



# FALL 2022 PROGRAM GUIDE

REGISTRATION BEGINS - AUGUST 1ST AT 9 AM

REGISTRATION ENDS - AUGUST 5TH AT 5 PM

LOTTERY SPUN - AUGUST 8TH

PROGRAMS

Bowling/After Bowling..... 7-8

Weekly Programs..... 9-17

Wildcat Athletics..... 18-19

Aquatics.....20

Special Events Kids and Teens ..... 21-22

Special Events Teens and Adults..... 23-28

Synergy Adaptive Athletics.....30

Rec & Roll..... 31-32

Special Information..... 33-37

Registration Form..... 38-39

Facility Locations..... 40

LOCATION ACRONYMS

BLM - Bloomingdale	ROS - Roselle
CS - Carol Stream	WAR - Warrenville
GE - Glen Ellyn	WTN - Wheaton
NAP - Naperville	WC - West Chicago
	WIN - Winfield

OUTREACH TO NEW PARTICIPANTS AND FAMILIES

Our outreach staff can make your transition to our programs as effortless as possible. Staff focuses on welcoming new families, answering questions, navigating forms and processes, and recommending appropriate programming for your loved one. We get to know your participant and family before starting programs so WDSRA can serve you better. We will also provide contact information for resources your participant may need. If you are a new family or participant, start by contacting Brianne Carroll at 630-681-0962.

INCLUSION SERVICES

WDSRA and its member park districts believe all individuals should be provided with leisure opportunities that allow for performance at their highest level of ability. We understand not every person who has a special need desires WDSRA programming. In cooperation with our member districts, WDSRA staff will assist and advise any resident who is interested in participating (inclusion) in a local park district program. WDSRA will provide the type of support deemed necessary for successful participation. Supports may include training with park district staff members, consultation with the individual and their family members, and the assistance of a support staff member. WDSRA provides all inclusion services at no cost to the individual.



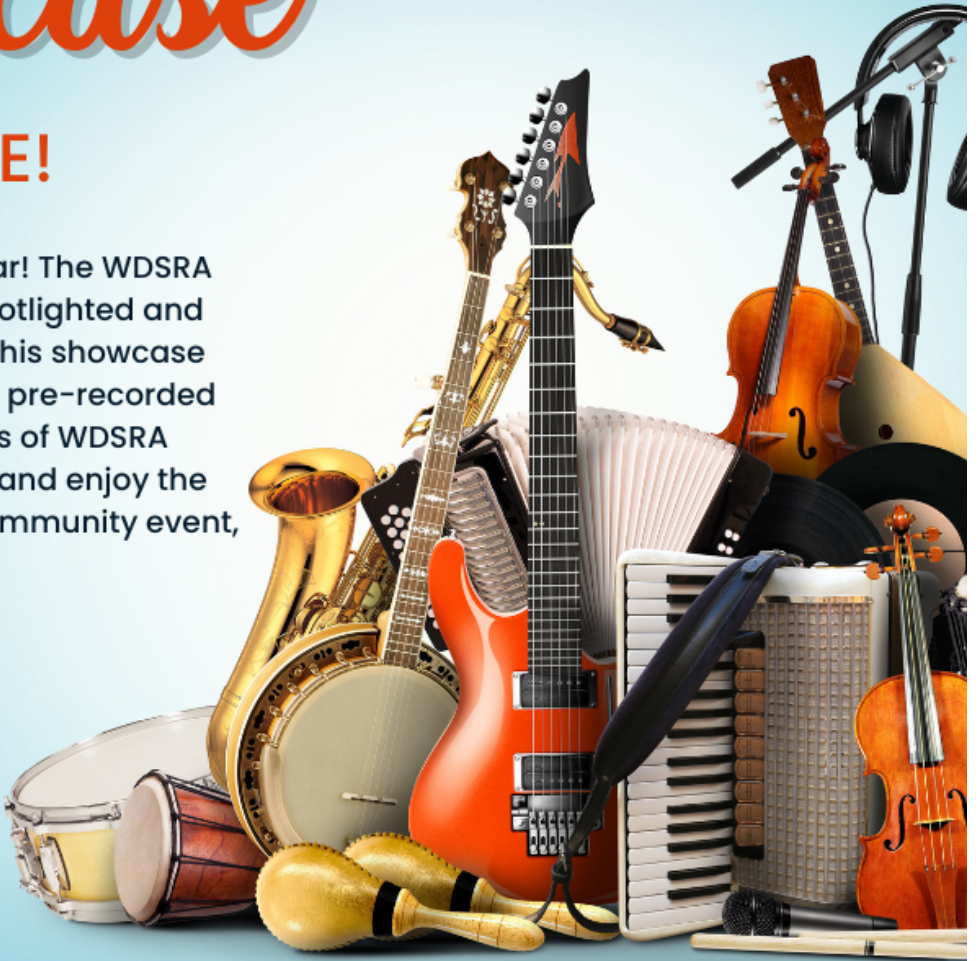
# WDSRA Showcase

## SAVE THE DATE!

Join us for the event of the year! The WDSRA participant's talents will be spotlighted and displayed on the big screen! This showcase will include video, photos, and pre-recorded performances from all aspects of WDSRA programming. Sit back, relax, and enjoy the show! Please note: This is a community event, so bring the whole family.

Date: December 18th (T)

More Detail will be shared  
closer to the performance.



Before we get into fall, I want to take a moment to thank everyone who made such a great summer possible – full-time staff, part-time staff, volunteers, our partner districts, our foundation board members, and so many others. While we are still working our way back to full capacity, this was our best summer in the last three years! We held another sold-out golf outing, ran our summer camps and dove back into our pools, had social clubs, Special Olympics, special events (including a summer dance), and all our usual great programs.



Instead of highlighting fall programs, I want your assistance and ideas regarding an important WDSRA initiative. We're in the process of forming our next Strategic Plan. We're looking for input, ideas, and ultimately buy-in from our various stakeholders – the more diverse the input, the better! I've been focused on the pillars of Access, Awareness, and Activities, but this plan can further define the overarching goals and tasks of the organization. Talent management is a KEY issue right now. If we can't attract the right staff through a competitive mix of pay and benefits, we can't serve our communities to our fullest potential.

We'll invite you to provide input in whatever way feels most comfortable. There'll be in-person sessions, focus groups, online boards, social media, and other opportunities to participate. Please look for our messaging regarding these activities. As our organization approaches 50 years of community service, it's an exciting (and necessary) time to start this process.

Have a great fall season. We hope to see you out and about in our programs and events!

-Dan

## WDSRA FULL TIME STAFF

### **Dan Leahy, Executive Director**

Lisa Santoria, Human Resources Manager

Ann Kennedy, Executive Assistant

### **Sharon Gedvilas, Supt. of Finance & Business Services**

Curtis Lease, Business Services Manager

Kathy Noviskis, Administrative Assistant

Mary Beck, Front Office Manager

Joy Poling, Administrative Assistant

Rosa Matos, Administrative Assistant

Kari Wiggins, Administrative Assistant

Steve Eckelberry, CPRP, Technology Manager

### **Lea Jackman, Supt. of Communications & Development**

Sherry Manschot, Marketing/PR Manager

Jorie Meyer, CTRS, Development Manager

### **Tammy Kerrins, CTRS, Supt. of Staffing & Support Services**

Heather Richardson, CTRS, Support Staff Manager

Ellie Stefanic, Support Staff Supervisor

Diane Sabathne, Support Services Assistant

Maddy Manden, Inclusion Manager

Jenna Johnson, CTRS, Inclusion Supervisor

### **Ted Adatto, CPRP, Superintendent of Recreation**

Becky Prince, Senior Recreation Manager

Emily Ackerman, Program Supervisor

Katie Leone, CTRS, Program Supervisor

Kristen Stepniak, CTRS, Program Supervisor

Phil Eide - Athletics/Synergy Manager

Ryan Fleck, Athletics Supervisor

Rachel Pavesich, Adult Day Program & Outreach Manager

Meghan Ferguson, CTRS, Adult Day Program Assistant Manager

Katie Lyter, CTRS, Adult Day Program Assistant Manager

Brianne Carroll, Outreach Supervisor

## WDSRA BOARD OF DIRECTORS

Jim Reuter, Chairman

Joe Potts

Dave Harris

Brad Wilson

Lynn McAteer

Tim Reinbold

Gina Radun

Mike Benard

Mark Pawlowski

Carol Stream

Bloomington

Glen Ellyn

Naperville

Roselle

Warrenville

West Chicago

Wheaton

Winfield

## WDSRA BOARD MEETINGS

The WDSRA Board of Directors meets every other month. These meetings are usually held at WDSRA and are open to any community member. Call the office or visit [www.wdsra.com](http://www.wdsra.com) for the time and location of each meeting.

## CERTIFICATION/CREDENTIALS

Certified Therapeutic Recreation Specialists (CTRS) and Certified Park and Recreation Professional (CPRP) are designations granted to professionals who can demonstrate through education and work experience that they meet the criteria set by the National Recreation and Park Association (NRPA) Certification Board and the National Council for Therapeutic Recreation Certification. These professionals have a Bachelor's or higher degree from an NRPA accredited program, have passed a certification exam, and earn and maintain sanctioned Continuing Educational Units (CEU). Other recreation staff credentials include; Special Education.





## SUPPORTING THE WDSRA FOUNDATION

Partner with us! We believe in building lasting relationships in our communities that will benefit participants and create long term relationships while furthering the WDSRA mission. There are many ways to support the WDSRA Foundation. We welcome your support however you feel comfortable.

If you are not already receiving our WDSRA Enews, please sign up to make sure you are kept up-to-date with all the latest news and events. Sign up at [www.wdsra.com](http://www.wdsra.com).

### ☒ **DONATE**

Show your support with a financial contribution! All donations made to the WDSRA Foundation go directly to support WDSRA programs and services.

### ☒ **ATTEND EVENTS**

Experience a WDSRA Foundation event! Attend an event like The Bash or the Charlie Long/WDSRA Golf Classic. These are great events to introduce friends, family and coworkers to WDSRA! Proceeds go to support WDSRA programs and services.

### ☒ **VOLUNTEER**

Volunteer in a WDSRA program OR in one of our sponsored opportunities. WDSRA benefits from the generous support of many local service organizations. They request volunteers from WDSRA to support their events and in turn will donate to WDSRA.

