

**Aleks Briedis** 

Jenny Knitter

**Bob Fleck** 



I hope everyone has enjoyed the warm sunshine summer brings. We are excited to present the fall programming season, which runs from September 18 through December 10. Within this guide, you will find a variety of programs to keep you active, engaged, and having fun. Please spend time looking through the brochure and checking out all of the programs we are offering. You can maybe pick out an exciting one to try this fall.

We recently performed a needs assessment with families as we continue to engage and seek feedback about our services. Our response rate was astonishing at 47% so we know what we do is meaningful to you all. We received some very valuable feedback about aspects of our services that we are doing well. In addition, we received suggestions about items we could work on to improve our services. While I will never promise we can do everything asked of us, we listen and work to modify our offerings to answer as many of these suggestions as we can. We listen and our goal is to provide the highest quality programs we can. I will say our staff received lots of praise and I echo that praise. We have a fantastic team of staff at all levels who provide important services.

Please mark your calendars for our annual Holiday Spectacular on Monday, December 11 at the Lemont High School Performing Arts Center. This venue has proven to be the most suitable place to showcase all the amazing musical and theatrical abilities of SEASPAR's participants.

Enjoy the rest of the summer and all that fall has to offer by taking in the autumn colors and nature's bountiful harvest.



**Matt Corso** 

**REGISTRATION: JULY 17 - AUGUST 14** 

**SEASON DATES: SEPTEMBER 18 - DECEMBER 10** 

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#### **ASSOCIATION MEMBERS**

#### & REPRESENTATIVES

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	c, Lemont, Lisle, Western		
orings, vvesimoni, and vvoodriage.			
•	ich are represented by		
e following individuals:			
	Bill McAdan		
245 Warrenville Road, Downers Grove	Presider		
emont Park District	Louise Egofsk		
5028 127th Street, Lemont	Vice Presider		
sle Park District	Dan Garv		
925 Ohio Street, Lisle	Secretar		
arien Park District	Stephanie Gurgon		
301 Fairview Avenue, Darien	Treasure		
illage of Brookfield	Luke Gunderso		
320 Brookfield Avenue, Brookfield			
	Valerie Loutha		
15 Chicago Avenue, Clarendon Hills			
illage of Indian Head Park	Amy Jo Wittenberg		
01 Acacia Drive, Indian Head Park			
ark District of La Grange	Jenny Bechtol		
36 East Avenue, La Grange	-		
ommunity Park District	Jessica Cannada		
La Grange Park			
	ne South East Association for Special Parks And Recovoides dynamic recreation programs and quality se sabilities in the communities of Brookfield, Clarendo rove, Indian Head Park, La Grange, La Grange Parkorings, Westmont, and Woodridge.  EASPAR is composed of 12 associated members, whe following individuals:  owners Grove Park District 245 Warrenville Road, Downers Grove  emont Park District 25028 127th Street, Lemont  sle Park District 225 Ohio Street, Lisle  arien Park District 301 Fairview Avenue, Darien  illage of Brookfield 820 Brookfield Avenue, Brookfield  larendon Hills Park District 15 Chicago Avenue, Clarendon Hills  illage of Indian Head Park 21 Acacia Drive, Indian Head Park 22 Carange 23 East Avenue, La Grange  community Park District 16 La Grange Park		

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| Programs for Teens & Adults

Teens & Adults: Special Events

Virtual Programs: By Appointment

Virtual Programs: Weekly Programs

Teens & Adults: Programs

#### 2600 Center Drive, Woodridge **BOARD MEETINGS**

1501 Barnsdale Road, La Grange Park

1500 Walker Street, Western Springs

**Village of Western Springs** 

**Westmont Park District** 55 East Richmond Street, Westmont

**Woodridge Park District** 

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37-38

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.

#### ON THE COVER



#### Fall into Fun

There's nothing like fall to jump into piles of colorful leaves, enjoy pumpkin-spiced treats, and celebrate Halloween.

ONLINE SEASPAR.org

FAX 630.960.7601

**MAIL/IN PERSON** SEASPAR

4500 Belmont Road Downers Grove, IL 60515

Registration opens on Monday, July 17, and closes on Monday, August 14 at 4:30pm. Registration for all programming is lottery-based and enrollment is not guaranteed; confirmations will be mailed on August 25.

Zoom links for virtual programs will be emailed the week of September 11.

#### **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!



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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.

#### **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.

#### 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
- 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. Fee assistance is not available to non-residents or for overnight trips or day camp transportation.



#### **REGISTRATION INFORMATION**

#### **PROGRAM ANATOMY**

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

#### PROGRAM BENEFITS

1. PROGRAM NAME

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

#### PROGRAM DESCRIPTION

This section includes a brief description of the program.

#### 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.

#### **EXAMPLE NAME**

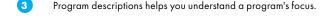












⚠ Note: Important program notices (if any) will be displayed in this area.

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

Code Day(s) Time Date(s) 0-000-00-0 6:00-8:00pm 6/12-8/6 Session Fee

Wheelchair Accessible Code

Programs featuring special access registration codes for wheelchair users are indicated in this section.

Transportation details (if available) Transportation 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 ageappropriate 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 nonlocal events and tournaments

**SEASPAR.ORG** | 630.960.7600 REGISTRATION INFORMATION **FALL 2023** 630.960.7600 | SEASPAR.ORG **SYLVIA DOBBINS** 

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, CTRS

Recreation Coordinator

CATHERINE A. MORAVA, CPRP

Adult Day Program Manager

**BETHANY PASTRANA, CTRS** 

Inclusion Manager

**LAURA PULIDO** 

Marketing Coordinator

**JASPER SHORR** 

Recreation Specialist

**DANIELLE TALLON, LBS1** 

Program Manager

**SHANNON TOVEY, SHRM-CP, CTRS** 

Human Resources Manager

**RUTH CARBON** 

Registration Specialist

**JOIN THE SEASPAR TEAM!** 

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

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

#### **MEET JASPER, LAURA, AND SYLVIA!**

The newest Team SEASPAR members are Recreation Specialist Jasper Shorr, Marketing Coordinator Laura Pulido, and Youth



**SOCIAL MEDIA** 

BY EMAIL

**CONTACT US** 

**DIRECTORY** 

630.960.7600 711

630.960.7582

adminstaff@seaspar.org

**PROGRAM HOTLINE** 

After hours program status hotline.

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:

September 4

November 23, 24

OFFICE LOCATION

4500 Belmont Road, 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**

**ALPINE BANQUETS** 

8230 S. Cass Avenue, Darien

**AMC QUARRY CINEMAS** 

9201 W. 63rd Street, Hodgkins

**BENET ACADEMY** 

2200 Maple Avenue, Lisle

**CINEMARK AT SEVEN BRIDGES** 

6500 IL-53, Woodridge

**CLARENDON HILLS COMMUNITY CENTER** 

315 Chicago Avenue, Clarendon Hills

**DARIEN COMMUNITY CENTER** 

7301 Fairview Avenue, Darien

**DARIEN SPORTSPLEX** 

451 Plainfield Road, Darien

**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 Street, Downers Grove

**LINCOLN CENTER** 

917 Maple Avenue, Downers Grove

LISLE RECREATION CENTER

**DIRECTORY** 

1925 Ohio Street, Door 8, Lisle

**LISLE LANES** 

4920 Lincoln Avenue, Lisle

PARK DISTRICT OF LA GRANGE

536 East Avenue, La Grange

**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 E. Richmond Avenue, Westmont

**WONDERS MULTI-SENSORY ROOM** 

1925 Ohio Street, Door 8, Lisle

**WOODRIDGE ARC** 

(ATHLETIC RECREATION CENTER) 8201 S. Janes Avenue, Woodridge

#### **TRANSPORTATION**

transported safely.

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

**Transportation locations may include:** 

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 Steet, Lisle

**SEASPAR** 

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

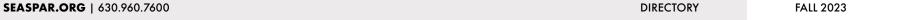
630.960.7600 | SEASPAR.ORG

Coordinator Sylvia Dobbins. Welcome aboard!











WEEKLY PROGRAM NAME	<u> </u>	<b>(</b>	AGES	DAYS	PAGE
Sensory Seekers	•		all ages	Mondays	13
Karate	•		all ages	Mondays	13
Sensory Explorers	•		all ages	Wednesdays	14
ce Skating	•		all ages	Saturdays	14
Sensory Sunday	•		all ages	Sundays	16
Soccer Skills I	•		3 - 7	Thursdays	34
Music and Me!	•		3-8	Tuesdays	18
lappy Feet	•		3-9	Wednesdays	18
Swim Lessons	•		5+	Mon., Tues., Wed., Thurs., Sat.	15
Music Lessons with Nancy			5+	Tues., Thurs., or by appt.	14, 36
Saturday Superstars	•		<i>7</i> -15	Saturdays	18
Soccer Skills II			8 - 16	Thursdays	34
Rhythmic Gymnastics	•	•	8+	Wednesdays	34
Spartans Bowling		•	8+	Thursdays	34
SEASPAR Steel Power Soccer			8+	Saturdays	35
Spartans Swimming	•	•	8+	Sundays	35
Rocket League	•		8+	Wednesdays	38
Ausical Theater	•		9-15	Tuesdays	18
strike Force			13-22	Mondays	17
hutterbugs	•		13-22	Mondays	17
riday Foodies			13-22	Fridays	18
oung Adult Club	•		16-25	Saturdays	26
Afternoon Adventures			16+	Mondays	21
Valking Club West	•		16+	Mondays	21
partans Power Lifting (Pre-Season)	•		16+	Mondays	33
Caraoke	•		16+	Mondays	37
Cooking with SEASPAR (Virtual)	•		16+	Mondays	37
Day Away Tour	•		16+	Tuesdays	22
Cooking with SEASPAR (In-Person)	•		16+	Tuesdays	22
Sowling at Lisle Lanes	•		16+	Tuesdays	22
Creative Corner	•		16+	Tuesdays	22
Soup or Salad			16+	Tuesdays	23
Pet Therapy Session			16+	Tuesdays	23
Spartans Basketball		•	16+	Tuesdays	33
east with Friends	•		16+	Tuesdays	37
Game Night	•		16+	Tuesdays	37
Bowling at Suburbanite			16+	Wednesdays	23
Role Play			16+	Wednesdays	23
Actors Guild			16+	Wednesdays	24
Novie Club	•		16+	Wednesdays	37
oga with Jen	•		16+	Wednesdays	38
Day Trippers			16+	Thursdays	24
it N' Fuel			16+	Thursdays	24
Valking Club East	•		16+	Thursdays	25
Glee Club			16+	Thursdays	25

