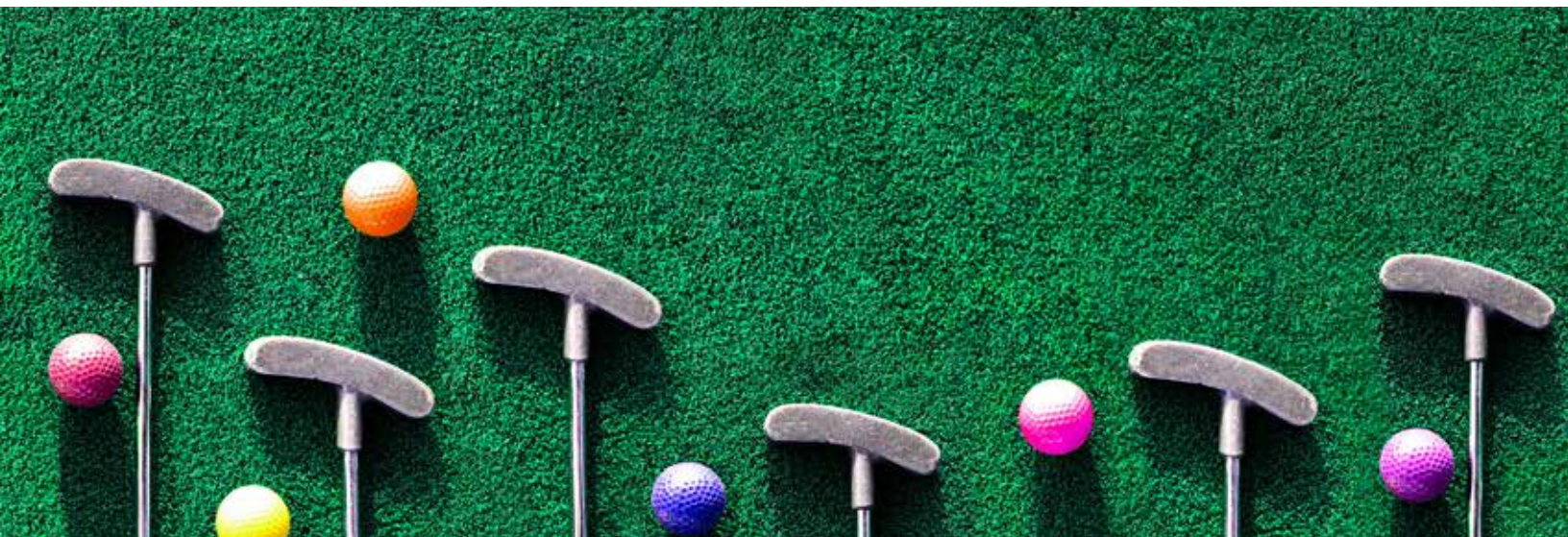
\$50 - Vendor Table

Please call 815.806.0384 or email anna@sssra.org if you have any questions.



Complete Details & Online Registration

sssra.org/event/putting-with-purpose/



TEEN & ADULT

INDIVIDUALS WITH PHYSICAL DISABILITIES

Adapted Tennis

Tennis is a Paralympic sport that helps to improve coordination, focus and endurance. It is perfect whether you are a beginner or advanced player. Have fun with your peers while learning from skilled instructors who will go over strategy, form, consistency and control.

Door-to-door transportation is available for residents and participants will be informed of their pick-up time. Non-residents will need to meet at the Matteson Community Center.

Ages 13 & Older with Physical Disabilities
Thurs, June 13-Aug 1, *No Program July 4*
11:00 am-12:15 pm
Matteson Community Center
\$75 R / \$100 R with Transportation / \$100 NR
Min/Max: 4/10
Registration Deadline: Sun, May 12

Gardening Club

NEW

Summertime is a great time to grow a garden! Using the garden behind the SSSRA office, you will learn how to grow and take care of different types of fruits and vegetables.

