

WINTER SPRING 2026



SSSRA
South Suburban Special
Recreation Association

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



SSSRA

**South Suburban Special
Recreation Association**

19910 80th Avenue
Tinley Park, IL 60487

815.806.0384
815.806.0390 (FAX)
711 (Illinois Relay System)

www.sssra.org | info@sssra.org

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SSSRA Board Members

**Country Club Hills Parks and
Recreation Department**
TBA

Hazel Crest Park District
Christopher Cole

Homewood-Flossmoor Park District
Mike Gianatasio

Matteson Recreational Division
Lisa Hill

Oak Forest Park District
Kirstin Dahm

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

SSSRA Staff



Lisa Drzewiecki, CPRP
Executive Director
lisa@sssra.org



Kristina Welke
Program Coordinator
kristina@sssra.org



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Superintendent of Recreation
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Megan Siebert, CTRS
Support Staff Manager
megan@sssra.org



John Braun
Vehicle Maintenance Coordinator
john@sssra.org



Jonathan Washington
Program Coordinator
jonathan@sssra.org



Buster

What is SSSRA?

SSSRA provides recreational opportunities to children and adults with disabilities or special needs. We are an extension of our member park districts and 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.

Who is an SSSRA Resident?

Participants who live within the following park district or recreation department boundaries can register for programs at the resident fee.

Non-residents are welcome to register, but there is a non-resident fee.

- Country Club Hills Parks and Recreation Department
- Hazel Crest Park District
- Homewood-Flossmoor 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.

R / NR

R: Resident / NR: Non-Resident

Who Can Participate?

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

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.

More Information

815.806.0384
info@sssra.org

Inclusion

Children and adults with disabilities or special needs are welcome to participate in special recreation programs or in programs offered by our member park districts and recreation departments.

Please let the park district or recreation department know that you need special accommodations for their program at least two weeks in advance, and they will contact us to:

- Provide an Inclusion Aide
- Help choose appropriate programs
- Conduct staff trainings
- Supply adaptive equipment

More Information

815.806.0384
juanita@sssra.org



SSSRA Cooperative Agreements

Participants have the opportunity to attend programs with LWSRA or SWSRA at the resident rate, unless otherwise noted. Day camp, trips, scholarships and door-to-door transportation are not included. Cooperative registrations will be processed after the registration deadline for SSSRA residents.

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

Program Updates

SSSRA reserves the right to make any updates related to programs, including, but not limited to dates, fees, time or location.

Program Times

Arriving more than 15 minutes early or leaving more than 15 minutes past the end time of a program may result in a fee.

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

Drop-Off & Pick-Up

Please drop-off and pick-up participants at the scheduled time for programs.

If a participant may walk home or be picked up by someone other than a parent or guardian, please contact SSSRA.

Safety Precautions

SSSRA staff have been trained in proper safety procedures. We provide a safe environment for all participants, staff, volunteers and the public.

More Information

815.806.0384

info@sssra.org

Program Policies

- SSSRA reserves the right to determine participant appropriateness for programs.
- Parents, guardians or group home staff are required to notify the program supervisor at program arrival and departure.
- SSSRA will group varying ages and ability levels appropriately when in the same program.
- SSSRA provides an approximate 1:4 staff-to-participant ratio.
- SSSRA is not responsible for lost or stolen property. Participants should not bring valuables to programs.



Find us on Facebook
facebook.com/sssra1973



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



Illness Guidelines

To prevent the spread of contagious illnesses, it is recommended that participants do not attend 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.

Please notify SSSRA if a participant contracts any contagious illness that will effect their attendance at a 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. Please contact SSSRA if this is a concern.
- Overall appearance should be clean (hair, face, teeth, hands, nails, etc.).
- Clean, dry clothing.
- Appropriate attire for program, such as athletic shoes for fitness programs.

Behavior Expectations

SSSRA requires all participants to agree to the following:

- Show respect to all participants and staff.
- Refrain from threatening or causing bodily harm to self, other participants or staff.
- Bullying of any form will not be tolerated.
- Listen to 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.
- Remain fully clothed at all times.
- Show respect for equipment, supplies and facilities.
- Additional rules may be developed for specific programs.
- If inappropriate behavior occurs, a prompt resolution will be sought.
- SSSRA reserves the right to dismiss participants whose behavior endangers the safety of themselves or others.

Program Cancellations

- If no participants arrive within the first 30 minutes of the scheduled start time of a program, the 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 start time of a program or transportation route, to determine if a program should be canceled.
- If a program is canceled, staff will contact participants by phone or email.
- SSSRA attempts to extend programs to make up canceled dates.
- SSSRA will call or send a letter to notify participants of program extensions.
- Refunds will not be provided for cancellations due to inclement weather.

Weather Guidelines

Severe Cold Weather

- zero degrees or less, including wind chill.
- snowstorm situations when driving restrictions and emergency accident plans are in effect.
- high wind advisory in effect.

Severe Hot Weather

- heat index of 100 degrees or higher.
- tornado warning in effect for Lake, Will, Cook and/or DuPage counties.
- high wind advisory in effect.
- outdoor programs will take place in rainy conditions unless there is thunder and lightning.

Transportation SSSRA Residents Only

- 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 reserves the right to refuse transportation.
- Individuals 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. Assistance by SSSRA staff will be determined on a case-by-case basis.
- Transportation is not available for late registrations during the first week of programs due to routing changes. Participants are notified if a problem occurs.
- 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 program, please notify SSSRA prior to the program. Parents, guardians or 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. We use car seats, when possible, for children under the age of 8.

Pick-Up Points

- Some programs have centralized pick-up and drop-off locations.
- SSSRA cannot wait more than 10 minutes at the pick-up and drop-off locations.

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

- SSSRA drivers will assist participants to and from their front door. SSSRA staff will not enter residences.
- Persons unable to be in a house alone should have someone meet the van at the designated time of return. SSSRA cannot wait more than five minutes.
- Door-to-door transportation is available on a limited basis as indicated by this symbol.



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 Anna Broccolo for more information.

anna@sssra.org

815.806.0384

PUTTING WITH PURPOSE SUPPORTERS

Angel Bertucci, Mary Kay
Brandon Wolf Memorial
Gregory Brown
Peter Camin
Davis EyeCare
Kailen Davis
Fish Tales Fishing Club
Hawaii Fluid Art
Homewood-Flossmoor Park District
Justin Family
Oak Forest Park District
Old National Bank
Old Plank Trail Community Bank
Kerry Piantek
Ratliff Accounting and Tax
Rachel Ratliff
Topgolf
Youth Education Development Academy – YEDA



WINTER SPRING SPONSORS

Anonymous
Brookfield Zoo
Chicago Bulls
Chicago Wolves
South Pacific Musical
Valentine's Date Night
Virtual Programs & Special Events
Ozinga
Glow with the Flow
Spring Formal
Ricky's Ride
Bunny Breakfast
Family Banquet

SCHOLARSHIP PROGRAM SUPPORTERS

Family and Friends of Ken Bruggeman
iCan Dream Center
Morgan Lamb
Marilyn Thomas

Stretching & Relaxation

Breathe in, breathe out. Stretch, 2, 3, 4. Let's come together and work on our fitness every Monday! Practice relaxation exercises and stretching. Please wear athletic clothing and bring a water bottle.

All Ages

Mon, Feb 9 to Mar 9

10:00 to 10:30 am

Virtual

\$5 R / \$5 NR

Min/Max: 5/50

Winter Registration Deadline: Mon, Feb 2

All Ages

Mon, Mar 30 to Apr 27

10:00 to 10:30 am

Virtual

\$5 R / \$5 NR

Min/Max: 5/50

Spring Registration Deadline: Mon, Mar 23

Animal Exploration

If you love animals, this program is for you! Learn unique facts about different animals each week. We may learn about sea lions, turkeys or gorillas while we explore zoos and natural habitats around the world.

All Ages

Mon, Feb 9 to Mar 9

4:00 to 4:30 pm

Virtual

\$5 R / \$5 NR

Min/Max: 5/50

Winter Registration Deadline: Mon, Feb 2

All Ages

Mon, Mar 30 to Apr 27

4:00 to 4:30 pm

Virtual

\$5 R / \$5 NR

Min/Max: 5/50

Spring Registration Deadline: Mon, Mar 23

Music & Pop Culture

NEW

Love music? Love pop culture? Explore iconic artists, famous moments, and how music has influenced fashion, movies, and trends throughout the years. Share your favorites, test your knowledge, and jam along with friends!

All Ages

Tues, Feb 10 to Mar 10

6:30 to 7:00 pm

Virtual

\$5 R / \$5 NR

Min/Max: 5/50

Winter Registration Deadline: Tues, Feb 3

All Ages

Tues, Mar 31 to Apr 28

6:30 to 7:00 pm

Virtual

\$5 R / \$5 NR

Min/Max: 5/50

Spring Registration Deadline: Tues, Mar 24

Virtual Voyages

Take virtual trips from the comfort of home, and learn about popular places around the world. Please share your favorite travel stories with the group, and get ready to explore!

All Ages

Wed, Feb 11 to Mar 11

4:00 to 4:30 pm

Virtual

\$5 R / \$5 NR

Min/Max: 5/50

Winter Registration Deadline: Wed, Feb 4

All Ages

Wed, Apr 1 to Apr 29

4:00 to 4:30 pm

Virtual

\$5 R / \$5 NR

Min/Max: 5/50

Spring Registration Deadline: Wed, Mar 25



Drawing Techniques

Learn new techniques and explore your creative side. Each participant will receive a drawing book so you can share your art with your friends and family.

All Ages
Wed, Feb 11 to Mar 11
6:00 to 6:30 pm
Virtual
\$5 R / \$5 NR
Min/Max: 5/50

Winter Registration Deadline: Wed, Feb 4

Game Show Fun

This is your chance to play different game shows like *Jeopardy* and *Wheel of Fortune*! Answer the questions or solve the puzzles. Everyone is going to have a blast!