### ☒ **GIFT MATCHING PROGRAM**

Many companies will match your financial gift, sometimes doubling or even tripling your donation. Ask your Human Resources Manager and see your gift grow.

### ☒ **EMPLOYEE VOLUNTEERING**

Companies frequently support their employee's volunteer efforts by offering them comp time for hours volunteered. Ask your Human Resources Manager.

### ☒ **DONATIONS & SPONSORSHIPS**

Ask your company to donate to or sponsor one of our events.

**Thank YOU for your support!**



## IT ALL STARTS WITH A GIFT... HELPING SUSTAIN IN-PERSON PROGRAMS, VIRTUAL PROGRAMS AND INCLUSION SERVICES.

### Making Special Recreation Available to ALL Families!

Keeping programs affordable and accessible is our commitment. Because of the labor intensive nature of our programs, the constant fluctuation of part-time staff needs, and rising costs overall, we continually need to bridge the gap between the cost of programming and the support received through tax revenues. That gap is filled through the generosity of grantors and donors.

Learn more at [www.wdsra.com](http://www.wdsra.com).

### Board of Trustees

Jeff Hayden, Chairman  
Lee Fennell, Treasurer  
Lisa Anderson  
Mark Barnick  
Kevin Beck  
Dr. Lori Belha  
Elden Brauer  
Debra Dunne  
Dirk Glass  
Samantha Hansen  
Scott Harbaugh

Kevin Lavin  
Pat Marks  
Nina Menis  
Ken Munzing  
Greg Schwarze



Dan Leahy  
Lea Jackman



### The WDSRA Foundation

- Assists with scholarships, vehicle purchases, program supplies, inclusion services, special projects and more
- Generates funding through donations, sponsorships, events, appeals and more
- Proceeds benefit WDSRA participants and families

For more information on the WDSRA Foundation, contact WDSRA Superintendent of Communications & Development, Lea Jackman at 630-681-0962 ext 580 or [leaj@wdsra.com](mailto:leaj@wdsra.com).

*All donations made to the WDSRA Foundation go directly to support WDSRA programs and services. A 501 (C) 3 not-for-profit organization.*

# Bowling Program Offerings

## Bowling

Join us each week for WDSRA's favorite pastime! You will bowl with old friends and meet new ones as you work on improving your game. The fee includes up to two games (if time allows), shoe rental, and adaptive equipment. WDSRA cannot guarantee 6 feet of social distancing based on lane configuration. Parents will not be allowed to stay for the program, enabling WDSRA to utilize the necessary space to distance bowlers.

**Attention** - When registering for your program, be sure to check the dates listed. Bowling is offered in both the Blue and Red program sections.

Who: Ages 14 & older

Fee: \$70

Code	Program	Day	Time	Program Dates	Location
2408000-1	Fox Bowl Shift 1	M	4:15-5 pm	9/26, 10/10, 10/24, 11/7, 11/21, 12/5	Fox Bowl, Wheaton
2408000-2	Fox Bowl Shift 2	M	5:15-6 pm	9/26, 10/10, 10/24, 11/7, 11/21, 12/5	Fox Bowl, Wheaton
2408001-1	Roselle Bowling	M	5-6 pm	9/26, 10/10, 10/24, 11/7, 11/21, 12/5	Bowlero, Roselle
2408003-1	Bowlero-Shift 1	Th	4:15-5:15 pm	9/29, 10/13, 10/27, 11/10, 12/8, 12/15	Bowlero, Naperville
2408003-2	Bowlero-Shift 2	Th	5:25-6:25 pm	9/29, 10/13, 10/27, 11/10, 12/8, 12/15	Bowlero, Naperville

Code	Program	Day	Time	Program Dates	Location
2408004-1	Fox Bowl-Shift 1	M	4:15-5 pm	9/19, 10/3, 10/17, 10/31, 11/14, 11/28	Fox Bowl, Wheaton
2408004-2	Fox Bowl-Shift 2	M	5:15-6 pm	9/19, 10/3, 10/17, 10/31, 11/14, 11/28	Fox Bowl, Wheaton
2408005-1	Roselle Bowling	M	5-6 pm	9/19, 10/3, 10/17, 10/31, 11/14, 11/28	Bowlero, Roselle
2408007-1	Bowlero-Shift 1	Th	4:15-5:15 pm	9/22, 10/6, 10/20, 11/3, 11/17, 12/1	Bowlero, Naperville
2408007-2	Bowlero-Shift 2	Th	5:25-6:25 pm	9/22, 10/6, 10/20, 11/3, 11/17, 12/1	Bowlero, Naperville

Code	Program	Day	Time	Program Dates	Location
2408006-1	Bowlero-Tuesday	Tu	5-6 pm	9/20, 9/27, 10/4, 10/11, 10/18, 10/25	Bowlero, Naperville
2408006-2	Bowlero-Tuesday	Tu	5-6 pm	11/1, 11/8, 11/15, 11/22, 11/29, 12/6	Bowlero, Naperville

**Due to enrollment, Tuesday bowling at Bowlero Naperville will run for six weeks with two sessions.**

# After Bowling Program Offerings

## Pizza and Games at the Alley

Katie Leone and Kristen Stepniak

What is your all-time favorite game? There are so many games to choose from that we may have to play more than once each week. Let us know when you register, and we will make sure to put that on the schedule. Pizza is included in the fee. This program follows the red bowling programs on Monday and Thursday. **Please note:** these programs are held at the bowling alley. Drop-off and Pick-up are at the designated alley.

Who: Ages 18 & older

Fee: \$80

Code	Follows	Day	Time	Program Dates	Location
2402000-1	Roselle Bowl	M	6-7:30 pm	9/19, 10/3, 10/17, 10/31, 11/14, 11/28	Roselle Bowl
2402001-1	Fox Bowl	M	6-7:30 pm	9/19, 10/3, 10/17, 10/31, 11/14, 11/28	Fox Bowl
2402002-1	Bowlero, Nap	Th	6:30-8 pm	9/22, 10/6, 10/20, 11/3, 11/17, 12/1	Bowlero

## Dinner and Movie - In-house

Emily Ackerman

Lights, Camera, Action! The group will watch a G, PG, or PG13 movie voted by the group. If you bowl in Roselle and Fox Bowl, join us on Mondays at Central Athletics, and for those of you who bowl on Thursdays, join us at Fort Hill. **Please note:** Transportation will be provided to and from the in-house location from the bowling alley. If you are not in bowling you can meet us at the location at the times listed below.

Who: Ages 18 & older

Fee: \$90

Code	Follows	Day	Time	Program Dates	Location
2402003-1	Fox Bowl	M	6:30-9 pm	9/26, 10/10, 10/24, 11/7, 11/21, 12/5	Central Athletics, Wh
2402004-1	Bowlero, Nap	Th	6:30-9 pm	9/29, 10/13, 10/27, 11/10, 12/8, 12/15	Fort Hill, Nap



# Social Club Offerings

## Social Clubs

Start your Friday night off with us at one of our WDSRA social clubs. Each club offers the opportunity to venture out for a variety of activities in the surrounding community. Activities and outings may occur between the hours of 6-9 pm. Some activities may require additional spending money, and you may need to meet onsite at the location. A detailed activity schedule will be emailed one week before the start date and posted on the WDSRA website.

### Carol Stream Cruisers

**Katie Leone**

Who: Ages 18-35

Fee: \$110

Pick-up/Return Location: WDSRA, Carol Stream

Code	Day	Time	Dates
2401001-1	F	Evening	9/16, 9/30, 10/14, 10/28, 11/11, 12/9

### Naperville Crew

**Emily Ackerman**

Who: Ages 36 & older

Fee: \$110

Pick-up/Return Location: ARRC, Naperville

Code	Day	Time	Dates
2401003-1	F	Evening	9/16, 9/30, 10/14, 10/28, 11/11, 12/9

### Wheaton Socialites

**Kristen Stepniak**

Who: Ages 36 & older

Fee: \$110

Pick-up/Return Location: WPDCC, Wheaton

Code	Day	Time	Dates
2401000-1	F	Evening	9/23, 10/7, 10/21, 11/4, 11/18, 12/16

### Naperville Nighthawks

**Emily Ackerman**

Who: Ages 18-35

Fee: \$110

Pick-up/Return Location: ARRC, Naperville

Code	Day	Time	Dates
2401002-1	F	Evening	9/23, 10/7, 10/21, 11/4, 11/18, 12/16

# Weekly Programs

## Just Dancin'

Katie Leone

Let's dance to all your favorite tunes. You will work on dance steps, turns, and combinations. The dance instructor will teach this lively class each week. **Please note:** participants must be able to follow dance steps and choreography.

Who: Ages 16 & older

Fee: \$50

Location: Central Area

Code	Day	Time	Dates
2404000-1	Th	6-7 pm	9/22-10/27

Code	Day	Time	Dates
2404000-2	Th	6-7 pm	11/3-12/15 (no program 11/24)

## Outdoor Walking

Athletics Staff

What better way to end your day than a walk through nature? Explore the wonderful outdoors with WDSRA. Please dress appropriately for the weather and bring a water bottle. In the case of inclement weather, we will cancel the program.

Who: Ages 16 & older

Fee: \$45

Location: Herrick Lake, Wheaton

Code	Day	Time	Dates
2405010-1	Th	4:45-5:45 pm	9/22-10/27

Location: Springbrook Prairie Preserve, Naperville

Code	Day	Time	Dates
2405010-2	M	4:45-5:45 pm	9/19-10/24

## Actor's Workshop

Katie Leone

This workshop is designed to strengthen the acting "muscle." Through acting games and exercises, students will work on different aspects of acting techniques such as movement, voice, characterization, pantomime, and others each week. Participants will also work on a short 15-minute skit to apply the skills learned and perform at the end of the last class. Teamwork, focus, and listening are added benefits in this acting workshop. You must be able to function at a 1:4 ratio.

Who: Ages 18 & older

Fee: \$65

Location: WPDCC, Wheaton

Code	Day	Time	Dates
2404001-1	Sa	2:30-3:30 pm	9/24-10/29

## Indoor Walking / Healthy Living

Athletics Staff

Join us as we walk around the indoor track to burn a few calories. We will spend 30-minutes walking the track followed by classroom instruction on healthy living and discuss topics of healthy snacks, the importance of drinking water, and much more.

