

ADD
COLOR TO YOUR
LIFE
THROUGH THERAPEUTIC RECREATION



BUILDING A COMMUNITY WITHOUT LIMITS

MEMBER PARK DISTRICTS

CRETE | FRANKFORT | FRANKFORT SQUARE | MANHATTAN
MOKENA | NEW LENOX | PEOTONE | WILMINGTON

*SPECIAL AGREEMENTS: VILLAGE OF MONEE AND HOMER TOWNSHIP



Lincolnway
SPECIAL RECREATION
ASSOCIATION

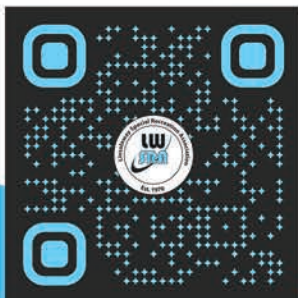
BUILDING A COMMUNITY WITHOUT LIMITS

About Us

Since 1976, the Lincolnway Special Recreation Association (LWSRA) has provided recreation services for individuals with disabilities through a cooperative agreement with its eight member park districts: Crete, Frankfort, Frankfort Square, Manhattan, Mokena, New Lenox, Peotone and Wilmington Park Districts. Participants enjoy active, healthy and more independent lifestyles through a variety of recreational and social opportunities.

Benefits of Recreation

- ✓ Discover new experiences & interests
- ✓ Build confidence & friendships
- ✓ Socialize in an inclusive setting



Our services



Social Programs

Engage with similar-aged peers in a structured but fun-filled social environment. Staff create opportunities to develop skills and try new experiences. Popular programs include dances, bingo, trivia, community trips, adult day program, summer camps and Saturday youth groups.



Interest-based Programs

Find programs centered around fitness or cultural arts. Try competitive Special Olympics and adapted sports or fitness outlets such as strength & conditioning and introductory sports skills. Enjoy creative arts through cooking, drawing & painting, dancing and more!



Inclusion

Park Districts welcome participation in all programs by individuals with disabilities and special needs. The district works cooperatively with LWSRA to facilitate successful participation for individuals who request an inclusion aide. Inclusion services give participants the needed support in a typical park district setting.

LEARN MORE AT WWW.LWSRA.ORG



(815) 320-3500
support@lwsra.org



1900 Heather Glen Drive
New Lenox, IL 60451



Lincolnway
SPECIAL RECREATION
ASSOCIATION



📍 1900 Heather Glen Drive, New Lenox, IL 60451

📞 Phone: (815) 320-3500

🌐 www.lwsra.org

ATTENDANCE & WEATHER HOTLINE:

📞 (815) 320-3515

@ attendance@lwsra.org

Our Mission

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

Our vision

A community without limits for individuals with disabilities.

LWSRA provides recreation, leisure and sports opportunities for individuals with disabilities through a special cooperative agreement that includes Crete, 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!

**COMMUNITY | OPPORTUNITY | RECREATION | EDUCATION
TRAINING | RELIABILITY | UNITY | SAFETY | TRUST**

Board of Directors

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.

CRETE

Park District

www.cretepark.com

Renee Chavez

Board Member

FRANKFORT

Park District

www.frankfortparks.org

Gina Hassett

Board Member

FRANKFORT SQUARE

Park District

www.fspd.org

Audrey Marcquenski

Vice-President

MANHATTAN

Park District

www.manhattanparks.com

Jay Kelly

President

MOKENA

Community Park District

www.mokenapark.com

Greg Vitale

2nd Vice-President/Treasurer

NEW LENOX

Community Park District

www.newlenoxparks.org

Greg Lewis

Secretary

PEOTONE

Park District

www.peotoneparkdistrict.org

Kelly LaMore

Board Member

WILMINGTON

Park District

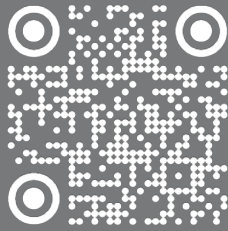
www.islandparkdistrict.com

Kirsten Van Duyne

Board Member

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NEW TO LWSRA?



Scan or click to get started

FIRST TIME PARTICIPANTS

1. Complete the new participant form online:
lwsra.org/new-participant
2. Schedule an intake meet & greet.
3. During the meeting we'll create your registration account.
4. Complete the Annual Information Form in CommunityPass
5. Now you're set to register!

**Participant intake meeting allows us to meet participants, identify specific needs for a successful first experience and provide suggested programs.*

FINDING A PROGRAM

UNDERSTANDING THE PROGRAM LISTING

Program Name



Program icons offer important reminders about each program (see guide)

The program description section will give you info on what is happening during the program. It will also provide any reminders and dates the program will not meet.

Location: This is the drop-off/pick-up location

Ages 8-14

Min/Max: 5/10

Minimum & maximum registrants per session

Winter-22

Sa

1/8

1:15-6:30p

\$20/\$25

Session name
Resident Fee/

Day(s)

Date(s)

Drop-off/pick-up times

ICON LEGEND



Please bring extra money to program. Suggested amounts will be noted on some icons.



Program does NOT meet at LWSRC.



Virtual program option.



Drop-off/pick-up points offered or transportation from the LWSRC.



Program involves a meal.

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THE LINCOLNWAY TEAM



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Executive Director

CPRP

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815-320-3510



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Superintendent of Recreation

CTRS, CPRP

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Administrative Assistant

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815-320-3509



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Jennifer Casey

Program Specialist

jc Casey@lwsra.org



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Maintenance

eschultz@lwsra.org

Staff members that have met education and experience standards while demonstrating understanding of key concepts in the field have obtained professional certification.

CTRS

Certified Therapeutic Recreation Specialist from the National Council for Therapeutic Recreation Certification

CPRP

Certified Park and Recreation Professional by the National Recreation and Park Association

THE LINCOLNWAY TEAM

STAFF MEMBERS

Dalal Aboukahl	Alex Fisher	Molly Pilon
Mandi Albrecht	Ethan Frank	Katie Roach
Sara Alexander	Gabriella Frigo	Harmonee Ruetes
Gianna Arizzi	Allison Genardo	Nataley Salgado
Gianna Bancsy	Guillermo Gonzalez	Karen Schuld
Makayla Barefield	Alexa Hadley	Elaine Sendra
Kayla Blume	Justin Hillman	Kayla Shea
Brendan Boss	Kayla Hindahl	Kyle Skager
Makayla Brady	Juanita Holwell	Arik Sorensen
Anne Brtis	Hailey Hurt	Lilia Stahr
Rachel Bukas	Emily Kaczynski	Kasey Stelmaszek
Jocie Buschmann	Molly Kilbride	Jackie Suchorabski
Claire Cahill	Ralph Krauss	Brad Szubryt
Jennifer Casey	Emma Kreitz	Diane Theis
Sarah Cherry	Kristen Moses	Michael Tucker
Jake Chudzik	Kelsey Mulheran	Marlee Wallisch
Lisa Deguilio	Brittany Oskielunas	Haley Weyforth
Devin Dennison	Aramis Paape	Molly Wojtczak
Sue Dineen	Sue Pallay	Danelle Wonderlick
Nick Drewes	Alex Parra	Anne Yelnick
Naomi Faber	Scott Pedziwiatr	

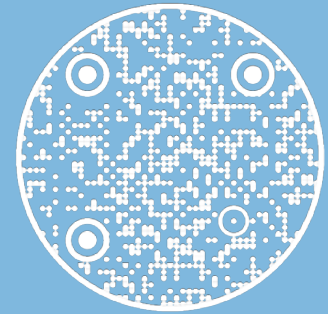
VOLUNTEERS

Adam Kracik	Scott Lorenz
Art Johnson	Tom Kracik
Chuck TenBroeck	Melissa Steward
Conor Kilmartin	Maria Belen Rodriguez
Greg Lorenz	Drew Cannizo
Peggie Straub	Mason Godomski
Sandy Brossman	Aiden Minervini
Barb Weinert	

Take the next step!

Join our team and help us
continue building a community
without limits!

APPLY TODAY!



lwsra.org/employment

HELPFUL ACCEPTING WHOLEHEARTED KREATIVE SPUNKY



REGISTRATION INFORMATION

Resident registration opens at 9am on Saturday, December 3rd. (Non-resident opens December 17th)

Who can register?



Who we serve

Participants in LWSRA programs range in age from two through adulthood with needs not met by traditional park district programs. Individuals may have sensory needs, intellectual, physical or visual impairments. Individuals residing in LWSRA member districts & beyond.



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.



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 (Crete, 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 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.

What is Required?



New to LWSRA?

New participants (and those who last participated prior to 2020) are asked to complete a new participant form found online at: lwsra.org/new-participant. Once submitted, you'll be able to schedule an intake meeting to gain a better understanding of what services might benefit you, tour the facility, discuss program options and help set-up your CommunityPass account for online registration.



CommunityPass Account (online registration site)

LWSRA uses CommunityPass to manage household contacts, participant information forms and process registration/payments. All new participants will create their account as part of the registration process. Visit: lwsra.org/how-to-register



Annual Information Form

All participants must complete the information form annually through CommunityPass. This form provides staff with valuable information and allows them to conduct activities in the safest possible manner while meeting the basic needs of the participant. All information is kept confidential and enhances successful participation.

What are the fees?



Resident Fees:

Resident rates are charged to those who reside in the boundaries of Frankfort, Frankfort Square, Manhattan, Mokena, New Lenox, Peotone and Wilmington Park Districts. This is based on your household's taxing bodies.



Non-Resident Fees:

Non-residents are still welcome to register for programs and will be charged an additional amount (25% - 50% more than resident rate). The non-resident portion may be waived in full or part if you reside in an area covered by LWSRA's co-operative and special agreements.

Special Agreements



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.

Peotone CUSD 207U*: If a household does not pay taxes to Peotone Park District or the Village of Monee (unincorporated areas of Peotone, Monee, Green Garden Township) but pays taxes to Peotone CUSD 207U, they shall be allowed to register for LWSRA programs at the resident rate provided the participant is currently enrolled in classes at Peotone CUSD 207U.

*A household who requests to apply this agreement shall provide proof of enrollment in Peotone CUSD 207U prior to each school year and taxing body verification (via copy of their property tax bill or through the Will County Supervisor of Assessments website). The household shall notify LWSRA at any point the participant is no longer enrolled in Peotone CUSD 207U and be charged the non-resident rate for future registration.

REGISTRATION INFORMATION

Resident registration opens at 9am on Saturday, December 3rd. (Non-resident opens December 17th)

Co-operative Agreements



Northern Will County Special Recreation Association (NWCSRA), South Suburban Special Recreation Association (SSSRA) and Southwest Special Recreation Association (SWSRA) Agreements

A co-operative agreement exists between LWSRA and the agencies listed above. Each association offers programs to the other association's residents at in-district rates with the following exceptions:

- 1) Special Services such as scholarships, door-to-door transportation and first-time participant discounts are not included.
- 2) Adult Day Program, Day camps, vacation trips, away camps and weekend (overnight) trips are excluded but individuals may still register at non-resident rates.
- 3) Early bird or other discounts do not apply under this agreement. Registration priority may be given to the home association's residents first.
- 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.
- 5) ***NWCSRA and SWSRA residents:** If both agencies offer the same or similar program, non-residents may register at the non-resident price.

