

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

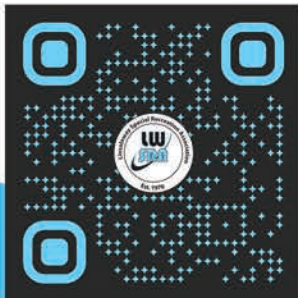
BUILDING A COMMUNITY WITHOUT LIMITS

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

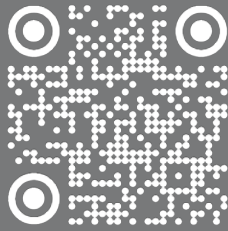
www.islandparkdistrict.com

Kirsten Van Duyne

Board Member

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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.



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



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



Virtual program option.



Program involves a meal.



Bring your own BUDDY

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On the Cover: Lexi and Tori (left) smile while enjoying some fun in the snow last winter, Dan (center) drives past a defender at last year's state basketball tournament and Jess (right) gets ready for another trip down the slope at last years Teen Ski and Snowtubing overnight.

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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



John Hillegass

Facility Foreman

jhillegass@lwsra.org

815-320-3508



Ethan Schultz

Maintenance

eschultz@lwsra.org



Adriel Mares

Program Specialist

mares@lwsra.org

815-320-3506



Emily Venezio

Program Specialist

evenezio@lwsra.org

815-320-3504



Jennifer Casey

Program Specialist

jcasey@lwsra.org

815-320-3507



Emma Kreitz

Program Specialist

ekreitz@lwsra.org

815-320-3512



Melissa Daybell

Administrative Assistant

mdaybell@lwsra.org

815-320-3509

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	Devin Dennison	Emily Kaczynski
Mandi Albrecht	Sue Dineen	Ralph Krauss
Sara Alexander	Ellen Dooley	Bernie Laponte
Gianna Arizzi	Allison Doyon	Daniela Laponte
Tori Bailey	Taylor Doyon	Meghan Mcevoy
Lexi Bailey	Nick Drewes	Alyse Meents
Giana Bancsy	Thomas Duffy	Sofia Michaels
Candise Battin	Danielle Duracka	Megan Mindy
Jack Beeson	Dominic Esposito	Addyson Miritello
Sam Blecke	Delaney Fiske	Kelsey Mulheran
Anne Brtis	Ethan Frank	Corwin Odonnell
Abigail Buhle	Gabriella Frigo	Brittany Oskielunas
Rachel Bukas	Mia Gabrys	Gianna Paliga
Claire Cahill	Faith Gade	Alex Parra
Kasey Cello	Allison Genardo	Scott Pedziwiatr
Becky Cheney	Maggie Gonzalez	Kaitlin Prather
Christine Michaels	Jenna Gustafson	Sarah Rehm
Elena Ciabattari	Lila Hadley	Katie Roach
Stella Coughlin	Justin Hillman	Mia Robson
Lisa Deguilio	Emily Hunter	Katie Schneider

VOLUNTEERS

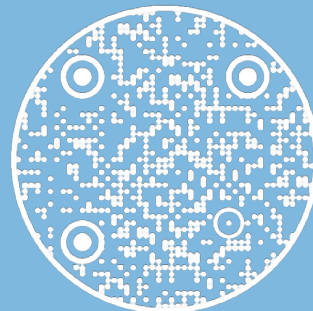
Adam Kracik
Art Johnson
Chuck TenBroeck
Conor Kilmartin
Greg Lorenz
Peggie Straub
Sandy Brossman
Barb Weinert
Greg Lorenz
Scott Lorenz
Tom Kracik
Melissa Steward
Mason Godomski
Aiden Minervini
Val Schrock
Adam VanderWoude
Victoria Thompson
George Hanlon
David Wick
Bev Corcoran



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, December 2nd. (Non-resident opens December 9th)

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, December 2nd. (Non-resident opens December 9th)

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, summer camps, vacation trips, and weekend or 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) 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, late fees may 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 may be assessed on all refunds unless due to cancellation by LWSRA for low enrollment. No refunds will be issued if a participant cancels from a program and LWSRA has incurred costs due to purchase of tickets, rentals, deposits, staffing, etc. 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

Amounts that cannot be refunded to a credit card will be issued as household credit (redeemable in your CommunityPass account 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 **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. 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.

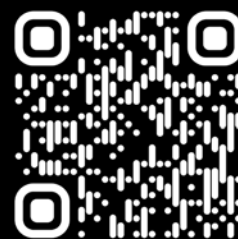


The Nest sensory room



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)





Lincolnway
SPECIAL RECREATION
ASSOCIATION

PERFORMING & VISUAL ARTS SHOWCASE

FEATURING



SPRING RECITAL



DRAMA CLUB
PERFORMANCES



ART SHOW

APRIL 26TH & 27TH

LWSRC, 1900 HEATHER GLEN DRIVE, NEW LENOX

FRIDAY 4/26

6PM
DRAMA CLUB SHOW

REGISTER HERE



LWSRA.ORG/SHOWCASE

SATURDAY 4/27

1PM
RECITAL & ART SHOW

6PM
DRAMA CLUB SHOW



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!

MANHATTAN IRISH FEST PARADE

Free

Saturday, March 2, 2024

Be Irish for the day by marching in the annual Manhattan Irish Fest with LWSRA! Parades are family events. Parents and siblings are welcome to join in but please register all attendees in the program. Bring candy to hand out in the parade.

Staff supervision is not provided for participants. Ice cream provided after parade.

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

NEW LENOX LOYALTY DAY PARADE

Free

Sunday, May 5, 2024

March in the Loyalty Day Parade with LWSRA - home of the proud Americans! Parades are family events. Parents and siblings are welcome to join in but please register all attendees in the program. Bring candy to hand out in the parade.

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

HELP FILL HERO'S LOVE TANK
THROUGH INTERACTIVE ACTIVITIES!

PURCHASE HERE



LWSRA.ORG/HAWKENTINE

**\$30
PER
KIT**

- * STEAL A PIZZA MY HEART
 - * BAKE ME HAPPY COOKIES
 - * COLOR MY WORLD CRAFT
 - * BEARY SPECIAL STUFFED ANIMAL
- &
MANY MORE ACTIVITIES!



SATURDAY, MARCH 30, 2024

Bunny BREAKFAST



Register Here



lwsra.org/bunny

LWSRC
1900 HEATHER GLEN DRIVE
NEW LENOX

8:30-9:45A | 10-11:45A | 11:30A-12:45P

delicious breakfast
photos with the bunny
egg hunt, facepaint
holiday crafts, & more!

If interested in sponsoring, register online.
Contact Nadine at nkahl@lwsra.org for more information.

Group Horse Riding Lessons

\$40
per
1 hour
group lesson



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Lincolnway
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MUSIC LESSONS

Complete Interest

Form Here

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Our Services:

- PIANO
- GUITAR or UKULELE
- VOICE



\$25 PER 30 MINUTE INDIVIDUAL LESSON

HAWKLINGS EARLY CHILDHOOD

Ages 2-6

Hawklings 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



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 JANUARY 8TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<div>MISS ANGIE'S MUSIC TIME 4-4:30 PM </div> <div>MINI CHEFS #1: 4:30-5:15 PM #2: 5:15-6 PM</div>	<div>NO PROGRAMS AVAILABLE</div>	<div>TINY TUMBLERS #1: 6-6:45 PM #2: 7-7:45 PM</div>	<div>HAWKLING CHAMPIONS 4:30-5 PM</div> <div>MISS DEBBIE'S MINI PICASSOS 5:30-6 PM </div>
FRIDAY	SATURDAY	SUNDAY	
<div>NO PROGRAMS AVAILABLE</div>	<div>MINI HAWK CHEER SQUAD 9:30-10 AM </div> <div>MINI BALLER BASICS 10:15-10:45 AM</div> <div>SENSORY STORYTIME 10:30-11:15 AM </div>	<div>SWIM EXPLORATION #1: 1:30-2 PM #2: 2-2:30 PM #3: 2:30-3 PM #4: 3-3:30 PM</div>	<div>HAWKLINGS SOCIAL CLUB 9:30-11 AM</div> <div></div>

