

SEASPAR

Special parks & recreation

CELEBRATING

YEARS



FALL
2011



4500 Belmont Road, Downers Grove, IL 60515

www.seaspar.org

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Mission Statement and Vision Statement

The mission of SEASPAR is to provide recreation programs and services for residents with disabilities. Our vision is to enhance the quality of life for all SEASPAR residents with disabilities by providing excellence in recreation through programs and services.

Office Hours: Monday through Friday
8:30 a.m. – 4:30 p.m.
Recorded Message After Hours
Office Closed: September 5
November 24 – 27
December 23, 26, 30
January 2

Association Members and Representatives

Lisle Park District

Dan Garvy (President)
1825 Short Street, Lisle 60532

Woodridge Park District

Mike Adams (Vice President)
2600 Center Drive, Woodridge 60517

Village of Indian Head Park

TBA
201 Acacia Drive, Indian Head Park 60525

Darien Park District

Stephanie Gurgone (Treasurer)
7301 Fairview Avenue, Darien 60561

Village of Brookfield

Rick Ginex
8820 Brookfield Avenue, Brookfield 60513

Clarendon Hills Park District

Steven Thomas
315 Chicago Avenue, Clarendon Hills 60514

Downers Grove Park District

Mark Roman
2455 Warrenville Road, Downers Grove 60515

Park District of LaGrange

Dean Bissias
536 East Avenue, LaGrange 60525

Community Park District of LaGrange Park

Roy Cripe
1501 Barnsdale Road, LaGrange Park 60526

Village of Western Springs

Raymond Jasica
1500 Walker Street, Western Springs 60558

Westmont Park District

Ron Gunter
75 East Richmond, Westmont 60559

From the Desk of the Executive Director

SEASPAR is continuing the celebration of its 35th Anniversary throughout the year. It has been fun to look back and remember all the people, organizations, and events that have shaped the first 35 years. On behalf of everyone at SEASPAR, thank you for encouraging and enabling it to grow and provide the services that are now available. Those who founded the organization 35 years ago had a vision, however most would agree that they could not have imagined all that has transpired during this time.

William F. (Bud) Sherman, Jr., who was the President of the SEASPAR Board for the first 16 years, recently sent a letter sharing details about the formation of the agency. He concluded his message by saying, "SEASPAR has come a long way in the last 35 years. I am extremely proud of how well it has met the original hopes and dreams about the services it would provide. Best wishes for the continued growth of SEASPAR in the future." I echo Bud's comments and would add that I have great expectations for what is yet to come.

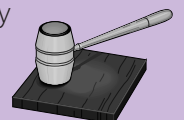
If you use Facebook, be sure to click "like" for SEASPAR. With more of you using social networking options, additional information will be communicated in that format. Let us know that you're out there!

All the best,

Don't miss the Holiday Spectacular on Monday, December 5, at the Theatre of Western Springs. This special event is a showcase of the amazing abilities of SEASPAR's participants. See page 33 for details. The public is encouraged to attend.

Board Meetings

The SEASPAR Board meets the third Tuesday of every month at SEASPAR at 3:30 p.m. For information, call 1-630-960-7600. The public is welcome.



Susan B. Friend, CPRP Executive Director

ADA, Association Operations, Board, Funding
M.S. Management, National Louis University, B.S. Recreation Administration, Eastern Illinois University. Certification: Executive Development Program, Indiana University; Basic & Pediatric First Aid & CPR/AED, Defensive Driving Course - IV

Catherine A. Morava, CPRP Superintendent of Recreation

Full-time Staff Supervision, Brochure, Ongoing Program Supervision, Risk Management
B.S. Therapeutic Recreation, University of Wisconsin-LaCrosse Minor in Psychology. Certification: Executive Development Program, Indiana University; Professional Development School, IPRA; Basic & Pediatric First Aid & CPR/AED; Crisis Intervention; Defensive Driving Course - IV

Matthew R. Corso, CPRP Superintendent of Program Development & Public Information

Full-time Staff Supervision, Program Development, Public Awareness, SASSED Cooperative Program, Scholarships, Website
B.S. Special Education, Northern Illinois University. Instructor – Medic First Aid & CPR/AED, Basic & Pediatric; Defensive Driving Course - IV
Certification: Special Olympics Coaching Basketball, Bocce, Bowling, Golf, Floor Hockey, Track and Field, Therapy Dog Owner, Professional Development School

Anne Cosentino, CTRS, CPRP Coordinator

Part-time Staff, Volunteers, Intern Supervision, Vehicles
B.S. Therapeutic Recreation, University of Iowa. Instructor – Crisis Intervention, Crisis Prevention Institute
Certification: Basic & Pediatric First Aid & CPR/AED; Defensive Driving Course - IV

Brian Houzenga, CTRS Coordinator

Inclusive Programs, Leisure Education, Teen & Adult New Participant Liaison, Weekly Programs, Participant Referrals
B.S. Therapeutic Recreation, University of Iowa. Certification: Basic & Pediatric First Aid & CPR/AED; Crisis Intervention; Defensive Driving Course - IV

Laura Christensen, CTRS Coordinator

EAGLES Program
B.S. Therapeutic Recreation, Southern Illinois University. Minor in Outdoor Recreation and Psychology. Certification: Basic & Pediatric First Aid & CPR/AED; Crisis Intervention; Defensive Driving Course - IV

Lisa Rasin, Fund Development Coordinator

Seeks donations, sponsorships, and in-kind services from local, state, and national businesses and organizations.

Greg Pavesich, CPRP Recreation Specialist

Adapted Sports, Drop In Center, Low Incidence Programs, Nursing Home Outreach, Youth-at-Risk
B.S. in Rhetoric and Communications, Drake University. Certification: Basic & Pediatric First Aid & CPR/AED; Crisis Intervention; Defensive Driving Course - IV, Lifeguard



Kimberly A. Huggins, Recreation Specialist

Camping & Travel, Social Clubs, Teen & Adult Special Events, Vehicle & Facility Scheduling
B.S. Recreation Administration with an emphasis in Therapeutic Recreation, Aurora University
Certification: Basic & Pediatric First Aid & CPR/AED; Crisis Intervention; Defensive Driving Course - IV; Special Olympics Coaching Bowling and Track and Field

Rachel Hane, CTRS Recreation Specialist

Adolescent Programs, Children's Programs & Special Events, Day Camp
B.S. Recreation and Park Administration with an emphasis in Therapeutic Recreation, Minor in Psychology, Illinois State University
Certification: Autism Movement Therapy; Basic & Pediatric First Aid & CPR/AED; Crisis Intervention

Aaron Hirthe, Recreation Specialist

Aquatics, Cooperative Day Camp, Special Olympics Athletic Director, Sports & Team Programs
B.A. Anthropology, University of Wisconsin-Madison
Certification: CPR/First Aid/AED; Crisis Intervention; Lifeguarding, Special Olympics Coaching Aquatics, Athletics, Powerlifting

Carol Koczek, Administrative Coordinator

Accounting, Computer System, Payroll, Registration

Georgia Weber, Administrative Secretary

Assistant to Susan Friend, Greg Pavesich, Kim Huggins, Rachel Hane, Aaron Hirthe; Fundraising, Recording Secretary to the Board, Guest Reception

Ann Franczyk, Administrative Assistant

Assistant to Cathy Morava, Matt Corso, Anne Cosentino, Brian Houzenga; Human Resources, Payroll, Guest Reception

Cari Podolak, Registrar

Registration, Program Information, Guest Reception

What are CPRP and CTRS?

CPRP stands for Certified Park and Recreation Professional and CTRS stands for Certified Therapeutic Recreation Specialist. This status is given to leisure service professionals who can demonstrate through education, experience, and current practice that they meet and exhibit certain pre-determined qualifications established by the National Recreation and Park Association Certification Board and the National Council for Therapeutic Recreation Certification. These professionals have earned a Bachelor's or higher degree from an NRPA accredited program, have passed a certified examination, and maintain sanctioned educational units bi-annually.



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**REGISTRATION
DEADLINE:**

**Monday,
August 15
4:30 p.m.**

**See
page 38
for details.**

Staff Appreciation

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— 2011 Staff Awards —

At the Believe & Achieve Banquet on May 12, support staff were recognized for their longevity at SEASPAR with special gifts. In addition, the following awards were presented to exceptional staff for their outstanding dedication to programs and participants.

Super Star – Sharon Wierema of Lyons has worked for SEASPAR since May 2003. She has worked many programs such as Summer Day Camp, Social Club, Spring Breakers, and Swim Lessons, just to name a few. She is an extremely hard worker and doesn't back down from difficult situations. She is dependable and a valuable member of the SEASPAR team. Sharon is patient, a good communicator, reliable, and versatile. One quote from a parent about Sharon stated, "When our son began swim lessons with SEASPAR approximately one year ago, he was very afraid of the water. Since his second day of swim lessons, he has been paired with Sharon and I'm very happy with his improvements. Our family is extremely lucky to have Sharon in our lives. My son always looks forward to seeing Sharon."

Leading Light – Liz Grillos of Wheaton has been with SEASPAR for a year and a half. She has dedicated her life to working with people with disabilities and SEASPAR is lucky to have her on our team. She has worked Day Away Tour, various special events, Alley Cats, Fast Food Fantasy, Social Club, and Dancin' the Night Away. She is always willing to go the extra mile to make sure the participants are comfortable. She is a delightful individual who simply loves to share her time and talents with the participants. She isn't afraid to step into a difficult situation and always has a positive outlook. Liz asks well-thought out questions to ensure the safety and well-being of everyone and she always comes to work with a smile on her face.



2011 Award Winners (from left)

Leading Light Award – Liz Grillos, Super Star Award – Sharon Wierema, and Virtuous Volunteer – Don Egan

Virtuous Volunteer – Don Egan of Westmont began volunteering in November 1998. He has coached numerous Special Olympics sports, such as Softball, Swimming, Volleyball, and Basketball. He has also worked many special events. Don has demonstrated unflinching dedication to SEASPAR programs and the participants for almost 13 years. He is easy-going, displays patience, and is honest. He is a great representative of SEASPAR and truly follows the Special Olympics Oath when he coaches – *Let me win, but if I cannot win, let me be brave in the attempt.*

**SEASPAR congratulates
all of the award recipients.**

Farewell to Lisa White

After 10 years of dedicated service, Lisa White's last day at SEASPAR was on May 6. Lisa completed her internship with the University of Iowa at SEASPAR and was immediately hired full-time. Her initial responsibilities included coordinating children programs and then she moved over to coordinating Special Olympics and portions of day camp. Her enthusiasm for helping participants enjoy their leisure time is second to none and she will be greatly missed. Lisa accepted the position of Recreation Supervisor at the Sycamore Park District. She will oversee a variety of recreation programs as well as the outdoor pool during the summer. SEASPAR wishes her the best of luck and will miss her enthusiasm, personality, hard work, and positive outlook.



SEASPAR wishes to thank the following individuals, families, businesses, and community organizations for their generous donations made from March through June 2011.

Donations

Advocate Cares Community Giving Campaign
Allstate Giving Campaign
Anonymous
BankFinancial
Janet Barr
Bronswood Greenhouse
Darien Rotary Club
Downers Grove Community Bank
DuPage Community Foundation
Sean Durkin
Liz Grillos
Holy Cow Sports
Diane Johnson
The Judges' Night Band
Kiwanis Club of Lombard
Knights of Columbus, St. Isidore's Council #7522
Ray & Sharon Osowski
Stephen Perlini
Rotary Club of Woodridge
Jennie Roubal
Scarletti's Restaurant
Mary Smith
The Tivoli Theatre
Laverne Wolf

Walk And Roll-A-Thon

Edward & Susan Ahrens
Kevin & Terri Ahrens
Edward & Nancy Bifulco
Bozena Day Spa, Inc.
Thomas Cahill
Michael & Kimberlee Callahan
Carolyn Catalano
Celebrity Sandwiches
Amanda Cerney
Joanne & Elisabeth Chmela
Nancy Chmielewski
John & Jessica Cinelli
Vincent & Christine Cione
Mark & Susan Clark
Amy Columbus
Nancy Curtis
Gregory & Ofra Dose
Daniel & Susan Dziedzic
Thomas Extrom
Laura Faucher
Larry & Ann Franczyk
Lindsay Franks
Robert & Susan Friend
Douglas & Patricia Gray
Mark & Elisabeth Grzywa
Michael & Frances Grzywa

Theodore & Mary Grzywa
Tony & Mary Hamaoui
Timothy & Celeste Hoffman
Claudia Huston
Irene Jannotta
Edward & Agnes Jaworski
Gloria Jellissen
Irene Johnson
Stratis & Nadine Bahaveolos Jr.
JF & PH Kalbfleisch
C. Jeffrey & Mathur Kalil
Daniel & Dorothy Korzon
C. Krause
Christopher LaRose
James & Mary Larsen
Cynthia Laughlin
Michael & Elizabeth Layden
Michael Leppen
Jerome Lieb
Kevin & Sheree Lilek
Sharon Lilek
MG Computer
Robert & Beth Mayo
Michael McAdams
James & Margaret McMillin
Scott & Karen Migaldi

Gary Naberhaus
Matt & Rachel Neustadt
Martha Neville
Pamela Oplawski
Michael Pacheco
Stephen & Janet Pleimling
Adam & Carrie Ponitz
Linda Preston
Gary & Barbara Rabinak
Adam Rossier
Selma Rudnick
Hadley Stephens Rue
Justin & Charlotte Rue
Marilyn Sanderson
Robert & Linda Scoppettuolo
John & Suzanne Seelander
Peter & Anne Shannon
Peter & Shannon Shannon
Harvey Shreder
Lance & Carrie Snider
Jeffrey & Janet Sorensen
Charles & Ruthann Vihon
Robert & Patricia Von Laven
Kathryn Wagner
Lori Wetzel
Alison Wimmer

Honors & Memorials

In Honor of Larry Franczyk
Carolyn Jones

In Memory of Leroy Brockman
Kevin & Deborah Cook

In Memory of Suzanne Meissner
Steven Smith

SEASPAR Honors 35 Years of Service at its "Believe & Achieve" Banquet

More than 300 people were in attendance at SEASPAR's second "Believe and Achieve" Banquet, held on May 12 at Ashton Place in Willowbrook. SEASPAR paid tribute to its program participants and community partners, as well as volunteers and staff at the event. Those in attendance enjoyed a wonderful evening of camaraderie, great food, and recognition of participation and achievement.



The 2011 Achievement Award was presented to Jason Grudem.



Nathan Church (left) was the winner of the coveted Athlete of the Year award. Coach Pat Mukushina joins Nathan as he accepts his award.

Welcome Grayson!

Grayson Cole Cosentino was born April 20, 2011 to Coordinator Anne Cosentino and husband Michael. Grayson joins big sister Avery, who is 2-1/2 years old. Although about a week and half early, Grayson was 8 lbs. 2 oz. and 21 inches long. Anne, Michael, and Avery are elated to welcome him into the family!



Programs for Everyone

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Swimming



SEASPAR offers a wide variety of classes for ages three through 21 that teach swimming skills, coordination, and water safety, while building participants' confidence in the water. Due to the varying setup of classes on different days, you may need to be flexible as to which class is most appropriate for your child. Swimmers are placed in small groups and instructors are assigned according to ability level and the swimmer's needs.

Code	Place	Day	# Weeks	Dates	Time	Fee
2-001-01-1	The McDonald's Lodge	Monday	12	9/19 – 12/5	4:30 – 5:00 p.m.	\$165
2-001-01-2	The McDonald's Lodge	Monday	12	9/19 – 12/5	5:00 – 5:30 p.m.	\$165
2-001-01-3	The McDonald's Lodge	Monday	12	9/19 – 12/5	5:30 – 6:00 p.m.	\$165
2-001-01-4	The McDonald's Lodge	Monday	12	9/19 – 12/5	6:00 – 6:30 p.m.	\$165
2-001-01-5	The McDonald's Lodge	Tuesday	12	9/20 – 12/6	5:00 – 5:30 p.m.	\$165
2-001-01-6	The McDonald's Lodge	Tuesday	12	9/20 – 12/6	5:30 – 6:00 p.m.	\$165
2-001-01-7	The McDonald's Lodge	Tuesday	12	9/20 – 12/6	6:00 – 6:30 p.m.	\$165
2-001-01-8	The McDonald's Lodge	Tuesday	12	9/20 – 12/6	6:30 – 7:00 p.m.	\$165
2-001-01-9	Doubletree Hotel	Wednesday	12	9/21 – 12/7	5:30 – 6:00 p.m.	\$165
2-001-01-10	Doubletree Hotel	Wednesday	12	9/21 – 12/7	6:00 – 6:30 p.m.	\$165
2-001-01-11	Doubletree Hotel	Wednesday	12	9/21 – 12/7	6:30 – 7:00 p.m.	\$165

Hyatt Lodge at McDonald's Campus – 2815 Jorie Boulevard, Oak Brook
 Doubletree Hotel – 2111 Butterfield Road, Downers Grove

Horseback Riding Lessons

If you are new to the saddle, or have been horseback riding before, this program is for you. Riders develop balance and rhythm as they feel the movement of the horse. Riders of all levels of experience embrace the ageless goal of lightness and harmony with one's equine partner. Instruction is individualized to the specific needs of each participant. Participants must be ambulatory and able to sit on a horse without a riding partner. **Note:** A waiver is sent with the program confirmation and must be returned to SEASPAR by Monday, September 12.

