

**SPRING
2021**



REGISTRATION

OPENS MARCH 8

ENDS MARCH 19



NEDSRA Administrative Offices

1770 W. Centennial Place, Addison, IL 60101
 Phone: 630-620-4500 Fax: 630-620-4598

Office Hours

Monday through Friday: 8:30 am to 5:00 pm

nedsra.org

What is NEDSRA?

NEDSRA provides sports, recreation, and leisure opportunities to adults and children with disabilities. By working cooperatively with eight park districts and three villages, NEDSRA serves more than 4,000 individuals each year. Call to learn about our programs and services at 630-620-4500. Financial assistance is available for qualified applicants.

Vision

An agency of excellence, demonstrated by member partners working cooperatively with Board, staff and the community to enhance the quality of life for each individual.

Mission

To serve as an integral partner with our member park districts and villages to positively impact individuals with disabilities through diverse recreation opportunities and community services.

Our Core Values

- Excellence
- Quality
- Commitment
- Fun
- Integrity
- Service with Compassion

Si Usted Habla Español!

Si usted habla español y desea más información sobre los programas y servicios de NEDSRA, por favor marque 630-620-4500. Los formularios en español están disponibles en la línea de NEDSRA.org.

NEDSRA Seasonal Brochure

Publication frequency 4 times per year: Spring, Summer, Fall & Winter
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Proudly Serving the Residents of:

- | | |
|-----------------------------|--------------------------------|
| Addison Park District | Medinah Park District |
| Bensenville Park District | Oakbrook Terrace Park District |
| Butterfield Park District | Village of Schiller Park |
| Village of Glendale Heights | Village of Villa Park |
| Itasca Park District | Wood Dale Park District |
| Lombard Park District | |

NEDSRA Board of Trustees

- | | |
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Board Meetings

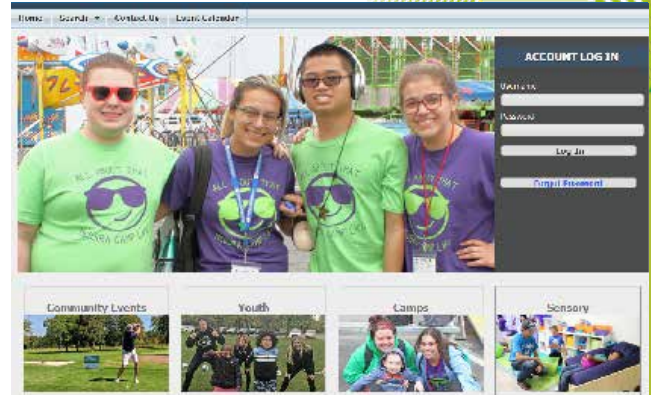
The NEDSRA Board of Trustees holds public meetings on a regular basis. Dates and details can be found on our website at nedsra.org under the partners page.

Online Registration

NEDSRA's registration software that allows us to enhance our services to our users! This new registration software enables participants, families, friends and community members the capability of viewing their household accounts online.

Through the online system, users are able to register for programs, view account status, update household information, print monthly calendars for enrolled programs, make wishlists and so much more!

We are thrilled for the capabilities and ease of registration that this new software will provide to our users.



Sign up for your online account today!

1. Submit a 2021 Annual Information Form (AIF) to the NEDSRA registrar. *A new form is due EACH winter season.*
2. Once your AIF has been processed (about 3 business days), you will receive an email with your online credentials.
3. Visit register.nedsra.org to log into your online account using the credentials you received via email.
4. You will be asked to change your password upon your first login.
5. Browse programs, view your account balances, make a wish list and so much more!

Registration Terminology!

Registration Begins	Registration Closes	Registration Window
The first date when programs are available for registering. Registration starts at 8:30am.	The deadline date to register for programs, unless otherwise stated under the given program.	The dates when programs are open for enrollment.
Season Begins	Household	Household Primary
The date when programs start for that given season.	Includes all the individuals who live under one roof.	The head of the household, the person who will do most of the registering, or the person financially responsible for the account.z



Make a Wishlist of programs you would like to register for as you wait for the registration window to open!

Questions? Need the Registrar?

Contact NEDSRA over the phone at 630.620.4500 or by email at nedsra@nedsra.org for assistance!

Registration Window Opens

March 8 at 8:30am

Registration Window Ends

March 19 at midnight

We are here to help!

If you are new to the online registration system, or need help navigating the system, give us a call and we will be happy to guide you!

If you are interested in signing up for a program after the registration window has closed, please call the NEDSRA office directly to see if space is still available in the program!



Ana Salazar

Registrar/Database Coordinator
Phone: 630.620.4500
Email: asalazar@nedsra.org



COVID-19 Update

NEDSRA's Return to In-Person Programs

The following information is NEDSRA's guide for implementing both virtual and in-person programs.

NEDSRA Participant Wellness Screening

By arriving at a NEDSRA program, you are acknowledging that you have completed a participant wellness screening on behalf of the participant attending the program. Answering "No" to all NEDSRA Participant Wellness Screening questions verifies that the participant does not have any known COVID-19 symptoms. **If you answer "Yes" to any of the NEDSRA Participant Wellness Screening questions please do not attend the program.** If the participant has an illness such as allergies or another non-contagious condition that may appear similar to COVID-19 symptoms please notify the program leader.

Participant Wellness Screening Questions

- Y or N: Does the participant have a fever?
- Y or N: Does the participant have a fever?
- Y or N: Does the participant have a cough?
- Y or N: Does the participant have a sore throat?
- Y or N: Has the participant experienced difficulty breathing or a shortness of breath?
- Y or N: Does the participant have muscle aches?
- Y or N: Has the participant had a new or unusual headache (e.g., not related to caffeine, diet, or hunger, not related to history of migraines, clusters, or tension, not typical to the individual)?
- Y or N: Has the participant had a new loss of taste or loss of smell?
- Y or N: Has the participant experienced chills or rigors (rigors: a sudden feeling of cold with shivering accompanied by a rise in temperature)?
- Y or N: Does the participant have any gastrointestinal concerns (e.g., abdominal, pain, vomiting, diarrhea)?
- Y or N: Is anyone in your household displaying any symptoms of COVID-19?
- Y or N: To the best of your knowledge, has the participant or anyone in your household come into close contact with anyone who has tested positive for COVID-19 (close contact includes household contacts, intimate contacts, or contact within 6-ft for 15 minutes or longer (10 minutes or longer for ambulatory care services) unless wearing N95 mask during period of contact)?

Follow-up

- A participant who is experiencing any of the symptoms on the screening should immediately notify the program leader by email and stay at home
- All sick participants with any symptoms are encouraged to seek a COVID-19 test at a state or local government testing center, healthcare center or other testing locations and follow guidelines recommended by the Health Department.

Practices Taken to Promote Safety and Wellness in our Programs

- Program capacity will be determined in compliance with current health department guidelines.
- Face coverings must be worn by participants and staff at all times.
- Participants must provide their own face coverings.
- Staff will develop a pickup and drop-off system for each program to ensure proper physical distancing. Parents and care givers must wear face coverings and stay in their vehicle. Parents and care givers must wait for staff to acknowledge arrival of participants before leaving.
- Participants must adhere to a strict hand washing schedule.
- Staff will clean and disinfect frequently touched surfaces before and after activities and between use by different individuals.
- NEDSRA will take measures to promote 6 feet of physical distancing which may include seating assignments, outdoor activities, barriers and traffic flow patterns.
- Participants and staff displaying symptoms of illness during a program will be removed from the group, and an approved adult will be required to pickup the individual.
- Reasonable accommodations will be evaluated on a case by case basis.

Please see NEDSRA's website for a full list of practices taken

Choosing Programs

Participant Eligibility

1. Ability to maintain 6 foot physical distance from other participants and staff.
2. Ability to properly put on, wear, and take off face covering when necessary, for the duration of the program.
3. Independent personal care (hygiene, toileting, eating).
4. Participate with visual and verbal prompting within a ratio of one staff to four participants, without the need for physical re-direction.
5. Ability to follow NEDSRA Code of Conduct and other pre-determined guidelines.
6. Participant must have a current Annual Information Form on file.

To determine if in-person programs are a good fit please consider your responses to the following statements.

