

WINTER SPRING 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
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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 Office

What is SSSRA?

SSSRA provides recreational opportunities to individuals with disabilities or special needs. Our association is an extension of 7 park districts and 3 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 a x-ray, submit a letter from their physician and complete the Special Olympics Illinois medical form. The letter must state that the individual does not have atlanto-axial instability prior to participating in the program. 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.

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

- Participants must be able to 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, Lansing / 9.6 miles
5. Matteson Community Center - Matteson Avenue / 4.3 miles
6. Oak Forest Park District / 7.4 miles
7. Olympia Fields Park District / 3.5 miles
8. Park Forest Village Hall / 5.9 miles
9. Richton Park Community Center / 5.3 miles
10. SSSRA, Tinley Park / 8.5 Miles

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 5 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.



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

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, Feb 12-Mar 11
11:00-11:30 am
Virtual
\$5 R / \$5 NR
Min/Max: 5/50

WINTER / Registration Deadline: Mon, Feb 5

All Ages
Mon, Apr 1-Apr 29
11:00-11:30 am
Virtual
\$5 R / \$5 NR
Min/Max: 5/50

SPRING / Registration Deadline: Mon, Mar 25



Find us on Facebook
facebook.com/sssra1973



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

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, Feb 12-Mar 11
4:00-4:30 pm
Virtual
\$5 R / \$5 NR
Min/Max: 5/50

WINTER / Registration Deadline: Mon, Feb 5

SPRING

All Ages
Mon, Apr 1-Apr 29
4:00-4:30 pm
Virtual
\$5 R / \$5 NR
Min/Max: 5/50

SPRING / Registration Deadline: Mon, Mar 25

Bike Tours

NEW

Don't let the winter blues keep you indoors. Join us for a fun Virtual Bike Ride program that allows you to escape the cold and pretend it's summer again, all from the comfort of your home. Whether you're in the mood for a leisurely ride along the beach side, a scenic mountain trail or a city tour, we will have the perfect virtual ride for you!

All Ages
Tues, Jan 9-Feb 6
4:00-4:30 pm
Virtual
\$5 R / \$5 NR
Min/Max: 5/50

WINTER / Registration Deadline: Tues, Jan 2

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, Jan 9-Feb 6

6:30-7:00 pm

Virtual

\$5 R / \$5 NR

Min/Max: 5/50

WINTER / Registration Deadline: Tues, Jan 2

All Ages

Tues, May 7-June 4

6:30-7:00 pm

Virtual

\$5 R / \$5 NR

Min/Max: 5/50

SPRING / Registration Deadline: Tues, Apr 30

Travel Buddies

Take virtual trips around the world all from the comfort of your own home. Together, we will learn about popular destination spots in different countries! You will also get a chance to share your favorite traveling stories with the group. Let's get ready to explore.

All Ages

Wed, Jan 10-Feb 7

4:00-4:30 pm

Virtual

\$5 R / \$5 NR

Min/Max: 5/50

WINTER / Registration Deadline: Wed, Jan 3

All Ages

Wed, May 8-June 5

4:00-4:30 pm

Virtual

\$5 R / \$5 NR

Min/Max: 5/50

SPRING / Registration Deadline: Wed, May

Bingo with Sammy

NEW

Sammy wants to host a virtual bingo night with all his friends! Make sure to sign up for this fun filled evening. Get ready to shout BINGO! Your cards will be emailed to you before the program starts.

All Ages

Wed, Jan 31

5:00-6:00 pm

Virtual

\$3 R / \$3 NR

Min/Max: 10/50

WINTER / Registration Deadline: Wed, Jan 24

All Ages

Wed, May 22

5:00-6:00 pm

Virtual

\$3 R / \$3 NR

Min/Max: 10/50

SPRING / Registration Deadline: Wed, May 15

Family Bingo

Join us for everyone's favorite game. Whether you have 5 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, Jan 11-Feb 8

6:30-7:30 pm

Virtual

\$5 R / \$5 NR

Min/Max: 10/50

WINTER / Registration Deadline: Thurs, Jan 4

All Ages

Thurs, May 9-June 6


6:30-7:30 pm

Virtual

\$5 R / \$5 NR

Min/Max: 10/50

SPRING / Registration Deadline: Thurs, May 2

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

Weight Workout

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

All Ages
Fri, Jan 12-Feb 9
2:00-2:30 pm
Virtual
\$5 R / \$5 NR
Min/Max: 5/50

WINTER / Registration Deadline: Fri, Jan 5

All Ages
Fri, May 10-Jun 7
2:00-2:30 pm
Virtual
\$5 R / \$5 NR
Min/Max: 5/50

SPRING / Registration Deadline: Fri, May 3

Cirque du Soleil

NEW

Come one, come all! Together we will escape to the imaginary world that this non-traditional circus creates for us. Cirque du Soleil offers unique stories using original music and choreography and the stunts will be sure to make your jaw drop! This special event is fun for all ages, so let's flip, fly and float with the amazing performers that have reinvented the circus as we once knew it!

All Ages
Fri, Jan 26
5:00-6:00 pm
Virtual
\$3 R / \$3 NR
Min/Max: 10/100

WINTER / Registration Deadline: Fri, Jan 19

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

SPRING / Registration Deadline: Fri, May 3

THANK YOU!

TO OUR SPONSORS

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!

Interested in becoming a sponsor?

Please contact us for more information.

815.806.0384
info@sssra.org

Winter Spring Sponsors

- Anonymous Donor
- Ozinga Brothers
- Walmart

Trunk or Treat Candy Donation

- Albanese Candy Company
- Marcos & Denise Paes, Crown Point, IN
- Youth Education Development Academy

Cosmic Journey: A Space Adventure

NEW

This program will transport you into the worlds of those who explore the skies above and beyond. Whether you're a space enthusiast or simply curious about the mysteries of the universe, this virtual journey promises to be an unforgettable experience. Together we will learn about the daily life of an astronaut in space, hear some interesting questions being answered by a popular astronaut and take a look at the cosmos above!

All Ages
Fri, Mar 8
5:00-6:00 pm
Virtual
\$3 R / \$3 NR
Min/Max: 10/50

WINTER / Registration Deadline: Fri, Mar 1

Earth Day Celebration

NEW

Dive into the wonders of our planet's coral reef with our Virtual Earth Day event! We will experience a wealth of knowledge and awe-inspiring footage shared by Biologist David Attenborough. After we enjoy a journey beneath the waves, we will enjoy a couple rounds of Earth Day Bingo fun! A bingo card will be emailed to you the week prior.

All Ages
Mon, Apr 22
5:00-6:00 pm
Virtual
\$3 R / \$3 NR
Min/Max: 10/80

SPRING / Registration Deadline: Mon, Apr 15



Trip to Australia

NEW

G'day mates! Let's take a virtual trip throughout Australia and learn about everything there is in the land down under. We will talk about the Sydney Opera House, Great Barrier Reef, Fraser Island and much more. Grab your virtual passports and let's go to Australia!

All Ages
Thurs, Mar 21
5:00-6:00 pm
Virtual
\$3 R / \$3 NR
Min/Max: 10/50

WINTER / Registration Deadline: Thurs, Mar 14



Trip to Spain

NEW

Hola! Grab your virtual passports and let's take a virtual trip to Madrid, Spain one of Europe's most amazing cities. We will talk about the Las Ventas Bullring, museums and much more!

All Ages
Thurs, May 2
5:00-6:00 pm
Virtual
\$3 R / \$3 NR
Min/Max: 10/50

SPRING / Registration Deadline: Thurs, Apr 25



Virtual Passports

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

DIY Dream Catcher

NEW

Looking for a fun and artistic way to embrace the winter season? Craft your very own winter themed dream catcher using materials such as yarn and pom poms! All participants will receive an activity book.

All Ages

Wed, Jan 17

5:00-6:00 pm

SSSRA Office, Tinley Park

\$9 R / \$12 NR

Min/Max: 6/20

WINTER / Registration Deadline: Sun, Dec 31

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

All Ages

Wed, Jan 17

5:00-6:00 pm

Virtual

\$3 R / \$3 NR

Min/Max: 10/50

WINTER / Registration Deadline: Sun, Jan 7

Virtual participants may pick up their supplies beginning January 10.

Tissue Paper Flowers

NEW

Flowers made from tissue paper are a fun and simple craft that look beautiful! They are vibrant and colorful and come in a variety of sizes. Your beautiful bouquet will last a long time! All participants will receive an activity book.

All Ages

Wed, May 8

5:00-6:00 pm

SSSRA Office, Tinley Park

\$9 R / \$12 NR

Min/Max: 6/20

SPRING / Registration Deadline: Sun, Apr 21

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

All Ages

Wed, May 8

5:00-6:00 pm

Virtual

\$3 R / \$3 NR

Min/Max: 10/50

SPRING / Registration Deadline: Sun, Apr 21

Virtual participants may pick up their supplies beginning April 29.



