



WINTER | SPRING 2015

HABLAMOS
ESPAÑOL

wssra

enriching lives through recreation

Who We Are

The West Suburban Special Recreation Association is a part of your local park district or village recreation department. We provide recreation programs for individuals who have any type of disability. Your park district or village governs the operation of the Association.

Board of Directors

BERWYN PARK DISTRICT	JEFF JANDA
CLYDE PARK DISTRICT	LARRY BANKS
VILLAGE OF ELMWOOD PARK	JOHN LANNEFELD
PARK DISTRICT OF FOREST PARK	LARRY PIEKARZ
PARK DISTRICT OF FRANKLIN PARK	JOSEPH D. MODRICH
VILLAGE OF HARWOOD HEIGHTS	MICHAEL GADZINSKI
HAWTHORNE PARK DISTRICT	DENNIS RALEIGH
NORRIDGE PARK DISTRICT	MARK DESALVO
NORTH BERWYN PARK DISTRICT	JOSEPH C. VALLEZ
PARK DISTRICT OF OAK PARK	SANDY LENTZ
RIVER FOREST PARK DISTRICT	MIKE SLETTEN

Board Meetings

The Board of Directors of the Association meets on the second Tuesday of the month, 8 times per year at 5:00pm. Call the office for a meeting schedule and locations. The public is invited to attend.

West Suburban Special Recreation Association

2915 MAPLE STREET, FRANKLIN PARK, IL 60131
847.455.2100 ... VOICE OR TTY

OFFICE HOURS

8:30 AM - 5:00 PM ... MONDAY THROUGH FRIDAY

WSSRA Staff

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Key to Abbreviations

ADD	Attention Deficit Disorder
ADHD	Attention Deficit Hyperactivity Disorder
ALZ	Alzheimer's
AUT	Autism
BD	Behavior Disorder
DD	Developmental Disability
EC	Early Childhood
HI	Hearing Impairment
LD	Learning Disability
MI	Mental Impairment
MH	Multiple Handicaps
MLH	Mental Health
PI	Physical Impairment
SL	Speech and Language Delay
SO	Special Olympics
SP	Severe and Profound Mental Impairment
VI	Visual Impairment

Registration Update

All Winter/Spring 2015 registration is taken on a first come, first served basis

WINTER/SPRING DEADLINE JANUARY 16TH, 2015

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Our Program Guide

A great effort has been made to assure the accuracy of the information provided in our Program Guide. Due to the large amount of information, however, errors and changes may occur related to program schedules, locations, transportation and fees. WSSRA reserves the right to make adjustments as necessary. WSSRA will make every effort to notify participants of changes and corrections as quickly and efficiently as possible. We apologize for any inconvenience our errors may cause.

On the Cover

Joey gets ready to ride the Polar Express Storytime Train

FOLLOW US ON  

Program locations

EMERGENCY PHONE

The purpose of this phone number is to allow access to WSSRA for emergencies only during non-office hours.

1. The phone may be called Monday through Friday, from 5:00pm to 11:00pm, Saturday, 7:00am to 11:00pm when programs are in session only.

2. Leave a message with your phone number at 708.491.3779 and a WSSRA staff will return your call if necessary.

3. The emergency phone should not be a substitute for calling the office for non-emergency questions, such as pick up times.

WWW.WSSRA.NET

Check out the WSSRA on the web for directions to program locations and up to date program information. Email your comments to us: wssra@wssra.net

BERWYN

Havlicek School
6401 15th St 708.795.2450
Jefferson School
7035 16th St 708.795.2454
Liberty Recreation Center
6445 W 27th Pl 708.795.2891
Morton West High School
2400 Home Ave 708.222.5700
North Berwyn Park District
1619 Wesley Ave 708.749.4900
PAV Berwyn YMCA
2947 S Oak Park Ave 708.749.0606
Proksa Park
3001 Wisconsin Ave 708.795.2892

CICERO

Cicero Community Center
2250 49th Ave 708.477.6308
Cicero West School
4937 W 23rd St 708.780.4487
Clyde Park District Stadium
1909 S Laramie Ave 708.652.3545
Columbus West School
5425 W 31st 708.780.4482
Hawthorne Park District
5200 W 29th Pl 708.863.6511
Morton East High School
2423 S Austin Blvd 708.222.5264
Unity East Junior High School
2115 S 54th Ave 708.863.8229
Woodbine School
3003 S 50th Ct 708.652.8884

ELMWOOD PARK

Elmwood Park Recreation Center
2 Conti Pkwy 708.452.3935
Elmwood Park Family Aquatic Center
2 Conti Pkwy 708.452.3935

FOREST PARK

Circle Lanes
7244 Circle Ave 708.366.2810
Field Stevenson School
925 Beloit Ave 708.366.5703
Park District of Forest Park
7501 Harrison St 708.366.7500
Forest Park Middle School
925 Beloit Ave 708.366.5703

FRANKLIN PARK

Centre at North Park
10040 Addison St 847.928.8478
Enger School
10401 W Grand Ave 847.455.5299
Franklin Park Community Center
9560 Franklin Ave 847.455.2852
Franklin Park Ice Arena
9711 Waveland Ave 847.671.4268
Karate for Kids
10125 W Grand Ave 847.349.5425
WSSRA Office
2915 Maple St 847.455.2100

HARWOOD HEIGHTS

Harwood Heights Village Hall
7300 Wilson Ave 708.867.7200

MELROSE PARK

Mannheim Middle School
2600 Hyde Park Ave 847.455.5020

NORRIDGE

Norridge Park District
4631 N Overhill Ave 708.457.1244

OAK PARK

Andersen Center
820 Hayes Ave 708.524.2050
Ascension Church
808 S East Ave 708.848.2703
Barrie Recreation Center
1101 S Lombard Ave 708.383.6905
Carroll Recreation Center
1125 S Kenilworth Ave 708.383.6906
Dole Center
255 Augusta St 708.848.7050
Field Recreation Center
935 Woodbine Ave 708.383.6907
Fox Recreation Center
624 S Oak Park Ave 708.383.6908
Gymnastics & Recreation Center (GRC)
21 Lake St 708.725.2200
Irving School
1125 S Cuyler Ave 708.524.3090
Longfellow Recreation Center
610 S Ridgeland Ave 708.383.6909
Longfellow School
610 Highland Ave 708.524.3060
Oak Park River Forest High School
201 N Scoville Ave 708.383.0700
Rehm Pool
515 Garfield St 708.848.9661
Ridgeland Commons Rec Complex
415 Lake St 708.725.2300
Whittier School
715 N Harvey Ave 708.524.3080

Winter | Spring 2015

SPECIAL EVENTS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WINTER ESCAPE TIMBERPOINTE OUTDOOR CENTER JANUARY 9-11		HEALTHY START 10:00 - 11:30am Franklin Park Community Center	WALK-N-DINE 9:30am - 12:15pm	WILDCARD WEDNESDAYS 9:30-12:00pm Franklin Park Community Center	TEAM UP 9:30-11:00am Franklin Park Community Center	TOWERS SOCIAL 12:30pm - 2:30pm Franklin Towers	SATURDAY FUN CLUB 9:00am - 11:30am Barrie Center
SPORTS BANQUET JANUARY 17			YOGA 10:00 - 11:15am Village of Harwood Heights				OUTDOOR ADVENTURES 9:15am - 12:15pm Park District of Forest Park Building #4
ISO DISTRICT BB TOURNAMENT JANUARY 25 OR 31							
WDSRA SWIM MEET FEBRUARY 7	SLED HOCKEY 1:50 - 3:10pm Darien Sportsplex	TEEN SCENE 3:00 - 5:00pm West Leyden High School		BERWYN SPORTS GALORE 3:00 - 4:15pm Havlicek School	URBANITES 3:00-5:00pm West Leyden High School	SWIM LESSONS 3:10 - 6:00pm PAV YMCA Berwyn	SUPER SATURDAYS 12:15 - 2:45pm Barrie Center
ITRS TEAM TOURNAMENT FEBRUARY 15	SO ARTISTIC GYMNASTICS 4:30 - 6:00pm GRC, Oak Park	EXPLORE THE ARTS 4:15 - 5:30pm Field Center		TUMBLING INTO FUN 3:15 - 4:30pm Jefferson School		SO TRAINING & SPORTS 4:30 - 5:45pm Beye School	SATURDAY BOWLING LEAGUE 1:00pm-3:00pm Circle Bowling Lanes
ISO DISTRICT AQUATICS MEET MARCH 5							
FLAP JACK BUNNY HOP MARCH 7		WAY TO GROW 6:00 - 8:00pm Cicero Community Center	BOBCATS BASKETBALL WINTER 6:30 - 8:00pm Unity Middle School	AUTISM MOVEMENT THERAPY 6:15 - 6:55pm Carroll Rec Center	NIGHT ON THE TOWN 6:00-8:30pm	FOOD CRITICS 6:30-9:15pm Barrie Center	HOT SHOTS & CITY SLICKERS 6:00pm - 9:00pm Park District of Forest Park Building #4
SO GYMNASTICS MEET MARCH 8		SWIM LESSONS 6:00 - 7:10pm OPRFHS East Pool	BOBCATS SOFTBALL SPRING 6:30 - 8:00pm	YOGA FOR ALL 7:00 -7:45pm Carroll Rec Center	DINER'S DELIGHT (SPRING ONLY) 6:00 - 8:30pm WSSRA office	FRIDAY SHOW TIME Barrie Center	MOONLIGHTERS & SOCALITES 6:00pm - 9:00pm Carroll Center
SPRING GETAWAY TIMBERPOINTE OUTDOOR CENTER MARCH 27-29		ADVANCED SWIM 6:00 - 6:50pm OPRFHS East Pool	WEEKLY WORKOUT 7:00 - 8:15pm Park District of Franklin Park	SWIM LESSONS 6:30 - 7:15 7:30 - 8:15pm Mannheim Middle School	SWIM LESSONS 6:15 - 7:30pm Morton East High School		
SEASPAR BOWLING TOURNAMENT APRIL 11		STINGRAY SWIM 7:15 - 8:15pm OPRFHS East Pool			NOW WE'RE COOKIN (SPRING ONLY) 7:30 - 9:00pm Park District of Forest Park		
ISO AREA 5 SPRING GAMES APRIL 26		TAE KWON DO 7:15 - 8:00pm Karate for Kids Franklin Park		SO TRACK & FIELD CLINIC 7:00 - 8:15pm Winter indoor: Cicero Community Center Spring outdoor: Morton West High School	ARTRAGEOUSLY CREATIVE (WINTER ONLY) 7:30 - 9:00pm Park District of Forest Park 2nd Floor		
SO STATE SUMMER GAMES JUNE 12-14		AQUA ATHLETICS 8:15 - 9:00pm OPRFHS East Pool					

West Suburban Special Recreation Foundation

The West Suburban Special Recreation Foundation (WSSRF) is an Illinois not-for-profit corporation that exists to raise funds for WSSRA. The funds raised by the WSSRF help expand programming and support additional needs of WSSRA when necessary. To learn more about WSSRF, call Marianne Birko at the WSSRA office.

The WSSRF needs you!

New Members

The WSSRF welcomes new members. Please consider joining! No one on the Foundation is asked to do more than they can handle, yet by working together, WSSRF raises \$20,000 each year to support WSSRA programs. At each meeting, Foundation members have the opportunity to give input and ideas about program offerings. So come join the fun and help WSSRF improve and expand programs for persons of all ages with disabilities.

WSSRF **BOWL-A-THON**

Sunday, March 22, 2015

1:45 - 4:00

Circle Lanes, Forest Park

**Have fun while raising
funds for WSSRA!**

***Bring your family & friends
for an afternoon of
kid-friendly bowling,
snacks, and raffles!***

Each family or individual must
have a minimum of \$50 in
pledges in order to bowl
3 games and get
one free lunch

**Register now at
wssra.net**

Get involved!

WSSRA is looking for energetic & caring staff to assist in recreation programs for individuals with disabilities. You will:

- Meet new people while participating in fun recreation activities
- Enjoy personal growth
- Have a flexible schedule
(Morning, afternoon, evening & weekend hours available)

- Gain leadership skills
- Enhance self-esteem by being part of a team that brings out the best in everyone

For more information, call 847.455.2100 or visit wssra.net

Staff Spotlight

WSSRA would like to welcome Nathan Sheade to the staff as the new Regular Part Time Recreation Specialist. If you see Nathan around this Winter or Spring, make sure you take a moment to congratulate & thank him for all of his hard work!

