FVSRA

ENRICHING THE LIVES OF INDIVIDUALS WITH DISABILITIES

Updated 12/1/2019

Fox Valley Special Recreation Association

2020 Winter/Spring Program Guide

SERVING INDIVIDUALS WITH SPECIAL NEEDS IN THE FOX VALLEY, GENEVA, ST. CHARLES, BATAVIA, SUGAR GROVE, OSWEGOLAND PARK DISTRICTS, AND THE VILLAGE OF SOUTH ELGIN PARKS AND RECREATION DEPARTMENT.

FVSRA STAFF DIRECTORY

MEET THE FVSRA STAFF

Many FVSRA employees have earned professional credentials, demonstrating a thorough understanding of the field of Therapeutic Recreation or their designated area of expertise. The Certified Therapeutic Recreation Certification (CTRS) is awarded to professionals who provide recreational therapy services to address the needs of individuals through recreation as a means to improve or maintain physical, cognitive, social, emotional, and spiritual functioning to fully participate in life. The Certified Park and Recreation Professional (CPRP) designates mastery in the field of parks and recreation. FVSRA takes pride in the professional and educational experience of our employees.

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TABLE OF CONTENTS

GENERAL

FVSRA Staff Directory	2
Employment Information	3
About FVSRA	4
Association and Foundation Boards	4
Inclusion Information	4
Office Hours and Location	5
Transportation Sites and Safety	60
Online Registration Instructions	61
Registration Procedure	61
Resident/Non-Resident Policy	61
Expectations and Behavior Management	62
Participant Information	62
Annual Information Form	63-64
Registration Form and Waiver	65-66
Facility Directory	67
Program Index	67

PROGRAMS

Guide to Program Selection	6-7
Children/Youth General Programs	9-15
Sensory Room	10
Teen General Programs	16-22
Young Adult/Adult General Programs	23-33
Aquatics & Fitness	34-40
Teen & Adult Special Events	41-47
Adult Day Program	48-49
Teen & Adult Trips	50-51
Adult Social Clubs	52-53
Athletics	54-59

ABOUT FVSRA

Fox Valley Special Recreation Association (FVSRA) exists to provide recreation and leisure opportunities for its residents with special needs. FVSRA serves as an extension of seven park and recreation agencies throughout the Fox River Valley region including the Park Districts of Batavia, Fox Valley, Geneva, Oswegoland, St. Charles and Sugar Grove, and the South Elgin Parks and Recreation Department.

At FVSRA we strive to remove all barriers that may inhibit people with disabilities from achieving maximum enjoyment, satisfaction and fulfillment in their lives. To satisfy the diverse recreation needs within our communities, we provide inclusion support to our member agencies and offer our own FVSRA programs.

INCLUSION

FVSRA provides assistance and accommodations to our Member Agencies to include residents with disabilities into their program at no cost to the individual. Accommodations provided by FVSRA include special training for staff, adapted equipment, physical assistance, communication tools or a program companion.

Inclusion services can be requested by marking the "special accommodations" field on the Member Agency registration form. FVSRA requires a two week window in order to coordinate and accommodate these services. For more information, please contact the Inclusion Manager at (630) 907-1114 ext. 1206.

FVSRA PROGRAMS

FVSRA programs are planned according to the principles of Therapeutic Recreation (TR). TR uses strategies to address the social/emotional, cognitive, physical and leisure needs of those impacted by illness, injury or disability. Participation in therapeutic recreation programs, like those we offer at FVSRA, can slow the decline and even achieve improvement in these areas for greater independence and well-being.

For more information on how to select the most appropriate programs and the FVSRA assessment process, please see pages 6-7. Participants who are new to FVSRA should have an assessment to help determine ability levels and recreation goals. Please contact the FVSRA Outreach Coordinator at (630) 907-1114 ext. 1210 for program recommendations or to schedule an assessment.

FVSRA BOARD MEETINGS

The FVSRA Board of Directors meets on the fourth Tuesday of the month at 10:30am (the Board does not meet in December). These meetings are usually held at FVSRA. Community members are invited to attend. Check Board meeting dates, locations and times on the FVSRA website, or call the FVSRA office.

FVSRA FOUNDATION

The Fox Valley Special Recreation Foundation (FVSR Foundation) is a 501(c)3 charity and the fundraising arm of FVSRA. Through special events and other fundraising initiatives, the FVSR Foundation works to support the recreation, leisure and social opportunities provided for people with disabilities by FVSRA.

FVSRA BOARD OF DIRECTORS

Oswegoland Park District	**Rich Zielke,** Chair
St. Charles Park District	**Robert Thomson,** Vice Chair
Sugar Grove Park District	**Karen Pritchard,** Treasurer
Geneva Park District	**Sheavoun Lambillotte,** Secretary
South Elgin Parks & Rec.	**Kim Wascher,** FVSRF Representative
Batavia Park District	**Allison Niemela**
Fox Valley Park District	**Jim Pilmer**

FVSRA FOUNDATION BOARD OF TRUSTEES

Anthony Abbott, Chair
Alex Engelhardt, Secretary
Matt Cianciarulo, Board Member
Mark Lucas, Board Member
Krista Mulready, Board Member
Phillip Salerno, Board Member
Kim Wascher, Board Member

AMERICANS WITH DISABILITIES ACT (ADA)

FVSRA complies with the Americans with Disabilities Act (ADA) which prohibits discrimination in the provision of services, programs or facilities to individuals with disabilities. FVSRA works closely with its Member Agencies to provide information on inclusion services, facility accessibility and communication devices. FVSRA will make reasonable accommodations to enable an individual with a disability who meets essential eligibility requirements to participate and enjoy recreational programs which they are interested in participating. Questions or concerns about compliance can be addressed with FVSRA Executive Director, and ADA Coordinator Alex Engelhardt, at (630) 907-1114 ext. 1202 or AlexE@FVSRA.org.

AGENCY INFORMATION

FVSRA Welcomes New Full-Time Staff

Rania Samawi
CTRS, TR Specialist
RaniaS@fvsra.org
630-907-1114 ext. 1219

Rania Samawi holds a Masters in Recreational Therapy from Indiana University. Prior to graduating, Rania worked at Southwest Special Recreation Association and most recently completed her internship here at FVSRA. Rania will focus on providing programs for the Adult population.

She enjoys traveling and spending time with family and friends. Rania is pleased to return to FVSRA and looks forward to reconnecting with the participants and staff.

Erin Bartolone
CTRS, TR Specialist
ErinB@fvsra.org
630-907-1114 ext. 1217

Erin Bartolone is a recent graduate of Aurora University where she earned a Bachelor's of Science in Therapeutic Recreation. Her focus will be on providing programming for our youth and teen population.

When not at work, Erin's personal recreation includes hiking, painting, cooking and interior design. She is excited to create bonds with FVSRA participants and watch their progress within the programs.

FVSRA MISSION

The mission of FVSRA is to enrich the lives of people with disabilities. Working collaboratively with member agencies and community partners, we pledge to put **PEOPLE FIRST**.

OUR VALUES

As we strive to achieve the mission of the FVSRA, the Board of Directors and Association Staff pledge to serve our customers and their families adhering to the following values:

- **PEOPLE FIRST**
- **FAIR & EQUAL ACCESS**
- **RESPECT**
- **SAFETY**
- **COMMITMENT TO THE CAUSE**
- **PARTNERING**
- **COMMUNICATION & OUTREACH**
- **ENRICHING LIVES**

SE HABLA ESPAÑOL

FVSRA ofrece clases de recreación para adultos y niños con discapacidades. Para información y preguntas por favor llame a la oficina (630) 907-1114 y pregunte por Leticia Favela (Lunes-Viernes: 8:30am-5:00pm).

SPECIAL ASSISTANCE/INTERPRETER If special assistance or a sign language interpreter is needed, please inform FVSRA upon registration or call the office at (630) 907-1114.

FVSRA OFFICE

Located inside the Vaughan Athletic Center
2121 West Indian Trail | Aurora, IL 60506

Phone: (630) 907-1114 | Fax: (630) 907-1116
FVSRA.org | Facebook.com/FVSRA | Twitter.com/FVSRA

HOURS

Mon-Fri: 8:30a-5:30p

The FVSRA office will be closed:

Dec 24-25, 2019
Dec 31, 2019 - Jan1, 2020
Apr 10, 2020
May 25, 2020

SELECTING PROGRAMS

PROGRAM PLACEMENT: HOW TO SELECT THE RIGHT PROGRAM(S)

Please read program descriptions carefully. Our programs are planned according to the principles of Therapeutic Recreation (TR). Consequently, FVSRA programs focus on skill development, knowledge and behaviors for daily living and community involvement. Our services are intended to promote independence by enhancing skills and removing common barriers and limitations experienced by people with special needs.

Intended therapeutic outcomes are identified within each program's goals. Please use these goals to guide your program selection(s).

Those who are new to FVSRA, or who have experienced a change in ability level, should contact the FVSRA Outreach Coordinator to schedule an assessment. Assessments are not only crucial for determining interests and ability, but also for helping ensure participant safety. TR can be a cost-effective supplement to other therapies including, but not limited to: physical, occupational, rehabilitative, speech, etc.

THERAPEUTIC RECREATION (TR) ASSESSMENT

A Certified Therapeutic Recreation Specialist will conduct an assessment at the FVSRA office. Specific leisure goals and interests, as well as ability levels, will be evaluated at the time of assessment in order to recommend appropriate program placement. This information is then communicated with other FVSRA staff to improve service delivery and program development.

Recommendations for FVSRA programs can be aligned with the objectives of other therapies. Please express the objectives of your health and/or education providers with FVSRA staff at the time of assessment to ensure proper program placement.

By request, an FVSRA staff member can also be involved in an Individualized Education Plan (IEP) meeting and/or the Transition Planning to facilitate the coordination of special education services and FVSRA programs.

THE ANATOMY OF A BLURB

PROGRAM DESCRIPTION AND GOALS

Each program description includes goals, which are specific to that program. Keep individual interests and recreation goals in mind when choosing programs for a meaningful and relevant TR experience.

Goals are important for selecting appropriate programs. For more information about program goals, please read "Program Placement: How to Select the Right Program(s)."

PICK-UP/DROP-OFF

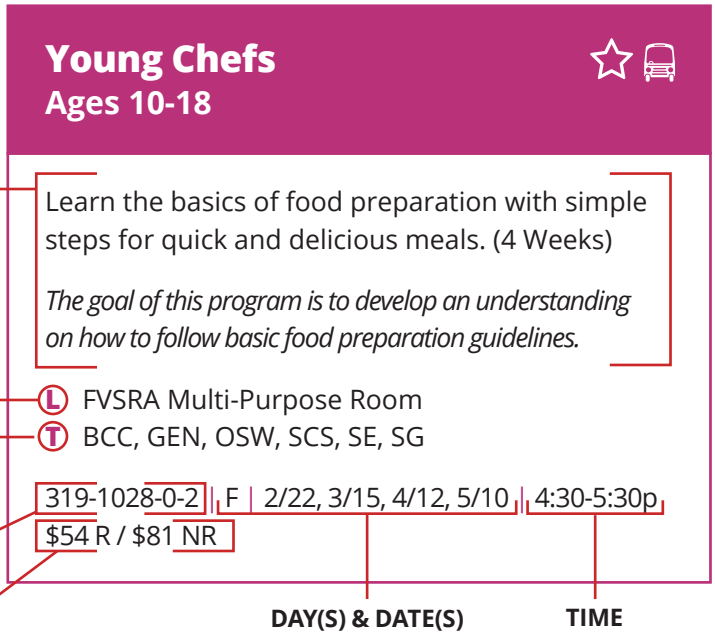
Pick-up/drop-off site abbreviations are listed,when applicable. Please refer to the pick-up/drop-off site map on page 52 to find the point nearest you and abbreviation descriptions. Transportation is not offered from a pick-up site in which the program is located.

PROGRAM CODE

This number is unique to each program. Write this number in the "Program Code #" column of the registration form when signing up for programs. You can enter the code into the search filter if using Online registration.

FEES

R Resident
NR Non-Resident
DTD Transportation Door-to-Door (residents only)



Participants who reside within our member agency service areas will be charged the resident rate. Our Member Agencies subsidize fees for participants within their service areas, resulting in lower rates for residents than non-residents.

Residents also have the opportunity to elect transportation (pick-up/drop-off or door-to-door). A separate fee is assessed for residents who wish to utilize door-to-door transportation. This fee is indicated by (DTD) for Door-to-Door Transportation in program blurbs, where applicable. Transportation is not available to non-residents.

KEYS

PROGRAM SYMBOLS KEY

NEW PROGRAM
Brand new programs are marked by this symbol.

FIT FOR LIFE
These programs will have a minimum of 30 minutes of physical activity.

SENSORY FRIENDLY
These programs have been planned for individuals on the Autism Spectrum or with other Sensory Integration disorders. These programs are led by skilled staff using schedules, visual aids and structured teaching techniques. Visuals are with Boardmaker or other picture icons.

ADDITIONAL MONEY NEEDED
Please bring the dollar amount listed in the bill icon for the program.

IMPORTANT DATES

12/2/2019
Resident Registration Opens

12/16/2019
Non-Resident Registration Opens

1/3/2020
Online Registration Closes

2/3/2020
Programs Begin

TRANSPORTATION SYMBOLS KEY

DOOR-TO-DOOR
This symbol indicates door-to-door transportation. This service is intended for participants with no other means of transport and is available to residents only. Fees for door-to-door transportation are paid at the time of registration. Those who wish to utilize this service must check "Door to Door" on their registration form and will be charged the transportation rate (this rate includes the program fee plus door-to-door fees). This fee is marked (DTD) for Door-to-Door Transportation in program descriptions, when applicable. If registering on-line, please add the specific Door-to-Door transportation program to your cart in addition to the program. Due to the high demand of transportation, most programs will be limited to four door-to-door pick up locations.

PICK-UP/DROP-OFF
Programs with this symbol have pick-up/drop-off points. Pick-up/drop-off transportation is available to residents only. See page 60 for transportation locations.

Those who wish to utilize this form of transportation must indicate their pick-up/drop-off point in the "Pick-Up/Drop-Off Site" column, located on the registration form, or select the location in the transportation prompt if you register online. FVSRA must know beforehand if a participant requires pick-up/drop-off transportation in order to schedule drivers and vehicles. Unless this column is completed, FVSRA staff will assume a participant has other means of transportation.

NO TRANSPORTATION
Programs with this symbol do not provide transportation. Participants must find their own means of transport to and from the program.

TO LOCATE PROGRAM TRANSPORTATION TIMES:

1. **Go to: FVSRA.org/current-programs.**
2. **Select your program.**

- Transportation times will be available on the website beginning January 27, 2020. Some Special Events and General Programs will have transportation available within 2 days of the program start date.
- Information is subject to change.
- Staff will contact primary guardian regarding changes after initial posting.
- See page 60 for more information regarding transportation.

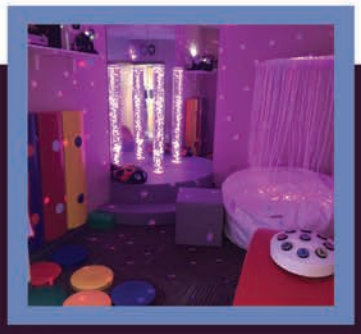
FVSRFoundation Welcomes your Help!

The Fox Valley Special Recreation Foundation (FVSRF) is a registered 501c3 charity, which supports the recreation, leisure and social opportunities provided for people with disabilities by the Fox Valley Special Recreation Association since 2010.

The Foundation's role is to establish and foster support from individuals, businesses and organizations in an effort to further the goals and ideals of FVSRA.

FVSRF
FOX VALLEY SPECIAL RECREATION FOUNDATION

Ways to Get Involved



- Join Friends of FVSRA.
- Coordinate Special Interest Speakers and Workshops.
- Volunteer with one of our Fundraisers.
- Make a financial contribution to help support FVSRA Scholarships and Special Projects.
- Join the Foundation Board!

Contact Alex Engelhardt, alexe@FVSRA.org for more information or to get involved!

CHILDREN/YOUTH

Erin Bartolone
CTRS, TR Specialist
ErinB@fvsra.org
(630) 907-1114 ext. 1217

CHILDREN/YOUTH
GENERAL PROGRAMS

Youth programs are designed for children to have fun while learning new skills in a variety of programs offered throughout the season. Our programs utilize visuals, routine schedules and sensory breaks, when needed.

Through participation in our programs, your child will work toward developing appropriate peer interactions and increasing fine and gross motor skills through developmentally appropriate activities.

