



Western DuPage
Special Recreation Association



July Summer 2020 Program Guide: Virtual Programming

Western DuPage Special Recreation Association

Opening a world of untapped potential and a lifetime of possibilities.

In-District and Non-Resident Registration begins Monday, June 29 at 9 am

Deadline: Wednesday, July 1 at 5 pm

MISSION STATEMENT

The development of individuals through recreation

VISION STATEMENT

Opening a world of untapped potential and a lifetime of possibilities

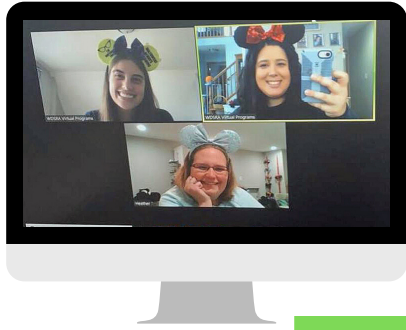
WHAT TO DO

- 1- Participate in programs via internet, phone or by purchasing an activity box.
- 2- Review the WDSRA Virtual Recreation User Guide regarding the 3 ways you can participate in Virtual Programming: internet, phone-in, and activity boxes.
- 3- Register for programs and boxes online at WDSRA.com or via paper registration and email to registration@wdsra.com or mail to
WDSRA 116 N Schmale Rd,
Carol Stream, IL 60188

Recreation Department Contact Information

<u>Ted Adatto, CPRP, Superintendent of Recreation</u>	<u>teda@wdsra.com</u>
<u>Dayell Houzenga, CPRP, CTRS, Support Services Manager</u>	<u>dayellh@wdsra.com</u>
<u>Tammy Kerrins, CTRS, Inclusion Manager</u>	<u>tammyk@wdsra.com</u>
<u>Jorie Meyer, CTRS, Program Manager</u>	<u>joriem@wdsra.com</u>
<u>Becky Prince, Athletics Manager</u>	<u>beckyp@wdsra.com</u>
<u>Rachel Pavesich, CTRS, Assistant Manager</u>	<u>rachelp@wdsra.com</u>
<u>Meghan Ferguson, CTRS, Assistant Manager</u>	<u>meghanf@wdsra.com</u>
<u>Emily Ackerman, Program Supervisor</u>	<u>emilya@wdsra.com</u>
<u>Justin Banks, CTRS, Athletics Supervisor</u>	<u>justinb@wdsra.com</u>
<u>Brianne Carroll, Outreach Supervisor</u>	<u>briannec@wdsra.com</u>
<u>Phil Eide, Athletics Supervisor</u>	<u>phile@wdsra.com</u>
<u>Kristy Henson, CTRS, Program Supervisor</u>	<u>kristyh@wdsra.com</u>
<u>Katie Lyter, CTRS, Program Supervisor</u>	<u>katiel@wdsra.com</u>
<u>Jenna Johnson, CTRS, Inclusion Supervisor</u>	<u>jennaj@wdsra.com</u>
<u>Maddy Manden, Inclusion Supervisor</u>	<u>maddym@wdsra.com</u>
<u>Heather Richardson, CTRS, Support Services Supervisor</u>	<u>heatherr@wdsra.com</u>
<u>Alex Tufts, CTRS, Program Supervisor</u>	<u>alex@wdsra.com</u>
<u>Jason Stubbeman, Synergy Manager</u>	<u>jasons@synergyaa.com</u>
<u>Katie Weadley, CPRP, Support Services Supervisor</u>	<u>katiew@wdsra.com</u>
<u>Elise Logan, Recreation Administrative Assistant</u>	<u>elisel@wdsra.com</u>

Monday



MONDAY SESSION 2 PROGRAMS

Check out what programs we are offering this summer!
Season begins on Monday, July 6th and ends Friday, July 31st.

Questions? Email virtualrecreation@wdsra.com

WDSRA's Next Great Baker Goes Virtual

Indulge your sweet tooth and join us in learning new baking recipes and the skills to decorate your work – all done from the comfort of your home kitchen! On Mondays, join your friends in learning how to bake tasty treats such as; cakes, cupcakes and brownies. On Wednesdays, we will decorate your masterpieces just like great pastry chefs! **Class will be on Mondays and Wednesdays each week; you will need to attend both sessions each week.** Each participant will receive a “baking kit” complete with decorating piping tips, bags, food coloring and an angled spatula. These kits will be available to pick up at designated locations before class begins. **You must sign up by the deadline to be guaranteed you receive the necessary supplies.**

WHO: Ages 10 & older (Adult supervision may be required)
FEE: \$30

Code	Day	Time	Date(s)
0369311-2	M/W	1-2pm	7/6-7/29

Virtual Yoga

The benefits of yoga are endless! Led by a certified yoga instructor, participants will increase their flexibility, condition their body, and stretch their minds as they work on breathing, simple poses, and balance! ****Please use your own Yoga mat for each class.** If you do not have a yoga mat, a carpet will do! **For this session Danette will be pre-recording the yoga class, and a WDSRA will be on to assist the participants on the poses.**

WHO: Ages 8 & older
FEE: \$20

Code	Day	Time	Date(s)
0369200-2	M	10-11am	7/6-7/27



Monday



MONDAY SESSION 2 PROGRAMS

Check out what programs we are offering this summer!
Season begins on Monday, July 6th and ends Friday, July 31st.