Bowling

Experience the joy of knocking down the pins while having fun with your friends. This program includes 2 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.

All Ages

Wed, Mar 6-Apr 24

3:30-5:00 pm

Centennial Lanes 2.0, Tinley Park

\$105 R / \$142 NR

Min/Max: 10/20

WINTER / Registration Deadline: Sun, Feb 11

All Ages

Thurs, Mar 7-Apr 25

3:30-5:00 pm

Thunder Bowl, Mokena

\$105 R / \$142 NR

Min/Max: 10/20

SPRING / Registration Deadline: Sun, Feb 11

Bunny Breakfast

It's time to chase Peter Cottontail and get a photo! Enjoy a less stressed environment for breakfast and pictures with the bunny. 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.

If you or your guests do not attend the event, you will be charged an additional \$10 for each no-show in your party.

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

All Ages & Family

Sat, Mar 23

9:00-10:30 am

Wiley's Grill, Flossmoor

\$15 R / \$35 NR / \$26 LWSRA & SWSRA

Min/Max: 10/50

WINTER / Registration Deadline: Sun, Mar 3



Drama Show

Our Drama Club and Show Choir have worked hard all season to put on an amazing performance for you. The show begins at 7:00 pm, and refreshments will be served in the lobby after the performance. Participants must be accompanied by a parent, guardian or group home staff. **This is not a staffed event.**

All Ages & Family
Mon, May 6
7:00 pm Show
Freedom Hall, Park Forest
Free R / Free NR
Min/Max: 10/100

SPRING / Registration Deadline: Sun, Apr 28



Family Banquet

Everyone is invited to the SSSRA Family Banquet to celebrate our wonderful participants and families. Enjoy dinner, socialize with friends and dance the night away!

If you or your guests do not attend the event, you will be charged an additional \$30 for each no-show in your party.

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.

All Ages & Family

Thurs, May 16

6:00-9:00 pm

Gaelic Park, Oak Forest

\$20 R / \$20 NR

Min/Max: 100/200

SPRING / Registration Deadline: Sun, Apr 14



Karate

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

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

Ages 2-12
Mon, Feb 12-Mar 18
4:00-4:50 pm
Tony Bettenhausen Recreation Center,
Tinley Park
\$55 R / \$88 NR / \$65 LWSRA & SWSRA
Min/Max: 6/10
WINTER / Registration Deadline: Sun, Jan 14

Ages 2-12
Mon, Mar 25-Apr 29
4:00-4:50 pm
Tony Bettenhausen Recreation Center,
Tinley Park
\$55 R / \$88 NR / \$65 LWSRA & SWSRA
Min/Max: 6/10
SPRING / Registration Deadline: Sun, Mar 10

Friday Night Fun

Allow our staff to entertain your kids in a safe and fun-filled environment playing games, creating artwork and socializing with their friends at dinner. Siblings are welcome. Each person attending must register and sign a participation waiver.

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

Ages 2-12
Fri, Feb 16-Mar 15
5:00-7:30 pm
Tony Bettenhausen Recreation Center,
Tinley Park
\$90 R / \$150 NR / \$111 LWSRA & SWSRA
Min/Max: 6/15
WINTER / Registration Deadline: Sun, Jan 14

Ages 2-12
Fri, Apr 5-May 3
5:00-7:30 pm
Tony Bettenhausen Recreation Center,
Tinley Park
\$90 R / \$150 NR / \$111 LWSRA & SWSRA
Min/Max: 6/15
SPRING / Registration Deadline: Sun, Mar 10



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.

Ages 2-12

Sat, Jan 13-Mar 2

12:00-12:45 pm

H-F Racquet & Fitness Center

\$106 R / \$143 NR

Min/Max: 6/10

WINTER / Registration Deadline: Sun, Dec 17

Ages 2-12

Sat, Mar 9-May 4, [No Program Mar 30](#)

12:00-12:45 pm

H-F Racquet & Fitness Center

\$106 R / \$143 NR

Min/Max: 6/10

SPRING / Registration Deadline: Sun, Feb 4

Magic with Magic Matt

NEW

Do your kids ever wonder how magic works? Magic Matt will teach a magic trick and end the day with an interactive, fun and lively magic show! He has performed all over the Chicago-land area including shows at Brookfield Zoo and the Will County Fair.

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

Ages 2-12

Sun, Jan 28

1:00-2:30 pm

The Bradford Barn, Olympia Fields

\$15 R / \$36 NR / \$27 LWSRA & SWSRA

Min/Max: 10/20

WINTER / Registration Deadline: Sun, Dec 31

Mascot Hall of Fame

NEW

Many sports teams have mascots - The Phillie Phanatic, Benny the Bull and Sammy Stingray! We are heading to the Mascot Hall of Fame to learn the history of mascots and how they are created. We can even try on a costume! This is a family event, so mom, dad and siblings are welcome to join the fun. Each person attending must register and sign a participation waiver. Please bring a sack lunch to recharge while we are there. Concessions are available for purchase.

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

Ages 2-12 & Family

Sat, May 11

11:00 am-2:00 pm

Whiting, IN

\$20 R / \$49 NR / \$36 LWSRA & SWSRA

Min/Max: 10/20

SPRING / Registration Deadline: Sun, Apr 14

Transportation

SSSRA Office

9:30 am Depart / 3:30 pm Return

Coyote Run, Flossmoor

10:00 am Depart / 3:00 pm Return

Teen Social Club

NEW

Join your friends for Friday night fun! Enjoy karaoke, trivia, ice cream socials, bowling and more! A detailed schedule will be sent prior to the program start date. Please wear athletic shoes weekly. Participants must be able to work 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, Feb 16-Mar 15
 6:00-8:00 pm
 Various Locations
 \$100 R / \$162 NR / \$120 LWSRA & SWSRA
 Min/Max: 6/15
WINTER / Registration Deadline: Sun, Jan 14

Ages 13-20
 Fri, Apr 5-May 3
 6:00-8:00 pm
 Various Locations
 \$100 R / \$162 NR / \$120 LWSRA & SWSRA
 Min/Max: 6/15
SPRING / Registration Deadline: Sun, Mar 10



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facebook.com/sssra1973



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

Brunch with Friends

NEW

Rise and shine... it's brunch time! Spend Saturday mornings socializing with friends while making delicious breakfast and lunch meals.

Ages 13-20
 Sat, Feb 17-Mar 16
 9:00-10:30 am
 Eisenhower Center, Lansing
 \$70 R / \$95 R with Transportation /
 \$95 NR / \$120 NR with Transportation
 Min/Max: 6/15
WINTER / Registration Deadline: Sun, Jan 14

Transportation

SSSRA Office
 8:00 am Depart / 11:30 am Return
 Coyote Run, Flossmoor
 8:30 am Depart / 11:00 am Return

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. Participants will have the opportunity to make an appetizer, main dish and dessert related to the culture. At the end of the program... we feast!

Ages 13-20
 Thurs, Apr 4-May 2
 5:30-7:00 pm
 Eisenhower Center, Lansing
 \$90 R / \$115 R with Transportation /
 \$121 NR / \$146 NR with Transportation
 Min/Max: 6/15
SPRING / Registration Deadline: Sun, Mar 10

Transportation

SSSRA Office
 4:30 pm Depart / 8:00 pm Return
 Coyote Run, Flossmoor
 5:00 pm Depart / 7:30 pm Return

Snow Tubing

NEW

Grab your snow tube or sled for a breathtaking slide down a groomed snow tubing hill. No worries if you don't have one, SSSRA will provide one for you. No experience necessary; just proper winter attire and a thirst for outdoor fun and adventure. If there is not enough snow on the ground, we will do our best to reschedule a make up date. Please bring a sack lunch.

Ages 13-20

Sun, Feb 18

11:00 am-1:00 pm

Pioneer Woods, Willow Springs

\$28 R / \$38 NR

Min/Max: 6/15

WINTER / Registration Deadline: Sun, Jan 14

Transportation

SSSRA Office

9:30 am Depart / 2:30 pm Return

Coyote Run, Flossmoor

10:00 am Depart / 2:00 pm Return

Naperville Riverwalk & JoJo's Shake Bar

NEW

Enjoy the beauty and tranquility of nature as we walk the "Crown Jewel" of Naperville. The riverwalk features 1.75 miles of brick paths, fountains and bridges. After our walk, we will enjoy lunch at JoJo's Shake Bar. Participants must dress for the weather, wear comfortable shoes and bring water. Participants must be able to walk long distances during this program. Participants must be able to work successfully in a 1:4 staff to participant ratio.

