

20  
23

WINTER | SPRING

  
**SEASPAR**  
SPECIAL RECREATION ASSOCIATION



REGISTRATION: DECEMBER 12 - JANUARY 9

WE ARE SEASPAR

# SEASPAR

SPECIAL RECREATION ASSOCIATION

## MISSION

Enrich people's lives  
through recreation

## VISION

Discover Abilities  
Achieve Potential  
Realize Dreams

## CORE VALUES

Fun • Friendships  
Caring • Trust  
Accountability

Success in our field is not just a numbers game. From ensuring the highest level of programming to staffing programs with the best candidates, we must acknowledge our success should be attributed to the members of our community, staff, and supporters.

Our work with people with disabilities requires a special level of attention made possible by a team as dedicated as ours. In 2022, our part-time staff took on responsibilities unheard of in my time as director. As the participants flocked back to in-person programming, SEASPAR faced a staffing shortage, a common issue nationwide. Instead of stepping back offerings, our available staff stepped up to help deliver the services our participants desire.

Delivering much-needed services to people with disabilities is not a mission easily delivered alone. To our fortune, our communities and supporters provide a helping hand through cooperatives, volunteerism, and donations. Your support of our Fee Assistance Program assisted participants with financial hardships throughout last year, and we will continue to help those in need thanks to you.

And now that we enter 2023, we face similar issues but have the satisfaction of witnessing the hard work and generosity pay off. But as in life, everything has a connection—so we measure our success not by our efforts alone, but with the support of community members like you.

As for the immediate, please enjoy the contents of this guide. Inside, you will find a wide selection of programs and special events taking place during our winter-spring 2023 program season, which takes place from February 6 through April 30. You have many ways to register (see page 3), but please sign up before the January 9 deadline.

May you find good health and tidings this season!

Best,



**Matt Corso**  
Executive Director

**OPEN REGISTRATION: DECEMBER 12 – JANUARY 9**

## GENERAL INFORMATION

Annual Information Form	51-53
Association Members and Representatives	2
<b>Directory</b>	5-8
Contact Information	5
Program Directory	7-8
Program Locations	6
Staff	5
Transportation	6
Donor and Sponsor Recognition	11-12
Fee Assistance Program	3
Program Benefits	4
Program Policies	47-48
Registration Form	49-50
Registration Information	3-4
Staff Appreciation	9-10

## PROGRAMMING

<b>  Athletics</b>	37-39
<b>  Multi-Sensory</b>	43-44
<b>  Programs for Everyone</b>	13-16
<b>  Programs for Children &amp; Young Teens</b>	17-20
Children & Young Teens: Programs	17-18
Children & Young Teens: Special Events	19-20
<b>  Programs for Teens &amp; Adults</b>	21-36
Teens & Adults: Programs	21-28
Teens & Adults: Special Events	29-36
<b>  Special Programs</b>	45-46
Aktion Club	45
EAGLES Adult Day Program	46
Inclusion Services	46
S.O.A.R. Program	46
<b>  Virtual Programs</b>	40-42
Virtual Programs: By Appointment	40
Virtual Programs: Weekly Programs	41-42

## ASSOCIATION MEMBERS & REPRESENTATIVES

The South East Association for Special Parks And Recreation (SEASPAR) provides dynamic recreation programs and quality services for individuals with disabilities in the communities of Brookfield, Clarendon Hills, Darien, Downers Grove, Indian Head Park, La Grange, La Grange Park, Lemont, Lisle, Western Springs, Westmont, and Woodridge.

SEASPAR is composed of 12 associated members, which are represented by the following individuals:

<b>Downers Grove Park District</b> 2245 Warrenville Road, Downers Grove	<b>Bill McAdam</b> President
<b>Woodridge Park District</b> 2600 Center Drive, Woodridge	<b>Mike Adams</b> Vice President
<b>Lisle Park District</b> 1925 Ohio Street, Lisle	<b>Dan Garvy</b> Secretary
<b>Darien Park District</b> 7301 Fairview Avenue, Darien	<b>Stephanie Gurgone</b> Treasurer
<b>Village of Brookfield</b> 8820 Brookfield Avenue, Brookfield	<b>Stevie Ferrari</b>
<b>Clarendon Hills Park District</b> 315 Chicago Avenue, Clarendon Hills	<b>Valerie Louthan</b>
<b>Village of Indian Head Park</b> 201 Acacia Drive, Indian Head Park	<b>Rita Farrell Mayer</b>
<b>Park District of La Grange</b> 536 East Avenue, La Grange	<b>Jenny Bechtold</b>
<b>Community Park District of La Grange Park</b> 1501 Barnsdale Road, La Grange Park	<b>Jessica Cannaday</b>
<b>Lemont Park District</b> 16028 127th Street, Lemont	<b>Louise Egofske</b>
<b>Village of Western Springs</b> 1500 Walker Street, Western Springs	<b>Aleks Briedis</b>
<b>Westmont Park District</b> 55 East Richmond Street, Westmont	<b>Bob Fleck</b>

## BOARD MEETINGS

SEASPAR's Board meets the third Tuesday of every month at SEASPAR at 3:00pm. The public is welcome. For information call 630.960.7600.

Board meeting minutes and agendas are available online at [SEASPAR.org/Board](https://seaspar.org/Board).

## ON THE COVER



### Happiness in Bloom

Smiles are in season year-round at SEASPAR! Like a gardener who sows their harvest, SEASPAR cultivates joy through programs and special events planned with tender love and care.

## REGISTRATION INFORMATION

### REGISTRATION INFORMATION

**ONLINE** SEASPAR.org

**FAX** 630.960.7601

**MAIL/IN PERSON** SEASPAR  
4500 Belmont Road  
Downers Grove, IL 60515

**Registration opens on Monday, December 12**, and closes on Monday, January 9 at 4:30pm. Registration for all programming is lottery-based and enrollment is not guaranteed; confirmations will be mailed on January 24.

Zoom links for virtual programs will be emailed the week of January 30.

### REGISTRATION PROCEDURES

#### ONLINE REGISTRATION

To register online, visit SEASPAR.org. 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 2023 Annual Information Form on file.
- Full credit card payment is required at the time of registration.

SEASPAR accepts Visa, MasterCard, Discover, and American Express!



03

#### IN-PERSON/FAX/EMAIL REGISTRATION

- 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 2023 Annual Information Form on file.
  - Full payment for 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.
- Now accepting Visa, MasterCard, Discover, and American Express!**

Registrations received after the registration deadline are accepted if space is available. Participants may not be added to a program with less than 48 hours notice.

#### 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 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. All refunds are issued monthly.

#### 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.



#### REGISTRATION MADE EASY

SEASPAR participants with an active account can register for their favorite programs and special events completely online.

To register online, visit **SEASPAR.org** or scan the code with your phone.

## PROGRAM ANATOMY

### 1. PROGRAM NAME

This section describes the name of the program. Program names are color-coded by section (e.g., Children & Young Teens, Teen & Adult, etc.)

### 2. PROGRAM BENEFITS

This section identifies benefits of the program. See below for more details.

### 3. PROGRAM DESCRIPTION

This section includes a brief description of the program.

### 4. PROGRAM NOTICES

This section highlights important information the participant should be aware of before registering.

### 5. SESSION INFORMATION

This section includes information you need to know when selecting your program(s) such as age requirements, location, fee, date, time, no program dates, and registration code.

### 6. ATTENTION AREA

Identifies important registration and details specific to the program like, wheelchair accessible registration code, transportation details, and dates which the program will not meet.

## 1 EXAMPLE NAME



3 Program descriptions helps you understand a program's focus.

4 **Note:** Important program notices (if any) will be displayed in this area.

Age This area identifies the program's age range  
Location Visit page 6 for a list of program location addresses.

5 Code	Day(s)	Time	\$	Date(s)
0-000-00-0	F	6:00-8:00pm	Session Fee	2/6-4/30

**Wheelchair Accessible Code** Programs featuring special access registration codes for wheelchair users are indicated in this section.

**Transportation** Transportation details (if available) will be displayed in this area.

**No Program Dates** No program dates (if any) will be displayed here.

## IDENTIFYING PROGRAM BENEFITS

SEASPAR is known for delivering dynamic recreation programming, but did you know that the same programs also provide many beneficial attributes important for the growth and development of individuals with disabilities? Because we believe identifying these benefits is important to your program selection process, we added a system of icons to help you select the perfect programs available within this guide. Look for these program icons for:



### Independence:

Programs marked with this icon are considered to promote independence through engaging activities delivered in structured environments. These programs are recommended for individuals who live independently or want to increase responsibilities around the house and beyond.



### Motor Skills Development:

Programs marked with this icon promote motor skill development. These programs are recommended for individuals who can benefit from continued development (and strengthening) of motor skills with participation in age-appropriate activities.



### Active:

Programs marked with this icon include elements beneficial to a healthy lifestyle through the inclusion of physical activities. These programs are recommended for individuals who seek to increase or introduce activities that promote an active lifestyle, through light exercise.



### Social Skills Development:

Programs marked with this icon are considered to promote social skills development through participation in various activities hosted in safe environments. These programs are recommended for individuals who desire to expand their social skills or yearn for fun social opportunities.



### Sensory Exploration:

Programs marked with this icon are specially designed to appease the senses and are highly recommended for individuals with autism, sensory processing disorders, and ADHD. Many sensory-friendly programs make use of SEASPAR's two multi-sensory rooms.



### Performing Arts:

Programs marked with this icon are associated with the teaching of performance arts. A program such as this is ideal for individuals with a desire to entertain, practice performance-based skills, or learn more about the virtues of the stage.



### Competitive:

Programs marked with this icon are considered to be competitive. Participants who desire competitive programs are encouraged to seek programs marked with this icon. Programs such as these can range from team sports to activities designed to challenge potential.



### Special Olympics:

Programs marked with this icon are associated with Special Olympics, which involves training and participation in competitive sports offered at various levels. Participants are expected to attend games, which may include local and non-local events and tournaments.

## STAFF

### WILLIAM CAZARES

Marketing Coordinator

### MATT CORSO, CTRS, CPRP

Executive Director

### MOLLY DOWNING, CTRS

Recreation Coordinator

### MATT GORECKI, CPRP

Recreation Coordinator

### CHRISTINA HEALY, CTRS

Recreation Coordinator

### KIMBERLY A. HUGGINS, CPRP

Senior 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

### LAUREN McVEY

Recreation Specialist

### CATHERINE A. MORAVA, CPRP

Adult Day Program Manager

### BETHANY PASTRANA, CTRS

Inclusion Manager

### SHANNON TOVEY, SHRM-CP, CTRS

Human Resources Manager

### RUTH CARBON

Registration Specialist

## MEET BETHANY!

We're thrilled to welcome Bethany Pastrana to the SEASPAR team as our new Inclusion Manager. Bethany arrives at SEASPAR with plenty of experience and a drive to deliver inclusion services to everyone in need. If you see Bethany out and about, give her a wave and a hello!



## JOIN THE SEASPAR TEAM!

Don't just work a job, make a difference with SEASPAR!

SEASPAR offers flexible hours with a variety of fun programs and events to choose from. No experience is necessary for some positions. Applicants must be 16 or older.

Call us at 630.960.7600 or visit SEASPAR.org to apply online!

**SEASPAR.ORG** | 630.960.7600

## CONTACT US

Never hesitate to contact SEASPAR with your questions. Our staff is eager to assist you! Ask for Registration Specialist Ruth Carbon for assistance during registration.

### BY PHONE

TRS

630.960.7600

711

### BY EMAIL

adminstaff@seaspar.org

### PROGRAM HOTLINE

After hours program status hotline.

630.960.7582

### SOCIAL MEDIA

Facebook.com/SEASPAR

Twitter.com/SEASPAR

Instagram.com/WeAreSEASPAR

## OFFICE HOURS

Monday–Friday, 8:30am–4:30pm

Recorded Message After Hours.

### The SEASPAR Office will be closed on:

December 23

December 30

April 7

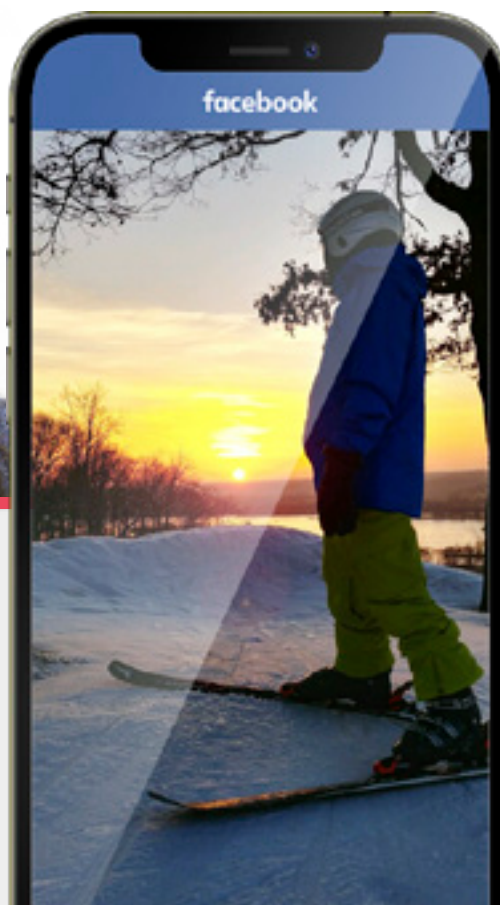
May 29

## OFFICE LOCATION

4500 Belmont Avenue, Downers Grove, IL 60515

## FOLLOW US

Don't miss another moment! Follow SEASPAR on your favorite social media app for more news, photos, videos, and the latest stories about your favorite activities.



