FVSRA

ENRICHING THE LIVES OF INDIVIDUALS WITH DISABILITIES

Fox Valley Special Recreation Association

2019 Fall 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.

Alex Engelhardt | MBA, CTRS
EXECUTIVE DIRECTOR / ADA COORDINATOR
Phones: Ext. 1202 | Mobile (630) 330-4022
Email: AlexE@FVSRA.org

Leticia Bedoya
HUMAN RESOURCES MANAGER
Phone: Ext. 1201
Email: LeticiaB@FVSRA.org

Patrick Hastings
MARKETING MANAGER
Phone: Ext. 1207
Email: PatrickH@FVSRA.org

Jason Posluszny | CPRP
OPERATIONS MANAGER
Phones: Ext. 1214 | Mobile (630) 433-0978
Email: JasonP@FVSRA.org

Claire Howes | CTRS
SCHOOL SERVICES AND DAY CAMP MANAGER
Phones: Ext. 1213 | Mobile (630) 433-1443
Email: ClaireH@FVSRA.org

Becky Fredrickson | CTRS
INCLUSION MANAGER
Phones: Ext. 1206 | Mobile (630) 746-1678
Email: BeckyF@FVSRA.org

Brian Houzenga | CTRS
SUPPORT STAFF MANAGER
Phones: Ext. 1209 | Mobile (630) 742-5577
Email: BrianH@FVSRA.org

Michelle Livingston | CTRS
ADULT COORDINATOR
Phones: Ext. 1212 | Mobile (630) 770-4717
Email: MichelleL@FVSRA.org

Jackie Salemi | CTRS
SUPERINTENDENT OF RECREATION
Phones: Ext. 1221 | Mobile (630) 746-0932
Email: JackieS@FVSRA.org

Kevin Bixenmann
BUSINESS MANAGER
Phone: Ext. 1205
Email: KevinB@FVSRA.org

Jackie Hahn
FOUNDATION MANAGER
Phone: Ext. 1203
Email: JackieH@FVSRA.org

Leticia Favela
OFFICE SUPERVISOR
Phone: Ext. 1226
Email: LeticiaF@FVSRA.org

BreAnn Albin
CUSTOMER SERVICE REPRESENTATIVE
Phone: Ext. 1200
Email BreannA@FVSRA.org

Jennifer Wisneski | CTRS
OUTREACH COORDINATOR
Phones: Ext. 1210 | Mobile (630) 330-6470
Email: JenniferW@FVSRA.org

Kacie Jankowski | CTRS
ATHLETICS COORDINATOR
Phones: Ext. 1208 | Mobile (630) 433-1924
Email: KacieJ@FVSRA.org

Brianna Gute | CTRS
INCLUSION SPECIALIST
Phones: Ext.1216 | Mobile (630) 723-7460
Email: BriannaG@FVSRA.org

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
Sensory Room	9
Children/Youth General Programs	10-15
Teen General Programs	16-22
Young Adult/Adult General Programs	23-32
Aquatics & Fitness	33-40
Teen & Adult Special Events	41-47
Adult Day Program	48-49
Teen & Adult Trips	50-51
Adult Social Clubs	52-53
Athletics	54-59

Developing Leaders - Apply Now!

FVSRA is now hiring part-time Program Assistants, Leaders, Inclusion Companions and Vehicle Drivers. Volunteer and Internship opportunities are also available.

Visit FVSRA.org/now-hiring to find the position that is right for you.

"Being an inclusion companion has been the best experience I have ever had. Working 1:1 with a child has always my favorite because I get to see their progress from start to finish. Nothing is more rewarding than that!"

– Inclusion Companion, Brooke Williams pictured with Liam at Day in the Park

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

Letter from the Director

Hello FVSRA Friends and Families,

Wow! What a season of change it has been throughout the past few months here at FVSRA. Carolyn Nagle, longtime Executive Director, retired in April and I am honored for the opportunity to guide the Association through this transition. You will see many familiar faces in new positions, but can expect the same, high level programming to meet your individualized goals.

Just as the leaves shifting to vibrant reds and golds this fall symbolizes a change in season; we too, will undergo a transformation over the next few months developing a new strategic plan to help us emerge in the spring. FVSRA will blossom with new ideas and opportunities to continue the mission of enriching the lives of individuals with disabilities.

Thank you for your continued support of FVSRA!
-Alex Engelhardt

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:

Aug 31-Sept 2 **Nov 28-Dec 1** **Dec 24-25** **Dec 31-Jan 1**

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

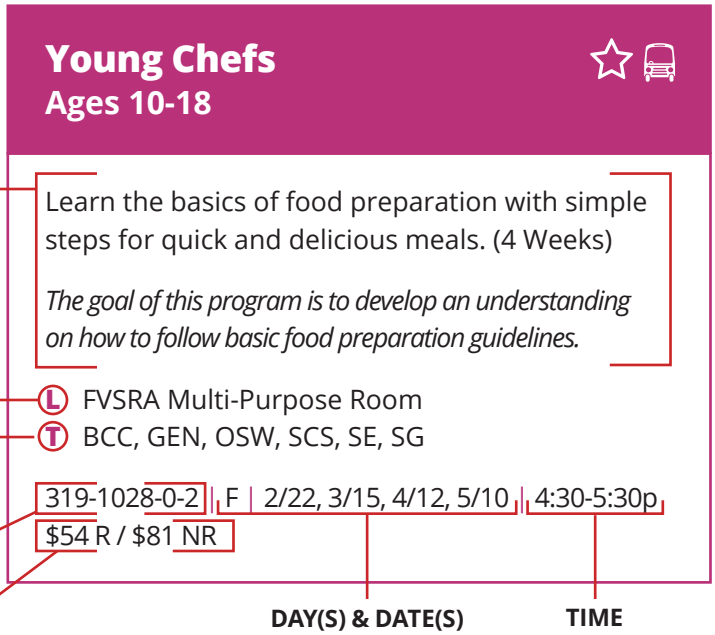
Pick-up/drop-off site abbreviations are listed,when applicable. Please refer to the pick-up/drop-off site map on page 52 to find the point nearest you and abbreviation descriptions. Transportation is not offered from a pick-up site in which the program is located.

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

7/29/2019
Resident Registration Opens

8/12/19
Non-Resident Registration Opens

8/30/2019
Online Registration Closes

9/30/2019
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 52 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.**

- Route information will be posted at the beginning of the program season. 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 52 for more information regarding transportation.

FVSRF
FOX VALLEY SPECIAL RECREATION FOUNDATION

Thank You To Our Community Supporters

DuPage Medical Group
Mike More Miles
MS Packaging
Waubonsee Community College

"Friends of FVSRA" Announcement

Please consider joining the growing group of supporters for Fox Valley Special Recreation Association and the Foundation called **"Friends of FVSRA"**! The group comes together to determine how to best support the Association and Foundation. Promoting open lines of communication, enhancing community visibility and providing volunteer support for the Foundation are all goals of the group. These meetings are also great ways to stay up-to-date about the organizations happenings!

Upcoming Meeting Dates:

Wed, September 4th, 2019 12:00-1:30 PM
Wed, October 2nd, 2019 6:30-8:00 PM

Location: FVSRA Office, 2121 West Indian Trail, Aurora

RSVP to Jackie Hahn at Jackieh@fvsra.org or 630-907-1114

Aurora Fastprint
We Make Ideas Real

A big thanks to
the Fox Valley Special Recreation Foundation
"where true disability is an impossibility"

aurorafastprint.com
kim@aurorafastprint.com

ST. CHARLES BANK
& TRUST COMPANY®
A WINTRUST COMMUNITY BANK

Thank You

Thank you to Geneva Community Chest for providing Fox Valley Special Recreation Foundation with a grant for a Traveling Program Kit and other sensory and technology items. The kit includes various wish list items such as a parachute, various board games, a weighted blanket, noise canceling headphones, privacy screen and an ipad for each camp site to enhance FVSRA's Summer Day Camp.

GENEVA COMMUNITY CHEST
caring for our community

With the generosity of the Geneva Community Chest grant, campers were able to treasure an even richer summer camp program

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

50% OFF
Register by August 30th

Sensory Therapy | All Ages

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.

L FVSRA Office, Aurora

Please list your top three preferred time slots on your registration form or online during registration. Times will be emailed and posted by September 4th.

Session One

Program Code	Day	Dates	# of Weeks	Time	Res	Non-Res
219-7031-1-5	M	9/30-10/21	4	3:00-7:00p	$40	$60
219-7032-1-5	Tu	10/1-10/22	4	3:00-7:00p	$40	$60
219-7033-1-5	W	10/2-10/23	4	3:00-7:00p	$40	$60
219-7034-1-5	Th	10/3-10/24	4	3:00-7:00p	$40	$60
219-7036-1-5	Sa	10/5-10/26	4	9:00a-12:00p	$40	$60

Session Two

Program Code	Day	Dates	# of Weeks	Time	Res	Non-Res
219-7036-2-5	Sa	11/2-11/23*	3	9:00a-12:00p	$30	$45
219-7031-2-5	M	11/11-/12/2	4	3:00-7:00p	$40	$60
219-7032-2-5	Tu	11/12-12/3	4	3:00-7:00p	$40	$60
219-7033-2-5	W	11/13-12/4**	3	3:00-7:00p	$30	$45
219-7034-2-5	Th	11/14-12/5***	3	3:00-7:00p	$30	$45

* No Program 11/16 | ** No Program 11/27 | *** No Program 11/28

To register contact Michelle Livingston at 630-907-1114 ext 1212 or MichelleL@fvsra.org

CHILDREN/YOUTH

PROGRAM
SYMBOLS KEY

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

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.

