

Special Recreation



Special Recreation Services of Northern Lake County

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, intellectual disabilities, learning disabilities, emotional difficulties, hearing or visual impairments and developmental delays. Programs are available for individuals from five years of age 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 a cooperative of Waukegan Park District, Lindenhurst Park District, Round Lake Area Park District and Zion 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.

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

Program options include: social outings, dances, fitness programs, art and craft programs, bowling leagues, summer, spring and winter day camps, youth and teen specific programs and sports teams that compete in the Special Olympics of Illinois.

It is the MISSION of SRSNLC to educate our citizens to become responsible, productive, healthy and contributing members of our society by preparing them through recreation with a dynamic and caring environment, which excites them and invites them to participate.

These programs are just a few of the activities that Special Recreation offers to the community. To see our full brochure, please 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 St.), 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 summer! Go to www.waukeganparks.org and view the SRSNLC brochure online.

Volunteer opportunities are available; 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, Manager of Special Recreation, at 847-360-4762.

Breakfast Crew #41104326

Age 18+

Are you in the mood for an omelet? Or craving fluffy pancakes? Come join the Lindenhurst Breakfast Crew as we visit restaurants in the local area to start our day off with good conversation and a tasty meal. Note: Transportation time is approximate. Phone calls will be made if the time will vary by more than 15 minutes.

DH	TH	10/5	9-11:30am	Reg by 9/28	\$26/\$39	-1A
DH	TH	11/2	9-11:30am	Reg by 10/26	\$26/\$39	-2A

Yoga Stories #41101202

Age 6-12

Stretch out your stress! Despite being young, kids carry a lot of stress these days. Yoga is known to increase physical flexibility, develop focus and refine balance. Join us for a thirty minute yoga story that involves yoga poses, music and stories to engage the child in each pose. Parents are required to stay and encouraged to assist their child as needed or participate with us!

DH	SA	9/30	10-10:30am	Reg by 9/23	\$5/\$8	-1A
DH	SA	11/18	10-10:30am	Reg by 11/11	\$5/\$8	-2A
DH	SA	12/16	10-10:30am	Reg by 12/9	\$5/\$8	-3A

Basketball Skills #41101313

Age 8+

Gather the skills taught to compete in the Special Olympics. Basketball will help improve motor skills, hand-eye coordination, balance, strength, speed, flexibility and endurance. Athletes will receive skill training on ball handling, shooting, rebounding, defensive and offensive teamwork as well as good sportsmanship. This program is the first step towards joining the Basketball Team. Skills Athletes will compete in events in the Special Olympics District Meet in January. A medical application for Special Olympics must be on file and current through March of 2018.

FH	MO	10/9-12/4	5-6pm	Reg by 10/2	\$55/\$83	-1A
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Basketball Team #41101314

Age 15+

Gather the skills taught to compete in the Special Olympics & ITRS/PSC Tournaments. Basketball will help improve motor skills, hand-eye coordination, balance, strength, speed, flexibility and endurance. Athletes will receive skill training on ball handling, shooting, rebounding, defensive and offensive teamwork, as well as good sportsmanship. The Team will compete in the Special Olympics District Tournament in January and the ITRS Tournament in February. A medical application for Special Olympics must be on file and current through March of 2018.

FH	TU	11/7-2/13/17	7-8:30pm	Reg by 10/2	\$70/\$105	-1A
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Snowflake Camp #41102206

Age 6-12

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. Door to door transportation provided for Waukegan in-district residents only. A medication release must be on file before the start of camp.

DH	WE	12/27	9:30am-4pm	Reg by 12/13	\$27/\$41	-1A
DH	TH	12/28	9:30am-4pm	Reg by 12/14	\$27/\$41	-1B
DH	FR	12/29	9:30am-4pm	Reg by 12/15	\$27/\$41	-1C
DH	WE	1/3	9:30am-4pm	Reg by 12/20	\$27/\$41	-1D
DH	TH	1/4	9:30am-4pm	Reg by 12/21	\$27/\$41	-1E
DH	FR	1/5	9:30am-4pm	Reg by 12/22	\$27/\$41	-1F

Blizzard Camp #41102302

Age 13-17

Tired of being stuck inside all winter? Break through the barriers of ice that keep you from having fun! Join SRSNLC as they offer a 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. Door to door transportation provided for Waukegan in-district residents only. A medication release must be on file before the start of camp.

