



# WINTER-SPRING PROGRAM GUIDE 2023

Registration Begins - December 5th at 9 am

Registration Ends - December 9th at 5 pm

Lottery Spun - December 12th



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LOCATION ACRONYMS

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

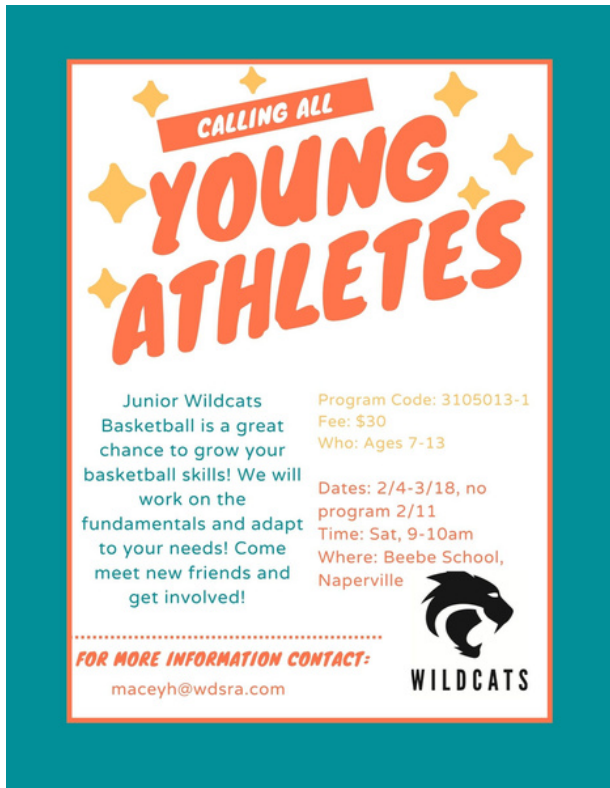
OUTREACH TO NEW PARTICIPANTS AND FAMILIES

Our outreach staff can make your transition to our programs as effortlessly 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 WDSRA 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.





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This book represents the most robust and exciting programs WDSRA has offered in quite some time. Thanks to the creativity of staff, input from families, and other positive developments, we're really looking forward to some great programming. We hope you'll find plenty of ways to be engaged, active, social and having fun in the community through WDSRA. Some highlights I want to point out include:



- \*Return to overnight trips
- \*Junior Wildcats youth basketball skills
- \*Game Truck night for videogame enthusiasts
- \*Jewelry crafting

The future of our programming was discussed in-depth, as many areas were, in our recent development of a new strategic plan. This multi-step process included a lot of engagement, listening, surveys, focus groups, and work on our mission and vision. I want to thank those of you that took time, either in person or online, to offer new ideas and perspectives on WDSRA's impact. We're confident the new plan will help guide us toward new and exciting opportunities. We'll share the plan on our website after board approval in December.

I wish you and your families a happy holiday season, and hope to see many of you out and about at WDSRA 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

Shakyrh Williams, Inclusion Supervisor

Alexia Chlibovytsch, Inclusion Supervisor

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

Macey Horbach, Athletics Supervisor

Rachel Pavesich, CTRS, Adult Day Program & Outreach Manager

Meghan Toliver, CTRS, Adult Day Program Assistant Manager

Katie Lyter, CTRS, Adult Day Program Assistant Manager

## WDSRA BOARD OF DIRECTORS

Jim Reuter

Joe Potts, Chairman

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).







## 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  
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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.*





Annual Appeal Going on  
Now through December 31, 2022

Match Available thru  
December 15, 2022

## Help Meet the \$12,500 Match!

Donations made 11/15/22 thru 12/15/22 will be matched  
by the Coleman Foundation (up to \$12,500).

For every donation of \$225 or more Coleman will donate \$225.

Your donation of \$225 turns into \$450

Your donation of \$250 turns into \$475

Your donation of \$500 turns into \$725

**Please give generously.  
Ask family and friends too!**

**Donate  
Online**



### Ways to Donate:

Donate online at [www.wdsra.com](http://www.wdsra.com).

Mail your donation to:

WDSRA Foundation  
116 N. Schmale Rd.  
Carol Stream, IL 60188  
Make checks payable to the  
WDSRA Foundation

**THANK YOU!**

If your company offers a matching gift program, simply return that information with your contribution.  
(WDSRA EIN #36-3932924). WDSRA Foundation is a 501(c)(3) nonprofit organization and all contributions are tax deductible to  
the extent allowed by law.



# Bowling Program Offerings

## Bowling

Macey Horbach

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 two games (if time allows), shoe rental, and adaptive equipment. Beginners through advanced bowlers are welcome.

**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
3108000-1	Fox Bowl Shift 1	M	4:15-5 pm	2/6, 2/20, 3/6, 3/20, 4/3, 4/17	Fox Bowl, Wheaton
3108000-2	Fox Bowl Shift 2	M	5:15-6 pm	2/6, 2/20, 3/6, 3/20, 4/3, 4/17	Fox Bowl, Wheaton
3108002-1	Roselle Bowling	M	5-6 pm	2/6, 2/20, 3/6, 3/20, 4/3, 4/17	Bowlero, Roselle
3108005-1	Bowlero-Shift 1	Th	4:15-5:15 pm	2/9, 2/23, 3/9, 3/23, 4/6, 4/20	Bowlero, Naperville
3108005-2	Bowlero-Shift 2	Th	5:25-6:25 pm	2/9, 2/23, 3/9, 3/23, 4/6, 4/20	Bowlero, Naperville

Code	Program	Day	Time	Program Dates	Location
3108001-1	Fox Bowl-Shift 1	M	4:15-5 pm	1/30, 2/13, 2/27, 3/13, 3/27, 4/10	Fox Bowl, Wheaton
3108001-2	Fox Bowl-Shift 2	M	5:15-6 pm	1/30, 2/13, 2/27, 3/13, 3/27, 4/10	Fox Bowl, Wheaton
3108003-1	Roselle Bowling	M	5-6 pm	1/30, 2/13, 2/27, 3/13, 3/27, 4/10	Bowlero, Roselle
3108006-1	Bowlero-Shift 1	Th	4:15-5:15 pm	2/2, 2/16, 3/2, 3/16, 3/30, 4/13	Bowlero, Naperville
3108006-2	Bowlero-Shift 2	Th	5:25-6:25 pm	2/2, 2/16, 3/2, 3/16, 3/30, 4/13	Bowlero, Naperville

Code	Program	Day	Time	Program Dates	Location
3108004-1	Bowlero-Tuesday	Tu	5-6 pm	1/31-3/7	Bowlero, Naperville
3108004-2	Bowlero-Tuesday	Tu	5-6 pm	3/14-4/18	Bowlero, Naperville

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



# Weekly Programs

## Movie Mania - G, PG, PG13

Emily Ackerman

Let's enjoy a night at Hollywood Palms and catch the latest flick with our friends! The movie will be rated **G, PG, or PG-13**. 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 week before with the movie and showtime. Transportation will not be provided, and you must meet the group directly at the movie theater.

Who: Ages 16 & older

Fee: \$235

Location: Hollywood Palms, Naperville

Code	Day	Time	Dates
3102001-1	M	6-9 pm	1/30, 2/13, 2/27 3/13, 3/27, 4/10

## Movie Mania - PG13-R

Emily Ackerman

Let's enjoy a night at Hollywood Palms and catch the latest flick with our friends! The movie will be rated **PG 13 or R**. 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 week before with the movie and showtime. Transportation will not be provided, and you must meet the group directly at the movie theater.

