



Lincolnway
SPECIAL RECREATION
ASSOCIATION

Summer 2021 Brochure

virtual and in-person programs!



Member Districts

Frankfort Park District | Frankfort Square Park District | Manhattan Park District
Mokena Community Park District | New Lenox Community Park District
Peotone Park District | Wilmington Park District
Village of Monee* | Homer Township* | (*see page 6 for details)

Board of Directors

*Frankfort
Park District*
Gina Hassett

www.frankfortparks.org

*Frankfort Square
Park District*
Audrey Marquenski
Vice-President

www.fspd.org

*Manhattan
Park District*
Jay Kelly
President

www.manhattanparks.com

*Mokena Community
Park District*
Greg Vitale
2nd Vice-President/Treasurer

www.mokenapark.com

*New Lenox Community
Park District*
Greg Lewis
Secretary

www.newlenoxparks.org

*Peotone
Park District*
Kim Stroud

www.peotoneparkdistrict.org

*Wilmington
Park District*
Kirsten Van Duyne

www.islandparkdistrict.com

LWSRA's Board of Directors consists of the executive directors from each member district.

Board meetings are held the 3rd Tuesday of each month, 9:30am, at the LWSRC and are open to the public.



1900 Heather Glen Drive, New Lenox, IL 60451

Phone: 815-320-3500 | www.lwsra.org

Attendance & Weather Hotline: (815) 320-3515 or attendance@lwsra.org

LWSRA provides recreation, leisure and sports opportunities for individuals with disabilities through a special cooperative agreement that includes Frankfort, Frankfort Square, Manhattan, Mokena, New Lenox, Peotone and Wilmington Park Districts as well as special agreements with the Village of Monee and Homer Township. LWSRA offers programs for more than 400 individuals throughout the year from preschool through adult. Contact one of our trained specialists today to learn more!

Mission

To provide recreation and leisure services for individuals with physical or intellectual disabilities while promoting greater disability awareness in the community.

Vision

A community without limits for individuals with disabilities.

Core Values

Community
Opportunities
Recreation
Education

Training
Reliability
Unity
Safety
Trust

*Follow
us*



Meet the Lincolnway team



Keith Wallace

**Executive Director
CPRP**

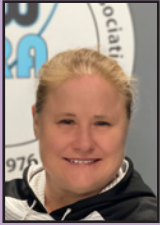
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CPRP**

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**Manager of Recreation
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Facility Foreman

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Juanita Williams

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TEEN/ADULT & TITANS
MBA, MHA**

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Mak Nong

**Recreation Specialist
ADAPTED PROGRAMS AND FITNESS**

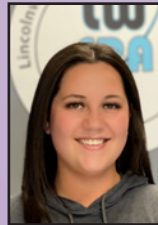
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Nadine Kahl

**Recreation Specialist
SPECIAL EVENTS, YOUTH, SUMMER CAMP & VIRTUAL
CPRP**

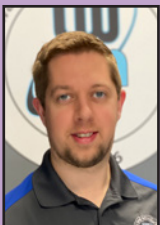
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ATHLETICS & INTERNS
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**Support Services Supervisor
CPRP**

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Angelo Garcia

Registrar

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Phone: 815-320-3501



Nicky Van

Program Specialist

Email: nvan@lwsra.org



Ethan Schultz

Maintenance

New Online Registration and Forms

Registration opens at 9am on Saturday, April 17th. In-Person Registration ends one (1) week prior to start date.

Starting in 2021, all registrations for LWSRA virtual and in-person programs are being processed online through CommunityPass. In addition to registration, the Annual Information Form for 2021 and any applicable medical forms are also being completed digitally through your CommunityPass household.

Visit lwsra.org/register to get started!



CREATE YOUR ACCOUNT AND COMPLETE YOUR ANNUAL INFORMATION FORM TODAY!

STEP 1: Create account

STEP 2: Add household members

STEP 3: Register a participant for the Annual Information Form 2021 (fill out the form)

*Participants will not be allowed to register until the 2021 form is complete.



Help videos on YouTube

CommunityPass Features

- Messaging (emails and/or text messages) sent for program updates.
- Use your Hawks Bucks (gift cards) or household credits when registering online.
- E-check now available as a payment method.
- Save your preferred payment method to save time and for automatic payments.
- Shopping cart to avoid having to checkout multiple times.
- Plus many other user friendly features to make online registration much simpler!

Understanding the Brochure

Primary program objective
(All programs use multiple objectives to varying degrees)

Program Icons
Quickly identify important program requirements.
(see full guide below)

Health & Fitness



Thunder Bowlers

Bowl with friends as we aim for strikes! This program includes 2 games or 1 hour of bowling, whichever comes first. Athletes will be required to wear a face covering during the entirety of the program. LWSRA cannot guarantee 6 feet of social distancing based on lane configuration.

Location: Thunder Bowl, 18700 Old La Grange Rd, Mokena

Age 8+

10015 Mo 1/18-2/22 4:30-5:30P \$85/\$110

Watch for important information in the blurb such as supplies to bring and location to meet at.

Session Code	Day(s) of week	Date(s) of program	Program start and end time	Resident fee/ Non-Resident fee
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Program via Zoom



In-person Program



Hybrid Zoom & In-person option



Food involved



Supply pick-up



Delivery Available



Meet at Location

Primary Program Objectives

Arts & Creativity

Health & Fitness

Daily Living

Socialization

PROGRAM ATTENDANCE AMID CORONAVIRUS

Safety continues to be a top concern at LWSRA. Our goal is to provide flexibility when circumstances arise that an individual needs to cancel out of a program as a Covid-19 precaution. LWSRA utilizes *CrisisGo*, a digital software designed to assist in tracking attendance and contact tracing efforts should the need arise.

- * Participants who are experiencing Covid-19 like symptoms or test positive for Covid-19, should refrain from attending LWSRA programs. Participants may return 14 days after symptom onset provided the symptoms have cleared. Individuals who test positive may return 14 days from the date of their first positive test provided symptoms have improved.
- * Participants who are exposed to an individual who tests positive for coronavirus should refrain from attending LWSRA programs for 14 days from the last date of exposure.
- * Travel Guidance: Individuals who travel out of state to a location with a "higher risk level" for coronavirus transmission (positivity rate greater than 13 per 100,000) are recommended not to attend programs until seven days after return. Travel Guidance provided by the IDPH (<https://www.dph.illinois.gov/covid19/travel>).

TO CANCEL YOUR ATTENDANCE FOR A PROGRAM

*Contact the LWSRA attendance & weather hotline at 815-320-3515 or attendance@lwsra.org, prior to the program date. Please include the name of your participant as well as the date, time and name of program(s) they will miss. (Remember to include all programs/dates you will not be attending so we can notify appropriate staff.)

If the office is notified in advance, a household credit may be issued for the missed dates. Any costs already incurred by LWSRA cannot be refunded as part of the household credit (ex: admission fee, program specific supplies, etc.).

IN-PERSON PROGRAM GUIDELINES

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

- * Participants must be able to function at a 1:4 staff to participant ratio.
- * Participants must be free of fever over the past 72 hours (temperature less than 100.4 degrees).
- * LWSRA encourages individuals to refrain from attending in-person programs if they have traveled out of the state within the last 7 days.
- * Participants must be able to maintain six-foot social distancing from other participants and staff.
- * Participants will be required to wear a face covering during the entirety of the program.
- * Participants must be able to remove the face covering and put on face covering independently.
- * Participants must be able to stay with the group.
- * Participants must always keep their hands and feet to themselves.
- * Participants must be able to follow verbal directions with minimal redirection.
- * Participants must have completed a Participant Assessment for Reintroduction of In-Person Programs Survey and have been placed in Tier A or Tier B for reintroduction to in-person programs by the LWSRA administration team.
- * LWSRA may offer specific programs for Tier C participants. During these programs, staff will evaluate participants for possible placement in other tiers.

Please contact Melissa Jensen at mjensen@lwsra.org for more information.

