



SPRING 2024 • SEASONAL PROGRAM BROCHURE



Building Community through Recreation

REGISTRATION DATES

RESIDENT ONLY - PRIORITY • FEBRUARY 19 - FEBRUARY 23

RESIDENT/NON-RESIDENT/CO-OP • FEBRUARY 26 - MARCH 1

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

Welcome

A Letter from the Executive Director



Dear SWSRA Family & Friends,

Spring Season is here! So many exciting new things have been happening at SWSRA. If you have not heard the exciting news, we are all moved into our new office space at the Apollo Recreation Center. Please also join us in officially welcoming Jessica Jurlow. Jessica can welcome you as you walk into the Apollo Recreation Center at the Front Registration Desk to assist with all registration needs. We also want to congratulate Patti Swiney on her role as Business Manager. Dawn Kehoe has retired from her role

as Business Manager at SWSRA after 10 years. She will be greatly missed by all but we are excited for Dawn as she embarks on this new chapter enjoying time with her husband, children and grandchildren.

Spring registrations March 18th please be sure to mark your calendars and take a look at all of the wonderful opportunities our recreation team is bringing to you this season. Below is just a brief highlight of some of the fun coming your way:

Youth

- Silly Scientist Program
- FREE EVENT-Sensory Depot Open House- *registration required

Teens

- NEW-Teen Club-4 week program (teen only program)

Teens & Adults

- NEW-Hanging with my Gnomies-Event
- NEW-French Toast and Scrambled Eggs-Event
- Special Olympics Softball-Program
- Family Paint Night-Family Event
- Spring Formal Dance-Event-
*space is limited dont's miss out on registration

Don't miss out on getting your Spring Raffle Ticket! For more information on how to purchase and win please take a look in the brochure.

While 2023 was an amazing year we cannot wait to see what 2024 has in store for us. Join us for another year of fun and making memories with all of your friends!

Best wishes,



Nicolette D. Lahman-Morales
Executive Director

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

Spring 2024, Seasonal Program Brochure

Who We Are

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

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

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

MISSION STATEMENT

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

VISION STATEMENT

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



ADMINISTRATION & RECREATION TEAM

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BOARD OF DIRECTORS

Alsip Park District
Jeannette Huber

Blue Island Park District
Ted Ruthenberg

Hickory Hills Park District
Jennifer Fullerton

Merrionette Park
Michelle Higgins

Midlothian Park District
Ed Jung

Palos Heights Parks & Recreation Department
Matt Fairbanks

Posen Park District
T.J. Whitcomb

Worth Park District
Robert O'Shaughnessy

CONTACT US

SWSRA Main Office
12521 South Kostner Avenue, Alsip, IL 60803
Phone: 708-389-9423
Fax: 708-389-6458
Website: www.swsra.org

FOLLOW US

Facebook: [South West Special Recreation Association \(SWSRA\)](https://www.facebook.com/SWSRA)
Instagram: [@we_are_swsra](https://www.instagram.com/we_are_swsra)
Twitter: [@SWSRA](https://twitter.com/SWSRA)

Registration

PROGRAM DATES

March 18 - May 11

REGISTRATION DATES

Residents Only - Priority Registration*

February 19 - February 23

Resident/Non-Resident/Co-Op Registration

February 26 - March 1

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

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

HOW TO REGISTER

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

Email: info@swsra.com

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

Fax: 708-389-6458

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

PARTICIPATION AGE GUIDE

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

Early Childhood (EC): Ages 3-7

Youth: Ages 8-12

Teen: Ages 13-17

Adult: Ages 18 & Up

AMERICANS WITH DISABILITIES ACT

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

PROGRAM & SPECIAL EVENT ICONS

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



Virtual Program



In-Person Program



Transportation Available

SWSRA PROGRAM LOCATION(S)

