



SOUTH WEST SPECIAL RECREATION ASSOCIATION

WINTER 2025 & SPRING 2025 • SEASONAL PROGRAM BROCHURE



Building Community through Recreation

WINTER REGISTRATION DATES

RESIDENT ONLY - PRIORITY • DECEMBER 2 - DECEMBER 6
RESIDENT/NON-RESIDENT/CO-OP • DECEMBER 9 - DECEMBER 13

SPRING REGISTRATION DATES

RESIDENT ONLY - PRIORITY • FEBRUARY 17 - FEBRUARY 21
RESIDENT/NON-RESIDENT/CO-OP • FEBRUARY 24 - FEBRUARY 28

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

Welcome

A Letter from the Executive Director



Dear SWSRA Family & Friends,

I want to first start off by giving all our sponsors, donors and golfers recognition for making our 4th Annual Tee Up Fore SWSRA event a success. We are thankful for all of the support and generosity shown by all. If you weren't able to join us this year please keep an eye out for our save the date for next year.

Our fall programming has been off to a great start. OASIS, adult day program, was happy to announce its new 5-day

option for enrollment. If you are interested in joining the program please contact our office to learn more about the admission process.

A little different from in the past, SWSRA will now be combining its winter and spring brochure into one. Please be sure to take a look at all the amazing opportunities the SWSRA recreation team has developed for this upcoming winter and spring.

NEW for adults (winter & spring):

- Tasty Bites
- Dance Party Fitness & Smoothies
- Volleyball Skills & Drills

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

- Winter Workshop
- Junior Athletes

Come start your holiday celebrating with a visit from SANTA at our Sensory Depot on December 11th. Stop by to enjoy a craft, visit with Santa one on one in our sensory room and take a picture. Registration is required.

SWSRA wants to wish all of our friends and families a safe and happy holiday season. We look forward to all the upcoming year has to offer and hope you are able to join us. Please be sure to check out our website and social media pages for upcoming events and more.

Best wishes,

Nicolette D. Lahman-Morales
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 2025 & Spring 2025, 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

Jennifer Fullerton

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 6 - March 1

Spring Season: March 17 - May 10

REGISTRATION DATES

Residents Only - Priority Registration*

Winter Season: December 2 - December 6

Spring Season: February 17 - February 21

Resident/Non-Resident/Co-Op Registration

Winter Season: December 9 - December 13

Spring Season: February 24 - February 28

**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

Emagine- Frankfort

19965 LaGrange Road

Frankfort, IL 60423

Farmhouse Academy

8940 W. 192nd Street

Suite L

Mokena, IL 60448

Goy Building

10707 S. Oak Park Avenue

Worth, IL 60482

Hawaii Fluid Art

17200 Oak Park Avenue

Unit 104

Tinley Park, IL 60477

Lincolnway Special Recreation Center

1900 Heatherglen Drive

New Lenox, IL 60451

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

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 6-February 28

No Program: January 24

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
Intro to Drawing	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.

Intro to Drawing: Bring a pencil, paper, and coloring utensils to learn to draw something new!

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

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: January 11, February 8, March 1

Time: 10:00am-11:00am

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

Healthy Snackers Club

Are you feeling hungry throughout the day, but want a healthy snack? Each week we will explore different healthy, yet delicious, flavors from sweet to savory!

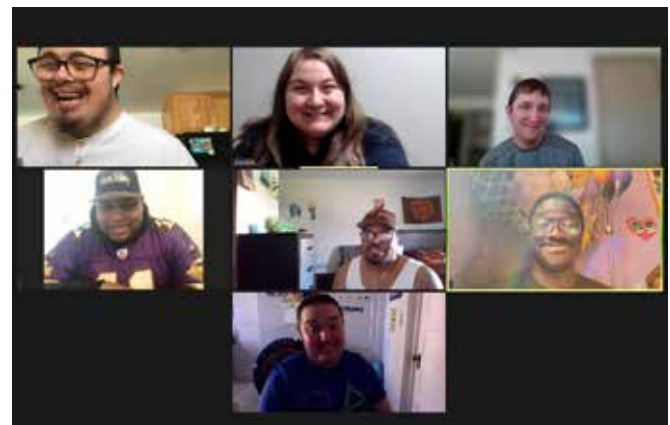
Group: Teens & Adults

Day: Saturday

Dates: January 18, February 1, February 15

Time: 10:30am-11:00am

Fee: \$20 (R), \$25 (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 6 - February 24

Time: 5:00pm-6:00pm

Location: Burr Oak Bowl, Blue Island

Youth Bumper Bowl

Min/Max: 3/6

Fee: \$125 (R), \$245 (NR)

Bowling I

Min/Max: 4/8

Fee: \$125 (R), \$245 (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.*



TASTY BITES



Who doesn't love a good appetizer to snack on? Join us as we work in the kitchen to make new appetizer recipes each week for dinner!