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Registration and Program Information

ANNUAL INFORMATION FORM

LWSRA requires all participants to complete an information form annually. This form provides staff with valuable information, which allows LWSRA to conduct its activities in the safest possible manner and to meet the basic needs of the participants. All information is kept strictly confidential and enhances successful participation. Thank you for your cooperation. *The form is now completed digitally through the CommunityPass site and must be complete prior to registering.*

INCLUSION

LWSRA understands not every person with a disability needs to participate in special recreation programs. If you feel that a program offered by your park district (Frankfort, Frankfort Square, Manhattan, Mokena, New Lenox, Peotone or Wilmington Island) would better meet the needs of your child, follow these steps for inclusion:

- 1) Register at your local park district for the desired program as soon as possible. Let them know you will be requesting inclusion assistance and immediately contact Melissa at LWSRA at (815) 320-3505.
- 2) Through meeting(s), observations, etc., it will be determined if inclusion in the program would be appropriate and beneficial, and if an inclusion aide is needed.
- 3) For any inclusion needs that cannot be met, the park district will issue a refund.

Please understand that we will do our very best to provide an inclusion aide. However, because of staffing restrictions, we are unable to guarantee an aide. Please register early. Last minute requests will not be granted.

ADA

Lincolnway Special Recreation Association advocates for full participation under the Americans with Disabilities Act (ADA). Every attempt at reasonable accommodation will be made so that individuals may participate.

LWSRA/SSSRA AGREEMENT

LWSRA has a cooperative agreement with the South Suburban Special Recreation Association (SSSRA). Each association offers programs to the other association's residents at in-district rates with the following exceptions: 1) Special Services such as scholarships and door to door transportation are not included. SSSRA's "First Time Participant Discount" does not apply to LWSRA residents. 2) Participants who wish to register for TITANS, summer camp, vacation trips, away camps and weekend trips may do so at non-resident rates. 3) Early bird discounts or any other discounts do not apply under this agreement. 4) When programs are offered free to either association's own residents because of grant funds or sponsorships, the program or event will be offered to residents of the other association at the regular fee for residents.

All other agency policies and guidelines apply to residents who register for programs under this Agreement.

Persons residing in these SSSRA member districts are considered residents: Country Club Hills Park District, Hazel Crest Park District, Homewood-Flossmoor Park District, Lan-Oak Park District, Matteson Parks & Recreation Department, Oak Forest Park District, Olympia Fields Park District, Park Forest Recreation & Parks Department, Richton Park Parks & Recreation Department and Tinley Park - Park District.

BROCHURE ACCURACY

Every effort has been made to assure the accuracy of information contained within this brochure. However, errors can occur and circumstances may require adjustments to fees, schedules, locations, or other aspects. Changes to schedules may occur frequently due to the ongoing pandemic.

LWSRA reserves the right to make such adjustments and apologizes for any inconvenience these errors or adjustments may cause. Please stay connected by keeping accurate contact information listed for your household in CommunityPass.

RESIDENT/NON-RESIDENT FEES

Resident Fee: Residents are those living in the boundaries of Frankfort, Frankfort Square, Manhattan, Mokena, New Lenox, Peotone and Wilmington Park Districts.

****Village of Monee:** Households that are within Village of Monee boundaries will be allowed to register at in-district rates.

****Homer Township:** Homer Township offers assistance to its residents with out-of-district fees. Please contact the LWSRA office to learn more.

Non-Resident: Fees are 25% to 50% greater than resident rates. The percentage is determined on a program by program basis by the LWSRA Executive Director.

****Non-Resident Exceptions:** Participants who are enrolled in classes within Lincoln-Way High School District 210 or Peotone CUSD 207U shall be able to attend LWSRA programs held at Lincoln-Way High School at an in-district rate.

****Verification required prior to registration. Not eligible for scholarships, door-to-door transportation or SSSRA cooperative agreement.**

PAYMENT POLICY FOR REGISTRATION FEES

Fees may be paid in full at time of registration for LWSRA programs, events and tournaments. **If full payment is not possible then a deposit of at least 25% must be made at time of registration and a payment schedule will be generated at LWSRA's discretion.** Payments must be made by the designated date each month. If a payment is not made on time, a late fee of \$20.00 will be assessed and the account considered delinquent. New registrations will not be accepted until ALL HOUSEHOLD outstanding bills are paid. LWSRA reserves the right to deny participation to any individual who becomes delinquent until paid in full. For NSF checks, a \$20.00 fee will be charged.

FINANCIAL ASSISTANCE PROGRAM

The financial assistance program is funded by donations only. Therefore, availability of financial assistance may vary. Funds are available for in-district residents who qualify due to financial hardship situations. An individual may qualify for up to 1/2 of program fees for two programs a season. (Maximum of \$400 per calendar year.) The remainder due will follow the payment policy stated above. Please call (815) 320-3500 to request an application or find it online at lwsra.org/forms.

HAWKS BUCKS

Hawks Bucks allow both residents and non-residents to hold money in a designated fund to assist with payment of future program fees. Hawks Bucks are available and make a great gift idea for family and friends to purchase.

NEW: Registration through CommunityPass now allows any Hawks Bucks or Household Credits to be assigned to your account. Any available funds will be deducted from your total before the payment screen.

REFUND POLICY

Refunds after a program begins will be allowed for the following situations only:

- 1) Cancellation of a program or event by LWSRA due to low enrollment;
- 2) Medical reasons upon presentation of a doctor's request;
- 3) The participant moves from the area (pro-rated to the time of departure).

Refunds will not be given due to weather related cancellations. A \$10.00 service charge will be assessed on all refunds unless refund is due to cancellation by LWSRA due to low enrollment. There will be no refunds if a participant cancels out of a program and LWSRA has incurred costs due to purchase of tickets, rentals, deposits, staffing, etc.

HOUSEHOLD CREDITS

Refunds will be applied as Household Credits. To request a refund to credit card on file or via check, you must complete the refund request form each time you need to request a refund: lwsra.org/refund. Accounts with an existing balance will have any refund or household credit automatically applied to their existing balance.

Registration and Program Information

GUIDELINES WHEN ILLNESS OCCURS

In consideration of other participants and staff, and to prevent the spread of contagious illnesses, LWSRA strongly urges participants to refrain from attending programs when any of the following conditions exist:

- Fever of 100 degrees or higher
- Vomiting within the last 24 hours
- Diarrhea within the last 24 hours
- Persistent cough and/or cold symptoms
- "Pink eye" (conjunctivitis) or discharge from the eye
- Symptoms of mumps, measles, chicken pox, strep throat, flu, impetigo, or coxsackie virus
- Runny nose with yellow or green discharge
- Lice or mites

Notify the LWSRA office of any contagious disease that will affect attendance. Participants can return at doctor's recommendation, or when symptoms have clearly passed.

PLEASE NOTE: LWSRA staff has the right to deny participation to any individual exhibiting symptoms of a contagious illness.

BEHAVIOR EXPECTATIONS

LWSRA encourages and promotes the concept of fun for everyone. However, LWSRA participants are expected to exhibit appropriate behavior at all times. The LWSRA basic behavior code insists that participants shall:

- 1) Show respect to each other and staff and take direction from staff.
- 2) Refrain from using abusive or foul language.
- 3) Refrain from causing bodily harm to self or others.
- 4) Treat equipment and facilities with care and careful consideration.

Additional rules may be developed for specific programs as deemed necessary. LWSRA applies a caring, positive approach to discipline. Staff are willing to work with parents to develop behavior modification programs if necessary. LWSRA reserves the right to dismiss a participant whose behavior continues to be inappropriate or whose behavior endangers the safety of him/herself or others.

