

WINTER SPRING 2021

# CONNECTIONS

PROGRAM GUIDE



SESSION ONE

JAN 18 – MAR 7

**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

Winter-Spring 2021: Session One



Happy holidays to one and all! We can't wait to see all of your faces and be back together again! We continue to adapt and change and roll with the punches. Thank you all for rolling along with us. Here is the first issue of SEASPAR's CONNECTIONS program guide for Winter-Spring. This guide will introduce you to our lineup of programs and special events, both virtual and in-person. I was incredibly pleased with your response to our fall session, and we hope we can return to in-person programs in January. On page 6, you'll find our In-Person Programming Action Plan that outlines the process we'll take if we need to adjust in-person programs for whatever reason.

The first Winter-Spring session runs from January 18 through March 7. I'm excited about the number of programs we are offering and hope they can run as planned. Plenty of careful planning was put into each program by our staff. Because your safety and the safety of our staff is our utmost concern, we pledge to continue to follow all local, state, and federal authorities' guidelines indefinitely. We are heading into 2021 and know that better days are ahead.

I'm incredibly proud of our staff's response to the complications the pandemic has brought. Their flexibility and ingenuity were precisely the response SEASPAR needed for the last number of months. Because of their hard work, I can confidently say that SEASPAR kept to its mission, and our participants received the best services possible, despite the unprecedented times. I'm also incredibly proud of our families and participants. We know these times have been challenging, but every one has put their best foot forward and stayed positive, and together we will persevere and be stronger for it. Until we see everyone again, please explore the contents of this guide. It will warm you up during these cold winter months.

A handwritten signature in black ink, appearing to read 'Matthew Corso'. The signature is fluid and cursive, written over a light gray background.

Matthew Corso  
SEASPAR Executive Director

# PARTICIPANT ELIGIBILITY

## For In-Person Programming

---

For in-person programming, we have established 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 January 4.

### 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

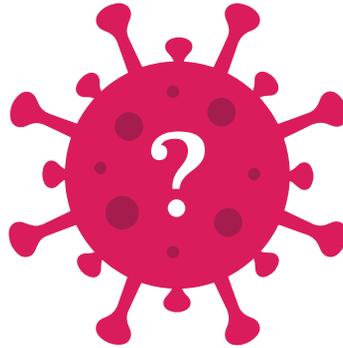
Although recreation programs always have an inherent risk, SEASPAR has taken several measures to promote safety and wellness in our in-person programs at this time.

- Program capacity will be limited to comply with current guidance.
- 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.

# IN-PERSON PROGRAMMING ACTION PLAN

Winter-Spring 2021: Session One

---



## In-Person Programming Action Plan

In order to remain adaptive to changes in COVID-19 mitigations, SEASPAR's in-person programming for Winter-Spring Session 1 has been planned with special care. Please make note of the following unique circumstances.

In-person programs will be offered in compliance with current federal, state, and local government mandates. Depending on the program, group sizes may be limited, programs may be offered in an alternative virtual format, program start dates may be delayed, or programs may be cancelled.

Virtual programs are not impacted and will proceed as planned regardless of current mitigation measures.

Payment for in-person programs is not required at the time of registration. Payment will be collected if and when the programs begin and will be prorated accordingly.

SEASPAR staff will be in contact with you prior to the planned in-person programming start date to communicate any necessary changes. If a program is cancelled or you do not opt into an alternative format, you will not be charged the program fee.

# REGISTRATION

Winter-Spring 2021: Session One

## IN-PERSON OR VIRTUAL?

Will your favorite program meet in-person or virtually? Take a look at the example below to familiarize yourself with how programs are presented in this guide.

### 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	1/18-3/1

**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 13.

**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.

**NOTE:** The availability, format, start date, and/or fee for in-person programs are subject to change depending on current COVID-19 mitigations.

# REGISTRATION

Winter-Spring 2021: 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 63–65.

**AIF** and **registration forms** are located on pages 66–70.



Registration opens on Monday, December 14, and closes on Monday, January 4 at 4:30pm.



## OFFICE HOURS

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

### Holiday Closures

December 18 (early closure at 2:00pm), December 24, 25, and 31, and January 1.

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

# CONTACT US

Winter-Spring 2021: 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](mailto:Info@seaspar.org)

### SOCIAL MEDIA

[facebook.com/SEASPAR](https://facebook.com/SEASPAR)  
[twitter.com/SEASPAR](https://twitter.com/SEASPAR)  
[instagram.com/weareseaspar](https://instagram.com/weareseaspar)

### WILLIAM CAZARES

Marketing Coordinator

### MATTHEW R. CORSO, CTRS, CPRP

Executive Director

### MOLLY DOWNING, CTRS

Recreation Coordinator

### MEGAN FREY, CTRS

Recreation Coordinator

### MATT GORECKI

Recreation Coordinator

### AARON HIRTHE, CPRP

Inclusion Manager

### KIMBERLY A. HUGGINS, CPRP

Recreation Coordinator

### DAWN KRAWIEC, CPRP

Superintendent of Recreation

### CHRIS LAMBIASI

Human Resources Specialist

### KAREN LESNIAK

Superintendent of Administrative Services

### MORGAN MASON, CPRP

Administrative Services Manager

### CATHERINE A. MORAVA, CPRP

Day Program Manager

### SHANNON TOVEY, CTRS

Support Staff Manager

# CONTENTS

Winter-Spring 2021: Session One

## GENERAL INFORMATION

Annual Information Form	66–68
Association Members and Representatives	71
Contact List	9
Code of Conduct	59
In-Person Programming Action Plan	6
Program Directory	11–12
Participant Eligibility	4–5
Program Locations	13
Program Policies	58–62
Registration Form	69–70
Registration Information	7–8
Registration Procedures	63–65

## PROGRAMMING

Monday	14–20
Tuesday	21–24
Wednesday	25–30
Thursday	31–35
Friday	36–38
Saturday	39–41
Sunday	42–44
By Appointment	45
Special Events	46–57