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WEEKLY PROGRAM NAME	ابيا	_	<b>(</b>		AGES	DAYS	PAGE
At the Movies		•			16+	Thursdays	25
Work-in With SEASPAR	•				16+	Thursdays	38
Bingo	•				16+	Thursdays	38
Social Club		•			16+	Fridays	25, 26
Brunch with Besties		•			16+	Sundays	26
Saturday Night Socialites		•			26+	Saturdays	26
SPECIAL EVENT NAME		1			AGES	DAYS/DATES	PAGE
		•			7-15	Saturday, September 23	19
Apple Picking					7-15 7-15	Saturday, October 7	19
Pick a Pumpkin		•					
Day Off School		•			5-15	Monday, October 9	19
Enchanted Castle		•			7-15	Saturday, October 21	20
Halloween Bingo Bowling		•			7-15	Saturday, November 4	20
Friendsgiving Favorites		•			7-15	Saturday, November 18	20
Thanksgiving Break Camp		•			5-15	Wednesday, November 22	20
Winter Break Camp					<b>-</b> 1.5	Tuesday-Friday, Dec 26-29, Jan 2-5	20
We Rock the Spectrum		•			7-15	Saturday, December 2	20
Holiday Spectacular		•			All ages	Monday, December 11	16, 50
Enterrium Arcade and Dinner		•		•	16+	Saturday, September 23	27
Bengston's Pumpkin Festival		•		•	16+	Sunday, September 24	27
Little Shop of Horrors		•		•	16+	Saturday, September 30	28
Goebbert's Fall Festival		•		•	16+	Sunday, October 1	28
Fall Escape to Lake Geneva		•		•	16+	Friday-Sunday, October 6-8	28
Fall Harvest Dance		•			16+	Saturday, October 14	28
Scene 75 Entertainment Center		•		•	16+	Sunday, October 15	29
Adler Planetarium		•		•	16+	Saturday, October 21	29
Out to Eat at Lima Fresca		•		•	16+	Sunday, October 22	29
Monster Mash Dance		•			16+	Friday, October 27	29
North American Pizza & Culinary Academy		•		•	16+	Saturday, October 28	29
Blue Sky Farm		•		•	16+	Sunday, October 29	30
Dave and Busters		•		•	16+	Saturday, November 4	30
Turkey Bowl		•			16+	Sunday, November 5	30
Charlie and the Chocolate Factory		•		•	16+	Saturday, November 11	30
Thanksgiving Bingo & Dinner		•			16+	Sunday, November 12	30
The Ultimate Sports Dance Party		•			16+	Friday, November 17	30
Rodgers + Hammerstein's Cinderella		•		•	16+	Saturday, November 18	31
Friendsgiving		•			16+	Sunday, November 19	31
St. Francis Bowling Tournament		•			16+	Friday, December 1	31
A Christmas Carol at Drury Lane		•		•	16+	Saturday, December 2	31
The Muppet Christmas Carol		•		•	16+	Sunday, December 3	31
Holiday Dinner Dance		•			16+	Friday, December 8	32
Illumination Tree Lights		•		•	16+	Saturday, December 9	32
Holiday Magic at Brookfield Zoo		•		•	16+	Sunday, December 10	32
New Year's Bash		•		•	16+	Wednesday, December 27	32

**SEASPAR.ORG** | 630.960.7600 DIRECTORY FALL 2023 630.960.7600

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#### **2023 STAFF AND VOLUNTEER AWARDS**

SEASPAR thanks all of the staff and volunteers who attended our annual Believe & Achieve Recognition Banquet on May 10, 2023. A highlight of the event was recognition of our incredible part-time staff and volunteers, including award presentations and longevity milestone recognition.

#### **LEADING LIGHT AWARD**

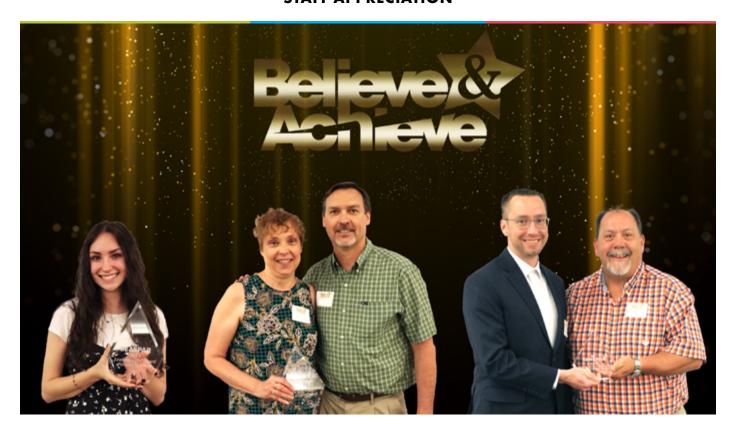
The 2023 Leading Light Award, which is presented to a part-time staff member who has been with SEASPAR for three years or less, was accepted by Micaela Bjarnson. Michaela joined Team SEASPAR in 2020 and quickly went from assisting to leading multiple programs. She has worked in not one, but all four seasonal program areas – Athletics, Special Events, Youth, and Teen/Adult. Most recently, she has also begun sharing her talents with the Inclusion Department. Micaela has developed relationships with some of our most challenging participants, and she is well-known for her calm and positive demeanor. Thank you, Micaela, for being a Leading Light at SEASPAR!

#### **SUPER STAR AWARD**

The 2023 Super Star Award, which is presented to a part-time staff member who has been with SEASPAR for more than three years, was accepted by a well-known duo, Cheryl and Jason Steed. Cheryl and Jason have been part of Team SEASPAR for over thirty years and have touched the lives of hundreds of participants and fellow staff over their time with us. They made SEASPAR a family affair, raising their children with a love and respect for individuals with disabilities that became apparent once these children grew up and became volunteers themselves. Cheryl is always one step ahead, making sure that every program is organized and safe, and challenging participants with her creativity. Jason keeps participants laughing while doing whatever it takes to make a program successful. Cheryl and Jason are role models for our newer members of Team SEASPAR and we appreciate all that they do as Super Star staff!

#### NABERHAUS VOLUNTEER OF THE YEAR AWARD

The 2023 Naberhaus Volunteer of the Year Award was presented not to an individual volunteer, but a group of individuals who have gone above and beyond in support of SEASPAR programming. The Home Depots of Downers Grove and Woodridge have partnered with SEASPAR to provide volunteers for larger events, including our Volleyball Tournament, Swim Meet, and New Year's Bash. These individuals are an essential part of the events, taking on whatever work needs to be done to ensure a positive experience for participants. We thank these volunteers from The Home Depot and look forward to continuing this valuable partnership!



#### **LONGEVITY MILESTONES**

In addition to awards, several staff and volunteers were recognized at Believe & Achieve for their longevity milestones. Please join us in congratulating these committed individuals.

The following individuals have reached their 5-year longevity milestone:

Jim Janota
Marsha Janota
Sarah Jaworski
Clare Johnson
Meg Lieb
Laura Plemich
Ellie Richards
Matthew Thompson
Britney Toussaint
Sarah Wronkiewicz

The following individuals have reached their 10-year longevity milestone:
Nicole Causey

The following individuals have reached their 15-year longevity milestone:

Amy Klama

Dahhie Murdaek

Debbie Murdock GeriAnn Ortega

Thank you for your years of dedication to SEASPAR!



SEASPAR.ORG | 630.960.7600 FALL 2023



LET THE MISSION CONTINUE.

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#### **MAKE A DONATION**

Show your support by making a secure online donation today. Donations are accepted year-round, help support our services, and are tax-deductible.

Donate online at **SEASPAR.org/donations** or **scan** the code with your phone.



SEASPAR is a registered 501(c)3 organization (tax number 36-3264898).

The SEASPAR Board, staff, and participants thank the following individuals and organizations for their financial support of SEASPAR from February through May 2023. Your commitment to our mission means the world to us!

