Winter Spring 2020

Winter Registration Deadline: January 3, 2020

Spring Registration Deadline: February 7, 2020

Family Banquet
See page 42

Online Registration Available
See page 23

Country Club Hills • Hazel Crest • Homewood-Flossmoor • Lansing • Matteson
Oak Forest • Olympia Fields • Park Forest • Richton Park • Tinley Park
SSSRA Mission Statement

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

SSSRA Administrative Office

19910 80th Avenue
Tinley Park, IL 60487
Office Hours 9:00 am - 5:00 pm
(815) 806-0384
711 (Illinois Relay System)
(815) 806-0390 (FAX)
www.sssra.org

SSSRA Staff

Janet Porter, CTRS
Lisa Drzewiecki
Pam Alvarado
Tammy McMahon
Katie Lucas, CTRS
Rob Hentschel
Laura Pubins
TBA
Regina Ross-Ellison
Sandy DeFrancesco
TBA
Anna Broccolo
John Braun

Executive Director
Superintendent
Operations Manager
Inclusion Manager
Program Manager
Support Staff Manager
Recreation Specialist
Recreation Specialist
Finance & Office Manager
Secretary/Registrar
Secretary/Registrar
Public Relations Manager
Vehicle Maintenance Coordinator

SSSRA Members

Country Club Hills Park District
Hazel Crest Park District
Homewood-Flossmoor Park District
Lake-Oak Park District
Matteson Recreational Division
Oak Forest Park District
Olympia Fields Park District
Park Forest Recreation & Parks Department
Richton Park Parks & Recreation Department
Tinley Park-Park District

Dwone Ross, Sr.
Joseph Bertrand
Stephanie Simpson
Michelle Havran
Lisa Hill
Cindy Grannan
Jesus Vargas
Kevin Adams
Ashley Turner
Sandra Wolff-Chevalier

The SSSRA Board of Directors meets at 9:00 am on the fourth Thursday of the month at the SSSRA Office.

Winter Table of Contents

18-19 Adults with Physical Disabilities Programs & Special Events
6 Behavior Guidelines
7-8 Early Childhood Programs
8 Early Childhood Special Events
24 First Timer Participant Coupon
41 Fundraising
3-6 General SSSRA Information
19 Healthy Minds, Healthy Bodies
23 How to Register
3 Inclusion Services Information
5 Participant Services Information
6 Program Cancellation Information
51 Program Locations & Directions
5 Program Policies
23 Refund Policies
25-26 Registration Form
23-24 Registration Policies
23 Scholarship Information
20-22 Special Events
16-17 Special Olympics Programs
7 Sponsors
9-10 Teen Programs & Special Events
10-14 Teen & Adult Programs
14-15 Teen & Adult Programs and Special Events for Individuals with Severe and Profound Disabilities
35 Thanks to Staff & Volunteers
4 Transportation Information
45 Trip
6 Weather Guidelines
5 Wellness Guidelines
7-8 Youth Programs
8 Youth Special Events

Winter Registration Deadline

January 3, 2020

Do not delay, register today!

Ensure that the program you wish to attend is not cancelled by registering early. Unfortunately, if there are not enough registrants, the program must be cancelled. Please register early!
What is SSSRA?
SSSRA is a therapeutic recreation program that is an extension of seven park districts and three recreation and parks departments. It is organized to provide individuals with disabilities or special needs, the opportunity to be involved in year-round recreation.

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

Who is Eligible for SSSRA Programs?
SSSRA programs are for individuals from birth through adult who receive special education services, vocational services, supported employment, or who have recreational needs not met by traditional park district programs. This could include individuals who have varying degrees of physical disabilities, intellectual disabilities, learning disabilities, emotional difficulties, hearing or visual impairments, and developmental delays.

Who is a SSSRA Resident?
Persons residing in the SSSRA member agencies are considered residents. These agencies are: Country Club Hills Park District, Hazel Crest Park District, Homewood-Flossmoor Park District, Lan-Oak Park District, Matteson Recreational Division, Oak Forest Park District, Olympia Fields Park District, Park Forest Recreation and Parks Department, Richton Park Parks and Recreation Department, and Tinley Park - Park District. SSSRA reserves the right to verify residency and special education services.

Americans with Disabilities Act
SSSRA is subject to and will comply with the Americans with Disabilities Act (ADA), which prohibits discrimination on the basis of disability against persons who meet essential eligibility requirements for services. If you have any questions about our services in regard to the ADA, please call us at (815) 806-0384.

Inclusion Services at SSSRA
SSSRA is committed to providing new and challenging leisure and recreation activities for all of our participants. We recognize that a park district or recreation department program may better serve an individual’s needs. SSSRA works with our ten member agencies to assist individuals with making the transition from special recreation to these programs. Our professional staff can help you choose an appropriate program, provide referral services, conduct any necessary staff training, secure support staff, or supply adaptive equipment or communication devices. If you or a family member wish to participate in a park district or recreation department program, please contact Tammy McMahon at (815) 806-0384.

Safety Precautions
Some participants in SSSRA programs and special events may be carriers of infectious disease(s). Staff and volunteers have been provided in-service training concerning proper hygienic procedures. SSSRA seeks to provide a safe environment for all of our participants, staff, volunteers, and the public. If you have any specific questions, please call the SSSRA Executive Director or Superintendent at (815) 806-0384.

SSSRA and SWSRA Cooperative Agreement
SSSRA has a cooperative agreement with South West Special Recreation Association (SWSRA). This agreement enables participants who reside in SSSRA and SWSRA resident communities to participate in most programs offered by either association at resident rates. Please note that this does not include day camp, vacation trips, away camps, and weekend trips. Special services such as scholarships and door-to-door transportation are not included in this agreement. Registrations will be processed after the deadline is reached for agency residents. SWSRA serves the residents of: Alsip, Blue Island, Hickory Hills, Merrionette Park, Midlothian, Palos Heights, Posen, and Worth.

We hope that through this agreement, each agency’s residents will have expanded opportunities for program participation. For additional information about this agreement, please call SSSRA at (815) 806-0384. To receive a copy of the SWSRA brochure, call the SWSRA office at (708) 389-9423.

SSSRA and LWSRA Cooperative Agreement
SSSRA has a cooperative agreement with Lincolnway Special Recreation Association (LWSRA). This agreement enables participants who reside in SSSRA and LWSRA resident communities to participate in most programs offered by either association at resident rates. Please note that this does not include day camp, vacation trips, away camps, and weekend trips. Special services such as scholarships and door-to-door transportation are not included in this agreement. Registrations will be processed after the deadline is reached for agency residents. LWSRA serves the residents of: Frankfort, Frankfort Square, Mokena, Manhattan, New Lenox, Peotone, and Wilmington.

We hope that through this agreement, each agency’s residents will have expanded opportunities for program participation. For additional information about this agreement, please call SSSRA at (815) 806-0384. To receive a copy of the LWSRA brochure, call the LWSRA office at (815) 320-3500.
Transportation
SSSRA has implemented these transportation procedures to ensure participants ride safely in our vehicles.

1. All passengers must be sitting in seats or wheelchairs with belts securely fastened. The driver will not proceed until all seat belts are fastened.
2. All wheelchairs must have brakes that are in good working order and can stop the chair from moving.
3. SSSRA has established transportation policies to ensure the safety of all passengers. If SSSRA staff determines it would be dangerous to transport an individual, SSSRA reserves the right to refuse to transport that person.
4. Persons riding in Amigo-type wheelchairs may have to transfer into a vehicle seat and use a seat belt. Amigo-type wheelchairs are not designed to transport individuals in moving vehicles.
5. Wheelchairs may be available for participant use while at programs and special events. Assistance by SSSRA staff will be determined on a case-by-case basis.
6. Late registrants may not have transportation during the first week of programs due to routing changes. Participants are notified if a problem occurs.
7. When transportation is included in special events, the use of vans or buses may change as necessary to accommodate group sizes and needs.
8. A minimum of three participants is required for a vehicle route to run. If there are not enough participants for the route, you will be notified.
9. If participants do not use SSSRA transportation and plan to be dropped off or picked up at a special event, please notify the SSSRA office prior to the event. Parents/guardians/group home staff are required to notify the program supervisor upon participant arrival and departure.
10. State law does not require the use of car seats in SSSRA buses, as they weigh more than 9,000 pounds. However, as a best practice, the association uses car seats whenever possible, for children under the age of 8.

Pick-Up Points
1. Special events have centralized pick-up and drop-off locations.
2. There are different codes for each pick-up point. Transportation is based on registration for each pick-up point. Please be sure to indicate which pick-up point you will use by documenting the correct code for the program you are registering for.
3. SSSRA cannot wait more than 10 minutes at the pick-up point due to demanding vehicle schedule.

Transportation: Door-To-Door, Persons with Physical Disabilities, and Day Camp
1. SSSRA drivers will assist participants to and from their front door; driveways/walks must be clear of debris/obstacles. SSSRA staff will not enter residences.
2. Persons unable to be in a house alone should have someone meet the van at the designated time of return. SSSRA cannot wait more than 5 minutes due to the demanding vehicle schedule.
3. SSSRA transports in-district participants only for door-to-door service.
4. For door-to-door transportation, you will be called with your pick-up time prior to the program date.
5. A minimum of three participants is required for a vehicle route to run. If there are not enough participants for the route, you will be notified.
6. Door-to-door transportation is available on a limited basis as indicated by this symbol.

Early Arrival or Late Pick-Up Fee
Participants arriving more than 15 minutes prior to a program or special event will be charged a $15 fee for every 15 minutes early. Please pick-up participants at the designated time. If parents/guardians are not on time for participant pick-up, a $15 fee will be assessed for every 15 minutes late.

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

Mileage from Member Communities to Coyote Run Golf Course, Flossmoor (central pick-up point)

<table>
<thead>
<tr>
<th>Community</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Country Club Hills</td>
<td>3.4 miles</td>
</tr>
<tr>
<td>2 Hazel Crest</td>
<td>2.9 miles</td>
</tr>
<tr>
<td>3 Coyote Run, Flossmoor</td>
<td>9.6 miles</td>
</tr>
<tr>
<td>4 Eisenhower Center, Lansing</td>
<td>4.3 miles</td>
</tr>
<tr>
<td>5 Matteson Community Center (Matteson Avenue)</td>
<td>7.4 miles</td>
</tr>
<tr>
<td>6 Oak Forest Park District</td>
<td>3.5 miles</td>
</tr>
<tr>
<td>7 Olympia Fields Park District</td>
<td>5.9 miles</td>
</tr>
<tr>
<td>8 Park Forest Village Hall</td>
<td>5.3 miles</td>
</tr>
<tr>
<td>9 Richton Park Community Center</td>
<td>8.5 Miles</td>
</tr>
<tr>
<td>10 SSSRA, Tinley Park</td>
<td>8.5 Miles</td>
</tr>
</tbody>
</table>
Program Times
Parents or individuals providing transportation for participants should make drop-offs and pick-ups at the times listed for the program. SSSRA staff use the time before the program to meet with staff and set-up. Please be prompt after the program as some staff are expected at another program. SSSRA staff are instructed to stay with participants until they are picked up. If a participant may walk home, or will be picked up by someone other than parents, a permission note signed and dated by the parent, must be given to the Program Supervisor.

Participation Guidelines When Illness Occurs
To prevent the spread of contagious illnesses, it is recommended that participants refrain from attending programs when any of the following conditions exist:
1. Fever of 100 degrees or higher.
2. Vomiting within the last 24 hours.
3. Persistent diarrhea in conjunction with other symptoms.
4. Contagious rash or a rash of unknown origin.
5. Persistent cough and/or cold symptoms.
6. “Pink eye” (conjunctivitis) or discharge from the eye.
7. Symptoms of mumps, measles, chicken pox, strep throat, flu, impetigo, coxsackie virus, head lice, mites, and ringworm.
8. Runny nose with yellow or green discharge, which indicates infection.
9. Fatigue, due to illness, that will hinder participation and enjoyment of the program.
10. SSSRA may request that a participant submit a doctor’s release in order to participate in SSSRA programs or special events.

Program Policies
1. SSSRA reserves the right to determine participant appropriateness for programs and special events.
2. When arriving and departing a program, parents/guardians/group home staff are required to notify the program supervisor.
3. If a participant cannot attend a program, he/she cannot send a substitute in their place.
4. When participants of varying ages and ability levels are in the same program, SSSRA will group them appropriately.
5. SSSRA provides an approximate 1:4 staff-to-participant ratio.
6. While SSSRA staff will assist participants with their belongings at programs, SSSRA cannot be responsible for lost or stolen property. Participants should not bring valuables to programs.
7. Vacation Trips, Weekend Trips, and Overnights: Participants must have independent self-help skills, be able to work successfully in a 1:4 staff to participant ratio, and have participated in SSSRA weekly programs.
8. With your child’s best interest in mind, parents are invited to their child’s first program meeting. Our instructors have found that parent and/or sibling distractions during the program time affects the quality of their instruction. Our instructors always welcome the opportunity to discuss a participant’s progress with parents at any time.

Participant Expectations
1. Participants must have bowel and bladder control or arrive at the program wearing Depends or similar items under clothing. If this is a concern, please contact the SSSRA office.
2. Overall appearance should be clean (Hair, face, teeth, hands, nails, etc.).
3. Clean, dry clothing.
4. Appropriate attire for program participation (i.e. tennis shoes, warm-ups or loose/comfortable fitting clothing for athletic/sports/exercise programs).

Atlanto-Axial Instability (AAI)
Because of the risk of injury, Special Olympics Illinois has established a policy which states that any participant with Down Syndrome, involved in any Special Olympics sport/activity, must obtain a x-ray, submit a letter from their physician, and complete the Special Olympics Illinois medical form. The letter must state that the individual does not have atlanto-axial instability prior to participating in the program. All programs in the brochure which require AAI clearance are marked with the AAI symbol. Please contact the SSSRA office for more information.
Behavior Guidelines

SSSRA promotes the concept of “equal fun for everyone.” Participants are expected to exhibit appropriate behavior at all times. SSSRA’s behavior guidelines have been developed to help make the programs safe and enjoyable for all participants.

1. Participants must show respect to all participants, staff and volunteers.
2. Participants must refrain from threatening or causing bodily harm to self, other participants, or staff.
3. Participants must refrain from using foul language or discussing inappropriate topics.
4. Participants must show respect for equipment, supplies, and facilities.
5. Additional rules may be developed for specific programs and athletic programs as deemed necessary by staff.
6. If inappropriate behavior occurs, a prompt resolution will be sought specific to each individual’s situation.

SSSRA reserves the right to dismiss participants whose behavior endangers the safety of themselves or others.

Program Cancellations

SSSRA attempts to hold programs whenever possible. However, inclement weather occasionally makes it difficult for staff and participants to travel to program locations. SSSRA’s cancellation policies are as follows:

1. At the scheduled program time, if no participants arrive within the first 30 minutes, the program session will be cancelled, and staff will be sent home. No refunds will be given.
2. SSSRA staff look at all circumstances three hours prior to the starting time of the program or transportation route, to determine if the program should be cancelled.
3. If the program is cancelled, program staff attempt to reach all participants by phone to inform them. You will only be called if the program is cancelled.
4. SSSRA attempts to extend programs to make up missed dates.
5. SSSRA will call/send a letter announcing program extensions.

Severe Weather Guidelines

In the event of severe weather, cancelling programs may be in the best interest of our participants. For the safety of our participants, supervisors may make the decision to cancel a program in progress, should weather become questionable. The following guidelines will be used to determine cancellations:

Severe Cold Weather
- Outdoor programs: Temperature range of 0 degrees or less, including wind chill.
- Programs with transportation: Temperature of 0 degrees or less, including wind chill.
- All programs (including indoor): Snowstorm situations when driving restrictions (winter storm or blizzard warning in which authorities have advised not going out unless necessary) and emergency accident plans (state and local police) are in effect.

Severe Hot Weather
- Outdoor programs, or indoor sites without air-conditioning, a heat index of 100 degrees or higher.
- Programs with transportation: Heat index of 100 degrees or higher.
- All programs (including indoor): Weather situations when a tornado warning is in effect for Lake, Will, Cook and/or DuPage counties.

High Wind Advisory

Transportation when there is a high wind advisory in effect, strong winds can make driving difficult, especially for high profile vehicles.

Program Options

SSSRA assigns designations for individuals in targeted disability groups for each program. The groups targeted are suggestions. We will attempt to accommodate all individuals. Please contact the SSSRA office if you would like to discuss your program options.

Brochure Errors

Our staff have made every effort to prepare this brochure as accurately as possible; however, errors can occur. Circumstances may require that adjustments be made to programs, fees, schedules, etc. SSSRA reserves the right to make any such adjustments. The staff apologize for any inconvenience these errors or adjustments may cause.