MEDICATION DISPENSING

IMPORTANT! If you are requesting that medication be dispensed to your participant during an LWSRA program, these procedures **MUST** be followed:

1. Each form of medication must be in the original container or in a clearly marked envelope provided by LWSRA.
 - A. The envelopes can be picked up at time of registration or anytime up to one week before the program begins.*
 - B. For weekend, multi-day events and S.O.I. tournaments, medications **MUST** be brought to the LWSRA office, no later than one day before the program/event.
 2. The container must include doctor's name, patient's name, pharmacy, medication, strength, dosage, date and on envelope, initials of parent, guardian or care giver.
 3. No more than the proper dosage should be in each container/envelope for the length of time medication will be given.
 - A. If medication is given more than once per day additional envelopes (unless using the original container) are needed for each subsequent dose.
 - B. Other forms of medication such as liquids, creams, etc. must be in the original container and include doctor's name, patient name, pharmacy, medication, strength, dosage and date.
 4. The Permission to Dispense Medication Form must be completed and signed prior to the distribution of any medication. If any medication information changes, notify LWSRA and complete a new Permission to Dispense form.
- *Please be sure to pick up enough envelopes for the duration of the event

CANCELLATION DUE TO WEATHER

Cancellation of a program, event or transportation is possible due to adverse weather conditions, especially if it is an outdoor activity or the roads are considered unsafe for driving. The program may or may not be rescheduled. The following guidelines will be used to determine cancellations (Special Olympics programs will follow Special Olympics Illinois weather guidelines):

SEVERE COLD WEATHER CONDITIONS:

- * Outdoor programs: A temperature of 10 degrees or lower or wind chill of 0 degrees or less.
- * A temperature of -5 degrees or wind chill of -15 degrees or less.
- * All programs: Snowstorm or blizzard warnings or conditions, when driving restrictions and emergency accident plans are in effect.
- * Programs with transportation: In some situations a program will still be offered without transportation.

MANDATED REPORTER

All LWSRA staff are mandated by the State of Illinois to make a report to DCFS hotline if they observe a situation that provides reasonable cause to suspect child abuse or neglect. Workers in certain professions, including recreational program personnel, have this legal mandate. Our staff is trained on signs and symptoms of abuse and neglect and procedures for making a report.

APPLICATION FOR PARTICIPATION IN SPECIAL OLYMPICS (MED APP)

In order to compete in Special Olympics competition a current Special Olympics medical form must be on file at the LWSRA office and with Special Olympics Illinois. This form is valid for three years from date of doctor's signature. To check med app validity online please visit lwsra.org/lookup.

ATLANTOAXIAL INSTABILITY RELEASE

Individuals with Down syndrome are at risk of having a condition known as atlantoaxial instability (AAI). This condition allows for increased laxity of ligaments involving the top bones of the neck. This results in the abnormally increased movement between the first and second vertebrae and may lead to pressure on the spinal cord which can lead to injury. Certain programs require this release.

PERSONAL ITEMS

LWSRA is not responsible for lost, damaged or stolen items at LWSRA programs. Lost and found is located at the LWSRC. Items will be held for three months.

MANDATED REPORTER

All LWSRA staff are mandated by the State of Illinois to make a report to DCFS hotline if they observe a situation that provides reasonable cause to suspect child abuse or neglect. Workers in certain professions, including recreational program personnel, have this legal mandate. Our staff is trained on signs and symptoms of abuse and neglect and procedures for making a report.

TRANSPORTATION OF CHILDREN

See page 33 of the brochure for additional information on LWSRA's Transportation procedures. State law does not require the use of car seats in LWSRA 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.

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Programs at a glance

Adult Day Programming

Pages 10-11

Day Trippers (Monday).....	Age 18+
Travel the World (Monday).....	Age 18+
Virtual TITANS (Tuesday & Thursday).....	Age 18+
Gardening Guru's (Tuesday).....	Age 18+
Adult Morning Program (Wednesday & Friday).....	Age 18+
Lunch Bunch - In-Person (Wednesday & Friday).....	Age 18+
Adult Afternoon Program (Wednesday & Friday).....	Age 18+

Athletics (intellectual disabilities)

Pages 12-13

Thunder Bowlers (Monday).....	Age 8+
Laraway Bowlers (Wednesday).....	Age 8+
Bocce (Monday).....	Age 8+
Tennis (Wednesday).....	Age 8+
Athletics (Track & Field) (Monday).....	Age 8+
Hawks Softball (Tuesday).....	Age 8+
Hawks Basketball Summer League (Sunday).....	Age 13+
Volleyball Conditioning (Monday).....	Age 8+
Golf Greats (Thursday).....	Age 13+

Athletics (physical impairments)

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Wheelchair Basketball Mini's (Thursday).....	Age 4-10
Wheelchair Basketball PREP (Thursday).....	Age 10-14
Wheelchair Basketball Varsity (Thursday).....	Age 12-18
Wheelchair Basketball Adult (Thursday).....	Age 18+
Wheelchair Softball Juniors (Saturday).....	Age 8-15
Wheelchair Softball Adults (Saturday).....	Age 16+
Wheelchair Basketball Summer League (Saturday).....	Age 13+

Clinics and Private Lessons

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Tae Kwon Do (Saturday).....	Age 13+
(Intellectual Disabilities & Physical/Visual Impairments)	
Amputee Soccer Clinic (Sunday).....	Age 10+
(Physical Impairments)	
Piano Lessons (varies).....	Age 3+
(Intellectual Disabilities & Physical/Visual Impairments)	

Dances

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Sock Hop (Friday).....	Age 13+
Hawaiian Luau at the LWSRC (Friday).....	Age 16+
Country Western at the LWSRC (Friday).....	Age 16+
Crazy Carnival (Friday).....	Age 13+
End of Summer Bash (Friday).....	Age 13+

Fitness

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Wake up Warm up (Monday).....	Age 8+
Moving with Mak (Tuesday).....	Age 8+
Hawks HIIT (Wednesday & Friday).....	Age 8+
Strength & Conditioning (Wednesday).....	Age 8+

Social Programs

Pages 22-24

Travel the World (Monday).....	Age 10+
Gardening Guru's (Tuesday).....	Age 18+
Book Club (Thursday).....	Age 10+
Lunch Bunch - Virtual (Friday).....	Age 8+
Through the Decades (Thursday).....	Age 10+
Snack and Chat (Wednesday).....	Age 10+
Stir It Up! (Wednesday).....	Age 10+

Special Events (intellectual disabilities)

Pages 26-27

Bingo Blast (Friday).....	Age 13+
Dinner and a Movie (Saturday).....	Age 13+
Karaoke Night (Friday).....	Age 13+
SSSRA - Virtual Bingo (Friday).....	Age 13+
Hibachi (Saturday).....	Age 16+
Game Night (Friday).....	Age 13+
Hollywood Casino and Buffet (Sunday).....	Age 21+
Christmas in July (Friday).....	Age 13+
Movie Critic Club (Friday).....	Age 13+
Farmhouse Academy (Sunday).....	Age 16+

Special Events (physical impairments)

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Adapted Water Ski Trip (Saturday).....	Age 10+
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Summer Camps

Page 29-31

Youth - Half-Day Camp (Monday-Thursday).....	Age 3-7
Youth - Full-Day Camp (Monday-Thursday).....	Age 3-7
Youth - Half-Day Camp (Monday-Thursday).....	Age 8-14
Youth - Full-Day Camp (Monday-Thursday).....	Age 8-14
Friday Fun Days (Friday).....	Age 3-7
Friday Fun Days (Friday).....	Age 8-14
Teens - Full Day Camp (Monday-Friday).....	Age 15-21
Last day of Summer Camp (Friday).....	Families & All Ages



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 Educational Seminars • Webinars • Notary Services

Titans - Adult Day Programming

Socialization



Day Trippers

Socialize with your friends from LWSRA, there is a lot of fun and a great experience ahead as we begin a weekly excursion. Each week we will visit, research, and explore places within the community. Participants are required to bring a bag lunch unless stated on calendar. ***No program 5/31.**

Location: Meet at LWSRC, 1900 Heather Glen Dr, New Lenox

Age 18+ Min/Max: 4/12

12001-1 Mo 5/17-6/28* 9:00A-2:00P **\$360/\$450**

12001-2 Mo 7/12-8/16 9:00A-2:00P **\$360/\$450**



Socialization



Travel the World

Our vacation trips might be postponed but it's not going to stop us from traveling the world. Join your travel buddies as we will take a virtual trip to various areas of the world. We also want to hear stories and experiences about trips you have enjoyed.