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

NWCSRA residents are taxpayers of the Bolingbrook, Lockport Township and Plainfield Park Districts or the Village of Romeoville.

SSSRA residents are taxpayers of the Country Club Hills, Hazel Crest, Homewood-Flossmoor, Lan-Oak, Oak Forest, Olympia Fields or Tinley Park Park Districts or the Matteson, Park Forest or Richton Park Recreation Departments.

SWSRA residents are taxpayers of the Alsip, Blue Island, Hickory Hills, Midlothian, Posen and Worth Park Districts or Village of Merrionette Park and Palos Heights Parks & Recreation Department.

Payments, Refunds & Financial Assistance



Payment Policy and Payment Plans 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. For NSF E-Checks, a \$35 fee will be charged.



Refund Policy

A \$10.00 service charge will be assessed on all refunds unless due to cancellation by LWSRA for low enrollment. No refunds will be issued if a participant cancels out of a program and LWSRA has incurred costs due to purchase of tickets, rentals, deposits, staffing, etc. Household with a balance will have the refund automatically applied to the existing balance. Refunds are not given for weather related cancellations.

Refunds after a program begins may be granted in the following situations (All refunds will be pro-rated based on dates of cancellation):

- 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.

Refunds will be issued to the credit card used at time of payment when possible. Amounts unable to be refunded back to a credit card may be refunded via check. Refunds may also be issued as Household Credits or "Hawks Bucks." Existing Hawks Bucks or Household Credit amounts are available to use in CommunityPass automatically. If you have an existing balance, any refunds will be automatically applied to the existing balance. To request, visit: lwsra.org/refund-request-form



Household Credits

Refunds will be given via credit card when possible. Household credits are available in your CommunityPass account automatically to be used towards registration fees. Household credits are also refundable via check. To request, visit: lwsra.org/refund-request-form



Financial Assistance Program

LWSRA's financial assistance program is funded solely by donations and offered to residents only. Therefore, availability of financial assistance may vary. Funds are intended for those who qualify due to financial hardship situations. Individuals may qualify for assistance on two (2) programs per brochure season, up to 50% of the program's fee (maximum \$400 per calendar year.) The remaining balance will follow the payment policy above. To request financial assistance, please complete the required forms at: lwsra.org/financial-assistance



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. Any Hawks Bucks purchased will be added to the participant's CommunityPass account and applied towards an existing balance or their programs fees the next time they register.

REGISTRATION INFORMATION

Attendance Guidelines



Signs or Symptoms of Illness

In consideration of others and to prevent the spread of contagious illnesses, LWSRA requests participants refrain from attending when:

- Exhibiting symptoms of COVID-19
- Experiencing a fever of 100 degrees or higher
- Vomiting or 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, coxsackievirus or coronavirus.
- Runny nose with yellow or green discharge
- Lice or mites

Notify LWSRA of any contagious disease affecting attendance (may return at doctor's recommendation or when symptoms have passed).



Coronavirus

LWSRA continually monitors state and local guidelines regarding the Coronavirus. All program attendees must adhere to LWSRA's current guidelines found at: lwsra.org/covid-19 **NOTE: LWSRA staff has the right to deny participation to any individual exhibiting symptoms of a contagious illness.**



To cancel your attendance for a program

*Contact the attendance hotline at 815-320-3515 or email attendance@lwsra.org, prior to the program date. Include participant name, program & date they will miss. *If the office is notified in advance, a credit may be issued for missed dates if a doctor's note is provided. Costs already incurred by LWSRA cannot be refunded as part of the household credit (ex: admission fee, program specific supplies, etc.)*



Independence requirements

LWSRA has certain self-care requirements depending on the program and age group. Requirements are listed on each program area's introduction page. General guidelines: Assistance with feeding will be provided for all ages. Assistance in changing or toileting will be provided to individuals age 14 and under provided it can be done safely. Specific staff to participant ratios apply depending on the program.

Medical Requirements



Medication Dispensing

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 & tournaments, medications must be brought to the LWSRA office, no later than one day prior to starting.
2. Container must include doctor name, patient name, pharmacy, medication, dosage, date and 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 given more than once per day additional envelopes are needed for each subsequent dose.
 - B. Other forms of medication (liquids, creams, etc.) must be in the original container and include doctor's name, patient name, pharmacy, medication, strength, dosage and date.
4. Permission to Dispense Medication section of the Annual Information Form must be completed and signed prior to the distribution of any medication. If any medication information changes, you must notify LWSRA and update the form saved in your account.
5. The Compassionate Use of Medical Cannabis Program Act (410 ILCS 130) allows for parent, guardian, or other designated caregiver to administer a medical cannabis infused product to a participant with disabilities if both the program participant and the parent, guardian, or another designated caregiver are cardholders under the Act.



Application for Participation in Special Olympics Illinois

In order to compete in Special Olympics Illinois competition, participants must complete all required forms and have them approved and on-file with Special Olympics Illinois. To check the status of your forms, visit soill.org/athlete-coach-lookup. The following forms are currently required:

1. **Athlete Consent Form** - Valid for the lifetime of an athlete, barring change in guardianship.
2. **Athlete Medical Form** - Valid for 3 years from the date of examination regardless of parent/guardian/entrant signature date.

Forms are available online at: www.soill.org/athlete-forms



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.

REGISTRATION INFORMATION

Behavior Expectations



Behavior Expectations

LWSRA encourages and promotes the concept of fun for everyone. However, 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 themselves or others.

Weather Policies



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.



Severe Warm Weather Conditions:

- * Outdoor programs: Lightning conditions and 30 minutes after lightning has ceased.
- * Outdoor programs/indoor sites without air conditioning: Temperature of 95 degrees or higher or a heat index of 105 degrees or higher.
- * Programs with transportation: Heat index of 115 degrees or higher.
- * All programs: Weather situations when a Tornado Warning is in effect.

LWSRA uses discretion when determining cancellations due to weather. Refunds will not be issued for weather related cancellations.

Miscellaneous



Personal Items

LWSRA is not responsible for lost, damaged or stolen items at programs. Lost & found located at the LWSRC (items held for three weeks.)



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

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.



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.

HAWKLINGS EARLY CHILDHOOD

Ages 2-7

Hawkings early childhood programs target children between the ages of 2-7 years old. Parents can feel at ease dropping off their child in a safe and nourishing environment. Programs are structured and incorporate sensory breaks. Staff build rapport based on participant interest and use visuals to assist with communication. Program goals promote socializing, creating friendships, gaining comfort in new spaces, building independency, improving fine and gross motor skills, but most importantly, having fun!



Program Highlights:

- Play Pals
- Miss Angie's Caregiver & Me Music Time
- Hawkings Social Club
- Storybook Heroes
- Mini Chefs
- Tiny Tumblers
- Hawking Champions
- Swim Exploration and Lessons
- Tot Soccer
- Momentum Mini Dancers
- Hands, Hooves & Hope Ranch



Things to Remember:

- 1:1 aides can be given depending on the needs of the participant and program.
- Feeding assistance and changing/toileting assistance available when enough staff to accommodate.
- Please label personal items.

HAWKLINGS EARLY CHILDHOOD

Ages 2-7



Play Pals

Friends Fitness Fun!

Winter 2023 dates

Socialize and play with us! Geared towards children age 2-5 with disabilities or sensory needs and their caregivers. First-timers are free! **Staff supervision not provided.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 2-5

January-23 Sa 1/14 9:30-10:15a \$5/family

March-23 Sa 3/11 9:30-10:15a \$5/family

*Existing participants, please register in CommunityPass.

New to Play Pals?

SCAN OR CLICK TO
SIGN-UP FOR FREE!



Miss Angie's Caregiver & Me Music Time

Shake, rattle, and sing! Join Miss Angie from Miss Angie's Music for an interactive and bonding experience through music! This program will expose your child to singing, chanting, moving, focused listening, and musical games all while exploring musical instruments and storytelling. Different musical genres will be included to broaden exposure and interest in music. This class is designed for a participant and child to attend together.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 2-7 Min/Max: 5/10

Winter 23 Mo 2/6-2/20 4-4:30p \$25/\$35

Hawklings Social Club drop-off program

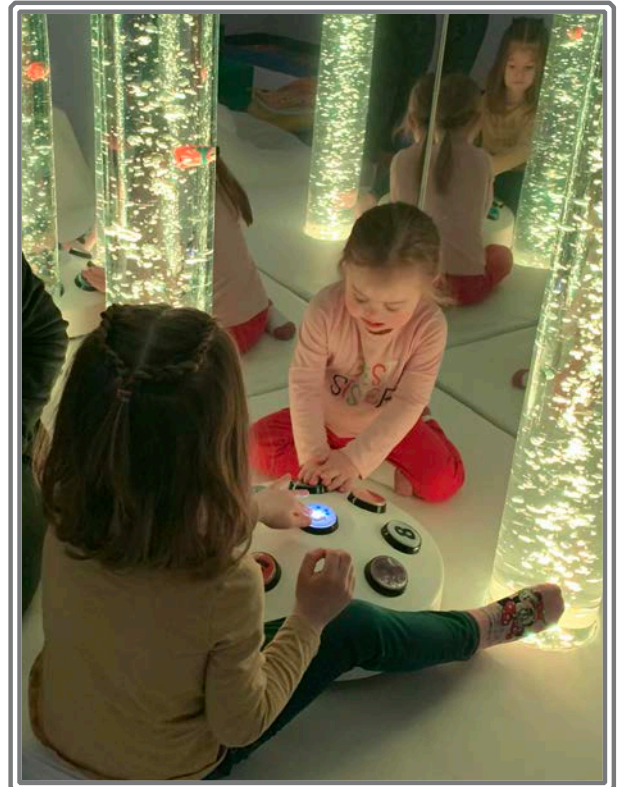
Ready for play pals but without the parents? Drop off for this social program! Join us to get festive and celebrate together! We will get in the spirit with interactive classroom, gym, and kitchen activities!

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 2-7 Min/Max: 5/10

Valentine's Day Su 2/19 9-11a \$35/\$45

Everybody's Birthday Su 4/16 9-11a \$35/\$45



HAWKLINGS EARLY CHILDHOOD

Ages 2-7

Storybook Heroes



Spend your Saturday morning exploring a new book paired with interactive sensory and motor activities with the New Lenox Library. Participants will be exposed to classroom activities, time in the sensory room, and time in the gym and kitchen!

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 3-7 **Min/Max: 5/10**

Winter 23 Sa 1/12-2/4 10:30-11:15a \$35/\$45

Mini Chefs



We love to eat, eat, eat... apples and bananas! Trying new foods is not always easy but having fun in the HAWKS kitchen with friends is! Participants will take small but manageable steps outside of their sensory comfort zone to follow directions and make new meals and snacks.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 3-7 **Min/Max: 5/10**

Winter 23-1 Mo 1/9-1/30 4:30-5:15p \$85/\$110

Winter 23-2 Mo 3/6-3/27 4:30-5:15p \$85/\$110



Tiny Tumblers



Jump, tuck, and roll at UGA! Burn off excess energy by safely learning basic gymnastic skills. LWSRA aides will support participants through the lesson led by a certified UGA gymnastics instructor. Wear comfortable clothing.