Brochure Mail Delivery

SSSRA relies upon the post office for mail deliveries of our seasonal brochures. SSSRA assumes no responsibility for mail delivery. If for some reason you do not receive a brochure, please pick one up at your park district, recreation department, or the SSSRA office.

Please call 815-806-0384 for weather related cancellations.

Extension 23 for weekly programs and special events, and extension 24 for Special Olympics.
Swim Lessons
SSSRA has partnered with British Swim School and their certified instructors to provide quality swim lessons to our participants. In the progressive classes, swimmers are introduced to basic water skills, breath holding, and a number of submerging progressions, which will eventually lead the child to unassisted swimming. Swimming activities will encourage self-confidence, strengthen gross motor skills, and assist in following directions. Swim lessons are taught in a 1:2 staff to participant ratio. Please note that we share the pool with the public.

Please note that participant’s guardian/caregiver must assist with personal needs, i.e. dressing.

Please note 2 locations.

Children ages 3 - 12
LA Fitness, Tinley Park
Tues, Feb 4 - Mar 3
R: $125, NR: $500
Min/Max: 2/4
5:30 - 6:00 pm  Code: 36105

Children ages 3 - 12
Tinley Fitness
Sat, Feb 8 - Mar 7
R: $125, NR: $500
Min/Max: 2/4
9:00 - 9:30 am  Code: 36106
9:30 - 10:00 am  Code: 36107
10:00 - 10:30 am  Code: 36108
10:30 - 11:00 am  Code: 36109

Gymnastics
Children will experience a wide range of gross motor activities while being introduced to the sport of gymnastics. Each class will provide your gymnast with a new experience on the trampoline, balance beam, and bars, along with many other gross motor activities implemented into the program in a fun and safe environment. Staff from SSSRA will assist each gymnast while a certified gymnastics instructor runs the program.

Children ages 4 - 6
United Gymnastics Academy, Tinley Park
Mon, Feb 3 - Mar 2
4:00 - 4:50 pm
R: $86, NR: $344
Code: 30203
Min/Max: 4/10

Children ages 7 - 12
United Gymnastics Academy, Tinley Park
Mon, Feb 3 - Mar 2
5:00 - 5:50 pm
R: $86, NR: $344
Code: 30303
Min/Max: 4/10

Time for Art
Love to color? Come out each week and work on an art project. We will use different types of art supplies to create our work including paint, crayons, food, and more! Participants will create an age appropriate project to bring home. Examples of projects will be displayed during the Spring Drama Show in May.

Due to the generosity of Ricky’s Ride, this program is offered at a discounted fee for residents.

Children ages 2 - 5
Tony Bettenhausen Recreation Center, Tinley Park
Tues, Feb 4 - Mar 3
5:00 - 6:00 pm
R: $10, NR: $128, LWSRA & SWSRA: $32
Code: 30217
Min/Max: 5/15

Thank you to our Winter 2020 sponsors for enabling us to offer programs, special events, and transportation services for free or at a discounted fee for our residents.

Aileen S. Andrew Foundation
Ricky’s Ride
SSSRA

Interested in Becoming a Sponsor?
Please contact our office at 815-806-0384.
Bumper Bowl
This favorite program is guaranteed to provide a “striking” good time. Our bowling programs provide an opportunity for all ability levels to participate in this popular sport. Bumpers are placed in the gutters so you will be able to concentrate on skill development and technique while enjoying the success of watching the pins fall. Bowlers will be grouped according to age and ability. This program includes two games or 1½ hours of bowling, whichever comes first.

Please note locations and days.

**Children ages 2 - 5, 6 - 12**
Centennial Lanes 2.0, Tinley Park
Wed, Feb 5 - Mar 4
4:30 - 6:00 pm
R: $59, NR: $236
Code: 33501
Min/Max: 4/10

**Children ages 2 - 5, 6 - 12**
Oak Forest Bowl, Oak Forest
Thurs, Feb 6 - Mar 5
4:15 - 5:45 pm
R: $59, NR: $236
Code: 33502
Min/Max: 4/10

**Children ages 2 - 5, 6 - 12**
Tinley Bowl
Sat, Feb 8 - Mar 7
12:30 - 2:00 pm
R: $59, NR: $236
Code: 33503
Min/Max: 4/10

Friday Drop In
Calling all parents! It is your turn for a night out on the town. Drop the kids off for a fun filled evening of games, music, arts and crafts, and a movie. Dinner will be provided each week. Feel free to send your kids in comfy clothes. Siblings are welcome, but must be listed on the registration form, sign a waiver, and pay the $17 fee for each day attending.

**Children ages 2 - 5, 6 - 12**
Tony Bettenhausen Recreation Center, Tinley Park
Fri, Feb 7 - Mar 6
5:00 - 7:30 pm
R: $86, NR: $344
Additional guests are $17 each day.
Code: 33519
Min/Max: 6/15

Winter Sensory Fun
Brr! It may be cold outside, but we will have fun inside making a variety of different sensory items to play with. We will make sensory timers, slime, floam, and more! We will also have time to play with snow in the warmth of the room.

Due to the generosity of Ricky’s Ride, this program is offered free for residents.

**Children ages 2 - 5, 6 - 12**
Eisenhower Center, Lansing
Sat, Feb 8
1:00 - 2:30 pm
R: FREE, NR: $20, LWSRA & SWSRA: $10
Code: 34416
Min/Max: 6/12

Hot Wheels® Derby Day
Grab your fastest Hot Wheel®, and let’s race against your friends! Show off those shiny colors or your favorite car design! We will also create some Hot Wheel® inspired crafts and make a snack. Please bring a Hot Wheel® with you.

**Children ages 2 - 5, 6 - 12**
Marie Irwin Center, Homewood
Sun, Mar 1
1:00 - 2:30 pm
R: $10, NR: $20
Code: 34417
Min/Max: 5/15

Leprechauns & Shamrocks
Dress in your best green and join the other leprechauns for a festive St. Patrick’s celebration! We will play games, make a fun rainbow snack, and make a leprechaun trap that you can bring home. Hopefully your trap will be the lucky one and catch the leprechaun!

**Children ages 2 - 5, 6 - 12**
Hazel Crest Park District
Sat, Mar 14
4:00 - 5:30 pm
R: $12, NR: $24
Code: 34418
Min/Max: 6/12
Pinewood Derby
Get ready to rev those engines! In this program, we will build our own pinewood derby cars, just like the scouts do! Each week, we will work on our cars, and we will race against each other at the end of the season. Get ready to get creative.

Due to the generosity of Ricky’s Ride, this program is offered at a discounted fee for residents.

Persons ages 13 - 20
Tony Bettenhausen Recreation Center, Tinley Park
Mon, Feb 3 - Mar 2
5:00 - 6:00 pm
R: $10, NR: $140, LWSRA & SWSRA: $35
Code: 32718
Min/Max: 6/12

Funky Food Art
Get ready to get creative because we’re going to be making different edible food art each week. Before we eat our food, we will turn it into a beautiful masterpiece. Everything that goes into our artwork will be edible. After we finish our designs, we will end the program by eating together.

Due to the generosity of Ricky’s Ride, this program is offered at a discounted fee for residents.

Persons ages 13 - 20
Eisenhower Center, Lansing
Tues, Feb 4 - Mar 3
5:00 - 6:00 pm
R: $20, NR: $160, LWSRA & SWSRA: $40
Code: 32719
Min/Max: 6/15

Competition Bake Off
I hope you brought your apron because we are going to be doing some serious baking with our friends! Each week, we will be baking a new treat. Let’s see who can bake the best looking treat on a weekly basis.

Persons ages 13 - 20
Hazel Crest Park District
Wed, Feb 5 - Mar 4
5:00 - 6:00 pm
R: $40, NR: $160
Code: 32720
Min/Max: 6/12

Young Adult Social Club
Liven up your Friday nights by joining your friends at Young Adult Social Club! All of our activities place a strong emphasis on socialization. You will be mailed a schedule of events and transportation times one week prior to the start of the program. Participants must be able to work successfully in a 1:4 staff to participant ratio, and display appropriate table manners.

Due to the generosity of Ricky’s Ride, this program is offered at a discounted fee for residents.

Persons ages 13 - 20
Various Community Outings
Fri, Feb 7 - Mar 6
6:00 - 8:00 pm (times may vary)
R: $51, NR: $404, LWSRA & SWSRA: $101
Code: 32705
Min/Max: 6/12

Weekend Workouts
Get your weekend started by getting a workout in. Come join your friends as we experience different sports each week. We can try anything from basketball to kickball or even whiffle ball! Make sure to come in comfortable clothes and bring your water bottle.

Persons ages 13 - 20
Salem Lutheran Church, Homewood
Sat, Feb 8 - Mar 7
9:00 - 10:00 am
R: $32, NR: $128
Code: 32721
Min/Max: 6/12

Find us on Facebook
facebook.com/sssra1973
Teen Special Events

Mascot Hall of Fame
What’s one of the best parts of going to a professional sporting event? Seeing those fun and silly mascots of course! Well, let’s spend the afternoon hanging out with those very same mascots at the Mascot Hall of Fame. At the Mascot Hall of Fame, we will have the chance to interact with the mascots, learn their history, play different games, build your own mascot, and much more! Lunch will be provided, but please bring extra money for souvenirs and snacks.

Persons ages 13 - 20
Whiting, Indiana
Sun, Feb 9
11:00 am - 2:30 pm
R: $42, NR: $84
Code: 33108
Min/Max: 6/12

Location
SSSRA Office, Tinley Park 9:30 am 4:00 pm
Coyote Run Golf Course, Flossmoor 10:00 am 3:30 pm

St. Patrick’s Day Party
Join your friends this evening as we celebrate St. Patrick’s Day with a variety of activities. We will have games to play, a craft to do, and we will make St. Patrick’s Day themed snacks. Make sure to come dressed in your green!

Persons ages 13 - 20
Hazel Crest Park District
Sat, Mar 14
6:00 - 8:00 pm
R: $14, NR: $28
Code: 33109
Min/Max: 6/12

Teen & Adult Programs

Job Hunting 101
Are you ready for a job, but don’t know where to start? This program is where you can learn all you need to know about job hunting and skills. Join us each week as we learn something new about the process of getting a job. During the last week of programs, we will even do some mock interviews!

Persons ages 13 and older
Tony Bettenhausen Recreation Center, Tinley Park
Mon, Feb 3 - Mar 2
6:15 - 7:15 pm
R: $29, NR: $116
Code: 32933
Min/Max: 6/20

Drama Club
Here is your big chance to become a star! We will work on pantomime, facial expressions, and vocal levels. Performing is a great way to improve verbal and social skills, while building self-confidence. Using props and costumes, we will perform at the Spring Drama Show on Monday, May 4 at 7:00 pm.

Persons ages 13 and older
Freedom Hall, Park Forest
Mon, Feb 3 - Apr 27, No program March 23
Meet at SSSRA Office on April 20
Drama Show - Mon, May 4, 7:00 pm
6:00 - 7:30 pm
R: $99, NR: $396
Code: 32902
Min/Max: 6/20
Day Trippers
Come spend Mondays with your friends from SSSRA. Different activities are scheduled every other week. All of our activities place a strong emphasis on socialization and community integration. Door-to-door transportation is provided for residents, and participants will be notified of their pick-up time. Non-residents will need to meet at the SSSRA office and will be notified of the departure time. Participants must be able to work successfully in a 1:4 staff to participant ratio, and display appropriate table manners.

February 3 - Lunch & a Movie
Let’s start our season with lunch and a movie of our choice. Before the movie, we will catch up with our friends while enjoying a yummy meal. As a group, we will decide what movie we want to see. Lunch is included, but please bring money if you wish to buy snacks at the movie.

February 17 - Bowling & Pizza
What’s a better way to spend your day than eating pizza and bowling with friends? Before bowling, we will stop for pizza nearby. At the bowling alley, we will enjoy 2 games of bowling. Lunch and bowling are included.

March 2 - Dave & Busters
Got games? Dave & Busters does! This week, let’s enjoy all the arcade games and win some prizes. We will eat lunch at Dave & Busters. Money for game tokens is provided, but please bring extra if you wish to play more.

March 23 - Shopping & Lunch
A fan favorite is back! Let’s do a little shopping to spoil ourselves and the ones we love. Before we shop, we will grab a bite to eat. Lunch is included, but please bring money for shopping.

April 13 - Pilcher Park
Let’s end our season with an outdoorsy event! We will be going to Pilcher Park to enjoy a hike, nature scavenger hunt, and a picnic with our friends. Please dress for the weather and wear the right shoes. Also, please bring a sack lunch.

You will be notified of your pick-up time for door-to-door transportation.

Persons ages 21 and older
Various Community Outings
Mon, Feb 3, 17; Mar 2, 23; Apr 13
9:00 am - 5:00 pm (times may vary)
R w/ Trans: $218, NR: $872
Code: 35001
Min/Max: 6/10

Weight Lifting and Water Aerobics
Ready to get in shape? We will spend the first half of the program in the pool, working on core muscle strengthening and overall body conditioning. The other half of the program will be in the weight room to work on cardiovascular exercises as well as overall strength training. Please bring workout clothes and gym shoes, and bring a water bottle, swimsuit, and towel. Participants may want to consider bringing a key lock for the lockers. Participants must be able to work successfully in a 1:4 staff to participant ratio. Please note that we share the pool with the public.

Please note that we will start in the pool.

Persons ages 14 and older
Matteson Community Center (Matteson Avenue)
Mon, Feb 3 - Mar 2
6:30 - 8:30 pm
R: $53, NR: $212
Code: 32904
Min/Max: 6/12

Swim Lessons
SSSRA has partnered with British Swim School and their certified instructors to provide quality swim lessons to our participants. In the progressive classes, swimmers are introduced to basic water skills, breath holding, and a number of submerging progressions, which will eventually lead the child to unassisted swimming. Swimming activities will encourage self-confidence, strengthen gross motor skills, and assist in following directions. Swim lessons are taught in a 1:2 staff to participant ratio. Please note that we share the pool with the public.

Please note that participant’s guardian/caregiver must assist with personal needs, i.e. dressing.

Persons ages 13 and older
LA Fitness, Tinley Park
Tues, Feb 4 - Mar 3
5:30 - 6:00 pm
R: $125, NR: $500
Code: 36105
Min/Max: 2/4
Who’s Got Game?
Have you ever wanted to play a group board game but didn’t know how? Now is your chance to learn! Let’s explore old and new board games each week. We will learn the rules to each game and learn the skills to try and win!

Due to the generosity of Ricky’s Ride, this program is offered at a discounted fee for residents.

Persons ages 13 and older
Eisenhower Center, Lansing
Tues, Feb 4 - Mar 3
6:15 - 7:15 pm
R: $14, NR: $116, LWSRA & SWSRA: $29
Code: 32934
Min/Max: 6/20

Bingo
B-I-N-G-O! Enjoy yourself and have some fun while playing the game of Bingo! Participants will have the chance every week to win a prize.

Persons ages 13 and older
The Bradford Barn, Olympia Fields
Tues, Feb 4 - Mar 3
6:00 - 7:00 pm
R: $26, NR: $104
Code: 32922
Min/Max: 6/20

Scrapbook Club
Have a ton of pictures and want to organize them? Bring your favorite pictures and each week we will make pages for the scrapbook that is provided. At the end of the season we will show off our scrapbooks to our friends and be able to take them home to show our families.

Persons ages 13 and older
Matteson Community Center (Matteson Avenue)
Wed, Feb 5 - Mar 4
5:00 - 6:00 pm
R: $29, NR: $116
Code: 32936
Min/Max: 6/20

Bowling
This favorite program is guaranteed to provide a “striking” good time. Our bowling programs provide an opportunity for all ability levels to participate in this popular sport. Bowlers will be grouped according to age and ability. This program includes two games or 1½ hours of bowling, whichever comes first. Bowling ramps are available. Supervisors will keep track of participant’s bowling averages for Special Olympics.

Please note locations and days.

Persons ages 13 and older
Centennial Lanes 2.0, Tinley Park
Wed, Feb 5 - Mar 4
4:30 - 6:00 pm
R: $59, NR: $236
Code: 32913
Min/Max: 6/30

Persons ages 13 and older
Oak Forest Bowl, Oak Forest
Thurs, Feb 6 - Mar 5
4:15 - 5:45 pm
R: $59, NR: $236
Code: 32914
Min/Max: 6/30

Persons ages 13 and older
Tinley Bowl
Sat, Feb 8 - Mar 7
12:30 - 2:00 pm
R: $59, NR: $236
Code: 32915
Min/Max: 6/30

Aerobics
Are you ready to burn off some energy? Aerobics will get you into shape, strengthen your muscles, and increase your level of cardiovascular fitness. You will learn exercises that you can do at home. We will begin with aerobic activity, and then move into stations to work with weights and other exercise equipment. Be sure to register for Let’s Dance following this program.