***No program 5/31.**

Location: Zoom - Virtual Program

Age 18+ Min/Max: 4/25

12002 Mo 5/17-6/28* 11:00-11:30A **\$25**

Socialization



Virtual TITANS

Join your TITANS friends as we connect and experience virtual programs! Socialize with your friends, make delicious snacks, cool crafts, and participate in virtual adventures.



Activity Kits included in program fee. Pick-up kits Mondays, the week of program, from 9am-5pm. Home delivery is also available weekly for an additional fee.



Location: Zoom - Virtual Program

Age 18+ Min/Max: 5/25

12003-1 Tu,Th 5/18-7/1 9:30-11:30A **\$165**

12003-2 Tu,Th 7/13-8/19 9:30-11:30A **\$165**



Arts & Creativity



Gardening Guru's

Time to sharpen up your horticultural knowledge and gardening skills. We will learn how plants grow, what they need to thrive and do fun projects related to gardening.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Age 18+ Min/Max: 4/12

12004 Tu 5/18-6/22 1:00-2:30P **\$60/\$75**



Titans - Adult Day Programming

Socialization



Adult Morning Program (AMP)

Make recreation a regular part of your day! AMP participants will enjoy a full schedule of exciting in-house activities, while building lifelong friendships. Discover your artistic talents, laugh, play games, and even get in your daily workout...all during LWSRA's Adult Morning Program.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Age 18+ Min/Max: 4/12

12005-1 We,Fr 5/19-7/2 9:00-11:00A \$280/\$350

12005-2 We,Fr 7/14-8/20 9:00-11:00A \$240/\$300

Socialization



Lunch Bunch - In-Person

Socialize and hang out with your friends during in-person Lunch Bunch! Please bring a bag lunch.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Hybrid Virtual option available (Fridays only for 30 minutes).

Age 18+ Min/Max: 4/12

12006-1 We,Fr 5/19-7/2 11:00A-12:00P \$125/\$155

12006-2 We,Fr 7/14-8/20 11:00A-12:00P \$105/\$130

Socialization



Adult Afternoon Program (AAP)

Continue the fun of AMP and join us for the afternoon session. This program emphasizes leisure independence, health & wellness, and social interaction with peers.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Age 18+ Min/Max: 4/12

12007-1 We,Fr 5/19-7/2 12:00-2:00P \$280/\$350

12007-2 We,Fr 7/14-8/20 12:00-2:00P \$240/\$300

Adult Day Program Notes

Register for one session or sign-up for all three to make it a full day program!



Health & Fitness



Thunder Bowlers

Enjoy a leisurely game of bowling at Thunder Bowl with friends as we aim for strikes! This non-competitive program focuses on the importance of sportsmanship, socialization, and fun, with basic bowling instruction. Scores are recorded to help participants track their progress. *No program 5/31 & 7/5.

Location: Thunder Bowl, 18700 Old La Grange Rd, Mokena

Age 8+

Min/Max: 4/16

12008 Mo 5/17-8/2* 4:30-5:45P \$125/\$155

Health & Fitness



Laraway Bowlers

Enjoy a leisurely game of bowling at Laraway Lanes with friends as we aim for strikes! This non-competitive program focuses on the importance of sportsmanship, socialization, and fun, with basic bowling instruction. Scores are recorded to help participants track their progress.

Location: Laraway Lanes, 1009 W Laraway Rd, New Lenox

Age 8+

Min/Max: 4/16

12009 We 5/19-8/4 4:00-5:15P \$135/\$170

Health & Fitness



Bocce

The game of bocce combines the skills of bowling with the accuracy of darts. The basic principle of the sport is to roll the bocce ball closest to the target ball. Bocce as a Special Olympics sport provides athletes the opportunity to have social contact, develop physically and to gain self-confidence. *No program 5/31.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Age 8+

Min/Max: 10/12

12010 Mo 5/17-6/28 5:00-6:00P \$45/\$60

Health & Fitness



Tennis

"Serve up" some fun at Special Olympics Tennis, a popular sport played at all levels of skill and by players of all ages. Work with instructor Cindy of Lincolnway Area Community Tennis Association to build finesse and power. Tennis also emphasizes values, such as fair play, sportsmanship, and respect for fellow competitors.

Location: Mokena Main Park, 10925 W La Porte Rd, Mokena

Age 8+

Min/Max: 10/12

12011 We 5/19-6/30 7:00-8:00P \$130/\$165

Health & Fitness



Athletics (Track & Field)

Through this track and field-based athletics training program, athletes can develop total fitness to compete in any sport. Athletics encourages individuals of all abilities and ages to compete at their optimum level. Athletics offers the opportunity to learn through physical and social skill development and competitive settings.

*No program 7/5.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Age 8+

Min/Max: 10/12

12012 Mo 6/7-7/26* 6:00-7:00P \$60/\$75

Summer 2021 Bowling
sponsored by



Registrants of summer bowling programs will receive a Hawks Bucks donation at the conclusion of the program session courtesy of Menasha Corporation!



Health & Fitness



Hawks Softball

"We're bringin' softball back (yeah!)" Softball is unique in that players develop skills in multiple areas: running, fielding, swinging, and throwing. It offers total body conditioning, as well as building leadership skills and boosting self-esteem. ***No program 7/6.**

Location: Mokena Main Park, 10925 W La Porte Rd, Mokena

Age 8+ Min/Max: 10/14

12013 Tu 5/18-7/27 6:00-7:00P **\$120/\$150**

Participation in competitions such as the ITRS and Special Olympics tournaments are not guaranteed, but if the tournament procedures align with the LWSRA safety guidelines, we will plan to participate safely.

Softball Season Schedule (subject to change)

Exact field locations will be released at the start of the program

5/18 – Practice	6/22 – Home game vs NWCSRA
5/25 – Practice	6/29 – Home game vs Gateway SRA
6/1 – Away game at NWCSRA	7/13 – Practice
6/8 – Away game at SEASPAR	7/20 – Family night
6/15 – Away game at NEDSRA	7/27 – Try volleyball

WHAT TO EXPECT FOR SOFTBALL

- Games with other local SRA's & opponents will be scheduled, when possible.
- A schedule will be sent prior to start of program.
- Games typically last one hour and will be on Tuesdays. Start times may vary.
- **No transportation will be provided.**
- Practices will be 1 hour long.
- If we do not get enough players to field a team (10-14 players), we will continue with a skills-based program of only practices.

Health & Fitness



Hawks Basketball Summer League

Keep those basketball skills sharp this summer by participating in our intra-team scrimmage program. Game times will vary.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Age 13+ Min/Max: 10/12

12014 Su 5/23, 6/20 1:00-4:00P **\$55/\$70**
7/18, 8/15

WHAT TO EXPECT FOR HAWKS BASKETBALL SUMMER LEAGUE

- Athletes will be placed into teams of 3-5 athletes.
- Games will consist of two 10-minute halves.
- Games will last about 45 minutes.
- Spectators will be allowed to watch (limits will be based on guidelines at time of program).
- A schedule will be sent prior to start of program.
- If there is a date(s) you cannot make, please notify the office upon registering.

Health & Fitness



Volleyball Conditioning

To play volleyball athletes need to acquire a few basic skills, learn a few rules, require very little equipment, and acclimate to being a part of a team. Get a head start to the season and set your athlete up for a smooth transition into the competitive volleyball season by joining this conditioning program.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Age 8+ Min/Max: 10/12

12015 Mo 7/12-8/16 5:00-6:00P **\$60/\$75**

Health & Fitness



Golf Greats

Learn to hit a tee shot flush or nail a three-foot putt from instructors with Freedom Golf Association. Each stroke motivates a golfer to continue the pursuit of better shots & lower scores. This program is designed for players of any ability level to practice & improve.

