

SRSNLC PROGRAM GUIDE

Special Recreation Services
of Northern Lake County

WINTER-SPRING
2019



Providing Recreation Programs
and Services for Individuals
with Special Needs for the Residents
of Lindenhurst, Round Lake,
Waukegan & Zion Park Districts



MEETING UNIQUE NEEDS

SRSNLC INFORMATION



MEET THE STAFF

LINDENHURST PARK DISTRICT

Lippert Community Center
 2200 E. Grass Lake Rd. | Lindenhurst, IL 60046
 847-356-6011 phone | 847-356-6063 fax
 Katie Kozuch – **Recreation Program Manager** | 847-356-6011 ext. 108
 kkozuch@lindenhurstparks.org

ROUND LAKE AREA PARK DISTRICT

Robert W. Rolek Community Center
 814 Hart Road | Round Lake, IL 60073
 847-546-8558 phone | 847-740-8180 fax

 Jessica Jeffery-Findley – **Program Manager** | 847-740-9828 ext. 5092
 jjeffery@rlapd.org
 Jenny Simpson – **Program Supervisor** | 847-740-9828 ext. 5093
 jenny_simpson@rlapd.org
 Justine Galvin – **T.O.D.A.Y Club Coordinator** | 847-740-9828 ext. 5140
 todayclub1@gmail.com

WAUKEGAN PARK DISTRICT

Waukegan Park District Administrative Office
 1324 Golf Road | Waukegan, IL 60087
 847-360-4760 phone | 847-662-2577 fax

 Julie Schneider, CTRS, CPRP, CPP,
 SRSNLC Safety Coordinator – **Manager** | 847-360-4762
 jschneider@waukeganparks.org
 Kari Robinson, CTRS, CPRP, CPP – **Rec. Supervisor** | 847-360-4763
 krobenson@waukeganparks.org
 Maria Owens – **Rec. Specialist** | 847-360-4764
 mowens@waukeganparks.org
 Registration Attendent | 847-782-3300

ZION PARK DISTRICT

Leisure Center
 2400 Dowie Memorial Dr. | Zion, IL 60099
 847-746-5500 phone | 847-746-5506 fax
 *After hours 1-847-746-5500 ext. 2444
 Teresa Hayhurst – **Program Director**
 thayhurst@zionparkdistrict.org

Mission Statement

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.

Table of Contents

SRSNLC Information.....	2
SRSNLC Facility Directory.....	3
SRSNLC Policies.....	4
SRSNLC Overnight Trip Policy	5
SRSNLC Code of Conduct & Wellness Guidelines	6
Application for Participation in Special Olympics	7-8
SRSNLC Annual Information Form	9-10
SRSNLC Seizure Questionnaire	11
SRSNLC 2019 Registration Form	12
Lindenhurst - Seasonal Programs	13-16
Lindenhurst - Athletes and Fans	16
Lindenhurst - Special Events.....	17
Round Lake - Special Events	18
Round Lake - Today Club & Early Childhood	19
Round Lake - In House Fun	20
Round Lake - On The Town	21
Round Lake - Sports and Fitness.....	22
Waukegan - Day Program & Arts and Crafts	23
Waukegan - Socials and Outings.....	24-25
Waukegan - Kids and Teens	25-26
Waukegan - Inclusive and Family.....	27
Waukegan - Sports, Fitness and Aquatics	27-29
Waukegan - Summer Day Camps.....	30
Zion - Sports and Fitness & Out-N-About	31
Zion - Fun Eats, In House Fun & Special Events	32
Zion - Day Camp	33

Contact Us:

Please be aware that you can use the Illinois Relay Center to contact us during our office hours. To use the service, call 1-800-526-0844 (TDD ONLY) or 1-800-526-0857 (Voice). If, due to a visual impairment, you need our brochure or other documents in an alternate format, please contact our office.

Full Access For All - ADA

The Special Recreation Services of Lindenhurst, Round Lake, Waukegan, and Zion advocates for 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 a desired program.

SRSNLC and your local park districts are committed to meeting your unique, individual leisure needs. Please call us if we can assist you at any time.

PROGRAM GUIDE KEY



BUS – Door to Door
 Programs with this symbol offer door to door transportation with additional fee.



HOUSE – Transportation Home Only
 Programs with this symbol offer transportation home only.



DOLLAR BILL – Bring Spending Money
 Programs with this symbol require additional money be brought for the purchase of a meal or souvenirs.

FACILITY DIRECTORY

LINDENHURST FACILITIES

Forest View Park.....	513 Forest View Drive, Lindenhurst
Heritage Trails Park.....	2900 Independence Boulevard, Lindenhurst
Lippert Community Center	2200 East Grass Lake Road, Lindenhurst
Mallard Ridge Park	110 Robincrest Lane, Lindenhurst
Millennium Park	201 Country Place Lane, Lindenhurst

ROUND LAKE FACILITIES

Indian Hill Elementary / Park District Gym	1920 Lotus Drive, Round Lake Heights
Kristof's Entertainment Center.....	421 Rollins Road, Round Lake Beach
Renwood Golf Course.....	701 E. Shorewood Road, Round Lake Beach
Robert W. Rolek Community Center.....	814 Hart Road, Round Lake
Round Lake Area Park District Teen Center / Youth Center	2071 N. Orchard Lane, Round Lake Beach
Round Lake Area Park District Site II (Dell House).....	2041 N. Orchard Lane, Round Lake Beach
Round Lake Area Park District Sports Center.....	2004 N. Municipal Way, Round Lake Beach
Park School.....	400 W. Townline Road, Round Lake
Washington Street Tennis Courts	22415 East Washington Street, Round Lake

WAUKEGAN FACILITIES

Belvidere Recreation Center/Park Place Senior Center	412 South Lewis Street, Waukegan
Douglas House (Special Recreation Offices).....	732 N. Genesee Street, Waukegan
Jane Addams Center.....	95 Jack Benny Drive, Waukegan
The Field House Sports, Fitness & Aquatics Center.....	800 N. Baldwin Avenue, Waukegan
Bevier Center.....	2255 W. Yorkhouse Road, Waukegan
Brunswick Zone	631 Lakehurst Road, Waukegan

ZION FACILITIES

Shiloh Center	Emmaus and 27th Street, Zion
Zion Leisure Center.....	2400 Dowie Memorial Drive, Zion
Hermon Park Center	2700 29th Street, Zion
Pinsters Bowl & Bar	1646 Sheridan Road, Zion
Port Shiloh.....	1523 Shiloh Blvd., Zion
Shepherds Crook Golf Course.....	351 Greenbay Road, Zion
Shiloh Golf Course	2300 Bethesda, Zion

LINDENHURST PARK DISTRICT:	Monday - Friday 9:00am – 12:00pm 1:00pm – 4:00pm	FIELD HOUSE, SPORTS, FITNESS & AQUATICS CENTER WAUKEGAN:	Mon.-Fri. – 5:00am - 9:00pm Saturday – 7:00am - 7:00pm Sunday – 7:00am - 7:00pm
ROUND LAKE PARK DISTRICT:	Mon.-Fri. – 8:30am - 7:30pm Saturday – 9:00am - 12:00noon	ZION LEISURE CENTER:	Mon.-Fri. – 9:00am - 6:00pm Saturday – 8:00am - 2:00pm

Spanish Interpreters Available

If you need to contact us about program information, Spanish interpreters are available at:
Waukegan office (847) 360-4789 • Round Lake office (847) 546-8558 • Zion office (847) 746-5500 after 12pm

Si necesita ponerse en contacto con nosotros para pedir informac[i]o[n] sobre nuestros programas en espa[~]ol, tenemos traductores disponibles en la oficina de Waukegan al (847) 360-4789 la oficina de Round Lake al (847) 546-8558, y la oficina de Zion al (847) 746-5500.

SRSNLC POLICIES

SRSNLC Resident & Non-Resident Policy

Residents of SRSNLC include those in the Round Lake, Lindenhurst, Waukegan, and Zion Park Districts. Residents from any of the above listed Park Districts qualify for the resident rate in all districts. However, participants **MUST** register with the district offering the program. Non-Residents residing in communities having active park districts or recreation departments will pay an additional 50% fee for all programs. Call the local SRSNLC office to see if this affects you.

Cancellation by Registrants

A 20% cancellation charge and/or programming expenses will be assessed for all refund requests made before the first meeting date of the program. No refund is given once the first class has met unless a doctor's request is presented to SRSNLC, which will then allow a prorated refund.

Program Cancellations

SRSNLC attempts to hold programs whenever possible. However, inclement weather occasionally makes it difficult for staff and participants to travel to program locations. SRSNLC cancellation policies are as follows:

1. Staff look at all circumstances **one hour** prior to the starting time of the program or transportation route to determine if it should be cancelled.
2. If the program is cancelled, program staff attempt to reach all participants by phone to inform them of the cancellation. **You will only be called if the program is cancelled.**
3. SRSNLC attempts to extend programs to make up any missed dates.
4. SRSNLC sends out a letter informing all participants whether the program has been extended.
5. Registration deadlines must be adhered to. If there are not the required minimum participants by the date listed, the program must be cancelled due to reservation requirements. Full refunds will be given.

Refund Policy: *No refunds are given unless . . .*

1. The trip is cancelled by the park district.
2. The person desiring a refund finds a replacement.
3. The district has a waiting list for the trip.

All athletes and their parent or guardian MUST sign the SRSNLC Sports Handbook and return the signed acknowledgment pages before the first practice of your sports season.

Transportation

SRSNLC has implemented these transportation procedures to ensure participants ride safely in our vehicles:

1. All passengers must be sitting in seats or wheelchairs with belts securely fastened. The driver will not proceed until all seat belts are fastened.
2. All wheelchairs must have brakes that are in good working order and can stop the chair from moving.
3. Drivers will assist participants to and from their homes, but driveways and walks must be clear of debris and obstacles.
4. Staff are responsible for determining whether or not a participant can be transported safely. If it is determined that it would be dangerous to transport a participant, the driver may refuse to transport that participant.
5. Participants riding in Amigo-type wheelchairs must transfer into a van seat and must use a seat belt.
6. Participants unable to be in a house alone should have someone meet the vehicle at the designated time of return. SRSNLC cannot wait more than 10 minutes due to the demanding transportation schedule.
7. SRSNLC reserves the right to refuse to transport participants. Please realize that these policies have been developed to ensure the safety of everyone riding SRSNLC vehicles. Your cooperation is greatly appreciated.
8. SRSNLC transports in-district participants only.
9. Late registrants may not have transportation during the first week of programs due to routing changes. Participants are notified if a problem occurs.
10. Departure times are set and abided by. If changes occur, participants are notified by phone. Return times may vary because of traffic and/or weather conditions. However, all is done to return on time.

Medication Distribution

Parents and guardians are asked to dispense medication on their own, outside of program hours, if at all possible. **Staff are not able to dispense all types of medications. All requests will be reviewed on a case by case basis.** Please contact your local office for approval for any medication requests at least one week prior to the start of the program. If a medication is approved to be dispensed by district staff, a *Permission to Dispense Medication* form must be completed. In all cases, medication dispensing can only be administered, changed, or modified by completing a *Permission to Dispense Medication* form.

LATE PICK UP FEE:

Participants are to be picked up promptly at the end of a program. A \$1.00 per minute late fee will be assessed for late pick-ups. Late fees are due prior to attending the next program. Please refer to your day camp manual for camp specific late fee policies.

SRSNLC OVERNIGHT TRIP POLICY

Overnight Trip Policy

Individuals who wish to attend any overnight trips must meet specific guidelines and expectations, as established in the SRSNLC Overnight Trip Guidelines & Expectations. These guidelines and expectations have been established to ensure the safety and enjoyment of the participants, staff, and volunteers in attendance. Participant, staff, and volunteer safety is our utmost priority for the duration of a trip.

Participation in an overnight trip is at the discretion of SRSNLC member districts' staff and the trip coordinator. Overnight trip registrations require preapproval by the SRSNLC member districts' Program Manager to determine eligibility prior to registration. Because of financial and staffing limitations, among other factors, trips are designed for adults with special needs that can function with minimal assistance. All registrations (and associated requests for accommodation, if any) will be reviewed on a case-by-case basis.