Fee includes: supplies and staff supervision

Group: Adults

Day: Wednesday

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

Time: 6:00pm-8:00pm

Location: Goy Building, Worth

Min/Max: 4/8

Fee: \$125 (R), \$160 (NR)



DANCE PARTY FITNESS AND SMOOTHIES



We're gonna “shake it off”. We will move to “Just Dance” to get our fitness in for the day. After we finish our workout, we will make a new smoothie each week to cool off! *Participants must wear gym shoes and are encouraged to bring a filled water bottle.*

Fee includes: supplies and staff supervision

Group: Adults

Day: Wednesday

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

Time: 6:30pm-8:00pm

Location: Goy Building, Worth

Min/Max: 4/8

Fee: \$95 (R), \$120 (NR)

Programs

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 9, January 23, February 6, February 20

Time: 6:30pm-8:30pm

Location: Meet at Alsip Park District-Apollo, Alsip

Min/Max: 4/8

Fee: \$150 (R), \$300 (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 16, January 30, February 13, February 27

Time: 6:00pm-7:00pm

Location: Palos Heights Recreation Center Track, Palos Heights

Min/Max: 4/8

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

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 to create something unique each week.

Fee includes: supplies and staff supervision

Group: EC & Youth

Day: Saturday

Dates: February 8-March 1

Time: 3:00pm-4:00pm

Location: Goy Building, Worth

Min/Max: 3/6

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



Special Events

POLAR BEAR PORTRAIT

Let's dive into the arctic and create a polar bear portrait. We will be getting creative and creating these masterpieces with a variety of dried beans. This is the perfect craft for the winter season. While we create our craft we can warm up with some hot chocolate.

Fee includes: *supplies and staff supervision*

Group: EC & Youth

Day: Saturday

Date: January 11

Time: 10:00am-11:00am

Location: Goy Building, Worth

Min/Max: 3/6

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

Registration Deadline: December 27

NEW YEAR'S CELEBRATION

Happy New Year! The Big Times Square New Year's Eve Ball has dropped and it is time to celebrate. We are going to kick off the new year by making a New Year's sign. While our sign dries we will make a snack and play some games.

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

Group: Teens & Adults

Day: Saturday

Date: January 11

Time: 1:30pm-3:30pm

Location: Goy Building, Worth

Min/Max: 4/8

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

Registration Deadline: December 27

FROSTY FUN

The winter weather is here, let's warm up by playing music and making a winter craft. We will finish off with making a snack and warm apple cider.

Fee includes: *snacks, supplies and staff supervision*

Group: Teens

Day: Saturday

Date: January 18

Time: 2:30pm-4:00pm

Location: Goy Building, Worth

Min/Max: 4/8

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

Registration Deadline: January 3

PAINT NIGHT

Have you ever experienced the fun of a paint party? Let's face it, painting is fun. Getting together with friends is a great way to visit while entertaining. Painters will be given step-by-step instructions to create their one-of-a-kind painting! Once we are done, we will enjoy a light snack.

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

Group: Teens & Adults

Day: Saturday

Date: January 18

Time: 6:30pm-9:00pm

Location: Goy Building, Worth

Min/Max: 4/8

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

Registration Deadline: January 3

TEEN MEET UP

Calling all teens and parents! Join us for this event for families to meet each other, play a variety of games with new families and build new friendships. At least one parent/guardian is required to stay with the participant for the duration of this event.

Fee includes: *supplies*

Group: Teens

Day: Saturday

Date: February 1

Time: 1:30pm-2:30pm

Location: Goy Building, Worth

Min/Max: 4/8

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

Registration Deadline: January 17

OVENLY TREATS

We are making homemade chocolate chip cookies! We will work step by step to make our cookies. When we are done mixing the dough each participant will be able to use a variety of cookie cutters to make fun shapes. After the cookies cool we will decorate the cookies to bring home.

Fee includes: *supplies and staff supervision*

Group: Adults

Day: Saturday

Date: February 1

Time: 3:30pm-5:00pm

Location: Goy Building, Worth

Min/Max: 4/8

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

Registration Deadline: January 17

Special Events

COOKIE CREATION

Are you looking for a fun and tasty activity? This is where baking meets creativity. Come express your artistic side by decorating delicious cookies with frosting and sprinkles.

Fee includes: *supplies and staff supervision*

Group: EC & Youth

Day: Saturday

Date: February 8

Time: 10:00am-11:30am

Location: Goy Building, Worth

Min/Max: 3/6

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

Registration Deadline: January 24

BINGO MASTER

Don't forget to mark your free space. Everyone will win a prize just for joining us for this event. We are playing many rounds of BINGO and making a yummy snack

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

Group: Teens & Adults

Day: Saturday

Date: February 8

Time: 12:30pm-2:30pm

Location: Goy Building, Worth

Min/Max: 4/8

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

Registration Deadline: January 24

PARENTS NIGHT OUT

Happy Valentine's Day! We are giving the parents a night off to celebrate the holiday. We will make chicken tenders and fries for dinner and watch a movie. After dinner we will make a craft for the night.

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

Group: Teens

Day: Friday

Date: February 14

Time: 5:30pm-7:30pm

Location: Goy Building, Worth

Min/Max: 4/8

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

Registration Deadline: January 31

PIZZA MY HEART

I cheese you! Let's celebrate the holiday. We will each make an individual pizza, a heart shaped craft, chocolate covered strawberries, and enjoy a movie.

