



ADD
COLOR TO YOUR
LIFE
THROUGH THERAPEUTIC RECREATION



BUILDING A COMMUNITY WITHOUT LIMITS

MEMBER PARK DISTRICTS

CRETE | FRANKFORT | FRANKFORT SQUARE | MANHATTAN
MOKENA | NEW LENOX | PEOTONE | WILMINGTON

*SPECIAL AGREEMENTS: VILLAGE OF MONEE AND HOMER TOWNSHIP



Lincolnway
SPECIAL RECREATION
ASSOCIATION

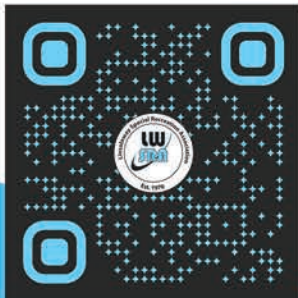
BUILDING A COMMUNITY WITHOUT LIMITS

About Us

Since 1976, the Lincolnway Special Recreation Association (LWSRA) has provided recreation services for individuals with disabilities through a cooperative agreement with its eight member park districts: Crete, Frankfort, Frankfort Square, Manhattan, Mokena, New Lenox, Peotone and Wilmington 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 Heather Glen Drive, New Lenox, IL 60451

Phone: (815) 320-3500

www.lwsra.org

ATTENDANCE HOTLINE

(815) 320-3515

attendance@lwsra.org

Our Mission

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

Our vision

A community without limits for individuals with disabilities.

LWSRA provides recreation, leisure and sports opportunities for individuals with disabilities through a special cooperative agreement that includes Crete, 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 450 individuals throughout the year from preschool through adult. Contact one of our trained specialists today to learn more!

**COMMUNITY | OPPORTUNITY | 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.

CRETE

Park District

www.cretepark.com

Renee Chavez

Board Member

FRANKFORT

Park District

www.frankfortparks.org

Gina Hassett

Board Member

FRANKFORT SQUARE

Park District

www.fspd.org

Audrey Marcquenski

President

MANHATTAN

Park District

www.manhattanparks.com

Jay Kelly

Board Member

MOKENA

Community Park District

www.mokenapark.com

Greg Vitale

Vice-President

NEW LENOX

Community Park District

www.newlenoxparks.org

Greg Lewis

2nd Vice-President/Treasurer

PEOTONE

Park District

www.peotoneparkdistrict.org

Kelly LaMore

Secretary

WILMINGTON

Park District

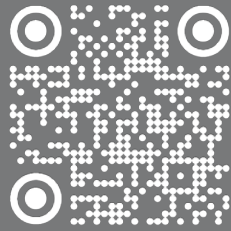
www.islandparkdistrict.com

Kirsten Van Duyne

Board Member

TABLE OF CONTENTS

NEW TO LWSRA?



Scan or click to get started

FIRST TIME PARTICIPANTS

1. Complete the new participant form online: lwsra.org/new-participant
2. Schedule an intake meet & greet.
3. During the meeting we'll create your registration account.
4. Complete the Annual Information Form in CommunityPass
5. Now you're set to register!

**Participant intake meeting allows us to meet participants, identify specific needs for a successful first experience and provide suggested programs.*

FINDING A PROGRAM

UNDERSTANDING THE PROGRAM LISTING

Program Name



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

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
Resident Fee/

Day(s)

Date(s)

Drop-off/pick-up times

ICON LEGEND



Program does NOT meet at LWSRC.



Virtual program option.



Drop-off/pick-up points offered or transportation from the LWSRC.



Program involves a meal.



Bring your own BUDDY

TABLE OF CONTENTS

On the Cover: John (left) smiles from the dugout of the LWSRC's wheelchair softball field, Aiden (center) shows off his creation in Lab Rats and Harmonee (right) puts up a shot in a wheelchair basketball game versus the University of Illinois women's team.

PAGE
8-11 Registration & Program Information

PAGE
12-13 Nest Sensory Room & Leigh Creek South Park

PAGE
14-17 Family Events and Parade Flight Crew

PAGE
18-19 Individual Lessons

PAGE
20-25 Hawkings Early Childhood (Ages 2-6)

PAGE
26-33 Youth (Ages 7-13)

PAGE
34 Club Hawk After School Care

PAGE
35 Athletics Program Progression

PAGE
36-41 Teen & Adult Weekly Programs (Ages 14+)

PAGE
42-49 Teen & Adult Special Events (Ages 14+)

PAGE
50-56 TITANS Adult Day Programs (Ages 18+)

PAGE
57-59 Adapted Programs (PI/VI ~ Ages 3+)



THE LINCOLNWAY TEAM



Keith Wallace
Executive Director
CPRP
kwallace@lwsra.org
815-320-3510



Melissa Jensen
Superintendent of Recreation
CTRS, CPRP
mjensen@lwsra.org
815-320-3505



Tamara Pareti
Manager of Athletics
CPRP
tpareti@lwsra.org
815-320-3503



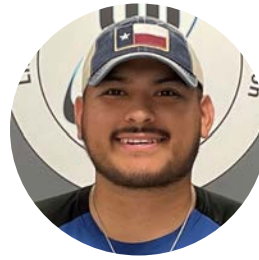
Erica Brady
Manager of Programs
CTRS
ebrady@lwsra.org
815-320-3514



Tom Krauss
Office Manager
CPRP
tkrauss@lwsra.org
815-320-3502



Nadine Kahl
Marketing / Public Relations
CPRP
nkahl@lwsra.org
815-320-3513



Adriel Mares
Recreation Specialist
mares@lwsra.org
815-320-3506



Angelo Garcia
Registrar
agarcia@lwsra.org
815-320-3501



John Hillegass
Facility Foreman
jhillegass@lwsra.org
815-320-3508



Emily Venezia
Program Specialist
evenezio@lwsra.org



Jennifer Casey
Program Specialist
jcasey@lwsra.org



Ethan Schultz
Maintenance
eschultz@lwsra.org



Staff members that have met education and experience standards while demonstrating understanding of key concepts in the field have obtained professional certification.

CTRS

Certified Therapeutic Recreation Specialist from the National Council for Therapeutic Recreation Certification

CPRP

Certified Park and Recreation Professional certification from the National Recreation and Park Association

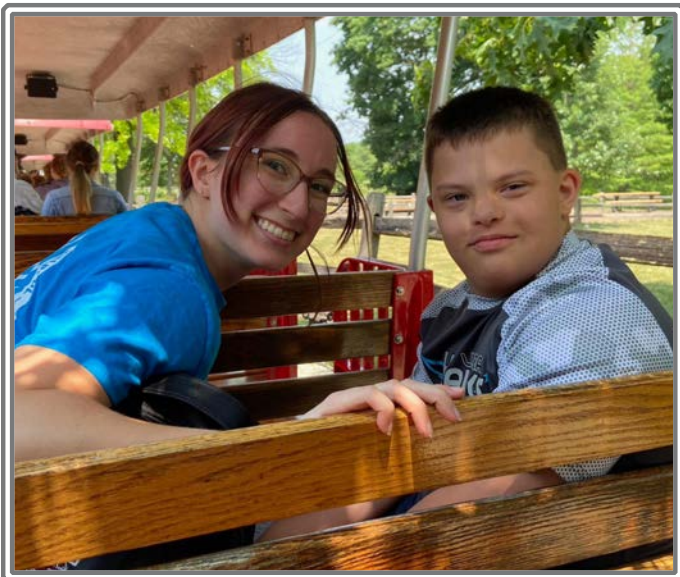
THE LINCOLNWAY TEAM

STAFF MEMBERS

Dalal Aboukahl	Allison Doyon	Emma Kreitz
Mandi Albrecht	Taylor Doyon	Bernie Laponte
Sara Alexander	Nick Drewes	Daniela Laponte
Brooke Anderson	Emily Dumais	Sydney Meekma
Gianna Arizzi	Danielle Duracka	Sofia Michaels
Tori Bailey	Dominic Esposito	Evan Miller
Gianna Bancsy	Delaney Fiske	Megan Mindy
Jack Beeson	Deidre Flanagan	Addyson Miritello
Therese Bellamy	Ethan Frank	Kelsey Mulheran
Brendan Boss	Gabriella Frigo	Hannah Newton
Makayla Brady	Mallory Garcia	Brittany Oskielunas
Anne Brtis	Allison Genardo	Giana Paliga
Rachel Bukas	Guillermo Gonzalez	Alex Parra
Claire Cahill	Maggie Gonzalez	Scott Pedziwiatr
Jennifer Casey	Alexa Hadley	Max Pericak
Kasey Cello	Jade Harris	Katie Roach
Jake Chudzik	Justin Hillman	Harmonee Ruetes
Stella Coughlin	Kayla Hindahl	Katie Schneider
Lisa Deguilio	Emily Hunter	Karen Schuld
Devin Dennison	Emily Kaczynski	Elaine Sendra
Sue Dineen	Molly Kilbride	Lexi Senodenos
Ellen Dooley	Ralph Krauss	Lia Senodenos

VOLUNTEERS

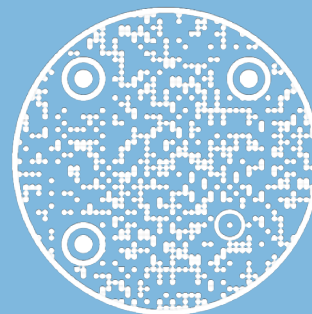
Kayla Shea	Adam Kracik
Kyle Skager	Art Johnson
Skylar Smith	Chuck TenBroeck
Aubrey So	Conor Kilmartin
Emma So	Greg Lorenz
Arik Sorensen	Peggie Straub
Lilia Stahr	Sandy Brossman
Brad Szubryt	Barb Weinert
Diane Theis	Greg Lorenz
Marcus Thomas	Scott Lorenz
Rachel Triezenberg	Tom Kracik
Mick Tucker	Melissa Steward
Mackenzie Udani	Mason Godomski
Hayden Valecek	Aiden Minervini
Marlee Wallisch	Val Schrock
Anthony Wasowicz	Adam VanderWoude
George Winistorfer	Victoria Thompson
Molly Wojtczak	George Hanlon
Danelle Wonderlick	David Wick
Anne Yelnick	Bev Corcoran
Maddie Zitkus	



Take the next step!

Join our team and as we build a community without limits!

APPLY TODAY!



lwsra.org/employment 

REGISTRATION INFORMATION

Resident registration opens at 9am on Saturday, August 5th. (Non-resident opens August 12th)

Who can register?



Who we serve

Participants in LWSRA programs range in age from two through adulthood where needs are not met by traditional park district programs. Individuals may have sensory needs, intellectual, physical or visual impairments and reside in LWSRA member districts & 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 (Crete, 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 new participant form found online at: lwsra.org/new-participant. Once submitted, you'll be able to schedule an intake meeting to gain a better understanding of what services might benefit you, tour 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 new participants will create their account as part of the intake process. Visit: lwsra.org/how-to-register



Annual Information Form (AIF)

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 Crete, 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 resident rate). 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.*

REGISTRATION INFORMATION

Resident registration opens at 9am on Saturday, August 5th. (Non-resident opens August 12th)

Co-operative Agreements



Northern Will County Special Recreation Association (NWCSRA), South Suburban Special Recreation Association (SSSRA) and Southwest Special Recreation Association (SWSRA) Agreements

A co-operative agreement exists between LWSRA and the agencies listed above. 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) Adult Day Program, 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.
- 5) ***NWCSRA and SWSRA residents:** If both agencies offer the same or similar program, non-residents may register at the non-resident price.

