



SOUTH WEST SPECIAL RECREATION ASSOCIATION

WINTER 2026 & SPRING 2026 • SEASONAL PROGRAM BROCHURE



Building Community through Recreation

WINTER REGISTRATION DATES

RESIDENT ONLY - PRIORITY • DECEMBER 8 - DECEMBER 12
RESIDENT/NON-RESIDENT/CO-OP • DECEMBER 15 - DECEMBER 19

SPRING REGISTRATION DATES

RESIDENT ONLY - PRIORITY • FEBRUARY 16 - FEBRUARY 20
RESIDENT/NON-RESIDENT/CO-OP • FEBRUARY 23 - FEBRUARY 27

VISIT US AT WWW.SWSRA.ORG OR CALL 708-389-9423

Welcome

A Letter from the Executive Director



Dear SWSRA Family & Friends,

Thank you to all who joined us throughout this past year. We are grateful for your continued support and enthusiasm at our programs and events. This fall, we proudly hosted our 5th Annual Tee Up For SWSRA event which was held at The Meadows Golf Club of Blue Island. We extend our sincere appreciation to all our sponsors for their generosity and commitment to SWSRA. A huge thank you to all those who golfed and made this event a day filled with fun, laughs and memories. We look

forward to another great golf event in 2026. More information and save the dates will come out this Spring.

I am pleased to share that our adult day program, OASIS, continues to thrive. With our flexibility of days enrolled, we are here to meet the needs that best fit your schedule. If you or someone you know is interested in joining OASIS, please contact our office to learn more about the admission process or email us at info@swsra.com.

As we finish out 2025 and look into the new year, SWSRA will once again offer a combined **Winter & Spring Brochure**, filled with a wide variety of recreation opportunities for all ages. Be sure to browse all that our recreation team has planned for this upcoming season.

NEW for adults (spring):


- Kitchen Creations

NEW for early childhood & youth (winter & spring):

- Winter Workshop
- Soccer Skills & Drills

SWSRA wishes all our friends, families and community a safe, joyful, and warm holiday season. We are excited for all that the upcoming year has in store and hope you'll join us for the fun. Be sure to follow our website and social media pages for updates, announcements, and upcoming events.

Best wishes,



Nicolette D. Lahman-Morales, CPRP
Executive Director

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SWSRA will not be liable for typographical errors, incorrect insertions, or omissions contained in this brochure publication. In addition, information is subject to change without notice.

Winter 2026 & Spring 2026, Seasonal Program Brochure

Who We Are

South West Special Recreation Association (SWSRA) is comprised of member districts that include: Alsip Park District, Blue Island Park District, Hickory Hills Park District, Village of Merrionette Park, Midlothian Park District, Palos Heights Parks & Recreation Department, Posen Park District, and Worth Park District.

SWSRA was formed in 1981 to provide year-round quality therapeutic recreation programs and services for individuals with intellectual and/or physical disabilities. SWSRA offers a wide variety of programs for individuals in early childhood through adulthood. These programs are designed to increase independence and enhance the quality of life for each individual. SWSRA works to provide an inclusive environment which allows the participants to thrive in recreational settings with their peers.

This includes but is not limited to individuals who have varying degrees of physical or mental disabilities, learning disabilities, behavior disorders, and hearing or visual impairments.

MISSION STATEMENT

Our mission is to serve individuals with disabilities in their need for recreation so that all persons in our member communities may experience and enjoy positive leisure opportunities.

VISION STATEMENT

SWSRA will be the leading community-based provider of quality therapeutic recreation programs for individuals with disabilities and consistently set new standards of value to meet the changing needs of our participants and our member communities.



ADMINISTRATION & RECREATION TEAM

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BOARD OF DIRECTORS

Alsip Park District

Jeannette Huber

Blue Island Park District

Ted Ruthenberg

Hickory Hills Park District

Renee Chavez

Merrionette Park

Michelle Higgins

Midlothian Park District

Ed Jung

Palos Heights Parks & Recreation Department

Matt Fairbanks

Posen Park District

T.J. Whitcomb

Worth Park District

Robert O'Shaughnessy

CONTACT US

SWSRA Main Office

12521 South Kostner Avenue, Alsip, IL 60803

Phone: 708-389-9423

Fax: 708-389-6458

Website: www.swsra.org

FOLLOW US

Facebook: [South West Special Recreation Association \(SWSRA\)](https://www.facebook.com/SWSRA)

Instagram: [@we_are_swsra](https://www.instagram.com/we_are_swsra)

Twitter: [@SWSRA](https://twitter.com/SWSRA)

Registration

PROGRAM DATES

Winter Season: January 5 - February 28

Spring Season: March 14 - May 9

REGISTRATION DATES

Residents Only - Priority Registration*

Winter Season: December 8 - December 12

Spring Season: February 16 - February 20

Resident/Non-Resident/Co-Op Registration

Winter Season: December 15 - December 19

Spring Season: February 23 - February 27

**Please keep in mind our space is limited and in high demand. We encourage residents to enroll during this priority period. Registration will be processed on a first-come, first-serve basis.*

Any registration that is received prior to your specific registration week will be processed on the second business day of your designated registration week.

HOW TO REGISTER

Complete your registration form and submit the form with payment one of the following ways:

Email: info@swsra.com

Mail: 12521 S. Kostner Ave., Alsip, IL 60803

Fax: 708-389-6458

Drop Off: During regular business hours:
Monday - Friday, 10:00am-4:00pm.

PARTICIPATION AGE GUIDE

To help select the appropriate program for yourself/child, please use this guide to assist you. Please note that some of these may overlap due to cognitive level variations. SWSRA staff may determine appropriate placement if necessary.

Early Childhood (EC): Ages 3-7

Youth: Ages 8-12

Teen: Ages 13-17

Adult: Ages 18 & Up

AMERICANS WITH DISABILITIES ACT

SWSRA is subject to and will comply with the Americans with Disabilities Act (ADA), which prohibits discrimination on the bases of disability against persons who meet essential eligibility requirements for services. If you have any questions about our services in regard to the ADA, please call us at 708-389-9423.

PROGRAM & SPECIAL EVENT ICONS

SWSRA offers a variety of programming and special events. We have included icons within the brochure to help differentiate the types of programs and special events. The icons are located next to the program and special events titles.



Virtual Program



In-Person Program



Transportation Available

SWSRA PROGRAM LOCATION(S)

Alsip Park District - Apollo

12521 S. Kostner Avenue
Alsip, IL 60803

Burr Oak Bowl

3030 W. 127th Street
Blue Island, IL 60406

Color Me Mine

19981 LaGrange Road
Frankfort, IL 60423

Goy Building

10707 S. Oak Park Avenue
Worth, IL 60482

In the Game

Hollywood Park
9100 88th Avenue
Hickory Hills, IL 60457

Krueger Park

Recreation Center
9100 88th Avenue
Hickory Hills, IL 60457

Lincolnway Special Recreation Center

1900 Heatherglenn Drive
New Lenox, IL 60451

Moraine Valley Community College, Building H

9000 College Parkway
Palos Hills, IL 60465

Oak Lawn Park District Pavilion

9401 Oak Park Avenue
Oak Lawn, IL 60453

Palos Heights Parks & Recreation Center

6601 W. 127th Street
Palos Heights, IL 60463

Peaks Park

6701 W 107th Street
Worth, IL 60482

Worth Park District- Terrace Centre

11500 S. Beloit Avenue
Worth, IL 60482

Agreements

Information & Cooperative

MASTER REGISTRATION FORM

SWSRA requires all participants to complete a Master Registration Form annually. The form provides staff with valuable information, which allows SWSRA to conduct its activities in the safest possible manner and to meet the basic needs of participants. If you are new to SWSRA or do not have a current form on file, please contact the office and one will be sent to you. Additionally, if the agency receives a registration form and does not have a Master Registration Form on file, one will be sent to you to complete and return. If at any time the form needs to be updated (change in medication, behavior, address, house manager, etc.) please call the SWSRA office. All information is kept strictly confidential and enhances successful participation.

PARTICIPANT ASSESSMENT

We assess each of our "new" participants for all our programs to best fulfill their needs and goals. Once you enroll in a SWSRA program, someone from the recreation staff will contact you within 2 weeks to complete an over-the-phone assessment. The goal of this interview is to get to know your participant and be able to train our Team to work with them.

STAFF RATIO

SWSRA currently staffs most programs with one staff to every four participants. If a participant will need more assistance or won't be able to participate within this structure, please let staff know at registration so appropriate staffing may be secured (if possible). Please note in brochure write ups any exceptions to this 1:4 ratio.

INCLUSION

SWSRA is committed to providing new and challenging leisure and recreation activities for all our participants. We recognize that a park district or recreation department program may better serve an individual's needs. SWSRA works with our partner agencies to assist individuals with making the transition from special recreation to these programs. Our professional staff can help you choose an appropriate program, provide referral services, conduct any necessary staff training, secure support staff, or supply adaptive equipment or communication devices. If you or a family member wish to participate in a park district or recreation department program, please contact our office.

LINCOLNWAY SPECIAL RECREATION ASSOCIATION COOPERATIVE AGREEMENT

A cooperative agreement with the Lincolnway Special Recreation Association (LWSRA). Each association offers programs to the other association's residents at in-district rates with the following exceptions:

1. Special Services - scholarships & door to door transportation are not included. First Time Participant Discount does not apply to LWSRA residents.
2. Participants who wish to register for TITANS, summer camp, vacation trips, away camps and weekend trips may do so at non-resident rates.
3. Early bird discounts or any other discounts do not apply under this agreement.
4. When programs are offered free to either association's own residents because of grant funds or sponsorships, the program or event will be offered to residents of the other association at the regular fee for residents.

All other agency policies and guidelines apply to residents who register for programs under this Agreement. LWSRA serves the residents of: Crete, Frankfort, Frankfort Square, Mokena, Manhattan, New Lenox, Peotone, and Wilmington.