Location: Sanctuary Golf Course, 485 Marley Rd, New Lenox

Age 13+ Min/Max: 10/12

12016 Th 7/15-8/12 5:00-6:00P **\$45/\$60**



Special Olympics Illinois Things to Know

Special Olympics is a global organization that unleashes the human spirit through the transformative power and joy of sport, every day around the world. Special Olympics Illinois is a not-for-profit organization offering year-round training and competition in 18 sports for more than 23,000 athletes with intellectual disabilities and over 13,000 Young Athletes ages 2-7 with and without intellectual disabilities.

Special Olympics transforms the lives of people with intellectual disabilities, allowing them to realize their full potential in sports and in life. Special Olympics programs enhance physical fitness, motor skills, self-confidence, social skills and encourage family and community support. For more information, visit Special Olympics Illinois at their website: www.soill.org

IMPORTANT THINGS TO KNOW:

-The Athlete Application for Participation (Med App) is now valid for 3 years from the date of the examination.

*To check the status of your Med App, visit: <https://www.soill.org/athlete-coach-lookup>

*To get a blank copy of the Med App, visit: <https://www.soill.org/wp-content/uploads/S1-09-English-Med-App-20.pdf>

2021 SPORT SEASON SCHEDULE

-The 2021 Special Olympics Illinois sport season schedule will include what sports they plan to offer and their season dates.

*LWSRA will try its best to align our program offerings with the SOILL schedule.

*If the Hawks can compete, LWSRA will try our best to do so in the safest way possible – this might mean quick turn around for signed paperwork and Med Apps, last minute schedule additions to include local or regional competitions, and limited (if any) transportation offerings. Please be diligent when reading emails and communication so we can get these tasks completed as needed.

*<http://bit.ly/soill-covid-form>

2021 SUMMER GAMES UPDATE

-There will be a Virtual Summer Games the week of June 21.

*Activities are being planning for athletes, coaches, volunteers, and other members of the SOILL community to enjoy.

*Stay tuned to Special Olympics Illinois - Region E social media channels and website for more information as it becomes available.

Name our Hawk!
Submit your name at
bit.ly/name-the-hawk



Finalists will be selected
and a final vote held in May

Health & Fitness



Wheelchair Basketball - Juniors

LWSRA offers 6½ feet and 8½ feet rim-height junior basketball teams to young and new athletes. We are a developmental basketball program for youth with physical disabilities. Each child will participate in a designed sports wheelchair to equalize the playing field for each athlete that participates. Chairs can be provided upon request for new athletes. Come learn different fundamentals of the sport while playing with new friends!

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Age 4-10 (Mini's)

Min/Max: 4/12

12017 Th 6/3-8/19 5:00-5:45P **\$90/\$115**

Age 10-14 (PREP) **Min/Max: 4/12**

12018 Th 6/3-8/19 6:00-7:00P **\$110/\$140**



Health & Fitness



Wheelchair Basketball - Varsity and Adult

Time to hit the hardwood! Get out there on the court and hone your skills while competing against others at a high level. Currently, we are working towards being able to schedule intrasquad scrimmage games, pending state restrictions this summer..

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Age 12-18 (Varsity) **Min/Max: 4/12**

12019 Th 6/3-8/19 7:15-8:15P **\$110/\$140**

Age 18+ (Adult) **Min/Max: 4/12**

12020 Th 6/3-8/19 8:30-9:30P **\$110/\$140**



Health & Fitness



Wheelchair Softball

The weather is getting warmer, the days are getting longer and that means one thing: softball season is here! We aren't sure how this season will look with NWSA but we think it's time to get back at it and get ourselves back on the ball field! Whether you've been with us for years, or this will be your first time on the diamond, all are welcome, so grab your bat and join us. We are hopeful that we'll be back playing a few tournaments. Once the season begins, more details will be shared. ***No program 7/3.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Age 8-15 (Juniors) **Min/Max: 4/12**

12021 Sa 6/5-7/17* 10:00A-12:00P **\$120/\$150**

Age 16+ (Adult) **Min/Max: 4/12**

12022 Sa 6/5-8/14* 12:30P-2:30P **\$200/\$250**



Health & Fitness



Wheelchair Basketball Summer League

Ball with the best as we kick off another season of LWSRA Summer Wheelchair Basketball League. Teams will be drafted prior to the first date. The format of games will be 5 versus 5 (pending state mitigation restrictions).

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Age 13+ **Min/Max: 4/12**

12023 Sa 7/24-8/21 9:00A-6:00P **\$100/\$125**

Clinics and Private Lessons

Health & Fitness



Tae Kwon Do (Intellectual Disabilities & Physical/Visual Impairments)

Whether you have participated in the past or are just curious to see what it is all about, our clinic will introduce you to basic Tae Kwon Do concepts and moves. Learn different disciplines and techniques with Master Kim at Family Martial Arts during this one-day clinic.

Location: Family Martial Arts, 8537 W 191st St, Mokena

Age 13+ Min/Max: 4/12

12024 Sa 6/12 3:00-4:30P \$25



Health & Fitness



Amputee Soccer Clinic (Physical Impairments)

LWSRA will be hosting this soccer clinic open to amputees and those with mobility impairments that utilize crutches. We will guide participants through skills and drills and a scrimmage at the end of the clinic. Amputee soccer is open to all who have both lower and upper extremity amputations and is played without prosthetic devices.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Age 10+ Min/Max: 4/12

12025 Su 8/22 10:00-12:00P \$25



Arts & Creativity



Piano Lessons (Intellectual Disabilities & Physical/Visual Impairments)

Expand your horizons through piano lessons with our instructor, Nadine Kahl! Nadine has over 15 years experience playing piano, six years teaching youth, and nine years working at LWSRA. Lessons are tailored for each student.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Age 3+ \$25 per 30-minute lesson

Please contact Nadine Kahl to schedule a lesson.

(815) 320-3513 or nkahl@lwsra.org



Unplug Illinois Day

Saturday, July 10, 2021

What's your outlet?
unplugillinois.org





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www.helpinghandstherapy.org



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*Robby
Porcellino*

2021 LWSRA Participant Representative
Therapeutic Recreation Section of the
Illinois Park & Recreation Association.



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Thank you



Liam Smith
Troop 725
Center Island
Landscaping

Many projects that have enhanced the usability and appearance at the LWSRC have been completed by the Boy Scouts of America as part of their final Eagle Scout projects! We thank them and all those who helped make these projects a reality.



Colin O'Donnell
Troop 49
Raised Flower
Beds

Jake Rudy
Troop 49
Flag Pole
and Path



Boy Scouts



Brad Rudy
Troop 270
Seating wall
& picnic area



Ben Malcom
Troop 49
Accessible
Picnic Tables

We're excited for the future fire pit area coming soon as part of Daniel White's upcoming Eagle Scout Project!



Steven White
Troop 49
Dugout shades
and path

Dances (virtual and in-person)

Socialization



Sock Hop

"Let's twist again!" Celebrate great tunes from the 50s and 60s! Dress for the theme.

This is a hybrid program. Virtual and in-person option available.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox **OR** Zoom

Age 13+ (in-person) Min/Max: 15/30

12026 Fr 5/21 6:00-7:30P \$20/\$25

Age 13+ (virtual)

12027 Fr 5/21 6:00-7:30P \$10



Socialization



Hawaiian Luau at the LWSRC

Aloha! Escape to an evening filled with tropical fun. Bring on the floral tops! A supply bag will be provided.

This is a hybrid program. Virtual and in-person option available.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox **OR** Zoom

Age 16+ (in-person) Min/Max: 15/30

12028 Fr 6/11 6:00-7:30P \$25/\$35

Age 16+ (virtual)

12029 Fr 6/11 6:00-7:30P \$15

Socialization



Country Western at the LWSRC

Swing your partner round and round! Bring your cowboy hat and boots for some exciting live music! A supply bag will be provided.

This is a hybrid program. Virtual and in-person option available.