All other agency policies and guidelines apply to residents who register for programs under this Agreement.

NWCSRA residents are taxpayers of the Bolingbrook, Lockport Township and Plainfield Park Districts or the Village of Romeoville.

SSSRA residents are taxpayers 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 taxpayers 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 and Payment Plans 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 for 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. Household with a balance will have the refund automatically applied to the existing balance. Refunds are not given for weather related cancellations.

Refunds after a program begins may be granted in the following situations (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 or "Hawks Bucks." 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 funded solely by donations and offered to residents only. Therefore, availability of financial assistance may vary. Funds are intended for those who qualify due to financial hardship situations. Individuals may qualify for assistance on two (2) programs per brochure season, up to 50% of the program's fee (maximum \$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 (may return at doctor's recommendation or when symptoms have passed).



Coronavirus

LWSRA continually monitors 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) **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 they will miss. *If the office is notified in advance, a 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. Requirements are listed on each program area's introduction page. General guidelines: Assistance with feeding will be provided for all ages. 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 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 & tournaments, medications must be brought to the LWSRA office, no later than one day prior to starting.
2. Container must include doctor name, patient name, pharmacy, medication, dosage, date and 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 given more than once per day additional envelopes 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. 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 another 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** - Valid for 3 years from the date of examination regardless of parent/guardian/entrant signature date.

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.

PROGRAM INFORMATION

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. Refunds will not be issued for weather related cancellations.

Miscellaneous



Late Pick-Up

Each time a participant is picked up after the program end time, a \$1 fee will be charged per minute to cover staff costs. Payment is due to LWSRA within one week of notification or suspension from programs may occur. (Repeat violations may also face suspension).



Personal Items

LWSRA is not responsible for lost, damaged or stolen items at programs. Lost & found located at the LWSRC (items held 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.

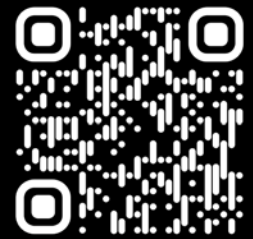


The Nest sensory room



RESERVE YOUR
TIME TODAY!

SCAN HERE



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 CHILD

Please contact Melissa Jensen at mjensen@lwsra.org to schedule a tour or your individual time slot.

AMENITIES

The Nest's 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!

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 ~ Story Walk (coming soon)



FAMILY EVENTS

All Ages

FAMILY CAMPOUT ALL AGES FAMILY EVENT



Family Campout on the Farm, geared towards individuals with disabilities and their families, will feature a host of activities to celebrate Fall and the outdoors. Starting Friday, September 8th at 5pm, we'll set up camp at beautiful Navarro Farm. Families supply their own camping tents/RV's and dinner. Other activities included with your registration are a campfire, smores/hot chocolate, reptile show, craft, movie under the stars, farm adventure, light breakfast. Event will conclude Saturday morning on September 9th. All guests are asked to depart Navarro Farm by 9am.

No staff supervision for participants provided. Register at LWSRA.ORG/CAMPOUT
Drop-off/Pick-up: LWSRC, 1900 Heather Glen Dr, New Lenox

All Ages

Min/Max: 25/70

Fall 23

Fr-Sa 9/8-9/9

Fri. 5pm - Sat. 9am

\$12 per attendee

FAMILY FRIGHT FEST AT SIX FLAGS GREAT AMERICA



Have a spooky time with family and friends at Six Flags Fright Fest. Ride the LWSRA bus or meet at the park on Sunday, October 1st with other LWSRA families! Tickets are also valid for use on September 30th, October 7th, October 8th, or October 9th. Registration includes admission to the theme park, vehicle parking, and a meal, snack, and drink voucher.

Staff supervision is not provided. Please register each person attending in CommunityPass.
Location: Six Flags Great America, 1 Great America Pkwy, Gurnee

All Ages

Min/Max: 80/200

Fall 23

Su 10/1

10am-TBD

\$60 per attendee

FAMILY HOLIDAY PARTY ALL AGES FAMILY EVENT



'Tis the season to spend with the LWSRA family. Dine-in the LWSRC, tour the holiday lights of Heather Glen and enjoy a variety of crafts, activities and games with Santa's elves. Take photos with the big man himself. All LWSRA participants and each of their siblings under the age of 12 will receive a holiday gift.

Staff supervision is not provided. Please register each person attending in CommunityPass.
Location: LWSRC, 1900 Heather Glen Dr, New Lenox

All Ages

Min/Max: 40/150

Fall 23

Mo 12/18

6-8:30p

\$10 per attendee



Parade Flight Crew

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!

FRANKFORT FALL FEST PARADE

Free

Saturday, September 2, 2023

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. Ice cream provided after parade.

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

WILMINGTON HOLIDAY LIGHTS PARADE

Free

Saturday, November 25, 2023

Deck out in holiday gear and lights! 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.

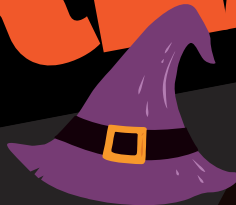
Meeting location and time will be emailed to registered participants once determined.



Lincolnway
SPECIAL RECREATION
ASSOCIATION



TRUNK OR TREAT



SUNDAY
OCTOBER 29

LWSRC
1900 HEATHERGLEN DRIVE
NEW LENOX

SENSORY FRIENDLY TIME: 10-11AM

GENERAL PUBLIC: 11AM-1PM

*Wear your costume and trick or treat from car to car.
OUTDOOR TRICK OR TREATING IS FREE!*

ADDITIONAL FUN PACK - \$5/CHILD
INCLUDES INDOOR ACTIVITIES LIKE MINI SPOOK
HOUSE, CRAFT, FACE PAINTING, AND GAMES!
REGISTER ONLINE OR PAY IN PERSON

Register Here
[LWSRA.ORG/TRUNK-OR-TREAT](https://www.lwsra.org/trunk-or-treat)



IF INTERESTED IN HAVING A FAMILY OR
BUSINESS FEATURED TRUNK, REGISTER ONLINE.
CONTACT NADINE AT NKAHL@LWSRA.ORG FOR
MORE INFORMATION.



Lincolnway
SPECIAL RECREATION
ASSOCIATION

REGISTER HERE
LWSRA.ORG/GRINCH



DAY WITH THE GRINCH

**\$15/
ticket**

**17TH
DEC**

HOSTED AT

**LWSRC
1900 HEATHERGLEN DRIVE
NEW LENOX**

Steal Christmas with the Grinch at one timeslot:
1030-1145a, 1215-130p, 2-315p, 345-5p

The session includes:

PIZZA WHO FEAST - STOLEN ORNAMENT CRAFT - MEAN GREEN PICTURE
GRINCHY FACE PAINTING - CINDY LOU WHO HAIR

IF INTERESTED IN SPONSORING, REGISTER ONLINE.
CONTACT NADINE AT NKAHL@LWSRA.ORG FOR MORE INFORMATION.

Group Horse Riding Lessons

\$200

Mon 9/11-10/9

3-4p & 4-5p

*other 5 week
sessions TBD



Lincolnway
SPECIAL RECREATION
ASSOCIATION



Established 1990

Complete Interest
Form Here

LWSRA.ORG/LESSONS





Lincolnway
SPECIAL RECREATION
ASSOCIATION

MUSIC LESSONS



Complete Interest

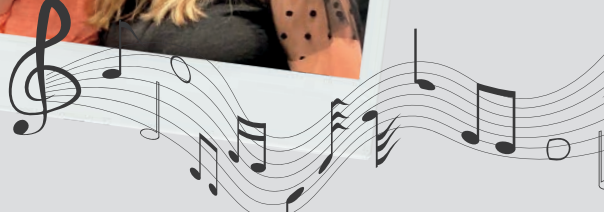
Form Here

lwsra.org/lessons



Our Services:

- PIANO
- GUITAR or UKULELE
- VOICE



\$25 PER 30 MINUTE INDIVIDUAL LESSON

HAWKLINGS EARLY CHILDHOOD

Ages 2-6

Hawkings early childhood programs target children between the ages of 2-6 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.

HAWKLINGS EARLY CHILDHOOD

Ages 2-6

Programs at a Glance

SESSION 1 – STARTS SEPTEMBER 5TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>MISS ANGIE'S MUSIC TIME 4-4:30 PM </p> <p>MINI CHEFS #1: 4:30-5:15 PM #2: 5:15-6 PM </p>	<p> HANDS, HOOVES, & HOPE RANCH 5-5:45 PM</p>	<p> TINY TUMBLERS #1: 6-6:45 PM #2: 7-7:45 PM</p>	<p> HAWKLING CHAMPIONS 4:30-5 PM</p> <p>MISS DEBBIE'S MINI PICASSOS 5-5:30 PM </p>
FRIDAY	SATURDAY		SUNDAY
<p>NO PROGRAMS AVAILABLE</p>	<p>TOT SOCCER  9:30-10 AM</p> <p> TINY YOGA POSERS 10:15-10:45 AM</p> <p>STORYBOOK HEROES 10:30-11:15 AM </p>	<p> SWIM EXPLORATION #1 1:30-2 PM #2: 2-2:30 PM #3: 2:30-3 PM #4 3-3:30 PM</p>	<p>HAWKLINGS SOCIAL CLUB 9:30-11 AM</p> <p></p>

SESSION 2 – STARTS NOVEMBER 6TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>MISS ANGIE'S MUSIC TIME 4-4:30 PM </p> <p>MINI CHEFS #1: 4:30-5:15 PM #2: 5:15-6 PM </p>	<p>NO PROGRAMS AVAILABLE</p>	<p> TINY TUMBLERS #1: 6-6:45 PM #2: 7-7:45 PM</p>	<p> HAWKLING CHAMPION 4:30-5 PM</p> <p>MISS DEBBIE'S MINI PICASSOS 5-5:30 PM </p>
FRIDAY	SATURDAY		SUNDAY
<p>NO PROGRAMS AVAILABLE</p>	<p>MINI BALLER BASICS 9:30-10 AM </p> <p> MOMENTUM MINI DANCERS 10:15-10:45 AM</p> <p>STORYBOOK HEROES 10:30-11:15 AM </p>	<p> SWIM EXPLORATION #1 1:30-2 PM #2: 2-2:30 PM #3: 2:30-3 PM #4 3-3:30 PM</p>	<p>HAWKLINGS SOCIAL CLUB 9:30-11 AM</p> <p></p>

Caregiver & me! Play Pals



Miss Angie's Caregiver & Me Music Time

Shake, rattle, and sing! Join Miss Angie from Miss Angie's Music for an interactive and bonding experience through music! This program will expose children to singing, chanting, moving, focused listening, and musical games all while exploring musical instruments and storytelling. Different musical genres will be included to broaden exposure and interest in music. This class is designed for a parent and child to attend together. Siblings welcome. Staff supervision not provided.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 2-6 **Min/Max: 5/10**

Fall 23-1	Mo	10/9-10/23	4-4:30p	\$25/\$35
Fall 23-2	Mo	11/27-12/11	4-4:30p	\$25/\$35

Miss Debbie's Caregiver & Me Mini Picassos

Roll up your sleeves and put your paintbrush to the test with Ms. Debbie from Crayola Imagine. Participants will be exposed to different innovative and unique experiences through art education and skill, all while getting the opportunity to uncover creativity in the world around us! This class is designed for a parent and child to attend together. Siblings are welcome. Staff supervision not provided. **No program 11/23.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 2-6 **Min/Max: 5/10**

Fall 23-1	Th	9/14-10/5	5-5:30p	\$35/\$45
Fall 23-2	Th	11/2-11/30	5-5:30p	\$35/\$45



HAWKLINGS EARLY CHILDHOOD

Ages 2-6



Hands, Hooves & Hope Ranch

Hang out with friends at the farm! Participants will learn about a different animal weekly through interactive songs and stories, animal feedings, and other sensory-related activities with Ms. Christine. Wear comfortable clothing and closed-toe shoes.