Questions? Email virtualrecreation@wdsra.com

Virtual Music Therapy Adults

Music strikes a chord with every individual whether it brings them joy, relaxation, or self-expression during trying times. It can be a shared experience which everyone can relate to and is something which is typically incorporated into everyday life. Through this program, our licensed Music Therapist, Beth, will share the gift of music each week to encourage socialization, communication, motor development, and more.

WHO: Ages 16 & older
FEE: \$20

Code	Day	Time	Date(s)
0369316-2	M	9:30-10:30 am	7/6-7/27

Virtual Music Therapy for Kids

Music is a powerful tool which surrounds us in our every day life. Using music in different games and activities can encourage socialization, self-expression, communication, and aid in motor development. Come join our licensed Music Therapist, Beth, as this program will not only help us with working on various skills but also provide some FUN in your week.

WHO: Ages 3-12
FEE: \$15

Code	Day	Time	Date(s)
0369315-2	M	2-2:45 pm	7/13-7/27

Virtual Dance

Join contracted staff, Sara Eagleton, and your WDSRA friends for some dance steps, moves and turns from the comfort of your own home!

Please note: there are two sections for this class. The limit for each section is 20 dancers.

WHO: Ages 8 & older
FEE: \$20

Code	Day	Time	Date(s)
0369300-3	M	2:45-3:30 pm	7/6-7/27
0369300-4	M	3:45-4:30 pm	7/6-7/27

Virtual Concerts with Friends

What do Country Thunder, Lollapalooza, and WDSRA all have in common? Summer concert festivals! The only difference is that WDSRA is bringing theirs to you without the need to leave your home. Concert goers will enjoy a variety of genres and artists based on the interests of the group.

WHO: Ages 10 & older
FEE: \$13

Code	Day	Time	Date(s)
0369310-2	M	6:30-7:30 pm	7/6-7/27

Tuesday



TUESDAY SESSION 2 PROGRAMS

Check out what programs we are offering this summer!
Season begins on Monday, July 6th and ends Friday, July 31st.

Questions? Email virtualrecreation@wdsra.com

Virtual Sports Conditioning

Conditioning is one of the most important parts of any athlete's schedule. Join us as we perform various drills to keep you ready to run back out onto the field of play in any sport. Participants will need to wear athletic attire and we will be performing various drills and exercises used in our WDSRA sports programs.

WHO: Ages 8 & older
FEE: \$13

Code	Day	Time	Date(s)
0369204-2	T	11:30-12:30 pm	7/7-7/28

Virtual Healthy Living

Summer is here and the sun is out! Let's get moving together...virtually that is! Participate in a weekly walking challenge where we motivate and hold each other accountable. We will also challenge our bodies with a virtual group workout and repair those muscles with a delicious healthy snack (that you prepare at home!) Make the decision today to pursue a life of **healthy living!**

WHO: Ages 13 & older
FEE: \$13

Code	Day	Time	Date(s)
0369206-2	T	3-4 pm	7/7-7/28

Virtual Actors Workshop

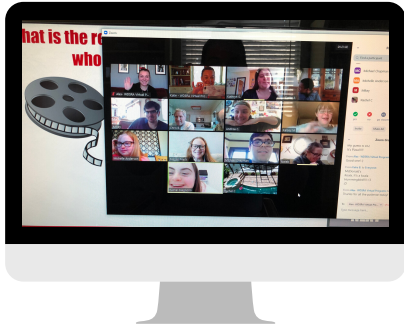
Come express yourself in our Virtual Actor's workshop, taught by our very own Drama Club Head Instructor, Cindy Bolds! In session 2 we will build on our acting skills learned in session 1. We will have fun with script-reading & working on line delivery of the play "Snow White." An electronic copy of the script will be emailed to you prior to week 1. Prior participation in session 1 is not required to register. This class will have limited spots available, so sign up today!

WHO: Ages 16 & older
FEE: \$20

Code	Day	Time	Date(s)
0369312-2	T	1-2 pm	7/7-7/28



Tuesday



TUESDAY SESSION 2 PROGRAMS

Check out what programs we are offering this summer!
Season begins on Monday, July 6th and ends Friday, July 31st.