# PROGRAM DIRECTORY

## Winter-Spring 2021: Session One

Program/Event			Age	Days/Date	Page #
Swim Lessons		•	All Ages	Mon., Wed., Sat.	16, 27, 40
Sensory Seekers		•	All Ages	Mondays	15
Coloring Club	•		All Ages	Mondays	18
Karate	•	•	All Ages	Mondays	19
Karaoke	•		All Ages	Mondays	20
Sensory Explorers		•	All Ages	Wednesdays	26
Frozen	•		All Ages	Saturday, January 23	47
Longleat Virtual Safari	•		All Ages	Saturday, January 30	48
Sensory Sunday		•	All Ages	Sundays	43
Sing and Jam with Alyssa	•		5+	Tuesdays	21
Right Fit	•		5+	Tuesdays	22
Music Lessons with Nancy	•		5+	Mon.–Fri. by appointment	45
Drum Lessons with Kevin	•		5+	Tue., Thur., Fri. by appointment	45
Drum Circle	•		8+	Mondays	14
Sports Conditioning	•		8+	Mondays	14
Work-In 2.0 Strength Edition	•		8+	Tuesdays	22
Sock Sports	•		8+	Wednesdays	25
Rocket League	•		8+	Wednesdays	25
Winter Walkers - La Grange		•	8+	Wednesdays	28
Winter Walkers - Downers Grove		•	8+	Thursdays	32
Spartans Bowling		•	8+	Thursdays	32
Spartan Sports Talk	•		8+	Fridays	36
Mystery Guest Host	•		8+	Fridays	36
Power Soccer		•	8+	Saturdays	39
Taylor Swift Concert	•		8+	Saturday, February 20	53
Virtual Ventriloquist	•		8+	Saturday, February 27	54
Athletics		•	8+	Sundays	42
Spartans Swimming		•	8+	Sundays	44
Virtual Ugly Sweater Contest	•		8+	Sunday, January 24	48
The Greatest Showman Sing-Along	•		8+	Sunday, January 31	49
Seattle Aquarium Virtual Field Trip	•		8+	Sunday, February 21	53



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



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

# PROGRAM DIRECTORY

## Winter-Spring 2021: Session One

Program/Event			Age	Days/Date	Page #
Dancing with the Stars	•		8+	Sunday, February 28	55
The Masked Singer	•		8+	Sunday, March 7	57
Holiday Treats	•		16+	Mondays	16
Bowling at Lisle Lanes		•	16+	Mondays	17
Pickleball		•	16+	Mondays	18
Monday Mad Libs	•		16+	Mondays	20
Feast with Friends	•		16+	Tuesdays	21
Role Play	•		16+	Tuesdays	23
Game Night	•		16+	Tuesdays	23
Spartans Basketball Skills		•	16+	Tuesdays	24
Spartans Sports Sampler		•	16+	Tuesdays	24
Bowling at Suburbanite		•	16+	Wednesdays	28
Dinner and a Show	•		16+	Wednesdays	29
Yoga with Jen	•		16+	Wednesdays	29
Mad Scientist	•		16+	Wednesdays	30
Food Critics	•		16+	Thursdays	31
Movie Club	•		16+	Thursdays	31
Work-In with SEASPAR	•		16+	Thursdays	33
Glee Club	•		16+	Thursdays	33
Spartans Volleyball		•	16+	Thursdays	34
Bingo - Virtual	•		16+	Thursdays	35
Hot Chocolate Hangout	•		16+	Thursdays	35
Social Club - Virtual	•		16+	Fridays	37
Social Club at Lisle		•	16+	Fridays	38
Social Club at Western Springs		•	16+	Fridays	38
Escape Room	•		16+	Friday, February 5	49
Valentine's Dance	•		16+	Friday, February 12	51
Luck of the Irish Dance	•		16+	Friday, March 5	56
Saturday Night Socialites	•		16+	Saturdays	41
Midwestern Dance	•		16+	Saturday, February 6	50
SRA Valentine's Dance	•		16+	Saturday, February 13	51
NFC Con. Champ. Watch Party	•		16+	Sunday, January 24	47
Bowling Party		•	16+	Sunday, February 7	50
Valentine's Day Party		•	16+	Sunday, February 14	52
St. Patrick's Day Party		•	16+	Sunday, March 6	56

# PROGRAM LOCATIONS

## Winter-Spring 2021: Session One

---

### THE CORE FITNESS & AQUATIC COMPLEX

16028 127th St., Lemont

### DOWNERS GROVE RECREATION CENTER

4500 Belmont Rd., Downers Grove

### FMC NATATORIUM

275 Plaza Dr., Westmont

### GRAND AVENUE COMMUNITY CENTER

4211 Grand Ave., Western Springs

### LEMONT PARK DISTRICT

16028 127th St., Lemont

### LISLE LANES

4920 Lincoln Ave., Lisle

### LISLE RECREATION CENTER

1925 Ohio St., Door 8, Lisle

### PARK DISTRICT OF LA GRANGE

536 East Ave., La Grange

### RAY'S BAY MULTI-SENSORY ROOM

4211 Grand Ave., Western Springs

### SEASPAR

4500 Belmont Rd., Downers Grove

### SUBURBANITE BOWL

201 Ogden Ave., Westmont

### TRUE BALANCE KARATE

406 Ogden Ave., Downers Grove

### WESTMONT COMMUNITY CENTER

75 East Richmond Ave., Westmont

### WONDERS MULTI-SENSORY ROOM

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

### WOODRIDGE ATHLETIC RECREATION CENTER (ARC)

8201 S. Janes Ave., Woodridge

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

**MONDAY****Winter-Spring 2021: 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 8 years and older  
 Fee \$52

Code	Day(s)	Time	Date(s)
3-701-04-1	M	10:30–11:15am	1/18–3/1

**SPORTS CONDITIONING**

Come join us for another season of Sports Conditioning. Be ready to 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)
3-701-05-1	M	3:00–3:45pm	1/18–3/1

# MONDAY

Winter-Spring 2021: Session One

## SENSORY SEEKERS



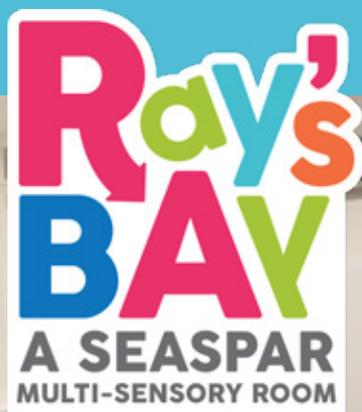
Welcome to Ray's Bay and our new Sensory Seekers program! Our new Multi-Sensory Room provides participants with a chance to explore their senses and become interested in their surroundings. **Note:** Sessions are 30 minutes each. There will be three sessions for this program to provide ample cleaning 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, timeslots are not guaranteed.



The availability, format, start date, and/or fee for this program is subject to change depending on current COVID-19 mitigations. See page 6 for more information.

Audience All ages  
 Location Ray's Bay Multi-Sensory Room, Western Springs  
 Fee \$45 - No payment is due at registration.

Code	Day(s)	Time	Date(s)
3-099-03-1	M	4:00–6:00pm	1/18–3/1



**MONDAY****Winter-Spring 2021: Session One****HOLIDAY TREATS**

We're back in the kitchen whipping up your favorite wintertime sweets and Valentine's desserts! Join us while we learn how to measure, stir, and bake from the comfort of your own kitchen!

Audience 16 years and older  
 Fee \$10

Code	Day(s)	Time	Date(s)
3-701-06-1	M	4:00–4:40pm	1/18–3/1

**SWIM LESSONS**

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 high demand, time slots are not guaranteed.



