

Lincolnway

SPECIAL RECREATION
ASSOCIATION

Together

we connect

we build

we advance



Member Districts

- Frankfort Park District
- Frankfort Square Park District
- Manhattan Park District
- Mokena Community Park District
- New Lenox Community Park District
- Peotone Park District
- Wilmington Park District

**Special Agreements: Village of Monee & Homer Township*





Lincolnway
SPECIAL RECREATION
ASSOCIATION

BUILDING A COMMUNITY WITHOUT LIMITS

About Us

Since 1976, the Lincolnway Special Recreation Association (LWSRA) has provided recreation services for individuals with disabilities through a cooperative agreement with its seven member park districts: Frankfort, Frankfort Square, Manhattan, Mokena, New Lenox, Peotone and Wilmington Island Park Districts. Participants enjoy active, healthy and more independent lifestyles through a variety of recreational and social opportunities.

Benefits of Recreation

- ✓ Discover new experiences & interests
- ✓ Build confidence & friendships
- ✓ Socialize in an inclusive setting



Our services



Social Programs

Engage with similar-aged peers in a structured but fun-filled social environment. Staff create opportunities to develop skills and try new experiences. Popular programs include dances, bingo, trivia, community trips, adult day program, summer camps and Saturday youth groups.



Interest-based Programs

Find programs centered around fitness or cultural arts. Try competitive Special Olympics and adapted sports or fitness outlets such as strength & conditioning and introductory sports skills. Enjoy creative arts through cooking, drawing & painting, dancing and more!



Inclusion

Park Districts welcome participation in all programs by individuals with disabilities and special needs. The district works cooperatively with LWSRA to facilitate successful participation for individuals who request an inclusion aide. Inclusion services give participants the needed support in a typical park district setting.

LEARN MORE AT WWW.LWSRA.ORG



(815) 320-3500
support@lwsra.org



1900 Heather Glen Drive
New Lenox, IL 60451



Lincolnway
SPECIAL RECREATION
ASSOCIATION

1900
LINCOLNWAY SPECIAL
RECREATION CENTER

1900 Heather Glen Drive, New Lenox, IL 60451

Phone: (815) 320-3500

www.lwsra.org

ATTENDANCE & WEATHER HOTLINE:

(815) 320-3515

attendance@lwsra.org

LWSRA provides recreation, leisure and sports opportunities for individuals with disabilities through a special cooperative agreement that includes Frankfort, Frankfort Square, Manhattan, Mokena, New Lenox, Peotone and Wilmington Park Districts as well as special agreements with the Village of Monee and Homer Township. LWSRA offers programs for more than 400 individuals throughout the year from preschool through adult. Contact one of our trained specialists today to learn more!

Working daily to exceed our mission

To provide recreation and leisure services for individuals with physical or intellectual disabilities while promoting greater disability awareness in the community.

Striving towards our vision

A community without limits for individuals with disabilities.

Following our core values

- Community
- Opportunities
- Recreation
- Education
- Training
- Reliability
- Unity
- Safety
- Trust

Board of Directors

LWSRA's Board of Directors consists of the executive directors from each member district.

Board meetings are held the 3rd Tuesday of each month, 9:30am, at the LWSRC and are open to the public.

Frankfort Park District

Gina Hassett

www.frankfortparks.org

Frankfort Square Park District

Audrey Marcquenski

Vice-President

www.fspd.org

Manhattan Park District

Jay Kelly

President

www.manhattanparks.com

Mokena Community Park District

Greg Vitale

2nd Vice-President/Treasurer

www.mokenapark.com

New Lenox Community Park District

Greg Lewis

Secretary

www.newlenoxparks.org

Peotone Park District

Kelly LaMore

www.peotoneparkdistrict.org

Wilmington Park District

Kirsten Van Duyn

www.islandparkdistrict.com



ABILITY AWARENESS FAIR

ATTENDEES – FREE!

Attendees are free, please RSVP.

Numerous vendors will be on hand to present valuable resources to the community for those with special needs. Discover new opportunities and services available to support your family needs.

VENDORS – \$25

Vendors are needed for this event to help educate parents, guardians, family members, teachers and therapists of the various services and resources available.

Bring promotional items/flyers, etc. to pass out to event attendees.



DATE

Sunday, May 22, 2022
10am – 1pm



REGISTER

Please scan
or click >>>



LOCATION

LWSRC
1900 Heatherglen Drive
New Lenox, IL 60451

New to LWSRA?

FIRST TIME PARTICIPANTS

1. Complete the new participant form online: lwsra.org/new-participant
2. Our team will reach out to schedule an intake meet & greet.
3. They will assist in creating your online registration account.
4. Complete the Annual Information Form in CommunityPass
5. Now you're set to register!



Scan or click for help getting started



Nadine Kahl

**Marketing / Public Relations
CPRP**

Email: nkahl@lwsra.org

Phone: 815-320-3513

The participant intake meeting allows us to meet each individual, determine any specific needs or techniques for a successful first experience and provide information on other opportunities at LWSRA.

On the Cover: The smile says it all as summer camper Autumn enjoyed a trip to the Manhattan splash pad during 2021 summer camp. Leo, Hawks Wheelchair Softball athlete, slugs another hit during the 2021 National Wheelchair Softball Association World Series (photo credit Natalie Garten).

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The Lincolnway Team



Keith Wallace

**Executive Director
CPRP**

Email: kwallace@lwsra.org
Phone: 815-320-3510



Tamara Pareti

**Manager of Recreation
CPRP**

Email: tpareti@lwsra.org
Phone: 815-320-3503



John Hillegass

Facility Foreman

Email: jhillegass@lwsra.org
Phone: 815-320-3508



Ethan Schultz

Maintenance



Juanita Williams

Recreation Specialist
After School Care, TITANS, and Teen & Adult
MBA, MHA

Email: jwilliams@lwsra.org
Phone: 815-320-3504



Jake Williams

Recreation Specialist
ADAPTED PROGRAMS

Email: jakewilliams@lwsra.org
Phone: 815-320-3506



Emily Venezio

Program Specialist

Email: evenezio@lwsra.org



Melissa Jensen

**Superintendent of Recreation
CTRS, CPRP**

Email: mjensen@lwsra.org
Phone: 815-320-3505



Tom Krauss

**Office Manager
CPRP**

Email: tkrauss@lwsra.org
Phone: 815-320-3502



Nadine Kahl

**Marketing / Public Relations
CPRP**

Email: nkahl@lwsra.org
Phone: 815-320-3513



Angelo Garcia

Registrar

Email: agarcia@lwsra.org
Phone: 815-320-3501



Brooke Whybrew

Recreation Specialist
PRE-TEEN, SUMMER CAMP & SPECIAL EVENTS
CTRS

Email: bwhybrew@lwsra.org
Phone: 815-320-3507



Nicky Van

Program Specialist

Email: nvan@lwsra.org



Hero the Hawk

Mascot

Website: www.lwsra.org

Staff members that have met education and experience standards while demonstrating understanding of key concepts in the field have obtained professional certification including Certified Therapeutic Recreation Specialist (CTRS) from the National Council for Therapeutic Recreation Certification and Certified Park and Recreation Professional (CPRP) by the National Recreation and Park Association.

The Lincolnway Team



Helpful
Accepting
Wholehearted
Kreative
Spunky

Our team of staff exhibit the five characteristics of *Hawks Culture*.
 Take the next step...



Help us build a community without limits!

APPLY TODAY!

Kasey Abrahamsen
 Mandi Albrecht
 Sara Alexander
 Gianna Arizzi
 Nicolas Bailey
 Makayla Barefield
 Ben Beutler
 Nicholas Burke
 Jocie Buschmann
 Jennifer Casey
 Tommy Cheney
 Jake Chudzik
 Amy Crumpley

Lauren Dauber
 Devin Dennison
 Sue Dineen
 Taylor Doyon
 Allison Doyon
 David Drewes
 Naomi Faber
 Alex Fisher
 Deirdre Flanagan
 Ethan Frank
 Gabriella Frigo
 Mia Gengo
 Maggie Gonzalez



Kelsey Hanson
 Justin Hillman
 Kayla Hindahl
 Samantha Hinderman
 Emily Hunter
 Molly Kilbride
 Sharon Koczor
 Ralph Krauss
 Billy LaPonte
 Christa McDonough
 Carlin McNulty
 Sydney Meekma

Madison Mikalauski
 Hannah Newton
 Brittany Oskielunas
 Scott Pedziwiatr
 Karen Schuld
 Elaine Sendra
 Kayl Shea
 Emma So
 Kasey Stelmaszek
 Brad Szubryt
 Liz Whitcher
 Danelle Wonderlick

Adam Kracik
 Alex Parra
 Art Johnson
 Chuck TenBroeck
 Conor Kilmartin

Greg Lorenz
 Guillermo Gonzalez
 Hannah Pacheco
 Kaelyn Levenson
 Kathryn Schmidt

VOLUNTEER

*Lending a hand
 Making a difference*

Kennedy Starcevich
 Kiley Zajdzinski
 MacKenzie Udani
 Marquita Wallace
 Meagan Turner

Olivia Graham
 Peggie Straub
 Scott Lorenz
 Tom Kracik



Registration Information

Who can register?

Registration opens at 9am on Saturday, April 9th.



Who we serve

Participants in LWSRA programs range in age from two through adulthood that have needs not met by traditional park district programs. Individuals may have sensory needs, intellectual, physical or visual impairments. Individuals may reside in LWSRA member districts and beyond.



ADA

Lincolnway Special Recreation Association advocates for full participation under the Americans with Disabilities Act (ADA). Every attempt at reasonable accommodation will be made so that individuals may participate.



Inclusion

LWSRA understands not every person with a disability needs to participate in special recreation programs. If you feel that a program offered by your park district (Frankfort, Frankfort Square, Manhattan, Mokena, New Lenox, Peotone or Wilmington Island) would better meet the needs of your child, follow these steps for inclusion:

- 1) Register at your local park district for the desired program as soon as possible. Let them know you will be requesting inclusion assistance and immediately contact Melissa at LWSRA at (815) 320-3505.
- 2) Through meeting(s), observations, etc., it will be determined if inclusion in the program would be appropriate and beneficial, and if an aide is needed.
- 3) For any inclusion needs that cannot be met, the park district will issue a refund.

Please understand that we will do our very best to provide an inclusion aide. However, because of staffing restrictions, we are unable to guarantee an aide. Please register early. Last minute requests will not be granted.

What is Required?



New to LWSRA?

New participants and those who last participated prior to 2020 are asked to complete a short introduction form found online at: lwsra.org/new-participant. Our team will reach out to schedule an intake meet and greet to gain a better understanding of what services might benefit you. We'll also give a tour of the facility, discuss program options and help set-up your CommunityPass account for online registration.