Double J Riding Club

10545 West 74th Street, Countryside

Code 2-070-04
 Dates Tuesdays, September 20 – October 25
 Time 4:30 – 5:15 p.m.
 # Weeks 6
 Fee \$200

Code 2-070-05
 Date Tuesdays, November 1 – December 6
 Time 4:30 – 5:15 p.m.
 # Weeks 6
 Fee \$200

Hanson Center

15W431 59th Street, Burr Ridge

Dates Wednesdays, September 21,
 October 5, 19, November 9
 Fee \$100

Code 2-070-01
 Time 5:00 – 5:30 p.m.

Code 2-070-02
 Time 5:30 – 6:00 p.m.

Code 2-070-03
 Time 6:00 – 6:30 p.m.

ADA Statement

SEASPAR is committed to accessibility for all individuals with disabilities and strives to comply with the 1990 Americans with Disabilities Act by providing reasonable accommodation for all individuals. Please advise SEASPAR of any special assistance or accommodation required to participate in programs. This brochure is available in an alternate format upon request. Individuals who have an accommodation concern should contact Susan Friend.

Scuba Diving

We team up with DIVEHEART to offer an exciting and safe opportunity to learn how to scuba dive. Certified and trained instructors, along with friendly staff and volunteers, assist you in becoming comfortable while teaching you about scuba diving. **Note:** A waiver is sent with the program confirmation and must be returned to SEASPAR by Monday, September 12.

Code 2-031-01-1
 Ages 10 years and older
 Dates Tuesdays, September 27, October 11, 25,
 November 8, 22, December 6
 Time 6:00 – 7:30 p.m.
 Place Doubletree Hotel
 2111 Butterfield Road, Downers Grove
 Fee \$98



Ice Skating

This cooperative program provides individuals the opportunity to learn to skate or improve skating skills. Instructors and student teachers work cooperatively with SEASPAR staff to provide lessons which focus on skill development, coordination, muscle strengthening, increasing endurance, and fun! **Note:** Beginner lessons are for participants who have no, or very little skating experience. Intermediate lessons are for those who have participated in two consecutive sessions or more.

Darien Sportsplex, 451 Plainfield Road

Code 2-008-01-2
 Dates Mondays, September 19 – December 5
 Time 5:50 – 6:30 p.m.
 # Weeks 12
 Fee \$165

Seven Bridges Ice Arena, 6690 South Route 53, Woodridge

Dates Saturdays, September 24 – December 10
 (No program November 5 and 26)
 # Weeks 10
 Fee \$140

Code 2-008-01-1 – Intermediate
 Time 9:30 – 10:00 a.m.

Code 2-008-01-3 – Beginner
 Time 10:20 – 10:50 a.m.

MUSIC LESSONS

Research demonstrates that studying music makes you smarter! Potential Albert Einsteins, ages eight and older, can choose between piano, keyboard, guitar, or voice lessons. Bring a spiral notebook, a pencil, and any music books you have used in the past. Participants should indicate their lesson time on the registration form. You may even showcase your talent at a music recital.

Piano and keyboard lessons are adapted for your learning style. Improve your hand-eye coordination, listening skills, attention span, and have fun in the process. As you practice music you like, you develop an appreciation for the beauty of this creative art.

Are you interested in learning how to sing? You can become the king of the karaoke hill or use your newly-acquired skills singing in the shower.

If you love the sound of drums and have a bit of rhythm, then this class is for you! You learn stick techniques needed to play rhythms. You may become an expert and perform your very own drum solo. Each student must have drum sticks and a practice pad.

Piano/Drums (Instructor Kevin Wood)

Code 2-006-01-1
 Dates Tuesdays, September 20 – January 10
 Time 6:00 – 9:00 p.m.
 Place Darien Sportsplex, 451 Plainfield Road
 # Weeks 17
 Fee \$263

Piano (Instructor Debora Judycki)

Code 2-006-01-3
 Dates Wednesdays, September 21 – January 11
 Time 4:00 – 8:30 p.m.
 Place SEASPAR
 # Weeks 17
 Fee \$263

Keyboard/Voice (Instructor Nancy Urban)

Code 2-006-01-2
 Dates Thursdays, September 22 – January 12
 (No program November 24)
 Time 6:00 – 9:00 p.m.
 Place Darien Sportsplex, 451 Plainfield Road
 # Weeks 16
 Fee \$248

Lessons are one half hour each.

Programs for Children (Ages 5 – 10)

9

Aspire to Move

Join friends at Aspire for a rockin' good time. Bring your dancing shoes, as we play simple instruments along with basic movements. Music and movement activities improve behavioral, emotional, academic, social, speech, and language skills. Explore your creativity with this musical experience.

Note: A registration form is required for each sibling. Siblings with disabilities register at the regular rate. Siblings without disabilities register at the reduced rate.

Code 2-057-01-1
Ages 3 – 5 years old
Dates Mondays, September 19 – October 31
(No program October 10)
Time 4:00 – 4:45 p.m.
Place Aspire Children's Services
1815 South Wolf Road, Hillside
Weeks 6
Fee \$20

Sibling

Code 2-057-01-2
Fee \$10

Right Fit for Kids

Test your fitness skills while playing to stay fit. This program provides fitness, social interaction, and the opportunity to explore sport and movement through activities such as basketball, obstacle courses, tug-of-war, and more. This is a great opportunity to stay fit, build strength, learn body control, and increase flexibility. **Note:** A waiver is sent with the program confirmation and must be returned by Monday, September 12.

Code 2-058-01-1
Date Tuesdays, September 20 – December 6
Time 5:00 – 6:00 p.m.
Place Right Fit
7101 South Adams Street, Willowbrook
Weeks 12
Fee \$35

Music All Around

Music All Around is a music therapy group lead by a board certified music therapist. This program is structured to facilitate peer socialization, following simple or multi-step directions, increase attention to task, and achieve academic goals. Participants use their bodies and instruments to make music and dance with props like the parachute, stretchy bands, and ribbon sticks.

Code 2-055-01-1
Dates Tuesdays, September 20 – November 29
Time 5:00 – 5:45 p.m.
Place Westmont Community Center
75 East Richmond Avenue
Weeks 11
Fee \$80

Rainbow Therapy Dogs

Spend time with man's best friend! Participants are given the opportunity to work and play with Rainbow Therapy Dogs using simple obedience commands. The unconditional love from these tail-wagging friends encourages children to share, give praise, and express themselves while increasing their self-esteem.

Code 2-056-01-1
Dates Tuesdays, September 27, October 11, 25,
November 8, 22, December 6
Time 7:00 – 8:00 p.m.
Place Darien Community Center
7301 Fairview Avenue
Weeks 6
Fee \$40



Loss or Theft

Label all items brought to programs with the participant's name. Any electronic communication device or adaptive equipment must be checked in with a staff member upon arrival at the program. Participants are encouraged not to bring items of value. SEASPAR is not responsible for theft or loss of personal belongings.

Yoga for Kids

Move, bend, and breathe in this guided yoga experience with certified yoga practitioner, Sonia Sumar. With regular practice, yoga as an adjunct to traditional therapies significantly enhances the participant's physical, mental, and emotional development in a safe and gentle manner. Participants learn skills to calm themselves, quiet their minds, and honor their abilities in a fun and peaceful environment. Mats are provided. Please bring a water bottle and wear comfortable clothing.

Code 2-054-01-1
Dates Wednesdays, September 21 – October 26
Time 4:00 – 5:00 p.m.
SEASPAR 3:30 – 5:30 p.m.
Place Universal Spirit Yoga
408 West 5th Avenue, Naperville
Weeks 6
Fee \$85

Please Check In

When arriving at and departing from programs, parents are asked to check in with staff before leaving or taking their child. **Note:** SEASPAR staff are not responsible for supervision of participants prior to the start of the program.

FUN-damentals of Gym

This action-packed program helps prepare participants for gym class by starting with the basics. Participants are coached through learning proper techniques such as throwing, catching, and kicking. Wear gym shoes and athletic apparel, and bring a water bottle.

Code 2-058-01-1
 Dates Wednesdays
 September 21 – October 12
 Time 5:00 – 5:45 p.m.
 Place Park District of LaGrange
 536 East Avenue
 # Weeks 4
 Fee \$20

Sports Academy

This program is designed to help you learn the fundamentals of sports such as throwing, catching, and running, and teaches sport specific rules. Come out for fitness, coaching, and more! Wear gym shoes and athletic apparel, and bring a water bottle. **Note:** A registration is required for each sibling. Siblings with disabilities register at the regular rate. Siblings without disabilities register at the reduced rate.

Code 2-065-01-1
 Dates Wednesdays
 October 19 – December 7
 Times 5:00 – 5:45 p.m.
 Place Park District of LaGrange
 536 East Avenue
 # Weeks 8
 Fee \$25

Siblings

Code 2-065-01-2
 Fee \$10

Beginner Gymnastics

This high-energy class is geared toward the beginner gymnast. Each participant works on gross motor skills, strength, coordination, and flexibility. Apparatus work is incorporated into this non-competitive program. Gymnasts are evaluated at the end of the season to determine if they are ready for a more competitive Special Olympics program. Participants must be able to follow directions and wait in line for instruction. **Note:** A waiver is sent with the program confirmation and must be returned by Monday, September 12.

Code 2-053-01-1
 Dates Thursdays
 September 22 – December 8
 (No program November 24)
 Time 6:00 – 6:45 p.m.
 Place IGI Gymnastics
 145 Plaza Drive, Westmont
 # Weeks 11
 Fee \$80



Kids Club

Kids only! Join SEASPAR for a club designed just for kids. This group travels throughout the community trying new activities, having good times, making new friends, and developing social skills. For an extended afternoon, sign up for Magiquest. SEASPAR provides transportation to Suburbanite Bowl for Incredi-BOWLS on days the program meets.

Code 2-067-01-1
 Day Saturdays
 Denning 9:00 a.m. – 12:30 p.m.
 SEASPAR 9:30 a.m. – 12:00 p.m.
 Fee \$130

Date	Activity
October 1	Willowbrook Wildlife Haven, Glen Ellyn
October 15	FireZone, Schaumburg
October 29	Halloween Party, SEASPAR
November 12	Swimming at the Lodge, Oak Brook
December 3	Right Fit, Willowbrook

Incredi-BOWLS

Enjoy a leisurely game of bowling with your friends. This non-competitive program focuses on the importance of sportsmanship, socialization, and fun along with basic instruction. Scores are recorded to help participants track their progress and are used as a basis for participants signing up for Special Olympics Bowling. Participants are grouped according to age and ability, and bumpers are available, if needed. **Note:** Parents and caregivers are responsible for bringing participants into the bowling alley and checking in with staff.

Code 2-062-01-1
 Dates Saturdays
 September 24 – December 10
 (No program November 26)
 Time 12:15 – 1:15 p.m.
 Place Suburbanite Bowl
 201 Ogden Avenue, Westmont
 # Weeks 11
 Fee \$120



For More Information ...

about programs and special events
 for children, please contact
 Rachel Hane at 1-630-960-7600
 or rhane@seaspar.org.

Special Events for Children (Ages 5 – 10)

11

Cultural Arts Experience

Enjoy a hands-on experience with dance, art, music and theater all in one afternoon... and make new friends from special recreation associations across the Chicagoland area! After a fun-filled afternoon we have dinner at Portillo's.

Code 2-202-01-1
Date Sunday, September 11
Denning 2:00 – 7:30 p.m.
SEASPAR 2:30 – 7:00 p.m.
Place Wheaton Park District
Community Center
1777 South Blanchard Road
Fee \$25



Siegel's Cottonwood Farm

Spend a day at Siegel's Cottonwood Farm. Climb Fort Cottonwood, walk through a straw maze, visit the petting zoo, and enjoy a hayride through a field of pumpkins. Participants select a pumpkin to decorate at SEASPAR. Lunch is included.

Code 2-219-01-1
Date Saturday, October 22
Denning 9:00 a.m. – 2:00 p.m.
SEASPAR 9:30 a.m. – 1:30 p.m.
Place Siegel's Cottonwood Farm
17250 Weber Road, Crest Hill
Fee \$50

Apple Picking

"An apple a day keeps the doctor away." Don't miss this fall fun, as we tour the apple orchard, enjoy an apple snack, and pick apples to bring home!

Code 2-203-01-1
Date Saturday, September 24
Denning 1:45 – 5:30 p.m.
SEASPAR 2:15 – 5:00 p.m.
Place Apples on Oak
16146 Oak Avenue, Lockport
Fee \$30

Aladdin

Discover a whole new world as we fly into the story of Aladdin, a young orphan who lived long ago in the streets of an Arabian city. He falls in love with Jasmine, the princess, but she can only marry a prince. One day, Aladdin discovers a magic lamp which makes all of his wishes come true. Join SEASPAR to see how the rest of his story is revealed in Christian Youth Theater's musical production.

Code 2-215-01-1
Date Saturday, October 15
Show Time 6:00 p.m.
Denning 4:30 – 8:30 p.m.
SEASPAR 5:00 – 8:00 p.m.
Place Timothy Christian School
188 West Butterfield Road
Elmhurst
Fee \$30

MagiQuest

"Accio Lumos," let your wand shine with SEASPAR. Summoning all magicians, grab your cloak and broomstick and write your own tale of adventure and wonder at MagiQuest. If you are brave enough, you can join SEASPAR on this grand fantasy. This event follows Kids Club.

Code 2-225-01-1
Date Saturday, November 12
SEASPAR 12:00 p.m. – 3:00 p.m.
Denning 12:30 p.m. – 3:30 p.m.
Place MagiQuest
Yorktown Center, Lombard
Fee \$30

Participants should be willing to voluntarily participate in the scheduled activities. SEASPAR staff encourage and aid, but do not force participation.

Boardmaker

If a participant uses a picture schedule program such as Boardmaker, please contact SEASPAR.

Annual Information Forms / AIFs

SEASPAR requires that all participants complete an Annual Information Form. An individual without a current AIF on file will not be permitted to participate.

Polar Express

Join SEASPAR as we ride the Polar Express to the North Pole. Your favorite characters from the book, *The Polar Express*, join us on our trip, including a very special visit from Santa Claus. The train ride is 75 minutes and includes songs, a reading of the Polar Express, snacks, and the first present of the season given by Santa.

Code 2-236-01-1
 Date Sunday, December 4
 Denning 12:30 – 4:30 p.m.
 SEASPAR 1:00 – 4:00 p.m.
 Place Naperville Train Station
 105 East 4th Avenue
 Fee \$25

Holiday Party

Ho! Ho! Ho! It's that time of year again. If you're not in the holiday spirit, this party will definitely do the trick. Our afternoon includes lunch, crafts, and playing games. Have your picture taken with Santa when he makes a special appearance with gifts for everyone. SEASPAR hopes to brighten your season, so join us for a magical holiday celebration!

Code 2-242-01-1
 Date Saturday, December 17
 Time 12:30 – 3:00 p.m.
 Place Westmont Community Center
 75 East Richmond Avenue
 Fee \$30

**Denning Pickups:
 4903 South Gilbert Avenue, LaGrange**

...Vacation Celebration...

Are you searching for something fun to do over winter break? Your search is over, because this is the program you! SEASPAR staff provide structured playtime for all, including games, going on community outings, and making cool projects. Bring a sack lunch each day.

Time 9:00 a.m. – 1:00 p.m.

Code	Date	Activity	Fee
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Park District of LaGrange – 536 East Avenue

2-244-01-1	Monday, December 19	Open Gym	\$25
2-224-01-2	Tuesday, December 20	Holiday Shopping	\$25
2-224-01-3	Wednesday, December 21	Swimming	\$25

Woodridge Community Center – 2600 Center Drive

2-224-01-4	Tuesday, December 27	Swimming	\$25
2-224-01-5	Wednesday, December 28	Library	\$25
2-224-01-6	Thursday, December 29	Kids Town	\$25



Martial Arts

Martial Arts is about self-discovery. Traditional Tae Kwon Do is used as the foundation, but branches out in many directions to instill respect, responsibility, self-discipline, and confidence. This class focuses on coordination, agility, strength, and self-control in a positive and controlled environment. Self-defense and movement combinations are introduced and progress in accordance with skill level.

Code 2-074-01-1
Dates Mondays, September 19 – December 5
Place Flying High Sports
5400 East Avenue, Countryside
Time 5:00 – 6:00 p.m.
SEASPAR 4:30 – 6:30 p.m.
Weeks 12
Fee \$100

Culinary Creations

Want to cook like an Iron Chef? SEASPAR staff helps participants follow simple recipes and create tasty meals. Learn to measure, mix, and practice kitchen safety. We also share recipes, learn table manners, table-setting skills, and proper cleanup. Don't miss a chance to be with friends and eat what you make.