SESSION 2 – STARTS MARCH 4TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<div>MISS ANGIE'S MUSIC TIME 4-4:30 PM  MINI CHEFS #1: 4:30-5:15 PM #2: 5:15-6 PM </div>	<div> HANDS, HOOVES, & HOPE RANCH 5-5:45 PM</div>	<div>NO PROGRAMS AVAILABLE</div>	<div>MISS DEBBIE'S MINI PICASSOS 5:30-6 PM </div>
FRIDAY	SATURDAY	SUNDAY	
<div>NO PROGRAMS AVAILABLE</div>	<div>HIP HOP MINI DANCERS 9:30-10 AM  TOT SOCCER 10:15-10:45 AM  SENSORY STORYTIME 10:30-11:15 AM  SWIM EXPLORATION #1: 1:30-2 PM #2: 2-2:30 PM #3: 2:30-3 PM #4: 3-3:30 PM </div>	<div>HAWKLINGS SOCIAL CLUB 9:30-11 AM </div>	

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: 6/8

Winter 24-1	Mo	2/5-2/19	4-4:30p	\$25/\$35
Winter 24-2	Mo	4/8-4/22	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 1/25.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 2-6 Min/Max: 6/8

Winter 24-1	Th	1/11-2/1	5:30-6p	\$28/\$40
Winter 24-2	Th	3/7-3/21	5:30-6p	\$28/\$40



HAWKLINGS EARLY CHILDHOOD

Ages 2-6



Mini Chefs

We love to eat, eat, eat... apples and bananas! Trying new foods is not always easy but having fun in the HAWKS kitchen with friends is! Participants will take small but manageable steps outside of their sensory comfort zone to follow directions and make new meals and snacks. **No program 3/25.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 2-6	Min/Max: 6/8			
Winter 24-1	Mo	1/8-1/29	4:30-5:15p	\$85/\$115
Winter 24-2	Mo	1/8-1/29	5:30-6:15p	\$85/\$115
Winter 24-3	Mo	3/4-4/1	4:30-5:15p	\$85/\$115
Winter 24-4	Mo	3/4-4/1	5:30-6:15p	\$85/\$115

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			
Winter 24	Tu	3/5-3/26	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.

Location: United Gymnastics Academy, 722 Center Rd, Frankfort

Ages 2-6	Min/Max: 6/8			
Winter 24-1	We	1/10-2/14	6-6:45p	\$135/\$185
Winter 24-2	We	1/10-2/14	7-7:45p	\$135/\$185

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 2/22. Wear comfortable clothing and gym shoes. No program 1/25.

*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			
Winter 24	Th	1/11-2/22	4:30-5p	\$65/\$90



HAWKLINGS EARLY CHILDHOOD

Ages 2-6

Mini Hawk Cheer Squad

Ready, set, cheer! Bring your spirit and energy while learning cheers and dance moves. Wear comfortable clothing and gym shoes.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 2-6 Min/Max: 6/8
Winter 24 Sa 1/13-2/10 9:30-10a \$65/\$90

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 2/3.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 2-6 Min/Max: 6/8
Winter 24 Sa 1/13-2/10 10:15-10:45a \$70/\$100



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 3/23 or 3/30.**

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

Ages 2-6	Min/Max: 4/5			
Winter 24-1	Sa	1/13-2/10	1:30-2p	\$180/\$245
Winter 24-2	Sa	1/13-2/10	2-2:30p	\$180/\$245
Winter 24-3	Sa	1/13-2/10	2:30-3p	\$180/\$245
Winter 24-4	Sa	1/13-2/10	3-3:30p	\$180/\$245
Winter 24-5	Sa	3/9-4/20	1:30-2p	\$180/\$245
Winter 24-6	Sa	3/9-4/20	2-2:30p	\$180/\$245
Winter 24-7	Sa	3/9-4/20	2:30-3p	\$180/\$245
Winter 24-8	Sa	3/9-4/20	3-3:30p	\$180/\$245

HAWKLINGS EARLY CHILDHOOD

Ages 2-6



Sensory Story Time

Spend your Saturday morning exploring a new book paired with interactive sensory and motor activities with Ms. Kathy from the Mokena Public Library. Participants will also engage with peers in an interactive yoga session.

Location: Mokena Public Library, 11327 195th St, Mokena

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

Winter 24-1 Sa 1/27 10:30-11:15a **\$25/\$35**

Winter 24-2 Sa 2/24 10:30-11:15a **\$25/\$35**

Winter 24-3 Sa 3/23 10:30-11:15a **\$25/\$35**

Hip Hop 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 3/23 or 3/30.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

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

Winter 24 Sa 3/9-4/20 9:30-10a **\$80/\$110**

Tot Soccer

Gooooaa! 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. **No program 3/23 or 3/30.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

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

Winter 24 Sa 3/9-4/20 10:15-10:45a **\$80/\$110**

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**

Snowmania Su 1/21 9:30-11a **\$30/\$40**

Valentine's Day Su 2/18 9:30-11a **\$30/\$40**

St. Patrick's Day Su 3/10 9:30-11a **\$30/\$40**

Everybody's Birthday Su 4/14 9:30-11a **\$30/\$40**



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:

- 5 Programs plan for small staff to participant ratios based on appropriate ages and social needs.
- 5 Feeding assistance and changing/toileting assistance available when enough staff to accommodate.
- 5 Please label personal items.
- 5 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 JANUARY 8TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<div>MISS ANGIE'S MUSIC MASH 4:45-5:30 PM</div> <div></div> <div> GYMNASTICS TEAM 7:15-8:15 PM</div>	<div>TAE KWON DO 5-5:45 PM</div> <div></div> <div> JR HAWKS KITCHEN 6-7 PM</div> <div>LAB RATS 6-6:45 PM</div> <div></div>	<div>JUNIOR BOWLERS 4-5 PM</div> <div></div> <div>THE DRAMA CLUB 5:30-6:30 PM</div> <div></div>	<div></div> <div>CRAYOLA IMAGINE 6:15-7 PM</div>
FRIDAY	SATURDAY		SUNDAY
<div> TUMBLING BASICS 5:15-6PM</div> <div> JR HAWKS SOCIAL CLUB 6-7:30PM</div>	<div>BALLER BASICS 9:15-10 AM</div> <div></div> <div>JR HAWK CHEER SQUAD 10:15-11 AM</div> <div></div> <div> SENSORY STORYTIME 10:30-11:15 AM</div>	<div>SWIM BASICS #1 12:30-1 PM #2: 1-1:30 PM</div> <div></div> <div>SWIM TEAM 10:45-11:30AM</div>	<div></div> <div>JR HAWKS DAY TRIPPERS 11:30-3:30 PM</div>

SESSION 2 – STARTING MARCH 4TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
<p>MISS ANGIE'S MUSIC MASH  4:45-5:30 PM</p> <p>TRACK & FIELD  TEAM 5-5:45 PM</p> <p>TUMBLING BASICS TBD  GYMNASTICS TEAM 7:15-8:15 PM</p>	<p>TAE KWON DO 5-5:45 PM </p> <p>JR HAWKS KITCHEN  6-7 PM</p> <p>LAB RATS 6-6:45 PM </p>	<p></p> <p>JUNIOR BOWLERS 4-5 PM</p>	<p></p> <p>CRAYOLA IMAGINE 6:15-7 PM</p>	
FRIDAY	SATURDAY		SUNDAY	
<p> TUMBLING BASICS 5:15-6PM</p> <p> JR HAWKS SOCIAL CLUB 6-7:30PM</p>	<p>SOCCER BASICS 9:15-10 AM </p> <p>HIP HOP DANCE CREW 10:15-11 AM </p> <p> SENSORY STORYTIME 10:30-11:15 AM</p>		<p>SWIM BASICS #1 12:30-1 PM #2: 1-1:30 PM </p> <p>SWIM TEAM 10:45-11:30AM</p>	<p></p> <p>JR HAWKS DAY TRIPPERS 11:30-3:30 PM</p>