CommunityPass Account (online registration site)

LWSRA uses CommunityPass to manage household contacts, participant information forms and process registration/payments. All participants should create their free CommunityPass account and the items marked below prior to registering. Learn more: lwsra.org/how-to-register



Annual Information Form

All participants must complete the information form annually through CommunityPass. This form provides staff with valuable information and allows them to conduct activities in the safest possible manner while meeting the basic needs of the participant. All information is kept confidential and enhances successful participation.

What are the fees?



Resident Fees:

Resident rates are charged to those who reside in the boundaries of Frankfort, Frankfort Square, Manhattan, Mokena, New Lenox, Peotone and Wilmington Park Districts. This is based on your household's taxing bodies.



Non-Resident Fees:

Non-residents are still welcome to register for programs and will be charged an additional amount (25% - 50% more than the resident rate) for most programs. The non-resident portion may be waived in full or part if you reside in an area covered by LWSRA's co-operative and special agreements.

Special Agreements



Village of Monee: Households that are within Village of Monee boundaries will be allowed to register at in-district rates.

Homer Township: Homer Township offers assistance to its residents with out-of-district fees. Please contact the LWSRA office to learn more.

Peotone CUSD 207U*: If a household does not pay taxes to Peotone Park District or the Village of Monee (unincorporated areas of Peotone, Monee, Green Garden Township) but pays taxes to Peotone CUSD 207U, they shall be allowed to register for LWSRA programs at the resident rate provided the participant is currently enrolled in classes at Peotone CUSD 207U.

**A household who requests to apply this agreement shall provide proof of enrollment in Peotone CUSD 207U prior to each school year and taxing body verification (via copy of their property tax bill or through the Will County Supervisor of Assessments website). The household shall notify LWSRA at any point the participant is no longer enrolled in Peotone CUSD 207U and be charged the non-resident rate for future registration.*

Co-operative Agreements

Program registration ends one (1) week prior to start date.



South Suburban Special Recreation Association (SSSRA) and Southwest Special Recreation Association (SWSRA) Agreement

A co-operative agreement with 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.
- 2) Day camps, vacation trips, away camps and weekend (overnight) trips are excluded but individuals may still register at non-resident rates.
- 3) Early bird or other discounts do not apply under this agreement. Registration priority may be given to the home association's residents first.
- 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.

SSSRA residents are tax-payers of the Country Club Hills, Hazel Crest, Homewood-Flossmoor, Lan-Oak, Oak Forest, Olympia Fields or Tinley Park Park Districts or the Matteson, Park Forest or Richton Park Recreation Departments.

SWSRA residents are tax-payers of the Alsip, Blue Island, Hickory Hills, Midlothian, Posen and Worth Park Districts or Village of Merrionette Park and Palos Heights Parks & Recreation Department.

Payments, Refunds & Financial Assistance



Payment Policy for Registration Fees

Fees may be paid in full at time of registration for LWSRA programs, events and tournaments. **If full payment is not possible then a deposit of at least 25% must be made at time of registration and a payment schedule will be generated at LWSRA's discretion.** Payments must be made by the designated date each month. If a payment is not made on time, a late fee of \$20.00 will be assessed and the account considered delinquent. New registrations will not be accepted until ALL HOUSEHOLD outstanding bills are paid. LWSRA reserves the right to deny participation to any individual who becomes delinquent until paid in full. For NSF checks, a \$20.00 fee will be charged. For NSF E-Checks, a \$35 fee will be charged.



Refund Policy

A \$10.00 service charge will be assessed on all refunds unless due to cancellation by LWSRA due to low enrollment. No refunds will be issued if a participant cancels out of a program and LWSRA has incurred costs due to purchase of tickets, rentals, deposits, staffing, etc. Accounts with an existing balance will have the refund automatically applied to their existing balance. Refunds will not be given due to weather related cancellations.

Refunds after a program begins will be allowed for the following situations only (All refunds will be pro-rated based on dates of cancellation):

- 1) Cancellation of a program or event by LWSRA due to low enrollment;
- 2) Medical reasons upon presentation of a doctor's request;
- 3) The participant moves from the area.

Refunds will be issued to the credit card used at time of payment when possible. Amounts unable to be refunded back to a credit card may be refunded via check. Refunds may also be issued as Household Credits (see below). Refunds issued as "Hawks Bucks" are unable to be refunded via check. Existing Hawks Bucks or Household Credit amounts are available to use in CommunityPass automatically.

If you have an existing balance, any refunds will be automatically applied to the existing balance. To request, visit: lwsra.org/refund-request-form



Household Credits

Refunds will be given via credit card when possible. Household credits are available in your CommunityPass account automatically to be used towards registration fees. Household credits are also refundable via check. To request, visit: lwsra.org/refund-request-form



Financial Assistance Program

LWSRA's financial assistance program is eligible to residents only and funded solely by donations. Therefore, availability of financial assistance may vary. Funds are intended for those who qualify due to financial hardship situations. An individual may qualify for assistance on two (2) programs per brochure season and up to 50% of the program's fee (maximum of \$400 per calendar year.) The remaining balance will follow the payment policy above. To request financial assistance, please complete the required forms at: lwsra.org/financial-assistance



Hawks Bucks

Hawks Bucks allow both residents and non-residents to hold money in a designated fund to assist with payment of future program fees. Hawks Bucks are available and make a great gift idea for family and friends to purchase. Any Hawks Bucks purchased will be added to the participant's CommunityPass account and applied towards an existing balance or their programs fees the next time they register.

Program Information

Attendance Guidelines



Signs or Symptoms of Illness

In consideration of others and to prevent the spread of contagious illnesses, LWSRA requests participants refrain from attending when:

- Exhibiting symptoms of COVID-19
- Experiencing a fever of 100 degrees or higher
- Vomiting or diarrhea within the last 24 hours
- Persistent cough and/or cold symptoms
- "Pink eye" (conjunctivitis) or discharge from the eye
- Symptoms of mumps, measles, chicken pox, strep throat, flu, impetigo, coxsackievirus or coronavirus.
- Runny nose with yellow or green discharge
- Lice or mites

Notify LWSRA of any contagious disease affecting attendance. Participants may return at doctor's recommendation or when symptoms have passed.



Coronavirus

LWSRA is continually monitoring state and local guidelines regarding the Coronavirus. All program attendees must adhere to LWSRA's current guidelines found at: [lwsra.org/covid-19](https://www.lwsra.org/covid-19) PLEASE NOTE: LWSRA staff has the right to deny participation to any individual exhibiting symptoms of a contagious illness.



To cancel your attendance for a program

*Contact the attendance hotline at 815-320-3515 or email attendance@lwsra.org, prior to the program date. Include participant name, program & date(s) they will miss. *If the office is notified in advance, a household credit may be issued for missed dates if a doctor's note is provided. Costs already incurred by LWSRA cannot be refunded as part of the household credit (ex: admission fee, program specific supplies, etc.)*



Independence requirements

LWSRA has certain self-care requirements depending on the program and age group. These requirements are listed on each program area's introduction page. General guidelines are as follows: Assistance with feeding will be provided for all ages and assistance in changing or toileting will be provided to individuals age 14 and under provided it can be done safely. Specific staff to participant ratios will apply depending on the program.

Medical Requirements



Medication Dispensing

If you are requesting that medication be dispensed to your participant during an LWSRA program, these procedures must be followed:

1. Each form of medication must be in the original container or in a clearly marked envelope provided by LWSRA.
 - A. The envelopes can be picked up at time of registration or anytime up to one week before the program begins.*
 - B. For weekend, multi-day events and tournaments, medications must be brought to the LWSRA office, no later than one day prior to starting.
2. Container must include doctor's name, patient's name, pharmacy, medication, dosage, date & on envelope, initials of parent, guardian or care giver.
3. No more than the proper dosage should be in each container/envelope for the length of time medication will be given.
 - A. If medication is given more than once per day additional envelopes (unless using the original container) are needed for each subsequent dose.
 - B. Other forms of medication (liquids, creams, etc.) must be in the original container and include doctor's name, patient name, pharmacy, medication, strength, dosage and date.
4. The Permission to Dispense Medication section of the Annual Information Form must be completed and signed prior to the distribution of any medication. If any medication information changes, you must notify LWSRA and update the form saved in your account.
5. The Compassionate Use of Medical Cannabis Program Act (410 ILCS 130) allows for parent, guardian, or other designated caregiver to administer a medical cannabis infused product to a participant with disabilities if both the program participant and the parent, guardian, or other designated caregiver are cardholders under the Act.



Application for Participation in Special Olympics Illinois

In order to compete in Special Olympics Illinois competition, participants must complete all required forms and have them approved and on-file with Special Olympics Illinois. To check the status of your forms, visit [soill.org/athlete-coach-lookup](https://www.soill.org/athlete-coach-lookup). The following forms are currently required:

1. **Athlete Consent Form** - Valid for the lifetime of an athlete, barring change in guardianship.
2. **Athlete Medical Form** - The Medical Form is valid for 3 years from the date of examination regardless of parent/guardian/entrant signature date.
3. **COVID-19 Code of Conduct Form** - Only needs to be submitted once unless guardianship changes or an updated form is released.

Forms are available online at: www.soill.org/athlete-forms



Atlantoaxial Instability Release

Individuals with Down syndrome are at risk of having a condition known as Atlantoaxial Instability (AAI). This condition allows for increased laxity of ligaments involving the top bones of the neck. This results in the abnormally increased movement between the first and second vertebrae and may lead to pressure on the spinal cord which can lead to injury. Certain programs require this release.

Behavior Expectations



Behavior Expectations

LWSRA encourages and promotes the concept of fun for everyone. However, participants are expected to exhibit appropriate behavior at all times. The LWSRA basic behavior code insists that participants shall:

1. Show respect to each other and staff and take direction from staff.
2. Refrain from using abusive or foul language.
3. Refrain from causing bodily harm to self or others.
4. Treat equipment and facilities with care and careful consideration.

Additional rules may be developed for specific programs as deemed necessary. LWSRA applies a caring, positive approach to discipline. Staff are willing to work with parents to develop behavior modification programs if necessary. LWSRA reserves the right to dismiss a participant whose behavior continues to be inappropriate or whose behavior endangers the safety of themselves or others.

Weather Policies



Cancellation Due to Weather

Cancellation of a program, event or transportation is possible due to adverse weather conditions, especially if it is an outdoor activity or the roads are considered unsafe for driving. The program may or may not be rescheduled. The following guidelines will be used to determine cancellations (Special Olympics programs will follow Special Olympics Illinois weather guidelines):



Severe Cold Weather Conditions:

- * Outdoor programs: A temperature of 10 degrees or lower or wind chill of 0 degrees or less.
- * A temperature of -5 degrees or wind chill of -15 degrees or less.
- * All programs: Snowstorm or blizzard warnings or conditions, when driving restrictions and emergency accident plans are in effect.
- * Programs with transportation: In some situations a program will still be offered without transportation.