53 Digital Consulting

AmazonSmile

Aileen S. Andrew Foundation for Mobile AED Units

Anonymous

Clarendon Hills Lions Club

August Battaglia

Beverly Buglio

Mark Buglio in Memory of My Dad, Richard

William Cazares

Thomas Condon

Steven Cwik

Donna Denz

The Donaldson Family

Mark and Kathy Forzley

Ryan Fredericksen

Tracy Frizzell

Giving DuPage for Giving DuPage Days

The Grzywa Family

The Hirschboeck Family

HUM Help-Unite-Motivate for Power Soccer

Ray and Jeanine Jasica in Memory of Alice Gallagher

Ron Kamper

Sandra Knight

Knights of Columbus Council No. 3738

Knights of Columbus Council No. 5918

The Kokoris Family

Christopher Kristufek

Barry Meegan

Microsoft Rewards/Give with Bing

Mohr

 $my Walgreens\ Donation\ Program$ 

Network for Good

The Plemich Family
The Preston Family

Jennifer Revord

Suzanne Robinson

The Rocha Family

Michael Schutz Suburbanite Bowl

Kathie Sommers in Memory of Melissa Hands

Fileen Thomas

Pete and Kathy Tocco in Memory of Al Adamski

Kenneth Vander Wal in Recognition of T.J. Postmus' High School Graduation

Rita Watson

**Bob Westberg** 

Woodridge School District 68

#### IN MEMORY OF DON KELLY

Elizabeth Kwit

Elizabeth Doyle

#### IN HONOR OF LORENZO FORIERI'S BIRTHDAY

Vicki Forieri

John Lewis

Mary Berardi Mary McGorman

Ellyn Nicodem

Timothy Walden

#### IN HONOR OF KINGDOM MARTIAL ARTS

Ian Baek

Patricia BP

Elizabeth Breese Lauren Gustafson

Jackie Ho

Amy Long

Trish Murphy

Jaclyn Offord

Jinah Park Tamara Rotelli

Kelly Rybak Carr

Relly Rybak C Penny Sand

Dan Skinner

Laura Spencer

Claire Tate

Bina Trivedi Traci Weilemann



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 FALL 2023

# **PROGRAMS FOR EVERYONE**

**PROGRAMS FOR** 

YOU AND ME.

#### PROGRAMS FOR EVERYONE

#### **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

Age Location	All ages Ray's Bay	es Bay Multi-Sensory Room, Western Springs					
Code	Day(s)	Time	\$	Date(s			
2-090-01-1	М	4:00-6:15pm	\$104	9/18-12/4			

#### 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 Location	All ages True Balance Karate, Downers Grove					
Code	Day(s)	Time	\$	Date(s)		
2-000-03-1	М	5:30-6:00pm	\$116	9/18-12/4		



#### **WE ARE SEASPAR**

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

#### **SYLVIA DOBBINS**

sdobbins@seaspar.org • 630.960.7664

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

MATT GORECKI, CPRP mgorecki@seaspar.org • 630.960.7627

#### PROGRAMS FOR EVERYONE

#### **MUSIC LESSON WITH NANCY**





Why talk about it when you can sing about it? Schedule an in-person music lesson with Nancy Urban and start making music today! If you are interested in virtual lessons, see page 36.



Note: 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.

Age Location	Darien Sportsplex						
Code	Day(s)	Time	\$	Date(s)			
2-000-01-1	TU	By Appointment	\$101	9/19-12/5			
2-000-01-2	TH	By Appointment	\$93	9/21-12/7			

No Program Dates	11/23



**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

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

Age Location	All ages Seven Br	All ages Seven Bridges Ice Arena, Woodridge					
Code	Day(s)	Time	\$	Date(s)			
2-000-05-1	SA	11:10-11:50am	\$113	9/23-12/9			

No Program Dates	11/2

#### SENSORY EXPLORERS





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 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 Location	All ages Wonders	All ages Wonders Multi-Sensory Room, Lisle				
Code	Day(s)	Time	\$	Date(s)		
2-090-02-1	W	3:30-6:00pm	\$104	9/20-12/6		



#### **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!



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.

A 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. 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

The CORE, Lemont

Code	Day(s)	Time	\$	Date(s)
2-000-02-1	М	4:00-6:00pm	\$219	9/18 - 12/4

#### **SWIM LESSONS** YMCA

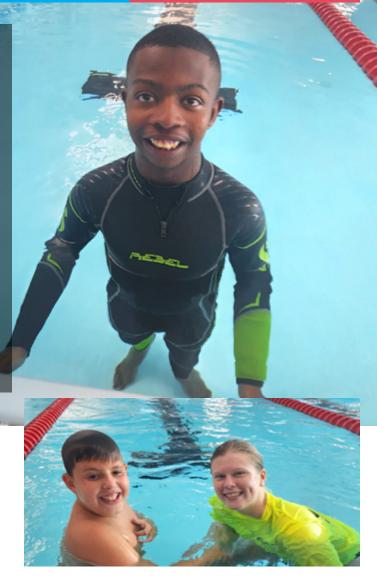
Indian Boundary YMCA, Downers Grove Location

Code	Day(s)	Time	\$	Date(s)
2-000-02-2	TU	4:00-6:00pm	\$219	9/19-12/5

#### **SWIM LESSONS FMC NATATORIUM**

FMC Natatorium, Westmont

Code	Day(s)	Time	\$	Date(s)
2-000-02-3	W	4:00-6:00pm	\$219	9/20 - 12/6



#### **SWIM LESSONS YMCA**

Location

Indian Boundary YMCA, Downers Grove

Code	Day(s)	Time	\$	Date(s)
2-000-02-4	TH	4:00-6:00pm	\$205	9/21-12/7

No Program Dates 11/23

#### **SWIM LESSONS** THE CORE

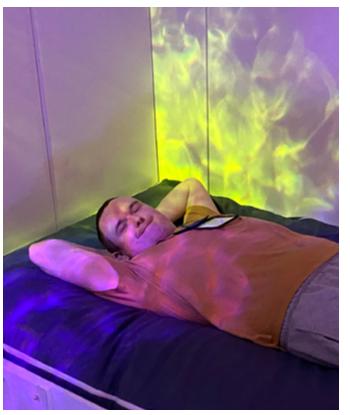
Location

The CORE, Lemont

Code Date(s) 2-000-02-5 1:00-3:00pm 9/23 - 12/9

No Program Dates 11/25

#### PROGRAMS FOR EVERYONE



#### **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 time and dates listed.

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

Age All ages Location Wonders Multi-Sensory Room, Lisle			
Day(s)	Time	\$	Date(s)
SU	11:00am-3:00pm	\$9	9/24
SU	11:00am-3:00pm	\$40	10/1-10/29
SU	11:00am-3:00pm	\$27	11/5-11/19
SU	11:00am-3:00pm	\$18	12/3, 12/10
	Wonders  Day(s)  SU  SU  SU	Day(s)         Time           SU         11:00am-3:00pm           SU         11:00am-3:00pm           SU         11:00am-3:00pm	Wonders Multi-Sensory Room, Lisle           Day(s)         Time         \$           SU         11:00am-3:00pm         \$9           SU         11:00am-3:00pm         \$40           SU         11:00am-3:00pm         \$27



SEASPAR's annual showcase of participants with disabilities' talents in performing arts such as song, music, dance, and more!

> This year's showcase of talent will be hosted live and in-person at the Lemont High School Performing Arts Center on December 11. The public is encouraged to attend this event.

# **DECEMBER 11**



If you are interested in performing in this year's Holiday Spectacular, please contact Kim Huggins by Monday, November 6. Call 630.960.7600 or email khuggins@seaspar.org.

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# **CHILDREN & YOUNG TEENS** WEEKLY PROGRAMS



#### **CHILDREN & YOUNG TEENS**

#### **STRIKE FORCE**







Do you love hanging out with friends and bowling? Join us at Suburbanite Bowl while we hang out with friends and throw some strikes.

Note: Please only register for one bowling program between Strike Force, Bowling at Lisle Lanes, and Bowling at Suburbanite.

Age Location	13-22 Suburbanite Bowl, Westmont			
Code	Day(s)	Time	\$	Date(s
2-010-01-1	М	5:30-6:30pm	\$80 10/16, 10/30	9/18, 10/02 , 11/13, 11/2

#### **SHUTTERBUGS**







New program alert! Put on your walking shoes and grab your phone or electronic device as we explore our surrounding communities and practice photography techniques. If you do not have an electronic device capable of taking pictures, we have limited iPads available to borrow for the program. Photos will be submitted to the program coordinator at the end of each program. The last day of the program you will choose your final pictures and create your own description for your

Note: All selected photos will be put on display at Lemont High School an hour prior to our Holiday Spectacular.

Age	13-22
Location	SEASPAR, Downers Grove

Code	Day(s)	Time	\$	Date(s)
2-010-02-1	М	5:30-6:30pm	·	9/25, 10/09, , 11/20, 12/04

#### NEED HELP? LET US HELP.

Your kiddo is guaranteed a good time when Recreation Coordinator Sylvia Dobbins is around!

Have questions about weekly programs or special events for children and young teens? Contact Sylvia!

#### **SYLVIA DOBBINS**

sdobbins@seaspar.org • 630.960.7664

#### **CHILDREN & YOUNG TEENS**

#### **MUSIC AND ME**



Age



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!

Location	vvesimon	r Community Center		
Code	Day(s)	Time	\$	Date(s)
2-010-03-1	TU	5:15-6:00pm	\$126	9/19-12/5

#### **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 Location	9-15 Westmon	15 estmont Community Center		
Code	Day(s)	Time	\$	Date(s)
2-010-04-1	TU	6:15-7:00pm	\$126	9/19-12/5

#### **HAPPY FEET**







We got the beats and you got the moves! Come dance with us while you learn new skills that will increase your overall rhythm and even skills that will focus on fine motor, gross motor, and your overall sensory system! Bring your dancing shoes and those happy feet!

Note: This program will meet in the upstairs dance room.

3-9 Westmont Community Center Location

Code	Day(s)	Time	\$	Date(s)
2-010-05-1	W	5:00-6:00pm	\$84	9/20-12/6

#### **FRIDAY FOODIES**





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 get to prepare them in a state-of-the-art kitchen!

Note: Please only register for one cooking program between Friday Foodies and Cooking with SEASPAR.