Door-to-door transportation is available for residents and participants will be informed of their pick-up time. Non-residents will need to meet at the SSSRA Office.

Ages 13 & Older with Physical Disabilities
Sat, June 15-Aug 3, *No Program July 6-*
10:00-11:30 am
SSSRA, Tinley Park
\$100 R / \$173 R with Transportation /
\$135 NR
Min/Max: 4/10
Registration Deadline: Sun, May 12

iFLY

Soar to new heights in a state-of-the-art vertical wind tunnel! iFLY is an event for all ability levels. Join us in making memories that will last a lifetime and have a unique story to tell.

Door-to-door transportation is available for residents and participants will be informed of their pick-up time. Non-residents will need to meet at the SSSRA Office and will be notified of the departure time.

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

Ages 13 & Older with Physical Disabilities
Sun, July 21
3:30-7:30 pm
iFLY Naperville
\$90 R / \$155 NR / \$115 LWSRA & SWSRA
Min/Max: 5/10
Registration Deadline: Sun, June 30



Music & Movement Time

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

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

Ages 13 & Older with
Severe & Profound Disabilities
Sat, June 15-Aug 3, *No Program July 6*
11:00 am-12:00 pm
Eisenhower Center, Lansing
\$20 R / \$65 NR / \$47 LWSRA & SWSRA
Min/Max: 6/15
Registration Deadline: Sun, May 12

Lincoln Park Zoo

NEW

Summer is here and it's a great time to head to Lincoln Park Zoo! We will visit animal habitats and eat lunch together.

Please bring a sack lunch or money to purchase lunch. Please bring additional money if you would like to purchase concessions or souvenirs. This program will take place in rainy conditions unless there is thunder and lightning.

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

Ages 13 & Older with
Severe & Profound Disabilities
Sat, July 27
11:00 am-3:00 pm
Lincoln Park Zoo, Chicago
\$20 R / \$54 NR / \$40 LWSRA & SWSRA
Min/Max: 6/15
Registration Deadline: Sun, July 7

Transportation

SSSRA Office
9:00 am Depart / 4:30 pm Return

Coyote Run, Flossmoor
9:30 am Depart / 4:00 pm Return

HHH Ranch Day

NEW

Dive into the heart of ranch life in a unique and immersive experience at HHH Ranch! Meet the animals that the ranch has rescued and hear their stories. Experience the joy of contributing to their well-being through hands-on care techniques and take a guided tour through the grounds. Please bring a sack lunch, dress appropriately and wear a comfortable pair of boots.

Ages 13 & Older
Sat, June 1
10:00 am-1:00 pm
HHH Ranch, Manhattan
\$20 R / \$27 NR
Min/Max: 10/15

Registration Deadline: Sun, May 12

Transportation

SSSRA Office
9:00 am Depart / 2:00 pm Return

Coyote Run, Flossmoor
9:30 am Depart / 1:30 pm Return

Everybody’s Birthday Party

Everyone deserves a party and we are celebrating everyone’s birthday on one special night! Dance, play party games and enjoy snacks. This is a birthday party for YOU... you have to be there! Please eat dinner before arriving.

Ages 13 & Older
Fri, June 21
6:00-8:00 pm
Tony Bettenhausen Recreation Center,
Tinley Park
\$17 R / \$23 NR
Min/Max: 6/20

Registration Deadline: Sun, June 2

Deep River Waterpark

Splash into summer with an exciting trip to Deep River Waterpark! This waterpark offers a mix of thrilling water slides that will be sure to get your adrenaline pumping. There is also a lazy river for those who love to relax in the sun. Lunch is included. Please bring money for additional snacks. Don’t forget your sunscreen and towel!

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

Ages 13 & Older
Sun, June 23
10:30 am-3:30 pm
Deep River Waterpark, Crown Point, IN
\$60 R / \$108 NR / \$80 LWSRA & SWSRA
Min/Max: 6/15

Registration Deadline: Sun, June 2

Transportation

SSSRA Office
9:00 am Depart / 5:00 pm Return

Coyote Run, Flossmoor
9:00 am Depart / 5:00 pm Return

Eisenhower Center, Lansing
9:30 am Depart / 4:30 pm Return

Please register for the event based on your pick-up/drop-off location. A minimum of three participants must be registered for each location.