Overnight trips include both planned and impromptu activities. SRSNLC cannot guarantee the complete accessibility of all trip activities, but will make reasonable accommodations when doing so does not create an undue hardship, does not fundamentally alter the nature of the program, and does not pose a direct threat of safety to the patron or to others.

All participants are required to complete an Overnight Trip Form, Medication Dispensing Release Form, provide a copy of a valid government issued identification card, and provide a copy of his/her current medical insurance card one week prior to the departure date. Participants may or may not share a double/queen/king size bed. Staff may or may not be in the same room as your adult participant.

Failure to comply with these requirements by the established deadline will result in cancellation and the forfeiture of the participant's deposit and/or trip fee.

Guidelines & Expectations

Staff / Participant Ratio:

Participants must be able to function in a 1:6 staff to participant ratio throughout the duration of the trip.

Independent Living Skills:

Independent Living Skills are defined as a participant's ability to function independently during most everyday situations. Independent Living Skills are a necessary component of all overnight trips. Participants must be able to perform Independent Living Skills including but not limited to:

- Personal, Physical, Vehicle & Travel Safety
- Interpersonal & Socialization Skills
- Time Management
- Following Group Directions/Instruction— Participant must possess the ability to stay with the group and not wander/stray away from staff and other participants.

Behavioral Management Skills:

Behavioral Management Skills are defined as a participant's ability show that they can manage conflict with other participants and staff without becoming physically or verbally aggressive. Participants with multiple minor and/or one serious Discipline Action Report(s) within the year of a trip will not be allowed to attend any overnight trips until they can demonstrate significant improvement in their own behaviors on other programs.

Self-Care Skills:

Self-Care Skills are defined as a participant's ability to take responsibility *for their own health and well-being*.

Self-Care Skills are a necessary component of all overnight trips. Participants must be able to perform Self-Care Skills including but not limited to:

- Personal Appearance
- Resting/Sleep
- Cleansing/Personal Hygiene
- Meal Management
- Toileting
- Medication

SRSNLC has established three Self-Care Principles:

- Participants must make informed choices to manage their self-care needs.
- Participants must effectively communicate individual self-care needs.
- Participants must have the ability to manage self-care needs.

Money Management Skills:

Money Management Skills are defined as a Participants ability to maintain their own spending money, personal items, and purchases. Participants will be responsible for their money and any items purchased during the trip. SRSNLC member districts' staff and volunteers cannot be held responsible for lost or stolen money/souvenirs.

SRSNLC Program Participation:

Participants must complete a minimum of one hundred contact hours in SRSNLC programs in a variety of program settings (i.e., day camp, athletics, day trips, etc.) prior to attending an overnight trip.

Refund Policy: No refunds are given unless...

1. The trip is cancelled by the park district.
2. The person desiring a refund finds a replacement.
3. The district has a waiting list for the trip.
4. Other circumstances as may be deemed necessary to comply with the law or as may be fair and just.

SRSNLC CODE OF CONDUCT

Behavior Expectations

SRSNLC promotes the concept of “equal fun for everyone.” However, certain rules have been established to ensure the safety and enjoyment of all people. The following guidelines have been developed to help make SRSNLC programs safe and enjoyable for all participants. SRSNLC participants are expected to demonstrate appropriate behavior during programs. The basic behavior code of conduct insists that participants shall:

1. Show respect to all participants and staff, and take direction from staff.
2. Refrain from using abusive or foul language.
3. Refrain from causing bodily harm to self, other participants, or staff.
4. Show respect to equipment, supplies, and facilities.

A positive approach will be utilized regarding discipline. Individual behavior management plans may be developed on the advice of parents, staff or other professionals. If inappropriate behavior occurs, prompt resolution will be sought, specific to each individual situation. **SRSNLC reserves the right to dismiss a participant whose behavior endangers the safety of him/her self or others.**

Unacceptable Behavior	Warning	Time Out	Conference Loss of Privileges	Suspension	Expulsion
Improper use of materials or equipment.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Disrespect of participants, staff, or the public.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Objectionable gestures; profane, vulgar or objectionable language.		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Fighting		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Damage or destruction of Park District property or property of others.			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Theft			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Smoking; possession or use of alcohol or illegal drugs.			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Harassment or abuse of fellow participants or staff			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Possession of weapons			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Other acts which may be determined to be unacceptable by the program supervisor		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Consequences of Unacceptable Behavior

Participants may be subject to any of the following actions for unacceptable behavior. Below is a guideline for progressive discipline; however, the progression may be accelerated or slowed based on the severity and frequency of the unacceptable behavior.

For issues that are not major we may issue a participant progress report. This is in no way a behavioral warning; it is simply to inform you of something that may have happened during a program. For example, a participant may soil their pants. We will issue a progress report to inform the parent/guardian of the incident and how it was handled.

SRSNLC WELLNESS GUIDELINES

Participation Guidelines When Illness Occurs

In consideration of the other participants and staff, to prevent the spread of contagious illnesses, participants must refrain from attending programs when any of the following conditions exist:

1. Fever of 100 degrees or higher.
2. Vomiting within the last 24 hours.
3. Persistent diarrhea in conjunction with other symptoms.
4. Contagious rash or a rash of unknown origin.
5. Persistent cough and/or cold symptoms.
6. “Pink Eye” (conjunctivitis) or discharge from the eye.
7. Symptoms of mumps, measles, chicken pox, strep throat, flu, impetigo, Coxsackie virus, head lice, mites, and ringworm.
8. Runny nose with yellow or green discharge WHICH INDICATES INFECTION.
9. Fatigue, due to illness, that will hinder participation and enjoyment in the program.

Please notify the SRSNLC office if the participant contracts any contagious illness that will affect his/her attendance at the program. Participants should return to programs at the doctor’s recommendation, or, if not under a doctor’s care, when the symptoms have clearly passed.

Instructions for Completing the Application for Participation

The Application for Participation (App) must be filled in completely. Apps with blank sections will not be accepted. This App is valid for 2 years from the date of the examination date, regardless of the Parent/Guardian/Entrant signature date. The only Application for Participation form that will be accepted is the revised form dated 4/1/08, 8/1/10 or 8/1/16.

Parent/Guardian and Doctor signatures must both be on the same App form. Phone consents or verbal consents will not be accepted.

If Entrant was listed on the Sex Offender Public Registry or the Child Murder and Violent Offender Against Youth Registry but has since been removed, contact the Special Olympics Illinois office for instructions before submitting this application.

ATHLETE INFORMATION AND HEALTH INSURANCE & EMERGENCY INFORMATION

1. The first two sections must be filled in completely. The ethnicity information is requested to assist in the organizational outreach efforts. The athlete should indicate their identified gender in the sex (M/F) section.

PARENT AND/OR GUARDIAN AUTHORIZATION AND MEDIA RELEASE

2. The Parent or Legal Guardian must read, sign and date the Parent/Guardian Authorization and Media Release.
- The section must be signed and dated as printed. Deletions or alterations to the section will result in an invalid App. (Exception: Deletion of the last paragraph regarding medical treatment and attachment of a letter of explanation and 24-hour emergency telephone numbers from the State Office of Guardianship.
 - Only one of the two signature blocks must be completed. Special Olympics Illinois works under the understanding that this section may be signed by either:
 - The (biological or adoptive) parent unless the athlete has been designated a ward of the state;

OR

- The legal guardian; this person must be legally assigned for the individual;

OR

- The athlete if he/she is over the age of 18 and has not been designated as needing and having been assigned a legal guardian. A witness signature is necessary if the athlete's signature is unrecognizable (for example, if the athlete's signature is an "X.")

MEDICAL CLEARANCE

3. The Medical Clearance section must be completed, signed and dated by a medical practitioner licensed to administer physical examinations by the state in which he/she practices.

This person, by signing the Medical Clearance, is stating that the athlete is in good health and can safely participate in Special Olympics sports training and competition. It is strongly suggested that the person administering the physical examination possess the following:

- Background and preparation in giving sports physical examinations.
- Qualifications to administer examinations that would not compromise his/her area of specialty.

AFTER COMPLETING THE APPLICATION ...

4. Send the Application for Participation to the Region Director who will send the App to the Special Olympics Illinois state office. The state office will validate the Application for Participation and send a copy of the App with an approved stamp back to the SOAD (Special Olympics Athletic Director). An Application for Participation will not be validated until all information is correct and completed on the approved form.

5. Special Olympics Illinois requires that all Applications for Participation be presented prior to and no later than the established Medical App deadline of a state championship level event (Winter Games, State Basketball Tournament, Summer Games, Outdoor Sports Festival, Fall Games, Floor Hockey or State Bowling Tournament). All Apps for the event in question must be valid throughout the completion of that state competition.

Applications for Participation for athletes participating in Regional Tournaments and Sectional Tournaments must be received before the entry deadline or with registration materials.

Applications not on file or in receipt by the specified deadline will not be accepted.





APPLICATION FOR PARTICIPATION IN SPECIAL OLYMPICS ILLINOIS

Valid Application for Participation is mandatory for all competitors
 605 E. Willow St. - Normal, IL 61761-2682 - 309-888-2551

SOILL Rev. 8-1-17

ATHLETE INFORMATION

Athlete Name (last name, space, first name) _____ Birthdate M M D D Y Y _____

Agency Name _____ Sex (M or F) M F

ATHLETE'S MAILING ADDRESS _____

ATHLETE'S CITY _____

STATE _____ ZIP CODE _____

PARENT'S/GUARDIAN'S (PLEASE CIRCLE ONE) HOME ADDRESS _____

PARENT'S/GUARDIAN'S CITY _____

STATE _____ ZIP CODE _____

PARENT'S/GUARDIAN'S HOME TELEPHONE _____

ETHNICITY White Black/African American Asian
 Hispanic/Latino Other _____

EMERGENCY CONTACT PHONE (_____) _____

POLICY NUMBER _____

HEALTH INSURANCE & EMERGENCY INFORMATION (Required for Processing)

Person to be contacted _____

In case of emergency _____

Medical Insurance Company _____

PARENT AND/OR GUARDIAN AUTHORIZATION AND MEDIA RELEASE

I, on my own behalf or as the undersigned parent and/or legal guardian of the above named applicant (hereafter referred to as the "Entrant"), hereby request permission for the Entrant to participate in Special Olympics programs. I acknowledge that Special Olympics will screen all entrants using the Sex Offender Public Registry and the Child Murder and Violent Offender Against Youth Registry and understand that entrants listed on either Registry will be denied participation. I affirm that this Entrant has never been on said Registries or if Entrant was listed on either Registry but has since been removed, I will contact Special Olympics Illinois for instructions before submitting this application.

I represent and warrant to you that the Entrant is physically and mentally able to participate in Special Olympics, and I submit herewith a subscribed medical certificate. I understand that if the athlete has Down syndrome, he/she cannot participate in sports or events which, by their nature result in hyper-extension, radical flexion or direct pressure on the neck or upper spine unless a full radiological examination established the absence of Atlantoaxial Instability. I am aware that the sports and events for which this radiological examination is required are equestrian sports, artistic gymnastics, diving, pentathlon, high jump, alpine skiing, soccer, soccer skills, powerlifting, squat, and butterfly stroke and diving starts in swimming.

On behalf of the Entrant and myself, I acknowledge that the Entrant will be using facilities at his/her own risk and I, on my own behalf, hereby release, discharge and indemnify Special Olympics from all liability for injury to person or damage to property of myself and Entrant.

In permitting the Entrant to participate, I am specifically granting permission to Special Olympics Illinois to use the likeness, voice and words of the Entrant in television, radio, films, newspapers, magazines and other media, and in any form not heretofore described, for the purpose of advertising or communicating the purposes and activities of Special Olympics and in appealing for funds to support such activities. I understand that by signing below I consent for the Entrant to participate in the Special Olympics Healthy Athletes Program that provides individual screening assessments of health status and health care needs. The Entrant has no obligation to participate and I understand the Entrant should seek his/her own medical advice and assistance and Special Olympics is not responsible for the Entrant's health.

If I am not personally present at Special Olympics activities in which the Entrant is to compete, so as to be consulted in case of necessity, you are authorized on my behalf and at my account to take such measures and arrange for such medical and hospital treatment as you may deem advisable for the health and well-being of the Entrant.