Alsip Park District - Apollo

12521 S. Kostner Avenue
Alsip, IL 60803

Burr Oak Bowl

3030 W. 127th Street
Blue Island, IL 60406

Culver's

20592 South LaGrange Road
Frankfort, IL 60423

Emagine Theater

20592 South LaGrange Road
Frankfort, IL 60423

In the Game Hollywood Park

5051 Cal Sag Road
Crestwood, IL 60418

Lincolnway Special Recreation Center

1900 Heatherglen Drive
New Lenox, IL 60451

Memorial Park

145th & Sawyer
Midlothian, IL 60445

Palos Heights Parks & Recreation Center

6601 W. 127th Street
Palos Heights, IL 60463

Peaks Park

6701 W 107th Steet
Worth, IL 60482

Worth Community Center

10707 S. Oak Park Avenue
Worth, IL 60482

Worth Park District

Terrace Center
11500 S. Beloit Avenue
Worth, IL 60482

Agreements

Information & Cooperative

MASTER REGISTRATION FORM

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

PARTICIPANT ASSESSMENT

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

STAFF RATIO

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

INCLUSION

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

LINCOLNWAY SPECIAL RECREATION ASSOCIATION COOPERATIVE AGREEMENT

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

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

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

SOUTH SUBURBAN SPECIAL RECREATION ASSOCIATION COOPERATIVE AGREEMENT

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

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

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

Virtual Programs

VIRTUAL RECREATION PROGRAMS

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

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

Group: Teens & Adults

Dates: March 18-May 10

No Program March 29

Fee: \$45: 8 Week Access

Weekly Schedule

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

Virtual Recreation Programs Description

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

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

Movies & More: Let's watch trailers to the newest upcoming movies and discuss if it's going to thrill you! We will also have movie trivia.

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

VIRTUAL CLUB

Baker's Club

Have a sweet tooth and are interested in learning a new recipe each week? During this program bakers will learn a new recipe step by step to share with others! **You will receive an email with the link and supply list the Friday prior to the season starting.**

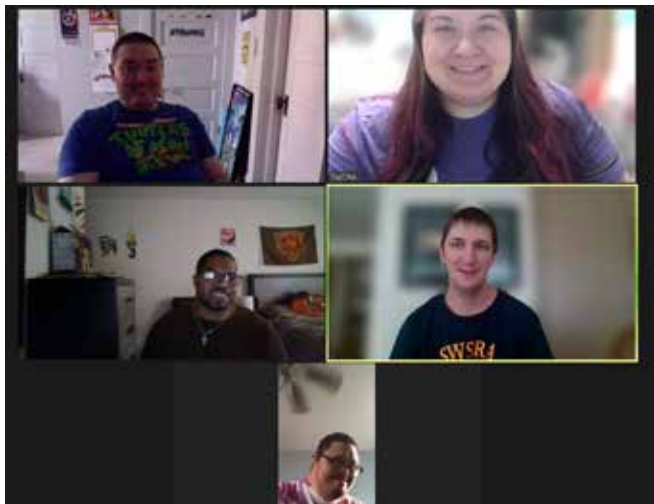
Group: Teens & Adults

Day: Saturday

Dates: March 23, April 6, April 20, April 27

Time: 10:00am-11:00am

Fee: \$50 (R), \$63 (NR)



Programs

BOWLING



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

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

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

Group: Youth, Teens & Adults

Day: Monday

Dates: March 18 - May 6

Time: 5:00pm-6:00pm

Location: Burr Oak Bowl, Blue Island

Youth Bumper Bowl

Min/Max: 3/6

Fee: \$118 (R), \$236 (NR)

Bowling I

Min/Max: 4/8

Fee: \$118 (R), \$236 (NR)

Bowling II*

Min/Max: 4/8

Fee: \$150 (R), \$300 (NR)

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



SOFTBALL SKILLS AND DRILLS



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

Fee includes: equipment and staff supervision.

Group: Teens & Adults

Day: Tuesday

Dates: April 16-May 7

Time: 6:30pm-7:30pm

Location: Peaks Park, Worth

Min/Max: 4/8

Fee: \$48 (R), \$96 (NR)



**Special Olympics
Illinois**

SPECIAL OLYMPICS COYOTES SOFTBALL

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



Fee includes: equipment, TR tournament and staff supervision.

Group: Teens & Adults

Day: Tuesday

Dates: May 14-August 6

No Program July 2

Region E Tournament Date: August 4

Time: 6:30pm-8:00pm

Location: Peaks Park, Worth

Min/Max: 12/15

Fee: \$149 (R), \$298 (NR)

Programs

SOFTBALL UNIFORM FEE

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

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

SPECIAL OLYMPICS COYOTES SOFTBALL INDIVIDUAL SKILLS

Dust off your glove and spikes! We will be working on throwing, catching, and hitting skills during this 8-week program. Athletes must bring their own softball glove, water bottle, dress in athletic clothing and shoes. *Additional fees will be required if individual qualities for State Competition*

Fee includes: equipment and staff supervision.