Find us on Facebook
facebook.com/sssra1973



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



Movie Under the Stars

Enjoy an outdoor movie experience with your friends as we watch ***The Lion King*** under the summer sky. Popcorn, snacks and bottled water will be provided for everyone. Bring a blanket or chair to sit on. Don't forget to apply insect repellent before arriving. Movie begins at sunset.

Due to the generosity of Ecolab, this event is offered free of charge for our residents.

Ages 13 & Older

Fri, June 28

8:00-10:30 pm

SSSRA, Tinley Park

FREE R / \$20 R with Transportation Home* /

\$27 NR / \$20 LWSRA & SWSRA

Min/Max: 10/50

Registration Deadline: Sun, June 9

*Door-to-door transportation home is offered for residents only. Maximum participants is 8.

White Sox Game

Take me out to the ballgame! It's time to cheer on the Chicago White Sox as they take on the Oakland A's. It's bound to be a fun time as we take in a game and cheer the team on to victory! Hot dog or hamburger, chips and a soft drink will be purchased for participants. **Guaranteed Rate Field is a cashless venue, so participants will need to bring a credit/debit card if they wish to purchase additional snacks or souvenirs.** Participants must be able to work successfully in a 1:4 participant to staff ratio. Bag policy - bags must be clear and no larger than 12"x12"x6".

Ages 13 & Older

Sun, June 30

1:10 pm Game

Guaranteed Rate Field, Chicago

\$68 R / \$92 NR

Min/Max: 10/20

Registration Deadline: Sun, May 26

Transportation

SSSRA Office

11:00 am Depart / 4:30 pm Return

Coyote Run, Flossmoor

11:30 am Depart / 4:00 pm Return

Blueberry Picking

Join us for a fun day of picking fresh blueberries! Explore the rest of the farm and have lunch in the area after picking your blueberries. Lunch is included. Please bring money for blueberries and souvenirs.

The cost for blueberries is based on a 2 qt. bucket. There will be a lot of walking, so wear comfortable shoes and apply sunscreen before arriving. Participants must be able to work successfully in a 1:4 staff to participant ratio. This event will take place in rainy conditions unless there is thunder and lightning.

Ages 13 & Older

Sun, July 14

10:30 am-3:00 pm

Johnson's Farm Produce, Hobart, IN

\$55 R / \$75 NR

Min/Max: 6/15

Registration Deadline: Sun, June 30

Transportation

SSSRA Office

9:00 am Depart / 4:30 pm Return

Coyote Run, Flossmoor

9:00 am Depart / 4:30 pm Return

Eisenhower Center, Lansing

9:30 am Depart / 4:00 pm Return

Please register for the event based on your pick-up/drop-off location. A minimum of three participants must be registered for each location.

Concert in the Park

It's time to rock and roll with your friends! Listen to music from a local band and dance the night away. Please eat dinner before you arrive and bring a blanket or chair to sit on. If you would like to purchase snacks, please bring money. This event will take place in rainy conditions unless there is thunder and lightning.

Ages 13 & Older

Wed, July 17

6:30-8:30 pm

Park Forest Downtown Village Green

\$10 R / \$13 NR

Min/Max: 6/15

Registration Deadline: Wed, June 16

iFLY

Soar to new heights in a state-of-the-art vertical wind tunnel! iFLY is an event for all ability levels, so let's enjoy the freedom of flight! We will stop for something to eat before heading to iFLY.

