Winter & Spring

PROGRAM GUIDE '22

Updated 01/14/2022

Empowering People with Special Needs

Proudly serving:
Aurora, Batavia, Geneva, Oswego, South Elgin, St. Charles, Sugar Grove, and more!

www.fvsra.org
Meet Your Team

Many FVSRA employees have earned professional credentials, demonstrating a thorough understanding of the field of Therapeutic Recreation or their designated area of expertise. The Certified Therapeutic Recreation Specialist (CTRS) is awarded to professionals who provide recreational therapy services to address the needs of individuals through recreation as a means to improve or maintain physical, cognitive, social, emotional, and spiritual functioning to fully participate in life. The Certified Park and Recreation Professional (CPRP) designates mastery in the field of parks and recreation. FVSRA takes pride in the professional and educational experience of our employees.

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Superintendent of Recreation
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Outreach Coordinator
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Superintendent of Administration and Personnel
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Athletics Coordinator
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Operations Manager
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TR Specialist
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School Services & Day Camp Manager
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Hello FVSRA Friends and Families,

As I close out the year and welcome the new, I like to use this time to reflect on all that this year has brought to us. This year has taught many of us perseverance, flexibility and appreciation for how essential family and friendships are in our daily lives. We, at FVSRA, are so thankful to be chosen as part of your journey. Your commitment to finding ways to stay connected to a healthy and active lifestyle is inspiring to us all.

This new year provides us a new opportunity. It gives us a chance to redefine our goals and identify what is most important in our lives. We all have the power to create a path to achieve our goals. We hope to continue to be a part of your adventure by providing impactful programs that allow for new friendships and the chance to celebrate each other’s accomplishments.

I wish you the best year ahead and thank each of you for your continued support of FVSRA and our community!

Warm Wishes,

Alex Engelhardt
Executive Director
About FVSRA

Fox Valley Special Recreation Association (FVSRA) was formed in 1976 and is an extension of the Batavia, Fox Valley, Geneva, Oswegoland, St. Charles, Sugar Grove Park Districts, and South Elgin Parks and Recreation Department.

FVSRA supports and empowers individuals with disabilities of all ages by providing engaging, community-based, leisure, and recreational activities. Our programs, trips, and events include competitive and recreational athletics, aquatics, fitness, dance, art, social clubs, and day camps. Our community can choose from program options that meet in-person or virtually through Zoom.

Mission
We empower people with disabilities to participate in therapeutic recreation and leisure activities, which are essential to a rich life.

Vision
FVSRA is the Gold Standard in providing recreation and leisure activities to people with disabilities.

Values
We Put People First
Collaborative
All-Encompassing
Strive for the Best
Welcoming and Safe
Visible in the Community

FVSRA Board Meetings
The FVSRA Board of Directors meets on the fourth Tuesday of the month at 10:30 am (the Board does not meet in December). These meetings are held at the FVSRA office unless otherwise posted. Community members are invited to attend. To view meeting dates, times, and locations, visit the FVSRA website or contact our office.

FVSRA Board of Directors

<table>
<thead>
<tr>
<th>Name</th>
<th>Organization</th>
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</thead>
<tbody>
<tr>
<td>Robert Thomson, Chair</td>
<td>St. Charles Park District</td>
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<tr>
<td>Sheavoun Lambillotte, Vice Chair</td>
<td>Geneva Park District</td>
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<tr>
<td>Karen Pritchard, Secretary</td>
<td>Sugar Grove Park District</td>
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<tr>
<td>Jaime Ijams, Treasurer</td>
<td>Fox Valley Park District</td>
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<tr>
<td>Rich Zielke, FVSRF Representative</td>
<td>Oswegoland Park District</td>
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<tr>
<td>Allison Niemela, Member</td>
<td>Batavia Park District</td>
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<tr>
<td>Kim Wascher, Member</td>
<td>South Elgin Parks &amp; Recreation</td>
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FVSRA Foundation
The Fox Valley Special Recreation Foundation was established in 2010 and is a registered 501(c)(3) nonprofit organization. Its role is to establish and foster support from individuals, businesses, and organizations to further the goals and ideals of the Fox Valley Special Recreation Association.

The Foundation supports FVSRA participants through program scholarships, as well as funds special projects such as the Carolyn Nagle Sensory Room, the Dr. William Kelly Resource Library and more. To learn more, visit www.fvsrf.org.

FVSRF Foundation Board of Trustees
Tony Abbott, Chair
Mark Lucas, Vice-Chair
Jamie Wyeth, Treasurer
Annette Pierson, Secretary
Kim Wascher, FVSRA Representative
Amy Girmscheid, Member
Jim Dillenburg, Member
Amanda Rooney, Member
Phillip Salerno, Member
Ryan Ulin, Member

Se Habla Español
FVSRA ofrece clases de recreación para adultos y niños con discapacidades. Para información y preguntas por favor llame a la oficina (630) 907-1114 y pregunte por Leticia Favela (Lunes - Viernes: 9:00 AM - 4:00 PM).

Special Assistance / Interpreter
If special assistance or a sign language interpreter is needed, please inform FVSRA upon registration or call us at (630) 907-1114.