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

Group: Adults

Day: Saturday

Date: February 15

Time: 6:00pm-8:30pm

Location: Goy Building, Worth

Min/Max: 4/8

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

Registration Deadline: January 31

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 21

Time: 7:00pm-9:00pm

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

Min/Max: 4/8

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

Registration Deadline: February 7



Special Events



TACO SOUP AND CORNBREAD

Brrr it's cold outside! Let's warm up by making homemade taco soup and cornbread. We will work in the kitchen to make this homemade recipe.

Fee includes: *supplies and staff supervision*

Group: Adults

Day: Saturday

Date: February 22

Time: 11:00am-1:00pm

Location: Goy Building, Worth

Min/Max: 4/8

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

Registration Deadline: February 7

FITNESS FUSION

Get ready to work those muscles and get a good 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: March 1

Time: 1:30pm-2:45pm

Location: Goy Building, Worth

Min/Max: 4/8

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

Registration Deadline: February 14

SHAMROCK SMASH

Top of the mornin' to you! We are off to do the jig to make two crafts for the holiday. After we finish our crafts we enjoy a green tasty snack.

Fee includes: *snack, supplies and staff supervision*

Group: Teens & Adults

Day: Saturday

Date: March 1

Time: 6:00pm-8:00pm

Location: Goy Building, Worth

Min/Max: 4/8

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

Registration Deadline: February 14

HAWAII FLUID ART

Aloha friends! Let's make our way to Hawaii Fluid Art to make unique canvas art! This is a hands-on experience so it may get a little messy. *Fluid art canvas will be ready at a later date for pick up and SWSRA will call you when they're ready for pick up. *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: *painting, transportation, and staff supervision*

Group: Adults

Day: Sunday

Date: March 2

Time: 9:15am-11:30am

Location: Meet at Alsip Park District-Apollo, Alsip

Min/Max: 4/8

Fee: \$45 (R), \$120 (NR)

Registration Deadline: February 7

SAND ART

Let's unleash our creativity! Come out and join us for a hands-on activity designing your own vibrant sand art masterpieces in a jar. This will be a relaxing time.

Fee includes: *supplies and staff supervision*

Group: EC & Youth

Day: Sunday

Date: March 2

Time: 10:00am-11:00am

Location: Goy Building, Worth

Min/Max: 3/6

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

Registration Deadline: February 14

Recreation Boxes

GINGERBREAD HOUSE ORNAMENTS

Don't forget the gumbdrop buttons! It's gingerbread season so let's make three gingerbread house ornaments! Supplies include: (3) 2 inch terracotta pots, a variety of paint, paint brushes, ribbon, and bell.

Group: All

Fee: \$25

Delivery (Residents ONLY): \$5

Registration Deadline: December 13

Pick up & Delivery Date: December 20

Pick up Location: SWSRA Main Office

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

VALENTINE'S DAY AND ST. PATRICK'S DAY DOOR HANGER

Get ready to create this 2 sided door hanger just in time for the holidays. Supplies include: 12" unfinished wooden circle plaque, vinyl lettering and stencils, modge podge, paint, paint brush, d-rings for hanging, and twine.

Group: All

Fee: \$35

Delivery (Residents ONLY): \$5

Registration Deadline: December 13

Pick up & Delivery Date: December 20

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 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	7 6:30pm-8:00pm SO Coyotes Basketball	8 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Intro to Drawing 6:00pm-8:00pm Tasty Bites	9 6:30pm-8:30pm Socialites	10 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO	11 10:00am-11:00am Bakers Club 10:00am-11:00am Polar Bear Portrait 1:30pm-3:30pm New Year's Celebration
12	13 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	14 6:30pm-8:00pm SO Coyotes Basketball	15 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Intro to Drawing 6:30pm-8:00pm Dance Party Fitness & Smoothies	16 6:00pm-7:00pm Walking Club	17 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO	18 10:30am-11:00am Healthy Snackers Club 2:30pm-4:00pm Frosty Fun 6:30pm-9:00pm Paint Night
19	20 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	21 6:30pm-8:00pm SO Coyotes Basketball	22 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Intro to Drawing 6:00pm-8:00pm Tasty Bites	23 6:30pm-8:30pm Socialites	24	25
26	27 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	28 6:30pm-8:00pm SO Coyotes Basketball	29 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Intro to Drawing 6:30pm-8:00pm Dance Party Fitness & Smoothies	30 6:00pm-7:00pm Walking Club	31 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO	