IMPORTANT NOTES:

- Siblings are welcome to register. Same fees apply.
- If medication will be administered during the program, please turn in the Permission to Dispense Medication Form and the medications prior to the program. This form can be found on our website under the "About" tab, then by clicking on "Forms," or by calling the FVSRA Office.
- Please label personal belongings.
- A ride-along will be provided for all transportation routes for children/youth programs.
- Water shoes are encouraged for all aquatic programs.
- Pools require the use of a swim diaper for patrons that utilize diapers outside of the pool setting. Please provide your own swim diaper for all programs that involve swimming.

PROGRAM SYMBOLS KEY

- FIT FOR LIFE
- NEW PROGRAM
- ADDITIONAL MONEY NEEDED
- SENSORY FRIENDLY
- PICK UP/ DROP OFF
- DOOR-TO-DOOR TRANSPORTATION
- NO TRANSPORTATION

SENSORY ROOM

The FVSRA Sensory Room is a controlled multi-sensory environment that provides opportunities for participants to engage senses through various stimuli such as lights, color, sounds, aromas and textures.

Sensory Room Benefits

• Relaxation • Stimulation • Cognitive Development

• Motor Development • Decision Making • Communication

Sensory Therapy | All Ages | L FVSRA Office, Aurora

A trained Certified Therapeutic Recreation Specialist (CTRS) will develop and implement an individualized, one on one therapy session that is geared towards accomplishing participant goals. **Therapy sessions are 30 minutes in length.**

Please list your top three preferred time slots on your registration form or online during registration.

Therapy session times will be posted on FVSRA.org by January 10th.

Mondays

Program Code	Dates	# of Weeks	Time	Res	Non-Res
320-7031-1-5	2/3-2/17	3	3:00-7:00p	$24	$36
320-7031-2-5	3/2-3/23	4	3:00-7:00p	$32	$48
320-7031-3-5	4/6-4/20	3	3:00-7:00p	$24	$36
320-7031-4-5	5/4-5/18	3	3:00-7:00p	$24	$36

Tuesdays

Program Code	Dates	# of Weeks	Time	Res	Non-Res
320-7032-1-5	2/4-2/18	3	3:00-7:00p	$24	$36
320-7032-2-5	3/3-3/24	4	3:00-7:00p	$32	$48
320-7032-3-5	4/7-4/21	3	3:00-7:00p	$24	$36
320-7032-4-5	5/5-5/19	3	3:00-7:00p	$24	$36

Wednesdays

Program Code	Dates	# of Weeks	Time	Res	Non-Res
320-7033-1-5	2/5-2/19	3	3:00-7:00p	$24	$36
320-7033-2-5	3/4-3/25	4	3:00-7:00p	$32	$48
320-7033-3-5	4/8-4/22	3	3:00-7:00p	$24	$36
320-7033-4-5	5/6-5/20	3	3:00-7:00p	$24	$36

Thursdays

Program Code	Dates	# of Weeks	Time	Res	Non-Res
320-7034-1-5	2/6-2/20	3	3:00-7:00p	$24	$36
320-7034-2-5	3/5-3/26	4	3:00-7:00p	$32	$48
320-7034-3-5	4/9-4/23	3	3:00-7:00p	$24	$36
320-7034-4-5	5/7-5/21	3	3:00-7:00p	$24	$36

CHILDREN/YOUTH

Parents Night Out
Ages 3-12

Take a night off while the kids enjoy an exciting night with their friends from FVSRA. Participants will have dinner, make crafts, play games, swim and end the night watching a movie. (3 Sessions)

The goal of this program is to provide participants a social evening with their peers.

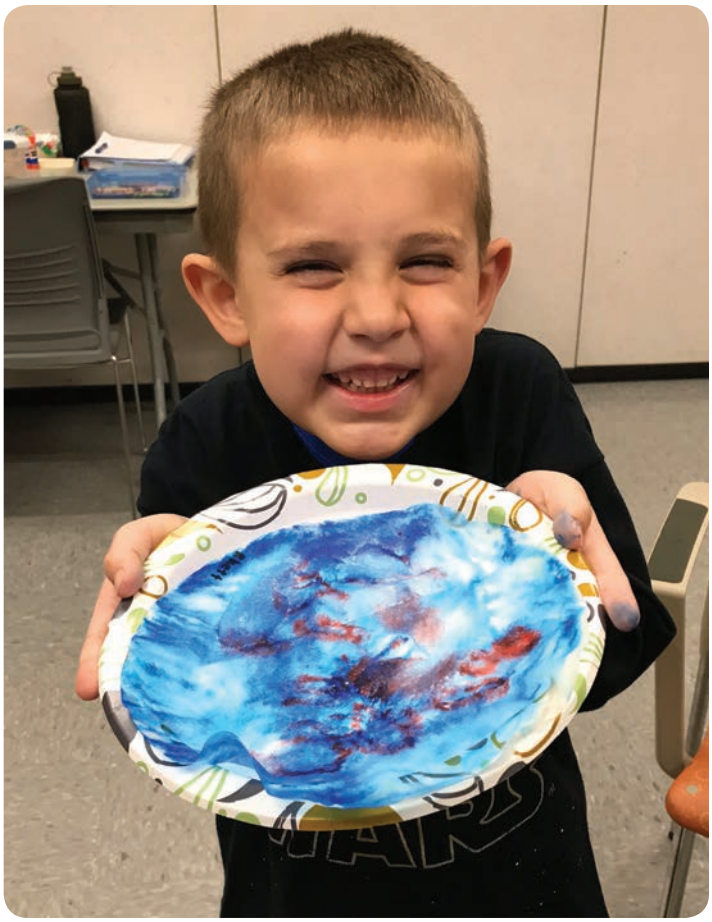
Please arrive in your swimsuit, bring a change of clothes, and a towel.

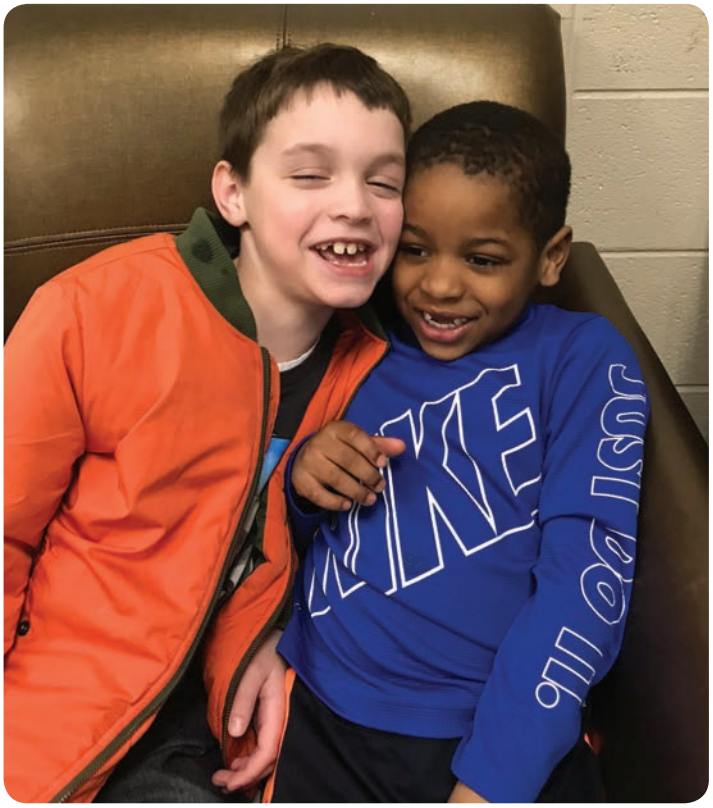
L FVSRA Multi-Purpose Room
T GEN, OSW

SESSION ONE
320-1054-1-2 | Sa | 2/22 | 3:45-7:30p | $32 R / $48 NR

SESSION TWO
320-1054-2-2 | Sa | 3/21 | 3:45-7:30p | $32 R / $48 NR

SESSION THREE
320-1054-3-2 | Sa | 5/16 | 3:45-7:30p | $32 R / $48 NR





Schools Out Youth
Ages 3-12

Spend the day off from school having fun with your friends from FVSRA! We will swim, create art, and play group games.

The goal of this program is to develop appropriate peer interactions.

Please bring labeled lunch, swimsuit and towel.

L Sportsplex, St. Charles
T GEN, OSW, VAC

PRESIDENT'S DAY
320-1047-1-2 | M | 2/17 | 9:00a-3:00p
$48 R / $72 NR

CHILDREN/YOUTH

Parent/Tot Swim
Ages 0-6

This class introduces infants and children to the water in a group setting with the support of a guardian. Each child will pursue individual goals and benefit from the therapeutic environment of the warm water pool. All children must be accompanied by an adult. (11 weeks)

The goals of this program are to provide parents/guardians with the knowledge of how to work with their children in the water, as well as allow children the opportunity for water exploration, exercise and safe fun.

No program: 4/3, 4/10

L VAC Therapy Pool

320-1015-0-1 | F | 2/14-5/8* | 6:00-6:30p
$88 R / $132 NR

DON'T MISS OUT!
Online registration
closes January 3rd.

Valentine's Day Party
Ages 5-15

Create Valentine's Day inspired cards, crafts and snacks with new friends. Staff will facilitate peer interaction through interactive play.

The goals of this program are to explore the Valentine's Day traditions and participate in peer interaction and play.

L Sportsplex, St. Charles
T GEN, OSW, VAC

320-2076-0-2 | Th | 2/13 | 5:30-7:00p
$22 R / $33 NR

Spring Break Mini Camp Youth Ages 3-12

Make the most of your spring break by spending it with your FVSRA friends! We will be going on field trips, swimming, making crafts and playing games. (4 Days)

The goals of this program are to increase gross motor movement through games and activities, and to enhance socialization with peers.

Please bring labeled lunch, swimsuit and towel.

L Sportsplex, St. Charles
T GEN, OSW, VAC

320-1087-0-2 | M, Tu, W, Th | 3/30-4/2 | 9:00a-3:00p
$160 R / $240 NR

Transportation Information

can be found online. Visit
www.fvsra.org/current-programs
to view program fliers.

Egg Hunt and Crafts Ages 3-15

Hop on over to create Spring crafts and participate in an egg hunt! Participants will have an opportunity to socialize with peers while exploring their creative side.

The goal of this program is to utilize creativity through hands-on activities and experience a sensory-friendly egg hunt.

L FVSRA Multi-Purpose Room
T GEN, OSW

320-2067-0-2 | F | 4/3 | 9:00-11:00a
$26 R / $39 NR

CHILDREN/YOUTH

Lego® Masters
Ages 5-15

Throughout the four weeks of this program each participant will learn 4 different ways to transform the same LEGO® blocks into a new design. (Session One & Two: 4 Weeks)

The goals of this program are to increase fine motor skills, and work on following step by step directions.

At the end of the final session the 3 in 1 LEGO® set will go home with participants.

A snack will be provided at program.

L FVSRA Multi-Purpose Room

SESSION ONE
320-1045-1-2 | Tu | 3/3, 3/10, 3/17, 3/24
4:45-5:45p | $26 R / $39 NR

SESSION TWO
320-1045-2-2 | Tu | 4/7, 4/14, 4/21, 4/28
4:45-5:45p | $26 R / $39 NR

Splash and Play
Ages 3-15

Come join us for Splash and Play, where we enjoy all that the VAC leisure pool has to offer. Participants can speed down the slides and navigate the various obstacles while swimming and socializing with their peers! (Session One: 7 Weeks; Session Two: 5 Weeks)

The goals of this program are to develop appropriate peer interactions and to increase physical activity.

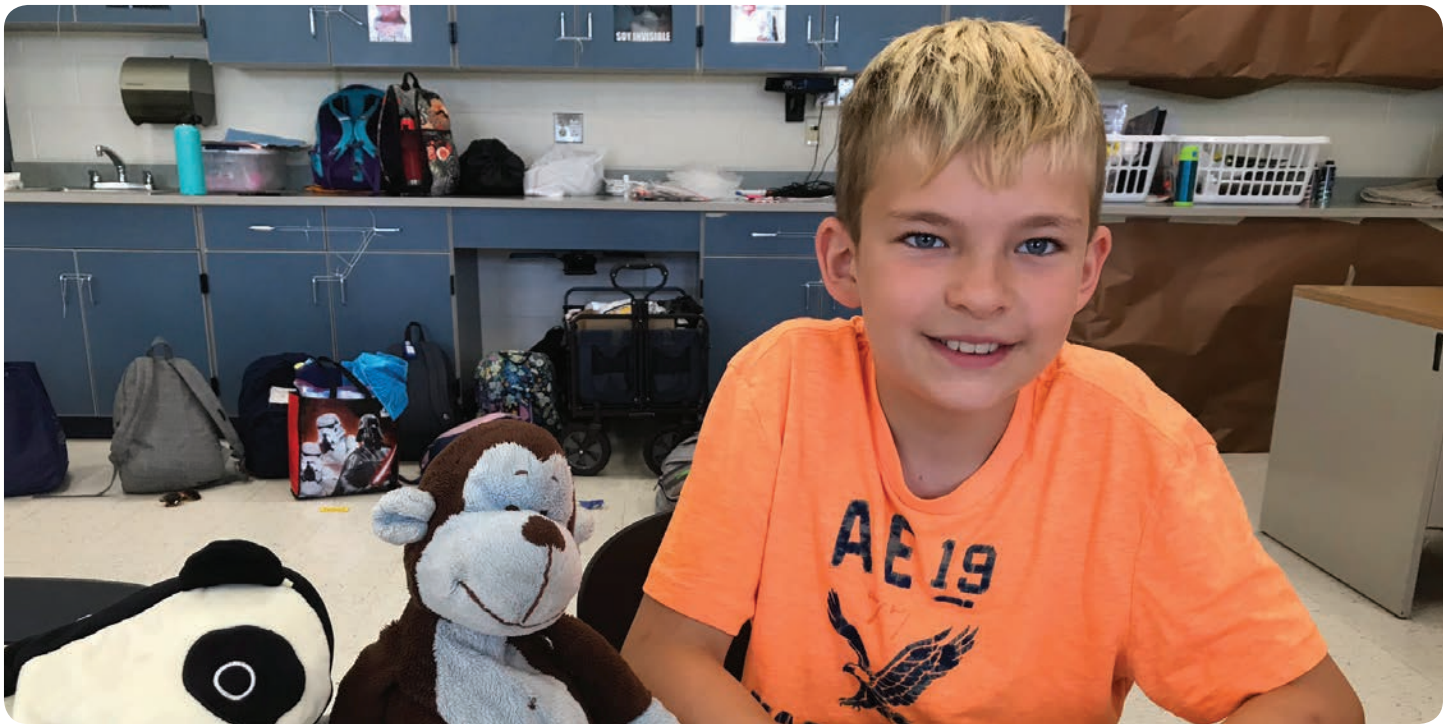
Participants that utilize a flotation device will not have access to the slides per FVPD policy.

No program: 4/1, 4/8

L VAC Leisure Pool

SESSION ONE
320-1046-1-2 | W | 2/5-3/18 | 5:45-6:45p
$54 R / $81 NR

SESSION TWO
320-1046-2-2 | W | 3/25-5/6* | 5:45-6:45p
$38 R / $57 NR



TGIF (Thank Goodness It's Friday)
Ages 5-12

Come hang out with your peers! The night will include crafts, games, dinner and a movie. (2 Sessions)

The goals of this program are to provide participants a social evening with peers and to increase fine and gross motor skills.

Food is provided during the program.

L Sportsplex, St. Charles
T GEN, OSW, VAC

SESSION ONE
320-1042-1-3 | F | 2/28 | 5:30-7:30p
$24 R / $36 NR

SESSION TWO
320-1042-2-3 | F | 4/17 | 5:30-7:30p
$24 R / $36 NR

Super Saturdays
Ages 3-12

Start the weekend off with FVSRA! Participants will begin with sensory exploration, group games and arts and crafts. We will end each Saturday with a dip in the leisure pool and a snack. (9 Weeks)

The goals of this program are to develop appropriate peer interactions and to increase fine and gross motor skills.

Please bring a labeled swimsuit and towel.
There will be no access to the slides during Super Saturdays, as other programs utilize the space.