Questions? Email virtualrecreation@wdsra.com

Virtual Karaoke

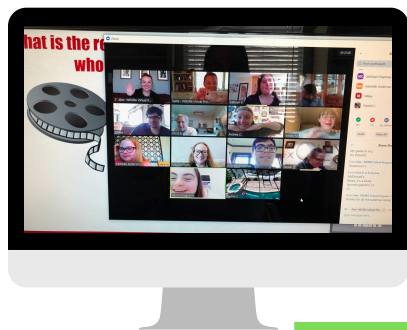
Back by popular demand it's Karaoke night! Come listen and sing along to all your friend's favorite hits. WDSRA staff will be in contact with you to turn in karaoke requests prior to the first week of program. Everyone will have their turn in the spotlight, or you can choose to sit back, relax and enjoy the show. **Due to the design of the program we will not be able to accommodate song requests during the program time.** Spots are limited, sign up today! Once one section of the program is full please register for the next section. Dates and times will remain the same, this allows us to ensure we have enough spots for each group of Karaoke.

WHO: Ages 16 & older

FEE: \$13

Code	Day	Time	Date(s)
0369303-2	T	6:30-7:30 pm	7/7-7/28
0369303-3	T	6:30-7:30 pm	7/7-7/28
0369303-4	T	6:30-7:30 pm	7/7-7/28
0369303-5	T	6:30-7:30 pm	7/7-7/28

Wednesday



WEDNESDAY SESSION 2 PROGRAMS

Check out what programs we are offering this summer!
Season begins on Monday, July 6th and ends Friday, July 31st.

Questions? Email virtualrecreation@wdsra.com

Virtual Book Club

It's easy to get lost in a story with twists and turns and unexpected events. It's more fun to enjoy an exciting story together with friends! Join us for our virtual book club where we will read, discuss, and dive into the pages of the latest and greatest reads. No need to bring the book we will share the pages and read aloud for everyone

WHO: Ages 13 & older
FEE: \$13

Code	Day	Time	Date(s)
0369314-2	W	11:30-12:30 pm	7/8-7/29

Virtual Tone-N-Tighten

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

WHO: Ages 8 & Older
FEE: \$20

Code	Day	Time	Date(s)
0369202-2	W	5-6 pm	7/8-7/29

Virtual Sports Talk Radio

Do you love sports? Do you miss talking about sports? Join Phil and Becky as we host our own sports talk radio in which you can join in on the sports banter.

WHO: Ages 16 & older
FEE: \$13

Code	Day	Time	Date(s)
0369207-1	W	6:30-7:30 pm	7/8-7/29

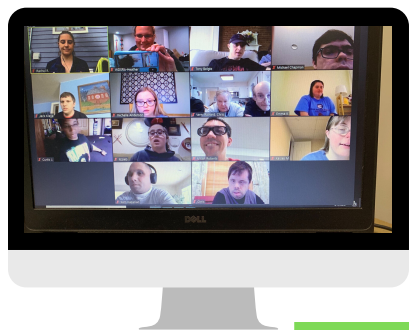
Virtual Art Expressions

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 common household items you may have around your house. Or get creative and use the supplies you do have!

WHO: Ages 8 & older
FEE: \$13

Code	Day	Time	Date(s)
0369306-2	W	3-4 pm	7/8-7/29

Thursday



THURSDAY SESSION 2 PROGRAMS

Check out what programs we are offering this summer!
Season begins on Monday, July 6th and ends Friday, July 31st.

Questions? Email virtualrecreation@wdsra.com

Virtual Bingo

B-I-N-G-O! Come play with your friends virtually. WDSRA staff will lead you through this classic favorite. Information will be shared in advance for how to access a printable bingo card or how you can create your own set of cards. Have your bingo markers, cards and your ears ready to hear those numbers! If one section is full please register for the next section. Dates and time are the same for both.

WHO: Ages 8 & older
FEE: \$13

Code	Day	Time	Date(s)
0369304-2	TH	6:30-7:30 pm	7/9-7/30
0369304-3	TH	6:30-7:30 pm	7/9-7/30

Virtual Lunch with Staff *Back by Demand!*

Join two different staff each week for a special chat! Make your lunch, sit down at your computer and ZOOM into a great time with friends.

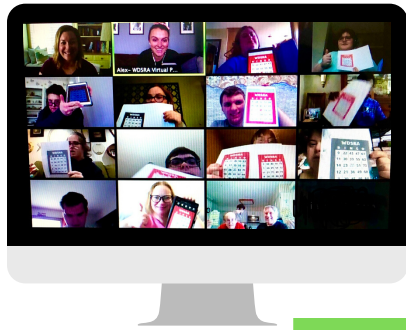
No schedule will be sent out- you just need to show up to see who the special staff are for the day!

WHO: Ages 16 & older
FEE: FREE

Code	Day	Time	Date(s)
0369335-1	TH	11:30-12:30 pm	7/9-7/30



Thursday



THURSDAY SESSION 2 PROGRAMS

Check out what programs we are offering this summer!
Season begins on Monday, July 6th and ends Friday, July 31st.

