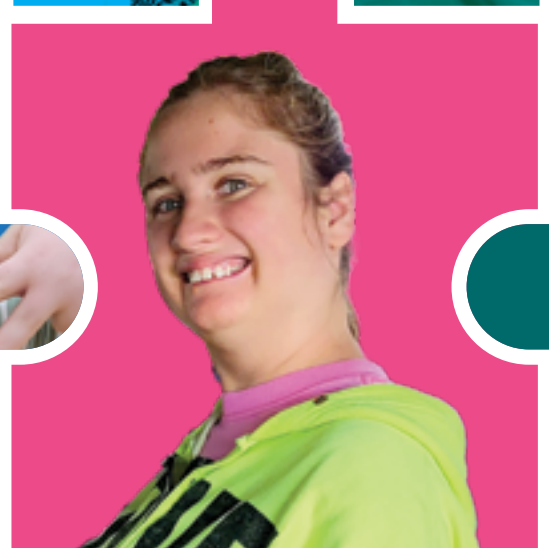


REGISTRATION
DECEMBER 11 - JANUARY 8

SEASPAR
SPECIAL RECREATION ASSOCIATION



winter 2024
spring



CORE VALUES

Fun • Friendships
Caring • Trust
Accountability

VISION

Discover Abilities
Achieve Potential
Realize Dreams

MISSION

Enriching lives
through recreation

YOU ARE THE UNIQUE PIECE OF OUR PUZZLE!
FIND YOUR FRIENDS OR FAVORITE STAFF AND CREATE YOUR OWN PUZZLE.
CUT THE PIECES AND BE CREATIVE!

REGISTRATION: DECEMBER 11 - JANUARY 8

SEASON DATES: FEBRUARY 5 - APRIL 28

GENERAL INFORMATION

- Association Members and Representatives 2
- Directory** 5-8
 - Contact Information 5
 - Program Directory 7-8
 - Program Locations 6
 - Staff 5
 - Transportation 6
 - Fee Assistance Program 3
 - Program Benefits 4
 - Program Policies 45-46
 - Registration Form 48-49
 - Registration Information 3-4
 - Staff Appreciation 9-10

PROGRAMMING

- Athletics** 36-37
- Multi-Sensory** 18-19
- Programs for Everyone** 14
- Music Lessons** 15
- Programs for Children & Young Teens** 17-20
 - Children & Young Teens: Programs 20
 - Children & Young Teens: Special Events 21-23
- Programs for Teens & Adults** 21-32
 - Teens & Adults: Programs 24-25
 - Teens & Adults: Special Events 25-29
- Special Programs** 42-43
 - Aktion Club 42
 - EAGLES Adult Day Program 43
 - Inclusion Services 42
 - S.O.A.R. Program 42
- Virtual Programs** 40-41

ASSOCIATION MEMBERS & REPRESENTATIVES

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

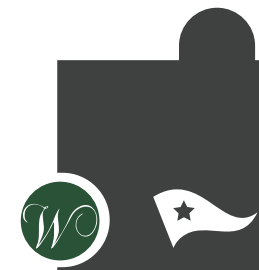
SEASPAR is composed of 12 associated members, which are represented by the following individuals:

Downers Grove Park District 2245 Warrenville Road, Downers Grove	Bill McAdam President
Lemont Park District 16028 127th Street, Lemont	Louise Egofske Vice President
Lisle Park District 1925 Ohio Street, Lisle	Dan Garvy Secretary
Darien Park District 7301 Fairview Avenue, Darien	Stephanie Gurgone Treasurer
Village of Brookfield 8820 Brookfield Avenue, Brookfield	Luke Gunderson
Clarendon Hills Park District 315 Chicago Avenue, Clarendon Hills	Kathy Forzley
Village of Indian Head Park 201 Acacia Drive, Indian Head Park	Amy Eckert
Park District of La Grange 536 East Avenue, La Grange	Jenny Bechtold
Community Park District of La Grange Park 1501 Barnsdale Road, La Grange Park	Jessica Cannaday
Village of Western Springs 1500 Walker Street, Western Springs	Aleks Briedis
Westmont Park District 55 East Richmond Street, Westmont	Bob Fleck
Woodridge Park District 2600 Center Drive, Woodridge	Jenny Knitter

BOARD MEETINGS

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

Board meeting minutes and agendas are available online at SEASPAR.org/Board.



Welcome, Willowbrook!
In September of 2024, the Village of Willowbrook will join SEASPAR as its 13th member, but we are welcoming Willowbrook residents into programs now! See details on the Registration Information page.

REGISTRATION INFORMATION

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

ONLINE SEASPAR.org

FAX 630.960.7601

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

Registration opens on Monday, December 11, and closes on Monday, January 8 at 4:30pm. Registration for all programming is lottery-based and enrollment is not guaranteed; confirmations will be mailed on January 19.

Zoom links for virtual programs will be emailed the week of January 22.

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!



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 an up-to-date ePACT Emergency Form on file.
- Full payment for programs must be received with the registration unless other arrangements have been made.
- Payment may be made by check, money order, cash, or credit card. **Now accepting Visa, MasterCard, Discover, and American Express!**

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



CREDIT/REFUND PROCEDURES

Credits/refunds may be issued for the following reasons:

Participant is Placed on Waitlist: A full credit for the waitlisted program remains on the participant's account for the duration of the season unless the participant cancels from the waitlisted program to receive a refund.

Program is Cancelled by SEASPAR: A full credit for the cancelled program remains on the participant's account, unless the program is rescheduled.

Participant Cancels from a Weekly Program: If a participant cancels at least three (3) business days prior to the start of the weekly program, a full credit for the program remains on the participant's account, minus a \$5 processing fee and any ticket/service/supply fees already incurred. After the first session, if the program is deemed inappropriate for the participant or if the participant is dissatisfied with the program, a full credit for the program remains on the participant's account. After the second session, cancellation results in a prorated credit issued to the participant's account, minus a \$5 processing fee and any ticket/service/supply fees already incurred. Cancellations must be made at least three (3) business days prior to the next session of the program in order to receive a credit for that session of program.

Participant Cancels from a Special Event: If a participant cancels at least three (3) business days prior to the special event, a full credit is issued to the participant's account, minus a \$5 processing fee and any ticket/service/supply fees already incurred. Cancellations made with less than three (3) business days' notice will not result in any credit or refund.

Credits under \$75 remain on a participant's account unless a refund is requested. All credits are automatically applied toward future registrations.

Credits of \$75 or more are automatically refunded if a credit card was used for the original purchase, unless the credit is the result of a waitlist enrollment. In the case of cash/check payment, credits of \$75 or more remain on the participant's account unless a refund is requested.

Refunds will either be issued directly to the credit card used for the original purchase, or in the case of cash/check payment, via check. Check refunds are issued monthly.

To request the refund of an account credit, please call 630.960.7600 or email adminstaff@seaspar.org.

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.

WILLOWBROOK RESIDENTS

Until the Village of Willowbrook officially joins SEASPAR in September 2024, Willowbrook residents should use the In-Person/Fax/Email Registration options to the left. Willowbrook registrations will be processed after current resident registrations. Online registration will be open to Willowbrook residents beginning with the Fall 2024 season.

REGISTRATION MADE EASY

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

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

PROGRAM ANATOMY

- 1. PROGRAM NAME**
This section describes the name of the program. Program names are color-coded by section (e.g., Children & Young Teens, Teen & Adult, etc.)
- 2. PROGRAM BENEFITS**
This section identifies benefits of the program. See below for more details.
- 3. PROGRAM DESCRIPTION**
This section includes a brief description of the program.
- 4. PROGRAM NOTICES**
This section highlights important information the participant should be aware of before registering.
- 5. SESSION INFORMATION**
This section includes information you need to know when selecting your program(s) such as age requirements, location, fee, date, time, no program dates, and registration code.
- 6. ATTENTION AREA**
Identifies important registration and details specific to the program like, wheelchair accessible registration code, transportation details, and dates which the program will not meet.

1 EXAMPLE NAME

2

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

4 Age 5+
Location Darien Sportsplex

Code	Day(s)	Time	\$	Date(s)
3-000-01-1	TU	By appointment	\$108	2/6-4/23
3-000-01-2	TH	By appointment	\$108	2/8-4/25

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

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

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

IDENTIFYING PROGRAM BENEFITS

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

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

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

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

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

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

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

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

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

STAFF

MATT CORSO, CTRS, CPRE
Executive Director

SYLVIA DOBBINS, CPRP
Program Manager

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
Business Manager

LAUREN McVEY, CTRS
Recreation Coordinator

CATHERINE A. MORAVA, CPRP
Adult Day Program Manager

BETHANY PASTRANA, CTRS
Inclusion Manager

LAURA PULIDO
Marketing Coordinator

STEPHANIE STOCKS, CTRS
Recreation Coordinator

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 be 16 or older.

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

MEET STEPHANIE

We're thrilled to welcome Stephanie Stocks as SEASPAR's new Recreation Coordinator in charge of Youth Programming and Day Camp. Stephanie's background, experience, and warm personality make her a great fit for our Rec Team. If you see Stephanie out and about, give her a wave and a hello!



CONTACT US

BY PHONE 630.960.7600
TRS 711

BY EMAIL adminstaff@seaspar.org

PROGRAM HOTLINE 630.960.7582
After hours program status hotline.