Severe Warm Weather Conditions:

- * Outdoor programs: Lightning conditions and 30 minutes after lightning has ceased.
- * Outdoor programs/indoor sites without air conditioning: Temperature of 95 degrees or higher or a heat index of 105 degrees or higher.
- * Programs with transportation: Heat index of 115 degrees or higher.
- * All programs: Weather situations when a Tornado Warning is in effect.

LWSRA uses discretion when determining cancellations due to weather conditions Refunds will not be issued for weather related cancellations.

Miscellaneous



Personal Items

LWSRA is not responsible for lost, damaged or stolen items at LWSRA programs. Lost & found located at the LWSRC will hold items for three weeks.



Mandated Reporter

All LWSRA staff are mandated by the State of Illinois to make a report to DCFS hotline if they observe a situation that provides reasonable cause to suspect child abuse or neglect. Workers in certain professions, including recreational program personnel, have this legal mandate. Our staff is trained on signs and symptoms of abuse and neglect and procedures for making a report.



Transportation of Children

State law does not require the use of car seats in LWSRA buses, as they weigh more than 9,000 pounds. However, as a best practice, the association uses car seats whenever possible for children under the age of 8.



Brochure Accuracy

Every effort has been made to assure the accuracy of information contained within this brochure. However, errors can occur and circumstances may require adjustments to fees, schedules, locations, or other aspects. Changes to schedules may occur frequently due to the ongoing pandemic.

LWSRA reserves the right to make such adjustments and apologizes for any inconvenience these errors or adjustments may cause. Please stay connected by keeping accurate contact information listed for your household in CommunityPass.

Play Pals

Friends Fitness Fun!

SUMMER 2022 DATES

MAY 21ST
JUNE 18TH
JULY 16TH
AUGUST 20TH

9:15AM-10:15AM

\$5 PER FAMILY

*FIRST TIME ATTENDEES ARE FREE

AGES 2-5

Geared towards children age 2-5 with disabilities or sensory needs and their caregivers.

Socialize and play with us!
staff supervision not provided

LOCATION

LEIGH CREEK SOUTH PARK
1900 HEATHER GLEN DR.
NEW LENOX, IL

Program will move indoors if inclement weather.



WEAR SUNSCREEN

FIRST TIME ATTENDEES SCAN OR CLICK TO RSVP



RETURNING PARTICIPANTS, PLEASE REGISTER IN COMMUNITYPASS

For more information, contact:
Nadine Kahl
nkahl@lwsra.org | 815.320.3513



Lincolnway
SPECIAL RECREATION
ASSOCIATION



Hawklings

AGES 3-7

Youth programs target children between the ages of 3-7 years old. Parents can feel at ease dropping off their child in a safe and nourishing environment. Programs are structured and incorporate sensory breaks. Staff build rapport based on participant interest and use visuals to assist with communication. Program goals promote socializing, creating friendships, gaining comfort in new spaces, building independency, improving fine and gross motor skills, but most importantly, having fun!

THINGS TO REMEMBER:



- ◆ 1:1 aides can be given depending on the needs of the participant and program.
- ◆ Feeding assistance and changing/toileting assistance available when enough staff to accommodate.
- ◆ Please label personal items.

Weekly Program Highlights:

- Mini Chefs
- Tiny Tumblers
- Zumba for Kids
- Swim Lessons

Summer Camp Highlights:

- Monday-Thursday half-day camps
- Morning & afternoon options
- Register for both to make it a full day
- Friday full-day field trips
- Last Day of Camp Celebration (families welcome - see page 42)

UNDERSTANDING THE PROGRAM LISTING

Program Name



Program icons offer important reminders about each program (see guide below)

The program description section will give you info on what is happening during the program. It will also provide any reminders and dates the program will not meet.

Location: This is the drop-off/pick-up location

Ages 3-7	Min/Max: 5/10	Minimum & maximum registrants per session	
Winter-22	Sa 1/8	1:15-6:30p	\$20/\$25

Session name	Day(s)	Date(s)	Drop-off/pick-up times	Resident Fee/ Non-resident Fee
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Program involves a meal.



Please bring extra money to program. Suggested amounts will be noted on some icons.



Program does NOT meet at LWSRC. Please meet at the location noted.



Virtual program option.

Hawklings (ages 3-7)

Mini Chefs



We love to eat, eat, eat... apples and bananas! Trying new foods is not always easy but having fun in the HAWKS kitchen with friends is! Participants will take small but manageable steps outside of their sensory comfort zone to follow directions and make new meals and snacks. **No program 5/30.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 3-7 **Min/Max: 4/10**

Spring 22	Mo	5/16-6/13	4:45-5:30p	\$85/\$110
Summer 22	Mo	7/11-8/1	4:45-5:30p	\$85/\$110

Tiny Tumblers



Jump, tuck, and roll at UGA! Burn off excess energy by safely learning basic gymnastic skills. LWSRA aides will support participants through the lesson led by a certified UGA gymnastics instructor. Wear comfortable clothing and gym shoes.

Location: United Gymnastics Academy, 722 Center Rd, Frankfort

Ages 3-7 **Min/Max: 5/10**

Spring 22	We	5/18-6/8	6-6:45p	\$75/\$95
Summer 22	We	7/13-8/3	6-6:45p	\$75/\$95

Zumba for Kids

Get your dance on in this moving and grooving program! Stay active with our high energy Zumba instructor Tina. Wear comfortable clothing and gym shoes.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 3-7 **Min/Max: 10/15**

Spring 22	Th	5/19-6/30	5-5:30p	\$65/\$85
Summer 22	Th	7/14-8/25	5-5:30p	\$65/\$85

Swim Lessons



Embrace your inner fish at The Swim Advantage! Increase water comfort and safety by exploring different water activities such as blowing bubbles, floating, and kicking. LWSRA provides 1:1 support staff in the pool to progress participants through an individualized swimming plan with a lead certified swim instructor. Wear a swimsuit and bring a towel.

Location: The Swim Advantage, 16336 104th Ave, Orland Park

Ages 3-7 **Min/Max: 4/6**

Spring 22-2	Sa	5/21-7/2	1:30-2p	\$175/\$220
Spring 22-3	Sa	5/21-7/2	2-2:30p	\$175/\$220
Spring 22-4	Sa	5/21-7/2	2:30-3p	\$175/\$220
Summer 22-2	Sa	7/16-8/27	1:30-2p	\$175/\$220
Summer 22-3	Sa	7/16-8/27	2-2:30p	\$175/\$220
Summer 22-4	Sa	7/16-8/27	2:30-3p	\$175/\$220





SUMMER CAMP AGE 3-7

LINCOLNWAY SPECIAL RECREATION CENTER
1900 HEATHER GLEN DR
NEW LENOX, IL 60451

CAMP DAYS - MONDAY THRU THURSDAY

TIME TO HAVE SOME FUN IN THE SUN! SUMMER CAMP IS A GREAT WAY TO KEEP PARTICIPANTS ENGAGED IN A VARIETY OF STRUCTURED ACTIVITIES SUCH AS BAKING, CRAFTS, SPORTS, SOCIAL GAMES, SMALL COMMUNITY OUTINGS, AND MORE. THESE CAMPS ARE SPECIFICALLY DESIGNED FOR EACH AGE GROUP AND FOCUS ON FACILITATING APPROPRIATE FRIENDSHIPS, TRYING NEW ACTIVITIES, AND ULTIMATELY HAVING FUN!

Campers receive a t-shirt. Bring sack lunch, sunscreen, water bottle, and athletic shoes daily.

FRIDAY FUNDAYS

DISCOVER GREAT COMMUNITY OUTINGS BY BOARDING THE BUSES WITH LWSRA! EACH WEEK, WE WILL EMBARK ON A NEW ADVENTURE LIKE THE ZOO, WATERPARK, INDOOR PLAY ARENAS, BERRY PICKING, AND SO MUCH MORE! FRIDAY FUN DAYS IS AN EXTENSION OF SUMMER CAMP AND A GREAT WAY FOR DAILY ESY ATTENDEES TO STILL PARTICIPATE IN CAMP!

Campers receive a t-shirt. Bring sack lunch, sunscreen, water bottle, and athletic shoes daily.

LAST DAY OF CAMP FAMILY CELEBRATION-SEE PAGE 42!



AGE 3-7 SUMMER CAMP SCHEDULE

Looking for full day camp? Sign-up for both options!

Week	Dates	Option 1 Time	Option 1 Res./Non-Res.	Option 2 Time	Option 2 Res./Non-Res.	
1	Monday-Thursday Camp	6/6-6/9	9a-12p	\$100/\$125	12p-3p	\$100/\$125
	Friday Funday	6/10	9a-3p	\$65/\$85	n/a	
2	Monday-Thursday Camp	6/13-6/16	9a-12p	\$100/\$125	12p-3p	\$100/\$125
	Friday Funday	6/17	9a-3p	\$65/\$85	n/a	
3	Monday-Thursday Camp	6/20-6/23	9a-12p	\$100/\$125	12p-3p	\$100/\$125
	Friday Funday	6/24	9a-3p	\$65/\$85	n/a	
4	Monday-Thursday Camp	6/27-6/30	9a-12p	\$100/\$125	12p-3p	\$100/\$125
	Friday Funday	7/1	9a-3p	\$65/\$85	n/a	
5	Tuesday-Thursday Camp	7/5-7/7	9a-12p	\$75/\$95	12p-3p	\$75/\$95
	Friday Funday	7/8	9a-3p	\$65/\$85	n/a	
6	Monday-Thursday Camp	7/11-7/14	9a-12p	\$100/\$125	12p-3p	\$100/\$125
	Friday Funday	7/15	9a-3p	\$65/\$85	n/a	
7	Monday-Thursday Camp	7/18-7/21	9a-12p	\$100/\$125	12p-3p	\$100/\$125
	Friday Funday	7/22	9a-3p	\$65/\$85	n/a	
8	Monday-Thursday Camp	7/25-7/28	9a-12p	\$100/\$125	12p-3p	\$100/\$125
LAST DAY OF SUMMER CAMP!		7/29	9a-3p	Family Event	Participants	\$55/\$70
					Family Members	\$5/per person

**Please register participant and all family members.*



The Nest sensory room



The Nest features interactive equipment that pleases the senses in a variety of unique and soothing ways.