Who: Ages 18 & older

Fee: \$235

Location: Hollywood Palms, Naperville

Code	Day	Time	Dates
3102002-1	M	6-9 pm	2/6, 2/20, 3/6 3/20, 4/3, 4/17

## Drama Club

Katie Leone

Are you an aspiring actor or actress? Then we invite you to audition for WDSRA's Drama Club to perform in this year's stage show, "Charlie Brown." Participants will learn the on and off-stage skills needed to complete a drama performance. Participants must have strong reading skills, be able to function in a 1:6 ratio, and act on stage. Attendance at rehearsal is critical to the success of the show. Not everyone will be called each week, and call times will be emailed the week prior. Please only register if you can commit to the rehearsal dates below. We will be holding auditions for this program on the first day of this program. This is a no-cut program; everyone will be given a role within the play.

Who: Ages 18 & older

Fee: \$180

Location: WPDCC, Wheaton

Code	Day	Time	Dates
3104005-1	Sa	2-3:30 pm	2/4-4/22 (no program 3/11 & 4/8)





# Weekly Programs

## Yoga

**Macey Horbach**

The benefits of Yoga are endless! Participants will increase their flexibility, condition their bodies, and stretch their minds as they work on breathing, simple poses, and balance. Sign up and see what Yoga can do for you! \*Please bring your Yoga mat to each class.

Who: Ages 16 & older  
Fee: \$50

## Pizza and Games at the Alley

**Katie Leone**

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. Pizza is included in the fee. Please note: this program is held at the bowling alley.

Who: Ages 18 & older  
Fee: \$80

## Jewelry Making

**Katie Leone**

Have you ever wanted to design what you wear? Well, now you can! In this program, one will get the opportunity to learn how to make jewelry. We will create all types of jewelry, such as necklaces, earrings, rings, and so much more. Each participant will get a jewelry-making kit that they will get to take home after the program is over.

Who: Ages 18 & older  
Fee: \$70

## Jackbox Games

**Emily Ackerman**

Join us for a fun, unique, and memorable program! Jackbox games is a series of party video games similar to classic social games like charades that is played on many different platforms. These games are designed to be played in large groups with audience participation. Some games include Quiplash, Fibbage, and Drawful. You do not need to know how to play to register, as it's very easy to explain and teach.

Who: Ages 18 & older  
Fee: \$50

Code	Program	Day	Time	Program Dates	Location
3102000-1	Pizza/Games	M	6:30-7:30 pm	2/6, 2/20, 3/6, 3/20, 4/3, 4/17	Roselle Bowl
3105009-1	Yoga	M	6:30-7:30 pm	2/6, 2/20, 3/6, 3/20, 4/3, 4/17	Wheaton Area
3104009-1	Jewelry Making	W	5-5:45 pm	2/8, 2/22, 3/8, 3/22, 4/5, 4/19	95th Street, Nap
3104004-1	Jackbox Games	Th	7-8 pm	2/9, 2/23, 3/9, 3/23, 4/6, 4/20	Fort Hill, Nap



# Weekly Programs

## Mosaics and Mocktails

**Katie Leone**

Enjoy your Monday evening by designing detailed diamond mosaics while sipping delicious mocktails. Diamond mosaic is a form of mosaic art where you apply shiny resins onto a pre-glued canvas to complete the picture. Each time the program meets, you will get the chance to create a mosaic and make your beverage with your friends. Be there and get creative!

Who: Ages 18 & older

Fee: \$65

## Book Club

**Katie Leone**

Come and spend Wednesday evenings reading and conversing with your friends about a recent novel. This program is designed for those who love to analyze and discuss chapters from a book. The book will be announced two-three weeks before the program's start date. It is optional to purchase the book for this program. Enjoy reading and discussing!

Who: Ages 18 & older

Fee: \$42

## Indoor Bocce

**Macey Horbach**

We're moving Bocce indoors! Bocce is a slow-paced sport packed with fun! This program will be played indoors so you can still hangout and compete against your friends!

Who: Ages 16 & older

Fee: \$42

## DIY Art

**Katie Leone**

We are taking art to a new level by offering a Do-It-Yourself (DIY) Art program. DIY art is an activity where one can create beautiful art pieces they can utilize throughout their daily lives. Participants will make high-quality crafts that they will get to take home and utilize. Join us for the practical and creative program.

Who: Ages 16 & older

Fee: \$70

Code	Program	Day	Time	Program Dates	Location
3105005-1	Indoor Bocce	M	6:30-7:30 pm	1/30, 2/13, 2/27, 3/13, 3/27, 4/10	North Area
3104006-1	Mosaics	M	6:30-7:30 pm	1/30, 2/13, 2/27, 3/13, 3/27, 4/10	Central Athletics, WH
3104007-1	Book Club	W	5-5:45 pm	2/1, 2/15, 3/1, 3/15, 3/29, 4/12	95th Street, Nap
3104008-1	DIY Art	Th	7-8 pm	2/2, 2/16, 3/2, 3/16, 3/30, 4/13	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 various 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: \$130  
Drop-off/Pick-up: Location: WDSRA, Carol Stream

Code	Day	Time	Dates
3101001-1	F	Evening	2/10, 2/24, 3/10 3/24, 4/21, 4/28

### Naperville Crew

Emily Ackerman

Who: Ages 36 & older  
Fee: \$130  
Drop-off/Pick-up Location: ARRC, Naperville

Code	Day	Time	Dates
3101003-1	F	Evening	2/10, 2/24, 3/10 3/24, 4/21, 4/28

### Wheaton Socialites

Kristen Stepniak

Who: Ages 36 & older  
Fee: \$130  
Drop-off/Pick-up Location: Central Athletics, Wheaton

Code	Day	Time	Dates
3101000-1	F	Evening	2/3, 2/17, 3/3, 3/17 3/31, 4/14

### Naperville Nighthawks

Emily Ackerman

Who: Ages 18-35  
Fee: \$130  
Drop-off/Pick-up Location: ARRC, Naperville

Code	Day	Time	Dates
3101002-1	F	Evening	2/3, 2/17, 3/3, 3/17 3/31, 4/14





# High School Teen Programs and Events

## Game Truck

**Kristen Stepniak**

We are taking video gaming to the next level with a mobile video game truck that comes to us! Individuals can sit inside and play various games on Playstation 4, Xbox, and Nintendo Switch. Popcorn will be served during breaks, and more games and activities will be offered inside Central Athletics. Please note: Transportation will be provided from Fort Hill, or you may meet directly onsite.

Who: 16 & older

Fee: \$65

Location: Central Athletics, Wheaton

Code	Day	Time	Dates
3100026-1	Sa	3-5:30 pm	4/15

Drop-off Fort Hill: 2:30 pm

Pick-up Fort Hill: 6 pm

## 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
3101004-1	Sa	6-7:30 pm	2/11, 2/25, 3/11 3/25, 4/22, 4/29

## Disney on Ice - Encanto/Frozen

**Kristen Stepniak**

Experience Disney's Encanto and Frozen come to life for the Disney on Ice Show! Please bring money if you wish to purchase souvenirs or concessions. Please note: Transportation will be provided from WPDCC.

Who: 16-24

Fee: \$56

Location: Allstate Arena, Rosemont

Code	Day	Time	Dates
3100002-1	F	7-9 pm	1/20

Drop-off WPDCC: 6 pm

Pick-up WPDCC: 9:45 pm

## King Cobras - Drumline

**Becky Prince**

In cooperation with the Rosemont Cavalier Drum and Bugle Corps, WDSRA is excited to offer this new percussion group called the King Cobras Drumline! Learn drumming and drumline techniques. Instructors and equipment provided by the Cavaliers.

Who: Ages 14-25

Fee: \$20

Location: Warrenville Area

Code	Day	Time	Dates
3104015-1	Tu	6-7 pm	1/31-3/7





# 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: Central Athletics, Wheaton

### Piano Lessons



Code	Day	Time	Dates
3103000-1	M	6:30-8:30 pm	1/30-4/17
3103000-2	Th	6-8:30 pm	2/2-4/20
3103000-3	Sa	12:30-2:30 pm	2/4-4/29*
(no program 4/8)			

### Voice Lessons



Code	Day	Time	Dates
3103004-1	M	6:30-8:30 pm	1/30-4/17
3103004-2	Th	6-8:30 pm	2/2-4/20
3103004-3	Sa	12:30-2:30 pm	2/4-4/29*
(no program 4/8)			

## 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
3103002-1	Tu	3-6 pm	1/31-4/18

## 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
3103003-1	Sa	9 am-12 pm	2/4-4/29
(no program 4/8)			





# Dance Programs

## Individual Dance Lessons!

Have you ever wanted to learn how to dance with moves that impress? Now is your chance! Take one-on-one lessons with a dance instructor. Find your rhythm and express yourself through dance.