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
219-1054-1-2 | Sa | 10/19 | 3:45-7:30p | $32 R / $48 NR

SESSION TWO
219-1054-2-2 | Sa | 11/23 | 3:45-7:30p | $32 R / $48 NR

SESSION THREE
219-1054-3-2 | Sa | 12/7 | 3:45-7:30p | $32 R / $48 NR

Family Holiday Festival
Ages 0-22

You're invited to a FREE family event to celebrate the holiday season. Aurora University Circle K and Therapeutic Recreation program will host a festive gathering with food, activities, and a visit with Santa! Each participant will receive a gift from Santa. Siblings will receive a small gift too. Please make sure to register for each person attending the event.

L University Banquet Hall, Aurora University

219-2068-0-5 | Sa | 12/7 | 2:00-4:00p | FREE

Schools Out Youth
Ages 3-12

Spend the day off from school having fun with your friends from FVSRA! We will be swimming, making crafts, and playing group games.

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

Please bring a lunch, swimsuit and towel.
Participant name is requested to be on all items.

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

COLUMBUS DAY
219-1047-1-2 | M | 10/14 | 9:00a-3:00p | $44 R / $66 NR

MARTIN LUTHER KING JR. DAY
220-1047-1-2 | M | 1/20 | 9:00a-3:00p | $44 R / $66 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.
(Session One: 9 weeks; Session Two: 4 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: 11/29***

L VAC Therapy Pool

SESSION ONE
219-1015-1-1 | F | 10/4-12/13* | 6:00-6:30p
$72 R / $108 NR

SESSION TWO
220-1015-2-1 | F | 1/10-1/31 | 6:00-6:30p
$32 R / $48 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: 6 Weeks Session Two: 5 Weeks)

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

L VAC Leisure Pool

SESSION ONE
219-1046-1-2 | Tu | 10/1-11/5 | 5:45-6:45p
$38 R / $57 NR

SESSION TWO
219-1046-2-2 | Tu | 11/12-12/10 | 5:45-6:45p
$32 R / $48 NR

Halloween Bash
Ages 3-15

BOO! Get together with your FVSRA peers to celebrate Halloween. The night will include a costume contest, trick-or-treating around the VAC, snacks and ghoulish games.

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

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

219-1071-0-3 | W | 10/30 | 5:00-6:30p
$14 R / $21 NR

Parent Tot Creative Movement
Ages 2-5

Help your little one grow and learn through movement with the security of a guardian helping. This class will include sensory friendly items such as low lights/sounds, fidget toys and more. (7 Weeks)

The goals of this program are to practice learning step by step instructions and increasing gross motor skills.

Ballet shoes and a leotard required.
This class is in collaboration with the Fox Valley Park District.

L VAC Ballet Studio

219-1067-0-1 | Sa | 9/28-11/9 | 9:00-9:30a
$36 R / $54 NR

Transportation Information

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

Holiday Happenings Youth
Ages 3-12

School is out for winter break...are you ready for some fun with your friends from FVSRA?! We will be exploring with our senses, playing group games, swimming and going on field trips. (Session One: 1 Day, Session Two: 2 Days)

The goal of this program is to increase interaction with peers through participation in community outings and structured activities.

Please bring a lunch, swimsuit and towel.
Participant name is requested to be on all items.

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

SESSION ONE
219-1016-1-2 | F | 12/27 | 9:00a-3:00p
$48 R / $/72 NR

SESSION TWO
220-1016-2-2 | Th, F | 1/2-1/3 | 9:00a-3:00p
$96 R / $144 NR

CHILDREN/YOUTH

Blackberry Farm Holiday Express Ages 3-12

Get into the holiday spirit with FVSRA at Blackberry Farm. We will experience a magical ride on the Holiday Express train, see festive decorations, hear storytelling, go on hay rides and visit with Santa. This night is set up to be sensory friendly with limited crowds, reduced lighting and music.

The goal of this program is to increase community awareness and to socialize with peers.

If you wish to purchase food or a snack please provide money.

L Blackberry Farms, Aurora
T BCC, GEN, OSW, SCS, SE, SG

219-1020-0-2 | F | 12/6 | 6:00-8:00p | $26 R / $39 NR

DIY Holiday Gifts and Hot Cocoa Ages 5-15

Get into the holiday spirit by creating gifts for your friends and family while sipping on hot chocolate and listening to festive music.

The goals of this program are to increase socialization and fine motor skills.

A small snack will be provided during this program.

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

219-1031-0-3 | W | 12/11 | 5:00-6:30p
$12 R / $18 NR

DON'T MISS OUT!
Online registration
closes August 30th.

TGIF (Thank Goodness It's Friday) Ages 3-12

Come hang out with your peers! We will start the night off with crafts and dinner. After dinner participants will do activities such as games, soccer 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
219-1042-1-3 | F | 10/11 | 5:30-8:00p
$24 R / $36 NR

SESSION TWO
219-1042-2-3 | F | 11/8 | 5:30-8:00p
$24 R / $36 NR

Sensory Room & Crafts
Ages 3-13

Come explore FVSRA's new Sensory Room! The Sensory Room is a controlled multi-sensory environment with opportunities to engage senses through various stimuli such as lights, color, sounds, aromas and textures. We will take turns exploring the sensory room in 1:1 and small group settings while the rest of the group participates in different crafts. (7 Weeks)

The goals of this program are to introduce participants to new sensory opportunities and increase fine motor skills.

A small snack will be provided during this program.

**** No program 10/30, 11/27***

L FVSRA Multi-Purpose Room/Sensory Room
T OSW, SCS

219-1030-0-2 | W | 10/9-12/4 | 5:00-6:00p
$78 R / $117 NR

Abbey Farms
Ages 5-15

We are headed to Abbey Farms for an afternoon of fun fall activities. Activities will include corn mazes, tractor rides, slides, petting zoo and more!

The goals of this program are to increase community interaction and socialization with peers.

A meal is not included.
Please bring a sack lunch or money to purchase food.

L Abbey Farms, Aurora
T GEN, OSW, VAC

219-1095-0-3 | Sa | 10/12 | 12:30-2:30p
$30 R / $45 NR

If coming from Super Saturday you will be added to transportation from the VAC.

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. (7 Sessions)

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.

L FVSRA Multi-Purpose Room
T OSW, SCS

SESSION ONE
219-1034-1-2 | Sa | 10/5 | 9:30a-12:00p | $22R / $33 NR
SESSION TWO
219-1034-2-2 | Sa | 10/12 | 9:30a-12:00p | $22R / $33 NR
SESSION THREE
219-1034-3-2 | Sa | 10/19 | 9:30a-12:00p | $22R / $33 NR
SESSION FOUR
219-1034-4-2 | Sa | 11/2 | 9:30a-12:00p | $22R / $33 NR
SESSION FIVE
219-1034-5-2 | Sa | 11/9 | 9:30a-12:00p | $22R / $33 NR
SESSION SIX
219-1034-6-2 | Sa | 11/23 | 9:30a-12:00p | $22R / $33 NR
SESSION SEVEN
219-1034-7-2 | Sa | 12/7 | 9:30a-12:00p | $22R / $33 NR

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.
- Check out Teen Special Events on page 38!
- 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 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
219-1076-1-3 | Sa | 10/19 | 3:45-7:30p | $32 R / $48 NR

SESSION TWO
219-1076-2-3 | Sa | 11/23 | 3:45-7:30p | $32 R / $48 NR

SESSION THREE
219-1076-3-3 | Sa | 12/7 | 3:45-7:30p | $32 R / $48 NR

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

Come hang out with your peers! We will start the night off with crafts and dinner. After dinner participants will play games, soccer and watch 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
219-1043-1-3 | F | 10/4 | 5:30-8:00p
$24 R / $36 NR

SESSION TWO
219-1043-2-3 | F | 11/22 | 5:30-8:00p
$24 R / $36 NR

DIY Holiday Gifts and Hot Cocoa Ages 5-15

Get into the holiday spirit by creating gifts for your friends and family while sipping on hot chocolate and listening to festive music.

The goals of this program are to increase socialization and fine motor skills.

A small snack will be provided during this program.

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

219-1031-0-3 | W | 12/11 | 5:00-6:30p
$12 R / $18 NR

Halloween Bash
Ages 3-15

BOO! Get together with your FVSRA peers to celebrate Halloween. The night will include a costume contest, trick-or-treating around the VAC, snacks and ghoulish games.

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

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

219-1071-0-3 | W | 10/30 | 5:00-6:30p
$14 R / $21 NR

Transportation Information

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

TEEN

Schools Out Teen
Ages 13-21

Spend the day off from school having fun with your friends from FVSRA! During the day we will be swimming, making crafts, and participating in group activities. (2 Sessions)

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

Please bring a lunch, swimsuit and towel.
Participant name is requested to be on all items.

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

COLUMBUS DAY
219-1036-1-3 | M | 10/14 | 9:00a-3:00p
$44 R / $66 NR

MARTIN LUTHER KING JR. DAY
220-1036-1-3 | M | 1/20 | 9:00a-3:00p
$44 R / $66 NR

Family Holiday Festival
Ages 0-22

You're invited to a FREE family event to celebrate the holiday season. Aurora University Circle K and Therapeutic Recreation program will host a festive gathering with food, activities, and a visit with Santa! Each participant will receive a gift from Santa. Siblings will receive a small gift too. Please make sure to register for each person attending the event.