The availability, format, start date, and/or fee for this program is subject to change depending on current COVID-19 mitigations. See page 6 for more information.

Audience All ages  
 Location The CORE, Lemont  
 Fee \$100 - No payment is due at registration.

Code	Day(s)	Time	Date(s)
3-001-01-01	M	4:00–6:00pm	1/18–3/1

# MONDAY

Winter-Spring 2021: Session One



## BOWLING AT LISLE LANES



SEASPAR is going bowling! Join us at Lisle Lanes while we bowl, hang out with our friends, and throw some strikes!



The availability, format, start date, and/or fee for this program is subject to change depending on current COVID-19 mitigations. See page 6 for more information.

Audience 16 years and older  
 Location Lisle Lanes  
 Fee \$85 - No payment is due at registration.

Code	Day(s)	Time	Date(s)
3-023-01-3	M	4:30–5:30pm	1/18–3/1

**MONDAY****Winter-Spring 2021: Session One****PICKLEBALL**

Come out and try a new sport! Pickleball combines the elements of tennis, badminton, and ping-pong. Participating in this sport will improve agility, upper body strength, hand-eye coordination, and overall fitness. This session will be played indoors. Come pick up a ball and paddle and see what this exciting sport is all about!



The availability, format, start date, and/or fee for this program is subject to change depending on current COVID-19 mitigations. See page 6 for more information.

Audience 16 years and older  
 Location The CORE, Lemont  
 Fee \$42 - No payment is due at registration.

<b>Code</b>	<b>Day(s)</b>	<b>Time</b>	<b>Date(s)</b>
3-125-01-1	M	4:30–5:30pm	1/18–3/1

**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 All ages  
 Fee FREE

<b>Code</b>	<b>Day(s)</b>	<b>Time</b>	<b>Date(s)</b>
3-701-07-1	M	5:00–5:30pm	1/18–3/1



## 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.



The availability, format, start date, and/or fee for this program is subject to change depending on current COVID-19 mitigations. See page 6 for more information.

Audience	All ages
Location	True Balance Karate, Downers Grove for in-person option
Fee	\$28 - No payment is due at registration for in-person option

### In-Person

Code	Day(s)	Time	Date(s)
3-074-01-2	M	5:30–6:00pm	1/18–3/1

### Virtual

Code	Day(s)	Time	Date(s)
3-701-08-1	M	5:30–6:00pm	1/18–3/1

**MONDAY****Winter-Spring 2021: Session One****MONDAY MAD LIBS**

Mad Libs is one of America's favorite games. Join us as we create fill in the blank stories that'll make you laugh 'til you cry!

Audience 16 years or older  
 Fee FREE

Code	Day(s)	Time	Date(s)
3-701-09-1	M	6:00–6:30pm	1/18–3/1

**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 All ages  
 Fee FREE

Code	Day(s)	Time	Date(s)
3-701-10-1	M	6:30–7:30pm	1/18–3/1

## TUESDAY

Winter-Spring 2021: 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 SEASPAR 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)
3-701-12-1	TU	12:00–12:30pm	1/19–3/2



### 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 \$52

Code	Day(s)	Time	Date(s)
3-701-13-1	TU	4:00–4:45 pm	1/19–3/2

## TUESDAY

Winter-Spring 2021: Session One



### 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 \$42

Code	Day(s)	Time	Date(s)
3-701-14-1	TU	4:00–4:45pm	1/19–3/2

### WORK-IN 2.0 STRENGTH EDITION



No weights? No worries! SEASPAR is working out from home in this strength training program. We will be using everyday items found in your home to work on building and toning our muscles. You can use laundry detergent bottles, jugs of milk, or shampoo bottles. Let's sweat!

Audience 8 years and older  
Fee FREE

Code	Day(s)	Time	Date(s)
3-701-11-1	TU	5:00–5:45pm	1/19–3/2



23

**TUESDAY**

Winter-Spring 2021: 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

<b>Code</b>	<b>Day(s)</b>	<b>Time</b>	<b>Date(s)</b>
2-701-15-1	TU	5:00–6:00pm	1/19–3/2

## 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

<b>Code</b>	<b>Day(s)</b>	<b>Time</b>	<b>Date(s)</b>
3-701-16-1	TU	6:15–7:00pm	1/19–3/2

## TUESDAY

Winter-Spring 2021: Session One



### SPARTANS BASKETBALL SKILLS



Spartans basketball is back for another season of fast breakin' action! SEASPAR's veteran coaching staff instructs the athletes in the fundamentals of basketball and skills necessary for future team play. ❤️ Pairs great with [Spartans Sports Sampler](#).



The availability, format, start date, and/or fee for this program is subject to change depending on current COVID-19 mitigations. See page 6 for more information.

Audience 16 years and older  
 Location Woodridge ARC  
 Park District of La Grange  
 Fee \$30 - No payment is due at registration.

Code	Day(s)	Time	Date(s)
3-101-01-1	TU	6:45–8:00pm	1/19–2/16



### SPARTANS SPORTS SAMPLER



Spartans Sports Sampler offers athletes the opportunity to try multiple new and familiar sports during this 6-week program. If you have been wanting to try something different, this is your chance! Come challenge yourself on the field, on the court, and in the gym. ❤️ Pairs great with [Spartans Basketball Skills](#).



The availability, format, start date, and/or fee for this program is subject to change depending on current COVID-19 mitigations. See page 6 for more information.

Audience 16 years and older  
 Location Woodridge ARC  
 Park District of La Grange  
 Fee \$36 - No payment is due at registration.

Code	Day(s)	Time	Date(s)
3-126-01-1	TU	6:45–8:00pm	2/23–3/30

## WEDNESDAY

Winter-Spring 2021: Session One

### SOCK SPORTS



Let's play some sports in our homes without any balls or pucks. All you have to do is grab a couple pairs of socks and ball them up. We will throw them, shoot them, pitch them, and keep score along the way. Just make sure your socks are clean and you have enough room to play!