- Y or N: The participant is able to function at a 1 staff to 4 participant ratio.
- Y or N: The participant is able to independently put on and take off their face covering, and wear for the duration of program.
- Y or N: The participant can independently wash hands.
- Y or N: The participant can cover a cough or sneeze.
- Y or N: The participant can independently maintain 6-foot social distancing when in a group setting.
- Y or N: The participant can eat with minimal assistance.
- Y or N: The participant is completely independent with toileting needs.
- Y or N: The participant demonstrates safe behavior toward self and others throughout the duration of the program.

If you answered "yes" to all statements in-person programming may be a good fit.

If you answered "no" to one of the statements please contact NEDSRA to discuss program options.

If you answered "no" to 2 or more statements virtual programs are the best way to participate until guidelines are updated.

NEDSRA will review all registrations and contact you if there are questions regarding the participant's ability to follow updated eligibility and safety practices.

How to Understand a Program Description

Karate

Whether you have participated for years or you are just curious to see what it is all about, our Karate program will introduce you to basic Karate concepts and moves. Everyone is welcome from beginners to black belts. Join your friends at Sensei Joe's DoJo in Villa Park!

Location: Joe's Dojo

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	8+	Sa	10/17 - 12/19	12:00pm-1:00pm	FREE	202109-V1
In-Person	8+	Sa	9/12 - 10/10	12:00pm-1:00pm	\$35	202109-01

Title of the program

Description of the program

Location where program will take place

Program is running In-Person or Online

Required age for program

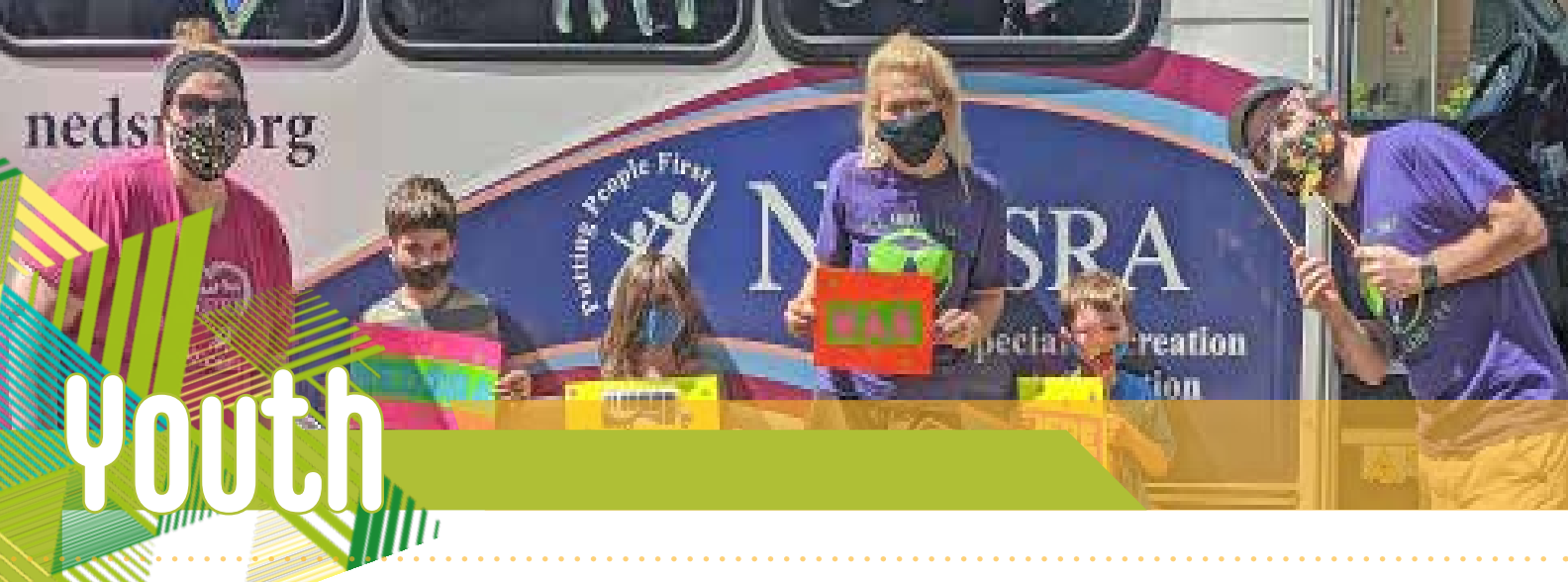
Day program meets

Dates program meets

Start and end time of program

Cost to join the program

To identify and register for program



Youth

IN-PERSON

Camp

Spring Break Camp

NEDSRA's Spring Break Camp is the place to be! Our camps include awesome games, crafts, sports, daily outings, and fun with all your friends. A detailed schedule of each day's events will be provided on the first day of camp.

Note to Parents: Please send a sack lunch each day. If your child takes medication during the camp hours, you must complete a Medication Release Form and provide a week's supply of medication in the prescription bottle to the leader on the first day of camp.

Location: NEDSRA

Type	Age	Day	Date	Time	Res. Fee	Program #
In-Person	3-18	M-Th	3/29 - 4/01	9:00am-3:30pm	\$188	404401-01

Athletics

All Stars

During these programs, you will learn the basic skills of each sport before joining Special Olympics. Improve your gross motor skills and eye-hand coordination while staying fit. This program will be located outside if weather permits.

Location: NEDSRA

Type	Age	Day	Date	Time	Res. Fee	Program #	Sport
In-Person	3-18	M	4/05 - 4/26	4:30pm-5:30pm	\$25	404102-01	Soccer
In-Person	3-18	M	5/03 - 5/24	4:30pm-5:30pm	\$25	404102-02	Tennis

Busy Bodies

Time to get out and move those bodies with a high energy workout. We will focus on improving your health through fun games that incorporate cardio, strength and conditioning exercises. Please wear gym shoes, comfortable athletic clothing, and bring a water bottle.

Location: NEDSRA

Type	Age	Day	Date	Time	Res. Fee	Program #
In-Person	6-18	Tu	4/06 - 5/25	4:30pm-5:30pm	\$50	404104-01

Pool School

This swim program is geared to those swimmers who need to learn the basic swim skills or looking to get back in the water. The structured lessons will be tailored to your child's swim ability, with the goal of having your child feel comfortable and safe in the pool.

Location: Addison Club Fitness

No Program: May 9

Type	Age	Day	Date	Time	Res. Fee	Program #
In-Person	3-12	Su	4/11 - 5/23	10:00am-10:30am	\$60	404101-01
In-Person	3-12	Su	4/11 - 5/23	10:30am-11:00am	\$60	404101-02
In-Person	3-12	Su	4/11 - 5/23	11:00am-11:30am	\$60	404101-03

Sensory Open Play

Enjoy a fun, relaxed afternoon of group play and activities! Get the opportunity to participate in a variety of sensory-based indoor activities and games, while building positive interactions and relationships with peers. We will be practicing our skills of attending, body awareness and movement, turn-taking, teamwork, and sportsmanship, whether we win or lose! A calming half-hour session in Sensory Station will follow.

Location: NEDSRA

Type	Age	Day	Date	Time	Res. Fee	Program #
In-Person	3-12	Th	4/08 - 5/27	4:30pm-5:30pm	\$56	404309-01

Home Kits



Boredom Busters - Big Box

Keep yourself entertained with the Boredom Busters - Big Box. Each box will contain 8 activities to complete throughout the season. All instructions and needed supplies will be included for each activity. Youth boxes are designed with children up to 12 years old in mind, and adult boxes are designed for ages 13 and up. All boxes are available for pick-up at NEDSRA starting April 5, 2021 during the office hours of 8:30am-5:00pm.

LEARN MORE



Find out more about each box theme on pages 14 & 15!





Youth & Adult

IN-PERSON

Bowling Club

Come join your friends for a socially distant morning filled with fun, friendship and TURKEYS! All bowlers will enjoy 3 games of bowling. Your bowling admission is included in the fee, if you have your own bowling ball, please bring it to use. We will not be providing transportation, so each week, please meet us at Stardust Bowl.