Who: Ages 6 & older

Fee: \$95

Location: Naperville Area

Code	Day	Time	Dates
3103001-1	Tu	5-6 pm	1/31-3/7
3103001-2	Tu	5-6 pm	3/14-4/18

## Dance for Fun!

Calling all kids! Join us for a beginner dance class for kids. We will dance to all your favorite tunes and work on your dancing skills. The dance instructor will teach this lively class each week. Be ready to learn some fun moves! Please note: Assessments will not take place for this program.

Who: Ages 8-16

Fee: \$50

Location: ARC, West Chicago

Code	Day	Time	Dates
3104003-1	Th	4-4:45 pm	2/2-3/9

## Dance Levels

WDSRA is now offering different levels of dance programs for participants. The instructor will assess and place dancers at the appropriate dance class level. Each dancer will be given an assessment time for the program's first week, which will be emailed one week before the start date. Each program runs for 12 consecutive weeks. At the last program date, the participants can perform what they have learned with their family and friends.

**Please register for the program you are interested in; if needed, you will be moved to the correct class within the same location following assessments.**

**Recreational Dance Movement – Just Dancin':** Dance is an excellent form of exercise and fun. In this dance class, you will have the freedom to utilize dance as a recreation tool. Join us to dance to all your favorite tunes. Get ready to dance and have fun with your friends.

**Beginner Dance – Dance Expressions:** Let's come together and learn the power of dance expression. In this program, one will learn the basic foundations of dance and how to express ourselves with movement. Please note: participants must be able to follow dance steps and choreography.

**Experienced Dance – Dance Evolution:** This program was created for those who have already learned the foundations of dance and aim to grow their pre-existing skills. In each class, we will be working on different combinations and techniques. Please note: participants must be able to follow dance steps and choreography.

Code	Program	Day	Time	Dates	Location	Fee	Ages
3104002-1	Just Dancin'	Th	6-6:45 pm	2/2-4/20	ARC, West Chicago	\$90	16 & older
3104000-1	Dance Expressions	Th	6:45-7:30 pm	2/2-4/20	ARC, West Chicago	\$115	16 & older
3104000-2	Dance Expressions	Tu	6-6:45 pm	1/31-4/18	Naperville Area	\$115	16 & older
3104001-1	Dance Evolution	Tu	6:45-7:30 pm	1/31-4/18	Naperville Area	\$115	16 & older



# Virtual Program Offerings

## Virtual Bingo

Emily Ackerman

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

**Ages:** 8 & older

## Virtual Cardio Conditioning

Macey Horbach

Exercise is always more fun when you do it with friends! Staff will use a combination of cardio exercise videos specially selected with you in mind and lead a few workouts themselves. Staff will give modification and cues to ensure you work up a sweat. No fitness equipment is required.

**Ages:** 8 & older

## Virtual Fitness

Macey Horbach

Exercise is always more fun when you do it with friends! Join Lisa 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
3110021-1	Virtual NBA Watch Party	M	6:30-7:30 pm	\$20	2/6, 2/20, 3/6, 3/20, 4/3, 4/17
3110003-1	Virtual Bingo	W	6:30-7:30 pm	\$20	2/8, 2/22, 3/8, 3/22, 4/5, 4/19
3110005-1	Virtual Karaoke	Th	6:30-7:30 pm	\$20	2/9, 2/23, 3/9, 3/23, 4/6, 4/20
3110023-1	Virtual Cardio Conditioning	F	3-4 pm	\$20	2/10, 2/24, 3/10, 3/24, 4/21, 4/28

Code	Program	Day	Time	Fee	Program Dates
3110022-1	Virtual Fitness	M	6:30-7:30 pm	\$20	1/30, 2/13, 2/27, 3/13, 3/27, 4/10
3110002-1	Virtual Karaoke	W	6:30-7:30 pm	\$20	2/1, 2/15, 3/1, 3/15, 3/29, 4/12
3110004-1	Virtual Bingo	Th	6:30-7:30 pm	\$20	2/2, 2/16, 3/2, 3/16, 3/30, 4/13
3110006-1	Virtual Social Hangout	F	3-4 pm	\$20	2/3, 2/17, 3/3, 3/17, 3/31, 4/14

## Virtual NBA Watch Party

Macey Horbach

Do you love to watch sports, or maybe you're obsessed with the NBA? Join us as we host our very own NBA watch party! We will all watch the same NBA game on zoom in the comfort of our homes. Bring your snacks and relax as we talk about the game and watch together!

**Ages:** 14 & older

## Virtual Karaoke

Emily Ackerman

Each participant will have their turn in the spotlight to sing us their favorite karaoke tunes. Step up to your virtual stage, turn up that volume, and grab your microphone! 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 Social Hangout

Kristen Stepniak

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

**Ages:** 16 & older



# Virtual Program Offerings

## Virtual Tae Kwon Do

**Macey Horbach**

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.

Who: 8 & older

Fee: \$30

Code	Day	Time	Dates
3110020-1	Sa	12-12:45 pm	2/4-3/11
3110020-2	Sa	12-12:45 pm	3/18-5/6

(no program 3/25 & 4/8)

## 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
3110001-1	Tu	4-5 pm	1/31-3/7

## Virtual Tone' n Tighten

**Macey Horbach**

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 worry, no prior dancing experience is required. Join us for a movin' and groovin' time!

Who: 8 & older

Fee: \$30

Code	Day	Time	Dates
3110016-1	W	6-7 pm	2/1-3/8
3110016-2	W	6-7 pm	3/15-4/19

## 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
3110000-1	Tu	3-4 pm	3/14-4/18





# Virtual Program Offerings

**Special Event**  
**Virtual Escape Room**

**Katie Leone**

Virtually join us for an intense escape room where you can solve unique puzzles and different types of mysteries to get you and your friends out of a room. Teamwork, communication, and problem-solving will all be exercised throughout this program. A zoom link will be sent out a week prior to this event.

Who: 16 & older  
Fee: \$5

Code	Day	Time	Dates
3300001-1	Sa	6-7 pm	5/6

**Special Event**  
**Virtual FRIENDS Trivia**

**Emily Ackerman**

I'll be there for you! Do you love the show FRIENDS, or maybe you love playing Trivia? Spend the evening engaging in some fun and exciting FRIENDS Trivia.

Who: 16 & older  
Fee: \$5

Code	Day	Time	Dates
3110015-1	Su	6-7 pm	3/12





# Kids Programs and Family Events

## Dance for Fun!

**Katie Leone**

Calling all kids! Join us for a beginner dance class for kids. We will dance to all your favorite tunes and work on your dancing skills. The dance instructor will teach this lively class each week. Be ready to learn some fun moves! Please note: Assessments will not take place for this program.

Who: Ages 8-16

Fee: \$50

Location: ARC, West Chicago

Code	Day	Time	Dates
3104003-1	Th	4-4:45 pm	2/2-3/9

## Junior Wildcats Basketball!

**Macey Horbach**

Junior Wildcats Basketball is a great chance to grow your basketball skills! We will work on the fundamentals and adapt to your needs! Meet new friends and get involved!