All Ages
Wed, Apr 1 to Apr 29
6:00 to 6:45 pm
Virtual
\$5 R / \$5 NR
Min/Max: 5/50

Spring Registration Deadline: Sun, Mar 22

Family Bingo

BINGO! Grab your device and get ready to play and laugh. It's easy, it's fun and it's all online - you don't want to miss it! Your cards will be emailed to you before the program starts.

All Ages
Thurs, Feb 12 to Mar 12
6:00 to 7:00 pm
Virtual
\$5 R / \$5 NR
Min/Max: 5/50

Winter Registration Deadline: Thurs, Feb 5

All Ages
Thurs, Apr 2 to Apr 30
6:00 to 7:00 pm
Virtual
\$5 R / \$5 NR
Min/Max: 5/50

Spring Registration Deadline: Thurs, Mar 26

Winter Bingo

Join us for a cozy night of Winter Bingo! This classic game gets a seasonal twist with snowy symbols, festive icons and chilly fun. Mark off your cards as numbers and winter images are called as you compete for bragging rights. It's an easy, cheerful way to celebrate the season and connect with friends.

All Ages
Wed, Jan 21
5:00 to 6:00 pm
Virtual
\$3 R / \$3 NR
Min/Max: 10/50

Winter Registration Deadline: Wed, Jan 14

Virtual Michael Jackson Concert

We had so much fun watching a Michael Jackson concert together in the fall that we are going to watch the “King of Pop” perform again. Sing along or do the moonwalk!

All Ages
Wed, Feb 4
5:00 to 6:00 pm
Virtual
\$3 R / \$3 NR
Min/Max: 10/50

Winter Registration Deadline: Wed, Jan 28

Trip to Greece

NEW

Explore Greece’s rich history, stunning landscapes and vibrant culture! From ancient ruins to beautiful coastlines, this experience brings the wonders of Greece right to you.

All Ages
Mon, Feb 16
5:00 to 6:00 pm
Virtual
\$3 R / \$3 NR
Min/Max: 10/50

Winter Registration Deadline: Mon, Feb 9



WWE Watch Party

Do you enjoy watching WWE? Now you can watch it together with your friends. Watch your favorite wrestlers in action during *Monday Night Raw*, including highlights from previous weeks.

All Ages
Tues, Mar 24
7:00 to 8:00 pm
Virtual
\$3 R / \$3 NR
Min/Max: 5/50

Winter Registration Deadline: Tues, Mar 17

All Ages
Fri, Apr 10
7:00 to 8:00 pm
Virtual
\$3 R / \$3 NR
Min/Max: 5/50

Spring Registration Deadline: Fri, Apr 3

Fifth Harmony Concert

NEW

Fifth Harmony was formed in 2012 on a competition show called *X Factor*. Camila Cabello led this powerful female group to fame, and the super fans turned into “Harmonizers.” Get ready to dance and sing along!

All Ages
Wed, Mar 25
5:00 to 6:00 pm
Virtual
\$3 R / \$3 NR
Min/Max: 10/50

Winter Registration Deadline: Wed, Mar 18

Spring Bingo

Time to think about spring! These bingo cards will have pictures that remind us of spring, such as a butterfly, flowers, rain and more. Get ready to have fun and call out BINGO!

All Ages
Thurs, Mar 26
5:00 to 6:00 pm
Virtual
\$3 R / \$3 NR
Min/Max: 10/50

Spring Registration Deadline: Thurs, Mar 19

Wheel of Fortune

Are you a fan of this popular game show? We are hosting a virtual version, so put on your thinking cap to solve the puzzles!

All Ages
Mon, Jan 26
5:00 to 6:00 pm
Virtual
\$3 R / \$3 NR
Min/Max: 10/50

Winter Registration Deadline: Mon, Jan 19

All Ages
Fri, Apr 17
5:00 to 6:00 pm
Virtual
\$3 R / \$3 NR
Min/Max: 10/50

Spring Registration Deadline: Fri, Apr 10

Scavenger Hunt

Join us from the comfort of home for a fast-paced and exciting scavenger hunt! Race against the clock to find everyday items, complete fun challenges and share your discoveries on screen. Each round brings new clues and creative twists, so be ready to think fast, move quick and have a blast. A perfect way to stay active, get silly and connect with friends!

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

Spring Registration Deadline: Thurs, Apr 30

Trip to Hawaii

NEW

Aloha, friends! Are you ready to take an exciting trip with us to the beautiful state of Hawaii? Wear your Hawaiian shirt if you have one, and explore Hawaii's history, learn about Pearl Harbor and the Dole Plantation, and maybe even an authentic luau!

All Ages
Mon, May 11
5:00 to 6:00 pm
Virtual
\$3 R / \$3 NR
Min/Max: 10/50

Spring Registration Deadline: Mon, May 4

 thank you to our sponsors

Bowling

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

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

All Ages
Wed, Mar 4 to Apr 22
3:30 to 5:00 pm
Centennial Lanes 2.0, Tinley Park
\$108 R / \$146 NR
Min/Max: 6/20
Winter Registration Deadline: Sun, Feb 15

All Ages
Thurs, Mar 5 to Apr 23
3:30 to 5:00 pm
Thunder Bowl, Mokena
\$108 R / \$146 NR
Min/Max: 6/20
Winter Registration Deadline: Sun, Feb 15

Family Bowling

Lace up your bowling shoes and strike up some family fun! This event includes two games of bowling, pizza and pop.

Participants must be accompanied by a parent, guardian or group home staff. Each person attending must register and sign a participation waiver.

All Ages
Sun, Feb 22
3:00 to 5:00 pm
Thunder Bowl, Mokena
\$18 R / \$24 NR
Min/Max: 10/40
Winter Registration Deadline: Sun, Feb 1

Family Bingo

Gather your friends and family for an evening of prizes, pizza and fun! Mark off your numbers and cheer each other on during this lively blend of friendly competition and quality time.

Participants must be accompanied by a parent, guardian or group home staff. Each person attending must register and sign a participation waiver.

All Ages
Fri, Mar 27
6:00 to 8:00 pm
The Bradford Barn, Olympia Fields
\$15 R / \$20 NR
Min/Max: 20/40
Winter Registration Deadline: Sun, Mar 8

Bunny Breakfast

Hop into a morning of fun! Enjoy a delicious breakfast and get a picture with the bunny, followed by an egg hunt. Pictures will be emailed to you.

Participants must be accompanied by a parent, guardian or group home staff. Each person attending must register and sign a participation waiver.

All Ages & Family
Sat, Mar 28
9:00 to 10:30 am
Wiley's Grill, Homewood
\$5 R / \$20 NR / \$15 LWSRA & SWSRA
Min/Max: 10/50
Winter Registration Deadline: Sun, Mar 8



SSSRA Performing Arts Show

SSSRA Chorus and SSSRA Theater have been working hard all season and are ready to put on a show that you will not forget. This event is fun for all ages, so bring your family and friends.

Refreshments will be served in the lobby after the performance.

Participants must be accompanied by a parent, guardian or group home staff. Each person attending must register and sign a participation waiver.

All Ages & Family
 Mon, May 4
 7:00 to 9:00 pm
 Freedom Hall, Park Forest
 FREE
 Min/Max: 5/100
Spring Registration Deadline: Sun, May 3

Family Banquet

Everyone is invited for a fun-filled night of dinner, dancing and recognizing our wonderful participants and staff! All SSSRA participants will receive a special gift.

Participants must be accompanied by a parent, guardian or group home staff. Each person attending must register and sign a participation waiver.

All Ages & Family
 Wed, May 13
 6:00 to 9:00 pm
 Gaelic Park, Oak Forest
 \$20 R / \$20 NR
 Min/Max: 50/250
Spring Registration Deadline: Sun, Apr 12



Little Kickers Soccer

Kick start your child's love for soccer with this fun and engaging program! It's the perfect way for young athletes to have fun while learning teamwork, sportsmanship, coordination and skills. This program will take place in rainy conditions unless there is thunder and lightning. Please dress for the weather.

Ages 2 to 12
Mon, Mar 30 to Apr 27
5:00 to 5:45 pm
Matteson Community Center
\$45 R / \$61 NR
Min/Max: 6/10
Spring Registration Deadline: Sun, Mar 8

Gymnastics

Gymnastics is a great way for kids to work on core strength, agility, flexibility, coordination and balance. Children will learn the basics of tumbling and overall fitness, while having fun in a social environment.

Ages 2 to 12
Tues, Feb 10 to Mar 10
4:00 to 4:50 pm
Oak Forest Park District
\$47 R / \$63 NR
Min/Max: 6/10
Winter Registration Deadline: Sun, Jan 18

Ages 2 to 12
Tues, Mar 31 to Apr 28
4:00 to 4:50 pm
Oak Forest Park District
\$47 R / \$63 NR
Min/Max: 6/10
Spring Registration Deadline: Sun, Mar 8

Mindful Movers

NEW

This engaging program combines fun movement activities with simple mindfulness practices to help kids build focus, balance and confidence. Through stretching, breathing and playful exercises, children will learn healthy ways to relax and move their bodies with purpose.

Ages 2 to 12

Wed, Apr 1 to Apr 29

5:00 to 5:45 pm

H-F Sports Complex, Homewood

\$45 R / \$61 NR

Min/Max: 6/10

Spring Registration Deadline: Sun, Mar 8

Basketball Basics

Whether you want to play basketball in your driveway or on a team, now is a great time to learn basic skills, enhance your current skills or just come out and have fun! Dress comfortably so you can move around the court. Gym shoes are required for this program.