SOUTH SUBURBAN SPECIAL RECREATION ASSOCIATION COOPERATIVE AGREEMENT

A cooperative agreement with South Suburban Special Recreation Association (SSSRA). Each association offers programs to the other association's residents at in-district rates with the following exceptions:

1. Special Services such as scholarships, door to door transportation, and "First Time Participant Discounts" are not included in this agreement.
2. Participants who wish to register for day camps, vacation trips, away camps and weekend trips may do so at non-resident rates.
3. Early bird discounts or any other discounts do not apply under this agreement. Registration for programs will take place after the deadline is reached for "regular" agency residents. Registrations will then be taken on a first-come, first-serve basis.
4. When programs are offered free to either association's own residents because of grant funds or sponsorships, the program or event will be offered to residents of the other association at the regular fee for residents.

All other agency policies and guidelines apply to residents who register for programs under this agreement. The intent is not to duplicate services. Therefore, if an agency offers similar programs as the home agency the participant can participate but at the non-resident rate. SSSRA serves the residents of: Country Club Hills, Hazel Crest, Homewood-Flossmoor, Lan-Oak, Matteson, Oak Forest, Olympia Fields, Park Forest, Richton Park, Tinley Park.

Virtual Programs

VIRTUAL RECREATION PROGRAMS



Virtual Recreation will bring programs right to you and your family in order for you to stay inspired, connected and creative. ***You will receive an email with the links the Friday prior to the season starting.***

SWSRA uses Zoom Video Communications as the platform to run virtual programs. You will need to make sure you have a stable connection to the internet, a good headset for either your computer or phone, minimal background noise and minimal distractions in order to have a successful program(s).

Group: Teens & Adults

Dates: January 5-February 27

No Program: January 30

Fee: \$45

Weekly Schedule

PROGRAM	DAY	TIME
Coffee Talk	Monday	9:00am-9:30am
BINGO	Monday	3:00pm-3:30pm
Lunch with Friends	Wednesday	11:30am-12:00pm
Wheel of Fortune	Wednesday	3:00pm-3:30pm
Coffee Talk	Friday	9:00am-9:30am
BINGO	Friday	3:00pm-3:30pm

Virtual Recreation Programs Description

BINGO: Who doesn't like a good game of BINGO? Each BINGO game winner will have their name entered into a drawing at month end. The more times you win, the greater chance you have for winning the overall seasonal prize.

Coffee Talk: Grab your favorite morning beverage (water, tea, coffee, juice, etc.) and begin your morning talking with your peers.

Lunch with Friends: Bring your lunch and socialize with your friends. We will discuss current events, video games, movies and much more!

Wheel of Fortune: Step up to the wheel and put your word-solving skills to the test!

VIRTUAL CLUB



You will receive an email with the links the Friday prior to the season starting.

Bakers Club

Have a sweet tooth and are interested in learning a new recipe each week? During this program, bakers will learn a new recipe step by step to share with others! Recipes will be cut in half to make a smaller treat at home. You will receive an email with the link and supply list the Friday prior to the season starting.

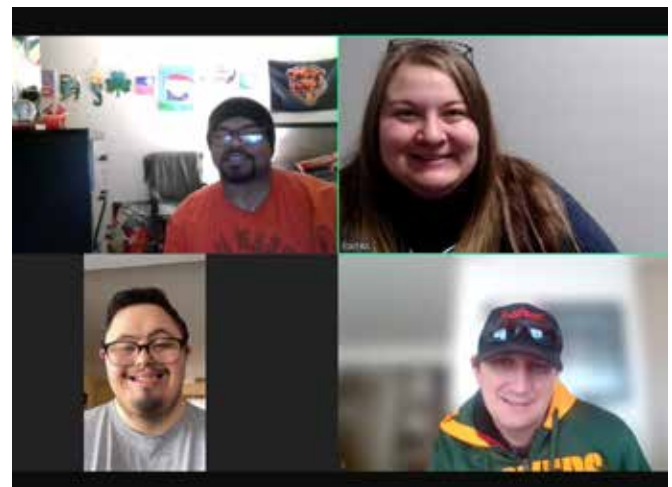
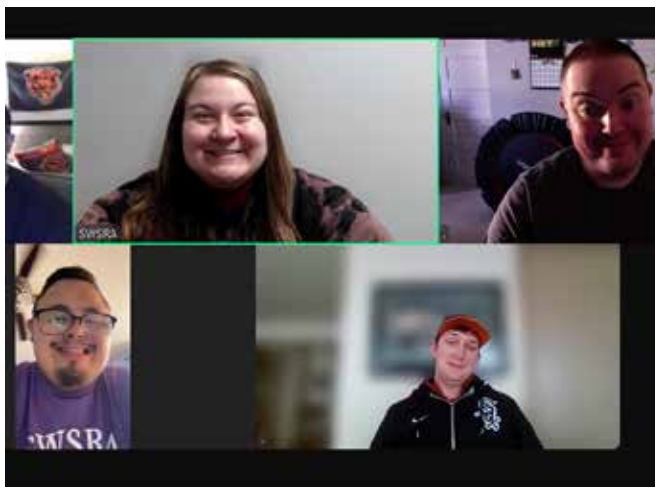
Group: Teens & Adults

Day: Saturday

Dates: January 10 & February 7

Time: 10:00am-11:00am

Fee: \$30 (R), \$35 (NR)



Programs

BOWLING



Do you want to have a "striking" good time with your friends at the alley? Bowling with SWSRA gives you that opportunity to have fun and be with your friends at the same time! Our bowling program provides a chance for all ability levels to participate in this fantastic sport. Please note the numbers next to each option. This is how you will sign up on the registration page.

Fee includes: one or two game(s) of bowling, shoe rental, one t-shirt per year, and staff supervision

As soon as bowlers are finished with all of their games, they are free to go home with a designated guardian. Occasionally, games move quickly and may cause some bowlers to be done before 6:00pm.

Group: Youth, Teens & Adults

Day: Monday

Dates: January 5 - March 2

Time: 5:00pm-6:00pm

Location: Burr Oak Bowl, Blue Island

Youth Bumper Bowl

Min/Max: 3/6

Fee: \$130 (R), \$255 (NR)

Bowling I

Min/Max: 4/8

Fee: \$130 (R), \$255 (NR)

Bowling II*

Min/Max: 4/8

Fee: \$165 (R), \$325 (NR)

Participants in Bowling II get two (2) games of bowling and must be able to bowl at a pace which would allow the lane of four (4) bowlers to complete both games in the allotted hour time frame.



WINTER WORKSHOP



Let's escape the cold and warm up our creativity. We will be crafting a variety of themed projects. From suncatchers to kinetic sand, this workshop is perfect for creating something unique each week.

Fee includes: supplies and staff supervision

Group: EC & Youth

Day: Tuesday

Dates: February 3-February 24

Time: 4:30pm-5:30pm

Location: Goy Building, Worth

Min/Max: 3/6

Fee: \$55 (R), \$60 (NR)



Programs

PICKLEBALL

Pickleball has become a big dill and is a fun and fast-growing sport, combining elements of tennis, badminton, and ping-pong, offering a unique and engaging experience for players of all ages and skill levels.

Fee includes: equipment and staff supervision

Group: Teens & Adults

Day: Wednesday

Dates: January 7-February 25

Time: 5:00pm-6:00pm

Location: Alsip Park District-Apollo, Alsip

Min/Max: 4/8

Fee: \$95 (R), \$115 (NR)



SOCIALITES

We do a wide variety of exciting social activities and outings in the community that you don't want to miss. Sign up early because this program is popular!

Participants must be able to participate at a 1:4 staff to participant ratio and have independent ADL (Activity of Daily Living) skills. South West Special Recreation Association reserves the right to determine if this program is appropriate for an individual. Appropriate behaviors must be demonstrated so as not to detract from another participant's experience.

Fee includes: supplies, transportation and staff supervision

Group: Adults

Day: Thursday

Dates: January 8, January 22, February 5, February 19

Time: 6:30pm-8:30pm

Location: Meet at Alsip Park District-Apollo, Alsip

Min/Max: 4/8

Fee: \$155 (R), \$310 (NR)

Pick Up: Alsip Park District-Apollo 8:45pm



WALKING CLUB

Being active is the secret to staying healthy, and walking is one of the easiest and least expensive ways to get moving. So come join our walking club?

Fee includes: staff supervision

Group: Teens & Adults

Day: Thursday

Dates: January 15, January 29, February 12, February 26

Time: 6:00pm-7:00pm

Location: Palos Heights Recreation Center Track, Palos Heights

Min/Max: 4/8

Fee: \$55 (R), \$110 (NR)



Special Events

BOARD QUEST

Game on! We are spending the afternoon playing a variety of board and card games. We will finish off with a tasty snack!

Fee includes: *snack, supplies and staff supervision*

Group: Teens

Day: Saturday

Date: January 10

Time: 2:00pm-3:30pm

Location: Goy Building, Worth

Min/Max: 4/8

Fee: \$25 (R), \$35 (NR)

Registration Deadline: December 19

FAMILY "HELLO WINTER" DOOR HANGER

Enjoy a night out and learn to create your own "Hello Winter" door hanger step by step with your loved ones! This program is designed for a parent, or guardian, to join their participant to paint and decorate a new door hanger you get to take home! Refreshments will be served at the end of the event.
**Limited Spots Available*

Fee includes: *instruction, snacks, and supplies*

Group: Teens & Adults

Day: Friday

Date: January 16

Time: 6:30pm-8:30pm

Location: Goy Building, Worth

Min/Max: 4/12

Fee for Guardian & Participant: \$80 (R), \$100 (NR)

Fee for 1 Additional Family Member: \$30 (R), \$40 (NR)

Registration Deadline: January 2



FETTUCCINE ALFREDO

Let's make homemade alfredo sauce for a pasta night! We will be working in the kitchen to make chicken and homemade garlic bread with our fettuccine alfredo for dinner.

Fee includes: *dinner, supplies, and staff supervision*

Group: Adults

Day: Saturday

Date: January 17

Time: 5:30pm-7:30pm

Location: Goy Building, Worth

Min/Max: 4/8

Fee: \$30 (R), \$40 (NR)

Registration Deadline: January 2

SENSORY SNOW DAY

Get ready to chill out and explore your senses on Sensory Snow Day. This hands on event features snow-themed sensory bins, winter crafts, and cozy activities designed to engage in.