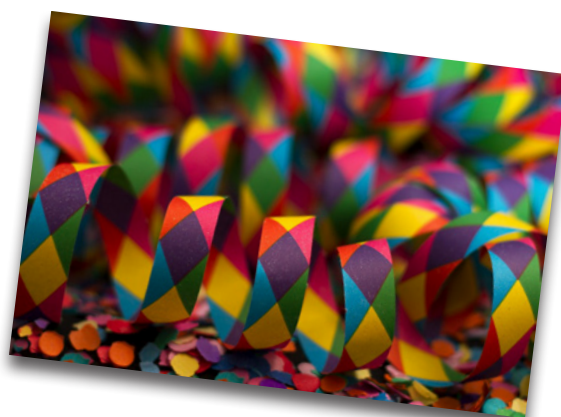
Location: LWSRC, 1900 Heather Glen Dr, New Lenox **OR** Zoom

Age 16+ (in-person) Min/Max: 15/30

12030 Fr 7/2 6:00-7:30P \$25/\$35

Age 16+ (virtual)

12031 Fr 7/2 6:00-7:30P \$15



Socialization



Crazy Carnival

Step right up! Follow the scents of popcorn and cotton candy to LWSRA for a night of carnival games and dancing. Dinner provided.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Age 13+ Min/Max: 15/30

12032 Fr 8/6 6:00-8:00P \$40/\$50



Socialization



End of Summer Bash

"Summer lovin' had me a blast. Summer lovin' happened so fast!" Here's your final chance to enjoy summer right with a BBQ.

Dinner provided.

Location: Yunker Park, 10824 W La Porte Rd, Mokena

Age 13+ Min/Max: 15/30

12033 Fr 8/20 6:00-8:00P \$30/\$40



Health & Fitness



Wake up Warm Up

Get your mind and body ready for the week by joining in on gentle stretching exercises on Monday mornings. Wake up with us as and start your Monday with positive vibes. Participants should wear athletic clothing and have water nearby. ***No program 5/31.**
Location: Zoom - Virtual Program

Age 8+

12034-1	Mo	5/17-6/28*	9:30-10:00A	\$30
12034-2	Mo	7/12-8/16	9:30-10:00A	\$25



Health & Fitness



Moving with Mak

Tired of those lazy days at home...get moving with Mak in this all-inclusive workout. Let's get up, get moving and get creative with some at-home fitness routines.

We will incorporate some strength-building exercises. Access to light hand weights or resistance bands are encouraged.

Location: Zoom - Virtual Program

Age 8+

12035-1	Tu	5/18-6/29	1:00-1:30P	\$30
12035-2	Tu	7/13-8/17	1:00-1:30P	\$25

Are you ready to get active and healthier?

Join us in this rewarding challenge of fitness!

Health & Fitness



Hawks HIIT

Stay active and get your heart pumping with High Intensity Interval Training (HIIT) VIRTUAL workouts lead by LWSRA staff. This will be a great way to keep everyone active and ready for whatever sport is next on your schedule.

We will incorporate some strength-building exercises. Access to light hand weights or resistance bands are encouraged.

Location: Zoom - Virtual Program

Age 8+

12036-1	We	5/19-6/30	9:30-10:00A	\$30
12036-2	Fr	5/21-7/2	9:30-10:00A	\$30
12036-3	We	7/14-8/18	9:30-10:00A	\$25
12036-4	Fr	7/16-8/20	9:30-10:00A	\$25

Health & Fitness



Strength and Conditioning

Regular exercise and physical activity are extremely important and beneficial for long-term health and well-being. Being physically active can help you reduce body fat, control weight, reduce depression and anxiety, and build and maintain healthy muscles, bones, and joints, along with increasing flexibility. Stay active while enjoying our HITT IN-PERSON workouts with your Hawks family! If the weather is conducive, we may go outside for our workouts.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Age 8+ Min/Max: 4/12

12037-1	We	5/19-6/30	5:30-6:30P	\$80/\$100
12037-2	We	7/14-8/18	5:30-6:30P	\$65/\$80



Social Programs

Socialization



Travel the World

Our vacation trips might be postponed but it's not going to stop us from traveling the world. Join your travel buddies as we will take a virtual trip to various areas of the world. We also want to hear stories and experiences about trips you have enjoyed.

***No program 5/31.**

Location: Zoom - virtual program

Age 18+ Min/Max: 4/25

12002 Mo 5/17-6/28* 11:00-11:30A \$25



Arts & Creativity



Gardening Guru's

Time to sharpen up your horticultural knowledge and gardening skills. We will learn how plants grow, what they need to thrive and do fun projects related to gardening.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Age 18+ Min/Max: 4/12

12038 Tu 5/18-6/22 1:00-2:30P \$60/\$75

Socialization



Book Club

Do you love to read, or love being read to? During this virtual program, our book club friend Alyssa will read a chapter or two from our chosen book. LWSRA will provide you with the book if you would like to follow along with us, however you do not need to have the book to participate. Grab your book, if you have it, blanket and beverage of choice and join us on our virtual couch!

Location: Zoom - virtual program

Age 10+

12039 Th 5/20-6/10 9:30-10:00A \$25



Socialization



Lunch Bunch - Virtual

Join LWSRA staff and your friends from LWSRA each week for a special chat! Make your lunch, sit down at your computer or iPad and Zoom into a great time with friends.

Hybrid in-person option available (Wednesdays/Fridays for 60 mins.)

Location: Zoom - virtual program

Age 8+

12040-1 Fr 5/21-7/2 11:30A-12:00P \$30

12040-2 Fr 7/16-8/20 11:30A-12:00P \$25

Socialization



Through the Decades

Come join us as we look back on the moments in history and pop culture that affected our lives. Travel through different decades to discover all sorts of cultural events, fashion trends, neat inventions, and the newest craze in toys during that time in history.

Location: Zoom - virtual program

Age 10+

12041 Th 7/15-8/19 4:30-5:00P \$25





Snack and Chat

Throw on your apron, pull up a chair and join your favorite staff as we teach you how to make a delicious snack...all while chatting up the latest news and happenings.

For safety reasons, we encourage additional assistance and supervision for the duration of this program.

Location: Zoom - virtual program

Age 10+

12042 We 5/19-6/23 11:00-11:30A \$25



Snack and Chat supplies needed

Week 1 (5/19): Raspberry Lemonade Slushie

2 cups of frozen raspberries
2 lemons
1/2 cup of sugar
2 cups of ice cubes
Blender

Week 2 (5/26): Cheerio Snack Mix

4 cups Honey Nut Cheerios
1 cup Craisens
1 cup whole almonds
1 bag chocolate candies (like M&M's)
Bowl

Week 3 (6/2): Apple Cookies

2 apples
1 bag of chocolate chips
1 tbs of caramel
2 tbs peanut butter

Week 4 (6/9): All American

2 pieces of white bread
3 slices of ham
3 slices of turkey
2 slices of cheddar cheese
1 small bag of chips
1 tbs of mayo
1 tbs of ketchup
1 tbs of mustard

Week 5 (6/16): Ultimate Oatmeal

1 packet of oatmeal
2 tbs of peanut butter
1 tbs honey
1 cup of almonds
1 cup of milk
Microwave

Week 6 (6/23): Chocolate Pudding

1/2 cup milk
1/2 (1 ounce) square semisweet baking chocolate
2 tsp cornstarch
1 tsp sugar
1 dash salt
1 mug
Microwave



Social Programs

Daily Living



Stir It Up!

Calling all gourmet Chefs! Grab that chef's coat and follow along step-by-step instruction while LWSRA staff teach you how to make delicious classic and maybe not so classic meals.

For safety reasons, we encourage additional assistance and supervision for the duration of this program.