Who: Ages 16 & older

Fee: \$45

Location: Fountain View Activity, Carol Stream

Code	Day	Time	Dates
2405009-1	Th	6:30-7:30 pm	11/3-12/15

Location: Fort Hill Activity, Naperville

Code	Day	Time	Dates
2405009-2	M	6:30-7:30 pm	10/31-12/5

# Individual Lessons

## Individual Piano/Voice Lesson

Katie Leone

Find your inner maestro and express yourself through music. Take one-on-one lessons with a professional music instructor! The instructor will adjust your lessons to fit your musical needs. **Please note:** This is a 12-week program. WDSRA will contact you two weeks before the program start with your lesson time.

Who: Ages 6 & older

Fee: \$190

Location: WPDCC, Wheaton

### Piano Lessons



Code	Day	Time	Dates
2403002-1	M	6:30-8:30 pm	9/19-12/5
2403002-2	Th	6-8:30 pm	9/22-12/15*
2403002-3	Sa	12:30-2:30 pm	9/24-12/17*

(no program 11/24, 11/26)

### Voice Lessons



Code	Day	Time	Dates
2403004-1	M	6:30-8:30 pm	9/19-12/5
2403004-2	Th	6-8:30 pm	9/22-12/15*
2403004-3	Sa	12:30-2:30 pm	9/24-12/17*

(no program 11/24, 11/26)

## Individual Guitar/Ukulele Lessons



Katie Leone

Learn to master the basics or learn more advanced concepts like finger exercises, picking techniques, and essential scales on the guitar or the ukulele with WDSRA's instructor, Tony Spadaro. Individuals will need a guitar or ukulele. **Please note:** this is a 12-week program

Who: Ages 6 & older

Fee: \$190

Location: Fort Hill, Naperville

Code	Day	Time	Dates
2410008-1	Tu	3:30-5:30pm	9/20-12/6

## Virtual Individual Piano/Voice Lesson

Katie Leone

Find your inner maestro and express yourself through music. Senja Morgan will be teaching piano and voice lessons via Zoom! Those signing up for piano lessons must have a piano or keyboard at home, and you do not need a piano for voice lessons. Zoom link will be emailed out before the first day of class and used every week.

Who: Ages 6 & older

Fee: \$190

Code	Day	Time	Dates
2410010-1	Sa	9 am-12 pm	9/24-12/17
(no program 11/26)			



# High School Teen Programs and Events

## Octoberfest

Kristen Stepniak

We are knots for Octoberfest! Please celebrate with us at this fun, family-friendly event! Come dressed in your favorite German gear, if you'd like, and do some Octoberfest crafts, dance to German entertainment, and enjoy authentic German food. Food is included in the program fee. The Light the Torch Night Run 5K starts at 7 pm during October Fest and will cause temporary street closures. **Please note:** No transportation will be provided.

Who: Ages 13-21

Fee: \$30

Location: Central Athletic Complex, Wheaton

Code	Day	Time	Dates
2400006-1	Sa	5-6:30 pm	10/1

## Teen Dance-off

Kristen Stepniak

What is better than dancing, music, and friends on a Friday night? Join us as we dance, listen to music, or do the fun activities and games set up throughout the room. Get your dancing shoes ready because you're going to need them! Snacks will be provided as well.

Who: 13-21

Fee: \$30

Location: Warrenville Park District, Warrenville

Code	Day	Time	Dates
2400002-1	F	6-8 pm	9/16

## Teen Scene Social Club

Kristen Stepniak

Saturday's are for the teens! Don't miss out on a fun evening with friends as we venture out into the Wheaton area or stay in to do a variety of activities. A detailed activity schedule will be emailed one week before the start date and posted on the WDSRA website.

Who: 14-21

Fee: \$105

Location: Central Athletics, Wheaton

Code	Day	Time	Dates
2401004-1	Sa	6-7:30 pm	10/1, 10/15, 10/29, 11/12, 12/10, 12/17

## Wizard of Oz

Kristen Stepniak

Dorothy, the Tin Man, the Cowardly Lion, and Scarecrow are all coming together in the Wizard of Oz musical. Join us as we watch this special presentation on a tale of four friends journeying to Emerald City.

Who: Ages 13-21

Fee: \$65

Location: Marriot Theatre, Lincolnshire

Code	Day	Time	Dates
2400023-1	Sa	12:30-2 pm	11/19

Drop-off WPDCC: 11:30 am

Pick-up WPDCC: 3 pm

## Movie in the Park

Emily Ackerman

Join the Naperville Park District outdoors for a fun Friday night kick-off to the weekend featuring a family-friendly movie of Encanto. Bring your own folding chair or blanket and enjoy the movie!

Who: Ages 13-21

Fee: \$18

Location: Naperville Rotary Hill

Code	Day	Time	Dates
2400001-1	F	7:15-9:30 pm	9/9

Drop-off WPDCC: 6:30 pm

Pick-up WPDCC: 10 pm



TEENS  
ONLY!

# Virtual Program Offerings

## Virtual Bingo

Emily Ackerman

B-I-N-G-O! Come play with your friends virtually. WDSRA staff will lead you through this classic favorite. Information will be shared in advance to access a printable bingo card or how you can create your own set of cards. Have your bingo markers, cards, and your ears ready to hear those numbers!

**Ages:** 8 & older

## Virtual Fitness

Ryan Fleck

Exercise is always more fun when you do it with friends! Join WDSRA in this upbeat, energetic cardio and strength training class. This class is designed for all levels and will help elevate your heart rate through cardio kickboxing moves and build strength through lifting light weights and bodyweight exercises.

**Ages:** 8 & older

Code	Program	Day	Time	Fee	Program Dates
2410022-1	Virtual Fitness	M	6:30-7:30 pm	\$20	9/26, 10/10, 10/24, 11/7, 11/21, 12/5
2410002-1	Virtual Bingo	W	6:30-7:30 pm	\$20	9/28, 10/12, 10/26, 11/9, 11/23, 12/7

Code	Program	Day	Time	Fee	Program Dates
2410021-1	Virtual Sports Talk Radio	M	6:30-7:30 pm	\$20	9/19, 10/3, 10/17, 10/31, 11/14, 11/28
2410003-1	Virtual Karaoke	W	6:30-7:30 pm	\$20	9/21, 10/5, 10/19, 11/2, 11/16, 11/30

## Virtual Sports Talk Radio

Ryan Fleck

Do you love sports... or maybe you're obsessed with sports? Join WDSRA staff as we host our very own sports talk radio program. We will debate hot topics, make big predictions, and there will be plenty of top-notch sports banter. Once again, this season will be giving YOU a chance to be the host of the show. Once registration is complete, we will assign you a day to host, and staff will help produce your show.

**Ages:** 14 & older

## Virtual Karaoke

Emily Ackerman

It's Karaoke night at your house. Sing for us your best version of Elvis, Katy Perry, Frozen, or maybe Journey. Whatever songs you like, we'd like to hear them! Each participant will have their turn in the spotlight. **Please be prepared to give us the six songs you will be singing so staff can prepare the playlist in advance of the program at the time of registration.**

**Ages:** 16 & older

# Virtual Fitness Offerings

## Virtual Cardio Conditioning

Athletics Staff

Exercise is always more fun when you do it with friends! Join WDSRA staff as they get your blood pumping and guide you through this virtual cardio conditioning class. Staff will be using a combination of cardio exercise videos specially selected with you in mind and leading a few workouts themselves. To ensure you work up a sweat, staff will give modifications and cues. No fitness equipment is required.

**Ages:** 8 & older

## Virtual Strength Conditioning

Athletics Staff

Strength training, also known as weight or resistance training, is a physical activity designed to improve muscular strength and fitness by exercising a specific muscle group. Join WDSRA staff as they guide you through this virtual class using a combination of staff-led exercises and strength-training videos specially selected for you. To you ensure you work up a sweat, staff will give modifications and cues. No fitness equipment is required.

**Ages:** 8 & older

Code	Program	Day	Time	Fee	Program Dates
2410015-1	Virtual Strength Conditioning	F	10-11 am	\$20	9/23, 10/7, 10/21, 11/4, 11/18, 12/2

Code	Program	Day	Time	Fee	Program Dates
2410014-1	Virtual Cardio Conditioning	F	10-11 am	\$20	9/30, 10/14, 10/28, 11/11, 12/9, 12/16

# Virtual Program Offerings

## Virtual Tae Kwon Do

Phil Eide

Hi-Ya! Experience the art of Tae Kwon Do! Master Frank has many years of experience teaching martial arts to individuals with and without disabilities. Each week he will lead you through a balanced physical and mental workout. The course will focus on increasing concentration and balance and improving overall coordination, gross motor skills, endurance, and flexibility. Kick, block, and chop your way to becoming a Champion today! Students are welcome at any level of background.

\*\*This is entirely remote via ZOOM (Master Frank is leading this program).

Who: 8 & older

Fee: \$30

Code	Day	Time	Dates
2410020-1	Sa	12-12:45 pm	9/24-10/29
2410020-2	Sa	12-12:45 pm	11/5-12/17
(no program 11/26)			

At WDSRA, we try to be accurate in the information presented in the brochure; some unavoidable errors or changes to the program fees, schedules, and other information may occur.

WDSRA apologizes for any inconvenience resulting from these necessary adjustments.

Please note: that online registration has the most up-to-date information.

## Virtual Tone' n Tighten

Phil Eide

Tone' N Tighten your body through this interactive exercise class! Led by a Dance Fitness Instructor, TNT combines upbeat music with unique moves that make you want to dance 'till you drop! But don't you worry, no prior dancing experience is required. Join us for a-movin' and grooving time! \*\*This is entirely remote via ZOOM (Kim is leading this program per usual).

Who: 8 & older

Fee: \$30

Code	Day	Time	Dates
2410016-1	W	6-7 pm	9/21-10/26
2410016-2	W	6-7 pm	11/2-12/7

## Virtual Just Dancin'

Katie Leone

Let's dance to all your favorite tunes. Each week the group will stretch, work on dance techniques, and learn a short routine. You will work on steps, turns, and combinations. Join us for this lively class each week. We will be joining the in-person Just Dancin' class.

Who: 8 & older

Fee: \$30

Code	Day	Time	Dates
2410017-1	Th	6-7 pm	9/22-10/27
2410017-2	Th	6-7 pm	11/3-12/15
(no program 11/24)			

# Virtual Program Offerings

## Virtual Let's Make Dinner

**Katie Leone**

We've got your dinner plans covered for Tuesday nights, and you're in charge of cooking it. Join in as we cook through new recipes each week. Participants will be able to develop their cooking skills & techniques over the course of the program. Before the start of the program, recipe plans and weekly ingredient lists will be emailed.