I, THE UNDERSIGNED PARENT AND/OR GUARDIAN of the above specified Entrant, have read and fully understand the provisions of the above release and have explained them to said Entrant. I hereby agree that I and said minor will be bound thereby, and I shall defend Special Olympics Illinois and hold it harmless from any disaffirmation thereof by said minor.

Entrant _____ Signature of Parent _____
 Athlete is own guardian and/or Legal Guardian _____
 Witness _____ Date _____ Print Name _____ Date _____
 Athlete's Email Address _____ Parent's Email Address _____

B

Region

MEDICAL CLEARANCE

PLEASE CHECK MEDICAL INFORMATION

Does athlete have Down Syndrome? Yes No

If yes, have x-rays of the C1-C2 vertebrae been taken and examined? Yes No

Date of x-ray _____

Is the athlete clear of Atlantoaxial Instability? Yes No

Does the athlete have or is the athlete: Heart Problems Yes No Diabetic Yes No Epileptic/Seizures Yes No Blind Yes No Deaf Yes No Hepatitis Yes No

Other _____

Current Medication _____ Dosage _____

Allergies to medication, if any: _____

Date of last Tetanus shot: _____

I have examined the above-named Entrant and, in my opinion, there is no mental or physical reason why he or she should not participate in the Special Olympics sports training and competition program. Further information will be forwarded if required.

Current medication, if any, is specified with dosage on this application.

Examination Date _____

Doctor's Signature _____

Print Name _____

Address _____

City _____ State _____ Zip _____

Phone (_____) _____



Annual Information Form 2019

Name: _____ Age: _____ Birth Date: _____

Address: _____ City: _____ State: _____ Zip: _____

E-mail: _____ Phone: _____ Sex: Male Female

T-Shirt Size: Youth Adult Small Medium Large X-Large 2XL 3XL Shoe Size: _____

School/Workshop: _____ Teacher/Supervisor: _____ Phone: _____

Physician's Name: _____ Physician's Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

Guardian Contact: _____ Relationship: _____

Primary Phone Number: _____ Home Cell Work

Secondary Phone Number: _____ Home Cell Work

Emergency Contact: _____ Relationship: _____

Primary Phone Number: _____ Home Cell Work

Secondary Phone Number: _____ Home Cell Work

Participant is Own Guardian? Yes No

Does participant require supervision at conclusion of program/drop off? Yes No

If over 21 years, can individual consume alcohol? Yes No Quantity: _____

Photo / Video Authorization and Consent & Emergency Treatment Permission:

I hereby authorize and give my consent to SRSNLC to photograph/video my child (or me), and without limitation, to use such photographs/video in connection with promoting/advertising the services, programs, and facilities of SRSNLC, including, but not limited to its website, Facebook page, promotional materials, brochures, fliers and other publications without consideration of any kind. **I have read and fully understand the above photo/video authorization and consent.**

I acknowledge that SRSNLC does not carry medical insurance. My family's own health insurance must assume responsibility in the event of injury. I understand that every precaution is taken to protect the safety of every participant. I agree to emergency treatment by a physician or hospital in the event that I cannot be reached. I hereby acknowledge that the above information is accurate and I understand that it is my responsibility to inform the SRSNLC staff of any changes in the above information.

Medical Insurance Company: _____ Policy Number _____

Signature of Parent/Guardian: _____ Date _____

I DO NOT authorize or give photo consent

INDIVIDUALS DISABILITY INFORMATION

Primary Disability _____

Secondary Disability _____

If Down Syndrome, has participant been tested for atlanto axial instability? Yes No N/A

Does your participant have atlanto axial instability? Yes No N/A

Not all personal care needs can be met by SRSNLC. Please contact your local office when requesting personal care needs.

HEALTH INFORMATION

Does participant have seizures? Yes No If Yes, please complete the SRSNLC Seizure Questionnaire. Even if there has been a past history of seizures.

Does the participant have asthma? Yes No Comments: _____

Allergies

Food allergies Comments: _____

Medication allergies Comments: _____

Other allergies Comments: _____

Does participant carry/use an Epi-pen? Yes No

DIETARY INFORMATION

Does participant require assistance eating or drinking? Yes No Comments: _____

• have any food restrictions? Yes No Comments: _____

• have any food dislikes? Yes No Comments: _____

• have any specific food likes? Yes No Comments: _____

• is participant Diabetic? Yes No Comments: _____

If yes, participant must independently administer insulin.



SRSNLC SEIZURE QUESTIONNAIRE

Office use only:
Date Reviewed: _____
Initial: _____

Please complete this form if the participant experiences seizures. **Please update this form whenever there is a change in the seizure information/plan and promptly submit it to SRSNLC.** SRSNLC requests that you review this form once a year and provide any necessary updates.

Participant's Name: _____

Completed by: _____ **Relationship:** _____ **Phone:** () _____

Medication(s):

Participant medication needs are to be noted on their *Annual Information Form* which is available in this SRSNLC brochure. If the participant's medication needs have changed since submission of their *Annual Information Form*, please submit a new form as soon as possible.

A Medication Permission form must be submitted if you are requesting SRSNLC staff to assist with the dispensing of scheduled oral or topical maintenance medication. To obtain a copy of the *Annual Information Form* or *Medication Permission* form, please contact your local SRSNLC office or download a copy of the forms from your local SRSNLC website.

Please note: SRSNLC staff will not administer rectal Diastat or perform any other invasive medical procedures.

1. Please describe a typical seizure: _____

2. Are there any symptoms prior to the onset of the seizure? (i.e. smells, stomach pain, fear, sounds, etc.)

3. What was the date of the participant's last seizure? ___/___/___

4. How long does the typical seizure last? _____

Type of Seizure(s) (Please check all that apply):

- | | | | | | |
|--------------------------|-------------------------|--------------------------|------------------------|--------------------------|----------------|
| <input type="checkbox"/> | Absence (staring spell) | <input type="checkbox"/> | Atonic (Drop) | <input type="checkbox"/> | Simple Partial |
| <input type="checkbox"/> | Complex Partial | <input type="checkbox"/> | Generalized (Gran Mal) | | |
| <input type="checkbox"/> | Other (explain): _____ | | | | |

Seizure Response Plan

In the event of a perceived seizure, SRSNLC staff will follow basic first aid procedures for the care of seizures. Please list any additional actions you would like SRSNLC staff to take in the event of a seizure:

1. Call 911 for a seizure lasting more than _____ minutes. (Please Note: Depending on circumstances, SRSNLC staff may disregard this request and instead call 911 immediately)

2. _____

3. _____

Parent/Guardian Signature: _____ **Date:** _____

Please return this completed form along with your Registration Form to the SRSNLC office.

Rev. 1/31/17

SRSNLC - 2019 Registration Form

Name:	Age:	Birthdate:	Gender:
Address:		House/Apt. #	
City:		Zip:	

Please make checks payable to your local Park District.

Home Phone: () Emergency Phone: () E-mail:

PROGRAM NAME	NUMBER/LOCATION CODE	FEE*	GUARD. PAYMENT	ENT. COMP	AMT. PAID

Office
use
only

TOTAL DUE:	
TOTAL ENCLOSED:	

PARTICIPATION WILL BE DENIED – If the signature of adult participant or parent/guardian and date are not on this waiver.

READ CAREFULLY

IMPORTANT INFORMATION

The Special Recreation Services of Lindenhurst, Round Lake, Waukegan and Zion Park Districts is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The Special Recreation Services of Northern Lake County continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for the listed programs/activities must recognize that there is an inherent risk of injury when choosing to participate in recreational activities/programs.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

WARNING OF RISK

Recreational activities/programs are intended to challenge and engage the physical, mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational activity/program. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and all other circumstances inherent to indoor and outdoor recreational activities/programs exist. In this regard, it must be recognized that it is impossible for the Special Recreation Services of Northern Lake County to guarantee absolute safety.

* Non-resident Fee add 50% (see reg. policies)

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in the identified programs/activities, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with said programs/activities (including transportation services/vehicle operation, when provided).

I recognize and acknowledge that there are certain risks of physical injury to participants in these programs/activities, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in these programs/activities against the Special Recreation Services of Northern Lake County including Lindenhurst, Round Lake, Waukegan and Zion Park Districts, its officials, agents, volunteers and employees (hereinafter collectively referred as SRSNLC).

I do hereby fully release and forever discharge the SRSNLC from any and all claims for injuries, damages, or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with these programs/activities.

I further agree to indemnify, hold harmless and defend the SRSNLC and its officers, agents, servants and employees from any and all claims associated with the activities of this program.

In the event of an emergency, I authorize SRSNLC Staff to secure from any licensed hospital, physician and/or medical personnel any treatment deemed necessary for my minor child/ward and agree that I will be responsible for the payment of any and all medical services rendered.

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, your on-line or facsimile signature shall substitute for the and have the same legal effect as an original form signature.

Parent / Adult Guardian Signature

Date

Participant Signature (participant must sign if he/she is own legal guardian)

Date

FOR CREDIT CARD PAYMENT	
<input type="checkbox"/> Visa	<input type="checkbox"/> MasterCard
Card Holder's Name _____	
Credit Card Number _____	
Expiration Date _____	3 Digit Security Code _____
Billing Zip Code _____	
<input type="checkbox"/> Charge Full Fee \$ _____	<input type="checkbox"/> Charge Deposit Only \$ _____
Signature _____	
For Waukegan Programs:	
Credit card payments must be made in person or online.	

LINDENHURST SEASONAL PROGRAMS

Dinner Group

Socialize with friends over dinner while practicing important skills such as ordering, meal etiquette, and determining gratuity. All expenses included. This program is offered in collaboration with SRSNLC—Zion.

Note: Return transportation time is approximate. Phone calls will be made if the time will vary by more than 15 minutes.

January—Tacos El Norte, Gurnee, IL
April—Austin's Saloon & Eatery, Libertyville, IL

Location: Varies—Meet at the Lippert Community Center
Age: 16 & Older
Fee: \$25R (\$32 door-to-door) / \$38NR

CODE	DAY	DATE	TRANS. TIME
193412-A	W	1/16	5:15pm-8:00pm
<i>Reg. Deadline: December 27, 2018</i>			
193412-B	W	4/17	5:00pm-8:00pm
<i>Reg. Deadline: March 27, 2019</i>			



Cooking Up a Storm

Get out of the cold and into the kitchen! We will be creating some of your favorite winter comfort foods! If you enjoy helping in the kitchen and want to learn about measuring and following a recipe, then this program is for you. Each time we will cook a meal together and have fun while doing it! **Common food allergens may be present.**

Location: Teen Center, Round Lake Beach
Age: 18 & Older
Fee: \$15R / \$23NR

CODE	DAY	DATE	TRANS. TIME
193412-E	Tu	1/22	9:45am-12:30pm
<i>Reg. Deadline: January 15, 2019</i>			
193412-G	Tu	2/12	9:45am-12:30pm
<i>Reg. Deadline: February 5, 2019</i>			



Pizza and a Movie

It is Friday night and that can only mean one thing... Pizza and a Movie. Join your friends for delicious pizza and the latest DVD. Register for one or all—new movies each date.

Location: Lippert Community Center
Age: 13 & Older
Fee: \$15R / \$23NR

CODE	DAY	DATE	TIME
193402-A	F	1/18	6:00pm-8:00pm
<i>Reg. Deadline: January 4, 2019</i>			
193402-B	F	4/12	6:00pm-8:00pm
<i>Reg. Deadline: March 29, 2019</i>			

Denny's and a Matinee

Friends from SRSNLC Lindenhurst and Zion meet once a month for brunch at Denny's followed by a movie at Gurnee Cinema. Brunch and movie ticket included.

Location: Gurnee, Illinois
Age: 16 & Older
Fee: \$30R (\$37 door-to-door) / \$45NR

CODE	DAY	DATE	TRANS. TIME
193406-A	F	1/18	10:00am-3:00pm
<i>Reg. Deadline: January 4, 2019</i>			
193406-B	F	2/22	10:00am-3:00pm
<i>Reg. Deadline: February 8, 2019</i>			
193406-C	F	3/15	10:00am-3:00pm
<i>Reg. Deadline: March 1, 2019</i>			
193406-D	F	4/26	10:00am-3:00pm
<i>Reg. Deadline: April 12, 2019</i>			



Monday Movie Club

See it on the big screen. Monday Movie Club participants enjoy a movie at Marcus Gurnee Cinema once a month. Price includes movie ticket. Times and theatre subject to change based on movie selection.