Location: HHH Ranch, 14101 W Bruns Rd, Manhattan

Ages 2-6 **Min/Max: 6/8**
 Fall 23 Tu 9/5-9/26 5-5:45p \$100/\$140

Tiny Tumblers

Jump, tuck, and roll at UGA! Burn off excess energy by safely learning basic gymnastic skills. LWSRA aides will support participants through stations and obstacle courses presented by a certified UGA gymnastics instructor. Wear comfortable clothing. **No program 11/22.**

Location: United Gymnastics Academy, 722 Center Rd, Frankfort

Ages 2-6 **Min/Max: 6/8**
 Fall 23-1 We 9/6-9/27 6-6:45p \$90/\$125
 Fall 23-2 We 9/6-9/27 7-7:45p \$90/\$125
 Fall 23-3 We 11/1-11/29 6-6:45p \$90/\$125
 Fall 23-4 We 11/1-11/29 7-7:45p \$90/\$125

Hawking Champions

Run, jump, and kick the way to sport readiness! Participants will work through a variety of specific stations and showcase their progress at the official culminating event on 10/19. Wear comfortable clothing and gym shoes.

It's BYOB (Bring your own BUDDY)! *Participants are encouraged, but not required, to invite a similarly-aged sibling, classmate, or peer to encourage an inclusive environment. Waivers are needed for peer buddies but no additional charge.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 2-6 **Min/Max: 6/8**
 Fall 23 Th 9/7-10/19 4:30-5p \$65/\$90

Tot Soccer

Gooooaaal! Tie up those laces and work on basic soccer skills as Mr. Ben from TopSoccer takes participants through different stations to fine tune kicking, running, and agility moves. Wear comfortable clothing and gym shoes.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 2-6 **Min/Max: 6/8**
 Fall 23 Sa 9/9-10/7 9:30-10a \$80/\$110



HAWKLINGS EARLY CHILDHOOD

Ages 2-6

Tiny Yoga Posers

Peace. Love. Namaste. Channel your inner mind and body with Ms. Sara as we practice our strength, flexibility, and confidence. Participants will work to perfect everything from our Cobra Pose to Downward Dog. Take some time to unwind on the mat! Wear comfortable clothing and socks.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 2-6 **Min/Max: 6/8**

Fall 23 Sa 9/9-10/7 10:15-10:45a \$95/\$130

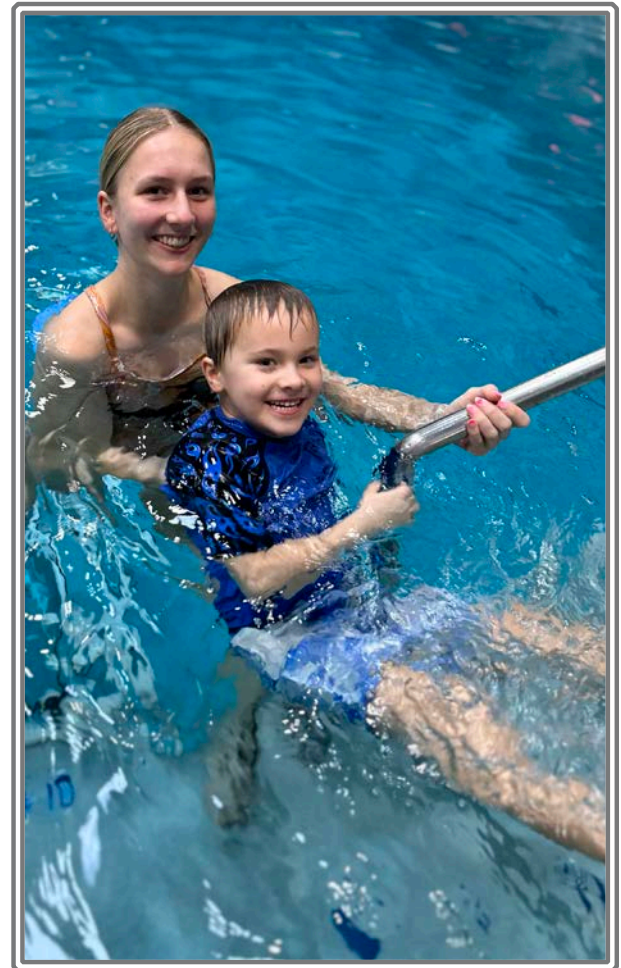
Swim Exploration

Embrace your inner fish at The Swim Advantage! Increase water comfort and safety by exploring different water stations. LWSRA provides 1:1 staff in the pool to progress participants. Wear a swimsuit and bring a towel. **No program 11/25.**

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

Ages 2-6 **Min/Max: 4/6**

Fall 23-1	Sa	9/9-10/7	1:30-2p	\$180/\$245
Fall 23-2	Sa	9/9-10/7	2-2:30p	\$180/\$245
Fall 23-3	Sa	9/9-10/7	2:30-3p	\$180/\$245
Fall 23-4	Sa	9/9-10/7	3-3:30p	\$180/\$245
Fall 23-5	Sa	11/4-12/9	1:30-2p	\$180/\$245
Fall 23-6	Sa	11/4-12/9	2-2:30p	\$180/\$245
Fall 23-7	Sa	11/4-12/9	2:30-3p	\$180/\$245
Fall 23-8	Sa	11/4-12/9	3-3:30p	\$180/\$245



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.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 2-6 **Min/Max: 6/8**

Fall 23-1	Mo	9/11-10/2	4:30-5:15p	\$85/\$115
Fall 23-2	Mo	9/11-10/2	5:30-6:15p	\$85/\$115
Fall 23-3	Mo	10/30-11/20	4:30-5:15p	\$85/\$115
Fall 23-4	Mo	10/30-11/20	5:30-6:15p	\$85/\$115

HAWKLINGS EARLY CHILDHOOD

Ages 2-6



Hawklings Social Club

Ready for play pals but without the parents? Drop off for this social program! Become festive and celebrate together! Groups will participate in interactive classroom, gym, and kitchen activities!

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 2-6 Min/Max: 6/8

Campfire Buddies	Su	9/10	9:30-11a	\$30/\$40
Monster Mash	Su	10/8	9:30-11a	\$30/\$40
Friendsgiving	Su	11/12	9:30-11a	\$30/\$40
Holiday Cookie Fun	Su	12/3	9:30-11a	\$30/\$40

Storybook Heroes

Spend your Saturday morning exploring a new book paired with interactive sensory and motor activities with the New Lenox Library. Participants will be exposed to classroom activities, time in the sensory room, and time in the gym and kitchen!

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 2-6 Min/Max: 6/8

Fall 23-1	Sa	10/14	10:30-11:15a	\$30/\$40
Fall 23-2	Sa	10/21	10:30-11:15a	\$30/\$40
Fall 23-3	Sa	12/16	10:30-11:15a	\$30/\$40

Mini Baller Basics

Dribble, Shoot, Rebound, Score! Lace up your shoes and come work on your basketball skills with LWSRA. Participants will be introduced to the fundamentals of basketball and practice to become comfortable with basic coordination of dribbling, shooting, and scoring all while having fun! Wear comfortable clothing and gym shoes. **No program 11/25.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 2-6 Min/Max: 6/8

Fall 23	Sa	11/4-12/9	9:30-10a	\$80/\$115
---------	----	-----------	----------	------------

Momentum Mini Dancers

Calling all movers and groovers! Shake away in a class full of music, movement and dance led by a certified Momentum Dance instructor. **No program 11/25.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 3-7 Min/Max: 6/8

Fall 23	Sa	11/4-12/9	10:15-10:45a	\$95/\$130
---------	----	-----------	--------------	------------



YOUTH WEEKLY PROGRAMS

Ages 7-13

Youth programs are intended for children between the ages of 7-13 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 based on appropriate ages and social needs.
- Feeding assistance and changing/toileting assistance available when enough staff to accommodate.
- Please label personal items.
- Select programs are designed for only teens/transition program students and have an age range of 12-22 years old.

YOUTH WEEKLY PROGRAMS














Ages 7-13

Programs at a Glance

SESSION 1 - STARTS SEPTEMBER 5TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 INCLUSIVE JR HAWKS BOCCE 5-5:45 PM	TAE KWON DO 5-5:45 PM   HORSEMANSHIP 6-7 PM	 JUNIOR BOWLERS 4-5 PM  MUSIC MASH 5:30-6:15 PM  SHOW CHOIR 6:30-7:15 PM	CRAYOLA IMAGINE 5:30-6 PM   JR HAWKS KITCHEN 6:15-7:15 PM
FRIDAY	SATURDAY		SUNDAY
 JR HAWKS SOCIAL CLUB 6-7:30 PM	 YOGA 9:15-10 AM SOCCER BASICS 10:15-11 AM  JUNIOR BOOK CLUB 10:30-11:15 AM 	SWIM BASICS #1 10-10:30 AM #2: 10:30-11 AM  SWIM TEAM 12:55-1:25 PM	 JR HAWKS DAY TRIPPERS TIMES VARY

SESSION 2 - STARTING NOVEMBER 6TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 TUMBLING BASICS 4-4:45 PM GYMNASTICS TEAM 7:15-8:15 PM	TAE KWON DO 5-5:45 PM   LAB RATS 6-6:45 PM	 JUNIOR BOWLERS 4-5 PM  MUSIC MASH 5:30-6:15 PM  SHOW CHOIR 6:30-7:15 PM	CRAYOLA IMAGINE 5:30-6 PM   JR HAWKS KITCHEN 6:15-7:15 PM
FRIDAY	SATURDAY		SUNDAY
 JR HAWKS SOCIAL CLUB 6-7:30 PM	 MOMENTUM DANCERS 9:15-10 AM BALLER BASICS 10:15-11 AM BASKETBALL TEAM 12:30-2 PM   JUNIOR BOOK CLUB 10:30-11:15 AM	SWIM BASICS #1 10-10:30 AM #2: 10:30-11 AM  SWIM TEAM 12:55-1:25 PM	 JR HAWKS DAY TRIPPERS TIMES VARY

YOUTH WEEKLY PROGRAMS

Ages 7-13

Tae Kwon Do

Tae Kwon Do is instructed by Master Kim of Family Martial Arts. Students will learn self-defense and improve upon self-confidence, discipline, coordination, physical and mental capabilities.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 7-13 **Min/Max: 6/8**

Fall 23-1	Tu	9/5-10/17	5-5:45p	\$155/\$210
Fall 23-2	Tu	10/31-12/12	5-5:45p	\$155/\$210



Horsemanship at Hands, Hooves and Hope Ranch

Hang out with friends at the farm! Participants will learn about a different animal weekly through interactive stories, animal feedings, and other sensory-related activities with Ms. Christine. Wear comfortable clothing and closed-toe shoes.

Location: HHH Ranch, 14101 W Bruns Rd, Manhattan

Ages 7-13 **Min/Max: 6/10**

Fall 23	Tu	9/5-9/26	6-7p	\$100/\$140
---------	----	----------	------	-------------

Junior Bowlers

Have a "striking" good time! Bowlers will play up to 2 games in 1.5 hours. Ramps and bumpers are available.

