

WAUKEGAN DAY PROGRAM

H.E.A.R.T. PROGRAM

SRSNLC-Waukegan has a HEART for adults with disabilities. The HEART Program is a new Day Program designed to offer adults with disabilities the opportunity to continue building relevant life skills while training them for transition into the community. This program's main areas of focus include: **H**ealth, **E**ducation, **A**rt, **R**ecreation, and **T**raining. Structured programs are designed to improve its participants' quality of life through meaningful and educational experiences.

Applicants for the program must:

- Be 18 years and older
- Be a high school graduate
- Complete the intake process to determine eligibility and participant program needs
- Sign a release of information form
- Function at a ratio of 6 participants to 1 staff
- Submit a \$30 deposit at time of application. *Deposit is refunded if participant is not eligible for the program or program does not run.

****This program is ideal for adults who work part-time, are unemployed or who want something different from the traditional workshop environment****

Please contact Kari Robinson at call 847-360-4763 or email krobinson@waukeganparks.org if you are interested in this type of program. Watch for more information in January.

WAUKEGAN INCLUSIVE & FAMILY

Supervision of participants needs to be provided by guardians for all programs under this section

19th Annual Polar Bear Plunge

Tell us your "Reason for Freezin'," and join us as the Waukegan Park District and the City of Waukegan host the 19th 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 2018 New Year off with a splash or watch from the sidelines! Anyone taking the plunge will receive an event shirt, hot chocolate and snacks. SRSNLC is seeking volunteers to help host this event. Please call 847-360-4763 for more information and to find out how to join our Pledging Program and receive an event hooded sweatshirt when you pre-register. **Onsite registration begins at 9:00am.**



Location: Waukegan Municipal Beach | **Fee:** \$15 pre-registration / \$20 day of event
Pre-registration Deadline: December 29, 2017 at 4:00pm

| CODE | DAY | DATE | TIME |
|-------------|-----|--------|----------------|
| 10101402-1A | M | 1/1/18 | 10:00-11:00 am |

Family Zumba

Make a commitment to get healthy with your family! Zumba combines Latin American music and dance to create one great class that feels more like a party than a work-out. We'll begin with the basics, so everyone can join with or without previous dance experience. At least one member of the family must have a disability. **One member of the family must also be over 18 and not a regular SRSNLC participant.**

NO TRANSPORTATION

Location: Jane Addams Center | **Age:** 10 & Older | **Fee:** \$5R / \$8NR per family member

| CODE | DAY | DATE | TIME | REG. DEADLINE |
|-------------|-----|-------|---------------|---------------|
| 11101402-1A | W | 5/9/6 | 6:00pm-6:45pm | 5/1 |

Family Splash Bash

Splash into fun with your family at the Field House Aquatic Center. Don't worry about a crowded pool! During this time the therapy pool & kids area pools will only be open to SRSNLC families that are registered for the program. Enjoy the children's play area, or therapy for an hour and a half! Snacks will be available in the Party room to enjoy. Your family will have a chance to play and experience the pool in an understanding environment! **Parents/guardians must be present the entire time. Lifeguards will be onsite, but behavioral supervision is the responsibility of the guardian.**

Location: Field House, Aquatics Area
Age: All
Fee: \$6R / \$9 per family member
Min: 30
Reg. Deadline: March 16, 2018

| CODE | DAY | DATE | TIME |
|-------------|-----|------|---------------|
| 11104402-1A | Sa | 4/7 | 7:00pm-8:30pm |