Ages 2 to 12

Thurs, Feb 12 to Mar 12

Morton Gingerwood School, Oak Forest

\$55 R / \$75 NR

Min/Max: 6/10

Winter Registration Deadline: Sun, Jan 18

Winter Session Times

5:30 to 6:15 pm

6:30 to 7:15 pm

Ages 2 to 12

Thurs, Apr 2 to Apr 30

Morton Gingerwood School, Oak Forest

\$55 R / \$75 NR

Min/Max: 6/10

Spring Registration Deadline: Sun, Mar 8

Spring Session Times

5:30 to 6:15 pm

6:30 to 7:15 pm



Busy Bodies

Are you ready to move and groove? Tailored for energetic kids, this program offers a dynamic mix of physical activities, creative games and fun challenges designed to keep bodies and minds engaged.

Ages 2 to 12

Fri, Feb 13 to Mar 13

5:00 to 6:00 pm

Irwin Community Center, Homewood

\$55 R / \$75 NR

Min/Max: 6/10

Winter Registration Deadline: Sun, Jan 18

Ages 2 to 12

Fri, Apr 3 to May 1

5:00 to 6:00 pm

Irwin Community Center, Homewood

\$55 R / \$75 NR

Min/Max: 6/10

Spring Registration Deadline: Sun, Mar 8



Swim Lessons

Swim lessons are fun and essential. Led by certified instructors from Swim Chicago Southland, this program introduces swimmers to basic water skills, breath holding and a series of submerging progressions that lead to unassisted swimming. Your child will strengthen their self-confidence and gross motor skills.

Each swim lesson is 30 minutes. Please register for only one session per season.

Swimmers may only participate in one Swim Lessons program per season. Please note that we share the pool with the public. If your child is not toilet trained, they must wear a swim diaper in the water. SSSRA staff will not assist with changing.

Swim Lessons is instructed with a 1:2 staff to participant ratio.

Ages 2 to 12

Sat, Feb 14 to Mar 14

Matteson Community Center

\$100 R / \$135 NR

Min/Max: 1/2 (per time slot)

Winter Registration Deadline: Sun, Jan 18

Winter Session Times

10:00 to 10:30 am

10:30 to 11:00 am

11:00 to 11:30 am

11:30 am to 12:00 pm

12:00 to 12:30 pm

Ages 2 to 12

Sat, Apr 4 to May 2

Matteson Community Center

\$100 R / \$135 NR

Min/Max: 1/2 (per time slot)

Spring Registration Deadline: Sun, Mar 8

Spring Session Times

10:00 to 10:30 am

10:30 to 11:00 am

11:00 to 11:30 am

11:30 am to 12:00 pm

12:00 to 12:30 pm

Build-A-Bear & Lunch

NEW

Join us for a memorable experience at Build-A-Bear Workshop, where your child will create their very own furry friend to take home! They will choose, stuff and personalize their bear with a special heart and outfit. Meet staff at the entrance of Build-A-Bear.

Ages 2 to 12
 Sun, Feb 8
 11:00 am to 1:00 pm
 Build-A-Bear Workshop, Orland Square Mall
 148 Orland Square Drive, Suite A-13
 \$67 R / \$90 NR
 Min/Max: 6/10
Winter Registration Deadline: Sun, Jan 18

Indoor Camping Night

Get ready for a cozy, indoor camping adventure filled with storytelling, stargazing, crafts and yummy campfire snacks. No snow, no ice... just pure fun! Bring a sleeping bag or pillow and blanket and let's have an unforgettable night.

Siblings are welcome. Each person attending must register and sign a participation waiver.

Ages 2 to 12
 Fri, Mar 20
 6:00 to 8:00 pm
 SSSRA, Tinley Park
 \$19 R / \$26 NR
 Min/Max: 6/10
Winter Registration Deadline: Sun, Mar 1

Sensory Sunday

NEW

Our senses will come alive in this program full of colors, textures and more. We will make vibrant crafts and play tactile games while discovering the joy of sensory play!

Ages 2 to 12
 Sun, Apr 12
 1:00 to 2:30 pm
 SSSRA, Tinley Park
 \$14 R / \$19 NR
 Min/Max: 6/10
Spring Registration Deadline: Sun, Mar 29

KidsWork Children's Museum

NEW

Send your child on a journey of discovery and imagination! Please eat lunch before the event.

Ages 2 to 12
 Sat, May 16
 1:00 to 2:30 pm
 KidsWork Children's Museum, New Lenox
 \$40 R / \$54 NR
 Min/Max: 6/10
Spring Registration Deadline: Sun, Apr 12

Transportation

SSSRA
 12:00 pm Depart / 3:30 pm Return
 Coyote Run, Flossmoor
 12:30 pm Depart / 3:00 pm Return



SSSRA Stingrays + Police Officer Basketball Game

Tuesday, February 24
 6:00 pm
 Matteson Community Center
 FREE

Stingrays Sports Information

Laura Pubins
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Please indicate your correct shirt size on the Annual Information Form.

Special Olympics Forms

All Special Olympics forms are now available in the online portal. You may be asked to update when you register.

The Special Olympics portal must be created or updated by the dates listed with each program. Please contact Laura to set up your portal.

Program fees do not include state competitions.

Stingrays Swim Team

Stingrays Swim Team is back! This team will have combined age groups in the pool. You must be able to swim the freestyle (forward swim stroke) at least 25 meters without touching the bottom or using the lane markers to move yourself forward. There are additional events to choose from, but you must demonstrate the ability to swim those events.

Swimmers who receive a gold medal at the Regional Swim Meet will qualify for State Summer Games.

Special Olympics Portal Deadline: Fri, Jan 2

Ages 8 & Older
Sat, Jan 17 to Mar 7
11:30 am to 12:30 pm
Matteson Community Center
\$110 R / \$148 NR
Min/Max: 6/12

Winter Registration Deadline: Sun, Dec 21

Stingrays Powerlifting

Work with SSSRA coaches to get your lifting technique competition ready. Athletes must have their own weight lifting belt and knee high sport socks. Singlets are available at an additional cost. Please bring a bottle of water to all practices.

We will compete in the Regional Tournament, and qualifying athletes will compete at State Summer Games.

Special Olympics Portal Deadline: Fri, Jan 23

Ages 18 & Older
Thurs, Feb 5 to June 4
6:00 to 8:00 pm
Oak Forest Park District
\$216 R No Singlet / \$266 R With Singlet
\$291 NR No Singlet / \$360 NR With Singlet
Min/Max: 6/15

Winter Registration Deadline: Sun, Jan 18

Stingrays Unified Cornhole

Special Olympics athletes and Unified Partners team up to play cornhole, or “bags.” If you win a gold at the Regional Tournament, you will qualify for State Summer Games. Athletes and Unified Partners will receive a t-shirt to keep.

Unified Partners must register and pay program fees. Athletes should secure their Unified Partner, but SSSRA staff will assist if needed.

Special Olympics Portal Deadline: Mon, Feb 23

Ages 13 & Older
Mon, Feb 23 to Apr 13
5:00 to 6:00 pm
Oakwood Recreation Center, Matteson
\$75 R / \$101 NR / \$20 Unified Partner
Min/Max: 6/14
Winter Registration Deadline: Sun, Jan 18



Stingrays Track & Field

Lace up your running shoes and meet us at the track to stretch and practice. Choose track events such as running or walking, and field events including softball throw, javelin, running/standing long jumps and shot put.

Coaches will help you decide what is the best fit for you. Athletes will be given a t-shirt to keep. Please bring a bottle of water and dress for the weather.

We will compete at the Region E Spring Games, and potentially State Summer Games.

Special Olympics Portal Deadline: Mon, Mar 2

Ages 13 & Older
Mon, Mar 2 to Apr 27
6:00 to 7:30 pm
Tony Bettenhausen Recreation Center,
Tinley Park (March),
Matteson Community Center (April)
\$130 R / \$190 NR
Min/Max: 6/25
Winter Registration Deadline: Sun, Feb 8

Stingrays Softball

Play softball against other SRAs in a competitive setting. Every player must have their own glove at the first practice. A practice and game schedule will be provided. Athletes will be given a t-shirt and a hat to keep. Please bring a bottle of water to all practices and games.

We will compete in the Regional Tournament and the TR Section Tournament.

Special Olympics Portal Deadline: Mon, June 1

Ages 13 & Older
Tues, May 5 to July 28
6:30 to 8:00 pm
Homewood Estates Park
\$170 R / \$230 NR
Min/Max: 12/24
Spring Registration Deadline: Sun, Apr 12

competition dates

February 28	Regional Swim Meet
March 28 or 29	Regional Powerlifting Tournament
April 11	Regional Cornhole Tournament
April 25 to 26	Region E Spring Games
June 12 to 14	State Summer Games
July 12	TR Section Softball Tournament
August 2	Regional Softball Tournament

JUST FOR TEENS!

Teen Movie Club

NEW

Join us for a fun and relaxing afternoon at the movies! Watch a teen-friendly movie, enjoy a provided lunch and hang out with friends. A perfect way to socialize, have fun and take a break from the week.

Movie times will vary. You will be notified of any time or location changes. Admission to the movie and lunch are included. Please bring additional money for snacks.

Ages 13 to 20

Sat, Feb 14, Feb 28, Mar 14, Apr 4, Apr 18

10:30 am to 2:00 pm

Emagine, Frankfort

\$35 R / \$47 NR

Min/Max: 6/10

Winter Registration Deadline: Sun, Jan 18

Transportation

SSSRA

10:15 am Depart / 3:00 pm Return

Coyote Run, Flossmoor

9:45 am Depart / 2:30 pm Return

Social Club: Teens

NEW

Grab your friends and come hang out at our social club for teens! Enjoy music, games, sports, crafts, and more. Whether you're looking to chill, compete, or just have fun, there's something for everyone! Program location will vary. You will be sent a schedule of events one week before program starts.

Ages 13 to 20

Sun, Apr 12 to May 3

3:00 to 5:00 pm

Various Locations

\$90 R / \$121 NR

Min/Max: 6/10

Spring Registration Deadline: Sun, Mar 8



Scooby Doo Escape Room & Lunch

NEW

“Ruh-roh!” A mystery is unfolding, and the gang needs your help! Work together to solve puzzles, find clues and escape before time runs out in this Scooby-Doo-themed adventure. Lunch at a local fast food restaurant is included.