Persons ages 13 and older
Marie Irwin Community Center, Homewood
Wed, Feb 5 - Mar 4
6:00 - 7:00 pm
R: $20, NR: $80
Code: 32916
Min/Max: 6/20
Let’s Dance
Let’s dance to all your favorite tunes! We will work on dance steps, turns, and combinations, as well as learning interactive dances to all your favorite songs. This program will enhance your gross motor skills and encourage socialization. So grab your dancing shoes and get out on the dance floor! Don’t forget to sign up for Aerobics before this program.

Persons ages 13 and older
Marie Irwin Community Center, Homewood
Wed, Feb 5 - Mar 4
7:15 - 8:15 pm
R: $20, NR: $80
Code: 32917
Min/Max: 6/20

Minute to Win It
A minute to win it - can you do it? Let’s get together and try these minute challenges with our friends. Each week, we will have several different games to play that we must complete within one minute. The team that can complete these challenges the quickest will win.

Persons ages 13 and older
Matteson Community Center (Matteson Avenue)
Wed, Feb 5 - Mar 4
6:15 - 7:15 pm
R: $31, NR: $124
Code: 32937
Min/Max: 6/20

Fast Food and Flicks
Join your friends for an evening of entertainment! After enjoying a fast food dinner, we will watch one of the newest hit movies. The fee includes dinner and a movie, so if you would like a snack, please bring money. Participants must be able to work successfully in a 1:4 staff to participant ratio, and display appropriate table manners. Please note that participants are scheduled to view a G, PG, or PG-13 rated movie. R rated movies are an option for those who have permission from their parent or legal guardian.

Please note dates listed.

Persons ages 21 and older
Marcus Country Club Hills Cinema
Wed, Feb 5, 19; Mar 4, 25; Apr 15
7:00 pm Showtime
R: $130, NR: $520
Code: 33002
Min/Max: 6/20

Fitness and Fun
Take time for fun and fitness - it is good for the body and the mind. Join your friends and keep in shape by exercising and using a variety of workout equipment. This is a great opportunity to enhance coordination, balance, strength, and muscle tone. Be sure to wear workout clothes and bring a bottle of water. Participants must be able to work successfully in a 1:4 staff to participant ratio.

Persons ages 13 and older
Oak Forest Park District - Fitness Center
Sat, Feb 8 - Mar 7
10:00 - 11:00 am
R: $29, NR: $116
Code: 32919
Min/Max: 6/15

Chef’s Kitchen
Join us at Chef’s Kitchen where every week is a culinary experience. Learn new culinary skills that can last you a lifetime. Enjoy your creation that was prepared along with your SSSRA friends! Participants must be able to work successfully in a 1:4 staff to participant ratio, and display appropriate table manners. Stay for Crafty Creations following this program.

Persons ages 13 and older
Hazel Crest Park District
Thurs, Feb 6 - Mar 5
4:30 - 6:30 pm
R: $60, NR: $240
Code: 32907
Min/Max: 6/15

Crafty Creations
Explore your creative side and use your unique talents to make beautiful crafts! Join us for this exciting program, and experience the fun of using your imagination. Help strengthen your fine motor skills and self-esteem through artistic self-expression. Participants must be able to work successfully in a 1:4 staff to participant ratio. Don’t forget to sign up for Chef’s Kitchen to enjoy dinner before this program.

Persons ages 13 and older
Hazel Crest Park District
Thurs, Feb 6 - Mar 5
6:45 - 7:45 pm
R: $37, NR: $148
Code: 32909
Min/Max: 6/15

Location
Depart Return
SSSRA Office, Tinley Park 4:45 pm TBA*
Coyote Run Golf Course, Flossmoor 5:15 pm TBA*

*You will be notified of return time each week.

WINTER | 13
Teen & Adult Programs

Animal Therapy
Sign up for an opportunity to interact with Rainbow Animal Assisted Therapy Dogs. We will learn how to groom, pet, walk, interact with, and give treats to dogs. These activities will help develop motor and communication skills, and instill a sense of self-esteem while building confidence.

Please note dates listed.
Persons ages 13 and older
Marie Irwin Community Center, Homewood
Sat, Feb 8, 22; Mar 28; Apr 11, 25
12:30 - 1:00 pm
R: $29, NR: $116
Code: 32920
Min/Max: 3/6

Challenge Accepted
Join us each week while we work together on different team activities. One week we might work on a trust building activity while the next week, we may be working on problem solving activities. Participants will enhance leadership skills and improve communication with others.

Persons ages 13 and older
Marie Irwin Community Center, Homewood
Sat, Feb 8 - Mar 7
1:15 - 2:15 pm
R: $24, NR: $96
Code: 32939
Min/Max: 6/20

Saturday Night Social Club
Spend Saturday night with your friends, having fun out on the town! Different activities are scheduled each week. We may dine out, attend a sporting event, or have a dance party. All of our activities place a strong emphasis on socialization skills. You will be mailed a schedule of events and transportation times one week prior to the start of the program. Participants must be able to work successfully in a 1:4 staff to participant ratio, and display appropriate table manners.

Due to the generosity of Ricky’s Ride, this program is offered at a discounted fee for residents.

Persons ages 21 and older
Various Community Outings
Sat, Feb 8 - Mar 7
6:00 - 8:00 pm (times may vary)
R: $51, NR: $404, LWSRA & SWSRA: $101
Code: 33003
Min/Max: 6/32

Teen & Adult Programs & Special Events
Suggested for Individuals with Severe & Profound Disabilities

Music Therapy
Making music allows us to explore our creativity, self-expressions, and increase our energy through the enjoyment of the activity. We will create music through instrumentation, rhythm, and song.

Due to the generosity of Ricky’s Ride, this program is offered at a discounted fee for residents.

Persons ages 13 and older with severe & profound disabilities
Tony Bettenhausen Recreation Center, Tinley Park
Tues, Feb 4 - Mar 3
5:00 - 6:00 pm
R: $25, NR: $180, LWSRA & SWSRA: $45
Code: 34804
Min/Max: 4/15

Salads: One Bowl at a Time
New!

Salad isn’t just lettuce anymore. We will learn to make salads out of a variety of ingredients. Each week, we will cut up the ingredients you want in your salad and enjoy the result of your labors. Bring your creativity and your willingness to try new foods.

Due to the generosity of Ricky’s Ride, this program is offered at a discounted fee for residents.

Persons ages 13 and older with severe & profound disabilities
Tony Bettenhausen Recreation Center, Tinley Park
Tues, Feb 4 - Mar 3
6:15 - 7:15 pm
R: $25, NR: $180, LWSRA & SWSRA: $45
Code: 34814
Min/Max: 4/12
Let’s Get Together
Let’s spend some time socializing with each other. This program will give you a chance to participate in a variety of activities while interacting with friends. We will participate in activities like making snacks, playing games, and doing craft projects.

Persons ages 13 and older with severe & profound disabilities
Matteson Community Center (Oakwood)
Fri, Feb 7 - Mar 6
6:00 - 7:00 pm
R: $45, NR: $180
Code: 34815
Min/Max: 4/15

Beach Ball Blast
Beach balls can be used in a variety of fun games. We can work on throwing, catching, passing, kicking, tossing, and rolling a ball. This will encourage social interaction and teamwork. This will also help to keep you moving and stretching to reach the ball.

Persons ages 13 and older with severe & profound disabilities
Salem Lutheran Church, Homewood
Sat, Feb 8 - Mar 7
10:15 - 11:15 am
R: $35, NR: $140
Code: 34816
Min/Max: 4/15

Sensory and Relaxation
Let’s forget the stress of the day, and take some time for relaxation. We will work with sensory items such as stress balls, soothing music, and different textured materials. We can explore the soft stroke of feathers, the tactile touch of toys, or the feel of play dough. This program is designed to have a therapeutic environment set up to enhance each of your senses. No matter your preference, this program is specifically designed for adults with sensory deficits. Don’t forget to sign up for Animal Therapy which is every other Saturday after this program.

Persons ages 13 and older with severe & profound disabilities
Marie Irwin Community Center, Homewood
Sat, Feb 8 - Mar 7
10:45 - 11:45 am
R: $35, NR: $140
Code: 34817
Min/Max: 4/15

Animal Therapy
Sign up for an opportunity to interact with Rainbow Animal Assisted Therapy Dogs. We will learn how to groom, pet, walk, interact with, and give treats to dogs. These activities will help develop motor and communication skills, and instill a sense of self-esteem while building confidence.

Please note dates listed.

Persons ages 13 and older with severe & profound disabilities
Marie Irwin Community Center, Homewood
Sat, Feb 8, 22; Mar 28; Apr 11, 25
12:00 - 12:30 pm
R: $29, NR: $116
Code: 34809
Min/Max: 3/6

Chili Time
Winter is in full swing. There is nothing better to beat the winter blues than a good time with your friends. Come help make a big pot of chili to share. Bring your cooking skills and your appetite. This program focuses on fine motor skills and working together.

Persons ages 13 and older with severe & profound disabilities
Eisenhower Center, Lansing
Sat, Feb 8
3:00 - 4:30 pm
R: $10, NR: $20
Code: 35405
Min/Max: 4/15

SSSRA Gift Cards
SSSRA gift cards are now available at our office. A great gift for any occasion!
Call 815-806-0384 for more information.
**Special Olympics Swim Team (AAI)**

Do you enjoy swimming and want to be part of a competitive team? If you are able to swim laps of the pool comfortably, then the SSSRA Special Olympics Swim Team is for you! Weekly workouts include stroke technique, endurance training, relay team training, and building upper body strength. Participants must be able to work successfully in a 1:4 staff to participant ratio and must be able to swim 1 lap of the pool using basic freestyle technique.

All athletes must have a current Special Olympics Medical Application on file with SSSRA by December 6, 2019.

Please note: program fee does not include State Competition

Persons ages 8 and older
Matteson Community Center (Matteson Avenue)
Sat, Jan 11 - Feb 29
11:00 am - 12:00 pm
R: $69, NR: $276
Code: 30701
Min/Max: 6/12

Regional Aquatics
Stagg High School, Palos Hills
Date TBA
Time TBA

District Aquatics
Stagg High School, Palos Hills
Date TBA
Time TBA

State Summer Games
Illinois State University
Date TBA
Time TBA
Fee determined by number of qualifying athletes.
Code: 11901-A

---

**Oak Forest Fleadh Parade**

Calling all Special Olympics athletes! Join SSSRA and the city of Oak Forest as they kick off St. Patrick’s Day week! Come dressed in green, and get those smiles and waves ready! SSSRA will participate in the Fleadh Parade down Cicero Avenue. We will meet at the SSSRA office.

All SSSRA Participants and Families
Oak Forest (Cicero Avenue)
Sat, Mar 7
11:00 am - 12:00 pm
R: FREE, NR: FREE
Code: 31515
Min/Max: 6/25

Location
SSSRA Office, Tinley Park
9:45 am 1:45 pm

---

**Special Olympics Track & Field (AAI)**

Grab your running shoes and meet us at the track. At weekly practices, we will warm up with stretching, then head to the track to practice for Spring games. You can choose from walking/running events, long jump, shot put, softball/tennis ball throw, and much more. We will compete in the Region E Special Olympics Spring games, and if athletes win a gold medal, you will then compete in the Special Olympics Summer Games.

All athletes must have a current Special Olympics Medical Application on file with SSSRA by February 28, 2020.

Please note: program fee does not include State Competition

**Registration Deadline:** January 31, 2020

Persons ages 8 and older
Memorial Junior High, Lansing
Mon, Mar 9 - Apr 27
Meet at Matteson Community Center (Matteson Avenue) on Monday, April 13
5:30 - 7:00 pm
R: $69, NR: $276
Code: 30703
Min/Max: 6/25

Region E Spring Games
Thornwood High School, South Holland
Date TBA
Time TBA

State Summer Games
Illinois State University
Date TBA
Time TBA
Fee determined by number of qualifying athletes.
Code: 11901-B

---

**New Requirement!**
Please note: A copy of your participant’s state ID is required for all Special Olympics programs.
Special Olympics Powerlifting (AAI)

Do you enjoy lifting weights? Powerlifting is a growing sport in Special Olympics and SSSRA! Athletes will train to compete at the Regional Tournament in benchpress and deadlift competition. Gold medalists from the Regional Tournament will advance to the Special Olympics Summer Games in June.

Fit Code has an indoor shoe policy. Please bring appropriate shoes to practice.

All athletes must have a current Special Olympics Medical Application on file with SSSRA by January 31, 2020.

Please note: program fee does not include State Competition

Persons ages 14 and older
Fit Code, Mokena
Thurs, Feb 6 - June 4 No program March 26
6:30 - 7:30 pm
R: $69, NR: $276
Code: 30706
Min/Max: 4/15

Regional Competition
West Aurora High School, Aurora
March 29, 2020
Time TBA

State Summer Games
Illinois State University
Date TBA
Time TBA
Fee determined by number of qualifying athletes.
Code: 11901-D

Special Olympics Medical Applications

Special Olympics Medical Applications are available at our office and on our website.

Please contact us at 815-806-0384 if you would like us to mail or fax you an application.

Please visit http://sssra.org/specialolympics.html to access the application online.

New Requirement!
Please note: A copy of your participant’s state ID is required for all Special Olympics programs.

State Competition Fees

Please note that fees for state competition will not be prorated unless for medical reasons. On average, fees are subsidized between 35 - 50%.
Book Club
Grab some coffee and let’s have a discussion about the novel Wonder by R.J. Palacio. We will meet every 2 weeks to talk about the book and reflect. An audiobook option is available.

Due to the generosity of the Aileen S. Andrew Foundation, door-to-door transportation for this program is offered free of charge for residents.

You will be notified of your pick-up time for door-to-door transportation.

Persons ages 21 and older with physical disabilities
Richton Park Recreation Center
Mon, Feb 3 - Mar 2
10:00 - 11:00 am
R w/o Trans: $36, R w/ Trans: $36, NR: $144
Code: 30509 (w/o Trans), 30609 (R w/ Trans)
Min/Max: 3/10

Brunch and a Movie
We will start off our day together enjoying an early meal at a new restaurant each day. Do you want breakfast or lunch, well that’ll be up to you to decide. After we enjoy our brunch together, we will head to the theater to catch a matinee movie and avoid the evening crowds! The cost of the program covers the meal and movie ticket, so please bring extra money if you wish to purchase snacks.

Due to the generosity of the Aileen S. Andrew Foundation, door-to-door transportation for this program is offered free of charge for residents.

You will be notified of your pick-up time for door-to-door transportation.

Persons ages 21 and older with physical disabilities
Various locations
Tues, Feb 11, 25; Mar 10
8:00 am - 4:00 pm
R w/o Trans: $96, R w/ Trans: $96, NR: $384
Code: 30505 (w/o Trans), 30605 (R w/ Trans)
Min/Max: 3/10

Design Depot
Want to make some decorations for your house or maybe a special gift for someone? Register for Design Depot as we make various crafts this season. Each week we will create a new piece. Whether it be painting a tea towel or tiling a set of coasters, let’s try something new to brighten up a space.

Due to the generosity of the Aileen S. Andrew Foundation, door-to-door transportation for this program is offered free of charge for residents.

You will be notified of your pick-up time for door-to-door transportation.

Persons ages 21 and older with physical disabilities
Richton Park Recreation Center
Wed, Feb 5 - Mar 4
10:00 - 11:00 am
R w/o Trans: $26, R w/ Trans: $26, NR: $104
Code: 30510 (w/o Trans), 30610 (R w/ Trans)
Min/Max: 3/10

Bowling
Bowling provides a great opportunity to socialize with your friends and sharpen your bowling skills. An adaptive bowling ball and ramp are available. The program includes two games or 1½ hours of bowling, whichever comes first.

Due to the generosity of the Aileen S. Andrew Foundation, door-to-door transportation for this program is offered free of charge for residents.

You will be notified of your pick-up time for door-to-door transportation.

Persons ages 21 and older with physical disabilities
Centennial Lanes 2.0, Tinley Park
Thurs, Feb 6 - Mar 5
1:00 - 2:30 pm
R w/o Trans: $59, R w/ Trans: $59, NR: $236
Code: 30502 (w/o Trans), 30602 (R w/ Trans)
Min/Max: 3/10

Transportation Information
Please refer to the Transportation Guidelines on page 4. Limited transportation is available for all programs indicated with the transportation symbol and will be on a first-come, first-served basis. Please indicate if transportation is needed on your registration form. Transportation is available for residents only. You will be called during the first week of the program with your pick-up time. Please note: A minimum of three participants are required in order to run a vehicle route.
Let’s Go to the Movies - Concert
The Moraine Valley Concert Band presents their 15th anniversary season with Let’s Go to the Movies, a performance of great movie themes. The band is comprised of over 50 students and community members who play woodwind, brass, and percussion instruments.