Location: United Gymnastics Academy, 722 Center Rd, Frankfort

Ages 3-7 **Min/Max: 5/10**

Winter 23 We 1/11-2/1 6-6:45p \$90/\$120

Hawking Champions

Run, jump, and kick the way to sport readiness! Participants will work through a variety of specific stations and showcase their progress at the official culminating event on 2/23. Wear comfortable clothing and gym shoes. ***Bring your own buddy (sibling, family friend, classmate, etc.) to play with.**

**not required but encouraged.*

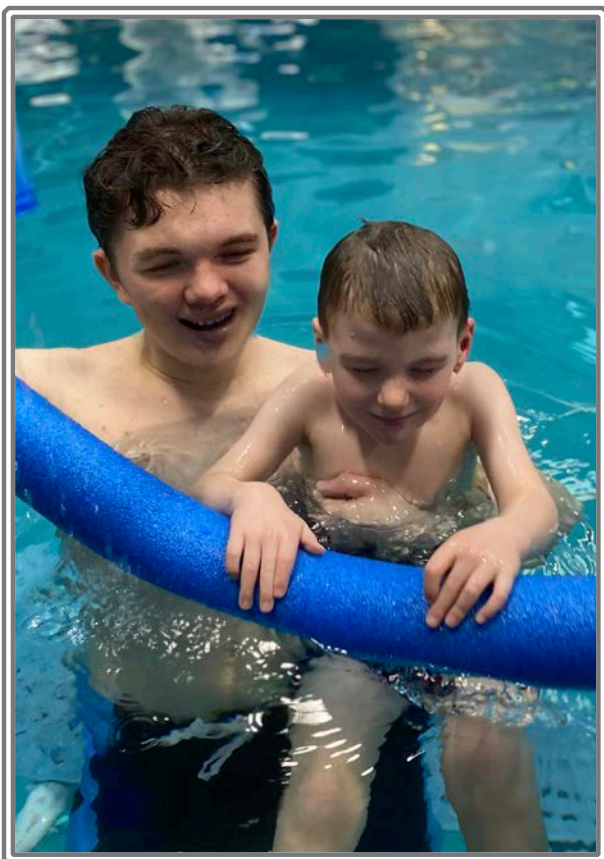
Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 3-7 **Min/Max: 5/10**

Winter 23 Th 1/12-2/23 4:30-5p \$60/\$80

HAWKLINGS EARLY CHILDHOOD

Ages 2-7



Swim Exploration and Lessons

Embrace your inner fish at The Swim Advantage! Increase water comfort and safety by exploring different water activities such as blowing bubbles, floating, and kicking. LWSRA provides 1:1 support staff in the pool to progress participants through an individualized swimming plan. Wear a swimsuit and bring a towel.

No program 4/8.

Location: The Swim Advantage, 16336 104th Ave, Orland Park

Ages 3-7	Min/Max: 4/6			
Winter 23-2	Sa	1/21-2/18	1:30-2p	\$175/\$230
Winter 23-3	Sa	1/21-2/18	2-2:30p	\$175/\$230
Winter 23-4	Sa	1/21-2/18	2:30-3p	\$175/\$230
Winter 23-5	Sa	1/21-2/18	3-3:30p	\$175/\$230
Winter 23-7	Sa	3/11-4/15	1:30-2p	\$175/\$230
Winter 23-8	Sa	3/11-4/15	2-2:30p	\$175/\$230
Winter 23-9	Sa	3/11-4/15	2:30-3p	\$175/\$230
Winter 23-10	Sa	3/11-4/15	3-3:30p	\$175/\$230

Tot Soccer

Gooooaaal! Tie up those laces and work on basic soccer skills as LWSRA staff take participants through different stations to fine tune kicking, running, and agility moves. Wear comfortable clothing and gym shoes. **No program 3/25 and 4/8.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 3-7	Min/Max: 5/10			
Winter 23	Sa	3/4-4/22	9:30-10a	\$75/\$100

Momentum Mini Dancers

Calling all movers and groovers! Shake away with our friends from Momentum Dance Studio in a class full of music, movement, and dance lead by a certified Momentum dance instructor. Wear comfortable clothing and gym shoes. **No program 3/25 and 4/8.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

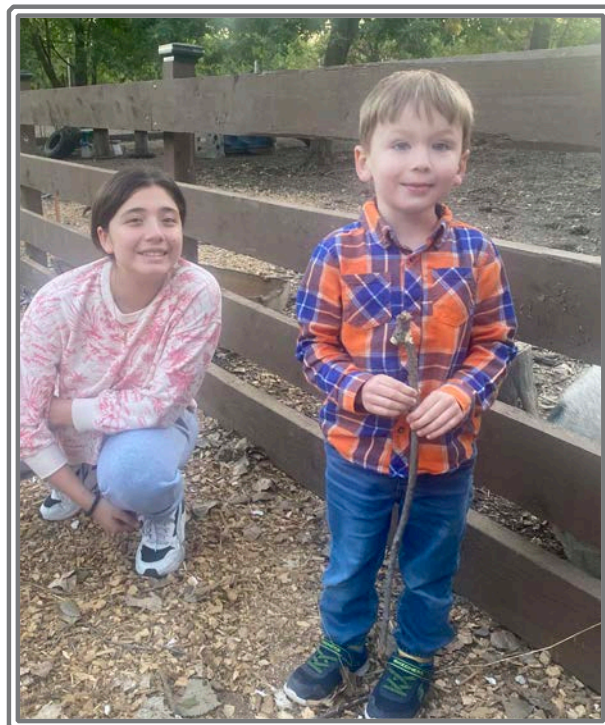
Ages 3-7	Min/Max: 5/10			
Winter 23	Sa	3/4-4/22	10:15-10:45a	\$95/\$125

Hands, Hooves & Hope Ranch

Hang out with friends at the farm! Participants will learn about a different animal weekly through interactive songs and stories, feeding the animals, and experience other sensory-related activities involving horses and other animals. Wear comfortable clothing and closed-toe shoes.

Location: HHH Ranch, 14101 W Bruns Rd, Manhattan

Ages 3-7	Min/Max: 6/8			
Winter 23	Tu	3/7-3/28	5-5:45p	\$100/\$130

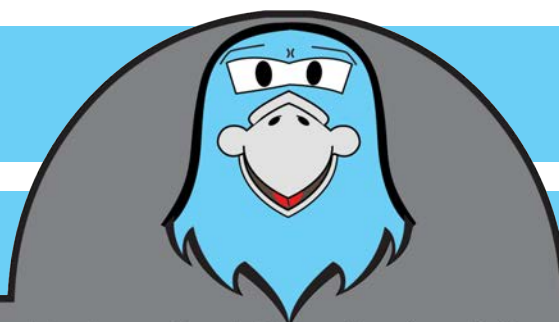


**Ages
6-22**

must be enrolled

**\$23
per day**

2022-2023
School Year



Lincolnway Special Recreation Association

CLUB HAWK

AFTER SCHOOL CARE

**Earliest drop-off: 2:30pm
Latest pick-up: 6:30pm**



How to Register:

Monthly registration forms are available online at lwsra.org. Submit the form with the days your child will attend that month.

Registration Deadline:

One week prior (on TUESDAY) to the next month starting. (Please notify us by Tuesday the week prior should you need to adjust dates. Days added after monthly deadline require approval to add.)

Transportation:

Transportation for your child needs to be set up through your child's school district. Contact your transportation company to change the drop off location to: LWSRC, 1900 Heather Glen Dr., New Lenox, IL 60451. LWSRA does not provide transportation services.

**Some school districts have different policies on drop off locations and schedule variations.*

Snack:

Parents have the option to add on snack for \$0.50 per day (or pack your own).

Requirements:

Forms

- *Annual Information Form (AIF)
- *After School Care Registration Form

COVID-19:

Please refer to the LWSRA website for the latest COVID-19 guidelines. lwsra.org/covid-19

Payment:

After submitting your day's for the next month, you may pay for the entire month or pay one week at a time (by Tuesday the week before). Late fee of \$25 assessed if not received by 5pm on Tuesday.

**Deadline ensures time to adequately schedule staff. Late registrations must receive approval.*



Late Pick-Ups:

Each time a participant is picked up after 6:30pm, a \$1 fee will be charged per minute to cover staff costs. Payment is due to LWSRA within one week of notification. Attendance at future programs will not be allowed until all outstanding fees are paid.

**After multiple late pick-ups, suspension of future programs may occur.*

LWSRC is my child's drop-off location. What if I'm late picking them up?

For individuals using LWSRA as a drop off point, on days an individual is not registered but LWSRA staff accepts them off the bus, there will be a \$15 fee. An additional \$15 fee will be assessed for every 15 minutes thereafter that the individual is under LWSRA supervision.

Refunds/Credits:

Refunds/credits will not be given due to vacations or weather related cancellations for days you registered for.

BUILDING A COMMUNITY WITHOUT LIMITS!

YOUTH WEEKLY PROGRAMS

Ages 8-14

Youth programs are intended for children between the ages of 8-14 years old. Age-appropriate programs maintain structure and allow for sensory breaks as needed. Staff build rapport based on participant interest and use visuals to assist with communication. Program goals promote socializing, creating friendships, building independency, developing skills, and trying new experiences, but most importantly, having fun!



Program Highlights:

- Lab Rats
- Competitive Gymnastics
- Tae Kwon Do
- Beginner's Gymnastics
- Junior Hawks Kitchen
- Junior Zumba
- Water Basics
- Bowling
- Swim Techniques
- The Drama Club
- Momentum Dance Crew
- Soccer Skills
- Junior Hawks Track & Field
- Plus special events!



Things to Remember:

- Programs plan for small staff to participant ratios.
- Feeding assistance and changing/toileting assistance available when enough staff to accommodate.
- Please label personal items.
- Select programs are designed for only teens and have an age range of 12-22 years old.

YOUTH WEEKLY PROGRAMS

Ages 8-14

Lab Rats

Break out the laboratory coats and goggles for a “booming” good time. Whether looking for sensory and visual input or wanting to ask questions and conduct experiments, science is for everyone! Participants will use their creativity to design and build like a true scientist!

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 8-14 **Min/Max: 4/10**

Winter 23 Tu 1/10-1/31 6-6:45p \$65/\$85

Competitive Gymnastics

Designed to benefit the fierce gymnastics athletes! This program is for those that are ready to compete in the Special Olympics Regional Meet. Rotate between vault, bars, beam and floor exercise for female athletes and vault and floor exercise for male athletes. Flipstar instructors and coaches will meet each athlete at their own skill level and move at a pace comfortable for everyone.

Location: Flipstar Gymnastics Academy, 1906 Ferro Dr, New Lenox

Ages 13+ **Min/Max: 3/8**

Winter 23-1 Mo 1/9-2/27 7:15-8:15p \$195/\$265

Winter 23-2 Mo 3/6-4/24 7:15-8:15p \$195/\$265

**Register in CommunityPass in the Teen & Adult section.*



Tae Kwon Do

Tae Kwon Do program is instructed by Master Jung of Jung's Champion TKD. Students will learn self-defense and improve upon self-confidence, discipline, coordination, physical and mental capabilities.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 8-22 **Min/Max: 3/8**

Winter 23-1 Tu 1/10-2/21 5-5:45p \$150/\$195

Winter 23-2 Tu 3/7-4/18 5-5:45p \$150/\$195

**Register in CommunityPass in the Teen & Adult section.*

Beginner's Gymnastics

Jump, tuck, and roll at UGA! Burn excess energy by safely learning basic gymnastic skills. LWSRA aides will support participants through small groups led by a certified UGA gymnastics instructor.