Ages 13-20

Sat, Apr 27

10:30 am-2:00 pm

Naperville

\$53 R / \$88 NR

Min/Max: 6/15

SPRING / Registration Deadline: Sun, Apr 7

Transportation

SSSRA Office

9:00 am Depart / 3:30 pm Return

Coyote Run, Flossmoor

9:30 am Depart / 3:00 pm Return

REGISTRATION DATES

Winter In-Person Program Registration Dates

Resident Registration

Begins Monday, November 13 at 9:00 am

Non-Resident Registration

Begins Monday, December 11 at 9:00 am

Winter Virtual Program Registration Dates

Resident Registration

Begins Monday, November 13 at 9:00 am

Non-Resident Registration

Begins Monday, November 13 at 9:00 am

Spring In-Person Program Registration Dates

Resident Registration

Begins Monday, November 13 at 9:00 am

Non-Resident Registration

Begins Monday, January 8 at 9:00 am

Spring Virtual Program Registration Dates

Resident Registration

Begins Monday, November 13 at 9:00 am

Non-Resident Registration

Begins Monday, November 13 at 9:00 am

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

■ 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.

*There are forms that are required by Special Olympics Illinois.

Stingrays Powerlifting

Work on your technique for deadlift and bench-press. SSSRA coaches will help you get your lifting technique competition ready. Repetition, set and personal record (PR) are a few terms you are sure to hear and use during the season. Please wear workout clothes and bring a water bottle.

You will need your own weightlifting belt and knee high sport socks.

We will compete in the regional tournament in March 2024.

*All Special Olympics forms must be updated through Summer Games (June 2024) and turned in to the SSSRA office by January 22.

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

Ages 13 & Older

Thurs, Feb 8-May 30, [No program May 16 /](#)

[Please register for Family Banquet](#)

6:30-8:30 pm

Oak Forest Park District

\$150 R without Singlet / \$245 R with Singlet

\$308 NR without Singlet / \$332 NR with Singlet

\$228 LWSRA & SWSRA without Singlet

\$307 LWSRA & SWSRA with Singlet

Program fee does not include State Competition.

Min/Max: 6/15

[WINTER / Registration Deadline: Sun, Jan 14](#)



Stingrays Softball

Grab your glove and head to the field! If you are interested in playing against other SRAs in a competitive setting, then Stingrays Softball is for you! Every player will need to have their own glove at the first practice. A schedule will be given to you after the first practice. Athletes will receive a T-shirt and hat. Please wear workout clothes and bring a water bottle.

We may compete in the regional tournament in August and the ITRS tournament in July.

*All Special Olympics forms must be updated through State Tournament (September 2024) and turned in to the SSSRA office by May 31.

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

Ages 13 & Older
Tues, May 7-Aug 6
6:30-8:00 pm
Homewood Estates Park, Homewood
\$125 R / \$196 NR / \$145 LWSRA & SWSRA
Program fee does not include State Competition.
Min/Max: 10/18
SPRING / Registration Deadline: Sun, Apr 14

Stingrays Swim Team

Stingrays Swim Team is back! All athletes will need to be able to swim independently one full length of the pool (minimum of 25 meters). Some events that you may train for are the freestyle, backstroke, butterfly and breast stroke. Coaches will help you decide the event and the distance you will swim. Swimmers will receive a T-shirt.

We will compete in the Region E Swim Meet in March 2024. If you win a gold medal, you will qualify for Summer Games in June 2024.

*All Special Olympics forms must be updated through Summer Games (June 2024) and turned in to the SSSRA office by January 26.

Ages 8 & Older
Sat, Jan 27-Mar 23
12:30-1:30 pm
Matteson Community Center - Matteson Avenue
\$95 R / \$128 NR
Program fee does not include State Competition.
Min/Max: 6/12
WINTER / Registration Deadline: Sun, Dec 17



Stingrays Track & Field

Lace up your running shoes and meet us at the track. We will stretch and work on the events for the Region E Spring Games, possibly even State Summer Games 2024. You can choose track events such as running or walking or field events such as the softball throw, javelin, running, standing long jumps and shotput. The coaches will help you decide what will be the best fit for you. Athletes will receive a T-shirt. Please bring a bottle of water and dress for the weather.

*All Special Olympics forms must be updated through Summer Games (June 2024) and turned in to the SSSRA office by March 8.

Ages 8 & Older

Mon, Mar 11-Apr 29

5:30-7:00 pm

Matteson Community Center - Matteson Avenue
& Community Park, Country Club Hills

\$100 R / \$135 NR

Program fee does not include State Competition.

Min/Max: 6/25

WINTER / Registration Deadline: Sun, Feb 11

Snowshoe Fun

NEW

SSSRA is offering a chance to experience snowshoeing this winter! This sport is a great alternative to hiking. Snowshoes will be provided for the event and you will learn how to put them on and take them off. Please dress for winter weather (coat, gloves, hat, boots and snow pants) or wear layers to keep dry and warm. Please bring a bottle of water.

Special Olympics Winter Games offers Snowshoeing. If enough people are interested, SSSRA may offer Snowshoeing as an event for participation in the future.

Ages 10 & older

Sat, Feb 10

10:00 am-12:00 pm

Sgt. Means Park, Olympia Fields

\$31 R / \$42 NR

Min/Max: 6/12

WINTER / Registration Deadline: Sun, Jan 21



Day Trippers

Day Trippers is a fun way to get together and explore different areas outside of our community! Every other week, your group will attend a different outing and eat lunch at a local restaurant. This program has a strong emphasis on socialization and community integration. 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 this program, please register for Group A or Group B.
Non-residents, please register for one of the groups.**

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

Ages 13 & Older
9:00 am-5:00 pm
\$281 R / \$380 NR
Min/Max: 6/15

WINTER / Registration Deadline: Sun, Jan 14

Group A

Country Club Hills, Hazel Crest, Lansing, Oak Forest, Tinley Park

Mon, Feb 12 Volo Auto Museum
Mon, Feb 26 Puttshack
Mon, Mar 11 Adler Planetarium
Mon, Apr 1 Hollywood Palms Theater
Mon, Apr 15 Lincoln Park Zoo

Group B

Homewood-Flossmoor, Matteson, Olympia Fields, Park Forest, Richton Park

Mon, Feb 19 Volo Auto Museum
Mon, Mar 4 Puttshack
Mon, Mar 18 Adler Planetarium
Mon, Apr 8 Hollywood Palms Theater
Mon, Apr 22 Lincoln Park Zoo



Karate

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

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

Ages 13 & Older
 Mon, Feb 12-Mar 18
 5:00-5:50 pm
 Tony Bettenhausen Recreation Center,
 Tinley Park
 \$55 R / \$88 NR / \$665 LWSRA & SWSRA
 Min/Max: 6/15
WINTER / Registration Deadline: Sun, Jan 14



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facebook.com/sssra1973



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

Spring Sports Conditioning

Let's get back in the gym to start conditioning for spring and summer sports. Whether you're a longtime Stingray or starting to play on team sports, this program will encourage sportsmanship and develop our skills. Sports will include basketball, volleyball, track & field and softball. Please wear comfortable shoes and bring a bottle of water.

Ages 13 & Older
 Mon, Apr 1-Apr 29
 5:00-6:00 pm
 Eisenhower Center, Lansing
 \$35 R / \$60 R with Transportation /
 \$47 NR / \$81 NR with Transportation
 Min/Max: 6/15
SPRING / Registration Deadline: Sun, Mar 10

Transportation

SSSRA Office
 4:00 pm Depart / 7:00 pm Return

 Coyote Run, Flossmoor
 4:30 pm Depart / 6:30 pm Return

Open Swim

Open swim gives you the freedom to splash around, swim laps or relax in the pool! Staff will be in the water to monitor participants and a life-guard will be on duty while we are in the water. Locker rooms are available to change clothes and store your belongings. Proper swim attire is required for this program. If participants have a toileting concern, proper swim undergarments are required.

Ages 13 & Older
 Mon, Apr 1-Apr 29
 6:00-7:00 pm
 Matteson Community Center -
 Matteson Avenue (pending)
 \$37 R / \$50 NR
 Min/Max: 6/15
SPRING / Registration Deadline: Sun, Mar 10

Show Choir

It's time to warm up your vocal chords as we learn new songs. We will sing songs together with choreographed dance moves! Practice will be held before Drama Club and we will perform in front of an audience before the Drama Show on May 6. If you would like to be part of the Drama Show, please register for Drama Club.

Ages 13 & Older

Mon, Feb 12-Apr 29

5:30-6:15 pm

Freedom Hall, Park Forest

\$99 R / \$134 NR

Min/Max: 6/15

WINTER / Registration Deadline: Sun, Jan 14

Drama Club

Now is your chance to shine on the big stage! Practice your lines, vocal skills and facial expressions to prepare for the big show. No previous acting experience is necessary. The last night of the program will be a dress rehearsal for the final show taking place on May 6. If you would like to be part of the Show Choir performance, register for that program right before Drama Club!