I grew up in Palatine, Illinois. I've travelled to over seven different countries and 20 different states. I love to travel and visit other cultures. When I was younger I was involved in wrestling and gymnastics. I am currently a Freshman Wrestling coach at Saint Viator High School in Arlington Heights. Prior to joining the WSSRA team, I worked at a middle school as a one-on-one aid for a multiple needs program for the past three years which is where I found my passion for working with this population.

PERSONAL INTERESTS

Traveling, hiking & camping, fitness, concerts, movies, cooking and plethora of other things

EDUCATION

I went to William Fremd High School in Palatine. I then attended and graduated from the University of Wisconsin - Whitewater where I received a degree in Health, Human Performance and Recreation with a minor in Coaching.

FAVORITE MOVIES

Anchor Man and Cinderella Man

FAVORITE SPORTS TEAMS

Chicago Bears, White Sox, Newcastle United, and the Blackhawks



FAVORITE FOOD

Middle Eastern (Shawarma) and Japanese (sushi)

FAVORITE THING ABOUT WSSRA

So far I've enjoyed getting to know my co-workers and the participants of WSSRA. There is no better feeling than being a positive impact on someone's day.

CHILDREN & YOUTH



Lekotek

ALL ABILITIES

Borrow toys from WSSRA's toy lending library—we have over 2,000 toys!! Our certified Lekotek leaders will guide you through a monthly play session and introduce you to a variety of adaptive toys, making play possible for ALL children. Lekotek offers:

- Relaxing, guided play sessions
- Home loan of up to six toys monthly
- Opportunities to focus on the abilities of children
- Positive parent/child interactions
- Self-esteem building
- Sibling play and fun!

For children birth – 6 years

North Berwyn Park District, Irving School in Berwyn, or WSSRA office

Call WSSRA to schedule individual sessions

registration #: 101

fee: \$60-\$175 dependant on family size and income.

Fee includes monthly toy loans and up to 9 play sessions.

Tae Kwon Do

ALL ABILITIES

This class is designed to captivate the interest of our youngest student. Karate for Kids teaches the American Tae Kwon Do Association curriculum. It is based on the concepts of positive mental attitude and high goal setting. The building blocks for this system include:

- Self-control
- Courtesy
- Friendship
- Confidence
- Self-awareness
- Self-esteem
- Perseverance
- Self-improvement
- Respect
- Dedication

Ages 7-14 ... Mondays, 7:15-8:00pm

Karate for Kids, Franklin Park

uniform fee: \$40.00/one-time fee for new participants in addition to program fee

WINTER

dates: February 2 – March 23

registration #: 113 fee: \$60.00

SPRING

dates: April 6 – May 11

registration #: 213 fee: \$60.00

Way to Grow

Looking for some support? Information? WSSRA & Mother's on a Mission are proud to offer once monthly parent meetings. Topics vary monthly. While parents meet, WSSRA staff provide program activities for the kids!

For WSSRA Parents, children, & siblings

Mondays, 6:00-8:00pm

Cicero Community Center

fee: Free

DATE	REG #
January 26	102-01
February 23	102-02
March 16	102-03
April 20	203-01
May 18	203-02

Tumbling Into Fun

ALL ABILITIES

Run, jump, spin, and roll—just part of the fun we'll tumble into! Participants will also enjoy a snack and craft at program.

Ages 3 – 6 ... Wednesdays, 3:15 – 4:30pm

Jefferson School, Berwyn

WINTER

dates: February 4 – March 25

NO PROGRAM FEBRUARY 18

registration #: 114 fee: \$20.15

SPRING

dates: April 15 – May 20

NO PROGRAM MAY 13

registration #: 214 fee: \$14.40

Explore the Arts

ALL ABILITIES

Grab your brush, sponge, or use your fingers to paint. Build a pot with clay or create a collage. Add some music and we'll be dancing. There's no limit to the elements we'll explore!

Ages 3 – 12 ... Mondays, 4:15 – 5:30pm

Field Center, Oak Park

WINTER

dates: February 2 – March 23

round trip trans trans fee: \$48.40

registration #: 107 fee: \$44.40

SPRING

dates: April 6 – May 11

round trip trans trans fee: \$36.30

registration #: 207 fee: \$33.30



Sign up for both!

Autism Movement Therapy and Yoga For All meet back-to-back on Wednesday nights!

Autism Movement Therapy®

ALL ABILITIES

Experience this innovative and creative program under the guidance of a certified Autism Movement therapist. We use movement and music to help develop balance, coordination, sequencing and much more!

Ages 7-15 ... Wednesdays, 6:15 - 6:55pm

Carroll Center, Oak Park

WINTER

dates: February 4 - March 25

round trip trans trans fee: \$48.40

registration #: 112 fee: \$19.85

SPRING

dates: April 15 - May 20

transportation: round trip trans fee: \$36.30

registration #: 212 fee: \$14.90

Yoga for All

ALL ABILITIES

Participants will be introduced to beginner yoga positions, meditative practice and stretching exercises in a fun, playful environment. The program's focus will be on:

- Body control
- Increased strength and flexibility
- Relaxation techniques

Ages 7-15 ... Wednesdays, 7:00 - 7:45pm

Carroll Center, Oak Park

WINTER

dates: February 4 - March 25

round trip trans trans fee: \$48.40

registration #: 109 fee: \$13.80

SPRING

dates: April 15 - May 20

transportation: round trip trans fee: \$36.30

registration #: 209 fee: \$10.35

SO Training & Sports

MI, AUT, DD, MH

Special Olympic Track & Field training gets underway. Practices will include stretching, warm-up exercises, practice for the softball throw, short running, and long jump events.

Ages 8 - 14 ... Fridays, 4:30 - 5:45pm

Beye School, Oak Park

DON'T FORGET TO REGISTER FOR THE 2015 SPRING GAMES IF YOUR ATHLETE PLANS TO COMPETE!

WINTER

dates: February 4 - March 25

round trip trans trans fee: \$48.40

registration #: 132 fee: \$37.00

SPRING

dates: April 8 - May 13

round trip trans trans fee: \$36.30

registration #: 232 fee: \$27.75

SPECIAL OLYMPIC SPRING GAMES

Calling all WSSRA Track & Field athletes - Don't miss out on the annual Spring Games competition! In order to register:

- Participants must be enrolled in the Winter & Spring sessions of Track & Field Clinic
- Have a current Special Olympic medical form on file by March 1, 2015

For SO Track & Field Clinic Participants

Sunday, April 26 ... 8:00am - 4:00pm

North Central College, Naperville

Registration #: 229

SATURDAYS



Saturday Fun Club

ALL ABILITIES

Ages 3 - 6 ... Saturdays, 9:00-11:30am
Barrie Recreation Center
\$10.40/week ... [reg #](#): 104, 204

Super Saturdays

ALL ABILITIES

Ages 7 - 11 ... Saturdays, 12:15 - 2:45pm
Barrie Recreation Center
\$10.40/week ... [reg #](#): 106, 206

WINTER

ACTIVITY	DATE	REG #
Snow Much Fun! Dress warm! Today we're going sledding and will warm up with hot cocoa.	Feb 7	104-01 106-01
Love is a Work of Heart Enjoy a morning filled with sweets, treats and arts!	Feb 14	104-02 106-02
It's a Frozen Celebration! Join us for fun and games inspired by Walt Disney's movie Frozen.	Feb 21	104-03 106-03
Happy Birthday Dr. Seuss You could not, would not, want to miss, a celebration such as this.	Feb 28	104-04 106-04
No program today ... Make sure your family signs up for the WSSRA pancake breakfast! See page 39 for details	Mar 7	
Top o' the Mornin' to Ya Today we'll explore all things green!	Mar 14	104-05 106-05
Mystery Week??? You don't want to miss this one.	Mar 21	104-06 106-06
An Egg-Stra Big Mess Dress to be a mess today!	Mar 28	404-07 406-07

SPRING

ACTIVITY	DATE	REG #
For Peep's Sake Join us for a day of peep-filled fun!	Apr 11	204-01 206-01
Let's Go Fly a Kite Today we'll celebrate Spring by making and flying our very own kites.	Apr 18	204-02 206-02
April Showers Bring May Flowers Today we'll plant flowers and go on a nature scavenger hunt!	Apr 25	204-03 206-03
FIESTA! In honor of Cinco De Mayo, we'll celebrate with music, piñatas and fun!	May 2	204-04 206-04
Let the Games Begin Soccer, kickball, tag...what's your favorite game? Today we'll play them all!	May 9	204-05 206-05
Come One, Come All Step right up and have some fun, this carnival will be the best one!	May 16	204-06 206-06

OUTDOOR ADVENTURES

MI, DD, LD, VI

We fill our Saturday mornings with fun and thrills as we explore our communities. The vans will depart 5 minutes after scheduled start time for our out trips! We do a lot of indoor AND outdoor activities each week. Please make sure that you are dressed for both!

Ages 12 – 22 ... Saturdays, 9:15am-12:15pm

fee: \$13.70/week

Park District of Forest Park, Building #4

Please see weekly program descriptions for any changes in fee or program time

ACTIVITY	DATE	REG #
WINTER		
Snow Days at Navy Pier Watch teams sculpt masterpieces from snow complete with live entertainment and a beautiful walk along the lake.	Feb 7	130-01
Curiouser and Curiouser! We're all mad here about Valentine's Day! Join the Queen of Hearts at this Alice in Wonderland themed party!	Feb 14	130-02
Mustache Selfie Don your best fake mustache during this Selfie HIP mall Scavenger Hunt! Check the items off your list by posing in a selfie with your mustache!	Feb 21	130-03
Fire Up Flames! We're heading downtown to cheer on the UIC Flames men's basketball team. Time change this week ... 11:15am - 3:30pm. \$16.35 fee includes game admission	Feb 28	130-04
Flap Jack Bunny Hop No program today ... Make sure your family signs up for the WSSRA pancake breakfast! See page 39 for details	Mar 7	
Wa-hoo! Level Up at our Mario party! We'll be playing live action video games like MarioKart around the park today!	Mar 14	130-05
Z is for Zumba Feel the beat and move your feet at Longfellow Park today! Don't know the moves? Our Zumba instructor will teach you!	Mar 21	130-06
pAIN'T too late to learn! Paint a masterpiece along with the instructor today! We'll learn step-by-step instructions as we paint along on our canvas.	Mar 28	130-07
SPRING		
Cowabunga Pizza Party! After making our Ninja Turtle masks and shells, and going through training from Master Splinter, we're heading to Pizza Hut for a turtle's favorite food!	April 11	230-01
Totally 80s Prom Put on your craziest 80's outfit for this gnarly prom! Neon and radical tunes will keep you moving all morning long!	April 18	230-02
LegoLand We're headed to LegoLand Discover Center for rides and attractions like Lego Racers and Star Wars episode 4 models!	April 25	230-03
Grand Slam Get Together It's a home run this Saturday as you and your friends join us for ballpark themed games and food!	May 2	230-04
Goop, Spread, Dry, Write Put your paper making skills to the test today! We are having a special guest from Zenith Art Studio help us make our own paper! DRESS FOR A BIG MESS!	May 9	230-05
Strawberries and Snozzberries You've received the Golden Ticket and are invited to our Willy Wonka party! After many games, we will walk to Ferrara Pan Candy Co. for some sweet treats! Bring your own spending money for candy	May 16	230-06

SWIM LESSONS

ALL ABILITIES

WSSRA teaches progressive skill development using the American Red Cross swim program. Parents are responsible for locker room supervision and assistance. *Public health code requires that anyone with possible incontinence must wear protective, rubber pants in addition to a swim diaper.*