Questions? Email virtualrecreation@wdsra.com

Virtual Tae Kwon Do

HiYa! 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. Students are welcome at any level of background.

WHO: Ages 7 & older

FEE: \$20

Code	Day	Time	Date(s)
0369203-2	TH	1-2 pm	7/9-7/30

Virtual Exercise

Exercise is always more fun when you do it with friends! Join us as WDSRA staff guide you through this virtual exercise class. Staff will be screen sharing cardio and strength-training exercise videos specially selected with you in mind. Additional modifications and cues will be given during the workouts to help you do your best. No fitness equipment is required.

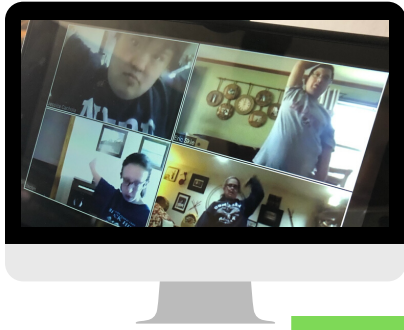
WHO: Ages 16 & older

FEE: \$13

Code	Day	Time	Date(s)
0369205-2	TH	3-4 pm	7/9-7/30



Friday



FRIDAY SESSION 2 PROGRAMS

Check out what programs we are offering this summer!
Season begins on Monday, July 6th and ends Friday, July 31st.

Questions? Email virtualrecreation@wdsra.com

Virtual Cross Fit

CrossFit is the "Sport of Fitness". We will work up a sweat through creative workouts to increase our power, speed, and endurance. all from limited space with limited equipment! Whether you are training for sports or simply looking to get healthier, we will work towards those goals TOGETHER.

WHO: Ages 8 & older
FEE: \$13

Code	Day	Time	Date(s)
0369201-2	F	11:30am-12:30 pm	7/10-7/31

Virtual Destination Discovery **NEW!!**

Crickey! What was that? Dinosaurs, museums, galore. All that you can discover and more! Here you will have hands-on learning uncovering different cultures and historic findings! This program will consist of themed activities, crafts, and virtual tours based on the topics that we explore. Get ready to travel the world virtually as we set sail to discovery!

WHO: Ages 8 & older
FEE: \$13

Code	Day	Time	Date(s)
0369321-1	F	3-4 pm	7/10-7/31



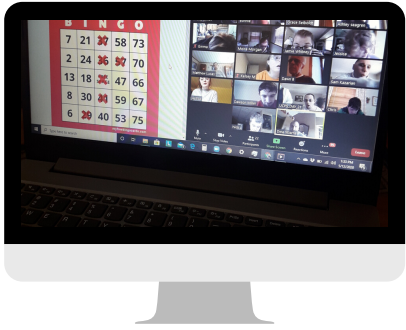
Virtual Social Club

Social Club fun from the comfort of your own home! Using Zoom, we will be able to see and talk with our friends. Each week will be participating in a variety of activities. A social club activity schedule will be emailed out to you one week in advance to get you ready for a fun filled summer season!

FEE: \$13
DATES: 7/10-7/31

Code	Day	Time	Age
0369307-3	F	6:30-7:30 pm	ages 18-26
0369307-4	F	6:30-7:30 pm	ages 27&up

Individual Lessons



SESSION 2 PROGRAMS

Check out what programs we are offering this summer!
Season begins on Monday, July 6th and ends Friday, July 31st.

Questions? Email virtualrecreation@wdsra.com

Virtual Individual Piano or Voice Lessons

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

WHO: Ages 6 & older
FEE: \$60

DATES: 7/6-7/27

Code	Day	Time
0369318-1	M	4:00-4:25 pm
0369318-2	M	4:30-4:55 pm
0369318-3	M	5:00-5:25 pm
0369318-4	M	5:30-5:55 pm
0369318-5	M	6:00-6:25 pm
0369318-6	M	6:30-6:55 pm
0369318-7	M	7:00-7:25 pm
0369318-8	M	7:30-7:55 pm

DATES: 7/9-7/30

Code	Day	Time
0369319-1	TH	6:15-6:40pm
0369319-2	TH	6:45-7:10 pm
0369319-3	TH	7:15-7:40 pm
0369319-4	TH	7:45-8:10 pm
0369319-5	TH	8:15-8:40pm