Location: Gurnee Cinema, Gurnee
Age: 13 & Older | **Min/Max:** 4/12 | **Fee:** \$18R / \$27NR

CODE	DAY	DATE	TRANS. TIME
193405-B	M	2/25	6:15pm-9:15pm
<i>Reg. Deadline: February 11, 2019</i>			
193405-C	M	3/18	6:15pm-9:15pm
<i>Reg. Deadline: March 14, 2019</i>			
193405-D	M	4/29	6:15pm-9:15pm
<i>Reg. Deadline: April 15, 2019</i>			



LINDENHURST SEASONAL PROGRAMS

Zion Social Club Dances

For those who love music, dancing, and socializing, SRSNLC—Zion hosts regular theme dances. Fee includes door prize, refreshments, and a whole lot of dancing.

February—Sweetheart Swing

Location: Leisure Center, Zion
Event Time: 6:30pm-8:30pm
Age: 13 & Older
Fee: \$13R (\$20 door-to-door) / \$20NR

CODE	DAY	DATE	TRANS. TIME
193404-B	F	2/1	6:00pm-9:00pm

Reg. Deadline: January 11, 2019



Helping Hearts

Helping Hearts is a participant-led service organization. Participants take an active role in choosing, planning, and implementing service projects that benefit Lindenhurst and surrounding communities under the guidance of staff and volunteers.

Location: Lippert Community Center
Age: 13 & Older
Fee: \$15R / \$23NR
Reg. Deadline: March 20, 2019

CODE	DAY	DATE	TIME
193410-A	Tu	4/2-4/16	10:00am-11:30am



Lakefront Brewery

We will be heading up to Lakefront Brewery in Milwaukee for a tour and tasting. The tour includes four, 6oz. samples, a souvenir pint glass to take home, as well as a beer coupon for a Lakefront pint anywhere else. We will have lunch at the brewery's restaurant.

MUST BE 21 YEARS OLD TO REGISTER AND BRING A GOVERNMENT ISSUED PHOTO ID TO THIS PROGRAM.

Location: Milwaukee, WI
Age: 21 & Older
Fee: \$35R / \$52NR
Reg. Deadline: January 4, 2019

CODE	DAY	DATE	TRANS. TIME
193401-F	Th	1/31	8:30am-4:00pm



SRACL Groovefest Dance

Get funk-a-delic at SRACL's annual Groovefest Dance. Jive to the tunes as a DJ spins the hits from the 60's and the 70's. Hustle to the refreshment and enjoy a light snack. All in attendance receive a far out keepsake. Shake your groove thang all night long.

Location: Sullivan Center, Vernon Hills
Event Time: 7:00pm-9:00pm
Age: 13 & Older
Fee: \$23R / \$35NR
Reg. Deadline: March 15, 2019

CODE	DAY	DATE	TRANS. TIME
193408-B	F	4/5	6:00pm-9:30pm



Wildlife Discovery Center

The Wildlife Discover Center (WDC) is a living natural history museum and one of the region's unique hidden gems. It is a place of learning and wonder, where people of all ages can explore the important concepts of wildlife conservation and environmental stewardship in an intimate setting. The learning journey brings visitors face-to-face with a variety of reptiles, amphibians, birds and mammals. There are also interpretive trails and nature-based programs for all to enjoy. Lunch is included.

Location: Lake Forest, IL
Age: 13 & Older
Fee: \$30R / \$45NR
Reg. Deadline: March 29, 2019

CODE	DAY	DATE	TRANS. TIME
193403-G	Tu	4/23	9:00am-2:30pm



LINDENHURST SEASONAL PROGRAMS

NSSRA Spring Formal

Enjoy an elegant evening at NSSRA's annual Spring Formal held at Park Center in Glenview. Groove to your favorite songs, stop by the refreshment area to grab a bite to eat and recharge, and rock the night away. This is a fancy evening; participants should dress accordingly.

Location: Park Center, Glenview
Event Time: 7:00pm-9:00pm
Age: 16 & Older
Fee: \$27R / \$41NR
Reg. Deadline: April 5, 2019

CODE	DAY	DATE	TRANS. TIME
193408-C	F	5/3	6:00pm-9:45pm



Parent/Tot Time Out

This program is for you if you need to get out of the house, want to meet other parents, and let your children burn off some energy. Equipment such as balls, mats, tunnels, and toys will be available for your child to play with while you chat with other parents or join in on the fun. This is a drop-in program; no instruction provided. Parents must supervise their children at all times.

Wednesdays 11:00am-12:00pm

Location: Lippert Community Center Gymnasium
Age: 0-5 Years Old With Parent/Caregiver
Fee: \$2 first child, \$1 sibling fee



Home Town Lights

Another great season of Lakes Eagles basketball has begun. Come with SRSNLC to see the Lakes Eagles soar against Lake Forest High School. It will be a dunkin' good time! Participants are encouraged to bring extra money for food.

Location: Lakes High School, Lindenhurst
Age: 13 & older
Fee: \$20R / \$30NR
Reg. Deadline: January 8, 2018

CODE	DAY	DATE	TRANS. TIME
193407-D	Tu	1/15	5:45pm - 8:30pm



WinterFest Day 2018

Come join the fun along the frozen shores of Lake Geneva and experience the United States Snow Sculpting Competition! You'll find our nation's top snow sculpting teams working to create massive sculptures from tons of snow! Lake Geneva Winterfest 2018 has something for everyone. We will visit the Riviera Market Place where there will be food, fun, and entertainment. Please bring extra money for spending and lunch.

Location: Lippert Community Center
Age: 18 & Older
Fee: \$30R / \$45NR
Reg. Deadline: January 22, 2019

CODE	DAY	DATE	TRANS. TIME
193413-D	Tu	1/29	9:45am-3:15pm



WSRA Mardi Gras

Grab some friends, a mask, and some beads as we head to WSRA in Gurnee for their 22nd Annual Mardi Gras Festival. Nothing is better than an evening of dancing, entertainment, refreshments, and making new friends.

Location: Warren Special Recreation Association
Event Time: 6:30pm-8:30pm
Age: 13 & Older
Fee: \$28R / \$42NR
Reg. Deadline: January 25, 2019

CODE	DAY	DATE	TRANS. TIME
193408-A	F	3/1	6:00pm-9:00pm



LINDENHURST SEASONAL PROGRAMS

Breakfast Crew



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: Return transportation time is approximate. Phone calls will be made if the time will vary by more than 15 minutes.**

February—Chic-Fil-A, Gurnee
April—Lovin' Oven Cakery, Antioch

Location: Meets at Lippert Community Center
Age: 13 & Older
Fee: \$26R (\$33 door-to-door) \$39NR



CODE	DAY	DATE	TRANS. TIME
193412-H	Th	2/7	9:00am-11:30am
<i>Reg. Deadline: January 24, 2019</i>			
193412-J	Th	4/4	9:00am-11:30am
<i>Reg. Deadline: March 21, 2019</i>			

Let's do Lunch – Tsukasa of Tokyo

What better way to end a busy week than with lunch and a movie with friends. Experience Japanese food at its finest as we enjoy a meal at Tsukasa of Tokyo in Vernon Hills. Tsukasa offers a wide-range of palate-pleasing menu items, from sushi and seafood to steaks, salads, and vegetable dishes. Your lunch will be prepared right in front of you for a personal experience unlike any other. After lunch, we will catch a matinee at the all-new AMC Hawthorn 12 Theater.

Location: Vernon Hills
Age: 16 & Older | **Fee:** \$45R / \$68NR
Reg. Deadline: January 4, 2019

CODE	DAY	DATE	TIME
193409-A	F	1/11	10:45am-4:45am

LINDENHURST ATHLETES & FANS

Windy City Bulls



Come watch the Windy City Bulls blow by the competition when they play against the Fort Wayne Mad Ants! Enjoy an evening watching a professional G league game of basketball and hangout with your friends from SRSNLC.

Location: Sears Center, Hoffman Estates
Age: 15 & older
Fee: \$25R / \$38NR
Reg. Deadline: February 1, 2019

CODE	DAY	DATE	TIME
193413-C	F	2/22	4:30pm-10:30pm

Recreational Bowling

Spare us the thought of having to bowl without you. This non-competitive bowling league is perfect for seasoned and new bowlers to improve their skills. Two games of bowling and shoe rental is included.

Location: Pinster's Bowl & Bar, Zion
Age: 13 & Older
Fee: \$60R / \$90NR per session
\$12R / \$18NR per week
Reg. Deadline: January 12, 2018

CODE	DAY	DATE	TRANS. TIME
193411-B	Th	2/7-3/7	3:25pm-6:00pm



All-Star Soccer

If you are interested in playing soccer, please see the information in the Round Lake section on page 22. **Registration MUST be completed through the Round Lake Area Park District.**



Walk, Run & Roll

Walk, run, and roll your way into shape. Increase your stamina in this three-week program designed to get you active and increase your heart rate. Please bring a water bottle and wear athletic shoes to each class.

Location: Lippert Community Center | **Age:** 13 & Older | **Fee:** \$12R / \$18NR
Reg. Deadline: December 28, 2019

CODE	DAY	DATE	TIME
193411-A	Sa	1/5-1/19	9:00am-10:00am

LINDENHURST SPECIAL EVENTS

Hoe Down

Put on your cowboy hats and spurs and head on down to SRSNLC's annual Hoe Down Dance. Spend the evening dancing, listening to music, and enjoying refreshments. It's sure to be a knee-slapping good time; don't miss out-register early!

Note: Gym shoes are required; no cowboy boots please.

Location: Lippert Community Center
Event Time: 6:30pm-8:30pm
Age: 13 & Older
Fee: \$15R / \$23NR
Reg. Deadline: March 8, 2019

CODE	DAY	DATE	TIME
193401-D	F	3/22	6:30pm-8:30pm



Splash Bash

Splash into fun with your friends at the Field House Indoor Aquatic Center. Don't worry about a crowded pool! During this time, the main pool & therapy pool will only be open to those registered for the program. Light snacks will be available in the party room to enjoy; please eat dinner before. **Lifeguards will be onsite.**

Location: Waukegan Field House, Aquatic Area
Event Time: 7:00pm-8:30pm
Age: 13 & Older
Fee: \$15R / \$23NR
Reg. Deadline: April 5, 2019

CODE	DAY	DATE	TRANS. TIME
193401-E	Sa	4/27	6:30pm-9:00pm

Valentine's Dance

Love is in the air this year's Valentine's Dance. Dance the night away while the DJ spins the hits. Refreshments will be served and everyone receives a Valentine's keepsake.

Location: Round Lake Area park District, Sports Center
Event Time: 6:30pm-8:30pm
Age: 13 & Older
Fee: \$18R / \$27NR
Reg. Deadline: January 19, 2019

CODE	DAY	DATE	TRANS. TIME
193401-B	F	2/15	6:00pm-9:00pm



ROUND LAKE SPECIAL EVENTS

Valentine's Dance

Love is 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 Valentine's keepsake.

Location: Round Lake Area Park District Sports Center

Event Time: 6:30pm-8:30pm

Age: 13 & older

Fee: \$18R / \$27NR

Reg. Deadline: January 25, 2019

CODE	DAY	DATE	TRANS. TIME
10628	F	2/15	NO TRANSPORTATION



WSRA Mardi Gras

Grab some beads, friends and masks and come join WSRA for their 26th Annual Mardi Gras Festival. Light refreshments, entertainment, and music will be provided.

Meet Location: Round Lake Area Park District, SRSNLC Center

Min/Max: 4/12 | **Ages:** 16 & Older | **Fee:** \$28R / \$42NR

Reg. Deadline: February 1, 2019

CODE	DAY	DATE	TIME
10686	F	3/1	6:15pm-8:45pm

Hoe Down

Put on your cowboy hats and spurs and head on down to SRSNLC's annual Hoe Down Dance. Spend the evening dancing, listening to music, and enjoying refreshments. It's sure to be a knee-slapping good time; don't miss out-register early!

Note: Gym shoes are required; no cowboy boots please.