Location: Stardust Bowl

Type	Age	Day	Date	Time	Res. Fee	Program #
In-Person	13+	Th	4/08 - 5/27	11:00am-12:00pm	\$104	402110-01

Karate

Whether you have participated for years or if you are just curious to see what it's all about, our Karate program will introduce you to Karate concepts and moves. Everyone is welcome from beginners to black belts. This program is dedicated to helping participants develop self-confidence, self-control, and self-defense skills.

Location: Joe's Dojo

Type	Age	Day	Date	Time	Res. Fee	Program #
In-Person	8+	Sa	4/10 - 5/22	12:00pm-1:00pm	\$56	402109-01

Spring Spectacular Bowling Bonanza

Meet us at Stardust Bowl for a festive, socially distant afternoon filled with fun, friendship spares and strikes! All bowlers will enjoy three games of bowling. Your bowling admission is included in the fee. If you have your own bowling ball, please bring it to use.

Location: Stardust Bowl

Type	Age	Day	Date	Time	Res. Fee	Program #
In-Person	8+	Su	5/23	1:00pm-2:00pm	\$15	402124-01



Sensory Station Visits

Enjoy 8 weekly 45-minute visits to the Sensory Station all to yourself! Experience the relaxing and nurturing atmosphere offered as your child learns and plays. The benefits of the Sensory Station are limitless. The sensory room is sanitized before and after each visit to ensure a safe, clean environment for all. One family per session.

Location: NEDSRA

Type	Age	Day	Date	Time	Res. Fee	Program #
In-Person	2+	M	4/05 - 5/24	12:00pm-12:45pm	\$64	404330-01
In-Person	2+	M	4/05 - 5/24	1:00pm-1:45pm	\$64	404330-02
In-Person	2+	M	4/05 - 5/24	2:00pm-2:45pm	\$64	404330-03
In-Person	2+	M	4/05 - 5/24	3:00pm-3:45pm	\$64	404330-04
In-Person	2+	W	4/07 - 5/26	12:00pm-12:45pm	\$64	404331-01
In-Person	2+	W	4/07 - 5/26	1:00pm-1:45pm	\$64	404331-02
In-Person	2+	W	4/07 - 5/26	2:00pm-2:45pm	\$64	404331-03
In-Person	2+	W	4/07 - 5/26	3:00pm-3:45pm	\$64	404331-04
In-Person	2+	W	4/07 - 5/26	4:00pm-4:45pm	\$64	404331-05
In-Person	2+	W	4/07 - 5/26	5:00pm-5:45pm	\$64	404331-06
In-Person	2+	W	4/07 - 5/26	6:00pm-6:45pm	\$64	404331-07
In-Person	2+	F	4/09 - 5/28	12:00pm-12:45pm	\$64	404332-01
In-Person	2+	F	4/09 - 5/28	1:00pm-1:45pm	\$64	404332-02
In-Person	2+	F	4/09 - 5/28	2:00pm-2:45pm	\$64	404332-03
In-Person	2+	F	4/09 - 5/28	3:00pm-3:45pm	\$64	404332-04
In-Person	2+	Sa	4/10 - 5/22	9:00am-9:45am	\$56	404334-01
In-Person	2+	Sa	4/10 - 5/22	10:00am-10:45am	\$56	404334-02
In-Person	2+	Sa	4/10 - 5/22	11:00am-11:45am	\$56	404334-03
In-Person	2+	Sa	4/10 - 5/22	12:00pm-12:45pm	\$56	404334-04
In-Person	2+	Sa	4/10 - 5/22	1:00pm-1:45pm	\$56	404334-05
In-Person	2+	Sa	4/10 - 5/22	2:00pm-2:45pm	\$56	404334-06



Please contact
Sean Fritsch
to schedule your visits!



Sean Fritsch

Recreation Coordinator
Phone: 630.576.4037
Email: sfritsch@nedusra.org

Youth & Adult Programs

VIRTUAL

Dances

VIRTUAL

Prom: Disco to Disney

Calling all disco enthusiasts and Princes & Princesses! Prom might look a little different again this year but we've planned a playlist filled with energizing disco and Disney music. So, don't be late, sign up today to be the Belle of the ball!

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	13+	F	6/04	7:00pm-8:00pm	\$8	402121-V1

Social Clubs

VIRTUAL

Mystery Guest Host

You will not want to miss this exciting program. Do you miss meeting new people? Us too! Each week we will meet community members, local celebrities, and maybe even have the chance to talk to old friends. Activities will vary each week depending on the guest.

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	13+	W	4/07 - 5/26	5:00pm-6:00pm	FREE	402190-V1

Fireside Chat

Fireside Chat is a great way to finish up a busy Wednesday! Join us as we gather around the campfire for some chatting, laughing and singing! Bring along your own s'more or snack of your choice. Sit back and relax! We will build the fire and have lots of discussion topics, songs, and activities ready to go for a fun-filled hour!

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	13+	W	4/07 - 5/26	7:00pm-8:00pm	\$16	402152-V1

Wake Up Crew

Wake up with NEDSRA on Thursdays! Spend time each week preparing your mind and body for the day ahead, learning something new, and of course socializing with your friends. This program is sure to get your day off on the right foot.

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	13+	Th	4/08 - 5/27	9:30am-10:15am	\$10	402140-V1

Book Club

Do you love to read or love being read to? During this virtual hour, NEDSRA staff will read a chapter or two from our chosen book, James & the Giant Peach written by Roald Dahl. As well, we'll enjoy virtual tours and enjoy some virtual games. If you would like to follow along with us in the book, grab it off your bookshelf or check it out from your local library, however you do not need to have the book to participate. Grab your book, if you have it, blanket and beverage of choice and join us on our virtual couch!

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	13+	F	4/09 - 6/04	1:00pm-2:00pm	\$12	402129-V1

House Hunters

Do you like scavenger hunts and fun games? Don't miss your chance to become a house hunter and search for items in your house. This will be a fun and interactive time that you definitely don't want to miss. We will also play some house hunter memory, hangman and other virtual games. Do you have what it takes to be a house hunter? Don't miss out on all of the fun and excitement. Sign up today and join us in our virtual house!

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	13+	Tu	4/06 - 5/25	2:00pm-3:00pm	\$10	402111-V1

BINGO!

Be a part of this fan favorite program! Who doesn't love an old fashioned game of BINGO? Play with us from the comfort of your own home.

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	13+	Tu	4/06 - 5/25	7:00pm-8:00pm	\$8	402191-V1

Thursday Night Trivia

Brush up on your Disney, Pixar, Star Wars, Marvel, National Geographic, sports, all decades TV, movies, music and so much more! We have planned a night of friendly competition for all of you to enjoy. Don't miss out on all of the fun, join us at our virtual trivia night!

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	13+	Th	4/08 - 5/27	7:00pm-8:00pm	\$10	402137-V1

Come on Down!

You're the next contestant on your favorite game shows! From Wheel of Fortune to Family Feud, we will have a blast playing with and against our friends on these classic shows.

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	15+	F	4/09 - 5/28	4:00pm-5:30pm	\$16	402163-V1

NEDSRA's Virtual Escape Room

Let's spend the evening solving clues, riddles, and mind-benders together to get ourselves out of a sticky situation. Escape the room without actually having to leave your own living room!

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	13+	F	4/23	7:00pm-8:00pm	\$8	402192-V1

NEDSRA's Detective Squad

Something very important has gone missing from NEDSRA! All of NEDSRA's van's keys have disappeared. Join us to help solve the mystery of the missing keys and figure out who took them.

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	13+	F	5/21	7:00pm-8:00pm	\$8	402193-V1

Backstage Pass

Pull back the curtain on interesting businesses and popular destinations both local and far and explore how they work. We will have visitors from various locations join us to talk about what goes into making these places operate, interesting facts and history.

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	13+	M	4/05 - 5/24	1:00pm-2:00pm	\$16	402260-V1

Drawing 101

Try NEDSRA's new small group drawing lessons. Individual and small group sessions will explore different techniques and styles including sketching, illustration, perspective and life drawing. Don't be intimidated, all you need is a piece of paper, a pencil, an eraser and a positive attitude.

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	13+	M	4/05 - 5/24	2:00pm-2:30pm	\$16	402261-V1
Virtual	13+	M	4/05 - 5/24	2:30pm-3:00pm	\$16	402261-V2

Karaoke

Sing your heart out with your NEDSRA friends. Staff will request your song choices prior to the program so a playlist can be created. Enjoy good music and have some fun on your Monday evenings from the comfort of your home. This season we will incorporate themes and expand our musical horizons.