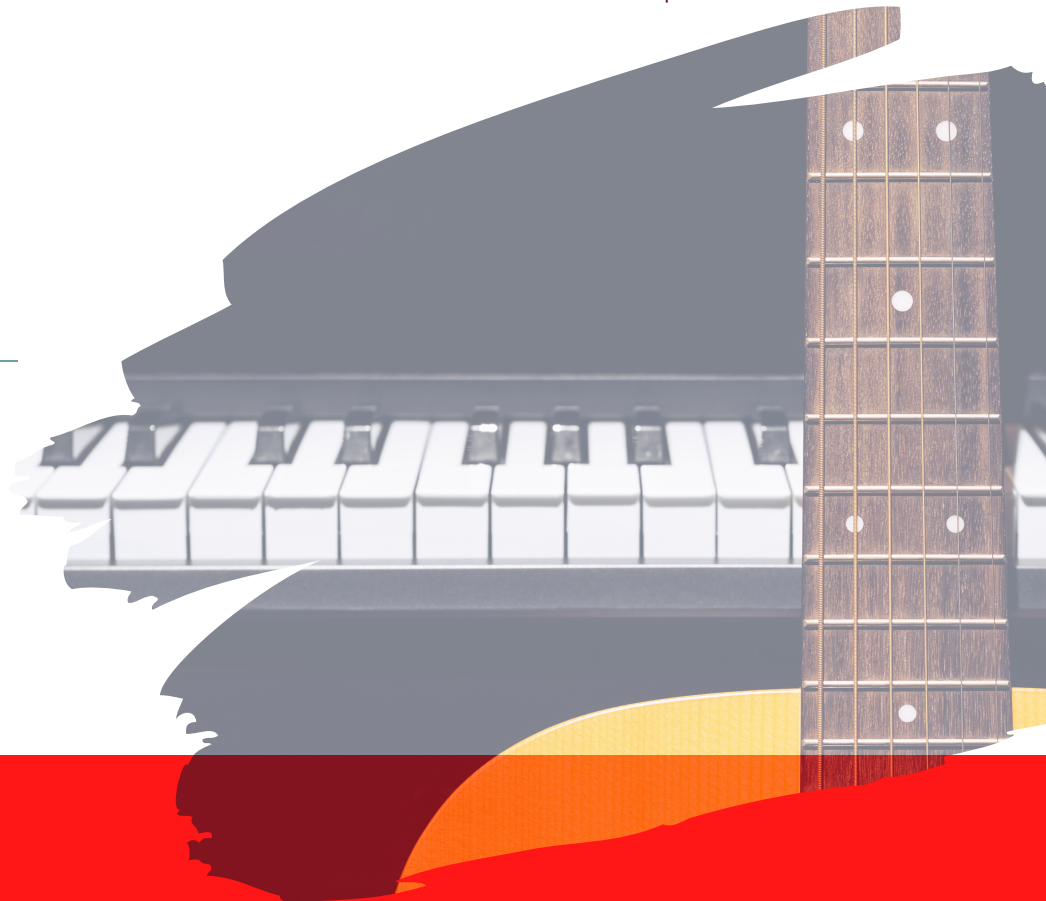
Virtual Guitar Lessons **NEW!!!**

Learn to master the basics or learn more advanced concepts like finger exercises, picking techniques and basic scales on the guitar with WDSRA's new guitar teacher: Tony Spadaro. Individuals will need a guitar. A Zoom link will be sent out prior to the first day of class and will be used every week.

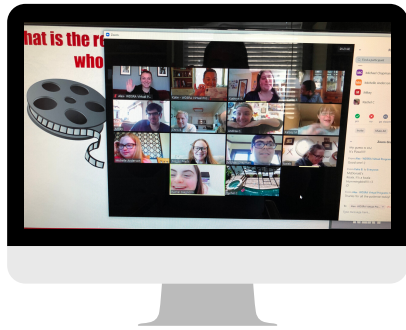
WHO: Ages 6 & older
FEE: \$60

DATES: 7/7-7/28

Code	Day	Time
0369320-1		3-3:25pm
0369320-2	T	3:30-3:55 pm
0369320-3	T	4-4:25 pm
0369320-4	T	4:30-4:55 pm



1:1 Programming



SESSION 2 PROGRAMS

Check out what programs we are offering this summer!
Season begins on Monday, July 6th and ends Friday, July 31st.

Questions? Email virtualrecreation@wdsra.com

Pocketful of Possibilities - **NEW!**

Individualized programs can be beneficial in several ways. Led by recreation therapists, these **one-on-one sessions** are customized specifically for the individual and tailored to meet their goals. This program will help improve developmental areas such as cognitive, physical, social, and emotional. Individualized programs, such as this, provide personalized attention between the staff and participant. We will discover the possibilities together by working on goals and objectives set in a collaborative effort between the parent, participant, and Recreation Therapist in a fun and engaging way! If you are interested, there will be designated days and time slots to select from. We will contact you after registration is complete to confirm your date and time. There will be opportunities for virtual sessions and in-person sessions in which we will follow Covid-19 guidelines. If you have any questions regarding this program, please contact Dayell at dayellh@wdsra.com or Rachel at rachelp@wdsra.com.