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

Calendar

Programs & Events

FEBRUARY 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 10:30am-11:00am Healthy Snackers Club 1:30pm-2:30pm Teen Meet Up 3:30pm-5:00pm Ovenly Treats
2	3 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	4 6:30pm-8:00pm SO Coyotes Basketball	5 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Intro to Drawing 6:00pm-8:00pm Tasty Bites	6 6:30pm-8:30pm Socialites	7 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO	8 10:00am-11:00am Bakers Club 10:00am-11:30am Cookie Creation 12:30pm-2:30pm BINGO Master 3:00pm-4:00pm Winter Workshop
9	10 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	11 6:30pm-8:00pm SO Coyotes Basketball	12 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Intro to Drawing 6:30pm-8:00pm Dance Party Fitness & Smoothies	13 6:00pm-7:00pm Walking Club	14 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:30pm-7:30pm Parent's Night Out	15 10:30am-11:00am Healthy Snackers Club 3:00pm-4:00pm Winter Workshop 6:00pm-8:30pm Pizza My Heart
16	17 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	18	19 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Intro to Drawing 6:00pm-8:00pm Tasty Bites	20 6:30pm-8:30pm Socialites	21 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 7:00pm-9:00pm Mardi Gras Mambo	22 11:00am-1:00pm Taco Soup and Cornbread 3:00pm-4:00pm Winter Workshop
23	24 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	25	26 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Intro to Drawing 6:30pm-8:00pm Dance Party Fitness & Smoothies	27 6:00pm-7:00pm Walking Club	28 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Intro to Drawing	

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

Calendar

Programs & Events

MARCH 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 10:00am-11:00am Bakers Club 1:30pm-2:45pm Fitness Fusion 3:00pm-4:00pm Winter Workshop 6:00pm-8:00pm Shamrock Smash
2 9:15am-11:30am Hawaii Fluid Art 10:00am-11:00am Sand Art	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

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



TASTY BITES



Who doesn't love a good appetizer to snack on?
Join us as we work in the kitchen to make new appetizer
recipes each week for dinner!



Group: Adults

Day: Wednesday

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

Time: 6:00pm - 8:00pm

Location: Goy Building, Worth

Fee: \$125 (R) \$160 (NR)



12521 S. KOSTNER AVE. | ALSIP, IL 60803
708-389-9423 | WWW.SWSRA.ORG

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 to
create something unique each week.

Group: EC & Youth

Day: Saturday

Dates: February 8-March 1

Time: 3:00pm-4:00pm

Location: Goy Building, Worth

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



Winter 2025 Program Registration

Registration Dates: Residents Only: December 2 - December 6 | Non-Resident/Co-Op: December 9 - December 13

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 Clubs	R Fee	NR Fee
Bakers Club	<input type="checkbox"/> \$40	<input type="checkbox"/> \$50
Healthy Snackers Club	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25

Teen & Adult Programs	R Fee	NR Fee
Bowling I	<input type="checkbox"/> \$125	<input type="checkbox"/> \$245
Bowling II	<input type="checkbox"/> \$165	<input type="checkbox"/> \$325
Dance Party Fitness & Smoothies (A)	<input type="checkbox"/> \$95	<input type="checkbox"/> \$120
Socialites (A)	<input type="checkbox"/> \$150	<input type="checkbox"/> \$300
Tasty Bites (A)	<input type="checkbox"/> \$125	<input type="checkbox"/> \$160
Walking Club	<input type="checkbox"/> \$55	<input type="checkbox"/> \$110

Youth Programs	R Fee	NR Fee
Youth Bumper Bowl	<input type="checkbox"/> \$125	<input type="checkbox"/> \$245
Winter Workshop	<input type="checkbox"/> \$60	<input type="checkbox"/> \$75

Recreation Boxes	R Fee	NR Fee
Gingerbread House Ornaments	<input type="checkbox"/> \$25	<input type="checkbox"/> \$25
Valentine's Day & St. Patrick's Day Door Hanger	<input type="checkbox"/> \$35	<input type="checkbox"/> \$35
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
Polar Bear Portrait	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25
Cookie Creation	<input type="checkbox"/> \$30	<input type="checkbox"/> \$40
Sand Art	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25

Teen Events	R Fee	NR Fee
Frosty Fun	<input type="checkbox"/> \$30	<input type="checkbox"/> \$40
Teen Meet Up	<input type="checkbox"/> \$5	<input type="checkbox"/> \$5
Parents Night Out	<input type="checkbox"/> \$35	<input type="checkbox"/> \$45

Adult Events	R Fee	NR Fee
Ovenly Treats	<input type="checkbox"/> \$25	<input type="checkbox"/> \$35
Pizza My Heart	<input type="checkbox"/> \$40	<input type="checkbox"/> \$50
Taco Soup and Cornbread	<input type="checkbox"/> \$35	<input type="checkbox"/> \$45
Hawaii Fluid Art	<input type="checkbox"/> \$45	<input type="checkbox"/> \$120

Teens & Adults Special Events	R Fee	NR Fee
New Year's Celebration	<input type="checkbox"/> \$30	<input type="checkbox"/> \$40
Paint Night	<input type="checkbox"/> \$35	<input type="checkbox"/> \$45
BINGO Master	<input type="checkbox"/> \$30	<input type="checkbox"/> \$40
Oak Lawn's Mardi Gras Mambo	<input type="checkbox"/> \$35	<input type="checkbox"/> \$70
Fitness Fusion	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25
Shamrock Smash	<input type="checkbox"/> \$40	<input type="checkbox"/> \$50

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 Winter 2025 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: _____



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 17-May 9

No Program: April 18

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
Trivia	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!

Trivia: Let's put your knowledge to the test in a variety of categories each week. This is all about having fun, learning new things and diving into some exciting questions.