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	13+	M	4/05 - 5/24	5:30pm-6:30pm	\$10	402212-V1
Virtual	13+	M	4/05 - 5/24	6:45pm-7:45pm	\$10	402212-V2

Open Mic

Don't let being stuck at home stop your talents from shining through! Whether you play guitar or dance, sing a song or freestyle a rap, sign up for this program and be a star! Let the program leader know what you will be performing by Tuesday and they will put together a performance schedule for the day's program. Please limit your performance to 5 minutes or less.

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	8+	W	4/07 - 5/26	3:00pm-4:00pm	\$12	402280-V1

Dance Club

Learn two choreographed dances over the course of this 8 week program. Stay active and have fun with your NEDSRA friends from the comfort of your living room. The program will consist of stretching, free dance time and learning steps to the choreographed dances. Each week we will add new moves to the routine so that we can perform two virtual showcases during the course of the season.

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	15+	Th	4/08 - 5/27	3:00pm-4:00pm	\$12	402265-V1

Improv Theater

Continue to sharpen your acting chops during the off season from Theater Troupe. After a successful winter production it is time to get those creative juices flowing and develop new stories and characters during this improv class. There will be games, music and of course a lot of laughs.

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	13+	Th	4/08 - 5/27	6:00pm-7:00pm	\$16	402206-V1

"Galaxy News Network" Viewing Party

It may not be under the bright lights on stage but gather friends and family around the screen to watch the 2020-2021 Theater Troupe finale, "Galaxy News Network". All your hard work and talent will be on display as we come together to watch the previously recorded version of the show you helped to write and create! A view party activity box will be delivered prior to the program to help you enjoy the viewing party even more.

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	13+	Su	4/11	6:00pm-7:30pm	FREE	402207-V1

Healthy Habits

Mindfulness and Meditation

Let's take a half-hour out of our morning and pause in the moment. We will take a much needed break to care for our minds and bodies through mindfulness practice and a meditation practice. Expect to feel rejuvenated and ready to take on the rest of the day with confidence and joy! Supplemental program material each week will be emailed.

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	13+	W	4/07 - 5/26	10:00am-10:30am	\$8	402149-V1

Fitness & Healthy Eating

Join your friends and NEDSRA staff for a virtual workout and learn tips on how to be healthier while being home! The first half of the program, we will discuss our eating habits and learn how we can make healthier choices. The second half of the program we will enjoy yoga, boot camp, creative workout games and meditation. Each week NEDSRA will email you delicious recipes, at home exercises and healthy worksheets and challenges. Grab your towel, water bottle and join us at our virtual gym and kitchen!

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	13+	W	4/07 - 5/26	6:00pm-7:00pm	\$12	402126-V1

Trips

Virtual Field Trips

Do you miss heading out on a NEDSRA van for a fun-filled field trip? Us too! Join us for a virtual trip around the country and even the world each Friday. You will learn fun-facts about each location and see what the locals do.

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	15+	F	4/09 - 5/28	10:00am-11:00am	\$10	402157-V1

Educational

Sign Language

Join us to learn basic conversational American Sign Language and expand your knowledge! All levels welcome.

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	13+	M	4/05 - 5/24	3:00pm-4:00pm	\$16	402155-V1



Boredom Buster Boxes

Boredom Busters - Big Box

Keep yourself entertained with the Boredom Busters - Big Box. Each box will contain 8 activities to complete throughout the season. All instructions and needed supplies will be included for each activity. Youth boxes are designed with children up to 12 years old in mind, and adult boxes are designed for ages 13 and up. All boxes are available for pick-up at NEDSRA starting April 5, 2021 during the office hours of 8:30am-5:00pm.

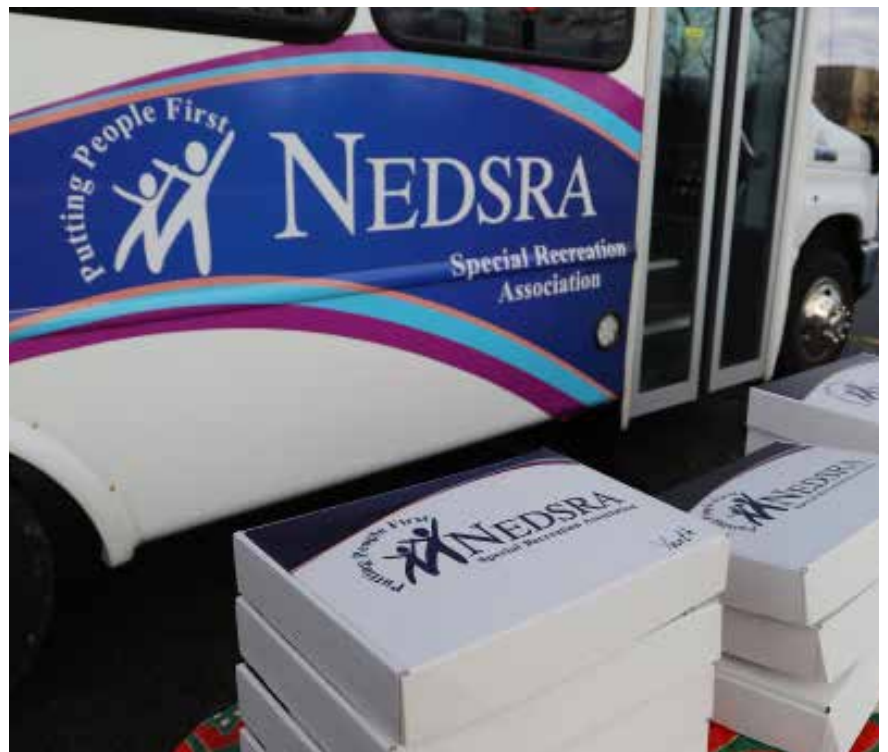
Location: NEDSRA

LEARN MORE



Find out more about each box theme on the next page!

Type	Res. Fee	Theme	Program #
Youth	\$12	Art	401150-01
Adult	\$12	Art	401150-02
Youth	\$12	Outdoors	401150-03
Adult	\$12	Outdoors	401150-04
Youth	\$12	Games	401150-05
Adult	\$12	Games	401150-06
Youth	\$12	Fitness/Movement	401150-07
Adult	\$12	Fitness/Movement	401150-08
Youth	\$12	Cooking	401150-09
Adult	\$12	Cooking	401150-10
Youth	\$12	Sensory	401150-11
Adult	\$12	Sensory	401150-12
Youth	\$12	Mad Scientist	401150-13
Adult	\$12	Mad Scientist	401150-14
Youth	\$12	Busy Builders	401150-15
Adult	\$12	Busy Builders	401150-16
Family	\$15	Movie Night	401151-01
Family	\$15	Spa in a Box	401151-02
Family	\$15	Road Trip	401151-03
Family	\$15	Tail Gate Party	401151-04
Family	\$15	Family Game Night	401151-05
Family	\$15	Painting Party	401151-06
Family	\$15	Birthday Party	401151-07



Art

Youth: 401150-01

Adult: 401150-02

From painting to sculpting, this box is sure to bring out the inner artists in you.

Outdoor

Youth: 401150-03

Adult: 401150-04

Take a hike and enjoy nature with fun activities to get you moving after the long winter.

Games

Youth: 401150-05

Adult: 401150-06

Learn new games to play with your friends and family. You'll even have a chance to create your own board game!

Fitness/Movement

Youth: 401150-07

Adult: 401150-08

Get active with fun exercises and games to keep you fit and healthy.

Cooking

Youth: 401150-09

Adult: 401150-10

Try new recipes from around the world. You'll be a gourmet chef in no time.

Sensory

Youth: 401150-11

Adult: 401150-12

Make wonderful creations that you will want to smell, see, hear, feel, and taste.

Mad Scientist

Youth: 401150-13

Adult: 401150-14

Have fun with zany experiments while you learn about the cool world of science.

Busy Builders

Youth: 401150-15

Adult: 401150-16

Construct contraptions, machines, and more as you learn basic engineering.