The Nest primarily benefits individuals of any age with:

- Autism spectrum disorders
- ADHD
- Sensory processing disorders
- Dementia

Benefits of visiting The Nest include:

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

Rates & Availability

\$30 per half hour. Parent must stay in The Nest with their child*. **Please contact Melissa Jensen at mjensen@lwsra.org to schedule a tour or your individual time slot.**

**Staff may be available if mask can be worn for the duration.*

Amenities

The Nest specially-designed equipment appeals to the auditory, tactile, olfactory, and visual senses.

- Bubble tubes provide multi-sensory feedback and stimulate the visual system. Individuals can control color changes and color change speed with the push of a button.
- Vibroacoustic Learning Chair offers beanbag styling with mold-to-the body comfort. Music is played through the chair so that the individual is surrounded by the music and can also feel its gentle vibrations.
- Essential aromatherapy oils can be diffused into the room, dispersing a calming and pleasant scent.
- Projector is able to project static and rotating images simultaneously or individually.
- Tear Drop Swing provides a safe and snug environment with a gentle swinging cocoon sensation.
- Sensory toys are also available for individuals to move around the room as they please. Examples include the aromatic stuffed animals, weighted blankets, and more!



Pre-teen

AGES 8-14

Pre-teen programs are intended for children between the ages of 8-14 years old. Age-appropriate programs maintain structure and allow for sensory breaks as needed. Staff build rapport based on participant interest and use visuals to assist with communication. Program goals promote socializing, creating friendships, building independency, developing skills, and trying new experiences, but most importantly, having fun!

THINGS TO REMEMBER:



- ◆ Programs plan for small staff to participant ratios.
- ◆ Feeding assistance and changing/toileting assistance available when enough staff to accommodate.
- ◆ Please label personal items.
- ◆ Select programs are designed for only teens and have an age range of 12-22 years old.

Weekly Program Highlights:

- Bowling
- Zumba
- Swim Lessons
- Junior Hawks Kitchen
- Mad Scientist

One Time Special Events:

- Karaoke Night
- Funday on a Monday

Summer Camp Highlights:

- Monday-Thursday camps
- Full day & afternoon only option
- Friday full-day field trips
- Last Day of Camp Celebration (families welcome - see page 42)

UNDERSTANDING THE PROGRAM LISTING

Program Name



Program icons offer important reminders about each program (see guide below)

The program description section will give you info on what is happening during the program. It will also provide any reminders and dates the program will not meet.

Location: This is the drop-off/pick-up location

Ages 8-14

Min/Max: 5/10

Minimum & maximum registrants per session

Winter-22

Sa

1/8

1:15-6:30p

\$20/\$25

Session name

Day(s)
program meets

Date(s)

Drop-off/pick-up times

Resident Fee/
Non-resident Fee



Program involves a meal.



Please bring extra money to program. Suggested amounts will be noted on some icons.



Program does NOT meet at LWSRC. Please meet at the location noted.



Virtual program option.

Bowling



Have a “striking” time with your peers in our bowling program! Bowlers will be grouped according to age and ability. This program includes up to 2 games in 1.5 hours. Ramps and bumpers are available.

No bowling 5/30 and 7/4.

Monday Location: Thunder Bowl, 18700 Old La Grange Rd, Mokena

Ages 8-14 **Min/Max: 8/24**

Thunder Bowl Mo 5/16-8/15 4:30-6p **\$145/\$185**

**Registration found in Teen & Adult Weekly Programs on CommunityPass.*

SPONSORED BY



Powered by Menasha Corporation

Spring/Summer bowling registrants will receive a donation to their Hawks Bucks account at the end of the session, courtesy of Menasha Corporation.

Zumba

Get moving! Join us for some fun and exercise in our Zumba program.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 8-14 **Min/Max: 7/15**

Spring 22 Th 5/19-6/30 5:30-6:15p **\$105/\$135**

Summer 22 Th 7/14-8/25 5:30-6:15p **\$105/\$135**

Swim Lessons



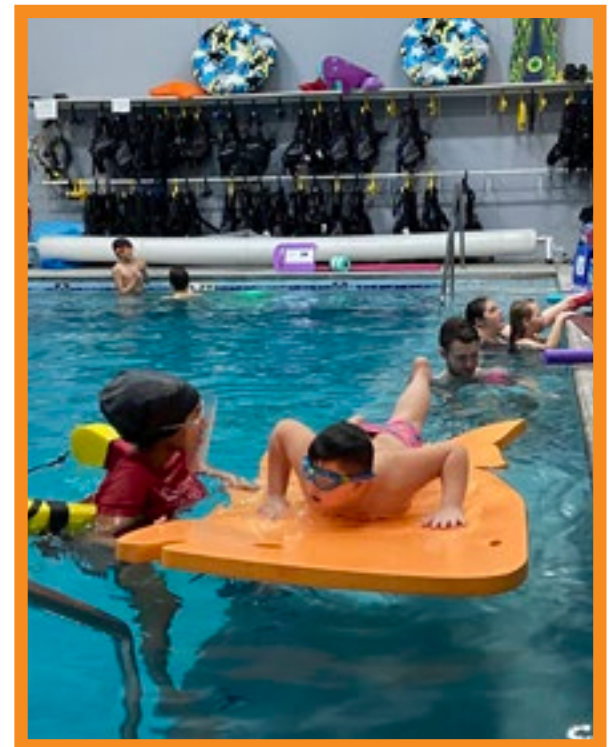
Experience The Swim Advantage difference! Highly skilled and enthusiastic instructors do more than just teach swimming. Their mission is to spread water safety awareness, instill a love and respect for the water, and create skilled and confident swimmers. If the program is full, please add to the waitlist. Additional time slots may be added depending on interest. Instructors are trained for 20 hours and hold their CPR/AED certification. LWSRA provides 1:1 support staff in the pool.

Location: The Swim Advantage, 16336 104th Ave, Orland Park

Ages 8-14 **Min/Max: 4/6**

Spring 22-1 Sa 5/21-7/2 1-1:30p **\$175/\$220**

Summer 22-1 Sa 7/16-8/27 1-1:30p **\$175/\$220**



Junior Hawks Kitchen



Does your child love to help in the kitchen? This class offers a structured environment with opportunities to socialize with peers and make delicious meals!

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 8-14 **Min/Max: 7/15**

Summer 22 Th 6/9-6/30 6:15-7:15p **\$85/\$110**

Hawks Kitchen



Karaoke Night



From Frozen and High School Musical to ACDC and NSYNC, sing to your favorite karaoke classics with your LWSRA friends. Dinner included.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 13+ Min/Max: 8/30

Summer 22 Sa 6/11 5:30-7p \$30/\$40

*Registration found in Teen & Adult Special Events on CommunityPass.

Mad Scientist

Discover the wonderful world of science! Each week we will conduct crazy fun science experiments! Dress in old clothes, this might get messy!

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 8-22 Min/Max: 5/15

Summer 22 We 7/13-7/27 4-5p \$45/\$60

Funday on a Monday

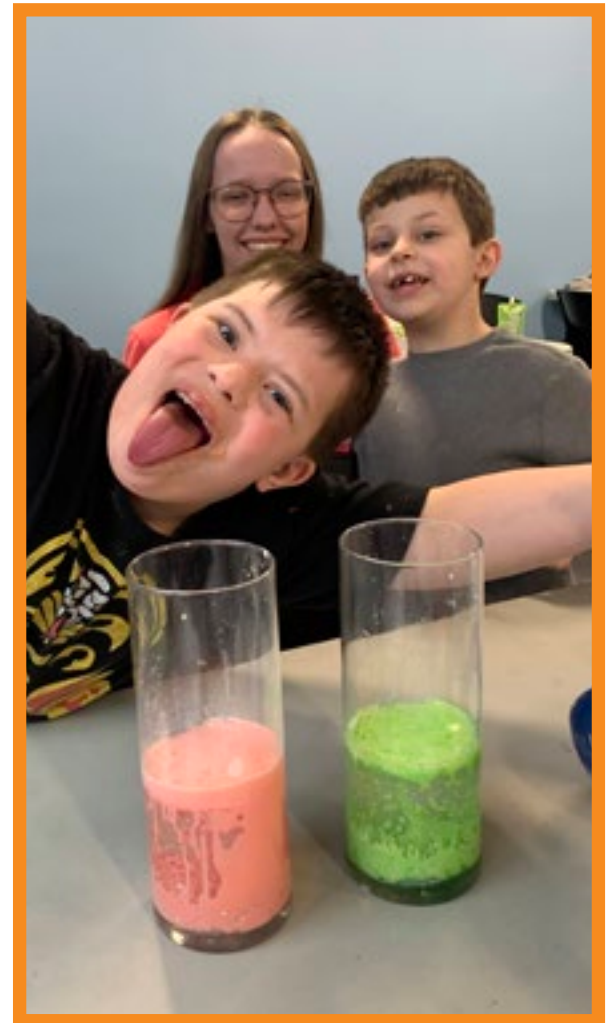
Why let the summer fun end?! Explore the largest science center in the western hemisphere at the Museum of Science and Industry and discover 450 species of animals at the Brookfield Zoo! Please pack a sack lunch and water.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 8-14 Min/Max: 8/18

Museum Sum 22 Mo 8/1 9a-3p \$75/\$95

Zoo Sum 22 Mo 8/8 9a-3p \$75/\$95





SUMMER CAMP AGE 8-14

LINCOLNWAY SPECIAL RECREATION CENTER
1900 HEATHER GLEN DR
NEW LENOX, IL 60451

CAMP DAYS - MONDAY THRU THURSDAY

TIME TO HAVE SOME FUN IN THE SUN! SUMMER CAMP IS A GREAT WAY TO KEEP PARTICIPANTS ENGAGED IN A VARIETY OF STRUCTURED ACTIVITIES SUCH AS BAKING, CRAFTS, SPORTS, SOCIAL GAMES, SMALL COMMUNITY OUTINGS, AND MORE. THESE CAMPS ARE SPECIFICALLY DESIGNED FOR EACH AGE GROUP AND FOCUS ON FACILITATING APPROPRIATE FRIENDSHIPS, TRYING NEW ACTIVITIES, AND ULTIMATELY HAVING FUN!

Campers receive a t-shirt. Bring sack lunch, sunscreen, water bottle, and athletic shoes daily.

FRIDAY FUNDAYS

DISCOVER GREAT COMMUNITY OUTINGS BY BOARDING THE BUSES WITH LWSRA! EACH WEEK, WE WILL EMBARK ON A NEW ADVENTURE LIKE THE ZOO, WATERPARK, INDOOR PLAY ARENAS, BERRY PICKING, AND SO MUCH MORE! FRIDAY FUN DAYS IS AN EXTENSION OF SUMMER CAMP AND A GREAT WAY FOR DAILY ESY ATTENDEES TO STILL PARTICIPATE IN CAMP!