L University Banquet Hall, Aurora University

219-2068-0-5 | Sa | 12/7 | 2:00-4:00p | FREE

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: 6 Weeks, Session Two: 5 Weeks)

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

L VAC Leisure Pool

SESSION ONE
219-1046-1-2 | Tu | 10/1-11/5 | 5:45-6:45p
$38 R / $57 NR

SESSION TWO
219-1046-2-2 | Tu | 11/12-12/10 | 5:45-6:45p
$32 R / $48 NR

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

Sensory Room & Crafts
Ages 3-13

Come explore FVSRA's new Sensory Room! The Sensory Room is a controlled multi-sensory environment with opportunities to engage senses through various stimuli such as lights, color, sounds, aromas and textures. We will take turns exploring the sensory room in 1:1 and small group settings while the rest of the group participates in different crafts. (7 Weeks)

The goals of this program are to introduce participants to new sensory opportunities and increase fine motor skills.

A small snack will be provided during this program.

**** No program 10/30, 11/27***

L FVSRA Multi-Purpose Room/Sensory Room
T OSW, SCS

219-1030-0-2 | W | 10/9-12/4 | 5:00-6:00p
$78 R / $117 NR

DON'T MISS OUT! Online registration **closes August 30th.**

Bowling Bingo
Ages 15+

Combine the fun as we bring bingo and bowling together. Participants will bowl two games while trying to win prizes. (1 Session, 3 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

219-1027-0-4 | M | 10/28, 11/25, 12/16
5:30-7:30p | $50 R / $75 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: 10/3, 10/17, 11/7, 11/21, 12/12
219-1014-0-3 | 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: 10/10, 10/24, 11/14, 12/5, 12/12
219-1079-0-3 | Th | 5:00-6:00p | $30 R / $45 NR

THESE PROGRAMS WILL CONCLUDE WITH A SHOWCASE ON DECEMBER 12TH.

Next Chapter Book Club
Ages 16-30

The Next Chapter Book Club is a place where short story discussions meet socialization with peers. Whether you read or listen, this club is a place for individuals to experience creativity as they learn about characters and new experiences through short story books. (5 Weeks)

The goal of this program is to provide socialization with peers while discussing short story books each week.

An additional waiver from the library will be sent out upon registration.

L Oswego Public Library, Montgomery
T BCC, SCS, VAC

219-1052-0-4 | F | 10/4, 10/11, 10/18, 11/1, 11/8
4:00-5:00p | $20 R / $30 NR

Transportation Information

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

Abbey Farms
Ages 5-15

We are headed to Abbey Farms for an afternoon of fun fall activities. Activities will include corn mazes, tractor rides, slides, petting zoo and more!

The goals of this program are to increase community interaction and socialization with peers.

A meal is not included.
Please bring a sack lunch or money to purchase food.

L Abbey Farms, Aurora
T GEN, OSW, VAC

219-1095-0-3 | Sa | 10/12 | 12:30-2:30p | $30 R / $45 NR

If coming from Spectacular Saturday you will be added to transportation from the VAC.

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. (7 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.

L FVSRA Multi-Purpose Room
T OSW, SCS

SESSION ONE
219-1075-1-3 | Sa | 10/5 | 9:30a-12:00p | $22 R / $33 NR

SESSION TWO
219-1075-2-3 | Sa | 10/12 | 9:30a-12:00p | $22 R / $33 NR

SESSION THREE
219-1075-3-3 | Sa | 10/19 | 9:30a-12:00p | $22 R / $33 NR

SESSION FOUR
219-1075-4-3 | Sa | 11/2 | 9:30a-12:00p | $22 R / $33 NR

SESSION FIVE
219-1075-5-3 | Sa | 11/9 | 9:30a-12:00p | $22 R / $33 NR

SESSION SIX
219-1075-6-3 | Sa | 11/23 | 9:30a-12:00p | $22 R / $33 NR

SESSION SEVEN
219-1075-7-3 | Sa | 12/7 | 9:30a-12:00p | $22 R / $33 NR

TEEN

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
219-1025-1-3 | Sa | 10/12 | 11:00a-1:00p
$16 R / $24 NR

SESSION TWO
219-1025-2-3 | Sa | 11/9 | 11:00a-1:00p
$16 R / $24 NR

SESSION THREE
219-1025-3-3 | Sa | 12/21 | 11:00a-1:00p
$16 R / $24 NR

DON'T MISS OUT!
Online registration
closes August 30th.

Holiday Happenings Teen Ages 13-21

School is out for winter break...are you ready for some fun with your friends from FVSRA?! We will be going on field trips, swimming, making crafts and playing games. (Session One: 1 Day, Session Two: 2 Days)

The goal of this program is to increase peer interaction through participation in community outings and structured activities.

Please bring a lunch, swimsuit and towel.
Participant name is requested to be on all items.

L FVSRA Multipurpose Room

SESSION ONE
T OSW, GEN, SCS
219-1066-1-3 | F | 12/27 | 9:00a-3:00p
$48 R / $72 NR

SESSION TWO
T OSW, GEN, SCS
220-1066-2-3 | Th, F | 1/2, 1/3 | 9:00a-3:00p
$96 R / $144 NR

Caroling
Ages 16+

Spread holiday cheer with your friends by caroling throughout the community. (2 Weeks)

The goals of this program are to experience a common winter leisure activity and increase creative expression.

The first week we will be practicing songs at the FVSRA Multi-Purpose Room. The second week we will be singing songs in the community. Transportation will be provided from the FVSRA Multi-Purpose Room.

L FVSRA Multi-Purpose Room

219-1098-0-4 | W | 12/11, 12/18 | 3:30-4:30p
$6 R / $9 NR

YOUNG ADULT/ADULT

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

YOUNG ADULT/ADULT

Adult Theater Group
Ages 20+

Experience the Broadway Series at the Historic Paramount Theatre.

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.

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

DISNEY'S NEWSIES
219-1001-1-4 | W | 10/9 | 1:00-4:30p
$52 R / $78 NR

BEAUTY & THE BEAST
219-1001-2-4 | Sa | 12/7 | 2:30-6:00p
$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
219-1005-1-4 | Tu | 10/8, 11/5, 12/3 | 6:00-7:30p
$26 R / $39 NR

SESSION TWO
219-1005-2-4 | Th | 10/10, 11/7, 12/5 | 6:00-7:30p
$26 R / $39 NR

Cultural Cuisine
Ages 20+

Awaken your palette with foods from around the world while learning about their cultural traditions. (3 Sessions)

The goal of this program is to gain knowledge of different cuisines around the world.

CHINESE CUISINE
L Prisco Community Center, Aurora
T BCC, GEN, SCS, SE, SG, OSW
219-1039-1-4 | Th | 10/3 | 5:30-7:00p
$22 R / $33 NR

MEXICAN CUISINE
L Sportsplex, St. Charles
T BCC, GEN, SG, OSW, VAC
219-1039-2-4 | Th | 10/24 | 5:30-7:00p
$22 R / $33 NR

ITALIAN CUISINE
L Prairie Building, Sugar Grove
T BCC, GEN, SCS, SE, VAC, OSW
219-1039-3-4 | Th | 11/14 | 5:30-7:00p
$22 R / $33 NR

Cooking Connection
Ages 20+

Participants will build upon cooking basics by chopping, measuring, and mixing ingredients to prepare recipes. (5 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

219-1009-0-4 | M | 10/14, 10/28, 11/11, 11/25, 12/9
5:00-7:30p | $96 R / $144 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
219-7001-1-4 | M | 10/21, 10/28, 11/4
3:00-6:00p | $16 R / $24 NR

SESSION TWO
219-7001-2-4 | M | 11/18, 11/25, 12/2
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
219-7012-1-4 | M | 10/21, 10/28, 11/4 | 3:00-6:00p
$6 R / $9 NR

SESSION TWO
219-7012-2-4 | M | 11/18, 11/25, 12/2 | 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 October 7th.

YOUNG ADULT/ADULT

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

219-1060-0-4 | Tu | 10/22, 11/19, 12/17, 1/14/20
5:30-6:30p | $10 R / $15 NR

DON'T MISS OUT!
Online registration **closes August 30th.**

Next Chapter Book Club
Ages 16-30

The Next Chapter Book Club is a place where short story discussions meets socialization with peers. Whether you read or listen, this club is a place for individuals to experience creativity as they learn about characters and new experiences through short story books. (5 Weeks)

The goal of this program is to provide socialization with peers while discussing short story books each week.

An additional waiver from the library will be sent out upon registration.

L Oswego Public Library, Oswego
T BCC, SCS, VAC

219-1052-0-4 | F | 10/4, 10/11, 10/18, 11/1, 11/8
4:00-5:00p | $20 R / $30 NR

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. (7 Weeks)

The goal of this program is to increase community awareness through active participation in meaningful volunteer opportunities.

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

L FVSRA Multi-Purpose Room

BUSINESS MEETINGS: 10/7, 11/4, 12/2, 1/6/20
SERVICE MEETINGS: 10/21, 11/18, 12/16

219-1003-0-4 | M | 4:30-6:00p | $16 R / $32 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

SALSA VERDE, BATAVIA
T GEN, SCS, SE
219-1063-1-4 | W | 10/16 | 5:30-6:30p
$8 R / $12 NR | $12 DTD

CULVER'S, ST. CHARLES (RANDALL RD.)
T BCC, GEN, SE
219-1063-2-4 | W | 11/6 | 5:30-6:30p
$8 R / $12 NR | $12 DTD

JERSEY MIKE'S, GENEVA
T BCC, SCS, SE
219-1063-3-4 | W | 12/4 | 5:30-6:30p
$8 R / $12 NR | $12 DTD

SOUTH

SALSA VERDE, OSWEGO
T SG, VAC
219-1062-1-4 | W | 10/16 | 5:30-6:30p
$8 R / $12 NR | $12 DTD

CULVER'S, SUGAR GROVE
T OSW, VAC
219-1062-2-4 | W | 11/6 | 5:30-6:30p
$8 R / $12 NR | $12 DTD

JERSEY MIKE'S, AURORA (INDIAN TRAIL RD.)
T SG, OSW
219-1062-3-4 | W | 12/4 | 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 with friends. (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

219-1007-0-4 | W | 10/2, 10/23, 11/13
$34 R / $51 NR / $46 DTD

SOUTH

L Tinseltown USA, North Aurora

219-1006-0-4 | W | 10/2, 10/23, 11/13
$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.