SOCIAL MEDIA Facebook.com/SEASPAR
Instagram.com/WeAreSEASPAR

OFFICE HOURS

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

The SEASPAR Office will be closed on:
December 22, 25, 29 January 1

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

AMC QUARRY CINEMAS
9201 W. 63rd Street, Hodgkins

BELMONT GOLF CLUB
2420 Haddow Avenue, Downers Grove

BENET ACADEMY
2200 Maple Avenue, Lisle

CINEMARK AT SEVEN BRIDGES
6500 IL-53, Woodridge

CHUCK'S SOUTHERN COMFORTS CAFE & BANQUETS
8025 S. Cass Avenue, Darien

CLARENDON HILLS COMMUNITY CENTER
315 Chicago Avenue, Clarendon Hills

DARIEN COMMUNITY CENTER
7301 Fairview Avenue, Darien

DARIEN SPORTSPLEX
451 Plainfield Road, Darien

DIANE MAIN PARK
299 W. 59th Street, Westmont

DOWNERS GROVE NORTH HIGH SCHOOL FIELDHOUSE
4436 Main Street, Downers Grove

DOWNERS GROVE RECREATION CENTER
4500 Belmont Road, Downers Grove

FMC NATATORIUM
275 Plaza Drive, Westmont

GRAND AVENUE COMMUNITY CENTER
4211 Grand Avenue, Western Springs

INDIAN BOUNDARY YMCA
711 59th Street, Downers Grove

LISLE RECREATION CENTER
1925 Ohio Street, Door 8, Lisle

LISLE LANES
4920 Lincoln Avenue, Lisle

MIDWESTERN UNIVERSITY
555 31st Street, Downers Grove

MORTON ARBORETUM
4100 IL-53, Lisle

PARK DISTRICT OF LA GRANGE
536 East Avenue, La Grange

RAY'S BAY MULTI-SENSORY ROOM
4211 Grand Avenue, Western Springs

SEASPAR
4500 Belmont Road, Downers Grove

SEVEN BRIDGES ICE ARENA
6690 IL-53, Woodridge

SUBURBANITE BOWL
201 Ogden Avenue, Westmont

THE CORE FITNESS & AQUATIC COMPLEX
16028 127th Street, Lemont

TRUE BALANCE KARATE
406 Ogden Avenue, Downers Grove

WESTMONT COMMUNITY CENTER
75 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

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

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

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

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

Transportation locations may include:


DARIEN
Darien Sportsplex | Parking Lot
451 Plainfield Road, Darien


DENNING
Denning Park | Parking Lot
4901 Gilbert Avenue, La Grange



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

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

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

WEEKLY PROGRAM NAME	   	AGES	DAYS	PAGE
Sensory Seekers	•	All Ages	Mondays	18
Karate	•	All Ages	Mondays	13
Sensory Explorers	•	All Ages	Wednesdays	18
Ice Skating	•	All Ages	Saturdays	13
Sensory Sunday	•	All Ages	Sundays	18
Music and Me!	•	3-8	Tuesdays	19
Happy Feet	•	3-9	Wednesdays	19
Swim Lessons	•	5+	Mon., Tues., Wed., Thurs., Sat.	15
Music Lessons with Nancy	•	5+	Tues., Thurs., or by appt.	14
Saturday Superstars	•	7-15	Saturdays	19
Spartans Tennis	• •	8+	Tuesdays	35
Spartans Bowling	• •	8+	Thursdays	36
SEASPAR Steel Power Soccer	•	8+	Saturdays	37
Spartans Athletics	• •	8+	Sundays	37
Spartans Swim Team	• •	8+	Sundays	37
Rocket League	•	8+	Wednesdays	39
Musical Theater	•	9-15	Tuesdays	19
Strike Force	•	13-22	Mondays	23
Chefs in Training	•	13-22	Wednesdays	24
Video Game Club	•	13-22	Thursdays	24
Young Adult Club	•	16-25	Saturdays	28
Afternoon Adventures	•	16+	Mondays	24
Walking Club West	•	16+	Mondays	25
Spartans Power Lifting	•	16+	Mondays	35
Karaoke	•	16+	Mondays	38
Cooking with SEASPAR (Virtual)	•	16+	Mondays	39
Day Away Tour	•	16+	Tuesdays	25
Cooking with SEASPAR (In-Person)	•	16+	Tuesdays	25
Bowling at Lisle Lanes	•	16+	Tuesdays	25
Creative Corner	•	16+	Tuesdays	25
Soup or Salad	•	16+	Tuesdays	26
Pet Therapy	•	16+	Tuesdays	26
Feast with Friends	•	16+	Tuesdays	39
Game Night	•	16+	Tuesdays	39
Bowling at Suburbanite	•	16+	Wednesdays	26
Rhythmic Gymnastics	•	16+	Wednesdays	35
Movie Club	•	16+	Wednesdays	39
Spartans Flag Football (Pre-Season)	•	16+	Wednesdays	35
Yoga with Jen	•	16+	Wednesdays	38
Day Trippers	•	16+	Thursdays	26
Fit N' Fuel	•	16+	Thursdays	26
Walking Club East	•	16+	Thursdays	26
Spartans Golf (Pre-Season)	• •	16+	Thursdays	36
Glee Club	•	16+	Thursdays	27

WEEKLY PROGRAM NAME	   	AGES	DAYS	PAGE
At the Movies	•	16+	Thursdays	27
Work-in With SEASPAR	•	16+	Thursdays	40
Bingo	•	16+	Thursdays	40
Social Club	•	16+	Fridays	27
Brunch with Besties	•	16+	Sundays	28
Saturday Night Socialites	•	26+	Saturdays	28

SPECIAL EVENT NAME	   	AGES	DAYS/DATES	PAGE
Sensory and Music (Family Event)	•	5-15	Sunday, February 18	20
Spring Into Wonderland (Family Event)	•	5-15	Sunday, March 24	21
Spring Break Camp	•	5-15	Monday-Thursday, March 25-28	21
Morton Arboretum (Family Event)	•	5-15	Sunday, April 21	22
DuPage Children's Museum	•	7-15	Saturday, February 17	20
Day Off School	•	7-15	Monday, February 19	20
Pizza Making and Karaoke	•	7-15	Saturday, March 2	21
LEGOLAND	•	7-15	Saturday, March 16	21
Slime, Slime and More Slime!	•	7-15	Saturday, April 6	22
Springtime Splash	•	7-15	Saturday, April 20	21
Neon Dance Party	•	13-22	Saturday, February 17	23
Midwestern University Valentine's Dance	•	16+	Saturday, February 10	29
Arcade Games and Pizza Party	• •	16+	Sunday, February 11	29
Dave and Busters I	• •	16+	Saturday, February 17	29
Dave and Busters II	• •	16+	Sunday, February 18	29
Hoedown Dance Party	•	16+	Friday, February 23	29
Billy Elliot The Musical	• •	16+	Saturday, February 24	29
Chicago Wolves	• •	16+	Sunday, February 25	30
Out to Eat at Pilot Pete's	• •	16+	Saturday, March 2	31
Bowling at Funway	• •	16+	Sunday March 3	31
Chasers Laser Tag	• •	16+	Saturday, March 9	31
Chicago Blackhawks	• •	16+	Sunday, March 10	31
Luck of the Irish Dance	•	16+	Friday, March 15	31
Chicago Bulls	• •	16+	Saturday, March 16	32
Fiddler on the Roof	• •	16+	Sunday, March 17	32
Medieval Times Dinner & Tournament	• •	16+	Saturday, March 23	32
Top Golf	• •	16+	Sunday, March 24	32
Main Event	• •	16+	Saturday, April 6	33
Three Corners Grill & Tap	• •	16+	Sunday, April 7	33
Bunny Hope Dance	•	16+	Saturday, April 13	33
Hiking at the Morton Arboretum	• •	16+	Sunday, April 14	33
Spring Escape to Wisconsin Dells	• •	16+	Friday-Sunday, April 19-21	33
Beautiful: The Carole King Musical	• •	16+	Saturday, April 27	34
Museum of Science and Industry	• •	16+	Sunday, April 28	34

THANK YOU!

SEASPAR would like to thank all the dedicated and caring support staff and volunteers who put in a lot of time and effort during 2023.

It is our pleasure to recognize the long-term commitment of SEASPAR support staff and volunteers. Listed below are the current staff members who work on weekly programs, special events, inclusion programs, day camps, and EAGLES programs.

20+ YEARS

- Don Egan
- Ann Franczyk
- Larry Franczyk
- Brian Klama
- Todd Krystof
- Tanja Murray
- Gary Naberhaus
- Sharmaine Nardone
- Inge Papaeliou
- Karrie Pece
- Dawn Pope
- Colleen Porritt
- Cheryl Steed
- Jason Steed

16-19 YEARS

- Christine Grohne
- Mindy Jack
- Amy Klama
- Karen Mulroy
- Debbie Murdock
- Sam Oczak
- GeriAnn Ortega
- Karyn Piegari
- Ruby Saraf
- Don Smetko

11-15 YEARS

- Nicole Causey
- Pam Conlon
- Jessi McGinness
- Kelli McGoorty
- Jennifer Molsky
- Steve Murdock
- April Prescott
- Nancy Urban
- ↑ Kevin Wood

6-10 YEARS

- Bob Ackermann
- Ruth Carbon
- Aaron Causey
- Lauren Flentge
- Sarah Jaworski
- Clare Johnson
- Eileen Kash
- Meghan Lieb
- Mia Liebmann
- Barb Lima
- ↑ Kate Moran
- Laura Plemich
- Alyssa Reynolds

Ellie Richards

- Ann Saladino
- Courtney Schmitt
- Ashley Stojkovic
- Nicole Strawser
- Britney Toussaint
- John Weibel
- Sue Willis
- Jenny Young
- Andrew Zelasko

1-5 YEARS

- Eva Bargher
- Katie Bastuga
- Eva Bednard
- Micaela Bjarnson
- Lillian Boor
- Gianna Caponigro
- Ruth Carbon
- Charleigh Cash
- Bella Chlada
- Alyssa Collins
- John Colucci
- Madilynn Corey
- Erica Cyrus
- Erin Dickett
- Lauren Dry
- Joan Durkin
- Nicole Edmeier
- Megan Frey
- Mary Furbush
- Sydney Gorski
- ↑ Sandy Greco
- Natalia Hornik
- Elissa Keegan
- Andrew Kelley
- Abby Knight
- Lexi Kozminski
- Abigail Kresal
- Emma Lafin
- Abby Lawrence
- Emma Lochen
- Lauren Lomax
- Kaitlyn Maas
- Ashley Mall
- ↑ Ryan Marchewka
- Sophia Marczuk
- Sophie McNerney
- Elizabeth Miller
- ↑ Lisa Morici
- Kate Murray
- James Pappa
- Kristy Pauley
- Shea Pauley
- Audrey Peters
- Jo Potts
- Josh Potts
- Michelle Potts
- Colleen Pycioch

- Kyle Quarto
- ↑ Becky Quirk
- Lauren Rapp
- Jennifer Reardon
- Sarah Richtman
- Averie Robertson
- Jozie Rosenwinkel
- ↑ ■ Paul Saladino
- Kathy Shanahan
- Daniel Skarnulis
- Lorrie Smietanski
- Drake Steed
- Emma Thompson
- Amelia Van Stee
- Kamilla Ziminski
- Mia Wiesman
- Grace Wilcox
- Greg Zelasko
- Emily Zimmerman