Ages 13 & Older

Mon, Feb 12-Apr 29

6:30-8:00 pm

Freedom Hall, Park Forest

\$160 R / \$216 NR

Min/Max: 10/20

WINTER / Registration Deadline: Sun, Jan 14

Fast Food & Flicks

Fast Food and Flicks is a fun program where we will enjoy a new movie after having a fast food dinner with our friends. For each outing, we aim for a 7:00 pm show, however if the times change, participants will be contacted. 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.

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

Ages 13 & Older

4:30-10:15 pm

\$212 R / \$286 NR

Min/Max: 6/12

WINTER / Registration Deadline: Sun, Jan 14

Group A

Wed, Feb 14, Feb 28, Mar 13, Apr 10, Apr 24

Group B

Feb 21, Mar 6, Apr 3, Apr 17, May 1

Transportation

SSSRA Office

5:00 pm Depart / 10:30 pm Return

Coyote Run, Flossmoor

4:30 pm Depart / 10:00 pm Return



Aerobics

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

Ages 13 & Older

Wed, Feb 14-Mar 13

6:00-7:00 pm

Marie Irwin Center, Homewood

\$25 R / \$34 NR

Min/Max: 6/20

WINTER / Registration Deadline: Sun, Jan 14

Ages 13 & Older

Wed, Apr 3-May 1

6:00-7:00 pm

Marie Irwin Center, Homewood

\$25 R / \$34 NR

Min/Max: 6/20

SPRING / Registration Deadline: Sun, Mar 10

Let's Dance

Let's shake it up! This popular program allows you to join your friends every week for a fun night of dancing. Learn popular dance moves while listening to great music. You will work on your gross motor skills and socialization. Please wear workout clothes and bring a bottle of water. Register for Aerobics right before this program!

Ages 13 & Older

Wed, Feb 14-Mar 13

7:15-8:15 pm

Marie Irwin Center, Homewood

\$25 R / \$34 NR

Min/Max: 6/20

WINTER / Registration Deadline: Sun, Jan 14

Ages 13 & Older

Wed, Apr 3-May 1

7:15-8:15 pm

Marie Irwin Center, Homewood

\$25 R / \$34 NR

Min/Max: 6/20

SPRING / Registration Deadline: Sun, Mar 10



Chef's Kitchen

It's time to get cooking in the kitchen! Learn how to make a variety of meals and enjoy them with your friends. All ingredients will be provided. This program enhances kitchen safety, cooking skills and socialization. Sign up for Crafty Creations following this program for twice the fun!

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

Ages 13 & Older

Thurs, Feb 15-Mar 14

4:30-6:30 pm

Hazel Crest Park District

\$80 R / \$124 NR / \$92 LWSRA & SWSRA

Min/Max: 6/15

WINTER / Registration Deadline: Sun, Jan 14

Ages 13 & Older

Thurs, Apr 4-May 2

4:30-6:30 pm

Hazel Crest Park District

\$80 R / \$124 NR / \$92 LWSRA & SWSRA

Min/Max: 6/15

SPRING / Registration Deadline: Sun, Mar 10

Crafty Creations

Let's work on our crafting skills together by creating something new and exciting each week! Crafting is a fun way to relax and spend time with your friends. All supplies will be provided. Sign up for Chef's Kitchen before this program and learn how to cook dinner with your friends!

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

Ages 13 & Older

Thurs, Feb 15-Mar 14

6:45-7:45 pm

Hazel Crest Park District

\$50 R / \$85 NR / \$63 LWSRA & SWSRA

Min/Max: 6/15

WINTER / Registration Deadline: Sun, Jan 14

Ages 13 & Older

Thurs, Apr 4-May 2

6:45-7:45 pm

Hazel Crest Park District

\$63 R / \$85 NR

Min/Max: 6/15

SPRING / Registration Deadline: Sun, Mar 10



Friday Night Flyers

NEW

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, Feb 16-Mar 15
6:00-8:00 pm
Various Locations
\$120 R / \$162 NR
Min/Max: 6/15

WINTER / Registration Deadline: Sun, Jan 14

Ages 21 & Older
Fri, Apr 5-May 3
6:00-8:00 pm
Various Locations
\$120 R / \$162 NR
Min/Max: 6/15

SPRING / Registration Deadline: Sun, Mar 10

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, Feb 17-Mar 16
6:00-8:00 pm
Various Locations
\$120 R / \$162 NR
Min/Max: 6/15

WINTER / Registration Deadline: Sun, Jan 14

Ages 21 & Older
Sat, Apr 6-May 4
6:00-8:00 pm
Various Locations
\$120 R / \$162 NR
Min/Max: 6/15

SPRING / Registration Deadline: Sun, Mar 10

THANK YOU!

TO OUR SPONSORS

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!

Interested in becoming a sponsor?

Please contact us for more information.

815.806.0384
info@sssra.org

Winter Spring Sponsors

- Anonymous Donor
- Ozinga Brothers
- Walmart

Trunk or Treat Candy Donation

- Albanese Candy Company
- Marcos & Denise Paes, Crown Point, IN
- Youth Education Development Academy

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 strength, muscle tone, balance and coordination. Please wear workout clothes and bring a water bottle. Participants must be able to work successfully in a 1:4 staff to participant ratio.

Ages 13 & Older

Sat, Feb 17-Mar 16

10:00-11:00 am

Oak Forest Fitness Center

\$25 R / \$34 NR

Min/Max: 6/15

WINTER / Registration Deadline: Sun, Jan 14

Ages 13 & Older

Sat, Apr 6-May 4

10:00-11:00 am

Oak Forest Fitness Center

\$25 R / \$34 NR

Min/Max: 6/15

SPRING / Registration Deadline: Sun, Mar 10

Pickleball

Pickleball is a unique sport that uses a combination of techniques used in tennis and racquetball. During this non-competitive program, you will learn and practice the rules of the game, strategy and scoring. This program encourages team building, enhances endurance and promotes hand-eye coordination. All skill levels are welcome! Equipment will be provided or you can bring your own. Please wear workout clothes and bring a bottle of water.

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

Ages 13 & Older

Sun, Feb 11-Mar 10

1:00-2:30 pm

Park Forest Tennis Club (pending)

\$25 R / \$51 NR / \$38 LWSRA & SWSRA

Min/Max: 6/15

WINTER / Registration Deadline: Sun, Jan 14

Ages 13 & Older

Sun, Apr 7-May 5

1:00-2:30 pm

Park Forest Tennis Club

\$25 R / \$51 NR / \$38 LWSRA & SWSRA

Min/Max: 6/15

SPRING / Registration Deadline: Sun, Mar 10



Adapted Bowling

Discover the joy of bowling in an inclusive and welcoming environment with our adaptive bowling experience. This program is specifically designed for individuals with physical disabilities where we make adaptations and modifications as needed to ensure that everyone will enjoy the game. Whether you're a seasoned bowler or brand new to the sport, our program will help meet your goals!

Door-to-door transportation is available for residents and participants will be notified of their pick-up time. Non-residents will need to meet at Centennial Lanes 2.0 at 1:00 pm.

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

Ages 13 & Older with Physical Disabilities

Tues, Feb 13-Mar 12

1:00-2:30 pm

Centennial Lanes 2.0, Tinley Park

\$75 R / \$100 R with Transportation /

\$127 NR / \$94 LWSRA & SWSRA

Min/Max: 4/10

WINTER / Registration Deadline: Sun, Jan 14

Ages 13 & Older with Physical Disabilities

Tues, Apr 2-Apr 30

1:00-2:30 pm

Centennial Lanes 2.0, Tinley Park

\$75 R / \$100 R with Transportation /

\$127 NR / \$94 LWSRA & SWSRA

Min/Max: 4/10

SPRING / Registration Deadline: Sun, Mar 10

Springtime Creations

NEW

Celebrate the magic of spring at our crafting program! From bright floral arrangements to wreaths that express the spirit of the season, you will be sure to bloom in this program!

Door-to-door transportation is available for residents and participants will be notified of their pick-up time. Non-residents will need to meet at Richton Park Community Center at 10:00 am.

Ages 13 & Older with Physical Disabilities

Wed, Apr 3-May 1

10:00-11:00 am

Richton Park Community Center

\$75 R / \$108 R with Transportation /

\$101 NR / \$75 LWSRA & SWSRA

Min/Max: 4/10

SPRING / Registration Deadline: Sun, Mar 10

Culinary Arts

NEW

Culinary Arts is not just about creating delicious dishes, it's also a place to have fun, build connections and foster a sense of community. Our program is thoughtfully designed to accommodate individuals with varying degrees of physical disabilities. Whether you use mobility aids, have limited dexterity or other challenges, our skilled recreation leaders are here to assist and adapt to your specific requirements.