## PROGRAM LOCATIONS

### AMC QUARRY CINEMAS

9201 W 63rd Street, Hodgkins

### BENET ACADEMY

2200 Maple Avenue, Lisle

### CHUCK'S SOUTHERN COMFORT CAFÉ & BANQUETS

8025 S. Cass Avenue, Darien

### CINEMARK AT SEVEN BRIDGES

6500 IL-53, Woodridge

### CLARENDON HILLS COMMUNITY CENTER

315 Chicago Avenue, Clarendon Hills

### COMMUNITY PARK DISTRICT OF LA GRANGE PARK

1501 Barnsdale Road, La Grange Park

### DARIEN COMMUNITY CENTER

7301 Fairview Avenue, Darien

### DARIEN SPORTSPLEX

451 Plainfield Road, Darien

### DIANE MAIN PARK

300 W 59th Street, Westmont

### DOWNERS GROVE GOLF CLUB

2420 Haddow Avenue, Downers Grove

### DOWNERS GROVE NORTH HIGH SCHOOL FIELD HOUSE

4436 Main Street, Downers Grove

### DOWNERS GROVE RECREATION CENTER

4500 Belmont Road, Downers Grove

### FMC NATATORIUM

275 Plaza Drive, Westmont

### GRAND AVENUE COMMUNITY CENTER

1500 Walker Street, Western Springs

### HANSON CENTER

15W431 E. 59th Street, Burr Ridge

### INDIAN BOUNDARY YMCA

711 59th St., Downers Grove

### LEGENDS BAR & GRILL

6320 IL-53, Woodridge

### LEMONT PARK DISTRICT SOFTBALL FIELDS

16028 127th Street, Lemont

### LINCOLN CENTER

935 Maple Avenue, Downers Grove

### LISLE COMMUNITY CENTER

1825 Short Street, Lisle

### LISLE LANES

4920 Lincoln Avenue, Lisle

### LISLE RECREATION CENTER

1925 Ohio Street, Door 8, Lisle

### McCOLLUM PARK

6801 Main Street, Downers Grove

### MIDWESTERN UNIVERSITY

555 31st Street, Downers Grove

### PAPA PASSERO'S

6326 S. Cass Avenue, Westmont

### PARK DISTRICT OF LA GRANGE

536 East Avenue, La Grange

### RAY'S BAY MULTI-SENSORY ROOM

4211 Grand Avenue, Western Springs

### SEASPAR

4500 Belmont Road, Downers Grove

### SEVEN BRIDGES ICE ARENA

6690 IL-53, Woodridge

### SUBURBANITE BOWL

201 Ogden Avenue, Westmont

### THE CORE FITNESS & AQUATIC COMPLEX

16028 127th Street, Lemont

### TRUE BALANCE KARATE

406 Ogden Avenue, Downers Grove

### WESTMONT COMMUNITY CENTER

75 East Richmond Avenue, Westmont

### WONDERS MULTI-SENSORY ROOM


1925 Ohio Street, Door 8, Lisle

### WOODRIDGE ARC (ATHLETIC RECREATION CENTER)

8201 S. Janes Avenue, Woodridge

## TRANSPORTATION

SEASPAR offers transportation options for select programs and events to provide participants with easy access to offerings throughout our twelve member communities and beyond! Transportation options are listed in program descriptions.

 When completing your registration form for programs that include transportation, please indicate the location of your choice.

The following procedures are required to ensure the safety of program participants while riding in SEASPAR vehicles:

- SEASPAR reserves the right to refuse to transport individuals.
- All passengers must be sitting in seats or wheelchairs with seat belts securely fastened, or the driver will not move the vehicle.
- All wheelchairs must have brakes that are in good working condition and can stop the chair from moving.
- Persons using an Amigo-type scooter or stroller must transfer to a vehicle seat and use a seat belt.
- SEASPAR staff are responsible for determining whether a participant can be transported safely.

### Transportation locations may include:

#### DARIEN

Darien Sportsplex | Parking Lot  
451 Plainfield Road, Darien

#### DENNING

Denning Park | Parking Lot  
4901 Gilbert Avenue, La Grange

#### LEMONT

Lemont Centennial Community Center | Parking Lot  
16028 127th Street, Lemont

#### LISLE

Lisle Recreation Center | Door #8  
1925 Ohio Street, Lisle

#### SEASPAR





Downers Grove Recreation Center | Parking Lot  
4500 Belmont Road, Downers Grove





# DIRECTORY

07

WEEKLY PROGRAM NAME					AGES	DAYS	PAGE
Sensory Seekers		•			all ages	Mondays	13
Karate		•			all ages	Mondays	14
Sensory Explorers		•			all ages	Wednesdays	15
Horseback Riding		•			all ages	Thursdays, Saturdays	15
Ice Skating		•			all ages	Saturdays	16
Sensory Sunday		•			all ages	Sundays	16
ASL Storytime with Danielle		•			0-5	Saturdays	18
Mighty Movers		•			2-6	Thursdays	18
Rhythm Works		•			3-6	Wednesdays	18
Music and Me		•			3-8	Tuesdays	17
Swim Lessons		•			5+	Mon.-Thurs., Sat.	14
Music Lessons With Nancy	•	•			5+	Tues., Thurs., or by Appt.	13, 40
Rhythm Works		•			7-15	Wednesdays	18
Saturday Superstars		•			7-15	Saturdays	18
Musical Theatre		•			8-15	Tuesdays	17
Spartans Tennis		•	•		8+	Tuesdays	37
Rocket League	•				8+	Wednesdays	42
Spartans Bowling		•	•		8+	Thursdays	38
Power Soccer		•			8+	Saturdays	39
Spartans Athletics		•			8+	Sundays	39
Spartans Swimming			•		8+	Sundays	39
Young Adult Club		•		•	16-25	Saturdays	27
Afternoon Adventures		•			16+	Mondays	21
Walking Club West		•			16+	Mondays	21
Spartans Powerlifting		•	•		16+	Mondays	37
Cooking with SEASPAR (Virtual)	•				16+	Mondays	41
Karaoke	•				16+	Mondays	41
Feast with Friends	•				16+	Tuesdays	41
Day Away Tour		•			16+	Tuesdays	22
Cooking with SEASPAR (In-Person)	•				16+	Tuesdays	22
Bowling at Lisle Lanes		•			16+	Tuesdays	22
Soup or Salad		•			16+	Tuesdays	23
Creative Corner		•			16+	Tuesdays	23
Spartans Softball		•	•		16+	Tuesdays	33
Game Night	•				16+	Tuesdays	41
Pet Therapy		•			16+	Tuesdays	23
Movie Club	•				16+	Wednesdays	41
Bowling at Suburbanite		•			16+	Wednesdays	24
Spartans Flag Football: Pre-Season		•			16+	Wednesdays	38
Yoga With Jen	•				16+	Wednesdays	42
Day Trippers		•		•	16+	Thursdays	24
Fit N' Fuel		•			16+	Thursdays	25
Walking Club East		•			16+	Thursdays	25

# DIRECTORY

WEEKLY PROGRAM NAME					AGES	DAYS	PAGE
Work-In with SEASPAR	•				16+	Thursdays	42
Bingo	•				16+	Thursdays	42
Glee Club	•				16+	Thursdays	25
Spartans Golf: Pre-Season	•				16+	Thursdays	38
At the Movies	•				16+	Thursdays	26
Social Club	•				16+	Fridays	27
Saturday Night Socialites	•			•	16+	Saturdays	28
Brunch With Besties	•			•	16+	Sundays	28
Blackhawks Bonanza	•				16+	Sundays	28

SPECIAL EVENT NAME					AGES	DAYS/DATES	PAGE
Spring Break Camp				•	5-15	Monday-Friday, March 27-31	20
Valentine's Day Party	•				7-15	Saturday, February 11	19
Day Off School	•			•	7-15	Monday, February 20	19
Lunch & A Movie	•				7-15	Saturday, February 25	19
Get Air	•				7-15	Saturday, March 11	19
Springtime Splash	•				7-15	Saturday, March 25	20
April Fool's Jakeshop	•				7-15	Saturday, April 1	20
Earth Day	•				7-15	Saturday, April 22	20
Midwestern University Valentine's Dance	•				16+	Saturday, February 11	29
Snow Tubing at Villa Olivia	•			•	16+	Sunday, February 12	30
Into the Woods	•			•	16+	Saturday, February 18	30
Chicago Wolves	•			•	16+	Sunday, February 19	30
Hoedown Dance Party	•				16+	Friday, February 24	31
Bocce at Pinstripes	•			•	16+	Saturday, February 25	31
Chicago Bulls	•			•	16+	Sunday, February 26	31
Esports at Scrims Gaming Center	•			•	16+	Saturday, March 4	32
Dinner & A Movie	•			•	16+	Sunday, March 5	32
Main Event	•			•	16+	Saturday, March 11	32
A Chorus Line	•			•	16+	Sunday, March 12	32
Luck of the Irish Dance	•				16+	Friday, March 17	33
Rocking Climbing and Dinner	•			•	16+	Saturday, March 18	33
The Field Museum	•			•	16+	Sunday, March 19	33
The Dancing Horses Theatre	•			•	16+	Saturday, March 25	34
Olive Garden Italian Restaurant	•			•	16+	Sunday, March 26	34
Chicago Blackhawks	•			•	16+	Saturday, April 1	34
Papa Passero's & Arcade Games	•			•	16+	Sunday, April 2	35
School of Rock	•			•	16+	Saturday, April 15	35
Bowling at Funway	•			•	16+	Sunday, April 16	35
Aktion Club Dance	•				16+	Saturday, April 22	36
Old Town Pour House	•			•	16+	Sunday, April 23	36
Spring Escape to Springfield	•			•	16+	Friday-Sunday, April 28-30	36

## STAFF APPRECIATION

At the core of SEASPAR's success is a team of dedicated individuals who provide compassion, and the highest level of care.

## THANK YOU!

SEASPAR thanks all of the dedicated and caring support staff and volunteers for their time and hard work during the 2022 seasons! Their efforts make it possible for SEASPAR to continue offering quality programs – even in unprecedented times.

We would like to recognize SEASPAR support staff and volunteers for their longevity with us. The following are current staff members who work weekly, inclusion, day camps, and EAGLES programs.

### 20+ YEARS

Ann Franczyk ■  
 Larry Franczyk ■  
 Brian Klama  
 Todd Krystof ■  
 Patrick Mukushina ■  
 Tanja Murray  
 Gary Naberhaus ■  
 Sharmaine Nardone  
 Inge Papaeliou  
 Karrie Pece  
 Dawn Pope  
 Colleen Porritt  
 Stacie Ritz  
 Cheryl Steed  
 Jason Steed

### 16-19 YEARS

Christine Grohne  
 Mindy Jack  
 Karyn Piegari  
 Ruby Saraf  
 Don Smetko ■

### 11-15 YEARS

Carolyn Bozek  
 Pam Conlon  
 Liz Grillos  
 Amy Klama ↑  
 Jessi McGinness  
 Karen Mulroy ■ ↑  
 Debbie Murdock ↑  
 Steve Murdock ■  
 Allyson Nyhoff  
 April Prescott  
 GeriAnn Ortega ↑  
 Nancy Urban  
 Kevin Wood  
 Joe Zarek

### 6-10 YEARS

Bob Ackermann  
 Aaron Causey  
 Nicole Causey ↑  
 Lauren Flentge  
 Eileen Kash  
 Mia Liebmann  
 Barb Lima  
 Chris Lima  
 Jorie Lima  
 Kelli McGoorty  
 Angie McNeil  
 Jennifer Molsky  
 Kate Moran  
 Jenna Nickel

Samantha Oczak  
 Alyssa Reynolds  
 Ann Saladino ■  
 Courtney Schmitt  
 Ashley Stojkovic  
 Nicole Strawser  
 John Weibel  
 Sue Willis  
 Jen Young  
 Andrew Zelasko

### 1-5 YEARS

Kate Bastuga  
 Eva Bednard  
 Micaela Bjarnson  
 Gianna Caponigro  
 Ruth Carbon  
 Charleigh Cash  
 Bella Chlada  
 Alyssa Collins  
 Erica Cyrus  
 Karen DalPorto  
 Erin Dickett  
 Anacely Dobry  
 Brian Dubina  
 Allison Eberhard  
 Megan Frey  
 Christy Gergits  
 Sandy Greco  
 Gianna Grippio  
 Jim Janota ■ ↑  
 Marsha Janota ■ ↑  
 Sarah Jaworski ↑  
 Clare Johnson ↑  
 Andrew Kelley  
 Lexi Kozminski  
 Abby Kresal  
 Emma Lafin  
 Meghan Lieb ↑  
 Emma Lochen  
 Ashley Mall  
 Ryan Marchewka  
 Elizabeth Miller  
 Lisa Morici  
 Grace Mrozek  
 Sarah Milligan  
 Kate Murray  
 James Pappa ■  
 Kristy Pauley  
 Shea Pauley  
 Solange Pilizota  
 Laura Plemich ■ ↑  
 Josephine Potts  
 Josh Potts ■  
 Michelle Potts  
 Alexis Printz  
 Becky Quirk  
 Maddie Raftery

## STAFF APPRECIATION



Roha Rashid  
Jennifer Reardon  
Ellie Richards ↑  
Greg Rizzo  
Paul Saladino ■  
Lorrie Smietanski  
Michelle Soto  
Matthew Thompson ↑  
Britney Toussaint ↑  
Natalie Vroman  
Sarah Wronkiewicz ↑  
Greg Zelasko

### LESS THAN 1 YEAR

Eva Bargher  
Margaret Bern  
Lillian Boor ■  
Noelle Cochrane  
John Colucci  
Madeline Davis  
Jessica Dickett  
Joseph Dooley ■  
Lauren Dry  
Joan Durkin  
Nicole Edmeier  
Mary Furbush ■  
Sydney Gorski  
Evelyn Grogan  
Natalia Hornik  
Brandon Howell  
Adeline Jones  
Leena Kanaan  
Elisa Keegan  
Jake Klepaez  
Abigail Knight  
Colleen Koch  
Anjali Kota

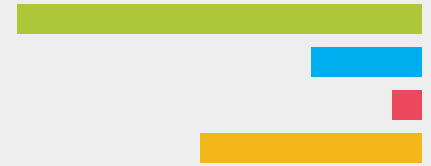
Jeanette Krstev  
Morgan Lally  
Emily Lange  
Abigail Lawrence  
Lana Loera  
Kayleigh Loo  
Robert Lube  
Kaitlyn Maas  
Natalie Mall  
Sophia Marczuk  
Sophia McNerney  
Lauren McVey  
Joel Miller  
Julia Miller  
Daniel Mitchell  
Elsa Moede  
Grace Mrozek  
Jillian Murphy  
Thomas Niemeyer  
Ashley O'hara-Marin  
Abigail Pacyga  
Audrey Peters  
Colleen Pyrcioch  
Kyle Quarto  
Lauren Rapp  
Averie Robertson  
Jozie Rosenwinkel  
Kathy Shanahan  
Jessica Sharenow ■  
Daniel Skarnulis  
Emma Thompson  
Gina Tremonte  
Amelia Van Stee  
Mia Weisman  
Grace Wilcox  
Kamilla Ziminski  
Emily Zimmerman ■

# THANK YOU

↑ Denotes reaching 5, 10, 15, or 20-year anniversary with SEASPAR. All anniversaries are as of December 31, 2022.