Group: Teens & Adults

Day: Tuesday

Dates: June 11-August 6

No Program July 2

Region E Tournament Date: July 28

Time: 6:30pm-7:30pm

Location: Memorial Park, Midlothian

Min/Max: 4/8

Fee: \$124 (R), \$248 (NR)

SOCIALITES

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

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

Fee includes: supplies, transportation and staff supervision.

Group: Adults

Day: Thursday

Dates: March 21, April 4, April 18, May 2

Time: 6:30pm-8:30pm

Location: Meet at Alsip Park District-Apollo, Alsip

Min/Max: 4/8

Fee: \$145 (R), \$290 (NR)

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

WALKING CLUB

These gym shoes were made for walking and that's just what we're going to do! So, lets get active and walk with our friends around the track! So come and join our Walking Club!

Fee includes: equipment and staff supervision.

Group: Teens & Adults

Day: Thursday

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

Time: 6:00pm-7:00pm

Location: Palos Heights Recreation Center Track, Palos Heights

Min/Max: 4/8

Fee: \$53 (R), \$106 (NR)

SILLY SCIENTISTS

Time to break out the lab coats and conduct an experiment. This is a hands-on interactive program inspiring young "scientists" to play, create, explore and learn while they are having fun!

Fee includes: supplies and staff supervision.

Group: EC & Youth

Day: Saturday

Dates: April 6-April 27

Time: 10:00am-11:00am

Location: Worth Community Center, Worth

Min/Max: 3/6

Fee: \$47 (R), \$71 (NR)

TEEN CLUB

Calling all teens! It's time to play some games, hang out with our friends and make everlasting memories.

Fee includes: supplies and staff supervision.

Group: Teens

Day: Saturday

Dates: April 6-April 27

Time: 3:30pm-5:00pm

Location: Worth Community Center, Worth

Min/Max: 4/8

Fee: \$86 (R), \$108 (NR)

Special Events

LEMONADE AND GAMES

The birds are starting to come out and the weather is getting warmer. Let's make a refreshing snack with homemade lemonade. We will play a variety of games with our friends!

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

Group: Teens

Day: Friday

Date: March 22

Time: 7:00pm-8:30pm

Location: Worth Community Center, Worth

Min/Max: 4/8

Fee: \$32 (R), \$40 (NR)

Registration Deadline: March 8

EGGS-ERCISE HUNT

Hop on over and join us as we get our "eggs-ercise" on. There is no better way to start your Saturday than joining us for an egg hunt activity. After the egg hunt, we will have a great time creating crafts and a snack.

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

Group: EC & Youth

Day: Saturday

Date: March 23

Time: 11:00am-12:00pm

Location: Worth Community Center, Worth

Min/Max: 3/6

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

Registration Deadline: March 8

COLOR ME EGG-CITED

Egg-stra, Egg-stra! Come and join us to design your own wooden eggs and decorate a garden stone that you can leave outside all year round! After we decorate our egg-citing crafts we will finish off with an egg-celent snack!

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

Group: Teens & Adults

Day: Saturday

Date: March 23

Time: 2:30pm-4:00pm

Location: Worth Community Center, Worth

Min/Max: 4/8

Fee: \$37 (R), \$46 (NR)

Registration Deadline: March 8

HANGIN' WITH MY GNOMIES

Spring is in full swing and that means the garden gnomies are ready to come out for the season. We will paint a garden gnome for your yard and make a mosaic concrete mushroom too! Once we are all done we will have a berry good snack. *Concrete mushrooms will be ready for pick up at our main office on Friday, April 12.*

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

Group: Teens & Adults

Day: Saturday

Date: April 6

Time: 1:00pm-3:00pm

Location: Worth Community Center, Worth

Min/Max: 4/8

Fee: \$42 (R), \$53 (NR)

Registration Deadline: March 22

SENSORY DEPOT OPEN HOUSE

Come on by and explore our sensory room. While you wait for your turn, you will be able to visit different stations. These stations will vary from sensory play, craft and other fun activities. Parents/Guardians must stay for the duration of the event.