Participants may be eligible to compete in Special Olympics bowling tournaments if they continue to participate in the program throughout the year and display the necessary qualifications. Special Olympics Athlete Medical Forms and additional paperwork are required to participate and due by June 1st.

Location: Laraway Lanes, 1009 W. Laraway Rd, New Lenox

Ages 7-13 **Min/Max: 4/6**

Fall 23-1	We	9/6-10/18	4-5p	\$90/\$125
Fall 23-2	We	11/1-12/13	4-5p	\$90/\$125

The Music Mash

Sing it high and sing it low! Join music therapist Miss Rita from Harmonic Changes as we use handheld instruments and other interactives to sing to our favorite songs.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 7-13 **Min/Max: 6/10**

Fall 23-1	We	9/6-10/18	5:30-6:15p	\$100/\$135
Fall 23-2	We	11/1-12/13	5:30-6:15p	\$100/\$135



YOUTH WEEKLY PROGRAMS

Ages 7-13



Show Choir

Shine like a star! Learn singing roles and dance moves with other performers. This warm-up program is intended to keep participants active during the fall season if interested in the annual winter Drama Club program.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 7-13	Min/Max: 6/10			
Fall 23-1	We	9/6-10/18	6:30-7:15p	\$100/\$135
Fall 23-2	We	11/1-12/13	6:30-7:15p	\$100/\$135

Yoga

Yoga is instructed by Miss Sara. Students will learn how to channel their inner mind and body through practice of strength, flexibility, and confidence

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 7-13	Min/Max: 6/10			
Fall 23	Sa	9/9-10/7	9:15-10a	\$95/\$130

Soccer Basics

Goal! This program focuses on skills such as dribbling, passing and shooting. Mr. Ben and Top Soccer instructors will lead the class. Wear comfortable clothing and gym shoes.

Participants may be eligible to compete in Special Olympics soccer skills competition if they continue to participate in the program throughout the year and display the necessary qualifications. Special Olympics Athlete Medical Forms and additional paperwork are required to participate and due by February 1st.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 7-13	Min/Max: 6/10			
Fall 23	Sa	9/9-10/7	10:15-11a	\$80/\$110

Swim Basics



Looking to practice basic water techniques and enjoy the water? Join us as certified instructors assist participants in reaching their goals in the water. This program is designed for individuals looking to work basic water safety and enjoy leisure time in the pool. **No program on 10/28, 11/4, or 11/25.**

Location: L-W East High School, 201 Colorado Ave, Frankfort

Ages 7-13	Min/Max: 4/6			
Fall 23-1	Sa	9/9-10/7	10-10:30a	\$175/\$240
Fall 23-2	Sa	9/9-10/7	10:30-11a	\$175/\$240
Fall 23-3	Sa	10/14-12/2	10-10:30a	\$175/\$240
Fall 23-4	Sa	10/14-12/2	10:30-11a	\$175/\$240



YOUTH WEEKLY PROGRAMS

Ages 7-13

Junior Hawks Swim Team

This program is designed for the swimmer who knows the swim foundational skills but wants to fine tune their swim strokes and techniques. Wear a swimsuit and bring a towel. **No program 11/25.** Participants may be eligible to compete in Special Olympics swim meets if they continue to participate in the program throughout the year and display the necessary qualifications. Special Olympics Athlete Medical Forms and additional paperwork are required to participate and due by January 1st.

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

Ages 7-13	Min/Max: 4/6			
Fall 23-1	Sa	9/9-10/7	12-12:30p	\$180/\$245
Fall 23-2	Sa	11/4-12/9	12-12:30p	\$180/\$245



Crayola Imagine Art Class

Participants will be exposed to different innovative and unique experiences through art education and skill with Miss Debbie from Crayola Imagine, all while getting the opportunity to uncover creativity in the world around us! **No program 11/23.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 7-13	Min/Max: 4/10			
Fall 23-1	Th	9/14-10/5	5:30-6:15p	\$85/\$115
Fall 23-2	Th	11/2-11/30	5:30-6:15p	\$85/\$115



Inclusive Jr Hawks Bocce

Bocce is a simple game that kids can quickly learn and enjoy. Develop various skills, such as hand-eye coordination, aim, and strategy through simple drills and games that encourage accuracy and precision. It's BYOB (Bring your own BUDDY...parents are welcome)! *Participants are encouraged, but not required, to invite a similarly-aged sibling, classmate, or peer to encourage an inclusive environment. Waivers are needed for peer buddies but no additional charge.

Participants may be eligible to compete in Special Olympics bocce tournaments if they continue to participate in the program throughout the year and display the necessary qualifications. Special Olympics Athlete Medical Forms and additional paperwork are required to participate and due by August 1st.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox, IL

Ages 7-13	Min/Max: 4/10			
Fall 23	Mo	9/11-10/16	5-5:45p	\$115/\$155

YOUTH WEEKLY PROGRAMS

Ages 7-13



Junior Hawks Kitchen

Who loves to help in the kitchen? This class offers a structured environment with opportunities to socialize with peers and try delicious new meals! **No program 11/23.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 7-13	Min/Max: 6/10			
Fall 23-1	Th	9/14-10/5	6:15-7:15p	\$85/\$115
Fall 23-2	Th	11/2-11/30	6:15-7:15p	\$85/\$115

Hawks Gymnastics Team

Designed to benefit the fierce gymnastics athletes! This program is for those that are ready to compete in the Special Olympics Regional Meet. Rotate between vault, bars, beam and floor exercise for female athletes and vault and floor exercise for male athletes. Flipstar instructors and coaches will meet each athlete at their own skill level and move at a pace comfortable for everyone. Participants may be eligible to compete in Special Olympics gymnastics meets if they continue to participate in the program throughout the year and display the necessary qualifications. Special Olympics Athlete Medical Forms and additional paperwork are required to participate and due by December 1st.

Location: Flipstar Gymnastics Academy, 1906 Ferro Dr, New Lenox

Ages 8+	Min/Max: 6/15			
Fall 23	Mo	10/2-11/27	7:15-8:15p	\$200/\$270

Momentum Dance Crew

Calling all movers and groovers! Shake away in a class full of music, movement and dance led by a certified Momentum Dance instructor. **No program 11/25.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 7-13	Min/Max: 4/10			
Fall 23	Sa	11/4-12/9	9:15-10a	\$95/\$130

Junior Book Club

Spend your Saturday morning exploring a new book paired with interactive sensory and motor activities with the New Lenox Library. Participants will be exposed to classroom activities, time in the sensory room, and time in the gym and kitchen!

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 7-14	Min/Max: 4/10			
Fall 23-1	Sa	10/14	9:45-10:30a	\$30/\$40
Fall 23-2	Sa	10/21	9:45-10:30a	\$30/\$40
Fall 23-3	Sa	12/16	9:45-10:30a	\$30/\$40



YOUTH WEEKLY PROGRAMS

Ages 7-13

Tumbling Basics

Jump, tuck, and roll at Gymkinetics! Burn excess energy by safely learning basic gymnastic skills. LWSRA aides will support participants through small groups led by a certified Gymkinetics gymnastics instructor. **No program 12/25 and 1/1.**

Location: Gym Kinetics, 19220 Ridge Dr, Mokena

Ages 7-13 **Min/Max: 4/10**

Fall 23 Mo 10/23-1/8 4-4:45p \$200/\$270

Baller Basics

Hoops! This program focuses on skills such as dribbling, passing and shooting. Wear comfortable clothing and gym shoes.

Wear comfortable clothing and gym shoes. **No program 11/25.**

Participants may be eligible to compete in Special Olympics basketball skills competition if they continue to participate in the program throughout the year and display the necessary qualifications. Special Olympics Athlete Medical Forms and additional paperwork are required to participate and due by October 1st.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 7-13 **Min/Max: 6/10**

Fall 23 Sa 11/4-12/9 10:15-11a \$80/\$110



Junior Hawks Basketball Team

Join the Junior Hawks! Athletes need to have some knowledge of the sport. Coaches work with athletes to enhance skills and build teamwork and sportsmanship. Players play other junior teams in the area. Practice times vary but are scheduled for 1 hour between 10am and 2pm weekly. Game times and location vary but normally are scheduled for 1pm. **No program 11/25.**

Participants may be eligible to compete in Special Olympics basketball tournaments if they continue to participate in the program throughout the year and display the necessary qualifications. Special Olympics Athlete Medical Forms and additional paperwork are required to participate and due by October 1st.

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

Ages 7-13 **Min/Max: 10/15**

Fall 23 Sa 11/4-2/11 12:30-2p \$230/\$310

Lab Rats

Break out the laboratory coats and goggles for a “booming” good time. Whether looking for sensory and visual input or wanting to ask questions and conduct experiments, science is for everyone! Participants will use their creativity to design and build like a true scientist!

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 7-13 **Min/Max: 6/10**

Fall 23 Tu 11/7-11/28 6-6:45p \$55/\$75



YOUTH SPECIAL EVENTS

Ages 7-13



Jr. Hawks Social Club

Spend Friday nights with friends and enjoy a themed night of activities!

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 7-13	Min/Max:	6/10			
Fall 23-1	Fr	9/29	6-7:30p	\$30/\$40	
Fall 23-2	Fr	10/20	6-7:30p	\$30/\$40	
Fall 23-3	Fr	11/17	6-7:30p	\$30/\$40	
Fall 23-4	Fr	12/15	6-7:30p	\$30/\$40	

School Day Out

When local schools are closed, turn to LWSRA to help continue a structured environment. Participants will partake in a variety of activities such as baking, crafts, sports, social games, and more. Bring a sack lunch, water bottle and wear athletic shoes.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 7-13	Min/Max:	6/10			
Columbus Day	Mo	10/9	10a-2p	\$60/\$80	
Thanksgiving	We	11/22	10a-2p	\$60/\$80	

Jr. Hawks Day Trippers



Step into an outdoor adventure as we explore County Line Farm and Konows Pumpkin Patch this Fall! Lunch is provided for both events.

Drop-off/Pick-up: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 7-13	Min/Max:	6/10			
County Line	Su	9/17	8a-2p	\$75/\$100	
Konows	Su	10/15	10a-2p	\$75/\$100	

Winter Break Camp

Looking for some fun activities to do during Winter Break? Join us in our Winter Break Camp. We will be utilizing our building to do engaging activities in the gym, kitchen, and classrooms! Before camp starts, we will be sending out a detailed schedule by email. Groups will be split by age. Bring a sack lunch, water bottle, and wear athletic shoes.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 7-13	Min/Max:	6/10			
Fall 22	We-Fr	1/3-1/5	10a-2p	\$175/\$240	



**Ages
6-22**

must be enrolled
in school

**\$25
per day**

2023-2024
School Year



Lincolnway Special Recreation Association

CLUB HAWK

AFTER SCHOOL CARE

Earliest drop-off: 2:00pm
Latest pick-up: 6:00pm



NEW Registration Process:

Daily registration is now available in CommunityPass. Log-in to view the Club Hawk catalog and add the days you plan to attend to your cart then checkout.

Registration Deadline:

One week prior (on TUESDAY) to the next week starting. (Please notify us by the Tuesday deadline should you need to adjust dates you already registered for.)

**Deadline ensures time to adequately schedule staff. Late registrations must receive approval.*

Transportation:

Transportation for your child needs to be set up through your child's school district. Contact your transportation company to change the drop off location to: LWSRC, 1900 Heather Glen Dr., New Lenox, IL 60451. LWSRA does not provide transportation services.