LESS THAN 1 YEAR

- Tye Abbott
- Mikayla Acovelli
- Anayanancy Bandera
- Savannah Bellow
- Courtney Bland
- Andrea Blankenship
- Elisa Boatman
- Kyle Bramschreiber
- Reilly Britt
- Taylor Brown
- Tessa Burton
- Nora Casey
- Madeline Chmiel
- Bakhita Cunningham
- Ameera Dahleh
- Lucy Daugherty
- Libby DeCero
- Gianluca Di Nunno
- Yamah Dolo
- Molly Downing
- Faith Dunn
- Ryan Earley
- Malini Fisher
- Mike Gallagher
- Fatima Gallegos
- Abbey Goddard
- Mary Godlewski
- Abigail Gorski
- Jake Govro
- Austin Graf
- Grace Gwozdz

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

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

- Connor Hickey
- Perry Kaplan
- Michaela Keating
- Peter Kipp
- Sophia LaBianco
- Sophia Lazar
- Sharon Lyons
- William Lyons
- Kim Maley
- Trisha Mallare
- Kennedy Martinis
- Molly McGhie
- Emily McHugh
- Grace Michel
- Morgan Molsky
- Teagan Moore
- Donna Mulcrone
- Bella Neis
- Kay O'Donoghue
- Ericka Pacheco
- Karis Pechta
- Stephani Pedersen
- Meredith Peebles
- Emily Penning
- Anne Pleune
- Drew Populorum
- Cathy Pratscher
- Devin Rodgers
- Sophie Rodriguez
- Quinn Rogers
- Pricila Sahagun
- Abigail Scantlen
- Jessica Sharenow
- Isabella Sheridan
- Jasper Shorr
- Jessica Smith
- Tiffany Stirling
- Madelyn Sumlin
- Sean Tovey
- Summer Vavra
- Grace Vroman
- Mia Wiggins
- Jamie Young
- Daniel Skarnulis
- Emma Thompson
- Gina Tremonte
- Amelia Van Stee
- Mia Weisman
- Grace Wilcox
- Emily Zimmerman



PART-TIME STAFF AND VOLUNTEERS

160 Weekly Programs, Camp, and Special Event Staff

50 Inclusion Staff

11 EAGLES Adult Day Program Staff

217 Volunteers

1971 VOLUNTEER HOURS SERVED \$27,600 STAFF COST SAVINGS FROM VOLUNTEERS



strike & share for SEASPAR

50

ATTENDEES

\$6,000

RAISED

THANK YOU TO OUR SPONSORS

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

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Kathy Aguilar
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Culver's of Downers Grove
Cyber Byte Sytes, Inc.
Donna Denz
Downers Grove Park District
Paula Evans *In Honor of Sophia Mc Nerney, Emma Lafin, and All the Extraordinary Counselors at Teen Camp West*
Jamie Evtuch
Gatorade Play It Forward Fund *In Honor of Daniel Watcke - Illinois Gatorade Boys Track & Field Player of the Year*
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Patrick and Janet Word

IN MEMORY OF RANDY NABERHAUS

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Colleen Porritt
P.M. and J.M. Robertson
Ruthann and Charles Vihon
Roy and Pamela Wiemerslage
Carmen and Rick Woodring

IN HONOR OF THE WEDDING OF KRISTA LARSON AND ANDREW MATYSAK

Carole and Roger Barrett
Matthew Beatty

IN HONOR OF MEGAN PEKAR'S BIRTHDAY

Bri
Shannon Rose

IN HONOR OF BRETT ROTELLI'S BIRTHDAY

Karen Burris
Micki Kremer

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

**YOUR SUPPORT
RAISES STARS!**





PROGRAMS FOR EVERYONE

KARATE

Focus and release tension! Non-contact karate training promotes self-control, balance, and focus. Participants can advance through the belt system in pursuit of the coveted black belt. We welcome all skill levels.

Age	All ages			
Location	True Balance Karate, Downers Grove			
Code	Day(s)	Time	\$	Date(s)
3-000-03-1	M	5:30-6pm	\$120	2/5-4/22

ICE SKATING

Improve your skating skills with ice skating lessons. Students and instructors work together with SEASPAR staff to develop skills, coordination, muscle strength, endurance, and fun! It helps skaters reach attainable goals while working toward a long-term goal. Skaters progress at their own pace.

Age	All ages			
Location	Seven Bridges Ice Arena, Woodridge			
Code	Day(s)	Time	\$	Date(s)
3-000-05-1	SA	11:10-11:50am	\$120	2/10-4/27

 No program dates 3/30

WE ARE SEASPAR

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

STEPHANIE STOCKS, CTRS
sstocks@seaspar.org • 630.960.7665

CHRISTINA HEALY, CTRS
chealy@seaspar.org • 630.960.7660

MATT GORECKI, CPRP
mgorecki@seaspar.org • 630.960.7627




MUSIC LESSONS WITH NANCY

Instead of talking about it, let's sing. Make music with Nancy Urban! Music lessons are available Tuesday and Thursday by appointment. When you register, let us know what time and day you prefer.

Age	5+			
Location	Darien Sportsplex			
Code	Day(s)	Time	\$	Date(s)
3-000-01-1	TU	By appointment	\$108	2/6-4/23
3-000-01-2	TH	By appointment	\$108	2/8-4/25

VIRTUAL MUSIC LESSONS

You can schedule an appointment with Nancy Urban for an individual music lesson! Each virtual lesson lasts 30 minutes and is available only by appointment Monday through Friday. Please let us know your preferred lesson time during registration.

Age	5+			
Location	Program held over Zoom			
Code	Day(s)	Time	\$	Date(s)
3-700-01-1	TBD	By appointment	\$108	2/5-4/26
 No program dates				3/29



MUSIC LESSONS

SWIM LESSONS

LIFESAVING SWIM LESSONS!

Swim lessons with SEASPAR and Coach Eve Learn to Swim, certified instructors, are both fun and essential. This class introduces swimmers to basic water skills, breath holding, and a series of submerging progressions that lead to unassisted swimming. Self-confidence and gross motor skills are strengthened through activities. Our swimming lessons are taught in small groups, and individualized assistance is provided as needed.

Note:

Each swim lesson lasts 30 minutes. When registering, please indicate your preferred lesson time. Due to high demand, timeslots cannot be guaranteed. Swimmers can only participate in one aquatics program per season. Please be aware that we share the pools with the public.



SWIM LESSONS THE CORE

Age	+5			
Location	The CORE, Lemont			
Code	Day(s)	Time	\$	Date(s)
3-000-02-1	M	4-6pm	\$228	2/5-4/22

SWIM LESSONS YMCA

Age	+5			
Location	Indian Boundary YMCA, Downers Grove			
Code	Day(s)	Time	\$	Date(s)
3-000-02-2	TU	4-6:30pm	\$228	2/6-4/23

SWIM LESSONS FMC NATATORIUM

Age	+5			
Location	FMC Natatorium, Westmont			
Code	Day(s)	Time	\$	Date(s)
3-000-02-3	W	4-6pm	\$228	2/7-4/24

SWIM LESSONS YMCA

Age	+5			
Location	Indian Boundary YMCA, Downers Grove			
Code	Day(s)	Time	\$	Date(s)
3-000-02-4	TH	4-6:30pm	\$228	2/8-4/25

SWIM LESSONS THE CORE

Age	+5			
Location	The CORE, Lemont			
Code	Day(s)	Time	\$	Date(s)
3-000-02-5	SA	12-3pm	\$209	2/10-4/27
No program dates				3/30

YOUR SUPPORT RAISES STARS!



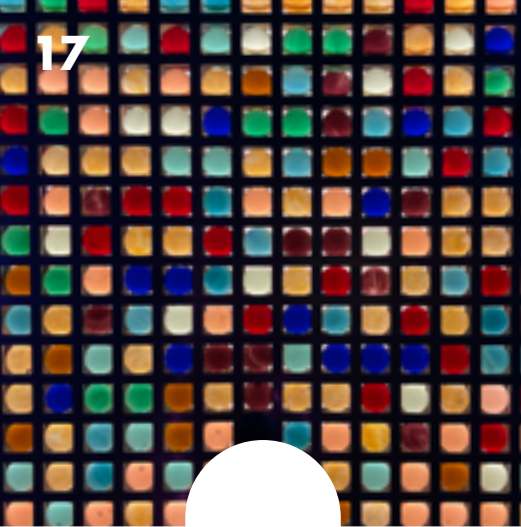
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Become a supporter today by making a secure online donation.



Our organization accepts donations throughout the year, which can be used to support our programs. All donations are tax-deductible.





MULTI-SENSORY

ENGAGE YOUR SENSES

SEASPAR's two multi-sensory rooms, Ray's Bay and Wonders, are designed to engage your senses! In each room, you will be able to experience state-of-the-art technology designed to stimulate your senses through various hands-on equipment and environmental features.

In SEASPAR's multi-sensory rooms, you will find interactive equipment that will soothe your senses in a variety of ways. You can watch the bubbles move and change colors within the bubble tubes, dance to the music as you wave your hand, experience relaxing aromas, and dip your toes into the pond projected on the floor to make the water ripple. With the touch of your hand, you can control the colors and lights, and you can feel the calming coolness of shimmering glass and marble walls.

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

WONDERS MULTI-SENSORY ROOM

Lisle Recreation Center - Door 8
1925 Ohio Street, Lisle



A unique assortment of state-of-the-art equipment features in Wonders, SEASPAR's award-winning multi-sensory room. In the comfort of the room's rocking chair or comfort nook, environmental effects create a calming atmosphere. A variety of devices are available for guests with extra energy to engage in activities designed to instill a sense of curiosity and joy.

A one-way observation window allows parents to observe their child's session.

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 enhance the senses. A relaxing environment is created by environmental sound waves and visual effects, which can be enjoyed from the comfort of the large comfort rocking chair, comfort nook, or lighted waterbed. Visitors who have energy to spare can interact with various devices designed to spark curiosity and joy.

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

Please contact Stephanie Stocks at 630.960.7665 if you would like to learn more about SEASPAR's multi-sensory rooms, or schedule a trial.

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

SENSORY SEEKERS

Wondering what your senses are missing? Explore them! Ray's Bay, SEASPAR's newest multi-sensory room, will allow Sensory Seekers to explore their senses. Four 30-minute sessions are available during the times listed below.