Meet at: Round Lake Area Park District, SRSNLC Center

Event Time: 6:30pm-8:30pm

Age: 13 & Older | **Fee:** \$15R / \$23NR

Reg. Deadline: March 8, 2019

CODE	DAY	DATE	TRANS. TIME
10667	F	3/22	6:15pm-8:45pm



Splash Bash

Splash into fun with your friends at the Field House Indoor Aquatic Center. Don't worry about a crowded pool! During this time, the main pool & therapy pool will only be open to those registered for the program. Light snacks will be available in the party room to enjoy; please eat dinner before. Lifeguards will be onsite.

Meet at: Round Lake Area Park District, SRSNLC Center

Event Time: 7:00pm-8:30pm

Age: 13 & Older | **Fee:** \$15R / \$23NR

Reg. Deadline: April 5, 2018

CODE	DAY	DATE	TRANS. TIME
10778	Sa	4/27	6:30pm-9:00pm

Staycation Overnight: Schaumburg Shenanigans



Join us for a little get away that is close to home! This trip is designed for anyone who is new to our overnight programs and would like to try them out and for those who are old pros! We will enjoy dinner and an improvisation comedy show in Schaumburg, spend a night in a hotel, and spend the next morning and afternoon see the sites! Get away and hang out with your friends from SRSNLC. **Note: please refer to Overnight Trip Policies on page 5 to determine eligibility.**

Location: Schaumburg, IL | **Age:** 18 & older | **Fee:** \$110 | **Min:** 6 | **Reg. Deadline:** March 7, 2019

Drop off: Teen Center Friday, April 12 | **Pick up:** Teen Center Saturday, April 13

CODE	DAY	DATES	TIME
21104314-1A	Fr & Sa	4/12-4/13	TBA

ROUND LAKE TODAY CLUB

PROGRAM GUIDE KEY



BUS – Door to Door
Programs with this symbol offer door to door transportation with additional fee.



HOUSE – Transportation Home Only
Programs with this symbol offer transportation home only.



DOLLAR BILL – Bring Spending Money
Programs with this symbol require additional money be brought for the purchase of a meal or souvenirs.

T.O.D.A.Y. Club

T.O.D.A.Y. Club: **T**ogether **O**pening **D**oors **A**round **Y**ou; is a program designed for individuals, ages 18 and older, with a developmental disability looking to enrich their lives in a safe and nurturing environment. As an alternative to the work place, the T.O.D.A.Y. Club will provide a safe environment for life skill education and social development through innovative activities, hands on learning and peer interaction. We will celebrate each day by exploring the participant's community, resources and personal potential. Hours for the Club are 10:00am-3:00pm each day when program is in session.

Participants must:

- Complete registration packet and have a current Annual Information Form on file.
- Be capable of functioning/participating at a ratio of 6 participants to 1 staff and be capable of performing all of their own daily living skills.
- Display the ability to conduct themselves in a socially-appropriate manner.
- New participants must speak with Jessica Jeffery-Findley before registering for the program.

Location: Round Lake Area Park District, SRSNLC Center

Ages: 18 & Older | **Time:** 10:00am-3:00pm | **Reg. Deadline:** One Week Prior to Program Start Date

MON/WED/FRI OPTION

MONTH	CODE	PRICE
January (1/2-1/30)	10602	\$390
February (2/1-2/27)	10600	\$360
March (3/1-3/29)	10606	\$390
April (4/1-4/29)	10604	\$390
May (5/1-5/31, No Club 5/27)	10608	\$390

FULL-TIME OPTION

MONTH	CODE	PRICE
January (1/2-1/31)	10601	\$660
February (2/1-2/28)	10599	\$600
March (3/1-3/29)	10605	\$630
April (4/1-4/30)	10603	\$660
May (5/1-5/31, No Club 5/27)	10607	\$660

T.O.D.A.Y. Club Walking Club

Are you looking to get a little more exercise in the morning? The TODAY club will be offering a walking club that will run before our program starts. We will be warming up at the Teen Center with stretches and then heading out for a walk. We will continue to run this program from 9:00am-10:00am every Monday, Wednesday and Friday. So join us, and start the day off right!

MONTH	CODE	PRICE
January (1/2-1/30)	10610	\$65
February (2/1-2/27)	10609	\$60
March (3/1-3/29)	10612	\$65
April (4/1-4/29)	10611	\$65
May (5/1-5/31, No Club 5/27)	10613	\$65

T.O.D.A.Y. Club Jr.

No school? Don't want to be stuck at home bored? Then come join us at T.O.D.A.Y. Club Jr. Hours are 10:00am-3:00pm each day when program is in session. Sign up for one no school day or all!! Participants must: Complete registration packet (pick up at the Sports Center) and have a current Annual Information Form on file. Be capable of functioning/participating at a ratio of 4 participants to 1 staff and be capable of performing all of their own daily living skills. Display the ability to conduct themselves in a socially-appropriate manner.

MONTH	CODE	PRICE
January 21st	10615	\$30
February 18th	10614	\$30
March 4th	10616	\$30
March 25th-March 29th (Spring Break)	10617	\$150

ROUND LAKE EARLY CHILDHOOD

Sensory Station

At Sensory Station, you and your child will participate in a variety of activities to promote tactile stimulation. Dabble in shaving cream, sprinkle colored rice, squeeze moist clay, and more. Each month will offer different activities for you and your child to choose from. Please come dressed to get messy.

Location: Round Lake Area Park District, SRSNLC Center | **Ages:** 2-6 Years | **Fee:** \$5R / \$8NR

CODE	DAY	DATE	TIME
10626	Sa	2/9	9:00am-9:45am
Reg. Deadline: February 2, 2019			
10627	Sa	4/13	9:00am-9:45am
Reg. Deadline: April 6, 2019			



ROUND LAKE IN HOUSE FUN

Cooking Up A Storm

Get out of the cold and into the kitchen! We will be creating some of your favorite winter comfort foods! If you enjoy helping in the kitchen and want to learning about measuring and following a recipe, but most of all, eating food, this is the program for you. **Common food allergens may be present.**

Location: Round Lake Area Park District, SRSNLC Center

Ages: 18 & Older
Fee: \$10R / \$15NR

CODE	DAY	DATE	TIME
10683	Tu	1/22	10:00am-12:30pm
<i>Reg. Deadline: January 15, 2019</i>			
10684	Tu	2/12	10:00am-12:30pm
<i>Reg. Deadline: February 5, 2019</i>			
10685	Tu	3/19	10:00am-12:30pm
<i>Reg. Deadline: March 12, 2019</i>			

DIY - Hot Mess Canvas Printing

Not feeling artistic? Or looking to try out a new technique? Join us for an afternoon of "messy" painting and bring home a masterpiece. Space is limited, sign up early.

NEW

Location: Round Lake Area Park District, SRSNLC Center

Ages: 13 & Older
Fee: \$20R / \$30NR
Reg. Deadline: January 11, 2019

CODE	DAY	DATE	TIME
10623	F	1/18	3:00pm-5:00pm

DIY - Sharpie Flower Pots

Spring is here!! What a better way to celebrate than decorating our own flower pots and planting some flowers to take home.

NEW

Location: Round Lake Area Park District, SRSNLC Center

Ages: 13 & Older
Fee: \$20R / \$30NR
Reg. Deadline: April 6, 2019

CODE	DAY	DATE	TIME
10625	Sa	4/13	10:00am-12:00pm

Wii Fit Club

Too cold to play outside? Bored of your games at home? Come "workout" at the Teen Center with your friends. We will have our Wii set up to play all sorts of sports and fun fitness games. Healthy snack included.

Location: Round Lake Area Park District, SRSNLC Center

Ages: 10 & Older
Fee: \$35R / \$53NR

CODE	DAY	DATE	TIME
10620	Tu	2/5-2/26	6:00pm-7:30pm
<i>Reg. Deadline: January 30, 2019</i>			
10621	M	4/1-4/22	6:00pm-7:30pm
<i>Reg. Deadline: March 25, 2019</i>			

DIY - Soap & Lotion Bars

Who is ready for some pampering? What better way than to make your own all natural spa products. We will use natural products and essential oils. Space is limited, so sign up early. **Any allergy concerns, please contact Jessica Jeffery-Findley.**

NEW

Location: Round Lake Area Park District, SRSNLC Center

Ages: 13 & Older
Fee: \$20R / \$30NR
Reg. Deadline: February 2, 2019

CODE	DAY	DATE	TIME
10622	Sa	2/9	10:00am-12:00pm

SRSNLC Gamer's Night

Looking for something fun to do with your friends after school? Come on over to the SRSNLC Center for fun and games. We will have a variety of games to play while you socialize with your friends and make new ones.

Location: Round Lake Area Park District, SRSNLC Center

Ages: 10 & Older
Fee: \$12R / \$18NR

CODE	DAY	DATE	TIME
10618	F	2/22	6:00pm-7:30pm
<i>Reg. Deadline: February 15, 2019</i>			
10619	F	4/19	6:00pm-7:30pm
<i>Reg. Deadline: April 12, 2019</i>			

DIY - Iron On's

Let's get crafty and put our design skills to use. We will be utilizing Cricut Design Studio to create one of a kind images to iron onto shirts, canvas bags, etc. Please bring a clean t-shirt, we will provide the rest.

NEW

Location: Round Lake Area Park District, SRSNLC Center

Ages: 13 & Older
Fee: \$20R / \$30NR
Reg. Deadline: March 18, 2019

CODE	DAY	DATE	TIME
10624	F	3/15	3:00pm-5:00pm

Thursday After School Club

Come and join the club! We are now offering a new and exciting Thursday after school club for local high school and transition students. This is a chance to hang out with friends, play video games, go on community outings, and open gym at the Sports Center. Transportation to club from RLHS will be provided. All other schools need to make their own arrangements. A snack will be provided.

***No Club 3/21 & 3/28**

Program Location: Round Lake Area Park District, SRSNLC Center
Ages: 14 & Older | **Fee:** \$72

SESSION 3

CODE	DAY	DATE	TIME	REG. DEADLINE
10671	Th	1/24-3/14	2:30pm-4:30pm	2/17

SESSION 4

CODE	DAY	DATE	TIME	REG. DEADLINE
10675	Th	4/4-5/23	2:30pm-4:30pm	3/28



ROUND LAKE ON THE TOWN

Movie Day and Chick-Fil-A

Join us as we hop on over to Gurnee to see a movie and enjoy a meal at the new Chick-fil-A! Meal and Movie are included.

Meet Location: Round Lake Area Park District, SRSNLC Center

Ages: 18 & Older

Fee: \$30R / \$45NR

Reg. Deadline: February 19, 2019

CODE	DAY	DATE	TIME
10668	Tu	2/26	10:00am-3:00pm

School's Out Jelly Beans and Lunch

Take a tour of the world famous Jelly Belly Factory. Enjoy a 30-minute factory tour aboard the Jelly Belly Express followed by a jelly bean tasting meant to tantalize your taste buds. Complete your experience with lunch at the Brat Stop.

Meet Location: Round Lake Area Park District, Teen/Youth Center

Ages: 13 & Older | **Fee:** \$30R / \$45NR

Reg. Deadline: March 14, 2019

CODE	DAY	DATE	TIME
10693	Th	3/21	10:00am-3:00pm



What's Cooking Lake County

Come join us for a night out dining with friends. This is a great opportunity for you to socialize with old friends and make new ones too! We strongly encourage all participants to place their individual order and help them with solving any money issues. (**\$20 for dinner is recommended**)

Drop Off & Pick-Up Location: Round Lake Area Park District, SRSNLC Center

Ages: 13 & Older | **Fee:** \$12R (\$4 drop off)

Drop off available for Lake Villa and Round Lake only

- 1/16—Olando's, Round Lake Beach
- 2/20—Baker's Square, Gurnee
- 3/13—Lake House, Lake Villa
- 4/17—The Vine, Grayslake
- 5/15—Galati's, Lake Villa

CODE	DAY	DATE	TIME
10678	W	1/16	6:00pm-8:30pm
10679	W	2/20	6:00pm-8:30pm
10680	W	3/13	6:00pm-8:30pm
10681	W	4/17	6:00pm-8:30pm
10682	W	5/15	6:00pm-8:30pm



Winterfest 2019 Day Trip

Come join the fun along the frozen shores of Geneva Lake and experience the United States Snow Sculpting Competition. We will visit the Riviera Market Place where there will be food, fun, and entertainment. Please bring extra money for spending and lunch.