Americans With Disabilities Act (ADA)
FVSRA provides recreation opportunities for all and encourages participation by everyone. Our programs, services, and facilities align with the Americans with Disabilities Act (ADA), which prohibits discrimination towards individuals with disabilities. FVSRA works closely with its Member Agencies to provide information on inclusion services, facility accessibility, and communication devices. FVSRA will make reasonable modifications to enable an individual with a disability who meets essential eligibility requirements to participate in programming. Questions or concerns about compliance can be addressed with Alex Engelhardt, FVSRA Executive Director and ADA Coordinator, at (630) 907-1114 ext. 1202 or AlexE@fvsra.org.

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

FVSRA is an Illinois Distinguished Accredited Agency
Fox Valley Special Recreation Association has been recognized as an Illinois Distinguished accredited Agency by the Illinois Association of Park Districts (IAPD) and the Illinois Park and Recreation Association (IRPA). The Illinois Distinguished Accreditation program provides an opportunity for these agencies to undergo a voluntary, comprehensive evaluation process to demonstrate that they have met state guidelines to provide exceptional park, recreation, and special recreation services to their communities. The end result is to improve the quality of life for Illinois residents.

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**Programs and Services**

**FVSRA Programs**
FVSRA programs are planned according to the principles of Therapeutic Recreation (TR). TR uses strategies to address the social/emotional, cognitive, physical and leisure needs of those impacted by illness, injury, or disability. Participation in therapeutic recreation programs, like those we offer at FVSRA, can slow the decline and even achieve improvement in these areas for greater independence and well-being. Therapeutic Recreation can be a cost-effective supplement to other therapies including, but not limited to: physical, occupational, rehabilitative, speech, etc.

Participants who are new to FVSRA should have an assessment to help determine ability levels and recreation goals.

**Therapeutic Recreation Assessment**
FVSRA conducts therapeutic recreation assessments at no cost to participants. We evaluate your specific leisure goals, interests, and abilities during the assessment to make recommendations for programs and services. We take into account your individual goals and goals from your health, education, or other therapy providers to ensure proper program placement. Please contact the FVSRA Outreach Coordinator at (630) 907-1114 ext. 1210 for program recommendations or to schedule an assessment.

**Inclusion**
FVSRA provides assistance and modifications to our Member Agencies to include residents with disabilities into their program at no cost to the individual. Modifications provided by FVSRA include special training for staff, adapted equipment, physical assistance, communication tools or a program companion.

Inclusion services can be requested by marking the “special accommodations” field on the Member Agency registration form. FVSRA requires a two-week window in order to coordinate and accommodate these services. For more information, please contact the Inclusion Manager at (630) 907-1114 ext. 1206.

**IEP and Transition Planning Meetings**
By request, an FVSRA staff member can also be involved in an Individualized Education Plan (IEP) and/or Transition Planning meetings. Our knowledgeable CTRS staff will provide resources and make recommendations for programming that align with an individual’s goals and recreation needs.

**New to Special Recreation or FVSRA?**
Hi, I’m Jennifer Wisneski, Outreach Coordinator, and I’m here to help! I can assist you with:

- Programs and services
- Therapeutic Recreation Assessment
- First-time registration
- Disability resources within your community

Contact me at JenniferW@fvsra.org or (630) 907-1114 with any questions you may have!

**Registration Dates**

<table>
<thead>
<tr>
<th>2022 Winter Spring</th>
<th>February 7 - May 16</th>
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<tbody>
<tr>
<td>Registration Opens</td>
<td>January 3 at 7:00 AM</td>
</tr>
<tr>
<td>Registration Closes</td>
<td>January 23 at 11:59 PM</td>
</tr>
</tbody>
</table>

**Registration Information**
- Online at fvsra.org
- Fax to (630) 907-1116
- Drop off or mail to:
  Fox Valley Special Recreation Association
  2121 W. Indian Trail Rd, Aurora, IL 60506

The FVSRA registration form can be downloaded at FVSRA.org/forms or in the back of this program guide.

For more information, registration procedures, and forms including in-person program participant eligibility please see page 48.

**Stay Informed**
Get the most up to date information through our online blog posts at fvsra.org.

**Brochure Errors**
Our team makes every effort to prepare this brochure as accurately as possible; however errors can still occur. Circumstances may require that adjustments be made to programs, fees, schedules, etc. FVSRA reserves the right to make any such adjustments. We apologize for any inconvenience these errors and adjustments may cause.
The Anatomy of a Program Card

1. Program Name and Symbols
   This includes the name of program and relevant symbols for easy identification. All program symbols are described below.

2. Description & Goals
   This section includes a brief description of the program along with notes and goals specific to that program. Keep individual interests and recreation goals in mind when choosing programs for a meaningful and relevant TR experience. Goals are important for selecting appropriate programs.

3. Session Information
   This section includes the necessary information you need to know when selecting your program(s) such as location, date, time, cost and age requirements.

   This section also includes the "program code" you’ll need to enter on the registration form when signing up for programs. You can also enter the code into the search filter if using online registration.

How to Select the Right Program(s)
Intended therapeutic outcomes are identified within each program's goals. Please use these goals to guide your program selection(s).

Program Symbols

- **In-Person** This program takes place in-person at the location listed on the program card.
- **Food** Snacks and drinks will be provided during this program.
- **Money** A suggested dollar amount is given if the participant wishes to make a purchase.
- **Shoes** This program requires participants to keep walking pace with the group and is not recommended for those who have mobility issues.
- **Transportation** Transportation will be provided to and/or from designated pick up locations.
- **Virtual** This program will take place online through Zoom. Login information will be provided.