Code 2-080-01-1
Dates Mondays, September 19 – November 7
Time 6:00 – 7:30 p.m.
Place SEASPAR
Weeks 8
Fee \$50



Holiday Baking

Continue to develop your kitchen skills with a seasonal twist. We make holiday desserts including cookies, candies, and cakes. Participants bring home recipes and samples of their treats.

Code 2-080-01-2
Dates Mondays, November 14 – December 5
Time 6:00 – 7:30 p.m.
Place SEASPAR
Weeks 4
Fee \$30

For More Information ...



about programs and special events for youth and young teens, please contact Rachel Hane at 1-630-960-7600 or rhane@seaspar.org.

Right Fit for Teens

Test your fitness skills while playing to stay fit. This program provides fitness, social interaction, and the opportunity to explore sports and movement through activities such as basketball, obstacle courses, tug-of-war, and more. This is a great opportunity to stay fit, build strength, learn body control, and increase flexibility. **Note:** A waiver is sent with the program confirmation and must be returned by Monday, September 12.

Code 2-093-01-1
Date Tuesdays, September 20 – December 6
Time 4:00 – 5:00 p.m.
Place Right Fit
7101 South Adams Street, Willowbrook
Weeks 12
Fee \$35

Tap Dancing

If you like to have fun while acquiring rhythm, coordination, and self-esteem, then tap is for you. Move through basic tap techniques and exercises. Learn combinations which help improve your memory and agility. The class works on a routine to perform at the Holiday Spectacular on Monday, December 5. Tap shoes and comfortable clothes are required.

Code 2-076-01-1
Date Tuesdays, October 11 – November 29
Time 6:00 – 6:45 p.m.
Place Downers Grove Recreation Center
4500 Belmont Road
Weeks 8
Fee \$20

Music in Motion

Music in Motion is a music therapy group lead by a board certified music therapist. This program is structured to facilitate peer socialization, following simple or multi-step directions, increase attention to task, and achieve academic goals. Participants use their bodies and instruments to make music and dance with props like the parachute, stretchy bands, and ribbon sticks.

Code 2-077-01-1
 Dates Tuesdays, September 20 – November 29
 Time 6:00 – 6:45 p.m.
 Place Westmont Community Center
 75 East Richmond Avenue
 # Weeks 11
 Fee \$80



Strike a Pose Yoga

Move, bend, and breathe in this guided yoga experience with certified yoga practitioner, Sonia Sumar. With regular practice, yoga as an adjunct to traditional therapies significantly enhances the participant's physical, mental, and emotional development in a safe and gentle manner. Participants learn skills to calm themselves, quiet their minds, and honor their abilities in a fun and peaceful environment. Mats are provided. Please bring a water bottle and wear comfortable clothing.

Code 2-075-01-1
 Dates Wednesdays, November 2 – December 7
 Time 4:00 – 5:00 p.m.
 SEASPAR 3:30 – 5:30 p.m.
 Place Universal Spirit Yoga
 408 West 5th Avenue, Naperville
 # Weeks 6
 Fee \$85

Sports Mania

Develop the basic skills to play a variety of sports. Participants improve motor and cognitive skills through traditional sports such as kickball, t-ball, and basketball. This fun-filled class teaches the importance of sportsmanship and teamwork. Wear gym shoes, athletic apparel, and bring a water bottle.

Code 2-083-01-1
 Dates Wednesdays, September 21 – December 7
 (No program October 5)
 Time 6:00 – 7:00 p.m.
 Place Park District of LaGrange
 536 East Avenue
 # Weeks 12
 Fee \$57

Alley Cats for Teens

Spend time with friends at the bowling alley. Staff provides instruction to help improve your bowling skills and sharpen your math skills. Scores are recorded to track participants' progress and are used as a basis for any participants who sign up for Special Olympics bowling. **Note:** Parents are responsible for bringing participants into the bowling alley and checking in with staff.

Code 2-081-01-1
 Dates Thursdays, September 22 – December 8
 (No program November 24)
 Time 4:30 – 5:30 p.m.
 Place Suburbanite Bowl
 201 West Ogden Avenue, Westmont
 # Weeks 11
 Fee \$120

Fast Food Fantasy for Teens

Whether you work up an appetite from bowling or you are looking for an evening with friends, Fast Food Fantasy can provide you with a tasty meal and friendly conversation. Staff help participants promote their independence by having them order their own meals, engage in appropriate social interaction, and clean up after the meal. A schedule of restaurants is mailed with confirmations. **Note:** Participants registering only for Fast Food Fantasy meet at Suburbanite Bowl at 5:30 p.m. and are picked up at SEASPAR.

Code 2-082-01-1
 Place Varies
 Dates Thursdays, September 22 – December 8
 (No program November 24)
 # Weeks 11
 SEASPAR 7:00 p.m.
 Fee \$142

Programs for Youth & Young Teens (Ages 11 – 15)

15

Please Check In

When arriving at and departing from programs, parents are asked to check in with staff before leaving or taking their child.

Note: SEASPAR staff are not responsible for supervision of participants prior to the start of the program.

Gymnastics 101

This high-energy class is geared toward the beginner gymnast. Each participant works on gross motor skills, strength, coordination, and flexibility. Apparatus work is incorporated into this non-competitive program. Gymnasts are evaluated at the end of the season to determine if they are ready for a more competitive Special Olympics program. Participants must be able to follow directions and wait in line for instruction. **Note:** A waiver is sent with the program confirmation and must be returned by Monday, September 12.

Code 2-084-01-1
 Dates Thursdays, September 22 – December 8
 (No program November 24)
 Time 7:00 – 7:45 p.m.
 Place IGI Gymnastics
 145 Plaza Drive, Westmont
 # Weeks 11
 Fee \$80

Tween Zone

Tween Zone offers a variety of activities and recreational opportunities including roller skating, pizza party, and a trip to the arcade.

This program is designed to encourage peer interaction. A detailed schedule of activities is mailed with confirmations.

Code 2-095-01-1
 Dates Saturdays, October 1, 15, 29, November 12, December 3
 Time Varies by activity
 Place Darien Sportsplex
 451 Plainfield Road
 Fee \$100



... Out & About ...

This program is perfect for teens who are too old for kid stuff, but too young for adult activities. Participants learn what resources are available when they travel throughout the community for leisure and play. For an even more fun-filled day, sign up for the Bengtson's Pumpkin Farm and Holiday Party.

Code 2-085-01-1
 Day Saturdays
 Denning 9:00 a.m. – 12:30 p.m.
 SEASPAR 9:30 a.m. – 12:00 p.m.
 Fee \$150

Date	Activity
September 24	Right Fit, Willowbrook
October 8	Swimming at the Lodge, Oak Brook
October 22	Halloween Party, SEASPAR
November 5	Pump It Up, Lisle
November 19	Thanksgiving Lunch, SEASPAR
December 10	Bowling, Lisle Lanes

Horseback Riding

Giddy up! Strap on your cowboy boots and jump into the saddle as we hit the trails. If you are new to horseback riding, or have ridden before, this is the program for you. Snacks are included. **Note:** A waiver is sent with the program confirmation and must be returned to SEASPAR by Monday, September 12.

Code 2-206-01-1
 Date Sunday, October 2
 SEASPAR 12:00 – 3:30 p.m.
 Denning 12:30 – 3:00 p.m.
 Place Double J Riding Club
 10545 West 74th Street, Countryside
 Fee \$55

Teen Overnight

Roll up your sleeping bag and pack your PJ's, you're crashing with SEASPAR. The fun includes bumper cars, laser tag, and other arcade games at Odyssey Fun World, so dress comfortably. Dinner and breakfast are included. Participants should bring a sleeping bag, pajamas, toiletries, and a change of clothes.

Code 2-210-01-1
 Date Saturday and Sunday, October 8 – 9
 Time 5:00 p.m. – 9:00 a.m.
 Place Darien Sportsplex
 451 Plainfield Road
 Fee \$105

**Registration Deadline:
 Monday, August 15**

Day Off School

Celebrate Columbus Day with SEASPAR. Join us at Hollywood Boulevard for lunch and a great movie. Newly released movies are rated G or PG. **Note:** Call SEASPAR or view the movie title and time on our website at www.seaspar.org on Friday, October 7. SEASPAR stays for the entire movie, return time is approximate.

Code 2-212-01-1
 Date Monday, October 10
 Denning 12:00 – 4:30 p.m.
 SEASPAR 12:30 – 4:00 p.m.
 Place Hollywood Boulevard
 1001 West 75th Street, Woodridge
 Fee \$40

Xtreme Trampolines

Jump around, jump around, jump up, jump up, and get down. Xtreme Trampolines is a large warehouse filled with trampolines to take you higher than you have ever been before. There are five separate trampoline courts, including a dodge ball court and a giant foam pit. Lunch is included. **Note:** A waiver is sent with the program confirmation and must be returned to SEASPAR by Monday, September 12.

Code 2-216-01-1
 Date Saturday, October 15
 Denning 10:00 a.m. – 2:30 p.m.
 SEASPAR 10:30 a.m. – 2:00 p.m.
 Place Xtreme Trampolines
 485 Mission Street, Carol Stream
 Fee \$25

Bengtson's Pumpkin Farm

Spend a fall day at the pumpkin farm. Enjoy a variety of activities through the barnyard and farm. We visit the animated haunted barn, go on a leisurely hayride, and watch the famous action-packed pig races. Participants take a pumpkin home and enjoy lunch at the farm.

Code 2-217-01-1
 Date Saturday, October 22
 Denning 11:00 a.m. – 4:00 p.m.
 SEASPAR 11:30 a.m. – 3:30 p.m.
 Place Bengtson's Pumpkin Farm
 13341 151st Street, Homer Glen
 Fee \$40

Benedictine University Football

Feel the rush of excitement as the Benedictine Eagles defend their title as undefeated NAC champions versus the Lakeland Muskies. Cheer on the Eagles while they attempt another shot at the NCAA Championship. Bring \$10 for concessions. **Note:** Due to the unpredictable length of the game, return time is approximate. SEASPAR stays for the entire game. If group is going to be more than 20 minutes late, staff will attempt to contact family with updated information.

Code 2-222-01-1
 Date Saturday, October 29
 Game Time 1:00 p.m.
 Denning 11:30 a.m. – 4:30 p.m.
 SEASPAR 12:00 p.m. – 4:00 p.m.
 Place Benedictine University
 5700 College Road, Lisle
 Fee \$30

Nothing Kills a Good Program Quicker ... than everyone waiting until the last minute to register. If there are not enough registrants, the program is cancelled, and coming in the day of the program to sign up won't save it. Registration must be received five days prior to the start of the program and preferably by Monday, August 15.

Special Events for Youth/Young Teens (Ages 11–15)

17

21st Century Sock Hop

It's time to bridge the generation gap and boogie with your socks on! Dance to the greatest music of yesterday and today with your friends. A light snack is included.

Code 2-227-01-1
 Date Sunday, November 6
 Time 6:30 – 8:30 p.m.
 Place Clarendon Hills Community Center
 315 Chicago Avenue
 Fee \$15

The Sound of Music

Do-re-mi-fa-so-la-te-go with SEASPAR to see the timeless classic, "The Sound of Music." Experience the enchanting story of Maria, a spirited young nun who leaves the convent to become the governess for the seven children of the widowed Captain von Trapp. Enjoy musical classics including, "Do-Re-Mi," "My Favorite Things," and of course, "The Sound of Music!" After the play we enjoy a light dessert at the theatre.

Code 2-230-01-1
 Date Sunday, November 13
 Denning 12:00 – 6:30 p.m.
 SEASPAR 12:30 – 6:00 p.m.
 Place Drury Lane Theatre
 100 Drury Lane, Oakbrook Terrace
 Fee \$75

Turkey Shoot

The Turkey Shoot is a basketball shooting contest in which participants compete to win a Thanksgiving turkey. Different contests are provided for all ability levels. Winners of the contest take home a turkey. But, don't worry because everyone is a winner at SEASPAR and takes home a memento. There will be plenty of fun and games!

Code 2-233-01-1
 Date Sunday, November 20
 Time 4:30 – 6:30 p.m.
 Denning 4:00 – 7:00 p.m.
 Place Lincoln Center Gym
 935 Maple Avenue, Downers Grove
 Fee \$15

Girls Just Want to Have Fun

Hey ladies, join your friends and enjoy a day of creativity and fun at Bead Heaven. Their knowledgeable staff help us create a beautiful necklace to take home and enjoy for years to come. Lunch is included.

Code 2-232-01-1
 Date Saturday, December 3
 Time 10:00 a.m. – 1:00 p.m.
 Denning 9:30 a.m. – 1:30 p.m.
 Place Bead Heaven
 5151 Main Street, Downers Grove
 Fee \$35

Denning Pickups:
4903 South Gilbert Avenue, LaGrange

Holiday Celebration

Are you ready to celebrate the winter holidays? This afternoon of fun includes games, ornament making, and lunch. Have your picture taken with Santa when he makes a special appearance with gifts for everyone!

Code 2-239-01-1
 Date Saturday, December 10
 SEASPAR 12:00 – 3:30 p.m.
 Denning 12:30 – 3:00 p.m.
 Place Brookfield Municipal Building
 8820 Brookfield Avenue
 Fee \$30



Holiday Happenings

Get ready for the holidays when we enjoy three days of holiday cheer. Activities include games, sports, and community outings to complete our time together. Bring a sack lunch each day.

Time 9:00 a.m. – 1:00 p.m.

Code	Date	Activity	Fee
Brookfield Municipal Building – 8820 Brookfield Avenue			
2-245-01-1	Monday, December 19	Swimming	\$25
2-245-01-2	Tuesday, December 20	Bowling	\$25
2-245-01-3	Wednesday, December 21	Holiday Shopping	\$25
Darien Sportsplex – 451 Plainfield Road			
2-245-01-4	Tuesday, December 27	Sports	\$25
2-245-01-5	Wednesday, December 28	Swimming	\$25
2-245-01-6	Thursday, December 29	Cernan Space Center	\$25

Youth Goalball

Goalball provides an opportunity for athletes who are visually impaired to stay fit. Athletes throw and block a goalball with bells in it, while blindfolded, to score points. This program is designed to develop offensive throwing skills, defensive techniques, and team communication.

Code 2-050-02-1
 Ages 8 – 18
 Dates Wednesdays
 September 21 – December 7
 Time 4:30 – 6:00 p.m.
 Place Meadows Center
 5801 Westview Lane, Lisle
 # Weeks 12
 Fee \$110

Paralympic Boccia

Join SEASPAR in playing Paralympic Boccia designed for individuals whose physical impairment is their primary disability. Boccia is a game of precision in which the object is to place the balls closest to a target. Adaptive ramps are available to make the sport accessible for all individuals.

Code 2-050-01-1
 Ages All ages
 Dates Thursdays
 September 22 – December 8
 (No program November 24)
 Time 6:00 – 7:30 p.m.
 Place Clarendon Hills
 Community Center
 315 Chicago Avenue
 # Weeks 11
 Fee \$75

Sled Hockey

SEASPAR is teaming up with other SRAs to hit the ice. Sled hockey allows participants who have a physical disability to play hockey. This program is for beginners to learn the basic fundamentals. So come out and try one of the most popular sports in the Paralympic Games. All equipment is provided.

Code 2-050-03-1
 Ages 13 & up
 Dates Sundays
 September 11 – December 18
 (No class October 30,
 November 27, December 11)
 Time 1:50 – 3:50 p.m.
 Place Darien Sportsplex
 451 Plainfield Road
 # Weeks 12
 Fee \$100

Special Olympics



Special Olympics

Persons are eligible for Special Olympics if they are eight years of age or older and have been identified

by an agency or professional as having intellectual disabilities, cognitive delays as determined by standardized measure, or have significant learning or vocational problems due to cognitive delays that require, or have required, specially designed instruction.

Medical Forms

Athletes wishing to participate in Special Olympics programs must have a current Special Olympics medical form on file at SEASPAR. It is valid for two years from the date of the examination. Please contact SEASPAR to see when your form expires or to request one. A medical form is available on our website, www.seaspar.org. Faxed forms are not accepted.

Dates to Remember

All dates are subject to change.

September 9 – 11	Outdoor Sports Festival in Decatur
September 17	Special Olympics Bocce Tournament
September 25	Special Olympics Volleyball Tournament
October 2	ITRS Volleyball Tournament
October 29 – 30	Fall Games in Rockford
November 5	Sectional Bowling Tournament
November 12	Floor Hockey Tournament

Welcome Aaron Hirthe

Aaron Hirthe has been hired as SEASPAR's newest Recreation Specialist. His responsibilities include Special Olympics, aquatics, and cooperative camps. Aaron spent the last three years as the Adult Recreation Coordinator for the Little City Foundation in Palatine. He earned his Bachelor of Arts from the University of Wisconsin, Madison. He enjoys exploring the world with his wife and son, and is an "outdoor enthusiast" who enjoys camping, hiking, canoeing, sailing, and most sports. We are very excited to welcome Aaron to our team.