You will be notified of your pick-up time for door-to-door transportation.

Persons ages 21 and older with physical disabilities
Moraine Valley Community College
Sun, Mar 1
3:00 pm Showtime
R w/ Trans: $25, NR: $100
Code: 34613
Min/Max: 3/10

The Mystical Arts of Tibet: Sacred Music/Sacred Dance for World Healing
The famed multiphonic singers from Tibet’s Drepung Loseling Monastery will perform traditional temple music and mystical masked dances. This extraordinary performance features elaborate costumes, traditional instruments and unique multiphonic singing wherein the monks simultaneously intone three notes of a chord. The Drepung Loseling monks are particularly renowned for this unique singing. They also utilize traditional instruments such as 10-foot-long dung-chen horns, drums, bells, cymbals and gyaling trumpets. Rich brocade costumes and masked dances, such as the Dance of the Sacred Snow Lion, add to the exotic splendor.

You will be notified of your pick-up time for door-to-door transportation.

Persons ages 21 and older with physical disabilities
Moraine Valley Community College
Sat, Mar 21
7:30 pm Showtime
R w/ Trans: $69, NR: $138
Code: 34614
Min/Max: 3/10

Since 2013, the Healthy Minds Healthy Bodies program has served more than 105 Veterans throughout the SSSRA member communities. Veterans in the Healthy Minds Healthy Bodies program have served in World War II, Korean War, Vietnam, Kuwait, Operation Iraqi Freedom, and the War in Afghanistan.

The Healthy Minds Healthy Bodies program offers a one year membership to a disabled Veteran with a disability rating of 10% or higher, a membership for a training partner for one year, and ten personal training sessions for the Veteran. Please note that Veterans must be residents of one of SSSRAs member communities. Healthy Minds Healthy Bodies is offered at the following fitness facilities:

Eisenhower Fitness Center
2550 178th Street
Lansing

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

Matteson Community Center
20642 Matteson Avenue
Matteson

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

Tinley Fitness
8125 W. 171st Street
Tinley Park

Please note:
New registrations for Healthy Minds Healthy Bodies will be accepted January 1 - May 31 and September 1 - December 31.

For more information about Healthy Minds Healthy Bodies, please contact Tammy McMahon at (815) 806-0384 or tammym@sssra.org
Chinese New Year Celebration
Good luck, good health, good cheer, and Happy New Year! We will spend time learning about the Chinese New Year traditions by playing trivia and crafting. We will also be serving dinner from a local Chinese restaurant. Bring your appetite!

Persons ages 13 and older
Richton Park Community Center
Sat, Jan 25
5:30 - 7:30 pm
R: $18, NR: $36
Code: 31132
Min/Max: 6/20

Chicago Wolves Hockey
Come cheer on the Chicago Wolves! Put on the Wolves’ colors, red and gold, and get ready for an exciting hockey game against the Manitoba Moose. Please bring money for snacks and souvenirs. SSSRA recommends $20 for food; $30 for souvenirs.

Persons ages 13 and older
Allstate Arena, Rosemont
Sat, Feb 1
7:00 pm game
R: $44, NR: $88
Code: 34217
Min/Max: 6/20

Location Depart Return
SSSRA Office, Tinley Park 4:30 pm 10:00 pm
Coyote Run Golf Course, Flossmoor 5:00 pm 9:30 pm

An American in Paris
Inspired by hope and possibility, An American in Paris brings breathtaking moments of dance and song. Come away with Jerry Mulligan, an American GI doing his best to make it as a painter in the bustling city of Paris following the end of World War II. The City of Lights becomes the dancefloor to a ravishing and passionate voyage into art, friendship, and love. Please eat before you arrive.

Persons ages 13 and older
Drury Lane Theatre
Sun, Feb 2
2:00 pm Showtime
R: $88, NR: $176
Code: 34235
Min/Max: 6/20

Location Depart Return
SSSRA Office, Tinley Park 12:00 pm 6:15 pm
Coyote Run Golf Course, Flossmoor 12:30 pm 5:45 pm

Valentine’s Date Night
Love is in the air. Enjoy a great night with the one you love or bring a friend to Gatto’s Restaurant. Don’t forget to wear red. Guest must register and sign an SSSRA waiver and be listed on the registration form. Must display appropriate table manners and work in a 1:4 staff to participant ratio.

Persons ages 13 and older
Gatto’s, 8005 183rd Street, Tinley Park
Fri, Feb 7
6:00 - 8:00 pm
R: $19 per person, NR: $38 per person
Code: 31103
Min/Max: 6/20

Painting and Pottery
It is time to be creative because spring is almost here, so we need to add some color into our lives! Everyone will have the opportunity to paint their own masterpiece for the garden or house. You can even give the pottery to someone as a gift.

Persons ages 13 and older
Richton Park Community Center
Sun, Feb 9
2:00 - 3:30 pm
R: $8, NR: $16
Code: 31134
Min/Max: 6/20

Location Depart Return
SSSRA Office, Tinley Park 4:30 pm 10:00 pm
Coyote Run Golf Course, Flossmoor 12:30 pm 5:45 pm

Valentine Dance
Bring your sweetie or meet a new friend at SRJC’s Valentine Dance. There will be dinner and dancing. Dress your best in red or pink!

Persons ages 13 and older
Kathy Green Multi Purpose Center
3000 W. Jefferson Street, Joliet
Fri, Feb 14
6:30 - 9:00 pm
R: $29 per person, NR: $58 per person
Code: 31135 (w/o Trans)
34223 (R w/ Trans - Tinley Park)
34224 (R w/ Trans - Richton Park)
34225 (R w/ Trans - Oak Forest)
34226 (R w/ Trans - Flossmoor)
34227 (R w/ Trans - Country Club Hills)
34228 (R w/ Trans - Lansing)
Min/Max: 6/40

Location Depart Return
Tichan House, Oak Forest 4:45 pm 10:45 pm
Eisenhower Center, Lansing 5:00 pm 10:30 pm
SSSRA Office, Tinley Park 5:00 pm 10:30 pm
Richton Park Community Center 5:00 pm 10:30 pm
Country Club Hills Recreation Center 5:00 pm 10:30 pm
Coyote Run Golf Course, Flossmoor 5:30 pm 10:00 pm
**We Shall Overcome**

Inspired by the words and action of Dr. Martin Luther King, Jr., *We Shall Overcome* showcases repertoire from across the African American music traditions that electrified generations of civil rights activists and defenders with interwoven spoken word from Dr. King’s recorded speeches.

This production ties together a living lineage of music and culture that includes traditional gospel, modern gospel, classical, jazz, Broadway and spirituals. From Aretha Franklin to Wynton Marsalis; Duke Ellington to Stevie Wonder; Nina Simone to Donny Hathaway; and traditional spirituals and music from *The Wiz*, Damien Sneed’s unique understanding of each genre allows him to fluidly cover so much musical ground in a single performance.

Persons ages 13 and older
Moraine Valley Community College
Sun, Feb 16
3:00 pm Showtime
R: $37, NR: $74
Code: 34236
Min/Max: 6/20

Location
SSSRA Office, Tinley Park 1:15 pm 6:30 pm
Coyote Run Golf Course, Flossmoor 1:45 pm 6:00 pm

**Mardi Gras Mambo**

Get ready to bring Mardi Gras home while we enjoy an evening like no other! We will party Bourbon Street style with music, dancing, snacks, beads, prizes, and games.

Persons ages 13 and older
Oak Lawn Park District Community Pavilion
9401 S. Oak Park Avenue, Oak Lawn
Fri, Feb 21
7:00 – 9:00 pm
R: $29, NR: $58
Code: 31106 (w/o Trans)
34201 (R w/ Trans - Tinley Park)
34202 (R w/ Trans - Richton Park)
34204 (R w/ Trans - Oak Forest)
34205 (R w/ Trans - Flossmoor)
34230 (R w/ Trans - Country Club Hills)
34231 (R w/ Trans - Lansing)
Min/Max: 6/40

Location
Tichan House, Oak Forest 5:45 pm 10:15 pm
Eisenhower Center, Lansing 6:00 pm 10:00 pm
SSSRA Office, Tinley Park 6:00 pm 10:00 pm
Richton Park Community Center 6:00 pm 10:00 pm
Country Club Hills Recreation Center 6:00 pm 10:00 pm
Coyote Run Golf Course, Flossmoor 6:30 pm 9:30 pm

**The Curious Case of the Dog in the Nighttime**

15-year-old Christopher has an extraordinary brain. He has never ventured alone beyond the end of his road, he detests being touched, and he distrusts strangers. Now Christopher stands beside his neighbor’s dead dog, Wellington. Christopher is determined to solve the mystery of who murdered Wellington, and his detective work takes him on a thrilling journey that upturns his world. Please eat before you arrive.

Persons ages 13 and older
Lewis University
Sun, Feb 23
2:30 pm Showtime
R: $24, NR: $48
Code: 34229
Min/Max: 6/20

Location
SSSRA Office, Tinley Park 1:00 pm 6:30 pm
Coyote Run Golf Course, Flossmoor 1:30 pm 6:00 pm

**“Fort” Winter**

What’s a better way to enjoy the winter weather than making a fort and sipping on some hot chocolate. Join us for a “fort” winter party as we eat some light snacks, drink some hot chocolate, and watch one of our favorite holiday movies. Please bring a blanket, sleeping bag, or pillows to help contribute to the fort we make.

Persons ages 13 and older
Marie Irwin Center, Homewood
Fri, Feb 28
6:00 – 8:30 pm
R: $10, NR: $20
Code: 31146
Min/Max: 6/20

Location
SSSRA Office, Tinley Park 1:00 pm 6:30 pm
Coyote Run Golf Course, Flossmoor 1:30 pm 6:00 pm

**15th Annual SSSRA Formal**

You won’t want to miss SSSRA’s Annual Formal! This night will include dancing, dinner, and a wonderful time! SSSRA staff will be taking photos of you and your friends and we will crown the King and Queen at the end of the night.

Persons ages 13 and older
Eisenhower Center, Lansing
Fri, Mar 6
7:00 – 9:00 pm
R: $8, NR: $16
Code: 31113 (w/o Trans)
34241 (R w/ Trans - Tinley Park)
Min/Max: 20/100

Location
SSSRA Office, Tinley Park 6:30 pm 9:30 pm
Special Events

Gameworks
We will start out with a pizza buffet and then play games like Deal or No Deal, or Red Zone. Price includes pizza buffet, 1 hour of non-ticketed games, and 72 tokens for ticketed games. Please bring additional money for more game play. Participants must be able to work successfully in a 1:4 staff to participant ratio.

Persons ages 13 and older
Schaumburg
Sun, Mar 8
12:00 - 3:00 pm
R: $47, NR: $94
Code: 34219
Min/Max: 6/20

Family Bowling Night
Bring your family to enjoy a night of bowling, pizza, and prizes! All guests must sign an SSSRA waiver, and indicate number of guests on the registration form.

All SSSRA Participants and Family
Oak Forest Bowl, Oak Forest
Thurs, Mar 12
4:15 - 5:45 pm
R: $11 per person, NR: $22 per person
Code: 33201
Min/Max: 6/40

Girls Night In
Let’s paint our nails, bake cookies, drink hot cocoa, watch movies, and make crafts. Since this is an all girls event, come in your PJs and bring a pillow and blanket to relax.

Persons ages 13 and older
Don Gorman Center, Oak Forest
Fri, Mar 13
6:00 - 10:00 pm
R: FREE, NR: $32, LWSRA & SWSRA: $16
Code: 31128
Min/Max: 6/20

Bingo Bowling
Play bingo and bowling at the same time. You will get a Bingo card and mark your card based on how many pins you knock down. Everyone will go home a winner!

Persons ages 13 and older
Tinley Park Bowl
Sat, Mar 14
12:30 - 2:00 pm
R: $11, NR: $22
Code: 31131
Min/Max: 6/40

Medieval Times
Let’s take a trip back many years to witness bravery, honor, and the battles of steel and steed. We will be sitting ringside of the live jousting tournament, while Medieval Times servers bring us a four-course meal.

Persons ages 13 and older
Schaumburg
Sun, Mar 15
1:30 pm Show
R: $76, NR: $152
Code: 34240
Min/Max: 6/20

Bulls Game
Cheer on the Chicago Bulls as they face off against the Miami Heat. This will be a crowded event, so participants must be willing and able to stay with the group and work successfully in a 1:4 staff to participant ratio. Please bring $25 for food and additional money for souvenirs.

Persons ages 13 and older
United Center, Chicago
Wed, Mar 18
7:00 pm game
R: $54, NR: $108
Code: 34222
Min/Max: 6/25

Game Show Night
Come on down for an evening of game show fun! Can you guess if the price is right or do you have enough letters to solve the puzzle? Everyone goes home a winner!

Persons ages 13 and older
SSSRA Office, Tinley Park
Fri, Mar 20
7:00 - 8:00 pm
R: $6, NR: $12
Code: 31143
Min/Max: 6/15

March Madness on the Big Screen
We’ll experience the action for the elite eight teams while enjoying great food. Don’t forget to bring your NCAA brackets.

Persons ages 13 and older
Buffalo Wild Wings, 7301 183rd Street, Tinley Park
Sat, Mar 21
11:15 am - 2:00 pm
R: $23, NR: $46
Code: 31144
Min/Max: 6/20
How to Register
1. Please completely fill in the Registration Form provided on pages 25 and 26.
2. Send completed form with payment to SSSRA Registration:
   19910 80th Avenue
   Tinley Park, IL 60487
   Your receipt will be mailed to you after your registration is processed. You will be notified if a program is cancelled. Payment options include check, money order, VISA, MasterCard, or Discover Card. Cash will only be accepted in person, at the SSSRA office.

Please note that the Registration Form, Annual Information Form, and Scholarship Application are now available as fillable forms on our website. Please visit www.sssra.org/registration to access the forms.

Refund Policies
1. A full refund will be issued if a program is cancelled.
2. If a participant drops a program prior to the start and no costs have been incurred, a $5 per program service fee will be charged and a refund will be issued.
3. If a participant drops a special event and SSSRA has incurred no costs due to purchase of tickets, rentals, deposits, etc., a $5 service fee per event will be charged and a refund will be issued.
4. In the event of prolonged illness or moving, a $5 service fee will be charged for each program and/or event, and a pro-rated refund issued. A doctor’s notice is required for illness.
5. A pro-rated refund may be given if SSSRA deems the program is inappropriate for a participant.
6. A refund will not be provided for cancellations due to inclement weather.
7. No refunds will be issued for cancellations due to inclement weather.
8. All refunds will be issued by check on a monthly basis.
9. Participants who receive a scholarship will receive prorated refunds when applicable.
10. Fees will not be prorated if participants register for an event on the same day as a scheduled weekly program because programs and special events are already subsidized between 35-50%.

Scholarships
SSSRA is in a position to offer scholarships in the form of fee discounts to SSSRA residents with disabilities who would like to participate in one or more programs, but who cannot afford the total fees charged. The SSSRA Board of Directors has established specific guidelines for the administration of scholarships. Persons requesting a scholarship must complete a Scholarship Application (available at the SSSRA office or at www.sssra.org) and submit it to the SSSRA Executive Director, along with the completed registration form, and a deposit.

The deadline for requesting scholarships for the program session is the same as the registration deadline. Participants who receive day camp scholarships may be responsible for paying fees for any weekly programs or special events they register for. Please note that scholarships are not available for vacation trips. SSSRA reserves the right to request proof of financial circumstances, including tax return documents, when needed.
First Time Participants - $15 Off

New participants with disabilities living in SSSRA member districts are eligible for $15 off of the total season registration fee by:

1. Clipping the coupon below and attaching it to your completed registration form.
2. Deducting $15 off the total fee from your payment.
3. Mailing the registration form and coupon by the program deadline to the SSSRA office.

Valid for all programs except day camps and weekend trips. Siblings, spouses, out-of-district participants, and parents are not eligible for the discount.

Non-Resident Registration and Fees

Because SSSRA is supported through the tax dollars of its member communities, the non-resident fees reflect a more equitable rate in relation to that of its tax supporting members and the actual cost of providing the programs. Non-resident policies are as follows:

1. Non-resident fees are four times the resident fee for programs, four times the resident fee for day camps and two times the resident fee for special events.
2. The non-resident pays the entire fee to SSSRA at the time of registration. Some local park districts or recreation departments may reimburse a portion of your fee.
3. Non-residents are ineligible for scholarships.
4. Non-resident registrations will be processed after the registration deadline, if vacancies still exist in the programs.