■ Denotes individuals who volunteer at SEASPAR on a regular basis.

WINTER-SPRING 2023



### PART-TIME STAFF AND VOLUNTEERS

# 160

Weekly Programs, Camp, and Special Event Staff

# 40

Inclusion Staff

# 11

EAGLES Adult Day Program Staff

# 80

Volunteers

# 10

# 670

VOLUNTEER HOURS SERVED

# \$9,380

STAFF COST SAVINGS FROM VOLUNTEERS



630.960.7600 | SEASPAR.ORG

# THANK YOU

IN APPRECIATION OF  
OUR DONORS

## DONORS: JUNE-SEPTEMBER 2022

SEASPAR thanks the following individuals, families, businesses, and community organizations for their generous donations made from June through October 2022.

AmazonSmile  
Anonymous  
BankFinancial  
Thomas Bellaire  
Kevin Brennan  
The Caranto Family  
Donna Denz  
The Diorio Family  
The Dragovich Family  
The Duan Family  
Ryan Fredericksen  
Highlands School District 106  
The Hoffmann Family  
Giving DuPage  
Emily Johnson  
Kathleen Kearns  
The Kielch Family  
Lawrence Klein  
Knights of Columbus, Bishop James E. Fitzgerald Council No. 14649  
Knights of Columbus, Robert P. Connelly Council No. 5918  
The Kokoris Family  
Microsoft Rewards/Give with Bing  
The Nandhakumar Family  
The Nowak Family  
The O'Connor Family  
The Plemich Family  
The Preston Family  
Frank Puc and Friends  
Daniel Saladino  
St. Francis Xavier  
The Tink Family  
CJ Tracy





### IN MEMORY OF PAT KRUSE

Cheryl Pernai  
Lysa Saran

### IN MEMORY OF ELENA LENHAUSEN

Susan Friend

### IN MEMORY OF JOHN (JACK) MONAHAN

Jeri Bolek

### IN MEMORY OF TAMARA RODRIGUEZ

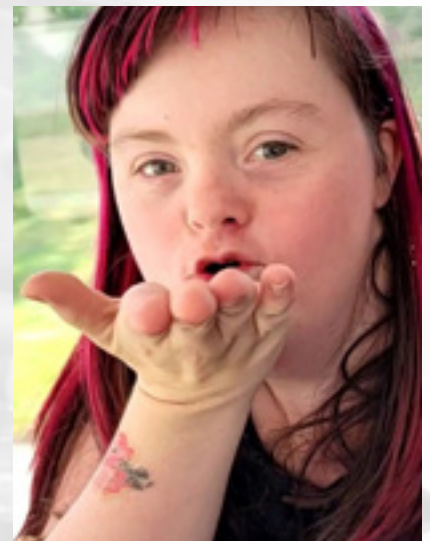
Marie Buday  
Foundation for the Realization of Human Potential, NFP  
Joann Hansen  
Rachael Marusarz

### IN MEMORY OF JAMES SKOZINSKI

Elizabeth Anderson  
Kathryn Patel  
Pamela Standley-Liesz

### IN SUPPORT OF INTEGRATING INCLUSION

Anabella Chlada  
Courtney Corbisiero  
Ray Mizura  
Laura Plemich  
Mary Robertson



## YOU SHOP. AMAZON GIVES.

Did you know your next Amazon.com order can **support SEASPAR** 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!**

**Scan the code to support SEASPAR with AmazonSmile.**



# PROGRAMS FOR EVERYONE

13

Programs with everyone in mind!

SEASPAR's programs for everyone welcome individuals of all abilities and ages to come together and participate as part of the SEASPAR family.

Programs for Everyone

13-16



## MUSIC LESSONS WITH NANCY



Why talk about it when you can sing or play about it? Schedule an in-person voice or piano lesson with Nancy Urban and start making music today! Music lessons are 30 minutes each and are available Tuesday and Thursday by appointment only. Please request your preferred lesson time and day at registration.

**Note:** If you are interested in virtual music lessons, turn to page 40

Age 5+  
Location Darien Sportsplex

Code	Day(s)	Time	\$	Date(s)
9-000-01-1	TU	By appointment	\$98	2/7-4/25
9-000-01-2	TH	By appointment	\$98	2/9-4/27

## SENSORY SEEKERS



Ever wonder what your senses are missing? Explore them! Sensory Seekers participants will explore the limits of their senses at Ray's Bay, SEASPAR's newest multi-sensory room. This program is offered in four 30-minute sessions available during the time listed.

**Note:** Please include your preferred session time at registration. SEASPAR staff will do their best to accommodate your requests, but timeslots are not guaranteed.

Age All ages  
Location Ray's Bay Multi-Sensory Room, Western Springs

Code	Day(s)	Time	\$	Date(s)
9-090-01-1	M	4:00pm-6:15pm	\$98	2/6-4/24

## WE ARE SEASPAR

Have questions about programs for everyone? Let one of our expert Recreation Coordinators assist you.

**MOLLY DOWNING, CTRS**  
mdowning@seaspar.org • 630.960.7664

**CHRISTINA HEALY, CTRS**  
chealy@seaspar.org • 630.960.7660

**MATT GORECKI, CPRP**  
mgorecki@seaspar.org • 630.960.7627

## SWIM LESSONS



Swim lessons save lives! Join SEASPAR and Coach Eve Learn to Swim certified instructors for swim lessons that are as fun as they are essential. 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. Swim lessons are taught in small groups, and 1:1 assistance is provided as determined by the staff.

**Note:** Swim lessons are 30 minutes each. Please include your preferred lesson time at the time of registration. We will do our best to accommodate your request, but due to high demand, timeslots are not guaranteed, and swimmers are allowed to participate in one aquatics program per season. Please be aware that we share the pools with the public.

SEE SWIM LESSONS PROGRAM OPTIONS BELOW.

## SWIM LESSONS THE CORE

Age 5+  
Location The CORE, Lemont

Code	Day(s)	Time	\$	Date(s)
9-000-02-1	M	4:00pm-6:00pm	\$208	2/6-4/24
9-000-02-5	SA	1:00pm-3:00pm	\$191	2/11-4/29

**No Program Dates** 4/8

## SWIM LESSONS YMCA

Age 5+  
Location Indian Boundary YMCA, Downers Grove

Code	Day(s)	Time	\$	Date(s)
9-000-02-2	TU	4:00pm-6:00pm	\$208	2/7-4/25
9-000-02-4	TH	4:00pm-6:00pm	\$208	2/9-4/27

## SWIM LESSONS FMC NATATORIUM

Age 5+  
Location FMC Natatorium, Westmont

Code	Day(s)	Time	\$	Date(s)
9-000-02-3	W	4:00pm-6:00pm	\$208	1/25-4/26

**No Program Dates** 3/22, 4/5



## KARATE



Release tension and increase focus! This karate class' non-contact training teaches self-control and balance, and promotes focus training. This is a continuous program, giving participants the ability to advance through the belt system in pursuit of the coveted black belt. All skill levels are welcome.

Age All ages  
Location True Balance Karate, Downers Grove

Code	Day(s)	Time	\$	Date(s)
9-000-03-1	M	5:30pm-6:00pm	\$112	2/6-4/24



## HORSEBACK RIDING



SEASPAR and the Hanson Center are back together and better than ever to bring SEASPAR families the fun of therapeutic horseback riding! The Hanson Center is a premier Professional Association of Therapeutic Horsemanship International (PATH) certified facility. Its team of PATH certified instructors have been teaching therapeutic horsemanship lessons for more than 30 years.

**Note:** A waiver will be completed the first day of class. Safety equipment is also provided by the Hanson Center and must be worn to participate in the program. There is a weight limit for this program of 175-200 pounds. Lessons are 30 minutes each. Please request your preferred lesson time at the time of registration.

Age	All ages			
Location	Hanson Center, Burr Ridge			
Code	Day(s)	Time	\$	Date(s)
9-000-05-1	TH	6:15pm-7:15pm	\$185	2/16, 3/2, 3/16, 3/30, 4/13, 4/27
9-000-05-2	SA	1:30pm-2:30pm	\$154	2/11, 2/25, 3/11, 3/25, 4/22

## SENSORY EXPLORERS



15

Ever wonder what your senses are missing? Explore them! Sensory Explorers participants will explore their senses at Wonders, SEASPAR's award winning multi-sensory room. This program is offered in five 30-minute sessions available during the time listed.

**Note:** Please include your preferred session time at registration. SEASPAR staff will do their best to accommodate your requests, but timeslots are not guaranteed.

Age	All ages			
Location	Wonders Multi-Sensory Room, Lisle			
Code	Day(s)	Time	\$	Date(s)
9-090-02-1	W	3:30pm-6:00pm	\$98	2/8-4/26



## EXPLORE WHAT YOUR SENSES CRAVE!

Two of SEASPAR's most exciting amenities are its multi-sensory rooms located at the Lisle Recreation Center and the Grand Avenue Community Center in Western Springs. Both rooms offer specially-designed interactive equipment that appeals to the auditory, tactile, olfactory, and visual senses. Multi-sensory rooms primarily benefit individuals with autism, sensory processing disorders, and ADHD. All SEASPAR residents are invited to participate!

Learn more about SEASPAR's multi-sensory rooms on pages 43-44.

## SENSORY SUNDAY



It's been a long week. Treat your senses to a weekend getaway! Sensory Sunday participants take a voyage of the senses every Sunday at Wonders, SEASPAR's award winning multi-sensory room. This program is offered in eight 30-minute sessions available during the times and dates listed.

**Note:** Please include your preferred session time at registration. SEASPAR staff will do their best to accommodate your request, but timeslots are not guaranteed.

Age	All ages			
Location	Wonders Multi-Sensory Room, Lisle			
Code	Day(s)	Time	\$	Date(s)
9-090-03-1	SU	11:00am-3:00pm	\$25	2/12-2/26
9-090-04-1	SU	11:00am-3:00pm	\$33	3/5-3/26
9-090-05-1	SU	11:00am-3:00pm	\$33	4/2-4/30

**No Program Dates** 4/9

## ICE SKATING



Ice skating lessons provide individuals the opportunity to learn to skate or improve skating skills. Instructors and student teachers work cooperatively with SEASPAR staff to provide lessons which focus on skill development, coordination, muscle strengthening, increasing endurance, and fun! Lessons are designed to allow skaters to reach obtainable objectives while working toward one long-term goal. Skaters progress at their own rate according to their abilities.

**Note:** A waiver must be completed before skating. A free, optional practice time is available from 10:50-11:10am.

Age	All ages			
Location	Seven Bridges Ice Arena, Woodridge			
Code	Day(s)	Time	\$	Date(s)
9-000-04-1	SA	11:10am-11:50am	\$80	2/11-4/15

**No Program Dates** 4/1, 4/8



Here to help

Our **Fee Assistance Program** makes programs attainable to families with financial restraints through scholarships funded by generosity. Apply confidentially online at [SEASPAR.org](https://SEASPAR.org).

## CHILDREN & YOUNG TEENS

17

Kids just want to have fun!

At SEASPAR, we embrace the idea that happiness promotes growth. Our programs for children and young teens are a testament to that!

Children & Young Teens Weekly Programs  
Children & Young Teens Special Events

17-18  
19-20

CHILDREN & YOUNG TEENS

## WEEKLY PROGRAMS

### MUSIC AND ME



In cooperation with Dynamic Lynks, SEASPAR is offering a music program that is tailored to our young participants and fun! Dynamic Lynks is a music therapy center that uses music and movement to facilitate skill development in individuals of all ages through inclusive and affirming client-centered strategies. Check it out!

Age	3-7			
Location	Clarendon Hills Community Center			
Code	Day(s)	Time	\$	Date(s)
9-010-01-1	TU	5:00pm-5:45pm	\$123	2/7-4/25

### MUSICAL THEATRE



Calling all aspiring thespians! Are you looking for a way to prepare for center stage? Look no further than our Musical Theatre class! While focusing on fun, this program will also incorporate aspects of improv, singing, dancing, and more!

Age	8-15			
Location	Clarendon Hills Community Center			
Code	Day(s)	Time	\$	Date(s)
9-010-02-1	TU	6:00pm-6:45pm	\$144	2/7-4/25

### NEED HELP? LET US HELP.

When she's not busy devising new ways to entertain SEASPAR's youngest members, Recreation Coordinator Molly Downing works hard providing our families with quality services and the answers they need.

Have questions about services for children & young teens offered by SEASPAR? Contact Molly!