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 22 & May 10

Time: 10:00am-11:00am

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

Healthy Snackers Club

Are you feeling hungry throughout the day, but want a healthy snack? Each week we will explore different healthy, yet delicious, flavors from sweet to savory!

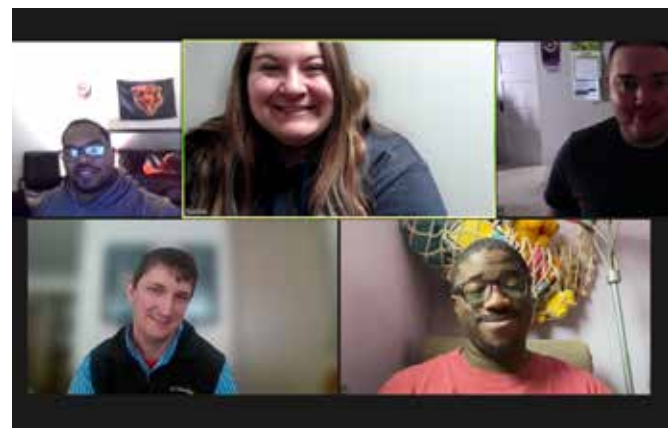
Group: Teens & Adults

Day: Saturday

Dates: March 29, April 12, April 26

Time: 10:30am-11:00am

Fee: \$20 (R), \$25 (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 17 - May 5

Time: 5:00pm-6:00pm

Location: Burr Oak Bowl, Blue Island

Youth Bumper Bowl

Min/Max: 3/6

Fee: \$125 (R), \$245 (NR)

Bowling I

Min/Max: 4/8

Fee: \$125 (R), \$245 (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: Tuesday

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
COYOTES**

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 13-August 5

Region E Tournament Date: August 3

Time: 6:30pm-8:00pm

Location: Peaks Park, Worth

Min/Max: 12/15

Fee: \$165 (R), \$330 (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

SPECIAL OLYMPICS COYOTES SOFTBALL INDIVIDUAL SKILLS

This program will prepare you for the Special Olympics Individual Skills tournament. Athletes must bring their own softball glove, water bottle, dress in athletic clothing and shoes. Additional fees will be required if individual qualifies for State Competition.

Fee includes: equipment and staff supervision

Group: Teens & Adults

Day: Tuesday

Dates: June 10-August 5

Region E Tournament Date: TBA

Time: 6:30pm-7:30pm

Location: Memorial Park, Midlothian

Min/Max: 4/8

Fee: \$115 (R), \$230 (NR)

JUNIOR ATHLETES



Let's get ready to have fun and get active. Come along for an introduction to different sport skills. This is designed for youth looking to explore and develop basic techniques in a variety of sports. Each session 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 18-May 6

Time: 5:30pm-6:30pm

Location: Goy Building, Worth

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: Wednesday

Dates: March 26-May 7

Time: 6:30pm-8:00pm

Location: Palos Heights Parks and Recreation Center, Palos Height

Min/Max: 4/8

Fee: \$100 (R), \$150 (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 20, April 3, April 17, May 1

Time: 6:30pm-8:30pm

Location: Meet at Alsip Park District-Apollo, Alsip

Min/Max: 4/8

Fee: \$150 (R), \$300 (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 27, April 10, April 24, May 8

Time: 6:00pm-7:00pm

Location: Palos Heights Recreation Center Track, Palos Heights

Min/Max: 4/8

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



Special Events

CRUNCH TIME

It's time to crunch our muscles and put them to work! We are going to get a workout in and finish out with a healthy crunchy 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: March 22

Time: 2:00pm-3:15pm

Location: Goy Building, Worth

Min/Max: 4/8

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

Registration Deadline: March 7

GRILLED CHEESE AND MOVIE

Grab the butter and cheese and let's get to grilling! We are headed into the kitchen to make grilled cheese and fries. After we make our dinner we will watch a hit movie!

Fee includes: *dinner, supplies and staff supervision*

Group: Teens

Day: Saturday

Date: March 22

Time: 6:00pm-8:00pm

Location: Goy Building, Worth

Min/Max: 4/8

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

Registration Deadline: March 7

TEEN MEET UP

Calling all teens and parents! Join us for this event for families to meet each other, play a variety of games with new families and build new friendships. At least one parent/guardian is required to stay with the participant for the duration of this event.

Fee includes: *supplies*

Group: Teens

Day: Sunday

Date: March 23

Time: 2:30pm-3:30pm

Location: Goy Building, Worth

Min/Max: 4/8

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

Registration Deadline: March 7

TIC-TAC-TOE

Tic-tac-toe give me an X, give me an O, give me 3 in a row. Come join the fun and create your own personalized tic-tac-toe game set to take home and enjoy.

Fee includes: *supplies and staff supervision*

Group: EC & Youth

Day: Saturday

Date: March 29

Time: 1:00pm-2:00pm

Location: Goy Building, Worth

Min/Max: 3/6

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

Registration Deadline: March 14

KARAOKE NIGHT

Get ready to sing along to your favorite tunes! We are spending the night singing out songs and making our own trail mix.