Who: Ages 7-13

Fee: \$30

Location: Beebe School, Naperville

Code	Day	Time	Dates
3105013-1	Sa	9-10 am	2/4-3/18 (no program 2/11)

## Family Events

### Flashlight Easter Egg Hunt

**Kristen Stepniak**

This will be an EGGciting night! We are collaborating with Warrenville Park District to go on an Easter Egg hunt at night. Bring your flashlight to hunt for candy-filled eggs, and prizes will be awarded at the end. WDSRA is not providing staff for this event, and parents must stay. The program fee covers the cost of the Egg Hunt. Please meet at Bower Elementary School in Warrenville, where the event occurs.

Who: 6 & older

Fee: \$6

Location: Bower Elementary School, Warrenville  
(4S241 River Road)

Code	Day	Time	Dates
3100024-1	F	7:30-8:30 pm	3/31

### Family Carnival Dance and Games

**Emily Ackerman**

Spend the evening together with your family along with other WDSRA friends. We will have fun carnival games, snacks, music, and prizes. Please register one family member and bring as many family members as possible!

Who: 6-12

Fee: \$10

Location: Alfred Rubin Riverwalk, Naperville

Code	Day	Time	Dates
3100000-1	F	5:30-7 pm	1/13

### Family Indoor Movie Night

**Kristen Stepniak**

Spend the evening together with your family along with other WDSRA friends. The movie will be determined closer to the date, and times are subject to change. Popcorn and refreshments will be provided. Please register one family member and bring as many family members as possible!

Who: 6 & older

Fee: \$10

Location: Warrenville Community Building, Warrenville

Code	Day	Time	Dates
3100030-1	Su	5:30-7:30 pm	4/23



# Fitness & Athletic Programs

## Tone N Tighten

Macey Horbach

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 worry, no prior dancing experience is required. Join us for a movin' and groovin' time!

This class is taught by Kim.

Who: 16 & older

Fee: \$65

Location: 95th Street, Naperville

### Session 1

Code	Day	Time	Dates
3105002-1	W	6-7 pm	2/1-3/8
3105002-2	W	7-8 pm	2/1-3/8

### Session 2

Code	Day	Time	Dates
3105003-1	W	6-7 pm	3/15-4/19
3105003-2	W	7-8 pm	3/15-4/19

## Sweat Fest

Macey Horbach

Work your body through this interactive exercise class! Led by a Fitness Instructor, we will use different exercise equipment such as dumbbells, exercise bands, weights, ab circuits, and more while rocking out to music! Join us for a head bangin' time!

This class is taught by Crista

Who: 16 & older

Fee: \$65

Location: Spring Ave, Glen Ellyn

### Session 1

Code	Day	Time	Dates
3105000-1	W	4-5 pm	2/1-3/8

### Session 2

Code	Day	Time	Dates
3105000-2	W	4-5 pm	3/15-4/19

## Tae Kwon Do - Two Sessions

Macey Horbach

Hi-Ya! Come 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 as well as 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.

Students can also sign up for Virtual Taekwondo (3110020-1), Master Frank will be teaching via Zoom for extra skills practice. You will be following along in the same space where he is teaching, immediately following this in-person program.

Who: Ages 14 & older

### Session 1

Code	Program	Day	Time	Fee	Location	Program Dates
3105006-1	TKD-Winfield	Sa	11-11:45 am	\$60	Lions Panzek, Winfield	2/4-3/11

### Session 2

3105006-2	TKD-Winfield	Sa	11-11:45 am	\$60	Lions Panzek, Winfield	3/18-5/6*
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(no program 3/25 & 4/8)



# Athletic Programs

## Pickle Ball

Macey Horbach

WDSRA is offering the fun and exciting sport of Pickleball. Pickleball is a fast-growing racquet sport. This fun and engaging game is played on a badminton court with a lower net and can be played as singles and doubles. You will learn strategies that include: lobbing, overhead slamming, and fast volley exchanges at the net. Paddles and balls will be provided. Register with a unified partner if possible (family member or friend). We are now offering two different sessions. Session 1 is for new/beginning players; Session 2 is for advanced players.

Who: Ages 14 & older

Fee: \$50

Location: Central Area

Code	Day	Time	Dates
3105004-1 (beginner)	Su	12:00-1 pm	1/29, 2/12, 2/26 3/12, 3/26, 4/23
3105004-2 (advanced)	Su	1-2 pm	1/29, 2/12, 2/26 3/12, 3/26, 4/23

## Softball Spring Training

Ryan Fleck

Want to enhance your skills on the diamond? Then this program is for you. Join us as we work on improving our softball skills. We will work on fielding and batting to get ready for the summer season. This registration is separate from the team registration, this is just extra practice.

Who: Ages 16& older

Fee: \$50

Location: Glasshagle Park, Winfield

Code	Day	Time	Dates
3105012-1	Tu	6:30-8 pm	4/4-4/25

Location: South Area - Frontier Park, Naperville

Code	Day	Time	Dates
3105012-2	Tu	6:30-8 pm	4/4-4/25

## COD Weightlifting

Macey Horbach

WDSRA and the College of DuPage have teamed up to offer a quality weightlifting and fitness program! With the help of the football team, each athlete is paired with a football player. These partners will teach technique and push athletes to give their all. Please note: Dates and times are subject to change based on the COD Football schedule.

Who: Ages 16 & older

Fee: \$80

Location: College of DuPage, Glen Ellyn

Code	Day	Time	Dates
3105007-1	Th	6:30-7:30 pm	Feb-April

## CDGA Golf Clinic

Macey Horbach

It's time FORE golf! The Sunshine Through Golf Foundation will lead this instructional golf program. We will hold the program at the beautiful Cantigny, White Eagle, and Glen Oaks Country Clubs, where the CDGA professionals will instruct the athletes. Please wear a polo shirt and pants or shorts. Clubs are available to borrow if you do not have your own. If you need more information, please call the athletics department at the WDSRA office. **Please note: dates and times are tentative until we can secure a schedule with the CDGA.**

Who: Ages 8 & older

Fee: \$30

Location: Glen Oak Country Club, Glen Ellyn

Code	Day	Time	Dates
3305010-1	W	5:30-6:30 pm (T)	May-June

Location: Cantigny Golf Course, Wheaton

Code	Day	Time	Dates
3305010-2	W	5:30-6:30 pm (T)	May-June

Location: White Eagle Golf Course, Naperville

Code	Day	Time	Dates
3305010-3	W	4-5 pm (T)	May-June



Wildcats Special Olympics Tournament Dates

- Regional Snow Shoe Competition - 1/7
- Regional Basketball Tournament - 1/22
- ISO State Winter Games - 1/31-2/2
- Regional Gymnastics - 2/26
- Regional Swimming - 3/23
- ISO State Basketball - 3/9-3/11
- Regional Soccer - 4/23
- Regional Spring Games (Track/Field) - 5/6-5/7
- ISO State Summer Games - 6/9-6/11



Wildcats Team Connect Information

Team Connect provides you with all the information regarding any sports you participate in with WDSRA. This software will be a one-stop shop where you will find the most up-to-date information regarding your team, including schedule, tournament information, and any changes that occur throughout the season. You can access this information on your desktop or laptop computer, and a free mobile app is available for both Apple and Android users. Once assigned to your team each season, you will receive an email invitation to link you to your specific team page. This email will be sent to the primary email on file at WDSRA.

Wildcats SO Bowling Tournament      Ryan Fleck

Looking for some competition? Join WDSRA as we compete in the Regional Bowling Tournament. Athletes must have participated in the winter and spring bowling programs and be able to bowl 3 games without bumpers to be eligible to compete. Please note: Athletes must have a Special Olympics Athlete consent form and a Special Olympics medical form on file through August 2023 to be able to register for the program.

Who:      Ages 15 & older  
Fee:      \$25

Location: Stardust Bowl, Addison

Code	Day	Time	Dates
3306004-1	Sa	TBA	7/22





# WDSRA Wildcats Sports Programs

## Wildcats Softball



**Ryan Fleck**

Batter up! Let's get ready to swing our bats and take the field for another season of Wildcats Softball. We will be offering traditional softball teams as well as coach pitch teams. The season will start with a few practices followed by games against other area organizations. WDSRA will participate in two tournaments (Special Olympics Regional and ITRS) throughout the season. All athletes are expected to participate in both tournaments. Athletes will be notified of field locations before the start of the season. There will be an additional fee for any team that qualifies for the state tournament. Please note: Athletes must have a Special Olympics Athlete consent form and a Special Olympics medical form on file through October 2023 to be able to register for the program.