**Some school districts have different policies on drop off locations and schedule variations.*

Requirements:

Forms

*Current year's Annual Information Form (AIF)

Payment:

If wishing to pay each week, please only register for one week at a time (you will be charged the full amount when you check out in CommunityPass). If you register for future dates or the entire month, you will be charged in full at checkout.

Late registration requires approval. A fee of \$25 may be assessed if not received by Tuesday prior to the weeks starting.



Late Pick-Ups:

Each time a participant is picked up after 6:00pm, a \$1 fee will be charged per minute to cover staff costs. Payment is due to LWSRA within one week of notification. Attendance at future programs will not be allowed until all outstanding fees are paid.

**After multiple late pick-ups, suspension of future programs may occur.*

LWSRC is my child's drop-off location. What if I'm late picking them up?

For individuals using LWSRA as a drop off point, on days an individual is not registered but LWSRA staff accepts them off the bus, there will be a \$15 fee. An additional \$1 fee will be assessed per minute that the individual is under LWSRA supervision.

Refunds/Credits:

Refunds/credits will not be given due to vacations or weather related cancellations for days you registered for unless we are notified prior to registration deadline.

BUILDING A COMMUNITY WITHOUT LIMITS!














Athletics Program Progression

Hawklings
Age 2-6

Junior Hawks
Age 7-13

Hawks
Age 14+

	Hawklings (Age 2-6)	Junior Hawks (Age 7-13)	Hawks (Age 14+)
Basketball 	Mini Ballers	Baller Basics or Junior Hawks Basketball Team	Hawks Basketball Team
Bocce 	X	Inclusive Junior Hawks Bocce Team	Hawks Bocce Team
Bowling 	X	Junior Bowlers	Bowling League
Golf 	X	Golf Basics or Inclusive Junior Hawks Golf Team	Golf Skills or Hawks Golf Team
Gymnastics 	Tiny Tumblers	Tumbling Basics or Hawks Gymnastics Team	Hawks Gymnastics Team
Soccer 	Tot Soccer	Soccer Basics	Hawks Soccer Team
Softball 	Challenger Little League	Softball Basics	Hawks Softball Team
Swimming 	Swim Exploration	Swim Basics or Jr. Hawks Swim	Hawks Swim Team
Tennis 	X	X	Tennis Skills or Hawks Tennis Team
Track 	Track Stars	Junior Hawks Track and Field Team	Hawks Track and Field Team
Volleyball 	X	X	Hawks Volleyball Team
	*Instructors provide sport fundamentals	*Staff will determine appropriate level (skills, unified, traditional)	*Staff will determine appropriate level (skills, unified, traditional)

Participants may be eligible to compete in Special Olympics if they continue to participate in athletic program throughout the year and display the necessary qualifications. Special Olympics Athlete Medical Forms and additional paperwork are required to participate and due by specific deadlines.

TEEN & ADULT WEEKLY PROGRAMS

Ages 14+

Teen and Adult weekly programs are intended for individuals age 14 and up. 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/transition program students and have an age range of 12-22 years old.

TEEN & ADULT WEEKLY PROGRAMS

Ages 14+

Programs at a Glance

SESSION 1 – STARTS SEPTEMBER 5TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 <p>BOCCE 6-7 PM</p>  <p>PICKLEBALL 7:15-8 PM</p>	 <p>TAE KWON DO 6-6:45 PM</p>  <p>VOLLEYBALL TEAM 6:30-8 PM</p>	 <p>BOWLING LEAGUE 4-5:30 PM</p>  <p>STRENGTH & CONDITIONING 6-7 PM</p>	 <p>HAWKS KITCHEN 5-6 PM</p>  <p>ZUMBA 6:15-7:15 PM</p>  <p>BOWLING LEAGUE 6-7:30 PM</p>
FRIDAY	SATURDAY		SUNDAY
<p>SEE SPECIAL EVENTS</p>	 <p>WATER AEROBICS 11-11:30 AM</p> <p>SEE SPECIAL EVENTS</p> <p>SWIM TEAM 12-12:45 PM</p>		<p>SEE SPECIAL EVENTS</p>

SESSION 2 – STARTS NOVEMBER 6TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 <p>TENNIS TEAM 5-6 PM TENNIS SKILLS 6-6:45 PM</p>  <p>GYMNASTICS 7:15-8:15 PM</p>	 <p>TAE KWON DO 6-6:45 PM</p>  <p>BASKETBALL TEAM 5-9 PM</p>	 <p>BOWLING LEAGUE 4-5:30 PM</p>  <p>STRENGTH & CONDITIONING 6-7 PM</p>	 <p>HAWKS KITCHEN 5-6 PM</p>  <p>ZUMBA 6:15-7:15 PM</p>  <p>BOWLING LEAGUE 6-7:30 PM</p>
FRIDAY	SATURDAY		SUNDAY
<p>SEE SPECIAL EVENTS</p>	 <p>WATER AEROBICS 11-11:30 AM</p> <p>SEE SPECIAL EVENTS</p> <p>SWIM TEAM 12-12:45 PM</p>		<p>SEE SPECIAL EVENTS</p>

TEEN & ADULT WEEKLY PROGRAMS

Ages 14+

Tae Kwon Do

Tae Kwon Do is instructed by Master Kim of Family Martial Arts. Students will learn self-defense and improve upon self-confidence, discipline, coordination, physical and mental capabilities.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 14+	Min/Max: 5/8			
Fall 23-1	Tu	9/5-10/17	6-6:45p	\$155/\$210
Fall 23-12	Tu	10/31-12/12	6-6:45p	\$155/\$210



Strength & Conditioning



Boost cardiovascular endurance and strength training! Athletes can independently work out in a fitness-centered atmosphere. Athletes will be guided through cardio and strength exercises.

Location: The Oaks Fitness Center, 10847 La Porte Rd, Mokena

Ages 14+	Min/Max: 5/12			
Fall 23-1	We	9/6-10/11	6-7p	\$75/\$100
Fall 23-2	We	11/1-12/6	6-7p	\$75/\$100

Show Choir

Shine like a star! Learn singing roles and dance moves with other performers. This warm-up program is intended to keep participants active during the fall season if interested in the annual winter Drama Club program.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 14-22	Min/Max: 6/10			
Fall 23-1	We	9/6-10/18	6:30-7:15p	\$100/\$135
Fall 23-2	We	11/1-12/13	6:30-7:15p	\$100/\$135

Bowling League



Have a "striking" good time! Bowlers will play up to 2 games in 1.5 hours. Ramps and bumpers are available.

Participants may be eligible to compete in Special Olympics bowling tournaments if they continue to participate in the program throughout the year and display the necessary qualifications. Special Olympics Athlete Medical Forms and additional paperwork are required to participate and due by June 1st.

Wednesday Location: Laraway Lanes, 1009 W. Laraway Rd, New Lenox

Thursday Location: Riverfront Lanes, 402 S Water St, Wilmington

Ages 14+	Min/Max: 5/18			
Laraway-Fall 23-1	We	9/6-10/18	4-5:30p	\$90/\$125
Laraway-Fall 23-2	We	11/1-12/13	4-5:30p	\$90/\$125
*Riverfront-Fall 23-1	Th	9/7-10/19	6-7:30p	\$90/\$125
*Riverfront-Fall 23-2	Th	11/2-12/14	6-7:30p	\$90/\$125

*Transportation available from LWSRC to Wilmington provided FREE. Register in CommunityPass if needed. (drop-off/pick-up 5p-8p)



TEEN & ADULT WEEKLY PROGRAMS

Ages 14+



Zumba

Get moving in this active dance class! Program is led by a certified Zumba instructor. **No program 11/23.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 14+	Min/Max: 5/10			
Fall 23-1	Th	9/7-10/19	6:15-7:15p	\$100/\$130
Fall 23-2	Th	11/2-12/14	6:15-7:15p	\$85/\$120

Water Aerobics



Break out your best moves as we go through a water workout. We will get the heart pumping during this 30-minute workout. **No program on 10/28, 11/4, or 11/25.**

Location: L-W East High School, 201 Colorado Ave, Frankfort

Ages 14+	Min/Max: 6/10			
Fall 23-1	Sa	9/9-10/7	11-11:30a	\$175/\$240
Fall 23-2	Sa	10/14-12/2	11-11:30a	\$175/\$240

Hawks Swim Team



Hawks swim is designed for the competitive swimmer who want to compete in meets against other SRA's. Athletes must be able to swim the length of the pool without stopping or touching the bottom. Practice will focus on swim endurance and technique. **No program 11/25.**

Participants may be eligible to compete in Special Olympics swim meets if they continue to participate in the program throughout the year and display the necessary qualifications. Special Olympics Athlete Medical Forms and additional paperwork are required to participate and due by January 1st.

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

Ages 14+	Min/Max: 6/15			
Fall 23-1	Sa	9/9-10/7	12:35-1:20p	\$225/\$310
Fall 23-2	Sa	11/4-12/9	12:35-1:20p	\$225/\$310

Hawks Bocce Team

Bocce combines the skill of bowling and the accuracy of darts. Bocce includes teamwork, socialization, and physical development. Participants may be eligible to compete in Special Olympics bocce tournaments if they continue to participate in the program throughout the year and display the necessary qualifications. Special Olympics Athlete Medical Forms and additional paperwork are required to participate and due by August 1st.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 14+	Min/Max: 4/6			
Fall 23	Mo	9/11-10/16	6-7p	\$115/\$155



TEEN & ADULT WEEKLY PROGRAMS

Ages 14+

Pickleball

During this new, recreational program, we will learn the basics of pickleball including rules and strategy, scoring, and the basic strokes used to play this up-and-coming sport. All skill levels are welcome, so join us as we discover the fun and playing pickleball! Bring a water bottle and wear athletic clothes.