(11/12) - Snacks are provided.

FLEECE PILLOW MAKING
L Sportsplex, St. Charles
T BCC, GEN, OSW, SG, VAC
219-1099-1-4 | Tu | 11/12 | 6:00-7:30p | $18 R / $27 NR

JEWELRY MAKING
L FVSRA Multi-Purpose Room
T BCC, GEN, OSW, SCS, SE, SG
219-1099-2-4 | F | 12/6 | 5:30-6:30p | $10 R / $15 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.

(10/1) - Dinner will be provided.
(11/26) - Please bring money to purchase dinner at bowling alley.

MOVIE NIGHT
L FVSRA Multi-Purpose Room
T BCC, GEN, OSW, SCS, SE, SG
219-1064-1-4 | Tu | 10/1 | 6:00-8:00p | $14 R / $21 NR

BOWLING
L Parkside Lanes, Aurora
T BCC, GEN, SCS, SE, SG, OSW
219-1064-2-4 | Tu | 11/26 | 5:00-7:00p | $14 R / $21 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: 10/3, 10/17, 11/7, 11/21, 12/12
219-1014-0-3 | 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: 10/10, 10/24, 11/14, 12/5, 12/12
219-1079-0-3 | Th | 5:00-6:00p | $30 R / $45 NR

THESE PROGRAMS WILL CONCLUDE WITH A SHOWCASE ON DECEMBER 12TH.

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

MOTHER'S, ST. CHARLES
T BCC, GEN, SE
219-1024-1-4 | W | 10/9 | 5:30-7:00p
$12 R / $18 NR / $16 DTD

PAL JOEY'S, BATAVIA
T GEN, SCS, SE
219-1024-2-4 | W | 10/30 | 5:30-7:00p
$12 R / $18 NR / $16 DTD

AURELIO'S, GENEVA
T BCC, SCS, SE
219-1024-3-4 | W | 11/20 | 5:30-7:00p
$12 R / $18 NR / $16 DTD

SOUTH

MOTHER'S, AURORA
T OSW, SG
219-1023-1-4 | W | 10/9 | 5:30-7:00p
$12 R / $18 NR / $16 DTD

FIRESIDE GRILLE, SUGAR GROVE
T OSW, VAC
219-1023-2-4 | W | 10/30 | 5:30-7:00p
$12 R / $18 NR / $16 DTD

PIZZA HUT, AURORA (RT. 31)
T OSW, SG
219-1023-3-4 | W | 11/20 | 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

Saturday Bowl
Ages 22+

Strike! Bowl with your peers on Saturdays and improve your bowling score. (8 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. Please register early as space is limited.

L **AM Bowl Location:** St. Charles Bowl, St. Charles

Mid-Day & PM Bowl Location: Parkside Lanes, Aurora

SESSION DATES: 10/5, 10/19, 11/2, 11/23, 12/14, 12/28, 1/4, 1/18

AM BOWL
219-8005-0-4 | Sa | 9:00-11:00a | $122 R / $183 NR

MID-DAY BOWL
219-8011-0-4 | Sa | 12:30-2:30p | $122 R / $183 NR

PM BOWL
219-8006-0-4 | Sa | 3:00-5:00p | $122 R / $183 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. (1 Session, 3 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

219-1027-1-4 | M | 10/28, 11/25, 12/16 | 5:30-7:30p
$50 R / $75 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

219-1040-0-4 | Sa | 10/12, 11/9, 12/21, 1/11/20
6:00-8:15p | $34 R / $51 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.
Small snack will be provided.

L FVSRA Multi-Purpose Room

SESSION ONE
219-1025-1-3 | Sa | 10/12 | 11:00a-1:00p | $16 R / $24 NR

SESSION TWO
219-1025-2-3 | Sa | 11/9 | 11:00a-1:00p | $16 R / $24 NR

SESSION THREE
219-1025-3-3 | Sa | 12/21 | 11:00a-1:00p | $16 R / $24 NR

Friendly Center Club
Ages 55+

We are partnering with the Fox Valley Park District Friendly Center Club to enjoy socialization, bingo, and lunch! (Session One and Two: 2 Weeks)

The goals of this program are to provide social interaction with peers while engaging with those from the community.

Food is provided during the Lunch session only.

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

LUNCH
219-1033-1-4 | Th | 10/24, 12/12 | 11:00a-1:00p
$32 R / $48 NR

BINGO
219-1033-2-4 | Th | 10/3, 11/7 | 12:00-2:00p
$12 R / $18 NR

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

219-8010-0-4 | M | 10/28, 11/11, 11/25, 12/9
7:30-8:30p | $50 R / $75 NR

Transportation Information

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

YOUNG ADULT/ADULT

Caroling
Ages 16+

Spread holiday cheer with your friends by caroling throughout the community. (2 Weeks)

The goals of this program are to experience a common winter leisure activity and increase creative expression.

The first week we will be practicing songs at the FVSRA Multi-Purpose Room. The second week we will be singing songs in the community. Transportation will be provided from the FVSRA Multi-Purpose Room.

L FVSRA Multi-Purpose Room

219-1098-0-4 | W | 12/11, 12/18 | 3:30-4:30p
$6 R / $9 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

219-1011-0-4 | W | 10/16, 11/6, 11/20, 12/4
5:00-8:00p | $98 R / $147 NR

Picasso Painters
Ages 20+

Participants will follow the instructor's techniques to replicate a new painting each week. (3 Weeks)

The goal of this program is to develop new painting techniques using fine motor skills.

Clothing may get dirty during the program, please dress accordingly. Snacks and refreshments will be provided.

L FVSRA Multi-Purpose Room
T BCC, GEN, OSW, SCS, SE, SG, TC (Pickup Only)

219-1086-0-4 | Th | 10/17, 11/14, 12/5
3:00-4:15p | $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 alternative clothes and a towel.

L FVSRA Multi-Purpose Room
T GEN, OSW

SESSION ONE
219-1076-1-3 | Sa | 10/19 | 3:45-7:30p | $32 R / $48 NR

SESSION TWO
219-1076-2-3 | Sa | 11/16 | 3:45-7:30p | $32 R / $48 NR

SESSION THREE
219-1076-3-3 | Sa | 12/7 | 3:45-7:30p | $32 R / $48 NR

DON'T MISS OUT!
Online registration **closes August 30th.**

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.

AQUATICS & FITNESS

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. (7 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: 10/25, 11/15, 11/29, 12/13

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

219-6013-0-4 | F | 10/4-12/6* | 3:15-4:00p
$38 R / $57 NR

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. (7 Weeks)

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

This program is for individuals who participate independently in aquatic exercises and are appropriate for a 1:4 staff ratio.

No Program: 10/25, 11/15, 11/29, 12/13

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

219-6030-0-4 | F | 10/4-12/6* | 3:15-4:00p
$38 R / $57 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: 11 Weeks; Session Two: 9 Weeks)

The goal of this program is to improve cardiovascular endurance.

**** No program: 10/31, 11/28***

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

SESSION ONE
219-6010-1-4 | M | 9/30-12/9 | 3:15-4:15p
$60 R / $90 NR

SESSION TWO
219-6010-2-4 | Th | 10/3-12/12* | 3:15-4:15p
$50 R / $75 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

219-6001-0-4 | $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.

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: 11 Weeks; Session Two: 10 Weeks)

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

***No program: 11/27**

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

SESSION ONE
219-6011-1-4 | Tu | 10/1-12/10 | 3:15-4:00p
$60 R / $90 NR

SESSION TWO
219-6011-2-4 | W | 10/2-12/11* | 3:15-4:00p
$54 R / $81 NR

Transportation Information

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

AQUATICS & FITNESS

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: 11 Weeks; Session Two: 9 Weeks)

The goal of this program is to increase physical activity through skill based exercises.

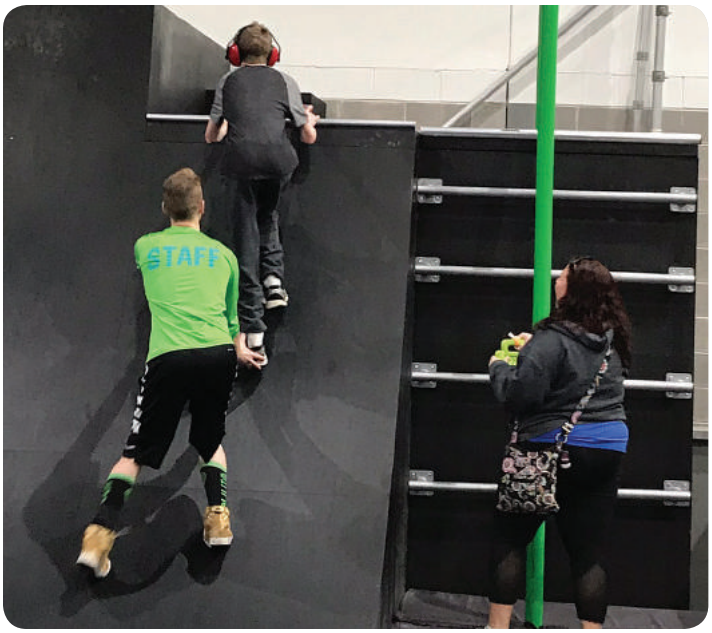
This program is for individuals who require assistance in fitness exercises and are appropriate for a 1:2 staff ratio.