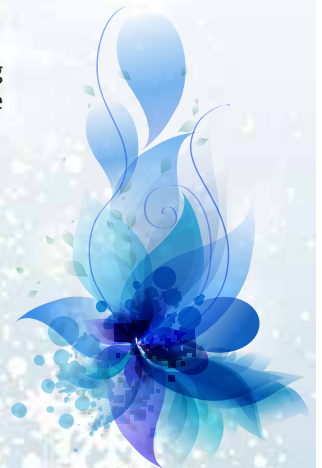
Drop Off & Pick-Up: Round Lake Area Park District, SRSNLC Center

Ages: 18 & Older

Fee: \$30R / \$45NR

Reg. Deadline: January 15, 2019

CODE	DAY	DATE	TIME
10677	Tu	1/29	10:00pm-3:00pm



ROUND LAKE SPORTS AND FITNESS

Special Olympics Track and Field

On your Mark! Track and field gives you the chance to compete in a variety of events, including the 50M, 100M, 200M run, long jump, shot put or softball throw, just to name a few. Sign up for the program ONLY or sign up for the Program and add on the District Tournament 5/4 & 5/5.

Program Location: Sports Center | **Ages:** 8 & Older
Fee: \$60R / \$90NR (Program Only) or \$80R / \$120NR (+ District Tournament)
Reg. Deadline: February 15, 2019

PROGRAM ONLY

CODE	DAY	DATE	TIME
10690	Tu	3/12-4/30	7:00pm-7:45pm

PROGRAM + DISTRICT TOURNAMENT

(Medical Application for Special Olympics must be on file and valid thru May 6, 2019)

CODE	DAY	DATE	TIME
10691	Tu	3/12-4/30	7:00pm-7:45pm



Special Olympics Bowling

Spare me all the excuses for not joining this fun program! Bowlers of all ability levels are welcome to join and Join us for our winter and spring Sessions of bowling and start training for the tournament in June. Bowlers of all ability levels are welcome. The fee includes two games of bowling and shoe rental. Each session runs 8 weeks long. All ages will be practicing together and finish times may vary.

Location: Kristof's Entertainment Center, Round Lake Beach
Min/Max: 10/40 | **Ages:** 8 & Older



WINTER/SPRING #1 SESSION (Fee: \$75R / \$113NR)

CODE	DAY	DATE	TIME	REG. DEADLINE
10687	Th	2/7-3/28	6:30pm-7:45pm	1/31

WINTER/SPRING #2 SESSION (Fee: \$75R / \$113NR)

(Medical Application for Special Olympics must be on file and valid thru May 6, 2019)

CODE	DAY	DATE	TIME	REG. DEADLINE
10688	Th	4/4-5/23	6:30pm-7:45pm	3/21

DISTRICT TOURNAMENT (Fee: \$10R / \$15NR)

*To participate, athlete must have participated in Bowling Winter/Spring Session #1 and #2.
 Medical Application for Special Olympics must be on file and valid thru May 6, 2019*

CODE	DAY	DATE	TIME	REG. DEADLINE
10692	Sa	6/15	TBA	3/21

Special Olympics All-Star Soccer

Goooooal! Kick off the spring with a new sport. SRSNLC will help you learn soccer skills or improve the one's you have. The team program competes against local SRA's and at the Special Olympics District Tournament and ITRS Tournament in May. Gold medal winners proceed to the Special Olympics Illinois Summer Games in June. A Medical Application for Special Olympics must be on file and current thru May 4, 2019.

Program Location: Sports Center, Round Lake Beach
Min/Max: 6/12 | **Ages:** 15 & Older
Fee: \$75R / \$113NR | **Reg. Deadline:** February 20, 2019

CODE	DAY	DATE	TIME
10689	W	3/13-5/15	6:00pm-7:00pm



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.

Location: Douglas House

Age: 18 & older

Fee: \$70R for 2 Days / \$90NR for 2 Days

Must commit to 2x per month

Reg. Deadline: Two weeks before first program of the month

CODE	DAY	DATES	TIME
51104301-6A	M	1/14 & 1/28	10:00am-2:00pm
51104301-7A	M	2/11 & 2/25	10:00am-2:00pm
51104301-8A	M	3/4 & 3/18	10:00am-2:00pm
51104301-9A	M	4/15 & 4/29	10:00am-2:00pm
51104301-10A	M	5/6 & 5/20	10:00am-2:00pm

PROGRAM GUIDE KEY



BUS – Door to Door

Programs with this symbol offer door to door transportation with additional fee.



HOUSE – Transportation Home Only

Programs with this symbol offer transportation home only.



DOLLAR BILL – Bring Spending Money

Programs with this symbol require additional money be brought for the purchase of a meal or souvenirs.

TRANSPORTATION: To be eligible for transportation, you must live in Waukegan and be a Waukegan Park District Resident.

WAUKEGAN ARTS AND CRAFTS

Chef Masters: Chili Cook-Off!



Whatcha got cookin'? In a three week session you will prepare your own dinner that includes all five food groups as well as learn about safety and hygiene. In this session participants will prepare three different versions of Chili. Participants can then vote for their favorite.

***NO PROGRAM ON 2/18**

Location: Douglas House | **Age:** 13 & Older

Fee: \$32R (\$43 w/transportation) / \$48NR

Reg. Deadline: January 27, 2019

CODE	DAY	DATES	TIME
21106301-1A	M	2/4-2/25	5:15pm-7:00pm approximate



Craft Connoisseurs



"Art activates the creative part of our brain – the part that works without words and can only be expressed nonverbally." - Grant Eckert.

Activate your brain in this three week session. Art materials will be provided. Experience the benefits of art each week!

Location: Douglas House

Age: 13 & Older

Fee: \$20R (\$30w/transportation) / \$29NR

Reg. Deadline: April 3, 2019

CODE	DAY	DATES	TIME
21103302-1A	Th	4/18-4/25	6:00pm-7:00pm



WAUKEGAN SOCIALS AND OUTINGS

A Tubular Outing



Have a need for speed? Then race down the hills at Wilmot for this sledding adventure. Join us for fun, socializing and the thrill of a staple winter activity. Helmets can be provided for an extra fee. **Please bring money for dinner.** Don't let winter keep you locked inside!

Participants need to wear snow pants, coat, hat, gloves and boots. If these items are not available participant should dress in layers, and bring dry clothes and shoes to change into after completion of tubing.

Extra waiver is required for this activity.

Location: Wilmot, WI – Meet at the Douglas House

Age: 13 & Older
Fee: \$25R / \$38NR
Reg. Deadline: February 4, 2019

CODE	DAY	DATE	TRANS. TIME
21104330-1A	Tu	2/19	4:30pm-8:30pm approximate



SRSNLC's Annual Valentine's Dance



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 Valentine's keepsake.

Location: Round Lake Sports Center
Age: 13 & older
Fee: \$18R / \$27NR
Reg. Deadline: January 25, 2019

CODE	DAY	DATE	TRANS. TIME
21104315-1A	F	2/15	5:45pm-10:00 pm approximate

Windy City Bulls Game



Watching the Windy City Bulls blow by the competition! Come watch the professional G league game of basketball and hang-out with friends. **Participants should bring extra money for dinner and souvenirs.**

Location: Sears Center, Hoffman Estates
Age: 15 & Older
Fee: \$25R / \$38NR
Reg. Deadline: February 3, 2019
Meet at the Douglas House: 4:30pm

CODE	DAY	DATE	TIME
21104304-1A	F	2/22	4:30pm-10:30pm approximate



Film & Feast Matinee & Lunch



Let's head to Round Lake for a quick bite to eat and a show. Socialize with friends at a local restaurant and then feast your eyes on the hottest movies! Participants will be called the Friday before with the movie title and exact time to meet at the Douglas House. Lunch and a movie ticket are included in the fee; however, participants should bring their own money for snacks at the movie theatre.
Movies will be rated PG-13 and under.

Location: Regal Cinemas, Round Lake
Age: 13 & Older
Fee: \$35R / \$52NR
Reg. Deadline: February 15, 2019

CODE	DAY	DATE	TIME
21104306-1A	Sa	2/23	10:30am-2:30pm approximate

Restauranters



Develop your sense of taste as we sample local eateries in the Waukegan area. Enjoy the company of other diners in a relaxed atmosphere as we dine on the local cuisine. Fee includes your meal and transportation to and from the establishment.

Location: Varies | **Age:** 13 & Older | **Fee:** \$26R / \$39NR per outing

CODE	DAY	DATE	LOCATION	TIME	REG. DEADLINE
21104317-1A	M	1/14	Red Robin	5:30pm-7:00pm approx.	1/6
21104317-2A	M	3/11	Tacos El Norte	5:30pm-7:00pm approx.	3/3

Breakfast Crew



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: Return transportation time is approximate. Phone calls will be made if the time will vary by more than 15 minutes.**

February – Chick Fila, Gurnee
April – Loven Oven, Antioch

Meet at the Douglas House: Times may vary
Age: 18 & Older | **Fee:** \$26R / \$39NR

CODE	DAY	DATE	TIME	REG. DEADLINE
21104326-1A	Th	2/7	9:00am-11:30am	1/24
21104326-2A	Th	4/4	9:00am-11:30am	3/21



WAUKEGAN SOCIALS AND OUTINGS

SRSNLC'S Hoe Down

Put on your cowboy hats and spurs and head on down to SRSNLC's Hoe Down Dance. Spend the evening dancing, listening to music, and enjoying refreshments. It's sure to be a knee-slapping good time; don't miss out, register early!

***Note: Gym shoes are required; no cowboy boots please.**

Location: Lippert Community Center, Lindenhurst

Age: 13 & Older

Fee: \$15R / \$23NR

Reg. Deadline: March 8, 2019

CODE	DAY	DATE	TRANS.	TIME
21104316-1A	F	3/22		5:45pm-9:30pm approximate

SRSNLC's Splash Bash

Splash into fun with your friends at the Field House Indoor Aquatic Center. Don't worry about a crowded pool! During this time the main pool & therapy will only be open to those registered for the program. Light snacks will be available in the Party room to enjoy; please eat dinner before. Lifeguards will be onsite.

Location: The Field House: Aquatics Area

Age: 13 & older

Fee: \$15R / \$23NR

Reg. Deadline: April 5, 2019

CODE	DAY	DATE	TIME
21104402-1A	Sa	4/27	7:00pm-8:30pm

Spring Formal Dance

Spring has sprung! Get all dressed up for the NSSRA Spring Formal. Dance the night away and enjoy snacks too! Will you be the King or Queen of the Ball?

Participants should refrain from wearing jeans and t-shirt. Dress clothes are recommended

Location: Glenview

Age: 16 & Older

Fee: \$26R / \$39NR

Reg. Deadline: April 4, 2019

CODE	DAY	DATE	TIME
21104318-1A	F	5/3	5:30pm-10:00pm approximate



Recreation Station

A little fun for everyone! The Recreation Station is here to fill your night with a taste of all sorts of recreation mediums. From drama to music to art to sports, we'll try a little of everything. Activities are scheduled to change every fifteen minutes. This is a great program for individuals that are looking to find out his/her interests in the field of recreation or someone who likes variety!

Location: Douglas House | **Age:** 13 & Older | **Fee:** \$8R (\$13 w/transportation) / \$12NR

CODE	DAY	DATE	TIME	REG. DEADLINE
21103309-1A	M	4/22	approx. 6:00pm-7:00pm	4/14



WAUKEGAN KIDS AND TEENS

Clearbrook's Take a Break Program



Take a break with Clearbrook! This afternoon respite program is for families with children with disabilities infant to 5 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 Serve.

Location: Douglas House

Winter & Spring Saturday Dates:

January 19, February 16, March 16, April 27, May 18



CLEARBROOK
Creating Opportunities for People with Disabilities

WAUKEGAN KIDS AND TEENS

OTTERS: Swim Lessons for Youth with Disabilities

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. Jump on in; the water's great!