Registration Policies

1. Any household balance due from a previous program season must be paid in full before any registration is accepted for the current season. The balance due must be paid with cash, check, money order, VISA, MasterCard, or Discover Card.
2. Multiple Program Registration Discount: SSSRA residents will receive a $25 discount when they register for $200 or more in programs and/or special events. Please note: Winter and Spring are separate seasons. Completed registration forms and full payment must be in the SSSRA office by 5:00 pm on the registration deadline date for this to apply. No exceptions will be made to any of the criteria listed. Does not apply to Day Camp or Trips.
3. Registration forms will be accepted by walk-ins, mail, facsimile, or online. However, an individual is not considered registered until the SSSRA office has received payment in full along with the completed and signed registration form and waiver. When sending a fax to SSSRA, it is mutually understood that the facsimile document shall substitute for and have the same legal effect as the original form. Please contact the SSSRA office to confirm that your fax was received.
4. Due to increased volume of participants and programs, payment in full should accompany the registration form. Contact the SSSRA Executive Director to make any payment plan arrangements, if necessary.
5. Registrations are processed on a first-come, first-served basis.
6. Programs have a minimum and maximum size. Program minimum must be met by member agency resident. If your registration is received after a program is filled, your name will be placed on a waiting list. You will be notified after a deadline only if the program is full and you did not get in.
7. Participant ages listed in the brochure are approximations. If your child is close to the ages listed, and is interested in the program, please call the Superintendent to discuss a solution.
8. If vacancies exist after the registration deadline, siblings and individuals without disabilities will be allowed to register for designated programs, as considered appropriate by SSSRA staff.
9. A $32 fee will be charged by Old Plank Trail Community Bank for any returned checks.
10. If you register after the registration deadline or after a program begins, you may not be able to attend that program the following week.
Is this your first time participating with SSSRA? ☐ Yes ☐ No

How did you hear about SSSRA? ☐ Family ☐ Publication ☐ Community Expo ☐ Other

Participant’s Name

Address __________________________________________ City________________________ State _____ ZIP__________

Date of Birth _____/______ /______ Gender ________

Address __________________________________________ City________________________ State _____ ZIP__________

Parent(s)/Guardian(s) Phone - ☐ Home ☐ Work ☐ Cell

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

Parent(s)/Guardian(s) Address _______________________________________ City__________________ State _____ ZIP_______

Parent(s)/Guardian(s) Name_______________________________________________________________

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

Group Home/Residential Facility ____________________________________________ Manager/Caseworker ____________________________

Manager/Caseworker Phone - ☐ Office ☐ After Hours ☐ Home ☐ Work ☐ Cell

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

Does participant take medications at programs or special events? If yes, additional forms are required for completion. ☐ Yes ☐ No

Current Medications/Prescribed or Over-The-Counter

Primary Disability __________________________________ Secondary Disability/Medical Condition ________________________

Secondary Disability/Medical Condition

Allergies __________________________________________ Dietary Restrictions _____________________________

Photo Permission: I do hereby grant permission for my/our participant’s picture to be used in promotional materials related to SSSRA. Promotional materials include, but are not limited to SSSRA brochures and advertising, SSSRA website, Facebook, SSSRA email newsletter, member park district and recreation department brochures. ☐ Yes ☐ No (Unless indicated, photos of participants may be taken and used for publicity).

Waiver, Release of All Claims and Hold Harmless Agreement - Read Carefully!

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

As a participant in these programs, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages or loss which I may sustain as a result of participating, in any manner, in any and all activities with or associated with such programs. I further recognize and acknowledge that all athletic activities involving strenuous or potential body contact are hazardous recreational activities and involve substantial risks of injury. Documents that are privileged and confidential communications, including but not limited to, attorney/client privileged communications, reports prepared in anticipation of litigation, and communications between SSSRA and the Park District Risk Management Agency will not be provided.

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

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

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

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

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

Signature of Parent or Legal Guardian ____________________________________________ Date ___________
Registration Form

Winter Registration Deadline: January 3, 2020

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Code</th>
<th>Resident Fee</th>
<th>Non-Resident Fee</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Date</th>
<th>Waiv</th>
<th>BD</th>
<th>Inf</th>
<th>Code</th>
<th>Tot</th>
<th>Pay</th>
<th>Sch</th>
<th>ML</th>
<th>Rec Trac</th>
<th>Initials</th>
</tr>
</thead>
</table>

Guest Name:
Program/Event:
Guest Name:
Program/Event:

To be registered you must:
1. Pay previous balance in full.
2. Complete entire registration form.
3. Parent/Legal Guardian must sign form.
4. Full payment must accompany form.
5. Complete Charge Card information below.

☐ MasterCard  ☐ VISA  ☐ Discover
Account # ________/_______/_______/_______
Expiration Date: _____/_____  CVC Code: ______
Signature: ____________________________

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

Registration forms will be accepted by walk-ins, mail, facsimile, or online. An individual is not considered registered until the SSSRA office has received payment in full, along with the completed and signed registration form and waiver. When sending a facsimile transmission to SSSRA, it is mutually understood that the fax document shall substitute for and have the same legal effect as the original form. Please call the SSSRA office to confirm that your fax was received.

Registration form must be filled out completely and signed by parent or guardian. Return to the SSSRA office with full payment to be considered registered. Please write in program choices and sign waiver on reverse side. All guests must sign a waiver.

An updated Annual Information Form and Medication Dispensing Form (if applicable) must be on file to complete registration.
Spring 2020

Spring Registration Deadline: February 7, 2020
SSSRA Mission Statement

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

SSSRA Administrative Office

19910 80th Avenue
Tinley Park, IL 60487
Office Hours 9:00 am - 5:00 pm
(815) 806-0384
711 (Illinois Relay System)
(815) 806-0390 (FAX)
www.sssra.org

SSSRA Staff

Janet Porter, CTRS
Executive Director
Lisa Drzewiecki
Superintendent
Pam Alvarado
Operations Manager
Tammy McMahon
Inclusion Manager
Katie Lucas, CTRS
Program Manager
Rob Hentschel
Support Staff Manager
Laura Pubins
Recreation Specialist
TBA
Recreation Specialist
Regina Ross-Ellison
Finance & Office Manager
Sandy DeFrancesco
Secretary/Registrar
TBA
Secretary/Registrar
Anna Broccolo
Public Relations Manager
John Braun
Vehicle Maintenance Coordinator

SSSRA Members

Country Club Hills Park District
Dwone Ross, Sr.
Hazel Crest Park District
Joseph Bertrand
Homewood-Flossmoor Park District
Stephanie Simpson
Lan-Oak Park District
Michelle Havran
Matteson Recreational Division
Lisa Hill
Oak Forest Park District
Cindy Grannan
Olympia Fields Park District
Jesus Vargas
Park Forest Recreation & Parks Department
Kevin Adams
Richton Park Parks & Recreation Department
Ashley Turner
Tinley Park-Park District
Sandra Wolff-Chevalier

The SSSRA Board of Directors meets at 9:00 am on the fourth Thursday of the month at the SSSRA Office.

Spring Registration Deadline

February 7, 2020

Do not delay, register today!

Ensure that the program you wish to attend is not cancelled by registering early. Unfortunately, if there are not enough registrants, the program must be cancelled. Please register early!

Spring Table of Contents

38-39 Adults with Physical Disabilities Programs & Special Events
6 Behavior Guidelines
29-30 Early Childhood Programs
30-31 Early Childhood Special Events
48 First Timer Participant Coupon
41 Fundraising
3-6 General SSSRA Information
39 Healthy Minds, Healthy Bodies
47 How to Register
3 Inclusion Services Information
5 Participant Services
6 Program Cancellation Information
51 Program Locations & Directions
5 Program Policies
47 Refund Policies
49-50 Registration Form
47-48 Registration Policies
47 Scholarship Information
42-45 Special Events
37 Special Olympics Programs
29 Sponsors
31-32 Teen Programs & Special Events
33-36 Teen & Adult Programs
40-41 Teen & Adult Programs and Special Events for Individuals with Severe and Profound Disabilities
35 Thanks to Staff & Volunteers
4 Transportation Information
45 Trip
6 Weather Guidelines
5 Wellness Guidelines
29-30 Youth Programs
30-31 Youth Special Events

SSSRA Mission Statement

To promote the power of choice and to enhance the quality of life of individuals of all abilities, by providing accessible recreation in an environment that promotes dignity, success, and fun.
Swim Lessons
SSSRA has partnered with British Swim School and their certified instructors to provide quality swim lessons to our participants. In the progressive classes, swimmers are introduced to basic water skills, breath holding, and a number of submerging progressions, which will eventually lead the child to unassisted swimming. Swimming activities will encourage self-confidence, strengthen gross motor skills, and assist in following directions. Swim lessons are taught in a 1:2 staff to participant ratio. Please note that we share the pool with the public.

Please note that participant’s guardian/caregiver must assist with personal needs, i.e. dressing.

Please note 2 locations.

Children ages 3 - 12
LA Fitness, Tinley Park
Tues, Mar 24 - Apr 21
R: $125, NR: $500
Min/Max: 2/4
5:30 - 6:00 pm  Code: 46105

Children ages 3 - 12
Tinley Fitness
Sat, Mar 28 - Apr 25
R: $125, NR: $500
Min/Max: 2/4
9:00 - 9:30 am  Code: 46106
9:30 - 10:00 am  Code: 46107
10:00 - 10:30 am  Code: 46108
10:30 - 11:00 am  Code: 46109

Gymnastics
Children will experience a wide range of gross motor activities while being introduced to the sport of gymnastics. Each class will provide your gymnast with a new experience on the trampoline, balance beam, and bars, along with many other gross motor activities implemented into the program in a fun and safe environment. Staff from SSSRA will assist each gymnast while a certified gymnastics instructor runs the program.

Children ages 4 - 6
United Gymnastics Academy, Tinley Park
Mon, Mar 23 - Apr 20
4:00 - 4:50 pm
R: $86, NR: $344
Code: 40212
Min/Max: 4/10

Children ages 7 - 12
United Gymnastics Academy, Tinley Park
Mon, Mar 23 - Apr 20
5:00 - 5:50 pm
R: $86, NR: $344
Code: 40314
Min/Max: 4/10

Kitchen Club
New!
Calling all chefs! Join us as we create some easy and simple recipes. We will work on chopping, reading recipes, and creating flavorful dishes that we will enjoy! Every week, we will save the recipes to add to our cookbook that you can take home at the end of the season. Participants must be able to work in a 1:2 ratio.

Due to the generosity of Ricky’s Ride, this program is offered at a discounted fee for residents.

Children ages 2 - 5
Eisenhower Center, Lansing
Thurs, Mar 26 - Apr 23
5:00 - 6:00 pm
R: $21, NR: $168, LWSRA & SWSRA: $42
Code: 40214
Min/Max: 5/15

Thank you to our Winter 2020 sponsors for enabling us to offer programs, special events, and transportation services for free or at a discounted fee for our residents.

Aileen S. Andrew Foundation
Ricky’s Ride
SSSRA

Interested in Becoming a Sponsor?
Please contact our office at 815-806-0384.
Bumper Bowl
This favorite program is guaranteed to provide a “striking” good time. Our bowling programs provide an opportunity for all ability levels to participate in this popular sport. Bumpers are placed in the gutters so you will be able to concentrate on skill development and technique while enjoying the success of watching the pins fall. Bowlers will be grouped according to age and ability. This program includes two games or 1½ hours of bowling, whichever comes first.

Please note locations and days.
Children ages 2 - 5, 6 - 12
Centennial Lanes 2.0, Tinley Park
Wed, Mar 25 - Apr 22
4:30 - 6:00 pm
R: $59, NR: $236
Code: 43501
Min/Max: 4/10

Children ages 2 - 5, 6 - 12
Oak Forest Bowl, Oak Forest
Thurs, Mar 26 - Apr 23
4:15 - 5:45 pm
R: $59, NR: $236
Code: 43502
Min/Max: 4/10

Children ages 2 - 5, 6 - 12
Tinley Bowl
Sat, Mar 28 - Apr 25
12:30 - 2:00 pm
R: $59, NR: $236
Code: 43503
Min/Max: 4/10

American Ninjas
New!
Ready to tackle challenging obstacles? Every week, we will work on conditioning and then tackle an obstacle course. The last week will be the ultimate challenge where a winner will be crowned. Dress comfortable each week, and don’t forget your water bottle.

Children ages 2 - 5, 6 - 12
Salem Lutheran Church, Homewood
Sat, Mar 28 - Apr 25
12:45 - 1:45 pm
R: $29, NR: $116
Code: 43519
Min/Max: 6/12

The Story of Cinderella
New!
Chicago Heights Drama Group presents “The Story of Cinderella.” Come see a new spin on the classic fairytale of a girl who longs to go to the ball and marry the prince. 1 adult guest is welcome, but must be listed on the registration form.

Children ages 2 - 5, 6 - 12
Drama Group Studio, Chicago Heights
Sun, Apr 5
10:00 am Showtime
R: $20, NR: $40
Code: 44427
Min/Max: 6/20

Location
Depart Return
SSSRA Office, Tinley Park 8:45 am 12:00 pm
Coyote Run Golf Course, Flossmoor 9:15 am 11:30 am

Friday Drop In
Calling all parents! It is your turn for a night out on the town. Drop the kids off for a fun filled evening of games, music, arts and crafts, and a movie. Dinner will be provided each week. Feel free to send your kids in comfy clothes. Siblings are welcome, but must be listed on the registration form, sign a waiver, and pay the $17 fee for each day attending.

Children ages 2 - 5, 6 - 12
Tony Bettenhausen Recreation Center, Tinley Park
Fri, Mar 27 - Apr 24
5:00 - 7:30 pm
R: $86, NR: $344
Additional guests are $17 each day.
Code: 43516
Min/Max: 6/15

Everbody’s Birthday Celebration
Everyone enjoys a birthday party, but this one is extra special! We will celebrate everyone's birthday with traditional games and activities like pin the tail on the donkey and a pinata. We will sing “Happy Birthday” to all of our friends and enjoy cake and ice cream. Everyone will go home with a goodie bag filled with fun toys and candy!

Children ages 2 - 5
Tony Bettenhausen Recreation Center, Tinley Park
Sun, Apr 19
11:00 am - 12:30 pm
R: $8, NR: $16
Code: 40904
Min/Max: 6/12
Kids Fast Food & Flicks

Lights, Camera, Action! Join your friends for an afternoon of entertainment! After we enjoy a fast food lunch, we will watch one of the newest movies at Marcus Country Club Hills Cinema. The fee includes lunch and movie ticket. If you would like a snack at the theater, please bring spending money. Participants must be able to work successfully in a 1:2 staff to participant ratio, and display appropriate table manners. You will be notified of a return time at the start of the program.

Please note that participants are scheduled to view a G or PG rated movie.

Children ages 6 - 12
Marcus Country Club Hills Cinema
Sat, May 2
11:00 am - TBA
R: $28, NR: $56
Code: 41005
Min/Max: 6/12

Carnival Games

Love visiting the carnival and playing the games? We will have a variety of carnival style games ready for everyone to play and win a prize! Come challenge your putting skills at the tee shot or pick your lucky duck! Everyone is a winner! We will also enjoy a sweet snack of a funnel cake and juice.

Children ages 2 - 5, 6 - 12
Tony Bettenhausen Recreation Center, Tinley Park
Fri, May 8
5:00 - 6:30 pm
R: $10, NR: $20
Code: 44428
Min/Max: 6/12

Pinewood Derby

Get ready to rev those engines! In this program, we will build our own pinewood derby cars, just like the scouts do! Each week, we will work on our cars, and we will race against each other at the end of the season. Get ready to get creative.

Persons ages 13 - 20
Tony Bettenhausen Recreation Center, Tinley Park
Mon, Mar 23 - Apr 20
5:00 - 6:00 pm
R: $35, NR: $140
Code: 42714
Min/Max: 6/12

Funky Food Art

Get ready to get creative because we’re going to be making different edible food art each week. Before we eat our food, we will turn it into a beautiful masterpiece. Everything that goes into our artwork will be edible. After we finish our designs, we will end the program by eating together.

Persons ages 13 - 20
Eisenhower Center, Lansing
Tues, Mar 24 - Apr 21
5:00 - 6:00 pm
R: $40, NR: $160
Code: 42719
Min/Max: 6/15
Teen Programs & Special Events

Competition Bake Off
I hope you brought your apron because we are going to be doing some serious baking with our friends! Each week, we will be baking a new treat. Let’s see who can bake the best looking treat on a weekly basis.