Age	All ages			
Location	Ray's Bay Multi-Sensory Room, Western Springs			
Code	Day(s)	Time	\$	Date(s)
3-090-01-1	M	4-6:15pm	\$108	2/5-4/22

SENSORY EXPLORERS

During Sensory Explorers, participants will experience SEASPAR's award-winning multi-sensory room Wonders. Four 30-minute sessions are available during the times listed below.

Age	All ages			
Location	Wonders Multi-Sensory Room, Lisle			
Code	Day(s)	Time	\$	Date(s)
3-090-02-1	W	4-6:15pm	\$108	2/7-4/24

SENSORY SUNDAY

Take your senses on a weekend getaway! Every Sunday, Sensory Sunday participants experience Wonders, SEASPAR's award-winning multi-sensory room. The program is offered in eight 30-minute sessions on the dates and times listed below.

Age	All ages			
Location	Wonders Multi-Sensory Room, Lisle			
Code	Day(s)	Time	\$	Date(s)
3-090-03-1	SU	11am-3pm	\$27	2/11-2/25
3-090-04-1	SU	11am-3pm	\$36	3/3-3/24
3-090-05-1	SU	11am-3pm	\$36	4/7-4/28



Note:

Please include your preferred session time when registering. Staff will do their best to accommodate your requests, but timeslots are not guaranteed.



NEED HELP? LET US HELP.

Your kiddo is guaranteed a good time when Recreation Coordinator Stephanie Stocks is around!

STEPHANIE STOCKS
sstocks@seaspar.org • 630.960.7665



YOUTH PROGRAMS

MUSIC AND ME!  

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

Age	3-8			
Location	Westmont Community Center			
Code	Day(s)	Time	\$	Date(s)
3-010-01-1	TU	4:15-5pm	\$132	2/6-4/23

 **No program dates** 3/26

MUSICAL THEATER   

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

Age	9-15			
Location	Westmont Community Center			
Code	Day(s)	Time	\$	Date(s)
3-010-01-2	TU	5:15-6pm	\$132	2/6-4/23

 **No program dates** 3/26

HAPPY FEET  

You got the moves, and we got the beats! Dance with us while you learn new skills to increase your overall rhythm and your fine motor, gross motor, and sensory systems. Dance shoes and happy feet are a must!

Age	3-9			
Location	Westmont Community Center			
Code	Day(s)	Time	\$	Date(s)
3-010-03-1	W	4:15-5pm	\$87	2/7-4/24

SATURDAY SUPERSTARS    

Start your Saturday off right with friends and fun in Lisle! Every week, we'll spend time in our Wonders Multi-Sensory Room, dancing, playing, and more. There will be a snack provided at the program.

Age	7-15			
Location	Lisle Recreation Center			
Code	Day(s)	Time	\$	Date(s)
3-010-04-1	SA	9-11am	\$103	2/10-4/27

 **No program dates** 3/30

SENSORY AND MUSIC    

Bring your family for music and movement provided by Dynamic Lynks at SEASPAR's Ray's Bay Multi-Sensory Room are sure to delight!

	Age	5-15 With Family		
	Location	Ray's Bay, Western Springs		
Code	Day(s)	Time	\$	Date(s)
3-200-02-1	SU	1-3pm	\$30/Family	2/18

DUPAGE CHILDREN'S MUSEUM   


Our trip today takes us to the DuPage Children's Museum where we will play and check out all the exhibits. SEASPAR will provide lunch.

 Pairs nicely with Saturday Superstars on page 19.

Age	7-15			
Location	Lisle Recreation Center			
Code	Day(s)	Time	\$	Date(s)
3-200-01-1	TU	11:15am-2:30pm	\$55	2/17

DAY OFF SCHOOL    

Are you looking for something to do on your day off from school? Get to know your SEASPAR friends as we travel around the community! Games, sports, crafts, and an adventure are all part of our day!

 Bring a sack lunch to the program. Snacks will be provided.

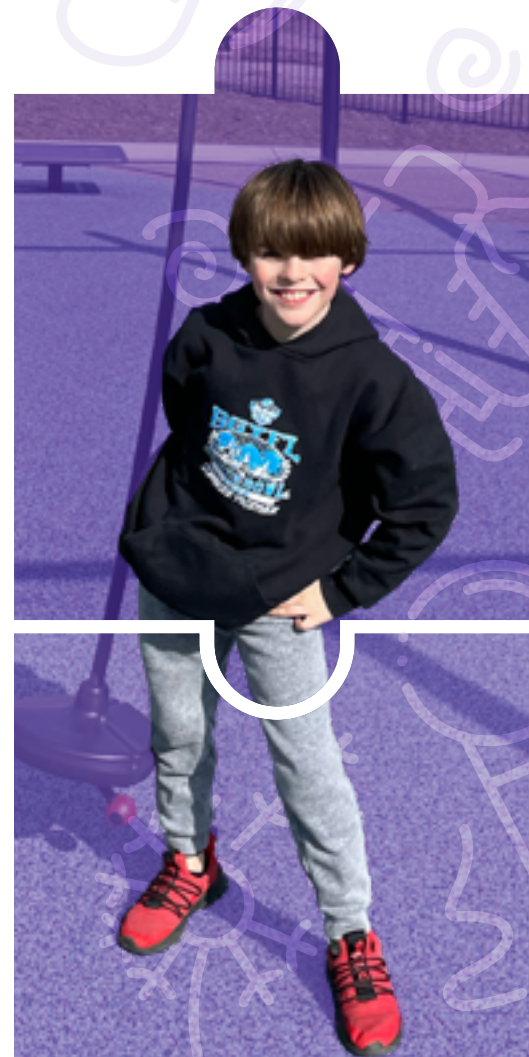
Age	7-15			
Location	Lisle Recreation Center			
Code	Day(s)	Time	\$	Date(s)
3-200-03-1	M	9:30am-3:30pm	\$82	2/19

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

NEED HELP? LET US HELP.

Your kiddo is guaranteed a good time when Recreation Coordinator Stephanie Stocks is around!

STEPHANIE STOCKS
sstocks@seaspar.org • 630.960.7665



STEPHANIE

YOUTH SPECIAL EVENTS

PIZZA AND KARAOKE 🗨️ ⭐ 🎵

It will be a great time for all as we make homemade, personal pizzas and sing some of our favorite songs!

📍 Pairs nicely with Saturday Superstars on page 19.

Age	7-15			
Location	Lisle Recreation Center			
Code	Day(s)	Time	\$	Date(s)
3-200-04-1	SA	11:15am-2pm	\$45	3/2

LEGOLAND 🗨️ 🎵 🎮


We're going on an adventure to LEGOLAND Discovery Center in Schaumburg! Here, you can experience a range of attractions and activities including building projects. Plus, there are plenty of LEGO-themed challenges and play areas. We'd love to have you for a fun day of exploration and adventure! SEASPAR will provide lunch.

📍 Pairs nicely with Saturday Superstars on page 19.

Age	7-15			
Location	Lisle Recreation Center			
Code	Day(s)	Time	\$	Date(s)
3-200-06-1	SA	11:15am-2:30pm	\$70	3/16

SPRING INTO WONDERLAND 🗨️ 🎮

This is a great opportunity to explore a fantasy world at the Wonders multi-sensory room. Your family will be able to take pictures with the White Rabbit, play games, make crafts, and more!

	Age	5-15 / Family Event		
	Location	Wonders Sensory Room, Lisle		
Code	Day(s)	Time	\$	Date(s)
3-200-05-1	S	1-3pm	\$30/Family	3/24

SPRING BREAK CAMP 🗨️ 🎮 ⭐ 🎵 🎮

Get together with your SEASPAR friends during spring break! We play games, play sports, make crafts, and go on community outings. Life skills are also taught and learned. Our SEASPAR community will be strengthened and strong friendships will be built.

⚠️ Bring a sack lunch to the program.

Age	5-15			
Location	Lisle Recreation Center			
Code	Day(s)	Time	\$	Date(s)
3-200-07-1	M	9:30am-3:30pm	\$82	3/25
3-200-08-1	TU	9:30am-3:30pm	\$82	3/26
3-200-09-1	W	9:30am-3:30pm	\$82	3/27
3-200-10-1	TH	9:30am-3:30pm	\$82	3/28

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

SPRINGTIME SPLASH 🗨️ ⭐ 🎵 🎮

We love going to Pelican Harbor Indoor Water Park in Bolingbrook to practice our swimming skills! A splashy day with friends is on the agenda. SEASPAR will provide lunch.

📍 Pairs nicely with Saturday Superstars on page 19.

Age	7-15			
Location	Lisle Recreation Center			
Code	Day(s)	Time	\$	Date(s)
3-200-12-1	SA	11:15am-2:30pm	\$55	4/20



SLIME, SLIME AND MORE SLIME!



Slime time is here! Our fun day will include making a variety of slime recipes and having a lot of goopy, slimey fun! SEASPAR will provide lunch.


📍 Pairs nicely with Saturday Superstars on page 19.

Age	7-15			
Location	Lisle Recreation Center			
Code	Day(s)	Time	\$	Date(s)
3-200-11-1	SA	11:15am-2pm	\$45	4/6

MORTON ARBORETUM 🗨️ 🎮 🎵 🎮

Spring is in the air! Bring your family and get creative with nature-themed crafts in Morton Arboretum's Children's Garden. With all these activities, it's sure to be an enjoyable and enriching experience for all!

⚠️ Your family is welcome to stay after the event and enjoy a day at the Arboretum.

	Age	5-15 With Family		
	Location	Morton Arboretum, Lisle		
Code	Day(s)	Time	\$	Date(s)
3-200-13-1	SU	10:30am-12pm	\$30/Family	4/14



YOUR SUPPORT RAISES STARS! ⭐

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



5-3

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REACH US AT

KELLY@53DIGITALCONSULTING.COM
630-291-4980

53DIGITALCONSULTING.COM



STEPHANIE

TEEN & YOUNG ADULT PROGRAMS

CHEFS IN TRAINING

Experience fun and flavor in this hands-on cooking program that emphasizes step-by-step learning. This class introduces new recipes each week and allows participants to prepare them in a state-of-the-art kitchen! Take part in this class for a culinary journey that will leave you hungry for more!