OAK PARK RIVER FOREST HIGH SCHOOL			WINTER/SPRING DATES & REGISTRATION		
Monday	3 and up	6:00 – 6:30pm	Feb 2 – Mar 23 NO PROGRAM FEB 16, MAR 2 Apr 6 – May 11	151-01 251-01	\$26.55 \$26.55
Monday	advanced swimmers: must swim pool length	6:00 – 6:50pm	Feb 2 – Mar 23 NO PROGRAM FEB 16, MAR 2 Apr 6 – May 11	151-02 251-02	\$34.20 \$34.20
Monday	3 and up	6:30 – 7:00pm	Feb 2 – Mar 23 NO PROGRAM FEB 16, MAR 2 Apr 6 – May 11	151-03 251-03	\$26.55 \$26.55
MANNHEIM MIDDLE SCHOOL, MELROSE PARK			WINTER/SPRING DATES & REGISTRATION		
Wednesday	3 and up	7:30 – 8:15pm	Feb 4 – Feb 28	151-04	\$26.55
		6:30 – 7:15pm	Mar 4 – April 22	251-04	\$29.45
MORTON EAST HIGH SCHOOL, CICERO			WINTER/SPRING DATES & REGISTRATION		
Thursday	3 and up	6:30 – 7:00pm	Feb 5 – Mar 25 NO PROGRAM MAR 12 Apr 9 – May 14	151-05 251-05	\$28.50 \$26.55
Thursday	3 and up	7:00 – 7:30pm	Feb 5 – Mar 26 NO PROGRAM MAR 12 Apr 9 – May 14	151-06 251-06	\$28.50 \$26.55
PAV YMCA, BERWYN			WINTER/SPRING DATES & REGISTRATION		
Friday	3 - 6 years	3:10 – 3:40pm	Feb 6 – Mar 27 Apr 10 – May 15	151-07 251-07	\$30.40 \$26.55
Friday	3 - 6 years	3:45 - 4:15pm	Feb 6 – Mar 27 Apr 10 – May 15	151-08 251-08	\$30.40 \$26.55
Friday	3 - 6 years	4:20 - 4:50pm	Feb 6 – Mar 27 Apr 10 – May 15	151-09 251-09	\$30.40 \$26.55
Friday	7 years & up	4:55 - 5:25pm	Feb 6 – Mar 27 Apr 10 – May 15	151-10 251-10	\$30.40 \$26.55
Friday	7 years & up	5:30 – 6:00pm	Feb 6 – Mar 27 Apr 10 – May 15	151-11 251-11	\$30.40 \$26.55

TEENS & YOUNG ADULTS

Team Up!

AUT, DD

WSSRA is pleased to partner with Community Support Services (CSS) in its offering of the Team Up program. WSSRA provides a fitness component once a week to individuals who are enrolled in the program.



This program is grant-funded through the Community Mental Health Board of Oak Park. Oak Park residents only.

22 and older ... Wednesdays and Thursdays, 8:30 – 1:30pm

dates: Ongoing now – March 2015

criteria: Participants must meet residency criteria, must be successful socially with a 1:4 staffing ratio, and must be independent in personal care.

to register or for more information: Contact Sandra Ryan at Community Support Services, 708.354.4547

Now We're Cookin'

DD, MLH, HI

Spring back into the kitchen with WSSRA! Program participants will enjoy making their own healthy creations, and bringing recipes home to share!

Ages 15 and older ... Thursdays, 7:30 – 9:00pm

Park District of Forest Park, Main Building

dates: April 9 – May 14

round trip trans **trans fee:** \$36.30

registration #: 234 **fee:** \$43.30

Artrageously Creative

DD, MLH, HI

Design, paint, sculpt, and create your way into your artistic senses using various mediums. Add some music and get lost in the world of art!

Ages 15 ... Thursdays, 7:30 – 9:00pm

Park District of Forest Park, Main Building

dates: February 5 – March 26

round trip trans **trans fee:** \$48.40

registration #: 123 **fee:** \$54.40

Food Critics

MI, DD, AUT, MLH

Do you want a Pizza this! Come grab a slice of the best pizza places around and enjoy a lively discussion about what we liked best each week is all part of the fun. Bring \$25 to cover your food and share of the tip. *Participants must be able to sit for a meal with minimal interruptions to others.*

Ages 15 and older ... Fridays, 6:30 – 9:15pm

Barrie Recreation Center

pick up point trans **trans fee:** \$2.75/week

· WSSRA Office

· Cicero McDonald's

program fee: \$12.00/week

SPRING	REG #	DESTINATION	
Feb 6	161-01	Paisan's	Berwyn
Feb 13	161-02	Mancini's	Oak Park
Feb 20	161-03	Lou Malnati's	Oak Park
Mar 6	161-04	DiNico's	Berwyn
Mar 13	161-05	Carla's Place	Berwyn
Mar 20	161-06	Cuzzo's	Oak Park

WINTER	REG #	DESTINATION	
Apr 10	261-01	Edwardo's	Oak Park
Apr 17	261-02	Michael Anthony's	Berwyn
May 1	261-03	Vicolo Trattoria	Oak Park
May 8	261-04	Leona's Restaurant	Berwyn

Show Time

MI, DD, AUT, MLH

Enjoy a night with popcorn and the big screen. WSSRA will notify participants of the show and program time on Wednesday, the week of the movie. *In order to minimize disturbance to other movie patrons, participants must be able to focus on a movie for two hours with minimal breaks. Participants need to bring \$20 for ticket and snacks.*

Ages 15 and older ... Fridays, 6:30 – 9:15pm

Barrie Recreation Center

pick up point trans **trans fee:** \$2.75/week

· WSSRA Office

· Cicero McDonald's

program fee: \$12.00/week

DATE	REG #	WSSRA will notify participants of the movie & times on the Wednesday before the show.
Feb 27	160-01	
Mar 27	160-02	
Apr 24	260-01	
May 15	260-02	

Teen Scene

WEST LEYDEN LIFE STUDENTS

Mondays, 3:00 - 5:00pm

Students will be picked up for program at school by WSSRA

PARENT PICK-UP AFTER PROGRAM IS THE WSSRA OFFICE AT 5:00

fee: \$5.00/week

Home only transportation is available to students who live in WSSRA partner communities **trans fee: \$3.00/week**

WINTER	DATE	REG #
Frozen Over We will make our own ice cream and watch the movie Frozen at the WSSRA office.	Feb 2	138-01
Shop til we drop We'll walk around the HIP, and maybe you'll find something for that special someone!	Feb 9	138-02
Cheesecake... Delicious Let's head to Eli's Cheesecake to take a look behind the scenes & try some samples!	Feb 23	138-03
Flowers and Frozen Treats We'll take a trip to the Oak Park Conservatory before for some ice cream at Peterson's!	Mar 9	138-04
Picture this! Let's decorate picture frames and play a round of Pictionary at the WSSRA office.	Mar 16	138-05
Strikes and Spares Let's hit the lanes at Brunswick Zone in River Grove.	Mar 23	138-06

SPRING	DATE	REG #
FORE! We'll putt our way through 18 glow-in-the dark holes at the Putting Edge in Norridge.	April 13	237-01
Enjoy the show! Everyone brings a PG rated movie, and we'll vote for what to watch at the WSSRA Office.	April 20	237-02
If an Elephant Can Paint We're each painting our own pottery piece at If An Elephant Can Paint in Chicago.	April 27	237-03
Field Day Bring your A game for kickball, Frisbee and more at North Park in Franklin Park.	May 4	237-04
End of the year Pizza Party Let's celebrate the end of school in style with a pizza party at the WSSRA Office	May 11	237-05

Urbanites

WEST LEYDEN TRANSITION STUDENTS

Thursdays, 3:00 - 5:00pm

Students will be picked up for program at WLHS by WSSRA

PARENT PICK-UP AFTER PROGRAM IS THE WSSRA OFFICE AT 5:00

fee: \$5.00/week

Home only transportation is available to students who live in WSSRA partner communities **trans fee: \$3.00/week**

WINTER	DATE	REG #
Frozen Over We will make our own ice cream and watch the movie Frozen at the WSSRA office.	Feb 12	133-01
Mmm...Cheesecake We will be tasting and discussing different pies from Baker's Square this evening!	Feb 26	133-02
Strikes and Spares Let's hit the lanes at Brunswick Zone in River Grove.	Mar 12	133-03

SPRING	DATE	REG #
Picture That We'll decorate picture frames then play a round of Pictionary at the WSSRA office.	April 9	233-01
FORE! We'll putt our way through 18 glow-in-the dark holes at the Putting Edge in Norridge.	April 23	233-02
End of Year Party Bring your favorite PG rated movie and we'll vote on a favorite! We'll celebrate the end of the school year with a movie, snacks, and friends.	May 7	233-03

INTERESTED IN JOINING THE SATURDAY NIGHT FUN?

Jump to the next page, we have tons of exciting programs for ages 15 and up!

Call the office and we'll help you get into the right group ... 847.455.2100



MOONLIGHTERS & SOCIALITES

Ages 15 and older ... Saturdays, 6:00-9:00pm ... **Meeting location:** Carroll Recreation Center, Oak Park

pick-up point: WSSRA Office or Cicero McDonald's **trans fee:** \$2.75 per week **moonlighters reg #:** 175, 275 **socialites reg #:** 176, 276

ACTIVITY	DATE	REG #	FEE
Super Bowl "Send" Off Party We're throwing in the towel for football season with an evening of NFL best and worst recaps! We'll enjoy a super bowl party with fun snacks and talk sports and more!	Feb 7	175-01 176-01	\$12.25
Soirée de L'Amour Stay fancy and be classy at our French inspired themed Valentine's Day Dance Party! Meet at Park District of Forest Park Main Building	Feb 14	175-02 176-02	\$14.30
Get Lost in Space! Join us for an adventure into space and astronomy education put on by Triton College at their Cernan Earth and Space Center.	Feb 21	175-03 176-03	\$16.35
WSSRA is heating up as we cheer on the UIC Flames in a game against Ohio Wright State University! Time change this week ... 11:15am - 3:30pm	Feb 28	175-04 176-04	\$16.35
Charades and Chocolate! Warm up to a cup or two of hot chocolate while we test your guessing skills on TV shows, movies, songs, celebrities, superheroes, with a game of charades and more!	Mar 7	175-05 176-05	\$12.25
Annie the Musical This entertaining musical performed by the students at West Leyden will make you fall in love with the "Little Orphan Annie". Musical performed at West Leyden HS Auditorium	Mar 14	175-06 176-06	\$14.30
Game On! Warm up and cheer on the Chicago Steel hockey team as they compete against the Sioux Falls team at the Edge Ice Arena in Bensenville.	Mar 21	175-07 176-07	\$18.40
Gloves off and Mitts on! Grab an apron and bring your taste buds! We are cooking ourselves a delightful meal!	Mar 28	175-08 176-08	\$16.35
ACTIVITY	DATE	REG #	DATE
Have No Fear Spring is Here! Time to shape up with WSSRA Superhero Boot camp themed games, exercises and more!	April 11	275-01 276-01	\$12.25
Cheer on the Claws! Join us as we cheer on the Chicago Wolves against Oklahoma City at the Allstate Arena!	April 18	275-02 276-02	\$20.40
Carnival Action Bounce, twirl, toss, but don't hurl are a few action words we'll be doing at our WSSRA carnival of fun games and activities.	April 25	275-03 276-03	\$14.30
A Delightful Quarantine A heart-warming original comedy performed by West Leyden students at West Leyden Auditorium and it will definitely keep you laughing.	May 2	275-04 276-04	\$14.30
Recycle and Reuse, Get Ready to be Amused! Join us for a paper making workshop with a special guest who specializes in paper making using t-shirts. Please bring an old t-shirt to donate. Dress for a mess	May 9	275-05 276-05	\$14.30
Shake it Off! Shake it off to the beats of spring at our WSSRA Spring Fling Dance! Meet at Park District of Forest Park Main Building	May 16	275-06 276-06	\$14.30

HOT SHOTS & CITY SLICKERS

Ages 15 and older --- Saturdays, 6:00-9:00pm --- Park District of Forest Park, Building #4

pick-up point: WSSRA Office or Cicero McDonald's trans fee: \$2.75 per week hot shots reg #: 173, 273 city slickers reg #: 174, 274