**** No program: 10/31, 11/28***

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

SESSION ONE
219-6008-1-4 | Tu | 10/1-12/10 | 3:15-4:00p
$60 R / $90 NR

SESSION TWO
219-6008-2-4 | Th | 10/3-12/12* | 3:15-4:00p
$50 R / $75 NR



Advanced Strength and Conditioning Ages 18+

This advanced fitness program is high energy and will keep everyone in their best shape as they work with free weights and cardio equipment.
(Session One: 11 Weeks; Session Two: 9 Weeks)

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

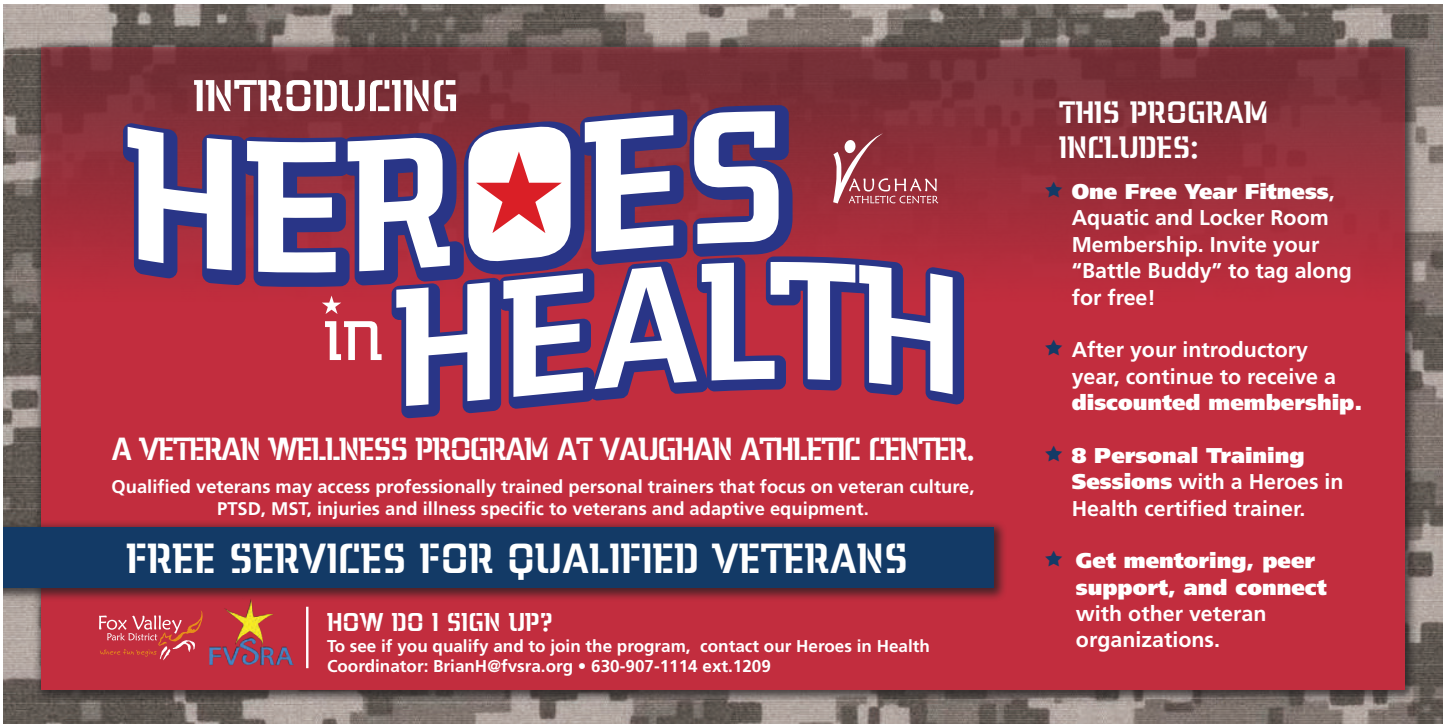
This program is for individuals who participate independently in fitness exercises and are appropriate for a 1:4 staff ratio

**** No program: 10/31, 11/28***

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

SESSION ONE
219-6007-1-4 | Tu | 10/1-12/10 | 3:15-4:15p
$60 R / $90 NR

SESSION TWO
219-6007-2-4 | Th | 10/3-12/12* | 3:15-4:15p
$50 R / $75 NR



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.***

AQUATICS & FITNESS

Swim Lessons | Ages 3+

FVSRA instructors have experience working with people who have a variety of needs who want to improve water skills.

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.
- Delnor swimmers, please complete both Delnor waivers and bring them to your first lesson.

! Lesson times will be posted on FVSRA.org by September 20.

Northwestern Medicine Delnor Health & Fitness, Geneva

Program Code	Instructor	Day	Dates	Time	# of Weeks	Res	Non-Res	Min/Max
219-7010-1-5	Mary Kay Bakken	M	9/30-12/9*	2:00-6:00p	10	$300	$450	1/8
219-7010-2-5	Mary Kay Bakken	W	10/2-12/11**	2:00-6:00p	10	$300	$450	1/8
219-7010-3-5	Mary Kay Bakken	Th	10/3-12/12***	2:00-6:00p	9	$270	$405	1/8
220-7010-1-5	Mary Kay Bakken	M	1/6-1/27	2:00-6:00p	4	$120	$180	1/8
220-7010-2-5	Mary Kay Bakken	W	1/8-1/29	2:00-6:00p	4	$120	$180	1/8
220-7020-3-5	Mary Kay Bakken	Th	1/9-1/30	2:00-6:00p	4	$120	$180	1/8
219-7020-1-5	Mary Schutte	M	10/7-12/9*	2:00-5:00p	9	$270	$405	1/6
219-7020-2-5	Mary Schutte	W	10/2-12/11**	2:00-5:00p	10	$300	$450	1/6
220-7020-1-5	Mary Schutte	M	1/6-1/27	2:00-5:00p	4	$120	$180	1/6
220-7020-2-5	Mary Schutte	W	1/8-1/29	2:00-5:00p	4	$120	$180	1/6

**** No Program 11/25** | **** No Program 11/27** | ***** No Program 10/31, 11/28***

Rush Copley Health Center, Aurora

Program Code	Instructor	Day	Dates	Time	# of Weeks	Res	Non-Res	Min/Max
219-7040-1-5	Mary Schutte	Th	10/3-12/12**	4:00-8:00p	10	$300	$450	1/8
220-7040-1-5	Mary Schutte	Th	1/2-1/24	4:00-8:00p	4	$120	$180	1/8
219-7040-3-5	Mary Schutte	Tu	10/1-12/10*	4:00-8:00p	10	$300	$450	1/8
220-7040-2-5	Mary Schutte	Tu	1/7-1/28	4:00-8:00p	4	$120	$180	1/8

**** No Program 11/26** | **** No Program 11/28***

Vaughan Athletic Center, Aurora

Program Code	Instructor	Day	Dates	Time	# of Weeks	Res	Non-Res	Min/Max
219-7070-1-5	Mary Kay Bakken	F	10/4-12/13*	4:00-6:00p & 6:30-8:00p	10	$300	$450	1/7
220-7070-1-5	Mary Kay Bakken	F	1/10-1/31	4:00-6:00p & 6:30-8:00p	4	$120	$180	1/7
219-7080-1-5	Laura McNeece	F	10/4-12/13*	4:00-8:00p	10	$300	$450	1/8
220-7080-1-5	Laura McNeece	F	1/3-1/24	4:00-8:00p	4	$120	$180	1/8
219-7060-1-5	Mary Schutte	F	10/4-12/13*	4:00-8:00p	10	$300	$450	1/8
220-7060-1-5	Mary Schutte	F	1/3-1/24	4:00-8:00p	4	$120	$180	1/8

**** No Program 11/29***

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. Each child must be accompanied by an adult.
(Session One: 9 Weeks; Session Two: 4 Weeks)

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

**** No Program: 11/29***

L VAC Therapy Pool

SESSION ONE
219-1015-1-1 | F | 10/4-12/13* | 6:00-6:30p
$72 R / $108 NR

SESSION TWO
220-1015-2-1 | F | 1/10-1/31 | 6:00-6:30p
$32 R / $48 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. (Sessions One, Three & Four: 10 Weeks; Session Two: 9 Weeks; Sessions Five, Six, Seven & Eight: 4 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: 11/25, 11/27, 11/29***

L VAC Competition Pool

SESSION ONE
219-8001-1-4 | M | 9/30-12/9* | 7:30-8:30p
$100 R / $150 NR

SESSION TWO
219-8001-2-4 | W | 10/2-12/11* | 7:30-8:30p
$90 R / $135 NR

SESSION THREE
219-8001-3-4 | F | 10/4-12/13* | 3:00-4:00p
$100 R / $150 NR

SESSION FOUR
219-8001-4-4 | F | 10/4-12/13* | 8:00-9:00p
$100 R / $150 NR

SESSION FIVE
220-8001-1-4 | M | 1/6-1/27 | 7:30-8:30p
$40 R / $60 NR

SESSION SIX
220-8001-2-4 | W | 1/8-1/29 | 7:30-8:30p
$40 R / $60 NR

SESSION SEVEN
220-8001-3-4 | F | 1/10-1/31 | 3:00-4:00p
$40 R / $60 NR

SESSION EIGHT
220-8001-4-4 | F | 1/10-1/31 | 8:00-9:00p
$40 R / $60 NR

AQUATICS & FITNESS

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. (11 Weeks)

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

L VAC Yoga Studio

219-6002-0-4 | M | 9/30-12/9 | 2:00-3:00p
$60 R / $90 NR

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

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: 11 Weeks; Session Two: 10 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 11/27***

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

SESSION ONE
219-6004-1-4 | M | 9/30-12/9 | 3:15-4:15p
$60 R / $90 NR

SESSION TWO
219-6004-2-4 | W | 10/2-12/11* | 3:15-4:15p
$54 R / $81 NR

TEEN & ADULT

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
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.