Door-to-door transportation is available for residents and participants will be notified of their pick-up time. Non-residents will need to meet at Richton Park Community Center at 11:00 am.

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

Ages 13 & Older with Physical Disabilities

Wed, Feb 14-Mar 13

11:00 am-12:30 pm

Richton Park Community Center

\$80 R / \$133 R with Transportation /

\$148 NR / \$110 LWSRA & SWSRA

Min/Max: 4/10

WINTER / Registration Deadline: Sun, Jan 14

Volunteer Club

NEW

Are you ready to give back to the community, make a positive impact and create meaningful connections? Our Volunteer Club will give you the opportunity to step out into local communities and create positive change as a group. We will collaborate with various agencies, businesses and events nearby to show our support!

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

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

Ages 13 & Older with Physical Disabilities
Thurs, Apr 4-May 2
10:00 am-12:00 pm
Various Locations
\$75 R / \$142 NR / \$105 LWSRA & SWSRA
Min/Max: 4/10
SPRING / Registration Deadline: Sun, Mar 10

Wii Sports

NEW

Wii Sports is incredibly fun and a great way to stay physically active and engaged. Get your heart rate up, improve your hand-eye coordination and enjoy a non-traditional workout while competing in your favorite sports. This program is designed to be inclusive and accessible for participants of all ages and skill levels.

Door-to-door transportation is available for residents and participants will be notified of their pick-up time. Non-residents will need to meet at Eisenhower Center at 11:00 am.

Ages 13 & Older with Physical Disabilities
Thurs, Feb 15-Mar 14
11:00 am-12:00 pm
Eisenhower Center, Lansing
\$57 R / \$127 R with Transportation /
\$77 NR / \$57 LWSRA & SWSRA
Min/Max: 4/10
WINTER / Registration Deadline: Sun, Jan 14

REGISTRATION DATES

Winter In-Person Program Registration Dates

Resident Registration
Begins Monday, November 13 at 9:00 am

Non-Resident Registration
Begins Monday, December 11 at 9:00 am

Winter Virtual Program Registration Dates

Resident Registration
Begins Monday, November 13 at 9:00 am

Non-Resident Registration
Begins Monday, November 13 at 9:00 am

Spring In-Person Program Registration Dates

Resident Registration
Begins Monday, November 13 at 9:00 am

Non-Resident Registration
Begins Monday, January 8 at 9:00 am

Spring Virtual Program Registration Dates

Resident Registration
Begins Monday, November 13 at 9:00 am

Non-Resident Registration
Begins Monday, November 13 at 9:00 am

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

TEEN & ADULT

INDIVIDUALS WITH PHYSICAL DISABILITIES

Adapted Tennis

Adapted Tennis is one of the most inclusive sport programs. Whether you're a beginner or advanced player, you'll have fun and learn how to become a stronger player after this event! Skilled instructors at Park Forest Tennis Club will join forces with SSSRA to teach basic skills such as game strategy, form, consistency and control.

Door-to-door transportation is available for residents and participants will be notified of their pick-up time. Non-residents will need to meet at the Park Forest Tennis Club at 9:00 am.

Ages 13 & Older with Physical Disabilities

Sun, Feb 11

9:00-10:00 am

Park Forest Tennis Club

\$8 R / \$33 R with Transportation /

\$11 NR / \$8 LWSRA & SWSRA

Min/Max: 4/10

WINTER / Registration Deadline: Sun, Jan 28

Cosmic Light Show

NEW

Prepare to be transported to the far reaches of the universe while rocking out to the legendary sounds of Queen. This one-hour music and laser display is synchronized to the rhythm of the songs, creating a sensory experience that will leave us singing all night long! Please eat dinner prior to this event.

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

Ages 13 & Older with Physical Disabilities

Sat, Feb 17

5:30-6:30 pm Show

Cernan Earth and Space Center, Triton College

\$40 R / \$55 NR / \$40 LWSRA & SWSRA

Min/Max: 4/10

WINTER / Registration Deadline: Sun, Jan 21



Chicago Wolves Hockey

NEW

Are you ready to witness the exhilarating world of professional hockey up close and personal? Look no further than SSSRA's opportunity to watch the Chicago Wolves in action! Whether you're a die-hard hockey fan or new to the game, this outing promises an unforgettable experience, filled with excitement and memories to last a lifetime.

Price includes a voucher for a hot dog and soft drink at the game. Please note that the Allstate Arena is a cashless venue, so participants will need to bring a credit or debit card if they wish to purchase additional snacks or souvenirs. The Allstate Arena prohibits all backpacks and hard-sided bags, along with any other bags (including briefcases, luggage, purses and diaper bags) larger than 14"x14"x6" in size. SSSRA recommends a clear tote bag be used.

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

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

Ages 13 & Older with Physical Disabilities
Sun, Apr 14
3:00 pm Game
Allstate Arena, Rosemont
\$60 R / \$115 NR / \$85 LWSRA & SWSRA
Min/Max: 4/10

SPRING / Registration Deadline: Sun, Mar 10

Beautiful: The Carole King Musical

NEW

Carole King is a legend in the music industry with songs such as "It's Too Late" or "So Far Away," and now her music is featured in a musical. We will stop for brunch before heading to a 1:00 pm show at the beautiful Paramount Theater in Aurora.

Door-to-door transportation is available for residents and participants will be notified of their pick-up time. Non-residents will need to meet at the SSSRA office at 9:00 am.

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

Ages 13 & Older with Physical Disabilities
Sun, June 2

9:00 am-5:00 pm

Paramount Theatre, Aurora

\$75 R / \$215 NR / \$160 LWSRA & SWSRA

Min/Max: 4/10

SPRING / Registration Deadline: Sun, Apr 28



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

Cinco de Mayo Party

NEW

Celebrate the traditions of Cinco de Mayo with an authentic dinner, arts and crafts and music. You won't want to miss this fun evening with your friends!

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

Ages 13 & Older with
Severe & Profound Disabilities
Fri, May 3

6:00-8:00 pm

Eisenhower Center, Lansing

\$10 R / \$34 NR / \$25 LWSRA & SWSRA

Min/Max: 6/15

SPRING / Registration Deadline: Sun, Apr 21

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 a grant, this program is offered at a discounted rate for our residents.

Ages 13 & Older with
Severe & Profound Disabilities
Tues, Apr 2-Apr 30

5:00-6:00 pm

Eisenhower Center, Lansing

\$27 R / \$68 NR / \$50 LWSRA & SWSRA

Min/Max: 6/15

SPRING / Registration Deadline: Sun, Mar 10

Sensory Art

Explore, investigate and create in our sensory art program. Participants will ignite their imagination and develop their artistic skills. Different textures and materials will be introduced to create unique masterpieces.

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

Ages 13 & Older with
Severe & Profound Disabilities
Tues, Feb 13-Mar 12

5:00-6:00 pm

Eisenhower Center, Lansing

\$50 R / \$82 NR / \$61 LWSRA & SWSRA

Min/Max: 6/15

WINTER / Registration Deadline: Sun, Jan 14

Valentine's Day Party

Grab your dancing shoes and get ready for a great time as we celebrate Valentine's Day with friends. A light snack will be provided.

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

Ages 13 & Older with
Severe & Profound Disabilities
Fri, Feb 9

6:00-8:00 pm

Eisenhower Center, Lansing

\$10 R / \$27 NR / \$20 LWSRA & SWSRA

Min/Max: 6/15

WINTER / Registration Deadline: Sun, Jan 14

Chicago Bulls Game

Let's head downtown to cheer on our very own Chicago Bulls as they take on the Houston Rockets! Hot dog or hamburger, chips and a soft drink will be purchased for participants.

The United Center is a cashless venue, so participants will need to bring a credit or debit card if they wish to purchase additional snacks or souvenirs. Participants must be able to work successfully in a 1:4 staff to participant ratio.

The NBA's policy prohibits all backpacks and hard-sided bags, along with any other bags (including briefcases, luggage, purses and diaper bags) larger than 14"x14"x6" in size. SSSRA recommends a clear tote bag.

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

Ages 13 & Older
Wed, Jan 10
7:00 pm Game
United Center, Chicago
\$95 R / \$115 R with Transportation Home* /
\$163 NR / \$121 LWSRA & SWSRA
Min/Max: 6/15
WINTER / Registration Deadline: Sun, Dec 17

Transportation

SSSRA Office
4:15 pm Depart / 11:15 pm Return

Coyote Run, Flossmoor
4:45 pm Depart / 10:45 pm Return

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

Blackhawks Game

Put on your Blackhawks gear and cheer as the Chicago Blackhawks take on the Calgary Flames.

The United Center is a cashless venue, so participants will need to bring a debit or credit card to purchase souvenirs or additional snacks. Hot dog or hamburger, chips and a soft drink will be purchased for participants. Participants must be able to work successfully in a 1:4 staff to participant ratio.