Group: EC & Youth

Day: Sunday

Date: April 7

Time: 10:00am-11:00am

Location: Worth Community Center, Worth

Min/Max: 3/6

Fee: FREE (R), FREE (NR)

Registration Deadline: March 22



Special Events

LWSRA FIESTA

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

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

Group: Teens & Adults

Day: Friday

Date: April 12

Time: 6:30pm-9:00pm

Location: Lincolnway Special Recreation Center, New Lenox

Min/Max: 4/8

Fee with Transportation: \$77 (R), \$154 (NR)

Fee without Transportation: \$65 (R), \$130 (NR)

***Meet at Lincolnway Special Recreation Center**

Registration Deadline: March 22

WITH TRANSPORTATION
Meet at Alsip Park District-Apollo: 5:45pm
Pick up at Alsip Park District-Apollo: 9:45pm
WITHOUT TRANSPORTATION
Meet at Lincolnway Special Recreation Center: 6:30pm
Pick up at Lincolnway Special Recreation Center: 9:00pm

FRENCH TOAST & SCRAMBLED EGGS

Who doesn't love breakfast for dinner? Get ready to get into the kitchen to make homemade french toast, scrambled eggs, sausage and bacon for dinner.

Fee includes: supplies, and staff supervision.

Group: Teens & Adults

Day: Saturday

Date: April 13

Time: 6:00pm-7:30pm

Location: Worth Community Center, Worth

Min/Max: 4/8

Fee: \$37 (R), \$46 (NR)

Registration Deadline: March 28



FAMILY PAINT NIGHT

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

Fee includes: instruction, snacks and supplies.

Group: Teens & Adults

Day: Friday

Date: April 19

Time: 6:30pm-8:30pm

Location: Worth Community Center, Worth

Min/Max: 4/12

Fee for Guardian & Participant: \$70 (R), \$88 (NR)

1 Additional Family Member: \$25 (R), \$31 (NR)

Registration Deadline: April 5



BINGO BLAST

It's time to play some B-I-N-G-O! We will start off making and enjoying a snack, then we will play several rounds of BINGO! Everyone will receive a prize for joining us!

Fee includes: snack, supplies, and staff supervision.

Group: Teens & Adults

Day: Saturday

Date: April 27

Time: 1:00pm-2:30pm

Location: Worth Community Center, Worth

Min/Max: 4/8

Fee: \$33 (R), \$41 (NR)

Registration Deadline: April 12

Special Events

PICTURE PERFECT

Rise and shine! What better way to welcome spring than a morning craft. Join us in making mosaic tile picture frames. This picture frame will be one of a kind and perfect for your favorite photo.

Fee includes: supplies and staff supervision.

Group: EC & Youth

Day: Sunday

Date: April 28

Time: 10:00am-11:00am

Location: Worth Community Center, Worth

Min/Max: 3/6

Fee: \$19 (R), \$24 (NR)

Registration Deadline: April 12

SENSORY SPRING

Let's welcome spring with some sensory activities and sensory room time. During our time we will explore different sensory bags and create one to take home.

Fee includes: Sensory Depot, supplies, and staff supervision.

Group: EC & Youth

Day: Friday

Date: May 3

Time: 5:30pm-6:30pm

Location: Worth Community Center, Worth

Min/Max: 3/6

Fee: \$17 (R), \$21 (NR)

Registration Deadline: April 19

IN THE GAME HOLLYWOOD PARK

Game on! Let's enjoy a hot pizza lunch, a round of mini golf and play some games! Participants will receive a game card with credits. *Participants can bring additional funds to add to their game cards.*

Fee includes: lunch, game card, mini golf and staff supervision.