DH	WE	12/27	9:30am-4pm	Reg by 12/13	\$27/\$41	-1A
DH	TH	12/28	9:30am-4pm	Reg by 12/14	\$27/\$41	-1B
DH	FR	12/29	9:30am-4pm	Reg by 12/15	\$27/\$41	-1C
DH	WE	1/3	9:30am-4pm	Reg by 12/20	\$27/\$41	-1D
DH	TH	1/4	9:30am-4pm	Reg by 12/21	\$27/\$41	-1E
DH	FR	1/5	9:30am-4pm	Reg by 12/22	\$27/\$41	-1F



Thank You American Independence Parade & Centennial Festival Sponsors!

FOUNDERS (\$1000 and Over)

Advanced Disposal
Judge Charles Smith
Vista Health System

PATRIOTS (\$500 - \$999)

Air Con Refrigeration and Heating, Inc.
Baxter Credit Union
Ernie Peterson Plumbing
First Midwest Bank
Hey and Associates, Inc.
McDonough Mechanical Services, Inc.
Waukegan Township

REVOLUTIONARIES (\$200 - \$499)

Haapanen Brothers
Legat Architects, Inc.
Roger J. Schwab Plumbing,
Speer Financial
Dr. and Mrs. V. Srinivasa
Mr. and Mrs. Norman Wideberg

CONTINENTALS (\$75 - \$199)

Alpha Environmental Inc.
Brogan's Awards and Sportswear, Inc.
Noonan, Perillo & Polenzani
Harry E. Came
Patrick Cosgrove
Image 360 in Gurnee (Formerly Signs Now)
James Macrowski D.D.S.
Ellen S. Powell
Mike and Paula Trigg
Sharon Labelle (In memory of Bob)
ULINE
Williams Architects, Inc.

MINUTEMEN (Under \$75)

Laura Osborne
Carolyn Petry

Dolphins Swim Lessons Level IV #40402204

Age 6-16



In this class swimmers will focus on competitive swimming form and endurance. New skills to be covered include competitive starts and turns, endurance in the butterfly stroke and introduction to lifeguarding skills, fitness swimming and other safety topics. By the end of this class, your child should be well prepared for the Waukegan Dolphins Club Swim Team!

FH	SA	9/9-10/14	11-11:45am	Reg by 9/2	\$54/\$64	-1A
FH	SA	11/4-12/16**	11-11:45am	Reg by 9/2	\$54/\$64	-1B
FH	TU/TH	9/5-9/28	7-7:45pm	Reg by 8/29	\$60/\$70	-1C
FH	TU/TH	10/3-10/26	7-7:45pm	Reg by 10/2	\$60/\$70	-1D
FH	TU/TH	11/14-12/7*	7-7:45pm	Reg by 11/7	\$60/\$70	-1E

* No class 11/23

**No class 11/25

Prerequisites

- Float on front and back for 30 seconds
- Proper form in freestyle, elementary back, back stroke, breast stroke and side stroke for 25 yards without an IFD
- Demonstrate butterfly stroke for 15 yards with fins and 5 yards without fins
- Perform open turns for all strokes
- Perform sitting, kneeling and standing dives
- Tread water for 1 minute



LIFEGUARDS NEEDED

If interested in being a lifeguard at the new Field House Aquatics Center, please visit jeffellismanagement.com

When Can I Register?

	Preregistration	Open Registration
Session 2 TU/TH	9/28-10/1	10/2-10/9
Session 2 WE/FR	N/A	9/28-10/10
Session 2 SA	10/14-10/29	10/30-11/3
Session 3 TH/TH	11/2-11/5	11/6-11/13
Session 3 WE/FR	11/3-11/5	11/6-11/14

Preregistration is a priority registration for participants that have been in the previous SwimSmart sessions. Open registration occurs following the preregistration and ends the day before the class begins.