The United Center prohibits all backpacks and hard-sided bags, along with any other bags (including briefcases, luggage, purses and diaper bags) larger than 14"x14"x6" in size. SSSRA recommends a clear tote bag.

Ages 13 & Older
Sun, Jan 7
2:00 pm Game
United Center, Chicago
\$128 R / \$173 NR
Min/Max: 10/20
WINTER / Registration Deadline: Sun, Dec 17

Transportation

SSSRA Office
11:30 am Depart / 6:30 pm Return

Coyote Run, Flossmoor
12:00 pm Depart / 6:00 pm Return

Eisenhower Center, Lansing
11:30 am Depart / 6:30 pm Return

Chicago Wolves Hockey

Cheer on the Chicago Wolves at an exciting game against the Manitoba Moose. Price includes a voucher for a hot dog and a soft drink at the game.

The Allstate Arena is a cashless venue, so participants will need to bring a debit or credit card if they wish to purchase additional snacks or souvenirs. Participants must be able to work successfully in a 1:4 staff to participant ratio.

The Allstate Arena prohibits all backpacks and hard-sided bags, along with any other bags (including briefcases, luggage, purses and diaper bags) larger than 12"x12"x6" in size. SSSRA recommends a clear tote bag.

Ages 13 & Older

Sun, Jan 28

3:00 pm Game

Allstate Arena, Rosemont

\$62 R / \$82 R with Transportation Home* /

\$84 NR

Min/Max: 6/15

WINTER / Registration Deadline: Sun, Dec 24

Transportation

SSSRA Office

12:30 pm Depart / 7:30 pm Return

Coyote Run, Flossmoor

1:00 pm Depart / 7:00 pm Return

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

Rocket Pro Wrestling

Rocket Pro Wrestling is a local wrestling organization that hosts entertaining action! The ticket includes several matches throughout the evening, so we will get the chance to see a variety of wrestlers. Concessions are available. Please bring money for dinner.

Ages 13 & Older

Sat, Feb 3

4:00-8:00 pm

St. Joe's Park, Joliet

\$50 R / \$70 R with Transportation Home* /

\$67 NR

Min/Max: 6/15

WINTER / Registration Deadline: Sun, Jan 14

Transportation

SSSRA Office

2:15 pm Depart / 9:15 pm Return

Coyote Run, Flossmoor

2:45 pm Depart / 8:45 pm Return

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



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Find us on Instagram
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Valentine Date Night

It's time to celebrate Valentine's Day with a nice dinner at Gatto's. Spend time with your friends or bring someone you love! Each person attending must register and sign a participation waiver. Participants must be able to work successfully in a 1:4 staff to participant ratio and display appropriate table manners.

Ages 13 & Older

Fri, Feb 9

6:00-8:00 pm

Gatto's, Tinley Park

\$25 R / \$34 NR

Min/Max: 6/20

WINTER / Registration Deadline: Fri, Jan 28

Mardi Gras Mambo

Get ready to experience Mardi Gras like no other! We are bringing Bourbon Street all the way here so we can party New Orleans style with our friends from other special recreation associations. We will enjoy music, dancing, snacks and beads of course!

Ages 13 & Older

Fri, Feb 23

7:00-9:00 pm

Oak Lawn Special Recreation

\$29 R / \$49 R with Transportation Home* /

\$40 NR

Min/Max: 6/15

WINTER / Registration Deadline: Sun, Feb 4

Transportation

SSSRA Office

6:00 pm Depart / 10:15 pm Return

Coyote Run, Flossmoor

6:30 pm Depart / 9:45 pm Return

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

Fiddler on the Roof

NEW

Fiddler on the Roof displays an inspiring and heartfelt story about maintaining your culture and beliefs no matter what. We will stop at a nearby restaurant before the show for lunch. 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 a grant, this special event is offered at a discounted rate for our residents.

Ages 13 & Older

Sun, Feb 25

2:00 pm Show

Drury Lane Theatre, Oakbrook Terrace

\$80 R / \$185 NR / \$137 LWSRA & SWSRA

Min/Max: 10/20

WINTER / Registration Deadline: Sun, Jan 14

Transportation

SSSRA Office

10:00 am Depart / 6:00 pm Return

Coyote Run, Flossmoor

10:30 am Depart / 5:30 pm Return

Eisenhower Center, Lansing

10:00 am Depart / 6:00 pm Return

Oak Forest Fleadh Parade

SSSRA and the City of Oak Forest are kicking off St. Patrick's Day week with a parade. Come dressed in green and get ready to smile and wave to everyone along the parade route! Participants must be willing and able to walk the parade route. We will meet at the SSSRA Office and find our place at the parade. Please dress for the weather and wear comfortable walking shoes.

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

Ages 13 & Older

Sat, Mar 2

11:00 am-12:00 pm

Oak Forest

Free R / \$27 NR / \$20 LWSRA & SWSRA

Min/Max: 6/12

WINTER / Registration Deadline: Sun, Feb 18

Transportation

SSSRA Office

9:15 am Depart / 2:15 pm Return

Coyote Run, Flossmoor

9:45 am Depart / 1:45 pm Return

Color Me Mine

NEW

Let's get crafty! Color Me Mine is an art studio where you can paint a variety of fun ceramic pieces to take home and display. Together, we each will paint a unique ceramic piece of your choosing. Please be sure to eat before the program. Participants must be able to work successfully in a 1:4 staff to participant ratio.

Ages 13 & Older

Sun, Mar 10

4:00-6:00 pm

Color Me Mine, Burr Ridge

\$42 R / \$57 NR

Min/Max: 6/15

WINTER / Registration Deadline: Sun, Feb 4

Transportation

SSSRA Office

2:30 pm Depart / 7:00 pm Return

Coyote Run, Flossmoor

3:00 pm Depart / 6:30 pm Return

Eisenhower Center, Lansing

2:30 pm Depart / 7:00 pm Return



March Madness on the Big Screen

Watch the NCAA March Madness tournament while enjoying delicious wings. Participants must be able to work successfully in a 1:4 staff to participant ratio and display appropriate table manners.

Ages 13 & Older

Sat, Mar 23

11:30 am-2:00 pm

Buffalo Wild Wings, Tinley Park

\$28 R / \$38 NR

Min/Max: 6/20

WINTER / Registration Deadline: Sun, Mar 3

Hollywood Blvd Cinema

Experience new movies in a fun and unique way! This theater has full food and drink service that gets delivered right to your seat. We will aim for a 1:00 pm show and the movie will be announced closer to the event date. Fee includes lunch and admission to the movie. Please bring money if you wish to purchase additional snacks. Program time is subject to change due to show times. Participants must be able to work successfully in a 1:4 staff to participant ratio and display appropriate table manners.

Ages 13 & Older

Sun, Mar 24

1:00 pm Show

Hollywood Blvd Cinema, Woodridge

\$50 R / \$68 NR

Min/Max: 6/20

WINTER / Registration Deadline: Sun, Mar 10

Transportation

SSSRA Office

11:00 am Depart / 4:45 pm Return

Coyote Run, Flossmoor

11:30 am Depart / 4:15 pm Return

Eisenhower Center, Lansing

11:00 am Depart / 4:45 pm Return

Farmhouse Academy

Learn everything you need to know about how to make your very own homemade donuts from scratch. Enjoy them right away or take them home to share! Participants must be able to work successfully in a 1:4 staff to participant ratio and display appropriate table manners. Please note, there is no transportation for this program.

Ages 13 & Older

Sun, Apr 7

1:00-2:30 pm

Farmhouse Academy,

8940 W. 192nd Street, Suite L, Mokena

\$35 R / \$47 NR

Min/Max: 6/20

SPRING / Registration Deadline: Sun, Mar 10



Tiki Terrace

NEW

Tiki Terrace is a fun and interactive dinner experience where you feel as if you've been transported all the way to Hawaii! Enjoy your meal while being surrounded by tiki torches, hula dancers and other Hawaiian flares. No matter what time of year, the atmosphere is always tropical and relaxing. Admission and dinner are included in the program fee. Participants must be able to work in a 1:4 staff to participant ratio and display appropriate table manners.

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

Ages 13 & Older

Sat, May 11

4:30-7:30 pm

Tiki Terrace, Des Plaines

\$50 R / \$97 R with Transportation Home* /

\$104 NR / \$77 LWSRA & SWSRA

Min/Max: 10/15

SPRING / Registration Deadline: Sun, Apr 21

Transportation

SSSRA Office

2:15 pm Depart / 9:00 pm Return

Coyote Run, Flossmoor

2:45 pm Depart / 8:30 pm Return

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

LWSRA La Fiesta

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

Ages 13 & Older

Fri, Apr 12

6:30-9:00 pm

LWSRA, New Lenox

\$40 R / \$60 R with Transportation Home* /

\$54 NR

Min/Max: 6/40

SPRING / Registration Deadline: Sun, Mar 10

Transportation

SSSRA Office

5:30 pm Depart / 10:00 pm Return

Coyote Run, Flossmoor

6:00 pm Depart / 9:30 pm Return

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

19th Hole

NEW

19th Hole is a fun place that offers a variety of games played on simulators. You can golf, play bocce, rugby, basketball and even dodgeball! We will enjoy appetizers as we play games and socialize. Please note, there is no transportation for this program.