*Lessons are 30 minutes and have a maximum group size of 2 swimmers to one instructor. Swim times are offered between 9:00am until 1:00pm. Times will be assigned based on instructor availability and space in the pool. Registrants will receive time assignments the week class begins. Please contact Kari at 847-360-4763 to complete an initial assessment of your child's current skill level.

Location: The Field House | Age: 4-14 years | Fee: \$54R / \$64NR per session | Reg. Deadline: One week prior
•NO PROGRAM 3/23

CODE	DAY	DATES	TIME
20402205-1A	Sa	1/12-2/16	contact 847-360-4763 for assigned time
20402205-1B	Sa	3/2-4/13*	contact 847-360-4763 for assigned time
20402205-1C	Sa	4/27-6/1	contact 847-360-4763 for assigned time

School's Off



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.**

Location: Belvidere Recreation Center | Age: 6-12 Years | Fee: \$30R / \$45NR per day
 Reg. Deadline: March 24, 2019

CODE	DAY	DATE	TIME
21102202-1A	M	4/8	9:30am-4:00pm



Time to Spare Bowling Junior

Do you have some time to spare for a friendly frame? Bowling can help improve hand-eye coordination, strength, flexibility, and gross motor skills. Socialize while you wait for your turn. Join us for this youth version of our bowling league. **Parents are encouraged to stay to assist and cheer on their favorite bowler!** Fee includes one game of bowling and rental shoes.

Location: Brunswick Zone Fountain Square, Waukegan

Age: 6-12 years

Fee: \$38R / \$57NR

Reg. Deadline: February 19, 2019

***NO PROGRAM ON 3/27**

CODE	DAY	DATES	TIME
21101203-1A	W	2/27-4/24	5:00pm-5:45pm approximate

Buds & Bloomers Camp Days



Spring Break is just around the corner, what will you be doing? SRSNLC has a week full of fun activities planned, including a fieldtrip, community outings, games, crafts, and much more! **Please send a sack lunch everyday!** *The Waukegan Park District Procedure for Participant Behavior will be enforced. A signed behavior contract by parents and participants is required.*

Location: Douglas House | Fee: \$30R / \$35NR per day

BUDS AGES: 6-12 YEARS

CODE	DAY	DATE	TIME	REG. DEADLINE
21102205-1A	M	3/25	9:30am-4:00pm	3/10
21102205-1B	Tu	3/26	9:30am-4:00pm	3/11
21102205-1C	W	3/27	9:30am-4:00pm	3/12
21102205-1D	Th	3/28	9:30am-4:00pm	3/13
21102205-1E	F	3/29	9:30am-4:00pm	3/14

BLOOMERS AGES: 13-17 YEARS

CODE	DAY	DATE	TIME	REG. DEADLINE
21102304-1A	M	3/25	9:30am-4:00pm	3/10
21102304-1B	Tu	3/26	9:30am-4:00pm	3/11
21102304-1C	W	3/27	9:30am-4:00pm	3/12
21102304-1D	Th	3/28	9:30am-4:00pm	3/13
21102304-1E	F	3/29	9:30am-4:00pm	3/14



WAUKEGAN INCLUSIVE & FAMILY

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: Jack Benny Center
Age: 10 & Older
Fee: \$5R / \$8NR per family member
Reg. Deadline: April 30, 2019

CODE	DAY	DATES	TIME
21101402-1A	W	5/8-6/5	6:00pm-6:45pm



Staycation Overnight: Schaumburg Shenanigans

Join us for a little get away that is close to home! This trip is designed for anyone who is new to our overnight programs and would like to try them out and for those who are old pros! We will enjoy dinner and an improvisation comedy show in Schaumburg, spend a night in a hotel, and spend the next morning and afternoon see the sites! Get away and hang out with your friends from SRSNLC.

Note: please refer to Overnight Trip Policies on page 5 to determine eligibility.

Location: Schaumburg, IL
Age: 18 & older | **Fee:** \$110 | **Min:** 6 | **Reg. Deadline:** March 7, 2019
Drop off: Teen Center, Round Lake – Friday, April 12
Pick up: Teen Center, Round Lake – Saturday, April 13

CODE	DAY	DATES	TIME
21104314-1A	Fr & Sa	4/12-4/13	TBA



WAUKEGAN SPORTS-FITNESS-AQUATICS

Swim Lessons for Adults with Disabilities: Swordfish

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 Swim Smart 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 4 swimmers to one instructor. Swim times are offered between 9:00am until 1:00pm 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.

***NO PROGRAM 3/23**

Location: The Field House
Age: 15 & older
Fee: \$54R / \$64NR per session
Reg. Deadline: One week prior

CODE	DAY	DATES	TRANS. TIME
20402205-2A	Sa	1/12-2/16	contact 847-360-4763 for assigned time
20402205-2B	Sa	3/2-4/13*	contact 847-360-4763 for assigned time
20402205-2C	Sa	4/27-6/1	contact 847-360-4763 for assigned time.



WAUKEGAN SPORTS-FITNESS-AQUATICS

Time to Spare Bowling



Do you have some time to spare for a friendly frame or two? Bowling can help improve hand-eye coordination, strength, flexibility, and gross motor skills. Socialize while you wait for your turn. Fee includes two games of bowling and rental shoes. Bowlers will receive refreshments, snacks, and a prize on the last day of class.

Location: Brunswick Zone Fountain Square
Age: 13 & older
Fee: \$79R (\$113 w/transportation) / \$119NR per session
Reg. Deadline: February 12, 2019
NO PROGRAM ON 3/27



CODE	DAY	DATES	TIME
21101303-1A	W	2/20-5/1	4:45pm-6:00pm

Shake It Up



Did you stick with your New Year's resolution to lose weight? Let SRSNLC help! At the Field House Sports & Fitness Center there are plenty of ways to exercise. Come learn about the fitness equipment, using the walking track, or get an aerobic work-out.
***NO PROGRAM 3/28**

Location: The Field House
Age: 13 & Older
Fee: \$18R (\$46 w/transportation) / \$26NR
Reg. Deadline: February 20, 2019

CODE	DAY	DATES	TIME
21101304-1A	Th	2/28-4/11	5:15pm-6:15pm

Rhythm in Motion

The rhythm is gonna get you! Pound your way to health in this interactive fitness program. Drumming is the newest craze in fitness. Participants will drum to the rhythm while getting a total body work-out. Leave your seat and get with the beat!

NO TRANSPORTATION

Location: The Field House | **Age:** 13 & older | **Fee:** \$16R / \$24NR | **Reg. Deadline:** January 9, 2019

CODE	DAY	DATES	TIME
21101317-1A	Th	1/17-2/14	6:00pm-6:45pm

***Please note that if an athlete scratches after the Special Olympics scratch deadline date the penalty is \$50 per athlete. It will be the athlete's responsibility to pay the penalty.** Athletes may compete in multiple sports; however, they must commit to their team sport if they qualify for state in multiple sports. **In 2019, there may be a conflict at the regional tournaments for Track & Field and Soccer Teams.*Any athlete under the age of 18 must stay with a parent for any overnight Special Olympic Events. Please see overnight trip policies for eligibility to join us for overnight trips for those 18 years and older on page 5. Parents are responsible for paying for their own hotel fees.**

All-Star Swim Practices

Dive on in! Swimming is a low impact exercise that focuses on endurance and stamina. This is a trial session to see if we can get a swim team in 2020. **We will NOT be competing with Special Olympics this year. Participants must be able to swim 1/2 length of the Field House pool without assistance to join this program.**

Location: The Field House Aquatics Center
Age: 8 & Older
Fee: \$45R / \$68NR
Reg. Deadline: January 31, 2019

CODE	DAY	DATES	TIME
21101320-1A	Fr	2/8-3/15	5:00pm-6:00pm

All-Star Track & Field

Lace up those athletic shoes and meet us at the track. Athletes can choose from a variety of events in which to compete and will train for the District Meet. Gold Medal Winners from the Special Olympics Tournament in April will proceed to the Special Olympics Summer Games in June. A Medical Application for Special Olympics must be on file and current.

***NO PRACTICE ON 3/26**

Location: The Field House & Weiss Field
Age: 8 & Older
Fee: \$60R / \$90NR
Reg. Deadline: February 25, 2019

CODE	DAY	DATES	TIME
21101306-1A	Tu	3/5-4/30	5:00pm-6:00pm



WAUKEGAN SPORTS-FITNESS-AQUATICS

All-Star Soccer

Gooooal! Kick off the spring with this agility sport. SRSNLC will help you learn soccer skills or improve the ones you have. The Team program competes against local SRA's and at the **Special Olympics District Tournament on Saturday, May 4 and ITRS Tournament on Sunday, May 19.** We ask that any athlete registering for the team commit to at least attending the **Special Olympics Tournament.** The Skills program practices weekly but will NOT be competing in Special Olympics. Gold Medal winners from the team proceed to the Special Olympics Illinois Summer Games in June. **A Medical Application for Special Olympics must be on file and current.** Don't get a yellow card for missing this program.

TEAM: _____
Location: Round Lake Sports Center
Program Time: 6:00pm-7:00pm
Team Age: 15 & Older
Team Fee: \$67R / \$101NR
Reg. Deadline: February 4, 2019
***Meet at Round Lake Sports Center for all practices and games**

CODE	DAY	DATES	TIME
21101301-1A	W	3/13-5/15	6:00pm-7:00pm

SKILLS: _____
Location: Douglas House
Program Time: 6:00pm-7:30pm
Skills Age: 8 & Older
Skills Fee: \$23R / \$35NR
Reg. Deadline: March 30, 2019

CODE	DAY	DATES	TRANS. TIME
21101318-1A	M	4/8-4/29	5:00pm-6:00pm



All-Star Tennis

Serve your way into the summer, and join SRSNLC in a game or two. Whether you are a beginner or an old pro, this program will help you get ready to compete at the Special Olympics Tournament in July. **A Medical Application for Special Olympics must be on file and current.**

NO PROGRAM ON 5/27

Location: Douglas House / Upton Park
Age: 8 & Older | **Fee:** \$60R / \$90NR | **Reg. Deadline:** April 28, 2019

CODE	DAY	DATES	TIME
21101308-1A	M	5/6-7/1	4:30pm-5:30pm



Special Olympics Bowling Tournament

Show off your bowling skills at the Special Olympics Bowling Tournament in Addison. Lunches will be provided to athletes. **To register for this program, participants must have registered for Time to Spare Bowling in either Fall 2018 or Winter/Spring 2019. A Medical Application for Special Olympics must be on file and current; see pages 7 & 8.**

Location: Addison, IL
Age: 8 & Older
Fee: \$19R / \$29NR
Reg. Deadline: May 13, 2019 ****No exceptions****

CODE	DAY	DATE	TIME
21101310-1A	Sa	6/15	8:30am-3:30pm approximate



WAUKEGAN SUMMER DAY CAMPS

***All Camps require a \$20.00 non-refundable deposit with registration.**

Following registration you will receive more information regarding medication and other camp information. The Waukegan Park district Procedure for Participant Behavior will be enforced. Not all personal care needs can be met by the District.

Please see our summer brochure for dates and fees or contact Kari at 847-360-4763. Registration begins in April!

Half Day Happenings

Find out about camp in half the time. Each day will provide art, sports, and socialization. This camp is great for families looking to let their kids try-out camp to see if they are ready for full day. This camp is highly recommended for any children who have not done a full day of school yet.

***NO CAMP ON THURSDAY, JULY 4, 2019
NO TRANSPORTATION**

Location: TBA | Age: 5-10 Years | Fee: TBD | Min: 6



Campapalooza



Join in the camp that is nonstop fun! Get messy, enjoy learning, and get physically active at Campapalooza. Counselors offer guidance and fun activities in an environment that is always changing. Campers will explore Lake County and all it has to offer while building lasting friendships. Sign up for one 2-week session or all four. ***Campers must have completed a full day of school to enter this camp.**

***NO CAMP ON THURSDAY, JULY 4, 2019**

Location: Douglas House | Age: 6-12 years | Fee: TBD | Min: 6



TNT Camp

The fuse is lit! TNT Camp is for teens with a developmental disability. TNT will explode with days of summer fun! Don't miss out on a summer full of fieldtrips, fitness, swimming, games, crafts, learning about your community and more. Let us help your child develop social skills, self-esteem and enhance his or her physical abilities. Please send a sack lunch everyday.