Swim Skills

Dive in for swim skills sessions focused on building endurance and mastering techniques for various strokes.

**Note:** This program is for designed for individuals who have basic knowledge of swim strokes and can lap swim independently in the deep end of the pool.

The goal of this program is to improve endurance and technique in the sport of swimming.

*No session Thursday, 11/25

**Session Information**
Vaughan Athletic Center, Competition Pool, Aurora
F | 1/7 - 1/28 | 4:00 - 5:00 PM
8+ | 322-3050-1-4 | $40 R / $60 NR

Friends of FVSRA is a growing group of volunteers for Fox Valley Special Recreation Association who come together to determine how to best support FVSRA. These meetings are great ways to stay up-to-date about all that's going on around FVSRA.

Quarterly meetings and social outings will be scheduled throughout the year. For more information on how to join the Friends of FVSRA, please contact Jennifer Wisneski at JenniferW@fvsra.org or FVSRA.org.

**What's in it for you?**
- Resource Presentations
- Parent/Caregiver Networking Opportunities
- Social Outings
- Feedback
Aquatics

LET'S MAKE A SPLASH!

Meet Your Coordinators

Brian Houzenga, CTRS
Support Staff Manager
P: (630) 907-1114 ext. 1209
M: (630) 742-5577
E: BrianH@fvsra.org

Lexi Masterson, CTRS, MS
Athletics Coordinator
P: (630) 907-1114 ext. 1208
M: (630) 433-1924
E: LexiM@fvsra.org

Registration is now online!
FVSRA uses an online recreation system that allows you to search, filter, and sign up for programs easily. Please visit www.fvsra.org/registration to get started!

Symbols Key

In-Person This program takes place in-person at the location listed on the program card.

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Money A suggested dollar amount is given if the participant wishes to make a purchase.

Shoes This program requires participants to keep walking pace with the group and is not recommended for those who have mobility issues.

Transportation Transportation will be provided to and/or from designated pick up locations.

Virtual This program will take place online through Zoom. Login information will be provided.

Please contact Brian or Lexi, your program coordinators, with any questions that you may have.
About Aquatic Programs
Participants of all ages will have fun while working toward improving their swim skills and safety in the water. You will find opportunities for both group aquatic programs and individualized swim lessons. Our aquatic programs challenge swimmers of all levels with outcomes focused on improved cardiovascular endurance, muscular strength, and stroke technique.

Important Notes:
- Participants should be dressed in their swim attire and ready to enter the pool at the start of the program.
- Advanced swim programs may require instructor approval before enrolling.

Swim Lessons - Advanced
FVSRA swim instructors have extensive experience helping individuals with disabilities improve their water skills. Mary will work with your current swim level to improve stroke development. Spaces are limited, so sign up early to ensure a spot.

Note: Swim instruction for Advanced Lessons will take place from the pool deck. Participants are required to have a basic understanding of freestyle swim. Instructor approval may be required before starting.

The goal of this program is to improve stroke development and technique.

Register Now
Online registration closes January 23.
Swim Lessons - Beginner

FVSRA swim instructors have extensive experience helping individuals with disabilities improve their water skills. Laura will work with your current swim level to increase independence and confidence in the water. Spaces are limited, so sign up early to ensure a spot.

Note: Swim instruction for Beginner Lessons will take place in the pool and include physical support when needed.

The goals of this program are to learn safety skills, gain confidence in and around the water and develop motor skills while learning to swim.

Session Information (January)
Vaughan Athletic Center, Therapy Pool, Aurora
F | 1/7 - 1/28 | 8+
4:00 - 4:30 PM | 322-7055-1-5 | $132 R / $198 NR
4:30 - 5:00 PM | 322-7055-2-5 | $132 R / $198 NR
5:00 - 5:30 PM | 322-7055-3-5 | $132 R / $198 NR
5:30 - 6:00 PM | 322-7055-4-5 | $132 R / $198 NR
6:00 - 6:30 PM | 322-7055-5-5 | $132 R / $198 NR
6:30 - 7:00 PM | 322-7055-6-5 | $132 R / $198 NR
7:00 - 7:30 PM | 322-7055-7-5 | $132 R / $198 NR
7:30 - 8:00 PM | 322-7055-8-5 | $132 R / $198 NR

Session Information (February - May)*
Vaughan Athletic Center, Therapy Pool, Aurora
F | 2/11 - 5/13 | 8+
4:00 - 4:30 PM | 322-7056-1-5 | $396 R / $594 NR
4:30 - 5:00 PM | 322-7056-2-5 | $396 R / $594 NR
6:00 - 6:30 PM | 322-7056-3-5 | $396 R / $594 NR
6:30 - 7:00 PM | 322-7056-4-5 | $396 R / $594 NR
7:00 - 7:30 PM | 322-7056-5-5 | $396 R / $594 NR
7:30 - 8:00 PM | 322-7056-6-5 | $396 R / $594 NR

*No session Friday, 2/25 & 4/15

SENSORY ROOM

The FVSRA Sensory Room is a controlled multi-sensory environment that provides opportunities for participants to engage senses through various stimuli such as lights, color, sounds, aromas and textures.

Sensory Room Benefits:
- Relaxation
- Stimulation
- Cognitive Development
- Motor Development
- Decision Making
- Communication

30 Minute Therapy Sessions
A trained Certified Therapeutic Recreation Specialist (CTRS) will develop and implement an individualized, one on one therapy session that is geared towards accomplishing participant goals.