Age 13-22 Location Clarendon Hills Community Center				
Code	Day(s)	Time	\$	Date(s)
2-010-06-1	F	4:15-5:00pm	\$68	9/22-12/1

No Program Dates	11/24

#### **SATURDAY SUPERSTARS**



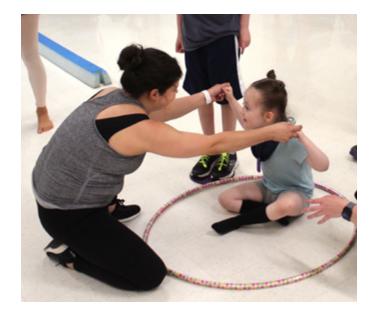




Join us in Lisle as we start our Saturdays off right with friends and fun! Each week we'll spend time in our Wonders Multi-Sensory Room, dance, play, and more while enjoying time with friends. A snack will be provided at program.

Age Location	7-15 Lisle Recr			
Code	Day(s)	Time	\$	Date(s)
2-010-07-1	SA	9:00-11:00am	\$93	9/23-12/9





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#### **APPLE PICKING**





We're heading out west to pick some apples! First we'll be having lunch at Portillo's and then driving to Kuiper's in Maple Park for some apple picking. Lunch and a bag of apples from Kuiper's are provided by SEASPAR.

Pairs nicely with **Saturday Superstars** on page 18.

Age Lisle Recreation Center Location

Code Day(s) Time Date(s) \$60 9/23 2-200-01-1 SA 11:00am-3:30pm

#### **PICK A PUMPKIN**





It's the great pumpkin! We're heading to Bengston's Farm in Homer Glen to pick a pumpkin and enjoy some attractions. Lunch at Culver's and a pumpkin are provided by SEASPAR.

Pairs nicely with Saturday Superstars on page 18.

*7*-15 Aae

Lisle Recreation Center Location

Code Day(s) Time \$ Date(s) 2-200-02-1 SA 11:00am-3:30pm \$70 10/7

#### **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! Snacks are provided by SEASPAR.

Note: Please bring a sack lunch to program.

5-15 Age Lisle Recreation Center Location Date(s) Code Day(s) Time 2-200-03-1 9:30am-3:30pm \$80 10/9

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



#### **MEMORIES** FOR A LIFETIME.

PAGE 19-20

#### NEED HELP? LET US HELP.



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

SYLVIA DOBBINS sddobbins@seaspar.org • 630.960.7664

#### **ENCHANTED CASTLE**





The magic awaits in Lombard! We'll hang out with friends as we play new games try to get the high score, and have lots of fun! Snacks are provided by SEASPAR.

Note: Please bring a sack lunch to program.

Pairs nicely with Saturday Superstars on page 18.

Age Location	7-15 Lisle Recreation Center				
Code	Day(s)	Time	\$	Date(s)	
2-200-04-1	SA	11:00am-2:30pm	\$60	10/21	

#### HALLOWEEN BINGO BOWLING





Bowling in your Halloween costume? Sounds like fun! We'll be heading to Suburbanite Bowl in Westmont to play bingo bowling and have some spooky fun! Lunch is provided by SEASPAR!

Pairs nicely with Saturday Superstars on page 18.

Age *7*-15 Location Lisle Recreation Center Code Day(s) \$ Date(s) 2-200-05-1 SA 11:00am-2:30pm \$50 11/4

#### FRIENDSGIVING FAVORITES





Feast on your favorites with your SEASPAR friends while we play games and more! An email will be sent out closer to the event asking for your participants favorite food. SEASPAR will then provide it at program.

Pairs nicely with Saturday Superstars on page 18.

Age Location	7-15 Lisle Recreation Center				
Code	Day(s)	Time	\$	Date(s	
2-200-06-1	SA	11:00am-2:00pm	\$40	11/18	

#### THANKSGIVING BREAK CAMP







Looking for something to do before Thanksgiving? Spend time with friends as we explore a variety of fun games, sports, crafts, movies, and playing at the indoor playground. Snacks are provided by SEASPAR.

Note: Please bring a sack lunch to program.

Age Park District of La Grange Location \$ Code Day(s) Time Date(s) \$80 11/22 2-200-07-1 W 9:30am-3:30pm

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

#### WE ROCK THE SPECTRUM







Climb, swing, and explore at the sensory gym space at We Rock the Spectrum in Palatine. Lunch is provided by SEASPAR.

Pairs nicely with Saturday Superstars on page 18.

Location Lisle Recreation Center Code Day(s) Time \$ Date(s) 2-200-08-1 11:00am-3:00pm \$60 12/2

#### **WINTER BREAK CAMP**





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

Note: Please bring a sack lunch to program.

Age Location	5-15 Lisle Recreation Center					
Code	Day(s)	Time	\$	Date(s)		
2-200-09-1	TU	9:30am-3:30pm	\$80	12/26		
2-200-10-1	W	9:30am-3:30pm	\$80	12/27		
2-200-11-1	TH	9:30am-3:30pm	\$80	12/28		
2-200-12-1	F	9:30am-3:30pm	\$80	12/29		
2-200-13-1	TU	9:30am-3:30pm	\$80	1/2		
2-200-14-1	W	9:30am-3:30pm	\$80	1/3		
2-200-15-1	TH	9:30am-3:30pm	\$80	1/4		
2-200-16-1	F	9:30am-3:30pm	\$80	1/5		

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

#### **TEEN & ADULT TEEN & ADULT**



#### **AFTERNOON ADVENTURES**





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

**TEEN & ADULT** 

**BRING OUT** 

**YOUR BEST!** 

PAGES 21-26

WEEKLY PROGRAMS

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 once the group has decided its schedule.

Age Location	16+ Lisle Recr	16+ Lisle Recreation Center				
Code	Day(s)	Time	\$	Date(s		
2-030-01-1	М	3:15-6:15pm	\$300	9/18-12/14		

#### **WALKING CLUB WEST**







Walk your way to better health and be social! What better way to get your steps in for the day than by walking with friends? Join us as we walk around scenic Lisle Community Park. We will enjoy nature, chats with friends, and the benefits of a great cardiovascular workout!

Age Location	16+ Lisle Recreation Center			
Code	Day(s)	Time	\$	Date(s)
2-030-02-1	М	4:15-5:00pm	\$88	9/18-11/6

#### 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



#### **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. Due to the nature of this program, participants must be able to tolerate being in the community for prolonged periods of time and tolerate change in schedules. A schedule of activities will be posted on the SEASPAR website prior to program season. Activities are subject to change. Times may vary per date.

Age Location	16+ SEASPAR	, Downers Grove		
Code	Day(s)	Time	\$	Date(s)
2-030-03-1	TU	9:30am-3:30pm	\$279 10/17, 11/7	9/19, 10/3, , 11/14, 11/28
No Prog	gram Date	S		10/31

#### **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 get to prepare them in a state-of-the-art kitchen!

Fans of this in-person program may also enjoy our virtual cooking class held on Mondays. See page 37 for details.

Age 16+ Location Clarendon Hills Community Center				
Code	Day(s)	Time	\$	Date(s)
2-030-04-1	TU	4:15-5:45pm	\$12 <i>7</i>	9/19-12/5
No Prog	gram Date	s		10/31

#### **BOWLING AT LISLE LANES**





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



Age Location	16+ Lisle Lanes			
Code	Day(s)	Time	\$	Date(s)
2-030-05-1	TU	4:15-5:15pm	\$166	9/19-12/5

#### **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, woodworking, and more. All levels of experience are welcome, especially anyone looking to try something new.

Age ocation	16+ Darien C	16+ Darien Community Center			
Code	Day(s)	Time	\$	Date(s)	
2-030-06-1	TU	5:00-6:00pm	\$74	9/19-12/5	

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#### **SOUP OR SALAD**

Don't spoil your appetite! Soup or Salad is all about dinner with the best company. Participants will have a soup-er time enjoying dinner at various locations around the area alongside fellow SEASPAR friends.

Note: A schedule of restaurants will be on the SEASPAR website prior to program season.

Pairs nicely with **Bowling at Lisle Lanes** on page 22

Age Location	16+ See Transportation			
Code	Day(s)	Time	\$	Date(s)
2-030-07-1	TU	See Transportation	\$200	9/19-12/5

Transportation

SEASPAR: 5:30-7:30pm Transportation will be provided for bowlers from Lisle Lanes to the restaurant. Pick up will be at SEASPAR at 7:30pm.



#### **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!

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

Age Location	16+ Darien Co	ommunity Center		
Code	Day(s)	Time	\$	Date(s)
2-030-08-1 2-030-08-2	TU TU	6:15-7:15pm 6:15-7:15pm	\$45 \$37	9/19-10/24 11/7-12/5



#### **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 Location	16+ Suburbar	nite Bowl, Westmont		
Code	Day(s)	Time	\$	Date(s
2-030-09-1 2-030-09-2	W W	4:15-5:15pm 5:30-6:30pm	\$166 \$166	9/20-12/0 9/20-12/0

#### **ROLE PLAY**





Express yourself, gain confidence, and socialize while acting in a fun, relaxed setting. Participants work on new scenes each week in this non-performance based acting class. The program focuses on group activities and improvisation. Get ready to move and be a star in this exciting program! bowling!

Note: Please wear comfortable clothes and bring a water bottle.

Age Location	16+ Darien C	ommunity Center			
Code	Day(s)	Time	\$	Date(s)	
2-030-22-1	W	5:30-6:30pm	\$84	9/20-12/6	

#### **ACTORS GUILD**



Lights. Camera. Action! This program is led by Christine Grohne of Actors with Special Needs. Actors Guild is designed to build self-esteem, enhance character, and motivate everyone to do their best. No acting experience is necessary. This program encourages family and friends to practice lines with participants in order to prepare them for their final performance!

Location	Lincoln C	enter, Downers Grove		
Code	Day(s)	Time	\$	Date(s)
2-030-10-1	W	4:30-6:30pm	\$98	9/20-12/6



#### **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

Note: Please bring a water bottle to program. Athletic apparel and gym shoes are required. No jeans allowed.