For More Information ...

about Special Olympics, please contact Aaron Hirthe at 1-630-960-7600 or ahirthe@seaspar.org.

Cross-Country Skiing

Enjoy this popular winter sport with SEASPAR. The group is introduced to the basics of cross-country skiing while promoting fitness and coordination. A sense of team spirit and good sportsmanship is encouraged. The program prepares skiers for the Special Olympics competition in early January. Gold medal winners in this competition advance to the Special Olympics Winter Games held in Galena in early February. The program is held snow or no snow!

Code 2-108-01-1
 Age 8 years and older
 Dates Mondays and Wednesdays, November 21 – January 4
 (No program December 21 and 26)
 Time 4:00 – 5:00 p.m.
 Place Ebersold Park
 6000 South Main Street
 Downers Grove

Weeks 6
 Limit 10
 Fee \$95

Note: For those who would just like to work on skills without entering competitions, or are unable to attend the competitions, please register for the session below.

Code 2-108-01-2
 Fee \$70



Snow Shoeing

If you are interested in trying a winter sport but skiing is not for you, snow shoeing is a great option. The group focuses on coordination and fitness while good sportsmanship and team spirit are encouraged. Special Olympics area competition is held in January. Gold medal winners advance to the Special Olympics Winter Games held in Galena in early February. The program is held snow or no snow! Equipment is supplied and fitted at the first program.

Code 2-109-01-1
 Age 8 years and older
 Dates Mondays and Wednesdays, November 21 – January 4
 (No program December 21 and 26)
 Time 4:00 – 5:00 p.m.
 Place Ebersold Park
 6000 South Main Street, Downers Grove

Weeks 6
 Limit 10
 Fee \$95

Note: For those who would just like to work on skills without entering competitions, or are unable to attend the competitions, please register for the session below.

Code 2-109-01-2
 Fee \$70

Slammers Basketball

Basketball is back for another season of fast breakin' action! SEASPAR's veteran coaching staff instructs the athletes in the fundamentals of basketball and team play. Teams compete with several area agencies. For the first week of practice, everyone meets at the Downers Grove Park District Recreation Center. Athletes are divided into the Blue Team, White Team, and Gray Team according to game play ability, age, and the discretion of the head coaches. Uniforms and a detailed schedule are distributed at practice on weeks three and four. In addition to the regular game schedule, the Slammers compete in the Special Olympics Tournament in January and the ITRS Tournament on Sunday, February 19. Bring a water bottle to practice. Athletic apparel and gym shoes are required. No jeans.

Code 2-101-01-1
 Age Teens & Adults
 Dates Tuesdays, November 8 – February 28
 (No program December 20 and 27)

Weeks 15
 Limit 36
 Fee \$160

Blue Team and Gray Team

Time 6:30 – 8:00 p.m.
 Denning 6:00 – 8:30 p.m.
 Place Downers Grove Recreation Center
 4500 Belmont Road

White Team

Time 6:30 – 8:00 p.m.
 SEASPAR 6:00 – 8:30 p.m.
 Place Park District of LaGrange
 536 East Avenue

Junior Basketball Team

Join the fun on Saturday afternoons! Work on your dribbling, shooting, and passing while building a concept of teamwork and a sense of team spirit. Our friends from Tri-County SRA join us as we play games against other junior teams. Times and locations vary when games begin. The team competes at the Special Olympics tournament in February and the ITRS tournament on Saturday, February 18. Bring a water bottle to practice. Athletic apparel and gym shoes are required. No jeans.

Code 2-102-01-1
 Age 8 – 15
 Dates Saturdays, November 5 – February 25
 (No program November 26, December 24, and 31)

Time 12:30 – 2:00 p.m.
 Place TBA
 # Weeks 14
 Limit 6
 Fee \$155

Rhythmic Gymnastics Team

Increase your coordination and flexibility while learning compulsory routines, and practice ball, hoop, ribbon, and rope events. Athletes have the opportunity to participate in the Special Olympics competition in April. Participants should wear leotards or fitted clothing and gym shoes. No jeans may be worn. Participants registered for this program are scheduled to perform in the Holiday Spectacular at the Theatre of Western Springs, 4384 Hampton, on Monday, December 5 at 7:00 p.m. SEASPAR encourages you to invite family and friends to attend.

Code	2-114-01-1
Age	8 years and older
Dates	Wednesdays, September 21 – January 25 (No program November 23, December 21 and 28)
Sportsplex*	6:30 – 8:45 p.m.
Time	7:00 – 8:15 p.m.
Place	Flying High Sports and Rec Center 5400 East Avenue, Countryside
# Weeks	16
Limit	6
Fee	\$230

*The Sportsplex is located at
451 Plainfield Road, Darien.

Gymnastics Team

Gymnasts work on strength and coordination while training in tumbling, acrobatic skills, and limited apparatus work. This program is for participants who can sequence eight or more skills to compose a routine for Special Olympics competition held in April. Participants should wear leotards or fitted clothing. No jeans may be worn. Participants registered for this program are scheduled to perform at the Holiday Spectacular at the Theatre of Western Springs, 4384 Hampton, on Monday, December 5 at 7:00 p.m. SEASPAR encourages you to invite family and friends to attend.

Code	2-114-01-2
Age	8 years and older
Dates	Wednesdays, September 21 – January 25 (No program November 23, December 21 and 28)
Sportsplex*	6:30 – 8:45 p.m.
Time	7:00 – 8:15 p.m.
Place	Flying High Sports and Rec Center 5400 East Avenue, Countryside
# Weeks	16
Limit	6
Fee	\$230



Swim Team

Swim team is designed for swimmers who want to compete. Practices focus on swim endurance and stroke mechanics. The team competes in the SEASPAR swim

meet on Saturday, November 19, and the FVSRA swim meet in December. The fees for swim meets are included.

Code	2-118-01-1
Age	8 years and older
Dates	Saturdays, September 24 – December 10 (No program November 26)
Time	1:00 – 2:00 p.m.
Place	Indian Boundary YMCA 711 59 th Street, Downers Grove
# Weeks	11
Limit	20
Fee	\$110

Downhill Skiing

It's that time of the year to join the SEASPAR Ski Team for some winter fun! Instructors at Wilmot Mountain and SEASPAR staff prepare skiers for the Alpine Qualifier held in January. Those who pass the skill assessment tests advance to the Special Olympics Winter Games held in Galena in February. Helmets are required. Please bring \$10 for lunch. Credits are issued for any day that skiing is canceled due to inclement weather.

Code	2-110-01-1
Age	8 years and older
Dates	Sundays, January 8 – 29
SEASPAR	9:00 a.m. – 5:00 p.m.
Place	Wilmot Mountain Fox Road, Wilmot, Wisconsin
# Weeks	4
Limit	6
Fee	\$375

Code	2-110-01-2
Fee with rental	\$455

Note: For those who would like to work on skills without entering competition or are unable to attend the competitions, please register for the session below.

Code	2-110-01-3
Fee	\$310

Code	2-110-01-4
Fee with rental	\$360



EAGLES II is a community-based program that incorporates therapeutic recreation to help adults with developmental disabilities **Enhance Adult Growth through Lifestyle Education and Service**. This program emphasizes leisure independence, community

outings, and social interaction with peers. Each day includes a physical fitness component, making healthy choices, a recreational activity, and lunch. If you have been looking for something to keep you occupied during the day and a way to enhance your abilities; EAGLES II is right for you!

Age 22 years and older
 Dates September 12 – May 31
 Place Village of Brookfield
 8820 Brookfield Avenue
 Time 9:00 a.m. – 3:00 p.m.

Fees

Option	2011-12	Monthly Fee
Monday-Friday	\$6,075	\$675
Mon/Wed/Fri	\$3,636	\$404
Tues/Thurs	\$2,430	\$270
Monday-Friday Trans	\$1,017	\$113
Mon/Wed/Fri Trans	\$ 612	\$ 68
Tues/Thurs Trans	\$ 405	\$ 45

Pickup Times: SEASPAR: 8:15 a.m. & 3:45 p.m.
 Park District Of LaGrange: 8:45 a.m. & 3:15 p.m.
 536 East Avenue



EAGLES II provides a wide variety of activities in order for participants to attain the following goals:

- Foster and improve independent living skills
- Improve communication and socialization skills
- Learn about community resources
- Improve physical and mental health through community-based recreation and leisure activities
- Increase self-esteem by participating in community service projects
- Gain work experience through a variety of work related activities
- Develop and improve self-advocacy skills

EAGLES II Eligibility

EAGLES II participants must meet the following criteria:

- Actively participate in a variety of planned programs and positively interact with peers
- Cope positively with changing situations and demonstrate flexibility
- Must show appropriate behavior at all times
- Perform their own daily living skills
- With no assistance, must be able to use the washroom and change themselves independently
- Must be able to eat independently
- Can learn in a 1:6 staff ratio

Holiday Schedule 2011-12

Monday, October 10 – Columbus Day
 Thursday & Friday, November 24-25 – Thanksgiving
 Monday-Friday, December 19-30 – Holiday Break
 Monday, January 16 – Martin Luther King Day
 Monday, February 20 – Presidents’ Day
 Monday-Friday, March 26-30 – Spring Break
 Friday, April 6 – Good Friday
 Monday, May 28 – Memorial Day

Please be sure to take note of these dates that the EAGLES will not meet. There will be no credits issued for any missed EAGLES dates.

Please call or e-mail Laura Christensen at 1-630-789-6666, ext. 115 or laura-seaspar@darienparks.com for more information.

Weekly Workout, Fitness Fundamentals, and Fit n' Fabulous



Regular exercise and physical activity are extremely important and beneficial for long-term health and well-being. Just how beneficial is it? Being physically active can help you reduce body fat, control weight, reduce depression and anxiety, and build and maintain healthy muscles, bones, and joints, along with increasing flexibility.

Join one of SEASPAR's fitness classes to enhance your work, recreation, and sports performance. If the weather is conducive, we may take a leisurely walk outside. Please bring a water bottle. Athletic apparel and gym shoes are required. No jeans are allowed.

Weekly Workout

Code 2-003-01-1
 Dates Mondays
 September 19 – December 5
 Time 7:00 – 8:00 p.m.
 Place Lincoln Center
 935 Maple Avenue, Downers Grove
 # Weeks 12
 Fee \$85

Fitness Fundamentals

Code 2-003-01-2
 Dates Mondays
 September 19 – December 5
 Time 5:00 – 6:00 p.m.
 Place Community Park District of
 LaGrange Park, 1501 Barnsdale Road
 # Weeks 12
 Fee \$85

Fit n' Fabulous

Code 2-003-01-3
 Dates Mondays
 September 19 – December 5
 Time 5:00 – 6:00 p.m.
 Place Darien Sportsplex, 451 Plainfield Road
 # Weeks 12
 Fee \$85

Kitchen Creations

Being able to work your way around a kitchen is a valuable skill that goes beyond fixing yourself a sandwich. Learn about kitchen safety, food sanitation, table etiquette, proper manners, and the art of following a recipe in order to create a delectable dish. Why not sign up for a fitness program held at the same location?

Code 2-005-01-1
 Dates Mondays, September 19 – December 5
 Time 6:00 – 7:30 p.m.
 Place Darien Sportsplex, 451 Plainfield Road
 # Weeks 12
 Fee \$125

Code 2-005-01-2
 Dates Mondays, September 19 – December 5
 Time 6:00 – 7:30 p.m.
 Place Community Park District of LaGrange Park
 1501 Barnsdale Road
 # Weeks 12
 Fee \$125

Teen Scene

Spend the afternoon with SEASPAR exploring the community with friends. Past activities included shopping, movies, bowling, and crafts. Participants are picked up directly from school. Parents are responsible for pickup after the program at SEASPAR or Denning Park. A schedule is mailed with confirmations.

Code 2-012-01-2
 Age 16 – 22
 Dates Mondays, September 19 – December 5
 Denning 6:00 p.m.
 Place Lyons Township North and South High Schools
 Weeks 12
 Fee \$280

Code 2-012-01-1
 Age 16 – 22
 Dates Tuesdays, September 20 – December 6
 SEASPAR 6:00 p.m.
 Place Downers Grove North and South High Schools,
 Lisle High School, South School (Westmont)
 # Weeks 12
 Fee \$280

Monday Night Madness

Are you ready for some football? Join the Monday night party thrown by SEASPAR at the EAGLES Nest. We enjoy the nationally-televised Monday night game while munching on some sporty snacks.

Code 2-027-01-5
Dates Mondays, September 26, October 10, November 7, 21
Time 7:45 – 11:00 p.m.
Place Darien Sportsplex, 451 Plainfield Road
Fee \$100

Day Away Tour

If you have been wishing for something to do during the week, join Day Away Tour. This group travels beyond the local community to experience a variety of fun, recreational activities. Past outings have included museums, shopping, theater, and sporting events. A schedule is mailed with confirmations. **Note:** Based on the distance of the destination, times may vary.

Code 2-007-01-1
Age 21 and older
Dates Tuesdays, September 27, October 11, 25, November 8, 22, December 6
SEASPAR 9:00 a.m. – 3:00 p.m. approximately
Place Varies
Limit 12
Fee \$300

Code 2-007-01-2
Age 21 and older
Dates Tuesdays, October 4, November 1, 29
SEASPAR 9:00 a.m. – 3:00 p.m. approximately
Place Varies
Limit 12
Fee \$150

Loss or Theft

Label all items brought to programs with the participant's name. Any electronic communication device or adaptive equipment must be checked in with a staff member upon arrival at the program. Participants are encouraged not to bring items of value. SEASPAR is not responsible for theft or loss of personal belongings.

Artist Attic

Let your creative side shine in this program. The experts at Deep Creek Art help you discover your inner Picasso. Our artistic adventure includes water colors, acrylic painting, color pencil art, wire sculpture, bead weaving, paper mache, decoupage, and pastels.

Code 2-004-01-1
Dates Tuesdays, October 4, 18, November 8, 29
Time 6:00 – 7:00 p.m.
Place Deep Creek Art, 44 Harrison Place, Hinsdale
Limit 8
Fee \$70

Pet Therapy

Spend some time with man's best friend. You are given the opportunity to work with Rainbow Therapy Dogs using simple obedience commands. The unconditional love from these tail-wagging friends encourages you to share, give praise, and express yourself while increasing your self-esteem.

Code 2-039-01-1
Dates Tuesdays, September 20, October 4, 18, November 1, 15, 29
Time 7:00 – 8:00 p.m.
Place Darien Community Center, 7301 Fairview Avenue
Limit 6
Fee \$45

Music Mania

Learn new songs, free dance, and how to jam instrumentally. The group experience teaches patience, sharing, and listening. The goal is for you to use music for stress reduction, relaxation, improving communication, and to have fun.

Code 2-014-01-1
Dates Tuesdays, September 20 – November 29
Time 7:00 – 7:45 p.m.
Place Westmont Community Center
75 East Richmond Avenue
Weeks 11
Fee \$66

Clay Creations

Let your creative side come out in this program. You learn how to work with clay and mold and paint your own masterpiece. No experience is necessary. This class helps develop fine motor skills and gives participants a sense of achievement, as well as artwork to display.

Code 2-029-01-1
Dates Tuesdays, October 11, 25, November 1, 22
Time 7:00 – 8:30 p.m.
Place Lincoln Center, 935 Maple Avenue, Downers Grove
Fee \$74

Lunch Bunch

Let's grab lunch! While dining at various restaurants, the group has fun conversing over such topics as current events, sports, and leisure. Participants should be able to contribute to group dynamics by actively participating in group discussion. Staff members assist participants with their food selections, money exchange, and social interactions throughout the community. **Note:** Participants are responsible for paying for their own lunch. Please plan according to your needs. It is recommended that you bring a minimum of \$15.



Code	2-024-01-1
Age	21 and older
Dates	Wednesdays
	October 5 – Q BBQ 70 South LaGrange Road, LaGrange
	October 26 – Pop's Italian Beef and Sausage 8001 Ogden Avenue, Lyons
	November 2 – Back in the Day Café 8801 West Ogden Avenue, Brookfield
	November 23 – Buona Beef 2135 South Wolf Road, Hillside
SEASPAR	11:00 a.m. – 2:00 p.m.
LGPRC*	11:30 a.m. – 1:30 p.m.
Limit	12
Fee	\$52

*LaGrange Park Recreation Center, 1501 Barnsdale Road

Afternoon Adventures

C'mon and spend an afternoon with your buddies. Enjoy some exciting travels throughout our local communities. You're sure to have a memorable time. Participants should be dropped off at the Darien Sportsplex. Parents are responsible for pickup after the program at SEASPAR or Denning Park. A schedule is mailed with confirmations.