Campers receive a t-shirt. Bring sack lunch, sunscreen, water bottle, and athletic shoes daily.

LAST DAY OF CAMP FAMILY CELEBRATION-SEE PAGE 42!

AGE 8-14 SUMMER CAMP SCHEDULE

Week	Dates	Full-Day Time	Full-Day Res./Non-Res.	Half-Day Time	Half-Day Res./Non-Res.	
1	Monday-Thursday Camp	6/6-6/9	9a-3p	\$190/\$240	12p-3p	\$100/\$125
	Friday Funday	6/10	9a-3p	\$65/\$85	n/a	
2	Monday-Thursday Camp	6/13-6/16	9a-3p	\$190/\$240	12p-3p	\$100/\$125
	Friday Funday	6/17	9a-3p	\$65/\$85	n/a	
3	Monday-Thursday Camp	6/20-6/23	9a-3p	\$190/\$240	12p-3p	\$100/\$125
	Friday Funday	6/24	9a-3p	\$65/\$85	n/a	
4	Monday-Thursday Camp	6/27-6/30	9a-3p	\$190/\$240	12p-3p	\$100/\$125
	Friday Funday	7/1	9a-3p	\$65/\$85	n/a	
5	Tuesday-Thursday Camp	7/5-7/7	9a-3p	\$145/\$185	12p-3p	\$75/\$95
	Friday Funday	7/8	9a-3p	\$65/\$85	n/a	
6	Monday-Thursday Camp	7/11-7/14	9a-3p	\$190/\$240	12p-3p	\$100/\$125
	Friday Funday	7/15	9a-3p	\$65/\$85	n/a	
7	Monday-Thursday Camp	7/18-7/21	9a-3p	\$190/\$240	12p-3p	\$100/\$125
	Friday Funday	7/22	9a-3p	\$65/\$85	n/a	
8	Monday-Thursday Camp	7/25-7/28	9a-3p	\$190/\$240	12p-3p	\$100/\$125
LAST DAY OF SUMMER CAMP!		7/29	9a-3p	Family Event	Participants	\$55/\$70
					Family Members	\$5/per person

**Please register participant and all family members.*

MUSIC LESSONS

All Ages \$25 per 30 minute lesson

Does your child have a natural attraction to sounds, music, or dance? Piano or ukulele lessons are a great way to connect with our inner musician! Lessons are tailored for each student and accommodations are made accordingly. Participants may learn how to read traditional music or take advantage of our adapted curriculum.

PIANO



UKULELE



Interested in learning more?

Visit lwsra.org/lessons to complete the interest form. A staff member will contact you with additional information and to schedule your lesson.



THE
LEGACY RANCH

2705 S FARRELL RD
LOCKPORT, IL 60441

Note: This is not an LWSRA program.

HORSEBACK RIDING

The Legacy Ranch offers a therapeutic riding program that is customized to meet the needs of each individual rider. Riding lessons will incorporate different teaching techniques that are suitable for the participant. This may include grooming and taking care of the horse, and riding. 30 minutes lesson slots are available. For more information call (630) 601-8920 or email info@thelegacyranch.org.



Parade Flight Crew

SPONSORED BY



Community Events like parades are so much fun to watch but even more fun to take part in! Join us as we show our support and represent LWSRA!

NEW LENOX LOYALTY DAY PARADE

Free

Sunday, May 1, 2022

Show your pride at New Lenox's annual parade! Parades are family events. Parents and siblings are welcome to join in but please register all attendees in the program. **Staff supervision is not provided for participants. Pizza provided after parade.**

Meeting location and time will be emailed to registered participants once determined.

MOKENA FOURTH OF JULY PARADE

Free

Monday, July 4, 2022

Wear your red, white and blue! Parades are family events. Parents and siblings are welcome to join in but please register all attendees in the program.

Staff supervision is not provided for participants. Pizza provided after parade.

Meeting location and time will be emailed to registered participants once determined.

FRANKFORT FALL FEST PARADE

Free

Sunday, September 4, 2022

Represent LWSRA in Frankfort's Fall Fest parade! Parades are family events. Parents and siblings are welcome to join in but please register all attendees in the program.

Staff supervision is not provided for participants. Pizza provided after parade.

Meeting location and time will be emailed to registered participants once determined.

Teen & Adult weekly programs

AGES 15+

Teen and Adult weekly programs are intended for individuals above the age of 15 years old. A wide variety of weekly program offerings are available to suit participant interests. Creative arts programs encourage self-expression and teaching new art through step-by-step instruction. Fitness and athletic programs keep participants active and enhance individual skills or team sport participation. Looking for more weekend activities? Check out our "*Teen & Adult Special Events*" section!

THINGS TO REMEMBER:



- ◆ Individuals must be able to function at a 1:4 staff to participant ratio.
- ◆ Feeding assistance available when enough staff to accommodate. Must be independent in bathroom/toileting.
- ◆ Select programs are designed for only teens and have an age range of 12-22 years old.
- ◆ Virtual programs may require supply pick-up prior to the program (iPads are available upon request).

Athletic Programs:

- Detailed schedules will be sent prior to start of program.
- Gold medal winners at a regional competition will advance to state competition. *Additional fees may apply.*
- Special Olympics paperwork required for some athletics programs.

Weekly Program Highlights:

- Golf Greats
- Bowling
- Bocce
- Zumba
- Tennis
- Basketball Summer League
- Hawks Kitchen
- Mad Scientist
- Volleyball
- Weekend Walkers
- Art Starts in the Park

UNDERSTANDING THE PROGRAM LISTING

Program Name



Program icons offer important reminders about each program (see guide below)

The program description section will give you info on what is happening during the program. It will also provide any reminders and dates the program will not meet.

Location: This is the drop-off/pick-up location

Ages 15+

Min/Max: 5/10

Minimum & maximum registrants per session

Winter-22

Sa 1/8

1:15-6:30p

\$20/\$25

Session name

Day(s)
Date(s)
program meets

Drop-off/pick-up times

Resident Fee/
Non-resident Fee



Program involves a meal.



Please bring extra money to program. Suggested amounts will be noted on some icons.



Program does NOT meet at LWSRC. Please meet at the location noted.



Virtual program option.

Teen & Adult Weekly Programs

Golf Greats



Sharpen your golf skills with us. Challenge yourself, socialize, and build character through our program. All skill levels are welcome.

No program 5/29, 6/19 and 7/3.

Location: Sanctuary Golf Course, 485 Marley Rd, New Lenox (5-6:30p)
White Mountain, 9901 179th St, Tinley Park (5-7:30p)

Ages 15+ Min/Max: 8/15
Spr-Sum 22 Su 5/15-8/7 5-6:30p \$170/\$215



Bowling



Have a "striking" time with your peers in our bowling program! Bowlers will be grouped according to age and ability. This program includes up to 2 games in 1.5 hours. Ramps and bumpers are available.

No bowling 5/30, 6/1, 7/4 and 7/6.

Location: Mondays - Thunder Bowl, 18700 Old La Grange Rd, Mokena
Wednesdays - Laraway Lanes, 1009 W. Laraway Rd, New Lenox

Ages 15+ Min/Max: 8/24
Thunder Bowl Mo 5/16-8/15 4:30-6p \$145/\$185
Laraway Lanes We 5/18-8/17 4-5:30p \$145/\$185

*Registration found in Teen & Adult Weekly Programs on CommunityPass.

SPONSORED BY



Powered by Menasha Corporation

Spring/Summer bowling registrants will receive a donation to their Hawks Bucks account at the end of the session, courtesy of Menasha Corporation.

Bocce

The game of bocce combines the skill of bowling and the accuracy of darts. Bocce includes teamwork, socialization, and physical development. **No program 5/30, 8/29 and 9/5.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15+ Min/Max: 8/20
Spring 22 Mo 5/16-6/13 5-6p \$40/\$55
Summer-Fall 22 Mo 8/15-10/10 5-6p \$115/\$145

Zumba

Get moving! Join us for some fun and exercise at our Zumba program.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15+ Min/Max: 7/15
Spring 22 Th 5/19-6/30 6:30-7:30p \$105/\$135
Summer 22 Th 7/14-8/25 6:30-7:30p \$105/\$135



Tennis



Develop your tennis skills by working with Cindy from Lincolnway Area Community Tennis Association. Tennis promotes teamwork, improves social skills, and respect for other competitors.

Location: Mokena Main Park, 10925 W La Porte Rd, Mokena

Ages 15+	Min/Max: 8/15			
Spring 22	We	5/25-6/29	6:30-7:30p	\$125/\$160
Summer 22	We	7/13-8/17	6:30-7:30p	\$95/\$120

Basketball Summer League

Meet us for Saturdays in the summer to build endurance and practice the fundamentals of basketball. Teams will be formed to participate in a 45 minute scrimmage. A schedule will be sent prior to the start of the program.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15+	Min/Max: 10/30			
Spr-Sum-22	Sa	5/28, 6/25, 7/30, 8/27	1-4p	\$50/\$75

*Additional state tournament fee will be assessed if you qualify for state competition.



Hawks Kitchen

Tickle your palate with a culinary delight! Each week we will explore the world of cooking. Participants will learn hands-on how to create, present and enjoy a variety of dishes.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15+	Min/Max: 8/13			
Spr-Sum 22	We	6/8-6/29	6-7:30p	\$100/\$125

Mad Scientist

Discover the wonderful world of science! Each week we will conduct crazy fun science experiments! Dress in old clothes, this might get messy!

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 8-22	Min/Max: 5/15			
Summer 22	We	7/13-7/27	4-5p	\$40/\$60

Hawks Kitchen



Teen & Adult Weekly Programs

Volleyball

Players will learn some new skills and get the opportunity to compete against other teams. Traditional volleyball is a great fit for those newer to the game and looking for some friendly competition. Unified volleyball is great for more advanced skills and the opportunity to play against staff & peers.