Persons ages 13 - 20
Hazel Crest Park District
Wed, Mar 25 – Apr 22
5:00 - 6:00 pm
R: $40, NR: $160
Code: 42720
Min/Max: 6/12

Young Adult Social Club
Liven up your Friday nights by joining your friends at Young Adult Social Club! All of our activities place a strong emphasis on socialization. You will be mailed a schedule of events and transportation times one week prior to the start of the program. Participants must be able to work successfully in a 1:4 staff to participant ratio, and display appropriate table manners.

Persons ages 13 - 20
Various Community Outings
Fri, Mar 27 - Apr 24
6:00 - 8:00 pm (times may vary)
R: $101, NR: $404
Code: 42704
Min/Max: 6/12

Weekend Workouts
Get your weekend started by getting a workout in. Come join your friends as we experience different sports each week. We can try anything from basketball to kickball or even whiffle ball! Make sure to come in comfortable clothes and bring your water bottle.

Persons ages 13 - 20
Salem Lutheran Church, Homewood
Sat, Mar 28 - Apr 25
9:00 - 10:00 am
R: $32, NR: $128
Code: 42721
Min/Max: 6/12

Mall Crawl
Let’s spend the afternoon crawling around the mall with our friends! Buy yourself something nice or buy a gift for family or friends. We will stop for lunch at the food court, but please make sure to bring spending money for shopping.

Due to the generosity of Ricky’s Ride, this program is offered at a discounted fee for residents.

Persons ages 13 - 20
Orland Square Mall
Sat, Apr 18
12:00 - 3:30 pm
R: $10, NR: $58, LWSRA & SWSRA: $29
Code: 44701
Min/Max: 6/12
Location
Depart Return
SSSRA Office, Tinley Park 10:45 am 4:45 pm
Coyote Run Golf Course, Flossmoor 11:15 am 4:15 pm

In the Game
Hollywood Park
Calling all gamers! Let’s enjoy the day gaming and having some friendly competition amongst our friends. You will be provided a $10 game card, access to 2 of the attractions, and lunch consisting of 2 slices of pizza and a soda. Please bring extra money if you wish to purchase extra food or more game cards.

Due to the generosity of Ricky’s Ride, this program is offered at a discounted fee for residents.

Persons ages 13 - 20
Hollywood Park, Crestwood
Sun, May 3
1:00 - 3:30 pm
R: $10, NR: $62, LWSRA & SWSRA: $31
Code: 44702
Min/Max: 6/12
Location
Depart Return
SSSRA Office, Tinley Park 12:00 pm 4:30 pm
Coyote Run Golf Course, Flossmoor 12:30 pm 4:00 pm
Healthy Eaters
Join us weekly as we work together to create healthy snacks that are good for our bodies. We will discuss the importance of diet and exercise, and how to choose the food that will provide nutrition to us. We will work together to change our eating habits and be healthy! Be sure to register for Job Hunting 101 after this program.
Persons ages 13 and older
Tony Bettenhausen Recreation Center, Tinley Park
Mon, Mar 23 - Apr 20
5:00 - 6:00 pm
R: $39, NR: $156
Code: 42902
Min/Max: 6/10

Job Hunting 101
Are you ready for a job, but don't know where to start? This program is where you can learn all you need to know about job hunting and skills. Join us each week as we learn something new about the process of getting a job. During the last week of programs, we will even do some mock interviews!
Persons ages 13 and older
Tony Bettenhausen Recreation Center, Tinley Park
Mon, Mar 23 - Apr 20
6:15 - 7:15 pm
R: $29, NR: $116
Code: 42935
Min/Max: 6/20

Chair Cardio
Let's keep the burning going into the spring season! Chair Cardio is a chance to break a sweat, all while sitting in a chair. The class will include a combination of chair aerobics, yoga, and dance. Wear athletic clothing and bring water!
Persons ages 13 and older
Hazel Crest Park District
Mon, Mar 23 - Apr 20
5:00 - 6:00 pm
R: $19, NR: $76
Code: 42932
Min/Max: 6/20

Weight Lifting and Water Aerobics
Ready to get in shape? We will spend the first half of the program in the pool, working on core muscle strengthening and overall body conditioning. The other half of the program will be in the weight room to work on cardiovascular exercises as well as overall strength training. Please bring workout clothes and gym shoes, and bring a water bottle, swimsuit, and towel. Participants may want to consider bringing a key lock for the lockers. Participants must be able to work successfully in a 1:4 staff to participant ratio. Please note that we share the pool with the public.
Please note that we will start in the pool.
Persons ages 14 and older
Matteson Community Center (Matteson Avenue)
Mon, Mar 23 - Apr 20
6:30 - 8:30 pm
R: $53, NR: $212
Code: 42904
Min/Max: 6/12

Swim Lessons
SSSRRA has partnered with British Swim School and their certified instructors to provide quality swim lessons to our participants. In the progressive classes, swimmers are introduced to basic water skills, breath holding, and a number of submerging progressions, which will eventually lead the child to unassisted swimming. Swimming activities will encourage self-confidence, strengthen gross motor skills, and assist in following directions. Swim lessons are taught in a 1:2 staff to participant ratio. Please note that we share the pool with the public.
Please note that participant’s guardian/caregiver must assist with personal needs, i.e. dressing.
Persons ages 13 and older
LA Fitness, Tinley Park
Tues, Mar 24 - Apr 21
5:30 - 6:00 pm
R: $125, NR: $500
Code: 46105
Min/Max: 2/4

Who’s Got Game?
Have you ever wanted to play a group board game but didn’t know how? Now is your chance to learn! Let’s explore old and new board games each week. We will learn the rules to each game and learn the skills to try and win!
Persons ages 13 and older
Eisenhower Center, Lansing
Tues, Mar 24 - Apr 21
6:15 - 7:15 pm
R: $29, NR: $116
Code: 42937
Min/Max: 6/20
Garden Mosaics
The flowers are blooming, the sun is shining, and spring has sprung! Let’s spruce up our gardens with the most beautiful and colorful pieces of artwork. Each week, we will focus on a different project that will utilize a variety of supplies. Will you bring home your masterpiece and put it in your yard, or give it as a gift? Crafting is very calming and relaxing, so join us for this program, and show us your creative side. Don’t forget to sign up for Bingo after this program.

Persons ages 13 and older
The Bradford Barn, Olympia Fields
Tues, Mar 24 - Apr 21
5:00 - 6:00 pm
R: $34, NR: $136
Code: 42922
Min/Max: 6/10

Bingo
B-I-N-G-O! Enjoy yourself and have some fun while playing the game of Bingo! Participants will have the chance every week to win a prize.

Persons ages 13 and older
The Bradford Barn, Olympia Fields
Tues, Mar 24 - Apr 21
6:15 - 7:15 pm
R: $26, NR: $104
Code: 42929
Min/Max: 6/40

Scrapbook Club
Have a ton of pictures and want to organize them? Bring your favorite pictures and each week we will make pages for the scrapbook that is provided. At the end of the season we will show off our scrapbooks to our friends and be able to take them home to show our families.

Persons ages 13 and older
Matteson Community Center (Matteson Avenue)
Wed, Mar 25 - Apr 22
5:00 - 6:00 pm
R: $29, NR: $116
Code: 42938
Min/Max: 6/20

Bowling
This favorite program is guaranteed to provide a “striking” good time. Our bowling programs provide an opportunity for all ability levels to participate in this popular sport. Bowlers will be grouped according to age and ability. This program includes two games or 1½ hours of bowling, whichever comes first. Bowling ramps are available. Supervisors will keep track of participant’s bowling averages for Special Olympics.

Please note locations and days.

Persons ages 13 and older
Centennial Lanes 2.0, Tinley Park
Wed, Mar 25 - Apr 22
4:30 - 6:00 pm
R: $59, NR: $236
Code: 42915
Min/Max: 6/30

Persons ages 13 and older
Oak Forest Bowl, Oak Forest
Thurs, Mar 26 - Apr 23
4:15 - 5:45 pm
R: $59, NR: $236
Code: 42916
Min/Max: 6/30

Persons ages 13 and older
Tinley Bowl
Sat, Mar 28 - Apr 25
12:30 - 2:00 pm
R: $59, NR: $236
Code: 42917
Min/Max: 6/30

Minute to Win It
A minute to win it - can you do it? Let’s get together and try these minute challenges with our friends. Each week, we will have several different games to play that we must complete within one minute. The team that can complete these challenges the quickest will win.

Persons ages 13 and older
Matteson Community Center (Matteson Avenue)
Wed, Mar 25 - Apr 22
6:15 - 7:15 pm
R: $31, NR: $124
Code: 42939
Min/Max: 6/20
Aerobics
Are you ready to burn off some energy? Aerobics will get you into shape, strengthen your muscles, and increase your level of cardiovascular fitness. You will learn exercises that you can do at home. We will begin with aerobic activity, and then move into stations to work with weights and other exercise equipment. Be sure to register for Let’s Dance following this program.

Persons ages 13 and older
Marie Irwin Community Center, Homewood
Wed, Mar 25 - Apr 22
6:00 - 7:00 pm
R: $20, NR: $80
Code: 42918
Min/Max: 6/20

Let’s Dance
Let’s dance to all your favorite tunes! We will work on dance steps, turns, and combinations, as well as learning interactive dances to all your favorite songs. This program will enhance your gross motor skills and encourage socialization. So grab your dancing shoes and get out on the dance floor! Don’t forget to sign up for Aerobics before this program.

Persons ages 13 and older
Marie Irwin Community Center, Homewood
Wed, Mar 25 - Apr 22
7:15 - 8:15 pm
R: $20, NR: $80
Code: 42919
Min/Max: 6/20

Thanks to Staff & Volunteers

Jean Arola
Donna Bailey
Deb Baker
Jennifer Braun-Denton
Maggie Brown
Michael Carr
Morgan Carr
Kaitlyn Chambers
Justin Correll
Shannon Cotter
Christine Cotter
Sandra Dittmann
Taelor Dorsey
Jenna Duncan
Terry Elliott
Makayla Elmore
Rachael Fauley
Shirley Forte
Lexi Frazier
Ryan Hagen
Amanda Hall
Mike Hallahan
Kiley Harmon
Tucora Henry
Linda Hentschel
Courtney Hicks
Claire Holewa
Dawn Hommer
Steffani Hommes
Lakeisha Johnson
Lisa Jurgenson
Lindsey Justin
Jack Knies
Kaila Konecki
KaTrina Lindsey
Jill Ludwig
Emily Mathews
Mike McDonald
Caitlyn McKevitt
Scott McMahon
Colleen Murray
Alexa Nakvosas
Shannon Nemec
Tanya Oakley
Patricia Oberbeck
Tammy Pruiitt
Shevon Reed
Ashley Richardson
Molly Runser
Imani Ryan
Joseph Saylor
Hayley Sawyer
Teresa Schmittgens
Nicole Sharp
Michelle Smith
Erika Sodergren
Kristina Spychalski
Merle Taylor
Tom Vargo
Kristina Welke
Andrew Wells
Doreen Westra
Frances Widomski
Karen Wolske
Alex Zappavigna
Kristina Zappavigna
Michael Zwartz

Volunteers
Brian Hedinger
Brian Luebke
Mia Hynek
Reid Specht
Rainbow Animal Assisted Therapy Dogs
Teen & Adult Programs

Chef’s Kitchen
Join us at Chef’s Kitchen where every week is a culinary experience. Learn new culinary skills that can last you a lifetime. Enjoy your creation that was prepared along with your SSSRA friends! Participants must be able to work successfully in a 1:4 staff to participant ratio, and display appropriate table manners. Stay for Crafty Creations following this program.

Persons ages 13 and older
Hazel Crest Park District
Thurs, Mar 26 - Apr 23
4:30 - 6:30 pm
R: $60, NR: $240
Code: 42909
Min/Max: 6/20

Crafty Creations
Explore your creative side and use your unique talents to make beautiful crafts! Join us for this exciting program, and experience the fun of using your imagination. Help strengthen your fine motor skills and self-esteem through artistic self-expression. Participants must be able to work successfully in a 1:4 staff to participant ratio. Don't forget to sign up for Chef’s Kitchen to enjoy dinner before this program.

Persons ages 13 and older
Hazel Crest Park District
Thurs, Mar 26 - Apr 23
6:45 - 7:45 pm
R: $37, NR: $148
Code: 42911
Min/Max: 6/20

Fitness and Fun
Take time for fun and fitness - it is good for the body and the mind. Join your friends and keep in shape by exercising and using a variety of workout equipment. This is a great opportunity to enhance coordination, balance, strength, and muscle tone. Be sure to wear workout clothes and bring a bottle of water. Participants must be able to work successfully in a 1:4 staff to participant ratio.

Persons ages 13 and older
Oak Forest Park District - Fitness Center
Sat, Mar 28 - Apr 25
10:00 - 11:00 am
R: $29, NR: $116
Code: 42921
Min/Max: 6/15

Yoga in the Park
“The most important pieces of equipment you need for doing yoga are your body and your mind.” - Rodney Yee
Join us each Saturday as we learn some relaxing new yoga poses. These yoga poses will not only relax your body, but your mind as well. Feel free to bring your own yoga mat or blanket to practice on.

Due to the generosity of Ricky’s Ride, this program is offered at a discounted fee for residents.

Persons ages 13 and older
Salem Lutheran Church, Homewood
Sat, Mar 28 - Apr 25
11:30 am - 12:30 pm
R: $10, NR: $116, LWSRA & SWSRA: $29
Code: 42940
Min/Max: 6/20

Challenge Accepted
Are you up for a challenge? What about a team challenge? Join us each week while we work together on different team activities. One week we might work on a trust building activity while the next week, we may be working on problem solving activities. Participants will enhance leadership skills and improve communication with others.

Persons ages 13 and older
Marie Irwin Community Center, Homewood
Sat, Mar 28 - Apr 25
1:15 - 2:15 pm
R: $24, NR: $96
Code: 42941
Min/Max: 6/20

Saturday Night Social Club
Spend Saturday night with your friends, having fun out on the town! Different activities are scheduled each week. We may dine out, attend a sporting event, or have a dance party. All of our activities place a strong emphasis on socialization skills. You will be mailed a schedule of events and transportation times one week prior to the start of the program. Participants must be able to work successfully in a 1:4 staff to participant ratio, and display appropriate table manners.

Persons ages 21 and older
Various Community Outings
Sat, Mar 28 - Apr 25
6:00 - 8:00 pm (times may vary)
R: $101, NR: $404
Code: 43001
Min/Max: 6/32
Special Olympics Softball (AAI)
Grab your glove! If you are interested in playing softball in a competitive setting, the Special Olympics Softball is for you! We will compete in weekly games against other SRA teams, participate in the ITRS Tournament, and the Special Olympics Regional Tournament. If we win gold at Regionals, then we will be on our way to the Special Olympics Outdoor Sports Festival in September.

All athletes will report to Patriots Park in Homewood the first week, May 5.
A schedule will be handed out the first week of practice.
All athletes must have a current Special Olympics Medical Application on file with SSSRA by May 29, 2020.

Registration Deadline: April 3
Persons ages 14 and older
Patriots Park, Homewood or
Lions Stadium, Lansing
 Tues, May 5 - Jul 28
6:30 - 8:00 pm
R: $110, NR: $440
Code: 40702
Min/Max: 10/30

ITRS Tournament
Location TBA
July 19, 2020
Time TBA

Regional Tournament
Inwood Sports Complex, Joliet
Date TBA
Time TBA

Outdoor Sports Festival
Rotary Park, Decatur
Date TBA
Time TBA
Fee determined by number of qualifying athletes.
Code: 11902-A

Special Olympics Medical Applications
Special Olympics Medical Applications are available at our office and on our website.
Please contact us at 815-806-0384 if you would like us to mail or fax you an application.
Please visit http://sssra.org/specialolympics.html to access the application online.

New Requirement!
Please note: A copy of your participant’s state ID is required for all Special Olympics programs.

State Competition Fees
Please note that fees for state competition will not be prorated unless for medical reasons. On average, fees are subsidized between 35 - 50%.
Brunch and a Movie
We will start off our day together enjoying an early meal at a new restaurant each day. Do you want breakfast or lunch, well that’ll be up to you to decide. After we enjoy our brunch together, we will head to the theater to catch a matinee movie and avoid the evening crowds! The cost of the program covers the meal and movie ticket, so please bring extra money if you wish to purchase snacks.

Due to the generosity of the Aileen S. Andrew Foundation, door-to-door transportation for this program is offered free of charge for residents.

Persons ages 21 and older with physical disabilities
Various locations
Tues, Mar 31; Apr 21
8:00 am - 4:00 pm
R w/o Trans: $64, R w/ Trans: $64, NR: $256
Code: 40503 (w/o Trans), 40603 (R w/ Trans)
Min/Max: 3/10

Coffee Corner
Do you enjoy starting your morning off with a cup of Joe? Join Coffee Corner and you’ll be able to enjoy that cup of coffee with other SSSRA friends! Each time we meet, we’ll sip on whatever type of coffee you like while also enjoying some snacks. We can also read some books together throughout the season if you’d like. You get to call the shots in this program!