Age	13-22			
Location	Clarendon Hills Community Center			
Code	Day(s)	Time	\$	Date(s)
3-020-03-1	W	5:30-7pm	\$114	2/7-4/24

VIDEO GAME CLUB

Gamesters, gather! We invite you to socialize with friends and play Nintendo Switch video games every week. Every skill level is welcome!

Age	13-22			
Location	Lisle Recreation Center			
Code	Day(s)	Time	\$	Date(s)
3-020-02-1	W	4:15-5:15pm	\$86	2/8-4/25

NEON DANCE PARTY

We are going to light up the night with a dance party to our favorite songs! We encourage you to wear neon clothing or accessories. We will serve light refreshments during this event. So let's get our groove on and make the night magical!

Age	13-22			
Location	Darien Sportsplex			
Code	Day(s)	Time	\$	Date(s)
3-200-14-1	SA	6-8pm	\$25	2/17

NEED HELP? LET US HELP.

Your kiddo is guaranteed a good time when Recreation Coordinator Stephanie Stocks is around!

STEPHANIE STOCKS
sstocks@seaspar.org • 630.960.7665

STRIKE FORCE

Hanging out with your friends and bowling are two of your favorite things? Suburbanite Bowl is a great venue for socializing with friends! Let's hit some pins!

Age	13-22			
Location	Suburbanite Bowl, Westmont			
Code	Day(s)	Time	\$	Date(s)
3-020-01-1	M	6:30-7:30pm	\$163	2/5-4/22

TEEN & ADULT PROGRAMS



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

AFTERNOON ADVENTURES

Discover our beautiful communities on an exciting journey. You will have an adventure you will never forget while trekking along with friends on journeys of exploration and adventures.

Age	16+			
Location	Lisle Recreation Center			
Code	Day(s)	Time	\$	Date(s)
3-030-01-1	M	3:15-6:15pm	\$312	2/5-4/22

 **Note:** This program requires participants to be able to tolerate being in the community. A schedule of activities will be available on SEASPAR's website before the season starts.



CHRISTINA



WALKING CLUB WEST I

Be social while walking your way to better health! Is there anything better than walking with friends to get in your daily steps? Take a stroll around the Woodridge ARC's track with us. Besides chatting with friends, we will benefit from a great cardio workout!

Age	16+			
Location	Woodridge ARC			
Code	Day(s)	Time	\$	Date(s)
3-030-02-1	M	3:45-4:30pm	\$48	2/5-3/11

Note: Walking Club West's part I is inside! We look forward to seeing you at Walking Club West II when we move outside.

WALKING CLUB WEST II

Take a walk to improve your health and meet new people! Getting your steps in for the day is easier when you walk with friends. Let's walk through the scenic Lisle Community Park. A great cardiovascular workout, nature, and chats with friends await us.

Age	16+			
Location	Lisle Recreation Center			
Code	Day(s)	Time	\$	Date(s)
3-030-02-2	M	4:15-5pm	\$48	3/18-4/22

DAY AWAY TOUR

When every day can be an adventure, why wait for the weekend? Come along for exciting voyages throughout our beautiful communities with SEASPAR staff and fellow Day Away Tour adventurers. Live life to the fullest and experience it with us!

Age	16+			
Location	SEASPAR, Downers Grove			
Code	Day(s)	Time	\$	Date(s)
3-030-03-1	TU	9am-3pm	\$282	2/13,2/27 3/12, 3/26, 4/9, 4/23

Note: If you are registering for Day Away Tour, please select Day Away Tour or Day Trippers. Participants must be able to tolerate being in the community for extended periods of time and being on a schedule that changes frequently. A schedule of activities will be posted on the SEASPAR website prior to the start of the program season. All activities are subject to change. Dates and times are subject to change.

BOWLING AT LISLE LANES

It's time for SEASPAR to go bowling! It's going to be a great evening at Lisle Lanes as we bowl, meet new friends, and throw some strikes. Please take part in SEASPAR for a fun-filled evening of bowling and camaraderie!

Age	16+			
Location	Lisle Lanes			
Code	Day(s)	Time	\$	Date(s)
3-030-05-1	TU	4:15-5:15pm	\$170	2/6-4/23

Pairs nicely with Soup or Salad on page 26.

COOKING WITH SEASPAR

It's an array of food, fun, and friends - in person! It doesn't have to be a chore to prepare meals! This hands-on cooking course emphasizes fun, flavor, and step-by-step learning. Each week, participants learn delicious recipes and prepare them in a state-of-the-art kitchen! Overall, this course is designed to be a delicious and educational experience.

Age	16+			
Location	Clarendon Hills Community Center			
Code	Day(s)	Time	\$	Date(s)
3-030-04-1	TU	4:15-5:45pm	\$132	2/6-4/23

No program dates 3/19

CREATIVE CORNER

Looking for a new way to express yourself through art? You're in the right place! This program explores different forms of art, including clay, paint, woodworking, and more. Every level of experience is welcome, especially those who are curious about trying something new. Participate in this program for an exciting journey of exploration and self-expression!

Age	16+			
Location	Darien Community Center			
Code	Day(s)	Time	\$	Date(s)
3-030-06-1	TU	5-6pm	\$78	2/6-4/23

SOUP OR SALAD

Keep your appetite in check! Dinner with the best company is how "Soup or Salad" is meant to be enjoyed. Along with fellow SEASPAR friends, participants will have a soup-er time savoring dinner at a number of local restaurants. You're sure to have an unforgettable night with delicious food and drinks!

Age	16+			
Location	Various			
Code	Day(s)	Time	\$	Date(s)
3-030-07-1	TU	See Transportation	\$210	2/6-4/23

Pairs nicely with Bowling at Lisle Lanes on page 25. Restaurant schedules will be available on SEASPAR's website prior to program season.

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

PET THERAPY

Spend time with the best friend you could ever ask for! The Rainbow Therapy Dogs provide you with the opportunity to train them in obedience using simple commands. Having unconditional love from these tail-wagging friends builds self-esteem while encouraging sharing, giving praise, and expressing yourself!

Age	16+			
Location	Darien Community Center			
Code	Day(s)	Time	\$	Date(s)
3-030-08-1	TU	6:15-7:15pm	\$48	2/6-3/12
3-030-08-2	TU	6:15-7:15pm	\$48	3/19-4/23

Note: Registration is limited to one session per person.

BOWLING AT SUBURBANITE

It's SEASPAR time to bowl! Suburbanite Bowl is the perfect place to bowl, hang out with friends, and throw some strikes!

Age	16+			
Location	Suburbanite Bowl, Westmont			
Code	Day(s)	Time	\$	Date(s)
3-030-09-1	W	4:15-5:15pm	\$170	2/7-4/24
3-030-09-2	W	5:30-6:30pm	\$170	2/7-4/24

Note: Registration is limited to one session per person.

DAY TRIPPERS

We all love a good spin-off! Explore our beautiful communities with SEASPAR staff and fellow Day Tripper adventurers. Unlike the original program, this Day Trippers session is shorter to encourage participants who are ready to be out in the community, but may benefit from a shorter day.

Age	16+			
Location	SEASPAR, Downers Grove			
Code	Day(s)	Time	\$	Date(s)
3-030-11-1	TH	10am-2pm	\$219	2/15,2/29, 3/14,3/28,4/11,4/25

Note: If you are registering for Day Trippers, please select Day Away Tour or Day Trippers. Participants must be able to tolerate being in the community for extended periods of time and being on a schedule that changes frequently. A schedule of activities will be posted on the SEASPAR website prior to the start of the program season. All activities are subject to change. Dates and times are subject to change.

FIT N' FUEL

For long-term health and overall well-being, regular exercise and physical activity are extremely important. As part of Fit N' Fuel, participants explore different exercise techniques followed by a healthy snack making lesson. Overall, Fit N' Fuel aims to provide participants with the knowledge, skills, and motivation to lead a healthy lifestyle.

Age	16+			
Location	Clarendon Hills Community Center			
Code	Day(s)	Time	\$	Date(s)
3-030-12-1	Th	4:15-5pm	\$112	2/8-4/25

Note: Bring a water bottle. It is required that you wear athletic apparel and gym shoes. Jeans are not allowed.

WALKING CLUB EAST

We are looking forward to seeing you at Walking Club East! Walking with friends is a great way to get your steps in for the day. While we're out walking, we'll also enjoy chatting with friends, and getting a great cardio workout!

Age	16+			
Location	Park District of La Grange			
Code	Day(s)	Time	\$	Date(s)
3-030-13-1	TH	4:15-5pm	\$96	2/8-4/25

GLEE CLUB

Do you want to step up your singing game? We need all the soprano, alto, tenor, and bass voices to band together to make sweet, sweet music. You'll have a lot of fun showing off your talent at Glee Club!

Age 16+
Location Darien Sportsplex

Code	Day(s)	Time	\$	Date(s)
3-030-14-1	TH	5-6pm	\$94	2/8-4/25

AT THE MOVIES SEVEN BRIDGES

There are times when a movie just works better on the big screen! Take a trip to the movies with your SEASPAR friends to see the latest G, PG, or PG-13 movie. The movie title and time will be emailed to you every week.

Age 16+
Location Cinemark at Seven Bridges, Woodridge

Code	Day(s)	Time	\$	Date(s)
3-030-15-1	TH	TBA	\$98	2/8, 2/22, 3/7, 3/21, 4/4, 4/18

Note: SEASPAR will pay for a snack, but participants are welcome to bring extra cash if they want more!

AT THE MOVIES AMC QUARRY

There's nothing better than watching a movie on the big screen! See the latest G, PG, or PG-13 movie with your SEASPAR friends. You'll get the movie title and time every week.

Age 16+
Location AMC Quarry Cinemas, Hodgkins

Code	Day(s)	Time	\$	Date(s)
3-030-15-2	TH	TBA	\$98	2/8, 2/22, 3/7, 3/21, 4/4, 4/18

Note: SEASPAR will pay for a snack, but participants are welcome to bring extra cash if they want more!



SOCIAL CLUB EAST

Friday is Social Club East day! Come out and do awesome activities in the surrounding communities with your friends on Friday nights.

Age 16+
Location Grand Avenue Community Center, Western Springs

Code	Day(s)	Time	\$	Date(s)
3-030-17-1	F	See Schedule	\$253	2/9-4/26

No program dates 3/29

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

SOCIAL CLUB WEST

Fridays are Social Club West's favorite day of the week! On Friday nights, you can participate in awesome activities in our surrounding communities with your friends.