Audience 8 years and older  
Fee FREE

Code	Day(s)	Time	Date(s)
3-701-19-1	W	3:00–3:45pm	1/20–3/3



### ROCKET LEAGUE



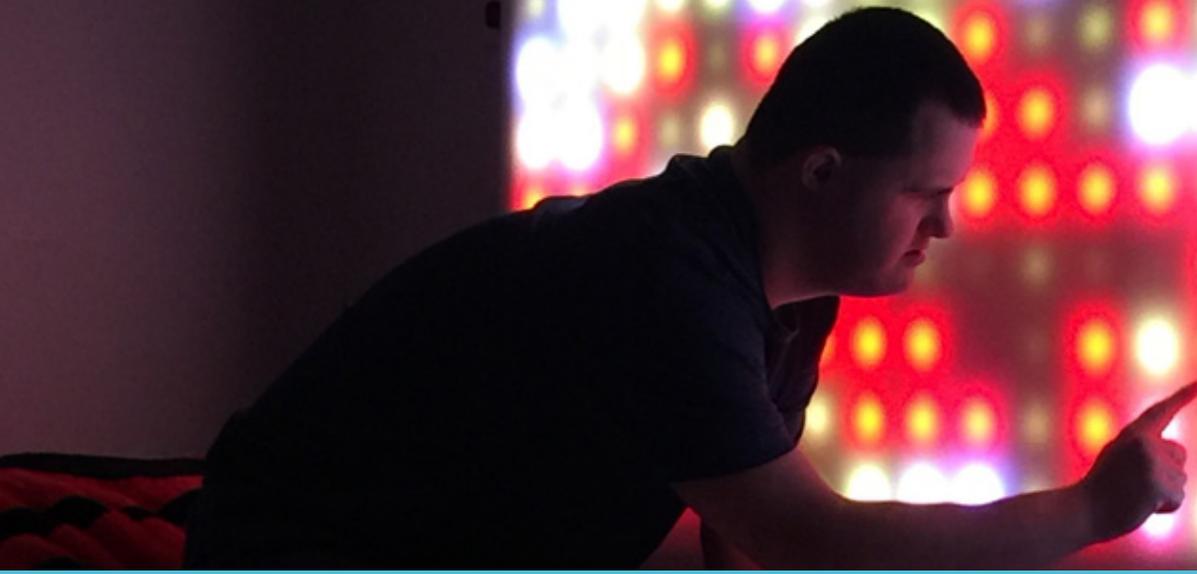
Accelerate, jump, pass and shoot! Join SEASPAR as we offer the fast-paced virtual sport of Rocket League. You will have the opportunity to play with your friends or against them in exhibition matches and SEASPAR tournaments. Watch the weekly leaderboard and see where you rank after each round! If you are new to this game, we also have an instructional video on how to download the game onto your computer, how the controls work, and a sneak peek at the game play!

Audience 8 years and older  
Fee FREE

Code	Day(s)	Time	Date(s)
3-701-30-1	W	4:00–5:00pm	1/20–3/3

# WEDNESDAY

Winter-Spring 2021: Session One



## 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.

Each session is 30 minutes long and will be done individually. Please indicate which 30-minute timeslot works for you on your registration form. We will do our best to accommodate time requests, but due to high demand, timeslots are not guaranteed.

**Note:** Sessions will be scheduled with space between to allow staff to properly clean Wonders after each session.



The availability, format, start date, and/or fee for this program is subject to change depending on current COVID-19 mitigations. See page 6 for more information.

Audience All ages  
 Location Wonders Multi-Sensory Room, Lisle  
 Fee \$45 - No payment is due at registration.

Code	Day(s)	Time	Date(s)
3-099-01-1	W	4:00–6:00pm	1/20–3/3



## SWIM LESSONS



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 high demand, time slots are not guaranteed.



The availability, format, start date, and/or fee for this program is subject to change depending on current COVID-19 mitigations. See page 6 for more information.

Audience All ages  
 Location FMC Natatorium, Westmont  
 Fee \$100 - No payment is due at registration.

Code	Day(s)	Time	Date(s)
3-001-01-02	W	4:00–6:00pm	1/20–3/3

## WEDNESDAY

Winter-Spring 2021: Session One

### BOWLING AT SUBURBANITE BOWL



SEASPAR is going bowling! Join us at Suburbanite Bowl while we bowl, hang out with our friends, and throw some strikes!



The availability, format, start date, and/or fee for this program is subject to change depending on current COVID-19 mitigations. See page 6 for more information.

Audience 16 years and older  
 Location Suburbanite Bowl, Westmont  
 Fee \$85 - No payment is due at registration.

Code	Day(s)	Time	Date(s)
3-021-01-1	W	4:30–5:30pm	1/20–3/3

### WINTER WALKERS LA GRANGE



Step indoors this winter for a walking club experience without the chill of the outdoors. Lace up your shoes and join fellow fit buddies and SEASPAR staff on a quest to reach 10,000 steps. Will you accept the challenge?



The availability, format, start date, and/or fee for this program is subject to change depending on current COVID-19 mitigations. See page 6 for more information.

Audience 8 years and older  
 Location Park District of La Grange  
 Fee \$35 - No payment is due at registration.

Code	Day(s)	Time	Date(s)
3-016-01-1	W	5:15–6:00pm	1/20–3/3

# WEDNESDAY

Winter-Spring 2021: 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. Sit back, relax, and enjoy the show!

Audience 16 years and older  
Fee FREE

<u>Code</u>	<u>Day(s)</u>	<u>Time</u>	<u>Date(s)</u>
3-701-20-1	W	5:30–7:30pm	1/20–3/3

## 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

<u>Code</u>	<u>Day(s)</u>	<u>Time</u>	<u>Date(s)</u>
3-701-18-1	W	6:00–6:45pm	1/20–3/3

30

# WEDNESDAY

Winter-Spring 2021: Session One



## MAD SCIENTIST



Hello science lovers! Join SEASPAR as we show off different science experiments each week from the comfort of your own home. Participants will not only watch cool things explode, they will learn a little about the science behind it!

Audience 16 years and older  
Fee FREE

<u>Code</u>	<u>Day(s)</u>	<u>Time</u>	<u>Date(s)</u>
3-701-17-1	W	6:15–6:45pm	1/20, 2/10, 3/3



31

## THURSDAY

Winter-Spring 2021: Session One

### FOOD CRITICS



Calling all food lovers! SEASPAR invites you to Food Critics, a program where we will be critiquing our lunches from the comfort of our couches! Each week, we will eat our lunches and rate them on taste, texture, appearance, and other categories just like the professionals!

Audience 16 years and older  
 Fee FREE

Code	Day(s)	Time	Date(s)
3-024-01-1	TH	12:00–1:00pm	1/21–3/4

### 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 movie snack and drink. Program length will vary on movie.

Audience 16 years and older  
 Fee FREE

Code	Day(s)	Time	Date(s)
3-701-22-1	TH	1:00–3:30pm	1/21–3/4

## THURSDAY

Winter-Spring 2021: Session One

### WINTER WALKERS DOWNERS GROVE



Step indoors this winter for a walking club experience without the chill of the outdoors. Lace up your shoes and join fellow fit buddies and SEASPAR staff on a quest to reach 10,000 steps. Will you accept the challenge?



The availability, format, start date, and/or fee for this program is subject to change depending on current COVID-19 mitigations. See page 6 for more information.

Audience 8 years and older  
 Location Downers Grove Recreation Center  
 Fee \$35 - No payment is due at registration.

