

FALL 2020

CONNECTIONS

PROGRAM GUIDE



SESSION ONE

SEPT 21 – OCT 31

OUR MISSION CONTINUES!



Whether in-person or virtually, SEASPAR is here to help you connect with friends in a safe and engaging environment.

MESSAGE FROM THE DIRECTOR

Fall 2020: Session One



Welcome to the first of SEASPAR's two 2020 fall program guides. In this guide, we'll introduce you to more social distancing-friendly in-person programs and even more of our popular virtual activities. In addition, be on the lookout for new hybrid programs, which will offer an in-person and virtual experience. The contents of this guide will cover programming running from September 21 through October 31.

Our staff is excited about the prospects of reintroducing more in-person programming, but we are well aware of the importance of proper planning and diligence. Our plans will follow the guidelines provided by local, state, and federal authorities. Your safety and the safety of our staff is our utmost concern. Only time can tell how the rest of the year will play out. We'll continue to be flexible and plan with everyone's best interests in mind. In the meantime, please explore the contents of this guide and participate where possible.

Our staff continues to work hard to overcome many challenges during these unprecedented times, and I'm confident you'll enjoy the programs they've created. I look forward to the future and cannot wait to see your smiling faces again.



Matthew Corso
SEASPAR Executive Director

PARTICIPANT ELIGIBILITY

For In-Person Programming

As we have transitioned into Phase 4 of the Restore Illinois Plan, we have been excited to offer new in-person programs. It is imperative we take every precaution and preventative measure to keep our participants and staff safe, and avoid the spread of COVID-19 to anyone.

For the remainder of 2020, SEASPAR is evaluating in-person program opportunities and will provide program information and registration periods in place of seasonal guides and registration periods. The first session of fall in-person programming will run from September 21–October 31 and will supplement the current virtual programs, which will continue throughout the year.

As we have returned to in-person programming, we have established new eligibility and safety guidelines for staff and participants. Participants interested in registering for in-person programming will be required to complete an assessment to determine eligibility. Once the assessment is submitted, staff will review the assessment, pair it with recent experience with the participant (if any), and call families to ask any additional questions staff may have and ultimately to let them know the outcome. As always, evaluations of reasonable accommodations are made on a case-by-case basis to ensure that SEASPAR has as much information as possible about the specifics of the request being made, and SEASPAR retains the right at all times to re-evaluate participation when a situation is creating a direct threat of safety.

To determine eligibility for in-person programs, a Participant Assessment must be completed prior to registration only if one has not already been approved. The registration deadline for in-person programming is September 11.

Participant Eligibility

- Ability to maintain a 6-foot physical distance from other participants and staff
- Ability to properly put on, wear, and take off a face covering when necessary, for the duration of the program
- Independent personal care (i.e. hygiene, toileting, feeding)
- Ability to participate with visual and verbal prompting within a ratio of one staff to four participants
- Ability to follow the SEASPAR Code of Conduct and other predetermined guidelines

Wellness Questionnaire

As part of the registration process, participants and/or caregivers are committing to the guidelines set forth by CDC and the Illinois Department Public Health (IDPH). Prior to program, participants/caregivers will be asked to review the Wellness Questionnaire. The same questions will be asked upon arrival to the program.

- Does the participant have a temperature of 100.4 or higher?
- Is the participant experiencing any of the following conditions:
 - Cough or upper respiratory pressure?
 - Muscle aches?
 - Shortness of breath?
 - Sore throat?
 - Diarrhea?
- Has participant been exposed to anyone who has tested positive to COVID-19? How recent? More recent than 30 days?
- Is anyone in your household experiencing symptoms/sick?
- The answer to all the above should be NO. They can then proceed to participate.

PARTICIPANT ELIGIBILITY

For In-Person Programming

Although recreation programs always have an inherent risk, SEASPAR has taken several measures to promote safety and wellness in our in-person programs at this time.

- Program capacity will be a maximum of 15 individuals inclusive of staff and participants.
- Participants and staff must perform the Wellness Questionnaire at home every day prior to arrival at program. The Wellness Questionnaire will again be provided upon arrival at the program location.
- Face coverings must be worn by participants and staff at all times. The only exception to this is when the program is outside, and staff and participants can maintain physical distancing of at least 6 feet.
- Participants must provide their own face covering.
- Staff will develop a pick-up and drop off system for each program to ensure proper physical distancing. Parents and caregivers must wear face coverings and stay in their vehicle when dropping off and picking up participants. In accordance with the Center for Disease Control (CDC), SEASPAR highly discourages carpooling.
- Participants must adhere to a strict hand washing schedule.
- Staff will clean and disinfect frequently touched surfaces (table tops, door handles, etc.) before and after activities and in between uses of different individuals.
- Participants will be provided a supply kit to limit the need for sharing.
- Toys and learning tools not able to be sanitized will not be used.
- The use of playground equipment is not currently permitted.
- SEASPAR will take measures to promote 6 foot physical distancing, such as seat assignments, outdoor activities, barriers, and traffic flow patterns.
- Participants and staff displaying symptoms of illness during the program will be removed from the group, and an approved adult will be required to pick them up within 30 minutes of notification. Participants will be supervised by staff while removed from the group. Participants will be required to have multiple emergency contacts to ensure that someone is available to pick them up if the need arises.
- Participants who have been exposed in close contact to someone with confirmed COVID-19 may only return to program after it has been 14 days from the time of the exposure.
- Participants diagnosed with or exhibiting symptoms of COVID-19 may only return to program after it has been 10 days from the time they have experienced symptoms, do not have a fever for 3 days (without taking medication to reduce fever), and have improvement in their respiratory symptoms (cough, shortness of breath). Alternately a participant may return to program after 2 negative COVID-19 tests in a row, with testing done 24 hours apart.
- If participants have illnesses like allergies, or other non-contagious conditions that may appear similar to a contagious illness, a note from a physician stating they are not contagious is required prior to attending program.
- To protect your participant and those they interact with, participants that do not adhere to program rules and the above guidelines may be removed from the program.

REGISTRATION

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We've made some changes to the way we present programs in this guide. Take a look below to see what's new.

PROGRAM NAME



Program Description. This section will provide you with a brief description about the program. It may also provide specific requirements, program notes, or instructions.

Audience Which age group this program is designed for
Fee Registration cost if any
Location Where this program will take place

Code	Day(s)	Time	Date(s)
0-000-00-0	M-F	12:00-1:00pm	9/21-10/31

WHAT'S NEW?

Program Type Icon: This guide contains In-Person and Virtual programs. To help you differentiate the type of program, all programs are assigned a program type icon located to the right of the Program Name. Each icon represents the following:



Classifies a program as an **In-Person** program.



Classifies a program as a **Virtual** program.