Location: United Gymnastics Academy, 722 Center Rd, Frankfort

Ages 8-14 **Min/Max: 5/10**

Winter 23 We 1/11-2/1 7-8p \$90/\$120

YOUTH WEEKLY PROGRAMS

Ages 8-14



Junior Hawks Kitchen

Who loves to help in the kitchen? This class offers a structured environment with opportunities to socialize with peers and try delicious new meals!

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 8-14 **Min/Max: 6/10**

Winter 23-1	Th	1/12-2/2	5:15-6:15p	\$85/\$110
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Winter 23-2	Th	3/9-3/30	6:30-7:30p	\$85/\$110
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Junior Zumba

Get moving in this fast-paced dance class! Our Zumba program is led by a certified Zumba instructor. **No program on 4/6.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 8-14 **Min/Max: 5/10**

Winter 23-1	Th	1/12-2/16	6:30-7:15p	\$100/\$130
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Winter 23-2	Th	3/9-4/20	5:30-6:15p	\$100/\$130
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Water Basics

Looking to practice basic water techniques and enjoy the water? Join us as certified instructors assist participants in reaching their goals in the water. This program is designed for individuals looking to work basic water safety and enjoy leisure time in the pool.

Location: L-W East High School, 201 Colorado Ave, Frankfort

Ages 8-14 **Min/Max: 4/6**

Winter 23-1	Sa	1/14-2/11	10:30-11a	\$175/\$230
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Winter 23-2	Sa	2/18-3/11	10:30-11a	\$140/\$185
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Bowling

Have a "striking" time with your peers in our bowling program! Bowlers will be grouped according to age and ability. This program includes up to 2 games in 1.5 hours. Ramps and bumpers are available.

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

Ages 10+ **Min/Max: 5/24**

Winter 23	We	1/18-4/19	4-5:30p	\$175/\$230
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Swim Techniques

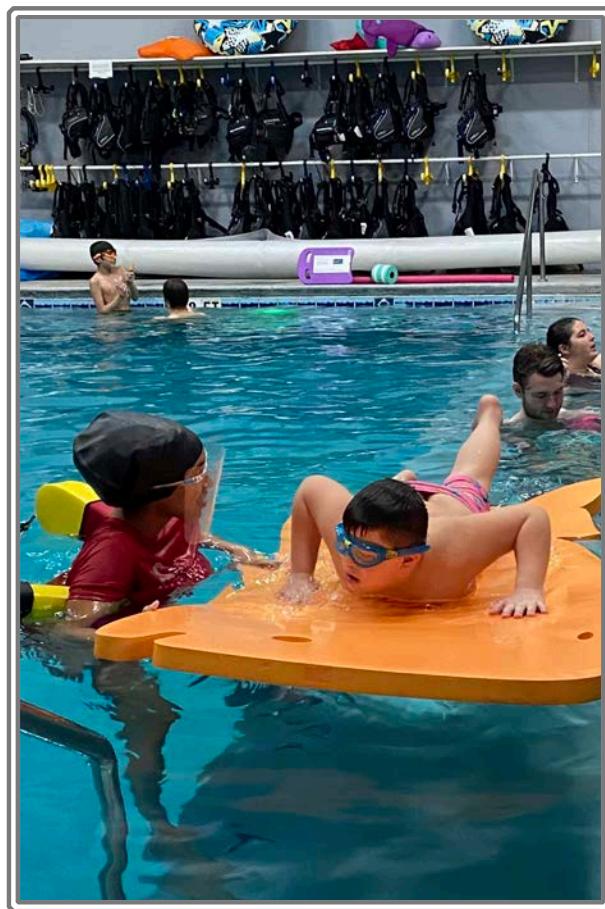
This program is designed for the swimmer that knows the basics but wants to fine tune their swim strokes and techniques. Wear a swimsuit and bring a towel. **No program 4/8.**

Location: The Swim Advantage, 16336 104th Ave, Orland Park

Ages 8-14 **Min/Max: 4/6**

Winter 22-1	Sa	1/21-2/18	12:55-1:25p	\$175/\$230
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Winter 22-6	Sa	3/11-4/15	12:55-1:25p	\$175/\$230
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YOUTH WEEKLY PROGRAMS

Ages 8-14

The Drama Club

Calling all performers. Don't be shy! Get in the spotlight and become a star! Express yourself through singing and dancing. Participants will spend practice learning their parts to perform at LWSRA's Cultural Arts Fest on 4/28 and 4/29. **No program 4/5.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 8-14 **Min/Max: 12/20**

Winter 23-1 We 2/15-4/26 5:30-6:30p \$150/\$200



Momentum Dance Crew

Calling all movers and groovers! Shake away with our friends from Momentum Dance Studio in a class full of music, movement, and dance lead by a certified Momentum dance instructor.

No program 3/25 and 4/8.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 8-14 **Min/Max: 5/10**

Winter 23 Sa 3/4-4/22 9:15-10a \$95/\$125



Soccer Skills

Goal! This program focuses on skills such as dribbling, passing and shooting. Top Soccer instructors will lead the class.

No program 3/25 and 4/8.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 8-14 **Min/Max: 8/10**

Winter 23 Sa 3/4-4/22 10:15-11a \$60/\$80

Junior Hawks Track & Field

Time to run for the gold! Junior track & field combines technical development and fundamental techniques with safety and a major focus on fun!

Athletes who are ready will be entered into the Special Olympics Illinois Region E Spring Games in May.

Location: TBD

Ages 8-14 **Min/Max: 5/10**

Winter 23 Mo 3/27-5/1 5:30-6:15p \$150/\$195

YOUTH SPECIAL EVENTS

Ages 8-14



School Day Out

When local schools are closed, turn to LWSRA to help continue a structured environment. Participants will partake in a variety of activities such as baking, crafts, sports, social games, and more. Bring a sack lunch, water bottle and wear athletic shoes.

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

Ages 8-14 **Min/Max: 5/10**

MLK Jr Day Mo 1/16 10a-2p \$55/\$75

President's Day Mo 2/20 10a-2p \$55/\$75

Jr. Hawks Social Club

Spend your Saturdays with friends as we enjoy a themed night of activities!

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 8-14 **Min/Max: 5/10**

Valentine's Day Sa 2/11 4-5:30p \$30/\$40

Everyone's Birthday Sa 4/15 4-5:30p \$30/\$40

Jr. Hawks Day Trippers



Step into an adventure! Come hangout with Mickey Mouse and his friends at Disney on Ice, explore the new ninja warrior course, and bounce with us at Skyzone! Lunch is provided for Skyzone and Ninja Warriors events.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 8-14 **Min/Max: 5/10**

Skyzone Su 1/29 9a-1p \$75/\$100

Disney on Ice* Su 2/5 1:30-6p \$75/\$100

Ninja Warriors Su 3/12 9a-1p \$75/\$100

Spring Break Camp

Looking for some fun activities to do during Spring Break? Please join us in our Spring Break Camp. We will be utilizing our building to do engaging activities in the gym, kitchen, and classroom! If weather permits, we will take the fun outdoors! Community trips may also be planned. A detailed schedule will be sent by email prior to start. Groups will be split by age. Bring a sack lunch.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 8-14 **Min/Max: 6/10**

Winter 23 Mo-We 4/3-4/5 9a-2p \$175/\$230



Ready to dance? See page 31 for dance opportunities!

A SHOWCASE OF ART, MUSIC AND DANCE



LWSRA CULTURAL ARTS FEST

**APRIL
28-29**

LWSRC
1900 HEATHER GLEN DR
NEW LENOX, IL

APRIL 28, 2023
6:00PM
THE DRAMA CLUB
PERFORMANCE

APRIL 29, 2023
1:00PM
SPRING RECITAL
AND ART SHOW

APRIL 29, 2023
6:00PM
THE DRAMA CLUB
PERFORMANCE

TICKETS ON SALE MARCH 15, 2023

BUILDING A COMMUNITY WITHOUT LIMITS!

LWSRA.ORG

INDIVIDUAL LESSONS

All Ages

MUSIC LESSONS ALL AGES \$25 PER 30 MINUTE LESSON

Does your child have a natural attraction to sounds, music, or dance? Piano, ukulele or voice lessons are a great way to connect with our inner musician! Lessons are tailored for each student and accommodations are made accordingly. Participants may learn how to read traditional music or take advantage of our adapted curriculum.

Interested in learning more?

Visit lwsra.org/lessons to complete the interest form. A staff member will contact you with additional information and to schedule your lesson.

PIANO



UKULELE



VOICE





The Nest sensory room



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

RATES & AVAILABILITY

\$30 per half hour. PARENT MUST STAY IN THE NEST WITH CHILD

Please contact Melissa Jensen at mjensen@lwsra.org to schedule a tour or your individual time slot.

AMENITIES

The Nest's 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!

TEEN & ADULT WEEKLY PROGRAMS

Ages 15+

Teen and Adult weekly programs are intended for individuals above the age of 15 years old. A wide variety of weekly program offerings are available to suit participant interests. Creative arts programs encourage self-expression and teaching new art through step-by-step instruction. Fitness and athletic programs keep participants active and enhance individual skills or team sport participation. Looking for more weekend activities? Check out our [*Teen & Adult Special Events*](#) Section!



Program Highlights:

- Competitive Gymnastics
- Strength & Conditioning
- Tae Kwon Do
- Zumba
- Hawks Kitchen
- Hawk Water Aerobics
- Bowling
- Competitive Swim
- The Drama Club
- Hawks Track & Field
- Unified Tennis
- Competitive Softball



Things to Remember:

- Individuals must be able to function at a 1:4 staff to participant ratio.
- Feeding assistance available when enough staff to accommodate. Must be independent in bathroom/toileting.
- Select programs are designed for only teens and have an age range of 12-22 years old.

TEEN & ADULT WEEKLY PROGRAMS

Ages 15+

Competitive Gymnastics

Designed to benefit the fierce gymnastics athletes! This program is for those that are ready to compete in the Special Olympics Regional Meet. Rotate between vault, bars, beam and floor exercise for female athletes and vault and floor exercise for male athletes. Flipstar instructors and coaches will meet each athlete at their own skill level and move at a pace comfortable for everyone.

Location: Flipstar Gymnastics Academy, 1906 Ferro Dr, New Lenox

Ages 15+ Min/Max: 3/8

Winter 23-1 Mo 1/9-2/27 7:15-8:15p \$190/\$250

Winter 23-2 Mo 3/6-4/24 7:15-8:15p \$190/\$250

Strength & Conditioning

Boost your cardiovascular endurance! This program is geared towards the athlete that can independently work out in a fitness center atmosphere. Athletes will be guided through cardio and strength exercises.