Code	2-007-01-3
Dates	Wednesdays, September 21 – December 7
Time	3:00 p.m.
Place	Darien Sportsplex 451 Plainfield Road
Denning	5:30 p.m.
SEASPAR	6:00 p.m.
# Weeks	12
Limit	12
Fee	\$250

Actors Guild

This program is taught by Christine Grohne of Actors with Special Needs. Her enthusiasm, love of the arts, and passion for working with SEASPAR participants gives you the unique opportunity to express yourself through one-act plays, improvisational skits, and music medleys. Actors Guild is designed to build self-esteem, enhance character, and to motivate each of you to do your best. No acting experience is necessary. **Note:** This program encourages family and friends to practice lines with participants in order to prepare them for their final performance.

Code	2-010-01-1
Dates	Wednesdays September 21 – December 7
Time	5:00 – 6:00 p.m.
Place	Lincoln Center 935 Maple Avenue Downers Grove
# Weeks	12
Limit	12
Fee	\$75



Participants should be willing to voluntarily participate in the scheduled activities. SEASPAR staff encourage and aid, but do not force participation.

Holiday Treats

Each season brings new holiday treats to enjoy. We make delectable delights for each of our favorite holidays. Try some caramel apple monsters, aut-yum leaves, or mini pumpkin tarts. Learn how to follow a recipe in order to create your succulent snack.

Code	2-032-01-1
Dates	Wednesdays, October 26, November 16, December 7
Time	6:00 – 7:30 p.m.
Place	Darien Sportsplex, 451 Plainfield Road
Fee	\$24

Annual Information Forms / AIF's

SEASPAR requires that all participants complete an Annual Information Form. An individual without a current AIF on file will not be permitted to participate.

Pool Sharks

Chalk up your pool cue and head out to the bowling alley for a fun game of pool with your friends. Learn the art of playing billiards in a friendly environment. Don't get behind the 8 ball – sign up right away. Let's continue the fun and register for Alley Cats held immediately after this program.

Code 2-023-01-4
 Age 21 and older
 Dates Wednesdays, September 21 – December 7
 Time 3:15 – 4:00 p.m.
 Place Lisle Lanes, 4920 Lincoln Avenue
 # Weeks 12
 Limit 8
 Fee \$55

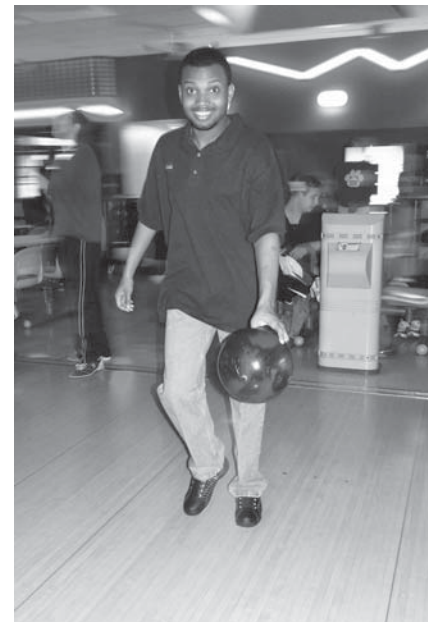
Code 2-023-01-5
 Age 21 and older
 Dates Thursdays, September 22 – December 8
 (No program November 24)
 Time 3:45 – 4:30 p.m.
 Place Willowbrook Bowl, 735 Plainfield Road
 # Weeks 11
 Limit 4
 Fee \$50

Alley Cats/Strikers

Enjoy a leisurely game of bowling with your friends. This non-competitive program focuses on the importance of sportsmanship, socialization, and fun with basic instruction. Scores are recorded to help participants track their progress. These scores are also used as a basis for any participants who choose to sign up for Special Olympics Bowling. **Note:** Parents and/or guardians are responsible for bringing participants into the bowling alley and checking in with staff.

Fast Food Fantasy

Whether you work up an appetite from bowling, or are looking for an evening among friends, Fast Food Fantasy can provide you with a tasty meal and friendly conversations. Staff help participants promote their independence by having them order their own meals, set the tables, engage in appropriate social interaction, and clean up after the meal. A schedule is mailed with confirmations. **Note:** Participants registering only for Fast Food Fantasy meet at Lisle Lanes at 4:45 p.m. or at Willowbrook Bowl at 5:15 p.m.



Code	Program	Place	Day	Dates	No Prog.	# Weeks	Time	Fee
2-023-01-1	Alley Cats	Lisle Lanes 4920 Lincoln (Route 53)	Wednesday	9/21 – 12/7	–	12	4:00 – 5:00 p.m.	\$130
2-022-01-1	Fast Food	Meadows 5801 Westview Lane, Lisle	Wednesday	9/21 – 12/7	–	12	5:00 – 6:30 p.m.	\$155
2-023-01-2	Alley Cats	Willowbrook Bowl Route 83 and Plainfield Road	Thursday	9/22 – 12/8	11/24	11	4:30 – 5:30 p.m.	\$120
2-022-01-2	Fast Food	SEASPAR 4500 Belmont Road, Downers Grove	Thursday	9/22 – 12/8	11/24	11	5:30 – 7:00 p.m.	\$142
2-022-01-3	Fast Food	Denning 4903 South Gilbert Avenue, LaGrange	Thursday	9/22 – 12/8	11/24	11	5:30 – 7:00 p.m.	\$142
2-023-01-3	Strikers	Suburbanite Bowl 201 West Ogden Avenue, Westmont – NEW LOCATION	Saturday	9/24 – 12/10	11/26	11	1:30 – 2:30 p.m.	\$120

Aqua Aerobics

Jump right in; the water's great! Are you ready to get involved in SEASPAR's newest fitness activity? This program focuses on cardiovascular and strength exercises done in the pool. Working out in the water is an excellent non-impact way to build strength, reduce body fat, and increase flexibility. Because of its low-impact format, Aqua Aerobics is suitable for every fitness level.

Code 2-001-01-12
 Dates Wednesdays, September 21 – December 7
 Time 7:00 – 8:00 p.m.
 Place Doubletree Hotel
 2111 Butterfield Road, Downers Grove
 # Weeks 12
 Limit 8
 Fee \$60



At the Movies

Lights, camera, action! Get together with friends to see a current G, PG or PG-13 movie. SEASPAR selects the movie by 2:00 p.m. on the day of the program. Please visit our website at www.seaspar.org or call SEASPAR after 2:00 p.m. on the day of the program for movie times (if calling after hours, select the program update option). Due to the

unpredictable length of movies, times are approximate. Bring \$10 for concessions if you wish. **Note:** Parents, guardians, and/or caseworkers must check in with the supervisor upon arrival and departure.

Time Varies
 Dates Wednesdays, September 21, October 12, November 9, December 7
 Fee \$60
 Code 2-019-01-1
 Place AMC Quarry Cinemas 14
 9201 63rd Street, Hodgkins
 Code 2-019-01-2
 Place Cinemark @ Seven Bridges
 6690 South Route 53, Woodridge

Dancin' the Night Away

Have you always wanted to learn how to boogie down? Now you can in SEASPAR's dance instruction program. Learn dance movements that you'll be able to showcase for your friends and family on the final date of the program. You can even show off your killer dance moves at one of our many dances offered throughout the season.

Code 2-011-01-2
 Dates Wednesdays, September 21 – December 7
 Time 7:00 – 8:00 p.m.
 Place Brookfield Municipal Building
 8820 Brookfield Avenue
 # Weeks 12
 Limit 12
 Fee \$70



Let's Dance

Get ready for a toe-tappin' good time! Be the hit of the party and learn the latest dance moves. The enthusiastic teachers at Elite Sports teach the basics of hip hop, jazz, and popular wedding dances such as the "Electric Slide."

Code 2-011-01-3
 Dates Wednesdays, September 21 – December 14
 (No program November 23)
 Time 6:30 – 7:30 p.m.
 Place Elite Sports Complex
 6360 South Belmont Road, Downers Grove
 # Weeks 12
 Limit 10
 Fee \$150

Weight Training

Are you willing to go the extra mile and dedicate yourself to our new weight training program? When it comes to changing how your body looks, weight training wins hands down. If you've hesitated to start a strength training program, it may motivate you that lifting weights can help raise your metabolism, strengthen bones, help to avoid injuries, increase your confidence and self-esteem, and improve your coordination and balance. SEASPAR staff assist you when deciding on which exercises help you achieve your fitness goals. Please bring a water bottle. Athletic apparel and gym shoes are required. No jeans allowed.

Code 2-013-01-1
 Dates Thursdays, September 22 – December 8
 (No program November 24)
 Time 4:30 – 5:30 p.m.
 Place Westmont Fitness Club, 424 Plaza Drive
 # Weeks 11
 Limit 8
 Fee \$78

For More Information ...

about teen and adult programs, please contact Brian Houzenga at 1-630-960-7600 or [bhousenga@seaspar.org](mailto:bhouzenga@seaspar.org).



Choir

Are you ready to take it up a notch and join our singing ensemble? We need all the soprano, alto, tenor, and bass voices to band together to make sweet, sweet music. Practicing helps you stay "in tune" in preparation for a recital, keeping the "perfect pitch" for your friends and family.

Code 2-014-01-2
 Dates Thursdays, September 22 – December 8
 (No program November 24)
 Time 5:00 – 6:00 p.m.
 Place Darien Sportsplex, 451 Plainfield Road
 # Weeks 11
 Fee \$50

Please Check In

When arriving at and departing from programs, parents are asked to check in with staff before leaving or taking their child. Note: SEASPAR staff are not responsible for supervision of participants prior to the start of the program.

Woodworking

Let the experts at Woodcraft help you develop your own woodworking masterpiece in this unique program. Staff members help you choose from a multitude of different woodworking activities. Past activities have included birdhouses, magazine racks, pens, and ornaments.

Code 2-015-01-1
 Dates Thursdays, September 22, October 20, November 17, December 1
 Time 7:00 – 8:30 p.m.
 Place Woodcraft
 7440 Woodward Avenue, Suite A 107, Woodridge
 Limit 8
 Fee \$75

Yoga

Yoga is designed to safely guide you toward enhanced strength, stamina, and flexibility. Studies show yoga has multiple health benefits such as reducing high blood pressure, blood sugar, and obesity. Mats are provided. Please bring a water bottle.

Code 2-033-01-1
 Dates Thursdays, September 22 – December 8
 (No program November 24)
 Time 7:30 – 8:15 p.m.
 Place Darien Community Center
 7301 Fairview Avenue
 # Weeks 11
 Limit 8
 Fee \$69



Social Club

Social Club offers activities and opportunities within the community. Social Clubs are designated by age which allows for peer interaction. Ages have been reassessed to accommodate new participants. SEASPAR cannot keep you in your old club if you have aged out. Your flexibility allows all participants to have a chance to participate. The Halloween Dance and Holiday Dinner Dance are included in the club schedule. ***Note:** Accessible transportation available.

Dates Fridays, September 23 – December 9
 (No program November 25)
 Time Varies by activity
 # Weeks 11
 Limit 12
 Fee \$175

Code	Location	Age
*2-025-01-1	Lincoln Center	45 and older
2-025-01-2	Lincoln Center	30 – 45
2-025-01-3	Grand Avenue Recreation Center	31 and older
2-025-01-4	LaGrange Recreation Center	16 – 25
2-025-01-5	Darien Community Center	16 – 25
*2-025-01-7	Bank of Western Springs	22 – 30
*2-025-01-8	Woodridge Community Center	22 – 30
2-025-01-9	SEASPAR	31 – 35



Gridiron Greats

Saturdays wouldn't be complete without watching your favorite college football team take on their arch rivals. Whether your team plays in the Big 10, SEC, or the newly-formed Pac 12, come and celebrate each stunning victory or crushing defeat with us. Lunch is included.

Code 2-027-01-6
 Dates Saturdays, October 8, 22, November 5, 19
 Time 11:00 a.m. – 2:00 p.m.
 Place Connie's Pizza, 19 West Ogden Avenue, Westmont
 Fee \$100

Saturday Night Socialites

This program is designed for adults who are ready to venture out on their own, but may need some help getting started. The group plans a diverse schedule of community outings. Participants must contribute to the social dynamics of the group and adhere to dress and behavior codes.

Code 2-026-01-1
 Group 21 and older
 Planning Date Saturday, September 24
 Place Phillie's Pizza
 6300 South Kingery Highway, Willowbrook
 SEASPAR 6:00 – 9:30 p.m.
 737 Apts. 6:30 – 9:00 p.m.
 Dates Saturdays, October 15, 29, November 12, December 3, 10
 Time Varies
 Pickup SEASPAR, 4500 Belmont Road, Downers Grove
 737 Apartments
 737 South LaGrange Road, LaGrange
 Limit 12
 Fee \$220

Bears Bonanza

Bear down, Chicago Bears! Head Coach Lovie Smith leads the team through an exciting season of defensive stops and offensive touchdowns. Join your friends for all the gridiron action. Lunch is served as all of the action plays out on the big screen.

Note: Due to the unpredictable length of the games, return time to Denning Park is approximate. SEASPAR remains until the end of the game. If the group is going to be more than 20 minutes late, staff will attempt to contact families or caseworkers with updated information.

Day Sundays
 Place Papa Passero's
 6326 South Cass Avenue, Westmont
 Game Time Noon
 Time 11:45 a.m. – 3:15 p.m.
 Denning 11:15 a.m. – 3:45 p.m.
 Limit 30
 Fee \$25

Code	Date	Team
2-027-01-1	October 2	Carolina Panthers
2-027-01-2	October 23	Tampa Bay Buccaneers
2-027-01-3	November 13	Detroit Lions
2-027-01-4	December 4	Kansas City Chiefs

FVSRA Bowling Tournament

SEASPAR is invited to Fox Valley Special Recreation Association's 21st Annual Bowling Tournament. Get back into the swing of things and start the bowling season with some friendly competition. The tournament consists of bowling three games, lunch, and awards ceremony. Shoes, ramp, and bowling balls are available at the bowling alley, or you are welcome to bring your own.

Code 2-201-01-1
 Date Saturday, September 10
 Denning 8:45 a.m. – 2:00 p.m.
 SEASPAR 9:15 a.m. – 1:30 p.m.
 Place Bowling Green Sports Center
 30W150 West Roosevelt Road, West Chicago
 Limit 12
 Fee \$40



NIU Football Game

Go Huskies! Get ready to cheer on Northern Illinois University as they hit the Huskie Stadium turf. The Huskies take on the Cal Poly Mustangs. Bring \$20 for concessions and souvenirs. **Note:** Due to the unpredictable length of the game, return times are approximate. SEASPAR stays for the whole game. If the group is going to be more than 20 minutes late, staff will attempt to contact families or caseworkers with updated information.

Code 2-204-01-1
 Date Saturday, September 24
 Game Time 2:30 p.m.
 Denning 12:45 – 7:00 p.m.
 SEASPAR 1:15 – 6:30 p.m.
 Place Huskie Stadium
 Limit 20
 Fee \$54

Accessible Seats

Code 2-204-01-2
 Limit 2

Chicago Fire

Join SEASPAR at a Chicago Fire soccer game for an afternoon of fun and excitement. Be there to watch the fancy footwork of these red-hot Chicago Fire athletes. Cheer on our home team as they encounter yet another worthy opponent. Bring \$20 for concessions and souvenirs. **Note:** Due to the unpredictable length of the game, return times are approximate. SEASPAR stays for the whole game. If the group is going to be more than 20 minutes late, staff will attempt to contact families or caseworkers with updated information.

Code 2-205-01-1
 Date Sunday, September 25
 Game Time 3:00 p.m.
 SEASPAR 1:30 – 6:30 p.m.
 Denning 2:00 – 6:00 p.m.
 Place Toyota Park, 7000 South Harlem, Bridgeview
 Limit 20
 Fee \$65

Accessible Seats

Code 2-205-01-2
 Limit 2

Kane County Flea Market

It's time to haggle! See how low you can get the vendors to go while shopping for deals at the Kane County Flea Market. The Flea Market is known for having everything under the sun, so if you want it, but can't find it, join SEASPAR and see what treasures you discover! Bring \$20 for shopping. Lunch is included.

Code 2-207-01-1
 Date Saturday, October 1
 Denning 11:00 a.m. – 5:30 p.m.
 SEASPAR 11:30 a.m. – 5:00 p.m.
 Place Kane County Fairgrounds
 525 South Randall Road, St. Charles
 Limit 22
 Fee \$40

White Pines Ranch

Get along little doggies, and do your best John Wayne at White Pines Ranch in Oregon, Illinois. Don't miss it when SEASPAR saddles up for a day of riding and exploring life the way it used to be. Activities include horseback riding and viewing wildlife. Participants must be ambulatory and able to sit on a horse without a riding partner. **Note:** A waiver is sent with the program confirmation and must be returned to SEASPAR by Monday, September 12. Lunch is included.