ACTIVITY	DATE	REG #	FEE
Hole in One! Join us for an evening of glow fun at Putting Edge Golf in Norridge where everything glows!	Feb 7	173-01 174-01	\$16.35
Soirée de L'Amour Stay fancy and be classy at our French inspired themed Valentine's Day Dance Party! Meet at Park District of Forest Park Main Building	Feb 14	173-02 174-02	\$14.30
Stay Calm and Cheer On! Warm up and cheer on the Chicago Steel hockey team as they compete against the Muskegon team at the Edge Ice Arena in Bensenville.	Feb 21	173-03 174-03	\$18.40
WSSRA is heating up as we cheer on the UIC Flames in a game against Ohio Wright State University! Time change this week --- 11:15am - 3:30pm	Feb 28	173-04 174-04	\$16.35
Annie the Musical This entertaining musical performed by the students at West Leyden will make you fall in love with the "Little Orphan Annie". Musical performed at West Leyden HS Auditorium	Mar 7	173-05 174-05	\$14.30
iCook Grab an apron and bring your taste buds! We are cooking ourselves a delightful meal!	Mar 14	173-06 174-06	\$16.35
Fill Up and Warm Up Get comfortable and enjoy a cup of hot chocolate while we test your knowledge of TV, songs, celebrities, superheroes, and more through a fun game of charades and more!	Mar 21	173-07 174-07	\$12.25
Triton Troopers Circus This extraordinary circus show is sure to keep you entertained as they take us through a daring, fun, and impressive performance provided by Triton students at Triton College.	Mar 28	173-08 174-08	\$16.35
ACTIVITY	DATE	REG #	DATE
Wolves Hockey! Join us as we cheer on the Chicago Wolves against Oklahoma City at the Allstate Arena!	April 11	273-01 274-01	\$20.40
Reuse it or Lose it! Join us for a paper making workshop with a special guest who specializes in paper making using t-shirts.	April 18	273-02 274-02	\$14.30
Yee Haw! We're goin' hay riding at Danada Farms and some more country fun in Wheaton	April 25	273-03 274-03	\$16.35
It's A Fiesta! Get ready to dip your tortilla chips, and dance to the rhythm of bachata and meringue at our festive Spanish fun event.	May 2	273-04 274-04	\$12.25
A Delightful Quarantine A heart-warming original comedy performed by West Leyden students at West Leyden Auditorium and it will definitely keep you laughing.	May 9	273-05 274-05	\$14.30
Shake it Off! Shake it off to the beats of spring at our WSSRA Spring Fling Dance! Meet at Park District of Forest Park Main Building	May 16	273-06 274-06	\$14.30

SPORTS, FITNESS & SPECIAL OLYMPICS

Healthy Start

ALL ABILITIES

Start your week with a healthy dose of exercise! We'll emphasize stretching, flexibility, moderate aerobics, & use of exercise equipment.

21 and older ... Mondays, 10:00 - 11:30am

Franklin Park Community Center

WINTER

dates: February 2 - March 23

NO PROGRAM FEBRUARY 16

round trip trans trans fee: \$42.35

registration #: 145 fee: \$38.85

SPRING

dates: April 6 - May 11

round trip trans trans fee: \$36.30

registration #: 245 fee: \$33.30

Aqua Exercise

MLH, MI, AUT, DD

Enjoy one of the greatest modes of exercise. While having fun in the pool with your friends, you may also improve your strength, flexibility, mobility, and range of motion

15 and older ... Mondays, 8:15 - 9:00pm

OPRF High School, girl's pool

WINTER

dates: February 2 - March 23

NO PROGRAM FEBRUARY 16, MARCH 2

round trip trans trans fee: \$36.30

registration #: 148 fee: \$32.35

SPRING

dates: April 6 - May 11

round trip trans trans fee: \$36.30

registration #: 248 fee: \$32.35

Weekly Workout

MLH, MI, AUT, DD

Finish your day with a great workout! Improve your physical condition with exercise stations, weight lifting, and low impact aerobics.

13 and older ... Tuesdays, 7:00 - 8:15pm

Franklin Park Community Center

WINTER

dates: February 3 - March 24

round trip trans trans fee: \$48.40

registration #: 147 fee: \$37.00

SPRING

dates: April 7 - May 12

round trip trans trans fee: \$36.30

registration #: 247 fee: \$27.75

Sled Hockey

PI

Get on the ice and take some shots on goal! This program is for beginners who have a physical disability and want to learn the fundamentals of hockey. All adaptive equipment is provided.

8 and older ... Sundays, 1:50 - 3:50pm

Darien Sports Plex

dates: February 15 - March 22

pick up point trans trans fee: \$20.25

- WSSRA Office
- Fox Park, Oak Park
- Liberty Center, Berwyn

registration #: 164 fee: \$89.65

Bobcat Softball

MI, AUT, DD

The WSSRA Bobcat Softball philosophy emphasizes teamwork, good sportsmanship, and giving one's best in a safe and healthy environment. Competitiveness will come from the game itself and not from emphasis on the score. Players will:

- Learn the fundamentals of softball
- Learn and play different positions
- Be part of a team and learn the importance of teamwork

Practice locations, game schedules and information will be available after the registration deadline. New players must purchase a uniform before being able to compete on the Bobcats Softball team.

15 and older ... Tuesdays, 6:00-7:30pm ... Games 6:45-8:00pm

Practice locations TBD

dates: April 14 - July 28

REGISTRATION DEADLINE: MARCH

pick up point trans: WSSRA Office trans fee: \$19.25

Trans fee cannot be adjusted to a weekly basis

registration #: 299/399 fee: \$123.00

Special Olympics

Illinois Special Olympics provides year round sports training in a variety of Olympic-type sports for individuals who are 8 years and older and who have mental impairments or closely related developmental disabilities. The program gives athletes opportunities to develop physical fitness, demonstrate courage, experience joy and participate in the sharing of skills and friendship with their families and other athletes. WSSRA supports the mission of Special Olympics through the participation in the following sports:

Aquatics, Basketball, Bowling, Golf, Softball, Track & Field, Volleyball, and Gymnastics.

Criteria for Participation

All Special Olympic athletes must have a current, completed Application for Participation in Illinois Special Olympics on file with the Special Olympic coordinator at WSSRA. This form contains 4 sections:

- Athlete information
- Parent or Guardian Authorization & Medical Authorization
- Health Insurance and Emergency Information
- Medical Clearance (MUST be completed by a physician)

Applications for Participation in Illinois Special Olympics are valid for 2 years based on the earliest signed date on the medical application form. See page 28 for the Application.

Anyone interested in participating, starting a new sport, or volunteering please contact the WSSRA Special Olympic Coordinator.

Good Sportsmanship

We all share a responsibility in making the Special Olympics training and competition program a positive experience that promotes the growth & development of our athletes. With this belief, we have identified expectations for our WSSRA Athletes, Parents, & Spectators:

WSSRA's Expectations of Athletes

1. Demonstrate respect for the rules of the sport.
2. Demonstrate respect for coaches, teammates, opponents, opposing coaches and officials. Failure to do so may result in loss of playing time.
3. Come to practices and games ready to play with a positive attitude.

WSSRA's Expectations of Spectators

WSSRA spectators are asked to provide positive support during practice and competition. Negative comments are incredibly detrimental to team morale. Spectators are expected to:

1. Show respect & positive support for ALL WSSRA athletes and our opponents.
2. Show respect & positive support for ALL WSSRA coaches, opposing coaches, officials, and other spectators
3. Be a role model for proper behavior and demonstrate good sportsmanship, and self-discipline.

Failure to do so will result in removal from the practice or competition and may jeopardize your attendance at future events.

Saturday Bowling

MI, AUT, DD, MH

Sharpen your bowling skills while spending time with friends. An adaptive ball and bowling ramp will be available.

SIGN UP FOR THE SEASPAR TOURNAMENT LISTED BELOW!

Ages 13 and older ... Saturdays, 1:00 - 3:00pm

Circle Lanes, Forest Park

WINTER

dates: February 7 - March 28

pick up point trans **trans fee:** \$22.00

- WSSRA Office · Harwood Heights Village Hall
- Cicero McDonald's · Elmwood Park Recreation Center

registration #: 110 **fee:** \$71.60

SPRING

dates: April 13 - May 16

pick up point trans **trans fee:** \$16.50

- WSSRA Office · Harwood Heights Village Hall
- Cicero McDonald's · Elmwood Park Recreation Center

registration #: 210 **fee:** \$56.20

Stingray Swim Team

Stingray Swim Team is a training program for those athletes who have excelled in WSSRA swim lessons and can now swim at least one length of the pool independently. Training consists of consecutive lap-swimming throughout most of the program. Stingray members are eligible, but not obligated for Special Olympic aquatic competition. Swim team members are not eligible to register for WSSRA swim lessons.

Ages 8 and up ... Mondays, 7:00 - 8:10pm

Oak Park River Forest High School, Girl's Pool

DON'T FORGET TO SIGN UP FOR SWIM MEETS BELOW!

WINTER

dates: February 2 - March 23

NO PROGRAM FEBRUARY 16, MARCH 2

round trip trans **trans fee:** \$36.30

registration #: 141 **fee:** \$42.75

SPRING

dates: April 6 - May 11

round trip trans **trans fee:** \$36.30

registration #: 241 **fee:** \$42.75



SEASPAR BOWLING TOURNAMENT

If you're registered for Saturday Bowling League, compete in SEASPAR's annual tournament!

Saturday, April 11

9:30am - 1:00pm

Willowbrook Lanes, Willowbrook

registration #: 238 **fee:** \$23.00

ISO DISTRICT AQUATICS MEET

Gold medal winners will qualify for the ISO State Summer Games, June 13 - June 15. See page 18 for details about Special Olympics registration.

Thursday, March 5

Nequa Valley High School, Naperville

pick up point transportation

- WSSRA Office
- Fox Park, Oak Park

registration #: 146 **fee:** \$15.00

SO Artistic Gymnastics

AUT, DD, MI, MH

Gymnastics may increase strength, coordination, and flexibility while training on various apparatus.

Participants must be able to sequence at least 8 steps in order to perform routines.

Ages 8 – 22 ... Sundays, 4:30 – 6:00pm

Gymnastics Recreation Center (GRC), Oak Park

DON'T FORGET TO REGISTER FOR THE 2015 SPRING GAMES IF YOUR ATHLETE PLANS TO COMPETE!

Please see page 18 for more information on how to register for 2015 Special Olympics events

dates: January 11 – March 1

uniform fee: Uniforms are required by Special Olympics. WSSRA will work with the GRC staff to keep uniform fees to a minimum.

registration #: 117 **fee:** \$91.80

ISO Track & Field Clinic

MI, AUT, DD, MH

Special Olympic Track & Field training gets underway. Practices will include stretching, warm-up exercises, practice for the softball throw, short running, and long jump events.

Ages 15 and older ... Wednesdays, 7:00 – 8:15pm

Cicero Community Center

DON'T FORGET TO REGISTER FOR THE 2015 SPRING GAMES IF YOU PLAN TO COMPETE!

WINTER

dates: February 4 – March 25

round trip trans **trans fee:** \$56.50

registration #: 142 **fee:** \$37.00

SPRING

dates: April 8 – May 13

round trip trans **trans fee:** \$48.30

registration #: 242 **fee:** \$27.75

SO DISTRICT GYMNASTICS MEET

Calling all WSSRA gymnasts!

Don't miss out on the annual Spring Games competition! In order to register:

- Participants must be enrolled in the Winter session of SO Artistic Gymnastics
- Have a current Special Olympic medical form on file by March 1, 2015

For SO Artistic Gymnastics Participants

Sunday, March 8 ... 8:00am – 4:00pm

Palatine High School, Palatine

Registration #: 228

ISO SPRING GAMES

Calling all WSSRA Track & Field athletes!

Don't miss out on the annual Spring Games competition! In order to register:

- Participants must be enrolled in the Winter & Spring sessions of SO Track & Field Clinic
- Have a current Special Olympic medical form on file by March 1, 2015

For SO Track & Field Clinic Participants

Sunday, April 26 ... 8:00am – 4:00pm

North Central College, Naperville

Registration #: 228

Bobcat Basketball

Hey Bobcats! Make sure you have your calendars marked with two upcoming basketball tournaments. We'll pass on the detailed information as soon as we have it!

ISO District Basketball Tournament

January 25 or January 31

ITRS Team Tournament

February 15

WDSRA Swim Meet

Saturday, February 7, 1:00 – 4:00pm

West Chicago High School

pick up point transportation

- WSSRA Office
- Fox Park, Oak Park

registration #: 144-01 **fee:** \$15.00

OLDER ADULTS

Walk & Dine

ADULTS PI, VI, HI, MLH

Walk or wheel your way to a healthier heart with your friends at WSSRA! We'll end each week with lunch at a local restaurant. Participants must be independent in mobility. Participants will be responsible for purchasing their own lunch.