Who: 10 & older  
Fee: \$20

Code	Day	Time	Dates
2410001-1	Tu	4-5 pm	9/20-10/25

## Virtual Social Hangout

**Kristen Stepniak**

Social fun from the comfort of your own home! Join us for a variety of activities. We may play virtual games, test our trivia knowledge, or we may have an afternoon of chatting. Join in on this social fun!

Who: 16 & older  
Fee: \$20

Code	Day	Time	Dates
2410006-1	F	3-4 pm	9/23-10/28

## Virtual Candy Making Special Event

**Emily Ackerman**

Craving something sweet? Join in as we create candy through different recipes. A list of supplies needed for candy making will be emailed one-week prior to the program.

Who: 10 & older  
Fee: \$5

Code	Day	Time	Dates
2410027-1	Sa	6-7:30 pm	10/29

## Virtual Art Expression

**Katie Leone**

Are you tired of surfing the internet to find art activities you can do while sitting at home? Look no further. Join WDSRA staff and your friends for a virtual art class! Supplies used will be everyday items you may have around your house, or get creative and use your supplies.

Who: 10 & older  
Fee: \$20

Code	Day	Time	Dates
2410000-1	Tu	3-4 pm	11/1-12/6

## Virtual Holiday Caroling

**Katie Leone**

Come get in the holiday spirit with us. Bundle up with your favorite blanket and a cup of hot cocoa and join the group of carolers on Zoom. Each week we will sing through a different playlist of holiday carols.

Who: 14 & older  
Fee: \$20

Code	Day	Time	Dates
2410018-1	F	3-4 pm	11/4-12/16

(no program 11/25)

## Virtual Holiday Baking Special Event

**Emily Ackerman**

Don't stress about your holiday baking any longer, we got you covered! Join us virtually where we will be baking our favorite holiday goods. Participants will increase their baking skills throughout this program by receiving helpful tips and tricks. Before the start of the program, participants will be emailed the recipe and ingredients one-week prior to the program.

Who: 10 & older  
Fee: \$5

Code	Day	Time	Dates
2410020-1	Sa	6-7:30 pm	11/12

# Fitness & Athletic Programs

## Tone' N Tighten -Two Locations

Phil Eide

Tone' N Tighten your body through this interactive exercise class. Led by a Dance Fitness Instructor, TNT combines upbeat music with unique moves that make you want to dance 'till you drop! But don't you worry, no prior dancing experience is required. Join us for a-movin' and grooving time.

The Naperville program will be held at 95th Street with Kim instructing.

The Glen Ellyn program will be held at Spring Avenue Rec with Crista instructing.

Who: Ages 16 & older

### Session 1

Code	Program	Day	Time	Fee	Location	Program Dates
2405000-1	TNT	W	4-5 pm	\$65	Spring Ave, Glen Ellyn	9/21-10/26
2405002-1	TNT Group 1	W	6-7 pm	\$65	95th Street, Naperville	9/21-10/26
2405002-2	TNT Group 2	W	7-8 pm	\$65	95th Street, Naperville	9/21-10/26

### Session 2

Code	Program	Day	Time	Fee	Location	Program Dates
2405000-2	TNT	W	4-5 pm	\$65	Spring Ave, Glen Ellyn	11/2-12/7
2405003-1	TNT Group 1	W	6-7 pm	\$65	95th Street, Naperville	11/2-12/7
2405003-2	TNT Group 2	W	7-8 pm	\$65	95th Street, Naperville	11/2-12/7

## Tae Kwon Do - Two Sessions

Phil Eide

HiYa! Experience the art of Tae Kwon Do. Master Frank has many years of experience teaching martial arts to individuals with and without disabilities. The course will focus on increasing concentration and balance and improving overall coordination, gross motor skills, endurance, and flexibility.

Who: Ages 14 & older

### Session 1

Code	Program		Time	Fee	Location	Program Dates
2405006-1	TKD-Winfield	Sa	11-11:45 am	\$60	Lions Panzek, Winfield	9/24-10/29

### Session 2

2405006-2	TKD-Winfield	Sa	11-11:45 am	\$60	Lions Panzek, Winfield	11/5-12/17
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(no program 11/26)

# Athletic Programs

## Pickle Ball

Phil Eide

WDSRA is offering the fun and exciting sport of Pickleball. Pickleball is a fast-growing racquet sport. This fun and engaging game can be played as singles, as well as doubles. You will learn strategies that include: lobbing, overhead slamming, and fast volley exchanges at the net. Paddles and balls will be provided.

Who: Ages 16 & older

Fee: \$50

Location: Warrenville Park District

Code	Day	Time	Dates
2405004-1	Su	12:30-2 pm	9/18-10/23

## Rhythmic Gymnastics

Athletics Staff

Attention Ladies! Join a unique gymnastics class and prepare to compete in Special Olympics! Find your inner rhythm and express yourself through movement and dance. Participants will master set dance routines using a ball, ribbon, hoop or rope. This 8-week program is a prerequisite for athletes who want to sign up for Special Olympics Rhythmic Gymnastics competition in the Winter. **Please note:** registrants will be grouped according to level of routine and will be contacted with their specific 45 minute time slot before the start of the program. This ensures a small class size and maximizes individual attention for our gymnasts.

Who: Ages 16 & older

Fee: \$50

Location: Central Area

Code	Day	Time	Dates
2405007-1	W	6-7:30 pm	11/2-12/7

## Spin Class

Phil Eide

Get your cycle on! During this class, we will work up a sweat while cycling to our favorite tunes. We will include interval training and a chance to challenge yourself to reach your goals. So grab that water bottle, and let's get moving.

Who: Ages 16 & older

Fee: \$50

Location: Warrenville Park District

### Session 1

Code	Day	Time	Dates
2405005-1	Su	11-12 pm	9/18-10/23

### Session 2

Code	Day	Time	Dates
2405005-2	Su	11-12 pm	10/30-12/11
(no program 11/27)			

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Please note: that online registration has the most up-to-date information.

# WDSRA Wildcats Sports Programs

## Wildcat Basketball

Ryan Fleck

Wildcats Basketball is back! We will begin practice in the fall and continue into games throughout the winter season. Please register North (Bloomingdale/Roselle/Carol Stream), Central (Wheaton/Warrenville/Winfield/West Chicago/ Glen Ellyn), or South (Naperville) and we will notify you of your location prior to the start of practices. We will be conducting player evaluations to determine teams from each section based on ability level. Wildcats Basketball will compete at **Special Olympics Illinois events so you must have a current Special Olympics Medical Form on file which is valid through March 2023. Please Note:** Special Olympics qualifying tournament will be held in January 2023. The ITRS Tournament will be held in February. Please plan accordingly. No Program dates will be denoted on your Team Connect schedule.

Who: Ages 16 & older  
Fee: \$165

### Location: North Area

(Fountain View Recreation Center)

Code	Day	Time	Dates
2406000-1	Tu	6:30-8 pm	10/18 - 2/7

### Location: Central Area

(Hubble Middle School/Ackerman Sports and Fitness Center)

Code	Day	Time	Dates
2406000-2	Tu	6:30-8 pm	10/18 - 2/7

### Location: South Area

(Fort Hill Activity Center/Ranchview/Riverwoods School)

Code	Day	Time	Dates
2406000-3	Tu	6:30-8 pm	10/18 - 2/7

## Wildcat Floor Hockey

Ryan Fleck

Join this fast-paced and exciting Special Olympics sport! We will spend the first few weeks learning the ropes of floor hockey before our Wildcats team plays against other area teams. In November, the season will end with the ISO Floor Hockey Tournament in Chicago. All players must provide their helmets with a protective shield, gloves, and shin guards. You must have a current SO Medical Form on file to register for this program, which is valid through November 2022.

Who: Ages 16 & older  
Fee: \$95

### Location: Ackerman Sports and Fitness, Glen Ellyn

Code	Day	Time	Dates
2306006-1	W	6:30-8 pm	9/14-11/16

### Location: Fort Hill Activity Center, Naperville

Code	Day	Time	Dates
2306006-2	W	6:30-8 pm	9/14-11/16

## Wildcat Bocce

Ryan Fleck

If you are looking for a slow-paced sport but still packed with strategy and precision, then the game of Bocce is right for you! **This program begins on August 11th.** Please note: Special Olympics qualifying tournament will be held in September to qualify for SOILL Summer Games 2023. You must have a current Special Olympics Medical Form on file, which is valid through June 2023.

Who: Ages 14 & older  
Fee: \$50

Location: Seven Gables Park, Wheaton

Code	Day	Time	Dates
2406001-1	Th	5-6:15 pm	8/11-9/15

# WDSRA Wildcats Sports Programs & Aquatics

## Wildcat Snow Shoe

The sport of snowshoeing is a great way to improve your overall fitness, coordination, and endurance. Each week will be spent learning proper techniques and preparing for the Regional Meet that will be held in January. **NEW** this year is the *practice from home* option! If you cannot make the program dates, you can meet with the group on the first week of the program to get your snowshoes and some practice plans for you to follow from home. Practice from home athletes will need to attend one other program meeting to get timed for entry to the Regional Competition held by Special Olympics. **To register for this program, you must have a Special Olympics Medical Form on file, valid through February 2023.** Any *No Program* dates will be noted on your Team Connect schedule.

Who: Ages 8 & older

Fee: \$65

Location: Seven Gables, Wheaton

Fee: \$10

Location: Your Home (borrow WDSRA Snow Shoes)

Code	Day	Time	Dates
2406002-1	Sa	9-10:15 am	11/12-1/7

Code	Day	Time	Dates
2406002-2	Sa	9-10:15 am	11/12 and 12/3

## WDSRA Wildcats Aquatics

### Wildcat Swim Team

If you are able to swim 50 yards without stopping, the swim team wants you! Weekly workouts include stretching, stroke technique, endurance training, and relay team training. **Please note:** dates and times may change based on pool availability.