Ages: All Ages

Fee: \$45

DATES: 7/6-7/27 - Virtual

Code	Day	Time
0369700-1	M	9:00-9:30 am
0369700-2	M	9:30-10:00 am
0369700-3	M	10:00-10:30 am
0369700-4	M	10:30-11:00 am

DATES: 7/22-8/12 - In-person

Location: Tentively to be held at Wheaton Central Athletics WDSRA Room

Code	Day	Time
0369701-1	W	5:30-6:00 pm
0369701-2	W	6:00-6:30 pm
0369701-3	W	6:30-7:00 pm
0369701-4	W	7:00-7:30 pm

Special Events for All Ages

Virtual Special Event- Magic Show for ALL Ages! **NEW!!**

Magician Jim Jensen will start the evening performing a few tricks. He will then introduce and play a 25 minute Magic show that features a lot of his favorite magic to perform. He has some very fun and special added materials that kids, teens and adults of all ages will LOVE that he could never show live! During the Magic show video, Magician Jim Jensen will be live on the chat board answering any questions guests might have, and adding a little extra humor to the show. Afterwards, Jim will teach a few tricks so that you can try them on your friends and family!

WHO: All Ages
FEE: \$10 per family

Code	Day	Time	Date(s)
0369604-1	SA	6:15-7:15 pm	7/11

Virtual Special Event- Ventriloquist **NEW!!**

Chuck Field will WOW you with hilarious ventriloquist stand-up comedy for the whole family! Chuck and his cast of characters are looking forward to meeting you for a night of laughter and fun for the family. We will end the night with question and answer with Chuck- so get those questions ready!

WHO: All Ages
FEE: \$15 per family

Code	Day	Time	Date(s)
0369605-1	SA	6:15-7:15pm	7/18



Let's Ride! **NEW!!**

Have you ever wondered what it's like to ride a motorcycle? Join us as we learn all about Bob and Karen's sweet ride! We'll also take a virtual motorcycle tour to some of our favorite local places. Vroom vroom!!

WHO: All Ages
FEE: FREE

Code	Day	Time	Date(s)
0369301-1	SA	6:30-7:30 pm	7/25

Special Events for All Ages

Learn to Host your own Zoom Meeting

Join WDSRA staff as we teach you how to create your own zoom meeting and how to invite your friends. We will discuss how to set up a meeting, send an invite and how to start and end a meeting. Also, proper meeting etiquette will be reviewed,

You might be wondering, I don't know my friends email to invite them to chat. When you register for the program you can choose to have your name and email address added to the **WDSRA Zoom Book** in which we will share email addresses of those participating.

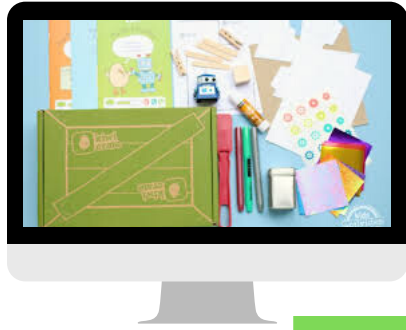
WHO: WDSRA Families

FEE: Free

<u>Code</u>	<u>Day</u>	<u>Time</u>	<u>Date(s)</u>
0369610-1	W	6:30-7:30 pm	7/1



Activity Boxes



SESSION 2 ACTIVITY BOXES

Weekly Camp & Activity boxes are for those individuals who are looking for activities to last them an entire week. There are two types of boxes available one geared toward Day Camp and one for Adults. Each week there will be 2-3 zoom calls available to interact with friends and staff while completing the activity. See below for each box details

Day Camp in a Box!

What is Day Camp in a Box?

Day Camp in a Box is a virtual way to bring summer day camp to you! Our goal is to keep kids connected to camp, maintain social interaction and enrichment that is vital to their overall development and mental health, and most importantly...have fun!

Weekly Box

The boxes will vary each week and will be based on the Theme of the Week. All boxes will be age-appropriate. All activities will come with step-by-step instructions on how to complete them. Staff will also be available to answer any questions you or your child may have via email or phone. Zoom times and invites for live meetings will be sent to families, in which we will be offering guidance for crafts, sensory activities, movement activity, or just social time.

Each Weekly Box will include:

1-3 crafts (materials included)
Movement Activity (materials included)

Sensory Activity (materials included)
Puzzle, fidget, WDSRA staff "Pick of the Week"

WHO: Ages 3-21
FEE: \$25 per box

Zoom Meeting Date (optional)

Time: 2-2:45pm on M-W-F for All Ages

**for activity box pick-up
locations and dates
see next page**

Code	Date	Theme
0369501-4	July 13th	Disney/Marvel
0369501-5	July 20th	Sports Mania
0369501-6	July 27th	Out of this World

Activity Boxes



SESSION 2 ACTIVITY BOXES

Weekly Camp & Activity boxes are for those individuals who are looking for activities to last them an entire week. There are two types of boxes available one geared toward Day Camp and another for Adults. Each week there will be 2-3 zoom calls available to interact with friends and staff while completing the activity. See below for each box details

Activity Box for Adults!