Location: In-person programs are assigned a meeting location. Program location details may be found on page 11.

Code: All programs are assigned a unique registration code. You may click on a program's code to be linked to its online registration page.

REGISTRATION

Fall 2020: Session One



REGISTRATION OPTIONS

Online: SEASPAR.org

By Fax: 630.960.7601

Mail/ SEASPAR

In Person: 4500 Belmont Road
Downers Grove, IL 60515

Registration procedures are located on pages 50–52.

AIF and **registration forms** are located on pages 53–57.



Registration opens on Monday, August 31, and closes on Friday, September 11 at 4:30pm.



OFFICE HOURS

Monday–Friday, 8:30am–4:30pm
Recorded Message After Hours

Visitors are welcome from 9:00am–4:00pm. Masks are required and there is a limit of three people per visit.

4500 Belmont Road
Downers Grove, IL 60515
630.960.7600 • 630.960.7605 TDD
630.960.7601 Fax

**New to Zoom or virtual programming?
Watch a video tutorial with instructions
on how to join a SEASPAR program hosted
on Zoom.**

CONTACT US

Fall 2020: Session One



WE'RE HERE TO HELP!

Our goal is to make participation in your favorite SEASPAR programming as effortless as possible. While changes sometimes present new challenges, we want you to know, we're here to help.

Do not hesitate to contact SEASPAR with your questions.

BY PHONE

630.960.7600
630.960.7605 TDD

BY EMAIL

Info@seaspar.org

SOCIAL MEDIA

facebook.com/SEASPAR
twitter.com/SEASPAR
instagram.com/weareseaspar

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PROGRAM DIRECTORY

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Program/Event			Age	Days/Date	Page #
Swim Lessons with CELTS		•	All Ages	Mondays, Saturdays	13, 30
Sensory Explorers		•	All Ages	Wednesdays	20
Sensory Sunday		•	All Ages	Sundays	34
Yoga & Mindfulness	•		3–15	Thursdays	23
Drum Circle	•		5+	Mondays	12
Coloring Club	•		5+	Mondays	14
Right Fit	•		5+	Tuesdays	17
Sing & Jam with Alyssa	•		5+	Tuesdays	17
Work-In with SEASPAR	•		5+	Thursdays	24
Music Lessons with Nancy	•		5+	By Appointment	35
SEASPAR Virtual Race	•		5+	Ongoing	35
Campfire Tunes	•		5+	Friday, October 2	39
Family Virtual Karaoke Night	•		5+	Sunday, October 4	40
Shedd Aquarium Virtual Tour	•		5+	Saturday, October 24	42
Halloween Costume Contest	•		5+	Sunday, October 25	43
Monster Bash Dance	•		5+	Friday, October 30	44
Halloween Van Parade		•	5+	Saturday, October 31	44
Sports Conditioning	•		8+	Mondays	12
Karate	•	•	8+	Mondays	15
Karaoke	•		8+	Mondays	15
Nature Hikers		•	8+	Tuesdays	18
Walking Club East		•	8+	Wednesdays	20
Hey DJ Dance Party	•		8+	Wednesday, October 14	42
Walking Club West		•	8+	Thursdays	23
Spartans Sports Talk	•		8+	Fridays	26
Power Soccer		•	8+	Saturdays	29
San Diego Zoo Virtual Tour	•		8+	Saturday, September 26	38
Destination Disney II	•		8+	Saturday, October 10	40
Spartans Swimming		•	8+	Sundays	33
Bingo	•		12+	Thursday	25
There's No Place Like Home Dance	•		13+	Friday, September 25	37



Classifies a program as an **In-Person** program.



Classifies a program as a **Virtual** program.

PROGRAM DIRECTORY

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Program/Event			Age	Days/Date	Page #
Cooking with Chef Megan	•		16+	Mondays	13
Feast with Friends	•		16+	Tuesdays	16
Book Club		•	16+	Tuesdays	16
Role Play	•		16+	Tuesdays	19
Game Night	•		16+	Tuesdays	19
Dinner and a Show	•		16+	Wednesdays	21
Yoga with Jen	•		16+	Wednesdays	21
Creative Corner	•		16+	Thursdays	22
Movie Club	•		16+	Thursdays	22
Glee Club	•		16+	Thursdays	25
Sweat Session		•	16+	Fridays	26
Social Club at Lisle		•	16+	Fridays	27
Social Club at Western Springs		•	16+	Fridays	27
Social Club - Virtual	•		16+	Fridays	28
Saturday Night Socialites	•		16+	Saturdays	31
Bears Bonanza		•	16+	Sundays	32
Crazy Hat Dance	•		16+	Saturday, September 19	37
Parking Lot Party		•	16+	Sunday, September 27	38
Fall Nature Scavenger Hunt		•	16+	Saturday, October 3	39
Open Gym		•	16+	Sunday, October 11	41

PROGRAM LOCATIONS

BROOKFIELD MUNICIPAL BUILDING

8820 Brookfield Ave., Brookfield

MCCOLLUM PARK

6801 Main St., Downers Grove

THE CORE FITNESS & AQUATIC COMPLEX

16028 127th St., Lemont

SEASPAR

4500 Belmont Rd., Downers Grove

DARIEN SPORTSPLEX

451 Plainfield Rd., Darien

SPRING ROCK PARK

4400 Central Ave., Western Springs

FULLERSBURG WOODS

3609 Spring Rd., Oak Brook

TRUE BALANCE KARATE

406 Ogden Ave., Downers Grove

GRAND AVENUE COMMUNITY CENTER

4211 Grand Ave., Western Springs

WESTMONT COMMUNITY CENTER

75 East Richmond Ave., Westmont

LISLE RECREATION CENTER

1925 Ohio St., Door 8, Lisle

WONDERS MULTI-SENSORY ROOM

Lisle Recreation Center, 1925 Ohio St., Door 8, Lisle

MONDAY

Fall 2020: Session One

DRUM CIRCLE

Join drumming instructor Chris Lavidas for a class that will get you moving in your seat! Focused on making music through drumming, this virtual program will help you to learn a bit about rhythm and tempo as you drum along. No instruments needed, just a household item you can bang on like a pot, pan, or bowl.

Audience 5 years and older
 Fee \$45

Code	Day(s)	Time	Date(s)
2-701-04-1	M	10:30–11:15am	9/21–10/26

SPORTS CONDITIONING

Come stretch and work out with Coach Matt. Each week we will do a different sport-specific workout routine and keep hydrated while doing it!

Audience 8 years and older
 Fee FREE

Code	Day(s)	Time	Date(s)
2-701-05-1	M	3:00–3:45pm	9/21–10/26

MONDAY

Fall 2020: Session One

COOKING WITH CHEF MEGAN

We're whipping up your favorite recipes in the kitchen! Learn to make delicious snacks, lunches, and dinners that you can share with your loved ones.