Age Location	16+ Clarendo	on Hills Community Center		
Code	Day(s)	Time	\$	Date(s
2-030-12-1	TH	4:15-5:00pm	\$98	9/21-12/7



11/23

#### **DAY TRIPPERS**







Everyone loves a good spin-off of a fan favorite! Join SEASPAR staff and fellow Day Tripper adventurers for exciting voyages throughout our beautiful communities. This session of Day Trippers 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. Due to the nature of this program, participants must be able to tolerate being in the community for prolonged periods of time and tolerate change in schedules. A schedule of activities will be posted 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	
2-030-11-1	TH	10:00am-2:00pm	\$213 10/19, 11/2	9/21, 10/5 2, 11/16, 11/30	



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#### 

**WALKING CLUB EAST** 

Welcome to Walking Club East! What better way to get our steps in for the day than by walking with friends? We will enjoy walking and talking to our friends while getting a great cardiovascular workout!

Age Location	16+ Park Distr	ict of La Grange				
Code	Day(s)	Time	\$	Date(s)		
2-030-13-1	TH	4:15-5:00pm	\$81	9/21-12/7		





#### **GLEE CLUB**



25



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 Location	16+ Darien Sp	Sportsplex			
Code	Day(s)	Time	\$	Date(s)	
2-030-14-1	TH	5:00-6:00pm	\$79	9/21-12/7	



#### AT THE MOVIES 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

Note: A movie snack will be provided by SEASPAR at the theater. Additional snacks will need to be paid for by the participant.

Age Location	16+ Cinemark	c at Seven Bridges, Woodridge			
Code	Day(s)	Time	\$	Date(s	
2-030-15-1	TH	TBA	\$95 10/	9/28, 10/12 '26, 11/9, 12/7	

#### 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

Note: A movie snack will be provided by SEASPAR at the theater. Additional snacks will need to be paid for by the participant.

Age Location	16+ AMC Qu	arry Cinemas, Hodgkins				
Code	Day(s)	Time	\$	Date(s)		
2-030-15-2	TH	TBA	\$95 10	9/28, 10/12, 0/26, 11/9, 12/7		

#### **SOCIAL CLUB** EAST







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

Note: Monster Mash Dance, The Ultimate Sports Dance Party, and Holiday Dinner Dance are included in the schedule. A schedule can be found on our website at SEASPAR.org.

Age Location	16+ Grand Av	venue Community Cer	nter, Western S	prings
Code	Day(s)	Time	\$	Date(s)
2-030-17-1	F	See Schedule	\$244	9/22 - 12/8





#### **SOCIAL CLUB** WEST





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

Note: Monster Mash Dance, The Ultimate Sports Dance Party, and Holiday Dinner Dance are included in the schedule. A schedule can be found on our website at SEASPAR.ora

Age Location	16+ Lisle Recr	eation Center		
Code	Day(s)	Time	\$	Date(s)
2-030-18-1	F	See Schedule	\$244	9/22 - 12/8

#### **YOUNG ADULT CLUB**







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.

fun. It's the perfect opportunity to make new friends and reconnect with old ones.

Age Location	16-25 See Trans	sportation		
Code	Day(s)	Time	\$	Date(s)
2-030-19-1	SA	See Schedule	\$211 10/	9/30, 10/14, 28, 11/11, 12/9

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

# SOCIAL NETWORK

#### **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

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 once the group has decided its schedule.

Age Location	26+ See Trans	sportation		
Code	Day(s)	Time	\$	Date(s)
2-030-20-1	SA	See Schedule	\$232 10/21, 11/4	9/23, 10/7, 4, 11/18, 12/2
☐ Transper	ortation			2: 5:30-9:30pm : 6:00-9:00pm

#### **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.

Note: A schedule of restaurants will be on the SEASPAR website prior to program season.

Age Location	16+ See Trans	sportation		
Code	Day(s)	Time	\$	Date(s
2-030-21-1	SU	See Schedule	\$185 10/2	10/1, 10/1 <u>:</u> 29, 11/12, 12/1

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

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#### **TEEN & ADULT**

#### **ENTERRIUM ARCADE AND DINNER**





From old-school classic video games such as PAC-MAN to the latest and greatest, Enterrium in Schaumburg offers over 150 games from Wheel of Fortune to Space Invaders and more. Dinner and games are provided by SEASPAR.

Age Location	16+ See Transportation				
Code	Day(s)	Time	\$	Date(s)	
2-200-26-1	SA	See Transportation	\$72	9/23	
Transp	ortation		SEASPAR	: 3:30-8:30pm	

Denning: 4:00-8:00pm



#### **BENGSTON'S PUMPKIN FESTIVAL**





Experience an afternoon of fun at the Bengston's Pumpkin Fest in Homer Glen. Enjoy a tractor-pulled hayride, explore the haunted barn (if you dare), and giggle in the animated Fun Barn. Come cheer on your favorite pig and yell "sooie" as loud as you can to get the pigs pumped up at the popular pig races. Lunch is provided by SEASPAR.

Age Location	16+ See Trans	sportation		
Code	Day(s)	Time	\$	Date(s)
2-200-27-1	SU	See Transportation	\$105	9/24
Transp	ortation		SEASPAR: 10:0	30am-5:00pm

#### **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?

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

#### LITTLE SHOP OF HORRORS



SEASPAR is heading to skid row to see the Little Shop of Horrors at The Paramount Theatre in Aurora. Meek and mild Seymour Krelborn discovers a strange and unusual plant he names Audrey II. He becomes caught up in a wild scheme attempting to save the love of his life from her evil dentist boyfriend.

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

Age Location	16+ See Transportation				
Code	Day(s)	Time	\$	Date(s	
2-200-28-1	SA	See Transportation	\$85	9/30	

(b) Wheelchair Accessible Code 2-200-28-2 Transportation Denning: 12:45-7:00pm

#### **GOEBBERT'S FALL FESTIVAL**





**FALL 2023** 

Beware of the pumpkin eating dinosaur looking for a delicious pumpkin snack at Goebbert's Farm in Pingree Grove! Enjoy the wagon ride to the pumpkin patch where you can pick your perfect pumpkin and take a walk through the wild west of Western Town where you will find an old-fashioned school house, a train car to climb through, and scenes from what it looked like back in the day.

Note: Please have lunch before attending this event. Dinner will be provided by SEASPAR.

Location	See Trans	sportation		
Code	Day(s)	Time	\$	Date(s)
2-200-29-1	SU	See Transportation	\$125	10/1
Transpe	ortation			12:30-8:00pm : 1:00 <i>-7</i> :30pm

#### **FALL ESCAPE TO LAKE GENEVA**





Enjoy the perfect fall escape in Lake Geneva in Wisconsin as we stay at the Comfort Suites Lake Geneva East. We will spend time exploring the area's distinctive shops, sampling award-winning restaurants, and strolling along the beautiful shore path, plus many more fun activities

Note: Participants share accomodations. Rooms are assigned according to age and gender. Contact Kim Huggins before Monday, August 14, if you want your own room. An additional fee will apply for these arrangements. Staff will not be present in all rooms.

Age Location	16+ See Trans	sportation		
Code	Day(s)	Time	\$	Date(s)
2-200-30-1	F-SU	See Transportation	\$600	10/6-10/8
Transper	ortation			SPAR: 9:30 a.m. SPAR: 5:00 p.m.

#### **FALL HARVEST DANCE**



SEASPAR: 1:15-6:30pm





Your SEASPAR Aktion Club invites you to join us on this fine fall evening at our Fall Harvest Dance. In addition to dancing the night away, our Aktion Club members will be facilitating fun fall games such as Candy Corn Ring Toss, Pumpkin Tic Tac Toe, and more! Come dressed in a Halloween or fall-themed costume. Our Aktion Club members love to give back to their community and peers and have FUN doing it! Light snacks and refreshments are provided during the festivities.

Age Location	16+ Westmont Community Center				
Code	Day(s)	Time	\$	Date(s	
2-200-31-1	SA	6:30-8:30pm	\$25	10/14	





Our Fee Assistance Program makes programs attainable to families with financial restraints through scholarships funded by generosity. Apply confidentially online at SEASPAR.org.



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**TEEN & ADULT** 

SPECIAL EVENTS

LET'S MAKE

TOGETHER.

**TODAY** 

PAGES 27-32

SPECIAL,

**TEEN & ADULT: SPECIAL EVENTS** 

Denning: 11:00am-4:30pm

#### **SCENE 75 ENTERTAINMENT CENTER**





Scene75 in Romeoville, is home to 14 outstanding attractions including a roller coaster, a drop tower, more than 150 state-of-the-art arcade games, the Backyard Eatery, and sweetshop. Play, have a blast, and repeat! A taco dinner and arcade games are provided by SEASPAR.

Age Location	16+ See Transportation				
Code	Day(s)	Time	\$	Date(s)	
2-200-32-1	SU	See Transportation	\$85	10/15	

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

#### **ADLER PLANETARIUM**

16+





Escape to the stars at the Adler Planetarium in Chicago! Marvel at the moon, search for a new ninth planet, take a fast-paced tour of the solar system, get to know the sky above Chicago, and fly through the stars at impossible speeds. Lunch is provided by SEASPAR.

Location	See man	sporiation		
Code	Day(s)	Time	\$	Date(s)
2-200-33-1	SA	See Transportation	\$125	10/21
Transportation				00am-4:30pm 30am-4:00pm

#### **OUT TO EAT AT LIMA FRESCA**





¡HOLA! Join SEASPAR for a festive dinner at Lima Fresca in Woodridge for tacos, enchiladas, salads, and so much more.

