

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 winter! 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.



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.**

DH	WE	12/21	9:30am-4pm	Reg by 12/7	\$27/\$41	-1A
DH	TH	12/22	9:30am-4pm	Reg by 12/8	\$27/\$41	-1B
DH	TU	12/27	9:30am-4pm	Reg by 12/13	\$27/\$41	-1C
DH	WE	12/28	9:30am-4pm	Reg by 12/14	\$27/\$41	-1D
DH	TH	12/29	9:30am-4pm	Reg by 12/15	\$27/\$41	-1E
DH	TU	1/3	9:30am-4pm	Reg by 12/20	\$27/\$41	-1F

Blizzard Camp Days #41102302

Age 13-22

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.**

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

Volunteer Opportunities

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.

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

Upcoming Events to Volunteer for:

Special Recreation

- Basketball Teams 11/1/16-2/21/17
- Winter Camps 12/21/16-1/3/17
- Polar Bear Plunge 1/1/17

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

- Christmas with the Clauses 12/10/16
- Turkey Trot 11/12/16

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

Parks

- Park Cleanup and Improvements Ongoing

Contact: Mike Trigg (mtrigg@waukeganparks.org, 847-360-4725)

Sports & Athletics

- 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>

18th 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 18th 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 2017 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. **In celebration of Waukegan Park District's 100th Anniversary, the first 100 people to join the Pledging Program will receive an event mug! Onsite registration begins at 9am.**

WB	SU	1/1/17	10-11 am	\$15/\$20 on site	-1A
WB	SU	1/1/17	10-11 am	\$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 fieldtrips, 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.

BRC	TH	1/12	9:30-4pm	Reg by 12/29	\$30/\$35	-1A
BRC	FR	1/13	9:30-4pm	Reg by 1/4	\$30/\$35	-2A
BRC	TU	2/21	9:30-4pm	Reg by 2/7	\$30/\$35	-3A



Family Zumba #41101402 Age 10+

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. Cost is per family member.

JAC	WE	1/11-2/15	6-6:45pm	Reg by 1/4	\$5/\$8	-1A
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SRSNLC's Annual Valentine's Dance #11104315 Age 13+

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. This event will be hosted by Round Lake this year. **Meet at the Douglas House and transportation will be provided home to Waukegan Park District residents that live in Waukegan.**

DH	FR	2/10	5:45-9:45pm	Reg by 1/27	\$18/\$27	-1A
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