Location: Zoom - virtual program

Age 10+

12043 We 7/14-8/18 11:00-11:30A \$25



Stir It Up supplies needed

Week 1 (7/14): Cheeseburger Quesadilla

1 lb ground beef
1 cup ketchup
1/3 cup mustard
2 tbs Worcestershire sauce
2/3 cup mayonnaise
1/4 tsp pepper
4 flour tortillas (8 inches)
1 cup shredded cheddar cheese
Frying pan
Spatula
Mixing bowl/cup

Week 2 (7/21): Cobb Salad

6 cups torn iceberg lettuce
2 medium tomatoes, chopped
1 medium ripe avocado, peeled and chopped
3/4 cup diced fully cooked ham
2 hard-boiled large eggs, chopped
1/2 cup crumbled blue cheese
Salad dressing of choice
Mixing bowl
Knife

Week 3 (7/28): Beast Bratwurst

1/2 cup mayonnaise
1/3 cup minced roasted sweet red peppers
3 tbs Sriracha chili sauce
4 fully cooked bratwurst links
4 brat buns or hot dog buns, split
1/2 cup dill pickle relish
1/2 cup finely chopped red onion
Spatula
Frying pan
Knife

Week 4 (8/4): Hip Hop Guac

4 ripe avocados
1 diced onion
2 cups of cut cilantro
2 limes
1 tbs of salt
1 tbs of pepper
1 bag of tortilla chips
Bowl
Potato masher
Knife

Week 5 (8/11): Pizza Bagel

1 Bagel
1 cup of pepperoni
1 cup of mozzarella cheese
1 jar of tomato sauce
Other pizza toppings (veggies, mushrooms)
Baking sheet
Oven
Aluminum foil

Week 6 (8/18): Chicken Stir Fry

1 pound of chicken thighs
2 tbs olive oil
2 cups cooked jasmine rice
2 cups of broccoli
1 diced onion
2 tbs garlic
1 tbs sesame oil
3 tbs of soy sauce
3 tbs of teriyaki sauce
Frying pan
Spatula

The Nest Sensory Room



The Nest features interactive equipment that pleases the senses in a variety of unique and soothing ways.

The nest primarily benefits individuals of any age with:

- Autism spectrum disorders
- ADHD
- Sensory processing disorders
- Dementia

Benefits of visiting The Nest include:

- Improved mood
- Fewer disruptive behaviors
- Decreased anxiety
- Decreased fear
- Improved communication
- Enhanced interpersonal interactions

The Nest



To schedule a tour or to register for a time please contact Melissa Jensen at mjensen@lwsra.org.

Rates & Availability

Individual exploration times are available..

Times will be \$30 for a half hour. Parent must stay in The Nest with their child. Please contact Melissa Jensen at mjensen@lwsra.org to schedule your individual time slot.

Amenities

The Nest specially-designed equipment appeals to the auditory, tactile, olfactory, and visual senses.

- Bubble tubes provide multi-sensory feedback and stimulate the visual system. Individuals can control color changes and color change speed with the push of a button.
- Vibroacoustic Learning Chair offers beanbag styling with mold-to-the body comfort. Music is played through the chair so that the individual is surrounded by the music and can also feel its gentle vibrations.
- Essential aromatherapy oils can be diffused into the room, dispersing a calming and pleasant scent.
- Projector is able to project static and rotating images simultaneously or individually.
- Tear Drop Swing provides a safe and snug environment with a gentle swinging cocoon sensation.
- Sensory toys are also available for individuals to move around the room as they please. Examples include the aromatic stuffed animals, weighted blankets, and more!



Special Events (intellectual disabilities)

Socialization



Bingo Blast

Come test your luck! Join your friends at LWSRA for a chill in-house night of classic bingo and trivia.

This is a hybrid program. Virtual and in-person option available.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox OR Zoom

Age 13+ (in-person)

Min/Max: 10/15

12044-1 Fr 5/28 6:00-7:30P \$25/\$35

12044-2 Fr 7/30 6:00-7:30P \$25/\$35

12044-3 Fr 8/13 6:00-7:30P \$25/\$35

Age 13+ (virtual)

12045-1 Fr 5/28 6:00-7:30P \$15

12045-2 Fr 7/30 6:00-7:30P \$15

12045-3 Fr 8/13 6:00-7:30P \$15



Socialization



Dinner and a Movie

Sit back, relax, and enjoy the show! Dinner and admission to a movie included. Bring money for snacks and drinks at the theater.

Location: TBD - Based on Movie times (Frankfort or New Lenox)

Age 13+

Min/Max: 10/12

12046-1 Sa 5/29 4:30-9:30P \$65/\$80

12046-2 Sa 7/17 4:30-9:30P \$65/\$80



Socialization



Karaoke Night

From Frozen and High School Musical to ACDC and NSYNC, sing to favorite karaoke classics. Dinner included.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Age 13+

Min/Max: 10/15

12047 Fr 6/4 6:00-8:00P \$30/\$40



SSSRA - Virtual Bingo

Hangout with friends from other SRAs and enjoy an evening of bingo with prizes. A goodie bag is included!

Location: Zoom - virtual program

Age 13+

12048 Fr 6/25 7:00-8:00P \$10

Socialization



Hibachi

Flames, tricks, and fun! Enjoy some delicious hibachi at Zuki with friends! Lunch provided.

Location: Zuki, 11230 Lincoln Hwy, Mokena

Age 16+

Min/Max: 12/15

12049 Sa 6/12 12:00-2:00P \$65/\$80



(intellectual disabilities) Special Events

Socialization



Game Night

Enjoy the evening eating great food and chatting with even better friends. Participants will play a variety of card and dice games including uno, farkle, and more! Dinner provided.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Age 13+

Min/Max: 10/15

12050 Fr

6/18

6:00-8:00P

\$30/\$40



Socialization



Hollywood Casino and Buffet

Try your luck at doubling your money by playing the slots and table games at the casino! Lunch buffet included. Must be 21 years of age or older. Bring money for gambling and a non-expired state-issued photo ID.

Location: Meet at Hollywood Casino, 777 Hollywood Blvd, Joliet

Age 21+

Min/Max: 10/12

12051 Su

6/27

12:30-3:30P

\$45/\$60



Socialization



Christmas in July

Let's get into the holiday spirit.....in July! Wear your favorite ugly Christmas sweater to get into the holiday spirit. Holiday festivities will include cookie decorating, Christmas bingo, and ornament making. Bring a white elephant gift to share. Dinner included.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Age 13+

Min/Max: 10/15

12052 Fr

7/16

6:00-8:00P

\$45/\$60



Socialization



Movie Critic Club

Sit back, relax, and enjoy the show on the big screen at the LWSRC! Participants will highlight their favorite parts of the movie afterwards. Bring your own beanbag or flexible seating. Popcorn and Gatorade will be provided.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Age 13+

Min/Max: 10/12

12053 Fr

7/23

6:00-8:00P

\$ 25/\$35



Socialization



Farmhouse Academy

Stir it up master chef style! Learn to make pasta from scratch, dress the dish with a delicious roasted red sauce and indulge in some homemade chocolate chip cookies. Lunch provided.

Location: Meet at Farmhouse Academy, 8940 W 192nd St, Mokena (Suite L)

Age 16+

Min/Max: 10/12

12054 Su

7/23

10:15A-12:45P

\$45/\$60



Special Events (physical impairments)

Socialization



Adapted Water Ski Trip

There is nothing like spending a warm summer day by the water. But water-skiers will tell you that even better is a day spent water skiing along on the surface of the water with the wind in their hair. Don't think that because of your ability or disAbility that you can't join the fun. People of all ages and abilities can enjoy the fun and excitement of water skiing. Adaptive Adventures will provide the adaptive equipment to get everyone out there skiing behind world class ski boats at Lauderdale Lake in fabulous Elkhorn, Wisconsin! Location: Meet at LWSRC, 1900 Heather Glen Drive

Age 10+ Min/Max: 3/10

12055 Sa 8/4 7:00am-5:30pm (event starts 10am) \$100/\$125



SAVE THE DATE

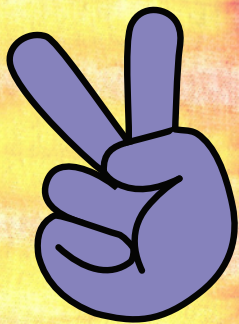
Friday, August 13th, 2021

Shotgun start: 11am



Watch for golfer registration
and sponsorship information
to be released soon!