L FVSRA Multi-Purpose Room
T OSW, SCS

SESSION ONE
320-1034-1-2 | Sa | 2/15 | 9:30a-12:00p | $28R / $42 NR

SESSION TWO
320-1034-2-2 | Sa | 2/29 | 9:30a-12:00p | $28R / $42 NR

SESSION THREE
320-1034-3-2 | Sa | 3/7 | 9:30a-12:00p | $28R / $42 NR

SESSION FOUR
320-1034-4-2 | Sa | 3/14 | 9:30a-12:00p | $28R / $42 NR

SESSION FIVE
320-1034-5-2 | Sa | 3/28 | 9:30a-12:00p | $28R / $42 NR

SESSION SIX
320-1034-6-2 | Sa | 4/18 | 9:30a-12:00p | $28R / $42 NR

SESSION SEVEN
320-1034-7-2 | Sa | 4/25 | 9:30a-12:00p | $28R / $42 NR

SESSION EIGHT
320-1034-8-2 | Sa | 5/2 | 9:30a-12:00p | $28R / $42 NR

SESSION NINE
320-1034-9-2 | Sa | 5/16 | 9:30a-12:00p | $28R / $42 NR

TEEN

Erin Bartolone
CTRS, TR Specialist
ErinB@fvsra.org
(630) 907-1114 ext. 1217

PROGRAM SYMBOLS KEY

- FIT FOR LIFE
- NEW PROGRAM
- ADDITIONAL MONEY NEEDED
- SENSORY FRIENDLY
- PICK UP/ DROP OFF
- DOOR-TO-DOOR TRANSPORTATION
- NO TRANSPORTATION

TEEN
GENERAL PROGRAMS

Teen programs are created in a structured learning environment to allow for opportunities to enhance social skills, independence and cooperation.

Through participation in our programs, your teen will continue to improve appropriate peer interactions, increase physical activity and explore his or her senses through creative play and collaboration.

IMPORTANT NOTES:

- Siblings are welcome to register. Same fees apply.
- If medication will be administered during the program, please turn in the Permission to Dispense Medication Form and the medications prior to the program. This form can be found on our website under the "About" tab, then by clicking on "Forms." You can also call the FVSRA Office.
- Please label personal belongings.
- Water shoes are encouraged for all aquatic programs.
- Pools require the use of a swim diaper for patrons that utilize diapers outside of the pool setting. Please provide your own swim diaper for all programs that involve swimming.

Friends Night In
Ages 13-25

Come spend the evening with your peers at FVSRA! Participants will have dinner, make crafts, play games, swim, and end the night watching a movie. (3 Sessions)

The goal of this program is to provide participants with a social evening with their peers.

Please arrive in your swimsuit and bring a change of clothes and a towel.

L FVSRA Multi-Purpose Room
T GEN, OSW

SESSION ONE
320-1076-1-3 | Sa | 2/22 | 3:45-7:30p | $32 R / $48 NR

SESSION TWO
320-1076-2-3 | Sa | 3/21 | 3:45-7:30p | $32 R / $48 NR

SESSION THREE
320-1076-3-3 | Sa | 5/16 | 3:45-7:30p | $32 R / $48 NR

TGIF (Thank Goodness It's Friday)
Ages 13-21

Come hang out with your peers! The night will include crafts, games, dinner and a movie. (2 Sessions)

The goals of this program are to provide participants a social evening with peers and to increase fine and gross motor skills.

Food is provided during the program.

L Sportsplex, St. Charles
T GEN, OSW, VAC

SESSION ONE
320-1043-1-3 | F | 2/21 | 5:30-7:30p | $24 R / $36 NR

SESSION TWO
320-1043-2-3 | F | 5/15 | 5:30-7:30p | $24 R / $36 NR

TEEN

Schools Out Teen
Ages 13-21

Spend the day off from school having fun with your friends from FVSRA! We will swim, make crafts and play group games.

The goal of this program is to develop appropriate peer interactions.

Please bring labeled lunch, swimsuit and towel.

L Stephen D. Persinger Center, Geneva
T OSW, VAC

PRESIDENT'S DAY
320-1036-0-3 | M | 2/17 | 9:00a-3:00p | $48 R / $72 NR

Bowling Bingo
Ages 15+

Join the fun as we combine bingo and bowling together. Participants will bowl two games while trying to win prizes. (4 weeks)

The goal of this program is to provide participants with a social evening with their peers.

$15 is suggested for dinner.

L Parkside Lanes, Aurora

320-1027-0-4 | M | 2/3, 3/2, 4/6, 5/4 | 5:30-7:30p
$66 R / $99 NR

Transportation Information

can be found online. Visit **www.fvsra.org/current-programs** to view program fliers.

Lego® Masters
Ages 5-15

Throughout the four weeks of this program each participant will learn 4 different ways to transform the same LEGO® blocks into a new design. (Session One & Two: 4 Weeks)

The goals of this program are to increase fine motor skills, and work on following step by step directions.

At the end of the final session the 3 in 1 LEGO® set will go home with participants.

A snack will be provided at program.

L FVSRA Multi-Purpose Room

SESSION ONE
320-1045-1-2 | Tu | 3/3, 3/10, 3/17, 3/24
4:45-5:45p | $26 R / $39 NR

SESSION TWO
320-1045-2-2 | Tu | 4/7, 4/14, 4/21, 4/28
4:45-5:45p | $26 R / $39 NR

Splash and Play
Ages 3-15

Come join us for Splash and Play, where we enjoy all that the VAC leisure pool has to offer. Participants can speed down the slides and navigate the various obstacles while swimming and socializing with their peers! (Session One: 7 Weeks; Session Two: 5 Weeks)

The goals of this program are to develop appropriate peer interactions and to increase physical activity.

Participants that utilize a flotation device will not have access to the slides per FVPD policy.

No program: 4/1, 4/8

L VAC Leisure Pool

SESSION ONE
320-1046-1-2 | W | 2/5-3/18 | 5:45-6:45p
$54 R / $81 NR

SESSION TWO
320-1046-2-2 | W | 3/25-5/6* | 5:45-6:45p
$32 R / $48 NR

TEEN

So You Think You Can Dance
Ages 13-25

5,6,7,8...Join a group of your peers for this fun introductory dance class. Throughout the season the participants will work on stretching and a choreographed dance taught by the instructor. (5 Weeks)

The goals of this program are to increase physical coordination and to work cooperatively in a group.

L Baker Community Center, St. Charles
T BCC, GEN, OSW, SE, SG, VAC

SESSION DATES: 3/5, 3/19, 4/16, 4/30, 5/7

320-1014-0-3 | Th | 5:00-6:00p | $30 R / $45 NR

Performing Arts Guild
Ages 13-25

Let the performer in you shine! Participants will be able to share their talents with the group as well as learn various fine and performing arts, including but not limited to: singing, dancing, comedy and improvisation. (5 Weeks)

The goal of this program is to increase creative expression.

L Baker Community Center, St. Charles
T BCC, GEN, OSW, SE, SG, VAC

SESSION DATES: 3/12, 3/26, 4/9, 4/23, 5/7

320-1079-0-3 | Th | 5:00-6:00p | $30 R / $45 NR

THESE PROGRAMS WILL CONCLUDE WITH A SHOWCASE ON MAY 7TH.

Transportation Information

can be found online. Visit **www.fvsra.org/current-programs** to view program fliers.

Spectacular Saturdays
Ages 13-17

Start the weekend off with FVSRA! Participants will begin with sensory exploration, group games, and arts and crafts. We will end each Saturday with a dip in the leisure pool and a snack. (9 Weeks)

The goals of this program are to develop appropriate peer interactions and to increase fine and gross motor skills.

Please bring a labeled swimsuit and towel.

There will be no access do the slides during Spectacular Saturdays, as other programs utilize the space.

L FVSRA Multi-Purpose Room
T OSW, SCS

SESSION ONE
320-1075-1-3 | Sa | 2/15 | 9:30a-12:00p
$28 R / $42 NR

SESSION TWO
320-1075-2-3 | Sa | 2/29 | 9:30a-12:00p
$28 R / $42 NR

SESSION THREE
320-1075-3-3 | Sa | 3/7 | 9:30a-12:00p
$28 R / $42 NR

SESSION FOUR
320-1075-4-3 | Sa | 3/14 | 9:30a-12:00p
$28 R / $42 NR

SESSION FIVE
320-1075-5-3 | Sa | 3/28 | 9:30a-12:00p
$28 R / $42 NR

SESSION SIX
320-1075-6-3 | Sa | 4/18 | 9:30a-12:00p
$28 R / $42 NR

SESSION SEVEN
320-1075-7-3 | Sa | 4/25 | 9:30a-12:00p
$28 R / $42 NR

SESSION EIGHT
320-1075-8-3 | Sa | 5/2 | 9:30a-12:00p
$28 R / $42 NR

SESSION NINE
320-1075-9-3 | Sa | 5/16 | 9:30a-12:00p
$28 R / $42 NR

TEEN

DON'T MISS OUT!

Online registration
closes January 3rd.

Spring Break Mini Camp
Ages 13-21

Make the most of your spring break by spending it with your friends at FVSRA! We will be going on field trips, swimming, making crafts and playing games. (4 Days)

The goals of this program are to increase gross motor movement through group games and activities and to initiate appropriate peer interactions.

Please bring labeled lunch, swimsuit and towel.

L Stephen D. Persinger Center, Geneva
T GEN, OSW, VAC

320-1050-0-3 | M, Tu, W, Th | 3/30-4/2
9:00a-3:00p | $160 R / $240 NR

Saturday Unwind
Ages 18-35

Spend your Saturday unwinding from the busy week by watching cartoons, enjoying a small snack and ending it off with a dip in the therapy pool. (3 sessions)

The goal of this program is to increase interaction with peers through structured activities.

Please bring a labeled swimsuit and towel.
Small snack will be provided.

L FVSRA Multi-Purpose Room

SESSION ONE
320-1025-1-3 | Sa | 2/1 | 11:00a-1:00p
$16 R / $24 NR

SESSION TWO
320-1025-2-3 | Sa | 4/4 | 11:00a-1:00p
$16 R / $24 NR

SESSION THREE
320-1025-3-3 | Sa | 5/2 | 11:00a-1:00p
$16 R / $24 NR

YOUNG ADULT/ADULT

Rania Samawi
CTRS, TR Specialist
RaniaS@fvsra.org
(630) 907-1114 ext. 1219

PROGRAM SYMBOLS KEY

- FIT FOR LIFE
- NEW PROGRAM
- ADDITIONAL MONEY NEEDED
- SENSORY FRIENDLY
- PICK UP/ DROP OFF
- DOOR-TO-DOOR TRANSPORTATION
- NO TRANSPORTATION

YOUNG ADULT/ADULT
GENERAL PROGRAMS

Our Adult programs are structured to continue the exploration of new skills while giving participants a variety of programs that focus on cultural, physical, social or emotional learning. Through participation in our programs, you will increase independence, build positive relationships with peers and improve community awareness.

IMPORTANT NOTES:

- If medication will be administered during the program, please turn in the Permission to Dispense Medication Form and the medications prior to the program. This form can be found on our website under the "About" tab, then by clicking on "Forms," or by calling the FVSRA Office.
- Please bring the dollar amount listed in the bill icon next to the program, when applicable.
- Due to the popularity of the following programs, they will have limited door-to-door transportation that will be offered on a first-come, first-serve basis:

CINEMA CRUISERS
DINNER ON A DIME
RESTAURANT REVIEWERS
LUNCH BUNCH

ONLINE REGISTRATION AVAILABLE!

YOUNG ADULT/ADULT

Adult Theater Group
Ages 20+

Experience the Broadway Series at the Historic Paramount Theatre. (2 Sessions)

The goal of this program is to increase cultural awareness of the arts by viewing a live theatrical performance.

Participants may bring additional money for concessions.
(5/27) - Please note that Kinky Boots is rated R.

L Paramount Theatre, Aurora
T BCC, GEN, OSW, SCS, SE, SG

THE SECRET OF MY SUCCESS
320-1001-1-4 | Sa | 2/15 | 2:30-6:00p
$52 R / $78 NR

KINKY BOOTS
320-1001-2-4 | W | 5/27 | 1:00-4:30p
$52 R / $78 NR

Bingo
Ages 20+

B-I-N-G-O! Come join your friends at FVSRA to play one of our favorite games.
(Sessions One & Two: 3 Weeks)

The goals of this program are to improve number and letter recognition while using fine motor skills.

Due to the popularity of the program, please sign up for only one session.

L FVSRA Multi-Purpose Room

SESSION ONE
320-1005-1-4 | Tu | 2/11, 3/10, 4/14 | 6:00-7:30p
$26 R / $39 NR

SESSION TWO
320-1005-2-4 | Th | 2/13, 3/12, 4/16 | 6:00-7:30p
$26 R / $39 NR

Game Night
Ages 20+

Enjoy a night playing a variety of different card, board and dice games. (3 Weeks)

The goals of this program are to engage in appropriate peer interactions and handle competition appropriately.

Snacks provided.

L FVSRA Multi-Purpose Room
T BCC, GEN, OSW, SCS, SE, SG

320-1097-0-4 | F | 2/21, 3/20, 4/17 | 4:30-5:30p
$26 R / $39 NR

Transportation Information
can be found online. Visit
www.fvsra.org/current-programs to view program fliers.

Day Away
Ages 20+

Spend a Day Away with your peers as you go on different adventures. (2 Sessions). Participants should bring $15 for each session

The goal of this program is to increase social interaction with your peers through community outings.

(2/19) - Food is provided during program. Bring additional money for shopping.
(5/5) - Bring additional money for food.

T GEN, OSW, VAC

DAVE AND BUSTERS & GOODWILL SHOPPING L
Addison, IL
320-1044-1-4 | W | 2/19 | 10:00a-2:00p
$40 R / $60 NR

TOP GOLF & PORTILLOS
L Naperville, IL
320-1044-2-4 | Tu | 5/5 | 10:00a-2:00p
$24 R / $36 NR

Cooking Connection
Ages 20+

Participants will build upon cooking basics by chopping, measuring, and mixing ingredients to prepare recipes. (6 Weeks)

The goal of this program is to develop independent cooking skills.

This program is designed for participants who are able to assist with meal preparation with limited staff assistance.

L FVSRA Multi-Purpose Room
T BCC, GEN, OSW, SCS, SE, SG

320-1009-0-4 | M | 2/10, 2/24, 3/9, 3/23, 4/13, 4/27
5:00-7:30p | $120 R / $180 NR

Computer Lessons
Ages 15+

Participants receive a lesson on basic computer usage or iPad know-how. Receive assistance with Microsoft Office, internet usage, keyboarding skills, or exploring the diverse functionality of the iPad. (Sessions One & Two: 3 Weeks)

The goals of this program are to increase confidence using technology and provide opportunities for electronic communication with others.

L FVSRA Computer Lab

SESSION ONE
320-7001-1-4 | M | 2/24, 3/2, 3/9 | 3:00-6:00p
$16 R / $24 NR

SESSION TWO
320-7001-2-4 | M | 4/6, 4/13, 4/20 | 3:00-6:00p
$16 R / $24 NR

Open Computer Lab
Ages 15+

Participants may utilize a computer or iPad during the time slot. Participant will be expected to independently use the devices with appropriate internet usage. (Sessions One & Two: 3 Weeks)

The goal of this program is to increase independence on a computer or iPad.

L FVSRA Computer Lab

SESSION ONE
320-7012-1-4 | M | 2/24, 3/2, 3/9 | 3:00-6:00p
$6 R / $9 NR

SESSION TWO
320-7012-2-4 | M | 4/6, 4/13, 4/20 | 3:00-6:00p
$6 R / $9 NR

Registration Process

Please list your top three preferred time slots on your registration form or on-line during registration. Lessons are scheduled in 30-minute intervals. FVSRA will do our best to assign you to your top lesson time. You will be contacted with your lesson time by January 10th.

YOUNG ADULT/ADULT

Aktion Club
Ages 20+

Aktion Club is an international program supported by more than half a million members of Kiwanis International. This club supports the core values of character building, leadership, inclusiveness, and caring throughout all members. (6 Weeks)

The goal of this program is to increase community awareness through active service projects in the community.

Service projects, dates, times and locations may vary. Dinner will be provided for business meetings.

L FVSRA Multi-Purpose Room

BUSINESS MEETINGS: 2/3, 3/2, 5/4
SERVICE MEETINGS: 3/16, 4/20, 5/18

320-1003-0-4 | M | 4:30-6:00p | $30 R / $45 NR

Saturday Bowl
Ages 22+

Strike! Bowl with your peers on Saturdays and improve your bowling score. (6 Weeks)

The goals of this program are to work on bowling form, approach and release through two games.

Participants may bring additional money for concessions.

L **AM Bowl Location:** St. Charles Bowl, St. Charles
Mid-Day & PM Bowl Location: Parkside Lanes, Aurora

SESSION DATES: 2/8, 2/22, 3/7, 3/21, 5/9, 5/16

AM BOWL
320-8005-0-4 | Sa | 9:00-11:00a | $86 R / $129 NR

MID-DAY BOWL
320-8011-0-4 | Sa | 1:00-3:00p | $86 R / $129 NR

PM BOWL
320-8006-0-4 | Sa | 3:00-5:00p | $86 R / $129 NR

Bowling Bingo
Ages 15+

Join the fun as we combine bingo and bowling together. Particpants will bowl two games while trying to win prizes. (4 weeks)

The goal of this program is to provide participants with a social evening with their peers.