Older adults ... Tuesdays, 9:30am-12:15pm

round trip trans trans fee: \$6.05/week

program fee: \$11.25/week

WINTER	DATE	REG #
Garfield Park Conservatory Lunch at Jimmy Johns	Feb 3	167-01
Harlem and Irving Plaza Lunch in the Food Court	Feb 10	167-02
Leoni Complex, Melrose Park Lunch at Olive Garden	Feb 17	167-03
Sign up for shop & dine today!	Feb 24	
Yorktown Mall Lunch at The Patio Restaurant	Mar 3	167-04
Rosemont Outlet Mall Lunch in the Food Court	Mar 10	167-05
North Riverside Mall Lunch in the Food Court	Mar 17	167-06
Sign up for shop & dine today!	Mar 24	

SPRING	DATE	REG #
Harlem and Irving Plaza Lunch at Noodles	Apr 7	167-01
Lindberg Park Lunch at Al's Grill	Apr 14	167-02
North Park Lunch at Culver's	Apr 21	167-03
Sign up for shop & dine today!	Apr 28	
Proksa Park Lunch at Yia Yia's Pancake House	May 5	167-04
Morton Arboretum Lunch at Jersey Mike's Subs	May 12	167-05

Shop & Dine

ADULTS PI, VI, HI, MLH

We'll hit the stores today and stock up on your necessities. We'll end each week with lunch at a local restaurant. Participants must be independent in mobility. Participants will be responsible for their own purchases and lunch.

Older adults ... Tuesdays, 9:30am-12:15pm

round trip trans trans fee: \$6.05/week

program fee: \$11.25/week

WINTER	DATE	REG #
Super Target, Hillside Lunch at Panda Express	Feb 24	166-01
Quarry Shopping Mall, Hodgkins Lunch at Five Guys	Mar 24	166-02
SPRING	DATE	REG #
Walmart, Forest Park Lunch at Portillo's	Apr 28	266-01

Yoga for Wellness

ADULTS PI, VI, HI, CHRONIC ILLNESS

Did you know that yoga can help improve flexibility, balance, breathing and concentration? Plus, it can help decrease stress and improve your mood! Join WSSRA as we start the day with breathing exercises and gentle stretching and yoga. Yoga poses will be taught in a seated position in chairs.

Older adults ... Tuesdays, 10:00 - 11:15am

Village of Harwood Heights

WINTER SESSION ONE

dates: January 6 - January 27

registration #: 169-01 fee: \$10.50

WINTER SESSION TWO

dates: February 10 - March 17

registration #: 169-02 fee: \$15.75

SPRING SESSION ONE

dates: April 7 - May 12

registration #: 269-01 fee: \$15.75

Towers Social

ADULTS PI, VI, MLH

Join us one Friday a month for socializing, games and trivia. We'll enjoy coffee and a light snack while we play cards "Garbage" style.

Older adults ... Fridays, 12:30 - 2:30pm

Franklin Towers, Franklin Park

round trip trans trans fee: \$6.05/week

program fee: FREE

WINTER	REG #	SPRING	REG #
January 16	179-01	April 17	279-01
February 20	179-02	May 15	279-02
March 20	170-03		

Night on the Town

ADULTS PI, VI, HI, MLH

We'll get out and about, and take in some of the enjoyable sights, sounds and tastes of our area!

Older adults ... Thursdays

round trip trans trans fee: \$6.05/week

program fee: \$7.50/week

February 12, 2015 ... "You're a Good Man, Charlie Brown"

Elmhurst College Theatre, 7:00 - 10:00pm reg #: 172-01

March 12, 2015 ... Emilio's Restaurant

Hillside, 6:00 - 8:30pm reg #: 172-02

Diner's Delight

ADULTS PI, VI, MLH

Enjoy an evening of food, games and socializing. Sign up for a 3-week session. The first two weeks, we'll order dinner in to the WSSRA office and enjoy some gaming. We'll go out to eat our third week. Supervisor will bring dinner choices for the first week of each session—after that—it's up to the group to determine our following feasts! *Participants are responsible for purchasing their own meal.*

Older adults ... Thursdays, 6:30 - 8:30pm, meets at WSSRA Office

round trip trans trans fee: \$18.15/session

SESSION ONE

dates: April 9, April 16, April 23

registration #: 262-01 fee: \$22.50

SESSION TWO

dates: April 30, May 7, May 14

registration #: 262-02 fee: \$22.50

Wildcard Wednesdays

ADULTS PI, VI, HI, MLH

Start your day with some card shuffling fun! Light & healthy refreshments will be served. Sign up for the weeks that fit your schedule!

Older Adults ... Wednesdays, 9:30 - 12:00pm

Franklin Park Community Center

round trip trans trans fee: \$6.05/week

program fee: \$9.00/week

WINTER	REG #	SPRING	REG #
February 4	165-01	April 8	265-01
February 11	165-02	April 15	265-02
February 18	165-03	April 22	265-03
February 25	165-04	April 29	265-04
March 4	165-05	May 6	265-05
March 11	165-06	May 13	265-06
March 18	165-07		
March 25	165-08		

Broadway Tour

HI, VI, PI, MLH, DD

See a live Broadway production! Participants must be able to focus on a 2+ hour performance with minimal interruptions. This is to minimize disturbance to other audience members.

Ages 15 and older

meeting location: Barrie Recreation Center

destination: Drury Lane, Oak Brook

date: Sunday, February 15 registration #: 181 fee: \$55.00

West Side Story

book by Arthur Laurents

music by Leonard Bernstein

lyrics by Stephen Sondheim

directed and choreographed by Rachel Rockwell

Drury Lane closes its 30th anniversary season with one of the world's greatest love stories and winner of three Tony Awards. A modern retelling of Shakespeare's Romeo and Juliet, West Side Story tells the tale of two star crossed lovers caught between rival gangs. A revolutionary work that changed the course of the American musical, West Side Story features an electrifying Latin and jazz-infused score including "Somewhere," "Tonight," "I Feel Pretty," and "America".



OVERNIGHT TRIPS



Spring Getaway

Young Adult 3-day Trip

SP, MH, AUT

WSSRA is leaving the city in our rearview mirror and heading back to the great outdoors at White Pines Ranch! Pack your bags for a wowing weekend in the wilderness! We will have the opportunity to take part in the following:

- Guided nature hikes
- Challenge course
- Campfires and s'more making
- Wagon Rides
- Archery
- Llama feeding and care

Further information and detail will be sent upon registration. This camp is designed for our WSSRA participants who:

- Require assistance with personal care and daily living skills
- May require hand-over-hand assistance for participation in recreation activities
- Require a smaller staff to participant ratio for behavioral and emotional support

Ages 11 – 25

Friday – Sunday, March 27 – 29, 2015

Leaving from the WSSRA Office

Timber Pointe Outdoor Center, Hudson, IL

Registration #: 270

Fee: \$225



Our History

ABC Bank was incorporated in 1891 as Austin State Bank by the Castle Brothers. In 1987, Greater Chicago Financial Corp, a closely held nonpublic corporation, acquired Austin Bank of Chicago. After 25 years, Austin Bank of Chicago was rebranded to what is now known as ABC Bank. More than 123 years later, ABC Bank has grown to 6 locations including a mortgage division.

Our Principles & Values

We're a community bank that's focus is on its customers and communities. We believe in a humanized approach to banking and taking the time to build relationships with our customers that will sustain for years after. At ABC Bank, you're not just banking with a bank – you're banking with people.



Colette Loesher,
CEO/President

Sam Scott,
Chairman of the Board



Our Community Contribution & Action

ABC Bank has earned the FDIC's highest rating of "Outstanding" for our efforts in community reinvestment for over 9 years. This is the highest possible rating for CRA by the FDIC. ABC Bank is also certified as a Community Development Financial Institution (CDFI) by the U.S. Department of Treasury. We are one of only 99 banks to earn this certification. It is because of our dedication to the communities, small businesses, and the people, that ABC Bank has sustained these honors.



Locations & information

5645 W. Lake Street, Chicago, IL 60644 | 773.854.2900
 6400 W. North Avenue, Chicago, IL 60707 | 773.804.3600
 9443 S. Ashland Avenue, Chicago, IL 60620 | 773.445.9300
 2 S. York Road, Bensenville, IL 60106 | 630.850.2600
 1301 W. Taylor Street, Chicago, IL 60607 | 312.604.1100
 15 Spinning Wheel Road, Hinsdale, IL 60521 | 630.986.1200

Visit us online at abcbank.net
 Mortgage Division | abcbankhomeloans.com
 Member FDIC | Equal Housing Lender | NMLS# 193697
 CDFI Certified

Connect with us: [f](https://www.facebook.com/abcbank) [i](https://www.instagram.com/abcbank) [in](https://www.linkedin.com/company/abc-bank) [v](https://www.youtube.com/channel/UC...)

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**Best wishes to my
good friends with
WSSRA**

SENATOR DON HARMON
PRESIDENT PRO TEMPORE

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Mr. Lawrence Hund	Mr. & Mrs. Steve Schaefer
Ms. Karen Hunter	Ms. Nora Scott
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Ms. Jennifer Keller	Ms. Karen Skish
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Our banquet facilities can accommodate birthday parties, meetings, seminars, family reunions, weddings and many other special events.

For more information, contact us at 708-366-7500 or visit us online at www.pdofp.org.



7501 W. Harrison St. Forest Park, IL 60130



APPLICATION FOR PARTICIPATION IN SPECIAL OLYMPICS ILLINOIS

Valid Application for Participation is mandatory for all competitors
605 E. Willow St. • Normal, IL 61761-2682 • 309-886-2551

SO ILL Rev. 8-1-10

ATHLETE INFORMATION

Athlete Name (last name, space, first name)

Agency Name

Athlete's Mailing Address

Athlete's City

State

Zip Code

Ethnicity ☐ White ☐ Black/African American ☐ Asian
☐ Hispanic/Latino ☐ Other

Parent's/Guardian's (Please Circle One) Home Address

Parent's/Guardian's City

State

Zip Code

Parent's/Guardian's Home Telephone

Parent's Email Address

Date

Signature of Parent and/or Legal Guardian (Check appropriate box)

Print Name

Parent's Email Address

Date

Signature of Parent and/or Legal Guardian (Check appropriate box)

Print Name

Parent's Email Address

Date

Signature of Parent and/or Legal Guardian (Check appropriate box)

Print Name

Parent's Email Address

Date

Signature of Parent and/or Legal Guardian (Check appropriate box)

Print Name

Parent's Email Address

MEDICAL CLEARANCE

PLEASE CHECK MEDICAL INFORMATION

Does athlete have Down Syndrome? Yes ☐ No ☐

If yes, have x-rays of the C1-C2 vertebrae been taken and examined? Yes ☐ No ☐

Date of x-ray Yes ☐ No ☐

Is the athlete clear of Atlantoaxial Instability? Yes ☐ No ☐

Does the athlete have or is the athlete:

Heart Problems Yes ☐ No ☐

Diabetic Yes ☐ No ☐

Epileptic/Seizures Yes ☐ No ☐

Blind Yes ☐ No ☐

Deaf Yes ☐ No ☐

Hepatitis Yes ☐ No ☐

Other Yes ☐ No ☐

Current Medication Dosage

Allergies to medication, if any:

Date of last Tetanus shot

I have examined the above-named Entrant and, in my opinion, there is no mental or physical reason why he or she should not participate in the Special Olympics sports training and competition program. Further information will be forwarded if required.

Current medication, if any, is specified with dosage on this application.

Examination Date

Doctor's Signature

Print Name

Address

City

State

Zip

Phone ()

HEALTH INSURANCE & EMERGENCY INFORMATION (Required for Processing)

Person to be contacted in case of emergency

Medical Insurance Company

Emergency Contact Phone ()

Policy Number

PARENT AND/OR GUARDIAN AUTHORIZATION AND MEDIA RELEASE

I, on my own behalf or as the undersigned parent and/or legal guardian of the above named applicant (hereafter referred to as the "Entrant"), hereby request permission for the Entrant to participate in Special Olympics programs. I acknowledge that Special Olympics will screen all entrants using the Sex Offender Public Registry and the Child Murder and Violent Offender Against Youth Registry and understand that entrants listed on either Registry will be denied participation. I affirm that this Entrant has never been on said Registries or, if Entrant was listed on either Registry but has since been removed, I will contact Special Olympics Illinois for instructions before submitting this application.