Location: The Oaks Fitness Center, 10847 La Porte Rd, Mokena

Ages 15+ Min/Max: 5/12

Winter 23 Mo 1/9-2/13 5-6p \$70/\$95



Tae Kwon Do

Tae Kwon Do program is instructed by Master Jung of Jung's Champion TKD. Students will learn self-defense and improve upon self-confidence, discipline, coordination, physical and mental capabilities.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 8-22 Min/Max: 3/8

Winter 23-1 Tu 1/10-2/21 5-5:45p \$150/\$195

Winter 23-2 Tu 3/7-4/18 5-5:45p \$150/\$195

**Register in CommunityPass in the Teen & Adult section.*

Zumba

Get moving in this active dance class! Program is led by a certified Zumba instructor. **No program on 4/6.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15+ Min/Max: 5/10

Winter 23-1 Th 1/12-2/16 5:15-6:15p \$100/\$130

Winter 23-2 Th 3/9-4/20 6:30-7:30p \$100/\$130

TEEN & ADULT WEEKLY PROGRAMS

Ages 15+



Hawks Kitchen



Tickle your palate with a culinary delight! Each week we will explore the world of cooking. Participants will learn hands-on how to create, present and enjoy a variety of dishes.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15+

Min/Max: 6/15

Winter 23-1	Th	1/12-2/2	6:30-7:45p	\$85/\$110
Winter 23-2	Th	3/9-3/30	5-6:15p	\$85/\$110

Hawks Water Aerobics



Break out your best moves as we go through a water workout. We will get the heart pumping during this 30-minute workout

Location: L-W East High School, 201 Colorado Ave, Frankfort

Ages 15+

Min/Max: 4/6

Winter 23-1	Sa	1/14-2/11	10-10:30a	\$175/\$230
Winter 23-2	Sa	2/18-3/11	10-10:30a	\$140/\$185

Bowling



Have a "striking" time with your peers in our bowling program! Bowlers will be grouped according to age and ability. This program includes up to 2 games in 1.5 hours. Ramps and bumpers are available.

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

Thursday Location: Riverfront Lanes, 402 S Water St, Wilmington

Ages 15+

Min/Max: 5/24

Laraway-W23	We	1/18-4/19	4-5:30p	\$175/\$230
*Riverfront-W23a	Th	1/19-2/23	6-7:30p	\$90/\$120
*Riverfront-W23b	Th	3/9-4/13	6-7:30p	\$90/\$120

*Transportation available from LWSRC to Wilmington provided FREE. Register in CommunityPass if needed. (drop-off/pick-up 5p-8p)

Competitive Swim



Hawks swim is designed for the competitive swimmer who want to compete in meets against other SRA's. Athletes must be able to swim the length of the pool without stopping or touching the bottom. Practice will focus on swim endurance and technique.

Location: The Swim Advantage, 16336 104th Ave, Orland Park

Ages 15+

Min/Max: 7/10

Winter 23-1	Sa	1/21-2/25	12-12:45p	\$225/\$295
Winter 23-2	Sa	3/11-4/22	12-12:45p	\$225/\$295



TEEN & ADULT WEEKLY PROGRAMS

Ages 15+

The Drama Club

Calling all performers. Don't be shy! Get in the spotlight and become a star! Express yourself through singing and dancing. Participants will spend 13 weeks learning their singing and dancing parts then perform at LWSRA's Cultural Arts Fest on 4/28 and 4/29. Contact Nadine Kahl for registration approval.

No program 4/5.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15-22 **Min/Max: 12/20**

Winter 23-2 We 2/15-4/26 6:45-7:45p \$150/\$200



Hawks Track & Field



Get those running shoes laced up! The Special Olympics Illinois Region E Spring Games are around the corner! Get ready to go for the gold!

Location: L-W North High School, 19900 S Harlem Ave, Frankfort

Ages 15+ **Min/Max: 8/20**

Winter 23 Mo 3/6-5/1 6:30-7:30p \$160/\$210

**Region E Spring Games to be held 5/6 and 5/7.*



Unified Tennis



The Unified Tennis team is geared towards those established tennis athletes looking to enhance their competition by entering in the Special Olympics Unified Tennis tournament. This program can also be an extra practice for those that would like to compete in traditional tournaments later in the summer.

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

Ages 15+ **Min/Max: 8/20**

Winter 23 We 3/29-4/19 6-7p \$100/\$130

Competitive Softball



The Hawks are back for another exciting year of softball! Athletes must have a softball glove and have basic knowledge of the sport. Games and practice schedule will be released at the beginning of the program. **No program 5/2 or 7/5.**

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

Ages 15+ **Min/Max: 8/20**

Winter 23 Tu 4/25-7/25 TBD \$195/\$255

TEEN & ADULT SPECIAL EVENTS

Ages 15+

Teen and Adult special events are intended for individuals above the age of 15 years old. A wide variety of one-time events run each season ranging from themed dances, sporting events, movies, and many other holiday themed activities. Special events focus on social interaction and life experiences.



One-time Events:

- **Teens only dances** are a great place to start for those looking to bust a move with new and close friends.
- **In-house dances** are an opportunity to let loose and make new friends. These are recommended for both new and veteran LWSRA participants.
- **Co-op dances** are where we join our neighboring SRA's for an exciting night at these larger events.
- Many one-time events are also offered that change each season!



Things to Remember:

- Individuals must be able to function at a 1:4 staff to participant ratio.
- Feeding assistance available when enough staff to accommodate. Must be independent in bathroom/toileting.
- Select programs are designed for only teens and have an age range of 12-22 years old.

TEEN & ADULT DANCES

Ages 15+

TEENS (small dances)

Superheroes Only (Ages 12-22)

Invite your best buddy from school!

Min/Max: 12/25

Calling all heroes and villains! It's time for a dance battle. Dress up as your favorite character and bring your best dance powers. Dinner and refreshments provided.

Winter 23 3/17 6-8p \$30/\$40 Location: LWSRC, 1900 Heather Glen Dr, New Lenox

IN-HOUSE (LWSRA Only)

Crazy Outfit Dance (Ages 13+)

Min/Max: 12/25

It's mismatch day at LWSRA! Wear your craziest outfit and listen to some tunes while we dance the night away. Dinner is provided.

Winter 23 3/10 6-8p \$30/\$40 Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Sock Hop (Ages 13+)

Min/Max: 12/25

Bridge the generation gap and boogie with your socks on for LWSRA's teen only sock hop! Dance to the greatest music of yesterday and today with your LWSRA friends. Light snack and refreshments provided.

Winter 23 3/24 6-8p \$30/\$40 Location: LWSRC, 1900 Heather Glen Dr, New Lenox

CO-OP LOCAL (LWSRA hosts other SRA's)

Glow with the Flow (Ages 15+)

**Pick-up points available-register in CommunityPass*

Min/Max: 15/40

LWSRA is hosting a glow in the dark dance! Break out your hottest neon outfits, glow sticks and your best dance moves! Beggars pizza and refreshments will be provided.

Winter 23 1/20 6:30-9p \$40/\$55 Location: LWSRC, 1900 Heather Glen Dr, New Lenox

**Drop-off/pick-up Points: Wilmington 5:45p/9:30p | Crete-5:30p/9:35p | Peotone 6p/9:50p (transportation provided to LWSRC)*

La Fiesta (Ages 15+)

**Pick-up points available-register in CommunityPass*

Min/Max: 15/40

Andale! Join us for LWSRA's Fiesta! Bring your sombreros, ponchos and maracas. Let's do the salsa while we eat some salsa, too! Taco dinner provided.

Winter 23 4/14 6:30-9p \$40/\$55 Location: LWSRC, 1900 Heather Glen Dr, New Lenox

**Drop-off/pick-up Points: Wilmington 5:45p/9:30p | Crete-5:30p/9:35p | Peotone 6p/9:50p (transportation provided to LWSRC)*

CO-OP AWAY (Larger dances hosted by other SRA's)

Winter Blue Dance (Age 15+)

**Transportation provided-meet at LWSRC*

Min/Max: 12/20

Cure your winter sadness by dancing the night away with your fellow SRA friends at NSRS's Winter Blues dance. Dinner and refreshments will be provided.

Winter 23 2/3 5:30-9:15p \$40/\$55 Location: New Star Recreation Services, TBD

Valentine's Dance (Age 15+)

**Transportation provided-meet at LWSRC*

Min/Max: 12/20

Time to spread the love! Wear red, pink and white at SRJC's Valentines Dance. Dinner and refreshments will be provided.

Winter 23 2/10 5:30-9:45p \$40/\$55 Location: Kathy Green Center, 3000 W. Jefferson, Joliet

Mardi Gras Mambo (Age 15+)

**Transportation provided-meet at LWSRC*

Min/Max: 12/20

Enjoy a wild time celebrating Mardi Gras at Oak Lawn Park District! Don't forget to wear green and purple. Snack and refreshments will be provided.

Winter 23 2/24 6-9:45p \$40/\$55 Location: Oak Lawn Pavilion, 9401 Oak Park Ave, Oak Lawn

Shamrock Shuffle (Age 15+)

**Transportation provided-meet at LWSRC*

Min/Max: 12/20

Everyone is Irish tonight at Orland Park's Shamrock Shuffle! Enjoy a night of dancing with your fellow SRA friends and don't forget to wear green! Dinner and refreshments provided.

Winter 23 3/3 5:45-9:45p \$55/\$75 Location: Orland Park Civic Center, 14750 Ravinia Ave, Orland Park

Spring Formal (Age 15+)

**Transportation provided-meet at LWSRC*

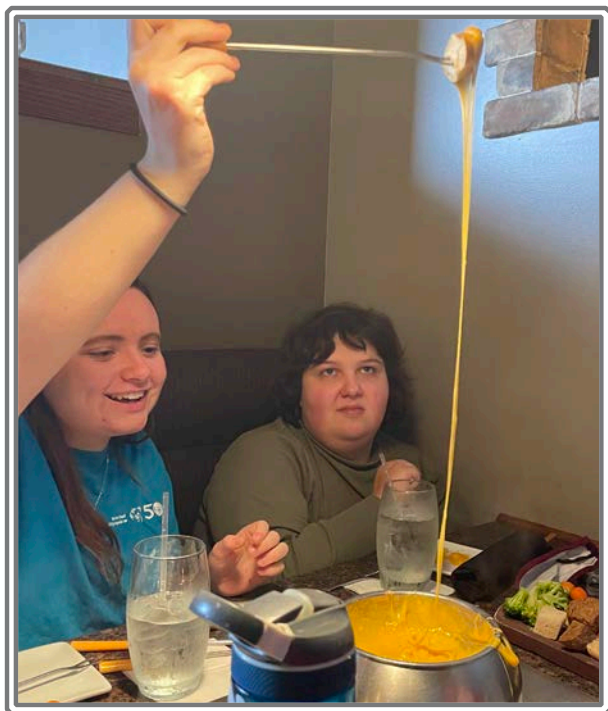
Min/Max: 12/20

Spring is in the air! Join us as we enjoy this grand event hosted by SWSRA. This is a formal affair so please come dressed in your best clothes. Full dinner, picture and flower are included.

Winter 23 5/12 5:30-10pm \$65/\$85 Location: Palos Heights Rec Center, 6601 W 127th St, Palos Heights

TEEN & ADULT SPECIAL EVENTS

Ages 15+



Bulls at Game On!



Hang out at Game On! to watch the Bulls take on the Oklahoma City Thunder. Grab a bite to eat with friends.

*Transportation from LWSRC available if needed.