For more information, please contact Rania Samawi at RaniaS@fvsra.org
Swim Skills

Dive in for swim skills sessions focused on building endurance and mastering techniques for various strokes.

*Note: This program is designed for individuals who have basic knowledge of swim strokes and can lap swim independently in the deep end of the pool.

The goal of this program is to improve endurance and technique in the sport of swimming.

Session Information (January)
Vaughan Athletic Center, Competition Pool, Aurora
F | 1/7 - 1/28 | 4:00 - 5:00 PM
8+ | 322-3050-1-4 | $40 R / $60 NR

Session Information (February - May)*
Vaughan Athletic Center, Competition Pool, Aurora
F | 2/11 - 5/13 | 4:00 - 5:00 PM
8+ | 322-3050-2-4 | $120 R / $180 NR

*No session Friday, 2/25 & 4/15

Register Now

Water Aerobics

Get ready for this low-impact water workout. We will use weights and the natural resistance of the water while running in place and performing various aerobic exercises.

*Note: This program is for independent swimmers.

The goal of this program is to improve muscle tone, flexibility, and cardiovascular endurance.

*No session Friday, 2/25, 3/18, & 4/15

Session Information*
Vaughan Athletic Center, Therapy Pool, Aurora
F | 2/11 - 5/6 | 5:00 - 5:45 PM
18+ | 322-6011-0-4 | $72 R / $108 NR

Register Now
Arts & Crafts

EXPRESS YOUR CREATIVITY!

Meet Your Coordinator

Erin Anderson, CTRS
TR Specialist
P: (630) 907-1114 ext. 1217
M: (331) 302-8660
E: ErinA@fvsra.org

Registration is now online!
FVSRA uses an online recreation system that allows you to search, filter, and sign up for programs easily. Please visit www.fvsra.org/registration to get started!

Symbols Key

In-Person This program takes place in-person at the location listed on the program card.

Food Snacks and drinks will be provided during this program.

Money A suggested dollar amount is given if the participant wishes to make a purchase.

Shoes This program requires participants to keep walking pace with the group and is not recommended for those who have mobility issues.

Transportation Transportation will be provided to and/or from designated pick up locations.

Virtual This program will take place online through Zoom. Login information will be provided.

Please contact Erin, your program coordinator, with any questions that you may have.
About Arts & Crafts Programs
These programs encourage creative expression and teach new art skills. Through step-by-step instruction, participants stay engaged and actively learn new concepts they can use in their own leisure time.

Important Notes:
- For all virtual programs, a supply list will be sent out one week prior to the start of the program.

Fine Arts Sampler
Discover new ways to expand your creativity. In this program, we will learn how to draw with oil pastels and try our hands in ceramics!

*The goals of this program are to express creativity through unique art mediums while following step-by-step directions.*

Session Information
Lodge at Laurelwood, Batavia
W  |  3/2 & 4/27  |  4:30 - 6:00 PM
16+  |  322-1094-0-4  |  $20 R / $30 NR

Creative Corner
Get creative and crafty with FVSRA as we construct different seasonal art projects.

*The goals of this program are to practice fine motor skills and increase concentration while following step-by-step directions.*

Session Information
Zoom
W  |  2/9, 2/16, 3/9, 3/16, 4/6, 4/13, 5/4 & 5/11
4:00 - 4:45 PM  |  All Ages  |  322-1503-0-5  |  $42 R / $63 NR

*This *FREE* program (a $42 value) is made possible by the support of the Fox Valley Special Recreation Foundation!

Don’t miss out!
Online registration closes January 23.

Picasso Painters
Join us for an afternoon bursting with color as we learn step-by-step how to paint a masterpiece using acrylic paint on canvas.

*Note: Picasso Painters runs back to back with Fit With Friends. Why not sign up for both?*

*The goal of this program is to develop new painting techniques using fine motor skills.*

Session Information
FVSRA Multi-Purpose Room, Aurora
16+  |  322-1086-0-4  |  $26 R / $39 NR
BOWL OVER THE COMPETITION!

Meet Your Coordinator

Lexi Masterson, CTRS, MS
Athletics Coordinator
P: (630) 907-1114 ext. 1208
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- **Virtual** This program will take place online through Zoom. Login information will be provided.

Please contact Lexi, your program coordinator, with any questions that you may have.
About Athletic Programs
Participants of all ages will have fun learning or refining athletic skills while participating in FVSRA Athletics. Athletes can enhance individual skills or participate in team sports.

Athletics Notes
- Please come dressed in clothing and shoes appropriate to specific sport.
- Always bring a water bottle to practices and games.
- Transportation will only be provided to away games.
- Athletes or teams that take first place at a regional competition will be eligible to move on to the State Competition.
- Additional fees will be applied for State Competitions.

Don’t miss out!
Online registration closes January 23.

Indoor Golf Skills
If you thought golfing indoors was impossible, think again! Putt, pitch, and drive into a special screen that will calculate your shot. We will work on golf technique and play a few holes on virtual courses.

The goal of this program are to improve skills for all levels of golfers in various aspects of the game.