Fee includes: *supplies and staff supervision*

Group: EC & Youth

Day: Saturday

Date: January 24

Time: 10:00am-11:30am

Location: Goy Building, Worth

Min/Max: 3/6

Fee: \$25 (R), \$30 (NR)

Registration Deadline: January 9

MAGNIFICENT MUFFINS

It's national peanut butter day! We are headed to the kitchen to make homemade peanut butter muffins with chocolate chips. We will eat one of our muffins before the program ends and pack some muffins to go home with us.

Fee includes: *snack, supplies, and staff supervision*

Group: Adults

Day: Saturday

Date: January 24

Time: 3:00pm-4:30pm

Location: Goy Building, Worth

Min/Max: 4/8

Fee: \$30 (R), \$40 (NR)

Registration Deadline: January 9

Special Events

PARENTS NIGHT OUT

Let's give the parents the night off! We are headed into the kitchen to make chicken tenders and fries for dinner. We will watch "Shrek" for a movie night. We will finish the night off eating "Shrek" cupcakes.

Fee includes: dinner, supplies, and staff supervision

Group: Teens

Day: Friday

Date: February 6

Time: 6:00pm-8:00pm

Location: Goy Building, Worth

Min/Max: 4/8

Fee: \$30 (R), \$40 (NR)

Registration Deadline: January 30



BASKETBALL GAME

Go Cyclones! We are headed to Moraine Valley Community College to watch the men's basketball team play against South Suburban College!



Participants must be able to participate at a 1:4 staff to participant ratio and have independent ADL (Activity of Daily Living) skills. South West Special Recreation Association reserves the right to determine if this program is appropriate for an individual. Appropriate behaviors must be demonstrated so as not to detract from another participant's experience.

Fee includes: transportation and staff supervision

Group: Adults

Day: Saturday

Date: February 7

Time: 2:00pm-5:30pm

Location: Meet at Alsip Park District-Apollo, Alsip

Min/Max: 4/8

Fee: \$35 (R), \$45 (NR)

Registration Deadline: January 23

HEARTS & CRAFTS

Join us for a fun-filled valentines event. We will be making heartfelt crafts. Bring your imagination and come celebrate friendship, kindness, and creativity.

Fee includes: snack, supplies, and staff supervision

Group: EC & Youth

Day: Friday

Date: February 13

Time: 6:00pm-7:00pm

Location: Goy Building, Worth

Min/Max: 3/6

Fee: \$20 (R), \$25 (NR)

Registration Deadline: January 30

HEART-Y BURGERS & MOVIE

We are headed into the kitchen to make cheese burgers and french fries for dinner. After dinner is made, we will enjoy the classic "Batman Begins" movie. We will finish off the night making Batman brownies!

Fee includes: dinner, supplies, and staff supervision

Group: Adults

Day: Saturday

Date: February 14

Time: 6:00pm-8:30pm

Location: Goy Building, Worth

Min/Max: 4/8

Fee: \$35 (R), \$45 (NR)

Registration Deadline: January 30

SCHOOL DAY OFF

Looking for something to do on your school day off? We've got a day packed with exciting activities, new experiences, and making memories. Come unwind, have fun, and make the most of your day off. Bring a sack lunch.

Fee includes: supplies and staff supervision

Group: Youth & Teens

Day: Monday

Date: February 16

Time: 10:00am-2:30pm

Location: Goy Building, Worth

Min/Max: 3/6

Fee: \$60 (R), \$75 (NR)

Registration Deadline: January 30

Special Events

OAK LAWN'S MARDI GRAS MAMBO

Let's celebrate New Orleans style at Oak Lawn's Mardi Gras. Enjoy music, snacks and fun with your SRA friends. Sign up today, you don't want to miss out on the Mardi Gras Madness!

Fee includes: admission, snack and staff supervision

Group: Teens & Adults

Day: Friday

Date: February 27

Time: 7:00pm-9:00pm

Location: Meet at Oak Lawn Park District Pavilion, Oak Lawn

Min/Max: 4/8

Fee: \$35 (R), \$55 (NR)

Registration Deadline: February 13

CANDLE MAKING

Unwind and get creative at our candle making night. Staff will guide you step-by-step through the process of making your candle. While our candles cool, we will make a warm snack.

Fee includes: snack, supplies and staff supervision

Group: Adults

Day: Saturday

Date: February 21

Time: 1:00pm-3:00pm

Location: Goy Building, Worth

Min/Max: 4/8

Fee: \$35 (R), \$45 (NR)

Registration Deadline: February 6

SIT AND BE FIT

Get ready to get your workout in with chair yoga! After our workout we will have a healthy snack. *Participants must wear gym shoes and are encouraged to bring a filled water bottle.*

Fee includes: snack, supplies and staff supervision

Group: Teens & Adults

Day: Saturday

Date: February 28

Time: 10:00am-11:30am

Location: Goy Building, Worth

Min/Max: 4/8

Fee: \$20 (R), \$25 (NR)

Registration Deadline: February 13

DAY OF PLAY

Come move, play, and explore! Join us for an open gym-style event filled with fun activities for all ages. Whether you're into sports, games, or just want space to be active and creative, the Day of Play has something for everyone. Drop in, try something new, and enjoy a day of movement and connection! Parents/Guardians must stay for the duration of the event.

Fee includes: supplies

Group: All

Day: Saturday

Date: February 28

Time: 2:00pm-3:00pm

Location: Kruger Park Recreation Center, Hickory Hills

Min/Max: 4/12

Fee: \$15 (R), \$20 (NR)

Sibling Fee: \$5 (R), \$10 (NR)

Registration Deadline: February 13

GNOME O'LUCK

Let's get creative by making a new shamrock gnome craft! While our craft dries, we will make a very green snack!

Fee includes: snack, supplies, and staff supervision

Group: Teens & Adults

Day: Saturday

Date: February 28

Time: 4:30pm-6:00pm

Location: Goy Building, Worth

Min/Max: 4/8

Fee: \$30 (R), \$40 (NR)

Registration Deadline: February 13

BUNNY HOP AT SENSORY DEPOT

Here comes Peter Cottontail hopping his way to Sensory Depot! Each participant will be able to visit and spend time with the Bunny in our sensory room. While you wait for your turn, you will be able to visit different spring themed stations. These stations vary from sensory play, craft and other fun activities. Parents/Guardians must stay for the duration of the event.

Fee includes: supplies

Group: All

Day: Saturday

Date: March 14

Time: 11:00am-11:45am

Location: Goy Building, Worth

Min/Max: 4/8

Fee: \$15 (R), \$20 (NR)

Sibling Fee: \$10 (R), \$15 (NR)

Registration Deadline: March 6

Recreation Boxes

VALENTINE LUMINARIES

Let's spend this heartwarming holiday making Valentine's Day lanterns! Supplies include: two mason jars, two electric candles, sponge brush, tissue paper, glue and black acrylic paint/glue mixture.

Group: All

Fee: \$25

Delivery (Residents ONLY): \$5

Registration Deadline: December 12

Pick up & Delivery Date: December 19

Pick up Location: SWSRA Main Office

Delivery: Date listed above, time will be between 10:00am-11:00am

VALENTINE ROLLING PINS

Add a dash of love to your home decor with this set of Valentines Day rolling pins. *Please note: for decorative use only-not intended for food preparation.* Supplies include: 3 mini rolling pins, paint, paint brushes, stencil, and ribbon.

Group: All

Fee: \$25

Delivery (Residents ONLY): \$5

Registration Deadline: December 12

Pick up & Delivery Date: December 19

Pick up Location: SWSRA Main Office

Delivery: Date listed above, time will be between 10:00am-11:00am

Pictures below are of the winter recreation boxes.



Calendar

Programs & Events

JANUARY 2026						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	6 6:30pm-8:00pm SO Coyotes Basketball	7 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Wheel of Fortune 5:00pm-6:00pm Pickleball	8 6:30pm-8:30pm Socialites	9 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO	10 10:00am-11:00am Bakers Club 2:00pm-3:30pm Board Quest
11	12 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	13 6:30pm-8:00pm SO Coyotes Basketball	14 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Wheel of Fortune 5:00pm-6:00pm Pickleball	15 6:00pm-7:00pm Walking Club	16 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 6:30pm-8:30pm Family 'Hello Winter' Doorhanger	17 5:30pm-7:30pm Fettuccine Alfredo
18	19 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	20 6:30pm-8:00pm SO Coyotes Basketball	21 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Wheel of Fortune 5:00pm-6:00pm Pickleball	22 6:30pm-8:30pm Socialites	23 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO	24 10:00am-11:30am Sensory Snow Day 3:00pm-4:30pm Magnificent Muffins
25	26 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	27 6:30pm-8:00pm SO Coyotes Basketball	28 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Wheel of Fortune 5:00pm-6:00pm Pickleball	29 6:00pm-7:00pm Walking Club	30	31

COLOR KEY
BLUE: Virtual Program
DARK GREEN: In-Person Program
LIGHT GREEN: Special Event

Calendar

Programs & Events

FEBRUARY 2026						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	3 4:30pm-5:30pm Winter Workshop 6:30pm-8:00pm SO Coyotes Basketball	4 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Wheel of Fortune 5:00pm-6:00pm Pickleball	5 6:30pm-8:30pm Socialites	6 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 6:00pm-8:00pm Parents Night Out	7 10:00am-11:00am Bakers Club 2:00pm-5:30pm Basketball Game
8	9 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	10 4:30pm-5:30pm Winter Workshop	11 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Wheel of Fortune 5:00pm-6:00pm Pickleball	12 6:00pm-7:00pm Walking Club	13 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 6:00pm-7:00pm Hearts & Crafts	14 6:00pm-8:30pm Heart-y Burgers and Movie
15	16 9:00am-9:30am Coffee Talk 10:00am-2:30pm School Day Off 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	17 4:30pm-5:30pm Winter Workshop	18 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Wheel of Fortune 5:00pm-6:00pm Pickleball	19 6:30pm-8:30pm Socialites	20 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO	21 1:00pm-3:00pm Candle Making
22	23 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	24 4:30pm-5:30pm Winter Workshop	25 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Wheel of Fortune 5:00pm-6:00pm Pickleball	26 6:00pm-7:00pm Walking Club	27 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 7:00pm-9:00pm Mardi Gras Mambo	28 10:00am-11:30am Sit & Be Fit 2:00pm-3:00pm Day of Play 4:30pm-6:00pm Gnome O' Luck