Weekly Box

The boxes will vary each week and will be based on the Theme of the Week. All activities will come with step-by-step instructions on how to complete them. Zoom times and invites for live meetings will be sent to families, in which we will be offering guidance for crafts, sensory activities, movement activity, or just social time.

WHO: Ages 21 & Older

FEE: \$20 per box

Zoom Meeting Date (optional)

Time: 10-11 am - Tues and Thurs

Code	Date	Theme
0369500-4	July 13th	Disney/Marvel
0369500-5	July 20th	Wide World of Sports
0369500-6	July 27th	Space Exploration

Activity box pick-up for Camp and Adult Locations and Dates

Staff will be available at the locations below for your box pick-up.

Dates: Thursday, July 9, 6 pm-6:30 pm or Friday July 10, 11:30 am-12 pm

North- WDSRA office- 116 N. Schmale Rd Carol Stream

Central- WPDCC- 1777 S. Blanchard Rd Wheaton

South- Fort Hill Recreation Center- 20 Fort Hill Drive, Naperville

Inclusive Programming



INCLUSIVE SESSION 2 PROGRAMS

Inclusive programs are open to all ages and abilities. So grab your neighbor or friend to play.

Virtual Inclusive Minecraft

"The world is yours for the making!" – Minecraft. If you love Minecraft, this is the program for you! Join us on our WDSRA server as we build, create, explore, and have fun together! Siblings are welcome too. The server will be available twice a week for 2 hours of building. On Thursdays for the first hour of the program we will call via zoom and chat while playing. The last hour players can continue to build. The second day of the week players can build and converse in the chat box. Both days will be monitored by WDSRA Staff.

WHO: All Age
FEE: \$13
DATES: 7/8-7/31

Code	Day	Time	Type
0369801-2	Th	3-4 pm	Zoom Call
	F	3-4 pm	Zoom Call



INCLUSIVE PROGRAMS ARE OPEN TO ALL AGES AND ABILITIES. SO GRAB YOUR NEIGHBOR OR FRIEND TO PLAY.

IF YOU DO NOT HAVE A WDSRA ACCOUNT PLEASE USE THE LINK BELOW TO REGISTER -

[INCLUSIVE PROGRAM REGISTRATION NON WDSRA](#)

Synergy Adaptive Athletics



SYNERGY SESSION 2 PROGRAMS

Synergy Adaptive Athletics helps individuals of all ages with a primary physical disability **Live Life To Its Fullest** through a wide variety of adaptive sports opportunities.

Questions? Email jasons@synergyaa.com

Synergy Virtual Hiking

Escape to the beautiful outdoors through this new program designed to engage participants in exploring hiking trails and forest preserves in and around DuPage County. Decide where to explore through interactive trail decisions. Learn map and compass skills. Discover what is hidden in the world around you through geocaching. Find out what you are seeing as you explore the area through flora & fauna identification. We will cover how to prepare for a hike, accessibility options while hiking and review safe hiking procedures.

WHO: All Ages
FEE: \$9

Code	Day	Time	Date(s)
0338500-2	SA	10-11 am	7/11-7/25

Synergy Virtual Yoga

A certified instructor will guide you through a yoga routine intended to calm the mind, improve flexibility, strengthen muscles and increase range of motion. Classes are tailored to participants who are ambulatory as well as for participants who are wheelchair users or would like to practice while seated. Seated and ambulatory classes will be held together. A yoga strap will be provided to those who need one

WHO: All Ages
FEE: \$20

Code	Day	Time	Date(s)
0338480-3	TH	5:30-6:30 pm	7/9-7/23

Synergy Virtual Boccia Instruction

Keep your boccia skills fresh! We will go over game strategy, a rules refresher, successful game routines, shot accuracy, friendly competitions, and more! Though much of what we will cover applies to all boccia athletes, we will do breakout rooms for ramp athletes and throwers when appropriate.

WHO: All Ages
FEE: \$9

Code	Day	Time	Date(s)
0338050-2	F	1-2 pm	7/10-7/24

Synergy Virtual Archery Instruction

Work on visualization of your shot, mind game training and shooting progression. Learn about competition opportunities and setup. Everyone will receive a set of Therabands to utilize during this class for visualization, warm-up and workout activities.

WHO: All Ages
FEE: \$9

Code	Day	Time	Date(s)
0338140-1	M	4:30-5:15 pm	7/6-7/20

Summer T-Shirts

**SUMMER T-SHIRTS
AVAILABLE NOW**

*Leap into
Summer
FUN!*

Available thru the
WDSRA Store at
wdsra.com.