Code 2-208-01-1
 Date Sunday, October 2
 Denning 9:00 a.m. – 4:30 p.m.
 SEASPAR 9:30 a.m. – 4:00 p.m.
 Place White Pines Ranch, 3581 West Pines Road, Oregon
 Limit 12
 Fee \$70

Scarecrow Festival

Join the crowds who flock to this grand event in St. Charles. The heart of the festival is on the Fox River's west side in Lincoln Park – where hundreds of hand-crafted, whimsical scarecrows are on display, so get ready to vote for your favorite. The soul of the festival is its tradition of family memories. Enjoy the carnival. Browse the HUGE Autumn on the Fox Arts and Crafts Show. See live entertainment and, of course, munch on delicious food – available throughout the festival and at the note-worthy pubs and cafés of St. Charles. Lunch is included.

Code 2-209-01-1
 Date Saturday, October 8
 Denning 11:30 – 5:30 p.m.
 SEASPAR 12:00 – 5:00 p.m.
 Place Lincoln Park, St. Charles
 Limit 22
 Fee \$40

Fall into Kuipers

Nothing says fall like apple picking and searching for your favorite pumpkin to take home. Enjoy the fresh, crisp fall air while picking apples, going on a hayride, picking your favorite pumpkin, and exploring the site. But wait, that's not all. Visit Kuiper's store where you can buy delicious goodies to bring home to share a part of the country with your family. Lunch is included.

Code 2-211-01-1
 Date Sunday, October 9
 Denning 9:00 a.m. – 3:30 p.m.
 SEASPAR 9:30 a.m. – 3:00 p.m.
 Place Kuipers Family Farm
 1N318 Watson Road, Maple Park
 Limit 22
 Fee \$55



For More Information ...

about special events for teens and adult programs, please contact Kim Huggins at 1-630-960-7600 or khuggins@seaspar.org.

Sweetest Day Dance

Join us at NEDSRA's sixth annual Sweetest Day Dance. This is a chance to meet friends from other SRA's and enjoy an evening of dancing, fun, and food! A live band performs all of your favorite tunes. Snacks and refreshments are available throughout the evening. Since this is a formal affair, we suggest that the gentlemen wear dress slacks and collared shirts, and the ladies wear skirts or party dresses. The highlight of the evening is the crowning of the King and Queen. **Note:** This is not a social club event.

Code 2-213-01-1
 Date Friday, October 14
 Time 7:00 – 9:30 p.m.
 Denning 6:00 – 10:30 p.m.
 SEASPAR 6:30 – 10:00 p.m.
 Place York Township
 1502 South Meyers Road, Lombard
 Fee \$30

Denning Pickups:
4903 South Gilbert Avenue
LaGrange

Fall Escape

What's your idea of a perfect Midwest weekend? Watching a play at the Third Avenue Playhouse? Having our own personal guide to give us a tour of the Door County Peninsula? Checking out Eagle Bluff Lighthouse? Enjoying a Haunted Trolley Tour? All of this is included, plus more. Door County is often referred to as the Cape Cod of the Midwest, so come join us! We stay at the Best Western Maritime Inn. **Note:** This trip involves moderate walking. Rooms are assigned according to age and gender. Participants are encouraged to contribute to group dynamics by cooperating with staff and fellow travelers, and by adapting their schedules and routines to accommodate the logistics of the trip. Bring \$50 for shopping and snacks. A parking list is sent one week prior to the trip.

Code 2-214-01-1
 Date Friday to Sunday, October 14 – 16
 Departure 9:00 a.m.
 Return 5:00 p.m.
 Place Door County, Wisconsin
 Limit 12
 Fee \$450

Fright Fest Great America

Six Flags Great America transforms itself into a Halloween extravaganza and every October SEASPAR travels there for a day of festive rides and games. There are rides and roller coasters for the daring, the reserved, and anyone in between. Don't forget the carnival games and live shows. Bring \$20 for dinner and extra money for games, snacks, and souvenirs. Participants are grouped according to interests. Due to the nature of this event, participants must be able to stay with the group, wait in lines, and tolerate a lot of walking.

Code 2-218-01-1
Date Saturday, October 22
SEASPAR 11:00 a.m. – 9:00 p.m.
Denning 11:30 a.m. – 8:30 p.m.
Place Six Flags Great America
1 Great America Parkway, Gurnee
Limit 20
Fee \$85

Ladies Day Out

Hey girlfriends! Let's leave the guys behind and have a day of sisterhood and camaraderie. Come with SEASPAR to Universal Spirit Yoga where we learn to breathe deeply, move freely, and live joyfully. This event re-energizes your spirit and sends you home feeling refreshed. Universal Spirit Yoga provides the yoga mats. Wear comfortable pants and a t-shirt, no jeans please. After yoga, we stop in downtown Naperville for lunch.

Code 2-220-01-1
Date Sunday, October 23
Denning 9:45 a.m. – 2:45 p.m.
SEASPAR 10:15 a.m. – 2:15 p.m.
Place Universal Spirit Yoga
408 West 5th Avenue, Naperville
Limit 12
Fee \$40



Halloween Dance

Halloween is a holiday celebrated by trick-or-treating, costumes, ghost stories, and jack-o-lanterns. Add dancing and fun to that list! Celebrate with your friends and show off your costume and dance moves. We are having a costume contest for best dressed and most creative for the chance to win prizes. There is no better way to celebrate Halloween than with a dance, fun, and prizes. **Note:** This event is included in all Social Club schedules.

Code 2-221-01-1
Date Friday, October 28
Time 7:00 – 9:30 p.m.
Place Darien Park District Community Center
7301 Fairview Avenue
Fee \$18

Buca di Beppo

Dine with friends while enjoying the traditions of food, friendship, and hospitality. In the spirit of Italian culture, Buca's dishes are served family style and are meant to be shared. Food enjoyed for generations in villages throughout Italy inspire the menu, giving Buca its authentic fare.

Code 2-223-01-1
Date Saturday, October 29
Denning 4:00 – 8:00 p.m.
SEASPAR 4:30 – 7:30 p.m.
Place Buca di Beppo
90 Yorktown Road, Lombard
Limit 12
Fee \$45

Guys Day Out

Wanna play? There is always something new and exciting waiting for you at Dave and Busters. Load your power card and head to the Midway. It's a great alternative to stuffing your pockets with coins and tickets. Plus you can store your winning tickets on your card until you're ready to cash them in for prizes at the Winner's Circle. Escape into play at Dave and Busters. Lunch is included.

Code 2-224-01-1
Date Sunday, October 30
Denning 11:00 a.m. – 3:30 p.m.
SEASPAR 11:30 a.m. – 3:00 p.m.
Place Dave and Busters
1155 North Swift Road, Addison
Limit 22
Fee \$55

Laugh Out Loud Theatre

Laugh Out Loud Theatre is the funniest place for improv comedy in Chicago's northwest suburbs. See an improvised comedy show in the style of "Whose Line is it Anyway?" that combines live action, video, and the audience. This show is family friendly! Bring \$20 for snacks.

Code 2-226-01-1
 Date Saturday, November 5
 Denning 5:30 – 10:30 p.m.
 SEASPAR 6:00 – 10:00 p.m.
 Place Laugh Out Loud Theatre
 601 N. Martingale Road, Schaumburg
 Limit 12
 Fee \$35

21st Century Sock Hop

It's time to bridge the generation gap and boogie with your socks on! Dance to the greatest music of yesterday and today with your friends. A light snack is included.

Code 2-227-01-2
 Date Sunday, November 6
 Time 6:30 – 8:30 p.m.
 Place Clarendon Hills Community Center
 315 Chicago Avenue
 Fee \$15



Nutcracker Ballet

As one of the most beloved ballets in Western culture, Pyotr Ilyich Tchaikovsky's "The Nutcracker" is synonymous with the holidays. Begin your holiday season with SEASPAR at the Tivoli Theatre enjoying this timeless classic. Participants must be able to sit through a two-hour performance.

Code 2-229-01-1
 Date Saturday, November 12
 Denning 12:00 – 4:00 p.m.
 Place Tivoli Theatre
 5021 Highland Avenue, Downers Grove
 Limit 20
 Fee \$30

Accessible Seats

Code 2-229-01-2
 Limit 2

Ringling Brothers and Barnum and Bailey Circus

Come away and join the circus for a day. Witness the death-defying stunts, wild animal performances, and the hilarity of circus clowns when the Ringling Brothers and Barnum and Bailey Circus comes to town. Bring \$20 for concessions and additional money for souvenirs.

Code 2-228-01-1
 Date Saturday, November 12
 SEASPAR 6:00 – 11:30 p.m.
 Denning 6:30 – 11:00 p.m.
 Place Allstate Arena
 6920 N. Mannheim Road, Rosemont
 Limit 20
 Fee \$58

Accessible Seats

Code 2-228-01-2
 Limit 2

The Sound of Music

Join your SRA friends to experience the enchanting story of Maria, a spirited young nun who leaves the convent to become the governess for the seven children of the widowed Captain von Trapp. Enjoy musical classics including, "Do-Re-Mi," "My Favorite Things," and of course, "The Sound of Music!" After the play, we enjoy a light dessert at Drury Lane to talk with all of our SRA friends about the performance.

Code 2-230-01-2
 Date Sunday, November 13
 Denning 12:00 – 6:30 p.m.
 SEASPAR 12:30 – 6:00 p.m.
 Place Drury Lane
 100 Drury Lane, Oakbrook Terrace
 Limit 22
 Fee \$75

Paint Your Wagon

Come join us and see the Actors with Special Needs production of "Paint Your Wagon." The play tells a story about the gold rush, prospectors, and dance hall girls. This specially talented acting troop is directed by Christine Grohne. You don't want to miss this annual performance.

Code 2-231-01-1
 Date Saturday, November 19
 Time 1:30 – 4:30 p.m.
 SEASPAR 1:00 – 5:00 p.m.
 Place Lyons Township High School Performing Arts Center
 4900 South Willow Springs Road, Western Springs
 Limit 22
 Fee \$20

Special Events for Teens & Adults (16+)

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Turkey Shoot

The Turkey Shoot is a basketball shooting contest in which participants compete to win a Thanksgiving turkey. Participants compete for the best shooting record. Different contests are provided for all ability levels. Winners of the contests take home a turkey. But don't worry, everyone at SEASPAR is a winner and takes home a memento.

Code 2-233-01-2
Date Sunday, November 20
Time 4:30 – 6:30 p.m.
Denning 4:00 – 7:00 p.m.
Place Lincoln Center
935 Maple Avenue, Downers Grove
Limit 22
Fee \$15

St. Francis Bowling

Let's see those strikes and spares! Enjoy a leisurely game or two of bowling with your friends and students from St. Francis Xavier School in LaGrange. This non-competitive program focuses on socialization and fun. Participants are grouped with the sixth graders as the students work to give back to the community. Shoes, ramps, and bowling balls are available at the bowling alley, or you are welcome to bring your own. Don't miss out on the chance to get an extra game of practice in or just enjoy a game at your own pace.

Code 2-234-01-1
Date Friday, December 2
Time 10:00 – 11:30 a.m.
Place Willowbrook Bowl
Route 83 and Plainfield Road, Willowbrook
Fee \$15

NSSRA Bowling Tournament

Now that you have practiced all season, it's time to test your skills at the Northern Suburban Special Recreation Association Bowling Tournament. Join bowlers from other SRAs for a little competition and show them what it takes to win. Lane assignments are based on age and bowling averages. Lunch is provided and awards are presented at the end of the tournament. Shoes, ramp, and bowling balls are available at the bowling alley, or you are welcome to bring your own.

Code 2-235-01-1
Date Saturday, December 3
SEASPAR 8:00 a.m. – 2:30 p.m.
Denning 8:30 a.m. – 2:00 p.m.
Place Brunswick Zone
10 South Waukegan Road, Deerfield
Limit 12
Fee \$40



Holiday Spectacular

The fifth Annual Holiday Spectacular is a showcase of participants' talents and abilities for all to enjoy. This event offers the opportunity for family and friends to see what participants are accomplishing in cultural arts programs throughout the year. If you are not in one of the programs selected to perform, you can still participate. As always, SEASPAR welcomes you to watch the performance and support your peers if you do not wish to perform.

Code 2-237-01-1
Date Monday, December 5
Show Time 7:00 p.m.
Time 5:30 – 9:00 p.m.
(Dress rehearsal 5:30 – 7:00 p.m.)
Place Theatre of Western Springs
4384 Hampton Avenue
Fee Free

Holiday Dinner Dance

Celebrate the season with a delicious dinner and dancing at Alpine Banquets. Don't forget to dress up – no jeans or tennis shoes. We'll see you there in your formal wear! Participants must be able to remain seated during dinner. **Note:** This event is included in all Social Club schedules.

Code 2-238-01-1
 Date Friday, December 9
 Time 6:00 – 9:30 p.m.
 Denning 5:30 – 10:00 p.m.
 Place Alpine Banquets
 8330 Cass Avenue, Darien
 Limit 25
 Fee \$35

Holiday Shopping

Whether you have been naughty or nice, it's time to purchase a few items on your shopping list. Selecting the perfect gift for that special someone can be a tricky task, but SEASPAR is here to help. Staff assist participants with shopping skills such as money transactions, asking for sales clerk assistance, and more important, how to find the desired item. Participants are encouraged to bring their shopping list and make purchases or just window shop with the group. Due to large crowds at this time of year, please no drop-offs at the mall.

Code 2-240-01-1
 Date Monday, December 12
 Denning 5:00 – 9:30 p.m.
 Place Yorktown Mall
 Highland Avenue & Butterfield Road, Lombard
 Limit 20
 Fee \$20

Code 2-240-01-2
 Date Wednesday, December 14
 SEASPAR 5:00 – 9:30 p.m.
 Place Yorktown Mall
 Highland Avenue & Butterfield Road, Lombard
 Limit 20
 Fee \$20

Hackney's

Ever since their Great Aunt Bebe started selling hamburgers on her back porch during Prohibition, Hackney's has been making people very, very happy. Today they're famous for their big juicy hamburgers on dark rye and their one-of-a-kind onion rings. They also serve tasty items like fresh salads, homemade soups, big fat sandwiches, comfy daily specials, and much more! Join SEASPAR as we go to Hackney's for dinner.

Code 2-241-01-1
 Date Saturday, December 17
 SEASPAR 6:00 – 10:00 p.m.
 Denning 6:30 – 9:30 p.m.
 Place Hackney's
 123rd & La Grange Road, Palos Park
 Limit 22
 Fee \$40

Lucky Strike Lanes

This upscale bowling alley is the hottest bowling lounge in town! Enjoy delicious appetizers while bowling at a trendy spot. Shoes, ramp, and bowling balls are available at the alley, or you are welcome to bring your own.

Code 2-243-01-1
 Date Sunday, December 18
 Denning 6:00 – 10:00 p.m.
 SEASPAR 6:30 – 9:30 p.m.
 Place Lucky Strike Lanes
 Yorktown Shopping Center
 100 Yorktown Center, Lombard
 Limit 22
 Fee \$45

New Year's Bash

It seems like just yesterday that we rang in 2011. How time flies when you're having fun with SEASPAR! Let's send another great year on its way with a grand old party. Party favors and a pizza dinner are provided while you ring in the New Year with friends. Don't miss the last dance of the year!

Code 2-246-01-1
 Date Wednesday, December 28
 Time 7:00 – 10:00 p.m.
 Place Clarendon Hills Community Center
 315 Chicago Avenue
 Fee \$25



Scholarships Available

The SEASPAR Board and staff are committed to offering programs at the lowest possible cost. However, due to financial restrictions, some individuals may find it difficult to pay the entire fee. To help those in need, a significant amount of scholarship funds are made available through the generosity of donors. Each year community organizations and individuals contribute funds that are earmarked for scholarships. We appreciate this support which allows participants to benefit from activities.

Generally, scholarships are available for up to 50% of the program fee. Any balance due from a previous season must be paid prior to receiving additional scholarship funds. Scholarships are not available for overnight trips, and are only available to SEASPAR residents.

Arrangements for a payment schedule are also possible to make the payment of fees more feasible. To apply for a scholarship, contact Matt Corso at least one week prior to the registration deadline.

Inclusive Programs

As part of SEASPAR's continuum of recreation programs, inclusive services are provided for residents who wish to participate in general recreation programs. For many individuals with disabilities, participating alongside their peers without disabilities is a beneficial and rewarding experience. SEASPAR can provide services to enhance an existing program by training staff, adapting activities, developing behavioral modifications, and/or providing additional support staff.

Parents should be aware of a few simple guidelines prior to enjoying an inclusive recreation experience. First, register according to the park district/recreation department policies. **Be sure to indicate on the registration form that your child needs an accommodation.** Next, the participant should be able to follow the rules of conduct for the program, either with or without accommodation, and be willing to voluntarily participate in scheduled activities. SEASPAR and its member entity staff encourage and aid, but do not force participation. After registering, the member entity and SEASPAR work cooperatively with you to provide reasonable accommodations. If you have any questions, please contact Brian Houzenga. We are happy to discuss options for making this season a great one.

