

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 spring! Go to www.waukeganparks.org and view the SRSNLC brochure online.

Volunteers 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.



All-Star Softball #11101307

Age 15+

"Put me in coach. I'm ready to play today!" Grab your glove and bat and head to the field! Softball is back in season. Athletes will practice batting, fielding and catching to improve their skills before competing against other teams in the area. The Special Olympics District Tournament and ITRS/PSC Softball Tournament will be in July. A Medical Application for Special Olympics must be on file and current.

****If we cannot get enough players for a team, we will conduct a Softball Skills program.**

BP TU 5/10-7/19 6:30-8pm Reg by 4/12 \$60/\$90 -1A

BBQ Crew #31106303

Age 13+

You won't believe what you can do on a BBQ! Participants will take part in preparing a variety of main and side dishes, learn to grill safely and use proper hygiene each week. Staff will promote safety and support independence throughout the program. Take three weeks to learn the griller's tricks of the trade.

DH MO 6/6-6/20 5:30-7pm Reg by 5/31 \$29/\$40/\$44 -1A



Time to Spare Bowling #31101303

Age 8+

Do you have time to spare for a friendly game or two? Bowling can help improve hand-eye coordination, strength, flexibility and gross motor skills. Socialize while you wait for your turn. Fee will include two games of bowling and rental shoes for ten weeks. Bowlers will receive refreshments, snacks and a prize on the last day of class. **Transportation will NOT be provided.**

BZ WE 6/22-8/24 4:45-6pm Reg by 6/15 -1A

Celebrate Good Times #31104313

Age 8+

This is your chance to strut your stuff in the Waukegan Park District Independence Day Parade. Walk, sing, dance and cheer because you represent Special Recreation! Participants will help decorate the van, and walk down Sheridan Road in the parade. **Transportation will NOT be provided.**

DH SU 7/3 10:30am -2:30pm Reg by 6/27 FREE -1A

Foot Golf #31101316

Age 13 +

Foot Golf is a combination of golf & soccer played on a golf course. Players try to kick a ball and make it into the cup in the least amount of shots possible. This is a fun new sport that anyone of any skill level can play. **Please make sure to wear comfortable, weather appropriate clothing and gym shoes.**

DH TU 8/2-9/6 5-6:30pm Reg by 7/12 \$25/\$38 -1A



Summer Day Camp Options

Looking for full or half day options during the week? We have the camp for you! Camps run from 4-6 weeks and include fieldtrips, swimming, crafts and more! Special Recreation Camps can be found on page 45.

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 parents 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.

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

Upcoming Events to Volunteer for:

Special Recreation

| | |
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| Summer Camps | 6/20-7/29 |
| Softball | 5/10-7/19 |
| Tennis | 5/26-7/7 |
| Volleyball | 8/2-10/4 |

Contact: Julie Schneider (jschneider@waukeganparks.org, 847-360-4762)

Cultural Arts

| | |
|------------------------|---------|
| Usher | Ongoing |
| Ongoing Museum docents | Ongoing |

Contact: Claudia Freeman (cfreeman@waukeganparks.org, 847-360-4740)

Special Events

| | |
|-----------------------------------|-----------|
| Live Green Nature Night | 5/21/2016 |
| Fishing Derby | 6/4/2016 |
| American Independence Festivities | 7/3/2016 |
| Community Yard Sale | 7/16/2016 |
| Friday Fiesta | 8/5/2016 |
| Touch a Truck | 8/12/2016 |

Contact: Jamie Teichmann (jteichmann@waukeganparks.org, 847-360-4706)

Parks

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| Park Cleanup and Improvements | Ongoing |
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Contact: Mike Trigg (mtrigg@waukeganparks.org, 847-360-4725)

Sports & Athletics

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|--|---------|
| Youth Basketball Referees & Coaches | Ongoing |
| Softball and T-ball Referees & Coaches | Ongoing |

Contact: Kaitlin Fischer (kfischer@waukeganparks.org, 847-782-3620)

Please return this completed form to:

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

To download a Volunteer Application and Agreement form and learn more about specific duties, or print this form, go to:
<http://www.waukeganparks.org/about/volunteers.htm>