Who: Ages 8 and older

Location: Fountain View, Carol Stream

Fee: \$72

Code	Program	Day	Time	Location	Program Dates
2400702-1	Swim Team	Sa	11:30 am-1 pm	Fountain View, Carol Stream	9/24-10/29
2400702-2	Swim Team	Sa	11:30 am-1 pm	Fountain View, Carol Stream	11/5-12/17

(no program 11/26)

Location: Naperville North High School, Naperville

Fee: \$72

Code	Program	Day	Time	Location	Program Dates
2400703-1	Swim Team	Su	12:30-2 pm	NNHS, Naperville	9/18-10/23
2400703-2	Swim Team	Su	12:30-2 pm	NNHS, Naperville	10/30-12/11

(no program 11/27)

# Special Events for Kids and Teens

## School's Day Out Enchanted Castle

Emily Ackerman

Celebrate being out of school by joining us at Enchanted Castle. Here you will get the chance to engage in your favorite arcade activities such as go-karts, laser tag, and more. You won't want to spend your day off any other way.

Who: Ages 8-18  
Fee: \$65  
Location: WPDCC, Wheaton

Code	Day	Time	Dates
2400011-1	M	9 am -2 pm	10/10

## School's Day Out Bowling

Emily Ackerman

Don't SPARE your time looking for activities to do on your day off from school. We got you covered. On this school day out, join us for a game of bowling with friends. Mark your calendars because this school day out will be STRIKING.

Who: Ages 8-18  
Fee: \$65  
Location: WPDCC, Wheaton

Code	Day	Time	Dates
2400024-1	M	9 am -2 pm	11/21

## School's Day Out Gym Games and Ice Cream

Emily Ackerman

Are you tired of having nothing to do on your day off from school? WDSRA's got you. We are going to have a blast playing your favorite gym games. After, we will end our school day by eating some delicious ice cream. Gym games and ice cream, who wouldn't love that!

Who: Ages 8-18  
Fee: \$65  
Location: Fort Hill Activity Center, Naperville

Code	Day	Time	Dates
2400025-1	Tu	9 am -2 pm	11/22

Drop-off WDSRA: 8:30 am  
Pick-up WDSRA: 2:30pm

## School's Day Out Swimming

Emily Ackerman

Splash! Let's go for a swim. Spend your day off from school by swimming with your friends. Here we will play some pool games and do some swimming activities. Don't forget to bring your bathing suit and a towel. It is going to be a blast!

Who: Ages 8-18  
Fee: \$65  
Location: Fountain View Recreation, Carol Stream

Code	Day	Time	Dates
2400026-1	W	9 am -2 pm	11/23

Drop-off Fort Hill: 8:30 am  
Pick-up Fort Hill: 2:30 pm

# Holiday Break Camp for Kids and Teens

## Holiday Break Camp

Emily Ackerman

Spend your holiday break with WDSRA! Your camp day will be filled with games, field trips, crafts, music, and more. You will receive further information and a detailed camp schedule one week before the program. You must send a sack lunch each day unless otherwise notified. Please note: transportation is provided from WDSRA and Fort Hill. Please select your drop-off/pick-up location when registering. You can also meet on-site at the ARC Center in West Chicago

**Who:** Ages 6-12

Location: ARC Center, West Chicago

Code	Day	Time	Dates	Fee
2420000-1	Tu-Th	9 am -2 pm	12/27-12/29	\$140
2420001-1	Tu-F	9 am -2 pm	1/3-1/6	\$180

Drop-off Fort Hill: 8:30 am

Pick-up Fort Hill: 2:30 pm

Drop-off WDSRA: 8:30 am

Pick-up WDSRA: 2:30 pm

**Who:** Ages 13-21

Location: ARC Center, West Chicago

Code	Day	Time	Dates	Fee
2420000-2	Tu-Th	9 am -2 pm	12/27-12/29	\$140
2420001-2	Tu-F	9 am -2 pm	1/3-1/6	\$180

Drop-off Fort Hill: 8:30 am

Pick-up Fort Hill: 2:30 pm

Drop-off WDSRA: 8:30 am

Pick-up WDSRA: 2:30 pm

# Special Events Teen and Adults

## Studio Movie Grill - Three Dates      Kristen Stepniak

Let's enjoy a night out at the movies and catch the latest flick with our friends! Dinner and your movie ticket are included in the fee. Times are approximate and may change based on showtimes. Please note: An email will be sent out the Monday before with the movie and showtime. The movie will be rated G, PG, or PG-13. **Transportation will not be provided. You may meet the group directly at the movie theater.**

Who:      Ages 18 & older  
Fee:      \$50  
Location: Studio Movie Grill, Wheaton

Code	Day	Time	Dates
2400000-1	W	5:30-9:30 pm	9/7
2400015-1	W	5:30-9:30 pm	10/19
2400040-1	W	5:30-9:30 pm	1/18

## Sip & Paint      Katie Leone

Do you want a relaxing evening? Join us for painting and mocktails! We will get to create our own personal mocktails with fun and unique ingredients. Additionally, you will follow along to a painting tutorial to create a beautiful masterpiece. You don't want to miss this!

Who:      Ages 18 & older  
Fee:      \$30  
Location: Fort Hill Activity Center, Naperville

Code	Day	Time	Dates
2400004-1	Sa	6:30-8:30 pm	9/24

Drop-off WDSRA: 5:45 pm  
Pick-up WDSRA: 9:15 pm

## Harvest Dance      Katie Leone

Let's celebrate fall together by sipping warm apple cider and dancing to our favorite tunes. Make sure to wear your best flannel to channel all the cozy fall vibes. Snacks will be provided during this event. Get ready to party it up! The following social clubs are scheduled to attend: Wheaton Socialites and Naperville Nighthawks.

Who:      Ages 18 & older  
Fee:      \$30  
Location: Fountain View Recreation, Carol Stream

Code	Day	Time	Dates
2400003-1	F	6:30-8:30 pm	9/23

## Apple Orchard      Kristen Stepniak

Fall is crisp, but the apples are crisper! Join us as we pick fresh apples with our friends to bring home. Afterward, we will head to the Farmhouse Kitchen for lunch. Lunch includes hamburgers, hot dogs, a side of chips, and refreshments. "Doughnut" worry, we will surely have a blast at the Orchard! At the time of registration, please answer questions about any specific dietary restrictions you may have. Orchard and lunch are included in the fee.

Who:      Ages 18 & older  
Fee:      \$55  
Location: Kuipers Family Farm, Maple Park

Code	Day	Time	Dates
2400005-1	Su	11 am- 1 pm	9/25

Drop-off WPDCC: 10:15 am  
Pick-up WPDCC: 1:45 pm

## Special Events Teen and Adults

### Colors of Autumn

Kristen Stepniak

Red, brown, yellow, and green... are all the beautiful colors of fall that we will explore at the Morton Arboretum. Join us as we hike the trails with our friends, see the colorful Autumn trees and stop to have a picnic lunch. Please dress appropriately for the weather and bring a sack lunch.

Who: Ages 18 & older

Fee: \$30

Location: Morton Arboretum, Lisle

Code	Day	Time	Dates
2400007-1	Su	12-2:30 pm	10/2

Drop-off Fort Hill: 11:30 am

Pick-up Fort Hill: 3:00 pm

Drop-off WPDCC: 11:45 am

Pick-up WPDCC: 2:45 pm

### Goebbert's Pumpkin Patch

Kristen Stepniak

Autumn leaves and pumpkins, please! Fall is in the air, so join us as we have some fun at Goebbert's Pumpkin Patch. We will explore the patch, cheer on pig races, enjoy lunch on the farm, and much more! Farm admission and lunch are included in the fee, but please bring additional money for extra snacks, souvenirs, or to feed giraffes, if desired.

Who: Ages 16 & Older

Fee: \$65

Location: Goebbert's Pumpkin Patch, South Barrington

Code	Day	Time	Dates
2400013-1	Sa	11 am - 1 pm	10/15

Drop-off WPDCC: 10:15 am

Pick-up WPDCC: 1:45 pm

### Bunco - Two Locations

Emily Ackerman

BUNCO party with friends, food, refreshments, and fun! We will be ordering food from a local restaurant, playing BUNCO, awarding prizes, and finishing off with some delicious desserts. **Please note:** We are offering this program in two different locations to accommodate the popularity of this event.

Transportation will not be provided for this event.

Who: 16 & older

Fee: \$40

Location: WDSRA, Carol Stream

Code	Day	Time	Dates
2400008-1	Sa	4-6:30 pm	10/8

Location: Fort Hill, Naperville

Code	Day	Time	Dates
2400008-2	Sa	4-6:30 pm	10/8

### Naperville Halloween Lights Trolley Tour

Kristen Stepniak

Ding! Dong! Trick or Treat! Back by popular demand is the Naperville Halloween Lights Trolley Tour. The tour will run in the evening and begins and ends at the parking lot of Aurelio's. This guided trolley tour will bring us through North and South Naperville to look at all the Halloween-decorated homes. **Please note:** this trolley is accessible for all. You can choose to meet the group at Aurelios.

Who: Ages 16 & Older

Fee: \$40

Location: Naperville Area

Code	Day	Time	Dates
2400016-1	Sa	7-8:30 pm	10/22

Drop-off WPDCC: 6 pm

Pick-up WPDCC: 9 pm

Drop-off Aurelio's: 7 pm

Pick-up Aurelio's: 8:30 pm

# Special Events Teen and Adults

## Costume Ball

Emily Ackerman

Come dressed in your spooky, silly, or stunning Halloween costume, and dance the night away at this annual bash! Prizes will be awarded for the best, scariest, most creative, best couple and cutest costumes. Refreshments will be provided. The following social clubs are scheduled to attend: Carol Stream Cruisers, and Naperville Crew. Please do not register for the special event if you are in one of these clubs. Please note: You can meet directly at the ARRCC in the multipurpose rooms at 6:30 pm and get picked up at 8:30 pm

Who: Ages 18 & older

Fee: \$30

Location: Fort Hill Activity Center, Naperville

Code	Day	Time	Dates
2400017-1	F	6:30-8:30 pm	10/28

Drop-off WDSRA: 5:45 pm

Pick-up WDSRA: 9:15 pm

## Shopping and Lunch

Katie Leone

Don't wait last minute to do your holiday shopping. Come join us to get some holiday shopping completed. You will get some time to browse through stores to pick out some gifts for your loved ones. Shopping always makes people hungry so we will stop to grab a bite to eat. Bring additional money for shopping.