Movie Night

401151-01

Spend an evening watching your favorite movie with all the necessary goodies. This box will include all the supplies needed for a family of 4 to have a fun-filled movie night at home.

Spa in a Box

401151-02

Relax, rejuvenate, and regroup with a spa day in a box. This box will include everything your family needs to spend the day relaxing together.

Road Trip

401151-03

Spend the day on the road following an action packed itinerary throughout locations in the Chicago Suburbs. This box will include a road trip itinerary, photo locations, road trip goodies, and more. Don't miss the opportunity to safely take a day trip with your family.

Tail Gate Party

401151-04

Do you miss heading to the stadium for the big game? You won't have to with this box! It will include everything your family of 4 needs to enjoy the game of your choice from the comfort of your own home.

Family Game Night

401151-05

With this box you will have everything you need to have a fun-filled family game night. All you need is your favorite games and your favorite people!

Painting Party

401151-06

This box will provide all of the necessary supplies for your family of 4 to create a beautiful, frame-worthy work of art from scratch.

Birthday Party

401151-07

Celebrate your big day in style with this Birthday Party in a box. It will include everything you need to make this birthday the best one yet!



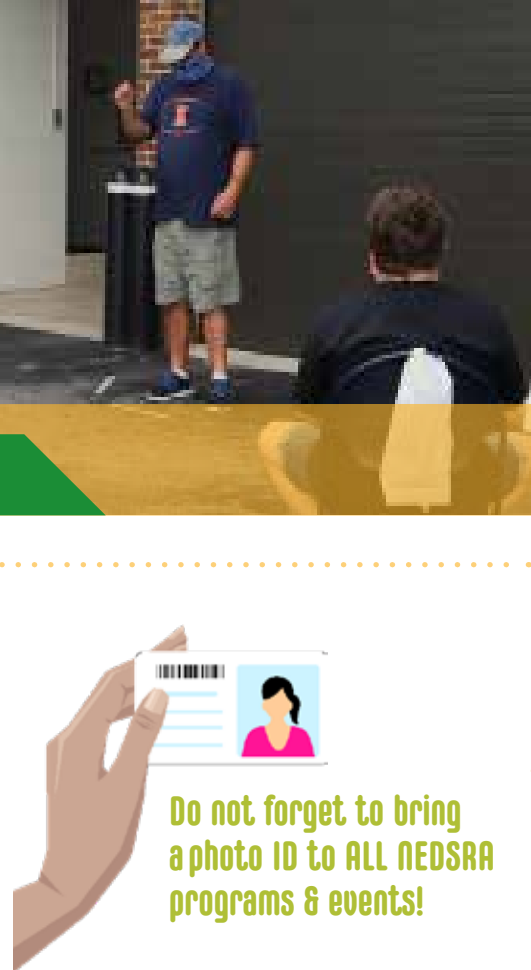
Adult

TREC

TREC will continue to expand and resume a more normal schedule as health and safety guidelines allow. Participants can choose from the Monday/Tuesday group, the Thursday/Friday group or both for a four day option. Please refer the Return to TREC information you received for program details. Please contact Maggie Goode at mgoode@nedsra.org for additional program information or questions.

Location: NEDSRA

Type	Age	Day	Date	Time	Res. Fee	Program #
In-Person	18+	M, Tu	4/05 - 5/25	9:00am-3:00pm	\$560	407101-01
In-Person	18+	Th, F	4/08 - 5/28	9:00am-3:00pm	\$560	407101-02



Do not forget to bring a photo ID to ALL NEDSRA programs & events!

Social

VIRTUAL

Monday Morning Talk Show

Start your Monday off with fun and entertaining discussions! We'll enjoy eating breakfast together, socialize, play online games, watch themed YouTube videos and share some laughs. Grab your breakfast and join your friends at our virtual talk show!

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	18+	M	4/05 - 5/24	9:30am-10:30am	\$10	402128-V1

Day Trippers

You won't want to miss this fun-filled hour! Take a virtual trip, participate in a variety of activities with your friends, and most of all learn something new each week.

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	18+	Tu	4/06 - 5/25	10:00am-11:00am	\$18	402102-V1

FVSRA Digital Dance

Hey all you cool cats, don't miss this rockin' virtual dance with music from all genres. Friends from various Special Recreation Associations will join us for a totally tubular time! Sign up today!

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	18+	F	4/09	7:00pm-7:30pm	\$5	402147-V1

NSSRA Spring Formal

Hey NEDSRA... it's Spring Formal time! Grab your favorite formal attire and your dancing shoes. Friends from other agencies will be joining us virtually to make for a fun and memorable night. At the end of the evening, we will announce a Spring Formal court as well as crown a King and Queen. Spring Formal is going to be a virtual evening you won't want to miss!

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	18+	F	5/07	7:00pm-7:45pm	\$5	402148-V1

Hobby and Coloring Club

Join us for crafting, socializing and creativity with your friends from the comfort of your living room. Some weeks we will each work on a project of our choice from home. Other weeks, we will all work on the same project. Activity bags with necessary supplies and instructions will be provided to all registered participants prior to the beginning of the program. Don't miss out on an hour of chatting while getting some creative work done!

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	18+	Tu	4/06 - 5/25	3:00pm-4:00pm	\$20	402153-V1

Lunch & Cinema

Calling all movie and TV critics! Join your friends and NEDSRA staff for lunch and conversation about recent movies and TV shows that you've been enjoying. We will enjoy lunch together, play online games, learn about different styles of TV and Movies, socialize, share stories and have some laughs. Have your lunch prepared and join us at our virtual table!

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	18+	W	4/07 - 5/26	12:00pm-1:00pm	\$10	402127-V1

Culinary Classics

Calling all chefs! We've seen all our favorites cooking on TV, so why can't we? We think it's time for us to finally get back into the kitchen, virtually! Prior to the start of the program, a NEDSRA staff will drop off your cooking ingredients kit at your house and virtually together we will create an easy and delicious meal. Don't miss out on all of the fun, join your friends at our virtual kitchen!

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	18+	Tu	4/06 - 4/27	5:30pm-6:30pm	\$48	402112-V1

Tour the Town

Let's spend Tuesday afternoon going out on the town. Take a real-time virtual tour of a different location within NEDSRA's Member Partner communities each week.

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	18+	Tu	4/06 - 5/25	12:00pm-1:00pm	\$10	402139-V1

Travel Trip to the Big Easy!-New Orleans

Our travel trips might be postponed, but it's not going to stop up us from traveling to the Big Easy! Join your travel buddies as we virtually travel and see a bird's eye view of New Orleans. We will enjoy learning about the history of New Orleans, experience the French Quarter at night while experiencing a Ghost tour, learn how the Mardi Gras parade floats are created, enjoy the different flavors of NOLA, play some Big Easy trivia and so much more! So, grab a snack and join us on our virtual couch!

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	18+	Sa	6/05	2:00pm-4:00pm	\$8	402125-V1

Saturday Night Games Galore

Calling all Game Night fanatics! Join your friends and enjoy some friendly competition, while sharing some great laughs. Some examples of games that will be played are: Charades, Pictionary, Heads Up and Scattergories.

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	18+	Sa	4/10 - 5/22	6:00pm-7:00pm	\$18	402141-V1

Adult Programs

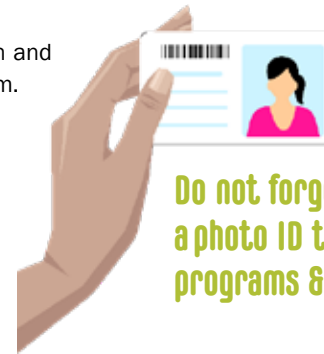
IN-PERSON & VIRTUAL

Friday Fun Bingo

Who doesn't love Bingo?! Join us for a safe, socially distance evening of Bingo where fun and prizes will be had by all. Pickup and drop off information will be emailed prior to the program.

Location: NEDSRA

Type	Age	Day	Date	Time	Res. Fee	Program #
In-Person	18+	F	4/16	6:00pm-7:00pm	\$7	402185-01
In-Person	18+	F	4/30	6:00pm-7:00pm	\$7	402185-02
In-Person	18+	F	5/14	6:00pm-7:00pm	\$7	402185-03
In-Person	18+	F	5/28	6:00pm-7:00pm	\$7	402185-04



Do not forget to bring a photo ID to ALL NEDSRA programs & events!