Code	Day(s)	Time	Date(s)
3-017-01-1	TH	4:30–5:15pm	1/21–3/4

### SPARTANS BOWLING



Join SEASPAR's bowling team to train for when we return to competition. Coaches help you work on your form and techniques to improve your game. **Note:** Bowlers may only register for one of the two practice options.



The availability, format, start date, and/or fee for this program is subject to change depending on current COVID-19 mitigations. See page 6 for more information.

Audience 8 years and older  
 Location Lisle Lanes  
 Fee \$95 - No payment is due at registration.

#### Practice Time 1

Code	Day(s)	Time	Date(s)
3-106-01-1	TH	4:30–5:30pm	1/21–3/11

#### Practice Time 2

Code	Day(s)	Time	Date(s)
3-106-01-2	TH	5:45–6:45pm	1/21–3/11

## THURSDAY

Winter-Spring 2021: Session One

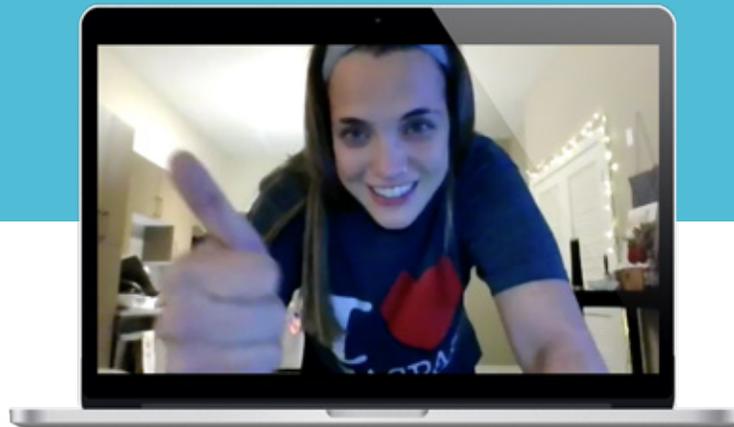
### WORK-IN WITH SEASPAR



We will use a combination of cardio and strength training for a full 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 16 years and older  
Fee FREE

Code	Day(s)	Time	Date(s)
3-701-23-1	TH	5:00–5:45pm	1/21–3/4



### 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 older  
Fee FREE

Code	Day(s)	Time	Date(s)
3-701-24-1	TH	5:00–6:00pm	1/21–3/4

## THURSDAY

Winter-Spring 2021: Session One



## SPARTANS VOLLEYBALL



It's time for another session of Spartans Volleyball! The coaching staff teaches fundamentals and sportsmanship through skills-based practice. We will focus on individual skills, rules, and the principles of volleyball.



The availability, format, start date, and/or fee for this program is subject to change depending on current COVID-19 mitigations. See page 6 for more information.

Audience 16 years and older  
 Location Downers Grove Recreation Center  
 Fee \$42 - No payment is due at registration.

Code	Day(s)	Time	Date(s)
3-121-01-1	TH	5:30–6:30pm	1/21–3/4

## THURSDAY

Winter-Spring 2021: Session One

### BINGO VIRTUAL



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 16 years and up  
Fee FREE

Code	Day(s)	Time	Date(s)
3-701-25-1	TH	6:00–6:45pm	1/21–3/4



### HOT CHOCOLATE HANG OUT



Get into your coziest pajamas, snuggle up with your favorite blanket, and grab a cup of hot chocolate as we chat about our day with friends!

Audience 16 years and older  
Fee FREE

Code	Day(s)	Time	Date(s)
3-701-21-1	TH	7:00–7:30pm	1/21–3/4



## 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

<u>Code</u>	<u>Day(s)</u>	<u>Start Time</u>	<u>Date(s)</u>
3-701-26-1	F	1:00–1:30pm	1/22–3/5

## MYSTERY GUEST HOST



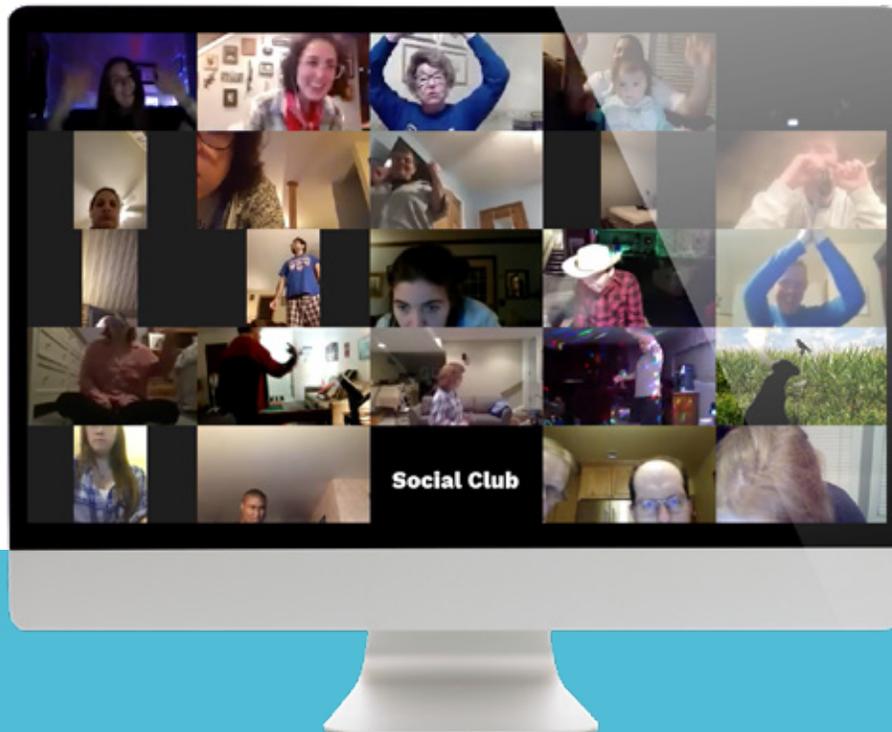
Who will be coming to program today? That's the question! Each week, this program will be led by a different SEASPAR staff. We will hang out, chat, and give clues as to who next week's host will be. See you there!

Audience 8 years and older  
Fee FREE

<u>Code</u>	<u>Day(s)</u>	<u>Start Time</u>	<u>Date(s)</u>
3-701-27-1	F	4:00–4:30pm	1/22–3/5

# FRIDAY

Winter-Spring 2021: Session One



## SOCIAL CLUB VIRTUAL



Let's get social with our friends - virtually! Social Club activities include a game night, Valentine's Dance, bingo, and Luck of the Irish Dance.