L Parkside Lanes, Aurora

320-1027-0-4 | M | 2/3, 3/2, 4/6, 5/4 | 5:30-7:30p
$66 R / $99 NR

Dinner on a Dime | Ages 20+

Enjoy eating out at local restaurants without spending a lot of money.

The goal of this program is to utilize independent money management skills while making appropriate dining choices.

NORTH

CHICK-FIL-A, BATAVIA
T GEN, SCS, SE
320-1063-1-4 | W | 2/26 | 5:30-6:30p
$8 R / $12 NR | $12 DTD

JERSEY MIKE'S, BATAVIA
T GEN, SCS, SE
320-1063-2-4 | W | 3/25 | 5:30-6:30p
$8 R / $12 NR | $12 DTD

NOODLES, GENEVA
T BCC, SCS, SE
320-1063-3-4 | W | 4/29 | 5:30-6:30p
$8 R / $12 NR | $12 DTD

SOUTH

CHICK-FIL-A, AURORA
T OSW, SG
320-1062-1-4 | W | 2/26 | 5:30-6:30p
$8 R / $12 NR | $12 DTD

JERSEY MIKE'S, OSWEGO
T SG, VAC
320-1062-2-4 | W | 3/25 | 5:30-6:30p
$8 R / $12 NR | $12 DTD

NOODLES, OSWEGO
T SG, VAC
320-1062-3-4 | W | 4/29 | 5:30-6:30p
$8 R / $12 NR | $12 DTD

! ***Due to the high demand of transportation, transportation will be on a first-come, first-served basis with a maximum of four door-to-door stops.***

Cinema Cruisers | Ages 20+

Watch the latest releases unfold on the big screen. (3 Weeks)

The goals of this program are to enhance money management skills and learn proper movie etiquette.

Program Time Varies: Please call the office or visit fvsra.org two days prior to the program for information. Please bring money for your ticket and any concessions desired.

NORTH

L Charlestowne 18 Theatre, St. Charles

320-1007-0-4 | W | 2/12, 3/11, 4/15
$34 R / $51 NR / $46 DTD

SOUTH

L Tinseltown USA, North Aurora

320-1006-0-4 | W | 2/12, 3/11, 4/15
$34 R / $51 NR / $46 DTD

! ***Due to the high demand of transportation, transportation will be on a first-come, first-served basis with a maximum of four door-to-door stops.***

YOUNG ADULT/ADULT

Girls Just Wanna Have Fun
Ages 20+

Ladies, this program is just for you. Explore the Fox Valley area for a girls' night out!

The goal of this program is to build positive relationships with peers while building upon crafting skills.

(2/4) - Dinner is provided.
(3/24) - Dinner is provided.

CANVAS PAINTING
L FVSRA Multi-Purpose Room
T BCC, GEN, OSW, SCS, SE, SG
320-1099-1-4 | Tu | 2/4 | 5:30-7:00p | $12 R / $18 NR

DESSERTS IN A JAR
L Sportsplex, St. Charles
T BCC, GEN, OSW, SG, VAC
320-1099-2-4 | Tu | 3/24 | 5:30-7:00p | $16 R / $24 NR

Guys Night Out
Ages 20+

It's time for the guys of FVSRA to have a night out on the town.

The goal of this program is to build positive relationships with peers while engaging in fun activities in the community.

(2/28) - Dinner included.
(3/6) - Please bring money to purchase dinner at the game.

PIZZA AND ARCADE
L Pixel Blast Arcade, Lisle
T BCC, GEN, SCS, SE, SG, OSW, VAC
320-1064-2-4 | F | 2/28 | 6:00-8:30p | $34 R / $51 NR

NIU BASKETBALL GAME
L Northern Illinois University, Dekalb, IL
T BCC, GEN, OSW, SCS, SE, SG, VAC
320-1064-1-4 | F | 3/6 | 7:00-8:30p | $20 R / $30 NR

So You Think You Can Dance
Ages 13-25

5,6,7,8...Join a group of your peers for this fun introductory dance class. Throughout the season the participants will work on stretching and a choreographed dance taught by the instructor. (5 Weeks)

The goals of this program are to increase physical coordination and to work cooperatively in a group.

L Baker Community Center, St. Charles
T BCC, GEN, OSW, SE, SG, VAC

SESSION DATES: 3/5, 3/19, 4/16, 4/30, 5/7

320-1014-0-3 | Th | 5:00-6:00p | $30 R / $45 NR

Performing Arts Guild
Ages 13-25

Let the performer in you shine! Participants will be able to share their talents with the group as well as learn various fine and performing arts, including but not limited to: singing, dancing, comedy and improvisation. (5 Weeks)

The goal of this program is to increase creative expression.

L Baker Community Center, St. Charles
T BCC, GEN, OSW, SE, SG, VAC

SESSION DATES: 3/12, 3/26, 4/9, 4/23, 5/7

320-1079-0-3 | Th | 5:00-6:00p | $30 R / $45 NR

THESE PROGRAMS WILL CONCLUDE WITH A SHOWCASE ON MAY 7TH.

Restaurant Reviewers | Ages 20+

Rate each restaurant around the area that you attend.

The goal of this program is to utilize independent money management skills while making appropriate dining choices.

NORTH

AURELIO'S, GENEVA
T BCC, SCS, SE
320-1024-1-4 | W | 2/19 | 5:30-7:00p
$12 R / $18 NR / $16 DTD

URBAN COUNTER, ST. CHARLES
T BCC, GEN, SE
320-1024-2-4 | W | 3/18 | 5:30-7:00p
$12 R / $18 NR / $16 DTD

SALSA VERDE, ST. CHARLES
T BCC, GEN, SE
320-1024-3-4 | W | 4/22 | 5:30-7:00p
$12 R / $18 NR / $16 DTD

SOUTH

GIORDANO'S, OSWEGO
T SG, VAC
320-1023-1-4 | W | 2/19 | 5:30-7:00p
$12 R / $18 NR / $16 DTD

FIVE GUYS, OSWEGO
T SG, VAC
320-1023-2-4 | W | 3/18 | 5:30-7:00p
$12 R / $18 NR / $16 DTD

JALISCO TACOS, AURORA (N LAKE ST.)
T OSW, SG
320-1023-3-4 | W | 4/22 | 5:30-7:00p
$12 R / $18 NR / $16 DTD

! ***Due to the high demand of transportation, transportation will be on a first-come, first-served basis with a maximum of four door-to-door stops.***

YOUNG ADULT/ADULT

Lunch Bunch | Ages 20+

Grab a quick bite to eat with your friends over lunch.

The goal of this program is to utilize independent money management skills while making appropriate dining choices.

Transportation will not be provided from the town in which the program is located.

NORTH

RANDALL'S PANCAKE HOUSE, SOUTH ELGIN
T BCC, GEN SCS
320-1019-1-4 | Th | 3/5 | 11:30a-1:00p
$8 R / $12 NR /$12 DTD

RIVERSIDE PIZZA AND PUB, SOUTH ELGIN
T BCC, GEN SCS
320-1019-2-4 | Th | 4/23 | 11:30a-1:00p
$8 R / $12 NR /$12 DTD

EAST CHINA INN, BATAVIA (S RANDALL RD.)
T GEN, SCS, SE
320-1019-3-4 | Th | 5/7 | 11:30a-1:00p
$8 R / $12 NR /$12 DTD

SOUTH

BLUEBERRY HILL PANCAKE HOUSE, AURORA
T OSW, SG, TC
320-1018-1-4 | Th | 3/5 | 11:30a-1:00p
$8 R / $12 NR / $12 DTD

PAPA SAVERIO'S PIZZA, AURORA
T OSW, SG, TC
320-1018-2-4 | Th | 4/23 | 11:30a-1:00p
$8 R / $12 NR / $12 DTD

EAST CHINA INN, NORTH AURORA
T OSW, SG, TC
320-1018-3-4 | Th | 5/7 | 11:30a-1:00p
$8 R / $12 NR / $12 DTD

! ***Due to the high demand of transportation, transportation will be on a first-come, first-served basis with a maximum of four door-to-door stops.***

The Daily STAR
Ages 20+

This is your opportunity to express how creative you can be in this "newspaper" based program. Each month participants will have the opportunity to work together to create jokes, illustrations, stories, highlight programs or Special Olympic sports, and research present day information that will entertain! (4 Weeks)

The goals of this program are to provide socialization with peers while working together to express creativity by writing, drawing or researching on the computer.

L FVSRA Multi-Purpose Room

320-1060-0-4 | Tu | 2/18, 3/17, 4/21, 5/19
5:30-6:30p | $10 R / $15 NR

March Madness Bracket Challenge Ages 20+

If you are up for a challenge, then sign up for the March Madness Bracket Challenge! Participants will have the opportunity to fill in a tournament bracket to follow along as the college basketball tournament goes on. A prize will be awarded to the winner.

The goals of this program are to independently fill out a bracket and to handle competition appropriately.

Participants can either fill out their packets electronically or on paper.

FVSRA will be contacting everyone one week prior to the start of the tournament with more information on how to set up the bracket.

320-1069-0-4 | 3/15-4/6 | FREE

Archery Ages 20+

Come learn the fundamental skills of archery with a certified archery instructor. (4 Weeks)

The goals of this program are to learn range safety, proper shooting, and skills necessary to become proficient at archery.

L The Archery Place, Montgomery

320-8010-0-4 | M | 2/24, 3/9, 4/13, 3/23
7:30-8:30p | $50 R / $75 NR

March Madness Watch Party Ages 20+

It's absolute madness... March Madness that is! Come grab a bite to eat and catch some of the college match-ups during the iconic, larger-than-life basketball tournament. (2 Sessions)

The goals of this program are to socialize with peers and engage in competition appropriately.

Please bring money to purchase lunch.

BULLDOG ALE HOUSE, NORTH AURORA
T BCC, GEN, OSW, SCS, SE, SG, TC (Pickup Only)
320-1073-1-4 | Th | 3/19 | 11:00a-1:00p
$10 R / $15 NR

BUFFALO WILD WINGS, GENEVA
T BCC, OSW, SCS, SE, SG, TC (Pickup Only), VAC
320-1073-2-4 | F | 3/20 | 11:00a-1:00p
$10 R / $15 NR

Saturday Unwind Ages 18-35

Spend your Saturday unwinding from the busy week, by watching cartoons, enjoying a small snack and ending it off with a dip in the therapy pool. (3 Weeks)

The goal of this program is to increase interaction with peers through structured activities.

Please bring a labeled swimsuit and towel.
A small snack will be provided.

L FVSRA Multi-Purpose Room

SESSION ONE
320-1025-1-3 | Sa | 2/1 | 11:00a-1:00p | $16 R / $24 NR
SESSION TWO
320-1025-2-3 | Sa | 4/4 | 11:00a-1:00p | $16 R / $24 NR
SESSION THREE
320-1025-3-3 | Sa | 5/2 | 11:00a-1:00p | $16 R / $24 NR

YOUNG ADULT/ADULT

Friday Night Hang Out
Ages 20+

Come hang out with your friends of FVSRA on a Friday night! This season we will have an "in-house movie," listen to a band featured on America's Got Talent, and participate in a Progressive Dinner.

The goals of this program are to increase social interaction with your peers and increase community awareness.

(2/14) - Dinner is provided.
(3/13) - This event is not wheelchair accessible and food is not provided during the program.
(4/24) - Please bring swim suits and towel. Dinner is provided.

IN-HOUSE MOVIE
L Sportsplex, St. Charles
T BCC, GEN, OSW, SG, VAC
320-1092-1-4 | F | 2/14 | 5:00-7:30p | $14 R / $21 NR

CAROLE'S KINGS
L Batavia Fine Arts Centre, Batavia
T GEN, OSW, SCS, SE, SG, VAC
320-1092-2-4 | F | 3/13 | 7:00-9:30p | $44 R / $66 NR

MAKE YOUR OWN PIZZA AND SWIM
L FVSRA, Multi-Purpose Room
T BCC, GEN, OSW, SCS, SE, SG
320-1092-3-4 | F | 4/24 | 6:00-8:30p | $18 R / $27 NR

Movie Night
Ages 20+

Indulge in some snacks while watching a movie on the FVSRA Big Screen. (4 Weeks)

The goal of this program is to practice movie etiquette in a relaxed environment.

L FVSRA Multi-Purpose Room

320-1040-0-4 | Sa | 2/1, 3/7, 4/25, 5/9 | 6:00-8:15p
$34 R / $51 NR

Friends Night In
Ages 13-25

Come spend the evening with your peers at FVSRA! Participants will have dinner, make crafts, play games, swim, and end the night watching a movie. (3 Sessions)

The goal of this program is to provide participants a social evening with their peers.

Please arrive in your swimsuit and bring a change of clothes and a towel.

L FVSRA Multi-Purpose Room
T GEN, OSW

SESSION ONE
320-1076-1-4 | Sa | 2/22 | 3:45-7:30p | $32 R / $48 NR

SESSION TWO
320-1076-2-4 | Sa | 3/21 | 3:45-7:30p | $32 R / $48 NR

SESSION THREE
320-1076-3-4 | Sa | 5/16 | 3:45-7:30p | $32 R / $48 NR

Culinary Creations
Ages 20+

Participants will take their cooking skills to the next level in this advanced cooking class. (4 Weeks)

The goal of this program is to build independence through culinary instruction.

The program is designed for participants who are able to assist with meal preparation with limited assistance.

L FVSRA Multi-Purpose Room
T BCC, GEN, OSW, SCS, SE, SG

320-1011-0-4 | W | 2/5, 3/4, 4/1, 5/6
5:00-7:30p | $98 R / $147 NR

AQUATICS & FITNESS

Kacie Jankowski
CTRS, Athletics Coordinator
KacieJ@FVSRA.org
(630) 907-1114 ext. 1208

PROGRAM
SYMBOLS KEY

- **FIT FOR LIFE**
- **NEW PROGRAM**
- **ADDITIONAL MONEY NEEDED**
- **SENSORY FRIENDLY**
- **PICK UP/ DROP OFF**
- **DOOR-TO-DOOR TRANSPORTATION**
- **NO TRANSPORTATION**

AQUATICS & FITNESS

Participants of all ages will have fun while working toward improving their health and fitness in the variety of programs offered this season. You will find opportunities for group fitness programs, individualized lessons and fitness memberships.

Through participation in these programs you will work toward meeting individual fitness goals in a variety of exercise programs. These programs will allow you to improve and maintain cardiovascular endurance, muscular strength, and many other physical skills.

IMPORTANT NOTES:

- Please wear appropriate workout attire; a water bottle is encouraged.
- Be dressed and ready to enter the pool at the start of aquatic programs.
- Water shoes are encouraged for all aquatic programs.
- Pools require the use of a swim diaper for patrons that utilize diapers outside of the pool setting. Please provide your own swim diaper for all programs that involve swimming.

Water Aerobics
Ages 18+

Get ready for this low-impact water workout. We will use water weights while running and performing aerobic exercise. This program is non-stop! (Session One: 13 Weeks; Session Two: 12 Weeks)

The goals of this program are to improve muscle tone, flexibility and cardiovascular endurance by participation in an aquatic program.

***No program: 3/31**
****No program: 4/1, 4/8**

L VAC Therapy Pool
T BCC, GEN, OSW, SCS, SE, SG, TC (Pickup Only)

SESSION ONE
320-6011-1-4 | Tu | 2/4-5/5* | 3:15-4:00p
$71 R / $107 NR

SESSION TWO
320-6011-2-4 | W | 2/5-5/6** | 3:15-4:00p
$66 R / $99 NR

Yoga
Ages 18+

Get ready to relax and stretch your muscles in this beginner class instructed by a yoga professional. This is a great opportunity to get physically fit while relaxing your mind and body. (12 Weeks)

The goals of this program are to increase flexibility, muscle tone, balance, and coordination.

***No program: 2/17, 3/30**

L VAC Yoga Studio

320-6002-0-4 | M | 2/3-5/4* | 2:00-3:00p
$66 R / $99 NR

Transportation Information
can be found online. Visit **www.fvsra.org/current-programs** to view program fliers.

AQUATICS & FITNESS

Water Walkers
Ages 18+

Join us in the therapy pool as we set a brisk pace to get a good workout. Water weights will be used while moving around the pool. (10 Weeks)

The goals of this program are to increase muscular strength and cardiovascular fitness in a low-impact environment.

No Program: 4/3, 4/10

L VAC Therapy Pool
T BCC, GEN, OSW, SCS, SE, SG, TC (Pickup Only)

320-6030-0-4 | F | 2/14-5/1* | 3:15-4:00p
$54 R / $81 NR

Club Wellness
Ages 18+

Looking for a new club? Join Club Wellness! Each week the program will focus on fitness training and nutrition education. (11 weeks)

The goal of this program is to increase Independence in fitness and exercise through skill-based activities.