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

Ages 13 & Older

Sun, July 21

5:30-7:30 pm

iFLY Naperville

\$75 R / \$95 R with Transportation Home* /

\$128 NR / \$95 LWSRA & SWSRA

Min/Max: 10/20

Registration Deadline: Sun, June 30

Transportation

SSSRA Office

2:00 pm Depart / 9:00 pm Return

Coyote Run, Flossmoor

2:30 pm Depart / 8:30 pm Return

*Door-to-door transportation home is offered for residents only. Maximum participants is 8.

Lake County Fair

NEW

Step into excitement at Lake County Fair! Explore the vibrant fairgrounds and indulge in the delicious meal options available on-site. Don't forget to bring extra cash for carnival rides and games, as well as to shop at the various vendors that may only accept cash. For additional details and updates, visit the Lake County Fair website and get ready for a day of fun, food and festivities! Lunch is included.

Participants must be able to work successfully in a 1:4 staff to participant ratio. Please wear closed-toe shoes. This event will take place in rainy conditions unless there is thunder and lightning.

Ages 13 & Older
 Sat, Sept 7
 10:30 am-3:30 pm
 Crown Point, IN
 \$48 R / \$65 NR
 Min/Max: 6/20

Registration Deadline: Sun, Aug 11

Transportation

SSSRA Office
 8:45 am Depart / 5:00 pm Return

Coyote Run, Flossmoor
 8:45 am Depart / 5:00 pm Return

Eisenhower Center, Lansing
 9:15 am Depart / 4:30 pm Return

Please register for the event based on your pick-up/drop-off location. A minimum of three participants must be registered for each location.

County Line Orchard

Do you enjoy food, friends and fun? Come with us to County Line Orchard! This event encourages socialization through apple picking, tractor rides, maze fun and more. We will probably be hungry after our apple picking, so we will get lunch on the farm. Lunch and admission is included. Please bring money for apples, pumpkins, souvenirs or extra snacks. Apples cost approximately \$1.80 per lb. and pumpkins cost \$0.40 per lb. This event will take place in rainy conditions unless there is thunder and lightning.

Ages 13 & Older
 Sun, Sept 8
 11:30 am-2:30 pm
 County Line Orchard, Hobart, IN
 \$45 R / \$61 NR
 Min/Max: 6/25
Registration Deadline: Sun, Aug 18

Transportation

SSSRA Office
 10:00 am Depart / 3:45 pm Return

Coyote Run, Flossmoor
 10:30 am Depart / 3:15 pm Return

Hawaii Fluid Art

NEW

Blend vibrant colors to create unique masterpieces at Hawaii Fluid Art. No painting experience needed! Everyone in the group will discover the joy of self-expression and bring home their very own fluid art creation.

Ages 13 & Older
 Sun, Sept 15
 12:00-2:00 pm
 Hawaii Fluid Art
 17200 Oak Park Avenue, Unit 104, Tinley Park
 \$40 R / \$54 NR
 Min/Max: 6/15

Registration Deadline: Sun, Aug 25



YMCA Family Camp Pinewood

Are you ready for a weekend getaway? We are going camping at YMCA Family Camp Pinewood in Twin Lake, Michigan. This is a great opportunity to go swimming, hiking and create arts and crafts. Campers can also enjoy time relaxing by the campfire. Campers and staff will be sleeping in cabins.

Campers must have independent self-help skills and be willing and able to stay with the group. Campers 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.

Due to the generosity of Gwendolyn Bohannon & Anthony Pitts, this trip is offered at a discounted rate for our residents.

Ages 13 & Older
Fri, Aug 16-Sun, Aug 18
9:00 am (Fri)-4:00 pm (Sun)
Twin Lake, MI
\$173 R / \$360 NR / \$360 LWSRA & SWSRA
Min/Max: 10/20
Registration Deadline: Sun, July 15

Transportation

SSSRA Office
9:00 am Depart (Fri) / 4:00 pm Return (Sun)



SSSRA Passports

Participants who sign up for in-person and virtual trips will receive a passport with stickers to remember each trip.

Due to the generosity of an Anonymous Donor, this program is offered at a discounted rate for all participants.