Private and Semi-Private Lessons

Private Lessons

Our private lessons are great for the person who wants one-on-one instruction. The class is designed for people of all levels and anyone 3 years and older. The private lesson consists of five half-hour classes. Call the Swim Lesson Coordinator, at 847-782-3629, to schedule a lesson(s). Fee is \$85/\$95

Semi-Private Lessons

Learn how to swim with a friend or sibling! Semi-Private lessons are designed for two or three individuals. Anyone 3 years and older of any swim background can register. The class will be adapted to the student's needs. The semi-private program consists of five half-hour classes. (3 person max per class). Call the Swim Lesson Coordinator, at 847-782-3629, to schedule a lesson(s). Fee is \$75/\$85

ADULT CLASSES

Adult Swim Lessons #40402301

Age 16+

While adult swim lessons follow the same progression as the Youth Swim Lessons program, the class proceeds at a rate of instruction that is comfortable for adults. Whether it is a person's first class or simply a stroke refinement lesson, the objective is to help the adult become a more proficient swimmer and enjoy the benefits of swimming.

FH	SA	9/9-10/14	9-9:45am	Reg by 9/2	\$56/\$66	-1A
FH	SA	9/9-10/14	11-11:45am	Reg by 9/2	\$56/\$66	-1B
FH	SA	11/4-12/16**	9-9:45am	Reg by 10/28	\$56/\$66	-1C
FH	SA	11/4-12/16**	11-11:45am	Reg by 10/28	\$56/\$66	-1D
FH	TU/TH	9/5-9/28	7-7:45pm	Reg by 8/29	\$64/\$75	-1E
FH	TU/TH	10/3-10/26	7-7:45pm	Reg by 10/2	\$64/\$75	-1F
FH	TU/TH	11/14-12/7*	7-7:45pm	Reg by 11/7	\$64/\$75	-1G

* No class 11/23

**No class 11/25



Special Recreation

OTTERS Swim lessons for youth with disabilities #40402205

Age 4-14

Tired of feeling like an otter out of water? Swimming is an essential life skill for safety, fitness, and fun! Special Recreation is offering swimming lessons for children with special needs. All lessons are based on the SwimSmart Program, but are designed around the individual swimmer. Whether your goal is to just get comfortable in the water, support sensory experiences, or become a competitive swimmer, Special Recreation can guide you along the way. We encourage you to jump on in, the water's great!

*Lessons are 30 minutes and have a maximum group size of two swimmers to one instructor. Swim times are offered between 9am and 1pm. Times will be assigned based on instructor availability and space in the pool. Registrants will receive time assignments the week the class begins. Please contact Kari at 847-360-4763 to complete an initial assessment of your child's current skill level.

FH	SA	9/9-10/14	Reg by 9/2	\$54/\$64	-1A
FH	SA	11/4-12/16*	Reg by 10/28	\$54/\$64	-1B

* No class 11/25



Special Recreation

SWORDFISH Swim lessons for adults with disabilities #40402205

Age 15+

Swimming is an essential life skill for safety, fitness and fun! Special Recreation is offering swimming lessons for adults with disabilities. All lessons are based on the SwimSmart Program but are designed around the individual swimmer. Whether your goal is to just get comfortable in the water, support sensory experiences or become a competitive swimmer, Special Recreation can guide you along the way. We encourage you to jump on in; the water's great!

*Lessons are 45 minutes and have a maximum group size of four swimmers to one instructor. Swim times are offered between 9am until 1pm on Saturdays. Times will be assigned based on instructor availability and space in the pool. Registrants will receive time assignments one week before class. Please contact Kari at 847-360-4763 to complete an initial assessment of you/your child's current skill level.

FH	SA	9/9-10/14	Reg by 9/2	\$56/\$66	-2A
FH	SA	11/4-12/16*	Reg by 10/28	\$56/\$66	-2B

* No class 11/25

WAUKEGAN PARK DISTRICT
**GEORGE
BRIDGES
5K RUN**

/WALK

"Bridging the
gap between
mental and
physical fitness"



CARA
EMERGING RACE

CARA16041

Field House
Members
get HALF OFF October
payment if they run the 5K!