Group: Teens & Adults

Day: Saturday

Date: May 4

Time: 12:00pm-2:45pm

Location: Meet at In the Game Hollywood Park, Crestwood

Min/Max: 4/8

Fee: \$68 (R), \$136 (NR)

Registration Deadline: April 5

SPRING FORMAL

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

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

Group: Teens & Adults

Day: Friday

Date: May 10

Time: 6:30pm-9:00pm

Location: Alsip Park District-Apollo, Alsip

Min/Max: 4/8

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

Registration Deadline: April 12



MOVIE AND LUNCH



Let's start our day with a morning matinee at the theater and then enjoy a delicious lunch after! We are headed to Emagine Frankfort to see a movie. After we enjoy our time at the cinema, we are headed to Culvers for lunch. Participants will receive a value basket of their choice with fries and a medium soft drink. **Participants can bring money for snacks during the movie or for additional food.**

Fee includes: movie ticket, lunch, transportation and staff supervision.

Group: Teens & Adults

Day: Saturday

Date: May 11

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

Location: Meet at Alsip Park District-Apollo, Alsip

Min/Max: 4/8

Fee: \$103 (R), \$206 (NR)

Registration Deadline: April 26

Recreation Boxes

SUNCATCHER EGGS

Let's take a twist on egg decorating and decorate unique suncatcher eggs for our windows! Supplies include: black glue, a variety of egg designs, sharpies, 4-transparency film sheets and glue dots.

Group: All

Fee: \$25

Delivery (Residents ONLY): \$5

Registration Deadline: March 1

Pick up & Delivery Date: March 8

Pick up Location: Main Office (Alsip Park District-Apollo)

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

SPRING IS IN THE AIR

Up, up and away! Spring is in the air and to bring on the new season let's make a wonderful button hot air balloon canvas! Supplies include: assorted buttons, one canvas, paint, glue, ribbon and twine.

Group: All

Fee: \$25

Delivery (Residents ONLY): \$5

Registration Deadline: March 15

Pick up & Delivery Date: March 22

Pick up Location: Main Office (Alsip Park District-Apollo)

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

Participants creating past program crafts below.



OASIS Adult Day Program



SWSRA'S Adult Day Program

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



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

New participants may be placed on a waitlist until a spot becomes available. **Note, residents will receive priority on a waitlist before non-residents/ATP/Co-Op.** To be placed on the waitlist, all prospective participants must have completed initial intake process and registration forms. Individuals must be able to participate successfully at a staff to participant ratio of 1:6-1:4. Prior to acceptance, SWSRA will complete an intake assessment and determine that eligibility requirements are met.

Days: 2-Day: Tuesday & Thursday | 3-Day: Tuesday, Thursday & Monday/Friday | 4-Day: Monday, Tuesday, Thursday & Friday

Dates: September 5, 2023 - May 24, 2024;

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

Time: 10:00am - 2:00pm

Location: Worth Park District - Terrace Centre, Worth

Monthly Fee: 2 Day Option: \$415 (R), \$519 (ATP), \$623 (NR)

3 Day Option: \$595 (R), \$740 (ATP), \$890 (NR)

4 Day Option: \$750 (R), \$920 (ATP), \$1,125 (NR)

Sensory Depot



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

By Appointment Only Monday - Saturday.



Benefits May Include:

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

Who May Benefit:

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

Sensory Depot Offers:

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

Sensory Depot Location:

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

Group Trips:

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

How to Register:

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

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

Calendar

Programs & Events

MARCH 2024						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	19	20 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Movies & More	21 6:30pm-8:30pm Socialites	22 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 7:00pm-8:30pm Lemonade & Games	23 10:00am-11:00am Baker's Club 11:00am-12:00pm Eggs-ercise Hunt 2:30pm-4:00pm Color Me Egg-cited
24	25 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	26	27 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Movies & More	28 6:00pm-7:00pm Walking Club	29	30