Age Location	16+ See Transportation			
Code	Day(s)	Time	\$	Date(s)
2-200-34-1	SU	See Transportation	\$75	10/22
Transper	ortation			: 4:00-7:45pm R: 4:30-7:15pm



#### **MONSTER MASH DANCE**







Do you like to do the mash, the monster mash? Celebrate with friends and show off your costume and dance moves. Join us if you dare at this spooky annual dance! Light refreshments are provided by SEASPAR.

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

Age Location	16+ Benet Ac			
Code	Day(s)	Time	\$	Date(s)
2-200-35-1	F	6:30-8:30pm	\$25	10/27

#### **NORTH AMERICAN PIZZA & CULINARY ACADEMY**





Are you serious about pizza? The North American Pizza & Culinary Academy in Lisle is a one-stop-shop for pizza innovation. Their certified Pizzaioli instructors will guide us as we make our own pizza. You will enjoy pizza, salad, and chef's choice for dessert. Participants will take home dough to try your pizza skills at home. Lunch is provided by SEASPAR.

Note: Participants must be able to stay seated to attend this event.						
Age	16+					
Location	See Transportation					

Code	Day(s)	Time	\$	Date(s)
2-200-36-1	SA	See Transportation	\$95	10/28
Transportation			Denning: 10:	00am-2:00pm

SEASPAR: 10:30am-1:30pm

#### **BLUE SKY FARM**





Meet the goats, mini horses, chickens and more at Blue Sky Farm in Sugar Grove. Laugh, talk, and spend unique time with friends, sharing in a therapeutic and joyful experience. Your memories and picture-perfect moments will last a lifetime! Lunch at Culvers is provided by SEASPAR.



Note: A waiver must be signed to attend this event. Dress comfortably and

Location See Transportation				
Code	Day(s)	Time	\$	Date(s)
1-200-37-1	SU	See Transportation	\$91	10/29
Transper	ortation		•	45am-4:00pm :15am-3:30pm

#### **DAVE AND BUSTERS**





They say it's not about winning or losing, but those people obviously have not been to Dave & Busters in Addison. With hundreds of games to play, everyone leaves feeling like a champion after playing arcade games, air hockey, ping pong, and so much more! Lunch is provided by SEASPAR.

Location	See Trans	sportation		
Code	Day(s)	Time	\$	Date(s)
2-200-38-1	SA	See Transportation	\$78	11/4
Transper	ortation		SEASPAR: 9	:45am-3:15pm

#### **TURKEY BOWL**





Let's see those strikes, spares, and possibly a few turkeys. Everyone gets to take home a memento, and winners take home a turkey. Shoes, ramps, and bowling balls are available at the bowling alley, or you are welcome to bring your own. Lunch is provided by SEASPAR.

Age 16+ Location Suburbanite Bowl, Westmont				
Code	Day(s)	Time	\$	Date(s)
2-200-39-1	SU	11:00am-1:00pm	\$59	11/5

#### **CHARLIE AND THE CHOCOLATE FACTORY**



Tour Willy Wonka's magical and mysterious candy factory in Charlie and the Chocolate Factory at the Paramount Theatre in Aurora. When the factory gates are opened, experience the lifechanging journey through a world of "Pure Imagination," revealed with Wonka's army of curious "Oompa-Loompas." Step behind the gate and discover what awaits.



Note: Please have lunch before attending this event. Participants must be able to stay guiet and seated in the theatre throughout the whole play to attend this event.

Age .ocation	16+ See Trans	sportation		
Code	Day(s)	Time	\$	Date(s)
2-200-40-1	SA	See Transportation	\$85	11/11
& Wheelch	nair Acces	sible Code		2-200-40-2
Transpo	ortation		•	12:45-7:00pm : 1:15-6:30pm

#### **THANKSGIVING BINGO & DINNER**





Add a little extra fun to your fall activities by playing Thanksgiving Bingo with your friends. Prizes will be awarded to winners, but don't worry because everyone will get to take home something fun. A pizza dinner is provided by SEASPAR.

Age Location	16+ Darien Sportsplex				
Code	Day(s)	Time	\$	Date(s	
2-200-41-1	SU	5:00-7:00pm	\$50	11/1	

#### THE ULTIMATE SPORTS DANCE PARTY



Denning: 10:15am-2:45pm



Wear your favorite sports gear and dance the night away with your friends at The Ultimate Sports Dance Party at Benet Academy. Get ready to do the Super Bowl Shuffle and have a wonderful time with your friends. Light refreshments are provided by SEASPAR.

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

Age Location	16+ Benet Ac	16+ Benet Academy, Lisle				
Code	Day(s)	Time	\$	Date(s		
2-200-42-1	F	6:30-8:30pm	\$25	11/1		

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#### **RODGERS + HAMMERSTEIN'S CINDERELLA**

Once upon a time in a faraway land, a young woman wished for a life as beautiful as a fairytale. Experience the classic Rodgers + Hammerstein adaption of Cinderella this holiday season at Drury Lane Theatre in Oakbrook. Enjoy beloved songs, "In My Own Little Corner," "Impossible/It's Possible," and "Ten Minutes Ago," in this magical show for families of all ages.

Note: Please eat before attending this event. Participants must be able to stay quiet and seated in the theatre throughout the whole play to attend this

Age Location	16+ See Trans	sportation		
Code	Day(s)	Time	\$	Date(s)
2-200-43-1	SA	See Transportation	\$120	11/18
AVb a a la	h A	sible Code		2 200 42 2

& Wheelchair Accessible Code	2-200-43-
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Transportation	SEASPAR: 1:00-7:00pm
	Denning: 1:30-6:30pm

#### **FRIENDSGIVING**



31



As we gather to give thanks this year, we invite you to share in the holiday cheer. We will enjoy a delicious Thanksgiving dinner with dessert, and enjoy fun Thanksgiving games with our friends.

Age Location	16+ Lisle Recr	creation Center		
Code	Day(s)	Time	\$	Date(s)
2-200-44-1	SU	5:00-7:00pm	\$70	11/19

Transportation	Denning: 4:15-7:45pm
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#### ST. FRANCIS BOWLING TOURNAMENT





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

Age Location	16+ Suburbar	16+ Suburbanite Bowl, Westmont				
Code	Day(s)	Time	\$	Date(s		
2-200-45-1	F	10:00am-12:00pm	\$30	12/		

#### A CHRISTMAS CAROL AT DRURY LANE





Set in Victorian-era London, Charles Dickens' A Christmas Carol tells the classic tale of Ebenezer Scrooge and the ghosts that visit him one fateful Christmas Eve hoping to change his miserly ways. Brunch will be provided by SEASPAR at Drury Lane and participants will enjoy a visit from Santa after the show.

Note: Participants must be able to stay quiet and seated in the theatre throughout the whole play to attend this event.

Age Location	16+ See Trans	sportation		
Code	Day(s)	Time	\$	Date(s)
2-200-46-1	SA	See Transportation	\$100	12/2
<b>&amp;</b> Wheelc	hair Acces	sible Code		2-200-46-2

SEASPAR: 8:00am-1:45pm

Denning: 8:30am-1:15pm

#### THE MUPPET CHRISTMAS CAROL





Transportation

Enjoy The Muppet Christmas Carol movie with your friends at SEASPAR! Ebenezer Scrooge is held accountable for his dastardly ways during night-time visits by the Ghosts of Christmas past, present, and future. Light refreshments will be provided by SEASPAR.

Age 16+ Location SEASPAR, Downers Grove				
Code	Day(s)	Time	\$	Date(s)
2-200-48-1	SU	2:00-4:00pm	\$47	12/3
Transper	ortation	Denning	: 1:30-4:30pm	



#### **HOLIDAY DINNER DANCE**







Celebrate in style and have a holly jolly good time dancing the night away with your SEASPAR friends. The evening starts with a delicious four-course meal. Don your festive holiday attire to start your holiday season off right.

Note: This event is included with Social Club East and West. Participants must be able to remain seated during dinner.

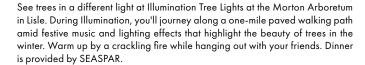
Age 16+ Location Alpine Banquets, Darien				
Code	Day(s)	Time	\$	Date(s)
2-200-49-1	F	6:00-9:30pm	\$57	12/8

#### **ILLUMINATION TREE LIGHTS**





Transportation



**Note:** Please dress appropriately for the weather. Due to the nature of this event, participants must be able to stay with the group and tolerate a lot of walking.

Age Location	16+ See Trans	sportation		
Code	Day(s)	Time	\$	Date(s)
2-200-50-1	SA	See Transportation	\$80	12/9

Denning: 4:00-9:30pm SEASPAR: 4:30-9:00pm

#### **HOLIDAY MAGIC AT BROOKFIELD ZOO**







The zoo lights are bright every year during Holiday Magic at the Brookfield Zoo at Chicagoland's longest-running lights festival featuring over two-million twinkling LED lights! Get ready for bright lights, a magical night, and holiday cheer as we enjoy Brookfield Zoo. Dinner is provided by SEASPAR.

Note: Please dress appropriatlely for the weather. Due to the nature of this event, participants must be able to stay with the group and tolerate a

Location	See Trans			
Code	Day(s)	Time	\$	Date(s)
2-200-51-1	SU	See Transportation	\$130	12/10
Transper	ortation		3:00-9:00pm 3:30-8:30pm	

#### **NEW YEAR'S BASH**

16+





The countdown is on to usher in the new year with style! It seems like yesterday we rang in 2023. Let's send another great year on its way with grand celebration. Party favors and pizza are provided by SEASPAR while you ring in the new year. Don't miss the last dance of 2023!

Age Location	16+ Westmont Community Center				
Code	Day(s)	Time	\$	Date(s	
2-200-52-1	W	4:00-7:00pm	\$35	12/27	



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SEASPAR ATHLETICS



#### **SPARTANS POWERLIFTING (PRE-SEASON)**





<u>Q</u>

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. This is the pre-season program before the competitive season!