COLOR KEY
BLUE: Virtual Program
DARK GREEN: In-Person Program
LIGHT GREEN: Special Event

Winter 2026 Program Registration

Registration Dates: Residents Only: December 8 - December 12 | Non-Resident/Co-Op: December 15 - December 19

Participant Name: _____

Address _____ City _____ Zip _____

Phone _____ Age _____ Birth Date _____

Main Contact: Name _____ Phone _____ Email _____

Teens & Adults Virtual	R Fee	NR Fee
Virtual Recreation Programs	<input type="checkbox"/> \$45	<input type="checkbox"/> \$45

Teens & Adults Virtual Club	R Fee	NR Fee
Bakers Club	<input type="checkbox"/> \$30	<input type="checkbox"/> \$35

Teens & Adults Programs	R Fee	NR Fee
Bowling I	<input type="checkbox"/> \$130	<input type="checkbox"/> \$255
Bowling II	<input type="checkbox"/> \$165	<input type="checkbox"/> \$325
Pickleball	<input type="checkbox"/> \$95	<input type="checkbox"/> \$115
Socialites (A)	<input type="checkbox"/> \$155	<input type="checkbox"/> \$310
Walking Club	<input type="checkbox"/> \$55	<input type="checkbox"/> \$110

EC & Youth Programs	R Fee	NR Fee
Youth Bumper Bowl (Y)	<input type="checkbox"/> \$130	<input type="checkbox"/> \$255
Winter Workshop	<input type="checkbox"/> \$55	<input type="checkbox"/> \$60

Recreation Boxes	R Fee	NR Fee
Valentine Luminaries	<input type="checkbox"/> \$25	<input type="checkbox"/> \$25
Valentine Rolling Pins	<input type="checkbox"/> \$25	<input type="checkbox"/> \$25
Delivery	<input type="checkbox"/> \$5	

Sensory Depot - Multi-Sensory Room	Fee
1 - 30 Minute Session	<input type="checkbox"/> \$10
Punch Card - 5 Sessions	<input type="checkbox"/> \$45
Punch Card - 10 Sessions	<input type="checkbox"/> \$90

EC & Youth Events	R Fee	NR Fee
Sensory Snow Day	<input type="checkbox"/> \$25	<input type="checkbox"/> \$30
Hearts & Crafts	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25

Youth & Teen Event	R Fee	NR Fee
School Day Off	<input type="checkbox"/> \$60	<input type="checkbox"/> \$75

Teen Events	R Fee	NR Fee
Board Quest	<input type="checkbox"/> \$25	<input type="checkbox"/> \$35
Parents Night Out	<input type="checkbox"/> \$30	<input type="checkbox"/> \$40

Teens & Adults Special Events	R Fee	NR Fee
Family "Hello Winter" Door Hanger	<input type="checkbox"/> \$80	<input type="checkbox"/> \$100
1 additional family member	<input type="checkbox"/> \$30	<input type="checkbox"/> \$40
Oak Lawn Mardi Gras Mambo	<input type="checkbox"/> \$35	<input type="checkbox"/> \$55
Sit and Be Fit	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25
Gnome O' Luck	<input type="checkbox"/> \$30	<input type="checkbox"/> \$40

Adult Special Events	R Fee	NR Fee
Fettuccine Alfredo	<input type="checkbox"/> \$30	<input type="checkbox"/> \$40
Magnificent Muffins	<input type="checkbox"/> \$30	<input type="checkbox"/> \$40
Basketball Game	<input type="checkbox"/> \$35	<input type="checkbox"/> \$45
Heart-y Burgers & Movie	<input type="checkbox"/> \$35	<input type="checkbox"/> \$45
Candle Making	<input type="checkbox"/> \$35	<input type="checkbox"/> \$45

All Ages Events	R Fee	NR Fee
Day of Play	<input type="checkbox"/> \$15	<input type="checkbox"/> \$20
1 additional sibling	<input type="checkbox"/> \$5	<input type="checkbox"/> \$10
Bunny Hop at Sensory Depot	<input type="checkbox"/> \$15	<input type="checkbox"/> \$20
1 additional sibling	<input type="checkbox"/> \$10	<input type="checkbox"/> \$15

Grand Total: _____

Credit Card Type: (Check One)

☐ Visa ☐ MC ☐ DC ☐ Amex

Amount Charged to Card: _____

Print Name on Card: _____

Card Holder Signature: _____

Account Number: _____

Verification Code: _____ Expiration Date: _____

SWSRA Main Office

12521 S. Kostner Ave., Alsip IL 60803
Phone: 708-389-9423 Fax: 708-389-6458
www.swsra.org



SWSRA WAIVER, RELEASE OF ALL CLAIMS AND HOLD HARMLESS AGREEMENT

(Signature required annually with MASTER FORM and notify SWSRA if any information changes)

SWSRA is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. SWSRA 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 the programs/activities listed above must recognize that there is an inherent risk of injury when choosing to participate in recreational programs/activities. You are solely responsible for determining if you or your minor/child/ward are physically fit and/or skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way, or recently suffered an illness, injury, or impairment, to consult a physician before undertaking any physical activity. Recreational programs/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 program/activity. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers, and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises, defects, inadequate or defective equipment, animal bites, inadequate supervision, instruction or officiating and all other circumstance inherent to indoor and outdoor recreational activities/programs exist. In this regard, it must be recognized that it is impossible for SWSRA to guarantee absolute safety. Please read this form carefully and be aware that in signing up and participating in the above-identified programs/activities, 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 said programs/activities (including transportation services/vehicle operation, when provided).

Virtual Programs and Online Activities: You should consult your physician or other health care professional before starting this or any other fitness program/activity to determine if it is right for your needs. If you experience faintness, dizziness, pain, or shortness of breath at any time while exercising you should stop immediately. If you choose to exercise to this virtual program/activity, you do so at your own risk and acknowledge that the exercises carry an inherent risk of physical injuries. To the extent permitted by law, SWSRA and its affiliates disclaim any and all liability in connection with the exercises in the video and any instructions and advice provided.

I recognize and acknowledge that there are certain risks of physical injury to participants in these programs/activities, 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 my minor/child/ward or myself), as a result of participating in these programs/activities against SWSRA including its officials, agents, volunteers and employees (hereinafter collectively referred to as SWSRA). I do hereby fully release and forever discharge SWSRA from any and all claims of injuries, damage, or loss that my minor/child/ward or I may have or which may accrue to myself or my minor/child/ward and arising out of, connected with, or in any way associated with these programs/activities. I have read and understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering online or via fax, your online or facsimile signature shall substitute for and have the same legal effect as an original form signature.

Say Cheese!

SWSRA occasionally takes photographs or videos of participants for promoting/advertising our programs, services, events, activities, and facilities in our brochures, website or agency social media, and other promotional avenues. By registering for, participating in, or attending SWSRA programs, events, or other activities, the participant (or parent/guardian of a minor/child/ward participant) irrevocably agrees to the use and distribution by SWSRA of his or her image (or of his minor/child/ward) in photographs, video recordings, and any other electronic reproductions of such programs, events, and activities for any purpose without inspection or approval and without compensation, rights to royalties, or any other consideration now and in the future.

Print Participant's Name: _____ Date: _____

Signature: _____
(If Under 18, Parent/Guardian Signature)

Print Name of Signature: _____



Virtual Programs

VIRTUAL RECREATION PROGRAMS



Virtual Recreation will bring programs right to you and your family in order for you to stay inspired, connected and creative. **You will receive an email with the links the Friday prior to the season starting.**

SWSRA uses Zoom Video Communications as the platform to run virtual programs. You will need to make sure you have a stable connection to the internet, a good headset for either your computer or phone, minimal background noise and minimal distractions in order to have a successful program(s).

Group: Teens & Adults

Dates: March 16-May 8

No Program: April 3

Fee: \$45

Weekly Schedule

PROGRAM	DAY	TIME
Coffee Talk	Monday	9:00am-9:30am
BINGO	Monday	3:00pm-3:30pm
Lunch with Friends	Wednesday	11:30am-12:00pm
Word Scramble	Wednesday	3:00pm-3:30pm
Coffee Talk	Friday	9:00am-9:30am
BINGO	Friday	3:00pm-3:30pm

Virtual Recreation Programs Description

BINGO: Who doesn't like a good game of BINGO? Each BINGO game winner will have their name entered into a drawing at month end. The more times you win, the greater chance you have for winning the overall seasonal prize.

Coffee Talk: Grab your favorite morning beverage (water, tea, coffee, juice, etc.) and begin your morning talking with your peers.

Lunch with Friends: Bring your lunch and socialize with your friends. We will discuss current events, video games, movies and much more!

Word Scramble: We will work as a team to see how many words we can make from the letters on the screen!

VIRTUAL CLUBS

You will receive an email with the links the Friday prior to the season starting.



Bakers Club

Have a sweet tooth and are interested in learning a new recipe each week? During this program, bakers will learn a new recipe step by step to share with others! Recipes will be cut in half to make a smaller treat at home.

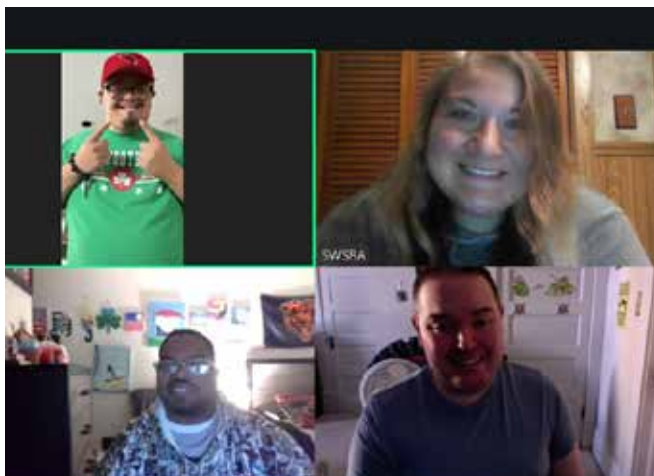
Group: Teens & Adults

Day: Saturday

Dates: March 21, April 18, May 2

Time: 10:00am-11:00am

Fee: \$40 (R), \$50 (NR)



Programs

BOWLING



Do you want to have a "striking" good time with your friends at the alley? Bowling with SWSRA gives you that opportunity to have fun and be with your friends at the same time! Our bowling program provides a chance for all ability levels to participate in this fantastic sport. Please note the numbers next to each option. This is how you will sign up on the registration page.