**MOLLY DOWNING, CTRS**  
mdowning@seaspar.org • 630.960.7664



## RHYTHM WORKS



SEASPAR presents its very own Rhythm Works, lead and instructed by our talented SEASPAR staff. Staff have learned the curriculum and dance moves to provide quality dance with OT-centered moves in mind. Goals will be discussed with families for each individual involved in this unique program!

Age	3-6			
Location	Westmont Community Center			
Code	Day(s)	Time	\$	Date(s)
9-010-03-1	W	4:15pm-5:00pm	\$164	2/8-4/26

Age	7-15			
Location	Westmont Community Center			
Code	Day(s)	Time	\$	Date(s)
9-010-03-2	W	5:15pm-6:00pm	\$164	2/8-4/26



## MIGHTY MOVERS



Move and groove with this new dance class that is sure to get you excited each week! Miss Gretchen will be leading us and showing us the cool moves that we can do.

Age	2-6			
Location	Clarendon Hills Community Center			
Code	Day(s)	Time	\$	Date(s)
9-010-04-1	TH	5:00pm-5:45pm	\$135	2/9-4/27

## SATURDAY SUPERSTARS



Join us in Lisle as we start our Saturdays off right with friends and fun! Each week we'll spend time in our Wonders Multi-Sensory Room, dance, play, and more while enjoying time with friends. A snack will be provided at program.

Age	7-15			
Location	Lisle Recreation Center			
Code	Day(s)	Time	\$	Date(s)
9-010-05-1	SA	9:00am-11:00am	\$88	2/11-4/29

**No Program Dates** 4/8



## ASL STORYTIME WITH DANIELLE



Join our storytime on Saturday mornings with Danielle! While reading about fantastical places and amazing stories, we'll be learning and reading along in American Sign Language. A great first step into learning a new language!



**Note:** This is a guardian/participant class. At the end of program, we invite parents to stay until 11:00am to chat with other families in the program and to let their children play for 15 minutes.

Age	5 and under			
Location	Downers Grove Recreation Center			
Code	Day(s)	Time	\$	Date(s)
9-010-06-1	SA	10:00am-10:45am	\$80	2/11-3/25

## CHILDREN & YOUNG TEENS SPECIAL EVENTS

### VALENTINE'S DAY PARTY



Party with your SEASPAR friends as we celebrating our friendship and make valentines. Come prepared with a list of your favorite people in mind!



**Note:** Please bring a sack lunch. SEASPAR will provide a Valentine's themed dessert.



Pairs nicely with Saturday Superstars on page 18.

Age 7-15  
Location Lisle Recreation Center

Code	Day(s)	Time	\$	Date(s)
9-200-02-1	SA	11:00am-1:30pm	\$25	2/11

### DAY OFF SCHOOL



Looking for something to do on your day off school? Spend time with your SEASPAR friends as we travel throughout the community! Our day includes games, sports, crafts, and an adventure to remember.



**Note:** Please bring a sack lunch to program. Snacks will be provided.

Age 5-15  
Location Lisle Recreation Center

Code	Day(s)	Time	\$	Date(s)
9-200-03-1	M	9:30am-3:30pm	\$78	2/20



**Transportation** Denning: 9:00am-4:00pm



### LUNCH & A MOVIE



Come watch one of your favorite Disney/Pixar movies! SEASPAR friends will vote on the movie choice at the start of program. Will we be hanging out with Lightning McQueen, Buzz Lightyear, or Moana? Lunch will be provided by SEASPAR.



Pairs nicely with Saturday Superstars on page 18.

Age 7-15  
Location Lisle Recreation Center

Code	Day(s)	Time	\$	Date(s)
9-200-04-1	SA	11:00am-1:30pm	\$35	2/25

### GET AIR



Jump around and burn off some energy at Get Air Trampoline Park in Downers Grove. Lunch will be at Portillo's followed by some sweet air time.



**Note:** A waiver provided by Get Air will need to be completed prior to event.



Pairs nicely with Saturday Superstars on page 18.

Age 7-15  
Location Lisle Recreation Center

Code	Day(s)	Time	\$	Date(s)
9-200-05-1	SA	11:00am-3:00pm	\$75	3/11

## SPRINGTIME SPLASH



We're practicing our summer swimming skills by going to The WaterWorks Indoor Water Park in Schaumburg. There are water slides, splash zones, and lazy rivers galore! Lunch will be provided by SEASPAR.

Pairs nicely with Saturday Superstars on page 18.

Age 7-15  
Location Lisle Recreation Center

Code	Day(s)	Time	\$	Date(s)
9-200-06-1	SA	11:00am-3:30pm	\$75	3/25



## SPRING BREAK CAMP



Spend time with your SEASPAR friends as we celebrate our time off during spring break! Our day includes games, sports, crafts, and community outings.

**Note:** Please provide a sack lunch.

Age 5-15  
Location Lisle Recreation Center

Code	Day(s)	Time	\$	Date(s)
9-200-07-1	M	9:30am-3:30pm	\$78	3/27
9-200-08-1	TU	9:30am-3:30pm	\$78	3/28
9-200-09-1	W	9:30am-3:30pm	\$78	3/29
9-200-10-1	TH	9:30am-3:30pm	\$78	3/30
9-200-11-1	F	9:30am-3:30pm	\$78	3/31

**Transportation** Denning: 9:00am-4:00pm

## APRIL FOOL'S JOKESHOP



The joke won't be on us this time! Come create some April Fools jokes that are sure to be silly and fun for everyone. Plans will be devised for optimal fun!

**Note:** Please provide a sack lunch.

Pairs nicely with Saturday Superstars on page 18.

Age 7-15  
Location Lisle Recreation Center

Code	Day(s)	Time	\$	Date(s)
9-200-12-1	SA	11:00am-1:30pm	\$25	4/1

## EARTH DAY



Celebrate nature and the planet by heading on a SEASPAR adventure to the Morton Arboretum in Lisle. We'll explore the children's garden, have a picnic lunch, and learn all about our planet and how it needs our help!

**Note:** Please provide a sack lunch.

Pairs nicely with Saturday Superstars on page 18.

Age 7-15  
Location Lisle Recreation Center

Code	Day(s)	Time	\$	Date(s)
9-200-13-1	SA	11:00am-2:00pm	\$40	4/22



## TEEN & ADULT WEEKLY PROGRAMS

Bringing out the youth - in everyone!

SEASPAR's teen & adult programs foster positive growth by providing people with disabilities opportunities to recreate in environments focused on fun.

Teen & Adult Programs  
Teen & Adult Special Events

21-28  
29-36



### WALKING CLUB WEST



Walk your way to better health and be social! What better way to get our steps for the day than by walking with friends? We will enjoy chats with friends and the benefits of a great cardiovascular workout.

Age 16+  
Location McCollum Park, Downers Grove

Code	Day(s)	Time	\$	Date(s)
9-030-02-1	M	4:15pm-5:00pm	\$43	3/20-4/24

### AFTERNOON ADVENTURES



Enjoy exciting travels throughout our beautiful communities. Trek alongside friends in journeys of exploration and adventures you won't want to forget.



**Note:** Due to the nature of this program, participants must be able to tolerate being in the community. A schedule of the activities will be on the SEASPAR website prior to program season.

Age 16+  
Location Lisle Recreation Center

Code	Day(s)	Time	\$	Date(s)
9-030-01-1	M	3:15pm-6:15pm	\$296	2/6 - 4/24

### NEED HELP? LET US HELP.

Let's have some fun! Recreation Coordinator Christina Healy loves creating fun and exciting programming for SEASPAR's teen and adult participants!

Have questions about weekly programs for teens and adults offered by SEASPAR? Contact Christina!

**CHRISTINA HEALY, CTRS**  
chealy@seaspar.org • 630.960.7660

## COOKING WITH SEASPAR



It's a smorgasbord of flavor, food, and friends - in person! Meal prep doesn't have to be a chore! Become one with the kitchen in this hands-on cooking program that emphasizes fun and flavor with step-by-step learning. In this class, participants are introduced to new recipes each week and prepared in a state-of-the-art learning kitchen.

Fans of this in-person program may also enjoy our virtual cooking class held on Mondays. See page 41 for details.

Age	16+			
Location	Clarendon Hills Community Center			
Code	Day(s)	Time	\$	Date(s)
9-030-04-1	TU	4:15pm-5:45pm	\$133	2/7-4/25

## DAY AWAY TOUR



Why live for the weekend, when everyday can be an adventure? Join SEASPAR staff and fellow Day Away Tour adventurers for exciting voyages throughout our beautiful communities.

**Note:** When registering for Day Away Tour, please only register for Day Away Tour or Day Trippers. While we will be active in the community, appropriate activities will be chosen to meet participant needs. A schedule of the activities will be on the SEASPAR website prior to program season. Activities are subject to change. Times may vary per date.

Age	16+			
Location	SEASPAR, Downers Grove			
Code	Day(s)	Time	\$	Date(s)
9-030-03-1	TU	9:00am-3:00pm	\$272	2/14, 2/28 3/14, 3/28 4/11, 4/25

## BOWLING AT LISLE LANES



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

Pairs nicely with Soup or Salad on page 23.

Age	16+			
Location	Lisle Lanes			
Code	Day(s)	Time	\$	Date(s)
9-030-05-1	TU	4:15pm-5:15pm	\$160	2/7-4/25



CREATIVE CORNER



Are you looking for a new form of art to express yourself? Look no further! In this program we will be exploring different forms of art including clay, paint, wood-working, and more. All levels of experience are welcome, especially anyone looking to try something new.

Age	16+			
Location	Darien Community Center			
Code	Day(s)	Time	\$	Date(s)
9-030-07-1	TU	5:00pm-6:00pm	\$72	2/7-4/25



SOUP OR SALAD

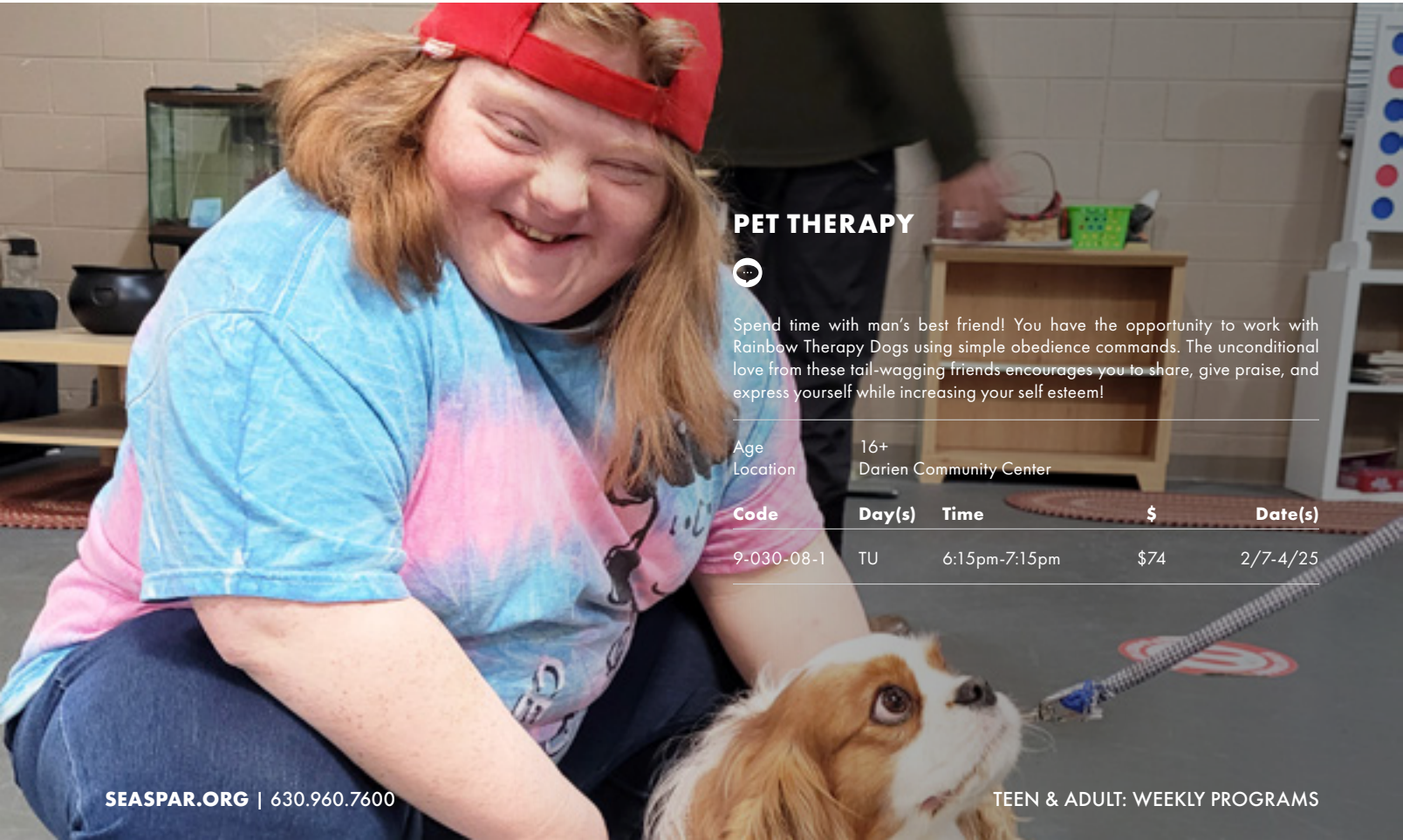


Don't spoil your appetite! Soup or Salad is all about dinner with the best of company. Participants will have a soup-er time enjoying dinner at Legends Bar & Grill in Woodridge alongside fellow SEASPAR friends.

Pairs nicely with Bowling at Lisle Lanes on page 22.