This program is for individuals who participate independently in fitness exercises and are appropriate for a 1:5 staff ratio.
No program: 3/25, 4/1, 4/8

L Sportsplex, St. Charles

320-6014-0-4 | W | 2/5-4/8* | 4:00 – 5:15p
$60 R / $90 NR

Aqua Jogging
Ages 18+

This fitness class will allow participants to enjoy the benefits of aquatic exercise through deep water running, and various resistance exercises. (10 Weeks)

The goals of this program are to increase muscular strength and cardiovascular fitness by utilizing the natural buoyancy of deep water.

This program is for individuals who require assistance in aquatic fitness exercises and are appropriate for a 1:2 staff ratio.

No Program: 4/3, 4/10

L VAC Therapy Pool
T BCC, GEN, OSW, SCS, SE, SG, TC (Pickup Only)

320-6013-0-4 | F | 2/14-5/1* | 3:15-4:00p
$54 R / $81 NR

Walking Club
Ages 18+

Gear up for a great cardio workout as we challenge ourselves to beat each week's laps with brisk walking. (Session One: 12 Weeks; Session Two: 13 Weeks)

The goal of this program is to improve cardiovascular endurance.

No program: 2/17, 3/30
****No program: 4/2***

L VAC Track
T BCC, GEN, OSW, SCS, SE, SG, TC (Pickup Only)

SESSION ONE
320-6010-1-4 | M | 2/3-5/4* | 3:15-4:15p
$66 R / $99 NR

SESSION TWO
320-6010-2-4 | Th | 2/6-5/7** | 3:15-4:15p
$71 R / $107 NR

Intro to Strength and Conditioning Ages 18+

This intro class will focus on improving your health and well-being through skill based activities. Each week participants will work on a fundamental skill such as balance, hand eye coordination, fine and gross motor skills and muscle tone in a personalized small group setting. (Session One & Two: 13 Weeks)

The goal of this program is to increase independence in fitness and exercise through skill based activities.

This program is for individuals who require assistance in fitness exercises and are appropriate for a 1:2 staff ratio.

**** No program: 3/31***
***** No program: 4/2***

L VAC Aerobics Studio
T BCC, GEN, OSW, SCS, SE, SG, TC (Pickup Only)

SESSION ONE
320-6008-1-4 | Tu | 2/4-5/5* | 3:15-4:00p
$71 R / $107 NR

SESSION TWO
320-6008-2-4 | Th | 2/6-5/7** | 3:15-4:00p
$71 R / $107 NR

Movin' and Groovin' Ages 18+

Do you like to move and dance and want to get some exercise? Then join us for a low impact workout that will combine a variety of fitness elements including step aerobics, dance moves, walking and use of fitness equipment while incorporating fun music.
(Session One & Two: 12 Weeks)

The goals of this program are to increase physical fitness through a variety of exercises and increase knowledge of how to exercise.

****No program: 2/17, 3/30***
*****No Program: 4/1, 4/8***

L VAC Fitness Studio
T BCC, GEN, OSW, SCS, SE, SG, TC (Pickup Only)

SESSION ONE
320-6004-1-4 | M | 2/3-5/4* | 3:15-4:15p
$66 R / $99 NR

SESSION TWO
320-6004-2-4 | W | 2/5-5/6** | 3:15-4:15p
$66 R / $99 NR

Personal Training | Ages 8+

Get fit under the guidance of a Fitness Trainer. Participants will use various pieces of fitness equipment based on the assessment of the trainer.

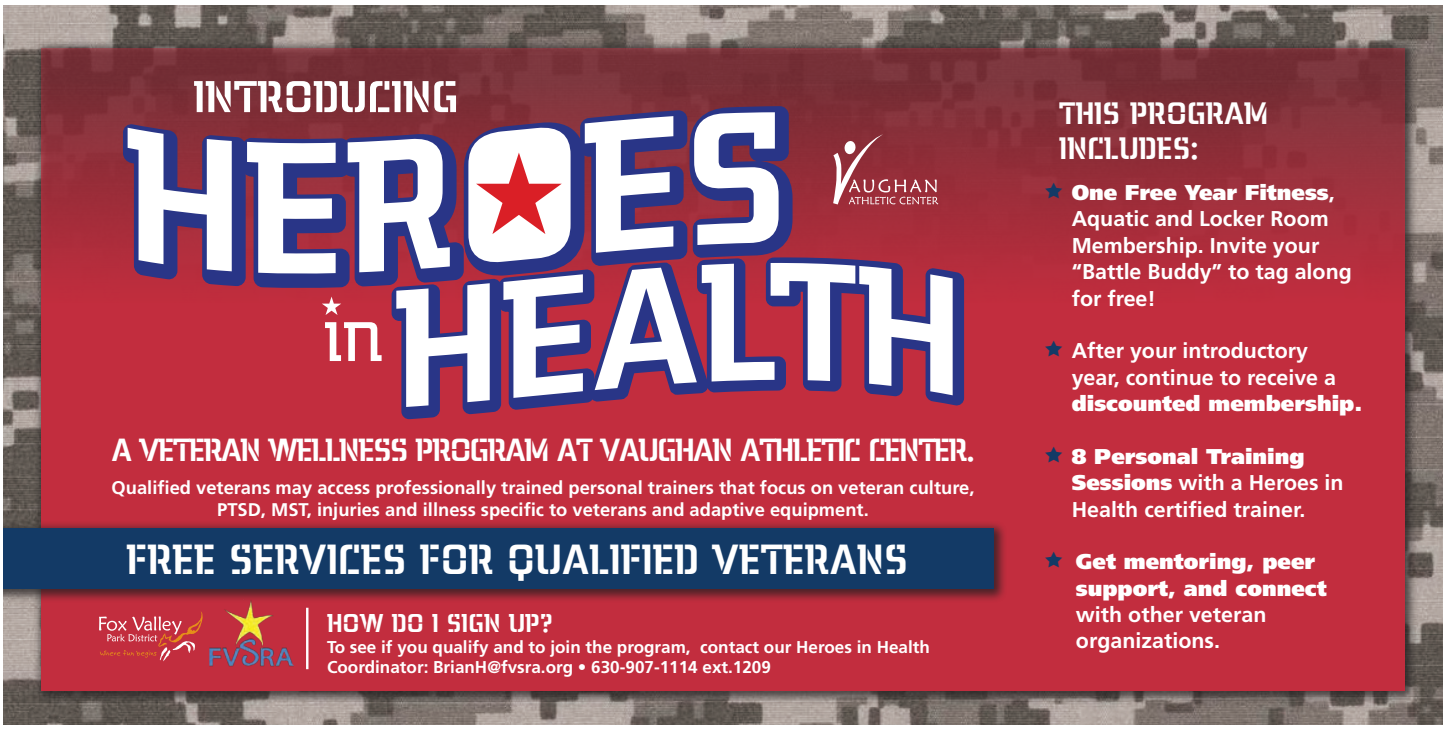
The goal of this program is to meet individual fitness goals (improved cardiovascular endurance, muscular strength or endurance, gross motor skills, etc.) through an individualized workout plan.

L VAC Fitness Center

320-6001-0-4 | $188 R / $282 NR

Personal training sessions are 60 minutes in duration for 10 sessions.
Registrants will be contacted by FVSRA in order of registration received to schedule a time slot.
Please wear appropriate workout attire (closed-toe shoes, t-shirt, NO JEANS, supportive undergarments, etc.).
Participants under the age of 14 will follow an individual fitness plan outside of the fitness center.

AQUATICS & FITNESS



VAC Pass | All Ages

Shape up at the Vaughan Athletic Center (VAC) with an All-Inclusive Fitness Membership. The membership includes access to the fitness center, non-aquatic fitness classes, walking tracks, pools, field house and a member rate for court time at the tennis courts.

Upgraded locker room service is available for an additional fee.

The membership is $20 per month with a 3-month or 12-month option. Payment options include payment in full via cash, check or credit card, or you can select a payment plan through a monthly EFT (electronic fund transfer) with a credit/debit card or checking account linked to the account.

All registrations will be processed through the Fox Valley Park District (FVPD).

If you have already utilized the new registration system, your membership can be modified or extended through the FVPD Membership Services. You will not need to register through FVSRA.

If you HAVE NOT registered for the VAC Pass with the new process, you will need to do the following:

- Come to the FVSRA office to pick up the "Vaughan Athletic Center FVSRA Membership Agreement Form" for each participating individual.
- Turn in completed form to the Vaughan Athletic Center Guest Services desk.
- Submit payment to the Fox Valley Park District Vaughan Athletic Center (many payment options available).
- Obtain a Membership ID card

If you would like to utilize the upgraded locker room, you may do so by contacting the Fox Valley Park District and referencing your FVSRA account.

Please see the FVPD website to learn more about facility hours, view a fitness class schedule or learn more about amenities at: FoxValleyParkDistrict.org/facilities/vaughan-athletic-center/.

All Membership sales are final and ineligible for a program refund. You will not be reimbursed for months not used by the member.

If you have any questions regarding the VAC Pass or membership options, please contact Brian Houzenga at BrianH@FVSRA.org or by calling (630) 907-1114.

Swim Lessons | Ages 3+

FVSRA instructors have experience working with people who have a variety of needs who want to improve water skills. Please see the notes below for the registration process.

The goals of this program are to learn safety skills, gain confidence in and around the water and develop motor skills while learning to swim.

Swim lessons are scheduled in 30-minute intervals. Please be dressed and ready to get in the pool at the start of the program. If the participant is unable to be left alone, a guardian must be present.

REGISTRATION PROCESS

- Please list your top three lesson times on your registration form. FVSRA will do our best to assign you to your top lesson times.
- Spaces are limited, so sign up early to ensure a spot.
- Swimmers must be supervised before and after the lesson as the instructors will be leading another lesson.
- Missed or unattended lessons will not be rescheduled or refunded without prior medical notice provided.

! ***Lesson times will be posted on FVSRA.org by January 10th.***

Northwestern Medicine Delnor Health & Fitness, Geneva

Program Code	Instructor	Day	Dates	Time	# of Weeks	Res	Non-Res	Min/Max
320-7010-1-5	TBD	M	2/10-5/4*	2:00-6:00p	12	$360	$540	1/8
320-7010-2-5	TBD	W	2/12-5/6**	2:00-6:00p	11	$330	$495	1/8
320-7010-3-5	TBD	Th	2/13-5/7***	2:00-6:00p	12	$360	$540	1/8
320-7020-1-5	Mary Schutte	M	2/17-5/4*	2:00-5:00p	11	$330	$495	1/6
320-7020-2-5	Mary Schutte	W	2/19-5/6**	2:00-5:00p	10	$300	$495	1/6

No Program 3/30 | ** No Program 4/1, 4/8 | *** No Program 4/2

Rush Copley Health Center, Aurora

Program Code	Instructor	Day	Dates	Time	# of Weeks	Res	Non-Res	Min/Max
320-7040-1-5	Mary Schutte	Tu	2/18-5/5*	4:00-8:00p	11	$330	$495	1/8
320-7040-2-5	Mary Schutte	Th	2/20-5/7**	4:00-8:00p	11	$330	$495	1/8

No Program 3/31 | ** No Program 4/2

Vaughan Athletic Center, Aurora

Program Code	Instructor	Day	Dates	Time	# of Weeks	Res	Non-Res	Min/Max
320-7070-1-5	TBD	F	2/14-5/8*	4:00-6:00p & 6:30-8:00p	11	$330	$450	1/7
320-7080-1-5	Laura McNeece	F	2/7-5/1*	4:00-8:00p	11	$330	$495	1/8
320-7060-1-5	Mary Schutte	F	2/21-5/8*	4:00-8:00p	10	$300	$450	1/8

No program 4/3, 4/10

DON'T MISS OUT!

Online registration **closes January 3rd.**

AQUATICS & FITNESS

Parent/Tot Swim
Ages 0-6

This class introduces infants and children to the water in a group setting with the support of a guardian. Each child will pursue individual goals and benefit from the therapeutic environment of the warm water pool. All children must be accompanied by an adult. (11 weeks)

The goals of this program are to provide parents/ guardians with the knowledge of how to work with their children in the water, as well as allow children the opportunity for water exploration, exercise and safe fun.

No program: 4/3, 4/10

L VAC Therapy Pool

320-1015-0-1 | F | 2/14-5/8* | 6:00-6:30p
$88 R / $132 NR

Swim Skills and Drills
Ages 8+

Join FVSRA Swim Instructors for a small group swim workout in the VAC Pool. This program is designed for individuals who have basic knowledge of the majority of swim strokes and can lap swim independently in the deep end of the pool. (Session One: 12 Weeks; Session Two, Three & Four: 11 Weeks)

The goals of this program are to maintain fitness, perfect swim strokes and improve swim time.

Swimmers must be able to independently swim at least one lap in the deep end of the pool without stopping.

FVSRA reserves the right to determine if a swimmer's skill level is not appropriate for this program.

***No program 3/30**
****No program 4/1, 4/8**
*****No program 4/3, 4/10**

L VAC Competition Pool

SESSION ONE
320-8001-1-4 | M | 2/10-5/4* | 7:30-8:30p
$120 R / $180 NR

SESSION TWO
320-8001-2-4 | W | 2/12-5/6** | 8:00-9:00p
$110 R / $165 NR

SESSION THREE
320-8001-3-4 | F | 2/14-5/8*** | 3:00-4:00p
$100 R / $150 NR

SESSION FOUR
320-8001-4-4 | F | 2/14-5/8*** | 8:00-9:00p
$100 R / $150 NR

TEEN & ADULT

Rania Samawi
CTRS, TR Specialist
RaniaS@fvsra.org
(630) 907-1114 ext. 1219

TEEN & ADULT
SPECIAL EVENTS

Teen and Adult Special Events provide opportunities for adventure while learning about new activities and skills.

Through participation in our programs, you will increase independence, build positive relationships with peers and improve money management.

IMPORTANT NOTES:

- Please bring the dollar amount listed in the bill icon next to the program, when applicable.
- If medication will be administered during the program, please turn in the Permission to Dispense Medication Form and the medications prior to the program. This form can be found on our website under the "About" tab, then by clicking on "Forms," or by calling the FVSRA Office.

PROGRAM **SYMBOLS KEY**

- **FIT FOR LIFE**
- **NEW PROGRAM**
- **ADDITIONAL MONEY NEEDED**
- **SENSORY FRIENDLY**
- **PICK UP/ DROP OFF**
- **DOOR-TO-DOOR TRANSPORTATION**
- **NO TRANSPORTATION**

TEEN & ADULT

Project Dance
Ages 16+

Get your dancing shoes ready and come join the fun as you boogie down with our friends from St. Charles North High School.

The goals of this program are to increase creative expression and physical coordination through dance.

Please wear appropriate workout attire, and bring a water bottle.

L St. Charles North High School

320-2026-0-4 | Sa | 2/29 | 1:00-3:00p
$10 R / $15 NR

SEASPAR Bowling Tournament
Ages 13+

The Annual SEASPAR bowling tournament includes three games of competition against other Special Recreation Associations. After the tournament, prizes will be awarded and lunch will be served.

The goal of this program is to utilize your learned bowling skills in a competition while socializing with peers from other Special Recreation Associations.

L Suburbanite Bowl, Westmont
T VAC

320-2012-0-4 | Sa | 4/18 | 9:00a-12:30p
$34 R / $51 NR

Transportation Information

can be found online. Visit **www.fvsra.org/current-programs** to view program fliers.

Chicago Bulls Game
Ages 20+

Join Benny the Bull in cheering on the Chicago Bulls as they go head to head for the win! (2 Sessions)

The goal of this program is to develop independence while being in a large sport venue.

Please bring money to purchase food.

L United Center, Chicago
T GEN, OSW, VAC

OKLAHOMA CITY THUNDER
320-2003-1-4 | Tu | 2/25 | 6:30-10:00p
$50 R / $75 NR

PHILADELPHIA 76ERS
320-2003-2-4 | Th | 3/26 | 6:30-10:00p
$50 R / $75 NR

Due to the popularity of the program, please sign up for only one session.

Chicago Wolves
Ages 20+

Cheer on the Chicago Wolves as they battle to beat the best around!

The goal of this program is to develop independence while being in a large sport venue.

Please bring money to purchase food.

L Allstate Arena, Rosemont
T GEN, OSW, VAC

320-2005-0-4 | Th | 2/20 | 10:30a-1:45p
$40 R / $60 NR

DON'T MISS OUT!
Online registration **closes January 3rd.**

TEEN & ADULT

Metra Lunch Escape
Ages 20+

Join us as we spend a Monday afternoon going from the Aurora Metra Station to nearby towns for lunch. (2 Sessions)

The goals of this program are to increase independence on public transportation and improve money management skills.