Fee includes: one or two game(s) of bowling, shoe rental, one t-shirt per year, and staff supervision

As soon as bowlers are finished with all of their games, they are free to go home with a designated guardian. Occasionally, games move quickly and may cause some bowlers to be done before 6:00pm.

Group: Youth, Teens & Adults

Day: Monday

Dates: March 16 - May 4

Time: 5:00pm-6:00pm

Location: Burr Oak Bowl, Blue Island

Youth Bumper Bowl

Min/Max: 3/6

Fee: \$130 (R), \$255 (NR)

Bowling I

Min/Max: 4/8

Fee: \$130 (R), \$255 (NR)

Bowling II*

Min/Max: 4/8

Fee: \$165 (R), \$325 (NR)

**Participants in Bowling II get two (2) games of bowling and must be able to bowl at a pace which would allow the lane of four (4) bowlers to complete both games in the allotted hour time frame.*



SOFTBALL SKILLS AND DRILLS



Ready to get back into the swing of things? Before the upcoming season starts please join us for batting, pitching, throwing, catching and other skills and drills. Be a champion while learning the fundamentals and basics.

Fee includes: equipment and staff supervision

Group: Teens & Adults

Day: Wednesday

Dates: April 15-May 6

Time: 6:00pm-7:00pm

Location: Peaks Park, Worth

Min/Max: 4/8

Fee: \$50 (R), \$100 (NR)



**Special Olympics
Illinois**

SPECIAL OLYMPICS COYOTES SOFTBALL



SWSRA is calling all softball players to join in America's pastime. Players will be practicing and competing against other agencies weekly as well as in tournaments. You will hit a home run with this program, so grab your bat and ball and join the team! *All players must have a SWSRA Coyotes uniform, see Uniform Fee on the next page. Additional fees will be required if team qualifies for State Competition.*

Fee includes: equipment, TR Section tournament fee and staff supervision

Group: Teens & Adults

Day: Tuesday

Dates: May 12-July 28

Region E Tournament Date: August 2

Time: 6:30pm-8:00pm

Location: Peaks Park, Worth

Min/Max: 12/15

Fee: \$170 (R), \$340 (NR)

SOFTBALL UNIFORM FEE

A \$50 uniform deposit, which is fully refundable, providing you turn in your uniform clean, on-time and in similar condition it was received. If the uniform is not returned on-time and in good, clean condition, the \$50 charge will then become non-refundable. Thank you for your cooperation!

Fee: \$50 (R), \$50 (NR)

Programs

SOCCER SKILLS & DRILLS



Let's get ready to have fun and get active. This is designed for youth looking to explore and develop basic techniques in soccer. Each week will focus on the fundamentals such as hand-eye coordination, footwork, strategy, and teamwork.

Fee includes: equipment and staff supervision

Group: EC & Youth

Day: Tuesday

Dates: March 17-May 5

Time: 4:30pm-5:30pm

Location: Alsip Park District-Apollo Alsip

Min/Max: 3/6

Fee: \$85 (R), \$110 (NR)

VOLLEYBALL SKILLS & DRILLS

Bump, set and spike! Each week we will focus on the basics of volleyball. Then we will end each program with a friendly game to put everything we worked on into practice.

Fee includes: equipment and staff supervision

Group: Teens & Adults

Day: Tuesday

Dates: March 24-May 5

Time: 6:30pm-7:30pm

Location: Palos Heights Parks and Recreation Center, Palos Height

Min/Max: 4/8

Fee: \$90 (R), \$115 (NR)



SOCIALITES



We do a wide variety of exciting social activities and outings in the community that you don't want to miss. Sign up early because this program is popular!

Participants must be able to participate at a 1:4 staff to participant ratio and have independent ADL (Activity of Daily Living) skills. South West Special Recreation Association reserves the right to determine if this program is appropriate for an individual. Appropriate behaviors must be demonstrated so as not to detract from another participant's experience.

Fee includes: supplies, transportation and staff supervision

Group: Adults

Day: Thursday

Dates: March 19, April 2, April 16, April 30

Time: 6:30pm-8:30pm

Location: Meet at Alsip Park District-Apollo, Alsip

Min/Max: 4/8

Fee: \$155 (R), \$310 (NR)

Pick Up: Alsip Park District-Apollo 8:45pm



WALKING CLUB



Being active is the secret to staying healthy, and walking is one of the easiest and least expensive ways to get moving. So come join our walking club?

Fee includes: staff supervision

Group: Teens & Adults

Day: Thursday

Dates: March 26, April 9, April 23, May 7

Time: 6:00pm-7:00pm

Location: Palos Heights Recreation Center Track, Palos Heights

Min/Max: 4/8

Fee: \$55 (R), \$110 (NR)

KITCHEN CREATIONS



We will be in the kitchen to make a new recipe each week! Get ready for this hands-on program to learn how to cook a delicious lunch.

Fee includes: supplies and staff supervision

Group: Adults

Day: Saturday

Dates: March 28, April 11, April 25, May 9

Time: 11:30am-1:30pm

Location: Goy Building, Worth

Min/Max: 4/8

Fee: \$120 (R), \$150 (NR)

Special Events

GAME NIGHT AND PIZZA

Let's make individual pizzas for dinner! While our pizzas cook we will play some games.

Fee includes: dinner, supplies and staff supervision

Group: Teens

Day: Friday

Date: March 20

Time: 6:00pm-7:30pm

Location: Goy Building, Worth

Min/Max: 4/8

Fee: \$25 (R), \$35 (NR)

Registration Deadline: March 6

COLOR ME MINE

Join us for a relaxing and creative outing to paint your choice of ceramic item! You will be able to pick your favorite colors and beautifully decorate your piece. Items will be ready for pick up on Monday, April 6.



Participants must be able to participate at a 1:4 staff to participant ratio and have independent ADL (Activity of Daily Living) skills. South West Special Recreation Association reserves the right to determine if this program is appropriate for an individual. Appropriate behaviors must be demonstrated so as not to detract from another participant's experience.

Fee includes: ceramic piece, supplies, transportation, and staff supervision

Group: Adults

Day: Saturday

Date: March 21

Time: 1:00pm-4:15pm

Location: Meet at Alsip Park District-Apollo, Alsip

Min/Max: 4/8

Fee: \$85 (R), \$130 (NR)

Registration Deadline: March 6

HOPPY BLISS

Hop right into this event! We will make a "HOP" string art craft and enjoy bunny print cookies and milk.

Fee includes: snack, supplies, and staff supervision

Group: Teens & Adults

Day: Saturday

Date: March 28

Time: 2:30pm-4:00pm

Location: Goy Building, Worth

Min/Max: 4/8

Fee: \$30 (R), \$40 (NR)

Registration Deadline: March 13

SPRING INTO FUN

Get ready for a fresh season of excitement this spring. Participants will dive into spring themed games, hands on crafts, and activities. It is the ultimate way to shake off winter and celebrate warmer days ahead.

Fee includes: supplies and staff supervision

Group: EC & Youth

Day: Saturday

Date: March 28

Time: 10:00am-11:00am

Location: Goy Building, Worth

Min/Max: 3/6

Fee: \$20 (R), \$25 (NR)

Registration Deadline: March 13

LWSRA FIESTA

It's time to get your best fiesta attire and join our SRA friends for a fiesta! We will have a taco dinner and some great music to dance to for the night.



Fee includes: admission, dinner, *transportation, and staff supervision

Group: Teens & Adults

Day: Friday

Date: April 10

Time: 6:00pm-8:30pm

Location: Meet at Alsip Park District-Apollo, Alsip

Min/Max: 4/8

Fee with Transportation: \$85 (R), \$130 (NR)

Fee without Transportation: \$75 (R), \$115 (NR)

**Meet at Lincolnway Special Recreation Center*

Registration Deadline: March 27

WITH TRANSPORTATION

Meet at Alsip Park District-Apollo: 5:15pm

Pick up at Alsip Park District-Apollo: 9:15pm

WITHOUT TRANSPORTATION

Meet at Lincolnway Special Recreation Center: 6:00pm

Pick up at Lincolnway Special Recreation Center 8:30pm

Special Events

DAY OF PLAY

Come move, play, and explore! Join us for an open gym-style event filled with fun activities for all ages. Whether you're into sports, games, or just want space to be active and creative, the Day of Play has something for everyone. Drop in, try something new, and enjoy a day of movement and connection! Parents/Guardians must stay for the duration of the event.

Fee includes: *supplies*

Group: All

Day: Saturday

Date: February 28

Time: April 11

Location: Worth Park District-Terrace Centre, Worth

Min/Max: 4/12

Fee: \$15 (R), \$20 (NR)

Sibling Fee: \$5 (R), \$10 (NR)

Registration Deadline: March 27

FIT FUSION

Get ready to start stretching and get a cardio workout in! After our workout we will have a healthy snack. Participants must wear gym shoes and are encouraged to bring a filled water bottle.

Fee includes: *snack, supplies and staff supervision*

Group: Teens & Adults

Day: Saturday

Date: April 11

Time: 4:15pm-5:45pm

Location: Goy Building, Worth

Min/Max: 4/8

Fee: \$20 (R), \$25 (NR)

Registration Deadline: March 27

LEMON CHICKEN AND MASHED POTATOES

We are headed to the kitchen to make tender lemon chicken served with creamy mashed potatoes! Come hungry because you will not want to miss this delicious dinner.