Session Information
Impastato Golf Academy, Batavia
3:00 - 4:00 PM | 12+ | 322-3059-0-4 | $158 R / $237 NR

REGISTER NOW

Indoor Soccer Skills
Kick back into soccer! Whether your goal is to prepare for the upcoming season or try this sport for the first time, skill sessions are built for you. Athletes will practice the fundamental skills of soccer including dribbling, passing, scorekeeping, and the rules of the game.

The goal of this program is to improve individual and team skills in the game of soccer.

Session Information
Alice Gustafson Elementary, Batavia
W | 2/9 - 3/2 | 5:30 - 6:30 PM
8+ | 322-3038-0-4 | $34 R / $51 NR

REGISTER NOW

Indoor Softball Skills
It’s time to get back into the swing of things! Whether your goal is to prepare for the upcoming season or try a new sport, skills programs are built for you! Join us for batting, pitching, throwing, catching and other drills and skills during these indoor practice sessions.

The goal of this program is to gain fundamental softball skills, including pitching, fielding, and batting.

Session Information
Alice Gustafson Elementary, Batavia
Tu | 3/8 - 3/29 | 6:30 - 7:30 PM
15+ | 322-3024-0-4 | $34 R / $51 NR

REGISTER NOW
## Play the Course

Drive, chip, and putt your way into the competitive golf season. This program is only offered for athletes intending to compete in Special Olympics Unified or 3-6-9 Golf in the summer.

*The goal of this program is to provide athletes an opportunity to complete the three qualification scorecards required for Unified and 3-6-9 golf competitions.*

*Transportation from OSW and VAC*

### Session Information 1*
**Pottawatomie Golf Course, St. Charles**
- **Th** | 5/19 | 10:00 AM - 1:00 PM
- 8+ | 322-3007-1-4 | $18 R / $27 NR

### Session Information 2*
**Pottawatomie Golf Course, St. Charles**
- **Th** | 5/26 | 10:00 AM - 1:00 PM
- 8+ | 322-3007-2-4 | $18 R / $27 NR

### Session Information 3*
**Pottawatomie Golf Course, St. Charles**
- **Th** | 6/2 | 10:00 AM - 1:00 PM
- 8+ | 322-3007-3-4 | $18 R / $27 NR

## Saturday Bowling

Bowl with friends as we aim for strikes! You will play either two games or 1.5 hours of bowling, whichever comes first.

*Note: You are encouraged (but not required) to bring your own bowling ball and/or shoes. Due to the popularity of this program, please only sign up for one session.*

*The goals of this program is to improve bowling accuracy while providing an active social opportunity for participants.*

### Session Information 1
**Funway, Batavia**
- **Sa** | 2/12, 2/26, 3/12, 3/26, 4/9 & 5/7
- 9:15 - 10:45 AM | 16+ | 322-3045-1-4 | $108 R / $162 NR

### Session Information 2
**Funway, Batavia**
- **Sa** | 2/12, 2/26, 3/12, 3/26, 4/9 & 5/7
- 11:00 AM - 12:30 PM | 16+ | 322-3045-2-4 | $108 R / $162 NR

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**Don't miss out!**
Online registration closes January 23.
Special Olympics Bowling

Compete in ten-pin bowling which is among the most popular sports in Special Olympics. Fine-tune your approach and delivery to improve your score as you represent FVSRA. Each week you will play either two games or 1.5 hours of bowling, whichever comes first. Athletes will compete at the Special Olympic Regional Bowling Tournament on July 23rd.

Note: You are encouraged (but not required) to bring your own bowling ball and/or shoes.

The goals of this program are to improve skills for all levels of bowlers in various aspects of the game and provide an opportunity for competition.

Session Information

Funway, Batavia
Sa  |  2/12, 2/26, 3/12, 3/26, 4/9, 5/7, 5/21, 6/4, 6/18 & 7/2
9:15 - 10:45 AM | 20+  | 322-3011-0-4  | $228 R / $342 NR

Register Now

Special Olympics Powerlifting

Powerlifting is a strength-based sport consisting of three events: squat, bench press, and deadlift. Athletes will train each week on these events to compete at the District Tournament.

The goals of this program are to improve technique and strength in the sport of powerlifting on an individual and competitive level.

Session Information*

Anytime Fitness, Sugar Grove
W  |  1/5 - 6/8  | 3:45 - 5:00 PM
16+  | 322-3010-0-4  | $328 R / $492 NR

*No session Wednesday, 2/2, 3/30 & 4/6

Register Now

Special Olympics Softball

Play ball! Root for your team from in the dugout and improve your skills on the field as a member of FVSRA's softball team. We will practice batting, catching, fielding, and compete with other SRAs. Athletes will also compete at the TR Section Inter-Agency Sports Tournament and the Regional Special Olympics Tournament.

Note: Transportation will be available for away games only.

The goal of this program is to gain fundamental softball skills, including pitching, fielding, and batting, in a competitive setting.

*No session Tuesday, 7/5

Session Information*

East Side Sports Complex, St. Charles (North)
Hall Field, Aurora (South) Tu  |  4/5 - 8/2  | 6:30 - 8:00 PM
15+  | 322-3008-0-4  | $184 R / $276 NR

*No session Tuesday, 7/5

Register Now
Athletics

Special Olympics Track and Field

Track & Field is an individual and team sport with several physical benefits including improved strength, flexibility, and cardiovascular endurance. Athletes will compete at the SO Spring Games Regional Qualifier.

The goals of this program are to find a lifelong sport while improving coordination, gross motor movements and overall fitness.