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

Calendar

Programs & Events

APRIL 2024						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	2	3 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Movies & More	4 6:30pm-8:30pm Socialites	5 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO	6 10:00am-11:00am Baker's Club 10:00am-11:00am Silly Scientists 1:00pm-3:00pm Hangin' with My Gnomies 3:30pm-5:00pm Teen Club
7 11:00am-12:00pm Sensory Depot Open House	8 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	9	10 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Movies & More	11 6:00pm-7:00pm Walking Club	12 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 6:30pm-9:00pm LWSRA Fiesta	13 10:00am-11:00am Silly Scientists 3:30pm-5:00pm Teen Club 6:00pm-7:30pm French Toast and Scrambled Eggs
14	15 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	16 6:30pm-7:30pm Softball Skills & Drills	17 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Movies & More	18 6:30pm-8:30pm Socialites	19 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 6:30pm-8:30pm Family Paint Night	20 10:00am-11:00am Baker's Club 10:00am-11:00am Silly Scientists 3:30pm-5:00pm Teen Club
21	22 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	23 6:30pm-7:30pm Softball Skills & Drills	24 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Movies & More	25 6:00pm-7:00pm Walking Club	26 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO	27 10:00am-11:00am Baker's Club 10:00am-11:00am Silly Scientists 1:00pm-2:30pm BINGO Blast 3:30pm-5:00pm Teen Club
28 10:00am-11:00am Picture Perfect	29 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	30 6:30pm-7:30pm Softball Skills & Drills				

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

Calendar

Programs & Events

MAY 2024						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Movies & More	2 6:30pm-8:30pm Socialites	3 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:30pm-6:30pm Sensory Spring	4 12:00pm-2:45pm In the Game Hollywood Park
5	6 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 5:00pm-6:00pm Bowling	7 6:30pm-7:30pm Softball Skills & Drills	8 11:30am-12:00pm Lunch w/Friends 3:00pm-3:30pm Movies & More	9 6:00pm-7:00pm Walking Club	10 9:00am-9:30am Coffee Talk 3:00pm-3:30pm BINGO 6:30pm-9:00pm Spring Formal	11 Movie & Lunch
12	13	14 6:30pm-8:00pm SO Coyotes Softball	15	16	17	18
19	20	21 6:30pm-8:00pm SO Coyotes Softball	22	23	24	25
26	27	28 6:30pm-8:00pm SO Coyotes Softball	29	30	31	

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

Program Policies

BEHAVIOR GUIDELINES

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

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

DROP OFF/PICK-UP & DROP OFF POLICY

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

LATE PICK-UP FEE POLICY

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

SEVERE WEATHER CANCELLATIONS

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

Severe Cold Weather

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

Severe Hot Weather

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

High Wind Advisory

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

PROGRAM CANCELLATIONS

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

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

Program Policies

PROGRAM GUIDELINES

1. SWSRA reserves the right to determine and or decline participant appropriateness for programs, trips, special events and overnight trips based on the participant appropriateness for the activity(s).
2. When arriving and departing a program, parents/guardians/group home staff are required to notify the Program Leader.
3. If a participant cannot attend a program, he/she cannot send a substitute in their place.
4. When participants of varying ages and ability levels are in the same program, SWSRA will group them appropriately.
5. SWSRA provides appropriate staff-to-participant ratios based on the information provided to us on the registration form, annual master, and parent/teacher input & new participant assessments. We provide an approximate 1:4 staff-to-participant ratio.
6. SWSRA is not responsible for lost or stolen property. Participants are encouraged to leave valuables at home.
7. With the participant's best interest in mind, we have found that having parents/guardians, and/or siblings present during a program can tend to distract participants during program time. This can affect the quality of their participation. Our staff always welcome the opportunity to discuss a participant's progress with parents/guardian at any time.
8. Vacation Trips, Weekend Trips, and Overnights: Participants must be completely independent in their daily life skills. SWSRA does not provide supervision of participants after "lights out" and during sleeping hours. Participants must be able to function in a 1:4 staff-to-participant ratio, and have participated in SWSRA weekly programs at least one season before registering for any of these types of trip(s).

GUIDELINES WHEN ILLNESS OCCURS

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

COVID-19 GUIDELINES

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

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

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

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

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

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

Supporters & Sponsors



**THANK YOU TO OUR
SUPPORTERS**

Ami Ill

Brittany Izzo

Dawn & John Kehoe

Jeri-Lynn Kleinas

Marina Uher

Mary's Foundation

Mott Family

Nicolette Lahman

VISIT WWW.SWSRA.ORG TO HELP SUPPORT US

Spring 2024 Program Registration

Registration Dates: Residents Only: February 19 - February 23 | Non-Resident/Co-Op: February 26 - March 1

Participant Name: _____

Address _____ City _____ Zip _____

Phone _____ Age _____ Birth Date _____

Main Contact: Name _____ Phone _____ Email _____

Teens & Adults Virtual	Res. Fee	Non-Res. Fee
Virtual Recreation Programs	<input type="checkbox"/> \$45	<input type="checkbox"/> \$45