\$10

PRICE MAY VARY BY SIZE



Order your shirt online

[HTTPS://STORE.WDSRA.COM/WDSRA/SHOP/](https://store.wdsra.com/wdsra/shop/)

Code of Conduct

Code of Conduct for Virtual Programs

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 events as deemed necessary by staff. Staff, participants, volunteers and parents shall: show respect to all participants, staff, volunteers and parents, refrain from using foul or inappropriate language, represent WDSRA in a manner that is consistent with the goals, objectives and ethics of the association.

The following guidelines have been added to ensure virtual security and collective well-being while participating in virtual programs:

- Refrain from sharing program information (Zoom meeting code and password) with others. Virtual registrations are not exchangeable.
- Avoid joining programs in which you are not enrolled.
- Avoid background images that are inappropriate.
- Comply with staff members' technical directions (e.g. mute your microphone, alter your name, etc.).

Discipline

A caring and positive discipline approach will be used. WDSRA reserves the right to dismiss a participant, staff, volunteer or parents if it is in the best interest of the association. Each situation will be evaluated on its own merit. Participants who cannot be identified and/or whose enrollment status cannot be confirmed may be removed from a virtual program.



New Participant Intake

WDSRA requires all new participants to complete an intake with the Outreach Manager 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 provide 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 Brianne Carroll at 630-681-0962. For safety reasons, an individual without current annual information and intake forms on file will not be permitted to participate in WDSRA programs.

Equal Access

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

Americans with Disabilities Act (ADA) Grievance Procedure

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

Ted Adatto, Superintendent of Recreation, Compliance Officer, Western DuPage Special Recreation Association

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

Phone: 630-681-0962

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

Canceling Programs

1. WDSRA staff will look at all circumstances beginning two hours prior to the starting time of the program or first pick-up to determine if the program should be canceled.
2. If the program is canceled, program staff will attempt to reach all participants and staff by phone calling post message to inform them of the cancellation.
3. 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.

Say Cheese

WDSRA staff occasionally takes photographs or video 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 Summer Weather

Outdoor programs or indoor programs without air conditioning: temperature above 95 degrees, a heat index above 100 degrees or a heat advisory issues by the National Weather Service.

Other Weather All programs (including indoor):

tornado warning is in effect in DuPage or surrounding county. WDSRA will use discretion for all other weather warnings and watches.

Refund Policy

- 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 \$10 or less.
- Any variance to the refund procedures will be included in the program description.
- All refunds will be issued in check form.

Registration Form

Summer Session 2 - 2020 Registration Form

Register online at www.wdsra.com.

Complete this form and return it with the program fee to:

WDSRA, 116 North Schmale, Carol Stream, IL 60188

Phone: 630-681-0962 or scan and email form to registration@wdsra.com

PLEASE PRINT ALL INFORMATION BELOW COMPLETELY

Name: _____ Age: _____ Birthdate: _____ Gender: _____

Address: _____ City: _____ Zip Code: _____

Billing Address (if different than above) _____

Home Phone: () _____ Work Phone-Mom: () _____ Dad: () _____

Cellular/Pager Number: () _____ E-Mail Address: _____

Parent/Guardian Names: _____ Park District: _____

Emergency Contact Person: _____ Emergency Phone: () _____

Disability: _____ T-Shirt Size: _____

☐ PLEASE CHECK IF ANY OF THE ABOVE INFORMATION HAS CHANGED.

Please note: REGISTRATIONS WILL NOT BE PROCESSED IF A FEE REMAINS FROM A PREVIOUS SEASON.

First Name	Program Name	Pick-Up Location	Code	Fee
			TOTAL	\$

OFFICE USE

Total Received

\$ _____

Paid By: MC V C

MO _____

Check # _____

Initials _____

Date _____

☐ Yes! I want to make a donation to the Scholarship Fund in the amount of \$ _____

A current Annual Information Form must be on file in order to participate with WDSRA. Annual Forms are available at www.wdsra.com.

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

Parents: Are you interested in volunteering for WDSRA in the following capacity? Foundation Events ☐ In-office Help (Mailings) ☐ WDSRA Programs

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

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.

Printed Name of Person Signing Form

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

Date

Cardholder Name	Account No.	Exp. Date	3 Digit No.	Charge Amount

Please note accepted payment methods:



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 registering 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 the 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, premises defects 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 signing up 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 or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or 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 its 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, or 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 child/ward and agree that I will be responsible for payment of any and all medical services rendered.

**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.



Western DuPage Special Recreation Association
116 North Schmale, Carol Stream, IL 60188
P 630-681-0962 • F 630-681-1262
www.wdsra.com

Important Dates to Remember



**In-District & Non-Resident
Registration Begins**
Monday, June 29 at 9 am

Registration Deadline
Wednesday, July 1 at 5 pm

Register online at www.wdsra.com