Age 16+
Location Lisle Recreation Center

Code	Day(s)	Time	\$	Date(s)
3-030-18-1	F	See Schedule	\$253	2/9-4/26

No program dates 3/29

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

YOUNG ADULT CLUB

Teens and young adults - this club is for you! We place a strong emphasis on socialization during our activities and outings so that you have fun and also get connected to others. This is the perfect opportunity for you to meet new people and catch up with old friends.

Age 16-25
Location See Schedule

Code	Day(s)	Time	\$	Date(s)
3-030-19-1	SA	See Schedule	\$258	2/10, 2/24, 3/9, 3/23, 4/13, 4/27

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

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

SATURDAY NIGHT SOCIALITES

We offer this program to adults who are ready to venture out on their own, but need a little help getting started. Several outings are offered as part of this program, designed to bring smiles to the faces of the participants.

Age 26+
Location See Schedule

Code	Day(s)	Time	\$	Date(s)
3-030-20-1	SA	See Transportation	\$200	2/17, 3/2, 3/16, 4/6, 4/20

Transportation SEASPAR: 5:30-9:30pm
Denning: 6-9pm

Note: A schedule of activities will be posted to the SEASPAR website after the first meeting.



BRUNCH WITH BESTIES

Weekends are best spent with friends over brunch! While we chat with our friends about our fun adventures through the week, we will enjoy pancakes, avocado toast, and other fan favorites. Brunch is the perfect way to bond with friends, and to treat yourself into a well-deserved break!

Age 16+
Location See Schedule

Code	Day(s)	Time	\$	Date(s)
3-030-21-1	SU	See Schedule	\$228	2/18, 3/3, 3/17, 3/24, 4/7, 4/21

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

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

MIDWESTERN UNIVERSITY VALENTINE'S DANCE

You won't want to miss this awesome Valentine's dance at Midwestern University. There will be light refreshments served at the event.

Age	16+			
Location	Midwestern University, Downers Grove			
Code	Day(s)	Time	\$	Date(s)
3-200-26-1	SA	6:30-8:30pm	\$25	2/10

ARCADE GAMES AND PIZZA PARTY

Pizza and arcade games await you at Papa Passero's in Westmont.

Age	16+			
Code	Day(s)	Time	\$	Date(s)
3-200-27-1	SU	See Transportation	\$80	2/11

Transportation SEASPAR: 9:00am-2:00pm
Denning: 9:30am-1:30pm

DAVE AND BUSTERS

There is something for everyone at Dave and Busters in Addison, from arcade games to dinner.

Age	16+			
Code	Day(s)	Time	\$	Date(s)
3-200-28-1	SA	See Transportation	\$80	2/17
3-200-29-1	SU	See Transportation	\$80	2/18

Note: Dinner is included. Registration is limited to one session per person.

Transportation SEASPAR: 9:45am-3:15pm
Denning: 10:15am-2:45pm

HOEDOWN DANCE PARTY

Howdy, partner! Our Hoedown Dance Party is sure to be a fun time for you and your fellow cowboys and cowgirls. The BBQ meal will be delicious, and we'll have a rootin' tootin' good time.

Age	16+			
Location	Chuck's Southern Comforts Cafe & Banquets, Darien			
Code	Day(s)	Time	\$	Date(s)
3-200-30-1	F	6:30-9:30pm	\$45	2/23

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



BILLY ELLIOT THE MUSICAL

Watch *Billy Elliot* with your friends at the Paramount Theatre in Aurora if you are looking for a fun night out. Bring \$25 for concessions.

Age	16+			
Code	Day(s)	Time	\$	Date(s)
3-200-31-1	SA	See Transportation	\$75	2/24

Wheelchair Accessible Code 3-200-31-2

Transportation SEASPAR: 1:15-6:30pm
Denning: 12:45-7pm

Note: Please have lunch before attending this event. In order to attend this event, participants must remain seated and quiet throughout the entire musical.

TEEN & ADULT SPECIAL EVENTS



KIM

NEED HELP? LET US HELP.

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

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

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

CHICAGO WOLVES

This is a great opportunity for you to watch the Chicago Wolves take on the Iowa Wild at the Allstate Arena. There will be a dinner provided by SEASPAR for all attendees.

Age	16+			
Code	Day(s)	Time	\$	Date(s)
3-200-32-1	SU	See Transportation	\$95	2/25

Wheelchair Accessible Code 3-200-32-2

Transportation SEASPAR: 1:00-7:30pm
Denning: 1:30-7:00pm

Note: Return times are approximate due to the unpredictable length of the game. The staff will attempt to contact families or caseworkers if the group is going to be more than 20 minutes late. In order to participate in the event, participants must be able to stay seated.



OUT TO EAT AT PILOT PETE'S

In Chicagoland, it is impossible to find a better place for lunch than this unique restaurant themed around aviation!

Age 16+

Code	Day(s)	Time	\$	Date(s)
3-200-33-1	SA	See Transportation	\$75	3/2

Transportation SEASPAR: 9:30am-2:30pm
Denning: 10:00am-2:00pm

BOWLING AT FUNWAY

Funway is one of our favorite places to bowl and have lunch!

Age 16+

Code	Day(s)	Time	\$	Date(s)
3-200-34-1	SU	See Transportation	\$45	3/3

Transportation SEASPAR: 10:30am-3:30pm
Denning: 11:00am-3:00pm

CHASERS LASER TAG

Chasers is a place where you can enjoy arcade games and laser tag. We will be having lunch at Chick-fil-A as part of the package.

Age 16+

Code	Day(s)	Time	\$	Date(s)
3-200-35-1	SA	See Transportation	\$85	3/9

Transportation Denning: 10am-4:30pm
SEASPAR: 10:30am-4pm

Note: Please dress comfortably and wear tennis shoes.

CHICAGO BLACKHAWKS

Come see the Chicago Blackhawks take on the Arizona Coyotes at the United Center. Dinner provided by SEASPAR.

Age 16+

Code	Day(s)	Time	\$	Date(s)
3-200-36-1	SU	See Transportation	\$155	3/10

Wheelchair Accessible Code 3-200-36-2

Transportation SEASPAR: 2:30-9:30pm
Denning: 3-9pm

Note: Return times are approximate due to the unpredictable length of the game. The staff will attempt to contact families or caseworkers if the group is going to be more than 20 minutes late. In order to participate in the event, participants must be able to stay seated.

LUCK OF THE IRISH DANCE

You are invited to dress in your favorite green attire to enjoy the latest tunes being spun by our favorite DJ. We will provide refreshments as part of the event.

Age 16+

Location Benet Academy, Lisle

Code	Day(s)	Time	\$	Date(s)
3-200-37-1	F	6:30-8:30pm	\$25	3/15

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



CHICAGO BULLS

Experience the thrill of a Chicago Bulls game at the United Center. Dinner provided by SEASPAR.

Age 16+

Code	Day(s)	Time	\$	Date(s)
3-200-38-1	SA	See Transportation	\$165	3/16

Wheelchair Accessible Code 3-200-38-2

Transportation SEASPAR: 4:30-11:00pm
Denning: 5-10:30pm

Note: Return times are approximate due to the unpredictable length of the game. The staff will attempt to contact families or caseworkers if the group is going to be more than 20 minutes late. In order to participate in the event, participants must be able to stay seated.

FIDDLER ON THE ROOF

Take a seat at Drury Lane for *Fiddler on the Roof*.

Age 16+

Code	Day(s)	Time	\$	Date(s)
3-200-39-1	SU	See Transportation	\$75	3/17

Wheelchair Accessible Code 3-200-39-2

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

Note: Please have lunch before attending this event. In order to attend this event, participants must remain seated and quiet throughout the entire musical.

MEDIEVAL TIMES DINNER & TOURNAMENT

The tournament will be an epic one like no other. Our kingdom's top knights will be fighting each other with brawn and steel in order to determine who will be the one to protect the throne of our kingdom. Let's feast and raise a goblet for our queen at Medieval Times! Lunch is included.

Age 16+

Code	Day(s)	Time	\$	Date(s)
3-200-40-1	SA	See Transportation	\$105	3/23

Wheelchair Accessible Code 3-200-40-2

Transportation SEASPAR: 10:30am-4:30pm
Denning: 11am-4pm

Note: This event requires participants to remain seated and quiet throughout the entire event.

TOP GOLF

Whether you are a golfer or a foodie, Top Golf is the place to be!

Age 16+

Code	Day(s)	Time	\$	Date(s)
3-200-41-1	SU	See Transportation	\$95	3/24


Transportation Denning: 11:15am-3:30pm
SEASPAR: 11:45am-3pm

Note: Make sure to dress appropriately for the weather.

MAIN EVENT   

Main Event is the perfect place for laser tag, games, and lunch!


Age	16+			
Code	Day(s)	Time	\$	Date(s)
3-200-42-1	SA	See Transportation	\$120	4/6

 **Transportation** SEASPAR: 10:15am-2:45pm
Denning: 9:45am-3:15pm

THREE CORNERS GRILL & TAP  

If you are looking for a good place to have lunch in Lemont, try Three Corners Grill & Tap!

Age	16+			
Code	Day(s)	Time	\$	Date(s)
3-200-43-1	SU	See Transportation	\$70	4/7

 **Transportation** SEASPAR: 10:45am-3pm
Denning: 11:15am-2:30pm

BUNNY HOP DANCE   

We've heard of the Cupid Shuffle, the Pop-Lock-N-Drop, the Doo-Wop, but what about the Bunny Hop? Aktion Club invites you to the Bunny Hop Dance, its annual spring fundraiser dance. Make your besties hop along with you! We'll be joined by the SEASPAR Bunny for a surprise appearance and photo opportunity.

Age	16+			
Location	Westmont Community Center			
Code	Day(s)	Time	\$	Date(s)
3-200-44-1	SA	6:30-8:30pm	\$25	4/13

HIKING AT THE MORTON ARBORETUM   

Visit the Morton Arboretum for a beautiful hike through the woods. Lunch is provided.

Age	16+			
Code	Day(s)	Time	\$	Date(s)
3-200-45-1	SA	See Transportation	\$75	4/14


 **Transportation** Denning: 9:45am-3:15pm
SEASPAR: 10:15am-2:45pm


 **Note:** Wear comfortable walking shoes and dress appropriately for the weather.

SPRING ESCAPE TO WISCONSIN DELLS   

Take a Spring Escape to the Wisconsin Dells with SEASPAR! During our stay at the Wilderness Resort Hotel, we will have access to their waterpark, as well as shopping, eating, and other incredible amenities.