Fee includes: *dinner, supplies, and staff supervision*

Group: Adults

Day: Saturday

Date: April 18

Time: 5:30pm-7:30pm

Location: Goy Building, Worth

Min/Max: 4/8

Fee: \$35 (R), \$45 (NR)

Registration Deadline: April 2

CUPCAKE CREATORS

Get ready to mix, bake, and decorate. Join us for a sweet time as we learn the basics of baking and create some delicious cupcakes. While the cupcakes bake, we will let our imagination shine with a fun craft activity.

Fee includes: *supplies and staff supervision*

Group: Youth

Day: Saturday

Date: April 18

Time: 1:00pm-2:30pm

Location: Goy Building, Worth

Min/Max: 3/6

Fee: \$20 (R), \$25 (NR)

Registration Deadline: April 2

SOFTBALL GAME



Homerun! We are headed to Moraine Valley Community College to watch the Cyclones softball team play one of their final games of the season.

Participants must be able to participate at a 1:4 staff to participant ratio and have independent ADL (Activity of Daily Living) skills. South West Special Recreation Association reserves the right to determine if this program is appropriate for an individual. Appropriate behaviors must be demonstrated so as not to detract from another participant's experience.

Fee includes: *transportation and staff supervision*

Group: Adults

Day: Sunday

Date: April 19

Time: 3:15pm-6:45pm

Location: Meet at Alsip Park District-Apollo, Alsip

Min/Max: 4/8

Fee: \$35 (R), \$70 (NR)

Registration Deadline: April 2

SUPER SPRING

Grab your cape and unleash your inner superhero. Join us for a fun filled adventure full of heroic games, crafts, and super-powered activities.

Fee includes: *supplies and staff supervision*

Group: EC & Youth

Day: Saturday

Date: April 25

Time: 10:00am-11:00am

Location: Goy Building, Worth

Min/Max: 3/6

Fee: \$20 (R), \$25 (NR)

Registration Deadline: April 10

Special Events

FAMILY PAINT NIGHT

Enjoy a night out and learn to paint a masterpiece step by step with your loved ones! This program is designed for a parent, or guardian, to join their participant to paint a new painting on canvas you get to take home! Refreshments and a snack will be served at the end of the event. *Limited Spots Available*

Fee includes: instruction, snacks, and supplies

Group: Teens & Adults

Day: Friday

Date: April 24

Time: 6:30pm-8:30pm

Location: Goy Building, Worth

Min/Max: 4/12

Fee for Guardian & Participant: \$75 (R), \$90 (NR)

Fee for 1 Additional Family Member: \$25 (R), \$35 (NR)

Registration Deadline: April 10



CREATE YOUR OWN TIC TAC TOE

Who doesn't love a game of Tic Tac Toe? Join us to decorate your own wooden Tic Tac Toe board! While our boards dry, we will enjoy a tasty spring snack.

Fee includes: snack, supplies and staff supervision

Group: Teens

Day: Saturday

Date: April 25

Time: 2:30pm-4:00pm

Location: Goy Building, Worth

Min/Max: 4/8

Fee: \$30 (R), \$40 (NR)

Registration Deadline: April 10

IN THE GAME HOLLYWOOD PARK



Get ready to chase high scores because we are playing arcade games! We will start the day off with two slices of pizza and your favorite soft drink. Afterwards, we will play arcade games and finish the afternoon off with miniature golf.

Participants must be able to participate at a 1:4 staff to participant ratio and have independent ADL (Activity of Daily Living) skills. South West Special Recreation Association reserves the right to determine if this program is appropriate for an individual. Appropriate behaviors must be demonstrated so as not to detract from another participant's experience.

Fee includes: dinner, supplies, and staff supervision

Group: Adults

Day: Sunday

Date: May 3

Time: 10:30am-3:30pm

Location: Meet at Alsip Park District-Apollo, Alsip

Min/Max: 4/8

Fee: \$80 (R), \$160 (NR)

Registration Deadline: April 2

SPRING FORMAL

You are cordially invited to this year's SWSRA Spring Formal. Gather your glamorous gowns and suits for an unforgettable night of dancing and fun.

Fee includes: dinner, dessert, DJ, and staff supervision

Group: Teens & Adults

Day: Friday

Date: May 8

Time: 6:30pm-9:00pm

Location: Alsip Park District-Apollo, Alsip

Min/Max: 4/8

Fee: \$35 (R), \$45 (NR)

Registration Deadline: April 10



Recreation Boxes

HELLO SPRING STRING ART

Spring is here! Let's make a "Hello Spring" and tulip string art wall decor for the season! Supplies include: unfinished 11"x 14" wooden canvas, paint, stencils, chalk, string variety, paint, and paint brushes.

Group: All

Fee: \$25

Delivery (Residents ONLY): \$5

Registration Deadline: February 27

Pick up & Delivery Date: March 6

Pick up Location: SWSRA Main Office

Delivery: Date listed above, time will be between 10:00am-11:00am

SHAMROCK PUZZLE

Lucky you! Paint your own shamrock puzzle and celebrate with creativity. Each kit includes everything you need to design, decorate, and assemble your very own pieces of luck. Supplies include: 12" unfinished wood puzzle board, stencil, paint, and paint brush.

Group: All

Fee: \$25

Delivery (Residents ONLY): \$5

Registration Deadline: February 27

Pick up & Delivery Date: March 6

Pick up Location: SWSRA Main Office

Delivery: Date listed above, time will be between 10:00am-11:00am

Pictures below are of the spring recreation boxes.



OASIS Adult Day Program



SWSRA'S Adult Day Program

OASIS was created to meet the needs of individuals with disabilities ages 18 and older. This is a structured program designed to help increase independence in a variety of areas that help foster personal growth of each individual.



The general program goals are to provide quality recreation services and to increase and maintain social skills through well-designed activities and community integration. Other areas of focus include skills to promote independence through daily living skills, social interactions, cooking, health & fitness, and leisure activities. OASIS supports social interaction with peers and within the community.

New participants may be placed on a waitlist until a spot becomes available. **Note, residents will receive priority on a waitlist before non-residents.** To be placed on the waitlist, all prospective participants must have completed the initial intake process and registration forms. Individuals must be able to participate successfully at a minimum staff-to-participant ratio of 1:4. Before acceptance, SWSRA will complete an intake assessment and determine that eligibility requirements are met.

Days: OASIS is offered Monday-Friday; participants can register for 2-5 days a week.

Dates: September 2, 2025-May 22, 2026;

The program follows the days off and holidays of a local school district calendar.

Time: 10:00am - 2:00pm

Location: Worth Park District - Terrace Centre, Worth

Monthly Fee: 2 Day Option: \$430 (R), \$645 (NR)

3 Day Option: \$595 (R), \$890 (NR)

4 Day Option: \$750 (R), \$1,125 (NR)

5 Day Option: \$935 (R), \$1,405 (NR)

Sensory Depot



A sensory room is a specifically designed environment for people ages 3 to adult with various ability levels to experience a variety of senses and to assist in developing specific skills. Sensory rooms are used to create a safe atmosphere to relax and benefit specific sensory processing difficulties.

By Appointment Only Monday - Saturday.



Benefits May Include:

- Improved mood
- Improved communication
- Decreased anxiety
- Decreased fear
- Enhanced interpersonal interactions
- Fewer disruptive behaviors

Who May Benefit:

- Autism Spectrum Disorders
- ADHD
- Sensory processing disorders
- Dementia

Sensory Depot Offers:

- Aromatherapy
- Relaxing sounds and lights
- Interactive tools to promote skills and tranquility
- Bubble tubes
- Fiber optic lights
- And much more!

Sensory Depot Location:

- 10707 S. Oak Park Ave., Worth, IL
- Individual Sessions:
- ONE Session is 30 Minutes
- 1 Session for \$10
- 5 Sessions for \$45
- 10 Sessions for \$90

Group Trips:

Ask to speak with a Recreation Team Member for group rates at 708-389-9423.

How to Register:

- Call or visit SWSRA's main office at:
 - 708-389-9423
 - 12521 S. Kostner Ave., Alsip

Cancellations made 4 hours or less or no-shows will be charged a fee of \$15 and the cost of the session.

Calendar

Programs & Events

MARCH 2026						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14 11:00am-11:45am Bunny Hop at Sensory Depot
15	16 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	17 4:30pm-5:30pm Soccer Skills & Drills	18 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Word Scramble	19 6:30pm-8:30pm Socialites	20 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 6:00pm-7:30pm Game Night & Pizza	21 10:00am-11:00am Bakers Club 1:00pm-4:15pm Color Me Mine
22	23 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	24 4:30pm-5:30pm Soccer Skills & Drills 6:30pm-7:30pm Volleyball Skills & Drills	25 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Word Scramble	26 6:00pm-7:00pm Walking Club	27 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO	28 10:00am-11:00am Spring into Fun 11:30am-1:30pm Kitchen Creations 2:30pm-4:00pm Hoppy Bliss
29	30 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	31 4:30pm-5:30pm Soccer Skills & Drills 6:30pm-7:30pm Volleyball Skills & Drills				

COLOR KEY
BLUE: Virtual Program
DARK GREEN: In-Person Program
LIGHT GREEN: Special Event

Calendar

Programs & Events

APRIL 2026						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Word Scramble	2 6:30pm-8:30pm Socialites	3 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO	4
5	6 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	7 4:30pm-5:30pm Soccer Skills & Drills 6:30pm-7:30pm Volleyball Skills & Drills	8 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Word Scramble	9 6:00pm-7:00pm Walking Club	10 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 6:00pm-8:30pm LWSRA Fiesta Dance	11 11:30am-1:30pm Kitchen Creations 2:30pm-3:30pm Day of Play 4:15pm-5:45pm Fit Fusion
12	13 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	14 4:30pm-5:30pm Soccer Skills & Drills 6:30pm-7:30pm Volleyball Skills & Drills	15 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Word Scramble 6:00pm-7:00pm Softball Skills & Drills	16 6:30pm-8:30pm Socialites	17 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO	18 10:00am-11:00am Bakers Club 1:00pm-2:30pm Cupcake Creators 5:30pm-7:30pm Lemon Chicken & Mashed Potatoes
19 3:15pm-6:45pm Softball Game	20 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	21 4:30pm-5:30pm Soccer Skills & Drills 6:30pm-7:30pm Volleyball Skills & Drills	22 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Word Scramble 6:00pm-7:00pm Softball Skills & Drills	23 6:00pm-7:00pm Walking Club	24 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 6:30pm-8:30pm Family Paint Night	25 10:00am-11:00am Super Spring 11:30am-1:30pm Kitchen Creations 2:30pm-4:00pm Create Your Own Tic-Tac-Toe
26	27 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	28 4:30pm-5:30pm Soccer Skills & Drills 6:30pm-7:30pm Volleyball Skills & Drills	29 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Word Scramble 6:00pm-7:00pm Softball Skills & Drills	30 6:30pm-8:30pm Socialites		