TEEN & ADULT

Monster Mash Bash
Ages 15+

Join your fellow goblins and ghouls and dance the night away to your favorite Halloween hits! Prizes will be awarded to the best costumes out there.

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, Aurora
T BCC, GEN, OSW, SCS, SE, SG

219-2018-0-4 | F | 10/25 | 5:30-7:30p
$12 R / $18 NR

Holiday Dinner Dance
Ages 15+

Have a holly jolly good time as we celebrate the holiday season with a catered dinner and a night of dancing.

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

Dinner is provided during the program.

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

Participants are encouraged to dress in semi-formal attire.

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

L Gaslite Manor, Auroa
T BCC, GEN, OSW, SCS, SE, SG

219-2099-0-4 | F | 12/13 | 5:30-8:00p | $44 R / $66 NR

Annual Recognition Banquet
All Ages

Enjoy delicious food, company of friends and dance to some great tunes!

The goal of this program is to give recognition to FVSRA participants, staff and supporters from the past year for their achievements in a formal setting.

There will be no FVSRA staff supervision. Participants must be accompanied by a guardian. Family members and group home staff of FVSRA participants are invited to attend. Guests must pay the $25 dinner fee. One $25 group home staff fee will be waived for every four participants from the home that register. Cash bar is available for alcoholic beverages.

L Pipers Banquets, Aurora

119-2004-0-5 | F | 9/13 | 6:00-10:00p
$25 R / $25 NR

NIU Tailgate
Ages 20+

Before we cheer on the Northern Illinois University football team, let's go tailgating! We will enjoy food, music and lots of socialization before the game starts.

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

Food is provided during the program.

Participants can bring their own lawn chairs for tailgating.

The drop off times are subject to change depending on the length of the game.

L Northern Illinois University, DeKalb
T GEN, OSW, VAC

219-2011-0-4 | Sa | 10/5 | 12:30-6:00p
$46 R / $69 NR

TEEN & ADULT

Madrigal Singers
Ages 20+

Travel back in time to the Medieval times where over 40 Madrigal Singers will be singing in ensembles throughout this matinee production. Participants will watch two Jester's interact throughout the crowd, along with the Royal Court.

The goals of this program are to engage in a unique leisure environment while practicing appropriate social skills in the community.

L Metea Valley High School, Aurora
T GEN, OSW, VAC

219-2072-0-4 | Th | 12/12 | 3:30-6:00p
$28 R / $42 NR

DON'T MISS OUT!
Online registration
closes August 30th.

Flag Football Game & Lunch
Ages 16+

Players will learn football fundamentals through practice drills before the official scrimmage. After the scrimmage, the group will eat lunch together.

The goals of this program are to learn a new leisure activity, interact socially with peers and handle competition appropriately.

Please dress for the weather as this program is outside. Food is provided during the program. Family members and friends are welcome to register. Same fees apply.

L Sperry Park, South Elgin
T BCC, GEN, OSW, SCS, SG, VAC

219-2030-0-4 | Sa | 11/2 | 10:00a-12:30p
$6 R / $9 NR

Holiday Creations
Ages 20+

Tis' the season for holiday decorations! Come create your own snow globe, stocking, and ornament to take home.

The goal of this program is to utilize fine motor skills to create holiday creations.

Dinner is provided

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

219-2051-0-4 | Tu | 12/10 | 6:00-8:00p
$14 R / $21 NR

Scarecrow Festival
Ages 20+

Join us as we celebrate autumn at the annual Scarecrow Festival in downtown St. Charles.

The goals of this program are to increase community resources, community interaction and socialization with peers.

L Lincoln Park, St. Charles
T BCC, GEN, OSW, SE, SG, VAC

219-2017-0-4 | F | 10/11 | 5:00-6:30p | $6 R / $9 NR

Da Bears on Da Big Screen
Ages 20+

The Chicago Bears Vs. Detroit Lions. Who will win? Cheer on the Chicago Bears with your peers.

The goals of this program are to interact socially with peers and handle competition appropriately.

Food is provided during the program.

L Fox N' Hound, Aurora
T GEN, OSW, VAC

219-2007-0-4 | Su | 11/10 | 11:30a-3:00p
$36 R / $54 NR

Pajama Social
Ages 16-30

It's time for a party....a pajama party that is! Come dressed in your comfy pajamas and slippers during the night of games, music, and food.

The goal of this program is to build positive relationships with peers while engaging in a fun leisure environment.

Please wear appropriate pajama attire.

L Sportsplex, St. Charles

219-2053-0-4 | F | 11/1 | 6:00-8:00p | $18 R / $27 NR

TEEN & ADULT

Wagon Ride, Bonfire, and S'mores Ages 20+

Get ready for a memorable Fall evening with a moonlit wagon ride, bonfire, and s'mores!

The goal of this program is to socialize with peers in a unique holiday experience.

L Primrose Farm, St. Charles
L BCC, GEN, OSW, SG, VAC

219-2057-0-4 | F | 10/18 | 6:00-7:30p
$20 R / $30 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.

L Comedy Sportz Theater, Chicago
T GEN, OSW, VAC

219-2054-0-4 | Su | 9/8 | 2:00-4:00p | $50 R / $75 NR

Transportation Information

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

Mary Poppins the Musical
Ages 20+

"Just a spoon-ful of sugar helps the medicine go down." -Mary Poppins
Come sing along to all your favorite Mary Poppins songs during this live performance.

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

Lunch will be provided at Drury Lane before the musical.

L Drury Lane Theatre, Oakbrook Terrace
T GEN, OSW, VAC

220-2056-0-4 | Th | 1/16/20 | 11:30a-4:30p
$72 R / $108 NR

WDSRA Food Truck Festival Ages 20+

Come and grab a bite to eat from a variety of food trucks!

The goal of this program is to utilize independent money management skills.

Please bring money to buy food from food trucks.

L Riverwalk Grand Pavilion, Naperville
T GEN, OSW, VAC

219-2059-0-4 | Su | 9/29 | 2:30-4:30p
$10 R / $15 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

Pottawatomie Community Center,
St. Charles

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
Sportsplex of St. Charles

South
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

ONLINE REGISTRATION AVAILABLE!

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.

Breckenridge Ski Trip
Ages 15+

Experienced instructors from Breckenridge Outdoor Education Center (BOEC) will guide participants in downhill skiing or snowboarding with adaptive equipment and prompts for any individual level. The trip will consist of 3 ski days and relaxation in a beautiful log cabin.

The goal of this program is to increase independence, knowledge and skills of downhill skiing or snowboarding.

The trip assessment deadline for this trip is October 1, 2019. The final cost of this trip will be determined once flights are purchased.

L Breckenridge, CO
T VAC

119-5001-0-4 | M - F | 1/13-1/17/2020
$1300-1500 R / $2600-3000 NR

Kansas City, MO
Ages 18+

Take a trip to Kansas City, Missouri where you will enjoy a Royals game, a musical 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 August 30, 2019.

L Kansas City, MO
T VAC

219-5006-0-4 | Tu - F | 9/24-9/27
$704 R / $1056 NR

DON'T MISS OUT!
Online registration **closes August 30th**.

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 Monster Mash Bash and Holiday Dinner Dance.
- A snack will be provided at the Monster Mash Bash and dinner will be provided at the Holiday Dinner Dance.
- Transportation times will be emailed, and available online, two days prior to the events.

Registration in all social clubs include the
Monster Mash Bash and Holiday Dinner Dance
See page 42 for program details.

Alley Cats | 219-1053-0-4 | $112 R / $168 NR | Ages 35+

Day	Date	Time	Activity	Location	Transportation
M	10/14	5:30-7:30p	Bowling & Dinner	Parkside Lanes, Aurora	BCC, GEN, OSW, SCS, SE, SG
M	1/6	5:30-7:30p	Bowling & Dinner	Parkside Lanes, Aurora	

Out and About Club | 219-1048-0-4 | $112 R / $168 NR | Ages 35+

Day	Date	Time	Activity	Location	Transportation
Th	12/19	5:00-7:00p	Dinner at Houlihans	Houlihans, Geneva	BCC, GEN*, OSW, SCS**, SE, SG, VAC***
Th	1/9	TBD	Movie & Snacks	Charlestowne Theatre, St. Charles	

* Transportation from GEN will not be provided on 12/19 | ** Transportation from SCS will not be provided on 1/9
*** Transportation from VAC will not be provided on 10/25 & 12/13

Sports Club | 219-1095-0-4 | $112 R / $168 NR | Ages 25+

Day	Date	Time	Activity	Location	Transportation
Th	10/17	6:00-8:00p	Basketball & Pizza	FVSRA	BCC, GEN, OSW, SCS*, SE, SG, VAC**
Th	1/9	6:00-8:00p	Watch Party & Dinner	Rookies Sports Bar, St. Charles	

* Transportation from SCS will not be provided on 1/9 | ** Transportation from VAC will not be provided on 10/25 & 12/13

Young Adult Social Club | 219-1041-0-4| $112 R / $168 NR | Ages 18-35

Day	Date	Time	Activity	Location	Transportation
F	10/4	5:00-7:00p	Create Your Own Taco Bar	FVSRA	BCC, GEN, OSW, SCS, SE, SG
F	11/8	5:00-7:00p	Canvas Painting & Dinner	FVSRA	

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.