YOUTH WEEKLY PROGRAMS

Ages 7-13

Miss Angie's Music Mash

Shake it and sing it! Join Miss Angie from Miss Angie's Music for an interactive music experience! This program will expose children to singing, chanting, moving, focused listening, and musical games all while exploring handheld instruments. Different musical genres will be included to broaden exposure and interest in music.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

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

Winter 24-1	Mo	2/5-2/19	4:45-5:30p	\$40/\$55
Winter 24-2	Mo	4/8-4/22	4:45-5:30p	\$40/\$55



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 Flipstar gymnastics instructor. **No program 3/29.**

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

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

Winter 24-1	Fr	1/5-2/23	5:15-6p	\$200/\$275
Winter 24-2	Fr	3/8-4/26	5:15-6p	\$200/\$275



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 January 2nd.*

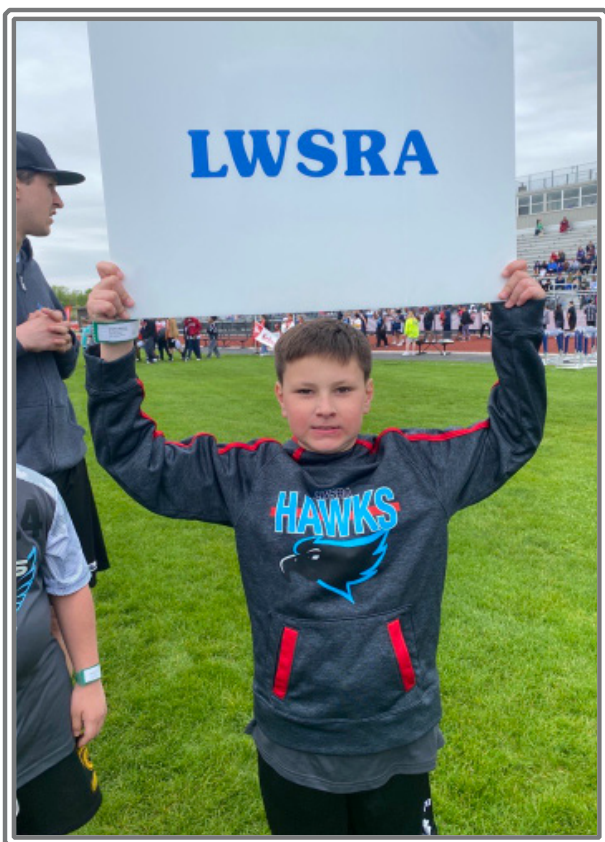
Location: Flipstar Gymnastics Academy, 1906 Ferro Dr, New Lenox

Ages 8+ **Min/Max: 4/6**

Winter 24-1	Mo	1/8-2/26	7:15-8:15p	\$200/\$275
Winter 24-2	Mo	3/4-4/29	7:15-8:15p	\$200/\$275

YOUTH WEEKLY PROGRAMS

Ages 7-13



Junior Hawks Track and Field Team



Time to run for the gold! Junior track & field combines technical development and fundamental techniques with safety and a major focus on fun! **No program 3/25.**

Participants may be eligible to compete in Special Olympics Spring Games and possibly Summer Games if they display the necessary qualifications. Special Olympics Athlete Medical Forms and additional paperwork are required to participate and due by March 1st.

Location: L-W North High School, 19900 S Harlem Ave, Frankfort

Ages 7-13 Min/Max: 6/8

Winter 24	Mo	3/18-4/29	5-5:45p	\$150/\$195
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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

Winter 24-1	Tu	1/9-2/20	5-5:45p	\$155/\$210
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Winter 24-2	Tu	3/5-4/16	5-5:45p	\$155/\$210
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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 3/26.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 7-13 Min/Max: 6/8

Winter 24-1	Tu	1/9-1/30	6-7p	\$85/\$115
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Winter 24-2	Tu	3/5-4/2	6-7p	\$85/\$115
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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: 6/8

Winter 24-1	Tu	2/6-2/20	6-6:45p	\$55/\$75
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Winter 24-2	Tu	4/9-4/23	6-6:45p	\$55/\$75
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YOUTH WEEKLY PROGRAMS

Ages 7-13

Junior Bowlers

Have a “striking” good time! Bowlers will play up to 2 games in 1 hour. 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**

Winter 24-1 We 1/17-2/21 4-5p **\$70/\$100**

Winter 24-2 We 3/6-4/17 4-5p **\$80/\$110**

The Drama Club

Calling all performers. Don't be shy! Get in the spotlight and become a star! Express yourself through singing and dancing. Participants will spend practice learning their parts to perform at LWSRA's Performing Arts Fest on 4/26 and 4/27. **No program 3/27.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

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

Winter 24-1 We 2/14-4/24 5:30-6:30p **\$150/\$200**



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 1/25.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

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

Winter 24-1 Th 1/11-2/1 6:15-7p **\$50/\$70**

Winter 24-2 Th 3/7-3/28 6:15-7p **\$65/\$90**

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 2/3.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

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

Winter 24 Sa 1/13-2/10 9:15-10a **\$70/\$100**

YOUTH WEEKLY PROGRAMS

Ages 7-13



Junior Hawk Cheer Squad

Go Hawks! Come cheer for our Junior Hawks Basketball Team. Learn dance moves, do basic stunts, and use props to rally the crowd. Wear comfortable clothes and gym shoes.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 7-13 Min/Max: 6/8

Winter 24 Sa 1/13-2/10 10:15-11a \$65/\$90

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 1/27, 2/24, 3/2, 3/9, 3/23, or 3/30.**

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 February 1st.

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

Ages 7-13 Min/Max: 4/6

Winter 24 Sa 1/13-4/20 10:45-11:30a \$150/\$205

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 3/23 or 3/30.**

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

Ages 7-13 Min/Max: 4/5

Winter 24-1 Sa 1/13-2/10 12:30-1p \$180/\$245

Winter 24-2 Sa 1/13-2/10 1-1:30p \$180/\$245

Winter 24-3 Sa 3/9-4/20 12:30-1p \$180/\$245

Winter 24-4 Sa 3/9-4/20 1-1:30p \$180/\$245

Sensory Storytime



Spend your Saturday morning exploring a new book paired with interactive sensory and motor activities with Ms. Kathy from the Mokena Public Library. Participants will also engage with peers in an interactive yoga session.