COLOR KEY
BLUE: Virtual Program
DARK GREEN: In-Person Program
LIGHT GREEN: Special Event

Calendar

Programs & Events

MAY 2026						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO	2 10:00am-11:00am Bakers Club
3 10:30am-3:30pm In the Game Hollywood Park	4 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	5 4:30pm-5:30pm Soccer Skills & Drills 6:30pm-7:30pm Volleyball Skills & Drills	6 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Word Scramble 6:00pm-7:00pm Softball Skills & Drills	7 6:00pm-7:00pm Walking Club	8 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 6:30pm-9:00pm Spring Formal	9 11:30am-1:30pm Kitchen Creations
10	11	12 6:30pm-8:00pm SO Coyotes Softball	13	14	15	16
17	18	19 6:30pm-8:00pm SO Coyotes Softball	20	21	22	23
24	25	26 6:30pm-8:00pm SO Coyotes Softball	27	28	29	30

COLOR KEY
BLUE: Virtual Program
DARK GREEN: In-Person Program
LIGHT GREEN: Special Event

Program Policies

BEHAVIOR GUIDELINES

SWSRA promotes the concept of "equal fun for everyone." Participants, Family Members, and Guardians are expected to exhibit appropriate behavior at all times. SWSRA's behavior guidelines have been developed to help make the programs safe and enjoyable for all participants.

1. Participants, Family Members, and Guardians must show respect to all participants, staff, and volunteers.
2. Participants, Family Members, and Guardians must refrain from threatening or causing bodily harm to self, other participants, or staff.
3. Participants, Family Members, and Guardians must refrain from using foul language or discussing inappropriate topics.
4. Participants, Family Members, and Guardians must show respect for equipment, supplies, and facilities.
5. Additional rules may be developed for specific programs and athletic programs as deemed necessary by staff.
6. If inappropriate behavior occurs, a prompt resolution will be sought specifically to each individual's situation. SWSRA reserves the right to dismiss participants whose behavior endangers the safety of themselves or others. Actions may be, but not limited to: Participants, Family Members, and/or Guardians sent home, suspend the Participants, Family Members, and/or Guardians, or expel the Participants, Family Members, and/or Guardians.

DROP OFF/PICK-UP & DROP OFF POLICY

SWSRA asks that participants arrive no earlier than 5 minutes prior to the start of a program or slated pick-up time, and be picked up promptly at the end of the program or slated drop-off time. SWSRA requires you to walk the participant(s) into and out of the building and/or their program room. Please do not drop off or leave anyone early or without a staff member present.

LATE PICK-UP FEE POLICY

Please pick-up participants at the designated times. If parents/guardians are not on time for a participant pick-up/drop-off, a \$15 fee will be assessed after 15 minutes late and every 15 minutes thereafter. This fee assists us in paying for the additional staff wages. In addition, for anyone 5 minutes late, in excess of 2 times, the fee will start at 5 minutes late, from there on after.

SEVERE WEATHER CANCELLATIONS

In the event of severe weather, SWSRA may cancel programs in the best interest of our participants. For the safety of our participants, program supervisors may make the decision to cancel a program in progress, should weather become questionable. The following guidelines will be used to determine cancellations:

Severe Cold Weather

- Outdoor programs: Temperature range of 0 degrees or less, including wind chill.
- Programs with transportation: Temperature of 0 degrees or less, including wind chill.
- All programs (including indoor): Snowstorm situations when driving restrictions (winter storm or blizzard warning in which authorities have advised not going out unless necessary) and emergency accident plans (state and local police) are in effect.

Severe Hot Weather

- Outdoor programs, or indoor sites without air-conditioning, a heat index of 100 degrees or higher.
- Programs with Transportation: Heat index of 100 degrees or higher.
- All programs (including indoor): Weather situations when a tornado warning is in effect.

High Wind Advisory

- When there is a high wind advisory in effect, strong winds can make driving difficult, especially for high profile vehicles.

Program Policies

PROGRAM CANCELLATIONS

SWSRA attempts to hold programs whenever possible. However, inclement weather or emergencies occasionally make it difficult for participants and staff to travel to program locations. SWSRA's cancellation guidelines are as follows:

- At the scheduled program time, if no participants arrive within the first 30 minutes, the program session will be canceled, and staff will be sent home. NO refunds will be given.
- SWSRA staff look at all circumstances, (weather reports), two hours prior to the starting time of the program or transportation route to determine if the program should be canceled.
- If the program is canceled, staff will attempt to reach all participants by phone to inform them. You will only be called if the program is canceled.
- If SWSRA cancels a program, we will make attempts to extend the program to make up missed dates.

SWSRA will make calls announcing any program extensions.

PROGRAM GUIDELINES

1. SWSRA reserves the right to determine and or decline participant appropriateness for programs, trips, special events and overnight trips based on the participant appropriateness for the activity(s).
2. When arriving and departing a program, parents/guardians/group home staff are required to notify the Program Leader.
3. If a participant cannot attend a program, he/she cannot send a substitute in their place.
4. When participants of varying ages and ability levels are in the same program, SWSRA will group them appropriately.
5. SWSRA provides appropriate staff-to-participant ratios based on the information provided to us on the registration form, annual master, and parent/teacher input & new participant assessments. We provide an approximate 1:4 staff-to-participant ratio.
6. SWSRA is not responsible for lost or stolen property. Participants are encouraged to leave valuables at home.
7. With the participant's best interest in mind, we

have found that having parents/guardians, and/or siblings present during a program can tend to distract participants during program time. This can affect the quality of their participation. Our staff always welcome the opportunity to discuss a participant's progress with parents/guardian at any time.

8. Vacation Trips, Weekend Trips, and Overnights: Participants must be completely independent in their daily life skills. SWSRA does not provide supervision of participants after "lights out" and during sleeping hours. Participants must be able to function in a 1:4 staff-to-participant ratio, and have participated in SWSRA weekly programs at least one season before registering for any of these types of trip(s).

GUIDELINES WHEN ILLNESS OCCURS

- To prevent the spread of contagious illnesses, it is recommended that participants refrain from attending programs when any of the following conditions exist:
 - Fever of 100 degrees or higher.
 - Vomiting within the last 24 hours.
 - Persistent diarrhea in conjunction with other symptoms.
 - Contagious rash or a rash of unknown origin or ringworm.
 - Persistent cough and/or cold symptoms.
 - "Pink eye" (conjunctivitis) or discharge from the eye.
 - Symptoms of mumps, measles, chicken pox, strep throat, flu, impetigo, coxsackie virus
 - Head lice or mites
 - Runny nose with yellow or green discharge, which indicates infection.
- Please notify the SWSRA office of any contagious disease that will affect attendance. Participants can return at doctor's recommendation, or when symptoms have clearly passed.

SWSRA staff has the right to deny participation to any individual exhibiting symptoms of a contagious illness.

For additional policies and guidelines, visit our website at www.swsra.org.



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VISIT WWW.SWSRA.ORG TO HELP SUPPORT US

Spring 2026 Program Registration

Registration Dates: Residents Only: February 16 - February 20 | Non-Resident/Co-Op: February 23 - February 27

Participant Name _____

Address _____ City _____ Zip _____

Phone _____ Age _____ Birth Date _____

Main Contact: Name _____ Phone _____ Email _____

Teen & Adult Virtual	R Fee	NR Fee
Virtual Recreation Programs	<input type="checkbox"/> \$45	<input type="checkbox"/> \$45

Teen & Adult Virtual Club	R Fee	NR Fee
Bakers Club	<input type="checkbox"/> \$40	<input type="checkbox"/> \$50

Teen & Adult Programs	R Fee	NR Fee
Bowling I	<input type="checkbox"/> \$130	<input type="checkbox"/> \$255
Bowling II	<input type="checkbox"/> \$165	<input type="checkbox"/> \$325
Kitchen Creations (A)	<input type="checkbox"/> \$120	<input type="checkbox"/> \$150
Softball Skills & Drills	<input type="checkbox"/> \$50	<input type="checkbox"/> \$100
Special Olympics Coyotes Softball	<input type="checkbox"/> \$170	<input type="checkbox"/> \$340
*Uniform Deposit	<input type="checkbox"/> \$50	<input type="checkbox"/> \$50
Socialites (A)	<input type="checkbox"/> \$155	<input type="checkbox"/> \$310
Volleyball Skills & Drills	<input type="checkbox"/> \$90	<input type="checkbox"/> \$115
Walking Club	<input type="checkbox"/> \$55	<input type="checkbox"/> \$110

EC & Youth Programs	R Fee	NR Fee
Youth Bumper Bowl	<input type="checkbox"/> \$130	<input type="checkbox"/> \$255
Soccer Skills & Drills	<input type="checkbox"/> \$85	<input type="checkbox"/> \$110

Recreation Boxes	R Fee	NR Fee
Hello Spring String Art	<input type="checkbox"/> \$25	<input type="checkbox"/> \$25
Shamrock Puzzle	<input type="checkbox"/> \$25	<input type="checkbox"/> \$25
Delivery	<input type="checkbox"/> \$5	

Sensory Depot - Multi-Sensory Room	Fee
1 - 30 Minute Session	<input type="checkbox"/> \$10
Punch Card - 5 Sessions	<input type="checkbox"/> \$45
Punch Card - 10 Sessions	<input type="checkbox"/> \$90

EC & Youth Events	R Fee	NR Fee
Spring into Fun	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25
Cupcake Creators (Y)	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25
Super Spring	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25

Teen Events	R Fee	NR Fee
Game Night and Pizza	<input type="checkbox"/> \$25	<input type="checkbox"/> \$35
Create Your Own Tic-Tac-Toe	<input type="checkbox"/> \$30	<input type="checkbox"/> \$40