Audience 16 years and older
Fee \$10

Code	Day(s)	Time	Date(s)
2-701-06-1	M	4:00–4:40pm	9/21–10/26

SWIM LESSONS WITH CELTS

SEASPAR has again partnered with Coach Eve Learn to Swim and its certified instructors to provide quality swim lessons. In these progressive classes, swimmers are introduced to basic water skills, breath holding, and a number of submerging progressions which lead the participants to unassisted swimming. Activities encourage self-confidence and strengthen gross motor skills. Swim lessons are taught in a small group, and 1:1 assistance is provided as determined by the staff. Please be aware that we share the pools with the public.

Swim lessons are 30 minutes each. Please include your preferred lesson time at the time of registration. We will do our best to accommodate time requests, but due to the high demand, time slots are not guaranteed.

Audience All ages
Location The CORE, Lemont
Fee \$95

Code	Day(s)	Time	Date(s)
2-001-01-01	M	4:00–6:00pm	9/21–10/26

MONDAY

Fall 2020: Session One

COLORING CLUB

Haven't you heard? Coloring is the most relaxing, stress-relieving, and fun way to spend your day! Join SEASPAR for our Coloring Club, where we will be coloring different pages each week.

Audience 5 years and older
Fee FREE

Code	Day(s)	Time	Date(s)
2-701-10-1	M	5:00–5:30pm	9/21–10/26

MONDAY

Fall 2020: Session One

KARATE

The skills learned, and the training methods used in non-contact karate help release tension and increase focus. Participants learn self-control, balance, and the ability to process and follow a series of directions. This is a continuous program, giving participants the ability to advance through the belt system and the opportunity to earn a black belt. All abilities are welcome, as instruction is tailored to everyone's progress. **Note: A waiver is sent with the program confirmation to In-Person Class participants and must be returned by September 11.**

Audience 8 years and older
 Location True Balance, Downers Grove (In-Person Only)
 Fee \$25

In-Person Class

Code	Day(s)	Time	Date(s)
2-074-01-1	M	5:30–6:00pm	9/21–10/26

Virtual Class

Code	Day(s)	Time	Date(s)
2-701-03-1	M	5:30–6:00pm	9/21–10/26

KARAOKE

Sing your heart out and enjoy karaoke virtually with your friends. A list of songs will be emailed to you weekly so you can pick a few of your favorites to add to the playlist.

Audience 8 years and older
 Fee FREE

Code	Day(s)	Time	Date(s)
2-701-08-1	M	6:30–7:30pm	9/21–10/26

TUESDAY

Fall 2020: Session One

FEAST WITH FRIENDS



What better way to spend lunch than with SEASPAR? We'll have great conversations, catch up with all of our friends, and share our favorite lunches. Make your lunch ahead of time and join in. We look forward to seeing you!

Audience 16 years and older
Fee FREE

Code	Day(s)	Time	Date(s)
2-701-09-1	TU	12:15–12:45pm	9/22–10/27

BOOK CLUB



Attention all bookworms! At Book Club, we will be reading *Harry Potter and the Sorcerer's Stone*. Each week we will read together, talk about the book, and have assigned pages to read at home. The last week, we will watch the movie together!

Audience 16 years and older
Location Lisle Recreation Center
Fee \$20

Code	Day(s)	Time	Date(s)
2-004-01-1	TU	3:15–4:00 pm	9/22–10/27

TUESDAY

Fall 2020: Session One

SING & JAM WITH ALYSSA

Join Alyssa Wilkins, a Board-Certified Music Therapist from Dynamic Lynks, for a virtual music group to socialize with peers through active music making! Learn songs for regulation, make original songs with fun interactive computer apps, and get up on your feet to groove with these awesome beats.

Audience 5 years and older
 Fee \$45

Code	Day(s)	Time	Date(s)
2-701-07-1	TU	4:00–4:45 pm	9/22–10/27

RIGHT FIT

Are you ready for a non-stop, energized, total body workout? Train with Right Fit virtually! Weekly programs are based off body weight exercises using at-home items. Each week, the Right Fit Raise the Bar team will send you the workout plan and supply list. No formal workout equipment is needed.

Audience 5 years and older
 Fee \$35

Code	Day(s)	Time	Date(s)
2-701-11-1	TU	4:00–4:45pm	9/22–10/27



NATURE HIKERS



Friends and nature go hand in hand at this program! We'll be taking the scenic route and visiting all of our favorite forest preserves while taking a walk with our friends. **Note: A schedule will be sent with the meeting locations for each program date. Locations will include Lyman Woods, Maple Grove County Forest Preserve, and Belmont Prairie in Downers Grove.**

Audience 8 years and older
 Location Various
 Fee \$30

Code	Day(s)	Time	Date(s)
2-009-01-1	TU	5:00–5:45pm	9/22–10/27

TUESDAY

Fall 2020: Session One



ROLE PLAY



Express yourself and gain confidence! Participants work on new scenes each week in this non-performance-based acting class. The program focuses on group activities and improvisation.

Audience 16 years and older
 Fee FREE

Code	Day(s)	Time	Date(s)
2-701-12-1	TU	5:00–6:00pm	9/22–10/27

GAME NIGHT



Let the games begin! Each week, we will be playing a different game with our friends.

Audience 16 years and older
 Fee FREE

Code	Day(s)	Time	Date(s)
2-701-13-1	TU	6:15–7:00pm	9/22–10/27

WEDNESDAY

Fall 2020: Session One

WALKING CLUB EAST



Let's lace up our sneakers as we get healthy with our friends while enjoying a socially distanced walk at Spring Rock Park!

Audience 8 years and older
 Location Spring Rock Park, Western Springs
 Fee \$30

Code	Day(s)	Time	Date(s)
2-016-01-1	W	5:00–5:45pm	9/23–10/28

SENSORY EXPLORERS



Wonders is back and better than ever for our Sensory Explorers program! Our award-winning Wonders Multi-Sensory Room provides participants with a chance to explore their feelings and become interested in their surroundings. **Note: Sessions are 30 minutes each. There will be two sessions for this program in order to provide ample cleaning time to ensure the safety of those participating in this program. Please include your preferred session time at the time of registration. We will do our best to accommodate time requests, but due to high demand, time slots are not guaranteed.**

Audience All ages
 Location Wonders Multi-Sensory Room, Lisle
 Fee \$20

Session 1

Code	Day(s)	Time	Date(s)
2-099-01-1	W	4:00–6:00pm	9/23–10/7

Session 2

Code	Day(s)	Time	Date(s)
2-099-01-2	W	4:00–6:00pm	10/14–10/28

WEDNESDAY

Fall 2020: Session One

DINNER AND A SHOW



Calling all movie lovers! We will be watching a G, PG, or PG-13 rated movie each week, while we enjoy our favorite dinners together! Bring your dinner already prepared. Then sit back, relax, and enjoy the show!