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

Group: Teens & Adults

Day: Saturday

Date: March 29

Time: 6:30pm-8:00pm

Location: Goy Building, Worth

Min/Max: 4/8

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

Registration Deadline: March 14



Special Events

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: April 5

Time: 11:00am-11:45am

Location: Goy Building, Worth

Min/Max: 4/8

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

Registration Deadline: March 28



AFTERNOON MOVIE

We are headed to catch the newest movie in the theaters! We will head to Emagine Frankfort for a later afternoon movie thriller. Participants can bring money for snacks during the movie.

Fee includes: movie ticket, transportation and staff supervision

Group: Adults

Day: Saturday

Date: April 5

Time: Families will be called the Wednesday prior for the time of the event.

Location: Meet at Alsip Park District-Apollo, Alsip

Min/Max: 4/8

Fee: \$60 (R), \$120 (NR)

Registration Deadline: March 21

LWSRA FIESTA DANCE



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 11

Time: 6:00pm-8:30pm

Location: Meet at Alsip Park District-Apollo, Alsip

Min/Max: 4/8

Fee with Transportation: \$90 (R), \$180 (NR)

Fee without Transportation: \$80 (R), \$160 (NR)

***Meet at Lincolnway Special Recreation Center**

Registration Deadline: March 28

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

PASTRY PERFECTION

Join us for a delightful day of baking as we make homemade strawberry pop-tarts. This is the perfect opportunity to roll up your sleeves and craft something delicious. Nothing beats the taste of a fresh homemade pastry.

Fee includes: supplies and staff supervision

Group: Youth

Day: Saturday

Date: April 12

Time: 10:00am-11:00am

Location: Goy Building, Worth

Min/Max: 3/6

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

Registration Deadline: March 28

Special Events

EGG-CELLENT CREATIONS

Get ready for an egg-citing event! We are going to take a creative twist and tie dye eggs. After we finish our eggs, we will make a bunny-tastic craft and finish off with a sweet treat.

Fee includes: snack, supplies, and staff supervision

Group: Teens & Adults

Day: Saturday

Date: April 12

Time: 1:30pm-3:30pm

Location: Goy Building, Worth

Min/Max: 4/8

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

Registration Deadline: March 28

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 25

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 11



CHICKEN TACOS AND QUESO

Taco 'bout awesome! Let's celebrate Cinco de Mayo a little early! We are headed into the kitchen to make homemade chicken tacos and fresh queso with chips for dinner.

Fee includes: dinner, supplies, and staff supervision

Group: Adults

Day: Saturday

Date: April 26

Time: 5:30pm-7:30pm

Location: Goy Building, Worth

Min/Max: 4/8

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

Registration Deadline: April 11

BRACELET MAKING & GAMES

Let's have a good time hanging out with friends and creating beaded bracelets. Once we complete our bracelet making, bring on the board games. This event is the perfect way to relax, socialize and enjoy a mix of hands-on crafting and friendly competition.

Fee includes: supplies and staff supervision

Group: EC & Youth

Day: Sunday

Date: April 27

Time: 1:00pm-2:00pm

Location: Goy Building, Worth

Min/Max: 3/6

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

Registration Deadline: April 11



Special Events

MAY THE FORCE BE WITH YOU

May the fourth is right around the corner and that means it's Star Wars day. Join us while we make pizza for dinner and watch one of the classic Star Wars movies. We will finish the night off with chewbacca cookies and blue milk.

Fee includes: dinner, supplies and staff supervision

Group: Teens & Adults

Day: Friday

Date: May 2

Time: 6:00pm-8:30pm

Location: Goy Building, Worth

Min/Max: 4/8

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

Registration Deadline: April 17

ARTISAN PIZZAS AT FARMHOUSE ACADEMY



Another one bites the crust! We are headed to Farmhouse Academy's kitchen to make our own personal artisan pizzas. The Farmhouse Academy staff will instruct step by step directions on making a homemade artisan pizza. Once the pizzas are out of the oven we will eat our lunch.

Fee includes: instruction, lunch, transportation, and staff supervision

Group: Adults

Day: Saturday

Date: May 3

Time: 10:45am-2:15pm

Location: Meet at Alsip Park District-Apollo, Alsip

Min/Max: 6/8

Fee: \$65 (R), \$130 (NR)

Registration Deadline: March 28



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 9

Time: 6:30pm-9:00pm

Location: Alsip Park District-Apollo, Alsip

Min/Max: 4/8

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

Registration Deadline: April 11



Recreation Boxes

EVERY BUNNY WELCOME

Hop on over! It's bunny season so let's decorate wooden bunnies and a "Every Bunny Welcome" sign for the bunnies to be placed on top. Supplies include: 4 wooden bunnies, wooden board, ribbon, variety of paint, paint pallet, and paint brushes.

Group: All

Fee: \$25

Delivery (Residents ONLY): \$5

Registration Deadline: March 14

Pick up & Delivery Date: March 21

Pick up Location: SWSRA Main Office

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

SPRING DOOR HANGER

Looking to add a pop of spring into your decor. This spring door hanger will add a touch of spring and elegance to your home. Supplies include: 1 gold floral ring, floral wire, floral tape, foam roses, eucalyptus stems and leaves, and twine.