SEASPAR/WDSRA Agreement

The SEASPAR/WDSRA Agreement allows residents of each SRA to register in weekly programs and special events of the other at the in-district rate. Overnight trips are not included. Registrations must be submitted by the agency's deadline, and are processed after the agency's residents. WDSRA serves the communities of Bloomingdale, Carol Stream, Glen Ellyn, Naperville, Roselle, Warrenville, West Chicago, Wheaton, and Winfield. For information, call SEASPAR at 1-630-960-7600. For a copy of the WDSRA brochure, call WDSRA at 1-630-681-0962.

Drop In Center

The Drop In Center provides individuals who have mental health needs an opportunity to spend leisure time in a friendly, relaxed atmosphere. Activities are designed to enhance relationships between friends, peers, and family members. The program is free for all who attend. Donations are accepted. A schedule of activities and trips is available on our website. The program starts with lunch and then the planned activity. Individuals may choose to stop by for a few minutes or stay the entire time.

The Drop In Center is co-sponsored by SEASPAR, the DuPage County Health Department, and NAMI DuPage (National Alliance on Mental Illness). Contact Greg Pavesich for information.

Days 1st and 3rd Sunday of each month
(except holidays)

Time 1:00 – 4:00 p.m.

Place Westmont Community Center
75 East Richmond Avenue

EAGLES

EAGLES program is a year-round life skills enrichment program designed to assist adults with disabilities ages 18 and older, as they transition from high school to adult life in the community. The program is held at the Darien Sportsplex and at the Village of Brookfield. Please contact Laura Christensen 1-630-789-6666, ext. 115 for additional information.



Pick Up/Drop Off

SEASPAR asks that parents promptly drop off and pick up participants at the designated program times. Before programs, staff are busy preparing for the program and are unavailable to supervise participants. After programs, staff members may be scheduled at another facility and therefore need to depart soon after the program. By allowing them to complete their work promptly, SEASPAR can operate more cost efficiently. Be sure to check in with the staff when dropping off and picking up your child.

Families of participants who are not picked up promptly are sent a letter that serves to remind them of the concern. If the situation continues, a charge is imposed for subsequent late pickups. If a participant is picked up late (more than 10 minutes) three times in three months or less, a warning is sent stating that the next late pickup(s) results in a payment due to SEASPAR for the overtime. A rate of \$18 per hour is used. Payment is due to SEASPAR within one week of notification. If not paid promptly, the amount is due prior to the next registration. The staff makes every effort to return on time from all outings; we ask your cooperation in making pickups prompt.

If a participant is traveling home unsupervised, parents or case managers must submit written notice to the SEASPAR office. Please submit this notice with the registration form. We ask that you notify SEASPAR if someone other than a familiar family member is picking up your child.

Absences

Call SEASPAR when a participant cannot attend an activity. The number of staff hired is based on perfect attendance. Help us avoid unnecessary expenses by advising us if a participant will be absent. On special events, this allows those on the waiting list to attend and means that no tickets are wasted. Messages may be left on the after hours absence line. We realize that last minute absences may not allow for notice; however, we appreciate your assistance and cooperation.

Atlanto Axial Subluxation

Individuals with Down Syndrome are at risk of having Atlanto Axial Subluxation Condition (ASC) that causes increased mobility in the cervical spine. For the safety of our participants, individuals with Down Syndrome are not allowed to participate in the butterfly stroke in swimming, diving, tumbling, gymnastics, high jump, and other activities unless they have tested negative for ASC. An x-ray determines if the condition is present. Contact SEASPAR for further details.

Transportation Safety Procedures

The following procedures are required to ensure the safety of our participants while riding in our vehicles. SEASPAR reserves the right to refuse to transport individuals.

All passengers must be sitting in seats or wheelchairs with seat belts securely fastened or the driver will not move the vehicle. All wheelchairs must have brakes that are in good working condition and can stop the chair from moving.

SEASPAR staff are responsible for determining whether a participant can be transported safely. Persons using an Amigo-type scooter or stroller must transfer to a vehicle seat and use a seat belt.

Medication Dispensation

The exchange of medication, information, and participants can become rather hectic as a group prepares to leave for an activity or at the beginning of a program. In order to be sure that all medication is in order and staff has the appropriate information, we ask you to put medication in specially-marked envelopes, complete the label, and give it to the program supervisor before the group leaves. To make the process work more efficiently for overnight trips, envelopes are sent to you along with the packing list. For day trips, staff provides envelopes at the drop-off point. For the convenience of those who are involved in many outings or who take medication frequently, we are happy to provide a supply of labeled envelopes.

Weather Cancellations

Weekly programs and special events may be cancelled due to inclement weather. Call SEASPAR one to two hours before the program begins or between 4:00 and 4:30 p.m. for evening programs. If a program is cancelled, staff attempt to reach all participants by phone to inform them of the cancellation. After hours, program changes are available on the program update selection of the phone system. If indoor facilities are available for weekly programs, the program is held as usual. Programs cancelled due to inclement weather are not rescheduled.

Severe winter weather guidelines for cancelling programs

Outdoor programs or programs with transportation for participants with physical disabilities:

- Temperature of zero or wind chill of -10° or less

All other programs with transportation:

- Temperature of -10 or wind chill of -20° or less

All programs (including indoor): snowstorm or blizzard situations when driving restrictions and emergency accident plans are in effect (e.g., winter storm or blizzard warnings).

Other weather concerns affecting program cancellation

All programs (including indoor) where a tornado warning is in effect for the surrounding area. SEASPAR uses discretion for all other weather warnings and watches.

Participant Expectations

SEASPAR provides leisure opportunities for individuals with disabilities, and while participating in our programs, we stress socialization skills, appropriate behavior, and personal appearance. For the dignity and acceptance of individuals with disabilities, and for their overall self-esteem and enjoyment in community outings, the staff has developed a list of participant expectations. We ask that you assist us in fulfilling these basic guidelines. The participant guidelines were developed for the betterment of our participants, their self-esteem, and normalization.

- Clean, dry clothing.
- No bowel/bladder problems upon arrival at the program. If this is a concern, extra clean clothing, cleanup supplies, and Depends garments must be sent with the participant.
- Attention to body odors (should smell fresh).
- Appearance should be clean.
- Appropriate attire for program participation (gym shoes, warm-ups, or loose-fitting clothing for athletic, sports, or exercise programs). If you have a question about attire, call SEASPAR.

Staff will be consistent in stressing personal hygiene while participants are at programs.

Code of Conduct

SEASPAR asks all participants and family members to observe the behavior code below, which was developed to ensure enjoyable and safe program experiences. SEASPAR will attempt reasonable accommodations to enable participants to meet behavior expectations.

- Show respect to all participants, staff, and public.
- Listen to and comply with staff direction and program rules.
- Allow others in the program and others at public facilities to enjoy the activity without disruption (within reason).
- Refrain from using foul language or other offensive behavior such as rude gestures, sexually explicit language, or inappropriate touching.
- Refrain from causing bodily harm or aggressive physical contact.
- Show respect to equipment, supplies, and facilities.

Additional rules are developed for specific programs as deemed necessary by the staff.

Discipline

SEASPAR applies a caring, positive approach to discipline. Staff review rules with participants and are willing to work with parents to develop behavior modification programs as necessary. When conduct expectations are not met, staff will take reasonable steps to accommodate the behavior and minimize future risks. However, when accommodations are attempted and are unsuccessful, or when no reasonable accommodation exists to avoid future risks, SEASPAR may take actions such as removing a participant from an activity for a short period of time, removing a participant from an activity for the remainder of the day, suspending participation for the next program meeting, or suspending participation in that program for the remainder of the season. Notwithstanding SEASPAR's option to use progressive discipline, SEASPAR is not required to do so and may, at its sole discretion, forego lesser forms of discipline at any time and proceed immediately with suspending participation for the remainder of the season.

Listed below are examples of reasons for disciplinary action. This list, however, does not constitute a comprehensive list of all acts which may subject the participant to disciplinary action, including suspension from any program or activity. Instead, the following list sets forth some of the more typical circumstances that arise. They include, but are not limited to:

- Loud noises in particular settings where quietness is expected.
- Ability to sit quietly in theaters, concerts, etc.
- Respect for other patrons at activities in the community.
- Running in crowded areas or bolting from the group – this can cause disruption at the least or be a significant safety problem.
- Participating in scheduled activities for the majority of the time.

Wellness Guidelines

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

- Fever of 100° or higher within the last 24 hours.
- Vomiting within the last 24 hours.
- Persistent diarrhea in conjunction with other symptoms.
- Contagious rash or a rash of unknown origin.
- Persistent cough and/or cold symptoms.
- Eye infections or discharge from the eye.
- Symptoms of mumps, measles, chicken pox, strep throat, flu, impetigo, or Coxsackie's virus.
- Fatigue due to illness that hinders participation in a program.
- Runny nose with yellow or green discharge.
- Lice or mites.

Please notify SEASPAR if the participant contracts any contagious illness that will affect their attendance at a 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.

REGISTRATION DEADLINE: MONDAY, AUGUST 15 – 4:30 p.m.

Registration Procedures

- Complete both sides of the registration form and sign it.
- All new participants must complete an Annual Information Form and submit it with their registration form. Parents, guardians, or caregivers are responsible for informing SEASPAR of any changes to this information. Annual Information Forms are available at SEASPAR and on the website.
- **Full payment must be received with the registration unless other arrangements have been made. Payment may be made by check, money order, cash, or credit card.**
- **Mail or drop off your registration, Annual Information Form, and payment as soon as possible, but no later than Monday, August 15 by 4:30 p.m.** For after hours convenience, there is a mail slot at the SEASPAR office entrance.
- SEASPAR resident registrations received by Monday, August 15 will be processed randomly beginning Tuesday, August 16.
- **Registrations will not be processed if a balance remains from a previous season. Please contact the office with questions about any outstanding balances.**
- Registrations received after the registration deadline are accepted if space is available.
- Non-resident registration begins Monday, August 22, and is processed randomly.
- Registrations must be received in the office five business days before an activity.
- SEASPAR encourages registration at the times and dates listed. This enables the staff to answer questions and provide additional information.
- Instructors may not receive payment or register participants at programs.
- SEASPAR sends registration confirmations before programs begin. Please review the confirmation to verify programs for which you are registered or on the waiting list.

Program Cancellations

- A program may be cancelled if the program minimum is not met.
- Programs may be cancelled due to inclement weather. Make-up dates are generally not possible.
- If a participant cannot attend a program, he/she cannot send a substitute in his/her place.

Refund/Credit Procedures

- A full refund is issued if a program or special event is cancelled by SEASPAR.
- In order for a participant to drop from a program or special event, they must notify SEASPAR five business days prior to the start of the program or special event to qualify for a refund. At this time, the participant will be refunded the cost of the program less a \$5 processing fee, the cost of a ticket (unless a participant on the waiting list registers), contracted services, or specialized non-refundable supplies.
- A prorated refund is issued if a written medical excuse accompanies the refund request.
- No refund is given if a class is postponed due to low enrollment. If the program is subsequently cancelled, a full refund is given.
- If a participant chooses to cancel from a program after the season has begun, a pro-rated refund is issued less a \$5 processing fee and ticket price, if applicable.
- All refunds are issued monthly.

Non-Resident Fee Policy

SEASPAR does not accept out-of-district participants unless they reside in an unincorporated area. (See page 35 for information on the SEASPAR/WDSRA agreement.) An unincorporated area is property not within the boundaries of a park district or municipality, e.g., village, town, city. A 100% increase in fees is charged for non-residents to participate. Example: A \$20 in-district fee is multiplied by two for a total of \$40. Registration forms for non-residents are accepted at any time but are not processed until resident registration is completed. In all cases, residents are given priority and non-residents are admitted to programs only after all interested residents are served.

••• Registrations will not be processed without payment. •••

Registration Form children

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Registration Deadline: Monday, August 15 – 4:30 p.m.

••• Be sure to fill out and sign the back of this page. •••

Participant's Name _____ Age _____ Birth Date _____ Gender _____

Listed are all programs in order as they appear in the brochure. Please check only those programs for which you are registering.

Please Circle Pickup Location DS = Darien Sportsplex D = Denning LG = LaGrange S = SEASPAR

Code	Program	✓	Fee
Programs for Everyone			
2-001-01-1	Swim Lodge Mon 4:30		165
2-001-01-2	Swim Lodge Mon 5:00		165
2-001-01-3	Swim Lodge Mon 5:30		165
2-001-01-4	Swim Lodge Mon 6:00		165
2-001-01-5	Swim Lodge Tue 5:00		165
2-001-01-6	Swim Lodge Tue 5:30		165
2-001-01-7	Swim Lodge Tue 6:00		165
2-001-01-8	Swim Lodge Tue 6:30		165
2-001-01-9	Swim Doubletree Wed 5:30		165
2-001-01-10	Swim Doubletree Wed 6:00		165
2-001-01-11	Swim Doubletree Wed 6:30		165
2-070-01-4	Horseback Riding Tues		200
2-070-01-5	Horseback Riding Tues		200
2-070-01-1	Horseback Riding Wed 5:00		100
2-070-01-2	Horseback Riding Wed 5:30		100
2-070-01-3	Horseback Riding Wed 6:00		100
2-031-01-1	Scuba Diving		98
2-008-01-1	Ice Skating Darien		165
2-008-01-2	Ice Skating Int. Woodridge		140
2-008-01-3	Ice Skating Beg. Woodridge		140
2-006-01-1	Music Tue Piano Drums Time: 1st choice: 2nd choice:		263
2-006-01-3	Music Wed Piano Time: 1st choice: 2nd choice:		263
2-006-01-2	Music Thur Keyboard Voice Time: 1st choice: 2nd choice:		248
Programs for Children (5-10)			
2-057-01-1	Aspire to Move		20
2-057-01-2	Aspire to Move Siblings		10
2-058-01-1	Right Fit for Kids		35
2-055-01-1	Music All Around		80
2-056-01-1	Rainbow Therapy Dogs		40
2-054-01-1	Yoga for Kids	S	85

Code	Program	✓	Fee
Programs for Children (5-10) (cont.)			
2-058-01-1	FUN-damentals of Gym		20
2-065-01-1	Sports Academy		25
2-065-01-2	Sports Academy Siblings		10
2-053-01-1	Beginner Gymnastics		80
2-067-01-1	Kids Club		130
2-062-01-1	Incredi-BOWLS		120
Special Events for Children (5-10)			
2-202-01-1	Cultural Arts	D S	25
2-203-01-1	Apple Picking	D S	30
2-215-01-1	Aladdin	D S	30
2-219-01-1	Siegel's Farm	D S	50
2-225-01-1	MagiQuest	D S	30
2-236-01-1	Polar Express	D S	25
2-242-01-1	Holiday Party		30
2-244-01-1	Vacation Celebration 12/19		25
2-244-01-2	Vacation Celebration 12/20		25
2-244-01-3	Vacation Celebration 12/21		25
2-244-01-4	Vacation Celebration 12/27		25
2-244-01-5	Vacation Celebration 12/28		25
2-244-01-6	Vacation Celebration 12/29		25
Programs for Youth & Young Teens (11-15)			
2-074-01-1	Martial Arts	S	100
2-080-01-1	Culinary Creations		50
2-080-01-2	Holiday Baking		30
2-093-01-1	Right Fit for Teens		35
2-076-01-1	Tap Dancing		20
2-077-01-1	Music in Motion		80
2-075-01-1	Strike a Pose Yoga	S	85
2-083-01-1	Sports Mania		57
2-081-01-1	Alley Cats		120
2-082-01-1	Fast Food Fantasy		142
2-084-01-1	Gymnastics 101		80
2-085-01-1	Out & About	D S	150
2-095-01-1	Tween Zone		100

Code	Program	✓	Fee
Special Events for Youth & Young Teens (11-15)			
2-206-01-1	Horseback Riding	D S	55
2-210-01-1	Teen Overnight		105
2-212-01-1	Day Off School	D S	40
2-216-01-1	Xtreme Trampolines	D S	25
2-217-01-1	Bengtson's	D S	40
2-222-01-1	Benedictine Football	D S	30
2-227-01-1	21st Centruy Sock Hop		15
2-230-01-1	The Sound of Music	D S	75
2-233-01-1	Turkey Shoot	D	15
2-232-01-1	Girls Day	D	35
2-239-01-1	Holiday Celebration	D S	30
2-245-01-1	Holiday Happenings 12/19		25
2-245-01-2	Holiday Happenings 12/20		25
2-245-01-3	Holiday Happenings 12/21		25
2-245-01-4	Holiday Happenings 12/27		25
2-245-01-5	Holiday Happenings 12/28		25
2-245-01-6	Holiday Happenings 12/29		25
Paralympic Sports			
2-050-02-1	Youth Goalball		110
2-050-01-1	Paralympic Boccia		75
2-050-03-1	Sled Hockey		100
Special Olympics			
2-108-01-1	Cross-Country Skiing		95
2-108-01-2	Cross-Country (no comp)		70
2-109-01-1	Snow Shoeing		95
2-109-01-2	Snow Shoeing (no comp)		70
2-102-01-1	Junior Basketball Team		155
2-114-01-1	Rhythmic Gymnastics Team		230
2-114-01-2	Gymnastics Team		230
2-118-01-1	Swim Team		110
2-110-01-1	Downhill Skiing		375
2-110-01-2	Downhill Skiing w/rental		455
2-110-01-3	Downhill Skiing (no comp)		310
2-110-01-4	Down Ski (no comp) w/rental		360
Total	\$		

Credit Card: Master Card <input type="checkbox"/> Visa <input type="checkbox"/> Discover <input type="checkbox"/>		Office Use Only	
Cardholder Name		Date Rec'd	Cash Amt
Account #		Rec'd By	Check Amt
Expiration Date	Security Code	AIF Given	AIF Rec'd
Authorized Signature			

Participant's Name _____ Age _____ Birth Date _____ Gender _____

Address _____ City _____ Zip _____

Home Phone (____) _____ Work Phone: Mom (____) _____ Dad (____) _____

Parents' Names _____ Cell Phone: Mom (____) _____ Dad (____) _____

E-mail Address _____

Are you a new participant? Yes No Is this a new address? Yes No Is this a new phone number? Yes No

School _____ Teacher _____

Disabilities or Diagnosis _____

Are there any changes in allergic conditions? Yes No Dietary restrictions? Yes No Medication? Yes No

Other health issues? Yes No Please list _____

Do you have an updated emergency contact? Yes No Name _____

Address _____ Phone Number _____

Waiver & Release Important Information

SEASPAR is committed to conducting its recreation activities in a safe manner and holds the safety of participants in high regard. SEASPAR 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 activities must recognize that there is an inherent risk of injury when choosing to participate.