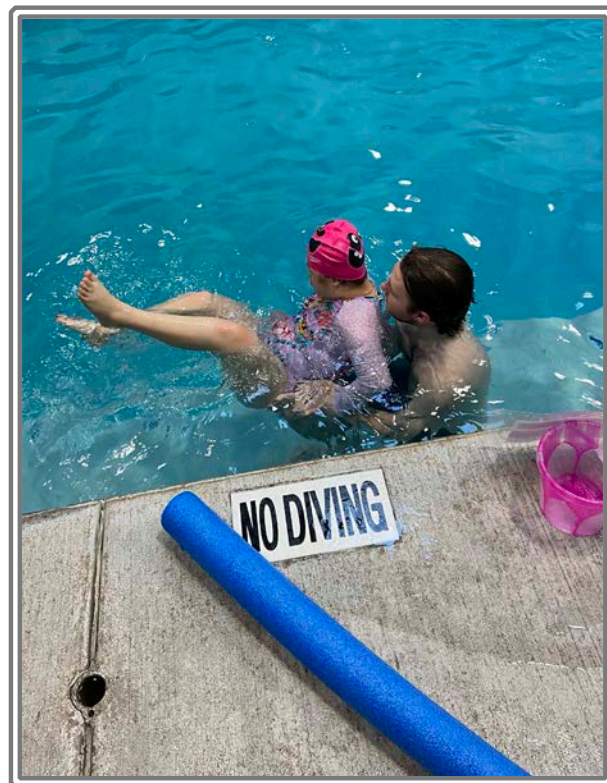
Location: Mokena Public Library, 11327 195th St, Mokena

Ages 7-14 Min/Max: 6/8

Winter 24-1 Sa 1/27 10:30-11:15a \$25/\$35

Winter 24-2 Sa 2/24 10:30-11:15a \$25/\$35

Winter 24-3 Sa 3/23 10:30-11:15a \$25/\$35



YOUTH WEEKLY PROGRAMS

Ages 7-13

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. **No program 3/23 or 3/30.**

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 March 1st.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

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

Winter 24 Sa 3/9-4/20 9:15-10a \$80/\$110

Hip Hop 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 3/23 or 3/30.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

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

Winter 24 Sa 3/9-4/20 10:15-11a \$80/\$110



Looking ahead...

SUMMER CAMP

8 weeks of camp!
Starts June 3, 2024

*schedules subject to change

Summer Camp (Ages 2-6)

Mondays-Thursdays

9-11:30am or 12-2:30pm



Summer Camp (Ages 7-13)

Mondays-Thursdays

9am-3pm or 12-3pm

Friday Funday Fieldtrips

10am-3pm

YOUTH SPECIAL EVENTS

Ages 7-13



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**

MLK Day Mo 1/15 10a-2p \$60/\$80

President's Day Mo 2/19 10a-2p \$60/\$80

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**

Winter 24-1 Fr 1/26 6-7:30p \$30/\$40

Winter 24-2 Fr 4/19 6-7:30p \$30/\$40

Jr. Hawks Day Trippers



Step into an adventure and hangout with friends while exploring new places! Lunch is provided.

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

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

Gizmos Factory Su 1/21 11:30a-3:30p \$75/\$100

Riverfront Bowl Su 3/3 11:30a-3:30p \$50/\$70

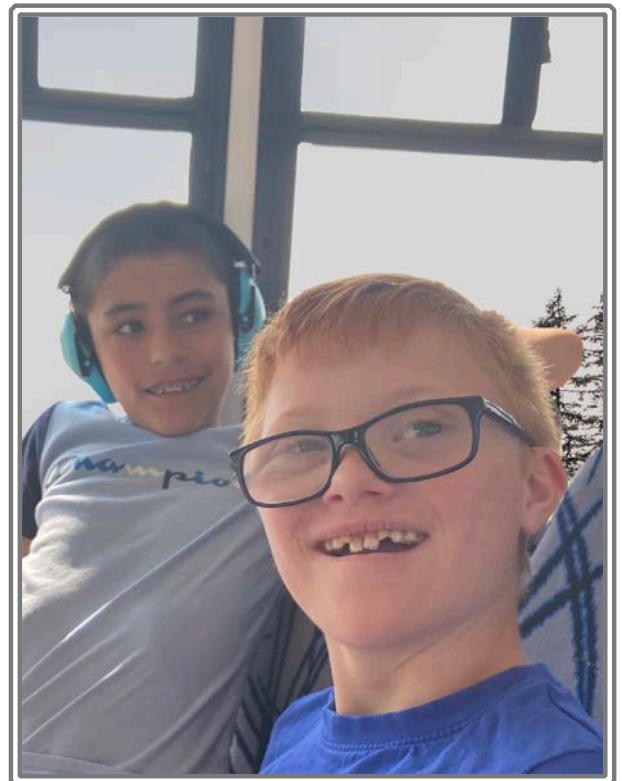


Calling all 12 and 13 year olds!

**Check out the Teens Only
Inclusive Pajama Jam**

**Bring a buddy and dance the
night away!**

see page 44



**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+

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:

- 5 Individuals must be able to function at a 1:4 staff to participant ratio.
- 5 Feeding assistance available when enough staff to accommodate. Must be independent in bathroom/toileting.
- 5 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 JANUARY 8TH

MONDAY	TUESDAY	WEDNESDAY
 PICKLEBALL 5:30-6:15 PM  WERQ FITNESS 6:15-7 PM  UNIFIED BAGS TEAM 7:15-8 PM  GYMNASTICS TEAM 7:15-8:15 PM	NO PROGRAMS AVAILABLE	 BOWLING LEAGUE 4-5:30 PM STRENGTH & CONDITIONING 6-7 PM  THE DRAMA CLUB 6:30-7:15 PM
THURSDAY	SATURDAY	FRIDAY/SUNDAY
ZUMBA 6:15-7:15 PM  BOWLING LEAGUE 6-7:30 PM  HAWKS KITCHEN #1: 5-6 PM #2: 6:15-7:15	 SWIM TEAM 10-10:45 AM	SEE SPECIAL EVENTS

SESSION 2 – STARTS MARCH 4TH

MONDAY	TUESDAY	WEDNESDAY
 WERQ FITNESS 6:15-7 PM  GYMNASTICS TEAM 7:15-8:15 PM  TENNIS SKILLS 5:30-6:15 PM TENNIS TEAM 6:15-7:30	 SOFTBALL TEAM 5-9 PM	 BOWLING LEAGUE 4-5:30 PM STRENGTH & CONDITIONING 6-7 PM 
THURSDAY	SATURDAY	FRIDAY/SUNDAY
 TRACK 5-6 PM ZUMBA 6:15-7:15 PM  BOWLING LEAGUE 6-7:30 PM  HAWKS KITCHEN #1: 5-6 PM #2: 6:15-7:15	 SWIM TEAM 10-10:45 AM	SEE SPECIAL EVENTS

TEEN & ADULT WEEKLY PROGRAMS

Ages 14+

Pickleball

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 discover the fun and playing pickleball! Bring a water bottle and wear athletic clothes.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 14+

Min/Max: 6/15

Winter 24 Mo 1/15-2/12 5:30-6:15p \$120/\$160

Hawks Unified Bags Team



New Program Alert! This program is in its developmental stage with Special Olympics. We will have weekly practices and will attend an exhibition tournament on April 13th.

Participants may be eligible to compete in Special Olympics unified bags competition if they continue to participate in the program throughout the year and display the necessary qualifications. Special Olympics Athlete Medical Forms (athletes), Class A Registration (unified partners) and additional paperwork are required to participate and due by February 1st.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 14+

Min/Max: 6/16

Winter 24 Mo 2/26-4/8 7:15-8p \$90/\$125



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 May 1st.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 14+

Min/Max: 6/15

Winter 24 Mo 3/4-4/15 5:30-6:15p \$135/\$185

Hawks Tennis Team

Time to get back on the court and practice your serves! 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 May 1st.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 14+

Min/Max: 6/15

Winter 24 Mo 3/4-4/15 6:15-7:15pm \$165/\$225

TEEN & ADULT WEEKLY PROGRAMS

Ages 14+



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			
Winter 24-1	Mo	1/8-2/26	7:15-8:15p	\$200/\$270
Winter 24-2	Mo	3/4-4/29	7:15-8:15p	\$200/\$270

WERQ Fitness

Get moving in this active dance class! Program is led by a certified WERQ fitness instructor.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 14+	Min/Max: 5/10			
Winter 24-1	Mo	1/22-2/19	6:15-7p	\$85/\$120
Winter 24-2	Mo	3/18-4/15	6:15-7p	\$85/\$120

Hawks Softball Team

The Hawks are back for another exciting year of softball! Athletes must have a softball glove and have basic 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. **No program 4/30.**

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 June 1st.