Friday Fun

See below for detailed information regarding each Friday Fun section theme.

Type	Age	Day	Date	Time	Res. Fee	Program #	Theme
Virtual	18+	F	4/09	6:00pm-7:00pm	\$5	402186-V1	Family Game Night
Virtual	18+	F	4/23	6:00pm-7:00pm	\$10	402186-V2	Painting Party
Virtual	18+	F	5/7	6:00pm-7:00pm	\$5	402186-V3	Name That Tune
Virtual	18+	F	5/21	6:00pm-7:00pm	\$10	402186-V4	Mask Creations

Family Game Night

402186-V1

Bring the whole family for a fun-filled game night. You can expect trivia, Mad Gab, Scategories, Mad Libs and more!

Painting Party

402186-V2

Paint a beautiful piece of art with your friends on Zoom. All supplies needed will be delivered prior to the program so that you can follow along and create a frame-worthy piece of art to display in your home.

Name That Tune

402186-V3

Show off your musical knowledge by naming that tune. You can be sure to hear music from all genres and all eras. If you love music, you will love this program!

Mask Creations

402186-V4

Wearing a face covering when we are out and about keeps us safe, but we should be able to look cool while doing it. Get all of the supplies you will need to create a one of a kind mask to wear when you head out!

Saturday Night Live: SRA Co-op!

Live from your living room, it's Saturday Night! Come join your friends and other Special Recreation Associations for a fun night, friendship and great conversation!

See below for detailed information regarding each Saturday Night Live theme.

Type	Age	Day	Date	Time	Res. Fee	Program #	Theme
Virtual	18+	Sa	4/17	7:00pm-8:00pm	FREE	402138-V1	All Decades Dance
Virtual	18+	Sa	5/22	7:00pm-8:00pm	FREE	402138-V2	Disney+ Trivia
Virtual	18+	Sa	6/19	7:00pm-8:00pm	FREE	402138-V3	Bingo Night

All Decades Dance

402138-V1

Hey all you cool cats, don't miss this rockin' virtual dance with music from all the decades.

Disney+ Trivia

402186-V2

This is your time to shine and show your National Geographic, Marvel, Star Wars, Disney, Pixar and ESPN knowledge.

Bingo Night

402186-V3

Did someone say BINGO? We sure did!

Special Olympics

IN-PERSON

Huskies Soccer Skills

Let's get a jump start on the upcoming soccer season and work on some drills and our skills! New comers, this is your chance to try the sport of soccer out, all are welcome!

Location: NEDSRA

Type	Age	Day	Date	Time	Res. Fee	Program #
In-Person	15+	M	4/05 - 5/24	5:30pm-6:30pm	\$72	406205-01

Huskies Powerlifting

We want to pump you up! Join your friends in the PIT at Addison Park District. We will work on strength training while safely social distancing. We look forward to seeing you in the PIT!

Location: NEDSRA

Type	Age	Day	Date	Time	Res. Fee	Program #
In-Person	15+	W	4/07 - 5/26	5:00pm-6:00pm	\$72	406206-01

Huskies HIIT

Stay active and get your heart pumping with High Intensity Interval Training (HIIT) workouts led by NEDSRA staff. This will be a quick workout to keep everyone active and ready for whatever sport is next on your schedule.

Type	Age	Day	Date	Time	Res. Fee	Program #
Virtual	15+	Th	4/08 - 5/27	5:00pm-5:30pm	\$12	406151-V1

Huskies Bocce Skills

Let's get together for a season of bocce! New comers, this is your chance to try the sport of Bocce out, all are welcome! This season will be a great way to practice and gear up for the Fall Special Olympics competition. Sign up today and save your spot on the court!

Location: NEDSRA

Type	Age	Day	Date	Time	Res. Fee	Program #
In-Person	8+	Th	4/08 - 5/27	5:00pm-6:00pm	\$40	406203-01

Huskies Bowling

Come on out for a socially distant and safe season of Huskies Bowling! Use this program to improve your skills and shake off any rust that might have built up since you've last bowled.

Location: Stardust Bowl

No Program: 4/17

Type	Age	Day	Date	Time	Res. Fee	Program #
In-Person	18+	Sa	4/10 - 5/22	2:00pm-3:00pm	\$104	406101-01



Special Olympics
Illinois

A NEW Special Olympics form is to be used for ALL future programs. Please find this form on NEDSRA's website under Fillable Forms.



Huskies Track & Field

Calling all runners! It's time to dust off your track shoes and head on over to NEDSRA! We aren't sure how this season will look with Special Olympics but we think it's time to get back at it and spend some time with friends while, getting fit.

Location: NEDSRA

Type	Age	Day	Date	Time	Res. Fee	Program #
In-Person	8+	Su	4/11 - 6/13	1:00pm-2:00pm	\$90	406204-01

Huskies Spring Golf Clinic

The Chicago District Golf Association and NEDSRA present a clinic focusing on driving, iron play, chipping, putting and learning golf etiquette. Instruction will be provided by the Medinah Head Golf Pro and his assistants. Don't miss this chance to play and learn from the pros!

Location: Medinah Country Club

Type	Age	Day	Date	Time	Res. Fee	Program #
In-Person	15+	M	4/12 - 5/17	6:00pm-7:00pm	\$48	406102-01

Huskies Tennis

Take "advantage" of this sport with a team atmosphere. The NEDSRA tennis program "serves" up the opportunity to improve hand-eye coordination, upper body strength and overall physical fitness. We aren't sure how this season will look with Special Olympics but we think it's time to get back at it to work on our serving, volleying, forehand & backhand skills and the rules & etiquette of the game. Sign up today, to save your spot on the court!

Location: Glenbard East High School, Lombard

Type	Age	Day	Date	Time	Res. Fee	Program #
In-Person	15+	Th	5/06 - 6/24	6:00pm-7:00pm	\$85	406208-01



Special Olympics
Illinois

A NEW Special Olympics form is to be used for ALL future programs. Please find this form on NEDSRA's website under Fillable Forms.



Huskies Softball Team or Skills

The weather is getting warmer, the days are getting longer and that means one thing: softball season is here! We aren't sure how this season will look with Special Olympics but we think it's time to get back at it and get ourselves back on the ball field! Whether you've been with us for years, or this will be your first time on the diamond, all are welcome, so grab your glove and join us. We are hopeful that we'll be back playing a few games against teams from other Special Recreation Associations, once the season begins, more details will be shared. Sign up today, to save your spot in the line up!

Location: NEDSRA

Type	Age	Day	Date	Time	Res. Fee	Program #
In-Person	15+	Tu	5/04 - 7/27	6:00pm-7:00pm	\$135	406207-01

All Stars

During these programs, you will learn the basic skills of each sport before joining Special Olympics. Improve your gross motor skills and eye-hand coordination while staying fit. This program will be located outside if weather permits.

Location: NEDSRA

Type	Age	Day	Date	Time	Res. Fee	Program #	Sport
In-Person	3-18	M	4/05 - 4/26	4:30pm-5:30pm	\$25	404102-01	Soccer
In-Person	3-18	M	5/03 - 5/24	4:30pm-5:30pm	\$25	404102-02	Tennis

Spring Special Olympics Sports Dates



Soccer Skills

March 23 Medical Applications due & COVID Waiver due
April 18 Region C Soccer Skills: Hinsdale South High School

Spring Games

April 5 Medical Applications due & COVID Waiver due
May 2 Region C Spring Games: Marmion Academy

Powerlifting

TBD Medical Applications due & COVID Waiver due
TBD Region C Powerlifting: TBD

Tennis

TBD Medical Applications due & COVID Waiver due
TBD Region C Tennis: TBD

Golf

Unified Golf

June 15 Medical Applications due & COVID Waiver due
July 12 Region C Unified Golf: Randall Oaks Golf Course

Golf Skills

TBD Medical Applications due & COVID Waiver due
TBD: July Region C Golf Skills: TBD

3-6-9 Hole Golf

July 1 Medical Applications due & COVID Waiver due
July 31 Region C 3-6-9 Hole Golf: Bartlett Hills Golf Course

Softball Skills

July 1 Medical Applications due & COVID Waiver due
July 31 Region C Softball Skills: Elgin Sports Complex



Go NEDSRA Huskies!