Session Information
Sportsplex, St. Charles
Tu | 2/8 - 4/26 | 4:45 - 5:45 PM
8+ | 322-3009-0-4 | $78 R / $127 NR

Special Olympics Soccer

This program will focus on soccer skills development, teamwork, and sportsmanship through practice and competition.

Note: Transportation will be available for away games only.

The goal of this program is to gain fundamental soccer skills including offense, defense, and ball handling.

Session Information
Harmony Pointe Park, Aurora
W | 3/9 - 5/11 | 5:30 - 7:00 PM
8+ | 322-3005-0-4 | $158 R / $237 NR

REGISTER NOW
### Special Olympics Tennis

Rally your way into one of the world’s most widely played sports. This program is designed to work on individual tennis skills, including forehand, backhand, volleying, serving, and positioning on the court. Athletes will practice their skills while preparing for the Special Olympics District Tournament.

**Note:** Athletes should provide their own tennis racquet. Please contact LexiM@fvsra.org to learn about equipment rental through the Dr. Bill Kelly Resource Library.

The goal of this program is to improve individual and competitive skills in the game of Tennis.

**Session Information**
- **TBD**
- **W** | 5/18 - 6/22 | 3:00 - 4:00 PM
- **8+** | 322-3023-0-2 | $84 R / $126 NR

### Tennis Skills

If you want to prepare for the upcoming tennis season or try this sport for the first time, then skills are built for you! This program is designed to work on individual tennis skills, including forehand, backhand, volleying, serving, and positioning on the court.

**Note:** Athletes should provide their own tennis racquet. Please contact LexiM@fvsra.org to learn about equipment rental through the Dr. Bill Kelly Resource Library.

The goal of this program is to improve individual skills in the game of Tennis.

**Session Information**
- **Vaughan Tennis Center, Aurora**
- **W** | 4/6 - 5/11 | 3:00 - 4:00 PM
- **8+** | 322-3052-0-2 | $56 R / $84 NR
Athletics

Weeknight Bowl

Strike! Bowl with your peers on a weeknight and improve your bowling score.

Note: You are encouraged (but not required) to bring your own bowling ball and/or shoes.

The goals of this program are to work on bowling form, approach and release through two games.

Session Information

Funway, Batavia

Tu | 2/8, 2/22, 3/8, 3/22, 4/5, 4/19 & 5/3
6:15 - 7:45 PM | 8+ | 322-3037-0-4 | $128 R / $192 NR

REGISTER NOW
## Competition Schedule & Details

### SO Paperwork Requirements
Specific and time-sensitive paperwork is required for Special Olympics participation. Please note dates listed in event grid indicating due dates. MedForm, Athlete Consent Form, and Covid-19 Code of Conduct forms can be found by scanning QR codes to the right, visiting [www.fvsra.org](http://www.fvsra.org), or visiting [www.soill.org](http://www.soill.org). Please reach LexiM@fvsra.org with questions.

<table>
<thead>
<tr>
<th>Sport/Event</th>
<th>Date</th>
<th>Location</th>
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<tr>
<td>State Flag Football</td>
<td>November 6 - 7</td>
<td>Louisville Slugger Sports Complex</td>
<td>October 5</td>
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<tr>
<td>State Bowling</td>
<td>December 4 - 5</td>
<td>Landmark Lanes</td>
<td>November 2</td>
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<tr>
<td>Alpine Ski Qualifier</td>
<td>January 5</td>
<td>Wilmot Mountain</td>
<td>December 3</td>
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<td>Snowshoe</td>
<td>January 8</td>
<td>Hoffman Estates High School</td>
<td>November 29</td>
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<td>Junior Basketball</td>
<td>January 16</td>
<td>Hersey High School, Arlington Heights &amp; Jacobs High School, Algonquin</td>
<td>November 18</td>
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<td>Basketball</td>
<td>January 23</td>
<td>Oswego East High School</td>
<td>December 8</td>
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<td>February 1 - 3</td>
<td>Chestnut Mountain</td>
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<tr>
<td>Swimming</td>
<td>March 10</td>
<td>Metea Valley High School</td>
<td>February 9</td>
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<td>State Basketball</td>
<td>March 11 - 13</td>
<td>Illinois State University &amp; Illinois Wesley University</td>
<td>February 8</td>
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<td>Powerlifting</td>
<td>March 26 - 27</td>
<td>Marmion High School</td>
<td>February 23</td>
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<td>April 24</td>
<td>Hinsdale South High School</td>
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<td>April 30 - May 1</td>
<td>Marmion Academy</td>
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<td>Bartlett Hills</td>
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<td>August 13 - 14</td>
<td>Evergreen Racquet Club</td>
<td>July 12</td>
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<td>September 10 - 11</td>
<td>Hickory Point Golf Course</td>
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<tr>
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<td>September 10 - 11</td>
<td>Lincoln Sports Complex</td>
<td>August 9</td>
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</tbody>
</table>
IT'S TIME TO GET AWAY!

Meet Your Coordinator

Jennifer Wisneski, CTRS
Outreach Coordinator
P: (630) 907-1114 ext. 1210
M: (630) 330-6470
E: JenniferW@fvsra.org

Registration is now online!
FVSRA uses an online recreation system that allows you to search, filter, and sign up for programs easily. Please visit www.fvsra.org/registration to get started!

Symbols Key

In-Person This program takes place in-person at the location listed on the program card.