Due to the generosity of the Aileen S. Andrew Foundation, door-to-door transportation for this program is offered free of charge for residents.

Persons ages 21 and older with physical disabilities
Various coffee shops
Wed, Mar 25; Apr 8, 22
11:00 am - 12:00 pm
R w/o Trans: $21, R w/ Trans: $21, NR: $63
Code: 40502 (w/o Trans), 40602 (R w/ Trans)
Min/Max: 3/10

Bowling
Bowling provides a great opportunity to socialize with your friends and sharpen your bowling skills. An adaptive bowling ball and ramp are available. The program includes two games or 1½ hours of bowling, whichever comes first.

Due to the generosity of the Aileen S. Andrew Foundation, door-to-door transportation for this program is offered free of charge for residents.

Persons ages 21 and older with physical disabilities
Centennial Lanes 2.0, Tinley Park
Thurs, Mar 26 - Apr 23
1:00 - 2:30 pm
R w/o Trans: $59, R w/ Trans: $59, NR: $236
Code: 40501 (w/o Trans), 40601 (R w/ Trans)
Min/Max: 3/10
**Lunch at Dixie Kitchen**

Dixie Kitchen and Bait Shop serves up food that will transport you to New Orleans! From the fried green tomatoes to the gumbo, the food is true New Orleans. While waiting for the food, enjoy the nostalgic decor around the restaurant. I bet you’ll find something that was in your grandma’s kitchen!

You will be notified of your pick-up time for door-to-door transportation.

Persons ages 21 and older with physical disabilities

Dixie Kitchen, Lansing

Wed, Apr 29
11:00 am - 1:00 pm
R w/ Trans: $40, NR: $80
Code: 40609
Min/Max: 3/10

**Brookfield Zoo**

Brookfield Zoo is one of Chicago’s premier zoos. With a newer bear exhibit to the Under the Sea feel with sharks and penguins, we will explore the different habitats of the zoo. Participants can purchase lunch from one of the restaurants or bring your own sack lunch. We will be inside and outside, so dress for the weather.

You will be notified of your pick-up time for door-to-door transportation.

Persons ages 21 and older with physical disabilities

Brookfield Zoo

Wed, May 6
11:00 am - 3:00 pm
R w/ Trans: $43, NR: $86
Code: 44614
Min/Max: 3/10

**Healthy Minds Healthy Bodies**

Since 2013, the Healthy Minds Healthy Bodies program has served more than 105 Veterans throughout the SSSRA member communities. Veterans in the Healthy Minds Healthy Bodies program have served in World War II, Korean War, Vietnam, Kuwait, Operation Iraqi Freedom, and the War in Afghanistan.

The Healthy Minds Healthy Bodies program offers a one year membership to a disabled Veteran with a disability rating of 10% or higher, a membership for a training partner for one year, and ten personal training sessions for the Veteran. Please note that Veterans must be residents of one of SSSRA’s member communities. Healthy Minds Healthy Bodies is offered at the following fitness facilities:

- Eisenhower Fitness Center
  2550 178th Street
  Lansing

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

- Matteson Community Center
  20642 Matteson Avenue
  Matteson

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

- Tinley Fitness
  8125 W. 171st Street
  Tinley Park

Please note:
New registrations for Healthy Minds Healthy Bodies will be accepted January 1 - May 31 and September 1 - December 31.

For more information about Healthy Minds Healthy Bodies, please contact Tammy McMahon at (815) 806-0384 or tammym@sssra.org

**Transportation Information**

Please refer to the Transportation Guidelines on page 4. Limited transportation is available for all programs indicated with the transportation symbol and will be on a first-come, first-served basis. Please indicate if transportation is needed on your registration form. Transportation is available for residents only. You will be called during the first week of the program with your pick-up time. Please note: A minimum of three participants are required in order to run a vehicle route.
Dance & Shout
Let’s dance to all your favorite tunes! We will choose music that will help you feel the beat. This program will enhance your gross motor skills and encourage socialization. So grab your dancing shoes and join your friends on the dance floor.

Persons ages 13 and older with severe & profound disabilities
Eisenhower Center, Lansing
Mon, Mar 23 - Apr 20
5:30 - 6:30 pm
R: $29, NR: $116
Code: 44810
Min/Max: 4/15

Music Therapy
Music has been recognized for its wonderful healing properties. Making music allows us to explore our creativity, self expressions, and increase our energy through the enjoyment of the activity. Join this exciting program where we will create music through instrumentation, rhythm, and song.

Persons ages 13 and older with severe & profound disabilities
Tony Bettenhausen Recreation Center, Tinley Park
Thurs, Mar 26 - Apr 23
5:00 - 6:00 pm
R: $45, NR: $180
Code: 44806
Min/Max: 4/15

Salads: One Bowl at a Time
Salad isn’t just lettuce anymore. We will learn to make salads out of a variety of ingredients. Each week, we will cut up the ingredients you want in your salad and enjoy the result of your labors. Bring your creativity and your willingness to try new foods.

Persons ages 13 and older with severe & profound disabilities
Tony Bettenhausen Recreation Center, Tinley Park
Thurs, Mar 26 - Apr 23
6:15 - 7:15 pm
R: $45, NR: $180
Code: 44813
Min/Max: 4/12

Let’s Get Together
Let’s spend some time enjoying socializing with each other. This program will give you a chance to participate in a variety of activities while interacting with friends. We will participate in activities like making snacks, playing games, and doing craft projects.

Persons ages 13 and older with severe & profound disabilities
Matteson Community Center (Oakwood)
Fri, Mar 27 - Apr 24
6:00 - 7:00 pm
R: $45, NR: $180
Code: 44814
Min/Max: 4/15

Creative Corner
It’s time to get creative and discover the artist in you! Each week, we will be creating a new masterpiece. Don’t miss out on this wonderful opportunity to express yourself artistically!

Persons ages 13 and older with severe & profound disabilities
Salem Lutheran Church, Homewood
Sat, Mar 28 - Apr 25
10:15 - 11:15 am
R: $42, NR: $168
Code: 44812
Min/Max: 4/15

Sensory and Relaxation
Let’s forget the stress of the day, and take some time for relaxation. We will work with sensory items such as stress balls, soothing music, and different textured materials. We can explore the soft stroke of feathers, the tactile touch of toys, or the feel of play dough. This program is designed to have a therapeutic environment set up to enhance each of your senses. No matter your preference, this program is specifically designed for adults with sensory deficits. Don’t forget to sign up for Animal Therapy which is every other Saturday after this program.

Persons ages 13 and older with severe & profound disabilities
Marie Irwin Community Center, Homewood
Sat, Mar 28 - Apr 25
10:45 - 11:45 am
R: $35, NR: $140
Code: 44815
Min/Max: 4/15
Teen & Adult Programs & Special Events
Suggested for Individuals with Severe & Profound Disabilities

Butterfly Fun  
Let’s get in the spirit of spring and focus on making something beautiful. We will transform plain wooden butterflies into note-holding fridge magnets. Great for enhancing fine motor skills and stimulating creativity. If we have time, we will do more butterfly art projects.

Persons ages 13 and older with severe & profound disabilities
Matteson Community Center (Oakwood)
Fri, May 1
6:00 – 7:00 pm
R: $10, NR: $20
Code: 45406
Min/Max: 4/15

Bingo and Pizza  
Join us for an evening of BINGO and a sizzling pizza party! Remember to bring your favorite good luck charms. Everyone is a winner today and will go home with awesome prizes.

Persons ages 13 and older with severe & profound disabilities
Richton Park Community Center
Sun, May 17
4:45 - 5:45 pm
R: $10, NR: $20
Code: 45407
Min/Max: 4/15

30th Annual Golf Outing
Thank you to our golfers, dinner guests, sponsors and prize donors for their support of SSSRA’s 30th Annual Golf Outing fundraiser. Many thanks to the Asensio family for joining us as our honored guests and speakers at dinner.

Thank you to our special guests on the course:
Granite City, Orland Park
Old Plank Trail Community Bank, Mokena
Nothing Bundt Cakes, Orland Park & Mokena

Thanks to the following individuals and businesses who contributed $250 or more in sponsorship or prizes in 2019:

Odelson & Sterk, Ltd., Evergreen Park
Robbins Schwartz, Chicago
Mr. & Mrs. Robert Davis, Flossmoor
Davis Eyecare Associates, Oak Lawn
Mrs. Patti Klimak, Century 21 Affiliated, Orland Park
Village of Park Forest
Country Club Hills Park District
Martin Whalen, A Xerox Company, Tinley Park
Old Plank Trail Community Bank, Mokena
The Chuck Mutter Family, Crete
Baxter & Woodman, Inc.
Homewood Disposal Service, Inc.
Tidal Commerce, Oak Brook
Ricky’s Ride for SSSRA
Mr. Michael Redmond, Monree
Davis Eyecare Associates, Oak Lawn
Fred Astaire Franchised Dance Studios, Mokena
Coyote Run Golf Course, a facility of the Homewood-Flossmoor Park District
Kluger Furs, Flossmoor
George Dunne National Golf Course, Oak Forest
Bettinardi Golf, Tinley Park
Hayes Beer Distributing Company, Alsip
CTC Trading Group, LLC, Chicago

13th Annual Ricky’s Ride
The 13th Annual Ricky’s Ride, held on September 15, 2019, was a success! Due to the generosity of over 200 supporters, local businesses, family, and friends, the 13th Annual Ricky’s Ride raised $13,571.

A special “Thank You” to the following individuals for your continued support and dedication in making this a successful event: Ricky, Smi, Duey, Jamie, Gina, Ronnie, Judy, and the rest of the crew!

Thank you to Keith Tadevich and Chuck Cahill at Oak Forest Bowl for hosting the start of the ride and sponsoring breakfast.

Thank you to the following individuals and businesses who contributed $250 or more in sponsorship to the event:

Ms. Jane Fiala, Downers Grove
Jamie Wallace, Frankfort
G.S. Curlee Trucking, Inc., Frankfort
Ridgewood Cycle Association, Frankfort
Mr. Robert Schmidt, Country Club Hills
Mr. William Fitzgerald, Frankfort
Harvey Fireman’s Association
United Brotherhood of Carpenters and Joiners, Bridgeview
Orthodontic Associates, Ltd., Flossmoor
Mr. and Mrs. Timothy Fallon, Naperville
New Image, Frankfort
Oak Forest Bowl
Loyalty & Respect Motorcycle Club, Orland Park

For more information about Ricky’s Ride, please contact Lisa Drzewiecki, Superintendent, at 815-806-0384, ext. 21 or lisa@ssssa.org or visit www.rickysride.org.
Special Events for All

Bunny Breakfast
Let’s hop to breakfast! Join us at Wiley’s Grill in Flossmoor for a special bunny breakfast only for SSSRA! Enjoy breakfast and a visit with everyone’s favorite springtime character. A photo will be taken of your family with the bunny and mailed after the event. Please list guests on the registration form.

If you or your guest(s) do not show the morning of the event for any reason, you will be charged an additional $7 per person.

All SSSRA Participants and Family
Wiley’s Grill, Flossmoor
Sat, Apr 11
9:00 - 10:30 am
R: $9 per person, NR: $18 per person
Code: 43203
Min/Max: 25/100

Spring Drama Show
See your friends perform at Freedom Hall! The Drama Club has been hard at work all season, and is ready to put on a show that you will not forget. This event is free, so bring your friends and family members. Participants must be accompanied by a parent, guardian, or group home staff. This is not a staffed event.

All SSSRA Participants and Family
Freedom Hall, Park Forest
Mon, May 4
7:00 pm show
FREE
Code: 41201
Min/Max: 10/200

SSSRA Family Banquet
Everyone is invited to the SSSRA Family Banquet! All SSSRA participants and their families are welcome to enjoy an evening of fine dining and dancing. Dinner will be served at 6:30 pm.

SSSRA participants will receive special recognition. Please indicate the number of guests on the registration form. Participants must be accompanied by an adult. This is not a staffed event.

Please provide 2 weeks’ notice to the SSSRA Office for any special dietary needs.

If you or your guest(s) do not show the evening of the event for any reason, you will be charged an additional $27 per person.

All SSSRA Participants and Family
Tinley Park Holiday Inn Convention Center
18501 S. Harlem Avenue, Tinley Park
Wed, May 13
6:00 - 9:15 pm
R: $15 per person, NR: $15 per person
Code: 43202
Min/Max: 100/250
Sock Hop
All you T-Birds and Pink Ladies, join us for a Sock Hop! We are going back in time for this special event and will play rock-n-roll music from the 50s. Wear your poodle skirt and leather jacket and get ready to dance the night away! Light snacks will be served so be sure to eat dinner before you arrive.

Persons ages 13 and older
Eisenhower Center, Lansing
Fri, Mar 27
7:00 - 9:00 pm
R: $15, NR: $30
Code: 41136
Min/Max: 20/100

Mexican Fiesta
Join your SRA friends for a real Mexican feast! This is a great opportunity to dance, socialize, and celebrate at this fun fiesta. Grab your sombrero and get ready to dance the night away!

Persons ages 13 and older
LWSRC
1900 Heather Glen Drive, New Lenox
Fri, Apr 3
6:30 - 9:00 pm
R: $40, NR: $80
Code: 41103 (w/o Trans)
44204 (R w/ Trans - Tinley Park)
44205 (R w/ Trans - Richton Park)
44207 (R w/ Trans - Oak Forest)
44208 (R w/ Trans - Flossmoor)
44220 (R w/ Trans - Country Club Hills)
44221 (R w/ Trans - Lansing)
Min/Max: 6/40

Shopping and Lunch
We are going shopping at Woodfield Mall. Bring a list of items you want to look for or just window shop. Nothing is more fun than spending the afternoon with your friends. Lunch is included in the fee.

Persons ages 13 and older
Louis Joliet Mall, Joliet
Sun, Apr 5
11:00 am - 4:00 pm
R: $32, NR: $64
Code: 44217
Min/Max: 6/20

The Secret of My Success
Brantley Foster, a young ambitious midwesterner, moves to New York City to start his dream job at a major corporation, only to be laid off on the very first day. In his relentless enthusiasm to succeed, Brantley finds himself tangled up in a sidesplitting scheme in which he assumes the identity of a rising executive named Carlton Whitfield.

As he climbs the corporate ladder, tirelessly concealing his identity, Brantley soon falls in love with a beautiful colleague named Christy Mendez and discovers that his definition of success might be all wrong. Will he get the job, win at love or just get caught?

Please eat before you arrive.

Persons ages 13 and older
Paramount Theatre, Aurora
Sun, Mar 29
1:00 pm show
R: $79, NR: $158
Code: 44225
Min/Max: 6/20

Location
SSSRA Office, Tinley Park 10:30 am 5:30 pm
Coyote Run Golf Course, Flossmoor 11:00 am 5:00 pm
**SEASPAR Bowling Tournament**
You have been perfecting your bowling technique and it is time to show off your skills while representing SSSRA at the Annual SEASPAR Bowling Tournament. The fee includes bowling and lunch. Bowlers of all abilities are welcome to compete.

Persons ages 13 and older
Suburbanite Bowl, Westmont
Sat, Apr 18
9:30 am - 12:00 pm
R: $34, NR: $68
Code: 44213
Min/Max: 6/12

<table>
<thead>
<tr>
<th>Location</th>
<th>Depart</th>
<th>Return</th>
</tr>
</thead>
<tbody>
<tr>
<td>SSSRA Office, Tinley Park</td>
<td>7:45 am</td>
<td>1:30 pm</td>
</tr>
<tr>
<td>Coyote Run Golf Course, Flossmoor</td>
<td>8:15 am</td>
<td>1:00 pm</td>
</tr>
</tbody>
</table>

**Hollywood Boulevard**
Hollywood Boulevard is a movie theater with full food and beverage service that is brought to your seat. We’ll watch the 1:00 pm movie of your choice and enjoy lunch.

Please note that program time is subject to change due to show times.

Persons ages 13 and older
Woodridge
Sun, Apr 26
1:00 pm show
R: $39, NR: $78
Code: 44214
Min/Max: 6/20

<table>
<thead>
<tr>
<th>Location</th>
<th>Depart</th>
<th>Return</th>
</tr>
</thead>
<tbody>
<tr>
<td>SSSRA Office, Tinley Park</td>
<td>11:00 am</td>
<td>5:00 pm</td>
</tr>
<tr>
<td>Coyote Run Golf Course, Flossmoor</td>
<td>11:30 am</td>
<td>4:30 pm</td>
</tr>
</tbody>
</table>

**Earth Day DIY**
Earth Day is here and it is time to celebrate our planet. We will partake in an afternoon of crafts and snacks, all while being conscious of the environment!