Age	16+			
Location	Legends Bar & Grill, Woodridge			
Code	Day(s)	Time	\$	Date(s)
9-030-06-1	TU	5:30pm-7:00pm	\$198	2/7-4/25

**Transportation** Lisle Lanes: 5:15pm Drop off (pickup is at Legends)



PET THERAPY




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

Age	16+			
Location	Darien Community Center			
Code	Day(s)	Time	\$	Date(s)
9-030-08-1	TU	6:15pm-7:15pm	\$74	2/7-4/25

## BOWLING AT SUBURBANITE



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

 **Note:** Please only register for one session.


Age	16+			
Location	Suburbanite Bowl, Westmont			
Code	Day(s)	Time	\$	Date(s)
9-030-09-1	W	4:15pm-5:15pm	\$160	2/8-4/26
9-030-09-2	W	5:30pm-6:30pm	\$160	2/8-4/26



## DAY TRIPPERS



Everyone loves a good spin-off of a fan favorite! Join SEASPAR staff and fellow Day Away Tour adventurers for exciting voyages throughout our beautiful communities. This session of Day Away Tour is shorter than the original program to encourage participants who are ready to be out in the community, but would benefit from a shorter day.

 **Note:** When registering for Day Away Tour, please only register for Day Away Tour or Day Trippers. While we will be active in the community, appropriate activities will be chosen to meet participant needs. A schedule of the activities will be on the SEASPAR website prior to program season. Activities are subject to change. Times may vary per date.


Age	16+			
Location	SEASPAR, Downers Grove			
Code	Day(s)	Time	\$	Date(s)
9-030-03-2	TH	10:00am-2:00pm	\$180	2/16, 3/2, 3/16, 3/30 4/13, 4/27





Here to help

Our **Fee Assistance Program** makes programs attainable to families with financial restraints through scholarships funded by generosity. Apply confidentially online at [SEASPAR.org](https://seaspar.org).



## FIT N' FUEL



Regular exercise and physical activity are extremely important and beneficial for long-term health and overall well-being. Fit N' Fuel explores different exercises while participants learn how to make a healthy snack following the fitness portion.

**Note:** Bring a water bottle. Athletic apparel and gym shoes are required. No jeans allowed.

Age 16+  
Location Clarendon Hills Community Center

Code	Day(s)	Time	\$	Date(s)
9-030-11-1	TH	4:00pm-4:45pm	\$105	2/9-4/27

## WALKING CLUB EAST



Welcome to Walking Club East! Walk your way to better health and be social. What better way to get our steps for the day than by walking with friends? We will enjoy chats with friends and the benefits of a great cardiovascular workout!

Age 16+  
Location Park District of La Grange

Code	Day(s)	Time	\$	Date(s)
9-030-12-1	TH	4:15pm-5:00pm	\$86	2/9-4/27



## 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. Show off your talent while spending time with your friends at Glee Club!

Age 16+  
Location Darien Sportsplex

Code	Day(s)	Time	\$	Date(s)
9-030-13-1	TH	5:00pm-6:00pm	\$84	2/9-4/27



# THE REEL DEAL



26

## AT THE MOVIES AMC QUARRY



Sometimes a movie is just better on the big screen! Join your SEASPAR friends for a trip to the theater to see the latest movie rated G, PG, or PG-13. At the beginning of each week, an email will be sent telling you the name of the movie and the time.



**Note:** The concession stand only accepts credit cards or theater gift cards which can be pre-loaded.

Age	16+			
Location	AMC Quarry Cinemas, Hodgkins			
Code	Day(s)	Time	\$	Date(s)
9-030-14-1	TH	TBA	\$111	2/16, 3/2 3/16, 3/30 4/13, 4/27

## AT THE MOVIES CINEMARK SEVEN BRIDGES



Sometimes a movie is just better on the big screen! Join your SEASPAR friends for a trip to the theater to see the latest movie rated G, PG, or PG-13. At the beginning of each week, an email will be sent telling you the name of the movie and the time.



**Note:** The concession stand only accepts credit cards or theater gift cards which can be pre-loaded.

Age	16+			
Location	Cinemark at Seven Bridges, Woodridge			
Code	Day(s)	Time	\$	Date(s)
9-030-14-2	TH	TBA	\$111	2/16, 3/2 3/16, 3/30 4/13, 4/27



## SOCIAL CLUB EAST



Fridays are for fun! Join your friends on Friday nights for awesome activities based in our surrounding communities!

27

**Note:** Hoedown Dance and Luck of the Irish Dance are included in the schedule. A schedule will be emailed to you one week prior to the start of program and can be found on our website at SEASPAR.org.

Age 16+  
Location Grand Avenue Community Center, Western Springs

Code	Day(s)	Time	\$	Date(s)
9-030-15-1	F	7:00pm-9:00pm	\$237	2/10-4/28

## SOCIAL CLUB WEST



Fridays are for fun! Join your friends on Friday nights for awesome activities based in our surrounding communities!

**Note:** Hoedown Dance and Luck of the Irish Dance are included in the schedule. A schedule will be emailed to you one week prior to the start of program and can be found on our website at SEASPAR.org.

Age 16+  
Location Lisle Recreation Center

Code	Day(s)	Time	\$	Date(s)
9-030-16-1	F	7:00pm-9:00pm	\$237	2/10-4/28

**No Program Dates** 4/7



## YOUNG ADULT CLUB



Calling all teens and young adults - this club is geared specifically toward you! Activities and outings place a strong emphasis on socialization while also having fun. It's the perfect opportunity to make new friends and reconnect with old ones.

**Note:** Due to the nature of this program, participants must be able to tolerate being in the community for a prolonged period of time. A schedule of the activities will be on the SEASPAR website prior to program season.

Age 16-25  
Location See Transportation

Code	Day(s)	Time	\$	Date(s)
9-030-18-1	SA	See Transportation	\$247	2/18, 3/4 3/18, 4/1 4/15, 4/29

**Transportation** SEASPAR: 1:00-4:30pm  
Denning: 12:30-4:00pm



## BRUNCH WITH BESTIES



Brunches with friends are one of the best parts of the weekend! Each week, we will be enjoying pancakes, avocado toast, and other fan favorites as we chat with our friends about our fun adventures throughout the week.

Age	16+			
Location	Various			
Code	Day(s)	Time	\$	Date(s)
9-030-20-1	SU	See Transportation	\$180	2/12, 2/26 3/12, 3/26 4/23



### Transportation

Denning: 10:00am-1:30p  
SEASPAR: 10:30am-2:00pm

## SATURDAY NIGHT SOCIALITES



This program is designed for adults who are ready to venture out on their own, but may need a jump start. This program offers a variety of outings designed to bring smiles to faces.



**Note:** Due to the nature of this program, participants must be able to tolerate being in the community for a prolonged period of time. A schedule of the activities will be on the SEASPAR website prior to program season.

Age	16+			
Location	See Transportation			
Code	Day(s)	Time	\$	Date(s)
9-030-19-1	SA	5:30pm-8:30pm	\$188	2/11, 2/25 3/11, 3/25 4/22



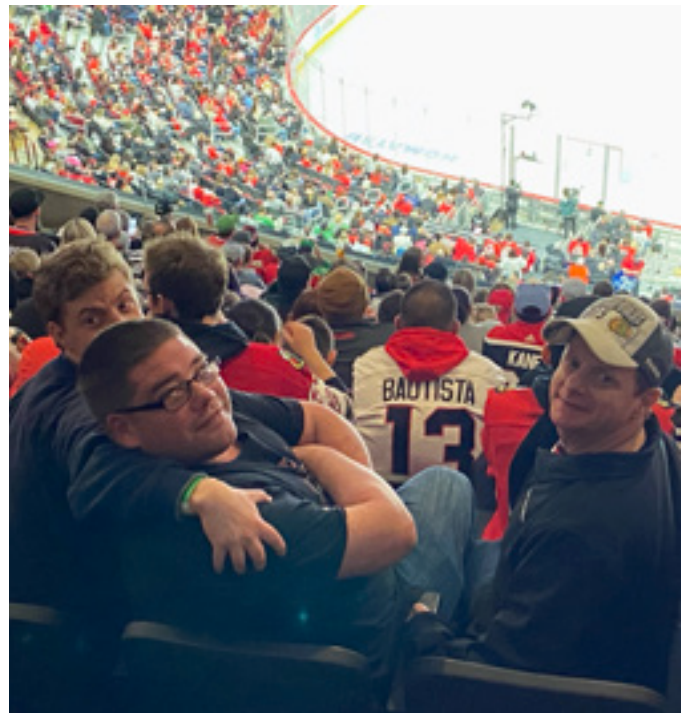
### Transportation

SEASPAR: 6:00-8:30pm  
Denning: 5:30-8:00pm



### No Program Dates

4/8



28

## BLACKHAWKS BONANZA



Enjoy your own version of a "hat trick" with friends, hockey, and pizza! Join us at Papa Passero's in Westmont to see the Chicago Blackhawks take on the Vancouver Canucks. Puck drop is at 5:00pm!

Age	16+			
Location	Papa Passero's, Westmont			
<b>Code</b>	<b>Day(s)</b>	<b>Time</b>	<b>\$</b>	<b>Date(s)</b>
9-030-21-1	SU	4:45pm-7:15pm	\$30	3/26

## TEEN & ADULT SPECIAL EVENTS

Act your age - said no one.

Teen & adult special events with SEASPAR are unique in that they pack a lifetime of memory-making fun into one-night events.

Teen & Adult Special Events

29-36



### MIDWESTERN UNIVERSITY VALENTINE'S DANCE



Let's dance! Grab your dancing shoes and join us for a Valentine's Dance to remember. Midwestern University of Downers Grove is hosting their 22nd annual dance with SEASPAR and other SRAs. You'll have a blast as we dance along with our friends to some amazing hits! The event is held at the student athletic center. Light refreshments will be served.

Age	16+			
Location	Midwestern University, Downers Grove			
Code	Day(s)	Time	\$	Date(s)
9-200-26-1	SA	6:30pm-8:30pm	\$25	2/11



#### NEED HELP? LET US HELP.

Senior Recreation Coordinator Kim Huggins believes that there is nothing more special than making a special moment a lasting one.

Have questions about special events for teens and adults offered by SEASPAR? Contact Kim!

**KIMBERLY A. HUGGINS, CPRP**  
khuggins@seaspar.org • 630.960.7628



## SNOW TUBING AT VILLA OLIVIA



Snow tubing is right in your own backyard at Villa Olivia in Bartlett. Hop on and enjoy a ride on fresh white snow! Lunch will be provided by SEASPAR.

Age 16+  
Location See Transportation

Code	Day(s)	Time	\$	Date(s)
9-200-27-1	SU	See Transportation	\$105	2/12

<b>Transportation</b>	Denning: 9:00am-4:30 pm SEASPAR: 9:30am-4:00pm
-----------------------	---

## INTO THE WOODS



*Into the Woods* is the story of a red cape, a strand of yellow hair, a golden shoe, and a white cow. These four items send a baker and his wife through the woods on a magical journey to reverse the spell cast by an evil witch. Throw in Little Red Riding Hood, Jack and the Beanstalk, Rapunzel, and Cinderella, and you have one of the most astounding and original fairytale retellings.

**Note:** Please have lunch before attending this event at the Paramount Theatre in Aurora. Participants must be able to stay quiet and seated in the theatre throughout the whole play to attend this event.

Age 16+  
Location See Transportation

Code	Day(s)	Time	\$	Date(s)
9-200-28-1	SU	See Transportation	\$75	2/18

<b>Wheelchair Accessible Code</b>	9-200-28-2
-----------------------------------	------------

<b>Transportation</b>	Denning: 12:45-7:00 pm SEASPAR: 1:15-6:30 pm
-----------------------	---

## CHICAGO WOLVES



Let's get back to the Allstate Arena in Rosemont and cheer on the Chicago Wolves as they take on the Cleveland Monsters. This action-packed game will be something to remember. Dinner will be provided by SEASPAR.

**Note:** Due to the unpredictable length of the game, return times are approximate. If the group is going to be more than 20 minutes late, staff will attempt to contact families or caseworkers with updated information. Participants must be able to stay seated during the event.

Age 16+  
Location See Transportation

Code	Day(s)	Time	\$	Date(s)
9-200-29-1	SU	See Transportation	\$90	2/19

<b>Wheelchair Accessible Code</b>	9-200-29-2
-----------------------------------	------------

<b>Transportation</b>	SEASPAR: 1:00-7:30pm Denning: 1:30-7:00 pm
-----------------------	---



## HOEDOWN DANCE PARTY



Howdy partner! Have fun with your fellow cowboys and cowgirls at our Hoedown Dance Party. We will enjoy a BBQ meal and have a rootin' tootin' good time. Our DJ will be playing the latest country music for you and your friends to sing and dance along to. Giddy up and sign up for this awesome event!

**Note:** This event is included with Social Club East and Social Club West.

Age 16+  
Location Chuck's Southern Comfort Café & Banquets, Darien

Code	Day(s)	Time	\$	Date(s)
9-200-30-1	F	6:30pm-9:30pm	\$25	2/24

## 31 CHICAGO BULLS



May all of the Chicago Bulls "swishes" come true as they take on the Washington Wizards at the United Center in Chicago. Dinner will be provided by SEASPAR.

**Note:** Due to the unpredictable length of the game, return times are approximate. SEASPAR stays for the whole game. If the group is going to be more than 20 minutes late, staff will attempt to contact families or caseworkers with updated information. The program is not recommended for those that fear heights, as our seats are in the upper level. Participants must be able to remain seated during the event.

Age 16+  
Location See Transportation

Code	Day(s)	Time	\$	Date(s)
9-200-32-1	SU	See Transportation	\$150	2/26

**Wheelchair Accessible Code** 9-200-32-02

**Transportation** SEASPAR: 12:00-6:30pm  
Denning: 12:30-6:00pm



## BOCCE AT PINSTRIPE



Enjoy the excitement of the game bocce and lunch at Pinstripes in Oakbrook! They uniquely combine made-from-scratch Italian/American cuisine with bocce and memories to remember with your friends. We celebrate extraordinary, magical connections that bring out the best in everyone.