Age	16+			
Code	Day(s)	Time	\$	Date(s)
3-200-46-1	F-SU	See Transportation	\$680	4/19-4/21

 **Transportation** Depart from SEASPAR: 9:30am
Return to SEASPAR: 5:30pm

 **Note:** Accommodations are shared by participants. Age and gender are taken into account when assigning rooms. There will not be staff present in all rooms.


BEAUTIFUL: THE CAROLE KING MUSICAL 

We invite you to come watch *Beautiful: The Carole King Musical* at the Paramount Theatre in Aurora with your friends.

Age	16+			
Code	Day(s)	Time	\$	Date(s)
3-200-47-1	Sa	See Transportation	\$75	4/27

 **Wheelchair Accessible Code** 3-200-47-2

 **Transportation** Denning: 12:45-7pm
SEASPAR: 1:15-6:30pm

 **Note:** Please have lunch before attending this event. Bring \$25 for concessions. In order to attend this event, participants must remain seated and quiet throughout the entire musical.

MUSEUM OF SCIENCE AND INDUSTRY  

Experience the wonders of the Museum of Science and Industry while you share your time with your friends. Lunch is provided.

Age	16+			
Code	Day(s)	Time	\$	Date(s)
3-200-48-1	Su	See Transportation	\$110	4/28

 **Transportation** SEASPAR: 9am-4pm
Denning: 9:30am-3:30pm





SPARTANS POWERLIFTING

The disciplined and challenging sport of powerlifting helps athletes achieve their fitness goals. Weekly workout routines help participants learn proper deadlift and bench press technique, while improving their overall fitness level.

Age	16+			
Location	Downers Grove Recreation Center			
Code	Day(s)	Time	\$	Date(s)
3-100-01-1	M	5-6:30pm	\$66	2/12-3/18

Note: The program will compete at the Special Olympics Regional Powerlifting Competition at Marmion High School in Aurora on March 23-24. Competitors who receive gold medals at the regional competition will be invited to compete at the Special Olympics State Summer Games on June 7-9.

SPARTANS TENNIS

With the SEASPAR Tennis program, athletes can improve agility, upper body strength, hand-eye coordination, and overall fitness. For new tennis players, we teach tennis skills, and for veterans, we teach match play.

Age	8+			
Location	Diane Main Park, Westmont			
Code	Day(s)	Time	\$	Date(s)
3-100-02-1	TU	5:30-6:30pm	\$64	4/23-6/11

Note: Special Olympics regional competitions are usually held on the third Saturday in June for match play or individual skills. A gold medal at regionals will qualify an athlete for State Tennis on August 17 at Evergreen Racquet Club in Bloomington.

SPARTANS SOFTBALL

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

Age	16+			
Location	Lemont Park District Softball Field and Diane Main Softball Field Westmont			
Code	Day(s)	Time	\$	Date(s)
3-100-07-1	TU	6:30-8pm	\$148	4/30-7/30

Note: Our teams will compete at the Special Olympics Regional Softball Tournament on Sunday, August 4! If our team receives a gold medal at regionals, they will be eligible to participate in the Special Olympics State Softball Tournament on September 7-8!

SPARTANS FLAG FOOTBALL - PRE-SEASON

As they say, practice makes perfect! Prepare for the 2024 flag football season with fellow SEASPAR athletes. Skills are taught through hands-on drills and guidance on the rules of the game during this program. We look forward to seeing you on the gridiron!

Age	16+			
Location	Woodridge ARC			
Code	Day(s)	Time	\$	Date(s)
3-100-03-1	W	5:30-6:45pm	\$51	4/3-5/8

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

RHYTHMIC GYMNASTICS

Learn fun Special Olympics routines using balls, hoops, ribbons, and ropes.

Age	16+			
Location	Westmont Community Center or Clarendon Hills			
Code	Day(s)	Time	\$	Date(s)
3-100-04-1	W	5-6:15pm	\$148	4/17-6/5

Note: In addition to gym shoes, participants need to wear leotards or fitted clothing. Competitors who receive gold medals at the regional competition in February will be invited to compete at the Special Olympics State Summer Games on June 7-9.

SPARTANS BOWLING

Get ready for competition with SEASPAR's bowling team! The coaches work with you on the form and techniques of your game. Bumpers are not used at Spartans Bowling.

Age	8+			
Location	Suburbanite Bowl, Westmont			
Code	Day(s)	Time	\$	Date(s)
3-100-05-1	Th	5-6pm	\$140	5/16-7/18

Note: The Special Olympics Regional Bowling Tournament will take place on Saturday, July 27. After achieving a gold medal at regionals, the bowler can attend Sectional Bowling on Sunday, October 13. The State Bowling Tournament is scheduled for December 7, 2024. To attend State Bowling, you must earn a gold at Regionals and Sectionals.

No program dates 7/4

NEED HELP? LET US HELP.

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

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

MATT GORECKI, CPRP
mgorecki@seaspar.org • 630.960.7627

SPARTANS GOLF - PRE-SEASON

Come practice your swing at the heated and covered driving range at Belmont Golf Club. Getting back to your clubs after a winter break is important. Our practice session will also include chipping, putting, and driving. Getting ready for the upcoming golf season? This is the program for you!

Age	16+			
Location	Belmont Golf Club, Downers Grove			
Code	Day(s)	Time	\$	Date(s)
3-100-06-1	M	5:30-6:30pm	\$72	4/1-5/6




SPARTANS ATHLETICS    

An athlete who is well-prepared is a good athlete. Train with other athletes for various track and field events. Keeping fit and in shape will prepare you for the return to competition.

Age 8+
Location Downers Grove North High School Fieldhouse

Code	Day(s)	Time	\$	Date(s)
3-100-08-1	SU	9-10am	\$165	2/11-4/28
3-100-08-2	SU	10:15-11:15am	\$165	2/11-4/28

 **Note:** Please register for only one Athletics session. The Special Olympics Spring Games will be held at Marmion High School in Aurora on April 27-28. On June 7-9, athletes who win a gold medal in any event will be sent to the State Summer Games in Bloomington Normal.

 **No program dates** 3/31

SEASPAR STEEL POWER SOCCER



The SEASPAR Steel Power Soccer Team is a non-conference group of players that practices, plays games against other schools, and learns some new skills along the way. The program is designed for individuals with physical disabilities.

Age 8+
Location Westmont Community Center

Code	Day(s)	Time	\$	Date(s)
3-050-01-1	SA	8:30-10:30am	\$77	4/13-5/25

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




SPARTANS SWIM TEAM    

The swimming program prepares advanced swimmers to compete in Special Olympics and invitational competitions. In order to participate in practice, athletes must meet the minimum skill requirements. The practice focuses on improving stroke mechanics and endurance.

Age 8+
Location The CORE, Lemont

Code	Day(s)	Time	\$	Date(s)
3-100-09-1	SU	1-2pm	\$154	2/11-4/28

 **Note:** Those on the swim team are not eligible to take swim lessons at SEASPAR. The Special Olympics Swim Meet will take place at Metea Valley High School in Naperville on March 21.

 **No program dates** 3/31

YOUR SUPPORT RAISES STARS!



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

Become a supporter today by making a secure online donation.



Our organization accepts donations throughout the year, which can be used to support our programs. All donations are tax-deductible.



COOKING WITH SEASPAR

SEASPAR's favorite is back with a twist! From the comfort of your own kitchen, learn how to make simple, healthy foods. Each week, we will learn about a different aspect of nutrition, and make a healthy snack or meal that goes along with it.

Age	16+			
Code	Day(s)	Time	\$	Date(s)
3-700-02-1	M	5-5:45pm	\$33	2/5-4/22

KARAOKE

Sing your heart out and have fun singing karaoke virtually with your friends! To create the playlist, we will ask you to send us your song requests at the beginning of the season.

Age	16+			
Code	Day(s)	Time	\$	Date(s)
3-700-03-1	M	6:30-7:45pm	\$10	2/5-4/22

FEAST WITH FRIENDS

Is there a better way to spend lunch than with SEASPAR? We will have great conversations, catch up with friends, and share our favorite lunches. Take part in the lunch party by making your lunch in advance. We can't wait to see you!

Age	16+			
Code	Day(s)	Time	\$	Date(s)
3-700-02-1	TU	12-12:30pm	\$10	2/6-4/23

GAME NIGHT

The games are about to begin! Every week, we will play a different virtual game with our friends. We will also practice social skills, taking turns, and following rules as we play. This is a program you won't want to miss!

Age	16+			
Code	Day(s)	Time	\$	Date(s)
3-700-06-1	TU	6:15-7pm	\$10	2/6-4/23

MOVIE CLUB

We're calling all movie lovers! We will watch a G, PG, or PG-13 movie every week! Take a seat back, relax, and enjoy the movie with your favorite movie snack in your favorite cozy place at home!

Age	16+			
Code	Day(s)	Time	\$	Date(s)
3-700-07-1	W	1-3:15pm	\$10	2/7-4/24

ROCKET LEAGUE

Make sure you accelerate, jump, pass, and shoot! SEASPAR offers the fast-paced virtual sport of Rocket League. Aside from playing with your friends, you'll also have the opportunity to play against them in exhibition matches. In case you are new to this game, we have an instructional video on how to download, how the controls work, and a sneak peek at the gameplay!

Age	16+			
Code	Day(s)	Time	\$	Date(s)
3-700-05-1	W	5-6pm	\$10	2/7-4/24

YOGA WITH JEN

The virtual class will be led by Jen, a yoga instructor who leads fun and challenging classes. Each class will focus on balance, strength, and flexibility. Your only requirement is a yoga mat or towel, and you!

Age	16+			
Code	Day(s)	Time	\$	Date(s)
3-700-08-1	W	6-6:45pm	\$10	2/7-4/24

WORK-IN WITH SEASPAR

Combining cardio and strength training will give you a full-body workout. You will burn fat, build muscle, and become physically fit by following this program. To do this virtual workout, you can use dumbbells, anything around the house, or even your own body weight!

Age	16+			
Code	Day(s)	Time	\$	Date(s)
3-700-09-1	TH	5-5:45pm	\$10	2/8-4/25

BINGO

Your favorite game is now available virtually! You don't have to leave your house to play bingo with your SEASPAR friends. You will receive the bingo cards so you can play at home.