Age Location	16+ Downers	16+ Downers Grove Recreation Center				
Code	Day(s)	Time	\$	Date(s)		
2-100-01-1	М	5:00-6:30pm	\$63	10/30-12/4		

#### **SPARTANS BASKETBALL**









Pass, dribble, and shoot! Spartans Basketball returns for another season of high-energy action, teamwork, and sportsmanship. This program will ready players for head-to-head games against other teams in and around our community. Athletes will compete in the Special Olympics Regional basketball tournament that is scheduled in January. A gold medal at the regional event will allow the team to go to the State Basketball Tournament in March.

Age Location	16+ Park District of La Grange or Woodridge ARC				
Code	Day(s)	Time	\$	Date(s	
2-100-02-1	TU	6:30-8:00pm	\$211	11/7-1/30	

#### 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

#### **RHYTHMIC GYMNASTICS**







Increase your coordination and flexibility while learning fun Special Olympic routines, by using balls, hoops, ribbons, and ropes. Athletes have the opportunity to participate in the Special Olympics competition. Participants should wear leotards or fitted clothing and gym shoes.



Note: Competition for Special Olympics Rhythmic Gymnastics is in February or March.

Age 16+ Location	Westmont Community Center			
Code	Day(s)	Time	\$	Date(s)
2-100-04-1	W	6:00 <i>-7</i> :15pm	\$240	11/29-2/21



#### **SPARTANS BOWLING**







Join SEASPAR's bowling team to train for competition! Coaches help you work on your form and techniques to improve your game and prepare those that qualified in July at the Special Olympics Regional Tournament for Sectional Bowling in October!



Note: The Special Olympics Sectional Bowling Tournament will be in October. A gold medal is required from the Regional Bowling Tournament that took place on July 22 in order to participate.

State Bowling is scheduled for December 2, 2023. A gold is required at Regionals and Sectionals Bowling to attend State Bowling.

Age Location	8+ Suburbanite, Westmont				
Code	Day(s)	Time	\$	Date(s)	
2-100-05-1	TH	5:00-6:00pm	\$156	9/7-11/30	
No Prog	ıram Dates			11/23	

#### **SOCCER SKILLS I**



**ATHLETICS** 



Get your kicks with SEASPAR by joining our second season of Soccer Skills! This skill-building program will teach future soccer players the fundamentals needed for success. Lessons are designed to keep players engaged and provide countless opportunities to have fun!

Age Location	3-7 Woodrid	ge ARC		
Code	Day(s)	Time	\$	Date(s)
2-100-06-1	TH	5:00-5:45pm	\$40	8/24-9/28

#### **SOCCER SKILLS II**





Get your kicks with SEASPAR by joining our second seaon of Soccer Skills! This skill-building program will teach future soccer players the fundamentals needed for success. Lessons are designed to keep players engaged and provide countless opportunities to have fun!

Age Location	8-16 Woodrid	S odridge ARC		
Code	Day(s)	Time	\$	Date(s
2-100-07-1	TH	6:00-6:45pm	\$40	8/24-9/2



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11/26





**POWER SOCCER** 

As a newly founded non-conference USPSA Soccer Team, we will practice, play games, and participate in tournaments against the other teams that are part of the league. We are looking forward to starting the season back up and seeing what we can do together!

**Note:** Power wheelchairs are provided by SEASPAR.

Location Westmont Community Center Code Day(s) Time Date(s) 2-050-01-1 8:30-10:30am \$110 9/23-12/9 No Program Dates 11/25





35





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

Age Location	8+ The COR	E, Lemont		
Code	Day(s)	Time	\$	Date(s)
2-100-08-1	SU	1:00-2:00pm	\$145	9/24 - 12/10

No Program Dates













#### **MUSIC LESSONS WITH NANCY**



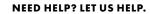


Schedule an individual music lesson with Nancy Urban! Virtual lessons are 30 minutes each and are available Monday through Friday by appointment only. Please request your preferred lesson time at registration.

Age Location	5+ Program held over Zoom				
Code	Day(s)	Time	\$	Date(s)	
2-700-01-1	TBD	By Appointment	\$72	9/18-12/8	
No Program Dates				11/23, 24	







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

chealy@seaspar.org • 630.960.7660

MATT GORECKI, CPRP mgorecki@seaspar.org • 630.960.7627



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**CHRISTINA HEALY, CTRS** 

**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 Location	16+ Program held over Zoom				
Code	Day(s)	Time	\$	Date(s	
2-700-10-1	TH	6:00-6:45pm	FREE	9/21-12/7	



# LOG ME IN, COACH!

#### **COOKING WITH SEASPAR**



37





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 part of nutrition, and make a healthy snack or meal that goes along with our nutrition lesson for the week.

Age Location	16+ Program	am held over Zoom			
Code	Day(s)	Time	\$	Date(s)	
2-700-02-1	М	5:00-5:45pm	\$31	9/18-12/11	

#### **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 Location	16+ Program	16+ Program held over Zoom				
Code	Day(s)	Time	\$	Date(s)		
2-700-03-1	М	6:30-7:45pm	FREE	9/18-12/11		



#### **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 Location	16+ Program held over Zoom				
Code	Day(s)	Time	\$	Date(s	
2-700-04-1	TU	12:00-12:30pm	FREE	9/19-12/5	

#### **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

Age Location	16+ Program	16+ Program held over Zoom				
Code	Day(s)	Time	\$	Date(s)		
2-700-05-1	TU	6:15-7:00pm	FREE	9/19-12/5		

#### **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 Location	16+ Program	16+ Program held over Zoom				
Code	Day(s)	Time	\$	Date(s)		
2-700-06-1	W	1:00-3:15pm	FREE	9/20-12/6		

#### **ROCKET LEAGUE**

**YOGA WITH JEN** 

Location

Code

2-700-07-1







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.

Join our instructor Jen for a yoga class that will be fun and engaging in a

challenging 45-minute virtual format. Each class will focus on balance, strength,

\$

\$10

Date(s)

9/20-12/6

and flexibility. All you need is a yoga mat or towel, and you!

Program held over Zoom

6:00-6:45pm

Day(s) Time



Note: New players can get up to speed with our instructional video on how to download the game, controls breakdown, and game play!

Age Location				
Code	Day(s)	Time	\$	Date(s)
2-700-08-1	W	5:00-6:00pm	\$10	9/20-12/6

#### **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 virtual fitness class!

Location	Program	held over Zoom		
Code	Day(s)	Time	\$	Date(s)
2-700-09-1	TH	5:00-5:45pm	FREE	9/21-12/7
No Prog	gram Date	s		11/23



#### Sunday, September 17 · Suburbanite Bowl, Westmont · 11:30am - 2pm ·

\$40 includes bowling, games, prizes, food, and fun!

#### Mark your calendar!

Registration opens July 10 on SEASPAR.org

#### Now seeking sponsorships!

Contact Morgan at mmason@seaspar.org for details

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**EXPLORE** YOUR SENSES.

PAGES 43-44



#### **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-ofthe-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. 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 Sylvia Dobbins 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



Let Recreation Coordinator Sylvia Dobbins be your guide in your journey through sensory exploration.

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

**SYLVIA DOBBINS** 

sdobbins@seaspar.org • 630.960.7664





#### **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

**FALL 2023** 

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 rocking chair 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

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

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

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.



**SEASPAR.ORG** | 630.960.7600 **MULTI - SENSORY** 





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#### **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.

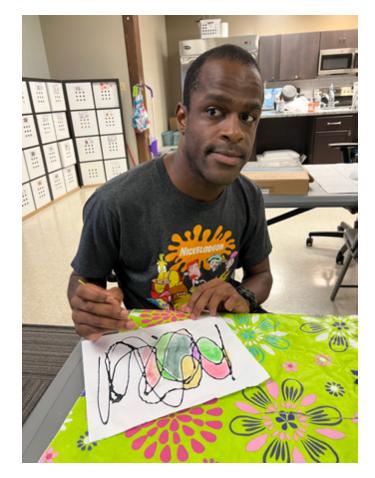
For more information about Aktion Club, contact Bethany Pastrana at 630.960.7609.

#### 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 • 224.250.0528



# 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

3

**FALL 2023** 

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



#### **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 224.250.0528.

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
EILEEN KASH
BRIAN KLAMA
ELISA KEEGAN
KAY O'DONOGHUE

KRISTY PAULEY
AUDREY PETERS
CATHY PRATSCHER
BECKY QUIRK
DAN SKARNULIS
NICOLE STRAWSER

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!

Additionally, we would like to thank all of the substitute staff members who make EAGLES possible throughout the year: Bob Ackermann, Aaron Causey, Chris Lima, Kim Maley, Tanja Murray, Inge Papaeliou, Dawn Pope, Kathy Shanahan, and Lorrie Smietanski.

#### 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.

o two

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

#### **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.

#### **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

The Annual Information Form is available on pages 45-47, or may be submitted online at SEASPAR.org.

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

CODE OF CONDUCT

prior to the start of the program.

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, August 14** 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

#### **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 nonresidents 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 selfesteem, 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
- 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

#### 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,
- 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 FALL WEATHER GUIDELINES FOR CANCELLING PROGRAMS

Outdoor Programs or Programs with Transportation for Participants with Physical Disabilities

**All Other Programs with Transportation** 

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

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).