I represent and warrant to you that the Entrant is physically and mentally able to participate in Special Olympics, and I submit herewith a subscribed medical certificate. I understand that if the athlete has Down Syndrome, he/she cannot participate in sports or events which, by their nature result in hyper-extension, radical flexion or direct pressure on the neck or upper spine unless a full radiological examination establishes the absence of Atlantoaxial Instability. I am aware that the sports and events for which this radiological examination is required are equestrian sports, artistic gymnastics, diving, pentathlon, high jump, alpine skiing, soccer, soccer skills, powerlifting, aquatics and butterfly stroke and diving starts in swimming.

On behalf of the Entrant and myself, I acknowledge that the Entrant will be using facilities at his/her own risk and I, on my own behalf, hereby release, discharge and indemnify Special Olympics from all liability for injury to person or damage to property of myself and Entrant.

In permitting the Entrant to participate, I am specifically granting permission to Special Olympics Illinois to use the likeness, voice and words of the Entrant in television, radio, films, newspapers, magazines and other media, and in any form not heretofore described, for the purpose of advertising or communicating the purposes and activities of Special Olympics and in appealing for funds to support such activities. I understand that by signing below I consent for the Entrant to participate in the Special Olympics Healthy Athletes Program that provides individual screening assessments of health status and health care needs. The Entrant has no obligation to participate and I understand the Entrant should seek his/her own medical advice and assistance and Special Olympics is not responsible for the Entrant's health.

If I am not personally present at Special Olympics activities in which the Entrant is to compete, so as to deem advisable for the health and well-being of the Entrant, my account to take such measures and arrange for such medical and hospital treatment as you may deem advisable for the health and well-being of the Entrant.

I, THE UNDERSIGNED ADULT ENTRANT, have read and fully understand the provisions of the above release and/or have had them explained. I hereby agree that I will be bound thereby and I shall defend Special Olympics Illinois and hold it harmless from disaffirmation thereof.

I, THE UNDERSIGNED PARENT AND/OR GUARDIAN of the above specified Entrant, have read and fully understand the provisions of the above release and have explained them to said Entrant. I hereby agree that I and said minor will be bound thereby, and I shall defend Special Olympics Illinois and hold it harmless from any disaffirmation thereof by said minor.

Signature of Parent and/or Legal Guardian (Check appropriate box)

Print Name

Parent's Email Address

Date

Original parent/guardian and doctor signatures are required by the office of Special Olympics Illinois. Faxed signatures will not be accepted.

Does participant have a communicable disease? ☐ Yes ☐ No If yes, please explain: _____

Date _____

WAIVER RELEASE OF ALL CLAIMS AND HOLD HARMLESS AGREEMENT

(Please read carefully)

Please read this form carefully and be aware that in signing up and participating in West Suburban Special Recreation Association programs, you will be waiving and releasing all claims for injuries arising out of these programs that you or the named participant might sustain. The terms "I", "me" and "my" also refer to parents or guardians as well as participants in the programs. 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 connected with or associated with such activities and involve substantial risks of injury.

I agree to waive and relinquish any and all claims I may have as a result of participating in these programs against the West Suburban Special Recreation Association, any and all participating 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 that might be directly or indirectly liable for any injuries, that I might sustain while participating in these programs.

I do hereby fully release and discharge the West Suburban Special Recreation Association and the other released parties from any and all claims for injuries, damages 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 West Suburban

Special Recreation Association and any and all other 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", 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 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 advisement or warnings of the particular risks of these programs that I subsequently receive will be incorporated by reference into and become a part of this Agreement.

In case of emergency, I give my permission for the participant to receive any first aid, transportation or medical attention that may be required.

You may return this waiver and release of all claims by mail or fax. You may mail this release to 2915 Maple St., Franklin Park, IL 60131 or send by facsimile transmission to 847.455.2157. When forwarding by fax, it is mutually understood that the facsimile document shall substitute for and have the same legal effect as the original form.

TO COMMUNICATE WITH SCHOOL / HEALTH CARE PERSONNEL*

I authorize counsellors, teachers, case workers, therapists, or physicians to communicate with WSSRA about the participant's needs as they relate to WSSRA's provision of recreation services to the participant. WSSRA will keep confidential all information obtained through such communications.

☐ Yes ☐ No

TO DISCLOSE INFORMATION TO WSSRA MEMBER PARTNERS*

WSSRA may disclose to my home park district or municipality information about the participant's and my involvement in WSSRA programs or activities, including our names, telephone number, address, program registrations, and the participant's age and disability, provided that my home park district or municipality shall not redisclose that information without my express written consent.

☐ Yes ☐ No

TO RELEASE INFORMATION FOR PUBLICITY PURPOSES*

I authorize the use of photographs or descriptions of the participant or of me in publicity materials about WSSRA programs and services, which may appear in newspapers, member partner brochures, video presentations, web sites and other similar mediums or displays.

☐ Yes ☐ No

**I understand that I can change my decisions regarding the statements above at any time for any reason by delivering a written notice to WSSRA, prohibiting further disclosure information.*

WE WELCOME YOUR INPUT!

We invite you to share with us your program ideas and comments about our services:

You can also email us your input at wssra@wssra.net | Support WSSRA by following us on



SEIZURE INFORMATION

Please complete this form if the participant experiences seizures, or return a copy of your child's seizure plan from his/her school. Please update this form whenever there is a change in the seizure plan and submit it with your registration. You will be asked to review this once a year and provide any necessary updates.

Date: _____

CONTACT INFORMATION

Participant's name: _____

Person completing form: _____

Parent/guardian: _____

Parent/guardian phone numbers: Home: _____ Work: _____ Cell: _____

Emergency contact: _____

Emergency contact phone numbers: Home: _____ Work: _____ Cell: _____

Emergency contact relationship: _____

Email address: _____

What is the best way to communicate with you about the participant's seizure? _____

CURRENT SEIZURE RELATED MEDICATION:

Name	Dosage	Time of Intake

1. Seizure Type (please check):

- ☐ **Generalized tonic-clonic seizures (grand mal seizures)** are the most common and best known type of generalized seizure. They begin with stiffening of the limbs (the tonic phase), followed by jerking of the limbs and face (the clonic phase).
- ☐ **Myoclonic seizures** are rapid, brief contractions of bodily muscles, which usually occur at the same time on both sides of the body. Occasionally, they involve one arm or a foot. People usually think of them as sudden jerks or clumsiness.
- ☐ **Atonic seizures** produce an abrupt loss of muscle tone. They produce head drops, loss of posture, or sudden collapse. Because they are so abrupt, without any warning, and because the people who experience them fall with force, atonic seizures can result in injuries to the head and face. Protective headgear is sometimes used by children and adults.
- ☐ **Absence seizures (petit mal seizures)** are lapses of awareness, sometimes with staring, that begin and end abruptly, lasting only a few seconds. There is no warning and no after-effect.
- ☐ **Simple partial** show no loss of consciousness. Sudden jerking, sensory phenomena. Lasts about 90 seconds.
- ☐ **Complex partial** last about 1-2 minutes in which consciousness is impaired or lost. May have an aura. Symptoms include: Automatisms such as lip smacking, picking at clothes, fumbling. They may be unaware of the environment and may wander. Following the seizure they are often unaware of the seizure event and can be confused and sleepy.

2. When was your/the participant's last seizure? ____ / ____ / ____ How long does the seizure last? _____

How long was the longest seizure? _____

3. Describe what a typical seizure looks like (be specific) : _____

4. Are you/the participant aware that they are about to have or have just had a seizure? ☐ Yes ☐ No

SEIZURE INFORMATION continued

5. Are there any symptoms or triggers prior to the onset of your/the participant's seizure? (i.e. stomach pain, fear, smells, sounds, lights)

Explain: _____

6. Has there been any recent change in your/the participant's seizure pattern? ☐ Yes ☐ No

Explain: _____

7. Have you/the participant ever been hospitalized for continuous seizures? ☐ Yes ☐ No

Explain: _____

☐ **Status epilepticus** If seizures are prolonged, or occur in a series, there is an increased risk of status epilepticus. The term literally means a continuous state of seizure.

8. Please list below the necessary steps you would like WSSRA to take in the event of a seizure:

1. Call 911 for a seizure over _____ minute(s). *WSSRA will call 911 if a seizure lasts 5 minutes*

2. _____

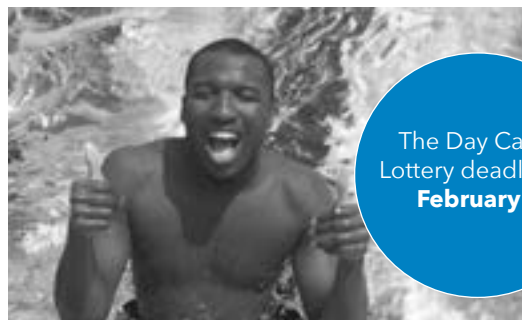
3. _____

9. Please describe what constitutes an emergency for you/ the participant: _____

10. Do you/the participant have a VNS (vagal nerve stimulator)? ☐ Yes ☐ No If yes, contact WSSRA at 847.455.2100 to discuss further.

11. Is there any other information that WSSRA should know? _____

SUMMER DAY CAMP 2015



The Day Camp
Lottery deadline is
February 6

Involve your child in FUN recreation activities - sports, games, arts and crafts, swimming, & field trips to name a few! WSSRA counselors create an environment to promote success & build self-esteem.



ELIGIBILITY

Anyone who has a documented diagnosis of disability and who is 3 years to 22 years (on the first day of camp) and resides in these communities: The Villages of Harwood Heights and Elmwood Park and the Park Districts of: Berwyn, Clyde, Forest Park, Franklin Park, Hawthorne, Norridge, North Berwyn, Oak Park and River Forest.

DAY CAMP LOTTERY

Due to the popularity of WSSRA day camp, enrolment is determined by lottery. See registration procedures for information.

CAMP DATES

June 15 - July 24

No camp on Friday, July 3

All camp registration is for 5 days each week, Monday - Friday

CAMP LOCATIONS

At this time, the 2014 camp sites are not confirmed. Typically sites are located in Berwyn, Cicero, Oak Park, and Forest Park. All campers are assigned by WSSRA to a site based upon their age and individual needs.

CAMP TIMES & FEES

Preschool Camp (ages 3-6)

Choose ones session

Morning session	9:00-11:45am	\$239.00
Afternoon session	12:15-3:00pm	\$239.00

Full-day Camp (ages 7-22)

9:00am-3:00pm	\$477.00
---------------	----------

If your child will attend summer school, you must register for half-day

Half-day Camp (ages 7-22)

12:15-3:00pm	\$239.00
--------------	----------

Half-day registration will not be adjusted for participants attending summer school

TRANSPORTATION FEES

One-way transportation	\$223.00
-------------------------------	----------

Round-trip transportation	\$444.00
----------------------------------	----------

TRANSPORTATION

Door to door transportation is available for an additional fee. Limited spots are available, so transportation requests must be made at the time of camp registration and included on the day camp registration form.

WSSRA will not provide midday transportation for summer school students. Transportation will not be provided for participants who live within 5 blocks of their assigned camp site unless they have a physical disability. Not all buses are not air conditioned.

SCHOLARSHIPS

Scholarships may be awarded for a percentage of camp and transportation fees. Scholarship applications must be completed and submitted with your day camp registration by February 7. You will be notified by mail if you receive a scholarship and the amount of assistance granted.

REGISTRATION PROCEDURES

1. Registration and scholarship forms can be requested via phone at 847.455.2100 or found online at www.wssra.net
2. All forms must be complete, signed, dated and returned to WSSRA by Friday, February 6, 5:00pm to be entered in the lottery.
3. Day Camp acceptance letters, scholarship award, and your payment information and schedule will be mailed out the week of February 23.
4. Registration will be accepted after February 6, but a participant can only be added to camp if space is available. WSSRA will notify you.

PAYMENT SCHEDULE

March 20	1/3 of your total payment due
April 17	1/3 of your total payment due
May 22	Final 1/3 of your total payment due

Payments not made by May 22 will risk losing camp placement

CANCELLATION POLICY

Cancellations made prior to May 22 will receive a refund less a \$25 processing fee. No refunds will be granted for cancellations made after May 22.

