### WHAT IS SEASPAR?

SEASPAR (the South East Association for Special Parks And Recreation) is a special recreation association that serves residents of twelve communities in DuPage and Cook Counties.

### WHAT IS S.O.A.R.?

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.

# WHO PAYS FOR THE PROGRAM?

A fee will be determined after the activities have been chosen. Fees will cover the cost of staff, admission, supplies, and transportation.

# WHAT TYPE OF ACTIVITIES ARE PLANNED?

A wide variety of activities can be planned. See the list inside this brochure of program areas to determine what fits your group's needs. Although there are many similarities between S.O.A.R. programs, no two programs are alike.

# WHO CAN REQUEST S.O.A.R. PROGRAMS?

S.O.A.R. programs can be requested by teachers, schools, and group leaders. Look inside this brochure to learn how to make a







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#### 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









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

Your ally in progress.

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

| PROGRAM AREA   | GOALS/BENEFITS  | DESCRIPTION  |
|--|---|--|
| Community-Based<br>Program   | Improve social skills,<br>fine/gross motor skills,<br>safety, community<br>awareness        | Recreation programs throughout the community to engage individuals in activities that encourage growth and leisure exploration.  |
| In-House Activities  | Improve motor skills,<br>social skills, problem<br>solving, cooperation,<br>using resources | SEASPAR staff lead recreation activities within the school or agency location.   |
| <ul> <li>Sensory Room Visit</li> <li>Ray's Bay Multi-Sensory<br/>Room in Western Springs</li> <li>Wonders Multi-Sensory<br/>Room in Lisle</li> </ul> | Engage with senses,<br>improve social skills  | A visit to the multi-sensory room with specifically designed equipment that appeals to the four senses and provides a calming, safe, exploratory environment for individuals to interact with their peers and teachers. This experience is a great way to engage individuals with their senses and provide a place of safe engagement. |

# THE IMPORTANCE OF S.O.A.R. PROGRAMS

Through SEASPAR's S.O.A.R. programs, participants learn the skills they need in order to take part in activities. These programs serve a vital role in helping participants realize the importance of recreation in their lives.

Community skills allow participants to participate in community life with more independence. Early or frequent exposure to community life promotes activity and social skills becoming more refined and ingrained.

### **SEASPAR, YOUR ALLY**

SEASPAR staff have a long history of working hand-in-hand with teachers and education leaders. This relationship is built on the common goal of providing people with disabilities a fulfilling life. Schools, teachers, and agencies specializing in developmental education are encouraged to utilize S.O.A.R. program services.



# READY TO MAKE A S.O.A.R. PROGRAM REQUEST?

You're on your way to making a S.O.A.R. program request, and only a few steps away from providing your group or classroom with dynamic programs designed specifically for them.

#### 1. COMPLETE AN ONLINE REQUEST

S.O.A.R. program requests can be completed online at seaspar.org/soar-request.

#### 2. SET GOALS

Once a request is submitted, a SEASPAR representative will reach out to you to help you select the best program options based on your group or classroom's goals.

#### 3. SCHEDULE YOUR SERVICE

Once a service is selected we'll help you schedule your S.O.A.R. program at a time that works best for you. We'll also help you collect and complete all necessary forms.

#### 4. ENJOY!

You're now ready to provide your classroom or group with a S.O.A.R. program catered just to them.