2019-2020 Special Olympics/ ITRS/Invitational Competition Schedule (All Dates Subject to Change)

Date	Event
August 4*	Region C Softball Tournament
August 5	Region C 3-6-9 Hole Golf Tournament
August 17-18*	State Tennis Tournament
September 7-9*	Outdoor Sports Festival
September 14*	Region C Flag Football Tournament
Sep. 14 or 21*	Bocce Tournament
September 22*	Region C Volleyball Tournament
October 6	ITRS Volleyball Tournament
October 20	Region C Sectional Bowling Tournament
October 26-27	State Fall Games
November 3	State Flag Football
November	SEASPAR Swim Meet
December 7	State Bowling
December 14	FVSRA Annual Swim Meet
*January TBA	Region C Alpine Ski Qualifier
*January TBA	Region C Junior Basketball Tournament
*January TBA	Region C Senior Basketball Tournament
*February TBA	State Winter Games
*February TBA	WDSRA Swim Meet
February 15	ITRS Junior Basketball Tournament
February 16	ITRS Senior Basketball Tournament
March TBA	Region C Aquatics Tournament
March TBA	Region C Gymnastics Tournament
March TBA	State Basketball Tournament
April TBA	State Spring Games

**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 expiration date.

Date	Event
April 1, 2020	Alpine Skiing
July 1, 2020	Aquatics
April 1, 2020	Basketball (Senior & Youth)
July 1, 2020	Gymnastics (Rhythmic & Artistic)
April 1, 2020	Snow Shoeing

ATHLETICS

Special Olympics Youth Basketball Ages 8-14

Dribble, shoot, score! Learn and practice the basics of basketball as a member of the FVSRA Junior Stars and participate in friendly competition against other Special Recreation Associations. (15 Meetings and 2 Competitions)

The goal of this program is to learn fundamental basketball skills while working as a team to develop positive social interactions with teammates and competitors.

No Program: 11/30, 12/21, 12/28

L VAC Field House
T GEN, VAC

219-3031-0-2 | Sa | 10/19-2/15* | 12:30-2:00p
$142 R / $213 NR

Special Olympics Basketball Ages 15+

Dribble your way into this fast-paced team sport! As a part of the FVSRA Stars, participants will join their peers to compete against other Special Recreation Associations. This program offers a chance for individual skill development and team cooperation. (16 Meetings and 2 Competitions)

The goal of this program is to improve cardiovascular endurance while learning and improving basketball skills and working cooperatively with teammates.

Transportation is only available at VAC and GEN.

No Program: 12/24, 12/31

L Various Locations
T GEN, VAC

219-3002-0-4 | Tu | 10/15-2/11* | 6:30-8:00p
$116 R / $174 NR

Special Olympics Rhythmic Gymnastics Ages 8+

Rhythmic Gymnastics is a dance-based sport that uses props such as ribbons, hoops, balls, and clubs. Lessons are scheduled in 30 minute intervals. The instructor will schedule lesson times prior to the first class.

The goal of this program is to encourage the development of motor skills and coordination in preparation for the Special Olympics competition.

Dates and times are yet to be determined. Guardians will be notified once more information is available.

DON'T MISS OUT!

Online registration **closes August 30th**.

Special Olympics Artistic Gymnastics Ages 8+

Flip, tumble, and roll your way into Artistic Gymnastics. Participants will learn the ins and outs of using the balance beam, parallel bars and other equipment. (18 Weeks)

The goals of this program are to improve coordination, balance, endurance, and core strength in preparation for the Special Olympics Competition.

L Prairie Gymnastics, Batavia

SESSION ONE: MALES
219-3034-1-4 | Tu | 10/8-12/10 & 1/7-2/25
5:00-6:30p | $420 R / $630 NR

SESSION TWO: FEMALES
219-3034-2-4 | Tu | 10/8-12/10 & 1/7-2/25
6:30-8:00p | $420 R / $630 NR

ATHLETICS

Special Olympics Alpine Ski - Beginner Ages 8+

Get ready to hit the slopes as FVSRA partners with Four Lakes Alpine Snow Sports for this Winters Ski season. This beginner program will allow athletes to partner with members of the Four Lakes ski team and FVSRA and improve on their techniques. (3 Sessions)

The goal of this program is to increase knowledge of down hill skiing and techniques such as stopping, and turning.

Please dress for the weather as this program is outside. Cost of program includes equipment rentals.

L Four Lakes, Lisle
T VAC

219-3032-0-4 | TBD | TBD | 1:30-4:00p
$240 R / $360 NR

Dates and times are yet to be determined. Guardians will be notified once more information is available. Program includes three days of ski instruction.

Special Olympics Alpine Ski - Advanced Ages 15+

Calling all skiers to participate in FVSRA's Alpine Skiing team. Athletes will have the opportunity to brush up their skiing techniques in preparation for the District Competition by traveling to Devils Head Ski Resort for a mid week ski trip. (2 Days)

The goal of this program is to increase physical fitness and coordination through skiing while preparing to compete in the District Competition.

Athletes who are independent at an intermediate ski level are eligible for this program. Athletes MUST be independent when demonstrating turning and stopping.

All registered participants must pass the ski assessment in order to compete at the District Competition.

L Devil's Head Resort, WI
T GEN, VAC

219-3026-0-4 | Tu, W | 12/10-12/11
$632 R / $948 NR

Special Olympics Swimming Ages 8+

This program is designed for competitive swimmers. Athletes will compete in individual and relay races during many meets throughout the season. Individuals must be able to swim at least one lap without touching the bottom of the pool. (14 Meetings and 4 Competitions)

The goal of this program is to develop and improve stroke technique and endurance in preparation for competitions.

Transportation is available for away swim meets only.
****No program: 10/31, 11/28, 1/23***

T GEN, VAC

NORTH
219-3004-1-4
L Norris Recreation Center, St. Charles

SOUTH
219-3004-2-4
L TBA

Th | 10/17-12/12 & 1/9-2/27 | 7:00-8:00p
$76 R / $114 NR

Special Olympics Snowshoeing Ages 8+

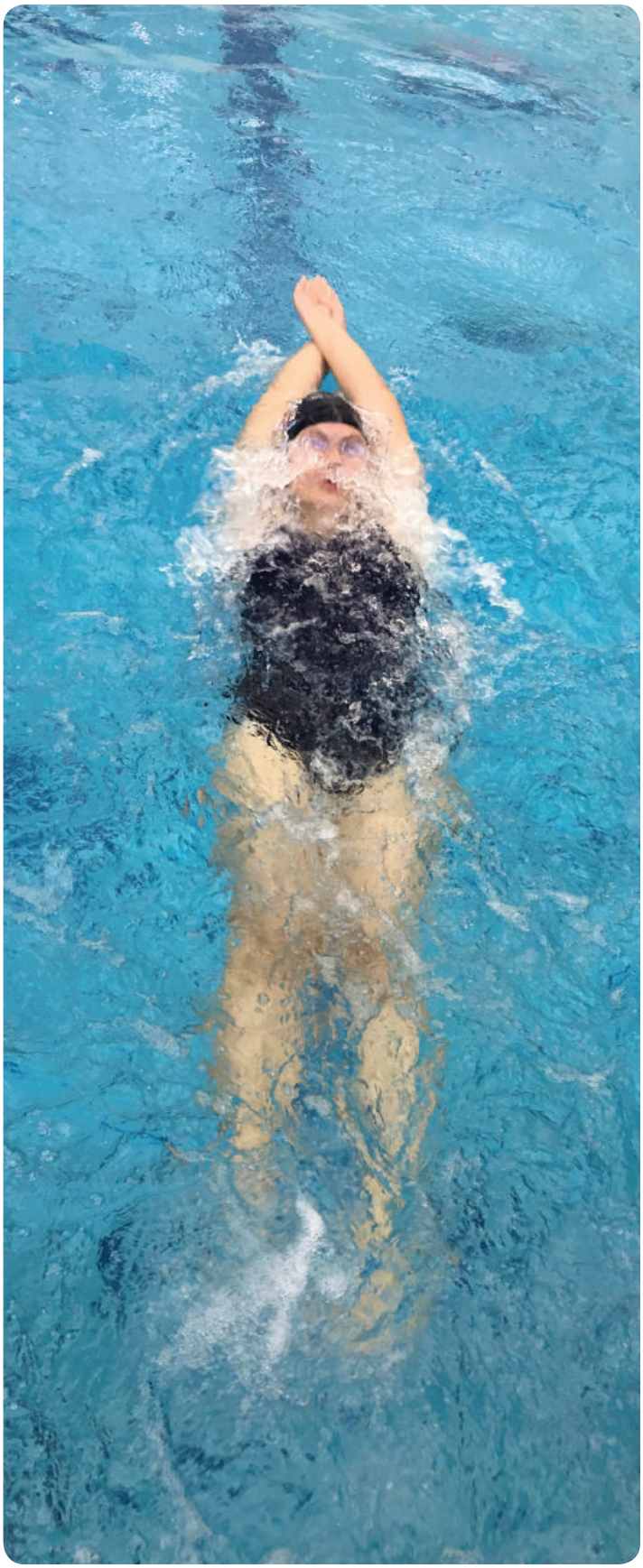
Join friends for a great workout amidst a beautiful snow-covered landscape. Snowshoeing is a winter equivalent of track. Athletes compete in sprint or distance races by wearing specialized footwear designed to keep them atop the powered terrain. (10 Meetings and 1 Competition)

The goal of this program is to build cardiovascular endurance in a competitive setting.