Location: Game On! Sports Bar & Grill, 115 N 2nd St, Peotone

Ages 15+

Min/Max: 8/15

*Winter 23

Fr

1/13

6:30-9:30p

\$50/\$65

*Transportation available from LWSRC to Peotone provided FREE.

Register in CommunityPass if needed. (drop-off/pick-up 5:45p-10:15p)

School Day Out

When local schools are closed, turn to LWSRA to help continue a structured environment. Participants will partake in a variety of activities such as baking, crafts, sports, social games, and more. A trip out in the community may also be planned.

Bring a sack lunch, water bottle and wear athletic shoes.

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

Ages 15-22

Min/Max: 5/10

MLK Jr Day

Mo

1/16

10a-2p

\$55/\$75

President's Day

Mo

2/20

10a-2p

\$55/\$75

Adult Social Club

Spend your Saturdays with friends as we enjoy a themed night of activities!

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15+

Min/Max: 6/15

Snowmania Sa 1/21 6-7:30p **\$30/\$40**

Valentine Sa 2/11 6-7:30p **\$30/\$40**

St. Patrick Sa 3/18 6-7:30p **\$30/\$40**

Springtime Sa 4/15 6-7:30p **\$30/\$40**

Bingo Blast



BINGO! Come join your friends at LWSRA for a night of bingo! Pizza and drinks will be provided for in-person participants.

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

Ages 15+

Min/Max: 8/20

Jan-23 Fr 1/27 6-8p **\$30/\$40**

Mar-23 Fr 3/31 6-8p **\$30/\$40**

Apr-23 Fr 4/21 6-8p **\$30/\$40**



TEEN & ADULT SPECIAL EVENTS

Ages 15+

Jr. Hawks Day Trippers



Step into an adventure! Come hangout with Mickey Mouse and his friends at Disney on Ice, explore the new ninja warrior course, and bounce with us at Skyzone! Lunch is provided for Skyzone and Ninja Warriors events.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15-22 Min/Max: 5/10

Skyzone	Su	1/29	9a-1p	\$75/\$100
Disney on Ice*	Su	2/5	1:30-6p	\$75/\$100
Ninja Warriors	Su	3/12	9a-1p	\$75/\$100

Disney on Ice



Join Mickey Mouse and his friends at Disney On Ice presents Road Trip Adventure, a brand-new adventure filled with world class skating, high-flying acrobatics and unexpected stunts!

Drop-off/Pick-up: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15+ Min/Max: 5/10

Winter 23	Su	2/5	1:30-6p	\$75/\$100
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Melt, Dip, Paint and Sip



Love is in the air - have an elegant night out with friends. Create a masterpiece on canvases centered around love for family or friends, drink mocktails, and dip fruits in chocolates. Cheers!

Location: Crete Park Dist. Willard Wood Park Center, 515 1st St, Crete

Ages 15+ Min/Max: 12/25

*Winter 23	Fr	2/17	6-8p	\$80/\$105
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*Transportation available from LWSRC to Crete provided FREE.

Register in CommunityPass if needed. (drop-off/pick-up 5:30p-8:30p)

Chicago Wolves Game



Catch the hard-hitting action as your Calder Cup Champions, Chicago Wolves face off against their rivals, Cleveland Monsters.

Drop-off/Pick-up: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15+ Min/Max: 11/20

Winter 23	Su	2/19	1-7p	\$85/\$110
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Fast Food & Flicks

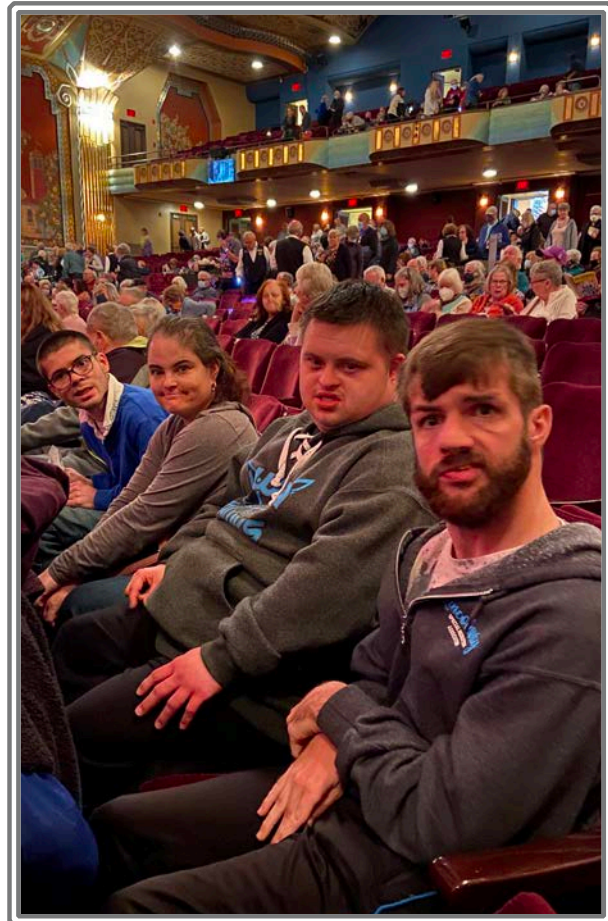


Sit back, relax and enjoy the show! Dinner and admission to a movie is included. Please bring money for snacks and drinks at the theater.

Drop-off/Pick-up: LWSRC, 1900 Heather Glen Dr, New Lenox

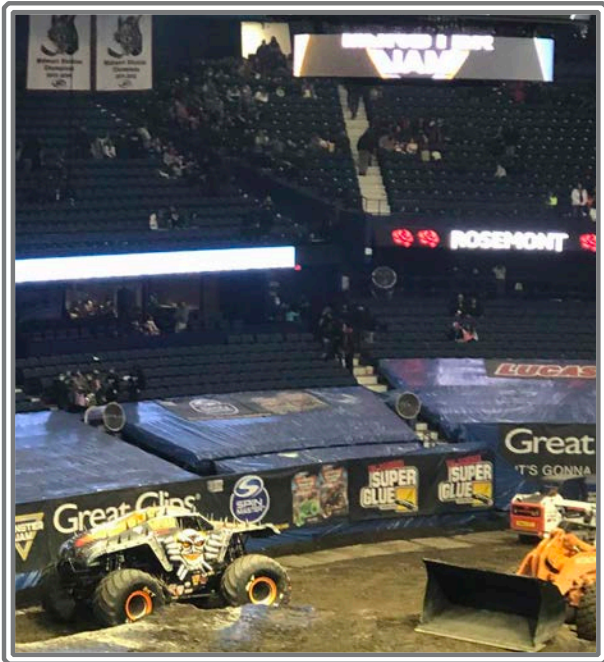
Ages 15+ Min/Max: 8/20

Winter 23-1	Sa	2/25	4:30-9:30p	\$65/\$85
Winter 23-2	Sa	4/22	4:30-9:30p	\$65/\$85



TEEN & ADULT SPECIAL EVENTS

Ages 15+



Monster Jam

Experience full-throttle fun as you watch the legendary Grave Digger and more at Monster Jam! Please bring additional money for souvenirs or extra food.

Drop-off/Pick-up: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15+ **Min/Max: 7/18**

Winter 23 Sa 3/4 11:30a-5p \$85/\$110

St. Patty's Party

Shimmer in green and count your lucky charms at the end of the rainbow. Eat dinner, drink O'douls, and enjoy a festive night with friends.

Location: Wilmington Park District, 315 N Water St, Wilmington

Ages 22+ **Min/Max: 8/20**

*Winter 23 Fr 3/17 6-8p \$30/\$40

*Transportation available from LWSRC to Wilmington provided FREE.

Register in CommunityPass if needed. (drop-off/pick-up 5:15p-8:45p)

Paramount Theatre

Lights, camera, action! Theater buffs do not miss out on these great shows. Bring money for a meal.

Drop-off/Pick-up: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15+ **Min/Max: 8/20**

Into the Woods Su 3/19 10:45a-5p \$95/\$125

School of Rock Su 4/23 11:15a-5:30p \$95/\$125

Kiwanis Games

The annual Kiwanis Games, hosted by the Frankfort Kiwanis Club, is prepared to test your skills at bocce, floor hockey, basketball, bag-o, and many more! Everyone is a winner! T-shirt provided if registered by 2/25. Small snack and pizza lunch provided.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15+ **Min/Max: 20/50** Residents/Co-Op/Non-Res.

Winter 23 Sa 3/25 9-12:30p Free \$10 \$15

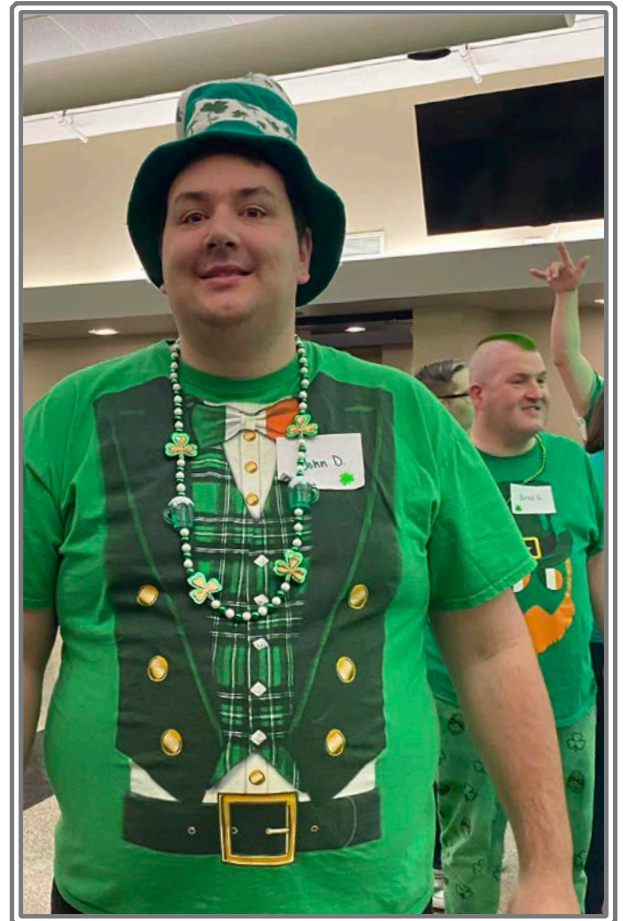
Spring Break Camp

Looking for some fun activities to do during Spring Break? Please join us in our Spring Break Camp. We will be utilizing our building to do engaging activities in the gym, kitchen, and classroom! If weather permits, we will take the fun outdoors! Community trips may also be planned. A detailed schedule will be sent by email prior to start. Groups will be split by age. Bring a sack lunch.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15-22 **Min/Max: 6/15**

Winter 23 Mo-We 4/3-4/5 9a-2p \$175/\$230



FAMILY EVENTS

All Ages



SENSORY FRIENDLY LION KING ALL AGES FAMILY EVENT

The Cadillac Theatre is hosting a sensory-friendly Lion King performance. Lunch will be provided beforehand.

No staff supervision for participants provided. Transportation in an LWSRA vehicle to the event is available.