Ages 13 to 20

Fri, Mar 27

12:00 to 2:00 pm

Escapeology, Orland Park

\$80 R / \$108 NR

Min/Max: 6/10

Winter Registration Deadline: Sun, Mar 1

Transportation

SSSRA

11:00 am Depart / 3:30 pm Return

Coyote Run, Flossmoor

11:30 am Depart / 3:00 pm Return

19th Hole

This all ages entertainment spot features high definition, Full Swing, golf and multisport simulation. Challenge your friends, try different games and enjoy friendly competition and fun! Please eat lunch before arriving. Appetizer snacks are included.

Ages 13 to 20

Sun, May 17

1:00 to 3:00 pm

19th Hole, Mokena

\$35 R / \$47 NR

Min/Max: 10/20

Spring Registration Deadline: Sun, Apr 26

HOOPS 
+HEROES



SSSRA Stingrays + Police Officer
Basketball Game

Tuesday, February 24

6:00 pm

Matteson Community Center
FREE

Day Trippers

Let's go on an adventure as we enjoy activities throughout the community! This program has a strong emphasis on socialization and community integration. Please dress for the weather.

Participants must be able to work successfully in a 1:4 staff to participant ratio.

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

Due to the popularity of this program, please register for either Group A or Group B. Non-residents, please register for one of the groups.

Ages 21 & Older

9:00 am to 5:00 pm

\$295 R / \$398 NR

Min/Max: 6/10 (per group)

Winter Registration Deadline: Sun, Jan 18

Group A

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

Group B

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

Mon, Feb 9 (A) / Mon, Feb 16 (B)

Star Cinema Grill, Bolingbrook

Mon, Feb 23 (A) / Mon, Mar 2 (B)

Ceramics, Arts & Crafts Studios by Mucci World,
Tinley Park

Mon, Mar 9 (A) / Mon, Mar 16 (B)

Long Grove Confectionery & Chocolate Tour

Mon, Apr 6 (A) / Mon, Apr 13 (B)

Cantigny, Wheaton

Mon, Apr 20 (A) / Mon, Apr 27 (B)

Pinstripes, Oak Brook

perform on stage!

SSSRA Chorus

It's time to warm up those vocal chords as we learn some new songs. Learn to sing songs along with choreographed dance moves! Practice will be held before SSSRA Theater and we will perform for an audience at the SSSRA Performing Arts Show.

Ages 13 & Older

Mon, Feb 9 to Apr 27 /

Performing Arts Show: Mon, May 4

5:00 to 6:15 pm

Freedom Hall, Park Forest

\$100 R / \$135 NR

Min/Max: 5/15

Winter Registration Deadline: Sun, Jan 18

SSSRA Theater

Ready to shine on the big stage? No performing experience is required to participate in SSSRA Theater. On top of having fun, we will work on facial expressions, pantomime and vocal skills. Performing with your friends is a great way to improve verbal and social skills, while building self-confidence. The final night will be a dress rehearsal for the SSSRA Performing Arts Show.

Ages 13 & Older

Mon, Feb 9 to Apr 27 /

Performing Arts Show: Mon, May 4

6:30 to 8:00 pm

Freedom Hall, Park Forest

\$165 R / \$223 NR

Min/Max: 10/20

Winter Registration Deadline: Sun, Jan 18

Karate

Practice techniques that build mental and physical strength as you learn karate from a true professional! You can test for levels throughout the program and will have the option to purchase a uniform. More information about uniforms will be available the first week. Please wear comfortable clothing and shoes and bring a bottle of water.

Ages 13 & Older

Mon, Feb 9 to Mar 9

5:00 to 5:45 pm

Tony Bettenhausen Recreation Center,
Tinley Park

\$86 R / \$116 NR

Min/Max: 6/15

Winter Registration Deadline: Sun, Jan 18

Ages 13 & Older

Mon, Mar 30 to Apr 27

5:00 to 5:45 pm

Tony Bettenhausen Recreation Center,
Tinley Park

\$86 R / \$116 NR

Min/Max: 6/15

Spring Registration Deadline: Sun, Mar 8

Open Swim

Open Swim gives you the freedom to splash, swim laps or relax in the pool! Staff will be in the water to monitor participants and a lifeguard will be on duty while we are in the water.

Locker rooms are available to change and store your belongings. SSSRA staff will not assist with changing. Proper swim attire is required for this program. If participants have a toileting concern, proper swim undergarments are required. Staff will meet participants in the pool area.

Ages 13 & Older

Mon, Mar 30 to Apr 27

6:00 to 7:00 pm

Matteson Community Center

\$50 R / \$68 NR

Min/Max: 6/15

Spring Registration Deadline: Sun, Mar 8

Scrapbooking

NEW

Make your memories come to life on the page! Design personalized scrapbooks using photos, stickers, colorful paper and other crafty supplies. Explore different themes and techniques to capture your favorite moments, tell stories and show off your artistic flair. This is a great way to relax, be creative and share ideas with friends while building a keepsake you will treasure for years to come. No prior experience needed - just bring your imagination!

Ages 13 & Older

Tues, Feb 10 to Mar 10

5:00 to 6:00 pm

Irwin Community Center, Homewood

\$52 R / \$70 NR

Min/Max: 6/15

Winter Registration Deadline: Sun, Jan 18

Ages 13 & Older

Tues, Mar 31 to Apr 28

5:00 to 6:00 pm

Irwin Community Center, Homewood

\$52 R / \$70 NR

Min/Max: 6/15

Spring Registration Deadline: Sun, Mar 8



Beyond the Screen

NEW

Ever wonder what it takes to bring a movie to life? Explore the magic of film making - from script to screen. Learn about special effects, costumes, set design and the creative minds that make movie magic happen. Perfect for film lovers and curious minds alike!

Ages 13 & Older

Tues, Feb 10 to Mar 10

6:15 to 7:15 pm

Irwin Community Center, Homewood

\$37 R / \$50 NR

Min/Max: 6/15

Winter Registration Deadline: Sun, Jan 18

Ages 13 & Older

Tues, Mar 31 to Apr 28

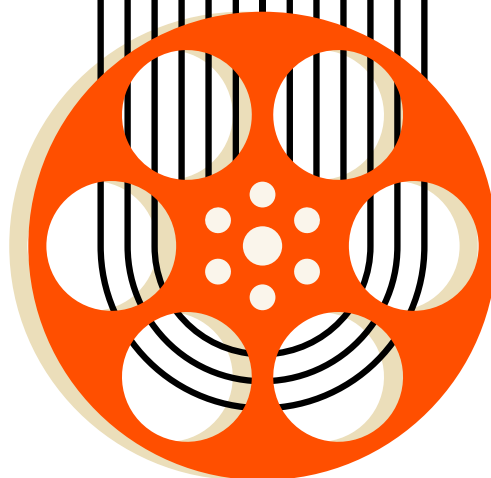
6:15 to 7:15 pm

Irwin Community Center, Homewood

\$37 R / \$50 NR

Min/Max: 6/15

Spring Registration Deadline: Sun, Mar 8



Fast Food & Flicks

Watch a movie on the big screen after having dinner with your friends. We aim for a 7:00 pm movie. You will be notified of any time or location changes.

Group A participants will see a G, PG or PG-13 rated movie. Group B participants will see a G, PG, PG-13 or R rated movie. A permission form to see R rated movies must be on file.

You will be given a list of restaurants approximately one week before the program starts.

Please register for either Group A or Group B.

Ages 13 & Older

4:30 to 10:30 pm

Emagine Frankfort

\$260 R / \$351 NR

Min/Max: 6/12

Winter Registration Deadline: Sun, Jan 18

Group A - G, PG, PG-13

Wed, Feb 11, Feb 25, Mar 11, Apr 8, Apr 22

Group B - G, PG, PG-13, R

Wed, Feb 18, Mar 4, Apr 1, Apr 15, Apr 29

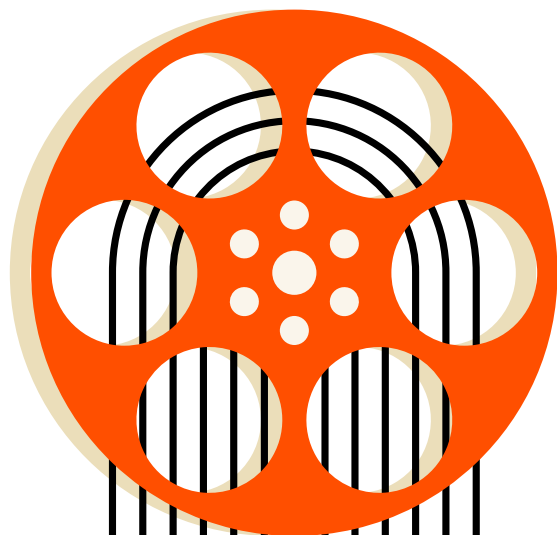
Transportation

SSSRA

5:00 pm Depart / 10:30 pm Return

Coyote Run, Flossmoor

4:30 pm Depart / 10:00 pm Return



move + groove

Aerobics

Aerobics combines cardio, stretching and strength exercises for a fun and easy way to stay in shape. Workouts include dancing, resistance bands and seated exercises. Please wear athletic clothing and bring a bottle of water.

Ages 13 & Older

Wed, Feb 11 to Mar 11

6:00 to 7:00 pm

Irwin Community Center, Homewood

\$25 R / \$34 NR

Min/Max: 6/20

Winter Registration Deadline: Sun, Jan 18

Ages 13 & Older

Wed, Apr 1 to Apr 29

6:00 to 7:00 pm

Irwin Community Center, Homewood

\$25 R / \$34 NR

Min/Max: 6/20

Spring Registration Deadline: Sun, Mar 8

Let's Dance

Join your friends each week for a fun night of dancing. Learn popular dance moves while listening to great music. This program will enhance your gross motor skills and encourage socialization. Please wear athletic clothing and bring a bottle of water.