You are solely responsible for determining if you or your minor child/ward is 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, recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

Warning of Risk

Recreational activities are intended to challenge and engage the physical, mental, and emotional resources of the 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. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activities, 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 recreation activities exist. In this regard, it must be recognized that it is impossible for SEASPAR to guarantee absolute safety.

Waiver And Release of All Claims And Assumption of Risk

Please read this information carefully and be aware that in signing up and participating in 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 these activities (including transportation services/vehicle operation, when provided).

I recognize and acknowledge that there are certain risks of physical injury to participants in these 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 activities against SEASPAR, including their officials, agents, volunteers, and employees (hereinafter collectively referred as "SEASPAR").

I do hereby fully release and forever discharge SEASPAR 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 activities.

I understand that SEASPAR carries no medical insurance and the participant's family must cover any medical costs incurred. I have read and fully understand the above important information, warning of risk, assumption of risk and waiver, and release of all claims.

In the event of an emergency, I understand and authorize SEASPAR staff and officials to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for immediate care for myself or minor child and agree that I will be responsible for payment of any and all medical services rendered.

Parent's Signature _____ Date _____

**PARTICIPATION WILL BE DENIED if the waiver is not signed or dated by parent/guardian.
PARTICIPATION WILL BE DENIED if a current Annual Information Form is not on file.**

Registration Form Teens & Adults (16+)

Registration Deadline: Monday, August 15 – 4:30 p.m.

••• **Be sure to fill out and sign the back of this page.** •••

Participant's Name _____ Age _____ Birth Date _____ Gender _____

Listed are all programs in order as they appear in the brochure. Please check only those programs for which you are registering.

Please Circle Pickup Location **DS = Darien Sportsplex** **D = Denning** **LGP = LaGrange Park** **S = SEASPAR**

Code	Program	✓	Fee
Programs for Everyone			
2-001-01-1	Swim Lodge Mon 4:30		165
2-001-01-2	Swim Lodge Mon 5:00		165
2-001-01-3	Swim Lodge Mon 5:30		165
2-001-01-4	Swim Lodge Mon 6:00		165
2-001-01-5	Swim Lodge Tue 5:00		165
2-001-01-6	Swim Lodge Tue 5:30		165
2-001-01-7	Swim Lodge Tue 6:00		165
2-001-01-8	Swim Lodge Tue 6:30		165
2-001-01-9	Swim Doubletree Wed 5:30		165
2-001-01-10	Swim Doubletree Wed 6:00		165
2-001-01-11	Swim Doubletree Wed 6:30		165
2-008-01-1	Ice Skating Darien		165
2-008-01-2	Ice Skating Int. Woodridge		140
2-008-01-3	Ice Skating Beg. Woodridge		140
2-070-01-4	Horseback Riding Tues		200
2-070-01-5	Horseback Riding Tues		200
2-070-01-1	Horseback Riding Wed 5:00		100
2-070-01-2	Horseback Riding Wed 5:30		100
2-070-01-3	Horseback Riding Wed 6:00		100
2-006-01-1	Music Tue Piano Drums Time: 1st choice: 2nd choice:		263
2-006-01-3	Music Wed Piano Time: 1st choice: 2nd choice:		263
2-006-01-2	Music Thur Keyboard Voice Time: 1st choice: 2nd choice:		248
2-031-01-1	Scuba Diving		98
Paralympic Sports			
2-050-02-1	Youth Goalball		110
2-050-01-1	Paralympic Boccia		75
2-050-03-1	Sled Hockey		100
Special Olympics			
2-108-01-1	Cross-Country Skiing		95
2-108-01-2	Cross-Country (no comp)		70
2-109-01-1	Snow Shoeing		95
2-109-01-2	Snow Shoeing (no comp)		70
2-101-01-1	Slammers Basketball		160
2-114-01-1	Rhythmic Gymnastics Team		230
2-114-01-2	Gymnastics Team		230
2-118-01-1	Swim Team		110
2-110-01-1	Downhill Ski		375
2-110-01-2	Downhill Ski w/rental		455

Code	Program	✓	Fee
Special Olympics (cont.)			
2-110-01-3	Downhill Ski (no comp)		310
2-110-01-4	Downhill Ski (no comp) w/rental		360
Programs for Teens & Adults			
2-003-01-1	Weekly Workout		85
2-005-01-1	Kitchen Creations Darien		125
2-003-01-3	Fit n' Fabulous Darien		85
2-005-01-2	Kitchen Creations LGP		125
2-003-01-2	Fitness Fundamentals LGP		85
2-012-01-2	Teen Scene Mon		280
2-012-01-1	Teen Scene Tues		280
2-027-01-5	Monday Night Madness		100
2-007-01-1	Day Away Tour		300
2-007-01-2	Day Away Tour		150
2-004-01-1	Artist Attic		70
2-039-01-1	Pet Therapy		45
2-014-01-1	Music Mania		66
2-029-01-1	Clay Creations		74
2-024-01-1	Lunch Bunch LGP S		52
2-007-01-3	Afternoon Adventures D S		250
2-010-01-1	Actors Guild		75
2-032-01-1	Holiday Treats		24
2-023-01-4	Pool Sharks Lisle		55
2-023-01-5	Pool Sharks Willowbrook		50
2-023-01-1	Alley Cats Lisle		130
2-022-01-1	Fast Food Lisle		155
2-023-01-2	Alley Cats Willowbrook		120
2-022-01-2	Fast Food SEASPAR		142
2-022-01-3	Fast Food Denning		142
2-023-01-3	Sat Strikers		120
2-001-01-12	Aqua Aerobics		60
2-019-01-1	At the Movies - East		60
2-019-01-2	At the Movies - West		60
2-011-01-1	Dancin' the Night Away		70
2-011-01-3	Let's Dance		150
2-013-01-1	Weight Training		78
2-014-01-2	Choir		50
2-015-01-1	Woodworking		75
2-033-01-1	Yoga		69
2-025-01-1	Lincoln Center 45+		175
2-025-01-2	Lincoln Center 30-45		175
2-025-01-3	Grand Avenue 31+		175
2-025-01-4	LaGrange 16-25		175
2-025-01-5	Darien 16-25		175
2-025-01-7	Bank of Western Sprgs. 22-30		175
2-025-01-8	Woodridge 22-30		175
2-025-01-9	SEASPAR 31-35		175

Code	Program	✓	Fee
Programs for Teens & Adults (cont.)			
2-026-01-1	Socialites 737 S		220
2-027-01-6	Gridiron Greats		100
2-027-01-1	Bears Bonanza 10/2 D		25
2-027-01-2	Bears Bonanza 10/23 D		25
2-027-01-3	Bears Bonanza 11/13 D		25
2-027-01-4	Bears Bonanza 12/4 D		25
Special Events for Teen & Adults			
2-201-01-1	FVSRA Tournament D S		40
2-204-01-1	NIU Football D S		54
2-204-01-2	NIU Football Access D S		54
2-205-01-1	Chicago Fire D S		65
2-205-01-2	Chicago Fire Access D S		65
2-207-01-1	Kane County Flea Market D S		40
2-208-01-1	White Pines Ranch D S		70
2-209-01-1	Scarecrow Festival D S		40
2-211-01-1	Fall into Kuipers D S		55
2-213-01-1	Sweetest Day Dance D S		30
2-214-01-1	Fall Escape		450
2-218-01-1	Great America D S		85
2-220-01-1	Ladies Day Out D S		40
2-221-01-1	Halloween Dance (Included in Social Club)		18
2-223-01-1	Buca di Beppo D S		45
2-224-01-1	Guys Day Out D S		55
2-226-01-1	Laugh Out Loud D S		35
2-227-01-2	21st Century Sock Hop		15
2-229-01-1	Nutcracker Ballet D		30
2-229-01-2	Nutcracker Access D		30
2-228-01-1	Ringling Brothers Circus D S		58
2-228-01-2	Ringling Bros. Access D S		58
2-230-01-2	The Sound of Music D S		75
2-230-01-1	Paint Your Wagon S		20
2-233-01-2	Turkey Shoot D		15
2-234-01-1	St. Francis Bowling		15
2-235-01-1	NSSRA Tournament D S		40
2-237-01-1	Holiday Spectacular		Free
2-238-01-1	Holiday Dinner Dance D (Included in Social Club)		35
2-240-01-1	Holiday Shopping 12/12 D		20
2-240-01-2	Holiday Shopping 12/14 S		20
2-241-01-1	Hackney's D S		40
2-243-01-1	Lucky Strike Lanes D S		45
2-246-01-1	New Year's Bash		25
Total	\$		

Credit Card: Master Card <input type="checkbox"/> Visa <input type="checkbox"/> Discover <input type="checkbox"/>		Office Use Only	
Cardholder Name		Date Rec'd	Cash Amt
Account #		Rec'd By	Check Amt
Expiration Date	Security Code	AIF Given	AIF Rec'd
Authorized Signature			

Participant's Name _____ Age _____ Birth Date _____ Gender _____
 Address _____ City _____ Zip _____
 Home Phone (____) _____ Work Phone: Mom (____) _____ Dad (____) _____
 Parents' Names _____ Cell Phone: Mom (____) _____ Dad (____) _____
 E-mail Address _____

Are you a new participant? Yes No Is this a new address? Yes No Is this a new phone number? Yes No

School _____ Teacher _____

Disabilities or Diagnosis _____

Are there any changes in allergic conditions? Yes No Dietary restrictions? Yes No Medication? Yes No

Other health issues? Yes No Please list _____

Do you have an updated emergency contact? Yes No Name _____

Address _____ Phone Number _____

Waiver & Release

Important Information

SEASPAR is committed to conducting its recreation activities in a safe manner and holds the safety of participants in high regard. SEASPAR 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 activities must recognize that there is an inherent risk of injury when choosing to participate.

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Warning of Risk

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I recognize and acknowledge that there are certain risks of physical injury to participants in these 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 activities against SEASPAR, including their officials, agents, volunteers, and employees (hereinafter collectively referred as "SEASPAR").

I do hereby fully release and forever discharge SEASPAR 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 activities.

I understand that SEASPAR carries no medical insurance and the participant's family must cover any medical costs incurred. I have read and fully understand the above important information, warning of risk, assumption of risk and waiver, and release of all claims.

In the event of an emergency, I understand and authorize SEASPAR staff and officials to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for immediate care for myself or minor child and agree that I will be responsible for payment of any and all medical services rendered.

Parent's Signature _____ Date _____

Participant's Signature (18 or older or Parent/Guardian) _____ Date _____

**PARTICIPATION WILL BE DENIED if the waiver is not signed or dated by parent/guardian.
 PARTICIPATION WILL BE DENIED if a current Annual Information Form is not on file.**



Through the joint sponsorship of the Downers Grove and Lombard Kiwanis Clubs and SEASPAR, the Aktion Club was formed as a unique community service organization. Aktion Club is designed for adults with disabilities who wish to help others. Due to the nature of this club, members must be able to independently perform service activities, or do them with minimal supervision or support. Since its chartering in 2005, the club has performed more than 36 service projects ranging from sponsoring a dance, to participating in Kiwanis Peanut Days, and collecting food for local food pantries. The club also participated in service projects such as Book Angels, the Downers Grove Township Holiday Gift Project, and Sleeping Children Around the World, and conducted a supply drive for Support Our Troops-Illinois. Those interested in learning more about the club should contact Susan Friend.

Aktion Club members show off the birthday party bags they prepared and donated to families served by a local food pantry.



Stroke Support Group

SEASPAR, in cooperation with Hinsdale Hospital and LaGrange Memorial Hospital, sponsors the Stroke Support Group for those who have had a stroke and for their family and friends. It provides educational sessions about strokes and how to rebound following a stroke. Members encourage one another to face and overcome common problems by sharing their own experiences.

The group provides a welcoming atmosphere and a sense of understanding, especially for those with communication and physical limitations. Strength can be drawn from one another in this type of environment. For a schedule of times, dates, and meeting locations, contact Greg Pavesich.

Nursing Home Programs

SEASPAR conducts activities for nursing homes within its communities. Some of the activities offered are trips to zoos, museums, movie theaters, plays, restaurants, and shopping. Also offered are programs such as fishing, bowling, wheelchair square dancing, or almost anything the group finds entertaining. There is a small fee for transportation, staff, and the cost of admissions or supplies. Contact Greg Pavesich if you are interested in scheduling an activity.



Super Stars is:

A pediatric occupational & physical therapy program

Expanding into a full service outpatient clinic including a therapeutic gymnastics program

For children ages three through eighteen years

In network with Blue Cross/Blue Shield

Alternative payment options are also available

A REGISTRATION PACKET AND PHYSICIAN PRESCRIPTION IS REQUIRED BEFORE SCHEDULING WITH A THERAPIST.



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1-630-960-7600.**

...Fall Special Events...

Children (ages 5-10)

Cultural Arts Experience

Sunday, September 11

Apple Picking

Saturday, September 24

Aladdin

Saturday, October 15

Siegel's Cottonwood Farm

Saturday, October 22

MagiQuest

Saturday, November 12

Polar Express

Sunday, December 4

Holiday Party

Saturday, December 17

Vacation Celebration

Mon. Dec. 19, Tues. Dec. 20

Wed. Dec. 21, Tues. Dec. 27

Wed. Dec. 28, Thur. Dec. 29

Youth/Young Teens (ages 11-15)

Horseback Riding

Sunday, October 1

Teen Overnight

Saturday – Sunday, October 8 – 9

Day Off School

Monday, October 10

Bengtson's Pumpkin Farm

Saturday, October 22

Xtreme Trampolines

Saturday, October 29

Benedictine Football

Saturday, October 29

21st Century Sock Hop

Sunday, November 6

The Sound of Music

Sunday, November 13

Turkey Shoot

Sunday, November 20

Girls Just Want to Have Fun

Saturday, December 3

Holiday Celebration

Saturday, December 10

Holiday Happenings

Mon. Dec. 19, Tues. Dec. 20

Wed. Dec. 21, Tues. Dec. 27

Wed. Dec. 28, Thur. Dec. 29

Adult (16+)

FVSRA Tournament

Saturday, September 10

NIU Football Game

Saturday, September 24

Chicago Fire

Sunday, September 25

Kane County Flea Market

Saturday, October 1

White Pines Ranch

Sunday, October 2

Scarecrow Festival

Saturday, October 8

Fall into Kuipers

Sunday, October 9

Sweetest Day Dance

Friday, October 14

Fall Escape

Friday–Sunday, October 14–16

Fright Fest

Saturday, October 22

Ladies Day Out

Sunday, October 23

Halloween Dance

Friday, October 28

Buca di Beppo

Saturday, October 29

Guys Day Out

Sunday, October 30

Laugh Out Loud

Saturday, November 5

21st Century Sock Hop

Sunday, November 6

Nutcracker Ballet

Saturday, November 12

Ringling Brothers Circus

Saturday, November 12

The Sound of Music

Sunday, November 13

Paint Your Wagon

Saturday, November 19

Turkey Shoot

Sunday, November 20

St. Francis Bowling

Friday, December 2

NSSRA Bowling Tournament

Saturday, December 3

Holiday Spectacular

Monday, December 5

Holiday Dinner Dance

Friday, December 9

Holiday Shopping

Monday, December 12

Wednesday, December 14

Hackney's

Saturday, December 17

Lucky Strike Lanes

Sunday, December 18

New Year's Bash

Wednesday, December 28