

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. Please see page 70 for more inclusion information

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 Sports, Fitness and Aquatics Center (800 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.

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.

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 12/16 10-10:30am Reg by 12/9 \$5/\$8 -3A

Snowflake Camp Days #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.

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

Blizzard Camp Days #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

Polar Bear PLUNGE

19th Annual Polar Bear Plunge #10101402

Age 10+

The Waukegan Park District and the City of Waukegan are asking "What's your reason for Freezin'?" as they 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-Waukegan. Start the 2018 New Year off with a splash or watch from the sidelines! The first 400 people taking the plunge will receive an event shirt. Earn limited edition event souvenir by joining the Pledging Program. SRSNLC is seeking volunteers to help host this event. Please call 847-360-4763 for more information. Onsite registration begins at 9am.

WB	MO	1/1/18	10-11am	\$15/\$20 on site	-1A
WB	MO	1/1/18	10-11am	\$50+	-1B

School's Off #11102202

Age 6-12

Just because there is no school doesn't mean you have to sit around all day. SRSNLC is going to provide you with a full day of your favorite subject, recess! Join us as we spend the day on fun field trips, playing games, and getting to know new friends. Please send a sack lunch. SRSNLC will provide door to door transportation for Waukegan In-District residents on full days off.

DH TU 1/16 9:30am-4pm Reg by 1/2 \$30/\$45 -1A



Watch for our the SRSNLC Winter Spring Brochure in December to see more options for Sports that compete in the Special Olympics, like track and field and soccer! Call 847-360-4763 for more information on Sports programs for individuals with cognitive disabilities.

VOLUNTEERS

**Volunteers needed for the
ITRS Basketball Tournament
for individuals with intellectual disabilities!
Sunday, February 18, 8:15am - 2:00pm.
Please call Julie at 847-360-4762!**



CLEARBROOK

Creating Opportunities for People with Disabilities

Clearbrook's Take a Break Program

Take a break with Clearbrook! This afternoon respite program is for families with children with disabilities infant to 4 years old. Parents can use this program to relax, run errands, or go to appointments, while their child is looked after by caring and trained staff. Your child can learn to socialize and separate from the caregivers in a safe environment. Please call Tina Yurik at 847-653-6635 ext. 28 or email tyurik@clearbrook.org to reserve a spot for your family. Advanced registration is required for planning. First-come, first-served.

DH SA 12/2, 1/27, 2/24 10am-1pm