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

Ages 14+	Min/Max: 12/30			
Winter 24	Tu	4/16-7/30	TBD (5-9p)	\$195/\$255



TEEN & ADULT WEEKLY PROGRAMS

Ages 14+

Bowling League

Have a “striking” good time! Bowlers will play up to 2 games in 1.5 hours. Ramps and bumpers are available. **No program 1/25.**

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-W24 We 1/17-4/17 4-5:30p \$180/\$245

*Riverfront-W24-1 Th 1/11-2/22 6-7:30p \$90/\$125

*Riverfront-W24-2 Th 3/7-4/11 6-7:30p \$90/\$125

*Transportation available from LWSRC to Wilmington provided FREE.

Register in CommunityPass if needed. (drop-off/pick-up 5p-8p)



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

Winter 24-1 We 1/24-2/21 6-7p \$75/\$100

Winter 24-2 We 3/20-4/17 6-7p \$75/\$100

The Drama Club

Calling all performers. Don't be shy! Get in the spotlight and become a star! Express yourself through singing and dancing. Participants will spend practice learning their parts to perform at LWSRA's Performing Arts Fest on 4/26 and 4/27. **No program 3/27.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 14-22 Min/Max: 6/10

Winter 24 We 2/14-4/24 6:45-7:45p \$150/\$200

TEEN & ADULT WEEKLY PROGRAMS

Ages 14+



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 3/28.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 14+

Min/Max: 6/8

Winter 24-1	Th	1/11-2/8	5-6p	\$85/\$115
Winter 24-2	Th	1/11-2/8	6:15-7:15p	\$85/\$115
Winter 24-3	Th	3/7-4/11	5-6p	\$85/\$115
Winter 24-4	Th	3/7-4/11	6:15-7:15p	\$85/\$115

Hawks Track and Field Team



Get those running shoes laced up! Practice will focus on running endurance and technique for field events.

Participants may be eligible to compete in Special Olympics Spring Games and possibly Summer Games if they display the necessary qualifications. Special Olympics Athlete Medical Forms and additional paperwork are required to participate and due by March 1st.

Location: L-W North High School, 19900 S Harlem Ave, Frankfort

Ages 14+

Min/Max: 8/20

Winter 24	Th	3/7-5/2	5-6p	\$150/\$195
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Zumba

Get moving in this active dance class! Program is led by a certified Zumba instructor. **No program 3/28.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 14+

Min/Max: 5/10

Winter 24-1	Th	1/11-2/8	6:15-7:15p	\$85/\$120
Winter 24-2	Th	3/7-4/11	6:15-7:15p	\$85/\$120

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. Wear a swimsuit and bring a towel. **No program 1/27, 2/24, 3/2, 3/9, 3/23, or 3/30.**

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 February 1st.

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

Ages 14+

Min/Max: 6/15

Winter 24	Sa	1/13-4/20	10-10:45a	\$180/\$245
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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:

- 5 Individuals must be able to function at a 1:4 staff to participant ratio.
- 5 Feeding assistance available when enough staff to accommodate. Must be independent in bathroom/toileting.
- 5 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 JANUARY 8TH

FRIDAY	SATURDAY	SUNDAY
1/12 WINTER WONDERLAND 6-8 PM	1/13 CATCHING SNOWFLAKES 530-7 PM	1/21 LUNCH BUNCH 11:30 AM-1:30 PM
1/19 GLOW WITH THE FLOW 6:30-9 PM	2/3 BLIZZARD CIRCUS 5:45-9:15 PM	1/28 MOVIES & MUNCHERS 12-4 PM
2/2 NNSRS WINTER BLUES BUSTER 5:45-9:15 PM	2/10 FAST FOOD & FLICKS 10 AM -2 PM	2/18 LUNCH BUNCH 11:30 AM-1:30 PM
2/9 SRJC VALENTINE'S DANCE 5:45-9:15 PM	2/24 MEDIEVAL TIMES 2:30-7 PM	3/3 RIVERFRONT BOWL 12-3PM
2/23 OAK LAWN MARDI GRAS MAMBO 6-9:45 PM		
3/1 ORLAND PARK SHAMROCK SHUFFLE 5:30-9 PM		

SESSION 2 – STARTING MARCH 4TH

FRIDAY	SATURDAY	SUNDAY
3/8 SOCK HOP 6-8 PM	4/6 FAST FOOD & FLICKS 10 AM -2 PM	3/10 LUNCH BUNCH 11:30 AM-1:30 PM
3/15 ST. PATTY'S DAY PARTY 6-8 PM	3/23 KIWANIS GAMES 9-12:30 PM	3/17 CHICAGO WOLVES 1-6 PM
4/5 HOLLYWOOD PARTY 6-8 PM	4/20 PUTTSHACK 4:30-8:30 PM	4/14 LUNCH BUNCH 11:30 AM-1:30 PM
4/12 LA FIESTA 6:30-9 PM		
5/10 SWSRA SPRING FORMAL 5:30-9:45 PM		

TEEN ONLY SPECIAL EVENTS

Ages 12-22

Teen Only Inclusive Pajama Jam Dance

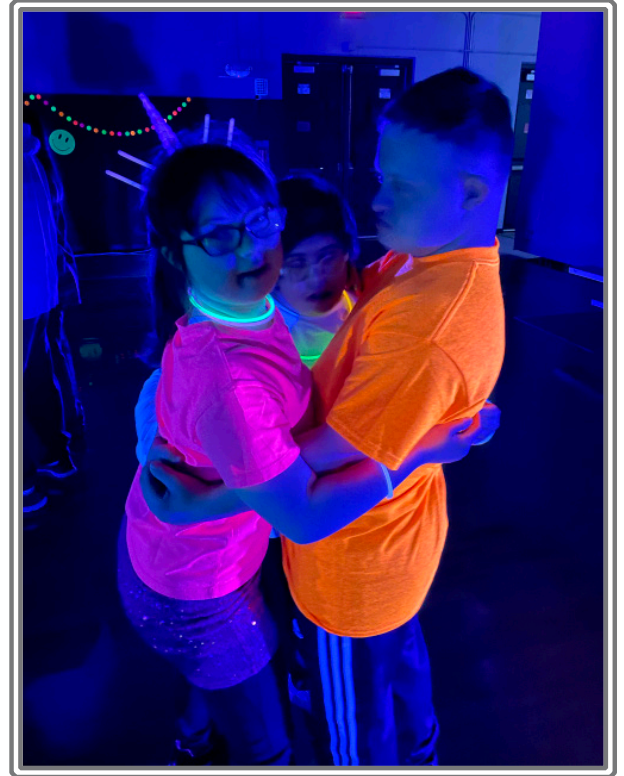


Let's Jam as we dance the night away in our PJ's! It's BYOB (Bring your own BUDDY)! *Participants are encouraged, but not required, to invite a similarly-aged sibling, classmate, or peer to encourage an inclusive environment. Waivers are needed for peer buddies but no additional charge. Dinner provided.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 12-22 Min/Max: 12/25

Winter 24 Fr 2/23 6-7:30p \$30/\$40



If you're involved in the "Best Buddies" program, this is a great event to invite your buddy to so they can see all the fun you have with LWSRA!

Looking ahead...

SUMMER CAMP

8 weeks of camp!
Starts June 3, 2024

*schedules subject to change

Summer Camp (Ages 15-18)

Monday-Friday (9am-2pm)

- Build Friendships
- Enhance Social Skills
- Have fun!

Pre-Titans Camp (Ages 19-22)

9am-2pm (day options vary)

- Mondays/Wednesdays
- Tuesdays/Thursdays
following a TITANS style schedule
- Fridays at the LWSRC!