Book Club - *City Spies*

The first book in the City Spies series follows Sara Martinez, a hacker who joins forces with four other kids to become spies. Register by the deadline to have a book sent to you.

Ages 13 & Older
Mon, June 10-July 29
6:30-7:30 pm
Virtual
\$7 R / \$7 NR
Min/Max: 5/20

Registration Deadline: Mon, June 3

Kitchen Fun

It's time to put on your chef's hat and learn how to cook or bake using quick and easy recipes. A list of recipes will be emailed to you the week before the program begins.

Ages 13 & Older
Tues, June 11-July 30
11:00-11:30 am
Virtual
\$7 R / \$7 NR
Min/Max: 5/25

Registration Deadline: Tues, June 4

Drawing Techniques

Doodling, focal point, primary and secondary colors are terms you may or may not have heard of as it relates to drawing and the creative process. You will learn new techniques to help you explore your creative side. Each participant will receive a drawing book to keep their art in and to show friends and family what you are learning.

Ages 13 & Older
Wed, June 12-July 31, *No Program June 19*
4:00-4:30 pm
Virtual
\$7 R / \$7 NR
Min/Max: 5/50

Registration Deadline: Wed, June 5

Weight Workout

Get ready for a quick but effective workout by using your own body weight. If you want more of a challenge, add light hand weights to shape and tone your body.

Ages 13 & Older
Thurs, June 13-Aug 1, *No Program July 4*
4:00-4:30 pm
Virtual
\$7 R / \$7 NR
Min/Max: 5/50

Registration Deadline: Thurs, June 6

Trivia

Calling all trivia fans! Join us each week as we answer trivia questions under different themes. What MLB team has won the most World Series? How tall is the Empire State Building? What anniversary did SSSRA celebrate in 2023? When did Illinois become a state? These are just a few of the questions we may have.

Ages 13 & Older
Wed, Aug 7-Aug 28
4:00-4:30 pm
Virtual
\$5 R / \$5 NR
Min/Max: 5/50

Registration Deadline: Wed, July 31

Gametime Fun

If you like to play trivia, memory games or anything in between, this is the program for you! We might also try Dice Bowling, Off to the Races or something new.

Ages 13 & Older
Wed, Aug 7-Aug 28
6:30-7:15 pm
Virtual
\$5 R / \$5 NR
Min/Max: 5/50
Registration Deadline: Wed, July 31

Coffee Chats

Being a morning person is easy when you can start your day off chatting with new and old friends! Dedicate your morning to casual conversation and socialization. You might tell us about the dreams you had the night before or share your goals for the day! Whatever it may be, Coffee Chats is fun for everyone; ESPRESSO-ly those who love coffee!

Ages 13 & Older
Tues, Aug 6-Aug 27
11:00-11:30 am
Virtual
\$5 R / \$5 NR
Min/Max: 5/50
Registration Deadline: Tues, July 30



Find us on Facebook
facebook.com/sssra1973



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

Veterans Experience

NEW
July is the birth month of the United States and we are celebrating by inviting Veterans from the Livingston County War Museum to talk history with us.

Ages 13 & Older
Tues, July 2
3:00-4:00 pm
Virtual
\$3 R / \$3 NR
Min/Max: 10/25
Registration Deadline: Tues, June 25

Trip to Thailand

NEW
Grab your virtual passports and take a virtual trip to Thailand. We will learn about the country, culture and cuisine!

Ages 13 & Older
Fri, Aug 16
5:00-6:00 pm
Virtual
\$3 R / \$3 NR
Min/Max: 10/25
Registration Deadline: Fri, Aug 9



SSSRA Passports

Participants who sign up for in-person and virtual trips will receive a passport with stickers to remember each trip.



MIND-BODY-BALANCE

—★ FOR VETERANS ★—

Mind-Body-Balance for Veterans is a fitness program designed to serve disabled Veterans throughout SSSRA's member communities. SSSRA and our member communities are committed to making a difference in the lives of Veterans by offering an opportunity to establish a healthy lifestyle through wellness and fitness goals.