Drop-off/Pick-up: LWSRC, 1900 Heather Glen Dr, New Lenox

All Ages

Min/Max: 15/60

Winter 23

Sa

1/7

2pm showtime

SOLD OUT
\$45



FAMILY CHICAGO BULLS GAME ALL AGES FAMILY EVENT

The Chicago Bulls will take on the Indiana Pacers! LWSRA will be sitting in the 300 level section but will have the opportunity to watch pre-game warmups in seats right near the court! It is a behind-the-scenes experience to watch the Bulls and visiting team warm up prior to doors opening to the public!

No staff supervision for participants provided. Transportation in an LWSRA vehicle to the event is available. Families are responsible for purchasing their own food and drinks at the game.

Drop-off/Pick-up: LWSRC, 1900 Heather Glen Dr, New Lenox

All Ages

Min/Max: 50/100

Winter 23

Su

3/5

2:30pm gametime

\$60



FAMILY CHICAGO WHITE SOX GAME ALL AGES FAMILY EVENT

Your Chicago White Sox are playing the St. Louis Cardinals. LWSRA will be seated in the warning track located at field level before the game begins to watch batting practice. All you can eat food and beverages are included for three hours!

No staff supervision for participants provided. Transportation in an LWSRA vehicle to the event is available.

Drop-off/Pick-up: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15+

Min/Max: 50/100

Winter 23

Su

7/9

gametime TBA

registration coming
this spring

FAMILY EVENTS

All Ages

Parade Flight Crew



Irish Fest Parade
MANHATTAN

Saturday, March 4, 2023

Free Event

Be Irish for a day by marching in the annual Manhattan Irish Fest with LWSRA! Parades are family events. Parents and siblings are welcome to join but please register all attendees in the program. Bring candy to hand out in the parade! Participants can assist in garnishing the bus prior to step off!

Staff supervision is not provided for participants. Pizza provided after parade.

Meeting location and time will be emailed to registered participants once determined.



LOYALTY DAY PARADE
NEW LENOX

Sunday, May 7, 2023

Free Event

March in the Loyalty Day Parade – home of the proud Americans! Parades are family events. Parents and siblings are welcome to join but please register all attendees in the program. Bring candy to throw in the parade! Participants can assist in garnishing the bus prior to step off!

Staff supervision is not provided for participants. Pizza provided after parade.

Meeting location and time will be emailed to registered participants once determined.



BUNNY

Breakfast



SATURDAY, APRIL 8, 2023

**LINCOLNWAY SPECIAL RECREATION CENTER
1900 HEATHER GLEN DRIVE, NEW LENOX, IL**

TICKETS ON SALE FEBRUARY 1ST AT [LWSRA.ORG](https://www.lwsra.org)

EVENT TIMES: 8:30-9:45A | 10-11:15A | 11:30A-12:45P

The Lincolnway Special Recreation Foundation invites you to celebrate with the Easter Bunny! This year's activities include photos with the bunny, delicious breakfast, egg hunt, face painting, holiday crafts and games! Purchase tickets for one of three time slots.



ABILITY AWARENESS FAIR

MAY 21, 2023
10 AM - 1 PM

LOCATION

Lincolnway Special Recreation Center
1900 Heather Glen Drive
New Lenox, IL 60451

ATTENDEES FREE!



Discover valuable resources available to our special needs community



Network with service providers and other special needs parents and caregivers.



Guest speakers will present valuable tips on navigating state and school services.

VENDORS - \$25



Vendors are needed for this event to help educate parents, guardians, family members and others of the various services and resources available.

REGISTER HERE



Lincolnway
SPECIAL RECREATION
ASSOCIATION

TITANS ADULT DAY PROGRAM

Ages 18+

Titans stands for “Transitioning by Initiating Teamwork, Acceptance, kNowledge, and Service” and is geared towards individuals above the age of 18 years old. In TITANS Adult Day Program, participants have freedom in choice. Through selection of interest-based programs, participants create a schedule that best suits their needs.



Titans Highlights:

- Monday Day Trippers
- Tuesday/Thursday Programs
- Wednesday/Friday Programs
- TITANS 2.0-Let's Go

Personalize your schedule and select based on your interests

Looking for more?:

- Adult weekly programs found on pages 25-28
- Adult special events found on pages 29-33



Things to Remember:

- Programs plan for up to 1:6 staff to participant ratios (minimum 1:2 staff to participant ratio).
- Feeding assistance available when enough staff to accommodate. Must be independent in bathroom/toileting.
- Individuals may register for a one day, multi-day, or full-week schedule.

TITANS ADULT DAY PROGRAM

Ages 18+

TITANS Frequently Asked Questions

DO I NEED PRE-APPROVAL OR IS THERE A WAITLIST?

The day program is open to all those who meet the age and program guidelines. Pre-approval is not required although we encourage you to reach out to our team if you are new to the TITANS program (if you are new to LWSRA, then a new participant form must be completed and is available at lwsra.org/new-participant). Sessions may have a waitlist if we reach the maximum number of participants. Priority may be given to residents of LWSRA's member park districts over non-residents.

AM I REQUIRED TO SIGN-UP FOR THE ENTIRE DAY OR WEEK?

No! If you're ready to fill your week, you may absolutely sign-up for all 5 days from 9am-2pm, but the program now offers more flexibility to fit programs around your schedule. However, we are unable to split daily options (i.e. requests for Monday/Wednesday only, Thursday/Friday only, etc.). You may also choose which sessions to attend during the day (i.e. skipping the 9am session if you are not a morning person or just signing up for a single session to keep within your budget).

ARE FIELD TRIPS ONLY ON MONDAY?

Yes. In order to structure the program and coordinate instructors, Monday is the designated trip day. However, several special events are offered at the end of the program season. Check out "[TITANS 2.0-Let's Go](#)" on page 44 to see the fun that lies ahead!

Adult Day Program sessions are held or meet at the LWSRC, 1900 Heather Glen Dr, New Lenox.

FIELD TRIP DAY!

MONDAYS

DAY TRIPPERS (MONDAY FIELD TRIPS)

Monday Day Trippers (Ages 18+)  *Transportation provided-meet at LWSRC **Min/Max: 20/28**

Attention all thrill seekers! Trips will take us to a variety of great locations to enjoy a day full of adventures. Keep busy this winter with your TITANS friends.

Drop-off: LWSRC, 1900 Heather Glen Dr, New Lenox

Winter 23-1	Mo	1/9-2/20	9a-2p	\$420/\$545
Winter 23-2	Mo	3/6-4/19	9a-2p	\$420/\$545

TRANSITIONING BY INITIATING
TEAMWORK ACCEPTANCE KNOWLEDGE SERVICE

TITANS ADULT DAY PROGRAM

Ages 18+

WINTER SESSION ONE | JANUARY 10TH - FEBRUARY 23RD

TUESDAYS & THURSDAYS

9:00 – 10:15am

(CHOOSE ONE)

Ageless Rembrandts *Virtual option available (\$125)

Min/Max: 4/15

Let's create! Explore your creativity by learning form, color and texture through various painting projects and art.

Win23-1-TT1 1/10-2/23 \$200/\$260

Games Galore

Min/Max: 4/15

Let the games begin! Play popular, fun games while having laughs with friends.

Win23-1-TT1 1/10-2/23 \$200/\$260

Momentum Dance

Min/Max: 4/15

Explore imagination and creativity through dance routines. Classes are taught by a professional dance instructor.

Win23-1-TT1 1/10-2/23 \$200/\$260

10:15 – 11:30am

(CHOOSE ONE)

Movie Classics

Min/Max: 4/15

Lights, Camera, Action! Join us as we enjoy a theater snack, and watch a classic film suited for our young adults.

Win23-1-TT2 1/10-2/23 \$200/\$260

F45 Training

Min/Max: 4/15

Enjoy a fast and fun workout for the mind and body with personal trainer Matt.

Win23-1-TT2 1/10-2/23 \$200/\$260

Music Stars

Min/Max: 4/15

Everyone can be musical! Sing, learn lyrics, and sing songs with music from all eras. (Personal instruments are welcome)

Win23-1-TT2 1/10-2/23 \$200/\$260

11:30am – 12:30pm

Lunch Bunch | \$0

Lunch Bunch is free if registered for another TITANS time slot. Please register in CommunityPass.

12:30 – 1:45pm

(CHOOSE ONE)

Book Club

Min/Max: 4/15

Love to read? Let's go on a reading adventure as we enjoy great books with a discussion to follow.

Win23-1-TT3 1/10-2/23 \$200/\$260

Kahoots, Trivia and Puzzles

Min/Max: 4/15

Pick your brain! Play trivia through games and puzzles based on movies, celebrities, music, animals and much more.

Win23-1-TT3 1/10-2/23 \$200/\$260

Tae Kwon Do

Min/Max: 4/15

Through Master Jung's Champion Tae Kwon Do, we will develop discipline, strength, speed, balance, and flexibility through physical, mental and spiritual guidance.

Win23-1-TT3 1/10-2/23 \$200/\$260

2-3:30pm

(EXTENDED DAY)

Social Circle - Bowling and More *Transportation provided-meet at LWSRC

Min/Max: 4/12

Looking to get out and socialize? Extend the fun of Titans! Each week will consist of a day bowling at Laraway Lanes and another day filled with social activities at the LWSRC.

Win23-1-TT4 1/10-2/23 \$200/\$260

TITANS ADULT DAY PROGRAM

Ages 18+

WINTER SESSION ONE | JANUARY 11TH - FEBRUARY 24TH

WEDNESDAYS & FRIDAYS

9:00 – 10:15am

(CHOOSE ONE)

Gym Walkers

Min/Max: 4/15

Let's get moving! Join us while staying warm indoors. We will start with stretches as we prepare to do laps around the gym.

Win23-1-WF1 1/11-2/24 \$200/\$260

Same Name, Different Games!

Min/Max: 4/15

Let's Roll! While socializing with friends, we will have fun playing some of our favorite games.

Win23-1-WF1 1/11-2/24 \$200/\$260

Yoga

Min/Max: 4/15

Relax and find your inner peace while refreshing your mind and soul. An instructor with Yoga Castle will instruct Wednesday classes.

Win23-1-WF1 1/11-2/24 \$200/\$260

10:15 – 11:30am

(CHOOSE ONE)

Weekly Gamesters

Min/Max: 4/15

Test your skills while socializing and playing popular video game systems. We'll also enjoy puzzles and trivia.

Win23-1-WF2 1/11-2/24 \$200/\$260

Sweet and Salty Treats

Min/Max: 4/15

Whether we are making something sweet or salty, it will be a delicious morning treat!

Win23-1-WF2 1/11-2/24 \$200/\$260

Kickboxing

Min/Max: 4/15

Ready to kick up your group fitness workout? Various kickboxing moves are mixed with martial art movements set to popular music. Program is led by a certified instructor.

Win23-1-WF2 1/11-2/24 \$200/\$260

11:30am – 12:30pm

Lunch Bunch | \$0

Lunch Bunch is free if registered for another TITANS time slot. Please register in CommunityPass.

12:30 – 1:45pm

(CHOOSE ONE)

Crafty Creators

Min/Max: 4/15

Explore a variety of art that will foster creative expression and create magnificent looking projects!

Win23-1-WF3 1/11-2/24 \$200/\$260

Let's Get Messy!

Min/Max: 4/15

Slime, playdough, finger painting, and shaving cream are some of the gooey fun we will be having!