No program 8/30.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 13+	Min/Max: 10/15			
Traditional	Th	7/14-7/28	6:30-7:30p	\$170/\$215
	Tu	8/2-10/18	6:30-8p	
Unified	Th	7/14-7/28	6:30-7:30p	\$170/\$ 215
	Tu	8/2-10/18	6:30-8p	



Weekend Walkers

Enjoy the beauty of nature as we walk our local trails! Please bring water and wear comfortable shoes. We will contact the participants by Thursday with the exact location of the trail and details of where to meet as a group. Program will be held outdoors and may be canceled due to inclement weather.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15+	Min/Max: 7/15			
Summer 22	Sa	7/16 & 7/30	9:30-10:30a	\$30/\$40



Art Starts in the Park

Participants will enjoy a relaxing evening outdoors while painting with friends. Painting lessons include how to paint with watercolor, acrylic, chalk and tempera paint.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15+	Min/Max: 7/15			
Summer 22	We	8/3-8/24	6-7p	\$100/\$125



**SUMMER CAMP
AGE 15-22**

**FRANKFORT SQUARE PARK DISTRICT
7540 W BRAEMAR LN
FRANKFORT, IL 60423**



CAMP DAYS - MONDAY THRU FRIDAY

MAKE IT A SUMMER TO REMEMBER! THIS STRUCTURED TEEN CAMP CONCENTRATES ON BUILDING FRIENDSHIPS AND ENHANCING SOCIAL SKILLS. PARTICIPANTS WILL HAVE A BUSY SCHEDULE BY NOT ONLY PRACTICING COMMUNITY SKILLS SUCH AS SHOPPING AND FOOD PREPARATION BUT ALSO ENJOYING COMMUNITY OUTINGS TO THE TRAIL. LARGER WEEKLY FIELDTRIPS INCLUDE BUT ARE NOT LIMITED TO THE ZOO, WATERPARK, INDOOR PLAY ARENAS, BERRY PICKING, AND SO MUCH MORE!

Campers receive a t-shirt. Bring sack lunch, sunscreen, water bottle, and athletic shoes daily.

NOTE: THERE MAY BE TWO TEEN CAMPS IN WHICH PARTICIPANTS ARE SPLIT BY THE DISCRETION OF THE



LAST DAY OF CAMP FAMILY CELEBRATION-SEE PAGE 42!

FRANKFORT SQUARE PARK DISTRICT - 7540 W BRAEMAR LANE, FRANKFORT, IL

NEW LOCATION

AGE 15-22 SUMMER CAMP SCHEDULE

Week	Dates	Time	Resident Fee	Non-Resident/ SRA Co-Op Fee
1	Monday-Friday Camp	6/6-6/10	9a-3p	\$210 / \$265
2	Monday-Friday Camp	6/13-6/17	9a-3p	\$210 / \$265
3	Monday-Friday Camp	6/20-6/24	9a-3p	\$210 / \$265
4	Monday-Friday Camp	6/27-7/1	9a-3p	\$210 / \$265
5	Tuesday-Friday Camp	7/5-7/8	9a-3p	\$165 / \$210
6	Monday-Friday Camp	7/11-7/15	9a-3p	\$210 / \$265
7	Monday-Friday Camp	7/18-7/22	9a-3p	\$210 / \$265
8	Monday-Thursday Camp	7/25-7/28	9a-3p	\$165 / \$210
LAST DAY OF SUMMER CAMP!		7/29	9a-3p	Participants \$55/\$70 Family Members \$5/per person

**Please register participant and all family members.*

Teen & Adult special events

AGES 15+

Teen and Adult special events are intended for individuals above the age of 15 years old. A wide variety of one-time events run each season ranging from themed dances, sporting events, movies, and many other holiday themed activities. Special events focus on social interaction and life experiences.

THINGS TO REMEMBER:



- ◇ Individuals must be able to function at a 1:4 staff to participant ratio.
- ◇ Feeding assistance available when enough staff to accommodate. Must be independent in bathroom/toileting.
- ◇ Select programs are designed for only teens and have an age range of 12-22 years old.
- ◇ Virtual programs may require supply pick-up prior to the program (iPads are available upon request).

Dances:

- Our **teens only dances** are a great place to start for those looking to bust a move with new and close friends.
- **In-house dances** are an opportunity to let loose and make new friends. These are recommended for both new and veteran LWSRA participants.
- **Co-op dances** are where we join our neighboring SRA's for an exciting night at these larger events.

One-time Events:

- Many one-time events are offered that change each season!
- Looking for more? Check out the **Parade Flight Crew** and **TITANS Adult Day Program** sections!

UNDERSTANDING THE PROGRAM LISTING

Program Name



Program icons offer important reminders about each program (see guide below)

The program description section will give you info on what is happening during the program. It will also provide any reminders and dates the program will not meet.

Location: This is the drop-off/pick-up location

Ages 15+

Min/Max: 5/10

Minimum & maximum registrants per session

Winter-22

Sa

1/8

1:15-6:30p

\$20/\$25

Session name

Day(s)
program meets

Date(s)

Drop-off/pick-up times

Resident Fee/
Non-resident Fee



Program involves a meal.



Please bring extra money to program. Suggested amounts will be noted on some icons.



Program does NOT meet at LWSRC. Please meet at the location noted.



Virtual program option.

Dances

NWCSRA Luau hosted by NWCSRA



Aloha! Escape to an evening filled with tropical fun. Bring on the floral tops and leis! Dinner provided.

Location: Meet at LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15+ **Min/Max: 8/24**

Summer-22 Fr 7/15 5:30-9:45p \$50/\$65

Crazy Carnival hosted by LWSRA



Step right up! Follow the scents of popcorn and cotton candy to LWSRA for a night of carnival games and dancing. Dinner provided.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15+ **Min/Max: 8/20**

Summer-22 Fr 8/19 6:30-8:30p \$45/\$60

Country Western hosted by NWCSRA



Swing your partner round and round! Throw on your boots and grab your cowboy hat and join us for a night filled with fun! Dinner provided.

Location: Meet at the LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15+ **Min/Max: 12/25**

Summer-22 Fr 8/26 5:30-9:45p \$50/\$65

End of Summer Bash



IN-HOUSE DANCE

"Summer lovin had me a blast. Summer lovin happened so fast!" Here's your final chance to enjoy summer right with a BBQ, yard games, and most importantly music! Dinner provided.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 12+ **Min/Max: 8/30**

Summer-22 Sa 8/27 6-7:30p \$35/\$45



SPECIAL EVENTS

Plant Party

Spring is in full swing! At this plant party we will decorate a flower pot, plant flowers, and learn how to keep the flowers alive and make them thrive!

Location: Meet at the LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15+ Min/Max: 8/20

Spring 22 Fr 5/20 5:30-6:30p \$30/\$40

Dinner and a Movie



Sit back, relax and enjoy the show! Dinner and admission to a movie is included. Please bring money for snacks and drinks at the theater. Drop-off and pick-up times, dinner location, and movie information will be sent out by Thursday the week of the program.

Location: Meet at the LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15+ Min/Max: 8/20 Exact times TBA

Spring 22 Sa 5/21 Evening \$70/\$90

Summer 22 Sa 8/13 Evening \$70/\$90

Bingo Blast



B-I-N-G-O! Who doesn't love a good game of BINGO and socializing with their peers? Pizza and refreshments will be provided for in-person participants.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox or Zoom

Ages 15+ Min/Max: 8/20

MAY In-Person Fr 5/27 6:30-8p \$30/\$40

MAY Virtual Fr 5/27 7-8p \$20

JUN In-Person Fr 6/24 6:30-8p \$30/\$40

JUN Virtual Fr 6/24 7-8p \$20

JUL In-Person Fr 7/29 6:30-8p \$30/\$40

JUL Virtual Fr 7/29 7-8p \$20

Funday on a Monday

Why let the summer fun end?! Explore the largest science center in the western hemisphere at the Museum of Science and Industry and discover 450 species of animals at the Brookfield Zoo! Please pack a sack lunch and water.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15-22 Min/Max: 8/18

Museum Sum 22 Fr 8/1 9a-3p \$75/\$95

Zoo Sum 22 Fr 8/8 9a-3p \$75/\$95



SSSRA Movie Under the Stars

Lights, Camera, Action! SSSRA is hosting an outdoor movie experience under the summer sky! Please bring a blanket and/or chair to sit on. Snacks and refreshments provided.

Location: Meet at LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15+ **Min/Max: 8/24**

Spr-Sum 22 Fr 6/3 7-10:30p \$40/\$50

Campfire Companions



It is time to laugh s'more and worry less. Learn how to build a campfire then enjoy a delicious hotdog and s'more after all of your hard work! Dinner provided.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15+ **Min/Max: 8/20**

Spr-Sum 22 Fr 6/10 6:30-8p \$35/\$45

Karaoke Night



From Frozen and High School Musical to AC/DC and NSYNC, sing to your favorite karaoke classics with your LWSRA friends. Dinner included.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 13+ **Min/Max: 8/30**

Summer 22 Sa 6/11 5:30-7p \$30/\$40

Take Me Out to the Ballgame



One, two, three strikes, you're out! Nothing says summer like baseball! Come visit two Chicago area baseball teams with LWSRA. Please bring money for snacks and refreshments.

Location: Meet at LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15+ **Min/Max: 8/18**

Boomers 22 Su 6/26 11:15a-5p \$65/\$85

Slammers 22 Sa 7/23 5p-9:30p \$65/\$85

Christmas in July



Merry Christmas!!! In July? Let's get into the holiday spirit! Holiday festivities will include cookie decorating, Christmas bingo, and many more holiday favorite games. Dinner included. Don't forget to wear your favorite ugly Christmas sweater.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15+ **Min/Max: 8/20**

Spr-Sum 22 Fr 7/22 6-8p \$35/\$45





TITANS

Adult Day Programs

AGES 18+

Titans stands for “Transitioning by Initiating Teamwork, Acceptance, kNowledge, and Service” and is geared towards individuals above the age of 18 years old. In TITANS Adult Day Program, participants have freedom in choice. Through selection of interest-based programs, participants create a schedule that best suits their needs.



THINGS TO REMEMBER:

- ◆ Programs plan for up to 1:6 staff to participant ratios (minimum 1:2 staff to participant ratio).
- ◆ Feeding assistance available when enough staff to accommodate. Must be independent in bathroom/toileting.
- ◆ Families can select a one day, few days, or full week schedule.

Titans Highlights

- Monday Day Trippers
- Tuesday/Thursday Programs
- Wednesday/Friday Programs
- Get Up and Go Week

Review the next page on how to customize your TITANS schedule.

Looking for more?:

- For Teen and Adult Weekly Programs, visit pages 23-26.
- For Teen and Adult Special Events, visit pages 28-31.

UNDERSTANDING THE PROGRAM LISTING

Program Name



Program icons offer important reminders about each program (see guide below)

The program description section will give you info on what is happening during the program. It will also provide any reminders and dates the program will not meet.

Location: This is the drop-off/pick-up location

Ages 18+

Min/Max: 5/10

Minimum & maximum registrants per session

Winter-22

Sa

1/8

1:15-6:30p

\$20/\$25

Session name

Day(s)

Date(s)

Drop-off/pick-up times

Resident Fee/
Non-resident Fee

Day(s) program meets



Program involves a meal.



Please bring extra money to program. Suggested amounts will be noted on some icons.