Who: Ages 18 & older

Fee: \$30

Location: Yorktown Mall, Yorktown

Code	Day	Time	Dates
2400021-1	Su	11 am-1:30 pm	11/13

Drop-off WPDCC: 11 am

Pick-up WPDCC: 2 pm

## Dinner Out - Three Locations

Kristen Stepniak

Let's enjoy a nice night out with good friends and food. The fee includes appetizers, dinner, dessert, and non-alcoholic beverages. Please meet on-site at the restaurant.

Who: Ages 18 & older

Fee: \$50

### Location: Anyway's Pub

Address: 304 W Army Trail Rd, Bloomingdale

Code	Day	Time	Dates
2400010-1	Su	6-8 pm	10/9

### Location: Miller's Ale House

Address: 778 Rt 59, Aurora

Code	Day	Time	Dates
2400014-1	Su	6-8 pm	10/16

### Location: Warren's Ale House

Address: 51 Town Square, Wheaton

Code	Day	Time	Dates
2400019-1	Su	6-8 pm	11/6

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# Special Events Teen and Adults

## Holiday Magic - Two Locations

Kristen Stepniak

Celebrate the holiday season as we head to Brookfield Zoo's annual Holiday Magic! This event features nearly one million twinkling lights, ice-carving demonstrations, and live musical performances. In addition, the zoo's food stands and gift shops will have hundreds of unique items. We will also have dinner at the zoo. The fee includes zoo admission and dinner, but please bring additional money for snacks or souvenirs, if desired. This event requires participants to keep pace with the group while walking the zoo. **Please note:** due to the popularity of this event, we are offering a north section and a south section, so please be sure to enroll in your preferred section based on the pick-up and return location.

Who: Ages 16 & older

Fee: \$60

Location: Brookfield Zoo, Brookfield

### Pick-up/Drop-off : WDSRA, Carol Stream

Code	Day	Time	Dates
2400027-1	W	3-7 pm	11/30

Drop-off WDSRA: 2:15 pm

Pick-up WDSRA: 7:45 pm

### Pick-up/Drop-off : Fort Hill, Naperville

Code	Day	Time	Dates
2400027-2	W	3-7 pm	11/30

Drop-off Fort Hill: 2:15 pm

Pick-up Fort Hill: 7:45 pm

## Holiday Dinner Dance

Kristen Stepniak

It's the most beautiful time of the year! Celebrate the holiday season with all of your friends. You will be served a delicious meal, take your picture with Santa, and dance away the night! All participants will be receiving WDSRA YETI cups this year as a party favor. **Please note:** participants can be dropped off directly at St. Andrews Golf Club at 6 pm and picked up at 9:30 pm. Participants must go home the same way they arrived at the dance. Due to safety, we will pre-assign vehicles for this dance. We cannot guarantee that participants will be on the same bus as friends/significant others.

Who: Ages 16 & Older

Fee: \$75

Location: St Andrews Golf Course, West Chicago

Code	Day	Time	Dates
2400029-1	F	6-9:30 pm	12/2

Drop-off Fort Hill: 5 pm

Pick-up Fort Hill: 10:30 pm

Drop-off WPDCC: 5:15 pm

Pick-up WPDCC: 10:15 pm

Drop-off St. Andrews: 6 pm

Pick-up St Andrews: 9:30 pm

# Special Events Teen and Adults

## Packers vs. Bears Watch Party Two Locations

Emily Ackerman

Join us as we watch the Bears vs. Packer game! The game time starts at noon. We will enjoy a fun-filled afternoon with food, friends, football, and more. Feel free to come dressed in your favorite jersey too. We will be providing snacks, so eat lunch before arriving.

Who: Ages 16 & older  
Fee: \$25

Location: WDSRA Office, Carol Stream

Code	Day	Time	Dates
2400030-1	Su	11:45-3:15 pm	12/4

Location: Fort Hill, Naperville

Code	Day	Time	Dates
2400030-2	Su	11:45-3:15 pm	12/4

## Dinner and Holiday Lights Two Locations

Emily Ackerman

Back again by popular demand! Enjoy the best sights and sounds of the season in the warmth of a WDSRA vehicle. We'll start the evening with a great dinner around the area. The restaurant location will be emailed to you the week before the program. Then, we will scope out the best Christmas lights we can find for the duration of the evening. Dinner is included in the fee. **Please note:** due to the popularity of this event, we are offering a north section and a south section, so be sure to register for the preferred section based on the drop-off and return location.

Who: Ages 16 & older  
Fee: \$30

Location: WDSRA Office, Carol Stream

Code	Day	Time	Dates
2400034-1	W	5-8 pm	12/14

Location: Fort Hill, Naperville

Code	Day	Time	Dates
2400034-2	W	5-8 pm	12/14

## Ugly Sweater Party & Hot Cocoa Bar

Emily Ackerman

'Tis the season for "ugly" sweaters! Dust off those fun and wacky holiday garments that have been collecting dust all year. We will have a contest for the Most Festive, Most Adorable, and Funniest attire. Be ready to jingle bell rock and enjoy delicious hot cocoa topped with candies and sweets. **Please note:** we are offering a north section and a south section, so be sure to register in your preferred section based on the event's location.

Who: Ages 16 & older  
Fee: \$30

Location: WDSRA, Carol Stream

Code	Day	Time	Dates
2400032-1	Sa	6-8 pm	12/10

Location: Alfred Rubin Rivewalk, Naperville

Code	Day	Time	Dates
2400032-2	Sa	6-8 pm	12/10

## NYE Extravaganza

Kristen Stepniak

Ring in 2023 with a WDSRA-style celebration! This event includes appetizers, NYE noise makers and hats, dancing, and a "midnight" toast! Participants may be dropped off directly at WPDCC at 6:30 pm and picked up at 8:30 pm. Please note: participants must go home the same way they arrived; no exceptions will be made.

Who: Ages 18 & older  
Fee: \$40

Location: WPDCC, Wheaton

Code	Day	Time	Dates
2400038-1	F	6:30-8:30 pm	12/30

Drop-off Fort Hill: 6:00 pm  
Pick-up Fort Hill: 9 pm

Drop-off WPDCC: 6:30 pm  
Pick-up WPDCC: 8:30 pm

# Specialty Programs

## Birthday Bus

Kristen Stepniak

Beep, Beep, the birthday bus is back! We are coming to you for a special visit (family too) to sing Happy Birthday or spend time with you. We will also bring a special gift just for you! Each visit will be about 10-15 minutes long. Sign up for your birthday month on our reserved birthday bus date and visit timeslot. An approximate visit time will be communicated once we plan our bus route. We will get the rest of the months throughout the year.

Who: All Ages

Fee: \$20

Code	Day	Time	Dates
2400012-1	W	2-4 pm	10/12
2400022-1	W	2-4 pm	11/16
2400036-1	W	2-4 pm	12/14
2400039-1	W	2-4 pm	1/18

## Broadway Bound - Four Dates!

Kristen Stepniak

Calling all theatre lovers- this exciting club is for you! Broadway Bound participants will enjoy four shows at the beautiful and historic Paramount Theatre in Aurora. Performances include Dream Girls (10/2), Sound of Music (1/8), Into the Woods (3/5), and School of Rock (5/14). The program fee includes your ticket to the performances, but please bring additional money for snacks and souvenirs, if desired. **Please note: registering for this program means you will be paying for and planning to attend all four dates.**

Who: Ages 18 & older

Fee: \$245

Location: Paramount Theater, Aurora

Code	Day	Time	Dates
2400041-1	Su	12:15-4 pm	10/2, 1/8, 3/5, 5/14

Pick-up WPDCC: 11:30 am

Return WPDCC: 4:30 pm

# Join Our Team!



**Western DuPage**  
Special Recreation Association



## Join our team!

**YOU can make a difference  
in the lives of people with  
special needs.**

*The most  
fun you  
can have  
at work!*

**Flexible Scheduling**

**Competitive Wages**

**No Experience Necessary**



- ✓ Work programs & events on evenings & weekends
- ✓ Daytime hours available for our Adult Day Programs
- ✓ School Days Off & Camps
- ✓ ...and so much more!



**SCAN ME**

Starting pay \$13-\$18  
Experience is a plus  
but not necessary

**Learn more at [www.wdsra.com](http://www.wdsra.com)**

## PROGRAM INFORMATION



**Synergy Adaptive Athletics** helps individuals of all ages with a primary physical disability *Live Life To Its Fullest* through a variety of adaptive athletics opportunities. We believe everyone should have equal access to the wide range of benefits sports opportunities can provide. We help make that possible by offering programs and resources to assist athletes in realizing those benefits. For more information about specific sports and practice times, please contact:

### Athletics/Synergy Manager

Phone: at 630-384-8542

Email: [information@synergyaa.com](mailto:information@synergyaa.com)

Follow Us: [facebook.com/synergyaa](https://facebook.com/synergyaa)

### WHEELCHAIR BASKETBALL

Wheelchair basketball is designed for individuals with a primary physical disability affecting his/her lower body. Athletes with a spinal cord injury, cerebral palsy, spina bifida, amputation, limb length difference, ankle fusion, or other diagnosis that affects one's ability to play competitive standup basketball, may qualify. Individuals do NOT have to be an everyday wheelchair user to play the sport. The sports wheelchair is simply a tool used to allow everyone to compete on an equal playing field.

Jr Bulls Prep: Ages 6 - 13

Jr Bulls Varsity: Ages 13 - High School

### BOCCIA

Are you a wheelchair user with cerebral palsy or a high spinal cord injury? Boccia is a precision ball sport contested by athletes on the local, national, and even international levels. The sport is open to individuals with spastic hypertonia, dystonia, athetosis, or ataxia in all four limbs or with severe locomotor dysfunction. Adaptive equipment is available for those who need assistance in propelling the ball onto the court.

### ARCHERY

Archery is an exciting lifetime sport that grows with you. Whether starting at a beginner level to learn the fundamentals of archery safety and basic technique, or to further develop more advanced skills, Synergy Archery will provide you with the tools and support to reach your goals. This program is open to anyone with a primary physical disability, including individuals with a visual impairment. Adaptive equipment is available.





### A DAY PROGRAM OF **WDSRA**

**Rec & Roll** is a community-based recreation program for individuals ages 22-55. The program emphasizes social interaction, community outings, service projects, and more. Recreational activities are planned to help people with disabilities develop and enhance their quality of life. The daily schedule can include animal therapy, volunteer projects, gardening, field trips, fitness, outdoor recreation, crafts, and games.