Who: Ages 16 & older  
Fee: \$180

Location: North Area - Carol Stream Field

Code	Day	Time	Dates
3306000-5	Tu	6:30-8 pm	5/2-7/25

Location: Central Area - Glasshagle Park Winfield

Code	Day	Time	Dates
3306000-6	Tu	6:30-8 pm	5/2-7/25

Location: South Area - Frontier Park, Naperville

Code	Day	Time	Dates
3306000-7	Tu	6:30-8 pm	5/2-7/25

## Wildcats Soccer



**Ryan Fleck**

Lace up your cleats and prepare for another season of Wildcats Soccer. The season will begin with practices followed by games against other area organizations. WDSRA will participate in two tournaments (Special Olympics Regional and ITRS) throughout the season. Athletes are expected to participate in both tournaments. Please note: Athletes must have a Special Olympics Athlete consent form and a Special Olympics medical form on file through July 2023 to be able to register for the program.

Who: Ages 15 & older  
Fee: \$95

Location: Central Area (Seven Gables, Wheaton)

Code	Day	Time	Dates
3106001-1	W	5-6:15 pm	3/8-5/10

Location: South Area (Commissioners Park, Naperville)

Code	Day	Time	Dates
3106001-2	W	5-6:15pm	3/8-5/10

## Wildcats Rhythmic Gymnastics

**Ryan Fleck**

Get ready for an exciting gymnastics class. Rhythmic gymnastics allows you to express yourself through movement and dance. Participants will learn dance routines using a ball, ribbon, hoop, or rope. Athletes will compete in a Special Olympics competition in March. Athletes who earn a gold medal at the regional event will qualify to compete at the state level in June. Please note: Athletes must have a Special Olympics Athlete consent form and a Special Olympics medical form on file through July 2023 to be able to register for the program.

Who: Ages 8 & older  
Fee: \$40  
Location: WPDCC, Wheaton

Code	Day	Time	Dates
3106003-1	W	5-6 pm	1/11-2/22





# WDSRA Wildcats Sports Programs & Aquatics

## Wildcats Track and Field

Ryan Fleck

On your mark, get set, GO! Let's get ready for WDSRA Track and Field. We will train in various track and field events to prepare for Special Olympics Spring Games. Athletes who earn a gold medal at the Spring Games in May will qualify for state competition in June. There will be a separate registration required for Special Olympics Spring Games. Please note: Athletes must have a Special Olympics Athlete consent form and a Special Olympics medical form on file through July 2023 to be able to register for the program.

Who: Ages 8 & older

Location: Wheaton Area

Code	Day	Day	Time	Dates	Fee
3106002-1	Track Events	Su	1-1:45 pm	3/12-4/30	\$30
3106002-2	Field Events	Su	1:45-2:30 pm	3/12-4/30	\$30

(no program 4/9)

## WDSRA Wildcats Aquatics

### Wildcats Swim Team

Ryan Fleck

Join us for a season of Wildcats Swimming. We will work with Coach Scott to enhance our swim skills. Weekly workouts include stretching, stroke technique, endurance, and relay team training. Swimmers will be able to swim in the WDSRA meet held on February 18th and the Special Olympics Qualifier on March 23rd. Athletes who earn a gold medal at the regional event will qualify to compete at the state level in June. More information on registering for WDSRA and the SO Qualifier will be emailed to the registered swimmers. Please note: Athletes must have a Special Olympics Athlete consent form and a Special Olympics medical form on file through July 2023 to be able to register for the program.

Who: Ages 8 and older

Location: Fountain View, Carol Stream

Fee: \$72

Code	Program	Day	Time	Program Dates
3100702-1	Swim Team	Sa	11 am-12:30 pm	2/4-3/11
3100702-2	Swim Team	Sa	11 am-12:30 pm	3/18-4/29

(no program 1/28, 2/25)

Location: Naperville North High School, Naperville

Fee: \$120

Code	Program	Day	Time	Program Dates
3100703-1	Swim Team	Su	12:30-2 pm	1/15-3/19 (T)



## Hooray – WDSRA Trips are Back!

We are very excited to be offering trips once again with WDSRA. Since it has been a few years since we have been able to travel, we wanted to remind everyone about our trip expectations and some general information regarding our trips. In this brochure, you will see a list of all the trips for the entire year. **If you are interested in any of these trips, you must register during the Winter-Spring Registration Timeframe.**

### WDSRA Trip Expectation and General Information

**Accommodations:** Participants will share a hotel room with peers of the same gender and have their own beds.

**Daily Living Skills:** Participants must be able to independently perform daily living skills and function successfully within a ratio of 1 staff per every 6 participants

**Fee:** The fee covers all transportation, meals, entertainment, and staff supervision. Participants can bring spending money for snacks and drinks outside of meal times, shopping, or souvenirs.

**Three or more night trip qualifications:** Participants must have successfully participated in at least one overnight before registering for these trips. If you have questions about your qualifications, please call the office, and the staff will be happy to assist.

### Post Trip Evaluations

After each trip, every participant is evaluated on the following skills. This evaluation helps us determine the best fit for future trips. Please review these expectations before registering for the program. If you are unsure, please call the WDSRA office and speak with program staff, and we will be happy to assist.

#### Behavior Conduct

- Show respect to all participants and staff/volunteers.
- Refrain from using foul language.
- Refrain from causing bodily harm to others.
- Show respect for equipment, supplies, and facilities.
- Cope positively with fellow travelers and staff
- Positive behaviors

#### Travel Abilities

- Was the participant able to follow the standard criteria of group travel?
- Share close living quarters/traveling arrangements with others?
- Tolerate travel requirements in the mode of transportation chosen?
- Was the participant able to withstand the duration of the trip?
- Able to calmly and appropriately navigate through airport security?

#### Daily Living Skills

- Did the participant complete daily living skills independently?
- Was the participant able to shower/bathe independently? (Controlling water temperature, stepping in and out of the shower, the difference between shampoo and soap)
- Does the participant have appropriate hygiene in a group setting? (Combing hair, brushing teeth, applying deodorant)
- Able to pick out appropriate clothing for the day's activities? (Clean vs. dirty, warm vs. cold clothes, sandals vs. gym shoes)
- Can they independently dress?

#### Overall Trip Conduct

- Was the participant able to physically/willingly keep pace with the group?
- Was the participant able to pack appropriately for the trip?
- Cope positively with changing situations?
- Participate in planned activities?
- Did the participant seem to enjoy the company of the others on a trip?



# Adult Trips

## Rosemont Overnight

**Katie Leone**

Join us for an overnight in Rosemont! This overnight will include shopping, dinner, bowling, and other fun activities. Please bring spending money for shopping. You will receive a detailed schedule before embarking on this trip. A \$100 non-refundable deposit is due upon registration. You will receive schedule details, packing list, and additional information approximately two weeks prior to the trip.

Who: Ages 18-40  
Fee: \$266  
Location: Rosemont

Code	Day	Time	Dates
3130000-1	F-Sa	12-4 pm	1/20-1/21

Drop-off WPDCC: 12 pm  
Pick-up WPDCC: 4 pm

## Aurora Overnight

**Emily Ackerman**

You are in for a real treat this weekend! We will be hitting up the Hollywood Casino, Paramount Theater for a Broadway production of “Into the Woods”, and a dinner out! A \$100 non-refundable deposit is due upon registration. You will receive schedule details, packing list, and additional information approximately two weeks prior to the trip.