Audience 16 years and older  
 Fee \$10

<b>Code</b>	<b>Day(s)</b>	<b>Time</b>	<b>Date(s)</b>
3-701-28-1	F	6:30-7:15pm	1/29, 2/12, 2/26, 3/5

# FRIDAY

Winter-Spring 2021: Session One

## SOCIAL CLUB AT LISLE



Are you ready to start your weekend? Enjoy your Friday night with friends. Social Club activities will include bingo, craft night, and other activities.



The availability, format, start date, and/or fee for this program is subject to change depending on current COVID-19 mitigations. See page 6 for more information.

Audience 16 years and older  
 Location Lisle Recreation Center  
 Fee \$25 - No payment is due at registration.

Code	Day(s)	Time	Date(s)
3-025-01-1	F	6:30–7:30pm	1/22, 2/5, 2/19, 3/5

## SOCIAL CLUB AT WESTERN SPRINGS



Are you ready to start your weekend? Enjoy your Friday night with friends. Social Club activities will include bingo, craft night, and other activities.



The availability, format, start date, and/or fee for this program is subject to change depending on current COVID-19 mitigations. See page 6 for more information.

Audience 16 years and older  
 Location Grand Avenue Community Center, Western Springs  
 Fee \$25 - No payment is due at registration.

Code	Day(s)	Time	Date(s)
3-025-01-2	F	6:30–7:30pm	1/22, 2/5, 2/19, 3/5

## SATURDAY

Winter-Spring 2021: 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.



The availability, format, start date, and/or fee for this program is subject to change depending on current COVID-19 mitigations. See page 6 for more information.

Audience 8 years and older  
 Location Westmont Community Center  
 Fee \$30 - No payment is due at registration.

Code	Day(s)	Time	Date(s)
3-050-06-1	SA	8:30-10:30am	1/23-3/6



40

# SATURDAY

Winter-Spring 2021: Session One

## SWIM LESSONS



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.



The availability, format, start date, and/or fee for this program is subject to change depending on current COVID-19 mitigations. See page 6 for more information.

Audience All ages  
 Location The CORE, Lemont  
 Fee \$100 - No payment is due at registration.

Code	Day(s)	Time	Date(s)
3-001-01-03	SA	1:00–3:00pm	1/23–3/6

# SATURDAY

Winter-Spring 2021: Session One



## SATURDAY NIGHT SOCIALITES



We can't think of a better way to spend your Saturday night than with friends! Cozy up to your screen at home and spend the evening with friends virtually. This group will work together to find fun ways to hang out together from home.

Audience 16 years and older  
 Fee \$10

<b>Code</b>	<b>Day(s)</b>	<b>Time</b>	<b>Date(s)</b>
3-701-29-1	SA	4:00–5:00pm	1/30, 2/13, 2/27

**SUNDAY****Winter-Spring 2021: Session One****ATHLETICS**

Join other athletes in training for various track and field events. Be prepared for the eventual return to competition by staying fit and in shape. Participants are only allowed to register for one of the two practice times offered for Athletics.



The availability, format, start date, and/or fee for this program is subject to change depending on current COVID-19 mitigations. See page 6 for more information.

Audience 8 years and older  
 Location The CORE, Lemont  
 Fee \$42 - No payment is due at registration.

**Athletics I**

Code	Day(s)	Time	Date(s)
3-120-01-1	SU	9:00-10:00am	1/24-3/7

**Athletics II**

Code	Day(s)	Time	Date(s)
3-120-01-2	SU	10:15-11:15pm	1/24-3/7

## SUNDAY

Winter-Spring 2021: 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 timeslot works for you on your registration form. We will do our best to accommodate time requests, but due to high demand, timeslots are not guaranteed.

**Note:** Sessions will be scheduled with space between to allow staff to properly clean Wonders after each session.



The availability, format, start date, and/or fee for this program is subject to change depending on current COVID-19 mitigations. See page 6 for more information.

Audience	All ages
Location	Wonders Multi-Sensory Room, Lisle
Fee	See below - No payment is due at registration.

You may register for all options.

### Option 1

Code	Day(s)	Time	Fee	Date(s)
3-099-05-01	SU	11:00–4:00pm	\$16	1/24–1/31

### Option 2

Code	Day(s)	Time	Fee	Date(s)
3-099-05-02	SU	11:00–4:00pm	\$32	2/7–2/28

### Option 3

Code	Day(s)	Time	Fee	Date(s)
3-099-05-03	SU	11:00–4:00pm	\$8	3/7

# SUNDAY

Winter-Spring 2021: 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.



The availability, format, start date, and/or fee for this program is subject to change depending on current COVID-19 mitigations. See page 6 for more information.

Audience 8 years and older  
 Location The CORE, Lemont  
 Fee \$60 - No payment is due at registration.

Code	Day(s)	Time	Date(s)
3-118-01-1	SU	1:00-2:00pm	1/24-3/7

## BY APPOINTMENT

Winter-Spring 2021: Session One

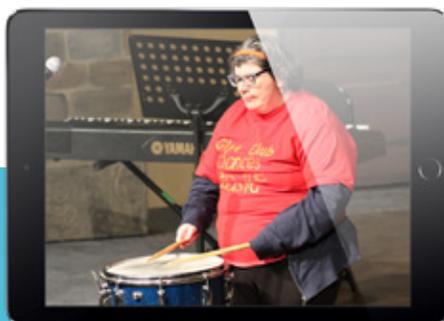
### MUSIC LESSONS WITH NANCY



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 \$35

Code	Day(s)	Time	Date(s)
3-701-02-1	M-F	By Appointment	1/18-3/7



### DRUM LESSONS WITH KEVIN



Schedule an individual drumming lesson with Kevin Wood! Lessons are 30 minutes each and are available Tuesday, Thursday, and Friday by appointment only. Time slots are flexible and based on availability. SEASPAR staff will contact you to schedule your appointment after your registration. **Note:** Additional equipment will need to be purchased in order to participate in this program.

Audience 5 years and older  
 Fee \$35

Code	Day(s)	Time	Date(s)
3-701-03-1	TU, TH, F	By Appointment	1/18-3/7



# SPECIAL EVENTS



## SPECIAL EVENTS

Winter-Spring 2021: Session One

### FROZEN



Do you want to build a snowman? Come join us on this winter wonderland journey as Anna, Kristoff, and his reindeer sidekick try to find the Snow Queen Elsa and save their kingdom from winter's cold grip.

Audience All ages  
Fee FREE

Code	Day(s)	Time	Date(s)
3-702-01-1	SA	3:00–5:15pm	1/23



### NFC CONFERENCE CHAMPIONSHIP WATCH PARTY



Calling all football fans! Join SEASPAR as we watch the NFC Conference Championship game together! While we may not know who the teams will be, we think we can all agree... **GO BEARS!** The time is subject to change based on the game time released by the NFC.