***NO CAMP ON THURSDAY, JULY 4, 2019**

Location: Belvidere Recreation Center | Age: 13-17 years | Fee: TBD | Min: 6



ZION SPORTS AND FITNESS

Bowling

STRIKE up a great game of bowling with your friends from SRSNLC! Fee includes 2 games of bowling & shoes.

Location: Pinsters Bowl & Bar, Zion, IL

Age: 8 & Older

Fee: \$7R per day / \$11NR per day

\$28R per session / \$42NR per session

CODE	DAY	DATE	TIME
470401-1	Th	2/7-2/28	4:00pm-5:30pm
<i>Reg. Deadline: January 18, 2019</i>			
470401-2	Th	3/7-3/28	4:00pm-5:30pm
<i>Reg. Deadline: February 15, 2019</i>			

Open Gym

SRSNLC's Open Gym is a great opportunity to get a little exercise & hang with friends. Enjoy playing basketball, volleyball and working out in the Fitness Studio. Activities are loosely organized & individuals are able to pick the activity they would enjoy.

Location: Leisure Center | **Age:** 8 & Older | **Fee:** \$5R/\$8NR per session

CODE	DAY	DATE	TIME
470031-1	F	1/18	5:30pm-7:00pm
<i>Reg. Deadline: December 28, 2018</i>			
470031-2	F	2/8	5:30pm-7:00pm
<i>Reg. Deadline: January 18, 2019</i>			
470031-3	F	3/8	5:30pm-7:00pm
<i>Reg. Deadline: February 15, 2019</i>			
470031-4	F	4/12	5:30pm-7:00pm
<i>Reg. Deadline: March 22, 2019</i>			



ZION OUT-N-ABOUT

Lakefront Brewery, Inc.



We will be heading up to Lakefront Brewery in Milwaukee for a tour and tasting. The tour includes four, 6oz. samples, a souvenir pint glass to take home, as well as a beer coupon for a Lakefront pint anywhere else. We will have lunch at the brewery's restaurant. **(Transportation home is for residence of Zion, Winthrop Harbor & Beach Park only.)**

MUST BE 21 YEARS OLD TO REGISTER AND BRING A GOVERNMENT ISSUED PHOTO ID TO THIS PROGRAM.

Meet at: Shiloh Center, Lower Level

Age: 21 and older

Fee: \$35R/\$52NR

CODE	DAY	DATE	TIME
370211-1	Th	1/31	9:00am-4:00pm Approx.
<i>Reg. Deadline: January 4, 2019</i>			



Wildlife Discovery Center



The Wildlife Discovery Center (WDC) is a living natural history museum and one of the region's unique hidden gems. It is a place of learning and wonder, where people of all ages can explore the important concepts of wildlife conservation and environmental stewardship in an intimate setting. The learning journey brings visitors face-to-face with a variety of reptiles, amphibians, birds and mammals. There are also interpretive trails and nature-based programs for all to enjoy. Lunch is included. **(Transportation home is for residence of Zion, Winthrop Harbor & Beach Park only.)**

Meet at: Shiloh Center, Lower Level

Age: 13& Older

Fee: \$30R/\$45NR

Reg. Deadline: March 29, 2019

CODE	DAY	DATE	TIME
470481-1	Tu	4/23	9:00am-2:30pm



Denny's & Matinee



Hey, is anyone in the mood for a great breakfast at Denny's to get the day started and an awesome movie at Gurnee Cinema to end it? Come play hooky with your friends from SRSNLC! Pick-ups will be made at Northpointe Resources at 10am. **(Transportation home is for residence of Zion, Winthrop Harbor & Beach Park only.)**

Meet at: Shiloh Center, Lower Level

Age: 16 & Older

Fee: \$30R/\$45NR

CODE	DAY	DATE	TIME
471611-1	F	1/18	9:45am-3:00pm Approximate

Reg. Deadline: January 4, 2019

471611-2	F	2/22	9:45am-3:00pm Approximate
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Reg. Deadline: February 8, 2019

471611-3	F	3/15	9:45am-3:00pm Approximate
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Reg. Deadline: March 1, 2019

471611-4	F	4/26	9:45am-3:00pm Approximate
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Reg. Deadline: April 12, 2019



ZION FUN EATS

Diner's Club



Diner's Club is a great way to try out the different restaurants in the area! Come join us for a relaxing evening of wonderful food & great company with your friends at SRSNLC! **(Transportation home is for residence of Zion, Winthrop Harbor & Beach Park only.)**

1/16–Tacos el Norte, Gurnee, IL
4/17–Austin's Saloon & Eatery, Libertyville, IL

Meet at: Shiloh Center, Lower Level | **Age:** 13 & Older | **Fee:** \$25R per outing/\$38NR per outing

CODE	DAY	DATE	TIME
471041-1	W	1/16	5:00pm-8:00pm approx.
<i>Reg. Deadline: December 27, 2018</i>			
471041-2	W	4/17	5:00pm-8:00pm approx.
<i>Reg. Deadline: March 27, 2019</i>			



ZION IN HOUSE FUN

Social Club

Come join SRSNLC & show us what you got on the dance floor while a DJ plays your favorite songs! SRSNLC hosts a themed dance once a month. Fee includes door prize, snack & a lot of dancing!



Location: Shiloh Center, Lower Level
Age: 13 & Older
Fee: \$7R/\$11NR

CODE	DAY	DATE	TIME
470601-1	F	1/4	6:30pm-8:30pm
<i>Reg. Deadline: December 14, 2018</i>			
470601-2	F	2/1	6:30pm-8:30pm
<i>Reg. Deadline: January 11, 2019</i>			
470601-3	F	3/1	6:30pm-8:30pm
<i>Reg. Deadline: February 8, 2019</i>			
470601-4	F	4/5	6:30pm-8:30pm
<i>Reg. Deadline: March 15, 2019</i>			



Pizza & Movie

Come join us for a relaxing evening of watching a newly released movie & munching on pizza with friends in the comfort of the Shiloh Center, East Room.

Location: Shiloh Center, Lower Level
Age: 16 & Older
Fee: \$10R per evening/\$15NR per evening

CODE	DAY	DATE	TIME
471011-1	Sa	1/19	4:00pm-6:00pm
<i>Reg. Deadline: December 28, 2018</i>			
471011-2	Sa	2/9	4:00pm-6:00pm
<i>Reg. Deadline: January 18, 2019</i>			
471011-3	Sa	3/16	4:00pm-6:00pm
<i>Reg. Deadline: February 22, 2019</i>			
471011-4	Sa	4/20	4:00pm-6:00pmm
<i>Reg. Deadline: March 29, 2019</i>			



ZION SPECIAL EVENTS

Hoe Down



Put on your cowboy hats and spurs and head on down to SRSNLC's annual Hoe Down Dance. Spend the evening dancing, listening to music, and enjoying refreshments. It's sure to be a knee-slapping good time; don't miss out-register early! **(Transportation home is for residence of Zion, Winthrop Harbor & Beach Park only.)**

Note: Gym shoes are required; no cowboy boots please.

Location: Lippert Community Center
Event Time: 6:30pm-8:30pm | **Age:** 13 & Older | **Fee:** \$25R / \$38NR
Reg. Deadline: March 8, 2019

CODE	DAY	DATE	TRANS. TIME
471101-1	F	3/22	5:45pm-9:30pm approx.



ZION DAY CAMP

Sparkle Day Camp

Now is the time to start thinking and planning for Summer Day Camp. Sparkle Day Camp offers a full summer of activities for kids 7-21 years old. The caring staff will provide great opportunities for fun and adventure. Join us for one or more weeks of camp.

Location: Rooms 3 & 4, Leisure Center

Age: 7-21 Years

Min/Max: 6/16

Fee: \$115 per week

***7/1-7/3 \$69 per week**

NO CAMP 7/4 & 7/5

CODE	DAY	DATE	TIME
271171-1	M-F	6/17-6/21	8:00am-3:00pm
<i>Reg. Deadline: June 14, 2019</i>			
271171-2	M-F	6/24-6/28	8:00am-3:00pm
<i>Reg. Deadline: June 21, 2019</i>			
271171-3	M-W	*7/1-7/3	8:00am-3:00pm
<i>Reg. Deadline: June 28, 2019</i>			
271171-4	M-F	7/8-7/12	8:00am-3:00pm
<i>Reg. Deadline: July 5, 2019</i>			
271171-5	M-F	7/15-7/19	8:00am-3:00pm
<i>Reg. Deadline: July 12, 2019</i>			
271171-6	M-F	7/22-7/26	8:00am-3:00pm
<i>Reg. Deadline: July 19, 2019</i>			

Sparkle Day Camp – After

Need accommodations for after camp ends at 3:00pm? Sign up for Sparkle After Camp.

Location: Rooms 3 & 4, Leisure Center

Age: 7-21 Years

Min/Max: 6/16

Fee: \$47 per week

***7/1-7/3 \$23 per week**

NO CAMP 7/4 & 7/5

CODE	DAY	DATE	TIME
271191-1	M-F	6/17-6/21	3:00pm-5:00pm
<i>Reg. Deadline: June 14, 2019</i>			
271191-2	M-F	6/24-6/28	3:00pm-5:00pm
<i>Reg. Deadline: June 21, 2019</i>			
271191-3	M-F	*7/1-7/3	3:00pm-5:00pm
<i>Reg. Deadline: June 28, 2019</i>			
271191-4	M-F	7/8-7/12	3:00pm-5:00pm
<i>Reg. Deadline: July 5, 2019</i>			
271191-5	M-F	7/15-7/19	3:00pm-5:00pm
<i>Reg. Deadline: July 12, 2019</i>			
271191-6	M-F	7/22-7/26	3:00pm-5:00pm
<i>Reg. Deadline: July 19, 2019</i>			



Round Lake Area *Park District*

Close to Home, Close to Fun!

KICK OFF YOUR
RUNNING SEASON
WITH US!



FOR THE SERIOUS AND
NOT-SO-SERIOUS RUNNER...



SUNDAY, FEB 24

10:00 AM
REGISTRATION &
RACE CHECK-IN

11:00 AM
5K RACE START
CODE: 10253



READY TO
GO?

We will be kicking off
GO ROUND LAKE AREA at
our 2019 Frosty Footrace 5K!



Something exciting is coming! Stay tuned.

Here's a Reason
For Freezin'!
Become a Pledge Plunger
Register with a Minimum of
\$50 by December 15 to Receive
a Limited-Edition
Hooded Sweatshirt
Program #10101402-1B



20th Annual

Polar Bear



Proceeds Benefit

Special
Recreation
Services of
Northern
Lake
County

PLUNGE

Receive an Event Shirt

January 1, 2019 • 10am-11am

\$20 Day of Event Registration Starts at 9am

IMPORTANT:
Aqua shoes or
other fitted
footwear
required

Waukegan Beach
201 Seahorse Drive • Waukegan, IL



Pre-register for \$15 at
Belvidere Recreation Center, Field House, Jack Benny Center
or online at www.waukeganparks.org
Ends December 28 at 4pm • Program #10101402-1A

Call 847-360-4760 for more information
#WPBP



Special Recreation Services of Northern Lake County

Lindenhurst Park District

Thomas J. Lippert Community Center
2200 E. Grass Lake Road
Lindenhurst, IL 60046
847-356-6011
847-356-6063 Fax

Round Lake Area Park District

Community Center
814 Hart Road
Round Lake, IL 60073
847-546-8558
847-740-8180 Fax

Waukegan Park District

Upton Park/Douglas House
1324 Golf Road
Waukegan, IL 60087
847-360-4760
847-662-2577 Fax

Zion Park District

Leisure Center
2400 Dowie Memorial Drive
Zion, IL 60099
847-746-5500
847-746-5506 Fax

SRSNLC



JOIN THE DRIVE TO FIGHT CHILDHOOD OBESITY

Childhood obesity has reached epidemic proportions.

Illinois park districts, forest preserves, conservation, recreation and special recreation agencies are coming together to ensure a healthy, happy and safe future for kids. The Park District Youth License Plate makes it possible for agencies to offer programs that teach children lifelong health, fitness and nutritional choices.

Toll Free: **1-877-783-KIDS** - www.4KIDSplate.com

IAPD
Illinois Association of Park Districts