Who: Ages 40 & older  
Fee: \$266  
Location: Aurora

Code	Day	Time	Dates
3130001-1	F-Sa	12-4 pm	2/24-2/25

Drop-off WPDCC: 12 pm  
Pick-up WPDCC: 4 pm





# Adult Trips

## Lake Geneva Overnight

Kristen Stepniak

We are headed to Lake Geneva, Wisconsin for a nice weekend getaway! A detailed schedule of activities will be sent out after registration. A \$100 non-refundable deposit is due upon registration, and registration will begin with winter programs. This trip is not wheelchair friendly. You will receive schedule details, a packing list, and additional information approximately two weeks before the trip.

Who: Ages 40 & older

Fee: \$550

Location: Lake Geneva, Wisconsin

Code	Day	Time	Dates
3130020-1	Th-Sa	9 am - 2 pm	4/27-4/29

Drop-off WDSRA: 9 am - 4/27

Pick-up WDSRA: 2 pm - 4/29

## Door County Trip

Kristen Stepniak

Gear up for a road trip to Door County, Wisconsin - one of the top destinations in the United States! A detailed schedule of activities will be sent out after registration. A \$100 non-refundable deposit is due upon registration. **Participants must have successfully participated in at least one overnight before registering for this trip.** This program is not wheelchair friendly. You will receive any other schedule details, packing list, and additional information approximately two weeks prior to the trip.

Who: Ages 23-40

Fee: \$760

Location: Door County, Wisconsin

Code	Day	Time	Dates
3430000-1	W-Sa	9 am - 5 pm	9/13-9/16

Drop-off WDSRA: 9 am - 9/13

Pick-up WDSRA: 5 pm - 9/16

## Camp Duncan

Emily Ackerman

Camp Duncan is back! Sign up for four days of fun with your WDSRA friends. This beautiful YMCA camp is on a private lake full of things to do, swimming, kayaking, paddle boating, hiking, campfires, archery, and more. This program is not wheelchair friendly and does require participants to do a lot of walking and keep pace with the group. We will be staying in rustic cabins with bunk beds. Campers will be contacted two weeks in advance with all information about the trip. A \$100 non-refundable deposit is due upon registration. The balance must be paid in full by July 17th.

Who: Ages 18-35

Fee: \$650

Location: Camp Duncan, Ingleside

Code	Day	Time	Dates
3330001-1	M-Th	9 am - 3 pm	7/24-7/27

Drop-off WDSRA 7/24: 9 am

Pick-up WDSRA 7/27: 3 pm

## Wisconsin Dells Overnight

Katie Leone

Who doesn't love Wisconsin Dells? Come with us for a two-night stay at Kalahari Resort. Here, you can swim, play arcade games, go to dinner, and participate in other fun activities. You will receive a detailed schedule before embarking on this trip. A \$100 non-refundable deposit is due upon registration. You will receive any other schedule details, packing list, and additional information approximately two weeks prior to the trip.

Who: Ages 18-40

Fee: \$680

Location: Wisconsin Dells

Code	Day	Time	Dates
3430001-1	M	9 am - 2 pm	12/11-12/13

Drop-off WDSRA: 9 am - 12/11

Pick-up WDSRA: 2 pm - 12/13



# Spring Break Camp for Kids and Teens

## Spring Break Camp

Emily Ackerman

Spend your spring 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 noted.

**Who:**     **Ages 6-12**  
Location: ARC Center, West Chicago  
Fee: \$200

Code	Day	Time	Dates
3120000-1	M-F	9 am -2 pm	3/27-3/31

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  
Fee: \$200

Code	Day	Time	Dates
3120000-2	M-F	9 am -2 pm	3/27-3/31

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 for Kids and Teens

## School's Day Out

Emily Ackerman

### Bowling

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

Who: Ages 8-18

Fee: \$65

Location: WPDCC, Wheaton

Code	Day	Time	Dates
3100001-1	M	9 am - 2 pm	1/16

## School's Day Out

Emily Ackerman

### Kids Empire

Are you tired of having nothing to do on your day off from school? WDSRA's got you! We are headed to Kids Empire in West Chicago to explore the floor-to-ceiling climbing walls, play structures, and ball pits. It will be a great day to play!

Who: Ages 8-18

Fee: \$65

Location: Fountain View, Carol Stream

Code	Day	Time	Dates
3100012-1	F	9 am - 2 pm	3/3

Drop-off Fort Hill: 8:30 am

Pick-up Fort Hill: 2:30pm

## School's Day Out

Emily Ackerman

### Lunch and a Movie

Celebrate being out of school by joining us at Hollywood Palms Cinema. The group will watch a movie and enjoy lunch in the theater. After the movie, we will head back to Fort Hill for games and activities.

Who: Ages 8-18

Fee: \$65

Location: Fort Hill, Naperville

Code	Day	Time	Dates
3100010-1	M	9 am - 2 pm	2/20

Drop-off WDSRA: 8:30 am

Pick-up WDSRA: 2:30 pm





## Special Events Teen and Adults

### Disney on Ice Frozen & Encanto **Kristen Stepniak**

Experience Disney's Encanto and Frozen come to life for the Disney on Ice Show! Please bring money if you wish to purchase souvenirs or concessions. Please note: Transportation will be provided from WPDCC.

Fee: \$56

Location: Allstate Arena, Rosemont

Code	Day	Time	Dates	Ages
3100002-1	F	7-9 pm	1/20	16-24
3100004-1	Su	7-9 pm	2/5	25 & older

Drop-off WPDCC: 6 pm

Pick-up WPDCC: 9:45 pm

### Hollywood Palms - Two dates **Emily Ackerman**

Let's enjoy a night at Hollywood Palms and catch the latest flick with our friends! The fee includes dinner and a movie ticket. Times are approximate and may change based on showtimes. Please note: An email will be sent out the week before with the movie and showtime. The movie will be rated G, PG, or PG-13. Transportation will not be provided. You must meet the group directly at the movie Theater.

Who: Ages 18 & older

Fee: \$50

Location: Hollywood Palms, Naperville

Code	Day	Time	Dates
3100005-1	W	Evening	2/8
3100025-1	W	Evening	4/12

### Chicago Bulls **Kristen Stepniak**

Cheer on the Chicago Bulls as they go up against the Portland Trail Blazers. The program fee includes ticket admission and one item (pizza, burger, hot dogs, etc.) from the concession stand. If desired, please bring money for additional snacks or souvenirs. Please note: Transportation will be provided from WPDCC.

Who: Ages 18 & older

Fee: \$115

Location: United Center, Chicago

Code	Day	Time	Dates
3100003-1	Sa	7-9:30 pm	2/4

Drop-off WPDCC: 5 pm

Pick-up WPDCC: 10:30 pm

### Windy City Bulls **Kristen Stepniak**

Let's cheer on the Chicago Windy City Bulls, NBA's minor league basketball team, as they go up against the Santa Cruz Warriors. The program fee includes ticket admission and a dinner voucher with a hot dog, chips, cookie, and soda. Please bring money if you would like additional concessions or souvenirs. Please note: Transportation will be provided from WPDCC.

Who: Ages 18 & older

Fee: \$55

Location: NOW Arena, Hoffman Estates

Code	Day	Time	Dates
3100006-1	Sa	7-9 pm	2/11

Drop-off WPDCC: 5:30 pm

Pick-up WPDCC: 9:45 pm



## Special Events Teen and Adults

### Super Bowl

#### Pregame Party- Two Locations

Join WDSRA as we have a Superbowl pre-party event. We will enjoy a fun afternoon filled with food, friends, games, and more. Dress in your favorite football gear! Please note: We are offering a North and a South section, so be sure to register in your preferred section. Transportation will not be provided.

Who: 16 & older

Fee: \$40

Location: WDSRA, Carol Stream

**Katie Leone**

Code	Day	Time	Dates
3100007-1	Su	3:30-5 pm	2/12

Location: Fort Hill, Naperville

**Emily Ackerman**

Code	Day	Time	Dates
3100007-2	Su	3:30-5 pm	2/12



### Valentine's Dance

**Emily Ackerman**

Come out and celebrate Valentine's day with your friends at WDSRA. DJ Chris will be playing some great tunes, refreshments will be served, and activities will be offered. Please Note: Social Clubs will not be attending this dance.