TEEN & ADULT DANCES

Ages 13+

IN-HOUSE (LWSRA Only)

Winter Wonderland (Ages 13+)

Min/Max: 12/25

It may be cold and snowy outside, but we will be dancing the night away inside at LWSRC. Join your friends and wear your favorite sweater to the dance. Dinner provided.

Winter 24 1/12 6-8p \$30/\$40 Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Sock Hop (Ages 13+)

Min/Max: 12/25

Let's go to the Sock Hop! come dance and sing with your friends. Dinner provided.

Winter 24 3/8 6-8p \$30/\$40 Location: LWSRC, 1900 Heather Glen Dr, New Lenox

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

Glow with the Flow (Ages 13+)

*Pick-up points available-register in CommunityPass

Min/Max: 12/25

LWSRA is hosting a glow in the dark dance! Break out your hottest neon outfits, glow sticks and your best dance moves! Pizza and refreshments provided.

Winter 24 1/19 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)

La Fiesta (Ages 13+)

*Pick-up points available-register in CommunityPass

Min/Max: 12/25

Andale! Join us for LWSRA's Fiesta! Bring your sombreros, ponchos, and maracas. Let's do the salsa while we eat some salsa, too! Taco dinner provided.

Winter 24 4/12 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)

NSRS Winter Blues Buster (Age 15+)



*Transp. provided-meet at LWSRC

Min/Max: 12/20

Cure the winter blues by dancing the night away at NSRS's Winter Blues Dance. Dinner provided.

Winter 24 2/2 545-9:15p \$45/\$60 Location: New Star Recreation Services, TBD

SRJC Valentine's Dance (Age 15+)



*Transp. provided-meet at LWSRC

Min/Max: 12/20

Time to spread the love! Wear red, pink, and white at SRJC's Valentines Dance. Dinner provided.

Winter 24 2/9 5:45-9:15p \$45/\$60 Location: Kathy Green Center, 3000 W. Jefferson, Joliet

Oak Lawn Mardi Gras Mambo (Age 15+)



*Transp. provided-meet at LWSRC

Min/Max: 12/20

Enjoy a wild time celebrating at Oak Lawn's Mardi Gras! Dress in your best green and purple. Snack and refreshments provided.

Winter 24 2/23 6-9:45p \$45/\$60 Location: Oak Lawn Pavilion, 9401 Oak Park Ave, Oak Lawn

Orland Park Shamrock Shuffle (Age 15+)



*Transp. provided-meet at LWSRC

Min/Max: 12/20

Everyone is Irish tonight at Orland Park's Shamrock Shuffle! Enjoy a night of dancing and don't forget to wear green! Dinner provided.

Winter 24 3/1 5:30-9p \$50/\$65 Location: Orland Park Civic Center, 14750 Ravinia Ave, Orland Park

SWSRA Spring Formal (Age 15+)



*Transp. provided-meet at LWSRC

Min/Max: 12/20

Spring is in the air! Join us as we enjoy this grand event hosted by SWSRA. This is a formal affair so please come dressed in your best clothes. Full dinner, picture and flower are included.

Winter 24 5/10 5:30-9:45p \$45/\$60 Location: Palos Heights Rec Center, 6601 W 127th St, Palos Heights

TEEN & ADULT SPECIAL EVENTS

Ages 14+

Catching Snowflakes



A masterpiece created by you... It's yours to design and take home too! We will be painting and creating a snowflake masterpiece while enjoying some time with our friends. Light refreshments will be served.

Location: Crete Park Dist, Willard Wood Park Center, 515 1st St, Crete

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

Winter 24 Sa 1/13 2-4p \$30/\$40

*Transportation available from LWSRC to Crete provided FREE.

Register in CommunityPass if needed. (drop-off/pick-up 1:30p-4:30p)



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**

Winter 24-1 Su 1/21 11:30a-1:30p \$30/\$40

Winter 24-2 Su 2/18 11:30a-1:30p \$30/\$40

Winter 24-3 Su 3/10 11:30a-1:30p \$30/\$40

Winter 24-4 Su 4/14 11:30a-1:30p \$30/\$40



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: 6/15**

Winter24-1	Fr	1/26	6-8p	\$30/\$40
Winter 24-1-virtual	Fr	1/26	6:30-8p	\$10/\$15
Winter 24-2	Fr	2/16	6-8p	\$30/\$40
Winter 24-2-virtual	Fr	2/16	6:30-8p	\$10/\$15
Winter 24-3	Fr	3/22	6-8p	\$30/\$40
Winter 24-3-virtual	Fr	3/22	6:30-8p	\$10/\$15
Winter 24-3	Fr	4/19	6-8p	\$30/\$40
Winter 24-3-virtual	Fr	4/19	6:30-8p	\$10/\$15

TEEN & ADULT SPECIAL EVENTS

Ages 14+



Movies and Munchers



It's time for a Movie! Come watch Grease with your friends and have lunch too! We will stay at LWSRC and beat the winter weather while enjoying a Sunday afternoon! Lunch included.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 14+

Min/Max: 6/15

Winter 24

Su

1/28

12-4p

\$30/\$40

Blizzard Circus



Join us at College of DuPage for Canada's visually stunning cirque troupe explores a refreshing view of contemporary circus. BLIZZARD is taking the stage by storm! Transporting you to the white wonder of winter with some of the most exciting circus performers in the world. Please eat dinner before the program.

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

Ages 14+

Min/Max: 6/15

Winter 24

Sa

2/3

5:45-9:15p

\$75/\$100

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: 6/15

Winter 24-1

Sa

2/10

10a-2p

\$65/\$90

Winter 24-2

Sa

4/6

10a-2p

\$65/\$90

Medieval Times



Join your friends as we watch jousting and horsemanship while enjoying a 4 course feast. The arena is set and we are ready to pick our knight!

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

Ages 14+

Min/Max: 6/15

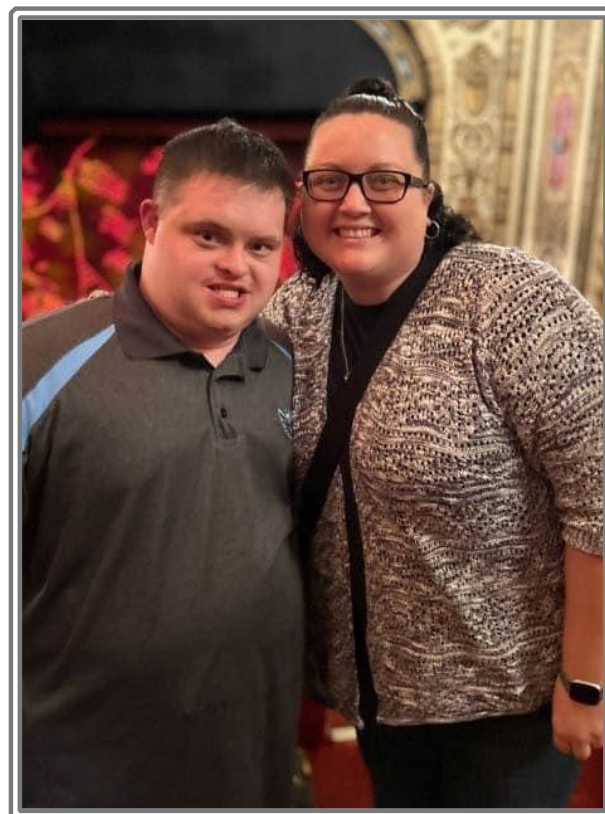
Winter 24

Sa

2/24

2:30-7p

\$80/\$110



TEEN & ADULT SPECIAL EVENTS

Ages 14+

Riverfront Bowl



Ready, set, bowl! Join your friends for an afternoon of bowling and pizza. Let's see how many strikes you can get!