Train ticket included in the program fee, but please bring money for lunch.

L Geneva Metra Station, Geneva
T BCC, OSW, SCS, SE, SG, VAC

Q-BBQ, DOWNTOWN LAGRANGE
320-2009-1-4 | M | 3/16 | 10:00a-2:00p
$30 R / $45 NR

EGG HARBOR CAFÉ, DOWNERS GROVE
320-2009-2-4 | M | 4/27 | 10:00a-2:00p
$30 R / $45 NR

STARS Got Talent
Ages 16+

Who's got talent? FVSRA has talent! This is your time to showcase all your talents on the big stage. Whether you can sing, dance, play an instrument or tell jokes, this night is for you to shine.

The goal of this program is to increase self-confidence by creative expression.

Participants will be called upon enrollment to see what the talent will be.

L Baker Community Center, St. Charles
T BCC, GEN, OSW, SE, SG, VAC

320-2023-0-4 | F | 3/6 | 6:00-7:30p | $6 R / $9 NR

Valentine's Day Dance
Ages 15+

Love is in the air! Come dressed in your finest red, white or pink to dance the night away and enjoy a snack with your friends.

The goal of this program is to provide social opportunities with peers while practicing appropriate social skills.

A snack is provided during the program.

Transportation times will be emailed to you, and available online, two days prior to the program.

Participants enrolled in a social club are automatically enrolled in this program.

L Prisco Community Center
T BCC, GEN, OSW, SCS, SE, SG

320-2016-0-4 | F | 2/7 | 5:30-7:30p
$10 R / $15 NR

Spring Fling
Ages 15+

Enjoy an evening of dinner and dancing at our Luau themed Spring Fling!

The goal of this program is to provide social opportunities with peers while practicing appropriate social skills.

Food is provided during the program.

Transportation times will be emailed and available online, two days prior to the program.

Participants enrolled in a social club are automatically enrolled in this program.

L Prisco Community Center
T BCC, GEN, OSW, SCS, SE, SG

320-2035-0-4 | F | 5/8 | 5:30-8:00p
$28 R / $42 NR

Spring Picnic
Ages 20+

Start off the Spring season with your friends at the annual Spring Picnic! Enjoy food, music, games and socialization with your peers.

The goal of this program is to socialize with peers in a relaxed environment.

L Harmony Pointe Park, Aurora
T BCC, GEN, OSW, SCS, SE, SG

320-2022-0-4 | Sa | 5/23 | 11:00a-1:00p
$14 R / $21 NR

TEEN & ADULT

Magical Movie Day
Ages 16-35

Meet up with participants from Kishwaukee SRA and together enjoy snacks and viewing Disney movies.

The goal of this program is to practice movie etiquette in a relaxed environment.

A snack will be provided at program.

L Sportsplex, St.Charles

320-2062-0-4 | Sa | 3/28 | 12:00-4:00p
$10 R / $15 NR

Egg Hunt and Crafts
Ages 3-15

Hop on over to create Spring crafts and participate in an egg hunt! Participants will have an opportunity to socialize with peers while exploring their creative side.

The goal of this program is to utilize creativity through hands-on activities and experience a sensory-friendly egg hunt.

L FVSRA Multi-Purpose Room
T GEN, OSW

320-2067-0-2 | F | 4/3 | 9:00-11:00a
$26 R / $39 NR

Comedy Sportz
Ages 20+

Attend a game-based improv comedy show where two teams create scenes, songs, and games based on the crowds suggestions.

The goal of this program is to increase cultural awareness of the arts by viewing a live comedy performance.

Please bring money to purchase food. Ticket price is included in program fee.

L Comedy Sportz Theater, Chicago
T VAC

320-2054-0-4 | Su | 5/24 | 12:45-3:15p
$56 R / $84 NR

Day Trip to Chicago
Ages 20+

Start the day with a train ride to the city, followed by a boat tour, lunch, and ending with a trip to the Shedd Aquarium.

The goals of this program are to increase independence using public transportation and navigating around the city.

Please bring money to purchase lunch.
Please note this program is not wheelchair accessible and not recommended for those with limited mobility.
This event requires participants to keep pace with the group while walking the city.

L Chicago
T GEN, OSW, VAC

320-2031-0-4 | W | 5/13 | 8:00a-6:00p
$130 R / $195 NR

ISU Gamma Phi Circus
Ages 20+

Gamma Phi Circus is an action-packed, high-energy, live show with traditional and new circus acts!

The goal of this program is to develop independence while being in a large arena.

Program time includes travel time to and from the circus.
Please bring money to purchase lunch.

L ISU - Redbird Arena
T VAC

320-2069-0-4 | Sa | 4/18 | 10:00a - 6:00p
$56 R / $84 NR

DAY BREAK ADULT DAY PROGRAMS

Ages 22-35

• Socialization • Fitness • Recreation and Leisure • Community Integration

The Day Break Adult Day Programs strive to improve each participant's quality of life by maximizing his/her independence while improving each person's current level of functioning. These goals are met by providing opportunities for community integration through various activities and volunteer outings.

Day Break One

Monday-Thursday 9:00 AM- 3:00 PM

North	South
Pottawatomie Community Center, St. Charles	Wesley United Methodist Church, Aurora

1: 6 Staff to participant ratio

Need minimal support to participate in activities and outings.

Participants are independant with all daily living skills.

Day Break Two

Monday-Thursday 9:00 AM- 3:00 PM

North	South
Sportsplex of St. Charles	FVSRA MPR, Aurora

1: 2 Staff to participant ratio

Participants need moderate assistance with all daily living skills.

Participants need moderate support to participate in activities and outings.

Sign up for 1 or more days! Participants must complete an intake with FVSRA to determine eligibility.

For questions please contact the Adult Coordinator at 630-907-1114

STARS ADULT DAY PROGRAMS

Volunteerism Community Integration Exercise

Structured Therapeutic Adult Recreation Services (STARS) is a year-round community-based program for adults with disabilities. Through a partnership with the Association for Individual Development (AID) and Fox Valley Special Recreation Association (FVSRA), this program will provide activities that address key areas of learning in community integration, recreation and independent living skills.

STARS Day Program Schedule:

STARS 1:	8:30am-2:30pm	Vaughan Athletic Center FVSRA MPR East 2121 W Indian Trail Aurora, IL 60506	630-907-1114
STARS 2:	9:00am-2:00pm	Prairie Building 31 S Main Street Sugar Grove, IL 60554	630-777-3137
STARS 3:	9:00am-2:00pm	Prisco Community Center 150 W Illinois Ave Aurora, IL 60506	630-896-3990
STARS 4:	9:00am-2:00pm	Faith Lutheran Community Church 3000 Liberty Street Aurora, IL 60502	630-862-3500
STARS 5:	8:30am-2:30pm	Batavia Center 8 South Lincoln Street Batavia, IL 60510	630-966-4090

AID Contact 630-966-4000 | FVSRA Adult Coordinator 630-907-1114

TEEN & ADULT

Jennifer Wisneski
CTRS, Outreach Coordinator
JenniferW@FVSRA.org
(630) 907-1114 ext. 1210

PROGRAM
SYMBOLS KEY

- **FIT FOR LIFE**
- **NEW PROGRAM**
- **ADDITIONAL MONEY NEEDED**
- **SENSORY FRIENDLY**
- **PICK UP/ DROP OFF**
- **DOOR-TO-DOOR TRANSPORTATION**
- **NO TRANSPORTATION**

TEEN & ADULT TRIPS

Our Teen and Adult Trips provide opportunities to explore new places and learn new skills while spending time away from home with FVSRA. On all overnight trips, participants are responsible for carrying out daily routines independently and must be able to participate at a 1:6 staff-to-participant ratio. FVSRA staff will provide minimal guidance/reminders to complete activities of daily living such as showering, toileting, brushing teeth, feeding and dressing. Participants must be able to function independent of staff assistance for various amounts of time intermittently throughout the trip. Examples include, but are not limited to, sleep, personal care/hygiene time and down time.

IMPORTANT NOTES:

- Prior to registration for all overnight trips, participants are required to contact the Outreach Coordinator to complete a Pre-Trip Assessment.
- FVSRA will use the information provided during the Pre-Trip Assessment, independence in FVSRA programs, and Post-Trip Assessments to determine eligibility for each trip.
- Eligibility Requirements can be found on the FVSRA website under the “About” tab, then by clicking on “Forms”.
- Participants will be sharing rooms with their peers of the same gender. If you would like to request your own room, please contact the Outreach Coordinator by the date listed on each blurb to make arrangements. An additional fee may be assessed to cover the additional room cost.
- The fee includes all program costs including food, lodging and transportation. Participants are welcome to bring extra spending money.
- A packing list and itinerary will be sent out at least two weeks prior to the program date.

Indianapolis Trip
Ages 18+

Indianapolis has a lot of fun attractions and we want to explore as much as we can! The trip will include tours of the Indy Car Factory and NCAA Hall of Champions, along with an indoor Farmers Market and much more!

The goal of this program is to increase personal independence while traveling in a group setting.

The trip assessment deadline for this trip is February 1, 2020.

L Indianapolis, Indiana
T VAC

320-5010-0-4 | W-F | 4/29-5/1
$446 R/ $668

DON'T MISS OUT!
Online registration **closes January 3rd.**

Dallas Trip
Ages 18+

We're headed down south to the great state of Texas! The trip will include a visit to the Autumn at the Arboretum, tour of the Dallas Cowboys Stadium, Dallas Farmers Market, southern BBQ, live music and much more!

The goal of this program is to increase personal independence while traveling in a group setting.

The trip assessment deadline for this trip is June 1, 2020. Final cost will be determined once flights are purchased.

L Dallas, Texas
T VAC

320-5012-0-4 | M-F | 9/21-9/25
$1,200-$1,400

Adventure Week Day Trips
Ages 18+

We are offering a few full days of action packed adventure! Come and test your adventure skills during indoor skydiving, rock climbing, archery, zip lining and team building experiences.

The goal of this program is to increase confidence and leisure independence through staff-facilitated activities.

This program incorporates activities that require intense physical exertion and is not wheelchair accessible or recommended for those with limited mobility. Additional waivers will need to be signed for all three session dates. Those will be emailed out prior to the program.
(5/11) - Participants will need to bring a sack lunch. Transportation times to and from the VAC are built into the program time. Please meet at the VAC by 7:45am and 4:00pm.
(5/12) - Dinner will be provided at Jason's Deli.
(5/13) - Lunch will be provided at Famous Dave's BBQ.

OUTDOOR EDUCATION CENTER, HUDSON
T VAC
320-2077-1-4 | M | 5/11 | 8:00a-4:00p
$68 R / $102 NR

INDOOR SKYDIVING, NAPERVILLE
T BCC, GEN, OSW, SCS, SE, SG, VAC
320-2077-2-4 | Tu | 5/12 | 3:00-5:30p
$68 R / $102 NR

ARCHERY, MONTGOMERY
T BCC, GEN, SCS, SE, SG, VAC
320-2077-3-4 |W | 5/13 | 10:00a-1:00p
$46 R / $69 NR

ADULT SOCIAL CLUBS

Jennifer Wisneski
CTRS, Outreach Coordinator
JenniferW@FVSRA.org
(630) 907-1114 ext. 1210

PROGRAM SYMBOLS KEY

- FIT FOR LIFE
- NEW PROGRAM
- ADDITIONAL MONEY NEEDED
- SENSORY FRIENDLY
- PICK UP/ DROP OFF
- DOOR-TO-DOOR TRANSPORTATION
- NO TRANSPORTATION

ADULT SOCIAL CLUBS

Adults will enjoy time with friends while attending dances and other community events and activities. Each Social Club provides different opportunities to socialize with peers who have similar leisure interests.

Through participation in our Social Clubs, you can gain independence in the community while practicing appropriate social skills with your peers. Clubs have lower participant registration numbers to ensure a quality leisure experience. Explore these programs on the following page.

IMPORTANT NOTES:

- All program costs are included in the fee for all Social Clubs.
- Participants enrolled in Social Clubs are automatically enrolled in the Valentines Day Dance and the Spring Formal.
- Dinner will be provided at the Valentines Day Dance and a snack will be provided at the Spring Formal.
- Transportation times will be emailed, and available online, two days prior to the events.

Registration in all social clubs include the
Valentines Day Dance on 2/7 and the Spring Fling on 5/8.
See page 45 for program details.

Alley Cats | 320-1053-0-4 | $84 R / $126 NR | Ages 35+

Day	Date	Time	Activity	Location	Transportation
M	2/10	5:30-7:30p	Bowling & Dinner	St. Charles Bowl	BCC, GEN, OSW, SCS*, SE, SG, VAC**
M	5/18	5:30-7:30p	Bowling & Dinner	St. Charles Bowl	

* Transportation from SCS will not be provided on 2/10 & 5/18 I ** Transportation from VAC will not be provided on 2/7 &5/8

Out and About Club | 320-1048-0-4 | $84 R / $126 NR | Ages 35+

Day	Date	Time	Activity	Location	Transportation
F	3/27	6:00-8:00p	Archery Painting & Dinner	The Archery Place, Montgomery	BCC, GEN, OSW*, SCS**, SE, SG, VAC***
W	5/6	6:00-8:00p	Progressive Dinner	St. Charles	

* Transportation from OSW will not be provided on 3/27 I ** Transportation from SCS will not be provided on 5/6
*** Transportation from VAC will not be provided on 2/7 & 5/8

Sports Club | 320-1095-0-4 | $84 R / $126 NR | Ages 25+

Day	Date	Time	Activity	Location	Transportation
Tu	4/28	6:30-8:30p	Chicago Cubs Watch Party	Sportsplex, St. Charles	BCC, GEN, OSW, SCS*, SE*, SG, VAC**
Th	5/14	7:00-9:00p	White Sox Watch Party	Sportsplex, St. Charles	

* Transportation from SCS & SE will not be provided on 4/28 & 5/14 I ** Transportation from VAC will not be provided on 2/7 & 5/8

Young Adult Social Club | 320-1041-0-4| $84 R / $126 NR | Ages 18-35

Day	Date	Time	Activity	Location	Transportation
F	3/6	5:30-7:30p	National Oreo Day Dessert Baking	FVSRA Multi-Purpose Room	BCC, GEN, OSW, SCS*, SE*, SG, VAC**
F	5/1	5:30-7:30p	Music Bingo & Dinner	Sportsplex, St. Charles	

*Transportation from SCS & SE will not be provided on 5/1 I **Transportation from VAC will not be provided on 2/7, 3/6, 5/8

Transportation Information can be found online. Visit **www.fvsra.org/current-programs** to view program fliers.

ATHLETICS

Kacie Jankowski
CTRS, Athletics Coordinator
KacieJ@FVSRA.org
(630) 907-1114 ext. 1208

PROGRAM
SYMBOLS KEY

- **FIT FOR LIFE**
- **NEW PROGRAM**
- **ADDITIONAL MONEY NEEDED**
- **SENSORY FRIENDLY**
- **PICK UP/ DROP OFF**
- **DOOR-TO-DOOR TRANSPORTATION**
- **NO TRANSPORTATION**

ATHLETICS

Participants of all ages will have fun learning or refining athletic skills while participating in FVSRA Athletics. Athletes can enhance individual skills or participate in team sports.

IMPORTANT NOTES:

- Please wear appropriate workout attire; a water bottle is encouraged.
- Transportation for all Special Olympics programs will be offered from the VAC and GEN locations only unless otherwise noted.
- A current Medical Application is needed for participation in Special Olympics programs. These can be found online at: FVSRA.org/about-fvsra/downloadable-forms.
- Athletes who win a gold medal at the District competition will compete at the State Tournament.
- Please see the calendar for specific District and State competition dates on page 55. Athletes in team sports are expected to commit to the Special Olympics State qualifying tournaments. Please review the dates listed and notify the Athletic Coordinator of any conflicts with these dates.
- Additional fees will be assessed for State practices and lodging.
- District and State competition: All athletes who qualify for State competitions will be required to complete a pre-trip assessment in order to evaluate eligibility for a tournament with an overnight stay. Participants of the same gender will likely be sharing beds with their peers. If you would like your own room, please contact the Athletics Coordinator to make arrangements. An additional fee may be assessed to cover the additional room cost.