Who: 18 & older

Fee: \$30

Location: Alfred Rubin Riveralk, Naperville

Code	Day	Time	Dates
3100008-1	F	6:30-8:30 pm	2/17

Drop-off WDSRA: 5:45 pm

Pick-up WDSRA: 9:15 pm

### Chicago Blackhawks - Two Dates **Kristen Stepniak**

Calling all hockey fans, come and cheer on the Chicago Blackhawks as they go up against the Vancouver Canucks. The fee includes admission to the game and dinner. Please bring money if you would like additional concessions or souvenirs. Please note: Transportation will be provided from WPDCC.

Who: Ages 18 & Older

Fee: \$110

Location: United Center, Chicago

Code	Day	Time	Dates
3100009-1	Su	5-7:30 pm	2/19
3100021-1	Su	5-7:30 pm	3/26

Drop-off WPDCC: 3:30 pm

Pick-up WPDCC: 8:30 pm



## Special Events Teen and Adults

### Dave and Busters

Katie Leone

Spend your Sunday evening playing some of your favorite arcade games and eating some delicious food at Dave and Buster's. Pacman, Mario Kart Arcade, and Skee Ball are just a few of the many games you will have the chance to play in this program. You don't want to miss this! Please note: Transportation will not be provided for this event please meet onsite at Dave and Buster's.

Who: Ages 18 & older

Fee: \$65

Location: Dave and Busters (1155 N Swift Rd, Addison)

Code	Day	Time	Dates
3100011-1	Su	5-7 pm	2/26

### St. Patrick's Day Parade

Kristen Stepniak

Everybody is Irish today! Let's celebrate St. Patrick's Day with a festive parade through Downtown Naperville. Transportation will not be provided. Please note: Many streets will be closed. We will meet at Naper Elementary School at Benton and Eagle Street. An email and map will be sent out before for directions and location.

Who: Ages 18 & older

Fee: \$10

Location: Downtown Naperville

Code	Day	Time	Dates
3100014-1	Sa	10-11 am	3/11

### Bunco - Two Locations

Join us for another BUNCO party with friends, food, refreshments, and fun! We will order food from a local restaurant, play BUNCO, award prizes, and finish with some delicious desserts. Please note: We are offering this program in two locations to accommodate this event's popularity.

Who: Ages 16 & older

Fee: \$40

Location: WDSRA, Carol Stream

Katie Leone

Code	Day	Time	Dates
3100013-1	Su	3:30-5:30pm	3/5

Location: Fort Hill, Naperville

Emily Ackerman

Code	Day	Time	Dates
3100013-2	Su	3:30-5:30 pm	3/5

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.

Happy  
St. Patrick's  
Day



## Special Events Teen and Adults

### Studio Movie Grill - Two Dates

**Kristen Stepniak**

Let's enjoy a night out at the movies and catch the latest flick with our friends! The movie will be rated G, PG, or PG-13. 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. Transportation will not be provided. You must meet the group directly at the movie theater.

Who: Ages 18 & older

Fee: \$50

Location: Studio Movie Grill, Wheaton

Code	Day	Time	Dates
3100016-1	W	Evening	3/15
3300000-1	W	Evening	5/3

### Dinner and Round 1

**Emily Ackerman**

Join us for dinner and games! We will enjoy various arcade games after a delicious dinner with friends. The group will be meeting at Round 1 in the Fox Valley Mall. You will be contacted closer to the program date with the exact entrance to meet.

Who: Ages 16 & Older

Fee: \$65

Location: Round 1, Fox Valley Mall, Aurora

Code	Day	Time	Dates
3100018-1	Su	5-7 pm	3/19

### Chicago Wolves

**Kristen Stepniak**

We are headed to the Allstate arena tonight to watch the Chicago Wolves, a minor league hockey team, take on the Manitoba Moose. The program fee includes a ticket to the game and a food voucher, a hot dog, and a soft drink. Please note: Transportation will be provided from WPDCC.

Who: Ages 18 & Older

Fee: \$55

Location: Allstate Arena, Rosemont

Code	Day	Time	Dates
3100017-1	Sa	7-9 pm	3/18

Drop-off WPDCC: 5:30pm

Pick-up WPDCC: 9:45 pm

### Back to the 90's Dance

**Kristen Stepniak**

Put on your favorite 90 's-inspired clothing and get ready to come dance and sing to your favorite 90's hits like Backstreet boys, Spice girls, and more. Dj, refreshments, and snacks. No transportation will be provided. You need to meet directly at Warrenville Park District. Please note: Social Clubs will not be attending this dance.

Who: Ages 18 & Older

Fee: \$30

Location: Warrenville Community Building

Code	Day	Time	Dates
3100019-1	F	6:30-8:30 pm	3/24





## Special Events Teen and Adults

### Mutts Gone Nuts

**Kristen Stepniak**

This is a show you won't want to miss! Nine dogs and their world's top trainers travel worldwide to put on a spectacular performance filled with tricks, action, and laughter, with one of the dogs holding a Guinness World Record. Afterward, we will head over to Oberweis for shakes and ice cream. Please note: Transportation will be provided from WPDCC.

Who: Ages 16 & older

Fee: \$48

Location: Prairie Center for the Arts, Schaumburg

Code	Day	Time	Dates
3100020-1	Sa	1-3:15 pm	3/25

Drop-off WPDCC: 12:15 pm

Pick-up WPDCC: 3:45 pm

### Aromatherapy - Two Locations

You can promote your health and well-being by utilizing your aromatherapy creations. In this program, we will create different tools that will help you relax and be distressed. Those tools are essential oils, stress balls, sugar scrubs, face masks, etc. Please note: Transportation will not be provided for this event.

Who: Ages 16 & older

Fee: \$40

Location: WDSRA Office, Carol Stream **Katie Leone**

Code	Day	Time	Dates
3100023-1	Su	4-5:30 pm	4/2

Location: Fort Hill, Naperville **Emily Ackerman**

Code	Day	Time	Dates
3100023-2	Su	4-5:30 pm	4/2

### Mike Super Magic and Illusion

**Kristen Stepniak**

Mike Super, the finalist on Americas Got Talent, is coming to Schaumburg and will be performing magic tricks and mind-blowing illusions. You become the onstage assistant as his magic makes it out into the crowd. Please note: Transportation will be provided from WPDCC.

Who: Ages 18 & older

Fee: \$63

Location: Prairie Center for the Arts, Schaumburg

Code	Day	Time	Dates
3100022-1	Sa	7-8:45 pm	4/1

Drop-off WPDCC: 6:15 pm

Pick-up WPDCC: 9:30 pm

### Game Truck

**Kristen Stepniak**

We are taking video gaming to the next level with a mobile video game truck that comes to us! Individuals can sit inside and play various games on Playstation 4, Xbox, and Nintendo Switch. Popcorn will be served during breaks, and more games and activities will be offered inside Central Athletics. Please note: Transportation will be provided from Fort Hill, or you may meet directly onsite.

Who: Ages 16 & older

Fee: \$65

Location: Central Athletics, Wheaton

Code	Day	Time	Dates
3100026-1	Sa	3-5:30 pm	4/15

Drop-off Fort Hill: 2:30 pm

Pick-up Fort Hill: 6 pm





## Special Events Teen and Adults

### Main Event

**Kristen Stepniak**

Tonight we will be bowling and having dinner at Main Event. Dinner and bowling are included in the program fee. Transportation is not provided. Please meet onsite at Main Event

Who: Ages 18 & older

Fee: \$65

Location: Main Event, Warrenville

Code	Day	Time	Dates
3100027-1	Su	5-7 pm	4/16

### Medieval Times

**Kristen Stepniak**

We will witness the epic battles of steel and steed as we cheer on our favorite knight. We will tour the castle and enjoy the Dinner and Show afterward. The dinner includes a 4-course meal and refreshments. Tickets for the show and dinner are included in the program fee. Please bring any additional money for souvenirs.