**SEASPAR.ORG** | 630.960.7600 **PROGRAM POLICIES FALL 2023** 630.960.7600 | SEASPAR.ORG

#### **ANNUAL INFORMATION FORM**

## 2023 Annual Information Form

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

Participant Name _					Age		Birth Date		
Is this a new partic	ipant? □	l Yes □	No If so, how did you	hear about SE	ASPAR?				
Is the participant his	s/her/their	own guard	dian? □ Yes □ No	Participant Co	ell#				
Gender		Prefer	red Pronouns ☐ He/Him	□ She/Her	☐ They/Them	□ Other:			
Address					City			Zip	
			Park Dis						
Parent 1 Name			Cell #		Work #		_ Email		
Parent 2 Name			Cell #		Work #		_Email		
Guardian Name			Cell #		Work #		Email		
Is the participant in	: 🗆 Sc	hool 🗆 -	Γransition Program □ Da	ay Program (oth	her than EAGLES	6) 🗆 Group	Home □ CILA		
School/Program/Fa	acility Nan	ne							
							h Teacher/Casewor	ker □ Y	′es □ No
Weekend and/or F	mergency	# (for aro	up homes/CILAS)						
vvcckcha ana/or E	morgonoy	# (lot gro	1p (1011103) 01L/ (0)						
			Relationship						
			Cell #						
			Relationship						
Home #			Cell #			_ vvork #			<u> </u>
			M	edical Infor	mation				•
Medical Conditi	ons			Jaioai iiiioi	mation				
Disability/Diagnosis	s								
Allergies	□ Yes	⊔ No	(include food allergies an	d 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? ☐ F	Positive	Negative □ N	ot tested			
G-Tube	□ Yes	□ No	(If YES, please attach ins	tructions)					
Hearing Impaired	□ Yes	□ No	Hearing aid(s)?						
Heart Condition	□ Yes	□ No							
Seizures	□ Yes	□ No	(If YES, a Seizure Respo	nse Plan is req	quired)				
Visually Impaired	□ Yes	□ No	Glasses or contacts?						
Other (asthma, chr	onic illnes	s, etc.)							

Page 1

Orug Name (Brand/Generic)	Taken With (e.g., water	r, pudding)	Purpose	
	<u> </u>			
			-	
Please attach sheet with ad	ditional medications if needed.			
participant responsible for s	elf medication at programs? ☐ Yes	□ No		
oes staff need to remind part	cicipant to take medication?	□ No		
spensing can only be changed e participant is accurate. I also all cases, the recommended of SEASPAR to secure from any r payment of any and all medic ecognize and acknowledge the EASPAR administering medica	or modified by amending this form. I here o understand that it is my responsibility dosage of any medication will not be exce licensed hospital physician and/or medica all services rendered. at there are certain risks of physical injury tition, I hereby fully release or discharge SI	y to inform SE reded. If after a Il personnel any y in connection EASPAR, and i	ASPAR if any changes in the diministering medication them treatment deemed necessar with the administering of mets officers, agents, employee	he dispensing of medication occur.  e is an adverse reaction, I give my per ry for immediate care. I agree to be resp edication to the participant. In consider es, and volunteers from any and all clair
spensing can only be changed e participant is accurate. I also all cases, the recommended of SEASPAR to secure from any r payment of any and all medic recognize and acknowledge the EASPAR administering medical juries, damages and losses the other agree to indemnify, hold amages, and losses sustained	or modified by amending this form. I here by understand that it is my responsibility dosage of any medication will not be exce licensed hospital physician and/or medical cal services rendered. at there are certain risks of physical injury	y to inform SE eded. If after a I personnel any y in connection EASPAR, and i nected with, inc cers, agents, e ected with, inci	ASPAR if any changes in the diministering medication them treatment deemed necessar with the administering of mets officers, agents, employee cidental to, or in any way assomployees, and volunteers fredental to or in any way assomptions.	he dispensing of medication occur. The is an adverse reaction, I give my perform for immediate care. I agree to be respected action to the participant. In consider the set, and volunteers from any and all claim sociated with the administering of medical medical with the administering of medical cated with the cated with
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	Transportat	ion Informa	ntion	
Transportation permission in SEASPAR vehicle? ☐ Yes	=			
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 ☐ I	No			
Does this permission apply to all programs? ☐ Yes ☐ No	o If no, please	specify		
Please list carpool friends	·			
Per	sonal/Phys	ical Require	ements	
Assistive Devices	•	•		
Wheelchair □ Yes □ No Type □ Manu	al □ Electric	Transpo	ort only in wheelchair?	□ Yes □ No
Does participant need assistance with transfers? ☐ Yes	□ No	(If YES, a Trans	sfer Plan is required)	
Please indicate if used: ☐ Stroller ☐ Walker ☐ C	Cane/Crutches	☐ Prostheti	ic Device   AFOs	□ Other
☐ Service Animal (please describ	pe)			
What level of assistance does participant need?	Full	Moderate	Independent	Details
Eating/Drinking (cuts food, uses straw, etc.)			_	
Toileting (diapers, catheter, wiping, etc.)  If the participant is not independent for toileting, a Toilet	□ ing Plan is requ	□ µired.		
Hand Washing				
Dressing/Undressing (tying shoes, pulling up swimsuit, etc.)				
Money Handling (monitor for correct change, no concept, etc.)				
Reading (comprehension level, etc.)				
Responsibility (keeping track of belongings, etc.)				
Safety (crossing street, water safety, etc.)				
Please select swimming ability ☐ Cannot swim	☐ Needs p	ersonal flotation	n device	
☐ Can swim one length	of pool without	flotation device	☐ Competitive/mul	ti-lap independent swimmer
Please indicate bowling need ☐ Ramp ☐ Bur	npers			
Ade	ditional Info	rmation/Sig	gnature	
Please list any information concerning the participant that SEASPAR, the better we can meet each participant's need		in ensuring a s	safe and enjoyable prog	ram for him/her/them. The more you tell
SEASEAN, the better we can meet each participant's need	15.			
-				
Indicate friends attending SEASPAR				
Parent/Guardian Signature				_ Date
Participant Signature (if over 18)				

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

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#### DECISTRATION FORM

PROGRAM	NAME	PROGRAM NUMBER							ER			TIME SELECTION (If Applicable)	TRANSPORTATION (IF APPLICABLE)	
Example: Karo	ate	2	-	0	0	0	-	0	3	-	-1			\$6
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Would you like to	include a donatio	on to S	SEAS	SPAR?	If so, p	lease	indic	ate th	e amo	unt to	the rig	ght. <b>Thank you!</b>		\$
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raymem type.	O Check	O Casii	O Money Order	O Credit Cara		
Credit Card:	O MasterCard	O Visa	O Discover	O American Express		
Cardholder Name_						
Account Number				Exp. Date	CVC	
Authorized Signature	e			Today's Date		

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

1 The registration deadline is Monday, August 14 at 4:30pm.

**FALL 2023** 

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

**SEASPAR.ORG** | 630.960.7600 ANNUAL INFORMATION FORM

	REGISTRATI	ON FORM	٨		
Participant's Name					_Birth Date
Address		City			Zip
Has any of your information changed since you comp If yes, please call us at 630.960.7600.	oleted your 2023 AIF?	0	Yes	O No	
Do you have an updated emergency contact? If yes, please call us at 630.960.7600.	O Yes O No				
	WAIVER ANI	RELEASE			
SEASPAR is committed to conducting its recreation pr strives to reduce such risks and insists that all participa and parents/guardians of minors registering for activ You are solely responsible for determining if you or you It is always advisable, especially if the participant is before undertaking any physical activity.	unts follow safety rules and instr ities must recognize that there is ur minor child/ward are physica	uctions that are de s an inherent risk o ally fit and/or ade	esigned of injury equately	to protect the when choos skilled for th	e participants' safety. However, participo sing to participate in recreational activiti e activities contemplated by this agreem
	WARNING	OF RISK			
Recreational activities are intended to challenge a preparation, instruction, medical advice, conditioning and dangers cannot be foreseen. Depending on the plevel or conditioning, carelessness, horseplay, unspot officiating, and other risks inherent to the particular a	g, and equipment, there is still co particular activity, certain risks, or rtsmanlike conduct, premises de	risk of serious in dangers, and inju efects, inadequate	jury whe ries may e or defe	en participat exist due to ective equip	ing in any recreational activity. All haza inclement weather, slips and falls, poor s ment, inadequate supervision, instructior
In virtual program activities, you need to have adequ steps or anything that could cause possible trips or fa the space you have chosen without accidents.					
WAIVER A	ND RELEASE OF ALL CLA	MS AND ASS	UMPTI	ON OF RI	SK
Please read this form carefully and be aware that in si and releasing all claims for injuries, damages or loss with and associated with this activity (including transp	which you or your minor child/	ward might susta	in as a r	esult of part	
I recognize and acknowledge that there are certain injuries, damages or loss, regardless of severity, that claims I or my minor child/ward may have (or accrue volunteers and employees.	my minor child/ward or I may :	sustain as a result	of said	participatio	n. I further agree to waive and relinquish
Lunderstand that SEASPAR carries no medical insuran	oce and the participant's family	must sover any m	edical c	acts incurred	In the event of an emergency Lunderste

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 Participant Signature (if 18 or older)

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.







**SEASPAR.ORG** | 630.960.7600 **REGISTRATION FORM**  SEASPAR's annual showcase of participants with disabilities' talents in performing arts such as song, music, dance, and more!



This year's showcase of talent will be hosted live and in-person at the Lemont High School Performing Arts Center on December 11.

The public is encouraged to attend this event.

## **DECEMBER 11**



#### **Casting Call!**

If you are interested in performing in this year's Holiday Spectacular, please contact Kim Huggins by Monday, November 6. Call 630.960.7600 or email khuggins@seaspar.org.



#HolidaySpectacular2023

### Sunday, September 17

• Suburbanite Bowl, Westmont • 11:30am - 2pm • \$40 includes bowling, games, prizes, food, and fun!

#### Mark your calendar!

Registration opens July 10 on SEASPAR.org

#### Now seeking sponsorships!

Contact Morgan at mmason@seaspar.org for details



4500 Belmont Road Downers Grove, IL 60515

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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