Location: Sky Harbor Pickleball Courts, 2115 High View Rd, New Lenox

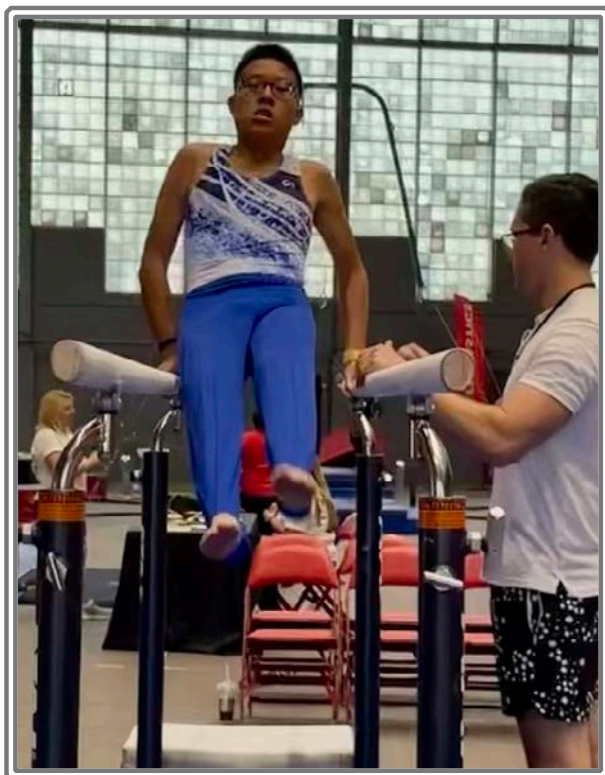
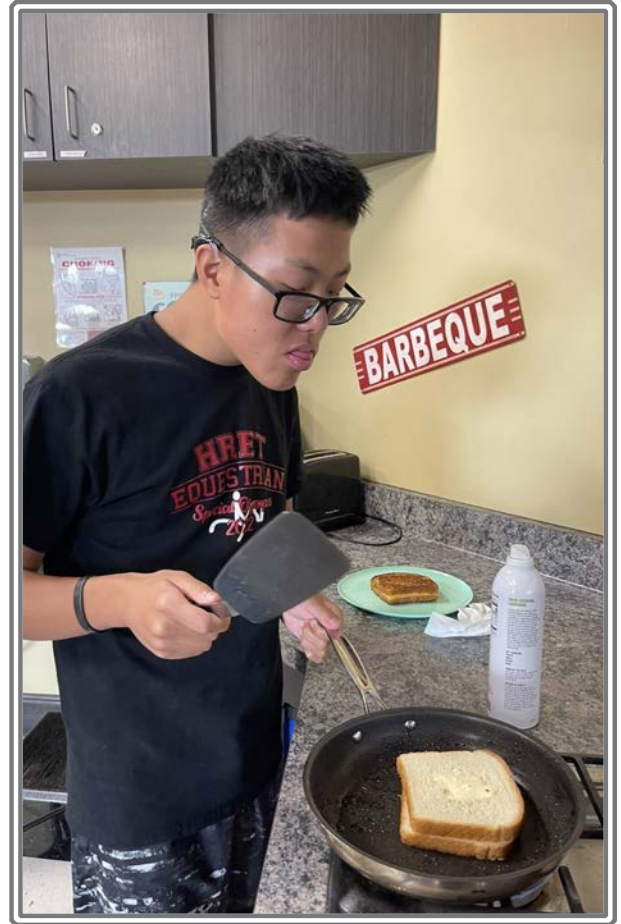
Ages 14+ **Min/Max: 6/15**
 Fall 23 Mo 9/11-10/2 7:15-8p \$110/\$150

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. **No program 11/23.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 14+ **Min/Max: 6/15**
 Fall 23-1 Th 9/14-10/5 5-6p \$85/\$115
 Fall 23-2 Th 11/2-11/30 5-6p \$85/\$115



Hawks Gymnastics Team

Designed to benefit the fierce gymnastics athletes! This program is for those that are ready to compete in the Special Olympics Regional Meet. Rotate between vault, bars, beam and floor exercise for female athletes and vault and floor exercise for male athletes. Flipstar instructors and coaches will meet each athlete at their own skill level and move at a pace comfortable for everyone. *Participants may be eligible to compete in Special Olympics gymnastics meets if they continue to participate in the program throughout the year and display the necessary qualifications. Special Olympics Athlete Medical Forms and additional paperwork are required to participate and due by December 1st.*

Location: Flipstar Gymnastics Academy, 1906 Ferro Dr, New Lenox

Ages 8+ **Min/Max: 6/15**
 Fall 23 Mo 10/2-11/27 7:15-8:15p \$200/\$270

TEEN & ADULT WEEKLY PROGRAMS

Ages 14+



Hawks Tennis Team

Time to get back on the court and practice your serves! Fall Tennis is a great way to stay active, continue to develop hand-eye coordination and have fun with friends.

Participants may be eligible to compete in Special Olympics tennis tournaments if they continue to participate in the program throughout the year and display the necessary qualifications. Special Olympics Athlete Medical Forms and additional paperwork are required to participate and due by June 1st.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 14+ **Min/Max: 6/15**
 Fall 23 Mo 10/30-12/4 5-6p \$165/\$225

Tennis Skills

Develop your tennis skills as we promote teamwork, improve your tennis and social skills, and respect for the sport.

Participants may be eligible to compete in Special Olympics tennis skills competition if they continue to participate in the program throughout the year and display the necessary qualifications. Special Olympics Athlete Medical Forms and additional paperwork are required to participate and due by June 1st.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 14+ **Min/Max: 6/15**
 Fall 23 Mo 10/30-12/4 6-6:45p \$135/\$185

Hawks Basketball Team

Join the LWSRA competitive basketball family! The Hawks will play against other local teams, schools, and SRA's in their age division. Athletes need to have some knowledge of the sport. Coaches work with athletes to enhance skills and build a sense of teamwork and sportsmanship. Game schedule will be released at the beginning of the program. Game and practice time vary but will be scheduled for 1.5 hours between 5pm and 9pm.

Participants may be eligible to compete in Special Olympics basketball tournaments if they continue to participate in the program throughout the year and display the necessary qualifications. Special Olympics Athlete Medical Forms and additional paperwork are required to participate and due by October 1st.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 14-22 **Min/Max: 7/23**
 High School Tu 10/31-2/27 TBD (5-9p) \$280/\$375
Ages 23+ **Min/Max: 7/23**
 Adult Tu 10/31-2/27 TBD (5-9p) \$280/\$375



TEEN & ADULT SPECIAL EVENTS

Ages 14+

Teen and Adult special events are intended for individuals age 14 and up. 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.

TEEN & ADULT SPECIAL EVENTS

Ages 14+

Programs at a Glance

SESSION 1 – STARTS SEPTEMBER 5TH

FRIDAY	SATURDAY	SUNDAY
9/15 SWSRA FRIDAY NIGHT 6-9:45 PM	9/9 CAMPFIRE COMPANIONS 6-8 PM	9/10 LUNCH BUNCH 11:30 AM-1:30 PM
9/22 NSRS END OF SUMMER 5:45-9 PM	10/7 FAST FOOD AND FLICKS 10 AM-2:30 PM	9/24 COUNTY LINE ORCHARD 8 AM-2 PM
9/29 BINGO BLAST 6-8 PM	10/6 DISCO INFERNO 6-8 PM	10/8 LUNCH BUNCH 11:30 AM-1:30 PM
10/6 DISCO INFERNO 6-8 PM	10/14 PUMPKIN PARTY 10 AM-2 PM	
10/13 HOUSE OF MOUSE DANCE 6:30-9 PM	10/21 BOO AT THE ZOO 9 AM-2 PM	
10/20 BINGO BLAST 6-8 PM		

SESSION 2 – STARTING NOVEMBER 6TH

FRIDAY	SATURDAY	SUNDAY
10/27 OAK LAWN HALLOWEENHOP 5:30-9:45 PM	10/28 GREAT PUMPKIN CARVE 5:30-7 PM	11/12 LUNCH BUNCH 11:30 AM-1:30 PM
11/3 HOEDOWN 6:30-9 PM	12/9 FAST FOOD AND FLICKS 10 AM-2:30 PM	11/19 JOJO'S SHAKE BAR 10 AM-2 PM
11/17 NWCSRA FRIENDSGIVING 5:30-9:45 PM		12/3 LUNCH BUNCH 11:30 AM-1:30 PM
12/1 OP HOLIDAY BALL 5:45-10:15 PM	THURSDAY	12/10 ILLUMINATION 3:30-8 PM
12/8 HOLIDAY BAKING 6-8 PM	11/9 ELF AT OAK LAWN 6:30-10:45 PM	
12/15 BINGO BLAST 6-8 PM		

TEEN ONLY SPECIAL EVENTS

Ages 12-22

Teen Only Inclusive Pajama Jam Dance

Let's Jam as we dance the night away in our PJ's! It's BYOB (Bring your own BUDDY)! *Participants are encouraged, but not required, to invite a similarly-aged sibling, classmate, or peer to encourage an inclusive environment. Waivers are needed for peer buddies but no additional charge. Dinner provided.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 12-22 **Min/Max: 12/25**

Fall 23 Fr 9/22 6-7:30p \$30/\$40

Winter Break Camp

Looking for some fun activities to do during Winter Break? Join us in our Winter Break Camp. We will be utilizing our building to do engaging activities in the gym, kitchen, and classrooms! Before camp starts, we will be sending out a detailed schedule by email. Groups will be split by age. Bring a sack lunch, water bottle, and wear athletic shoes.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 14-22 **Min/Max: 6/10**

Fall 23 We-Fr 1/3-1/5 10a-2p \$175/\$240



DECEMBER

DEPART: WED THE 27TH @ 1030AM
RETURN: THURS THE 28TH @ 5PM

TEEN OVERNIGHT

New snow adventures await!

Snowboard Lesson, Snowtubing Time,
Overnight Stay at Hotel with LWSRA Staff,
Games and Meals with Friends

**\$250/
\$340**

ROCK SNOWPARK
Franklin, Wisconsin

TEEN & ADULT DANCES

Ages 13+

IN-HOUSE
(LWSRA Only)

Disco Inferno (Ages 13+) 🎵

Min/Max: 12/25

It's a Disco inferno! Let's get ready to disco as we head back to the 1970s. Dinner provided.

Fall 23 10/6 6-8p \$30/\$40 Location: LWSRC, 1900 Heather Glen Dr, New Lenox

CO-OP LOCAL
(LWSRA hosts other SRA's)

House of Mouse (Ages 13+) 🎵

*Pick-up points available-register in CommunityPass

Min/Max: 12/25

The "most magical place on Earth" is now closer than ever. Disneyfy your wardrobe and dance a magical night away. Take a picture with the famous mice and princesses! Pizza will be provided.

Fall 23 10/13 6:30-9p \$40/\$55 Location: LWSRC, 1900 Heather Glen Dr, New Lenox

*Drop-off/Pick-up Points: Wilmington 5:45p/9:30p | Crete-5:30p/9:35p | Peotone 6p/9:50p (transportation provided to LWSRC)

Hoedown (Ages 13+) 🎵

*Pick-up points available-register in CommunityPass

Min/Max: 12/25

Yee-Haw! Throw on your boots and grab your cowboy hat for a night filled with fun, food, and line dancing! Fried chicken and all of the fixins will be provided.

Fall 23 11/3 6:30-9p \$40/\$55 Location: LWSRC, 1900 Heather Glen Dr, New Lenox

*Drop-off/Pick-up Points: Wilmington 5:45p/9:30p | Crete-5:30p/9:35p | Peotone 6p/9:50p (transportation provided to LWSRC)

CO-OP AWAY
(Larger dances hosted by other SRA's)

SWSRA Friday Night Lights (Age 15+) 🚐



*Transp. provided-meet at LWSRC

Min/Max: 12/20

Join your friends for fun Friday night of dancing and singing. Light snack provided.

Fall 23 9/15 6-9:45p \$45/\$60 Location: Midlothian Park District, 14500 Kostner Ave, Midlothian

NSRS End of Summer Celebration (Age 15+) 🚐



*Transp. provided-meet at LWSRC

Min/Max: 12/20

Attend one last summer celebration with friends. Light snack provided.

Fall 23 9/22 5:45-9p \$45/\$60 Location: TBA

Oak Lawn Halloween Hip Hop (Age 15+) 🎵



*Transp. provided-meet at LWSRC

Min/Max: 12/20

Ghostly Greetings! Be ready for a night of ghoulish fun. There will be a costume contest for those of you who are daring enough to try! Snacks and refreshments are provided.

Fall 23 10/27 5:30-9:45p \$45/\$60 Location: Oak Lawn Park District- 4625 W 110th Street, Oak Lawn

NWCSRA Friendsgiving (Age 15+) 🎵



*Transp. provided-meet at LWSRC

Min/Max: 12/20

Gobble Gobble! Celebrate friendship and companionship by dancing the night away with your fellow SRA friends. Thanksgiving themed dinner and dessert will be provided.