Adult Events	R Fee	NR Fee
Color Me Mine	<input type="checkbox"/> \$85	<input type="checkbox"/> \$130
Lemon Chicken & Mashed Potatoes	<input type="checkbox"/> \$35	<input type="checkbox"/> \$45
Softball Game	<input type="checkbox"/> \$35	<input type="checkbox"/> \$70
In the Game Hollywood Park	<input type="checkbox"/> \$80	<input type="checkbox"/> \$160

Teens & Adults Special Events	R Fee	NR Fee
Hoppy Bliss	<input type="checkbox"/> \$30	<input type="checkbox"/> \$40
LWSRA Fiesta Dance		
<i>with Transportation</i>	<input type="checkbox"/> \$85	<input type="checkbox"/> \$130
<i>without Transportation</i>	<input type="checkbox"/> \$75	<input type="checkbox"/> \$115
Fit Fusion	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25
Family Paint Night	<input type="checkbox"/> \$75	<input type="checkbox"/> \$90
<i>1 additional family member</i>	<input type="checkbox"/> \$25	<input type="checkbox"/> \$35
Spring Formal	<input type="checkbox"/> \$35	<input type="checkbox"/> \$45

All Ages Event	R Fee	NR Fee
Day of Play	<input type="checkbox"/> \$15	<input type="checkbox"/> \$20
<i>1 additional sibling</i>	<input type="checkbox"/> \$5	<input type="checkbox"/> \$10

Grand Total: _____

Credit Card Type: (Check One)

☐ Visa ☐ MC ☐ DC ☐ Amex

Amount Charged to Card: _____

Print Name on Card: _____

Card Holder Signature: _____

Account Number: _____

Verification Code: _____ Expiration Date: _____

12521 S. Kostner Ave., Alsip IL 60803
Phone: 708-389-9423 | Fax: 708-389-6458
info@swsra.com | www.swsra.org



SWSRA Spring 2026 Registration Form

SWSRA WAIVER, RELEASE OF ALL CLAIMS AND HOLD HARMLESS AGREEMENT

(Signature required annually with MASTER FORM and notify SWSRA if any information changes)

SWSRA is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. SWSRA 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 the programs/activities listed above must recognize that there is an inherent risk of injury when choosing to participate in recreational programs/activities. You are solely responsible for determining if you or your minor/child/ward are physically fit and/or skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way, or recently suffered an illness, injury, or impairment, to consult a physician before undertaking any physical activity. Recreational programs/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 program/activity. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers, and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises, defects, inadequate or defective equipment, animal bites, inadequate supervision, instruction or officiating and all other circumstance inherent to indoor and outdoor recreational activities/programs exist. In this regard, it must be recognized that it is impossible for SWSRA to guarantee absolute safety. Please read this form carefully and be aware that in signing up and participating in the above-identified programs/activities, 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 said programs/activities (including transportation services/vehicle operation, when provided).

Virtual Programs and Online Activities: You should consult your physician or other health care professional before starting this or any other fitness program/activity to determine if it is right for your needs. If you experience faintness, dizziness, pain, or shortness of breath at any time while exercising you should stop immediately. If you choose to exercise to this virtual program/activity, you do so at your own risk and acknowledge that the exercises carry an inherent risk of physical injuries. To the extent permitted by law, SWSRA and its affiliates disclaim any and all liability in connection with the exercises in the video and any instructions and advice provided.

I recognize and acknowledge that there are certain risks of physical injury to participants in these programs/activities, 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 my minor/child/ward or myself), as a result of participating in these programs/activities against SWSRA including its officials, agents, volunteers and employees (hereinafter collectively referred to as SWSRA). I do hereby fully release and forever discharge SWSRA from any and all claims of injuries, damage, or loss that my minor/child/ward or I may have or which may accrue to myself or my minor/child/ward and arising out of, connected with, or in any way associated with these programs/activities. I have read and understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering online or via fax, your online or facsimile signature shall substitute for and have the same legal effect as an original form signature.

Say Cheese!

SWSRA occasionally takes photographs or videos of participants for promoting/advertising our programs, services, events, activities, and facilities in our brochures, website or agency social media, and other promotional avenues. By registering for, participating in, or attending SWSRA programs, events, or other activities, the participant (or parent/guardian of a minor/child/ward participant) irrevocably agrees to the use and distribution by SWSRA of his or her image (or of his minor/child/ward) in photographs, video recordings, and any other electronic reproductions of such programs, events, and activities for any purpose without inspection or approval and without compensation, rights to royalties, or any other consideration now and in the future.

Print Participant's Name: _____ Date: _____

Signature: _____
(If Under 18, Parent/Guardian Signature)

Print Name of Signature: _____





MASTER FORM (Complete annually and notify SWSRA if any information changes) - Version 3

Participant's Name (Last) _____ (First) _____

Address _____ City _____ Zip _____

Primary Disability _____

Secondary Disability _____

Sex: Female ☐ Male ☐

Age: _____ Birthdate: (MM/DD/YY) ____ / ____ / ____

GROUP HOME PARTICIPANTS ONLY: Name of Group Home/House _____

Case Manager _____ Work # _____ Cell # _____

House Manager _____ Work # _____ Cell # _____

EMERGENCY CONTACT INFORMATION REGARDING PARTICIPANT IN ORDER OF PREFERENCE:

In the event of an emergency, cancellation of program, etc., list in order of preference those who have your consent and authorization to pick up participant if needed.

1. _____
NAME (FIRST & LAST) PRIMARY PHONE TO CALL Secondary Phone (if applicable) RELATIONSHIP TO CLIENT

2. _____
NAME (FIRST & LAST) PRIMARY PHONE TO CALL Secondary Phone (if applicable) RELATIONSHIP TO CLIENT

3. _____
NAME (FIRST & LAST) PRIMARY PHONE TO CALL Secondary Phone (if applicable) RELATIONSHIP TO CLIENT

4. _____
NAME (FIRST & LAST) PRIMARY PHONE TO CALL Secondary Phone (if applicable) RELATIONSHIP TO CLIENT

MEDICAL INFORMATION:

A. Wheelchair: *Yes ☐ No ☐ *If Yes, completion of SWSRA FORM 1 required

B. Seizures: *Yes ☐ No ☐ *If Yes, completion of SWSRA FORM C (pages 1-3) required

Is Vagus Nerve Stimulation (VNS) Used: Yes ☐ No ☐ *Note: In case of a seizure, you will be notified

C. Asthma: *Yes ☐ No ☐ *If Yes, completion of SWSRA FORM A (pages 1-2) required

D. G-Tube: *Yes ☐ No ☐ *If Yes, completion of SWSRA FORM B (pages 1-5) required

E. List any other Medical Conditions AND/OR Assisted Devices *Note: Additional forms may be required

F. Allergies: *Yes ☐ No ☐ *If Yes, Please Complete Chart Below

ALLERGIES	DETAILS	TREATMENT(S)
FOOD		
MEDICATION		
INSECT BITES/STINGS		
OTHER		

MEDICAL INFORMATION CONTINUED:**A. Doctor's Name:** _____ **Phone:** _____**B. Medication:** SWSRA needs to know ALL medications participant is taking, regardless of when/where dispensed.
Please list ALL medications below: *(If more than 4 medications, please attach a separate sheet)*

TYPE OF MEDICATION	DOSAGE/TIME(S)	REACTION/SIDE EFFECT(S)

C. Medication Assistance: Will staff need to assist with Medication during program? *Yes ☐ No ☐
If Yes, SWSRA FORM 4 (pages 1-2) will be required to complete*COMMUNICATION & ADDITIONAL INFORMATION:****A. T-Shirt Size:** CHILD SIZES: S(6-8) ☐ M(10-12) ☐ L(14-16) ☐ ADULT SIZES: S ☐ M ☐ L ☐ XL ☐ 2XL ☐ 3XL ☐**B. General Questions:**

Please fill out the following questions thoroughly so that we can best serve your participant.

- Participant's favorite activities are: _____
- Participant should not eat (please consider allergies/medical conditions) _____
- Inappropriate behaviors participant displays: _____
- Areas/Goals for the participant to work toward: _____
- Toilet Training: _____ 5b. Does Participant require assistance? Yes ☐ No ☐
- SWSRA provides an approximate 1:4 staff-to-participant ratio. Please note if you are requesting a closer ratio and why: _____

C. Sensory Needs:

- Please list what sensory equipment is needed or used: _____

D. Visual Supports and Communication: Verbal ☐ Nonverbal ☐

- ☐ Communication Device, please list: _____ ☐ Picture Exchange Communication System(PECS)
☐ Visual Directions ☐ ASL American Sign Language ☐ Homemade Sign
☐ Cue Cards (stop, wait, sit, etc.) ☐ Other Languages: _____ ☐ Read Lips

E. Swim Information:

- Pre-beginner ☐ Beginner ☐ Intermediate ☐ Advanced ☐
- Does participant use: **Flotation device?** Yes ☐ No ☐ **Ear plugs?** Yes ☐ No ☐
- Is participant allowed to swim in deep water? Yes ☐ No ☐

PERMISSIONS:**1. Parents/Guardians are asked to provide bug spray & sunscreen.**Can staff apply these products on participant? Yes ☐ No ☐**2. Transportation Permission:**Transportation as a part of weekly activities, special events, or trips? Yes ☐ No ☐_____
Signature (If under 18, parent/guardian signature please)_____
Date**Note: This SWSRA MASTER FORM is completed annually. Please notify SWSRA if any information changes.*

BUNNY HOP AT SENSORY DEPOT

Here comes Peter Cottontail hopping his way to Sensory Depot! Each participant will be able to visit and spend time with the Bunny in our sensory room. While you wait for your turn, you will be able to visit different spring themed stations. These stations vary from sensory play, craft and other fun activities. Parents/Guardians must stay for the duration of the event.

Ages: All

Date: Saturday, March 14

Time: 11:00-11:45am

Fee: \$15 (R); \$20 (NR)

1 Additional Sibling: \$10 (R); \$15 (NR)

Registration is required. Space is limited.





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VISIT US AT WWW.SWSRA.ORG