Ages 13 & Older

Wed, Feb 11 to Mar 11

7:15 to 8:15 pm

Irwin Community Center, Homewood

\$25 R / \$34 NR

Min/Max: 6/20

Winter Registration Deadline: Sun, Jan 18

Ages 13 & Older

Wed, Apr 1 to Apr 29

7:15 to 8:15 pm

Irwin Community Center, Homewood

\$25 R / \$34 NR

Min/Max: 6/20

Spring Registration Deadline: Sun, Mar 8

cook + craft

Chef's Kitchen

Whether you're a seasoned home chef or new to cooking, Chef's Kitchen has something for everyone. Create delicious meals and enjoy the finished product with your friends. All ingredients are provided. This program will enhance your cooking skills and encourage socialization.

Ages 13 & Older

Thurs, Feb 12 to Mar 12

4:30 to 6:30 pm

Hazel Crest Park District

\$86 R / \$116 NR

Min/Max: 6/15

Winter Registration Deadline: Sun, Jan 18

Ages 13 & Older

Thurs, Apr 2 to Apr 30

4:30 to 6:30 pm

Hazel Crest Park District

\$86 R / \$116 NR

Min/Max: 6/15

Spring Registration Deadline: Sun, Mar 8

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 socialize. All supplies will be provided.

Ages 13 & Older

Thurs, Feb 12 to Mar 12

6:45 to 7:45 pm

Hazel Crest Park District

\$46 R / \$62 NR

Min/Max: 6/15

Winter Registration Deadline: Sun, Jan 18

Ages 13 & Older

Thurs, Apr 2 to Apr 30

6:45 to 7:45 pm

Hazel Crest Park District

\$46 R / \$62 NR

Min/Max: 6/15

Spring Registration Deadline: Sun, Mar 8

Game Show Night

NEW

Inspired by classic and modern TV game shows, you will play, compete and cheer each other on in a fun, high-energy environment. Each week will spotlight a different game show, complete with buzzers, team challenges and lots of laughs. Whether you're solving puzzles, testing your trivia knowledge or tackling quirky challenges, everyone gets a chance to shine!

Ages 13 & Older
Thurs, Feb 12 to Mar 12
6:00 to 7:00 pm
Matteson Community Center
\$46 R / \$62 NR
Min/Max: 6/15

Winter Registration Deadline: Sun, Jan 18

Ages 13 & Older
Thurs, Apr 2 to Apr 30
6:00 to 7:00 pm
Matteson Community Center
\$46 R / \$62 NR
Min/Max: 6/15

Spring Registration Deadline: Sun, Mar 8



Indoor Olympics

NEW

Step into the world of competition and teamwork! This exciting program brings the thrill of the Olympics indoors, giving you the chance to try fun and accessible Olympic-style activities. From skill challenges to team events, everyone gets the opportunity to go for the gold in a safe and supportive environment.

Ages 13 & Older
Thurs, Feb 12 to Mar 12
6:00 to 7:00 pm
Oakwood Recreation Center
\$42 R / \$57 NR
Min/Max: 6/15

Winter Registration Deadline: Sun, Jan 18

Ages 13 & Older
Thurs, Apr 2 to Apr 30
6:00 to 7:00 pm
TBA
\$42 R / \$57 NR
Min/Max: 6/15

Spring Registration Deadline: Sun, Mar 8

Would You Rather?

NEW

Get ready for laughs, surprises and tough choices in this interactive program! Answer silly, thought-provoking, and sometimes tricky "Would You Rather?" questions and share why you made your choice. It's a fun way to spark conversation, learn more about friends and laugh together. No right or wrong answers - just good times and great discussions!

Ages 13 & Older
Fri, Feb 13 to Mar 13
5:45 to 6:30 pm
Tony Bettenhausen Recreation Center,
Tinley Park
\$33 R / \$45 NR
Min/Max: 6/15

Winter Registration Deadline: Sun, Jan 18



Social Club: Fridays

Spend time 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.

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

Ages 13 & Older
Fri, Feb 13 to Mar 13
6:00 to 8:00 pm
Various Locations
\$140 R / \$189 NR
Min/Max: 6/15

Winter Registration Deadline: Sun, Jan 18

Ages 13 & Older
Fri, Apr 3 to May 1
6:00 to 8:00 pm
Various Locations
\$140 R / \$189 NR
Min/Max: 6/15

Spring Registration Deadline: Sun, Mar 8

Social Club: Saturdays

Spend time with your friends and enjoying different activities throughout our communities. You will be mailed a schedule of events two weeks prior to the start of the season.

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

Ages 13 & Older
Sat, Feb 14 to Mar 14
6:00 to 8:00 pm
Various Locations
\$140 R / \$189 NR
Min/Max: 6/15

Winter Registration Deadline: Sun, Jan 18

Ages 13 & Older
Sat, Apr 4 to May 2
6:00 to 8:00 pm
Various Locations
\$140 R / \$189 NR
Min/Max: 6/15

Spring Registration Deadline: Sun, Mar 8

Fitness & Fun

Staying active and exercising regularly are important for your health. Work on coordination, balance, strength and muscle tone. Please wear athletic clothing and bring a bottle of water. Participants must be able to work successfully in a 1:4 staff to participant ratio.

Please register for only one session per season.

Ages 13 & Older
Sat, Feb 14 to Mar 14
Oak Forest Park District
\$30 R / \$41 NR
Min/Max: 6/10

Winter Registration Deadline: Sun, Jan 18

Winter Sessions

9:00 to 10:00 am
10:15 to 11:15 am

Ages 13 & Older
Sat, Apr 4 to May 2
Oak Forest Park District
\$30 R / \$41 NR
Min/Max: 6/10

Spring Registration Deadline: Sun, Mar 8

Spring Sessions

9:00 to 10:00 am
10:15 to 11:15 am

Basketball Open Gym

Practice for the upcoming Stingrays Basketball season or just have fun playing with friends. All skill levels are welcome.

Ages 13 & Older
Sat, Feb 14 to Mar 14
2:00 to 3:00 pm
Tony Bettenhausen Recreation Center,
Tinley Park
\$30 R / \$40 NR
Min/Max: 6/15
Winter Registration Deadline: Sun, Jan 18

Ages 13 & Older
Sat, Apr 4 to May 2
2:00 to 3:00 pm
Tony Bettenhausen Recreation Center,
Tinley Park
\$30 R / \$40 NR
Min/Max: 6/15
Spring Registration Deadline: Sun, Mar 8





Adult Swim Lessons

Swim lessons are fun and essential. Led by certified instructors from Swim Chicago Southland, this program introduces swimmers to basic water skills, breath holding and a series of submerging progressions that lead to unassisted swimming. Participants will strengthen their self-confidence and gross motor skills.

Each swim lesson is 30 minutes. Please sign up for only one session.

Swimmers may only participate in one Swim Lessons program per season. Please note that we share the pool with the public.

Participants must have proper swim attire, and if needed, proper swim undergarments are required. SSSRA staff will not assist with changing.

Swim Lessons is instructed with a 1:2 staff to participant ratio.

Ages 13 & Older

Sat, Feb 14 to Mar 14

Matteson Community Center

\$108 R / \$145 NR

Min/Max: 1/2 (per time slot)

Winter Registration Deadline: Sun, Jan 18

Session Times

12:30 to 1:00 pm

1:00 to 1:30 pm

1:30 to 2:00 pm

Ages 13 & Older

Sat, Apr 4 to May 2

Matteson Community Center

\$108 R / \$145 NR

Min/Max: 1/2 (per time slot)

Spring Registration Deadline: Sun, Mar 8

Session Times

12:30 to 1:00 pm

1:00 to 1:30 pm

1:30 to 2:00 pm

DIY Masters

NEW

Create your own works of art! Experiment with different techniques to learn how to create art based on your personality and style

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

Ages 13 & Older with Physical Disabilities

Wed, Feb 11 to Mar 11

1:00 to 2:30 pm

Richton Park Community Center

\$84 R / \$150 R with Transportation / \$113 NR

Min/Max: 4/10

Winter Registration Deadline: Sun, Jan 18

Cultural Food Tastings

NEW

Each week, we will make foods from different cultures and enjoy them as a group. All ingredients are provided.

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

Ages 13 & Older with Physical Disabilities

Sun, Feb 15 to Mar 15

1:00 to 2:15 pm

SSSRA, Tinley Park

\$90 R / \$180 R with Transportation / \$121 NR

Min/Max: 4/10

Winter Registration Deadline: Sun, Jan 18

Food Critics

NEW

If you consider yourself a foodie, then this is the program for you. Enjoy brunch at a different restaurant while chatting with your friends. You will be informed of the restaurant one week before to give you time to look at the menu.

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

Ages 13 & Older with Physical Disabilities

Tues, Mar 31 to Apr 28

12:00 to 1:30 pm

Various Locations

\$288 R with Transportation / \$388 NR

Min/Max: 4/10

Spring Registration Deadline: Sun, Mar 8

Adaptive Cornhole

NEW

Cornhole is one of the fastest growing sports, evolving from a casual game to professional sport leagues. Learn all the basics and skills to be successful. This a great way to socialize and enjoy some friendly competition. All equipment is provided.

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

Ages 13 & Older with Physical Disabilities

Fri, Apr 3 to May 1

11:00 am to 12:00 pm

Matteson Community Center

\$53 R / \$115 R with Transportation / \$72 NR

Min/Max: 4/10

Spring Registration Deadline: Sun, Mar 8

Movie Night

NEW

Come dressed in comfy clothes to spend a relaxing evening with your friends. The group will pick a movie to watch from a streaming service. Dinner is included.

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

Ages 13 & Older with Physical Disabilities
Sun, Mar 22
5:00 to 7:00 pm
SSSRA, Tinley Park
\$25 R / \$40 R with Transportation / \$34 NR
Min/Max: 4/10
Winter Registration Deadline: Sun, Mar 1

Wind Creek Casino

NEW

A vibrant mix of slot machines and table games make this the perfect destination for fun and relaxation. Whether you're testing your luck or enjoying time with friends, Wind Creek Casino brings energy, thrills and unforgettable memories. After the games, we'll head over to Panera Bread to enjoy a meal together.