Mind-Body-Balance for Veterans is offered to Veterans of all ages with a DD214 Honorable Discharge and 10% or higher disability rating. The program includes a free one-year gym membership, a personal training session option and monthly social activities. Accessible equipment is available.

Veterans must be residents of one of SSSRA's member communities.

Mind-Body-Balance for Veterans registration will be accepted January 1-May 31 and September 1-December 31.

Mind-Body-Balance for Veterans is offered at the following fitness facilities:

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

Matteson Community Center
20642 Matteson Avenue, Matteson

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

Tinley Fitness
8125 W 171st Street, Tinley Park

For more information, please contact:
Juanita Williams
815.806.0384
juanita@sssra.org

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

Drop-off completed registration form at our office. 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 canceled.

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. Please visit www.sssra.org/forms/ if you would like to access the forms online.

Refund Policies

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

Registration Policies

- 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.
- 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.
- 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.
- 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.
- Registrations are processed on a first-come, first-served basis.
- 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.
- 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.
- 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.
- A \$35 fee will be charged by Old Plank Trail Community Bank for any returned checks.
- If you register after the registration deadline or after a program begins, you may not be able to attend that program the following week.

Non-Resident Registration & 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:

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

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.

SSSRA's Board of Directors has established specific guidelines for the administration of scholarships. A Scholarship Application (available at the SSSRA office or at sssra.org) must be completed. Please submit the application to SSSRA's Executive Director, along with the completed registration form and a deposit.

- The deadline for requesting scholarships for the program session is the same as the registration deadline.
- Participants who receive day camp scholarships may be responsible for paying fees for any weekly programs or special events they register for.
- 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.



\$15 WELCOME COUPON

\$15 off SSSRA program or special event for new participants. Valid for residents only. Siblings, spouses, parents and non-residents are not eligible for the coupon. Excludes Summer Day Camp and weekend trips.

If registering online, please call 815.806.0384 or email info@sssra.org to use the coupon.



First Time Participants - \$15 Off

- Clip the coupon and attach it to your completed registration form.
- Deduct \$15 off the total fee from your payment.
- Submit the registration form and coupon by the registration deadline to the SSSRA office.
- If registering online, please call 815.806.0384 or email info@sssra.org to use the coupon.

27	Abstract Artists	36	HHH Ranch Day	16	Social Time
34	Adapted Tennis	34/38	iFLY	19	SSSRA Family Picnic
29	Aerobics	23	Intro to Unified Bags	25	Stingrays Bocce
16	Animal Exploration	22	Jak's Warehouse	26	Stingrays Volleyball
20	Beginner Dance	20	Karate	25	Stingrays Unified Bocce
38	Blueberry Picking	41	Kitchen Fun	26	Stingrays Unified Volleyball
27	Bocce	39	Lake County Fair	16	Stretching
41	Book Club	27	Learn to Fish	15	Summer Day Camp
18	Bowling	29	Let's Dance	16	Summertime Bingo
41	Coffee Chats	35	Lincoln Park Zoo	21	Swim Lessons
38	Concert in the Park	20	Little Kickers Soccer	27	Swimmercise
39	County Line Orchard	18	Mandala Sun Catchers	20	T-Ball
28	Cultural Cuisine Cooking Club	43	Mind-Body-Balance for Veterans	17	Tape Abstract Painting
36	Deep River Waterpark	37	Movie Under the Stars	22	Teen Social Club
30	Drama Foundations	35	Music & Movement Time	42	Trip to Thailand
41	Drawing Techniques	19	Outdoor Movie Night	42	Trivia
36	Everybody's Birthday Party	17	Paint Stick Flag	21	Urban Air
16	Family Bingo	30	Pickleball	42	Veterans Experience
29	Fast Food & Flicks	28	Sand Volleyball	30	Volunteer Club
32	Fitness & Fun	31	Saturday Socializers	27	Walking Club
31	Friday Night Flyers	23	Special Olympics Construction Team Picnic	42	Weight Workout
42	Gametime Fun	24	Special Olympics Region E Bowling Tournament	37	White Sox Game
34	Gardening Club	30	Sport Sampler	40	YMCA Family Camp Pinewood
32	Gardening Gurus	22	Sports Galore	32	Yoga
40	Hawaii Fluid Art				