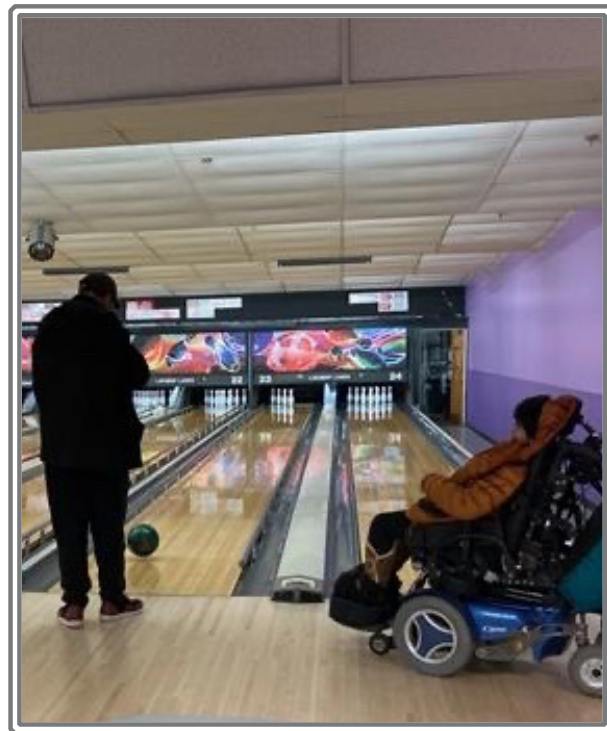
Location: *Riverfront Lanes, 402 S Water St, Wilmington*

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

Winter 24 Su 3/3 12-3pm **\$35/\$50**

*Transportation available from LWSRC to Wilmington provided FREE.

Register in CommunityPass if needed. (drop-off/pick-up 11:30a-3:30p)



St. Patty's Day Party



Shimmer in green and count your lucky charms at the end of the rainbow. Eat dinner, have refreshments, and enjoy a festive night with friends.

Location: *Peotone Park District, 9 Blue Devil Dr, Peotone*

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

Winter 24 Fr 3/15 6-8p **\$30/\$40**

*Transportation available from LWSRC to Peotone provided FREE.

Register in CommunityPass if needed. (drop-off/pick-up 5:30p-8:30p)



Chicago Wolves



Catch the hard-hitting action as you watch the Chicago Wolves take on the Iowa Wild. It is sure to be a game not to miss. Bring money for food.

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

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

Winter 24 Su 3/17 1-6p **\$50/\$70**

Kiwanis Games



The annual Kiwanis Games, hosted by the Frankfort Kiwanis Club, is prepared to test your skills at bocce, floor hockey, basketball, bag-o, and many more! Everyone is a winner! T-shirt provided if registered by 2/25. Small snack and pizza lunch provided.

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

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

Winter 24 Sa 3/23 9a-12:30p **\$10/\$15**

Residents FREE

TEEN & ADULT SPECIAL EVENTS

Ages 14+



Hollywood Party



Come dressed for the red carpet! Snap pictures with your friends! Dinner and dancing will be included.

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

Ages 14+

Min/Max: 6/15

Winter 24

Fr

4/5

6-8p

\$30/\$40

Puttshack



Fore! It's time for Puttshack! Join us for an evening of golf, food, and fun with friends. Dinner included.

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

Ages 14+

Min/Max: 6/15

Winter 24

Sa

4/20

4:30-8:30p

\$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! Trips will take us to a variety of great locations to enjoy a day full of adventures. Keep busy this winter with your TITANS friends.

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

Winter 24-1	Mo	1/8-2/19	9a-2p	\$420/\$570
Winter 24-2	Mo	3/4-4/15	9a-2p	\$420/\$570

TRANSITIONING BY INITIATING
TEAMWORK ACCEPTANCE KNOWLEDGE SERVICE

TITANS RECREATION CLUB

Ages 18+

WINTER SESSION ONE | JANUARY 9TH - FEBRUARY 22ND TUESDAYS & THURSDAYS

9:00 – 10:15am
(CHOOSE ONE)

Yoga

Relax and find your inner peace while refreshing your mind and soul. A yoga instructor will lead this class.

Min/Max: 4/15

Winter24-1-TT1 1/9-2/22 \$200/\$270

Puzzles, Trivia, & More

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

Min/Max: 4/15

Winter24-1-TT1 1/9-2/22 \$200/\$270

Jewelry Making

It's time to explore the art of jewelry making. Join us as we learn different techniques and tools to create beautiful jewelry.

Min/Max: 4/15

Winter24-1-TT1 1/9-2/22 \$200/\$270

10:15 – 11:30am
(CHOOSE ONE)

WERQ Fitness

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

Min/Max: 4/15

Winter24-1-TT2 1/9-2/22 \$200/\$270

Book Club Cafe

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

Min/Max: 4/15

Winter24-1-TT2 1/9-2/22 \$200/\$270

Games Galore

Let the games begin! Play popular, fun games while having laughs with friends.

Min/Max: 4/15

Winter24-1-TT2 1/9-2/22 \$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)

Strides

Join us at STRIDES as we visit and learn about horses and other animals. We will be fostering connections between Titans and the animals all while building confidence and smiles.

Min/Max: 4/12

Winter24-1-TT3 1/9-2/22 \$200/\$270

Many Moves-Winter Blues

Let's ditch the weights and have some fun! Join us for a energentic blend of gym activities to radiate and shake our bodies.

Min/Max: 4/15

Winter24-1-TT3 1/9-2/22 \$200/\$270

DIY Crafts

Discover the joy of handmade DIY crafts and decorations as we guide you through a journey of crafting.

Min/Max: 4/15

Winter24-1-TT3 1/9-2/22 \$200/\$270

2-4pm
(EXTENDED DAY)

TITANS Extended

Do the winter months have you feeling down? Join us and leave your blues behind! Participants will enjoy indoor winter themed activites with out the chill! Embrace the warmth of the winter season!

Min/Max: 4/15

Winter24-1-TT4 1/9-2/22 \$200/\$270

TITANS RECREATION CLUB

Ages 18+

WINTER SESSION ONE | JANUARY 10TH - FEBRUARY 23RD
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.

Winter24-1-WF1 1/10-2/23 \$200/\$270

Games Galore

Min/Max: 4/15

Let the games begin! Play popular, fun games while having laughs with friends.

Winter24-1-WF1 1/10-2/23 \$200/\$270

Test Your Drawing Skills

Min/Max: 4/15

Unlock your creativity and discover the joy of art. This program will instruct the basics of drawing including sketching, shading and coloring.

Winter24-1-WF1 1/10-2/23 \$200/\$270

10:15 – 11:30am
(CHOOSE ONE)

In It to Win It

Min/Max: 4/15

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

Winter24-1-WF2 1/10-2/23 \$200/\$270

Simple Bites

Min/Max: 4/12

Prepare Your Palate! Titans will enjoy an array of bitesized bliss with baking and appetizer delights!

Winter24-1-WF2 1/10-2/23 \$200/\$270

Show Tunes

Min/Max: 4/15

Lights, Camera, Action! Grab the microphone and let's sing to our favorite movie hits!

Winter24-1-WF2 1/10-2/23 \$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)

Video Gamers

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 games. Enjoy the ultimate gaming experience!

Winter24-1-WF3 1/10-2/23 \$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.

Winter24-1-WF3 1/10-2/23 \$200/\$270

DIY Crafts

Min/Max: 4/15

Discover the joy of handmade DIY crafts and decorations as we guide you through a journey of crafting.

Winter24-1-WF3 1/10-2/23 \$200/\$270

TRANSITIONING BY INITIATING
TEAMWORK ACCEPTANCE KNOWLEDGE SERVICE

TITANS RECREATION CLUB

Ages 18+

WINTER SESSION TWO | MARCH 5TH - APRIL 18TH TUESDAYS & THURSDAYS

9:00 – 10:15am

(CHOOSE ONE)

Yoga

Min/Max: 4/15

Relax and find your inner peace while refreshing your mind and soul. A yoga instructor will lead this class.