Audience 16 years and older  
Fee FREE

Code	Day(s)	Time	Date(s)
3-702-03-1	SU	TBA	1/24

## SPECIAL EVENTS

Winter-Spring 2021: Session One



### VIRTUAL UGLY SWEATER CONTEST



Do you have a sweater that you can't see yourself wearing in public but want to show off to your friends? Look no further than SEASPAR's Ugly Sweater Contest! We'll be showing off our most horrid sweaters from years past and voting to see who has the ugliest sweater!

Audience 8 years and older  
Fee FREE

Code	Day(s)	Time	Date(s)
3-702-02-1	SU	6:00–6:40pm	1/24

### LONGLEAT VIRTUAL SAFARI TOUR



Sit back, relax, and enjoy Longleat's virtual safari from the comfort of your home. This African reserve is in the heart of Wiltshire, England. Enter a land of adventure where lions roam, tigers stalk, and monkeys swing.

Audience All ages  
Fee FREE

Code	Day(s)	Time	Date(s)
3-702-04-1	SA	4:00–4:40pm	1/30

## SPECIAL EVENTS

Winter-Spring 2021: Session One

### THE GREATEST SHOWMAN SING-ALONG



Sing along and dance to the soundtrack that was nominated for awards including Best Song at the Oscars. Relive the story of P.T. Barnum, the spectacular visionary behind Barnum's circus, with incredible music and extravagant wonder of this modern musical classic.

Audience 8 years and older  
Fee FREE

Code	Day(s)	Time	Date(s)
3-702-05-1	SU	4:00–6:00pm	1/31



### ESCAPE ROOM



Are you ready to solve a mystery? Your team will use wit and skill to solve a series of clues. You solve a clue; you unlock the next door. Come unlock the mystery with SEASPAR and see what this Escape Room is all about!

Audience 16 years and older  
Fee FREE

Code	Day(s)	Time	Date(s)
3-702-06-1	F	7:00–7:45pm	2/5



## MIDWESTERN DANCE



Get those dancing shoes on and get ready to groove! Midwestern University is hosting its 20th annual dance for SEASPAR and other SRAs virtually. You'll have a blast as we dance along with our friends to some of the era's best toe-tapping tunes.

Audience 16 years and older  
 Fee FREE

Code	Day(s)	Time	Date(s)
3-702-07-1	SA	7:00–8:00pm	2/6

## BOWLING PARTY



Let's see those strikes and spares as we get back to bowling at Suburbanite. Join your friends and socialize from a distance as you bowl. **Note:** There are two different sessions; please pick only one.



The availability, format, start date, and/or fee for this program is subject to change depending on current COVID-19 mitigations. See page 6 for more information.

Audience 16 years and older  
 Location Suburbanite Bowl, Westmont  
 Fee \$15 - No payment is due at registration.

### Bowling Party I

Code	Day(s)	Time	Date(s)
3-201-01-1	SU	3:00–4:00pm	2/7

### Bowling Party II

Code	Day(s)	Time	Date(s)
3-201-01-2	SU	4:00–5:00pm	2/7

## SPECIAL EVENTS

Winter-Spring 2021: Session One



### VALENTINE'S DANCE



Cupid doesn't lie, but you'll never know if you don't try! Join us for a Valentine's dance party you will not forget! **Note:** This event is included in Social Club Virtual.

Audience 16 years and older  
Fee FREE

Code	Day(s)	Time	Date(s)
3-702-08-1	F	6:30–7:15pm	2/12

### SRA VALENTINE'S DANCE



Will you please be our Valentine? Let's dance! Grab your dancing shoes and join us for a Valentine's dance to remember.

Audience 16 years and older  
Fee FREE

Code	Day(s)	Time	Date(s)
3-702-09-1	SA	7:00–8:00pm	2/13

## SPECIAL EVENTS

Winter-Spring 2021: Session One



## VALENTINE'S DAY PARTY



It's that special time of year when Valentine's is drawing near. Please join us as we create a beautiful Valentine's Day craft and socialize with friends.



The availability, format, start date, and/or fee for this program is subject to change depending on current COVID-19 mitigations. See page 6 for more information.

Audience 16 years and older  
 Location Lisle Recreation Center  
 Fee \$15 - No payment is due at registration.

Code	Day(s)	Time	Date(s)
3-203-01-1	SU	4:00–5:00pm	2/14

## SPECIAL EVENTS

Winter-Spring 2021: Session One

### TAYLOR SWIFT CONCERT



Hey Swifty's, get ready to shake it off at this amazing Taylor Swift concert! Dance and sing to some of your favorite Taylor Swift songs with your friends virtually!

Audience 8 years and older  
Fee FREE

<b>Code</b>	<b>Day(s)</b>	<b>Start Time</b>	<b>Date(s)</b>
3-702-10-1	SA	4:00–4:40pm	2/20



### SEATTLE AQUARIUM VIRTUAL FIELD TRIP



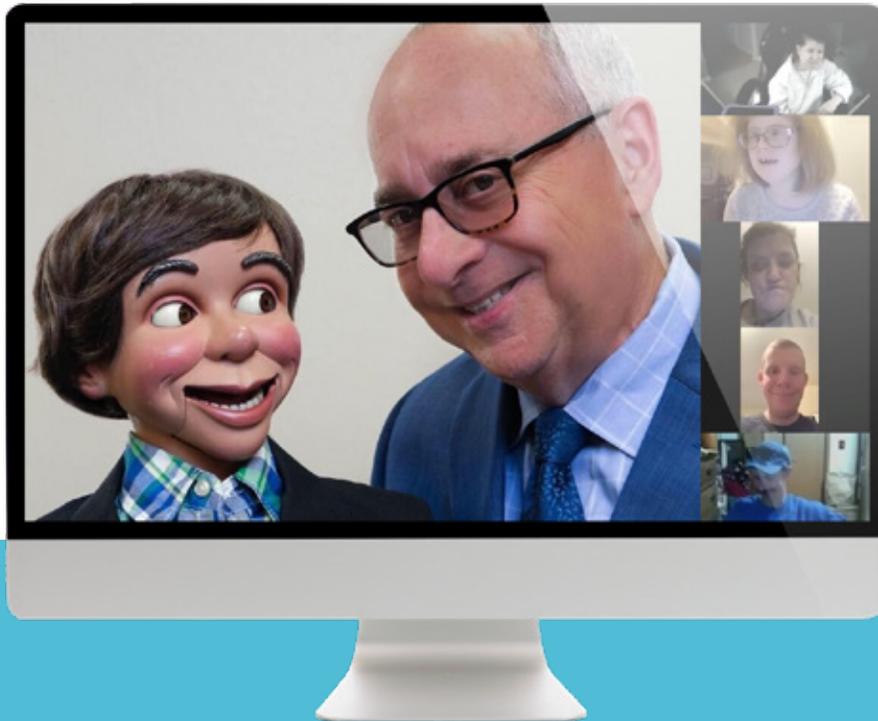
Join us as we take a virtual field trip to the Seattle Aquarium. Learn about the animals and the food web that can be found in the Puget Sound waters.