Please dress for the weather as this program is outside.
****No Program: 10/25, 11/15, 11/29, 12/13, 12/27***

L Vaughan Athletic Center, Aurora

219-3019-0-4 | F | 9/27-1/3* | 3:30-4:45p
$54 R / $81 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.

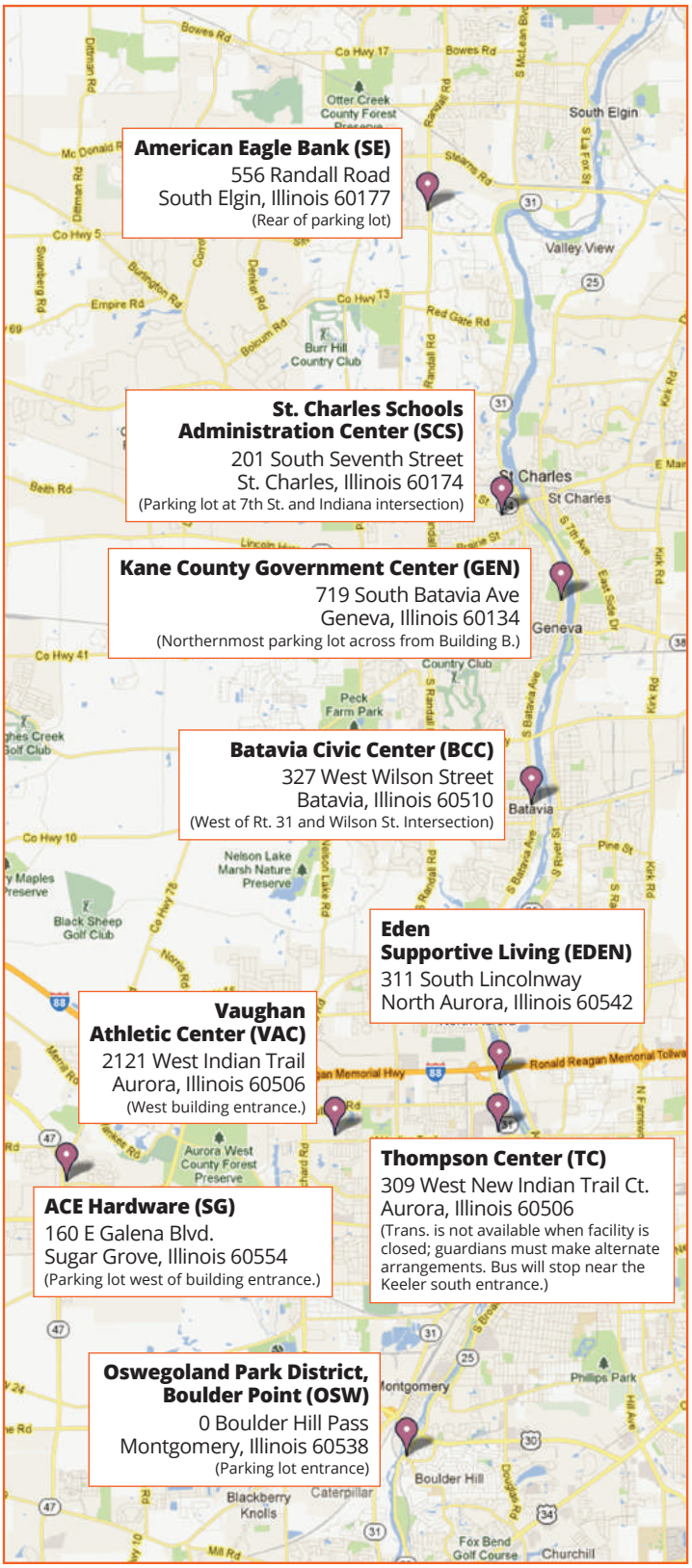
- Guardian is responsible for communicating car seat set-up need at time of registration by contacting the Operations Manager at 630-907-1114, so extra time will be allotted at the time of pick-up and drop-off.
- Guardian is responsible for securing a car seat onto an agency vehicle.
- Guardian is responsible 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 FVSRA Office at the conclusion of the route. 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

FALL 2019 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 July 29
NON-RESIDENT REGISTRATION – opens August 12

See page 61 for Resident/Non-Resident Policy under FVSRA Registration Procedures.
Online registration closes on August 30.

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

Abby Farms
2855 Hart Rd
Aurora, IL 60502
(630) 966-7775

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

Aurora Public Library Eola Branch
555 S Eola Rd
Aurora, IL 60504
(630) 264-3400

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

Blackberry Farm
100 S Barnes Rd
Aurora, IL 60506
(630) 892-1550

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

Four Lakes
5750 Lakeside Dr
Lisle, IL 60532
(630) 964-2550

Fox & Hound
4320 E New York St
Aurora, IL 60504
(630) 236-9183

Gaslight Manor
2485 Church Rd
Aurora, IL 60502
(630) 851-2300

HC Storm Elementary School
305 N Van Nortwock Ave
Batavia, IL 60510
(630) 937-8200

Lincoln Park
450 W Main St
St Charles, IL 60174

Matea Valley High School
1801 N Eola Rd
Aurora, IL 60502
(630) 375-5900

Municipal Annex
1 W State St
South Elgin, IL 60177
(847) 622-0003

Norris Recreational Center
1050 Dunham Rd
St Charles, IL 60174
(630) 377-1405

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

Oswego Public Library
32 Jefferson St
Oswego, IL 60543
(630) 978-1205

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

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

Pipers Banquets
1295 Butterfield Rd
Aurora, IL 60502
(630) 978-0383

Prairie Building
31 S Main St
Sugar Grove, IL 60554
(630) 466-7436

Prairie Gymnastics Club
1241 N Raddant Rd
Batavia, IL 60510
(630) 406-6803

Primrose Farm
5N726 Crane Rd
St Charles, IL 60175
(630) 513-4370

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

Randall 15
550 N Randall Rd,
Batavia, IL 60510
(630) 225-8400

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

Sperry Park
800 Michegan Ave
South Elgin, IL 60177
(847) 622-0003

Sportsplex
1400 Foundry St
St Charles 60174
(630) 513-4388

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

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

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

Abbey Farms 15, 21
Adult Theater Group 24
Advanced Strength and Conditioning 36
Aktion Club 26
Alley Cats 53
Annual Recognition Banquet 43
Aqua Jogging 34
Archery 31
Bingo 24
Blackberry Farm Holiday Express 14
Bowling Bingo 19, 30
Breckenridge Ski Trip 51
Caroling 22, 32
Cinema Cruisers 27
Comedy Sportz 46
Computer Lessons 25
Cooking Connection 25
Culinary Creations 32
Cultural Cuisine 24
Da Bears on Da Big Screen 45
Day Break Adult Day Programs 48
Dinner on a Dime 27
DIY Holiday Gifts and Hot Cocoa 14, 17
Family Holiday Festival 11, 18
Flag Football Game & Lunch 44
Friendly Center Club 31
Friends Night In 17, 32
Girls Just Wanna Have Fun 28
Guys Night Out 28
Halloween Bash 13, 17
Heroes in Health 37
Holiday Creations 44
Holiday Dinner Dance 42
Holiday Happenings Teen 22
Holiday Happenings Youth 13
Intro to Strength and Conditioning 36
Kansas City, MO 51
Madrigal Singers 44
Mary Poppins the Musical 47
Monster Mash Bash 42
Movin' and Groovin' 40
Movie Night 30
Next Chapter Book Club 20, 26
NIU Tailgate 43
Open Computer Lab 25
Out and About Club 53
Pajama Social 45
Parents Night Out 11
Parent/Tot Swim 12, 39
Parent Tot Creative Movement 13
Performing Arts Guild 20, 29
Personal Training 35
Picasso Painters 32
Restaurant Reviewers 29
Saturday Bowl 30
Saturday Unwind 22, 31
Scarecrow Festival 45
Schools Out Teen 18
Schools Out Youth 11
Sensory Room & Crafts 15, 19
Sensory Therapy 9
So You Think You Can Dance 20, 29
Special Olympics Alpine Ski - Advanced 58
Special Olympics Alpine Ski - Beginner 58
Special Olympics Artistic Gymnastics 57
Special Olympics Basketball 56
Special Olympics Rhythmic Gymnastics 57
Special Olympics Snowshoeing 59
Special Olympics Swimming 59
Special Olympics Youth Basketball 56
Spectacular Saturdays 21
Splash and Play 12, 18
Sports Club 53
Stars Adult Day Programs 49
Super Saturdays 15
Swim Lessons 38
Swim Skills and Drills 39
TGIF (Thank Goodness It's Friday) 14, 17
The Daily STAR 26
VAC Pass 37
Wagon Ride, Bonfire, and S'mores 46
Walking Club 34
Water Aerobics 35
Water Walkers 34
WDSRA Food Truck Festival 47
Yoga 40
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

PRSRT STD
US POSTAGE
PAID
PERMIT NO. 417
FOX VALLEY, IL

POSTMASTER:
DATED MATERIAL
PLEASE DO NOT HOLD

If you would like to stop receiving this brochure, please call the FVSRA office and ask to be taken off the mailing list.

NORTHERN NIGHTS
Trees & Lights

Friday, November 15th, 2019
6:30-11:00PM

The Q Center
1405 North 5th Avenue
St. Charles, Illinois 60174

Attend this Event and Help Enrich the Lives of Individuals with Disabilities

Visit www.fvsrfoundation.com for more information