Food Snacks and drinks will be provided during this program.

Money A suggested dollar amount is given if the participant wishes to make a purchase.

Shoes This program requires participants to keep walking pace with the group and is not recommended for those who have mobility issues.

Transportation Transportation will be provided to and/or from designated pick up locations.

Virtual This program will take place online through Zoom. Login information will be provided.

Please contact Jennifer, your program coordinator, with any questions that you may have.
About Events & Trips
Our special events and trips provide opportunities to visit and experience new and unique places while promoting independence and building positive relationships with peers. On all overnight trips, participants are responsible for carrying out daily routines independently and must be able to keep pace and stay with the group and participate at a 1:6 staff-to-participant ratio.

Important Notes:
• Please bring the dollar amount listed in the bill icon next to the program, when applicable.
• Unless otherwise noted, transportation for trips will depart from the FVSRA office.
• If medication will be administered during the program, please turn in the Permission to Dispense Medication Form and the medications prior to the program. This form can be found on our website under the “About” tab, then by clicking on “Forms,” or by calling the FVSRA Office.

Bags & BBQ
Let’s get outside and take in those springtime rays. FVSRA staff will grill hot dogs and hamburgers while you enjoy a game or two of bean bag toss with your friends.

The goals of this program are to increase motor skills and socialization with peers.

Session Information
Harmony Pointe Park, Aurora
Sa | 5/14 | 11:30 AM - 1:00 PM
16+ | 322-2074-0-4 | $18 R / $27 NR

Chicago Blackhawks Watch Party
Cue Chelsea Dagger! Hockey season is back, and it’s time to celebrate. We will stream the Chicago Blackhawks game and enjoy a catered dinner.

The goals of this program are to socially interact with peers and handle competition appropriately.

Session Information
FVSRA Multi-Purpose Room, Aurora
F | 4/29 | 5:45 - 8:00 PM
16+ | 322-2060-0-4 | $22 R / $33 NR

Chicago Bulls Watch Party
Join Benny the Bull in cheering on the Chicago Bulls! We will stream the Chicago Bulls game and enjoy a catered dinner.

The goal of this program is to socially interact with peers.

Session Information
Sportsplex, St. Charles
W | 3/16 | 6:45 - 9:30 PM | 16+ | 322-2003-1-4 | $22 R / $33 NR
W | 4/6 | 6:45 - 9:30 PM | 16+ | 322-2003-2-4 | $22 R / $33 NR

*Transportation from GEN and OSW

*Transportation from OSW and VAC

Don’t miss out!
Online registration closes January 23.
# Events & Trips

## Chicago Wolves
Cheer on the Chicago Wolves as they battle to beat the Texas Stars!

*The goals of this program are to socially interact with peers and handle competition appropriately.*

**Session Information**
- **Allstate Arena, Rosemont**
  - W | 3/2 | 6:30 - 9:00 PM
  - 16+ | 322-2005-0-4 | $46 R / $69 NR

*Transportation from GEN, OSW and VAC

### Cinema Cruisers
Watch the latest releases unfold on the big screen with friends.

*Note: The program time varies. Please contact the FVSRA office for movie and transportation times two days prior to the program. Program includes cost of movie ticket. Please bring additional money for concessions.*

*The goals of this program are to enhance money management skills and learn proper movie etiquette.*

**Session Information**
- **Tinseltown Theater, Aurora**
  - W | 2/23, 3/23, 4/20 & 5/18 | 6:00 - 8:30 PM
  - 16+ | 322-1006-0-4 | $86 R / $129 NR

*Transportation from GEN and OSW

## Day Away
Spend a Day Away with your peers as you go on different adventures.

*The goal of this program is to increase social interaction with your peers through community outings.*

### Session Information 1*
- **Pinstripes, Oakbrook**
  - W | 2/23 | 10:00 AM - 2:00 PM
  - 22+ | 322-1044-1-4 | $52 R / $78 NR

### Session Information 2*
- **DoodleBug Workshop, Wheaton**
  - W | 3/30 | 10:00 AM - 2:00 PM
  - 22+ | 322-1044-2-4 | $40 R / $60 NR

### Session Information 3*
- **Brookfield Zoo, Brookfield**
  - W | 5/4 | 10:00 AM - 2:00 PM
  - 22+ | 322-1044-3-4 | $92 R / $138 NR

*Transportation from GEN, OSW and VAC

## Chicago Wolves
Cheer on the Chicago Wolves as they battle to beat the Texas Stars!

*The goals of this program are to socially interact with peers and handle competition appropriately.*

**Session Information**
- **Allstate Arena, Rosemont**
  - W | 3/2 | 6:30 - 9:00 PM
  - 16+ | 322-2005-0-4 | $46 R / $69 NR

*Transportation from GEN, OSW and VAC

## Cinema Cruisers
Watch the latest releases unfold on the big screen with friends.

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  - 22+ | 322-1044-3-4 | $92 R / $138 NR

*Transportation from GEN, OSW and VAC

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23 Fox Valley Special Recreation Association

Registration Deadline is January 23
### Earth Day Clean Up

FVSRA and South Elgin Parks and Recreation Department are teaming up for Earth Day clean up. Participants will do a hands-on environment-focused activity and assist with overall park cleaning and upkeep. Together, we can make our earth a cleaner place!

**Note:** Supplies for park clean up will be provided. You are encouraged to bring gardening or work gloves.

The goal of this program is to provide community integration in an inclusive setting.