Program does NOT meet at LWSRC. Please meet at the location noted.



Virtual program option.

TITANS Frequently Asked Questions

DO I NEED PRE-APPROVAL OR IS THERE A WAITLIST?

The day program is open to all those who meet the age and program guidelines. Pre-approval is not required although we encourage you to reach out to Juanita Williams if you are new to the TITANS program (if you are new to LWSRA, then a new participant form must be completed and is available at lwsra.org/new-participant). If you Individual sessions may have a waitlist if we reach the maximum number of participants. Priority may be given to residents of LWSRA's member park districts over non-residents.

AM I REQUIRED TO SIGN-UP FOR THE ENTIRE DAY OR WEEK?

No! If you're ready to fill your week, you may absolutely sign-up for all 5 days from 9am-2pm, but the program now offers more flexibility to fit programs around your schedule. However, we are unable to split daily options (i.e. requests for Monday/Wednesday only, Thursday/Friday only, etc.). You may also choose which sessions to attend during the day (i.e. skipping the 9am session if you are not a morning person or just signing up for a single session to keep within your budget).

ARE FIELD TRIPS ONLY ON MONDAY?

Yes. In order to structure the program and coordinate instructors, Monday is the designated trip day. However, several special events offered during weekdays will be made available in between program seasons. Check out "[Get Up and Go Week!](#)" to see the fun that lies ahead!



MONDAYS FIELD TRIP DAY!

NEW MEETING LOCATION

Day Trippers



Socialize with your friends from LWSRA, there are a lot of great experiences ahead as we begin a weekly excursion. Please bring a bag lunch unless stated on the calendar. **No program 5/30.**

Location: Meet at the Founders Center, 140 Oak St, Frankfort

Ages 18+	Min/Max:	20/30		
Spring 22	Mo	5/16-6/27	9a-2p	\$360/\$450
Summer 22	Mo	7/11-8/22	9a-2p	\$420/\$525



TUESDAYS & THURSDAYS

SPRING SESSION | MAY 17TH - JUNE 30TH

NEW LOCATION



Spring and summer sessions of TITANS Adult Day Program will be held at the Frankfort Founders Center, 140 Oak St, Frankfort.

9:00 - 10:15am
(choose 1)

Painting *Virtual option available (\$125)

Let's paint together! You will follow along step by step and create colorful paintings. We will create paintings inspired by famous artists, sceneries, and colorful abstract paintings.

Spring 22 5/17-6/30 \$165/\$210

TITANS Golf *Transportation provided - meet at Founders Center

Calling all golfers! Come practice your swing! Participants can bring their own golf clubs. During rain days, programs will move to an indoor facility.

Spring 22 5/17-6/30 \$165/\$210 *Wear athletic clothing, gym shoes and bring a water bottle.

Momentum Dance

Explore imagination and creativity through dance, Classes will be taught by a professional dance instructor.

Spring 22 5/17-6/30 \$165/\$210 *Wear athletic clothing, gym shoes and bring a water bottle.

10:15 - 11:30am
(choose 1)

Brewing up Friendships *Transportation provided - meet at Founders Center

Relax, refresh, and recharge as we sip and enjoy a variety of tea or coffee while enjoying great conversation with friends. Participants will travel to a different coffee shop for a special treat.

Spring 22 5/17-6/30 \$165/\$210

Puzzles/Brain Teasers

If you enjoy crosswords puzzles, video games, and brain teasers this is the program for you. Every week we will try a new group activity.

Spring 22 5/17-6/30 \$165/\$210

Music Mania

Do you love to sing? If so, this is the program for you! During this session participants will work with our new music instructor. We will sing and learn about different instruments.

Spring 22 5/17-6/30 \$165/\$210

11:30am - 12:30pm

Lunch Bunch | \$125/\$160

12:30 - 2:00pm
(choose 1)

Book Club *Transportation provided - meet at Founders Center

Love to read or be read to? We will follow along then discuss and enjoy a themed activity.

Spring 22 5/17-6/30 \$165/\$210

Circuit Training and Workout

Looking for a way to get into shape? Join your friends for a structured group workout led by a personal trainer.

Spring 22 5/17-6/30 \$165/\$210 *Wear athletic clothing, gym shoes and bring a water bottle.

Walkers Club *Transportation provided - meet at Founders Center

Explore different walking trails. During rain days the program will be held at an indoor facility. *Wear athletic clothing, gym shoes and bring a water bottle.

Session 2 5/17-6/30 \$165/\$210 *Wear athletic clothing, gym shoes and bring a water bottle.

TUESDAYS & THURSDAYS SUMMER SESSION | JULY 12TH - AUGUST 25TH

NEW LOCATION



Spring and summer sessions of TITANS Adult Day Program will be held at the Frankfort Founders Center, 140 Oak St, Frankfort.

9:00 - 10:15am

(choose 1)

Drawing for Beginners



*Virtual option available (\$125)

This session is perfect for beginner artists. Participants will learn basic drawing techniques such as practicing the elements of lines, forms and shapes.

Summer 22 7/12-8/25 \$165/\$210

TITANS Golf



*Transportation provided - meet at Founders Center

Calling all golfers! Come practice your swing! Participants can bring their own golf clubs. During rain days, programs will move to an indoor facility.

Summer 22 7/12-8/25 \$165/\$210 *Wear athletic clothing, gym shoes and bring a water bottle.

Momentum Dance

Explore imagination and creativity through dance, Classes will be taught by a professional dance instructor.

Summer 22 7/12-8/25 \$165/\$210 *Wear athletic clothing, gym shoes and bring a water bottle.

10:15 - 11:30am

(choose 1)

Brewing up Friendships



*Transportation provided - meet at Founders Center

Relax, refresh, and recharge as we sip and enjoy a variety of tea or coffee while enjoying great conversation with friends. Participants will travel to a different coffee shop for a special treat.

Summer 22 7/12-8/25 \$165/\$210

Building STEM

STEM Power! This hands-on program will allow participants to explore, build, learn about the environment.

Summer 22 7/12-8/25 \$165/\$210

Music Mania

Do you love to sing? If so, this is the program for you! During this session participants will work with our new music instructor. We will sing and learn about different instruments.

Summer 22 7/12-8/25 \$165/\$210 *Please wear warm clothing and close-toed shoes or boots.

11:30am - 12:30pm

Lunch Bunch | \$125/\$160

12:30 - 2:00pm

(choose 1)

Book Club



*Transportation provided - meet at Founders Center

Love to read or be read to? We will follow along then discuss and enjoy a themed activity.

Summer 22 7/12-8/25 \$165/\$210

Circuit Training and Workout

Looking for a way to get into shape? Join your friends for a structured group workout led by a personal trainer.

Summer 22 7/12-8/25 \$165/\$210 *Wear athletic clothing, gym shoes and bring a water bottle.

Walkers Club



*Transportation provided - meet at Founders Center

Explore different walking trails. During rain days the program will be held at an indoor facility. Masks will be required indoors and on our vehicles. *Wear athletic clothing, gym shoes and bring a water bottle.

Summer 22 7/12-8/25 \$165/\$210 *Wear athletic clothing, gym shoes and bring a water bottle.

WEDNESDAYS & FRIDAYS

SPRING SESSION | MAY 18TH - JULY 1ST

NEW LOCATION



Spring and summer sessions of TITANS Adult Day Program will be held at the Frankfort Founders Center, 140 Oak St, Frankfort.

9:00 - 10:15am
(choose 1)

Outside Yoga

Relax and find inner peace while refreshing your mind and soul with Yoga Castle. Program will be held outdoors.

Spring 22 5/18-7/1 \$165/\$210 **Wear athletic clothing, gym shoes and bring a water bottle.*

DIY Crafts

During this hands-on class, participants will create custom and charming home decor from raw materials. Join an instructor-led workshop to make customizable wood signs, frames, round signs and more!

Spring 22 5/18-7/1 \$165/\$210

Movie Critics *Virtual option available (\$125)

Let's watch some Disney's movies and rate the best one. Each week we will watch a movie and discuss the movie with friends.

Spring 22 5/18-7/1 \$165/\$210

10:15 - 11:30am
(choose 1)

Gardening Guru's

Grow flowers and friendships in our gardening class. We will learn about gardening, making flower arrangements and healthy eating.

Spring 22 5/18-7/1 \$165/\$210

Backyard Sports

Let the games begin! Enjoy popular outdoor games such as cornhole, soccer, horseshoes and much more!

Spring 22 5/18-7/1 \$165/\$210 **Wear athletic clothing, gym shoes and bring a water bottle.*

WERQ Fitness

WERQ is the wildly addictive cardio dance workout based on trending music led by our certified instructor.

Spring 22 5/18-7/1 \$165/\$210 **Wear athletic clothing, gym shoes and bring a water bottle.*

11:30am - 12:30pm

Lunch Bunch | \$125/\$160

12:30 - 2:00pm
(choose 1)

Hands, Hooves and Hope Ranch

**Transportation provided - meet at Founders Center* Experience, interact & have fun while caring for animals and completing physical outdoor work on the ranch.

Spring 22 5/18-7/1 \$165/\$210 **Wear closed-toe shoes or boots, sunscreen and a hat.*

Summer Time Fun

Enjoy summer themed crafts, fun outdoor activities and explore downtown Frankfort!

Spring 22 5/18-7/1 \$165/\$210

Casino Games

Try your luck as we learn to play a variety of casino games.

Spring 22 5/18-7/1 \$165/\$210

WEDNESDAYS & FRIDAYS SUMMER SESSION | JULY 13TH - AUGUST 26TH

NEW LOCATION



Spring and summer sessions of TITANS Adult Day Program will be held at the Frankfort Founders Center, 140 Oak St, Frankfort.

9:00 - 10:15am
(choose 1)

Outside Yoga

Relax and find inner peace while refreshing your mind and soul with Yoga Castle. Program will be held outdoors.

Summer 22 7/13-8/26 \$165/\$210 **Wear athletic clothing, gym shoes and bring a water bottle.*

Improv Squad

Lights! Camera! Action! Join LWSRA's Improv Squad. During this program participants will work on building strong communication and social skills while performing fun skits, poetry and storytelling.

Summer 22 7/13-8/26 \$165/\$210

Summer Crafts

Spend time with friends and enjoy summer crafts such as bird houses, tie dye projects, and much more.

Summer 22 7/13-8/26 \$165/\$210

10:15 - 11:30am
(choose 1)

Gardening Guru's

Grow flowers and friendships in our gardening class. We will learn about gardening, making flower arrangements and healthy eating.

Summer 22 7/13-8/26 \$165/\$210

Backyard Sports

Let the games begin! Enjoy popular outdoor games such as cornhole, soccer, horseshoes and much more!