#### **1:6 Ratio (Naperville, Carol Stream, Glen Ellyn, Wheaton, & Winfield)**

Participants attending Rec & Roll must be toilet trained, responsible for independent care such as feeding and dressing, and devoid of emotional outbursts that require 1:1 staffing. Participants must be able to successfully participate in one staff to 6 participant ratio and perform all their daily living skills. Please send a sack lunch daily. **The program limit is 12.**

#### **1:3 Ratio (Fountain View, Carol Stream & Fort Hill, Naperville)**

If your family member needs a little more assistance to succeed, this day program is for you. The daily schedule is a mixture of staff-directed and participant-directed large and small group activities. Participants must successfully participate in a one staff to 3 participant ratio. Rec & Roll Fountain View and Rec & Roll Fort Hill are designed for participants who may require some assistance with daily living skills and may require emotional support from staff. Please send a sack lunch daily. **The program limit is 9.**

#### **How to Join!**

New participants interested in the opportunity to register for Rec & Roll must pre-arrange an intake day to determine whether they meet the program's eligibility requirements. This meeting will help the staff determine which Rec & Roll is most appropriate. The staff ratio will be determined at this time by the Day Program Assistant Manager. For Naperville, Wheaton or Winfield locations, contact Meghan Toliver, for Carol Stream, or Glen Ellyn, contact Katie Lyter. If you are unsure which site is best for your participant, email [recandroll@wdsra.com](mailto:recandroll@wdsra.com).

# 2023 Rec & Roll Programs

## Registration Timeline

Rec & Roll runs on an annual basis January–December with registration occurring in October.

- **Lottery Registration OPENS at 9 a.m. Monday, October 17th**
- **Lottery Registration CLOSES at 9 a.m. Monday, October 24th**
- In-District lottery spun Monday, October 24th
- Non-Resident lottery spun Wednesday, October 26th
- Confirmations sent Friday, November 4th

**What ages do you serve?** All Rec & Roll sites are for adults ages 22–55.

**What time does the program run?** All Rec & Roll sites run from 9 am–2 pm.

## What are the 2023 Calendar Dates?

Mondays	1/9–12/18
Tuesdays	1/3–12/19
Wednesdays	1/4–12/20
Thursdays	1/5–12/21
Friday	1/6–12/22

**Where are the Rec & Roll 1:6 ratio programs offered?** We have 5 locations available.

Rec & Roll Naperville; Sportsman’s Clubhouse, Naperville  
Rec & Roll Carol Stream; WDSRA office, Carol Stream  
Rec & Roll Glen Ellyn; Ackerman WDSRA Room, Glen Ellyn  
Rec & Roll Wheaton; Central Athletics, Wheaton  
Rec & Roll Winfield; Charles R. Beggs Activity Center, Winfield

**Is there a limit on the number of participants per day?** The limit is 12 participants per day.

**Where are the Rec & Roll 1:3 ratio programs offered?** We have 2 locations available.

Rec & Roll Fountain View; Fountain View Recreation Center, Carol Stream  
Rec & Roll Fort Hill; Fort Hill Activity Center, Naperville

**Is there a limit on the number of participants per day?** The limit is 12 participants per day.

**Please contact Katie Lyter or Meghan Toliver at the WDSRA office for more information.**

## Sports Leagues

WDSRA has developed a Sports League Code of Ethics for athletes, coaches, and parents based on the Character Counts program. The program emphasizes six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and citizenship. Athletes, coaches, and parents may be asked to sign this code to participate in a team sports program.

## Special Olympics

For an athlete to compete in a Special Olympics program, a current Special Olympics Medical form must be on file at the WDSRA office.

This form is separate from the WDSRA annual form. The Special Olympics Medical form is valid for three years from the date of the doctor's signature.

WDSRA Policy states an athlete cannot register for a Special Olympic program until you have a current form on file. If you are interested in participating in a Special Olympics program, please contact the WDSRA office for a form or download a form from our website at [www.wdsra.com](http://www.wdsra.com).

Parents and athletes are responsible for returning the completed form to the WDSRA office before you register. The form must have the original signatures of both the doctor and parent/guardian.

The tournament fee must be pre-paid prior to participation in the tournament. The fee is nonrefundable.

## Atlanto-Axial Subluxations (ASC)

Individuals who have Down Syndrome have a high risk of having ASC. For the safety of WDSRA participants with Down Syndrome, a doctor's note proving they have been cleared of this condition by an x-ray is required to participate in any program that could potentially injure the neck area.

## Annual Information Form

WDSRA requires all participants to complete an annual information form prior to participation. This form expires every year on December 31. The form provides us with valuable information which enables us to offer programs that are safe and appropriate for your needs. If you are new to WDSRA programs or do not currently have an annual form on file, please contact our office and request one. If the agency receives a registration form that does not have a current annual, we will send you one to complete and return.

## Behavior Code

Participants, staff, volunteers, and parents are expected to exhibit appropriate behavior at all times. The following guidelines have been developed to make WDSRA's programs safe and enjoyable for everyone. Additional rules may be developed for particular programs and athletic leagues as deemed necessary by the staff. Staff, participants, volunteers, and parents shall:

- show respect to all participants, staff, volunteers, and parents
- refrain from using foul language
- refrain from causing bodily harm to other participants, staff, coaches, or parents
- demonstrate respect for equipment, supplies, and facilities
- represent WDSRA in a manner that is consistent with the goals, objectives, and ethics of the association

## Discipline

A caring and positive discipline approach will be used. WDSRA reserves the right to dismiss a participant, staff, volunteer, or parent if it is in the best interest of the association. Each situation will be evaluated on its own merit.

## New Participant Intake

WDSRA requires all new participants to complete an intake with the Outreach Supervisor prior to attending their first program. The intake allows the agency to get to know the participant and their individual needs better. This additional information provides WDSRA staff the opportunity to properly staff programs and provides an environment that will be successful and enjoyable to the participant. If you are new to the programs and have not done an intake, please contact the Outreach Supervisor at 630-681-0962. For safety reasons, an individual without current annual information and intake forms on file will not be permitted to participate in WDSRA programs.

## Equal Access

No participant shall be denied equal access to programs, activities, services, or benefits or be limited in the exercise of any right, privilege, advantage, or opportunity on the basis of race, sex, creed, national origin, or disability.

## Americans with Disabilities Act (ADA) Grievance Procedure

The Western DuPage Special Recreation Association has established an internal grievance system for prompt and equitable resolution of grievances alleging any action by the Western DuPage Special Recreation Association that would be prohibited by the ADA or the applicable Title II Rules. Grievances should be directed to:

Ted Adatto, Superintendent of Recreation,  
Compliance Officer, WDSRA

Mail: 116 N Schmale Road, Carol Stream, IL, 60188

Phone: 630-681-0962

Appointment: Call 630-681-0962 to schedule a meeting

## Boardmaker

If a participant uses a picture schedule program such as Boardmaker, please indicate this on the registration form. Our staff will work with you to facilitate its use in our programs.

## Meeting on Location

For safety reasons, WDSRA will only allow participants to meet on location for community events (rather than taking the WDSRA transportation) when there is one main entrance/exit. Participants will not be allowed to meet at locations with multiple doors such as, but not limited to a mall, festival, carnival, etc.

## Location Key

North - Bloomingdale/Carol Stream/Roselle

Central - Warrenville/West Chicago/Winfield/Wheaton

South - Naperville

## Si Usted Habla Español

Si usted habla español y desea más información sobre los programas y servicios de WDSRA, por favor marque 630-681-0962 y pregunte por Rosa Matos. Rosa está disponible para servirle durante el horario de WDSRA, de Lunes a Viernes de 9am - 5pm.

## Say Cheese

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

## WDSRA Weather Cancellation Policy

In the event of severe weather, WDSRA may decide to cancel programs in the best interest of our participants. The following guidelines will be used to determine cancellations:

### Severe Winter Weather

Outdoor programs or programs with transportation for people with physical disabilities: Temperature of 10 degrees or wind chill of 0 degrees or more.

All other programs with transportation: Temperature of -5 degrees or wind chill of -15 degrees or more.

All programs (including indoor): Snowstorm or blizzard situations when driving restrictions and an emergency plan are in effect (winter or blizzard warnings)

## Canceling Programs

- WDSRA staff will look at all circumstances beginning two hours prior to the starting time of the program or first pick-up to determine if the program should be canceled.
- If the program is canceled, program staff will attempt to reach all participants and staff by phone calling post message to inform them of the cancellation.
- Missed programs due to weather are made up the week following the end of the program. If this is not possible, you will be issued a refund per program refund guidelines.

## WDSRA Registration

Neatly complete the registration form, filling in all appropriate spaces. Missing information will delay your registration. Phone registrations are not accepted.

Note: Registrations will not be processed if a fee balance remains from a previous season. Program fees will not be prorated for late registration. The scholarship request deadline is the same date set for resident registration.

If you have any questions on the day of registration, when you call the office you will be directed to the right individual who can help you.

Online registration is the preferred method. It offers you the most up-to-date information on your programs.

## Ways to Register

1. Online Registration (Preferred Option)
2. Drop-off or Mail-in prior to the start of registration, all mailed and dropped off registration forms will be processed concurrently with online registration and will be processed in random order.

## Virtual Program Registration

For **Virtual programs** registration will be first come first served for both resident and non-residents.

## In-Person Program Lottery Registration

In this process, all **In-Person program** registrations will be assigned once WDSRA "spins" the lottery, which randomly assigns enrollments to the programs you have registered for. The lottery will be spun for Residents first followed by Non-Residents. If the program has met the maximum number of participants, those who were not enrolled in the program will be added to a waitlist. If you are placed on a waitlist and WDSRA can accommodate you safely, you will be enrolled in the program.

## Out of District Policies

Families living outside a WDSRA Park District member district and belong to a neighboring SRA are welcome to register in WDSRA programs during the out-of-district registration time frame. This would apply to NEDSRA, FVSRA, NWSRA, and SEASPAR residents.

If you live within a community with a Park District that does not belong to a Special Recreation Association a 50% fee will be assessed per program.

If you live in a community without a Park District or in an unincorporated area that falls outside of the Park District boundaries, a 50% fee will be assessed per program. An example of this would be Wayne residents and some parts of West Chicago.