Teens & Adults Virtual Club	Res. Fee	Non-Res. Fee
Baker's Club	<input type="checkbox"/> \$50	<input type="checkbox"/> \$63

Teens & Adults Programs	Res. Fee	Non-Res. Fee
Bowling I	<input type="checkbox"/> \$118	<input type="checkbox"/> \$236
Bowling II	<input type="checkbox"/> \$150	<input type="checkbox"/> \$300
Softball Skills & Drills	<input type="checkbox"/> \$48	<input type="checkbox"/> \$96
Special Olympics Coyotes Softball *Uniform Deposit	<input type="checkbox"/> \$149 <input type="checkbox"/> \$50	<input type="checkbox"/> \$298 <input type="checkbox"/> \$50
Special Olympics Coyotes Individual Skills	<input type="checkbox"/> \$124	<input type="checkbox"/> \$248
Socialites (A)	<input type="checkbox"/> \$145	<input type="checkbox"/> \$290
Teen Club (T)	<input type="checkbox"/> \$86	<input type="checkbox"/> \$108
Walking Club	<input type="checkbox"/> \$53	<input type="checkbox"/> \$106

Youth Programs	Res. Fee	Non-Res. Fee
Youth Bumper Bowl	<input type="checkbox"/> \$118	<input type="checkbox"/> \$236
Silly Scientists	<input type="checkbox"/> \$47	<input type="checkbox"/> \$71

EC & Youth Events	Res. Fee	Non-Res. Fee
Eggs-ercise Hunt	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25
Sensory Depot Open House	<input type="checkbox"/> FREE	<input type="checkbox"/> FREE
Picture Perfect	<input type="checkbox"/> \$19	<input type="checkbox"/> \$24
Sensory Spring	<input type="checkbox"/> \$17	<input type="checkbox"/> \$21

Recreation Boxes	Res. Fee	Non-Res. Fee
Suncatcher Eggs	<input type="checkbox"/> \$25	<input type="checkbox"/> \$25
Spring is in the Air	<input type="checkbox"/> \$25	<input type="checkbox"/> \$25
Delivery	<input type="checkbox"/> \$5	

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

Teens & Adults Special Events	Res. Fee	Non-Res. Fee
Lemonade and Games (T)	<input type="checkbox"/> \$32	<input type="checkbox"/> \$40
Color Me Egg-cited	<input type="checkbox"/> \$37	<input type="checkbox"/> \$46
Hangin' with My Gnomies	<input type="checkbox"/> \$42	<input type="checkbox"/> \$53
LWSRA Fiesta		
with Transportation	<input type="checkbox"/> \$77	<input type="checkbox"/> \$154
without Transportation	<input type="checkbox"/> \$65	<input type="checkbox"/> \$130
French Toast & Scrambled Eggs	<input type="checkbox"/> \$37	<input type="checkbox"/> \$46
Family Paint Night	<input type="checkbox"/> \$70	<input type="checkbox"/> \$88
1 additional family member	<input type="checkbox"/> \$25	<input type="checkbox"/> \$31
BINGO Blast	<input type="checkbox"/> \$33	<input type="checkbox"/> \$41
In the Game Hollywood Park	<input type="checkbox"/> \$68	<input type="checkbox"/> \$136
Spring Formal	<input type="checkbox"/> \$35	<input type="checkbox"/> \$70
Movie and Lunch	<input type="checkbox"/> \$103	<input type="checkbox"/> \$206

Spring Raffle	Fee
1 Raffle Ticket	<input type="checkbox"/> \$10
2 Raffle Tickets + 1 Free	<input type="checkbox"/> \$20
5 Raffle Tickets + 3 Free	<input type="checkbox"/> \$50

Grand Total: _____

Credit Card Type: (Check One)