Saturday, October 14, 2017 • 9am

Medals awarded in multiple categories

Runners receive a race T-shirt (Must register prior to 9/1 to receive shirt)

Proceeds benefit scholarships for Special Recreation Programs

Registration Information

Registration Fee: \$29

Register online at

www.waukeganparks.org

Program #30307401-1A

Sponsor:



WAUKEGAN PARK DISTRICT

FIELD HOUSE

SPORTS, FITNESS & AQUATICS CENTER

AT HINKSTON PARK

STAY FOR MORE FUN AFTER YOU RUN!

FREE!

FITNESS EXP

9AM-12PM

The First 100 Individuals Receive a FREE T-Shirt

Come Enjoy a Day of Fitness

- Health Screenings & Free Giveaways
- Healthy Family Meal Planning
- Healthy Vendors & Fitness Assessments

Fitness Contests with Great Prizes

- King or Queen of the Mountain
- One-Minute Push Up, Sit Up and Chin Up Contests

Group Exercise Demos

- Zumba and Group Cycle
- SilverSneakers, Yoga and Pilates

And so much more...

FREE!

DAY OF PLAY

9AM-12PM

Fun For All Ages

- Experience Fun Sports
- Contests
- Games
- Crafts
- Healthy Snacks and More

Adults & Teens (14 and up)

- Free Fitness Center and Track Access
- Meet new friends and be active!

ATTENTION PARENTS: Feel free to stay and play with your child, or drop them off for a day of fun! Children under the age of 7 must be accompanied by an adult. All youth participants must have a parent sign them in at the front door before leaving. The event is fully supervised.



The Field House Sports and Fitness Center at Hinkston Park
800 Baldwin Avenue | Waukegan, Illinois 60085 | www.waukeganparks.org
Call 847-782-3628 or e-mail smcdonald@waukeganparks.org for more information

General Information & Registration

YOU MAY REGISTER:

ONLINE

Pay with credit card

Visit our website at www.waukeganparks.org



MAIL-IN

Pay with check or money order

To Belvidere Recreation Center

Waukegan Park District

2000 Belvidere Street

Waukegan, IL 60085



IN PERSON

Pay with cash, check, credit card or money order

Belvidere Recreation Center

Jack Benny Center for the Arts

The Field House Sports & Fitness Center

MO-FR 9am-9pm

SA & SU 9am-2pm



Illinois Relay Center

The Illinois Relay Center enables people who have speech impairments or who are deaf or hard of hearing who use a TDD to contact persons without a TDD, and vice-versa, at no cost. You can contact the Park District during our regular office hours of 9am-5pm, Monday through Friday using the Illinois Relay Center. To use this service call 1-800-526-0844 (TDD only) or 1-800-526-0857 (voice).

Full Access For All – ADA

Waukegan Park District advocates full participation under the Americans with Disabilities Act (ADA), which prohibits discrimination in the provision of programs, services or activities to individuals with disabilities. Every attempt at reasonable accommodation will be made so that individuals may participate in desired programs. If you have any questions on accessibility, please contact Mike Trigg, Superintendent of Parks, our ADA Coordinator, at 847-360-4725.

Waukegan Park District is committed to meeting your unique, individual leisure needs. Please call us if we can assist you at any time at 847-360-4760. Please attach a description of any accommodations needed to your registration form. This procedure will help ensure your enjoyment of our program.

Inclusion Information

Waukegan Park District is committed to meeting your unique, individual leisure needs. If you feel you/your child are in need of inclusion services, please contact Kari Robinson at 847-360-4763 to start the process of assessment. Waukegan Park District-Special Recreation will determine inclusion service needs based on an Inclusion Assessment it conducts. Inclusion will be determined on a case by case and program by program basis. Each request is unique and is determined individually. Please contact Kari Robinson at 847-360-4763 to have you or your child assessed to determine if they qualify for inclusive services and to determine how quickly services can be coordinated. Special Recreation staff requires two weeks to set up appropriate services for the participant. Typically, Assessments can take up to one week. Once the Assessment is complete, it typically takes an additional week to arrange for inclusive services. Please be aware not all personal care needs can be met by the district.

Special Accommodations

It is the responsibility of the parent or participant to notify the District of any medical, physical and/or mental conditions that may require special consideration by the District staff. This is for everyone's protection, and your confidentiality will be respected.

NEW! PROGRAMS THIS ISSUE

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