Ages 13 & Older

Sun, Apr 21

3:00-5:30 pm

19th Hole, 9418 W. 191st Street, Mokena

\$51 R / \$69 NR

Min/Max: 6/15

SPRING / Registration Deadline: Sun, Mar 31

SSSRA Formal

The SSSRA Formal is a fun night of dinner and dancing! Staff will snap some great pictures of you and your friends and we will crown the King and Queen at the end of the night.

Ages 13 & Older

Fri, Apr 26

6:00-8:00 pm

Eisenhower Center, Lansing

\$28 R / \$48 R with Transportation / \$37 NR

Min/Max: 10/50

SPRING / Registration Deadline: Sun, Apr 7

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

Shopping & Lunch

We are heading to Gurnee Mills to spend the day shopping with friends! Lunch at a nearby restaurant is included in the fee. Please bring money for shopping. Participants must be able to work successfully in a 1:4 staff to participant ratio and display appropriate table manners.

Ages 13 & Older

Sun, Apr 28

11:00 am-4:00 pm

Gurnee Mills

\$52 R / \$87 NR

Min/Max: 6/20

SPRING / Registration Deadline: Sun, Apr 14

Transportation

SSSRA Office

9:00 am Depart / 6:00 pm Return

Coyote Run, Flossmoor

9:30 am Depart / 5:30 pm Return

Eisenhower Center, Lansing

9:00 am Depart / 6:00 pm Return

Lincoln Park Zoo

NEW

Spring is a great time to enjoy Lincoln Park Zoo and see the animals! Please bring a sack lunch to eat at the zoo. If you wish to purchase your lunch, snacks or souvenirs, please bring additional money with you. Participants must be able to work successfully in a 1:4 staff to participant ratio.

Ages 13 & Older

Sun, May 5

10:00 am-4:00 pm

Chicago

\$40 R / \$55 NR

Min/Max: 10/20

SPRING / Registration Deadline: Sun, Apr 14

Transportation

SSSRA Office

8:30 am Depart / 5:30 pm Return

Coyote Run, Flossmoor

9:00 am Depart / 5:00 pm Return

Eisenhower Center, Lansing

8:30 am Depart / 5:30 pm Return

Fishing Derby

See how many fish you can catch! Rods, reels and bait will be provided. Once we are done fishing, we will enjoy some fresh cooked fish at picnic tables near the pond. Please note there is a short walk from the parking lot to the piers.

Ages 13 & Older

Mon, May 13

5:30-8:00 pm

Somonauk Park, Park Forest

\$14 R / \$19 NR

Min/Max: 6/15

SPRING / Registration Deadline: Sun, Apr 21

Beautiful: The Carole King Musical

NEW

Carole King is a legend in the music industry with songs such as “It’s Too Late” or “So Far Away,” and now her music is featured in a musical. We will stop for brunch before heading for a 1:00 pm show at the beautiful Paramount Theater in Aurora. Participants must be able to work in a 1:4 staff to participant ratio and display appropriate table manners.

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

Ages 13 & Older

Sun, June 2

1:00 pm Show

Paramount Theatre, Aurora

\$75 R / \$155 NR / \$115 LWSRA & SWSRA

Min/Max: 6/15

SPRING / Registration Deadline: Sun, Apr 28

Transportation

SSSRA Office

9:30 am Depart / 5:30 pm Return

Coyote Run, Flossmoor

10:00 am Depart / 5:00 pm Return



Wisconsin Dells

Escape to the ultimate wilderness retreat in the heart of Wisconsin Dells for an unforgettable 5-day get-away! We will be staying at the Wilderness Resort, where we'll have easy access to not just one, but four indoor water parks! Aside from the many activities within the resort, we will also explore beyond the resort to experience some of Wisconsin's most famous local attractions.

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

Ages 13 & Older

Sat, May 18-Wed, May 22

9:00 am (Sat)-5:00 pm (Wed)

Wisconsin Dells

\$1,265 R / \$1,708 NR / \$1,708 LWSRA & SWSRA

Min/Max: 8/15

SPRING / Registration Deadline: Sun, Mar 31

Transportation

SSSRA Office

9:00 am Depart / 5:00 pm Return



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

Horse Race

NEW

It's time to bring the horses back to the track! Grab your dice and let's roll the horses to a win! Each player will be given a horse to follow on the track as you roll to advance the horses. It's almost time to hear the Call to Post, so don't delay your registration.

Ages 13 & Older

Mon, Jan 29

5:00-6:00 pm

Virtual

\$3 R / \$3 NR

Min/Max: 10/50

WINTER / Registration Deadline: Mon, Jan 22

Ages 13 & Older

Mon, May 20

5:00-6:00 pm

Virtual

\$3 R / \$3 NR

Min/Max: 10/50

SPRING / Registration Deadline: Mon, May 13

Book Club - *The Lion, the Witch, and the Wardrobe*

Join us for the second book in the Chronicles of Narnia series - *The Lion, the Witch, and the Wardrobe*. We will follow the adventures of Peter, Susan, Edmund and Lucy Pevensie as they step into the world of Narnia and encounter the power of the witch and the Great Lion, Aslan. Register by the deadline to have a book sent to you.

Ages 13 & Older

Mon, Jan 8-Mar 11, **No Program Jan 15**

6:30-7:30 pm

Virtual

\$5 R / \$5 NR

Min/Max: 5/20

WINTER / Registration Deadline: Mon, Jan 1

Book Club - *Harry Potter and the Chamber of Secrets*

You asked and we listened! It's time to read the second book in the Harry Potter series. SSSRA will send everyone their own copy of the book before the start of the program, so make sure that you sign up early. There will be thought provoking discussions about the book. If time permits, we will watch the movie after we finish reading the book together. Can't wait to see you and catch up with Harry and his friends at Hogwarts!

Ages 13 & Older

Mon, Apr 1-June 3

6:30-7:30 pm

Virtual

\$5 R / \$5 NR

Min/Max: 5/20

SPRING / Registration Deadline: Mon, Mar 25

Kitchen Fun

It's time to put on your chef's hat and learn how to cook or bake using quick and easy recipes. You will receive a list of recipes via email the week before the program begins.

Ages 13 & Older
Tues, Feb 13-Mar 12
11:00-11:30 am
Virtual
\$5 R / \$5 NR
Min/Max: 5/50

WINTER / Registration Deadline: Tues, Feb 6

Ages 13 & Older
Tues, Apr 2-Apr 30
11:00-11:30 am
Virtual
\$5 R / \$5 NR
Min/Max: 5/50

SPRING / Registration Deadline: Tues, Mar 26

Coffee Chat with Staff

NEW

Bring your coffee, tea or water to our virtual meet up where we can get to know each other! Now is your chance to get to know some things about the staff and your friends. Have you ever wanted to know... What was their first car? Where is their dream vacation? What is their favorite number? What is their favorite type of music? Think of your own questions and get ready to learn fun facts about each other.

Ages 13 & Older
Wed, Feb 14-Mar 13
11:00-11:30 am
Virtual
\$5 R / \$5 NR
Min/Max: 5/50

WINTER / Registration Deadline: Wed, Feb 7

Ages 13 & Older
Wed, Apr 3-May 1
11:00-11:30 am
Virtual
\$5 R / \$5 NR
Min/Max: 5/50

SPRING / Registration Deadline: Wed, Mar 27

REGISTRATION DATES

Winter In-Person Program Registration Dates

Resident Registration
Begins Monday, November 13 at 9:00 am

Non-Resident Registration
Begins Monday, December 11 at 9:00 am

Winter Virtual Program Registration Dates

Resident Registration
Begins Monday, November 13 at 9:00 am

Non-Resident Registration
Begins Monday, November 13 at 9:00 am

Spring In-Person Program Registration Dates

Resident Registration
Begins Monday, November 13 at 9:00 am

Non-Resident Registration
Begins Monday, January 8 at 9:00 am

Spring Virtual Program Registration Dates

Resident Registration
Begins Monday, November 13 at 9:00 am

Non-Resident Registration
Begins Monday, November 13 at 9:00 am

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

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

Gametime Fun

If you like to play trivia, memory 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, Jan 10-Feb 7
6:30-7:15 pm

Virtual
\$5 R / \$5 NR
Min/Max: 5/50

WINTER / Registration Deadline: Wed, Jan 3

Ages 13 & Older
Wed, May 8-June 5
6:30-7:15 pm

Virtual
\$5 R / \$5 NR
Min/Max: 5/50

SPRING / Registration Deadline: Wed, May 1

Basic Sign Language

Learn how to spell your name by using the basic signs, letters and numbers. By the end of the program session, the group will be able to ask and answer questions using sign language.