Fall 23 11/17 5:30-9:45p \$45/\$60 Location: Romeoville Rec Center, 900 West Romeo Rd, Romeoville

Orland Park Holiday Ball (Age 15+) 🎵



*Transp. provided-meet at LWSRC

Min/Max: 12/20

"Jingle bell, jingle bell, jingle bell rock". Celebrate the holiday season by attending the fanciest dances of the year in your finest attire. A banquet-style four-course dinner will be provided.

Fall 23 12/1 5:45-10:15p \$80/\$100 Location: Orland Park Civic Center, 14750 Ravinia Ave, Orland Park



TEEN & ADULT SPECIAL EVENTS

Ages 14+

Lunch Bunch

Spend your Sundays with friends as we enjoy a themed afternoon of activities!

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 14+ **Min/Max: 6/15**

Fall 23-1	Su	9/10	11:30a-1:30p	\$30/\$40
Fall 23-2	Su	10/8	11:30a-1:30p	\$30/\$40
Fall 23-3	Su	11/12	11:30a-1:30p	\$30/\$40
Fall 23-4	Su	12/3	11:30a-1:30p	\$30/\$40



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 14+ **Min/Max: 6/15**

Fall 23	Fr	9/15	6-8p	\$30/\$40
---------	----	------	------	-----------

Fast Food & Flicks



Sit back, relax and enjoy the show! Lunch and admission to a movie is included. Please bring money for snacks and drinks at the theater.

Drop-off/Pick-up: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 14+ **Min/Max: 8/20**

Fall 23-1	Sa	10/7	10a-2:30p	\$65/\$90
Fall 23-2	Sa	12/9	10a-2:30p	\$65/\$90

Bingo Blast



BINGO! Come join your friends at LWSRA for a night of bingo! Pizza and drinks will be provided for in-person participants.

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

Ages 14+ **Min/Max: 8/20**

Fall 23-1	Fr	9/29	6-8p	\$30/\$40
Fall 23-1-virtual	Fr	9/29	6:30-8p	\$10/\$15
Fall 23-2	Fr	10/20	6-8p	\$30/\$40
Fall 23-2-virtual	Fr	10/20	6:30-8p	\$10/\$15
Fall 23-3	Fr	12/15	6-8p	\$30/\$40
Fall 23-3-virtual	Fr	12/15	6:30-8p	\$10/\$15



TEEN & ADULT SPECIAL EVENTS

Ages 14+



County Line Orchard



Country Line Orchard is located Indiana and is best known for its apple picking. Please join us as we explore not only apple picking but other fun activities like hay rides. Lunch included.

Drop-off/Pick-up: *LWSRC, 1900 Heather Glen Dr, New Lenox*

Ages 14+

Min/Max: 6/15

Fall 23

Su

9/24

8a-2p

\$70/\$95

Pumpkin Party at Konows



Join us for a day of fall fun! We will be going to Konow's Corn Maze to enjoy all fall has to offer. Animal barn, treehouse, train and corn mazes are just a few items on our list for the day. Lunch included.

Drop-off/Pick-up: *LWSRC, 1900 Heather Glen Dr, New Lenox*

Ages 14+

Min/Max: 6/15

Fall 23

Sa

10/14

10a-2p

\$50/\$70

Boo at the Zoo



Gather your friends for a spooky scary time at Brookfield Zoo. We will visit with the animals while enjoying the day with friends. Lunch included.

Drop-off/Pick-up: *LWSRC, 1900 Heather Glen Dr, New Lenox*

Ages 14+

Min/Max: 6/15

Fall 23

Sa

10/21

9a-2p

\$60/\$85

Great Pumpkin Carve Off



Show off your creativity by decorating your very own pumpkin! Come join your friends for a night of fun. Dinner included.

Location: *LWSRC, 1900 Heather Glen Dr, New Lenox*

Ages 14+

Min/Max: 6/15

Fall 23

Sa

10/28

5:30-7p

\$30/\$40



TEEN & ADULT SPECIAL EVENTS

Ages 14+

ELF at Oak Lawn Theatre

Get into the holiday spirit by joining Oak Lawn for their production of "Elf" at the Oak Lawn Park District.

Drop-off/Pick-up: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 14+ **Min/Max: 6/15**

Fall 23 Th 11/9 6:30-10:45p \$45/\$60

JoJo's Shake Bar



Are you ready for a shake? Join your friends as we venture to Jo Jo's Shake bar in Naperville for lunch and a sweet treat. Lunch included.

Drop-off/Pick-up: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 14+ **Min/Max: 6/15**

Fall 23 Su 11/19 10a-2p \$50/\$70



TEEN & ADULT SPECIAL EVENTS

Ages 14+



Holiday Lights in New Lenox

We will be going to New Lenox Commons to check out the holiday lights and get into the holiday spirit. Snack provided.

Drop-off/Pick-up: *LWSRC, 1900 Heather Glen Dr, New Lenox*

Ages 14+ **Min/Max: 6/15**

Fall 23 Fr 12/8 6-8p \$30/\$40

Illumination at Morton Arboretum



Join friends for an evening celebrating the 10th anniversary of Illumination: Tree Lights at The Morton Arboretum. We will explore 18 different features along tree line walking trails. Dinner is included.

Drop-off/Pick-up: *LWSRC, 1900 Heather Glen Dr, New Lenox*

Ages 14+ **Min/Max: 6/15**

Fall 23 Su 12/10 3:30-8p \$65/\$90



TITANS RECREATION CLUB

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 Recreation Club, participants have freedom in choice. Through selection of interest-based programs, participants create a schedule that best suits their needs.



Titans Highlights:

- Monday Day Trippers
- Tuesday/Thursday Programs
- Wednesday/Friday Programs
- TITANS 2.0-Let's Go

Personalize your schedule and select based on your interests

Looking for more?:

- Adult weekly programs found on pages 27-32
- Adult special events found on pages 33-37



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.
- Individuals may register for a one day, multi-day, or full-week schedule.

TITANS RECREATION CLUB

Ages 18+

TITANS Frequently Asked Questions

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

The recreation club is open to all those who meet age and program guidelines. Pre-approval is not required although we encourage you to reach out to our team 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). 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. Some individual sessions may take short trips to the host facility. Several special events are offered at the end of the program season. Check out "[TITANS 2.0-Let's Go](#)" on page 56 to see the fun that lies ahead!

FIELD TRIP DAY!

MONDAYS

DAY TRIPPERS (MONDAY FIELD TRIPS)

Monday Day Trippers (Ages 18+)  *Transportation provided-meet at LWSRC **Min/Max: 20/24**

Attention all thrill seekers! Join us for a day of adventure as we explore a variety of exciting trips from museums to parks and everything in between!

Drop-off/Pick-up: LWSRC, 1900 Heather Glen Dr, New Lenox

Fall 23-1	Mo	9/11-10/16	9a-2p	\$360/\$490
Fall 23-2	Mo	10/30-12/11	9a-2p	\$420/\$570

TRANSITIONING BY INITIATING
TEAMWORK ACCEPTANCE KNOWLEDGE SERVICE

TITANS RECREATION CLUB

Ages 18+

FALL SESSION ONE | SEPTEMBER 5TH - OCTOBER 19TH
TUESDAYS & THURSDAYS

9:00 - 10:15am
(CHOOSE ONE)

The Brew Crew



**Transportation provided - meet at the LWSRC*

Min/Max: 4/12

Relax and recharge as we travel to various coffee spots to drink our coffee or tea and have great conversations with friends!

Fall23-1-TT1 9/5-10/19 \$200/\$270

In It to Win It Activities

Min/Max: 4/15

Get ready to break a sweat and unleash your energy with our action-packed program filled with exciting challenges, competition, and fun. The activities include a variety of games to keep you moving and grooving on your feet.

Fall23-1-TT1 9/5-10/19 \$200/\$270

TITANS Power Walkers

Min/Max: 4/15

Get a move on! Enjoy a great workout as we see how far we can walk each week. Power walking helps reduce stress and anxiety and leads to increased energy as we walk towards a healthier lifestyle.

Fall23-1-TT1 9/5-10/19 \$200/\$270

10:15 - 11:30am
(CHOOSE ONE)

Show Choir

Min/Max: 4/15

Calling all who like to sing, dance, and perform! Unleash your star power and embrace the spotlight. Let your voice shine through music, movement, and unforgettable performances!

Fall23-1-TT2 9/5-10/19 \$200/\$270

WERQ Fitness

Min/Max: 4/15

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

Fall23-1-TT2 9/5-10/19 \$200/\$270

Fun with Farkle and More

Min/Max: 4/15

Get ready for a dice rolling adventure. Program includes a collection of classic and unique dice games. Roll the dice and take risks... Let the games begin!

Fall23-1-TT2 9/5-10/19 \$200/\$270

11:30am - 12:30pm Lunch Bunch | \$0 Free if enrolled in another TITANS time slot Register in CommunityPass.

12:30 - 2pm
(CHOOSE ONE)

Hands, Hooves and Hope Ranch



**Transportation provided-meet at the LWSRC*

Min/Max: 4/12

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

Fall23-1-TT3 9/5-10/19 \$200/\$270

Painting and Art Exploration

Min/Max: 4/15

Unlock your creative side! Explore various painting styles as well as artistic mediums, techniques, and styles. Create paintings, mosaics, and different artwork.

Fall23-1-TT3 9/5-10/19 \$200/\$270

Road Trip

Min/Max: 4/15

Join for a journey to explore exciting destinations from the comfort of the classroom. You'll learn about history, culture and geography in a fun way. From great outdoors to new cities, let's expand your horizons!

Fall23-1-TT3 9/5-10/19 \$200/\$270

2-4pm
(EXTENDED DAY)

Shop and Go!

Min/Max: 4/12

Extend the fun on the run of TITANS! Each week will consist in-house games and activities while the next day we will pick and go!

Fall23-1-TT4 9/5-10/19 \$200/\$270

TITANS RECREATION CLUB

Ages 18+

FALL SESSION ONE | SEPTEMBER 6TH - OCTOBER 20TH
WEDNESDAYS & FRIDAYS

9:00 – 10:15am
(CHOOSE ONE)

Hip Hop Dance

Min/Max: 4/15

Get ready to move and groove to own the dance floor. You'll learn the hottest dance moves! Not only is this a great workout, but it is a thrilling way to express yourself.

Fall23-1-WF1 9/6-10/20 \$200/\$270

Puzzles, Trivia, and More

Min/Max: 4/15

If you enjoy crosswords puzzles, Kahoot games and Trivia? This is the program for you. Every week we will try a new group activity.

Fall23-1-WF1 9/6-10/20 \$200/\$270

Models and Minis Building

Min/Max: 4/15

Discover the world of craftsmanship. Learn the art of model-making and hone skills in assembling, painting, and detailing various miniature structures. Join for this hands-on journey!

Fall23-1-WF1 9/6-10/20 \$200/\$270

10:15 – 11:30am
(CHOOSE ONE)

Holiday Crafts

Min/Max: 4/15

Embrace the holiday spirit. Discover the joy of handmade decorations as we guide you through a journey of crafting.

Fall23-1-WF2 9/6-10/20 \$200/\$270

Brain Teasers

Min/Max: 4/15

Come together for social activities. Play card games, tell stories and a enjoy a light snack.

Fall23-1-WF2 9/6-10/20 \$200/\$270

Video Game Show

Min/Max: 4/15

Gather your friends, grab the controllers, and bring your competitive spirit. Get ready to be entertained as we jump right into video game shows. Enjoy the ultimate gaming experience!

Fall23-1-WF2 9/6-10/20 \$200/\$270

11:30am – 12:30pm **Lunch Bunch | \$0**

12:30 – 2pm
(CHOOSE ONE)

Games and Bowling



*Transportation provided-meet at the LWSRC

Min/Max: 4/12

Roll on in for some fun! Join your fellow bowlers on the lanes. Each week TITANS will alternate between going bowling and playing a variety of games!