Age 16+  
Location See Transportation

Code	Day(s)	Time	\$	Date(s)
9-200-31-1	SA	See Transportation	\$85	2/25

**Transportation** SEASPAR: 8:45am-3:15pm  
Denning: 9:15am-2:45pm

## ESPORTS AT SCRIMS GAMING CENTER



Calling all gamers! Come play a variety of fun games at Scrims in Lisle. From casual to competitive, there's something for everyone. Try out some new games and enjoy some yummy pizza from Paisans.

Age	16+			
Location	See Transportation			
Code	Day(s)	Time	\$	Date(s)
9-200-33-1	SA	See Transportation	\$85	3/4

**Transportation**

Denning: 11:00am-5:00pm  
SEASPAR: 11:30am-4:30pm

## DINNER &amp; A MOVIE



Luck is the story of Sam Greenfield, the unluckiest person in the world. Suddenly finding herself in the never-before-seen Land of Luck, she must unite with the magical creatures there to turn her luck around. Join us at the Darien Sportsplex for Luck the movie and pizza!

Age	16+			
Location	Darien Sportsplex			
Code	Day(s)	Time	\$	Date(s)
9-200-34-1	SU	5:00-7:00pm	\$35	3/5

**Transportation**

SEASPAR: 4:00-8:00pm  
Denning: 4:30-7:30pm



## MAIN EVENT



Make every moment count at Main Event in Warrenville! Play video games and enjoy a game of laser tag with your friends. The possibilities are endless. Dinner will be provided by SEASPAR.

Age	16+			
Location	See Transportation			
Code	Day(s)	Time	\$	Date(s)
9-200-35-1	SA	See Transportation	\$75	3/11

**Transportation**

Denning: 3:45-8:15pm  
SEASPAR: 4:15-7:45pm

## A CHORUS LINE



Beloved around the world, *A Chorus Line* is the ultimate love letter to Broadway and features memorable numbers including "What I Did for Love," "One," and "I Hope I Get It." The iconic musical won the Pulitzer Prize for Drama in addition to nine Tony Awards, including Best Musical and Best Score, and four Drama Desk Awards.



**Note:** Please have lunch before attending this event at the Drury Lane Theatre in Oak Brook. Participants must be able to stay quiet and seated in the theatre throughout the whole play to attend this event.

Age	16+			
Location	See Transportation			
Code	Day(s)	Time	\$	Date(s)
9-200-36-1	SU	See Transportation	\$105	3/12

**Wheelchair Accessible Code**

9-200-36-2

**Transportation**

SEASPAR: 12:00-5:45pm  
Denning: 12:30-5:15pm

## LUCK OF THE IRISH DANCE



Dress in your favorite green attire as we celebrate St. Patrick's Day! Show off your favorite jig as our DJ spins the latest tunes at Benet Academy in Lisle. Refreshments will be provided.

**Note:** This event is included with Social Club East and Social Club West

Age	16+			
Location	Benet Academy, Lisle			
Code	Day(s)	Time	\$	Date(s)
9-200-37-1	F	6:30pm-8:30pm	\$25	3/17



## ROCKING CLIMBING AND DINNER



Seek new heights at Climb On Rock Gym in Homewood! Whether you are a beginner or experienced climber, Climb On has something for everyone. We will enjoy lunch at Portillo's Hot Dogs!

Age	16+			
Location	See Transportation			
Code	Day(s)	Time	\$	Date(s)
9-200-38-1	SA	See Transportation	\$80	3/18

<b>Transportation</b>	SEASPAR:	8:30am-3:00pm
	Denning:	9:00am-2:30pm

## THE FIELD MUSEUM



Walk through the Field Museum doors and connect with science and history. Fuel your passion for discovery with dinosaurs, ancient artifacts, cultural insights, and groundbreaking science! Lunch will be provided by SEASPAR.

Age	16+			
Location	See Transportation			
Code	Day(s)	Time	\$	Date(s)
9-200-39-1	SU	See Transportation	\$110	3/19

<b>Transportation</b>	SEASPAR:	10:00am-4:00pm
	Denning:	10:30am-3:30pm



## THE DANCING HORSES THEATRE



Head to Wisconsin for an amazing horse performance at The Dancing Horses Theatre in Delavan! From the moment the show opens until the finale, you will be spellbound and applauding their amazing performers and their talented trainers. This program is in an indoor, climate controlled arena. Lunch will be provided by SEASPAR.

Age	16+			
Location	See Transportation			
Code	Day(s)	Time	\$	Date(s)
9-200-40-1	SA	See Transportation	\$95	3/25



### Transportation

SEASPAR: 9:00am-6:00pm  
Denning: 9:30am-5:30pm

## OLIVE GARDEN ITALIAN RESTAURANT



Enjoy a visit to our local Olive Garden in Downers Grove for delicious Italian food. Whether you're looking for freshly baked breadsticks or perfectly made pasta, Olive Garden has something for any appetite.

Age	16+			
Location	See Transportation			
Code	Day(s)	Time	\$	Date(s)
9-200-41-1	SU	See Transportation	\$80	3/26



### Transportation

Denning: 4:00-8:00pm  
SEASPAR: 4:30-8:30pm

## CHICAGO BLACKHAWKS



He shoots and he scores! Help fellow Chicago Blackhawks fans cheer on the home team as they take on the New Jersey Devils at the United Center in Chicago. Dinner will be provided by SEASPAR.



**Note:** Due to the unpredictable length of the game, return times are approximate. SEASPAR stays for the whole game. If the group is going to be more than 20 minutes late, staff will attempt to contact families or caseworkers with updated information. The program is not recommended for those that fear heights, as our seats are in the upper level. Participants must be able to remain seated during the event.

Age	16+			
Location	See Transportation			
Code	Day(s)	Time	\$	Date(s)
9-200-42-1	SA	See Transportation	\$150	4/1



### Wheelchair Accessible Code

9-200-42-2

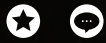


### Transportation

SEASPAR: 4:30-11:30pm  
Denning: 5:00-11:00pm



## PAPA PASSERO'S &amp; ARCADE GAMES



Join us for an awesome pizza party with our friends at Papa Passero's in Westmont! We will also enjoy games in their arcade! Game on!

Age	16+			
Location	See Transportation			
Code	Day(s)	Time	\$	Date(s)
9-200-43-1	SU	See Transportation	\$60	4/2
<b>Transportation</b>				
		SEASPAR:	4:00-8:30pm	
		Denning:	4:30-8:00 pm	

35

## SCHOOL OF ROCK



Wannabe rocker, Dewey Finn, has just been kicked out of his band, he can't pay rent and his life is falling apart. When he scams his way into a teaching job meant for his roommate, Dewey turns a class of straight-A pupils into a guitar-shredding, bass-slapping, mind-blowing rock band. Dewey's love of music and rock soon inspires the kids to pursue what they love. Based on the hit movie starring Jack Black, School of Rock inspires, entertains, and flat-out rocks.

**Note:** Please have lunch before attending this event at the Paramount Theatre in Aurora. Participants must be able to stay quiet and seated in the theatre throughout the whole play to attend this event.

Age	16+			
Location	See Transportation			
Code	Day(s)	Time	\$	Date(s)
9-200-44-1	SA	See Transportation	\$75	4/15
<b>Wheelchair Accessible Code</b>				
				9-200-44-2
<b>Transportation</b>				
		Denning:	12:45-7:00pm	
		SEASPAR:	1:15-6:30pm	

## BOWLING AT FUNWAY



Let's see those strikes and spares as we bowl the afternoon away at Funway in Batavia. Funway is Illinois' largest entertainment center with a mission to pump some real fun into your life. Lunch will be provided by SEASPAR.

Age	16+			
Location	See Transportation			
Code	Day(s)	Time	\$	Date(s)
9-200-45-1	SU	See Transportation	\$80	4/16
<b>Transportation</b>				
		Denning:	10:30am-3:30pm	
		SEASPAR:	11:00am-3:00pm	

## AKTION CLUB DANCE



Put some spring into your step for dancing and fun at Aktion Club's Spring Fling! We will be serving light snacks and refreshments to fuel our dancing queens and kings.

Age 16+  
Location Westmont Community Center

Code	Day(s)	Time	\$	Date(s)
9-200-46-1	SA	6:30pm-8:30pm	\$25	4/22



## OLD TOWN POUR HOUSE



Old Town Pour House in Naperville brings the city to the suburbs. Indulge in classic American food with some brilliant modern twists. Whether it's the pretzel bites or porkchops, you are sure to find a new favorite!

Age 16+  
Location See Transportation

Code	Day(s)	Time	\$	Date(s)
9-200-47-1	SU	See Transportation	\$80	4/23

<b>Transportation</b>	Denning: SEASPAR:	4:00-8:00pm 4:30-7:30pm
-----------------------	----------------------	----------------------------



## SPRING ESCAPE TO SPRINGFIELD



Enjoy your Spring Escape to Springfield, Illinois. Thinkin' Lincoln, we will enjoy visiting the Abraham Lincoln Presidential Museum, touring Lincoln's home, shopping, and so much more. Come join us on this amazing journey!

**Note:** Participants share accommodations. Rooms are assigned according to age and gender. Contact Kim Huggins before the registration deadline if you want your own room. An additional fee will apply for these arrangements. Staff will not be present in all rooms.

Age 16+  
Location See Transportation

Code	Day(s)	Time	\$	Date(s)
9-200-48-1	F-SU	See Transportation	\$650	4/28-4/30

<b>Transportation</b>	SEASPAR Drop Off: SEASPAR Pick Up:	Friday: 9:00am Sunday: 6:00pm
-----------------------	---------------------------------------	----------------------------------



## ATHLETICS

Reaching beyond expectations.

37

SEASPAR's athletics programs invite people of all abilities to achieve new potential in a wide array of engaging sports. Athletics programs include team sports, and Special Olympics training.

Athletics

37-39



## SPARTANS POWERLIFTING



Athletes set and reach fitness goals through the disciplined and challenging sport of powerlifting. Participants learn proper technique for both the dead lift and bench press, while improving their overall fitness level through weekly workout routines.

Age 16+

Location Downers Grove Recreation Center

Code	Day(s)	Time	\$	Date(s)
9-100-01-1	M	5:00pm-6:30pm	\$72	2/6-3/20

## SPARTANS TENNIS



The SEASPAR tennis program offers athletes an opportunity to improve agility, upper body strength, hand-eye coordination, and overall fitness. For first-time players and seasoned veterans, this program teaches the basic rules and etiquette of the game required for the individual skills competition through traditional court match play. Each week, coaches work on the basic skills of forehand and backhand shots, volleying, and serving. Grab a racquet and join us on the court!

Age 8+

Location Diane Main Park, Westmont

Code	Day(s)	Time	\$	Date(s)
9-100-02-1	TU	5:30pm-6:30pm	\$70	4/18-6/13



### NEED HELP? LET US HELP.

For Recreation Coordinator Matt Gorecki, the high score is only the beginning! Everyday, Matt works to help SEASPAR athletes achieve new potential on and off the court.

Have questions about athletics programs offered by SEASPAR? Contact Matt!

**MATT GORECKI, CPRP**

mgorecki@seaspar.org • 630.960.7627

## SPARTANS SOFTBALL



Grab your mitt – the Spartans softball season is here! Athletes work to improve their skills through practices focusing on fundamentals, key components, and rules of the game.

**Note:** Our team will compete in the Special Olympics Regional Qualifier in late summer.

Age 16+  
Location Lemont Park District Softball Fields  
Diane Main Softball Field, Westmont

Code	Day(s)	Time	\$	Date(s)
9-100-03-1	TU	7:00pm-8:30pm	\$240	4/25-7/25

**No Program Dates** 7/4



## SPARTANS FLAG FOOTBALL PRE-SEASON



Practice makes perfect! Join fellow SEASPAR athletes in preparation for the 2023 flag football season. This program consists of hands-on skill-building drills and guidance on the rules of the game. We will see you out on the gridiron! No experience is required.

**Note:** There is a separate registration for the regular flag football season in the summer.

Age 16+  
Location Woodridge ARC

Code	Day(s)	Time	\$	Date(s)
9-100-04-1	W	6:00pm-7:30pm	\$48	4/5-5/10



## SPARTANS BOWLING

38



Join SEASPAR's bowling team to train for competition. Coaches help you work on your form and techniques to improve your game.

Age 8+  
Location Suburbanite Bowl, Westmont

Code	Day(s)	Time	\$	Date(s)
9-100-05-1	TH	5:00pm-6:00pm	\$138	5/18-7/20

## SPARTANS GOLF PRE-SEASON



Join us at the Downers Grove Golf Club's covered and heated driving range for some pre-season golf practice. Get familiar with your clubs again after taking the winter off. We will practice driving, chipping, and putting as well. If you are anticipating being a part of the upcoming golf season, this is the program for you!

Age 16+  
Location Downers Grove Golf Club

Code	Day(s)	Time	\$	Date(s)
9-100-06-1	TH	5:30pm-6:30pm	\$90	4/6-5/11

## POWER SOCCER



Participants use an oversized soccer ball and maneuver their power chairs to dribble, pass, shoot, and score goals.

**Note:** This program includes a season of USPSA competitive soccer matches and tournaments that are currently TBD. Powerchairs are provided by SEASPAR.

Age 8+  
Location Westmont Community Center

Code	Day(s)	Time	\$	Date(s)
9-050-01-1	SA	8:30am-10:30am	\$77	2/11-4/29

**No Program Dates** 4/8



## SPARTANS ATHLETICS PRE-SEASON



A good athlete is a well-prepared athlete. Join other athletes in training for various track and field events. Be prepared for the return to competition by staying fit and in shape.