Ages 13 & Older
Thurs, Feb 15-Mar 14
11:00-11:45 am

Virtual
\$5 R / \$5 NR
Min/Max: 5/50

WINTER / Registration Deadline: Thurs, Feb 8

Ages 13 & Older
Thurs, Apr 4-May 2
11:00-11:45 am

Virtual
\$5 R / \$5 NR
Min/Max: 5/50

SPRING / Registration Deadline: Thurs, Mar 28

Drawing Techniques

Doodling, focal point, primary and secondary colors are terms you may or may not have heard as it relates to drawing and the creative process. SSSRA drawing techniques is a way to start exploring your creative side! We will learn new techniques to help you learn how to begin to explore your creativity. Each participant will receive a drawing book to keep their art in to show your friends and family what you are learning.

Ages 13 & Older
Thurs, Jan 11-Feb 8
4:00-4:30 pm

Virtual
\$5 R / \$5 NR
Min/Max: 5/50

WINTER / Registration Deadline: Thurs, Jan 4

Ages 13 & Older
Thurs, May 9-June 6
4:00-4:30 pm

Virtual
\$5 R / \$5 NR
Min/Max: 5/50

SPRING / Registration Deadline: Thurs, May 2

Chair Fitness

NEW

This low intensity workout combines cardio, strength and flexibility, all modified to a seated position. A perfect exercise class for those just starting an exercise routine, those with balance issues or anyone who needs a very low intensity workout.

Ages 13 & Older
Fri, Jan 12-Feb 9
11:00-11:30 am
Virtual
\$5 R / \$5 NR
Min/Max: 5/50

WINTER / Registration Deadline: Fri, Jan 5

Ages 13 & Older
Fri, May 10-June 7
11:00-11:30 am
Virtual
\$5 R / \$5 NR
Min/Max: 5/50

SPRING / Registration Deadline: Fri, May 3



Find us on Facebook
facebook.com/sssra1973



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

Jeopardy

NEW

Live from your home... SSSRA Jeopardy! Come ready to have some fun playing Jeopardy with seasonal themes for the questions. Don't forget to form your answer as a question.

Ages 13 & Older
Thurs, Jan 18
5:00-6:00 pm
Virtual
\$3 R / \$3 NR
Min/Max: 10/50

WINTER / Registration Deadline: Thurs, Jan 11

Ages 13 & Older
Wed, May 15
5:00-6:00 pm
Virtual
\$3 R / \$3 NR
Min/Max: 10/50

SPRING / Registration Deadline: Wed, May 8

Show & Tell


Do you have a favorite book or unique toy you would like to show your friends? Bring it to Show & Tell and share with us why it is special to you!

All Ages
Tues, Jan 23
5:00-6:00 pm
Virtual
\$3 R / \$3 NR
Min/Max: 10/50

WINTER / Registration Deadline: Tues, Jan 16

All Ages
Tues, May 7
5:00-6:00 pm
Virtual
\$3 R / \$3 NR
Min/Max: 10/50

SPRING / Registration Deadline: Tues, Apr 30

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

Spa Day

NEW

Escape the hustle and bustle of everyday life and join us for a relaxing virtual spa day. Unwind with your friends as we spend an hour doing a combination of DIY self-care treatments. We will enjoy a soothing guided meditation, and the experience will leave you feeling refreshed and rejuvenated. A list of necessary ingredients will be sent out 2 weeks prior to this event if you wish to participate in the DIY creations!

Ages 13 & Older

Thurs, Feb 15

5:00-6:00 pm

Virtual

\$3 R / \$3 NR

Min/Max: 10/50

WINTER / Registration Deadline: Thurs, Feb 8

Travel Tales

NEW

Welcome to our first Travel Tales! The featured traveler this season is Tony. Tony enjoys traveling all over the world, and he will share one of his favorite destinations with the group. After listening to his stories and seeing his pictures, you can ask him questions about his favorite destination.

Let us know if you have tales to tell, and you could be selected as the next traveler for Travel Tales! Bon Voyage!

Ages 13 & Older

Wed, Mar 6

5:00-6:00 pm

Virtual

\$3 R / \$3 NR

Min/Max: 10/50

WINTER / Registration Deadline: Wed, Feb 28

Bunny Escape Room

NEW

Peter Cottontail has been pretty sneaky this year! Let's go on a virtual hunt to see if we can work together and catch him! Solving riddles and puzzles will help us track the rabbit.

Ages 13 & Older

Tues, Mar 19

5:00-6:00 pm

Virtual

\$3 R / \$3 NR

Min/Max: 10/50

WINTER / Registration Deadline: Tues, Mar 12

Springtime Trivia

It's time to test your knowledge and finish off our spring season with a fun night of trivia! With this spring themed trivia, we will see how much you know about a variety of spring related topics.

Ages 13 & Older

Thurs, May 9

5:00-6:00 pm

Virtual

\$3 R / \$3 NR

Min/Max: 10/50

SPRING / Registration Deadline: Thurs, May 2



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 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.

42	19th Hole	27	Drama Club	30	Saturday Socializers
32	Adapted Bowling	16	Drama Show	36	Sensory Art
34	Adapted Tennis	48	Drawing Techniques	43	Shopping & Lunch
28	Aerobics	13	Earth Day Celebration	49	Show & Tell
10	Animal Exploration	11	Family Bingo	27	Show Choir
48	Basic Sign Language	17	Family Banquet	24	Snowshoe Fun
35/44	<i>Beautiful: The Carole King Musical</i>	41	Farmhouse Academy	21	Snow Tubing
10	Bike Tours	27	Fast Food & Flicks	11	Social Time
11	Bingo with Sammy	39	<i>Fiddler on the Roof</i>	50	Spa Day
37	Blackhawks Game	44	Fishing Derby	32	Springtime Creations
46	Book Club - <i>Harry Potter and the Chamber of Secrets</i>	31	Fitness & Fun	26	Spring Sports Conditioning
46	Book Club - <i>The Lion, the Witch, and the Wardrobe</i>	30	Friday Night Flyers	50	Springtime Trivia
15	Bowling	18	Friday Night Fun	43	SSSRA Formal
20	Brunch with Friends	48	Gametime Fun	22	Stingrays Powerlifting
15	Bunny Breakfast	41	Hollywood Blvd Cinema	23	Stingrays Softball
50	Bunny Escape Room	46	Horse Race	23	Stingrays Swim Team
49	Chair Fitness	49	Jeopardy	24	Stingrays Track & Field
37	Chicago Bulls Game	18/26	Karate	10	Stretching
38	Chicago Wolves Hockey	47	Kitchen Fun	19	Swim Lessons
29	Chef's Kitchen	28	Let's Dance	20	Teen Social Club
36	Cinco de Mayo Party	43	Lincoln Park Zoo	42	Tiki Terrace
12	Cirque du Soleil	42	LWSRA La Fiesta	14	Tissue Paper Flowers
47	Coffee Chat with Staff	19	Magic with Magic Matt	11	Travel Buddies
40	Color Me Mine	41	March Madness on the Big Screen	50	Travel Tales
13	Cosmic Journey: A Space Adventure	39	Mardi Gras Mambo	13	Trip to Australia
34	Cosmic Light Show	19	Mascot Hall of Fame	13	Trip to Spain
29	Crafty Creations	36	Music & Movement Time	39	Valentine Date Night
32	Culinary Arts	21	Naperville Riverwalk & JoJo's Shake Bar	36	Valentine's Day Party
20	Cultural Cuisine Cooking Club	40	Oak Forest Fleadh Parade	33	Volunteer Club
25	Day Trippers	26	Open Swim	12	Weight Workout
14	DIY Dream Catcher	31	Pickleball	33	Wii Sports
		38	Rocket Pro Wrestling	45	Wisconsin Dells

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.



THANK YOU from *Empower Society*

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- Read Articles, Connect to other parents & more
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Centennial Lanes 2.0

16050 Centennial Circle, 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

Freedom Hall / Central Park

410 Lakewood Boulevard, Park Forest

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

Richton Park Community Center

4445 Sauk Trail, Richton Park

Somonauk Park

311 Somonauk Street, Park Forest

SSSRA Office

19910 80th Avenue, Tinley Park

Tony Bettenhausen Recreation Center /

Community Park / White Water Canyon /

Fitness Center

8125 W. 171st Street, Tinley Park



SSSRA

19910 80th Avenue
Tinley Park, IL 60487

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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.

THE BEST CHOICE FOR YOUR CHILD AND MINE

Groups focus on

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

Other Services Provided

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



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