CAMPAMENTO DE VERANO 2015



El último día para
la lotería del
campamento es
6 de Febrero

Involve your child in FUN recreation activities - sports, games, arts and crafts, swimming, & field trips to name a few! WSSRA counselors create an environment to promote success & build self-esteem.



QUIEN ES ELEGIBLE?

Cualquiera que tenga un diagnóstico documentado de discapacidad y que tenga 3 años a 22 años (en el primer día de campamento) y reside en estas comunidades: Los Municipios de Harwood Heights y Elmwood Park y los Distritos de Parque de: Berwyn, Clyde, Forest Park, Franklin Park, Hawthorne, Norridge, North Berwyn, Oak Park y River Forest.

LOTERIA DE CAMPAMENTO DE DIA

Debido a la popularidad del campamento de día de WSSRA, inscripción se determina por una lotería. Mire a los procedimientos de inscripción para mas información.

FECHAS DE CAMPAMENTO

15 de Junio - 24 de Julio

No hay campamento el Viernes 3 de Julio

Todos los registros de campamento son para 5 dias a la semana, de Lunes-Viernes.

LOCACIONES DE CAMPAMENTO

En este momento, las locaciones de campamento 2014 no estan confirmados. Normalmente los sitios se encuentran en Berwyn, Cicero, Oak Park y Forest Park. Todos los campistas se les asignan a un sitio por WSSRA dependiendo a la edad y necesidades individuales.

HORARIO DE CAMPAMENTO Y COSTOS

Campamento Pre-Escolar (edades 3-6)

Escoja una sesión

Sesión de mañana	9:00-11:45am	\$239.00
Sesión de la tarde	12:15-3:00pm	\$239.00

Campamento de Dia Completo (edades 7-22)

9:00am-3:00pm	\$477.00
---------------	----------

Si su hijo(a) va atender escuela de verano, debe registrarse por solo medio día

Campamento de Medio Dia (edades 7-22)

12:15-3:00pm	\$239.00
--------------	----------

Inscripcion de medio día no estará ajustado para participantes que asisten escuela de verano

COSTO DE TRANSPORTACIÓN

Transportación de ida	\$223.00
Transportación de ida y vuelta	\$444.00

TRANSPORTACIÓN

Transportación de puerta-a-puerta para el campamento es disponible. Hay espacios limitados de tranportación, por lo cual si requiere transporte, debe inscribirse para la transportación cuando complete su forma de inscripcion.

WSSRA will not provide midday transportation for summer school students. No se le ofrecera transportacion si vive dentro de 5 cuadras del sitio del campamento, a menos que tengan una discapacidad fisica. No todos los autobuses tienen aire-acondicionado.

BECAS

Las becas pueden cubrir un porcentaje del campamento y gastos de transporte. Las aplicaciones de la beca deben ser completados y enviadas con su registro de campamento antes de el 7 de febrero. Se le notificará por correo si usted recibira una beca y la cantidad de ayuda concedida.

PROCEDIMIENTOS DE INSCRIPCIÓN

1. El registro y las formas de la beca se pueden solicitar vía el teléfono al 847-455-2100 o en la pagina de internet wssra.net
2. Todas las formas deben ser completas, firmadas, fechadas, y devuelto a la oficina de WSSRA antes de Viernes el 6 de febrero, 5:00pm ser entran en la loteria.
3. Cartas de aceptación se enviará con información de la beca, plan de pago, y transportación la semana del 23 de febrero.
4. Los registros recibidos despues de 6 de febrero seran aceptado, pero el participante solo puede entrar al campamento de dia si el espacio esta disponible. WSSRA le notificara si pasa esto.

HORARIO DE PAGOS

20 de Marzo	1/3 de su balance total es debido
17 de Abril	1/3 de su balance total es debido
22 de Mayo	1/3 de su pago final es debido

Pagos no hechos para el 22 de mayo arriesgaran de perder su lugar en el campamento.

CANCELACIÓN

Cancelaciones antes de el 22 de mayo recibiran un reembolso menos \$25.00 por costo de proceso. No hay reembolso despues del 22 de mayo.

2015 SUMMER DAY CAMP REGISTRATION

LOTTERY DEADLINE: February 6, 2015

FAX TO: 847-455-2157

MAIL TO: WSSRA, 2915 Maple Street, Franklin Park, IL 60131

DISABILITY

- ☐ Learning Disability
☐ Behavior Disability
☐ Hearing Impairment
☐ Developmental Disability
☐ Visual Impairment
☐ Physical Impairment
☐ Autism
☐ Speech/language delay
☐ Other _____

SCHOLARSHIP REQUEST

- ☐ Request Scholarship
☐ Participates in free lunch program at school

CAMPER'S T-SHIRT SIZE

Child size: ☐ 6-8 ☐ 10-12 ☐ 14-16
 Adult size: ☐ S ☐ M ☐ L ☐ XL ☐ XXL

CAMP OPTIONS

- ☐ 1/2 Day option 7 & up
☐ Full Day option 7 & up
☐ AM Preschool age 3 to 6
☐ PM Preschool age 3 to 6

TRANSPORTATION OPTIONS
CHECK ONE

- ☐ Transport Self
☐ WSSRA Round Trip
☐ WSSRA Home Only
☐ WSSRA To Camp Only

Participant's name: _____ Birth date: _____

Address: _____ City/State: _____ Zip: _____

Home Phone: _____ Park District/Village: _____

Parent or guardian name: _____

Email address: _____

Parent/guardian work phone: _____ Parent/guardian cell phone: _____

Who should be contacted if parent/guardian is unavailable? Name: _____ Phone: _____

Present school/workshop/other: _____ Teacher/supervisor name: _____

 Does participant use wheelchair/walker? Specify: _____ Can participant transfer? ☐ Yes ☐ No

 Is participant subject to seizures? ☐ Yes ☐ No [Please attach a seizure treatment plan](#)

 Is medication taken at program? ☐ Yes ☐ No List any medication: _____

List any allergies: _____

 Does participant have a communicable disease? ☐ Yes ☐ No If yes, please explain: _____

 Participant will attend summer school: ☐ Yes ☐ No

 Did your child attend camp last year? ☐ Yes ☐ No If yes, where? _____

WAIVER RELEASE OF ALL CLAIMS AND HOLD HARMLESS AGREEMENT

Please read this form carefully and be aware that in signing up and participating in West Suburban Special Recreation Association programs, you will be waiving and releasing all claims for injuries arising out of these programs that you or the named participant might sustain. The terms "I", "me" and "my" also refer to parents or guardians as well as participants in the programs. 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 connected with or associated with such activities and involve substantial risks of injury.

I agree to waive and relinquish any and all claims I may have as a result of participating in these programs against the West Suburban Special Recreation Association, any and all participating 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 that might be directly or indirectly liable for any injuries, that I might sustain while participating in these programs.

I do hereby fully release and discharge the West Suburban Special Recreation Association and the other released parties from any and all claims for injuries, damages 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 West Suburban Special Recreation Association and any and all other 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", 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 events.

I have read the [Waiver Release of All Claims](#) and [Hold Harmless Agreement](#) and unless I have checked **NO** under the authorizations, I approve them.

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 advisement or warnings of the particular risks of these programs that I subsequently receive will be incorporated by reference into and become a part of this Agreement.

In case of emergency, I give my permission for the participant to receive any first aid, transportation or medical attention that may be required.

You may return this waiver and release of all claims by mail or fax. You may mail this release to [2915 Maple St., Franklin Park, IL 60131](#) or send by facsimile transmission to [847-455-2157](#). When forwarding by fax, it is mutually understood that the facsimile document shall substitute for and have the same legal effect as the original form.

TO COMMUNICATE WITH SCHOOL/HEALTH CARE PERSONNEL*

I authorize counselors, teachers, case workers, therapists, or physicians to communicate with WSSRA about the participant's needs as they relate to WSSRA's provision of recreation services to the participant. WSSRA will keep confidential all information obtained through such communications.
☐ Yes ☐ No

TO DISCLOSE INFORMATION TO WSSRA MEMBER PARTNERS*

WSSRA may disclose to my home park district or municipality information about the participant's and my involvement in WSSRA programs or activities, including our names, telephone number, address, program registrations, and the participant's age and disability, provided that my home park district or municipality shall not redisclose that information without my express written consent.
☐ Yes ☐ No

TO RELEASE INFORMATION FOR PUBLICITY PURPOSES*

I authorize the use of photographs or descriptions of the participant or of me in publicity materials about WSSRA programs and services, which may appear in newspapers, member partner brochures, video presentations, web sites and other similar mediums or displays.
☐ Yes ☐ No

**I understand that I can change my decisions regarding the statements above at any time for any reason by delivering a written notice to WSSRA, prohibiting further disclosure information.*

Parent/Participant/Guardian Signature _____

Date _____

For office use only: SC _____ BF _____ LG _____ SA requested: Y N SA returned: Y N Date Received: _____ Previous Year Camp Location: _____

INSCRIPCIÓN DE CAMPAMENTO DE DÍA 2015 DE WSSRA

PLAZO DE LOTERÍA: 6 de febrero de 2015

FAX A: 847.455.2157

ENVÍE A: WSSRA, 2915 Maple Street, Franklin Park, IL 60131

DISCAPACIDAD

- ☐ Discapacidad de Aprendizaje
☐ Discapacidad de Comportamiento
☐ Impedimento de Audición
☐ Autismo
☐ Discapacidad de Desarrollo
☐ Impedimento de Visión
☐ Impedimento Físico
☐ Retraso de habla/ lenguaje
☐ Otro _____

SOLICITUD DE BECA

- ☐ Pida una Beca
☐ Participantes de almuerzo gratis programa escolar

MEDIDA DE CAMISETA DEL CAMPISTA

Medida niños: ☐ 6-8 ☐ 10-12 ☐ 14-16
 Medida adultos: ☐ S ☐ M ☐ L ☐ XL ☐ XXL

OPCIONES DE CAMPAMENTO

- ☐ Opcion de 1/2 Dia 7 y mayor
☐ Opcion de Dia completo 7 y mayor
☐ AM Preescolar edad 3 a 6
☐ PM Preescolar edad 3 a 6

OPCIONES DE TRANSPORTACION

MARQUE UNO

- ☐ Transportacion Propia
☐ WSSRA Viaje Redondo
☐ WSSRA A La Casa Solamente
☐ WSSRA Al Campamento

Nombre de participante: _____ ☐ MASC. ☐ FEM. Fecha de nacimiento del participante: _____

Dirección: _____ Ciudad/Estado: _____ Código postal: _____

Tel de casa: _____ Distrito de parque/Municipalidad: _____

Padre/guarda legal: _____

Correo electrónico: _____

Padre/guarda legal tel del trabajo: _____ Padre/guarda legal tel cel: _____

¿A quien debemos llamar si el padre/tutor no esta disponible? Nombre: _____ Telefono: _____

Escuela actual/taller/otro: _____ Nombre del maestro/supervisor: _____

¿Usa el participante silla de ruedas/andador? Especificar: _____ ¿Puede el participante transferirse? ☐ Si ☐ No¿Es el participante sujeto a ataques?: ☐ Si ☐ No [Por favor adjunte su plan de tratamiento para ataques](#)¿Se toma el medicamento durante el programa? ☐ Si ☐ No Liste cualquier medicamento: _____

Liste cualquier alergias: _____

¿Tiene el participante una enfermedad comunicable? ☐ Si ☐ No Si la tiene, por favor explique: _____El participante asistirá escuela de verano ☐ Si ☐ NoAsistió su hijo el campamento el año pasado? ☐ Si ☐ No En caso afirmativo, ¿Dónde? _____

INCLUYE RENUNCIA Y LIBERACIÓN DE TODO DE TODOS RECLAMOS Y ACUERDO INOCUO

Lea por favor esta forma con cuidado y esté enterado que en si firma y participa en el programa de la Asociación West Suburban de Recreación Especial, usted estará liberando y renunciando de todo reclamo de por heridas que surgieran de estos programas que usted o el participante denominado quizás sostenga. Los términos "yo", "mi" y "mío" también se refieren a padres o tutores así como participantes en los programas. Al registrar para estos programas, usted concuerda de la siguiente manera:

Como participante en estos programas, yo reconozco que hay ciertos riesgos de heridas físicas, y yo concuerdo en asumir el riesgo total de cualquier herida, daños o pérdida que pueda sostener a consecuencia de tomar parte de cualquier manera, en cualquier y todas las actividades conectadas con o asociado de tales actividades que implique riesgos substanciales de alguna herida.