## Program Policies

When arriving at/departing from a program, parents are asked to check in with the staff person in charge of the program before leaving your child. WDSRA staff is not responsible for the supervision of participants who arrive prior to the start of the program. Also, if a participant is to be picked up by an unfamiliar guardian, neighbor, babysitter, etc. the parents are asked to notify the WDSRA staff person in charge of the program prior to the occurrence.

To provide for safe and meaningful learning experiences, a 1:3 staff-to-participant ratio is maintained for children's activities, a 1:4 ratio for teen activities, and a 1:6 ratio is maintained for adult activities. Some programs may have a higher ratio, depending on individual needs. When children of various ability/age levels are enrolled in the same program, WDSRA will group them according to their abilities.

### Credit Cards Accepted

You may use your Visa, Master Card, Discover or American Express when registering for programs at [www.wdsra.com](http://www.wdsra.com) or mailing in your registration form. Debit cards are also accepted.



## Program Policies, Continued

If a program closes due to large enrollment, a paid waiting list of those interested will be kept. If space does not open in the program, your payment will be automatically refunded.

A class may be canceled if enrollment is less than four participants for children's programs and five participants for adult programs unless otherwise noted.

WDSRA requires a minimum of 3 participants at a pick-up location. Transportation will be canceled if the minimum is not met. You will be notified if this occurs for any program. If parents wish for their son or daughter to walk home from a program, please send a signed and dated notice attached to the registration form, or mail the written notification to the WDSRA office prior to the first day of the program.

If a participant cannot attend a program during the session, he/she cannot send a substitute in his/her place.

## Refund Procedure

Refund requests for all programs must be received no less than 10 business days prior to the start of the program.

- If the withdrawal request is received prior to 10 business days you will receive a refund minus \$5.00 drop fee, any pre-purchased supplies, and non-refundable deposits.
- A refund will not be given if the request is received less than 10 business days prior to the start.
- Refunds will not be issued for missed classes.
- Cancellations for weekly programs will be rescheduled or a refund will be issued. Special Olympics weather refunds will be issued for missed games but not missed practices.
- A house credit will be issued for refunds of \$10 or less.
- Any variance to the refund procedures will be included in the program description.
- All refunds will be issued in check form.

### **Late Pick-Up Policy**

In order to be fair to our participants and program leaders, WDSRA has enacted a late pick-up policy, and we would appreciate your cooperation in this matter. Many of our programs have more than one pick-up location and if one person is late, it may disturb the schedule of others who are being picked up at another location. In addition, many of the WDSRA program leaders have responsibilities after everyone is picked up. We request that you double-check the pick-up time and be prompt.

### **Dietary Restrictions**

Due to the amount and various types of dietary needs, WDSRA will only provide an alternative option for meals when the program is preparing/ making their own food. If the program is attending a special event or eating at a restaurant in the community, the family must look ahead at the menu and relay the participant's order to the head instructor upon arrival.

You may be asked to send or make appropriate accommodations for your participant on occasion.

### **Office Hours**

WDSRA's regular office hours are 9 am to 5 pm, Monday through Friday. After hours and on the weekends, please leave a voice mail message. Staff will return your call as soon as possible.

### **WDSRA Annual Scholarships**

The scholarship request process is intended to allow participants/families who qualify for financial assistance to take part in recreation and leisure opportunities through the use of available funds. All funds for scholarships are obtained through the WDSRA Foundation's annual fundraising campaigns. Each year the amount available fluctuates based on the amounts received.

Scholarships are only available for residents of the association's nine-member park districts. Scholarships are awarded to participants who have completed the annual scholarship application and qualify for financial needs. Applications are accepted anytime during the year but all applications expire on December 31. Fifty percent of the program fee for three (3) programs per season may be awarded. Payment plans may be arranged if needed. For more specific guidelines regarding scholarships, please visit our website at [www.wdsra.com](http://www.wdsra.com) and go to the links tab for WDSRA forms or contact the WDSRA office.

### **Reaching WDSRA Staff on the Weekends**

WDSRA continues to have an Emergency Call Forwarding Feature on our phone system for the benefit of parents and staff. If you have an emergency on the weekend, you can call the WDSRA office, 630-681-0962, and listen to the prompt to dial 9 to be forwarded to a staff member on call. If staff are busy, your call will go to a voicemail system to leave a message and you can expect a callback, if necessary, within 15 minutes. Please leave your name and telephone number as it does not show up on our caller ID.

If your issue is not an emergency, please call the office Monday–Friday between the hours of 9 am–5 pm.

# WDSRA Fall 2022 Registration Form

Register online at [www.wdsra.com](http://www.wdsra.com)  
 Mail: WDSRA, 116 N Schmale Rd., Carol Stream, IL 60188  
 Email: [registration@wdsra.com](mailto:registration@wdsra.com)  
 Phone: 630-681-0962

Are you a new participant with WDSRA?  
☐ Yes ☐ No

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Billing Address (if different than above): \_\_\_\_\_

Primary Phone: \_\_\_\_\_ Mom Cell: \_\_\_\_\_ Dad Cell: \_\_\_\_\_

Parent/Guardian Name(s): \_\_\_\_\_ Disability: \_\_\_\_\_

Primary Email: \_\_\_\_\_ Park District: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_ T-shirt Size: \_\_\_\_\_

Please check if any above information has changed ☐

First Name	Program Name	Program Code	Pickup/Drop Off Location	Fee
				\$
				\$
				\$
				\$
				\$
				\$
			TOTAL	\$

**YOU MUST SIGN AND DATE THIS FORM FOR YOUR REGISTRATION TO BE PROCESSED**

\_\_\_\_\_  
 Printed Name of Person Signing Form

\_\_\_\_\_  
 Signature of participant (or parent/guardian if under 18)

\_\_\_\_\_  
 Date

I have read and fully understand the information on the reverse of this form, warning of risk, assumption of risk and waiver and release of all claims. If registering a minor participant, I further attest that I have read the reverse to my minor child/ward.

Cardholder Name	Account Number	Exp Date	3 digit	Amount

## Western DuPage Special Recreation Association Important Information

The Western DuPage Special Recreation Association (WDSRA) is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. WDSRA continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors for this program/activity must recognize that there is an inherent risk of injury when choosing to participate in recreational activities.

You are solely responsible for determining if you or your minor child/ward are physically fit and /or skilled for activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way, or recently suffered an illness, injury, or impairment, to consult a physician before undertaking any physical activity.

### Warning of Risk

Despite careful and proper preparation, instruction, medical advice, conditioning, and equipment, there is still a risk of serious injury when participating in any recreational activity/program. Understandably, not all hazards and dangers can be foreseen. Participants must understand that certain risks, dangers, and injuries due to acts of God, inclement weather, slipping, falling, equipment failure, failure in supervision, premise defect, and all other circumstances inherent to recreational activities/programs exist. In this regard, it must be recognized that it is impossible for WDSRA to guarantee absolute safety.

### Waiver and Release of All Claims and Assumption of Risk

Please read this form carefully and be aware that in the signing and participating in this program/activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages, or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity (including transportation services, when provided).

I recognize and acknowledge that there are certain risks of physical injury to participants in this program/activity, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program/activity against WDSRA, including officials, agents, volunteers and employees (hereinafter collectively referred as WDSRA).

I do hereby fully release and forever discharge WDSRA from any and all claims for injuries, damages, or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, in any way associated with this program/activity.

In the event of an emergency, I understand and authorize WDSRA staff and officials to secure from any licensed hospital, physician and/or medical personnel any treatment deemed necessary for immediate care for myself or minor/ward and agree that I will be responsible for payment of any and all medical services rendered.

### Photo/Video Release

I hereby authorize and give my consent to WDSRA to photograph/video my child (or me) or to obtain outside photographs/video of my child (or me) participating in WDSRA activities/events/programs, and without limitation, to use such photographs/video in connection with promoting/advertising the services, programs, and facilities of WDSRA, without consideration of any kind.

**You must sign and date the bottom of the reverse side of this form before your registration can be processed. Participation will be denied if the signature of adult participant or parent/guardian and date are not on the front of this waiver**

# Facility Locations

**Ackerman Sports & Fitness Center**  
Glen Ellyn Park District  
800 St. Charles Rd.  
Glen Ellyn, 317-0130  
[www.ackermansfc.com](http://www.ackermansfc.com)

**Alfred Rubin Riverwalk Community Center (ARRCC)**  
Naperville Park District  
305 W. Jackson Ave.  
Naperville, 848-3615  
[www.napervilleparks.org](http://www.napervilleparks.org)

**Bowlero - Naperville**  
1515 Aurora Ave.  
Naperville, 355-7622

**Bowlero - Roselle**  
1100 W Lake St  
Roselle, 351-2100

**Central Athletic Complex**  
Wheaton Park District Door 5  
500 S. Naperville Rd.  
Wheaton, 690-4880  
[www.wheatonparkdistrict.com](http://www.wheatonparkdistrict.com)

**Fort Hill Activity Center**  
Naperville Park District  
20 Fort Hill Dr.  
Naperville, 995-8900  
[www.napervilleparks.org](http://www.napervilleparks.org)

**Fox Bowl**  
1101 Butterfield Rd.  
Wheaton, 690-2400

**Fountain View Recreation Center**  
910 N. Gary Avenue  
Carol Stream, 784-6142  
[www.csparks.org](http://www.csparks.org)

**Lion Panzek Martial Arts**  
27W199 Geneva Rd  
Winfield, 797-6698

**Seven Gables Park**  
1750 S Naperville Rd  
Wheaton, 690-4880  
[www.wheatonparkdistrict.com](http://www.wheatonparkdistrict.com)

**Sportsmen's Clubhouse**  
Naperville Park District  
735 S. West St  
Naperville  
[www.napervilleparks.org](http://www.napervilleparks.org)

**Warrenville Park District**  
3 S 260 Warren Ave.  
Warrenville, 393-7279  
[www.warrenvilleparks.org](http://www.warrenvilleparks.org)

**Wheaton Park District Community Center (WPDCC)**  
1777 S. Blanchard Rd.  
Wheaton, 690-4880  
[www.wheatonparkdistrict.com](http://www.wheatonparkdistrict.com)

**Western DuPage Special Recreation Association (WDSRA)**  
116 N. Schmale Rd.  
Carol Stream, 681-0962  
[www.wdsra.com](http://www.wdsra.com)

**95th Street**  
Naperville Park District  
2244 W. 95th Street  
Naperville  
[www.napervilleparks.org](http://www.napervilleparks.org)