Audience 16 years and older
Fee FREE

Code	Day(s)	Time	Date(s)
2-701-14-1	W	5:30–7:30pm	9/23–10/28

YOGA WITH JEN



Each class we will focus on balance, strength, and flexibility. Join our instructor Jen for a class that will be fun and engaging in a challenging 45-minute format. All you need is a yoga mat or towel, and you!

Audience 16 years and older
Fee FREE

Code	Day(s)	Time	Date(s)
2-701-15-1	W	6:00–6:45pm	9/23–10/28

THURSDAY

Fall 2020: Session One

CREATIVE CORNER



Come get your creative juices flowing with SEASPAR! We will be creating seasonal crafts while chatting with friends. There will be an activity box with the supplies you will need each week to pick up following registration.

Audience 16 years and older
Fee \$20

Code	Day(s)	Time	Date(s)
2-701-18-1	TH	4:15–4:45pm	9/24–10/29

MOVIE CLUB



Lights, camera, action! Get together with friends to watch a G, PG or PG-13 movie from the comfort of your sofa. Don't forget to bring your favorite snack and drink. Program length will vary on movie.

Audience 16 years and older
Fee FREE

Code	Day(s)	Time	Date(s)
2-701-16-1	TH	1:00–3:30pm	9/24, 10/8, 10/22



YOGA & MINDFULNESS



Relax and find your center with SEASPAR as we explore the benefits of yoga and meditation. We will be doing animal poses such as Kangaroo Walk and Turtle Crawl, while also practicing deep breathing exercises that can be used at home.

Audience 3 to 15 years
 Fee FREE

Code	Day(s)	Time	Date(s)
2-701-17-1	TH	4:00–4:30pm	9/24–10/29

WALKING CLUB WEST



Let's lace up our sneakers as we get healthy with our friends while enjoying a socially distanced walk at McCollum Park.

Audience 8 years and older
 Location McCollum Park, Downers Grove
 Fee \$30

Code	Day(s)	Time	Date(s)
2-017-01-1	TH	4:30–5:15pm	9/24–10/29

24

THURSDAY

Fall 2020: Session One

WORK-IN WITH SEASPAR



We will use a combination of cardio and strength training for a total body workout. This program will be excellent for burning fat, building lean muscle, and becoming overall more physically fit. Use dumbbells, something you have around the house, or just your own body weight to enjoy this fitness class.

Audience 5 years and older
Fee FREE

Code	Day(s)	Time	Date(s)
2-701-19-1	TH	5:00–5:45pm	9/24–10/29

THURSDAY

Fall 2020: Session One



GLEE CLUB



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.

Audience 16 years and up
Fee FREE

Code	Day(s)	Time	Date(s)
2-701-20-01	TH	5:00–6:00pm	9/24–10/29

BINGO



We can't be together to play this game like we're used to, but let's try a virtual version of BINGO! We will send you the bingo card so you can play from home.

Audience 12 years and up
Fee FREE

Code	Day(s)	Time	Date(s)
2-701-21-1	TH	6:00–6:45pm	9/24–10/29

FRIDAY

Fall 2020: Session One



SPARTANS SPORTS TALK



Calling all Spartan athletes! Join us and talk sports with some of the SEASPAR staff. We will talk about current news, stats, and anything related to the great world of sports. Just because we are stuck at home doesn't mean we can't hang out and talk about our favorite teams or players!

Audience 8 years and older
 Fee FREE

Code	Day(s)	Start Time	Date(s)
2-701-22-1	F	1:00–1:30pm	9/25–10/30

SWEAT SESSION



Attention fitness friends! SEASPAR is now offering an in-person workout class. We will be working on burning calories and building muscles by incorporating different types of workouts. Come sweat with us!

Audience 16 years and older
 Location Lisle Recreation Center
 Fee \$25

Code	Day(s)	Start Time	Date(s)
2-018-01-1	F	3:15–4:00pm	9/25–10/30



SOCIAL CLUB AT LISLE



Are you ready to start your weekend? Enjoy your Friday night hanging out with friends. Social Club activities will include Baggo, crafts, and a movie night.

Audience 16 years and older
 Location Lisle Recreation Center
 Fee \$25

Code	Day(s)	Time	Date(s)
2-025-01-1	F	6:30–7:30pm	9/25, 10/9, 10/23

SOCIAL CLUB AT WESTERN SPRINGS



Are you ready to start your weekend? Enjoy your Friday night hanging out with friends. Social Club activities will include Baggo, crafts, and a movie night.

Audience 16 years and older
 Location Grand Avenue Community Center, Western Springs
 Fee \$25

Code	Day(s)	Time	Date(s)
2-025-01-2	F	6:30–7:30pm	9/25, 10/9, 10/23

FRIDAY**Fall 2020: Session One****SOCIAL CLUB VIRTUAL**

Let's get social with our friends - virtually! Social Club activities will include the Campfire Tunes and Monster Bash Dance special events, plus a special movie night. The program begins at 6:00pm and the end time varies by activity. Don't forget to wear an awesome costume on 10/30!

Audience 16 years and older
 Fee \$10

Code	Day(s)	Time	Date(s)
2-701-23-1	F	6:00–6:45	10/2, 10/16, 10/30

SATURDAY

Fall 2020: Session One



POWER SOCCER



Participants use an oversized soccer ball and maneuver their power chairs to dribble, pass, shoot, and score goals. A footguard is attached to the front of the power wheelchair and the game is on! This program is an introduction to power soccer and is designed for beginners. Footguards are provided.

Audience 8 years and older
 Location Westmont Community Center
 Fee \$30

Code	Day(s)	Time	Date(s)
2-050-06-1	SA	8:30–11:30am	9/26–10/31

30

SATURDAY

Fall 2020: Session One



SWIM LESSONS WITH CELTS



In these progressive classes, swimmers are introduced to basic water skills, breath holding, and a number of submerging progressions which lead the participants to unassisted swimming. Activities encourage self-confidence and strengthen gross motor skills. Swim lessons are taught in a small group, and 1:1 assistance is provided as determined by the staff. Please be aware that we share the pools with the public.

Swim lessons are 30 minutes each. Please include your preferred lesson time at the time of registration. We will do our best to accommodate time requests, but due to high demand, time slots are not guaranteed.

Audience All ages
Location The CORE, Lemont
Fee \$95

Code	Day(s)	Time	Date(s)
2-001-01-02	SA	1:00–3:00pm	9/26–10/31

31

SATURDAY

Fall 2020: Session One



SATURDAY NIGHT SOCIALITES



This program is designed for adults who are ready for adventures with friends. Participants must contribute to the social dynamics of the group and adhere to dress and behavior codes.