Who: Ages 18 & older

Fee: \$86

Location: Medieval Times, Schaumburg

Code	Day	Time	Dates
3100029-1	Sa	3-6 pm	4/22

Drop-off WPDCC: 2:15 pm

Pick-up WPDCC: 6:45 pm

### Rumble in the Jungle Dance

**Katie Leone**

Get wild at this Jungle themed dance! Wear your favorite animal print clothing and dance the night away. Snacks and refreshments will be provided. Please note: Social Clubs are not scheduled to attend this dance. Please note: Transportation will be provided from Fort Hill, or you may meet directly on-site at Fountain View Recreation.

Who: Ages 18 & older

Fee: \$30

Location: Fountain View Recreation, Carol Stream

Code	Day	Time	Dates
3100028-1	F	6:30-8:30 pm	4/21

Drop-off Fort Hill: 5:45 pm

Pick-up Fort Hill: 9:15 pm

### Brunch and Hike

**Katie Leone**

Join us for a delicious brunch at Egg Harbor, where you can enjoy all your favorite brunch foods. After brunch, we will hike the trail in Downtown Wheaton. You wouldn't want to spend your Saturday any other way. Please note: Transportation will not be provided for this event. Meet onsite at Egg Harbor Cafe.

Who: Ages 16 & older

Fee: \$30

Location: Egg Harbor Cafe, Wheaton  
208 S Hale Street, Wheaton

Code	Day	Time	Dates
3100031-1	Sa	11 am-1 pm	4/29





## Special Events Teen and Adults

### Domino Trains

Do you like playing games with friends? Join us as we play Domino Trains! It is a game played by up to 8 players with dominoes. Be the first player to place down all your dominoes, and you win! It is a fun, competitive game that everyone will enjoy! Pizza is provided in this program. Please note: Transportation will not be provided for this event.

Who: Ages 16 & older

Fee: \$35

Location: WDSRA, Carol Stream **Katie Leone**

Code	Day	Time	Dates
3100032-1	Su	4-5:30 pm	4/30

Location: Fort Hill, Naperville **Emily Ackerman**

Code	Day	Time	Dates
3100032-2	Su	4-5:30 pm	4/30

### Birthday Bash

**Kristen Stepniak**

Why celebrate one birthday, when we can celebrate all! We are wishing our WDSRA friends a Happy Birthday by throwing one big party. There will be games, dessert, and a special gift to take home at the end of the night. This celebration will be for January, February, March, and April birthdays.

Who: Ages 16 & older

Fee: \$10

Location: Winfield Park District

Code	Day	Time	Dates
3300003-1	W	6-7:30 pm	5/10



### Spring Fling Formal

**Kristen Stepniak**

Spring is in the air! Ladies and gentlemen are asked to wear formal attire (dresses, collared shirts, etc.) Dinner, dancing, photos and a keepsake of the evening are all included. No registrations will be accepted after April 20th. You may meet directly at Arrowhead Golf Club at 5:30 pm and get picked up at 8:30 pm. Please indicate if you will take transportation on the registration form and any dietary restrictions.

Who: Ages 18 & older

Fee: \$80

Location: Arrowhead Golf Club, Wheaton

Code	Day	Time	Dates
3300002-1	Su	5:30-8:30 pm	5/7

Drop-off WDSRA: 5 pm

Pick-up WDSRA: 9 pm

Drop-off Fort Hill: 5 pm

Pick-up Fort Hill: 9 pm

### Game of Irons

**Kristen Stepniak**

This is not your average driving range! Games of Iron offers over 200 courses to play from worldwide through a golf simulator. As a group, we will go through the 18-hole course together while enjoying dinner. Golfing and dinner are included in the program fee. A dinner buffet will be determined later, and individuals will be informed of what food will be offered.

Who: Ages 18 & older

Fee: \$78

Location: Game of Irons, Oakbrook

Code	Day	Time	Dates
3300004-1	F	6-8 pm	5/12

Drop-off WPDCC: 5:30 pm

Pick-up WPDCC: 8:30 pm



## Special Events Teen and Adults

### DuPage Airport Tour

**Kristen Stepniak**

Join us as we take a private tour through DuPage Airport. We will have a chance to see the behind-the-scenes of what goes into flying a plane, the maintenance of airplanes, and more. You will even go inside one of them and see it up close. Please note: Transportation will be provided from WPDCC.

Who: Ages 18 & older

Fee: \$20

Location: DuPage Airport, West Chicago

Code	Day	Time	Dates
3300005-1	Sa	9 am-11 am	5/13

Drop-off WPDCC: 8:30 am

Pick-up WPDCC: 11:30 am

### Pinot's Palette

**Katie Leone**

Get ready to paint with us at Pinot's Palette. Pinot's Palette is a franchise where you can bring your favorite beverage/snacks and get to paint a beautiful masterpiece. A professional instructor teaches the program. WDSRA will provide snacks/beverages. Please note: Transportation will not be provided for this event. Meet onsite at the Pinot's Palette.

Who: Ages 18 & older

Fee: \$70

Location: Pinot's Palette

(175 Jackson Ave Suite 123, Naperville)

Code	Day	Time	Dates
3300006-1	F	6-8 pm	5/19

### IFLY and Dinner

**Kristen Stepniak**

Experience indoor skydiving at IFLY in Naperville. Afterward, we will head to Jason's Deli for dinner. Indoor skydiving and dinner are included in the program fee. Please note: IFLY and WDSRA will have two separate waivers, and you will need to sign them for this event. They will be emailed to you before the program date. Please note: Transportation will be provided from WDSRA, or you may meet directly onsite.

Who: Ages 18 & older

Fee: \$100

Location: IFLY, Naperville

Code	Day	Time	Dates
3300007-1	Sa	4-7:45 pm	5/20

Drop-off WDSRA: 3:30 pm

Pick-up WDSRA: 8 pm







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 630-384-8581

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.





# Rec & Roll

## 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

**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.

## Rec & Roll Dates 2023/2024

Monday: 1/9/2023-4/24/2024

Tuesday: 1/3/2023-4/25/2024

Wednesday: 1/4/2023-4/26/2024

Thursday: 1/5/2023-4/27/2024

Friday: 1/6/2023-4/28/2024



## Rec & Roll 1:6 Ratio

**Limit:** 12 participants per day

### Locations:

Rec & Roll Naperville; Sportsman's Clubhouse, Naperville

Rec & Roll Carol Stream; WDSRA office, Carol Stream

Rec & Roll Glen Ellyn; Ackerman WDSRA Room, Glen Ellyn - **Spots Available (Fri)**

Rec & Roll Wheaton; Central Athletics, Wheaton

Rec & Roll Winfield; Charles R. Beggs Activity Center, Winfield - **Spots Available (Tu, W, Th)**

## Rec & Roll 1:3 Ratio

**Limit:** 9 participants per day

### Locations:

Rec & Roll Fountain View; Fountain View Recreation Center, Carol Stream

Rec & Roll Fort Hill; Fort Hill Activity Center, Naperville - **Spots Available (Mon, Wed)**

Please get in touch with 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. You can access our forms online at [www.wdsra.com](http://www.wdsra.com)

## 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:

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, 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 less.

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

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 before 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 using the calling post messaging system 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-in 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 registration day, when you call the office, you will be directed to the right individual to 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-before the start of registration, all mailed and dropped-off registration forms will be processed concurrently with online registration and processed in random order.

## Virtual Program Registration

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

## In-Person Program Lottery Registration

All **In-Person program** registrations will be assigned once WDSRA "spins" the lottery, randomly assigning 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 not enrolled 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.



## 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 8:30 am to 4:30 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 – 4 pm.



# WDSRA 2023 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**