Fall23-1-WF3 9/6-10/20 \$200/\$270

Tae Kwon Do

Min/Max: 4/15

Through Master Kim's Tae Kwon Do, we will develop discipline, strength, speed, balance, and flexibility through physical, mental and spiritual guidance.

Fall23-1-WF3 9/6-10/20 \$200/\$270

Music Stars

Min/Max: 4/15

Everyone can be musical! Sing, learn lyrics, and sing songs with music from all eras. (Personal instruments are welcome)

Fall23-1-WF3 9/6-10/20 \$200/\$270

TRANSITIONING BY INITIATING
TEAMWORK ACCEPTANCE KNOWLEDGE SERVICE

TITANS RECREATION CLUB

Ages 18+

FALL SESSION TWO | OCTOBER 31ST - DECEMBER 14TH
TUESDAYS & THURSDAYS

9:00 – 10:15am
 (CHOOSE ONE)

Book Club Cafe



*Transportation provided - meet at the LWSRC

Min/Max: 4/12

Join our vibrant book club - Dive into the world of literature while savoring delicious drinks and engaging conversations. Let your imagination run wild!

Fall23-2-TT1 10/31-12/14 \$200/\$270

Essential Skills

Min/Max: 4/15

Help develop essential, basic daily life skills. The group will set goals, complete tasks, and engage in various assortment activities. Test your skills!

Fall23-2-TT1 10/31-12/14 \$200/\$270

Gym Time Fun

Min/Max: 4/15

Start your morning by stretching out and getting your blood pumping with various gym activities.

Fall23-2-TT1 10/31-12/14 \$200/\$270

10:15 – 11:30am
 (CHOOSE ONE)

Show Choir

Min/Max: 4/15

Calling all who like to sing, dance, and perform! Unleash your star power and embrace the spotlight. Let your voice shine through music, movement, and unforgettable performances!

Fall23-2-TT2 10/31-12/14 \$200/\$270

WERQ Fitness

Min/Max: 4/15

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

Fall23-2-TT2 10/31-12/14 \$200/\$270

Fun with Farkle and More

Min/Max: 4/15

Get ready for a dice rolling adventure. Program includes a collection of classic and unique dice games. Roll the dice and take risks... Let the games begin!

Fall23-2-TT2 10/31-12/14 \$200/\$270

11:30am – 12:30pm Lunch Bunch | \$0 Free if enrolled in another TITANS time slot Register in CommunityPass.

12:30 – 2pm
 (CHOOSE ONE)

TITANS Power Walkers

Min/Max: 4/15

Get a move on! Enjoy a great workout as we see how far we can walk each week. Power walking helps reduce stress and anxiety and leads to increased energy as we walk towards a healthier lifestyle.

Fall23-2-TT3 10/31-12/14 \$200/\$270

Painting and Art Exploration

Min/Max: 4/15

Unlock your creative side! Explore various painting styles as well as artistic mediums, techniques, and styles. Create paintings, mosaics, and different artwork.

Fall23-2-TT3 10/31-12/14 \$200/\$270

Road Trip

Min/Max: 4/15

Join for a journey to explore exciting destinations from the comfort of the classroom. You'll learn about history, culture and geography in a fun way. From great outdoors to new cities, let's expand your horizons!

Fall23-2-TT3 10/31-12/14 \$200/\$270

2-4pm
 (EXTENDED DAY)

Shop and Go!

Min/Max: 4/12

Extend the fun on the run of TITANS! Each week will consist in-house games and activities while the next day we will pick and go!

Fall-2-TT4 10/31-12/14 \$200/\$270

TITANS RECREATION CLUB

Ages 18+

FALL SESSION TWO | NOVEMBER 1ST - DECEMBER 15TH
WEDNESDAYS & FRIDAYS

9:00 – 10:15am
(CHOOSE ONE)

Hip Hop Dance

Min/Max: 4/15

Get ready to move and groove to own the dance floor. You'll learn the hottest dance moves! Not only is this a great workout, but it is a thrilling way to express yourself.

Fall23-2-WF1 11/1-12/15 \$200/\$270

Puzzles, Trivia, and More

Min/Max: 4/15

If you enjoy crosswords puzzles, Kahoot games and Trivia? This is the program for you. Every week we will try a new group activity.

Fall23-2-WF1 11/1-12/15 \$200/\$270

World of Textiles

Min/Max: 4/15

Learn to weave, do simple sewing projects, arm knit, and perform other various tasks using different textiles.

Fall23-2-WF1 11/1-12/15 \$200/\$270

10:15 – 11:30am
(CHOOSE ONE)

Holiday Crafts

Min/Max: 4/15

Embrace the holiday spirit. Discover the joy of handmade decorations as we guide you through a journey of crafting.

Fall23-2-WF2 11/1-12/15 \$200/\$270

Brain Teasers

Min/Max: 4/15

Come together for social activities. Play card games, tell stories and a enjoy a light snack.

Fall23-2-WF2 11/1-12/15 \$200/\$270

Video Game Show

Min/Max: 4/15

Gather your friends, grab the controllers, and bring your competitive spirit. Get ready to be entertained as we jump right into video game shows. Enjoy the ultimate gaming experience!

Fall23-2-WF2 11/1-12/15 \$200/\$270

11:30am – 12:30pm **Lunch Bunch | \$0** Free if enrolled in another TITANS time slot Register in CommunityPass.

12:30 – 2pm
(CHOOSE ONE)

Games and Bowling



*Transportation provided-meet at the LWSRC

Min/Max: 4/12

Roll on in for some fun! Join your fellow bowlers on the lanes. Each week TITANS will alternate between going bowling and playing a variety of games!

Fall23-2-WF3 11/1-12/15 \$200/\$270

Tae Kwon Do

Min/Max: 4/15

Through Master Kim's Tae Kwon Do, we will develop discipline, strength, speed, balance, and flexibility through physical, mental and spiritual guidance.

Fall23-2-WF3 11/1-12/15 \$200/\$270

Music Stars

Min/Max: 4/15

Everyone can be musical! Sing, learn lyrics, and sing songs with music from all eras. (Personal instruments are welcome)

Fall23-2-WF3 11/1-12/15 \$200/\$270

TRANSITIONING BY INITIATING
TEAMWORK ACCEPTANCE KNOWLEDGE SERVICE

TITANS RECREATION CLUB

Ages 18+

TITANS 2.0-LET'S GO | DECEMBER 18TH, 20TH AND 22ND
MONDAY | WEDNESDAY | FRIDAY

TITANS 2.0-LET'S GO
(SPECIAL EVENTS)

Christkindlmarket



Min/Max: 8/12

Christkindlmarket features vendors with various offerings for all ages. Join your friends as we visit the market this year in Aurora. Bring money for that last minute shopping. Lunch included. Lunch is included.

Fall 23 Mo 12/18 10a-4p \$60/\$85 Drop-off: LWSRC, 1900 Heather Glen Dr, New Lenox

Charlie and the Chocolate Factory at Paramount Theatre

Min/Max: 8/12

Join Charlie Bucket on a whimsical journey as he wins a golden ticket into the eccentric Willy Wonka's extraordinary Chocolate Factory. Please eat before arriving. Bring chips or a snack for the bus ride.

Fall 23 We 12/20 11a-5:15p \$60/\$85 Drop-off: LWSRC, 1900 Heather Glen Dr, New Lenox

Hibachi and Shopping



Min/Max: 8/12

Get ready for a day of retail therapy and enjoy the art of hibachi dining for lunch. Enjoy a day of style, taste, and laughter. Feel free to bring additional spending money for shopping.

Fall 23 Fr 12/22 10a-3p \$60/\$85 Drop-off: LWSRC, 1900 Heather Glen Dr, New Lenox



ADAPTED PROGRAMS

Physical/Visual Impairments

Adapted programs are intended for individuals age 3 and older whose 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.



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, athletes may earn the opportunity to play competitive sports at the collegiate level with athletic scholarships and the professional and Paralympic level.



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.

ADAPTED PROGRAMS

Ages 3+ with physical or visual impairments

Wheelchair Basketball Minis and Prep

LWSRA offers 6 1/2 feet and 8 1/23 feet rim-height junior basketball teams to young and new athletes. We are a developmental basketball program for youth with physical disabilities. Each child will participate in a designed sports wheelchair to equalize the playing field for each athlete with participants. Chairs can be provided upon request for new athletes. Come learn different fundamentals of the sport while playing with new friends.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 3-14 Min/Max: 5/15

Minis (age 3-7) Th 9/21-3/28 5:15-6p \$350/\$475

Prep (age 8-14) Th 9/21-3/28 6-7:30p \$500/\$680

^Sunday dates: 9/24, 10/15-10/29, 12/17, 2/11-2/18, 3/17 & 4/28: 10a-12p

skip dates and tournament dates will be provided once available.



Wheelchair Basketball Varsity and Adult

Time to hit the hardwood! Get out there on the court and hone your skills while competing against others at a high level.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 15+ Min/Max: 5/15

Varsity (age 15-high school) Th 9/21-3/28 7:30-9p \$500/\$680

^Sunday dates: 9/24, 10/15-10/29, 12/17, 2/11-2/18, 3/17 & 4/28: 12p-2p

Adult (age 18+) Th 9/21-3/28 7:30-9p \$500/\$680

^Sunday dates: 9/24, 10/15-10/29, 12/17, 2/11-2/18, 3/17 & 4/28: 12p-2p

skip dates and tournament dates will be provided once available.



Boccia

Boccia, a Paralympic Sport, is a precision ball sport like bocce. The sport is open to individuals with cerebral palsy, traumatic head injury, stroke, spinal cord and muscular dystrophy. Adaptive equipment is available for those who need assistance in propelling the ball onto the court. Please contact Adriel for more information.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

All Ages Min/Max: 5/10

Fall 23 We 10/4-11/8 4:30-5:30p \$75/\$100

Adapted Cycling

If interested in trying out adapted cycling, please contact Adriel Mares for additional information on available dates.

(amares@lwsra.org or 815.320.3506)

ADAPTED PROGRAMS

Ages 3+ with physical or visual impairments



Adapted Swimming

This program is designed to provide an introduction to the para-swimming arena. It's designed for swimmers with a physical disability. **No program on 10/28, 11/4, or 11/25.**

Location: L-W East High School, 201 Colorado Ave, Frankfort

Ages 7-14 **Min/Max: 4/8**

Fall 23-1	Sa	9/9-10/7	11-11:30a	\$175/\$240
Fall 23-2	Sa	10/14-12/2	11-11:30a	\$175/\$240

Interested in learning more about Para Swimming? A free virtual clinic for parents, athletes and coaches will be held August 27th! Register for the free clinic with the QR code.



★ HEALTHY HEROES ★ ASSISTING VETERANS WITH A DISABILITY TO LEAD A HEALTHY LIFESTYLE

IN COOPERATION WITH THE MOKENA COMMUNITY PARK DISTRICT
AND THE OAKS RECREATION & FITNESS CENTER

PROGRAM INCLUDES

One year fitness membership for the veteran with a disability

**classes and personal training sessions not included*



SCAN OR CLICK
TO COMPLETE
INTEREST FORM





Lincolnway
SPECIAL RECREATION
ASSOCIATION

1900 Heather Glen Dr
New Lenox, IL 60451

*Watch for the 2024
Winter Program Guide
Coming this December!*