**Note:** Please only register for one session.

Age 8+  
Location Downers Grove Noth High School Fieldhouse

Code	Day(s)	Time	\$	Date(s)
9-100-07-1	SU	9:00am-10:00am	\$112	2/12-4/1
9-100-07-2	SU	10:15am-11:15am	\$112	2/12-4/1

## SPARTANS SWIMMING



This swimming program is designed to prepare advanced swimmers for Special Olympics and invitational competitions. Practices focus on swim endurance and refining stroke mechanics.

**Note:** Athletes must meet the minimum skill requirements to perform during practice.

Age 8+  
Location The CORE, Lemont

Code	Day(s)	Time	\$	Date(s)
9-100-08-1	SU	1:00pm-2:00pm	\$97	2/12-4/30

**No Program Dates** 4/9

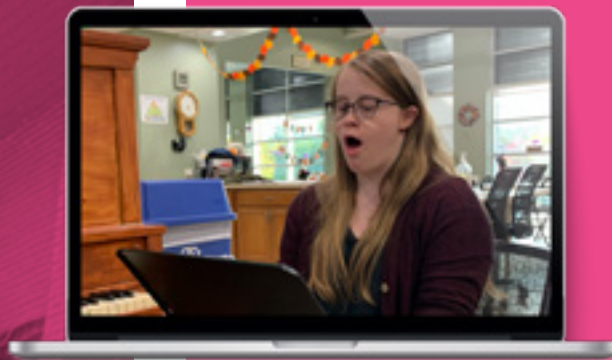


## VIRTUAL PROGRAMS

We're virtually there!

It's a virtual age, and SEASPAR is leading the way with top quality programming participants can enjoy from the comfort of home.

Virtual Programs By Appointment 40  
Virtual Programs Weekly Programs 41-42



### VIRTUAL MUSIC LESSONS WITH NANCY



Why talk about it when you can sing about it? Schedule a virtual music lesson with Nancy Urban and start making music today! Music lessons are 30 minutes each and are available Monday, Tuesday, and Thursday by appointment only. Please request your preferred lesson time and day at registration.

Age	5+			
Location	Class held virtually			
Code	Day(s)	Time	\$	Date(s)
9-700-01-1	M, TU, TH	By appointment	\$62	2/6-4/27

40

### NEED HELP? LET US HELP.

Have questions about virtual programming offered by SEASPAR? Contact us. We're here to help.

**CHRISTINA HEALY, CTRS**  
chealy@seaspar.org • 630.960.7660

**KIM HUGGINS, CPRP**  
khuggins@seaspar.org • 630.960.7628

**MATT GORECKI, CPRP**  
mgorecki@seaspar.org • 630.960.7627

## VIRTUAL PROGRAMS

### COOKING WITH SEASPAR VIRTUAL



This SEASPAR favorite is back with a twist! Learn how to make simple, healthy foods from the comfort of your own kitchen. Each week, we will learn about a different aspect of nutrition, and make a healthy snack or meal that goes along with our nutrition lesson for the week.

Age	16+			
Location	Program held over Zoom			
Code	Day(s)	Time	\$	Date(s)
9-700-02-1	M	5:00pm-5:45pm	\$30	2/6 - 4/24

### KARAOKE



Sing your heart out and enjoy karaoke virtually with your friends! At the beginning of the season, you will be asked to send in your song requests to add to the playlist.

Age	16+			
Location	Program held over Zoom			
Code	Day(s)	Time	\$	Date(s)
9-700-03-1	M	6:15pm-7:15pm	FREE	2/6 - 4/24

### GAME NIGHT



Let the games begin! Each week, we will be playing a different game with our friends in a virtual format. While we play, we'll also be practicing social skills, taking turns, and following rules. You won't want to miss one week of this program!

Age	16+			
Location	Program held over Zoom			
Code	Day(s)	Time	\$	Date(s)
9-700-05-1	TU	6:15pm-7:00pm	FREE	2/7 - 4/25

### MOVIE CLUB



Calling all movie lovers! We will be watching a G, PG, or PG-13 movie each week from the comfort of your own home. Bring your favorite movie snack and sit back, relax, and enjoy the show!

Age	16+			
Location	Program held over Zoom			
Code	Day(s)	Time	\$	Date(s)
9-700-06-1	W	1:00pm-3:15pm	FREE	2/8 - 4/26

41

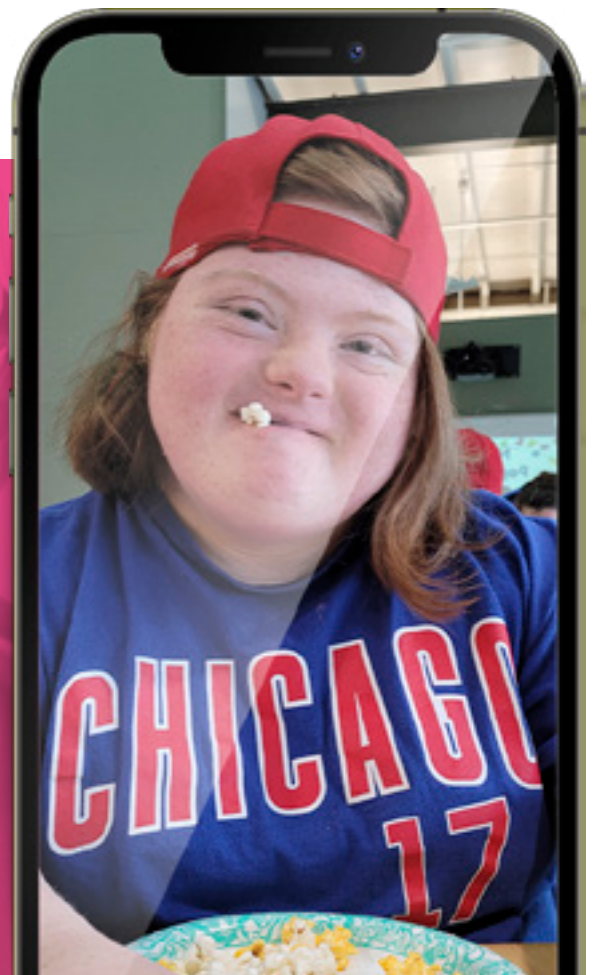


### FEAST WITH FRIENDS



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

Age	16+			
Location	Program held over Zoom			
Code	Day(s)	Time	\$	Date(s)
9-700-04-1	TU	12:00pm-12:30pm	FREE	2/7 - 4/25



# LOG ON PLAY ON



## 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. 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!

Age	8+			
Location	Program held over Zoom			
Code	Day(s)	Time	\$	Date(s)
9-700-07-1	W	5:00pm-6:00pm	\$10	2/8-4/26

## BINGO



Play one of your favorite games virtually! Enjoy a night of bingo with your friends from SEASPAR without leaving your house. We will send you the bingo cards so you can play from home.

Age	16+			
Location	Program held over Zoom			
<b>Code</b>	<b>Day(s)</b>	<b>Time</b>	<b>\$</b>	<b>Date(s)</b>
9-700-10-1	TH	6:00pm-6:45pm	FREE	2/9-4/27

## YOGA WITH JEN



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

Age	16+			
Location	Program held over Zoom			
<b>Code</b>	<b>Day(s)</b>	<b>Time</b>	<b>\$</b>	<b>Date(s)</b>
9-700-08-1	W	6:00pm-6:45pm	\$10	2/8-4/26

## WORK-IN WITH SEASPAR



Get a full-body workout using a combination of cardio and strength training. This program is excellent for burning fat, building 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!

Age	16+			
Location	Program held over Zoom			
Code	Day(s)	Time	\$	Date(s)
9-700-09-1	TH	5:00pm-5:45pm	FREE	2/9-4/27



## MULTI-SENSORY

Explore what your senses crave!

43

Two of SEASPAR's most exciting amenities are its multi-sensory rooms located at the Lisle Recreation Center and the Grand Avenue Community Center in Western Springs. Both rooms offer specially-designed interactive equipment that appeals to the auditory, tactile, olfactory, and visual senses. Multi-sensory rooms primarily benefit individuals with autism, sensory processing disorders, and ADHD. All SEASPAR residents are invited to participate!



## ENGAGE YOUR SENSES

Both of SEASPAR's two multi-sensory rooms, Ray's Bay and Wonders, are designed to engage all of your senses! Each room is equipped with state-of-the-art technology purpose-built to stimulate your senses through hands-on equipment and environmental stimulants.

SEASPAR's multi-sensory rooms contain interactive equipment that pleases your senses in a variety of soothing ways. Feel the vibration of music as it plays through the Learning Chair, follow the motion of the bubbles as they move and change colors within the bubble tubes, make music with the wave of your hand, enjoy relaxing aromas, and make the water ripple as you dip your toes into the pond projected on the floor. Control colors and lights with the touch of your hand and feel the calming coolness of glittering glass with the sparkle and marble walls.

 **Learn more about SEASPAR's multi-sensory rooms, or schedule a trial by contacting Molly Downing at 630.960.7664.**

Multi-sensory room trial availability may be limited, call for details.

## BENEFITS OF THE MULTI-SENSORY

Both multi-sensory rooms contain equipment known to benefit individuals by stimulating the senses which can result in:

- Improved mood
- Lowered disruptive behaviors
- Decreased anxiety
- Decreased fear
- Improvement in communication
- Enhanced interpersonal interactions

## WHO MAY BENEFIT

Our multi-sensory rooms primarily benefit individuals of any age with:

- Autism/Autism Spectrum Disorders
- Sensory Processing Disorders
- ADHD
- Dementia
- Physical Disabilities
- Emotional Needs
- Anxiety

## NEED HELP? LET US HELP.

Let Recreation Coordinator Molly Downing be your guide in your journey through sensory exploration.

Have questions about sensory programs or multi-sensory rooms offered by SEASPAR? Contact Molly!

**MOLLY DOWNING, CTRS**  
mdowning@seaspar.org • 630.960.7664



MULTI-SENSORY ROOM

## RAY'S BAY MULTI-SENSORY ROOM

Grand Avenue Community Center  
4211 Grand Avenue, Western Springs

Ray's Bay, SEASPAR's newest multi-sensory room, features a unique assortment of state-of-the-art equipment designed to vitalize the senses. Environmental sound waves and visual effects create a calming atmosphere, which can be enjoyed from the comfort of the room's large comfort rocking chair, comfort nook, or lighted waterbed. Guests with energy to spare can interact with various devices intended to spark curiosity as well as joy.

Ray's Bay Multi-Sensory Room is located in the lower level of the Grand Avenue Community Center. A waiting room, complete with a sitting area, is available for guests while participants play.



## WONDERS MULTI-SENSORY ROOM

Lisle Recreation Center - Door 8  
1925 Ohio Street, Lisle

Wonders, SEASPAR's award-winning multi-sensory room, features a unique assortment of state-of-the-art equipment designed to vitalize the senses. Environmental effects create a calming atmosphere, which can be enjoyed from the comfort of the room's over-sized beanbag or comfort nook. Guests with energy to spare can interact with various devices intended to spark curiosity as well as joy.

Parents can observe their child's session through a one-way observation window.

## SENSORY FRIENDLY PROGRAMS

In addition to private multi-sensory room sessions, SEASPAR provides a wide selection of sensory-friendly programs held at its two multi-sensory rooms. These programs are available to all SEASPAR participants.

Programs offered at SEASPAR's multi-sensory rooms include:

### SENSORY SEEKERS

P.13

Sensory Seekers invites participants to explore the limits of their senses in weekly 30-minute private sessions held at Ray's Bay Multi-Sensory Room.

### SENSORY EXPLORERS

P.15

Sensory Explorers provides participants with all the tools needed to explore the full spectrum of the senses in weekly 30-minute private sessions held at Wonders Multi-Sensory Room.

### SENSORY SUNDAY

P.16

Sensory Sunday treats participants to a weekend getaway of the senses. Visit unexplored areas of your senses or revisit favorites in 30-minute sessions held on Sundays at Wonders Multi-Sensory Room.

## SPECIAL PROGRAMS

To recreation and beyond!

Our mission doesn't end at recreation. Learn more about special programs offered by SEASPAR and how they may benefit you and your family.



### AKTION CLUB

Through the joint sponsorship of the Woodridge and Lombard Kiwanis Clubs and SEASPAR, the SEASPAR Aktion Club is a unique community service organization designed for adults who wish to help others. Each year, the group conducts fundraisers to support local, state, national, and international projects. It also performs several service projects annually and competes in state and international Aktion Club contests. Due to the nature of this club, members must be able to perform service activities independently or with minimal supervision or support.



For more information about Aktion Club, contact **Bethany Pastrana** at 630.960.7609.

### NEED HELP? LET US HELP.

Special programs require special attention. Luckily, our team of experts are here to help.

**BETHANY PASTRANA, CTRS**  
bpastrana@seaspar.org • 630.960.7609

**CATHERINE A MORAVA, CPRP**  
cmorava@seaspar.org • 630.960.7620



### EAGLES ADULT DAY PROGRAM

EAGLES is a community-based program that incorporates therapeutic recreation to help adults with developmental disabilities Enhance Adult Growth through Lifestyle Education and Service. This weekly program for adults ages 18–50 emphasizes leisure independence, community outings, and social interaction with peers. Each day includes a physical fitness component, guidance in making healthy choices, a recreational activity, and lunch. Individuals must meet specific criteria in order to be eligible for the program. The program is held at four different sites throughout SEASPAR's communities: the Darien Sportsplex, Lemont Safety Village, Lisle Recreation Center, and Brookfield Municipal Building.

 **For more information, visit our website or contact Catherine Morava at 630.960.7620.**

The EAGLES Adult Day Program continues to expand its participants' experience and find creative ways to make healthy choices. Our staff work to collaborate with local businesses, therapists, educators, university students, and other local day programs to offer new and exciting opportunities for the participants in the program. We are fortunate to have such a great team working the program.