Audience 8 years and older  
Fee FREE

<b>Code</b>	<b>Day(s)</b>	<b>Time</b>	<b>Date(s)</b>
3-702-11-1	SU	4:00–4:40pm	2/21

## SPECIAL EVENTS

Winter-Spring 2021: Session One



### VIRTUAL VENTRILOQUIST



Sit back, relax, and enjoy the show as you spend some time with Chuck, Ziggy, and friends in this hilarious ventriloquist performance! Chuck and his stage partners, Ziggy, Nick, and Dr. Sol, have been wowing audiences for over 40 years.

Audience 8 years and older  
 Fee \$20

<b>Code</b>	<b>Day(s)</b>	<b>Time</b>	<b>Date(s)</b>
3-702-12-1	SA	6:00–7:00pm	2/27

## SPECIAL EVENTS

Winter-Spring 2021: Session One



## DANCING WITH THE STARS



Do you have the moves? Join us for Dancing with the Stars, where you come up with a fun performance and show off to your friends. Dressing up and dancing along with your friends is highly encouraged.

Please email Kim Huggins at [khuggins@seaspar.org](mailto:khuggins@seaspar.org) to let her know by Monday, February 1 what song you will be performing to so she can create an amazing playlist.

Audience 8 years and older  
Fee FREE

<u>Code</u>	<u>Day(s)</u>	<u>Time</u>	<u>Date(s)</u>
3-702-13-1	SU	4:00–4:45pm	2/28

## SPECIAL EVENTS

Winter-Spring 2021: Session One



### LUCK OF THE IRISH DANCE



Dress in your favorite green outfit as we celebrate St. Patrick's Day. Show off your favorite jig as our DJ spins the latest tunes!

**Note:** This event is included in Social Club Virtual.

Audience 16 years and older  
Fee FREE

Code	Day(s)	Time	Date(s)
3-702-14-1	F	6:30–7:15pm	3/5

### ST. PATRICK'S DAY PARTY



St. Patrick's Day is not complete without your friends and creating a fun St. Patrick's Day craft. As the saying goes, everybody's Irish on St. Paddy's Day! Please join us for this amazing party!



The availability, format, start date, and/or fee for this program is subject to change depending on current COVID-19 mitigations. See page 6 for more information.

Audience 16 years and older  
Location Lisle Recreation Center  
Fee \$15 - No payment is due at registration.

Code	Day(s)	Time	Date(s)
3-204-01-1	SA	2:00–3:00pm	3/6

## SPECIAL EVENTS

Winter-Spring 2021: Session One



### THE MASKED SINGER



Do you like watching *The Masked Singer*? Come join SEASPAR as we try to figure out who our amazing masked singer is. This person will be singing or lip singing a song while wearing head-to-toe costume and face mask concealing their identity. Please dance and sing along as you try to figure out who it is.

Audience 8 years and older  
Fee FREE

<b>Code</b>	<b>Day(s)</b>	<b>Time</b>	<b>Date(s)</b>
3-702-15-1	SU	4:00–4:40pm	3/7

# PROGRAM POLICIES

## Winter-Spring 2021: 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](mailto: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 66–68**, or may be submitted online at [SEASPAR.org](http://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 2021.

### 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

## Winter-Spring 2021: 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

## Winter-Spring 2021: 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 Monday, January 4 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

## Winter-Spring 2021: 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](mailto: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 4:00–4:30pm 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 Winter Weather Guidelines for Cancelling Programs



All programs are cancelled when the temperature drops to  $-10^{\circ}$  or wind chill of  $-20^{\circ}$ .

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

# PROGRAM POLICIES

## Winter-Spring 2021: 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

Winter-Spring 2021: Session One

Registration opens on Monday, December 14, and closes on Monday, January 4 at 4:30pm. Registration for all programming is lottery-based and enrollment is not guaranteed; confirmations will be emailed and/or mailed the week of January 11.

## 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 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 be a SEASPAR resident
- Must have no outstanding balance
- Must have 2021 Annual Information Form on file
- Full credit card payment is required at the time of registration for virtual programs. **No payment will be collected for in-person programs at 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) **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 2021 Annual Information Form on file.
- Full payment for virtual programs must be received with the registration unless other arrangements have been made. Payment may be made by check, money order, cash, or credit card. **No payment should be submitted for in-person programs at this time.**
- Registrations received after the registration deadline are accepted if space is available.

# REGISTRATION PROCEDURES

Winter-Spring 2021: 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](mailto:adminstaff@seaspar.org).
- A full account credit is issued if a program is cancelled 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 cancelled, 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](mailto: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](https://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

Winter-Spring 2021: 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](mailto: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](#)

## 2021 Winter-Spring Registration Form

[Click here to access](#)

Visit [SEASPAR.org/Forms](https://SEASPAR.org/Forms) to access all online forms.

## 2021 Annual Information Form



<i>For office use only</i>			
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

<input type="checkbox"/> Attention seeking	<input type="checkbox"/> Fear	<input type="checkbox"/> Manipulative	<input type="checkbox"/> Spitting
<input type="checkbox"/> Biting	<input type="checkbox"/> Hair pulling	<input type="checkbox"/> Pinching	<input type="checkbox"/> Steals
<input type="checkbox"/> Defiance/refusal	<input type="checkbox"/> Hitting/kicking	<input type="checkbox"/> Removal of clothing	<input type="checkbox"/> Tantrums/meltdowns
<input type="checkbox"/> Difficult transitions	<input type="checkbox"/> Hyperactivity	<input type="checkbox"/> Runs/wanders	<input type="checkbox"/> Throwing objects
<input type="checkbox"/> Easily distracted	<input type="checkbox"/> Inappropriate touching	<input type="checkbox"/> Self-abusive	<input type="checkbox"/> Verbal outburst
<input type="checkbox"/> 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 AND over-the-counter 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

### Additional Information/Signature

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 \_\_\_\_\_

**SEASPAR • 4500 Belmont Road, Downers Grove, IL 60515 • 630.960.7600 • SEASPAR.org**

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.

Save time by completing this form online.



# Winter-Spring 2021 Registration Form: Session 1

Participant Name \_\_\_\_\_ Birth Date \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Are you a new participant? Yes  No

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

Has any of your information changed since you completed your 2021 AIF? Yes  No  If yes, please call us at 630.960.7600.

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  If yes, please call us at 630.960.7600.

## Waiver and Release

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 2021 Annual Information Form is not on file.**

# ASSOCIATION MEMBERS AND REPRESENTATIVES

Winter-Spring 2021: 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](http://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**