Group: All

Fee: \$20

Delivery (Residents ONLY): \$5

Registration Deadline: March 14

Pick up & Delivery Date: March 21

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.



General program goals are to provide quality recreation services as well as 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 promotes 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 initial intake process and registration forms. Individuals must be able to participate successfully at a staff to participant ratio of 1:6-1:4. Prior to 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 3, 2024 - May 23, 2025;

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 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	18 5:30pm-6:30pm Junior Athletes	19 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Trivia	20 6:30pm-8:30pm Socialites	21 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO	22 10:00am-11:00am Bakers Club 2:00pm-3:15pm Crunch Time 6:00pm-8:00pm Grilled Cheese & Movie
23 2:30pm-3:30pm Teen Meet Up	24 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	25 5:30pm-6:30pm Junior Athletes	26 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Trivia 6:30pm-8:00pm Volleyball Skills & Drills	27 6:00pm-7:00pm Walking Club	28 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO	29 10:30am-11:00am Healthy Snackers Club 1:00pm-2:00pm Tic-Tac-Toe 6:30pm-8:00pm Karaoke Night
30	31 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling					

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

Calendar

Programs & Events

APRIL 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Trivia 6:30pm-8:00pm Volleyball Skills & Drills	3 6:30pm-8:30pm Socialites	4 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO	5 11:00am-11:45am Bunny Hop at Sensory Depot TBD: Afternoon Movie
6	7 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	8 5:30pm-6:30pm Junior Athletes	9 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Trivia 6:30pm-8:00pm Volleyball Skills & Drills	10 6:00pm-7:00pm Walking Club	11 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 6:00pm-8:30pm LWSRA Fiesta Dance	12 10:00am-11:00am Pastry Perfection 10:30am-11:00am Healthy Snackers Club 1:30pm-3:30pm Egg-cellent Creations
13	14 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	15 5:30pm-6:30pm Junior Athletes 6:00pm-7:00pm Softball Skills & Drills	16 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Trivia 6:30pm-8:00pm Volleyball Skills & Drills	17 6:30pm-8:30pm Socialites	18	19
20	21 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	22 5:30pm-6:30pm Junior Athletes 6:00pm-7:00pm Softball Skills & Drills	23 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Trivia 6:30pm-8:00pm Volleyball Skills & Drills	24 6:00pm-7:00pm Walking Club	25 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 6:30pm-8:30pm Family Paint Night	26 10:30am-11:00am Healthy Snackers Club 5:30pm-7:30pm Chicken Tacos & Queso
27 1:00pm-2:00pm Bracelet Making & Games	28 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	29 5:30pm-6:30pm Junior Athletes 6:00pm-7:00pm Softball Skills & Drills	30 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Trivia 6:30pm-8:00pm Volleyball Skills & Drills			

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

Calendar

Programs & Events

MAY 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 6:30pm-8:30pm Socialites	2 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 6:00pm-8:30pm May the Force Be With You	3 10:45am-2:15pm Artisan Pizzas at Farmhouse Academy
4 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	5	6 5:30pm-6:30pm Junior Athletes 6:00pm-7:00pm Softball Skills & Drills	7 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Trivia 6:30pm-8:00pm Volleyball Skills & Drills	8 6:00pm-7:00pm Walking Club	9 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 6:30pm-9:00pm Spring Formal	10 10:00am-11:00am Bakers Club
11	12	13 6:30pm-8:00pm SO Coyotes Softball	14	15	16	17
18	19	20 6:30pm-8:00pm SO Coyotes Softball	21	22	23	24
25	26	27 6:30pm-8:00pm SO Coyotes Softball	28	29	30	31

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 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 Policies

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.

COVID-19 GUIDELINES

SWSRA will continue to follow the Governors Executive Orders as well as CCDPH, the IDPH, CDC and our risk management agency guidance as we have done throughout the pandemic. Information is subject to change at anytime.

- Masks are not required but RECOMMENDED for all SWSRA participants and staff.
- Participants must provide their own mask.
- We ask that participants bring a mask, should one be needed for an emergency.
- Participants displaying COVID-19 related symptoms during a program will be removed from the group. Staff will immediately call guardian/family and be required to pick up participant within 15 minutes of notification.
- In the event program has a known outbreak of COVID-19 the following will be done:
 - Program will shut down in-person programming for a minimum of 5 days.

In the event a participant has COVID-19 or is exposed to a known or suspected case of COVID-19, the following guidelines in accordance with the CDC and IDPH are to be followed:

- If a participant tests POSITIVE for COVID-19, regardless of vaccination status, participant must stay home for 5 days. If participant is displaying no symptoms or symptoms have resolved as well as fever free for 24 hours, participant may return but must wear a mask for 5 additional days.
- If a participant has been exposed to someone with COVID-19, they will be required to wear a mask for 10 days.

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.

ARTISAN PIZZAS AT FARMHOUSE ACADEMY

Another one bites the crust! We are headed to Farmhouse Academy's kitchen to make our own personal artisan pizzas. The Farmhouse Academy staff will instruct step by step directions on making a homemade artisan pizza. Once the pizzas are out of the oven we will eat our lunch.