Audience 16 years and older
Fee \$10

Code	Day(s)	Time	Date(s)
2-701-24-1	SA	4:00–5:00pm	10/3 & 10/17

SUNDAY

Fall 2020: Session One

**BEARS BONANZA**

Bear down! Join your SEASPAR friends while watching “Da Bears” play the Indianapolis Colts and the Carolina Panthers. The game time is 12:00 pm, and the program will last as long as the game. Light snacks will be served. GO Bears!

Audience 16 years and older
 Location East: Brookfield Municipal Building
 West: Darien Sportsplex
 Fee \$15

East Location: Bears vs Colts

Code	Day(s)	Time	Date(s)
2-203-01-1	SU	11:45–3:00pm	10/4

West Location: Bears vs Panthers

Code	Day(s)	Time	Date(s)
2-203-01-2	SU	11:45–3:00pm	10/18

SUNDAY

Fall 2020: Session One

**SPARTANS SWIMMING**

This swimming program is designed to prepare advanced swimmers for future Special Olympics and invitational competitions. Athletes must meet the minimum skill requirements to perform during practice. Practices focus on swim endurance and refining stroke mechanics.

Audience 8 years and older
 Location The CORE, Lemont
 Fee \$30

Code	Day(s)	Time	Date(s)
2-118-01-2	SU	1:00-2:00pm	9/27-11/1

SUNDAY

Fall 2020: Session One



SENSORY SUNDAY



Join us for SEASPAR's Sensory Sunday program! You'll be able to experience all the fun equipment that the Wonders Multi-Sensory Room has to offer. Sensory Sunday is designed with you in mind and the different sensory needs you might have. Each session is 30 minutes long and will be done individually. Please indicate which 30-minute time slot works for you on your registration form. We will do our best to accommodate time requests, but due to high demand, time slots are not guaranteed. **Note: Sessions will be held on the hour to allow for staff to properly clean Wonders after each session.**

Audience All ages
 Location Wonders Multi-Sensory Room, Lisle
 Fee \$20

Code	Day(s)	Time	Date(s)
2-099-02-1	SU	12:00–4:00pm	9/27, 10/11, 10/25

BY APPOINTMENT

MUSIC LESSONS WITH NANCY



Schedule an individual music lesson with Nancy Urban! Music lessons are 30 minutes each and are available Monday through Friday by appointment only. Time slots are flexible and based on availability. SEASPAR staff will contact you to schedule your appointment after your registration.

Audience 5 years and older
Fee \$30

Code	Day(s)	Time	Date(s)
2-701-02-1	M-F	By Appointment	9/21-10/30

SEASPAR VIRTUAL RACE



This is your race, and you get to complete it at your pace! Join us for a Virtual Race and earn a t-shirt at the end! After registering, you will receive a tracking sheet and information on how to complete your race with SEASPAR.

Audience 5 years and older
Fee \$10

Code	Day(s)	Time	Date(s)
2-701-01-1	M-F	Ongoing	9/21-10/30





SPECIAL EVENTS





SPECIAL EVENTS

Fall 2020: Session One

CRAZY HAT DANCE



Bad hair day? Bring out your craziest hat to this dance hosted by the SEASPAR Aktion Club. Dress it up or down, the choice is yours. You can even support your sports team and wear a favorite baseball cap! Awards will be given to the most creative and colorful hats.

Audience 16 years and older
 Fee FREE

Code	Day(s)	Time	Date(s)
2-702-01-1	SA	6:00–6:45pm	9/19

THERE'S NO PLACE LIKE HOME DANCE



If you love *The Wizard of Oz*, you will enjoy NEDSRA's virtual homecoming dance with your friends from other SRAs. Join us as we experience a grand old time. There is no place like home!

Audience 13 years and older
 Fee FREE

Code	Day(s)	Time	Date(s)
2-702-02-1	F	7:00–8:00pm	9/25

SPECIAL EVENTS

Fall 2020: Session One



SAN DIEGO ZOO VIRTUAL TOUR



Enjoy a beautiful virtual tour of the San Diego Zoo in California. We see some of the zoo's fantastic exhibits and animals such as the polar bear, elephants, and gorillas, plus the amazing Africa Rocks exhibit.

Audience 8 years and older
 Fee FREE

Code	Day(s)	Time	Date(s)
2-702-03-1	SA	4:00–4:40pm	9/26

PARKING LOT PARTY



Enjoy a socially distanced party with your friends at McCollum Park in Downers Grove. Please bring a chair and get ready to catch up with your friends at this awesome event.

Audience 16 years and older
 Location McCollum Park, Downers Grove
 Fee \$10

Code	Day(s)	Time	Date(s)
2-201-01-1	SU	12:30–1:30pm	9/27

SPECIAL EVENTS

Fall 2020: Session One

CAMPFIRE TUNES



Let's all take a little time to sit and sing! Join in the fun to sing with us. A variety of popular songs will be played. **Note: This event is included with Social Club – Virtual.**

Audience 5 years and older
Fee FREE

Code	Day(s)	Time	Date(s)
2-702-04-1	F	6:00–6:45pm	10/2

FALL NATURE SCAVENGER HUNT



Are you looking for a fun way to spend more time outdoors? We've gathered up some great clues for a beautiful fall scavenger hunt with your friends that keeps us moving!

Audience 16 years and older
Location Fullersburg Woods, Oak Brook
Fee \$10

Code	Day(s)	Time	Date(s)
2-202-01-1	SA	1:00–1:45pm	10/3

SPECIAL EVENTS

Fall 2020: Session One

FAMILY VIRTUAL KARAOKE NIGHT



If you love karaoke, this event is for you! Show off your dancing and singing skills with your family from the comfort of your home! **Note: SEASPAR staff will send you a song list a week before this event takes place. Please let the SEASPAR staff know which two songs you want to sing by Wednesday, September 30.**

Audience 5 years and older
Fee FREE

Code	Day(s)	Time	Date(s)
2-702-05-1	SU	5:00–6:00pm	10/4

DESTINATION DISNEY II



Take a virtual trip to Walt Disney World with your friends! We will experience 10 different Disney rides and attractions with no lines. Splash Mountain, Big Thunder Mountain, Slinky Dog Dash, and Expedition Everest are some of the rides we will enjoy. So put your Mickey or Minnie ears on and join us for a fantastic time!