Age	16+			
Code	Day(s)	Time	\$	Date(s)
3-700-10-1	TH	6-6:45pm	\$10	2/8-4/25



VIRTUAL PROGRAMS



SPECIAL PROGRAMS



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 | KAY O'DONOGHUE |
| PAM CONLON | KRISTY PAULEY |
| EILEEN KASH | AUDREY PETERS |
| BRIAN KLAMA | CATHY PRATSCHER |
| ELISA KEEGAN | BECKY QUIRK |
| JENNIFER MOLSKY | DAN SKARNULIS |
| DEBBIE MURDOCK | 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, Karyn Crider, Barb Lima, Sharon Lyons, Inge Papaeliou, Dawn Pope, Jasper Shorr, and Lorrie Smietanski.



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

S.O.A.R. PROGRAM

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

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

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

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



Inclusion

INCLUSION

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

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

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

AKTION CLUB

Through the joint sponsorship of the Woodridge 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.



SEASPAR

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.

ATLANTOAXIAL INSTABILITY

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

CHECK IN

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

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

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

CODE OF CONDUCT

Participants, staff, volunteers, and parents are expected to exhibit appropriate behavior at all times. The following guidelines have been developed to make SEASPAR's programs safe and enjoyable for everyone. Additional rules may be developed for particular programs and events as deemed necessary by the staff.

CODE OF CONDUCT: IN-PERSON PROGRAMS

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

CODE OF CONDUCT: VIRTUAL PROGRAMS

- Refrain from sharing program information (Zoom meeting code and password) with others. Virtual registrations are not exchangeable.
- Avoid joining programs in which you are not enrolled
- Select a quiet space for your program. Reduce background noise as much as possible.
- Ensure that you have an appropriate background for the group to see.
- Change your name in Zoom to the participant's first name and last initial.
- Follow staff's instructions for taking turns and muting.
- Treat others with respect when speaking and using the chat function. The chat function may be disabled by staff if it is not used appropriately. Participants may be muted or removed from the program if their behavior is disruptive.

DISCIPLINE

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

NEW! EMERGENCY FORM (EPACT)

SEASPAR has partnered with ePACT for the completion of each participant's Emergency Form (previously referred to as the Annual Information Form). The Emergency Form is completed once, then updated by the parent/guardian as changes occur or is reconfirmed annually. Once a participant expresses interest in registering for SEASPAR programs, the parent/guardian is sent an email from ePACT and completes the Emergency Form online. Completion of the Emergency Form is required in order to register for programs.

LATE REGISTRATION

The registration deadline is **Monday, January 8** at 4:30 pm. Many programs fill quickly, and registering by the deadline is the best way to avoid being put on a waitlist. Participants may not be added to a program with less than 48 hours notice.

LOSS OR THEFT

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

MEDICATION DISPENSATION

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

NON-RESIDENT FEE POLICY

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

PARTICIPANT EXPECTATIONS

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

- Clean, dry clothing.
- No bowel/bladder problems upon arrival at the program. If this is a concern, extra clean clothing, cleanup supplies, and Depends garments must be sent with the participant.

- Attention to body odors (should smell fresh).
- Appearance should be clean.
- Appropriate attire for program participation (gym shoes, warm-ups, or loose-fitting clothing for athletic, sports, or exercise programs). If you have a question about attire, call us at 630.960.7600.

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

PARTICIPATION

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

NEW! PARTICIPANT SUPERVISION

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 fifteen minutes that a participant is picked up late or the SEASPAR vehicle is delayed. In extreme cases when a participant must be transported home by SEASPAR, a \$20 fee will be charged to the participant's account in each instance. A notice will be sent to the parent/guardian indicating the fee being charged to the account.

PHOTOGRAPH/VIDEO/NAME USAGE 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. Full names of participants may also be published, especially if they participate in athletics or performing arts programming. If there is a specific reason you or your child/ward cannot be photographed or named, please call us at 630.960.7600

PROGRAM CANCELLATIONS

- A program may be cancelled if the program minimum enrollment is not met.
- Programs may be cancelled due to inclement weather or other emergencies. SEASPAR will either reschedule the program or issue a prorated credit to the participant's account.
- If a participant cannot attend a program, they cannot send a substitute in their 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, day camp transportation, 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 a copy of the WDSRA brochure, contact WDSRA at 630.681.0962 or visit its website at WSDRA.com.

VIRTUAL PROGRAMMING ACCESS AND PASSWORDS

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

WELLNESS GUIDELINES

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

- Fever of 100.4° or higher within the last 24 hours.
- Vomiting within the last 24 hours.
- Persistent diarrhea in conjunction with other symptoms.
- Contagious rash or a rash of unknown origin.
- Persistent cough and/or cold symptoms.
- Eye infections or discharge from the eye.
- Symptoms of mumps, measles, chicken pox, strep throat, flu, impetigo, or Coxsackievirus.
- Fatigue due to illness that hinders participation in a program.
- Runny nose with yellow or green discharge.
- Lice or mites.

Please notify SEASPAR if the participant contracts any contagious illness that will affect attendance at a program. Participants should return to programs at the doctor's recommendation, or, if not under a doctor's care, when the symptoms have clearly passed. In cases of COVID-19, participants may return to programs after quarantine or isolation, based on the current CDC, State, and local guidelines.

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

WEATHER/EMERGENCY CANCELLATIONS



Weekly programs and special events may be cancelled due to inclement weather or other unforeseen circumstances. To check the status of a program, call the SEASPAR office at 630.960.7600 one to two hours before the program begins, or between 3:30-4:30pm for evening programs. If a program is cancelled or an outdoor program is moved indoors, staff attempt to reach all participants to inform them of the change. After hours, program changes are available on the Program Hotline at 630.960.7582. Programs cancelled due to inclement weather or other emergency may be rescheduled; otherwise, a refund will be issued in the form of a credit on the participant's account.

SEVERE 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).

SCAN ME



JOBS THAT
LOVE
YOU BACK

Participant's Name _____ Birth Date _____

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

PROGRAM NAME	PROGRAM NUMBER							TIME SELECTION (If Applicable)	TRANSPORTATION (IF APPLICABLE)	FEE			
Example: Karate	3	-	0	0	0	-	0	3	-	1			\$ 67
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Would you like to include a donation to SEASPAR? If so, please indicate the amount to the right. Thank you!										\$			
TOTAL FEES										\$			

⚠ Full payment must be received with the registration unless other arrangements have been made. **⚠**

Payment may be made by check, money order, cash, or credit card.

Payment Type: Check Cash Money Order Credit Card

Credit Card: MasterCard Visa Discover American Express

Cardholder Name _____

Account Number _____ Exp. Date _____ CVC _____

Authorized Signature _____ Today's Date _____

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

⚠ The registration deadline is **Monday, January 8 at 4:30pm.**

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

Participant's Name _____ Birth Date _____

Address _____ City _____ Zip _____

Has any of your information changed since you completed your Emergency Form? Yes No
 If so, please log into your ePACT account to make updates.

WAIVER AND RELEASE

SEASPAR is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. SEASPAR continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for activities must recognize that there is an inherent risk of injury when choosing to participate in recreational activities.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or has recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

WARNING OF RISK

Recreational activities are intended to challenge and engage the physical, mental, and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning, and equipment, there is still a risk of serious injury when participating in any recreational activity. All hazards and dangers cannot be foreseen. Depending on the particular activity, certain risks, dangers, and injuries may exist due to inclement weather, slips and falls, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and other risks inherent to the particular activity. In this regard, it is impossible for SEASPAR to guarantee absolute safety.

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

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in this activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this activity (including transportation services and vehicle operations, when provided).

I recognize and acknowledge that there are certain risks of physical injury to participants in this activity, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this activity against SEASPAR, including its officials, agents, volunteers and employees.

I understand that SEASPAR carries no medical insurance and the participant's family must cover any medical costs incurred. In the event of an emergency, I understand and authorize SEASPAR staff and officials to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for immediate care for myself or minor child and agree that I will be responsible for payment of any and all medical services rendered.

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

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

Parent/Guardian Signature _____ Date _____

Participant Signature (if 18 or older) _____ Date _____

⚠ PARTICIPATION WILL BE DENIED if the waiver is not signed and dated by parent/guardian. **⚠ PARTICIPATION WILL BE DENIED** if an up-to-date Emergency Form is not on file.

Believe & Achieve

**SEASPAR BELIEVE & ACHIEVE 2024 SPONSORSHIP OPPORTUNITIES**

On Thursday, January 18, 2024, SEASPAR is hosting its annual Believe & Achieve Recognition Banquet at Carlisle Banquets in Lombard. The event is a celebration of remarkable participants, community partners, staff, and volunteers who have made significant contributions to SEASPAR's programming for individuals with disabilities.

The Believe & Achieve event features dinner, an awards presentation, and, new for 2024, a dance party to close out the evening! Approximately 250 SEASPAR staff, participants, and their families attend the event each year. In order to ensure that the event is accessible to all, tickets for participants and staff are free of charge, and guests are charged a nominal fee.

While Believe & Achieve is not a fundraiser, SEASPAR is seeking sponsorships to offset the event costs. Sponsors of this event will showcase their agencies to our audience of people with disabilities and their families, as well as our staff and supporters. Take advantage of this excellent opportunity to demonstrate your commitment to enriching lives through recreation!

If you are interested in becoming an event sponsor, please contact Morgan Mason at 630.960.7622 or mmason@seaspar.org.

Participants and staff - watch for your invitation in the mail!



4500 Belmont Road
Downers Grove, IL 60515

Change Service Requested

POSTMASTER:
Dated Material – Do Not Hold

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

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SERVING THE RESIDENTS OF:

VILLAGE OF BROOKFIELD

CLARENDON HILLS PARK DISTRICT

DARIEN PARK DISTRICT

DOWNERS GROVE PARK DISTRICT

VILLAGE OF INDIAN HEAD PARK

PARK DISTRICT OF LA GRANGE

COMMUNITY PARK DISTRICT OF
LA GRANGE PARK

LEMONT PARK DISTRICT

LISLE PARK DISTRICT

VILLAGE OF WESTERN SPRINGS

WESTMONT PARK DISTRICT

WOODRIDGE PARK DISTRICT



JOBS THAT
LOVE
YOU BACK