*Facilities are subject to change pending new/changing restrictions

**Second locations/dates may be added pending athlete numbers. Your site will be determined after the entry deadline.



General Information

Suggested Ages & Abilities

NEDSRA offers most programs and special events to targeted age and ability groups. Anyone wishing to participate in a program that does not appear to match his or her specific age or ability is encouraged to contact the NEDSRA office for additional information.

Putting People First

No eligible participant shall be denied equal access to programs, activities, services or benefits on the basis of race, gender, creed, national origin or disability, or be limited in the exercise of any right, advantage or opportunity.

Resident/Non-Resident Policy

NEDSRA programs are supported by user fees, grants and donations, and subsidies from 11 partner communities through tax dollars. As a result, individuals residing within NEDSRA's 11 partner communities are eligible for resident rates and are ensured registration priority. Non-resident registrations will be processed after the registration deadline. Additionally, residents qualify for door-to-door transportation when applicable and may qualify for fee assistance.

Program Fees

Each program description in the brochure lists a registration fee.

- All participants residing in one of NEDSRA's partner communities are eligible for the resident fee, "Res. Fee".
- Participants residing outside of one of NEDSRA's partner communities are considered non-residents. Non-resident fees are 50% more than the resident fee.

Brochure Changes/Error Disclaimer

We apologize for any errors and will make every effort to advise participants of any program changes and corrections as quickly and efficiently as possible.

Program Cancellations

NEDSRA reserves the right to cancel any program, activity or event which does not meet minimum enrollment. Should a program be cancelled by NEDSRA, a full refund will be issued.

Satisfaction Guaranteed

We feel it is our responsibility to provide you with the best, most enjoyable and highest quality recreation services possible. If your experience with NEDSRA is not 100% satisfactory, please let us know and we will remedy the situation.

Inclusion Services

Not every person with a special need will require NEDSRA programming. In some cases it will be appropriate for NEDSRA staff to work in cooperation with our member partners to advise and or assist residents wishing to participate in recreational programs offered by their local park district or recreation department. We encourage that inclusion be considered as a recreational option.

- One-to-one consultation
- In-service training with park district and village recreation staff
- Assistance with the aid of leisure buddies
- Provisions of community resources

These services are provided to residents at no cost. We will do everything possible to make your inclusion experience a success.

Financial Assistance

We believe all residents, regardless of financial limitations, should have access to NEDSRA's programs. We offer a financial assistance program so that financial need is not an obstacle to having fun. Partial assistance is available for a maximum of two programs per season. For information, contact our registrar at 630-620-4500.

A participant's local park district or recreation department may offer additional financial assistance. Please contact their customer service directly for more information.

Transportation Services

Depending on registrations received, pickup and drop-off locations may be subject to change or cancelled if a two-person minimum is not met. Be sure to mark on your registration form if you will be using a pickup point.

A \$10.00 fee will be charged for every 15 minutes, or portion thereof, that a participant is picked up late. A \$10.00 fee will be charged when a participant does not report an absence in a timely manner and a NEDSRA vehicle is sent to the participant's location for door-to-door transportation services. A notice will be sent to you indicating a fee being charged to your account. Continued tardiness at pickup times, or lack of cancellation for door-to-door routes, may lead to suspension from, or removal of, NEDSRA transportation services.



Adult Participants:
Please do not forget to bring
a photo ID to ALL NEDSRA
programs & events!

Fillable Forms

The following fillable forms are available on NEDSRA's website to fill out or download: Annual Information Form, Registration Form, Seizure Form and Special Olympics Form.

Annual Information Form (AIF)

Each new participant and family must fill out an Annual Information Form (AIF) in order to register for programs/events. All participants and families must submit a new form EACH fall season.

Online Registration

Online registration is now available! Learn more on page 3.



Watch For This Logo!

BIG VALUE PROGRAMS always have a registration fee of \$10 or less. That's lots of bang for your buck!

NEDSRA Behavior Code

The following guidelines have been developed to make NEDSRA's programs safe and enjoyable for everyone. Additional rules may be developed for particular programs as deemed necessary by staff. Staff, participants and parents shall:

- Show respect to all participants, staff and parents
- Refrain from using foul language
- Refrain from causing bodily harm to other participants, staff or parents
- Bullying behavior of any nature will not be tolerated
- Demonstrate respect for equipment, supplies and facilities
- Represent NEDSRA in a manner that is consistent with the goals, objectives and ethics of the Association

NEDSRA reserves the right to dismiss a participant, staff, volunteer or parent if it is in the best interest of the Association. Each situation will be evaluated on its own merit.

Promptness Is Appreciated

We ask that participants arrive no earlier than 15 minutes prior to the start of a program or scheduled pickup time, and that they are picked up promptly at the end of a program or scheduled drop-off time.

Program Fee Refund

If a participant withdraws from a program, a full refund is issued if requested two (2) days prior to the program's start. If the refund is requested due to unforeseen circumstances such as hospitalization, relocation, or death in the family, a refund may be approved beyond this time frame. In these situations, written documentation may be required.

Refunds will not be granted when missing a program due to a planned vacation or as a result of the common cold, flu, etc. Refunds may be issued as a credit toward future programs or in the form of a check. If a program involves the purchase of tickets, contracted services, or non-returnable items, the cost of these may be deducted from the refund amount.

Illness Policy

NEDSRA has the right to refuse any participant who is ill or has a fever. If a participant becomes ill during a program, a parent/guardian or emergency contact will be notified and asked to pick up the participant.

Communicable Disease

For the protection and safety of both employees and participants, NEDSRA maintains specific policies and procedures on individuals with communicable diseases. These policies are available for review by the public at NEDSRA's offices.

Inclement Weather

Programs may be cancelled due to severe or prohibitive weather. All participants will be notified if a program is cancelled. A maximum of one session per program will be rescheduled if possible. If a make-up session is not possible, a prorated refund will be issued.

Your Safety Is Important

To ensure the safety of our participants, we appreciate your adherence to the following guidelines:

1. NEDSRA staff is responsible for the safety of program participants during designated program times. Please adhere to scheduled drop-off and pickup times.
2. Participants enrolled in NEDSRA programs will not be released to anyone other than a parent, guardian or family member without prior written consent from the parent/guardian.
3. When arriving at or departing from program sites, parents should check in with a NEDSRA staff member before leaving or taking a participant home.
4. A child or minor will be allowed to walk home from a program location only if written permission from the parent/guardian has been received.
5. For programs involving door-to-door transportation, NEDSRA staff will pick up and drop off at the participant's driveway. Arrangements should be made to accommodate participants from this point.
6. If you will not attend a program for which you registered, please notify the NEDSRA office.

Active Duty Military Fee Assistance Policy

Fee assistance is now available to active duty military personnel and their dependents residing in NEDSRA's member partner communities. For details, contact our registrar at 630-620-4500.



Staff Directory

Recreation Team



Colleen Cline
 Recreation Coordinator
 Phone: 630.576.4038
 Email: ccline@nedsra.org



Sean Fritsch
 Recreation Coordinator
 Phone: 630.576.4037
 Email: sfritsch@nedsra.org



Beth Corso
 Sr. Recreation Coordinator
 Phone: 630.576.4030
 Email: bcorso@nedsra.org



Maggie Goode
 Recreation Coordinator
 Phone: 630.576.4036
 Email: mgoode@nedsra.org



Administration Team



Jerry Barton, CTRS
 Superintendent of Recreation
 Phone: 630.576.4040
 Email: jbarton@nedsra.org



Rick Poole
 Executive Director
 Phone: 630.576.4023
 Email: rpoole@nedsra.org



Sue Martellotta
 Executive Assistant/HR
 Phone: 630.576.4022
 Email: smartellotta@nedsra.org



Ana Salazar
 Registrar/Database Coordinator
 Phone: 630.620.4500
 Email: asalazar@nedsra.org



Kristen Seefurth
 Marketing & Communications Manager
 Phone: 630.576.4017
 Email: kseefurth@nedsra.org

Adaptive Athletics



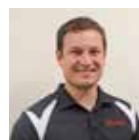
At Synergy Adaptive Athletics, we believe everyone should have equal access to the wide range of benefits that sports opportunities can provide. We help athletes with a primary physical disability realize those benefits by providing the tools and resources necessary to help each athlete perform to their utmost potential and to achieve their personal sports goals.