Please bring your ID and money to gamble.

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

Ages 21 & Older with Physical Disabilities
Sat, May 16
11:00 am to 2:00 pm
Wind Creek Casino, Hazel Crest
\$36 R / \$65 R with Transportation / \$49 NR
Min/Max: 4/10
Spring Registration Deadline: Sun, Apr 19

Shopping Day

Looking for a new outfit but don't know when and where to go? We are heading to Orland Square Mall to enjoy a day of shopping and lunch at the food court.

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

Ages 13 & Older with Physical Disabilities
Sat, May 30
11:00 am to 2:00 pm
Orland Square Mall, Orland Park
\$65 R with Transportation / \$88 NR
Min/Max: 4/10
Spring Registration Deadline: Sun, May 3



TEEN & ADULT

INDIVIDUALS WITH SEVERE & PROFOUND DISABILITIES

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.

Ages 13 & Older with
Severe & Profound Disabilities
Thurs, Feb 12 to Mar 12
6:00 to 6:45 pm
The Bradford Barn, Olympia Fields
\$30 R / \$40 NR
Min/Max: 6/10

Winter Registration Deadline: Sun, Jan 18

Ages 13 & Older with
Severe & Profound Disabilities
Thurs, Apr 2 to Apr 30
6:00 to 6:45 pm
The Bradford Barn, Olympia Fields
\$30 R / \$40 NR
Min/Max: 6/10

Spring Registration Deadline: Sun, Mar 8

Sensory Time

This program is filled with engaging, hands-on activities designed to stimulate the senses. Participants can explore textures, sounds, colors and movement in a calm and supportive environment. A perfect way to encourage curiosity, build skills and have fun!

Ages 13 & Older with
Severe & Profound Disabilities
Sat, Apr 4 to May 2
11:30 am to 12:30 pm
Oak Forest Park District
\$36 R / \$49 NR
Min/Max: 6/10

Spring Registration Deadline: Sun, Mar 8

Valentine's Day Party

Dance to your favorite music, play games and enjoy delicious snacks while celebrating friendship and fun.

Ages 13 & Older with
Severe & Profound Disabilities
Sat, Feb 14
3:00 to 5:00 pm
Park Forest Village Hall
\$17 R / \$23 NR
Min/Max: 6/10

Winter Registration Deadline: Sun, Jan 18

Spring Scavenger Hunt

Celebrate the spring season with a scavenger hunt. We may see beautiful flowers blooming, butterflies flying around us and more. You don't want to miss out on the fun! We will be outside if the weather permits.

Ages 13 & Older with
Severe & Profound Disabilities
Wed, Mar 25
5:00 to 6:00 pm
SSSRA, Tinley Park
\$12 R / \$16 NR
Min/Max: 6/10

Spring Registration Deadline: Sun, Mar 1



Chicago Bulls

Let's head downtown to cheer on our very own Chicago Bulls as they take on the Utah Jazz. Keep an eye on the scoreboard for a message welcoming us to the game! A hot dog or hamburger, chips and soft drink are included.

The United Center is a cashless venue. Please bring a debit/credit card to purchase souvenirs or additional snacks. Participants must be able to work successfully in a 1:4 staff to participant ratio. Our seats will be in the 300 level.

Guests are able to enter the arena with a small purse or personal bag up to 10"x6"x2". No backpacks or other bags are allowed. Exceptions for guests with required medical equipment will be provided.

Ages 13 & Older

Wed, Jan 14

7:00 pm Game

United Center, Chicago

\$95 R / \$138 R with Transportation Home* /

\$160 NR / \$118 LWSRA & SWSRA

Min/Max: 6/15

Winter Registration Deadline: Sun, Dec 21

Transportation

SSSRA

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 eight.

Griffin Museum of Science and Industry

Step into a world of discovery! From interactive exhibits and dazzling science displays to hands-on experiences that bring innovation to life, this trip will inspire curiosity and excitement for everyone. Explore exhibits on space, technology and the wonders of nature. Please bring a sack lunch to eat before we explore.

Ages 13 & Older

Sat, Jan 24

11:30 am to 3:00 pm

Museum of Science and Industry, Chicago

\$60 R / \$81 NR

Min/Max: 10/20

Winter Registration Deadline: Sun, Jan 11

Transportation

SSSRA

10:00 am Depart / 4:30 pm Return

Coyote Run, Flossmoor

10:30 am Depart / 4:00 pm Return

Valentine's Date Night

Make this Valentine's Day unforgettable at Gatto's! Treat your special someone to an enchanting evening filled with food and conversation. Don't miss out on creating cherished memories - reserve your spot!

Ages 13 & Older

Fri, Feb 6

6:00 to 8:00 pm

Gatto's, Tinley Park

\$20 R / \$40 NR / \$30 LWSRA & SWSRA

Min/Max: 10/20

Winter Registration Deadline: Sun, Jan 18

 thank you to our sponsors

Rocket Pro Wrestling

Rocket Pro Wrestling Company is a family owned and operated Independent Professional Wrestling event provider. Multiple matches with a variety of wrestlers will make this a night of action! Please bring money for dinner and concessions. Only cash is accepted.

Ages 13 & Older

Sat, Feb 7

4:00 to 8:00 pm

St. Joe's Park, Joliet

\$58 R / \$78 R with Transportation Home* /

\$67 NR

Min/Max: 10/20

Winter Registration Deadline: Sun, Jan 18

Transportation

SSSRA

2:30 pm Depart / 9:15 pm Return

Coyote Run, Flossmoor

3:00 pm Depart / 8:45 pm Return

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



Disney on Ice presents Jump In!

The magic is here! Join Mickey, Minnie, Donald, Goofy and over 50 of your favorite Disney friends in the world premiere of *Jump In!* This is the only place where you can see Anxiety, Joy, Sadness, Disgust, Anger and Fear from *Inside Out 2*, plus exciting new characters from *Moana 2*. Breathtaking skating, high-energy performances and heartwarming stories make this an event that you won't want to miss!

The United Center is a cashless venue. Please bring a debit/credit card to purchase souvenirs or additional snacks. Participants must be able to work successfully in a 1:4 staff to participant ratio. Our seats will be in the 100 level.

Guests are able to enter the arena with a small purse or personal bag up to 10"x6"x2". No backpacks or other bags are allowed. Exceptions for guests with required medical equipment will be provided.

Ages 13 & Older

Sun, Feb 15

2:30 pm Show

United Center, Chicago

\$70 R / \$95 NR

Min/Max: 10/20

Winter Registration Deadline: Sun, Jan 18

Transportation

SSSRA

11:30 am Depart / 6:00 pm Return

Coyote Run, Flossmoor

12:00 pm Depart / 5:30 pm Return

Mardi Gras Mambo

Get ready to experience Mardi Gras! We are bringing Bourbon Street all the way here so we can party New Orleans style with music, dancing, snacks and of course... beads!

Ages 13 & Older

Fri, Feb 20

7:00 to 9:00 pm

Oak Lawn Park District

\$33 R / \$53 R with Transportation Home* /

\$45 NR

Min/Max: 10/20

Winter Registration Deadline: Sun, Jan 25

Transportation

SSSRA

5:45 pm Depart / 10:15 pm Return

Coyote Run, Flossmoor

6:15 pm Depart / 9:45 pm Return

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

Hollywood Swinging - A Tribute to Kool & the Gang

NEW

Celebrate the ultimate tribute to the 2024 Rock & Roll Hall of Fame inductees. *Hollywood Swinging* delivers the party hits, soulful rhythms and feel-good energy that made Kool & the Gang legendary.

Meet in the lobby at Freedom Hall at 7:00 pm.

Ages 13 & Older

Sat, Feb 28

7:00 to 9:00 pm

Freedom Hall, Park Forest

\$67 R / \$90 NR

Min/Max: 6/9

Winter Registration Deadline: Sun, Jan 18

Chicago Wolves

We'll have an action-packed night cheering on the Chicago Wolves as they take on the Texas Stars. Don't miss this chance to show your team spirit and enjoy an evening with friends. A hot dog and soft drink are included.

The Allstate Arena is a cashless venue. Please bring a debit/credit card to purchase souvenirs or additional snacks. Participants must be able to work successfully in a 1:4 staff to participant ratio. Our seats will be in the 100 level.

Guests will not be permitted to enter with backpacks, totes, mid/large sized bags and coolers. Diaper bags (with child) and bags approved for medical needs will be permitted after search by security personnel. (Approved bags must be no bigger than 12"x12").

Ages 13 & Older

Sun, Mar 8

3:00 pm Game

Allstate Arena, Rosemont

\$70 R / \$90 R with Transportation Home* /

\$95 NR

Min/Max: 6/15

Winter Registration Deadline: Sun, Feb 8

Transportation

SSSRA

12:45 pm Depart / 7:30 pm Return

Coyote Run, Flossmoor

1:15 pm Depart / 7:00 pm Return

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

March Madness on the Big Screen

Calling all college basketball fans! We are heading to Buffalo Wild Wings to watch the NCAA March Madness tournament while we enjoy delicious food. Participants must be able to work successfully in a 1:4 staff to participant ratio.

Ages 13 & Older
Sat, Mar 21
11:00 am to 2:00 pm
Buffalo Wild Wings, Tinley Park
\$40 R / \$54 NR
Min/Max: 10/20
Winter Registration Deadline: Sun, Feb 22

Odyssey Fun World

Odyssey Fun World is hosting a special event packed with exciting entertainment for all ages! Enjoy a mix of classic attractions like laser tag, arcade games, and rides, along with themed activities created just for the occasion. Please eat lunch prior to the program and bring money for additional games or food.