REGISTRATION FORM

Participant's Name _____

Address _____ City _____ State _____ ZIP _____

Date of Birth ____/____/____

Phone - Home _____ Work _____ Cell _____

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

Parent(s)/Guardian(s) Name _____

Address _____ City _____ State _____ ZIP _____

If different from above.

Phone - Home _____ Work _____ Cell _____

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

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

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

Emergency Contact _____ Relationship _____

Phone - Home _____ Work _____ Cell _____

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

Group Home/Residential Facility _____ Manager/Caseworker _____

Manager/Caseworker Phone - Office _____ After Hours _____

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

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

Registration forms will be accepted via walk-in, mail, email or fax.* Registration is not complete until the SSSRA office has received the registration form(s), waiver(s) and payment. The registration form(s) must be filled out completely and signed by parent or guardian. All guests must sign waiver(s). Submit forms with a deposit to complete registration.

*When sending a facsimile transmission to SSSRA, it is mutually understood that the fax document shall substitute for and have the same legal effect as the original form. Please call to confirm that your fax was received.

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:
- Show respect to all participants and staff. Must refrain from threatening or causing bodily harm to self or other participants or staff. Bullying of any form will not be tolerated.
- Listen to and comply with staff directions.
- Refrain from using foul language or other offensive behavior such as rude or inappropriate gestures or sexually explicit language.
- Not be under the influence of alcohol or drugs which would impair the ability to safely participate in the program.
- Remain fully clothed at all times.
- Participants must show respect for equipment, supplies and facilities

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

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

Warning of Risk

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

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

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

Mandated Reporter Statement

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

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

Supervision Acknowledgment

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

SOUTH SUBURBAN SPECIAL RECREATION ASSOCIATION

Program Participation Waiver, Release of All Claims and Hold Harmless Agreement

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

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

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

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

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

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

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

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

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

Printed Name of Participant

Date

Printed Name of Parent or Legal Guardian

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

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

PROGRAM LOCATIONS

Centennial Lake / Centennial Park

167th and Parliament, Tinley Park

Centennial Lanes 2.0

16050 Centennial Circle, Tinley Park

Challenger Field

167th & 76th Avenue, Tinley Park

Country Club Hills

Community Recreation Center

4709 W. 179th Street, Country Club Hills

Coyote Run Golf Course / Wiley's Grill

800 Kedzie Avenue, Flossmoor

Eisenhower Center

2550 178th Street, Lansing

Hazel Crest Park District and Fitness Center

2600 W. 171st Street, Hazel Crest

H-F Sports Complex

18220 Morgan Ave, Homewood

Lan-Oak Park

180th and Arcadia, Lansing

Lions Club Pool

1041 Ridge Road, Homewood

Marie Irwin Community Center

18120 Highland Avenue, Homewood

Matteson Community Center -

Matteson Avenue

20642 Matteson Avenue, Matteson

Oak Forest Park District / Tichan House / Fitness Center

15601 South Central Avenue, Oak Forest

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

20712 Western Avenue, Olympia Fields

Park Forest Aqua Center

30 N. Orchard, Park Forest

Richton Park Community Center

4445 Sauk Trail, Richton Park

Somonauk Park

311 Somonauk Street, Park Forest

SSSRA Office

19910 80th Avenue, Tinley Park

Tolentine Park

207 Governors Hwy, Olympia Fields

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

8125 W. 171st Street, Tinley Park





SSSRA

19910 80th Avenue
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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.

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Groups focus on

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

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- Intensive Preschool ABA Services
- Life Skills - potty training, brushing teeth, dressing, etc



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