Synergy Adaptive Athletics is a collaborative program of Northeast DuPage Special Recreation Association (NEDSRA) and Western DuPage Special Recreation Association (WDSRA) that provides adaptive sports opportunities to individuals of all ages with a primary physical disability.

Contact Synergy to Register or Visit synergyyaa.com



Synergy can help provide adaptive equipment resources such as sports chairs, hand cycles and other adaptive equipment for you to use for an event or school sport.



Jason Stubbeman
 Synergy Adaptive Athletics Coordinator
 Phone: 630-384-8542
 Email: jasons@synergyyaa.com



facebook.com/synergyyaa

Step 1 Participant Information

Please indicate phone type: cell (C), home (H), or work (W).

Gender: Male Female Birthday: _____ Age: _____

Name: _____ Ethnicity: _____

Email: _____ Phone 1: _____ Type: _____

Address: _____ Phone 2: _____ Type: _____

City: _____ Zip: _____ State: _____ T-Shirt Size: _____

Primary Diagnosis: _____ if lower extremities, result of the Athlete-Head Instability Test
 Positive Negative

Secondary Diagnosis: _____

Does participant have another disorder? Yes No Date of last seizure: _____ If yes, complete seizure questionnaire form

Group Name Participant: **Case Manager:** _____

Email: _____ Phone: _____

Step 2 Parent/Guardian Contact Information

Please indicate phone type: cell (C), home (H), or work (W).

1. Name: _____ Relationship: _____

Address: _____ Phone: _____ Type: _____

City: _____ State: _____ Email: _____

2. Name: _____ Relationship: _____

Address: _____ Phone: _____ Type: _____

City: _____ State: _____ Email: _____

Step 3 Emergency Contact Information

Emergency contact should be someone other than a parent or guardian.

1. Name: _____ Relationship: _____

Email: _____ Phone: _____

2. Name: _____ Relationship: _____

Email: _____ Phone: _____

Step 4 Medication

Attach additional information if needed.

Medication Name	Dosage	Time	Frequency/Duration

Step 5 Allergies

Attach additional information if needed.

Does participant have allergies? Yes No

Allergy	Description	Additional Comments

Step 6 Dietary Restrictions

Attach additional information if needed.

Does participant have dietary restrictions? Yes No If yes, please list _____Does participant have a G-Tube? Yes No

Food Preferences: _____

Additional Information: _____

Can participant consume alcohol? Yes No

Step 7 Mobility

- Can participant walk independently? Yes No
- Does participant use a wheelchair? Yes No *If yes, does participant* Transfer independently Transfer with assistance
- Does participant use assistive equipment (walker, cane, brace, etc.)? Yes No *If yes, please list* _____
- Requires a vehicle lift? Yes No
- Requires assistance during transportation? Yes No

Step 8 Communication

- Verbal Independent Communication Uses Sign Language
- Limited Verbal Restricted/Functional Communication Needs Sign Language Interpreter
- Non-Verbal Uses Communication System (tablet, iPad, etc.) _____

Step 9 Behavior

- Best way to transition _____
- Best way to volunteer? _____
- Best way to engage _____
- Behavior exhibited when upset/frustrated _____
- Behavior triggers _____
- Preferred activities _____
- Does participant have a behavior plan? Yes No **If yes, please provide a behavior plan.*

Step 10 Sensory

- Is participant sensitive to noise such as music, heart, environment, etc? Yes No
Explain _____
- Does participant seek sensory input? Yes No
Explain _____
- Does participant require visual cues? Yes No
Explain _____

Step 11 Safety

- Can participant cry alone? Yes No
- Can participant cry please someone? Yes No
- Does participant vocalize/laugh from group? Yes No
- Is participant responsible for belongings? Yes No
- Can participant manage money? Yes No
- Can participant recognize danger? Yes No
- Does participant swim? Yes No
Requires 1:1 assistance in water? Yes No
Explain _____
- Who is instructed to pick up participant? _____

Step 12 Life Skills

- Requires assistance writing _____
- Requires assistance in bathroom _____
- Requires bathroom schedule _____
- Requires assistance dressing _____
- Can participant swim? Yes No
- Can participant walk? Yes No

Step 13 Additional Information

Please share any additional information that will be helpful in working with the participant. Attach additional information if needed.

- I grant photo permission for participant's picture to be taken and used in NEDSRA publications. Yes No
- Participant is independent and does not require supervision at conclusion of program (drop-off). Yes No

Guardian Signature: _____

Print Name: _____

Registration Form



OFFICE USE ONLY

Amt. Rec'd: _____ Ck Cash CR SC
 Date Rec'd: _____
 CI: _____ Visa MC D AE
 Date: _____

Step 1 Participant Information

Disability: _____

Name: _____ Birthday: ____-____-____ Age: ____

Address: _____

City: _____ State: _____ Zip: _____

Primary Email: _____ Primary Phone: ____-____-____

Step 2 Parent/Guardian & Emergency Contact Information

Name: _____ Primary Phone: ____-____-____

Email: _____ Work Phone: ____-____-____

Emergency Contact Name: _____ Emergency Phone: ____-____-____

Emergency contact should be someone other than a parent or guardian.

Relationship to Participant: _____

Step 3 Program Registration

Program #	Program Name	Fee	Return with check payable to NEDSRA 1770 W. Centennial Place, Addison, IL 60101
			Credit Card Customers Circle one: VISA MC D AE
			Print Cardholders Name _____
			Cardholder Signature _____
			Card Number _____
			Expiration Date: _____ CVC #: _____
			Total Fees: \$ _____

Mandatory Waiver

Norwalk Metro Special Recreation Association is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. NEDSRA continuously strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for programs must recognize that there is inherent risk of injury when choosing to participate in recreational activities.

You are solely responsible for determining if you or your child/ward are physically fit and/or skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered any illness, injury or impairment, to consult a physician before undertaking any physical activity. NEDSRA neither an accident coverage on participants nor the cost of medical attention and/or hospitalization will be the sole responsibility of the individual in question and/or their parent or guardian.

Waiving of Risk

Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of minor injury when participating in any recreational activities. Not all accidents and damages can be foreseen. Participants must understand that certain risks, damage and injuries due to acts of God, equipment wear/tear, slipping, falling, equipment failure, failure to supervise, provider defects and all other circumstances inherent to recreational activities exist. In this regard, it must be recognized that it is impossible for NEDSRA to guarantee absolute safety.

Authorization for Emergency Medical Treatment

I authorize NEDSRA to arrange emergency medical treatment, in the event of injury to my child or me and in the event that I or my designated emergency contact cannot be reached by NEDSRA.

Waiver and Release of all Claims and Assumption of Risk

Please read this form carefully and be aware that in signing up and participating in this program, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your child/ward might sustain as a result of participating in any and all activities connected with and associated with this program (including transportation services, where provided).

When registering by fax, it is understood that the facsimile registration document (including waiver and release of all claims) shall substitute for and have the same legal effect as the original form. I recognize and acknowledge that there are certain risks of physical injury to participants in this program, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that any child/ward or I may sustain as a result of said participation. I further agree to waive and to release all claims I or my child/ward may have for access to me or my child/ward or as a result of participating in this program against NEDSRA, including its officials, agents, subcontractors and employees (hereinafter collectively referred to as "NEDSRA").

I do hereby fully release and forever discharge NEDSRA from any and all claims for injuries, damages, or loss that any child/ward or I may have or which may accrue to me or my child/ward and relating out of contractual with, or in any way associated with this program.

Guardian Signature: _____

Print Name: _____



1770 W. Centennial Place
Addison, Illinois 60101

Phone: 630-620-4500

Fax: 630-620-4598

nedsra.org

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Schiller Park

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Wood Dale



Check out this **FREE** program for military veterans of all eras! Qualified veterans will receive a free, one-year fitness membership at their licensed local park district or village fitness center, along with personal training sessions. In addition, free monthly events are provided to network with fellow veterans and family members. Call 630-620-4500 or visit nedsra.org for more information.



See program updates, event information,
flyers, videos and photos!
nedsra.org