Audience 8 years and older
Fee FREE

Code	Day(s)	Time	Date(s)
2-702-06-1	SA	4:00–5:10pm	10/10

SPECIAL EVENTS

Fall 2020: Session One



OPEN GYM



If you miss playing basketball, enjoying a game of Baggo, or just socializing with your friends from a distance, this open gym event is for you! **Note: There are two different sessions; please only sign up for one.**

Audience 16 years and older
 Location Grand Avenue Community Center, Western Springs
 Fee \$10

Session 1

Code	Day(s)	Time	Date(s)
2-204-01-1	SU	1:00–2:00pm	10/11

Session 2

Code	Day(s)	Time	Date(s)
2-204-01-2	SU	2:00–3:00pm	10/11

SPECIAL EVENTS

Fall 2020: Session One

HEY DJ DANCE PARTY



Hey SEASPAR friends, get ready for an ultimate dance party where YOU pick the music! Dance the night away with your friends to the tunes you pick! **Note: SEASPAR staff will email you one week before this event asking for song requests.**

Audience 8 years and older
Fee FREE

Code	Day(s)	Time	Date(s)
2-702-07-1	W	6:00–6:45 pm	10/14

SHEDD AQUARIUM VIRTUAL TOUR



Let's dive into one of the world's largest aquariums, the Shedd Aquarium in Chicago. It's Shedd Aquarium Day led by the penguins, come see what this museum is all about, virtually!

Audience 5 years and older
Fee FREE

Code	Day(s)	Time	Date(s)
2-702-08-1	SA	5:00–5:40pm	10/24

SPECIAL EVENTS

Fall 2020: Session One

HALLOWEEN COSTUME CONTEST



Halloween is just a week away and you are invited to a virtual costume party! Show off your best costume to all of your SEASPAR friends. Everyone is a winner at this fun event!

Audience 5 years and older
 Fee FREE

Code	Day(s)	Start Time	Date(s)
2-702-09-1	SU	5:00–5:40pm	10/25

SPECIAL EVENTS

Fall 2020: Session One



MONSTER BASH DANCE



Halloween is celebrated with costumes, trick-or-treating, ghost stories, and jack-o-lanterns. Why not add dancing and fun to the list? Celebrate with friends and show off your costume and dance moves. **Note: This event is included with Social Club – Virtual.**

Audience 5 years and older
 Fee FREE

Code	Day(s)	Time	Date(s)
2-702-10-1	F	6:00–6:45pm	10/30

HALLOWEEN VAN PARADE



Happy Halloween! Dress in your favorite costume and get ready for SEASPAR staff to come visit you at your house in an amazing Halloween Van Parade! Each participant will be given a fun goody bag from SEASPAR. The route and time will be determined based on registration. Before the event, SEASPAR staff will confirm the time to expect the parade in your neighborhood!

Audience 5 years and older
 Fee \$10

Code	Day(s)	Time	Date(s)
2-205-01-1	SA	10:00am start	10/31

PROGRAM POLICIES

Fall 2020: Session One

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 accommodations for all individuals. Please advise SEASPAR of any special assistance or accommodation required to participate in programs. To request this program guide in an alternative format, please contact Morgan Mason at mmason@seaspar.org.

Annual Information Forms

SEASPAR requires that all participants complete an Annual Information Form (AIF) each calendar year. Individuals without a current AIF on file will not be permitted to participate. You do NOT need to submit an AIF each season, only once per year.

The Annual Information Form is available on **pages 53–55**, or may be submitted online at SEASPAR.org.

Parents, guardians, or caregivers are responsible for informing SEASPAR of any changes to this information but do NOT need to submit a new Annual Information Form if one was previously submitted for 2020.

Check In

Virtual Programming: Participants should sign into virtual programming in a timely manner. When signing in, participants will be placed on hold until the program's scheduled start time.

In-Person Programming: Staff will develop a pick-up and drop off system for each program to ensure proper physical distancing. Parents and caregivers must wear face coverings and stay in their vehicle when dropping off and picking up participants.

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

PROGRAM POLICIES

Fall 2020: Session One

Code of Conduct

Participants, staff, volunteers, and parents are expected to exhibit appropriate behavior at all times. The following guidelines have been developed to make SEASPAR's programs safe and enjoyable for everyone. Additional rules may be developed for particular programs and events as deemed necessary by the staff. Staff, participants, volunteers, and parents shall: show respect to all participants, staff, volunteers, and parents, refrain from using foul or inappropriate language, and represent SEASPAR in a manner that is consistent with the goals, objectives, and ethics of the association.

The following guidelines have been added to ensure virtual security and collective well-being while participating in virtual programs:

- Refrain from sharing program information (Zoom meeting code and password) with others. Virtual registrations are not exchangeable.
- Avoid joining programs in which you are not enrolled.
- Avoid background images that are inappropriate.
- Comply with staff members' technical directions (e.g., mute your microphone, alter your name, etc.).

Discipline

SEASPAR applies a caring, positive approach to discipline. When Code of Conduct expectations are not met, staff will attempt reasonable accommodations to minimize future risks and help the participant to meet behavior expectations. However, when accommodations are attempted and are unsuccessful, or when unsafe or otherwise inappropriate behavior occurs, SEASPAR reserves the right to dismiss a participant whose behavior continues to be unsafe or otherwise inappropriate or whose behavior endangers the safety of him/herself or others.

PROGRAM POLICIES

Fall 2020: Session One

Fee Assistance Program

SEASPAR is in a position to offer scholarships for a percentage of fees to our families with financial restrictions because we believe all residents, regardless of financial limitations, should have access to SEASPAR programs. Participants in need of financial assistance may obtain a Fee Assistance Program Application by visiting our website at SEASPAR.org or calling 630.960.7600.

Late Registration

The registration deadline is Friday, September 11 at 4:30 pm. Many programs fill quickly, and registering by the deadline is the best way to avoid being put on a waiting list.

Participant Expectations

Please refer to pages 4-5 for specific COVID-19 prevention expectations for participants.

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 socialization.

- 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 us at 630.960.7600.

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

PROGRAM POLICIES

Fall 2020: Session One

Photograph/Video Policy

By registering yourself or your child/ward in a SEASPAR program or event, you consent that SEASPAR has the right to photograph or film you or your child/ward and use the photos/videos for any purpose in any medium of communication, without compensation. If there is a specific reason you or your child/ward cannot be photographed, please contact us.

Program Cancellations

- A program may be cancelled if the program minimum enrollment is not met.
- If a participant cannot attend a program, he/she cannot send a substitute in his/her place.

Virtual Programming Access and Passwords

You will receive an email before programs begin with links and passwords for your programs. These are exclusive to you and cannot be shared. Please retain this email as it will only be sent once. If you do misplace your link or password, please call us at 630.960.7600 or email adminstaff@seaspar.org. Participants who cannot be identified and/or whose enrollment status cannot be confirmed may be removed from a virtual program.

Weather Cancellations

In-person programs may be cancelled due to inclement weather. To check the status of a program, call the SEASPAR office at 630.960.7600 one to two hours before the program begins, or between 4:00–4:30 pm for evening programs. If a program is cancelled, staff attempt to reach all participants by phone to inform them of the cancellation. Programs cancelled due to inclement weather are not rescheduled.