Ages 13 & Older
Sun, Mar 22
1:00 to 3:00 pm
Odyssey Fun World
19111 Oak Park Avenue, Tinley Park
\$30 R / \$40 NR
Min/Max: 10/20
Winter Registration Deadline: Sun, Mar 1

Brookfield Zoo

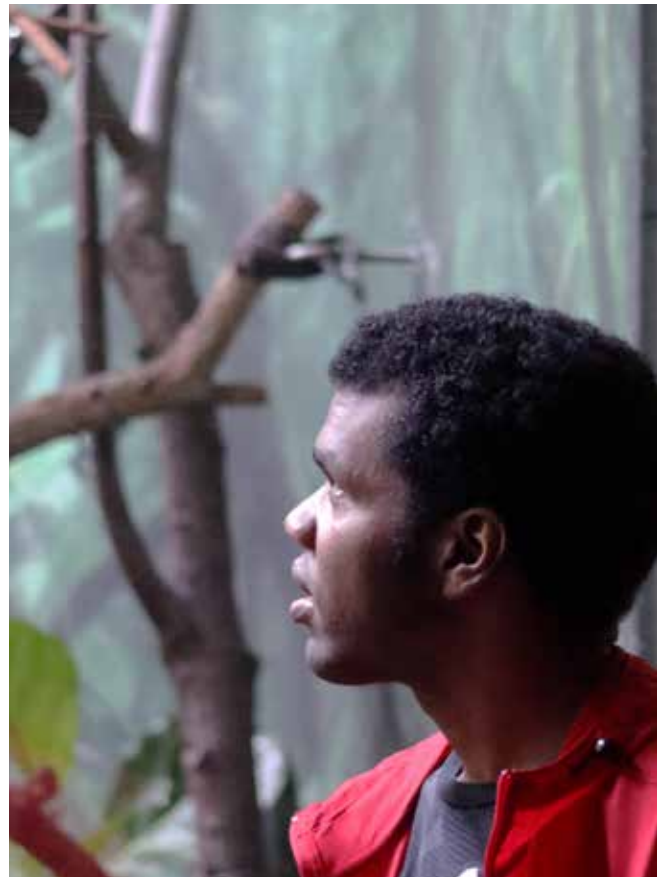
This is your chance to visit over 3,000 animals! As we explore the historic park, we will stop at different exhibits. Make sure to bring your camera to capture your favorite memories. Please bring a sack lunch or money to purchase lunch at the zoo.

Ages 13 & Older
Sat, Mar 28
11:00 am to 3:00 pm
Brookfield Zoo, Brookfield
\$40 R / \$95 NR / \$70 LWSRA & SWSRA
Min/Max: 10/20
Winter Registration Deadline: Sun, Mar 1

Transportation

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

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



Puttshack & Lunch

NEW

Enjoy mini golf re-imagined, with cutting-edge technology and a unique atmosphere. Featuring Trackaball technology, every shot is scored automatically, leaving more time for fun, laughter and friendly competition. After playing mini golf, we'll head to Grill 89 to enjoy a delicious meal together.

Ages 13 & Older
Sun, Mar 29
11:00 am to 2:00 pm
Puttshack, Oak Brook
\$67 R / \$90 NR
Min/Max: 10/20

Winter Registration Deadline: Sun, Mar 8

Transportation

SSSRA
9:30 am Depart / 3:30 pm Return

Coyote Run, Flossmoor
10:00 am Depart / 3:00 pm Return

LWSRA Fiesta

Dance and celebrate with your friends at LWSRA! Dinner is included, featuring tacos, nachos and rice.

Ages 13 & Older
Fri, Apr 10
6:00 to 8:30 pm
LWSRC, New Lenox
\$70 R / \$95 NR
Min/Max: 10/20

Spring Registration Deadline: Sun, Mar 22

Transportation

SSSRA
4:45 pm Depart / 9:45 pm Return

Coyote Run, Flossmoor
5:15 pm Depart / 9:15 pm Return

Glow with the Flow

Show off your dance moves under neon colors in a glow-in-the-dark atmosphere. Please eat dinner before the dance. Snacks and drinks will be provided.

Ages 13 & Older
Fri, Apr 17
6:00 to 8:00 pm
Country Club Hills Recreation Center
\$15 R / \$35 R with Transportation Home* /
\$34 NR / \$25 LWSRA & SWSRA
Min/Max: 10/50

Spring Registration Deadline: Sun, Mar 15

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

Scene75 Entertainment Center

NEW

Get ready for nonstop fun at one of the largest indoor entertainment centers in the country! Arcade games, go-karts, laser tag, mini golf, virtual reality, and more - there's something for everyone to enjoy.

\$25 of game play is included. Please bring money for snacks or extra game play.

Ages 13 & Older
Sun, Apr 19
12:00 to 3:00 pm
Scene75, Romeoville
\$75 R / \$101 NR
Min/Max: 10/20

Spring Registration Deadline: Sun, Mar 29

Transportation

SSSRA
10:30 am Depart / 4:30 pm Return

Coyote Run, Flossmoor
11:00 am Depart / 4:00 pm Return

Medieval Times

Travel back in time to the Renaissance era and experience an epic tournament. Knights compete to determine who will protect the throne, and we get to watch! Feast like a royal and toast to the Queen.

Dinner will be provided during the show.
Participants must be able to work successfully in a 1:4 staff to participant ratio.

Ages 13 & Older
Sun, Apr 26
4:00 pm Show
Medieval Times, Schaumburg
\$130 R / \$175 NR
Min/Max: 10/20

Spring Registration Deadline: Sun, Mar 29

Transportation

SSSRA
1:45 pm Depart / 8:00 pm Return

Coyote Run, Flossmoor
2:15 pm Depart / 7:30 pm Return



South Pacific Musical

NEW

South Pacific is an uplifting musical tale that follows World War II Armed Services personnel, Ensign Nellie Forbush and Lt. Joseph Cable through spy missions, war-time drama and romance. This iconic, complex and important piece of musical theater reminds us all of the importance of celebrating cultural differences and the value of people unlike ourselves.

The show features some of Broadway's most memorable show tunes from Rodgers and Hammerstein including, "Some Enchanted Evening," "I'm Gonna Wash That Man Right Outta My Hair," and "Bali Ha'i."

We will stop for an early lunch at a local fast food restaurant before the show.

Participants must be able to work successfully in a 1:4 staff to participant ratio.

Ages 13 & Older
Sun, May 3
1:00 pm Show
Paramount Theatre, Aurora
\$110 R / \$177 NR / \$131 LWSRA & SWSRA
Min/Max: 10/16

Spring Registration Deadline: Sun, Mar 29

Transportation

SSSRA
9:30 am Depart / 4:45 pm Return

Coyote Run, Flossmoor
10:00 am Depart / 4:15 pm Return

Spring Formal

Join us for a fun night of dinner and dancing. Staff will snap pictures of you and your friends and we will crown the King and Queen at the end of the night.

Ages 13 & Older
 Fri, May 8
 7:00 to 9:00 pm
 Oak Forest Park District
 \$20 R / \$40 R with Transportation Home* /
 \$40 NR / \$30 LWSRA & SWSRA
 Min/Max: 10/50
Spring Registration Deadline: Sun, Apr 19

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

Ceramic Painting Day

NEW

Enjoy a relaxing and creative afternoon right here at SSSRA! Our wonderful guest instructor will guide us in painting ceramic pieces. We'll enjoy a late lunch while our ceramics dry and are prepped for glazing. This is the perfect chance to unwind, get creative and make something special to take home.

Ages 13 & Older
 Sat, May 9
 1:00 to 3:30 pm
 SSSRA, Tinley Park
 \$43 R / \$58 NR
 Min/Max: 6/15
Spring Registration Deadline: Sun, Apr 12

 *thank you to
 our sponsors*

Wind Creek Casino

NEW

A vibrant mix of slot machines and table games make this the perfect destination for fun and relaxation. Whether you're testing your luck or enjoying time with friends, Wind Creek Casino brings energy, thrills and unforgettable memories. After the games, we'll head over to Panera Bread to enjoy a meal together.

Please bring your ID and money to gamble.

Meet at the main entrance of Wind Creek Casino. Pick-up will be at Panera Bread.

Ages 21 & Older
 Sat, May 16
 11:00 am to 2:00 pm
 Wind Creek Casino
 17300 S. Halsted Street, East Hazel Crest
 \$36 R / \$49 NR
 Min/Max: 10/20
Spring Registration Deadline: Sun, Apr 19

Starved Rock

Waterfalls, hiking trails and breathtaking views make Starved Rock a beautiful place to visit. Our day will include a lot of walking, so please dress appropriately for the weather and wear closed toed shoes. Bring a water bottle and sack lunch for a group picnic.

Participants must be able to work successfully in a 1:4 staff to participant ratio and walk 1 mile or longer without assistance.

Ages 13 & Older
 Sun, May 17
 11:00 am to 2:45 pm
 Starved Rock, Utica
 \$40 R / \$54 NR
 Min/Max: 10/20
Spring Registration Deadline: Sun, Apr 26

Transportation

SSSRA
 9:00 am Depart / 5:00 pm Return
 Coyote Run, Flossmoor
 9:30 am Depart / 4:30 pm Return

Book Club - *Golden Gate*

Join us for the second book in the City Spies Series - *Golden Gate* by James Ponti. Fourteen-year-old Sydney is a surfer and rebel from Bondi Beach, Australia. She is also a field ops specialist for the City Spies. Sydney is going undercover on the marine research vessel, the Sylvia Earle... but things don't go as planned. This book is full of twists and turns, so join us to find out how it is resolved! Register by the deadline to have the book sent to you.