Group: Adults
Day: Saturday
Date: May 3
Time: 10:45am-2:15pm
Location: Meet at Alsip Park District-Apollo, Alsip
Fee: \$70 (R), \$140 (NR)
Registration Deadline: March 28



12521 S. KOSTNER AVE. | ALSIP, IL 60803
708-389-9423 | WWW.SWSRA.ORG

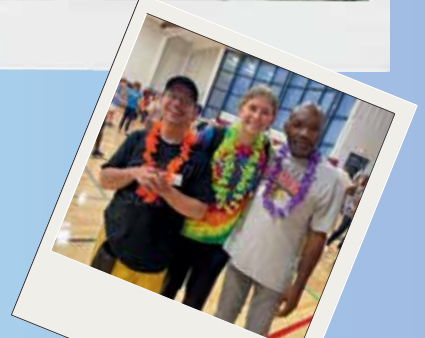


THANK YOU!

On behalf of SWSRA and the Board of Directors, we want to thank Canadian National Railway for their generous donation to SWSRA. Their contribution is vital to our mission and helps us to support our member communities.



CANADIAN NATIONAL RAILWAY COMPANY
www.cn.ca/en/





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VISIT WWW.SWSRA.ORG TO HELP SUPPORT US

Spring 2025 Program Registration

Registration Dates: Residents Only: February 17 - February 21 | Non-Resident/Co-Op: February 24 - February 28

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 Clubs	R Fee	NR Fee
Bakers Club	<input type="checkbox"/> \$30	<input type="checkbox"/> \$35
Healthy Snackers Club	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25

Teen & Adult Programs	R Fee	NR Fee
Bowling I	<input type="checkbox"/> \$125	<input type="checkbox"/> \$245
Bowling II	<input type="checkbox"/> \$165	<input type="checkbox"/> \$325
Softball Skills & Drills	<input type="checkbox"/> \$50	<input type="checkbox"/> \$100
Special Olympics Coyotes Softball	<input type="checkbox"/> \$165	<input type="checkbox"/> \$330
*Uniform Deposit	<input type="checkbox"/> \$50	<input type="checkbox"/> \$50
Special Olympics Coyotes Individual Skills	<input type="checkbox"/> \$115	<input type="checkbox"/> \$230
Socialites (A)	<input type="checkbox"/> \$150	<input type="checkbox"/> \$300
Volleyball Skills & Drills	<input type="checkbox"/> \$100	<input type="checkbox"/> \$150
Walking Club	<input type="checkbox"/> \$55	<input type="checkbox"/> \$110

Youth Programs	R Fee	NR Fee
Youth Bumper Bowl	<input type="checkbox"/> \$125	<input type="checkbox"/> \$245
Junior Athletes	<input type="checkbox"/> \$85	<input type="checkbox"/> \$110

Recreation Boxes	R Fee	NR Fee
Every Bunny Welcome	<input type="checkbox"/> \$25	<input type="checkbox"/> \$25
additional Bunnies	<input type="checkbox"/> \$1/bunny	<input type="checkbox"/> \$1/bunny
Spring Door Hanger	<input type="checkbox"/> \$20	<input type="checkbox"/> \$20
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

All Ages Event	R Fee	NR Fee
Bunny Hop at Sensory Depot	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25

EC & Youth Events	R Fee	NR Fee
Tic-Tac-Toe	<input type="checkbox"/> \$25	<input type="checkbox"/> \$35
Pastry Perfections (Y)	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25
Bracelet Making & Games	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25

Teen Events	R Fee	NR Fee
Grilled Cheese and a Movie	<input type="checkbox"/> \$35	<input type="checkbox"/> \$45
Teen Meet Up	<input type="checkbox"/> \$5	<input type="checkbox"/> \$5

Adult Events	R Fee	NR Fee
Afternoon Movie	<input type="checkbox"/> \$60	<input type="checkbox"/> \$120
Chicken Tacos and Queso	<input type="checkbox"/> \$35	<input type="checkbox"/> \$45
Artisan Pizzas at Farmhouse Academy	<input type="checkbox"/> \$65	<input type="checkbox"/> \$130

Teens & Adults Special Events	R Fee	NR Fee
Crunch Time	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25
Karaoke Night	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25
LWSRA Fiesta Dance		
<i>with Transportation</i>	<input type="checkbox"/> \$85	<input type="checkbox"/> \$170
<i>without Transportation</i>	<input type="checkbox"/> \$75	<input type="checkbox"/> \$150
Egg-cellent Creations	<input type="checkbox"/> \$35	<input type="checkbox"/> \$45
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
May the Force Be with You	<input type="checkbox"/> \$40	<input type="checkbox"/> \$50
Spring Formal	<input type="checkbox"/> \$35	<input type="checkbox"/> \$45

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 2025 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, April 5

Time: 11:00–11:45am

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

Registration is required. Space is limited.



708.389.9423

12521 S. Kostner Ave. | Alsip, IL 60803





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www.swsra.org



VISIT US AT WWW.SWSRA.ORG