Severe Summer Weather Guidelines for Cancelling Programs



Programs are cancelled when the heat index reaches or exceeds 100°.

All programs are cancelled when a tornado warning is in effect for the surrounding area. SEASPAR uses discretion for all other weather watches and warnings.

PROGRAM POLICIES

Fall 2020: Session One

Wellness Guidelines

Please refer to pages 4-5 for specific COVID-19 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 Coxsackievirus.
- 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 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.

LET'S GET SOCIAL



SEASPAR is on all your favorite social media sites.

REGISTRATION PROCEDURES

Fall 2020: Session One

Registration opens on Monday, August 31, and closes on Friday, September 11 at 4:30pm. Registration for virtual programs are first-come, first-served, and confirmations are emailed within two business days. Registration for in-person programming is lottery-based and enrollment is not guaranteed; confirmations will be emailed and/or mailed the week of September 14.

Assessments

To determine eligibility for in-person programs, a Participant Assessment must be completed prior to registration. A Participant Assessment may be completed online at SEASPAR.org/participant-assessment or by calling 630.960.7600. Please do not complete the assessment again if you were previously approved for in-person programming of any type.

Online Registration

To register online, visit SEASPAR.org. **All in-person programming participants must complete a Participant Assessment Form prior to registration.** First-time online registrants must call SEASPAR at 630.960.7600 or email adminstaff@seaspar.org for a user name, password, and instructions. The online registration requirements are:

- Must have successfully completed a Participant Assessment
- Must be a SEASPAR resident
- Must have no outstanding balance
- Must have 2020 Annual Information Form on file
- Full credit card payment is required at the time of registration

In-Person/Fax/Email Registration

- **All participants must complete a Participant Assessment prior to registration for in-person programming.**
- Complete both sides of the registration form and sign it.
- Mail or drop off your registration form and payment at the SEASPAR office, 4500 Belmont Road in Downers Grove (for after-hours convenience, there is a mail slot at the SEASPAR office entrance. Building access required.) **OR**
- Fax registration form with credit card information completed to 630.960.7601 **OR**
- Email registration form with credit card information completed to adminstaff@seaspar.org.
- All participants must have a 2020 Annual Information Form on file.
- 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.
- Registrations received after the registration deadline are accepted if space is available.

REGISTRATION PROCEDURES

Fall 2020: Session One

Credit/Refund Procedures

- Credits from previously cancelled/waitlisted programs are held on the participant's account unless SEASPAR is otherwise directed.
- Credits are automatically applied to future registrations. To check the balance of your credit, call SEASPAR at 630.960.7600 or email adminstaff@seaspar.org.
- A full account credit is issued if a program is canceled by SEASPAR.
- In order for a participant to drop from a program, SEASPAR must be notified five business days prior to the start of the program to qualify for a credit. At that time, the participant will be credited the cost of the program less a \$5 processing fee, the cost of a ticket (if applicable, unless a participant on the waiting list registers), contracted services, or specialized non-refundable supplies.
- A prorated credit is issued if a written medical excuse accompanies the credit request.
- No credit is given if a program is postponed due to low enrollment. If the program is subsequently canceled, a full credit is given.
- If a participant chooses to cancel from a program after the season has begun, a prorated credit is issued, less a \$5 processing fee and ticket price, if applicable.
- To request the refund of a credit, call 630.960.7600 or email adminstaff@seaspar.org. All refunds are issued monthly.

YOU SHOP. AMAZON GIVES.

Did you know your next Amazon.com order can **support SEASPAR's** programs and activities? Simply shop at **smile.amazon.com**, select **SEASPAR** as your charity of choice, and AmazonSmile will donate a portion of your purchase to SEASPAR **at no cost to you!**

REGISTRATION PROCEDURES

Fall 2020: Session One



En Español

La Aplicación de Información Anual, Aplicación del Programa de Asistencia de Tarifas y el Formulario de Inscripción son disponible en español. Para obtener ayuda en español, envíenos un correo electrónico a info@seaspar.org.



All the Forms, Online!

You can fill out many of our participant forms on our website!



Annual Information Form

[Click here to access](#)

2020 Fall Registration Form

[Click here to access](#)

Visit SEASPAR.org/Forms to access all online forms.

2020 Annual Information Form



For office use only
PDF _____ Date _____
RecTrac _____ Date _____
Details/Status _____ Date _____

Participant Name _____ Age _____ Birth Date _____ Gender _____
Address _____ City _____ Zip _____
Home Phone _____ Park District _____
Parent 1 Name _____ Cell # _____ Work # _____ Email _____
Parent 2 Name _____ Cell # _____ Work # _____ Email _____
Guardian Name _____ Cell # _____ Work # _____ Email _____
School _____ District # _____ Teacher _____ Permission to Consult with Teacher Yes No
Group Home/Residential Facility _____ Permission to Consult with Case Worker Yes No
Manager/Caseworker _____ Manager/Caseworker # _____
Weekend and/or Emergency # _____

Emergency Contact/Transportation Permission
(other than parents/guardian)

Name _____ Relationship _____ City _____ Transportation? Yes No
Home # _____ Cell # _____ Work # _____
Name _____ Relationship _____ City _____ Transportation? Yes No
Home # _____ Cell # _____ Work # _____
Transportation Permission in SEASPAR Vehicle? Yes No
Transportation Locations (Pickup/Drop Off) Denning Park Lemont SEASPAR Varies
Independent Departure (18 years or older) Is able to wait independently? Yes No Is able to go home on his/her own? Yes No
This permission applies to all programs? Yes No If no, please specify _____

Behavior/Communication

Attention seeking Fear Manipulative Spitting
 Biting Hair pulling Pinching Steals
 Defiance/refusal Hitting/kicking Removal of clothing Tantrums/meltdowns
 Difficult transitions Hyperactivity Runs/wanders Throwing objects
 Easily distracted Inappropriate touching Self-abusive Verbal outburst
 Other _____
 Complies with verbal requests and directions Responds to specific verbal/non-verbal directions Responds to positive reinforcement
Does participant have a specific behavior plan? Yes No (If yes, please attach)
Method of communication: Communication board Facilitated communication
 Alternative communication Sign language Other _____

Please indicate any sensory needs the participant may have _____
Additional Information _____

Medical Information

Medical Conditions

Disability/Diagnosis _____

Allergies Yes No (include food allergies and reactions) _____

Dietary restrictions Yes No (not allergies) _____

Blood disorder Yes No _____

Diabetes Yes No (If YES, a Diabetes Plan is required)

Down Syndrome Yes No ASC testing result? Positive Negative Not tested

G-Tube Yes No (If YES, please attach instructions)

