

Special Recreation

Special Recreation Services of Northern Lake County – Waukegan Park District Office

Special Recreation Services of Northern Lake County provides individuals with disabilities or special needs the opportunity to be involved in year-round recreation and leisure programs. This could include individuals who have varying degrees of physical disabilities, mental handicaps, learning disabilities, emotional difficulties, hearing or visual impairments and developmental delays. Programs are available for individuals from five years old through adults who are in special education programs, vocational workshops, or for those who need assistance to succeed in recreational activities.

Special Recreation Services of Northern Lake County is an association of Waukegan Park District, Zion Park District, Lindenhurst Park District, and Round Lake Area Park District. As an extension of the Park District, SRSNLC conducts a variety of recreation programs throughout the year, and also assists the Waukegan Park District with inclusion needs.

Volunteers are always needed; call the Waukegan office of Special Recreation Services of Northern Lake County at 847-360-4760 for more information.

Would your club or organization like to hear more about Special Recreation Services of Northern Lake County? A member of SRSNLC would be happy to talk about our services and present a sample of the programs we offer. To schedule a speaker call Julie Schneider, Supervisor of Special Recreation at 847-360-4762.



Special Recreation Services of Northern Lake County

Special Recreation Services provide self-development, emotional well-being, health promotion, and disease prevention, but mostly quality of life. Therapeutic Recreation, the benefits are endless!

These programs are just a few of the activities that Special Recreation offers to the community. To see our full brochure you may contact our office at 847-360-4760, or pick one up by stopping by one of the following locations: the Douglas House (732 N. Genesee Street), The Field House at Hinkston Park (800 N. Baldwin Avenue), the Belvidere Recreation Center (412 S. Lewis Avenue) or the Jack Benny Center (39 Jack Benny Drive). Don't miss out this winter! Go to www.waukeganparks.org and view the SRSNLC brochure online.



Family Frames \$6/\$9 per family member

SRSNLC has some time to spare for your family! Enjoy a morning of bowling with other SRSNLC families at Sunset Lanes. Help your kids work on coordination as they bowl two games and meet new friends. No transportation is provided. Price includes two games, shoe rental and snacks.

SL SA 12/10 10am-12pm Reg by 11/23 #6741

Snowflake Camp (5-12 years) \$65/\$98 \$87/\$130*

Winter blahs put you in a freeze? SRSNLC will help you thaw. Join in the winter fun at our camp. Children go on fieldtrips, have fun in the snow, and meet new friends. Don't waste your winter break. Spend it with SRSNLC for a chilling good time. **Send a bag lunch each day.** A medication release must be on file before the start of camp. **Door to door transportation provided for Waukegan in-district residents only.**

DH TU-TH 12/27-12/29 9:30am-4pm Reg by 11/28 #6404
DH TU-FR 1/3-1/6/12* 9:30am-4pm Reg by 11/28 #6405

Blizzard Camp (13-21 years) \$65/\$98 \$87/\$130*

Tired of being stuck inside all winter? Break through the barriers of ice that keep you from having fun! Join SRSNLC as they offer their first winter break camp for teens with developmental disabilities. Go on great fieldtrips, play games, and keep your social life from freezing over during the winter break! **Send a bag lunch each day.** A medication release must be on file before the start of camp. **Door to door transportation provided for Waukegan in-district residents only.**

DH TU-TH 12/27-12/29 9:30am-4pm Reg by 11/28 #6406
DH TU-FR 1/3-1/6/12* 9:30am-4pm Reg by 11/28 #6407



13th Annual Polar Bear Plunge

\$10 pre-registration/\$15 event day

'Tis the Season for Freezin' as the Waukegan Park District, and the City of Waukegan host the 13th Annual Polar Bear Plunge at the Waukegan Municipal Beach. Proceeds benefit Waukegan athletic and scholarship programs for the Special Recreation Services of Northern Lake County. Start the 2012 New Year off with a splash or watch from the sidelines! The first 500 people taking the plunge will receive an event shirt. SRSNLC is seeking volunteers to help host this event. Please call 847-360-4763 for more information. Onsite registration begins at 9am.

WB SU 1/1/12 10-11 am Reg Onsite #0410

SRSNLC's Annual Valentine's Dance

(13 years & older) \$12/\$18

Love will be in the air at this year's Valentine's Dance. Dance the night away while the DJ spins the hits. Refreshments will be served and everyone receives a keepsake photo and a flower. **No transportation is provided for Waukegan residents.**

B BCH FR 2/10 6:30-8:30 pm Reg by 1/20 #6836

SRSNLC's Annual Bowling Tournament

(13 years & older) \$ 15/ \$22

Strike it big at SRSNLC's Annual Bowling Tournament. Test your skill against other local bowlers. Compete in two games to win great prizes and demonstrate your talent. Snacks and awards will be handed out. All ages and abilities are welcome. Fee includes two games, shoe rental, snacks, prizes and fun. **No transportation for Waukegan residents. To register, bowlers must submit a three game average.**

BZ SA 3/3 1-3:30pm Reg. by 2/10 #6837

P2K2(5-13 years)

Free

Our mission for P2K2 is to provide a FREE program for children ages 5-13 with a special need; a program that will focus on making wise choices regarding health, wellness, and nutrition. Topics covered will be Energy Balance, the Food Pyramid, Calories, Food Labels, the Heart and Body, Activities, and Balance in Action.

JAC WE 8/31-5/30/12 4-6 pm Reg by 12/10 #6560

Volunteers Live Longer!

Get Involved! Meet New People! Have Fun! We have great opportunities for students to complete service hours, seniors who are interested in staying active, and moms and dads who want to do something meaningful with their children. Have a special interest and limited time to volunteer, no problem! Some of our highest needs are for tasks that might last two to four hours. Below are some volunteer opportunities at the Waukegan Park District.

Name		Date
Organization (if any)		
Address		
City	State	Zip
Phone	E-mail	

Upcoming Events to Volunteer for:

- Special Recreation**
- All Stars Basketball Skills 11/1/11-1/21/12
 - All Stars Basketball 11/1/11-2/14/12
 - Snow Flake Winter Camp 12/27-1/6/12
 - Blizzard Winter Camp 12/27-1/6/12
 - Polar Bear Plunge 1/1/12
 - SRSNLC Valentines Dance 2/10/12
 - SRSNLC Bowling Tournament 3/3/12
- Contact: Julie Schneider (jschneider@waukeganparks.org, 847-360-4762)

- Cultural Arts**
- Usher (Theatre & Concerts) Ongoing
 - Ongoing Museum docents Ongoing
- Contact: Claudia Freeman (cfreeman@waukeganparks.org, 847-360-4740)

- Special Events**
- Turkey Trot 11/12/11
 - Santa Calling 12/6-12/8/11
 - Father-Daughter Date Night 2/18/12
 - Pet Wellness 3/15/12
 - Eggstravaganza 4/7/12
- Contact: Julie Schneider (jschneider@waukeganparks.org, 847-360-4762)

- Parks**
- Park Clean up and Improvements Ongoing
- Contact: Mike Trigg (mtrigg@waukeganparks.org, 847-360-4725)

- Sports & Athletics**
- Coaches for Youth Basketball 1/3/12-3/3/12
- Contact: Erick Beverly (ebeverly@waukeganparks.org, 847-782-3623)

Please return this completed form to:

Attention: Volunteers
Waukegan Park District
2000 Belvidere Street
Waukegan, IL 60085

To download a volunteer application and agreement and learn more about specific duties, or complete this form online please visit: <http://www.waukeganparks.org/about/volunteers.htm>