Summer 22 7/13-8/26 \$165/\$210 **Wear athletic clothing, gym shoes and bring a water bottle.*

WERQ Fitness

WERQ is the wildly addictive cardio dance workout based on trending music led by our certified instructor.

Summer 22 7/13-8/26 \$165/\$210 **Wear athletic clothing, gym shoes and bring a water bottle.*

11:30am - 12:30pm

Lunch Bunch | \$125/\$160

12:30 - 2:00pm
(choose 1)

Hands, Hooves and Hope Ranch



**Transportation provided - meet at Founders Center*

Experience, interact & have fun while caring for animals and completing physical outdoor work on the ranch.

Summer 22 7/13-8/26 \$165/\$210 **Wear closed-toe shoes or boots, sunscreen and a hat.*

Summertime Fun

Enjoy summer themed crafts, fun outdoor activities and explore downtown Frankfort!

Summer 22 7/13-8/26 \$165/\$210

Bingo/Trivia

Enjoy bingo, trivia and prizes!

Summer 22 7/13-8/26 \$165/\$210

GET UP & GO WEEK!

ENJOY THESE SPECIAL TRIPS DURING OUR BREAK WEEK

Starved Rock Land and Water Cruise



Enjoy a relaxing trolley ride, scenic boat cruise along the Illinois River and lunch in the Lodge's restaurant.

Location: Meet at the LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 18+ **Min/Max: 15/20**

Summer 22 Mo 8/29 9a-5p \$75/\$95



Hibachi and Shopping



Enjoy the day eating and shopping, join your friends for a delicious Hibachi meal and shop until you drop at Orland Mall. Lunch included. Bring money for shopping.

Location: Meet at the LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 18+ **Min/Max: 15/20**

Summer 22 We 8/31 9a-2p \$55/\$70



Movie Day!



Sit back and enjoy the featured film of the month. Participants must bring a bag lunch and money for snacks.

Location: Meet at the LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 18+ **Min/Max: 8/25**

Summer-22 Fr 9/2 9a-2p \$55/\$70



Adapted Programs

Physical / Visual Impairments

AGES 3+

Adapted programs are intended for individuals age 3 and older who's primary disability is a physical or visual impairment. The adapted sports programs offer a competitive outlet while building social networks with similar aged-peers. Social programs allow for new experiences and chances to meet new friends. A number of adapted participants do not use mobility devices such as wheelchairs during daily activities, but utilize them, or other adapted technology, in order to experience the activities.



THINGS TO REMEMBER:

- ◇ LWSRA has wheelchairs and other adapted equipment available for use during programs. Must be independent in feeding and bathroom/toileting.
- ◇ Sports equipment grants are available annually to help individuals obtain their own personal equipment.

Seasonal Adapted Social Events:

Social events vary each season. Past activities include trips to the movies, laser tag, bowling and dinner nights. Adventure activities such as ziplining, snow skiing and water skiing with adapted equipment used.

Seasonal Adapted Sports:

- Boccia
- Wheelchair Basketball
- Wheelchair Softball
- Wheelchair Football

Through dedication and commitment, adapted sports athletes can earn the opportunity to play competitive sports at the collegiate level with athletic scholarships and the professional and Paralympic level.

UNDERSTANDING THE PROGRAM LISTING

Program Name



Program icons offer important reminders about each program (see guide below)

The program description section will give you info on what is happening during the program. It will also provide any reminders and dates the program will not meet.

Location: This is the drop-off/pick-up location

Ages 3+

Min/Max: 5/10

Minimum & maximum registrants per session

Winter-22

Sa 1/8

1:15-6:30p

\$20/\$25

Session name

Day(s)

Date(s)

Drop-off/pick-up times

Resident Fee/

program meets

Non-resident Fee



Program involves a meal.



Please bring extra money to program. Suggested amounts will be noted on some icons.



Program does NOT meet at LWSRC. Please meet at the location noted.



Virtual program option.

Adapted Programs (PI/VI)

Gainz o'clock

Push, pull, lift, and make some new friends while we all motivate each other during some high intensity workouts. Everyone is welcome, excuses are not! **No program 7/5.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15+ Min/Max: 5/10

Summer 22 Tu 5/10-8/23 5-7p \$100/\$125

Boccia

Enjoy a Paralympic sport right in your backyard! Boccia is sure to test your dexterity and competitiveness. Participants enrolled in TITANS will have their fee waived (contact the office prior to registering).

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 10+ Min/Max: 4/8

Thursdays 22 Th 5/19-6/30 2:30-3:30p \$65/\$85

Fridays 22 Fr 5/27-7/29 8-10p \$90/\$115

Social Circle

Come and hang out with your friends. The group will meet once a month and travel to different venues. If interested, please register in CommunityPass to receive the monthly emails. Once the monthly event is set, details will be sent on date, location and costs as well as how to register for that month's outing. Transportation will be provided from the LWSRC if the event location is out of district. Monthly event costs will vary depending on activity.

Location: Meet at the LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 8-22 Min/Max: 5/10

Spr-Sum 22 We Once per month Register to receive emails

Wheelchair Basketball Open Gym

Get your reps up! Ball out with some of the best wheelchair basketball players in the area. This is a perfect time to work on your game!

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 13+

Spr-Sum 22 Fr 5/27-7/29 8-10p \$10/day

Adventure Camp

Summertime in the sun, gym and at the movies! Campers will learn how to play adapted sports! Other events for adaptive adventure camp include going to the movies and lunch, bowling, and the water park!

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 8-22 Min/Max: 5/15

Spr-Sum 22 Tu-Fr 5/31-6/3 9a-2p \$135/\$170



**INTERESTED IN TRYING
ADAPTED TRACK & FIELD?**

CONTACT JAKE WILLIAMS
FOR MORE INFORMATION.

jakewilliams@lwsra.org
815-320-3506



Wheelchair Softball

New and returning athletes...come join LWSRA this summer on their quest for a National Wheelchair Softball Association Championship! Athletes will learn softball fundamentals while being part of the LWSRA Hawks family. Come build lifelong friendships while also enjoying wheelchair softball!

New athletes must contact Jake Williams at 815-320-3502.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 9+ Min/Max: 15/35

Adult (Age 18+)	Sa	5/21-8/6	11a-1p	\$300/\$375
Junior (Age 9-17)	Sa	5/21-8/6	1-2p	\$150/\$190

WHEELCHAIR SOFTBALL TOURNAMENT SCHEDULE

JUNIOR

Junior World Series Aug. 4-6 Crestwood, IL
Hosted by LWSRA & Oak Lawn Park District

ADULT

Mary Free Bed Invitational	Jun. 18-19	Grand Rapids, MI
Adult	Jun. 25-26	Chicago, IL
Adult	Jul. 16-17	Minneapolis, MN
Adult	July 23-24	San Antonio, TX
NWSA World Series	Aug. 4-6	Crestwood, IL

Hosted by LWSRA & Oak Lawn Park District



Wheelchair Basketball Summer League

The fourth season of summer league ball is here! Teams will be drafted prior to the first date. Players **MUST** be able to attend three out of the four dates.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 13+ Min/Max: 15/35

Spr-Sum 22	Su	6/12, 7/10, 8/21, 9/11	9a-7p	\$50/\$75
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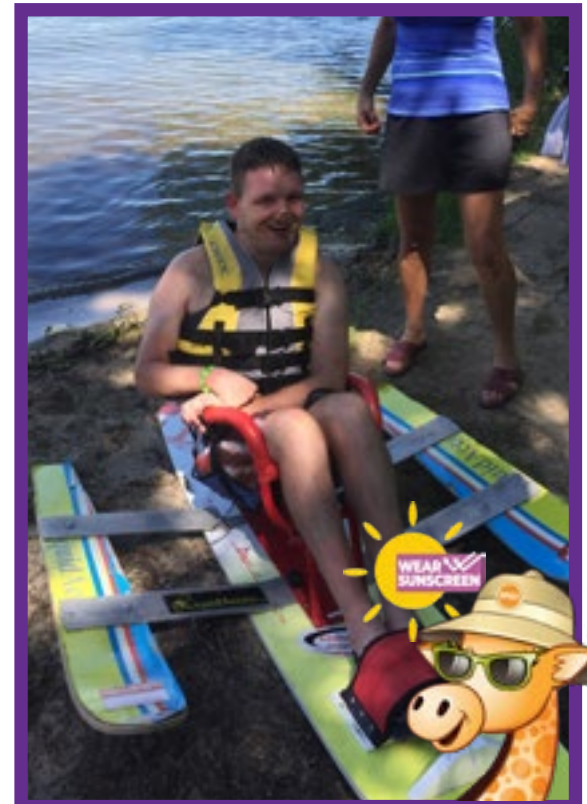
Adapted Water Skiing

Enjoy a day water skiing at Lauderdale Lake in Elkhorn, Wisconsin.

Location: Meet at LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 13+ Min/Max: 3/15

Summer 22	We	6/29	7a-5:30p	\$80/\$100
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Last Day of Summer Camp

Friday - July 29th
9:00am-3:00pm



Come celebrate the last day of summer camp with us!
Music, petting zoo, activities & more!

Family members are welcome to join us from 12:00-3:00pm
for lunch, outdoor activities & the talent show.



SCHEDULE

9am-12pm - Indoor Activities

12pm - Hot dog lunch served

12-2pm - DJ, petting zoo, games & more

2-3pm - Talent Show

All Attendees must register

Participant Price:

\$55 Residents

\$70 SRA Co-Op/Non-resident

*Staff care is provided

Register in CommunityPass

Family Member Price: \$5

Register all attendees in CommunityPass

Leigh Creek South Park

Open to the Public



LOCATED ADJACENT TO THE LINCOLNWAY SPECIAL RECREATION CENTER - 1900 HEATHER GLEN DR, NEW LENOX, IL



Amenities Include

Universal Design Playground ~ Sensory Path ~ Walking Trail ~ Warrior Pods ~ Gagaball Pit
Bankshot Basketball ~ Half Court Basketball ~ Pavilions ~ Firepit ~ Bocce Court ~ Grass Softball Field
Wheelchair Softball Field ~ Communication Board ~ Sensory Garden (coming soon)



The memories we're making will not stall! Be on the lookout for your next big adventure as the summer fades to fall!



Fall Program Guide

COMING AUGUST 2022



Friday, August 12, 2022
11am Shotgun Start

The Sanctuary Golf Course
New Lenox, IL

Save the Date

**2022 Foundation
Golf Outings**

Registration
opens May 3rd

visit [lwsra.org](https://www.lwsra.org) to learn more



Saturday, September 17, 2022
11:30am Shotgun Start

The Links at Carillon
Plainfield, IL