Concuerdo en renunciar y abandonar cualquier y todo reclamo que pueda tener a consecuencia de tomar parte en estos programas contra la Asociación West Suburban de Recreación Especial, cualquier y toda unidad gubernamental participante, cualquier y todos los contratistas independientes, oficiales, agentes, sirvientes, empleados de los cuerpos gubernamentales y contratistas independientes, y cualquier y todas las otras personas y entidades de cualquier naturaleza que quizás sea directamente o indirectamente responsable de cualquier herida que yo quizás sostenga al tomar parte en estos programas.

Yo por la presente renuncio y completamente y libero a la Asociación West Suburban de Recreación Especial y libero a otros partidarios de cualquier y todo reclamo por heridas, daños o pérdida, que puedan incurrirme por motivo de mi participación en estos programas.

Concuerdo aún más indemnizar, tener inocuo y defender, a la Asociación West Suburban de Recreación Especial y cualquier y todos los otros partidos de cualquier y todo reclamo que resulte en heridas, daños y pérdidas sostenidas por cualquiera, y surgiendo fuera de, conectado con, o en cualquier manera asociada con mi conducto y las actividades de estos programas.

Comprendo aún más y concuerdo que los términos como "participación", y las "actividades", se refirieron a en este Acuerdo, incluye todos ejercicios y los movimientos físicos de cualquier naturaleza mientras tomo parte en estos programas e incluye aún más la provisión, de o fracaso para proporcionar las instrucciones o la supervisión apropiadas, el uso y el ajuste de cualquier y toda maquinaria,

equipo, y aparato, y algo relacionado con mi uso de los servicios, las facilidades, o Implicado en estos programas, y en el transporte a y de acontecimientos.

Comprendo la naturaleza de estos programas para el cual me inscrito, y he leído y comprendo completamente esta Renuncia, Liberación y Acuerdo Inocuo. Comprendo aún más que cualquier deliberación o advertencias de los riesgos particulares de estos programas que recibo subsiguientemente serán integradas por la referencia en y llegan a ser una parte de este Acuerdo.

En caso de emergencia, yo doy mi permiso para que el participante reciba primeros auxilios, transporte o atención médica que pueda ser requerida.

PARA COMUNICARSE CON LOS TRABAJADORES DE ESCUELA/DOCTOR*

Yo autorizo a los maestras, trabajadores sociales, terapeutas o doctores a comunicarse con WSSRA acerca de las necesidades del participante en relacion a los programas de WSSRA. WSSRA guardara toda la informacion confidencial que recibimos.

☐ Si ☐ No

PARA COMUNICARSE CON LOS ACOMPAÑEROS/MIEMBROS DE WSSRA*

Yo autorizo que WSSRA les puede dar informacion acerca del participante y su participacion en programas y actividades a mi distrito de parque o municipalidad de mi ciudad, incluyendo nombre, direccion, numero de telefono edad, discapacidad o registros, si no los revelar de nuevo sin mi firma de consentimiento.

☐ Si ☐ No

PARA LIBERAR INFORMACION PARA OBJETIVOS DE PUBLICIDAD*

Yo autorizo el uso de fotografias o descripciones del participante o de mi en materiales de publicidad de WSSRA, que pueden salir en periodicos, folletos, presentaciones de video, citios de internet o algo similar.

☐ Si ☐ No

**Yo entiendo que puedo cambiar a las declaraciones encima en cualquier momento entregando un aviso escrito a la oficina de WSSRA, para prohibir revelacion adicional del informacion.*

He leído la [Liberación de Renuncia Voluntaria de Todas las Reclamaciones](#) y [Sostengo el Acuerdo Inocuo](#) en el revés y a menos que yo no haya comprobado bajo las tres autorizaciones, los apruebo.

Padre/Participante/Tutor Firma

Fecha

For office use only: SC _____ BF _____ LG _____ SA requested: Y N SA returned: Y N Date Received: _____ Previous Year Camp Location: _____

WSSRA REGISTRATION & POLICIES

REGISTRATION

In order to participate in Winter and Spring programs, your completed AND signed registration form must be received in the WSSRA office by Friday, January 16. WSSRA registration is taken on a first-come, first-served basis.

- | | |
|---|---------------------------------|
| 1.
DROP OFF AT THE
WSSRA OFFICE OR MAIL TO:
WSSRA
2915 Maple St.
Franklin Park, IL 60131 | 2.
FAX TO:
847.455.2157 |
| 3.
SCAN & EMAIL TO:
nolyh@wssra.net | 4.
PHONE TO:
847.455.2100 |

REGISTRATION OPTIONS

A phone-in registration will only hold a spot in program. A completed AND signed registration form is still required in order to start participation. The form can be returned to the WSSRA office using the mail, drop-off, fax, or email options above. The registration form MUST be received by Friday, January 16. If your signed form is not received by this date, you will lose your spot in any of your selected programs that have a wait list.

CLOSED PROGRAMS/WAIT LISTS

If a program closes because we have reached its maximum enrolment, your participant will be placed on a Wait List once we receive your completed and signed registration form. Wait Lists are reviewed on a weekly basis. You will be notified if additional space in the program becomes available.

WSSRA OUTREACH

If you are new to WSSRA and need assistance selecting programs or completing your registration form, please contact an Outreach Specialist at the WSSRA office.

PAYMENT

Payment of program fees is due upon registration unless other arrangements have been made. Billing statements are mailed out once a month. Call the Finance Manager to arrange for a payment plan, Monday-Thursday, 8:30am-noon. A participant may not register for the next season until a balance from previous season is paid. WSSRA Program Supervisors MAY NOT accept payment or registration forms at program.

RETURNED CHECKS

A \$20.00 fee will be charged for any checks returned to WSSRA. The \$20.00, as well as the balance, will need to be paid before registering for future programs.

REFUNDS

Refunds will only be issued when the registrant cannot participate for extended medical reasons and/or hospitalization verified by a physician.

SCHOLARSHIP REQUEST

WSSRA is in a position to offer scholarships to WSSRA residents for a percentage of fees for two programs each season. Persons requesting a scholarship must complete a scholarship application, which will be mailed to you upon request. Scholarship applications need to be filled out once a year. If you are interested in a scholarship, check the box on the registration form: Request Scholarship. All scholarship applications must be completed and submitted to the WSSRA office.

CANCELLED PROGRAMS

- If there is low enrolment, a program may be cancelled.
- A program refund or credit will be issued.
- If a program is cancelled due to unforeseen circumstances you will be contacted at the soonest possible time.
- A program credit will not be issued for weather-related cancellations. Programs will be made up at the end of a season whenever possible.
- No program credits will be issued for sports tournament cancellations.

PARENT DROP-OFF & PICK-UP

WSSRA programs are staffed according to the needs of the participants who are registered. If your participant does not show up to program, we will send staff home for the day. Please help WSSRA keep programs running safely with the necessary number of staff by making sure that your participant arrives for program at the start time of program. Please do not drop your participant off prior to the stated program start time. For the safety of your participant, at drop off & pick up, be sure to make contact with a WSSRA staff person.

When a program is scheduled to travel (i.e. Saturday nights, outdoor adventures, etc.), The WSSRA vehicles will leave the meeting location promptly at 5 minutes past the program's listed start time.

LATE PICK-UP/DROP-OFF

Please make sure that you are on time picking up your participant from program, as well as, home to greet your participant when the WSSRA vehicle drops them off after program.

A \$10.00 Fee will be charged for every 15 minutes, or portion thereof, that a participant is picked up late or WSSRA vehicle is delayed, after a 10 minute grace period. A notice will be sent to you indicating the fee being charged to your account.

REGISTRATION & POLICIES

PARTICIPANT ILLNESS

For the protection of all of the participants in program, your participant must be kept at home or will be sent home if he/she shows any of the following symptoms:

- A temperature over 100.3.
- Stomach ache accompanied by diarrhea or vomiting.
- Any undiagnosed rash.
- Sore or discharging eyes or ears.
- Profuse nasal discharge (green or yellow). Please keep children with active colds at home.
- Have a highly contagious condition such as chicken pox, measles, lice, etc.

PARTICIPANT ABSENCE

If your participant is not going to attend a program for which you are registered, please notify the WSSRA office as soon as possible. Make sure you leave a voice mail if you call after our office has closed for the day.

SAFETY PRECAUTIONS

Some participants in WSSRA programs and special events may be carriers of infectious disease(s). Staff and volunteers have been provided in-service training concerning proper hygienic procedures. WSSRA seeks to provide a safe environment for all of our participants, staff, volunteers, and the public. If you have specific questions, please call the WSSRA executive director or superintendent of safety & operations.

WSSRA TRANSPORTATION

Transportation by WSSRA is available for some programs and with an additional fee. When offered, transportation information and fees are noted in a program's registration information in this program guide. All riders must abide by the following WSSRA guidelines. Failure to do so will result in suspension from transportation. Repeat offenders will not be transported by WSSRA.

- Riders must stay in their seat with a seatbelt on at all times.
- Riders must not deface the vehicle.
- Riders must keep their hands and feet to themselves.
- Eating is not permitted on WSSRA vehicles.
- Parents or participants must notify WSSRA in regard to any change in transportation.
- Any registration received after January 16 may result in a late program start or no transportation.
- Parents are requested to notify their child's school on days the child will be picked up by WSSRA.
- A participant under the age of 16 must be taken off of the WSSRA vehicle by a responsible person over the age of 12.

CAR SEATS

Due to state legislation, car seats or boosters must be provided for all children ages seven and under. For more information contact the superintendent of safety & operations.

MEDICATION

It is the parent/guardian and participant's responsibility to inform WSSRA of any medication a participant is taking. This information is important in case of an emergency. Medication information should be noted on the registration forms, as well as the annual information form. Any changes in medication should be communicated to WSSRA.

SEIZURES

Participants who have had a seizure must complete a seizure information form prior to beginning programs. Please see page 31 for this form. Forms can be found on the WSSRA website, scanned & emailed, or mailed to you. Forms need to be updated as changes with the seizures or medication occurs.

INSURANCE

The association takes every reasonable precaution to prevent injuries and accidents from occurring. However, if an accident does occur or if you or your participant is injured, you are solely responsible for any costs incurred or caused by an injury that happens in an association program.

WAIVER OF LIABILITY

WSSRA is insured through a self-insurance pool with other special recreation associations and park districts. Our pool is known as the park district risk management agency (pdrma). As a loss prevention measure, pdrma is requiring participants to execute a release of liability for programs. The reverse side of the registration forms contains the WSSRA waiver release form. This must be signed and returned to the WSSRA office before a participant can be in programs each season.

Since we do not carry medical or accident insurance for program participants, the release of liability is necessary. The cost of such coverage would make our program fees too high for most to afford. Please review your personal health plan to be certain that you and your family have coverage in instances like these.

Our objective is to offer a high-quality program at a reasonable cost. The use of a release of liability, when appropriate, is but one way we are trying to meet that objective. If you have questions, call the WSSRA executive director. We appreciate your continued involvement and support.

NON-RESIDENT POLICY

WSSRA programs are limited to people who live in the WSSRA partner districts and villages. If you live outside of the WSSRA communities and are interested in participating in a special recreation program, call your park district or village recreation department. Call the WSSRA executive director for more information.



March 7

Bring your family this Spring for a tasty pancake breakfast, children's activity stations, a hunt for treats, and photos with the Bunny!

*The Pine Room at Ascension Church
601 Van Buren Street in Oak Park
8:30 – 10:30am*

CALL THE WSSRA OFFICE AT 847.455.2100 TO REGISTER



West Suburban Special Recreation Association

2915 Maple Street, Franklin Park, IL 60131

P 847.455.2100 | F 847.455.2157

www.wssra.net

PRSRT STD
U.S. POSTAGE
PAID
COMPLETE
MAILING SVC, IL

POSTMASTER

dated material

please do not hold

Save The Date!

W S S R A ' S F I F T H A N N U A L SPORTS BANQUET

**Come and celebrate our
Special Olympics athletes**

Saturday, January 17 • 6:00 - 8:30

The Centre at North Park, Franklin Park, 10040 West Addison

Call the WSSRA office at 847.455.2100 for more information