Ages 13 & Older
Mon, Feb 9 to Apr 27
6:30 to 7:30 pm
Virtual
\$5 R / \$5 NR
Min/Max: 5/20
Winter Registration Deadline: Mon, Feb 2

Kitchen Fun

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

Ages 13 & Older
Tues, Feb 10 to Mar 10
11:00 to 11:30 am
Virtual
\$5 R / \$5 NR
Min/Max: 5/50
Winter Registration Deadline: Tues, Feb 3

Ages 13 & Older
Tues, Mar 31 to Apr 28
11:00 to 11:30 am
Virtual
\$5 R / \$5 NR
Min/Max: 5/50
Spring Registration Deadline: Tues, Mar 24

Coffee Chats

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

Ages 13 & Older
Thurs, Feb 12 to Mar 12
10:00 to 10:30 am
Virtual
\$5 R / \$5 NR
Min/Max: 5/50
Winter Registration Deadline: Thurs, Feb 5

Ages 13 & Older
Thurs, Apr 2 to Apr 30
10:00 to 10:30 am
Virtual
\$5 R / \$5 NR
Min/Max: 5/50
Spring Registration Deadline: Thurs, Mar 26

Weight Workout

Grab light weights and a bottle of water for your weekly workout. No weights? Don't worry! Body weight is just as effective.

Ages 13 & Older
Fri, Feb 13 to Mar 13
10:00 to 10:30 am
Virtual
\$5 R / \$5 NR
Min/Max: 5/50
Winter Registration Deadline: Fri, Feb 6

Ages 13 & Older
Fri, Apr 3 to May 1
10:00 to 10:30 am
Virtual
\$5 R / \$5 NR
Min/Max: 5/50
Spring Registration Deadline: Fri, Mar 27



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 to May 31 and September 1 to 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 - CommunityPass
register.capturepoint.com/SSSRA

Mail
19910 80th Avenue
Tinley Park, IL 60487

Fax
815.806.0390

Drop Box
Located on the north side of our building after business hours.

Email
register@sssra.org

Your receipt will be sent to you after your registration is processed. You will be notified if a program is canceled.

Online payment:
credit card

Office payment:
credit card, check or money order

Credit cards accepted are VISA, MasterCard or Discover Card.

Cash will only be accepted in person at SSSRA.

Please call 815.806.0384 to pay over the phone.

Annual Information Form is available on CommunityPass or at SSSRA.

Registration Form and Scholarship Application are available at SSSRA or at sssra.org/forms/

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 may be issued in the form of a credit to the account or original form of payment.
- Participants who receive a scholarship will receive pro-rated refunds when applicable.
- Fees will not be pro-rated if participants register for a special event on the same day as a scheduled weekly program.
- If a participant misses a program or special event, a refund will not be given.

Registration Policies

- Any balance due from a previous season must be paid in full before any registration is accepted for the current season.
- 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 made by the registration deadline. Does not apply to day camp or trips. If registering online, please call the office to receive your discount.
- An individual is not considered registered until SSSRA 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 SSSRA to confirm that your fax was received.
- Virtual programs must be paid in full at the time of registration.
- A minimum payment of 25% of the registration fees must accompany the registration form for general programs. Contact SSSRA to make any payment plan arrangements, if necessary.
- Registrations are processed on a first-come, first-served basis.
- Programs have a minimum and maximum number of participants. Program minimum must be met.

- Participant ages listed in the brochure are approximations. If your child is close to the ages listed and is interested in the program, please contact the Superintendent of Recreation 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.
- If you register after the registration deadline or after a program begins, you may not be able to attend that program the same week.

Non-Resident Registration & Fees

SSSRA is supported through the taxes of its member communities, so the non-resident fees reflect a more equitable rate in relation to that of its tax supporting members. Non-resident policies are as follows:

- Non-resident fees are 35% higher than resident fees for programs, day camp and special events.
- Non-residents pay 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 not eligible 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 program.

Scholarship Program

SSSRA offers scholarships in the form of fee discounts to SSSRA residents who would like to participate in one or more programs, but 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 SSSRA 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 will be responsible for paying fees for weekly programs or special events.
- Scholarships are not available for trips or Special Olympics state competitions.
- SSSRA reserves the right to request proof of financial circumstances, including tax return documents.

Welcome Coupon - \$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 SSSRA.
- If registering online, please call 815.806.0384 or email info@sssra.org to use the coupon.



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

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



REGISTRATION DATES

Winter In-Person Program Registration

Resident Registration
Begins Monday, December 1 at 9:00 am

Non-Resident Registration
Begins Monday, December 22 at 9:00 am

Winter & Spring Virtual Program Registration

Resident Registration
Begins Monday, December 1 at 9:00 am

Non-Resident Registration
Begins Monday, December 1 at 9:00 am

Spring In-Person Program Registration

Resident Registration
Begins Monday, December 1 at 9:00 am

Non-Resident Registration
Begins Monday, January 5 at 9:00 am

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

23	19th Hole	28	Game Show Night	24	SSSRA Chorus
32	Adaptive Cornhole	39	Glow with the Flow	24	SSSRA Theater
31	Adult Swim Lessons	35	Griffin Museum of Science and Industry	15	SSSRA Performing Arts Show
27	Aerobics	16	Gymnastics	29	Social Club: Fridays
10	Animal Exploration	37	<i>Hollywood Swinging - A Tribute to Kool & the Gang</i>	29	Social Club: Saturdays
17	Basketball Basics	19	Indoor Camping Night	22	Social Club: Teens
30	Basketball Open Gym	28	Indoor Olympics	40	<i>South Pacific</i> Musical
26	Beyond the Screen	25	Karate	13	Spring Bingo
42	Book Club	19	KidsWork Children's Museum	34	Spring Scavenger Hunt
14	Bowling	42	Kitchen Fun	41	Spring Formal
38	Brookfield Zoo	27	Let's Dance	41	Starved Rock
19	Build-A-Bear & Lunch	16	Little Kickers Soccer	20	Stingrays Powerlifting
14	Bunny Breakfast	39	LWSRA Fiesta	21	Stingrays Softball
18	Busy Bodies	38	March Madness on the Big Screen	20	Stingrays Swim Team
41	Ceramic Painting Day	37	Mardi Gras Mambo	21	Stingrays Track & Field
27	Chef's Kitchen	40	Medieval Times	20	Stingrays Unified Cornhole
35	Chicago Bulls	17	Mindful Movers	10	Stretching & Relaxation
37	Chicago Wolves	34	Movement Time	18	Swim Lessons
42	Coffee Chats	33	Movie Night	22	Teen Movie Club
27	Crafty Creations	10	Music & Pop Culture	12	Trip to Greece
32	Cultural Food Tastings	38	Odyssey Fun World	13	Trip to Hawaii
24	Day Trippers	25	Open Swim	35	Valentine's Date Night
36	<i>Disney on Ice presents Jump In!</i>	39	Puttshack & Lunch	34	Valentine's Day Party
32	DIY Masters	36	Rocket Pro Wrestling	10	Virtual Voyages
11	Drawing Techniques	13	Scavenger Hunt	12	Virtual Michael Jackson
15	Family Banquet	39	Scene75 Entertainment Center	42	Weight Workout
11	Family Bingo - Virtual	23	Scooby Doo Escape Room & Lunch	13	Wheel of Fortune - Virtual
14	Family Bingo	25	Scrapbooking	33	Wind Creek Casino - Adults with Physical Disabilities
14	Family Bowling	19	Sensory Sunday	41	Wind Creek Casino
26	Fast Food & Flicks	34	Sensory Time	11	Winter Bingo
12	Fifth Harmony Concert	33	Shopping Day	28	Would You Rather?
30	Fitness & Fun			12	WWE Watch Party
32	Food Critics				
11	Game Show Fun				

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 SSSRA 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.

19th Hole

9418 W. 191st Street, Mokena

Buffalo Wild Wings

7301 W. 183rd Street, Tinley Park

Centennial Lanes 2.0

16050 Centennial Circle, Tinley Park

Coyote Run Golf Course / Wiley's Grill

800 Kedzie Avenue, Flossmoor

Community Park

175th & Maple Avenue, Country Club Hills

Country Club Hills Recreation Center

4709 179th Street, Country Club Hills

Freedom Hall / Central Park

410 Lakewood Boulevard, Park Forest

Gaelic Park

6119 147th Street, Oak Forest

Gatto's

8005 183rd Street, Tinley Park

Hazel Crest Park District

2600 171st Street, Hazel Crest

H-F Sports Complex

18220 Morgan Avenue, Homewood

Homewood Estates Park

18200 California Avenue, Homewood

Irwin Community Center

18120 Highland Avenue, Homewood

Matteson Community Center

20642 Matteson Avenue, Matteson

Morton Gingerwood School

16936 Forest Avenue, Oak Forest

**Oak Forest Park District / Fitness Center /
Park Place at Central**

15601 South Central Avenue, Oak Forest

Oakwood Recreation Center

4450 West Oakwood Lane, Matteson

Odyssey Fun World

19111 Oak Park Avenue, Tinley Park

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

20712 Western Avenue, Olympia Fields

Orland Square Mall

288 Orland Square Drive, Orland Park

Richton Park Community Center

4445 Sauk Trail, Richton Park

Park Forest Village Hall

350 Victory Drive, Park Forest

SSSRA

19910 80th Avenue, Tinley Park

Thunder Bowl

18700 Old Lagrange Road, Mokena

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

8125 W. 171st Street, Tinley Park

Wind Creek Casino

17300 S. Halsted Street, East Hazel Crest



SSSRA

19910 80th Avenue
Tinley Park, IL 60487



An ABA Therapy and Developmental Center for Autism

SERVICES OFFERED

**Need An Evaluation for Autism • Private Developmental and Behavior Support
In Home Safety Consultation • Sensory Friendly Event Planning • Speaker for Your Events
School Consultation • Church Consultation • Corporate Consultation**

COMMUNITY OUTREACH

**Parent-To-Parent Autism Support Group • Parents' Night Out (Supervised Kids' Social)
My Parents & Me Social Group (Ages 2 – 7)**



www.HowardInterventionCenter.org



(708) 794-6509



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**21141 Governors Highway 301, Matteson, IL
4849 167th, Oak Forest, IL**