Persons ages 13 and older
Tony Bettenhausen Recreation Center, Tinley Park
Sun, Apr 19
1:00 - 2:00 pm
R: $6, NR: $12
Code: 41132
Min/Max: 6/20

**Hawaiian Dance**
Aloha! You are invited to attend the SSSRA Hawaiian Spring Dance. The evening will include dancing, refreshments, and socializing with friends. Light food will be served at this event. Put on your flowered shirt and grass skirt, and we will enjoy the evening, Hawaiian style!

Due to the generosity of Ricky’s Ride, this program is offered free of charge for residents.

Persons ages 13 and older
Country Club Hills Recreation Center
Fri, Apr 24
7:00 - 9:00 pm
R: FREE, NR: $30, LWSRA & SWSRA: $15
Code: 41106
Min/Max: 20/100

**Spring Prom**
Get ready to dress up in your best suit or your fanciest dress - it’s SSSRA’s Spring Prom! Join us for dinner, followed by a night full of dancing. Don't miss out on your chance to be crowned prom king or prom queen.

Due to the generosity of Ricky’s Ride, this program is offered free of charge for residents.

Persons ages 13 and older
The Bradford Barn, Olympia Fields
Fri, May 8
6:00 - 8:00 pm
R: FREE, NR: $30, LWSRA & SWSRA: $15
Code: 41135
Min/Max: 6/20

**Fishing Derby**
Join SSSRA as we enjoy an afternoon at Centennial Lake fishing. Participants can win prizes for most fish, longest fish, and most unique fish caught. Bring your fishing pole or use one provided by SSSRA.

Persons ages 13 and older
Centennial Lake, Tinley Park
Mon, May 11
Rain Date: Mon, May 18
6:00 - 7:30 pm
R: $9, NR: $18
Code: 41123
Min/Max: 6/20
**Spring Picnic in the Park**
Now that the weather is breaking, we will enjoy a picnic in the park. The group will prepare an appetizer, cook dinner on the grill, and make a delicious dessert. It’s time to hangout and enjoy what Spring has to offer! We will meet at the Splash Pad, but it will not be open for use.

Persons ages 13 and older
Centennial Park, Tinley Park
Thurs, May 14
Rain Date: Thurs, May 21
4:30 - 6:30 pm
R: $9, NR: $18
Code: 41133
Min/Max: 6/20

**Nova Quarter Horses**
Giddy up! Are you interested in learning about horses and how to take care of them? If so, come join us while we enjoy a barn tour, hands-on horse grooming, and lead-line rides, all at Nova Quarter Horses. Lead-line rides consist of learning how to properly walk a horse. You are welcome to bring carrots and apples to feed the horses! Please eat lunch before you come.

Persons ages 13 and older
Nova Quarter Horses, Mokena
Sat, May 16
3:30 - 5:30 pm
R: $36, NR: $72
Code: 44222
Min/Max: 6/20

**Everybody’s Birthday Party**
Happy birthday to you, and you, and you! Everyone is the star of the show as we celebrate everyone’s birthday on one special night. We will dance, hang out, enjoy classic party games, and eat snacks. This is a birthday party for YOU, you have to be there!

Persons ages 13 and older
Richton Park Community Center
Sun, May 17
2:30 - 4:30 pm
R: $10, NR: $20
Code: 41134
Min/Max: 6/20

**Spring Trip**

**Trip to Santa Claus, Indiana**
We are heading to Santa Claus, Indiana where we can find everything Christmas. We will stay at Santa’s Cottages, where our cabin is named after one of Santa's reindeer. We will set out to spend the day at Holiday World Theme Park. We will also go to the Santa Claus Museum and Village. We can’t forget to stop at the Santa Claus Post Office. We all like to shop, and we will get our shopping fix at the Santa Claus Christmas Store and Santa’s Candy Castle.

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

Persons ages 13 and older
Santa Claus, Indiana
Fri, May 15 - Sun, May 17
9:00 am (Fri) - 5:00 pm (Sun) - time subject to change
R: $499, NR: $998
Code: 41801
Min/Max: 6/15

**Registration Deadline: March 27**
SSRRA is a therapeutic recreation program that serves individuals with disabilities in 10 south suburban communities. Programs include sports & fitness, cultural arts, Day Camp, Special Events and Vacation Trips.

Programs are offered after school, in the evenings and on weekends. Programs are held in our ten member communities, which include: Country Club Hills, Hazel Crest, Homewood-Flossmoor, Lansing, Matteson, Oak Forest, Olympia Fields, Park Forest, Richton Park and Tinley Park.

The association is also seeking Inclusion Aides, who will provide 1:1 assistance in Before School and After School programs.

To learn more about our programs, or to apply online, please visit www.sssra.org.

For more information, please contact Rob Hentschel at rob@sssra.org, or (815) 806-0384.

NOW HIRING

Recreation Leaders • Recreation Supervisors
Special Olympics Coaches • Drivers
Inclusion Aides • Sign Language Interpreters
How to Register
1. Please completely fill in the Registration Form provided on pages 49 and 50.
2. Send completed form with payment to SSSRA Registration:
   19910 80th Avenue
   Tinley Park, IL 60487
   Your receipt will be mailed to you after your registration is processed. You will be notified if a program is cancelled. Payment options include check, money order, VISA, MasterCard, or Discover Card. Cash will only be accepted in person, at the SSSRA office.

Please note that the Registration Form, Annual Information Form, and Scholarship Application are now available as fillable forms on our website. Please visit www.sssra.org/registration to access the forms.

Refund Policies
1. A full refund will be issued if a program is cancelled.
2. If a participant drops a program prior to the start and no costs have been incurred, a $5 per program service fee will be charged and a refund will be issued.
3. If a participant drops a special event and SSSRA has incurred no costs due to purchase of tickets, rentals, deposits, etc., a $5 service fee per event will be charged and a refund will be issued.
4. In the event of prolonged illness or moving, a $5 service fee will be charged for each program and/or event, and a pro-rated refund issued. A doctor’s notice is required for illness.
5. A pro-rated refund may be given if SSSRA deems the program is inappropriate for a participant.
6. A refund will not be provided for cancellations due to inclement weather.
7. No refunds will be issued for cancellations due to inclement weather.
8. All refunds will be issued by check on a monthly basis.
9. Participants who receive a scholarship will receive prorated refunds when applicable.
10. Fees will not be prorated if participants register for an event on the same day as a scheduled weekly program because programs and special events are already subsidized between 35-50%.

Scholarships
SSSRA is in a position to offer scholarships in the form of fee discounts to SSSRA residents with disabilities who would like to participate in one or more programs, but who cannot afford the total fees charged. The SSSRA Board of Directors has established specific guidelines for the administration of scholarships. Persons requesting a scholarship must complete a Scholarship Application (available at the SSSRA office or at www.sssra.org) and submit it to the SSSRA Executive Director, along with the completed registration form, and a deposit.

The deadline for requesting scholarships for the program session is the same as the registration deadline. Participants who receive day camp scholarships may be responsible for paying fees for any weekly programs or special events they register for. Please note that scholarships are not available for vacation trips. SSSRA reserves the right to request proof of financial circumstances, including tax return documents, when needed.
Non-Resident Registration and Fees
Because SSSRA is supported through the tax dollars of its member communities, the non-resident fees reflect a more equitable rate in relation to that of its tax supporting members and the actual cost of providing the programs. Non-resident policies are as follows:

1. Non-resident fees are four times the resident fee for programs, four times the resident fee for day camps and two times the resident fee for special events.
2. The non-resident pays the entire fee to SSSRA at the time of registration. Some local park districts or recreation departments may reimburse a portion of your fee.
3. Non-residents are ineligible for scholarships.
4. Non-resident registrations will be processed after the registration deadline, if vacancies still exist in the programs.

First Time Participants - $15 Off
New participants with disabilities living in SSSRA member districts are eligible for $15 off of the total season registration fee by:
1. Clipping the coupon below and attaching it to your completed registration form.
2. Deducting $15 off the total fee from your payment.
3. Mailing the registration form and coupon by the program deadline to the SSSRA office.

Valid for all programs except day camps and weekend trips. Siblings, spouses, out-of-district participants, and parents are not eligible for the discount.

Registration Policies
1. Any household balance due from a previous program season must be paid in full before any registration is accepted for the current season. The balance due must be paid with cash, check, money order, VISA, MasterCard, or Discover Card.
2. Multiple Program Registration Discount: SSSRA residents will receive a $25 discount when they register for $200 or more in programs and/or special events. Please note: Winter and Spring are separate seasons. Completed registration forms and full payment must be in the SSSRA office by 5:00 pm on the registration deadline date for this to apply. No exceptions will be made to any of the criteria listed. Does not apply to Day Camp or Trips.
3. Registration forms will be accepted by walk-ins, mail, facsimile, or online. However, an individual is not considered registered until the SSSRA office has received payment in full along with the completed and signed registration form and waiver. When sending a fax to SSSRA, it is mutually understood that the facsimile document shall substitute for and have the same legal effect as the original form. Please contact the SSSRA office to confirm that your fax was received.
4. Due to increased volume of participants and programs, payment in full should accompany the registration form. Contact the SSSRA Executive Director to make any payment plan arrangements, if necessary.
5. Registrations are processed on a first-come, first-served basis.
6. Programs have a minimum and maximum size. Program minimum must be met by member agency resident. If your registration is received after a program is filled, your name will be placed on a waiting list. You will be notified after a deadline only if the program is full and you did not get in.
7. Participant ages listed in the brochure are approximations. If your child is close to the ages listed, and is interested in the program, please call the Superintendent to discuss a solution.
8. If vacancies exist after the registration deadline, siblings and individuals without disabilities will be allowed to register for designated programs, as considered appropriate by SSSRA staff.
9. A $32 fee will be charged by Old Plank Trail Community Bank for any returned checks.
10. If you register after the registration deadline or after a program begins, you may not be able to attend that program the following week.
Waiver, Release of All Claims and Hold Harmless Agreement - Read Carefully!

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

As a participant in these programs, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages or loss which I may sustain as a result of participating, in any manner, in any and all activities with or associated with such program. I further recognize and acknowledge that all athletic activities involving strenuous exertion or potential body contact are hazardous recreational activities and involve substantial risks of injury. Documents that are privileged and confidential communications, including but not limited to, attorney/client privileged communications, reports prepared in anticipation of litigation, and communications between SSSRA and the Park District Risk Management Agency will not be provided.

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

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

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

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

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

Signature of Parent or Legal Guardian ___________________________ Date ___________

Photo Permission: I do hereby grant permission for my/our participant’s picture to be used in promotional materials related to SSSRA. Promotional materials include, but are not limited to SSSRA brochures and advertising, SSSRA website, Facebook, SSSRA email newsletter, member park district and recreation department brochures. □Yes □No (Unless indicated, photos of participants may be taken and used for publicity).
Registration Form
Spring Registration Deadline: February 7, 2020

Registration forms will be accepted by walk-ins, mail, facsimile, or online. An individual is not considered registered until the SSSRA office has received payment in full, along with the completed and signed registration form and waiver. When sending a facsimile transmission to SSSRA, it is mutually understood that the fax document shall substitute for and have the same legal effect as the original form. Please call the SSSRA office to confirm that your fax was received.

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Code</th>
<th>Resident Fee</th>
<th>Non-Resident Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Guest Name:
Program/Event:

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

To be registered you must:
1. Pay previous balance in full.
2. Complete entire registration form.
3. Parent/Legal Guardian must sign form.
4. Full payment must accompany form.
5. Complete Charge Card information below.

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

Registration form must be filled out completely and signed by parent or guardian. Return to the SSSRA office with full payment to be considered registered. Please write in program choices and sign waiver on reverse side. All guests must sign a waiver.
An updated Annual Information Form and Medication Dispensing Form (if applicable) must be on file to complete registration.

Centennial Lake / Centennial Park
167th and Parliament, Tinley Park
708-532-8698
Harlem Ave. to 167th St. west. Left on Centennial Dr.

Centennial Lanes 2.0
16050 Centennial Circle, Tinley Park
708-633-0500
159th St. to Oak Park Ave. south. Turn right on Centennial Dr.

Country Club Hills Community Recreation Center
4709 W. 179th Street, Country Club Hills
708-798-8497
183rd St. to Cicero and turn north. Right on 179th St.

Coyote Run Golf Course/Wiley’s Grill
800 Kedzie Avenue, Flossmoor
708-957-8700
183rd St. to Kedzie south. Golf course is located on the west side before Flossmoor Rd.

Don Gorman Field House
4412 Henry Street, Oak Forest
708-687-8882
Cicero to Fieldcrest (1 block north of 167th St.). Turn east. Left on Craig Dr. and follow to Henry Street. Building is on the right (north) side of the street.

Eisenhower Center
2550 178th Street, Lansing
708-474-8552
I-80 East to Torrence Ave. south. East at 178th St. Center is on the north side of the street.

Fitcode
9418 W. 191st Street, Mokena
80th Ave. to 191st St. Turn west. Fitcode is on the right.

Freedom Hall/Central Park
410 Lakewood Boulevard, Park Forest
708-747-0580
Western Ave. to Lincoln Hwy. west. South on Orchard to Lakewood Blvd. Building is on the right side.

Grissom School
17000 S 80th Ave, Tinley Park, IL 60477
80th Ave to 169th Street Turn west, go to Grissom Dr and turn left

Hazel Crest Park District and Fitness Center
2600 W. 171st Street, Hazel Crest
708-335-1500
175th to California Ave. north to 171st east. Building is on the north side of the street.

LA Fitness - Tinley Park
18400 Convention Center Drive, Tinley Park
Harlem to 183rd Street. Turn east. Turn right (south) on Convention Drive.

Lions Stadium
18300 Oakley Avenue, Lansing
Torrence Ave. to Ridge Rd. Turn east. Turn right (south) on Oakley. The field is on the right, just before 183rd Street.

Marcus Country Club Hills Cinema
4201 167th Street, Country Club Hills
Cicero Ave. to 167th Street east. The theater is on the right (south) side of the street.

Marie Irwin Community Center
18120 Highland Avenue, Homewood
708-957-7275
Dixie Highway to Ridge Rd., and turn east. Center is 2 blocks down on the southwest corner of Ridge and Highland.

Matteson Community Center (Oakwood)
4450 West Oakwood Lane, Matteson
Harlem Ave. to Lincoln Hwy. east. Turn left on Lindenwood, left on School, and right on Oakwood.

Matteson Community Center (Matteson Avenue)
20642 Matteson Avenue, Matteson
708-441-4500
Cicero to 207th St. West to Matteson Ave.

Memorial Junior High School
2721 Ridge Road, Lansing
708-474-2383
Torrence Ave. to Ridge Rd., and turn east. School is on the right side of street.

Oak Forest Bowl
15240 S. Cicero Avenue, Oak Forest
708-687-2000
Cicero to 153rd. Bowling alley is on northwest corner.

*Pick-up/drop-off location for some special events

Oak Forest Park District/fitness Center
15601 South Central Avenue, Oak Forest
708-687-7270
Harlem Ave. to 159th St. Turn east to Central Ave. north.

Olympia Fields Park District/The Bradford Barn/Disc Golf Course
20712 Western Avenue, Olympia Fields
708-481-7313
Lincoln Hwy. to Western north. The Barn is on the left (west) side of the street.

Patriots Park
18630 W. 187th Street, Homewood
Halsted to 187th St. Turn west. The park is on the right (north) side of the street.

*Richton Park Community Center
4455 Sauk Trail, Richton Park
Harlem Ave. to Sauk Trail, turn east.

Salem Lutheran Church
18324 Ashland Avenue, Homewood
Halsted to 183rd Street and turn west. Go past the light at Riegel Road and 183rd Street. Just past that intersection, turn left on Ashland.

SSSRA Office
19910 80th Avenue, Tinley Park
815-806-0384
Vollmer to Harlem north. Turn west on 191st St. Turn left (south) on 80th Ave. Office is on the west side of the street.

Tinley Park Bowl
7601 183rd Street, Tinley Park
80th Ave. to 183rd St. Turn east. Bowling alley is on the right.

Tony Bettenhausen Recreation Center/White Water Canyon/Fitness Center
8125 W. 171st Street, Tinley Park
708-342-4200
183rd St. to 80th Ave. north. Turn west on 171st St. Building is on left (south) side of the street.

United Gymnastics Academy
6805 159th Street
Tinley Park, IL 60477
708-894-7171
Take Harlem Ave. to 159th. Turn east. Location is on the corner of 159th and Oak Park Ave. If you pass Oak Park Ave. you went too far.
Thank You for Your Support of SSSRA