2020 Special Olympics/ITRS/ Invitational Competition Schedule

(All Dates Subject to Change)

Date	Event
January 5	S.O. Snowshoe Qualifier
January 9	S.O. Alpine Skiing Qualifier
January 13	S.O. District Junior Basketball Tournament
January 27	S.O. District Senior Basketball Tournament
February 5-7	S.O. State Winter Games
February *	WDSRA Swim Meet
February 17	ITRS Basketball Tournament
March 3	S.O. Districts Gymnastics Qualifier
March 7	S.O. Districts Swimming Qualifier
March 15-17	S.O. State Basketball Tournament
April*	WDSRA Track and Field Meet
April 28	S.O. District Soccer Tournament
May 5	S.O. District Powerlifting
May 5	S.O. State Spring Games
May 19	ITRS Soccer Tournament
June 7-9	S.O. State Summer Games
June 29	S.O. District Tennis Tournament
July 13	S.O. District Bowling Tournament
July 14	ITRS Softball Tournament
July 15	S.O. District Unified Golf Tournament
July 16	S.O. District Golfs Skills Tournament
August 3	S.O. District Softball Skills Tournament
August 4	S.O. District Softball Tournament
August 5	3-6-9 District Golf Tournament
August 17-18	S.O. State Tennis Tournament

*Dates with an asterisk are tentative or unknown at this time.

For all Special Olympics Sports a Medical Application must be on file and valid through the dates listed below. Please contact Athletic Coordinator Kacie Jankowski with any questions or to confirm your Med Ap expiration date.

Date	Event
July 1, 2020	Track and Field
July 1, 2020	Powerlifting
July 1, 2020	Soccer
October 1, 2020	Softball
January 1, 2021	Bowling

ATHLETICS

Special Olympics Bowling
Ages 8+

Compete in ten-pin bowling which is among the most popular sports in Special Olympics. Fine tune your approach and delivery to improve your score as you represent FVSRA! (10 Practices & 1 Competition)

The goals of this program are to increase bowling skills and etiquette while preparing for the bowling competition.

No program: 5/25

L Funway Bowling, Batavia

320-3011-0-4 | M | 4/20-6/29* | 6:00-7:30p
$126 R / $189 NR

Transportation Information

can be found online. Visit
www.fvsra.org/current-programs
to view program fliers.

Special Olympics Softball Spring Training Ages 15+

This program is ideal for new or returning softball athletes to brush up on softball skills. Participants will have the opportunity to practice batting, catching, and fielding in an indoor setting. New participants can learn the fundamentals of the sport as well as basic rules and regulations. (4 sessions)

The goal of this program is to gain fundamental softball skills including pitching, fielding, and batting.

L Sportsplex, St. Charles
T GEN, VAC

320-3027-0-4 | Tu, Th | 3/17-3/26 | 5:00-6:30p
$34 R / $51 NR

Special Olympics Softball Ages 15+

Enjoy time in the dugout and improve skills on the field as part of the FVSRA softball team. Practices start indoors and then move outside for the majority of the season. FVSRA will compete against other SRAs throughout the season. (17 Practices & 2 Competitions)

The goal of this program is to increase gross motor skills and hand-eye coordination while competing among peers with similar athletic abilities.

Please dress for the weather when this program is outside.

T GEN, VAC

INDOOR
Sportsplex, St. Charles

OUTDOOR
Wormley Heritage Park, Oswego or Batavia High School, Batavia

320-3008-0-4 | Tu | 4/7-7/28 | 6:30-8:00p
$158 R / $237 NR

DON'T MISS OUT!

Online registration **closes January 3rd.**

ATHLETICS

Special Olympics Track and Field Ages 8+

Track and Field is an individual and team sport with several physical benefits including improved strength, flexibility and cardiovascular endurance. (10 Practices & 2 Competitions)

The goals of this program are to find a lifelong sport while improving coordination, gross motor movements, and overall fitness.

No program: 4/8

T GEN

INDOOR
VAC Field House

OUTDOOR
IMSA, Aurora

320-3009-0-4 | W | 2/19-4/29* | 4:30-5:30p
$78 R / $117 NR

Special Olympics Powerlifting Ages 16+

Powerlifting is a strength-based sport consisting of three events: squats, bench press and dead-lift. Athletes will train each week on these events to compete at the District tournament.
(22 Practices & 1 Competition)

The goal of this program is to improve upon personal bests in all events and in overall physical fitness.

L Anytime Fitness, Sugar Grove

320-3010-0-4 | W, F | 1/15-3/27 | 3:30-5:00p
$196 R / $294 NR

Special Olympics Soccer | Ages 8+

This program will focus on soccer skills development, teamwork and sportsmanship through practice and competition with other SRAs at weekly games and two tournaments. (10 Practices & 2 Competitions)

The goal of this program is to gain fundamental soccer skills including offense, defense, and ball handling.

No program: 4/8

T GEN, VAC

INDOOR
Alice Gustafson Elementary, Batavia & Sportsplex, St. Charles

OUTDOOR
Stuart Sports Complex, Aurora

320-3005-0-4 | W | 3/4-5/13* | 5:30-7:00p | $162 R / $243 NR

TRANSPORTATION

TRANSPORTATION SAFETY PROCEDURES

FVSRA has developed the following procedures to ensure everyone's safety during routes; cooperation is appreciated. FVSRA reserves the right to refuse transportation to an individual who is not complying with procedures or if it is deemed unsafe at the agency's or driver's discretion.

- Only participants registered for transportation will be allowed on vehicle.
- A guardian or caregiver expected to provide 1:1 assistance to a passenger is expected to complete a Transportation Waiver. Contact Operations Manager at 630-907-1114 at time of registration to obtain paperwork.
- Individuals not authorized to be left alone to wait for a ride, or are prone to seizures, must have a guardian meet the vehicle at time of pick-ups and drop-offs.
- Individuals who are authorized to be left alone upon drop-off, will not be allowed to wait unattended in inclement weather; late pick-up and drop-off policies and procedures will apply.
- Drivers will determine best possible positioning of the vehicle at a pick-up location; when door-to-door transportation is selected, driveways and walkways must be clear of debris and obstacles. Driver will use their discretion if able to safely enter a location and will contact guardian number on AIF for last minute changes.
- Drivers will assist participants onto or out of the vehicle as necessary. Only trained FVSRA staff are authorized to operate equipment on the vehicle, including but not limited to vehicle lift and tie-downs.
- Participant who use tri-wheeled chairs, or other type of chair not ideal for transportation services, or chairs with brakes not in working condition, must transfer to a stationary seat. If assistance is needed for a participant to transfer to seat, guardian is required to request this with at least two weeks advance notice, so properly trained staff can be available. Staff will not assist if not properly trained and transportation may be denied.
- Guardians are responsible for communicating wheelchair tie-down and use of vehicle lift needs to FVSRA at the time of registration and on the Annual Information Form. FVSRA will allot an extra 10 minutes at the pick-up/drop-off sites for loading and unloading passengers who utilize wheelchairs.
- All passengers must be seated and wearing safety belts.
- All passengers are expected to exhibit appropriate behavior at all times.

CAR SEATS

FVSRA recommends car seats for all passengers under 8 years of age.

- Guardian is responsible for communicating car seat set-up need at time of registration by contacting the Operations Manager at 630-907-1114, so extra time will be allotted at the time of pick-up and drop-off.
- Guardian is responsible for securing a car seat onto an agency vehicle.
- Guardian is responsible for securing the passenger into the car seat.
- Guardian is responsible for training FVSRA staff how to secure passenger into car seat so staff is prepared to repeat steps before drop-off transportation.

LATE PICK-UP & DROP-OFF POLICIES & PROCEDURES

Participants are excepted to be picked up within 5 minutes of the end of the program or scheduled drop off time. Drivers will not stay at a drop-off point for more than 5 minutes after the scheduled pick-up or drop-off time. The driver will inform the guardians of the remaining drop-off times and will continue their route. Guardians may pick up a participant at any pre-established drop-off site indicated on the Program Flyer or at the facility main entrance of the bus hub of which the address and time will be communicated by the driver. A late-fee will be issued to participants that are picked up late from the FVSRA office.

Participants will be issued a $10 fee for late pick-ups for the first 10 minutes from the program or pre-established drop-off time and $1 for every minute thereafter. The participant will be invoiced; registration for other programs will not be accepted until outstanding fees are paid. Drivers or Program Leaders are not authorized to collect payments. Non-emergency police in the town of the program or drop-off site will be notified and take custody of a participant who is not picked up after 30 minutes of the program or rescheduled drop-off time; late fees still apply. Continued tardiness may jeopardize the participant's ability to enroll in programs or transportation services.

PICK-UP / DROP-OFF SITES

REGISTRATION PROCEDURE

REGISTRATION PROCEDURE

Online registration is available at www.fvsra.org/registration. Create your household account and complete the Annual Information Form prior to registering. Registration is still accepted at the FVSRA office by completing the registration form in the seasonal brochure or online at www.fvsra.org/forms.

LIABILITY WAIVER

The Association's liability insurance carrier requires that, prior to participation in any of the FVSRA programs; the legal authority must sign the enclosed waiver. If a participant 18 years or older is able to sign contracts to legally enter into agreements, then he/she should sign the waiver. If not, the parent or legal guardian must do so. PARTICIPATION WILL BE DENIED if the signature of the adult participant or parent/guardian and date are not on Waiver and Release of All Claims. The electronic waiver must be completed if registering online.

ANNUAL INFORMATION FORM (AIF)

Every participant must complete an Annual Information Form (AIF) to be eligible to register. The AIF can now be completed on-line. It is recommended to complete this prior to registering for programs. If completing via hard copy, the form will need to be completed in its entirety. A copy of the AIF can be downloaded from the FVSRA website at www.fvsra.org/forms.

Please notify FVSRA of any changes to the AIF information during the course of the year.

MEDICATION DISPENSING

Please indicate on the Registration Form if medication will need to be dispensed during a program. This will also be indicated on the online AIF form. Complete and sign the Permission To Dispense Medication/Waiver and Release of All Claims form. You will need to provide written medication dispensing instructions. This form can be found on FVSRA.org/forms.

If approved, medication must be delivered to the Program Leader on-site at the program in individually sealed medication envelopes, which include the participant's name, medication, dosage, and time of day the medication is to be given to the participants.

PAYMENT

Registration is now available online at http://www.fvsra.org/registration. FAX, MAIL, or DROP OFF registration forms and/or payment by the registration deadline. FVSRA Mail Drop Box is located outside the lobby doors for your convenience.

Have you included payment, in full, for all programs? **Any outstanding balances, including late pick up charges, from previous seasons must be paid before this registration will be accepted.** Your payment will be processed immediately upon receipt, but is not a confirmation of enrollment. **Pay by Visa/MasterCard/Discover/American Express, cash or check**, in person, by phone or by mail. Online registration payments can be made by credit/debit card only. A "pay later" option is available with payment requested 21 days before the start of the program.

A **Confirmation and Statement of Account**, which indicates program status along with payments made/due, will be available in the participant's online account.

Each FVSRA program is planned for a minimum and maximum number of participants. This helps FVSRA arrange for staffing, transportation and facility usage. If a program reaches the minimum, all registrants will be enrolled. If the program fails to reach the minimum, the program is typically cancelled. When a program reaches the maximum, it usually closes and additional participants will be declined. There may be times, however, when a program has reached the maximum number of participants, but FVSRA wishes to explore options to include more participants. In this case, registrants above the maximum will be placed in a wait status until FVSRA can determine whether the program can be expanded to accommodate them. Participants will be notified if a program is cancelled, closed or if they are moved from wait status.

A $20 fee will be charged to the issuer of any returned checks. Register carefully! In the event that it is necessary to alter a program registration after it has been received at FVSRA, there may be a $5 charge for each program change.

RESIDENT/NON-RESIDENT POLICY

Residents will be given priority when registering for programs. Residents include all individuals who live within the boundaries of the Fox Valley, St. Charles, Geneva, Batavia, Oswegoland, Sugar Grove Park Districts and the Village of South Elgin Parks and Recreation Department. Any individual who lives outside the participating Member Agencies' boundaries is considered a non-resident and will be required to pay non-resident fees when registering for programs. Non-resident registration opens two weeks after resident registration opens. Any questions regarding the non-resident policy should be directed to Executive Director, Alex Engelhardt at (630) 907-1114 or AlexE@FVSRA.org.

PARTICIPANT INFORMATION

PARENT/GUARDIAN RESPONSIBILITIES

- When arriving at or departing from a program, it is mandatory to check in with the FVSRA staff.
- Please label all participants' belongings. FVSRA is not responsible for lost or stolen items.
- Please contact the FVSRA office/leader if the participant will be absent from a program.
- FVSRA provides snacks in some programs. If the participant has dietary restrictions, a snack may be sent, or the office may be called to make arrangements for a suitable snack.
- Adhere to scheduled pick-up and drop-off program and transportation times. Cooperation is appreciated. Participants cannot be left unattended before or after the program.

PARTICIPANT EXPECTATIONS

- Participants need to wear appropriate attire for program participation (i.e. for athletic/fitness programs comfortable clothing and tennis shoes need to be worn). If there are questions about the type of attire participants should wear, please contact the office.
- Participants are expected to arrive at programs or transportation sites displaying proper hygiene and body odor. FVSRA staff will also be consistent in stressing personal hygiene while participants are in programs and will not return participants at the end of a program in an unclean manner. In order to ensure participants are returned home in a clean manner, we require that you provide additional supplies when necessary (undergarments, diapers/depends, wipes, extra set of clothing, etc. Participants who need assistance toileting must wear appropriate undergarments while in the pool).

BEHAVIOR MANAGEMENT POLICY

All participants, patrons and spectators are expected to exhibit appropriate behavior at all times. The following guidelines have been developed to help make programs safe and enjoyable for all. Additional rules may be developed for specific programs as deemed necessary by staff.

The agency insists that all participants, patrons and spectators comply with the following FVSRA Code of Conduct:

- Show respect to all participants, staff, volunteers, and patrons.
- Refrain from using abusive or foul language.
- Refrain from threatening or causing bodily harm to self, other participants, patrons, or staff.
- Show respect for equipment, supplies, and facilities.
- Not possess any weapons.

A positive approach will be used regarding discipline. If inappropriate behavior occurs, a prompt resolution will be sought specific to each individual's situation. The agency reserves the right to dismiss a participant, patron, or spectator whose behavior endangers his or her own safety or the safety of others. If a participant is suspended from FVSRA programs, a meeting with the Superintendent of Recreation, the participant and their guardian will be scheduled to determine the requirements to return to FVSRA programs.

REFUND POLICY

In the event a program is canceled by FVSRA due to low/no enrollment, a credit will be applied to the participant's account. For cancellations due to weather, the date may not be rescheduled and may not be eligible for a refund. Weather cancellations will be reviewed on a case by case basis. In the event a participant must drop out of a program due to an injury or illness, a doctor's note is required. **The fee will be prorated starting with the date the request and the doctor's note are received by FVSRA.**

If a participant relocates out of the area, a refund will be made once the refund request, and proof of relocation, is submitted to the FVSRA office. The fee will be prorated starting with the date the request and proof of relocation are received by FVSRA.

Requests to withdraw from a program should be directed to the program leader. Program refund requests will be reviewed by Administrative staff for eligibility. Withdrawl/Refund requests submitted within one week of the program may not be eligible for refunds. Eligible credits/refunds are subject to a $5 processing fee. For events/trips involving the purchase of tickets, contracted services or specialized/non-returnable supplies, the cost of said items will be deducted from the program credit/refund unless the space is filled by another registrant.

If you have any questions regarding our Refund Policy, please contact Executive Director, Alex Engelhardt, at (630) 907-1114 or AlexE@FVSRA.org.

SCHOLARSHIPS

For residents in need of financial assistance, FVSRA has limited scholarship funds. Guardians and/or participants over 18 years old, interested in a scholarship, must complete an annual Scholarship Application. To request a form please contact the office or visit http://www.fvsra.org/forms.

Submit the Scholarship Application Form to the FVSRA office. Applications will be reviewed and scholarship awards will be applied to your online account prior to registration.

Scholarship approval depends on financial need as determined by the Association policies. Visit www.fvsra.org/forms to view the full Scholarship Policy. Some programs may not be eligible for scholarship awards.

Scholarship applications can only be considered once all outstanding balances are paid in full.

Please contact Executive Director, Alex Engelhardt, with any questions regarding scholarships at (630) 907-1114 or AlexE@FVSRA.org.

Annual Information Form

Form Valid March 1, 2019 - May 31, 2020

General Information

Participant Information PLEASE COMPLETE EACH SECTION AND PRINT CLEARLY

Name _____ Age _____ Birthdate _____ Sex _____ Ethnicity _____ (for statistical purposes)

Home Address _____ City _____ State _____ Zip _____

Phone # _____ Park District _____ Township _____

Residency Type: ☐ With family ☐ Group Home ☐ On own Tshirt Size _____ Shoe Size _____

Main Contact Information PRINT CLEARLY

Name _____ Relationship _____ Cell # _____ Mobile Carrier _____

Home # _____ E-mail _____ Employer _____

Secondary Contact Information

Name _____ Relationship _____ Cell # _____ Mobile Carrier _____

Home # _____ E-mail _____ Employer _____

Additional Contact Information

Name _____ Relationship _____ Cell # _____ Mobile Carrier _____

Home # _____ E-mail _____ Employer _____

Who should FVSRA contact for program information _____ ***Participant is own guardian*** ☐ Yes ☐ No

Medical Information

Disability Information PLEASE INDICATE PRIMARY DISABILITY WITH A "1" AND SECONDARY WITH A "2."