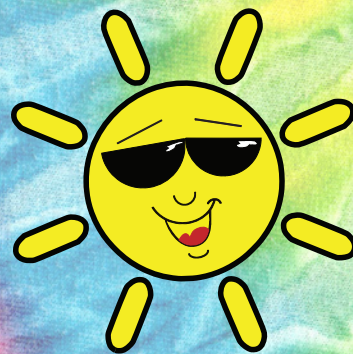




Peace



Love



Camp

Summer Camps for Ages 3-21

2021 Summer Camp Schedule

Week 1.....	June 7th - June 11th
Week 2.....	June 14th - June 18th
Week 3.....	June 21st - June 25th
Week 4.....	June 28th - July 1st
Week 5.....	(No camp July 5th) July 6th - July 9th
Week 6.....	July 12th - July 16th
Week 7.....	July 18th - July 23rd
Week 8.....	July 26th - July 30th

Camp Times

Half Day.....(afternoon only) 12:00-3:00pm
(Half days available for Monday-Thursday camps age 3-14 only)

Full Day.....9:00a-3:00pm
(Full day available for all age groups and Friday Fun Days)

Staff Contact



Nadine Kahl

Recreation Specialist

SPECIAL EVENTS, YOUTH, SUMMER CAMP & VIRTUAL CPRP

Email: nkahl@lwsra.org

Phone: 815-320-3513



All Campers - Meet the Staff Night

Wednesday - June 2, 2021 - 6-8pm (stop by anytime)

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

All individuals planning to attend summer camp or Friday Fun Days are encouraged to meet their camp staff for the summer! This is the perfect opportunity to connect participants to both returning and new counselors. Let's enjoy another summer of fun!

Summer Camp



Youth Camp (Ages 3-7 and Ages 8-14)

Time to have some fun in the sun! Summer camp is a great way to keep participants engaged in a variety of structured activities such as baking, crafts, sports, social games, small community outings, and more. These camps are specifically designed for each age group and focus on facilitating appropriate friendships, trying new activities, and ultimately having fun! All campers will receive a t-shirt. Bring a sack lunch, water bottle, and athletic shoes daily. Get ready to play!

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Friday Fun Days (Ages 3-7 and 8-14)

Discover great community outings by boarding the busses with LWSRA! Each week, we will embark on a new adventure like the zoo, waterpark, indoor play arenas, berry picking, and so much more! Friday Fun Days is an extension of summer camp and a great way for daily ESY attendees to still participate in camp!

Location: Meet at LWSRC, 1900 Heather Glen Dr, New Lenox

Age 3-7	Age 8-14	Min/Max: 8/12		Res./SSSRA & Non-Res. Fee	
12060-1H	12070-1H	Mo-Th	6/7-6/10	12:00-3:00P	\$95/\$120
12060-1A	12070-1A	Mo-Th	6/7-6/10	9:00A-3:00P	\$185/\$230
12060-1F	12070-1F	Fr	6/11	9:00A-3:00P	\$60/\$75
12060-2H	12070-2H	Mo-Th	6/14-6/17	12:00-3:00P	\$95/\$120
12060-2A	12070-2A	Mo-Th	6/14-6/17	9:00A-3:00P	\$185/\$230
12060-2F	12070-2F	Fr	6/18	9:00A-3:00P	\$60/\$75
12060-3H	12070-3H	Mo-Th	6/21-6/24	12:00-3:00P	\$95/\$120
12060-3A	12070-3A	Mo-Th	6/21-6/24	9:00A-3:00P	\$185/\$230
12060-3F	12070-3F	Fr	6/25	9:00A-3:00P	\$60/\$75
12060-4H	12070-4H	Mo-Th	6/28-7/1	12:00-3:00P	\$95/\$120
12060-4A	12070-4A	Mo-Th	6/28-7/1	9:00A-3:00P	\$185/\$230
12060-4F	12070-4F	Fr	7/2	9:00A-3:00P	\$60/\$75
12060-5H	12070-5H	Mo-Th (no camp 7/5)	7/6-7/8	12:00-3:00P	\$75/\$95
12060-5A	12070-5A	Mo-Th (no camp 7/5)	7/6-7/8	9:00A-3:00P	\$140/\$175
12060-5F	12070-5F	Fr	7/9	9:00A-3:00P	\$60/\$75
12060-6H	12070-6H	Mo-Th	7/12-7/15	12:00-3:00P	\$95/\$120
12060-6A	12070-6A	Mo-Th	7/12-7/15	9:00A-3:00P	\$185/\$230
12060-6F	12070-6F	Fr	7/16	9:00A-3:00P	\$60/\$75
12060-7H	12070-7H	Mo-Th	7/19-7/22	12:00-3:00P	\$95/\$120
12060-7A	12070-7A	Mo-Th	7/19-7/22	9:00A-3:00P	\$185/\$230
12060-7F	12070-7F	Fr	7/23	9:00A-3:00P	\$60/\$75
12060-8H	12070-8H	Mo-Th	7/26-7/29	12:00-3:00P	\$95/\$120
12060-8A	12070-8A	Mo-Th	7/26-7/29	9:00A-3:00P	\$185/\$230
Last Day Of Summer Camp		Fr	7/30	See page 27	\$50/\$65

TRANSPORTATION

•For safety purposes, door-to-door transportation will not be offered for any summer programs, including summer camp and Friday Fun Days.

Note: Several area schools provide transportation from summer school to the LWSRC. This must be set up through your school district by the guardian by designating the LWSRC as your drop-off location.



Teen Camp (Ages 15-21)

Make it a summer to remember! This structured teen camp concentrates on building friendships and enhancing social skills. Participants will have a busy schedule by not only practicing community skills such as shopping and food preparation but also enjoying community outings to the trail. Larger weekly fieldtrips include but are not limited to the zoo, waterpark, indoor play arenas, berry picking, and so much more! All campers will receive a t-shirt. Bring a sack lunch, water bottle, and athletic shoes daily. There will be two teen camps in which participants are split by the discretion of the program supervisor.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Age 14-21	Min/Max: 12/24		Res./SSSRA & Non-Res. Fee	
12080-1	Mo-Fr	6/7-6/11	9:00A-3:00P	\$205/\$255
12080-2	Mo-Fr	6/14-6/18	9:00A-3:00P	\$205/\$255
12080-3	Mo-Fr	6/21-6/25	9:00A-3:00P	\$205/\$255
12080-4	Mo-Fr	6/28-7/2	9:00A-3:00P	\$205/\$255
12080-5	Tu-Fr	7/6-7/9 (no camp 7/5)	9:00A-3:00P	\$165/\$205
12080-6	Mo-Fr	7/12-7/16	9:00A-3:00P	\$205/\$255
12080-7	Mo-Fr	7/19-7/23	9:00A-3:00P	\$205/\$255
12080-8	Mo-Th	7/26-7/29	9:00A-3:00P	\$165/\$205
Last Day Of Summer Camp		7/30	See page 27	\$50/\$65

TRANSPORTATION OPTIONS

•For safety purposes, door-to-door transportation will not be offered for any summer programs, including summer camp

Friday - July 30th
9:00am-3:00pm

LWSRA

Come celebrate the last day of summer camp with us!
Music, petting zoo, activities & more!

**Family members are welcome to join us from 12:00-3:00pm
for lunch, outdoor activities & the talent show.**

SCHEDULE

9am-12pm - Indoor Activities

12pm - Hot dog lunch served

12-2pm - DJ, petting zoo, games & more

2-3pm - Talent Show

Contact Person

Nadine Kahl (815) 320-3513
or nkahl@lwsra.org

All Attendees must register

Price: \$50 (Res.)/\$65 (SSSRA/Non.Res.)

*Staff care is provided

Code: 12099-P

Family Member Price: \$5

Code: 12099-F

Watch for our Fall Brochure in August!