Hearing Impaired Yes No _____

Heart Condition Yes No _____

Seizures Yes No (If YES, a Seizure Plan is required)

Visually Impaired Yes No

Other (asthma, chronic illness, etc.) _____

Medications (list all prescription medications taken, even if not taken at program)

Drug Name (Brand/Generic)	Dose	Time	Reason	Side Effects
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

***Please attach sheet with additional medications if needed.**

Is participant responsible for self medication at programs? Yes No

Does staff need to remind participant to take medication? Yes No

I understand that it is my responsibility to give the medication directly to the SEASPAR staff with instructions in individual **clearly labeled envelopes**. In all cases, medication dispensing can only be changed or modified by amending this form. I hereby acknowledge that the above information provided for the dispensing of medication for the participant is accurate. I also understand that it is my responsibility to inform SEASPAR if any changes in the dispensing of medication occur. In all cases, the recommended dosage of any medication will not be exceeded. If after administering medication there is an adverse reaction, I give my permission to SEASPAR to secure from any licensed hospital physician and/or medical personnel any treatment deemed necessary for immediate care. I agree to be responsible for payment of any and all medical services rendered.

I recognize and acknowledge that there are certain risks of physical injury in connection with the administering of medication to the participant. In consideration of SEASPAR administering medication, I hereby fully release or discharge SEASPAR, and its officers, agents, employees, and volunteers from any and all claims from injuries, damages and losses the participant may have, arising out of, connected with, incidental to, or in any way associated with the administering of medication. I further agree to indemnify, hold harmless and defend SEASPAR, its officers, agents, employees, and volunteers from any and all claims resulting from injuries, damages, and losses sustained by the participant and arising out of, connected with, incidental to or in any way associated with the administering of medication.

Parent/Guardian Signature _____ Date _____

Participant Signature (over 21) _____ Date _____

Personal/Physical Requirements

Assistive Devices

Wheelchair Yes No Type Manual Electric Transport only in wheelchair? Yes No

Does participant need assistance with transfers? Yes No (If YES, a Transfer Plan is required)

Transfer to chair or floor? Yes No Transfer to seat in theater or restaurant? Yes No

Please indicate if used: Stroller Walker Cane/Crutches Prosthetic Device AFOs Other _____

Service Animal (please describe) _____

What level of assistance does participant need?	Full	Moderate	Independent	Details
Eating/Drinking (cuts food, uses straw, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Toileting (diapers, catheter, wiping, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Dressing/Undressing (tying shoes, pulling up swimsuit, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Money Handling (monitor for correct change, no concept, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Reading (comprehension level, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Responsibility (keeping track of belongings, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Safety (crossing street, water safety, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Please select swimming ability Cannot swim Needs personal flotation device

Can swim one length of pool without flotation device Competitive/multi-lap independent swimmer

Please indicate bowling need Ramp Bumpers

Sports Programs/Day Camp

Height _____ Weight _____ Shoe Size _____

T-Shirt Size: Child Adult

Small Medium Large XL 2XL 3XL 4XL

Shorts Size: Child Adult

Small Medium Large XL 2XL 3XL 4XL

Please list any information concerning the participant that would aid staff in ensuring a safe and enjoyable program for him/her. Remember, the more you tell SEASPAR, the better we can meet each participant's needs.

Indicate friends attending SEASPAR _____

Parent/Guardian Signature _____ Date _____

Participant Signature (over 21) _____ Date _____

Fall 2020 Registration Form: Session 1

Participant Name _____ Age _____ Birth Date _____ Gender _____

Address _____ City _____ Zip _____

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

If you are new to SEASPAR, how did you learn about us? _____

Home # _____ Participant Cell # _____ Participant Email _____

Parent 1 Name _____ Work # _____ Cell # _____ Email _____

Parent 2 Name _____ Work # _____ Cell # _____ Email _____

Guardian Name _____ Work # _____ Cell # _____ Email _____

Participant School _____ Teacher _____

Disabilities or Diagnoses _____

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 _____

Indicate friends and/or carpool accommodations _____

WAIVER AND RELEASE

IMPORTANT INFORMATION

SEASPAR is committed to conducting its recreation programs and 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 in recreational activities.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or has 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 each participant. Despite careful and proper preparation, instruction, medical advice, conditioning, and equipment, there is still a risk of serious injury when participating in any recreational activity. All hazards and dangers cannot be foreseen. Depending on the particular activity, certain risks, dangers, and injuries may exist due to inclement weather, slips and falls, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and other risks inherent to the particular activity. In this regard, it is impossible for SEASPAR to guarantee absolute safety.

In virtual program activities, you need to have adequate space to follow the activity instructions and to move safely without exposure to any obstacles, obstructions, steps or anything that could cause possible trips or falls. As a participant, you are solely responsible for assessing whether you can participate safely in the activity in the space you have chosen without accidents.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in this activity, 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 this activity (including transportation services and vehicle operations, when provided).

I recognize and acknowledge that there are certain risks of physical injury to participants in this activity, 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 this activity against SEASPAR, including its officials, agents, volunteers and employees.

I understand that SEASPAR carries no medical insurance and the participant's family must cover any medical costs incurred. 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.

I have been made aware of the inherent dangers and risks of virtual program activities, and I can participate safely in the space I have chosen.

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

Parent/Guardian Signature _____ Date _____

Participant Signature (if 18 or older) _____ Date _____

**PARTICIPATION WILL BE DENIED if the waiver is not signed and dated by parent/guardian.
PARTICIPATION WILL BE DENIED if a 2020 Annual Information Form is not on file.**

ASSOCIATION MEMBERS AND REPRESENTATIVES

Fall 2020: Session One

Lisle Park District

Dan Garvy, President

Woodridge Park District

Mike Adams, Vice President

Park District of La Grange

Dean Bissias, Secretary

Darien Park District

Stephanie Gurgone, Treasurer

Village of Brookfield

Stevie Ferrari

Clarendon Hills Park District

Valerie Louthan

Downers Grove Park District

Bill McAdam

Village of Indian Head Park

Rita Farrell Mayer

Community Park District of La Grange Park

Jessica Cannaday

Lemont Park District

Louise Egofske

Village of Western Springs

Aleks Briedis

Westmont Park District

Bob Fleck

The SEASPAR Board meets the third Tuesday of every month at 3:00pm. For more information, call 630.960.7600. The public is welcome. Board meeting agendas and minutes are available online at SEASPAR.org/Board.



4500 Belmont Road
Downers Grove, IL 60515

SERVING THE COMMUNITIES OF

Village of Brookfield

Clarendon Hills Park District

Darien Park District

Downers Grove Park District

Village of Indian Head Park

Park District of La Grange

Community Park District of La Grange Park

Lemont Park District

Lisle Park District

Village of Western Springs

Westmont Park District

Woodridge Park District