Win23-1-WF3 1/11-2/24 \$200/\$260

Drumming

Min/Max: 4/15

Learn drum holding & hand placement for different sounds to create a rhythm. Led by a certified instructor.

Win23-1-WF3 1/11-2/24 \$200/\$260

TRANSITIONING BY INITIATING
TEAMWORK ACCEPTANCE KNOWLEDGE SERVICE

TITANS ADULT DAY PROGRAM

Ages 18+

WINTER SESSION TWO | MARCH 7TH - APRIL 20TH

TUESDAYS & THURSDAYS

9:00 – 10:15am

(CHOOSE ONE)

Ageless Rembrandts

**Virtual option available (\$125)*

Min/Max: 4/15

Let's create! Explore your creativity by learning form, color and texture through various painting projects and art.

Win23-2-TT1 3/7-4/20

\$200/\$260

Games Galore

Min/Max: 4/15

Let the games begin! Play popular, fun games while having laughs with friends.

Win23-2-TT1 3/7-4/20

\$200/\$260

Momentum Dance

Min/Max: 4/15

Explore imagination and creativity through dance routines. Classes are taught by a professional dance instructor.

Win23-2-TT1 3/7-4/20

\$200/\$260

10:15 – 11:30am

(CHOOSE ONE)

The Brew Crew

**Transportation provided - meet at the LWSRC*

Min/Max: 4/15

Relax and recharge as we travel to various coffee spots to drink our coffee or tea and have great conversations with friends!

Win23-2-TT2 3/7-4/20

\$200/\$260

F45 Training

Min/Max: 4/15

Enjoy a fast and fun workout for the mind and body with personal trainer Matt.

Win23-2-TT2 3/7-4/20

\$200/\$260

Music Stars

Min/Max: 4/15

Everyone can be musical! Sing, learn lyrics, and sing songs with music from all eras. (Personal instruments are welcome)

Win23-2-TT2 3/7-4/20

\$200/\$260

11:30am – 12:30pm

Lunch Bunch | \$0

Lunch Bunch is free if registered for another TITANS time slot. Please register in CommunityPass.

12:30 – 1:45pm

(CHOOSE ONE)

Book Club

Min/Max: 4/15

Love to read? Let's go on a reading adventure as we enjoy great books with a discussion to follow.

Win23-2-TT3 3/7-4/20

\$200/\$260

Hands, Hooves and Hope Ranch

**Transportation provided-meet the LWSRC*

Min/Max: 4/12

Experience, interact & have fun while caring for animals and completing physical outdoor work on the ranch.

Win23-2-TT3 3/7-4/20

\$200/\$260

Tae Kwon Do

Min/Max: 4/15

Through Master Jung's Champion Tae Kwon Do, we will develop discipline, strength, speed, balance, and flexibility through physical, mental and spiritual guidance.

Win23-2-TT3 3/7-4/20

\$200/\$260

2-3:30pm

(EXTENDED DAY)

Social Circle - Bowling and More

**Transportation provided-meet the LWSRC*

Min/Max: 4/12

Looking to get out and socialize? Extend the fun of Titans! Each week will consist of a day bowling at Laraway Lanes and another day filled with social activities at the LWSRC.

Win23-2-TT4 3/7-4/20

\$200/\$260

TITANS ADULT DAY PROGRAM

Ages 18+

WINTER SESSION TWO | MARCH 8TH - APRIL 21ST

WEDNESDAYS & FRIDAYS

9:00 – 10:15am

(CHOOSE ONE)

Gym Walkers

Min/Max: 4/15

Walk it out! Looking to stay active? Then this is the club for you! Titans will walk the neighborhood and enjoy the activity trail at our building.

Win23-2-WF1 3/8-4/21 \$200/\$260

Same Name, Different Games!

Min/Max: 4/15

Let's Roll! While socializing with friends, we will have fun playing some of our favorite games.

Win23-2-WF1 3/8-4/21 \$200/\$260

Yoga

Min/Max: 4/15

Relax and find your inner peace while refreshing your mind and soul. An instructor with Yoga Castle will instruct Wednesday classes.

Win23-2-WF1 3/8-4/21 \$200/\$260

10:15 – 11:30am

(CHOOSE ONE)

Weekly Gamesters

Min/Max: 4/15

Test your skills while socializing and playing popular video game systems. We'll also enjoy puzzles and trivia.

Win23-2-WF2 3/8-4/21 \$200/\$260

Lunch Box Cafe and Bowling

Min/Max: 4/12

Wednesdays we'll dine with our friends in our diner's club (a sandwich list will be sent home). Fridays we'll head to Oak Forest Bowl for a game or two. Lunch will be provided at the bowling alley.

Win23-2-WF2 3/8-4/21 \$200/\$260

Kickboxing

Min/Max: 4/6

Ready to kick up your group fitness workout? Various kickboxing moves are mixed with martial art movements set to popular music. Program is led by a certified instructor.

Win23-2-WF2 3/8-4/21 \$200/\$260

11:30am – 12:30pm

Lunch Bunch | \$0

Lunch Bunch is free if registered for another TITANS time slot. Please register in CommunityPass.

12:30 – 1:45pm

(CHOOSE ONE)

Crafty Creators

Min/Max: 4/15

Explore a variety of art that will foster creative expression and create magnificent looking projects!

Win23-2-WF3 3/8-4/21 \$200/\$260

Drama Production Crew

Min/Max: 4/15

Crew Call! If you like to work with your hands, we have a job for you. This crew will design, set up and take down stage equipment for our drama productions.

Win23-2-WF3 3/8-4/21 \$200/\$260

Drumming

Min/Max: 4/15

Learn drum holding & hand placement for different sounds to create a rhythm. Led by a certified instructor.

Win23-2-WF3 3/8-4/21 \$200/\$260

TRANSITIONING BY INITIATING
TEAMWORK ACCEPTANCE KNOWLEDGE SERVICE

TITANS ADULT DAY PROGRAM

Ages 18+

TITANS 2.0-LET'S GO | APRIL 24TH - APRIL 28TH

MONDAY THROUGH FRIDAY

TITANS 2.0-LET'S GO
(SPECIAL EVENTS)

Lunch and Matinee



Min/Max: 8/25

Enjoy a day out with your TITANS friends while we enjoy lunch and watch a movie.

Winter 23 4/24 10a-4p \$60/\$80 Drop-off: LWSRC, 1900 Heather Glen Dr, New Lenox

Let's Go



Min/Max: 8/25

Participate in a variety of activities, such as creating a "breakfast" bar, small craft and social games.

Winter 23 4/25 10a-3p \$60/\$80 Location: LWSRC, 1900 Heather Glen Dr, New Lenox

School of Rock at the Paramount



Min/Max: 8/25

Rock on! Don't miss out on this feel-good musical that will have you laughing & rocking right out of your seats!

Winter 23 4/26 10:45a-5p \$60/\$80 Drop-off: LWSRC, 1900 Heather Glen Dr, New Lenox

Bored at Home?



Min/Max: 8/25

Hang out at LWSRA for some fun! TITANS will participate in a craft, socialize with friends and have pizza and pop for lunch.

Winter 23 4/27 10a-3p \$60/\$80 Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Dave & Busters



Min/Max: 8/25

Let's eat, drink and play! Participants will have an action-packed afternoon with a massive arcade experience.

Winter 23 4/28 10a-3p \$60/\$80 Drop-off: LWSRC, 1900 Heather Glen Dr, New Lenox



Aktion Club

Aktion club is a service leadership program for individuals ages 18+ living with disabilities. Participants are able to give back to their communities, build leadership and decision-making skills to help develop and use their talents



FRANKFORT, IL
CHARTERED 1976

As a member of the sponsored organizations and programs at Kiwanis International, Aktion Club members plan and implement community service projects, while developing important skills in the process.

The LWSRA Aktion Club is co-sponsored by the Kiwanis Club of Frankfort, IL. TITANS members meet monthly during Lunch to plan ways to give back to our community.

ADAPTED PROGRAMS

Physical/Visual Impairments

Adapted programs are intended for individuals age 3 and older whose primary disability is a physical or visual impairment. The adapted sports programs offer a competitive outlet while building social networks with similar aged peers. Social programs allow for new experiences and chances to meet new friends. A number of adapted participants do not use mobility devices such as wheelchairs during daily activities, but utilize them, or other adapted technology, in order to experience the activities.



Seasonal Adapted Social Events:

Social events vary each season. Past activities include trips to the movies, laser tag, bowling and dinner nights. Adventure activities such as ziplining, snow skiing and water skiing with adapted equipment used.

Seasonal Adapted Sports:

- Boccia
- Wheelchair Basketball
- Wheelchair Softball
- Wheelchair Football

Through dedication and commitment, athletes may earn the opportunity to play competitive sports at the collegiate level with athletic scholarships and the professional and Paralympic level.



Things to Remember:

- LWSRA has wheelchairs and other adapted equipment available for use during programs.
- Must be independent in feeding and bathroom/toileting.
- Sports equipment grants are available annually to help individuals obtain their own personal equipment.

ADAPTED PROGRAMS

Ages 3+ with physical or visual impairments

Adapted Ski Day

Come shred on Wilmot mountain with LWSRA! Adaptive Adventures invites you to come out and enjoy the fun All abilities are welcome including individuals in power chairs! Contact the LWSRA office for more information.

Location: Wilmot Mountain Ski Resort, 11931, Fox River Rd, Wilmot, WI

Ages 8+ **Min/Max: 8/20**

Winter 23 TBD TBD TBD \$90/\$120

Boccia

Boccia is a Paralympic Sport that is a precision ball sport like bocce. The sport is open to individuals with cerebral palsy, traumatic head injury, stroke, spinal cord and muscular dystrophy. Adaptive equipment is available for those who need assistance in propelling the ball onto the court. Please contact Adriel for more information.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 13+ **Min/Max: 10/20**

Winter 23 Tu 3/14-4/18 2:30-3:15p \$75/\$100



Hawks Softball

New and returning athletes...com join LWSRA this summer on their quest for a National Wheelchair Association Championship. Athletes will learn softball fundamentals while being part of the LWSRA Hawks family!

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 8+ **Min/Max: 10/20**

Adults (age 18+)	Sa	5/20-8/5	11a-1p	\$300/\$390
Juniors (age 8-18)	Sa	5/20-8/5	1-2p	\$150/\$195

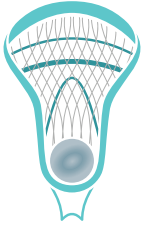


COMING TO CRESTWOOD, ILLINOIS THIS SUMMER!

ADAPTED CLINICS

Ages 3+ with physical or visual impairments

■ Adapted clinics offer individuals with a physical impairment the opportunity to explore new sports or hobbies. Take a chance to discover what life has to offer at one of our free clinics coming up in 2023. Visit lwsra.org/clinics for future opportunities!



WHEELCHAIR LACROSSE CLINIC

AGES 13+

coming this winter



WHEELCHAIR SOFTBALL CLINIC

ALL AGES

coming early spring



HANDCYCLING CLINIC

ALL AGES

coming early spring





Lincolnway
SPECIAL RECREATION
ASSOCIATION

1900 Heather Glen Dr
New Lenox, IL 60451

SAVE THE DATE

FRIDAY
AUGUST 11, 2023
THE SANCTUARY GOLF COURSE