Visa MC DC Amex

Amount Charged to Card: _____

Print Name on Card: _____

Card Holder Signature: _____

Account Number: _____

Verification Code: _____ Expiration Date: _____

SWSRA Main Office

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



SWSRA WAIVER, RELEASE OF ALL CLAIMS AND HOLD HARMLESS AGREEMENT

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

SWSRA is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. SWSRA continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for the programs/activities listed above must recognize that there is an inherent risk of injury when choosing to participate in recreational programs/activities. You are solely responsible for determining if you or your minor/child/ward are physically fit and/or skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way, or recently suffered an illness, injury, or impairment, to consult a physician before undertaking any physical activity. Recreational programs/activities are intended to challenge and engage the physical, mental, and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational program/activity. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers, and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises, defects, inadequate or defective equipment, animal bites, inadequate supervision, instruction or officiating and all other circumstance inherent to indoor and outdoor recreational activities/programs exist. In this regard, it must be recognized that it is impossible for SWSRA to guarantee absolute safety. Please read this form carefully and be aware that in signing up and participating in the above-identified programs/activities, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages, or loss which you or your minor/child/ward might sustain as a result of participating in any and all activities connected with and associated with said programs/activities (including transportation services/vehicle operation, when provided).

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

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

Say Cheese!

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

Print Participant's Name: _____ Date: _____

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

Print Name of Signature: _____





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

Participant's Name (Last) _____ (First) _____
 Address _____ City _____ Zip _____
 Primary Disability _____
 Secondary Disability _____
 Sex: Female Male Age: _____ Birthdate: (MM/DD/YY) ____/____/____

GROUP HOME PARTICIPANTS ONLY: Name of Group Home/House _____
 Case Manager _____ Work # _____ Cell # _____
 House Manager _____ Work # _____ Cell # _____

EMERGENCY CONTACT INFORMATION REGARDING PARTICIPANT IN ORDER OF PREFERENCE:

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

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

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

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

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

MEDICAL INFORMATION:

- A. Wheelchair: *Yes No *If Yes, completion of SWSRA FORM 1 required
- B. Seizures: *Yes No *If Yes, completion of SWSRA FORM C (pages 1-3) required
 Is Vagus Nerve Stimulation (VNS) Used: Yes No *Note: In case of a seizure, you will be notified
- C. Asthma: *Yes No *If Yes, completion of SWSRA FORM A (pages 1-2) required
- D. G-Tube: *Yes No *If Yes, completion of SWSRA FORM B (pages 1-5) required
- E. List any other Medical Conditions AND/OR Assisted Devices *Note: Additional forms may be required

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

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

MEDICAL INFORMATION CONTINUED:

A. Doctor's Name: _____ **Phone:** _____

B. Medication: SWSRA needs to know ALL medications participant is taking, regardless of when/where dispensed.
Please list ALL medications below: *(If more than 4 medications, please attach a separate sheet)*

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

C. Medication Assistance: Will staff need to assist with Medication during program? *Yes No
**If Yes, SWSRA FORM 4 (pages 1-2) will be required to complete*

COMMUNICATION & ADDITIONAL INFORMATION:

A. T-Shirt Size: CHILD SIZES: S(6-8) M(10-12) L(14-16) ADULT SIZES: S M L XL 2XL 3XL

B. General Questions:

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

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

C. Sensory Needs:

1. Please list what sensory equipment is needed or used: _____

D. Visual Supports and Communication: Verbal Nonverbal

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

E. Swim Information:

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

PERMISSIONS:

1. Parents/Guardians are asked to provide bug spray & sunscreen.
Can staff apply these products on participant? Yes No

2. Transportation Permission:
Transportation as a part of weekly activities, special events, or trips? Yes No

Signature (If under 18, parent/guardian signature please)

Date

**Note: This SWSRA MASTER FORM is completed annually. Please notify SWSRA if any information changes.*



WIN THE \$250 PRIZE!

FRIDAY, MAY 3, 2024

Want a chance to win a \$250 cash prize? Enter our Raffle Contest today! Our Raffle Contest is your chance to win big while supporting South West Special Recreation Association.

Ticket Prices: \$10 Per Ticket

Buy 2 tickets and get 1 additional ticket free

Buy 5 tickets and get 3 additional tickets free

How to purchase?

Call or visit our main office to purchase your tickets today!

*Prize is based on at least 50 tickets sold. Prize will be prorated if less than 50 tickets are sold.

708-389-9423 | www.swsra.org



12521 South Kostner Avenue
Alsip, IL 60803
www.swsra.org



VISIT US AT WWW.SWSRA.ORG