Winter24-2-TT1 3/5-4/18 \$200/\$270

Puzzles, Trivia, & More

Min/Max: 4/15

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

Winter24-2-TT1 3/5-4/18 \$200/\$270

Jewelry Making

Min/Max: 4/15

It's time to explore the art of jewelry making. Join us as we learn different techniques and tools to create beautiful jewelry.

Winter24-2-TT1 3/5-4/18 \$200/\$270

10:15 – 11:30am

(CHOOSE ONE)

WERQ Fitness

Min/Max: 4/15

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

Winter24-2-TT2 3/5-4/18 \$200/\$270

Book Club Cafe

Min/Max: 4/15

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

Winter24-2-TT2 3/5-4/18 \$200/\$270

Games Galore

Min/Max: 4/15

Let the games begin! Play popular, fun games while having laughs with friends.

Winter24-2-TT2 3/5-4/18 \$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)

Strides



*Transportation provided-meet at the LWSRC

Min/Max: 4/12

Join us at STRIDES as we visit and learn about horses and other animals. We will be fostering connections between Titans and the animals all while building confidence and smiles.

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Many Moves-Winter Blues

Min/Max: 4/15

Let's ditch the weights and have some fun! Join us for a energentic blend of gym activities to radiate and shake our bodies.

Winter24-2-TT3 3/5-4/18 \$200/\$270

DIY Crafts

Min/Max: 4/15

Discover the joy of handmade crafts and decorations as we guide you through a journey of crafting.

Winter24-2-TT3 3/5-4/18 \$200/\$270

2-4pm

(EXTENDED DAY)

TITANS Extended

Min/Max: 4/15

Ready for spring? Join us and leave your winter blues behind! Participants will enjoy indoor winter themed activities with out the chill!

Winter24-2-TT4 3/5-4/18 \$200/\$270

TITANS RECREATION CLUB

Ages 18+

WINTER SESSION TWO | MARCH 6TH – APRIL 19TH (NO PROGRAM 3/29)
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.

Winter24-2-WF1 3/6-4/19 \$200/\$270

Games Galore

Min/Max: 4/15

Let the games begin! Play popular, fun games while having laughs with friends.

Winter24-2-WF1 3/6-4/19 \$200/\$270

Simple Bites

Min/Max: 4/12

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10:15 – 11:30am
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Min/Max: 4/15

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Winter24-2-WF2 3/6-4/19 \$200/\$270

DIY Crafts

Min/Max: 4/15

Discover the joy of handmade crafts and decorations as we guide you through a journey of crafting.

Winter24-2-WF2 3/6-4/19 \$200/\$270

Show Tunes

Min/Max: 4/15

Lights, Camera, Action! Grab the microphone and let's sing to our favorite movie hits!

Winter24-2-WF2 3/6-4/19 \$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)

Bowling and Games



*Transportation provided-meet at the LWSRC

Min/Max: 4/24

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!

Winter24-2-WF3 3/6-4/19 \$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.

Winter24-2-WF3 3/6-4/19 \$200/\$270

Drama Production Crew

Min/Max: 4/15

Crew Call! If you like to work with your hands, we have a job for you. This crew will design, set up and take down the stage equipment for our drama productions.

Winter24-2-WF3 3/6-4/19 \$200/\$270

TRANSITIONING BY INITIATING
TEAMWORK ACCEPTANCE KNOWLEDGE SERVICE

TITANS RECREATION CLUB

Ages 18+

TITANS 2.0-LET'S GO | APRIL 22ND -25TH

MONDAY – FRIDAY

TITANS 2.0-LET'S GO
(SPECIAL EVENTS)

Springtime Workshop

Min/Max: 8/12

Looking to spend your spring break doing something fun?! Join us for an indoor program that combines spring themed activities, creative diy crafts while enjoying time with friends! Lunch included.

Winter 24 Mo 4/22 10a-3p \$60/\$85 Drop-off: LWSRC, 1900 Heather Glen Dr, New Lenox

Top Golf

Min/Max: 8/12

Fore!! Tee off with friends for a day of fun, laughter and the thrill of a golf game! Lunch included.

Winter 24 Tu 4/23 9:30a-3p \$60/\$85 Drop-off: LWSRC, 1900 Heather Glen Dr, New Lenox

Art and Soul

Min/Max: 8/12

Unlock your creative side! Join us to unleash your inner artist! Lunch included.

Winter 24 We 4/24 10a-3p \$60/\$85 Drop-off: LWSRC, 1900 Heather Glen Dr, New Lenox

Let's Go Shopping

Min/Max: 8/12

Shop til you drop! Join us for a day of retail therapy. After we're done spending, we will head over to the food court for lunch! Please bring money for shopping and lunch.

Winter 24 Th 4/25 10a-3p \$60/\$85 Drop-off: LWSRC, 1900 Heather Glen Dr, New Lenox

Fast Food and Flicks

Min/Max: 8/12

Grab your popcorn, settle in and let the movie begin! Food, fun, friends and a fantastic film! Lunch included.

Winter 24 Fr 4/26 10a-3p \$60/\$85 Drop-off: LWSRC, 1900 Heather Glen Dr, New Lenox



TITANS Aktion Club

First meeting will be January 17th from 2-4pm
(monthly meeting dates TBD)

Aktion club is a service leadership program for individuals with disabilities ages 18+. Participants are able to give back to their communities, build leadership and improve decision-making skills to help develop and use their talents. As a member of the sponsored organizations and programs at Kiwanis International, Aktion Club members plan and implement community service projects, while developing important skills.

The LWSRA Aktion Club is co-sponsored by the Kiwanis Club of Frankfort, IL. TITANS members meet monthly during Lunch Bunch to give back to our community.

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
- Swimming
- Workout
- Wheelchair Basketball
- Wheelchair Rugby
- Wheelchair Softball



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.

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.

ADAPTED PROGRAMS

Ages 3+ with physical or visual impairments

Wheelchair Softball

New and returning athletes...com join LWSRA this summer on their quest for a National Wheelchair Association Championship. Athletes will learn softball fundamentals while being part of the LWSRA Hawks family!

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

Ages 4-14 Min/Max: 10/20

Juniors	Sa	5/18-8/3	11a-12p	\$150/\$195
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Ages 15+ Min/Max: 10/30

Adults	Sa	5/18-8/3	12-3p	\$300/\$390
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skip dates and tournament dates will be provided once available.

Tabata Workouts

Join us for this interactive workout. Tabata is a type of HIIT workout and we will adapt according to participant needs.

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

All Ages Min/Max: 5/10

Winter 24-1	Tu	1/16-2/20	3-4p	\$75/\$100
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Winter 24-2	Tu	3/5-4/9	3-4p	\$75/\$100
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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. **No program 1/25.**

Location: LWSRC, 1900 Heather Glen Dr, New Lenox

All Ages Min/Max: 5/10

Winter 24-1	Th	1/11-2/22	4-5p	\$75/\$100
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Winter 24-2	Th	3/7-4/11	4-5p	\$75/\$100
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Adapted Ski Day

Come shred on Wilmot mountain with LWSRA! Adaptive Adventures invites you to come out and enjoy the fun All abilities are welcome including individuals in power chairs! Contact the LWSRA office for more information.

Location: Wilmot Mountain Ski Resort, 11931 Fox River Rd, Wilmot, WI

Ages 8+ Min/Max: 8/20

Winter 24	TBD	TBD	TBD	\$90/\$120
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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 1/27, 2/24, 3/2, 3/9, 3/23, or 3/30.**

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

Ages 7-14

Min/Max: 4/8

Winter 24

Sa

1/13-4/20

10:45-11:30a

\$175/\$240

Wheelchair Rugby

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 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)



★ 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
Spring-Summer Program Guide
Coming this April!*