Our dedicated team of professionals include:

**NICOLE CAUSEY  
PAM CONLON  
DAWN POPE  
BRIAN KLAMA  
EILEEN KASH  
ELISA KEEGAN  
JENNIFER MOLSKY**

**DEBBIE MURDOCK  
STACIE RITZ  
KRISTY PAULEY  
AUDREY PETERS  
BECKY QUIRK  
DAN SKARNULIS**

These incredible individuals are responsible for delivering dynamic recreation services to adults with disabilities and contribute to the progress of the EAGLES Adult Day Program, each and every day!

### S.O.A.R. PROGRAM

S.O.A.R. stands for Specialized Outside Agency Recreation. S.O.A.R. is offered in cooperation with local schools and agencies whose population consists of at least 50% SEASPAR residents. The program was developed to provide students and adults with disabilities with an increased awareness of healthy and beneficial recreation and leisure exploration activities.

SEASPAR staff work with the school/agency to plan appropriate activities with the goal that the participants will develop recreation interests in their community. SEASPAR residency includes anyone who resides in the park districts of Clarendon Hills, Darien, Downers Grove, La Grange, La Grange Park, Lemont, Lisle, Westmont, or Woodridge, or the villages of Brookfield, Indian Head Park, or Western Springs. Please note that in-district residency is not based on the location of the agency; an agency qualifies if 50% or more of its students/ participants reside within SEASPAR's member communities.

A wide variety of activities can be planned. Although there are many similarities between S.O.A.R. programs, no two programs are alike.

Scan the code to make a S.O.A.R. request online.



# Inclusion

## INCLUSION

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

Parents should be aware of a few simple guidelines prior to enjoying an inclusive recreation experience. First, register according to the park district/recreation department policies. Be sure to indicate on the registration form that your child needs an accommodation. Next, the participant should be able to follow the rules of conduct for the program, either with or without accommodation, and be willing to voluntarily participate in scheduled activities. After registering, the member entity and SEASPAR work cooperatively with you to provide reasonable accommodations.

 **For more information about inclusion services, visit our website or contact Bethany Pastrana at 630.960.7609.**

## ABSENCES

When a participant cannot attend an activity, families should notify SEASPAR. The number of staff hired for a program is based on perfect attendance. Help us avoid unnecessary expenses by advising us if a participant will be absent. For special events, this allows those on the waiting list to attend and ensures that no tickets are wasted. We realize that last-minute absences may not allow for notice; however, we appreciate your assistance and cooperation.

## 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 51-53, 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 2023.


## ATLANTOAXIAL INSTABILITY

Individuals with Down syndrome are at risk of having Atlantoaxial Instability (AAI) which causes decreased stability in the bones of the upper spine. For the safety of our participants, individuals with Down syndrome are not allowed to participate in the butterfly stroke in swimming, diving, tumbling, gymnastics, high jump, and other activities unless they have tested negative for AAI. For more information, contact SEASPAR at 630.960.7600.

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

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

## 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.

### CODE OF CONDUCT: IN-PERSON PROGRAMS

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

### CODE OF CONDUCT: 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
- Select a quiet space for your program. Reduce background noise as much as possible.
- Ensure that you have an appropriate background for the group to see.
- Change your name in Zoom to the participant's first name and last initial.
- Follow staff's instructions for taking turns and muting.
- Treat others with respect when speaking and using the chat function. The chat function may be disabled by staff if it is not used appropriately. Participants may be muted or removed from the program if their behavior is disruptive.

## 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.

## LATE REGISTRATION

The registration deadline is Monday, January 9 at 4:30 pm. Many programs fill quickly, and registering by the deadline is the best way to avoid being put on a waitlist. Participants may not be added to a program with less than 48 hours notice.

### LATE PICKUP

If a participant has not been picked up at the scheduled program end time, the parent/guardian/group home staff will be contacted. After a fifteen-minute wait period, emergency contacts will be called. After one warning, a \$10 fee will be applied for every 15 minutes that a participant is picked up late or the SEASPAR vehicle is delayed. A notice will be sent to you indicating the fee being charged to your account.

## LOSS OR THEFT

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

## MEDICATION DISPENSATION

The exchange of medication, information, and participants can become hectic as a group prepares to leave for an activity or at the beginning of a program. To be sure that all medication is in order and staff has the appropriate information, we ask you to put medication in SEASPAR provided envelopes, complete the label, and give it to the program supervisor. For the convenience of those who are involved in many programs, or who take medication frequently, we are happy to provide a supply of labeled envelopes.

## NON-RESIDENT FEE POLICY

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

## PARTICIPANT EXPECTATIONS

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

## PARTICIPATION

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

## 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.
- Programs may be cancelled due to inclement weather or other emergencies. See the Weather/Emergency Cancellations section below for more information.
- If a participant cannot attend a program, he/she cannot send a

substitute in his/her place.

## SEASPAR/WDSRA AGREEMENT

SEASPAR and the Western DuPage Special Recreation Association (WDSRA) have an agreement that allows residents of each SRA to register in the weekly programs and special events of the other at their in-district rate. Overnight trips and the EAGLES adult day program are not included. Registrations must be submitted by the agency's deadline, and are processed after those of the agency's residents. WDSRA serves the communities of Bloomingdale, Carol Stream, Glen Ellyn, Naperville, Roselle, Warrenville, West Chicago, Wheaton, and Winfield. For more information, contact SEASPAR at 630.960.7600. For a copy of the WDSRA brochure, contact WDSRA at 630.681.0962 or visit its website at WDSRA.com.

## 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.

## WELLNESS GUIDELINES

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

- Fever of 100.4° 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. In cases of COVID-19, participants may return to programs after quarantine or isolation, based on the current CDC, State, and local guidelines.

For everyone's safety, if a participant is exhibiting symptoms of illness during a program, they will be removed from the group and an approved adult will be required to pick them up.

## WEATHER/EMERGENCY CANCELLATIONS



Weekly programs and special events may be cancelled due to inclement weather or other unforeseen circumstances. 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 3:30-4:30pm for evening programs. If a program is cancelled or an outdoor program is moved indoors, staff attempt to reach all participants to inform them of the change. After hours, program changes are available on the Program Hotline at 630.960.7582. Programs cancelled due to inclement weather or other emergency may be rescheduled; otherwise, a refund will be issued in the form of a credit on the participant's account.

## SEVERE WINTER WEATHER GUIDELINES FOR CANCELLING PROGRAMS

Outdoor Programs or Programs with Transportation for Participants with Physical Disabilities

Temperatures of Zero or Wind Chill of -10° or Less

All Other Programs with Transportation

Temperature of -10° or Wind Chill of -20° or Less

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

# REGISTRATION FORM

Participant's Name \_\_\_\_\_ Birth Date \_\_\_\_\_

 Please print your program selection(s) in the table below. Attach additional sheets if necessary. 

PROGRAM NAME	PROGRAM NUMBER										TIME SELECTION (If Applicable)	TRANSPORTATION (IF APPLICABLE)	FEE
Example: Karate	9	-	0	0	0	-	0	3	-	1			\$ 112
		-				-			-				\$
		-				-			-				\$
		-				-			-				\$
		-				-			-				\$
		-				-			-				\$
		-				-			-				\$
		-				-			-				\$
		-				-			-				\$
		-				-			-				\$
		-				-			-				\$
		-				-			-				\$
		-				-			-				\$
		-				-			-				\$
		-				-			-				\$
		-				-			-				\$
		-				-			-				\$
Would you like to include a donation to SEASPAR? If so, please indicate the amount to the right. <b>Thank you!</b>													\$
<b>TOTAL FEES</b>													\$

 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.

Payment Type:    ☐ Check                      ☐ Cash                      ☐ Money Order                      ☐ Credit Card  
 Credit Card:       ☐ MasterCard                      ☐ Visa                      ☐ Discover                      ☐ American Express

Cardholder Name \_\_\_\_\_

Account Number \_\_\_\_\_ Exp. Date \_\_\_\_\_ CVC \_\_\_\_\_

Authorized Signature \_\_\_\_\_ Today's Date \_\_\_\_\_

**Please complete both sides of this registration form.** Submit form and payment to SEASPAR, 4500 Belmont Road, Downers Grove, IL 60515.

 The registration deadline is **Monday, January 9 at 4:30pm.**

OFFICE USE ONLY			
Date Rec'd		Cash Amt	
Rec'd By		Check Amt	
FAP		Check #	

# REGISTRATION FORM

Participant's Name \_\_\_\_\_ Birth Date \_\_\_\_\_

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

Has any of your information changed since you completed your 2023 AIF? ☐ Yes ☐ No  
If yes, please call us at 630.960.7600.

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 2023 Annual Information Form is not on file.



Here to help

Our **Fee Assistance Program** makes programs attainable to families with financial restraints through scholarships funded by generosity. Apply confidentially online at [SEASPAR.org](https://SEASPAR.org).



# ANNUAL INFORMATION FORM

## 2023 Annual Information Form



### For office use only

PDF \_\_\_\_\_ Date \_\_\_\_\_  
RecTrac \_\_\_\_\_ Date \_\_\_\_\_  
Details/Status \_\_\_\_\_ Date \_\_\_\_\_

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

Is this a new participant? ☐ Yes ☐ No If so, how did you hear about SEASPAR? \_\_\_\_\_

Is the participant his/her/their own guardian? ☐ Yes ☐ No Participant Cell # \_\_\_\_\_

Gender \_\_\_\_\_ Preferred Pronouns ☐ He/Him ☐ She/Her ☐ They/Them ☐ Other: \_\_\_\_\_

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

Home Phone \_\_\_\_\_ Park District \_\_\_\_\_

Parent 1 Name \_\_\_\_\_ Cell # \_\_\_\_\_ Work # \_\_\_\_\_ Email \_\_\_\_\_

Parent 2 Name \_\_\_\_\_ Cell # \_\_\_\_\_ Work # \_\_\_\_\_ Email \_\_\_\_\_

Guardian Name \_\_\_\_\_ Cell # \_\_\_\_\_ Work # \_\_\_\_\_ Email \_\_\_\_\_

Is the participant in: ☐ School ☐ Transition Program ☐ Day Program (other than EAGLES) ☐ Group Home ☐ CILA

School/Program/Facility Name \_\_\_\_\_

Teacher/Caseworker Name \_\_\_\_\_ Permission to Consult with Teacher/Caseworker ☐ Yes ☐ No

Teacher/Caseworker Phone \_\_\_\_\_ Teacher/Caseworker Email \_\_\_\_\_

Weekend and/or Emergency # (for group homes/CILAS) \_\_\_\_\_

### Emergency Contacts

(other than parents/guardian listed above)

Name \_\_\_\_\_ Relationship \_\_\_\_\_ City \_\_\_\_\_ Transportation? ☐ Yes ☐ No

Home # \_\_\_\_\_ Cell # \_\_\_\_\_ Work # \_\_\_\_\_

Name \_\_\_\_\_ Relationship \_\_\_\_\_ City \_\_\_\_\_ Transportation? ☐ Yes ☐ No

Home # \_\_\_\_\_ Cell # \_\_\_\_\_ Work # \_\_\_\_\_

### 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 AAI testing result? ☐ Positive ☐ Negative ☐ Not tested

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

Hearing Impaired ☐ Yes ☐ No Hearing aid(s)? \_\_\_\_\_

Heart Condition ☐ Yes ☐ No \_\_\_\_\_

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

Visually Impaired ☐ Yes ☐ No Glasses or contacts? \_\_\_\_\_

Other (asthma, chronic illness, etc.) \_\_\_\_\_

# ANNUAL INFORMATION FORM

**Medications** (list all prescription AND over-the-counter medications taken, even if not taken at program)

Drug Name (Brand/Generic)	Taken With (e.g., water, pudding)	Purpose

**\*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 SEASPAR medication envelopes**. SEASPAR will have extra envelopes at program, and the envelope must be completed and sealed before staff will accept it. 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 18) \_\_\_\_\_ Date \_\_\_\_\_

## 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 \_\_\_\_\_

# ANNUAL INFORMATION FORM

## Transportation Information

Transportation permission in SEASPAR vehicle? ☐ Yes ☐ No

If 18 or older, is the participant able to go home on his/her/their own? ☐ Yes ☐ No

If 18 or older, is the participant able to wait independently? ☐ Yes ☐ No

Is the participant able to drive independently? ☐ Yes ☐ No

Does this permission apply to all programs? ☐ Yes ☐ No If no, please specify \_\_\_\_\_

Please list carpool friends \_\_\_\_\_

## 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)

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"/>	_____
If the participant is <u>not independent for toileting</u> , a Toileting Plan is required.				
Hand Washing	<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/they. The more you tell SEASPAR, the better we can meet each participant's needs.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Indicate friends attending SEASPAR \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Participant Signature (if over 18) \_\_\_\_\_ Date \_\_\_\_\_

Save the Date  
**MAY 10**



# Believe & Achieve

## RECOGNITION CEREMONY

Be part of the celebration! The Believe and Achieve Recognition Ceremony is a celebration of greatness from participants, staff, and community. All SEASPAR participants are invited to be a guest of honor at this year's event - because everyone has a reason to celebrate!

## Tickets

Complimentary tickets available to SEASPAR participants.  
Tickets and pricing info available at **SEASPAR.org**.

## YOU SHOP. AMAZON GIVES.

Did you know your next Amazon.com order can **support SEASPAR** 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!**

**Scan the code below to support SEASPAR with AmazonSmile.**





4500 Belmont Road  
Downers Grove, IL 60515

Change Service Requested

POSTMASTER:  
Dated Material – Do Not Hold

If you no longer wish to receive this  
brochure, call 630.960.7600.



## SERVING THE RESIDENTS 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

20  
23

WINTER | SPRING