☐ ADD/ADHD	☐ Epilepsy	☐ Physical Disability	☐ None
☐ Autism Spectrum Disorder	☐ Hearing Impairment	☐ Speech/Language Disorder	
☐ Behavior Disorder	☐ Intellectual Disability	☐ Traumatic Brain Injury	
☐ Cerebral Palsy	☐ Learning Disability	☐ Visual Impairment	
☐ Down Syndrome	☐ Mental Illness	☐ Other _____	

Atlanto Axial Instability? If participant has Down Syndrome, does s/he have Atlanto Axial instability diagnosis? ☐ N/A ☐ No ☐ Yes

Surgeries? Has participant had any injuries or surgeries in the past year? ☐ No ☐ Yes (please describe) _____

Wheelchair? ☐ No ☐ Yes (If participant uses a wheelchair, a Participant Transfer Plan must be completed.)

Seizures? ☐ No ☐ Yes **(please attach seizure information sheet)**

G-Tube? ☐ No ☐ Yes **(If participant has a G-Tube, a G-Tube Procedures form must be created and approved by the FVSRA Superintendent)**

Allergies? ☐ No ☐ Yes (please describe) _____

Shunts? ☐ No ☐ Yes (please describe) _____

Dietary Needs? ☐ No ☐ Yes (please describe) _____

Diabetes? ☐ No ☐ Yes (please describe) _____

May Participant Consume Alcohol? ☐ No ☐ Yes

(Please describe the type and quantity permitted. Please note FVSRA has a two drink maximum.) _____

REQUIRED

Medication PLEASE LIST **ALL** MEDICATIONS PARTICIPANT IS TAKING, **EVEN IF IT WILL NOT BE DISPENSED** DURING PROGRAM(S).

Drug Name _____ Dosage _____ Frequency _____

Drug Name _____ Dosage _____ Frequency _____

Drug Name _____ Dosage _____ Frequency _____

Attach sheet with additional medications, if needed.

Check if stated on medication bottle(s):

☐ Drink plenty of water	☐ May cause nausea	☐ Other _____
☐ No direct sunlight	☐ May cause heat sensitivity	_____
☐ Take with food	☐ May cause drowsiness	_____

Will participant be responsible for self medication during any program(s)? ☐ No ☐ Yes

Will staff need to remind participant to take medication? ☐ No ☐ Yes

Will staff need to administer medication? ☐ No ☐ Yes (If yes, please fill out the Permission to Despense Medication form)

Communication

INDICATE METHOD(S) OF COMMUNICATION.

Participant communicates...

☐ Boardmaker	☐ Sign Language	☐ Verbal-Difficult to understand	☐ Verbal- Speaks clearly
☐ Non-verbal	☐ Gestures/points	☐ English as a second language	☐ Social Stories
☐ Visual schedule			

☐ other (explain) _____

Assisted Devices

INDICATE ASSISTED DEVICE(S) USED.

□ Cane □ Glasses □ Orthopedic Devices □ Service Animal □ White Cane
□ Forearm Crutches □ Hearing Aid □ Prosthetic Devices □ Walker □ Other _____

Daily Living Skills

What level of assistance does participant need with...	Physical Assistance	Verbal Prompts	Independent	Additional Information
Eating/Drinking (cut food, uses straw, etc.)	□	□	□	_____
Dressing/Undressing (tying shoes, pulling up swim suit, etc.)	□	□	□	_____
Toileting (diapers, catheter, wiping, etc.)	□	□	□	_____
Following directions (single step, repetition, visual cues, etc.)	□	□	□	_____
Money handling (monitor for correct change, no concept, etc.)	□	□	□	_____
Reading (comprehension level, etc.)	□	□	□	_____
Responsibility (keeping track of belongings, etc.)	□	□	□	_____
Safety (crossing street, water safety, etc.)	□	□	□	_____
Writing (legibility, words/sentences, etc.)	□	□	□	_____

Behavior

□ Biting □ Throwing Objects □ Manipulative □ Other _____
□ Hair Pulling □ Attention Seeking □ Removal of Clothing _____
□ Hitting □ Defiance/Refusal □ Runs/Wanders _____
□ Kicking □ Difficult Transitions □ Steals _____
□ Pinching □ Easily Distracted □ Verbal Outbursts
□ Spitting □ Hyperactivity □ Self harm/Injury

Please describe behaviors (frequency, duration, staff intervention): _____

_____

Have a specific behavior plan? □ No □ Yes **(please attach)**

Please list any sensory supports the participant may need: _____

_____

Safety & Recreation

FVSRA provides an approximate 1:4 staff to participant ratio.
If participant would like to request a closer ratio, please explain why: _____

Can participant...

Get home independently from a program (check all that apply) □ No □ Walk home from program site □ Walk home from transportation site □ Taxi/Uber and wait unsupervised

Without prior written approval, FVSRA cannot leave participants unattended before or after a program. A late fee may be assessed starting 10 minutes after the end of the program for participants not picked up.

Verbally say his/her name? □ No □ Yes
Accurately say phone number? □ No □ Yes
Recognize dangerous situations? □ No □ Yes

Please select swimming ability:

□ Cannot Swim □ Needs 1:1 assistance in the water □ Can Swim 1 Length of the Pool without a Personal Flotaion Device □ Competitive/Multi Lap Independent Swimmer

Indicate flotation device(s) owned or needed by participant _____

Goals

INDICATE REASON(S) FOR PARTICIPATION. CHECK ALL THAT APPLY.

□ Physical Activity/Fitness □ Motor Development □ Entertainment
□ Socialization/Friendships □ Creativity/Self-Expression □ Other _____
□ Group Interaction □ Self-Esteem/Confidence
□ Skill Development □ Responsibility

Please identify any specific goals parents/guardians would like to see worked on: _____

_____

REQUIRED

Signatures I attest that this information is true and accurate to the best of my knowledge and I will notify FVSRA of any changes in the above information.

_____ _____
Signature of person completing form Date

WINTER/SPRING 2020 REGISTRATION FORM

2121 W. Indian Trail • Aurora, IL 60506 • Phone: (630) 907-1114 • Fax: (630) 907-1116 • Website: FVSRA.org

ONLINE REGISTRATION IS NOW AVAILABLE! Visit fvsra.org/registration to complete these registration forms.

Participant Name: _____ Age: _____ Date of Birth: ____/____/____ Sex: _____ Ethnicity:_____
(for statistical purposes only)

Are there are any updates to the participant's contact information? Yes ☐ No ☐ (If yes, please provide updated information below.)

NEW PARTICIPANTS MUST FILL THE CONTACT INFORMATION OUT COMPLETELY

Street Address: _____ City: _____ State: _____ Zip:_____

Home Phone #: (____)_____ Park District: _____ T-shirt: Adult ☐ Child ☐ Size:_____

Father/Guardian Name(s) #1 _____Cell # (____)_____ Email:_____

Mother/Guardian Name(s) #2 _____Cell # (____)_____ Email:_____

Statements of account will be emailed to the email address listed. Contact the FVSRA office for additional copies.

Is participant requesting a scholarship? Yes ☐ No ☐ (Scholarship form must be filled out annually.)

I would like to donate to the FVSR Foundation. Please accept my donation of $_____(complete field in the registration table and include donation in payment)

REGISTER CAREFULLY!
In the event a participant chooses to alter a program registration after it has been received at FVSRA, there may be a $5 charge.

TRANSPORTATION CHOICES MUST BE INDICATED ON THIS FORM. USE PROGRAM DESCRIPTIONS AND TRANSPORTATION DETAILS (LISTED ON THE PICK-UP/DROP-OFF SITES AND FACILITY DIRECTORY PAGE) TO ASSESS ALL AVAILABLE OPTIONS.

		Transportation		
Program Code#	**Program Name**	**Pick-up/ Drop Off Site**	**Door to Door**	**Fee**
FVSRF	Foundation Donation			
			TOTAL	

IF PAYING BY CREDIT CARD:

☐ **Visa** ☐ **MasterCard**
☐ **Discover** ☐ **American Express**

_____
Credit Card Number

_____ _____
Expiration Date **CVV**

_____
Card Holder Signature (required for credit card payment)

NOTE: When registering by FAX, it is mutually understood that the facsimile registration document (including the waiver & release of all claims) shall substitute for, and have the same legal effect, as the original form.

FOR OFFICE USE ONLY

Date _____

Check # _____

Amount $ _____

Balance $ _____

RESIDENT REGISTRATION – opens December 2
NON-RESIDENT REGISTRATION – opens December 16

See page 61 for Resident/Non-Resident Policy under FVSRA Registration Procedures.
Online registration closes on January 3, 2020.

Participation will be denied if the signature of adult participant or parent/guardian and date are not on Waiver and Release of All Claims on the following page.

PLEASE TURN OVER →

REGISTRATION WAIVER

IMPORTANT INFORMATION

The Fox Valley Special Recreation Association (FVSRA) is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The FVSRA 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 this program/activity must recognize that there is an inherent risk of injury when choosing to participate in recreational activities.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or 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.

For questions regarding refunds, please review the FVSRA Refund Policy, located in the brochure.

WARNING OF RISK

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

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

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

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

I understand the FVSRA may photograph/videotape the events or activity in which I am (or my child/ward is) participating. I give my permission for the FVSRA to use photographs or videotape of me (or my child/ward) for the purpose of promoting the FVSRA and its services/programs. I give my permission with the following understanding: No compensation of any kind will be paid to me (or my child/ward) at this time or in the future for the use of my (or my child/ward's) likeness.

If extenuating circumstances prohibit the use of my (or my child/ward's) likeness, please circle the following: **NO PHOTO.**

In the event of an emergency, I understand and authorize FVSRA staff and officials to secure from any licensed hospital, physician and/or medical personnel any treatment deemed necessary for immediate care for myself or minor child/ward and agree that I will be responsible for payment of any and all medical services rendered.

I have read and fully understand the above Important Information, Warning of Risk, and Waiver and Release of all Claims and Assumption of Risk. If registering a minor participant, I further attest that I have read the above to my minor child/ward. If registering by fax, your facsimile signature shall substitute for and have the same legal effect as an original form signature.

SIGNATURE(S) BELOW MUST BE COMPLETED TO PROCESS THIS REGISTRATION

REQUIRED

SIGN & DATE WAIVER HERE

Participant's Name: _____
(Print)

Participant's Signature: X _____
(18 years or older or Parent/Guardian)

Date: _____

OPTIONAL

PERMISSION TO GATHER ADDITIONAL INFORMATION

I give permission to release information from this registration form and gather additional information from professionals (i.e. physicians, educators, social workers, etc.) that would possibly enhance the participant's recreational involvement. All information will be kept confidential.

Participant's Signature: X _____
(18 years or older or Parent/Guardian)

FACILITY DIRECTORY

Alice Gustafson
905 Carlisle Rd.
Batavia, IL 60510
(630) 937-8000

Anytime Fitness
35 E Park Ave
Sugar Grove, IL 60554
(331) 227-4188

The Archery Place
1725 Crescent Lake Dr. B
Montgomery, IL 60538
(844) 910-6100

Baker Community Center
101 S. 2nd St.
St. Charles, IL 60174
(630) 584-1055

Batavia Fine Arts Centre
1399 W. Wilson St.
Batavia, IL 60510
(630) 937-8930

Batavia High School
1201 Main St.
Batavia, IL 60510
(630) 937-8600

Charlestowne 18 Theatre
3740 E. Main St.
St. Charles, IL 60174
(630) 587-3300

Funway Bowling
1335 S. River St.
Batavia, IL 60510
(630) 879-8717

IMSA
1500 Sullivan Rd.
Aurora, IL 60506
(630) 907-5000

Geneva Metra Lunch Escape
328 Crescent Pl.
Geneva, IL 60134
(630) 232-0852

Harmony Pointe Park
2121 W. Indian Trail
Aurora, IL 60506

Northwestern Medicine Delnor Health & Fitness
296 Randall Rd.
Geneva, IL 60134
(630) 938-9000

Paramount Theatre
23 E. Galena
Aurora, IL 60506
(630) 896-6666

Parkside Lanes
34W185 Montgomery Rd.
Aurora, IL 60504
(630) 898-5678

Prisco Community Center
150 W. Illinois Ave.
Aurora, IL 60506
(630) 859-8606

Rush-Copley
2000 Ogden Ave.
Aurora, IL 60504
(630) 987-6741

SportsPlex
1400 Foundry St.
St. Charles, IL 60174
(630) 513-4388

St. Charles Bowl
2520 W. Main St.
St. Charles, IL 60175
(630) 584-9400

St. Charles North High School
255 Red Gate Rd.
St. Charles, IL 60175
(338) 228-4400

Stephen D Persinger Center
3507 Kaneville Rd.
Geneva, IL 60134
(630) 232-4501

Stuart Sports Complex
39W143 Jericho Rd.
Aurora, IL 60506
(630) 897-0516

Suburbanite Bowl
201 W. Ogden Ave.
Westmont, IL 60559
(630) 968-2200

Wormley Heritage Park
331 Century Dr.
Oswego, IL 60543
(630) 554-1010

Tinseltown USA
320 S. Lincolnway
North Aurora, IL 60542
(630) 906-0490

Vaughan Athletic Center
2121 W. Indian Trail
Aurora, IL 60506
(630) 907-1114 (FVSRA)
(630) 907-9600 (FVPD)

PROGRAM INDEX

Adult Theater Group 24
Adventure Week Day Trips 51
Aktion Club 26
Alley Cats 53
Aqua Jogging 34
Archery 31
Bingo 24
Bowling Bingo 18, 26
Chicago Bulls Game 43
Chicago Wolves 43
Cinema Cruisers 27
Club Wellness 36
Comedy Sportz 46
Computer Lessons 25
Cooking Connection 25
Culinary Creations 33
Dallas Trip 51
Day Away 24
Day Trip to Chicago 47
Dinner on a Dime 27
Egg Hunt and Crafts 13, 46
Friday Night Hang Out 32
Friends Night In 17, 33
Game Night 24
Girls Just Wanna Have Fun 28
Guys Night Out 28
Heroes in Health 38
Indianapolis Trip 51
Intro to Strength and Conditioning 37
ISU Gamma Phi Circus 47
Lego® Masters 14, 19
Lunch Bunch 30
Magical Movie Day 46
March Madness Bracket Challenge 31
March Madness Watch Party 31
Metra Lunch Escape 44
Movin' and Groovin' 37
Movie Night 32
Open Computer Lab 25
Out and About Club 53
Pajama Social 45
Parents Night Out 11
Parent/Tot Swim 12, 40
Performing Arts Guild 20, 29
Personal Training 37
Project Dance 42
Restaurant Reviewers 29
Saturday Bowl 26
Saturday Unwind 22, 31
Schools Out Teen 18
Schools Out Youth 11
SEASPAR Bowling Tournament 42
Sensory Therapy 10
So You Think You Can Dance 20, 29
Special Olympics Bowling 56
Special Olympics Powerlifting 58
Special Olympics Track and Field 58
Special Olympics Soccer 59
Special Olympics Softball 57
Special Olympics Softball Spring Training 57
Spectacular Saturdays 21
Splash and Play 14, 19
Sports Club 53
Spring Break Mini Camp 22
Spring Break Mini Camp Youth 13
Spring Fling 45
Spring Picnic 45
STARS Got Talent 44
Super Saturdays 15
Swim Lessons 39
Swim Skills and Drills 40
TGIF (Thank Goodness It's Friday) 15, 17
The Daily STAR 30
VAC Pass 38
Valentine's Day Dance 45
Valentine's Day Party 12
Walking Club 36
Water Aerobics 35
Water Walkers 36
Yoga 35
Young Adult Social Club 53

FVSRA
FOX VALLEY SPECIAL RECREATION ASSOCIATION

2121 W. Indian Trail
Aurora, IL 60506

Phone: (630) 907-1114
Fax: (630) 907-1116
FVSRA.org

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Fox Valley Special Recreation Foundation

BBQ & BASKET RAFFLE

WEDNESDAY, APRIL 8, 2020

PRISCO COMMUNITY CENTER
150 W ILLINOIS AVE, AURORA, IL 60506 | 4:00-7:00 PM

FOR MORE INFORMATION VISIT WWW.FVSRFOUNDATION.ORG/