**Session Information**
- **SEBA Park, South Elgin**
  - Sa | 4/23 | 9:00 - 11:00 AM
  - All Ages | 322-2062-0-5 | FREE

*Transportation from GEN, OSW and VAC

### Goat Yoga & Picnic Breakfast

Enjoy a peaceful moment of meditation as we take on morning yoga with friends and goats. Please bring a yoga mat or towel as program will take place outside.

**Note:** A picnic breakfast will be available after the goat yoga session.

The goals of this program are to practice mindfulness, relaxation, and fun in this unique yoga setting.

**Session Information**
- **Primrose Farm, St. Charles**
  - Sa | 4/30 | 2:00 - 3:30 PM
  - 18+ | 322-2073-0-4 | $16 R / $24 NR

*Transportation from VAC

### Feed the Animals & Wagon Ride

Take this unique, behind the scenes opportunity to help care for the farm animals. You’ll tour the grounds on foot and by wagon ride, feed the animals and interact with various livestock while learning about their unique dietary needs.

**Note:** This program is not wheelchair accessible.

The goal of this program is to increase knowledge of farm animals.

**Session Information**
- **Primrose Farm, St. Charles**
  - Sa | 4/30 | 2:00 - 3:30 PM
  - 18+ | 322-2073-0-4 | $36 R / $54 NR

*Transportation from GEN, OSW and VAC

### ISU Gamma Phi Circus

Gamma Phi Circus is an action-packed, high-energy, live show with traditional and new circus acts!

**Note:** Travel time is included in the program times. Please bring money for lunch.

The goal of this program is to develop independence while being in a large arena.

**Session Information**
- **ISU Redbird Arena, Bloomington-Normal**
  - Sa | 4/23 | 10:00 AM - 6:00 PM
  - 16+ | 322-2069-0-4 | $80 R / $120 NR

*Transportation from GEN, OSW and VAC*
**Lake Geneva Day Trip**

We are heading to Lake Geneva! The day will be filled with unique experiences, including a Safari Tour, lunch, boat cruise and a visit to the Lake Geneva Museum.

*The goal of this program is to increase personal independence while traveling in a group setting.*

**Session Information**

**Lake Geneva, Wisconsin**

W | 5/11 | 8:00 AM - 6:00 PM  
22+ | 322-5016-0-4 | $116 R / $174 NR

*Transportation from VAC

**March Madness Bracket Challenge**

Do you love college basketball and want to take on a challenge? Sign up for the March Madness Bracket Challenge! Participants will have opportunity to fill in a tournament bracket to follow along as the college basketball tournament goes on. A prize will be awarded to the winner.

*Note: Staff will contact you one week prior to the start of the tournament with information on how to set up the bracket.*

*The goals of this program are to independently fill out a bracket and to handle competition appropriately.*

**Session Information**

Coordinated through Email

3/14 - 4/4 | 16+ | 322-2519-0-4 | FREE

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**SENSORY ROOM**

The FVSRA Sensory Room is a controlled multi-sensory environment that provides opportunities for participants to engage senses through various stimuli such as lights, color, sounds, aromas and textures.

**Sensory Room Benefits:**
- Relaxation
- Stimulation
- Cognitive Development
- Motor Development
- Decision Making
- Communication

**30 Minute Therapy Sessions**

A trained Certified Therapeutic Recreation Specialist (CTRS) will develop and implement an individualized, one on one therapy session that is geared towards accomplishing participant goals.

For more information, please contact Rania Samawi at RaniaS@fvsra.org
March Madness Watch Party  🍒ñe  🍦  🎾
It's absolute madness...March Madness that is! Come grab a bite to eat and catch some of the best college match-ups during this iconic basketball tournament.

**Note:** Food is included in the program fee.

*The goal of this program are to socialize with peers and engage in competition appropriately.*

*Morten Arboretum  🍒  🍃  🧗
Discover the wonders of the great outdoors at the Morton Arboretum. We will hike the grounds and learn about migration patterns of the wildlife. We will also explore the larger than life Human+Nature sculptures.

**Note:** Please pack a sack lunch. Accessibility will be limited and you may encounter uneven walking areas.

*The goals of this program is to increase knowledge of wildlife and participate in low impact physical fitness.*

*Transportation from GEN, OSW and VAC  REGISTER NOW*

**Session Information**
FVSRA Multi-Purpose Room, Aurora

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*Transportation from GEN and OSW  REGISTER NOW*

**Session Information**
Lodge at Laurelwood, Batavia

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*Transportation from GEN and OSW  REGISTER NOW*

**Session Information**
FVSRA Multi-Purpose Room, Aurora

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**Session Information**
Morton Arboretum, Lisle

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**Session Information**
FVSRA Multi-Purpose Room, Aurora

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**Session Information**
Morton Arboretum, Lisle

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National Pancake Day Brunch  🍳  🍡  🍊
Celebrate National Pancake Day with friends and a brunch! We will have a variety of pancake options with traditional sides.

*The goal of this program is to increase socialization with peers.*

**Paint Pouring & Pizza**
Experience the new art form of Paint Pouring. It is an innovative way to use acrylic paints to create an art piece. Instead of using tools like brushes or knives to create a piece of art, fluid paints can be poured directly onto the surface and the canvas tilted to move the paint around.

**Note:** Participants are encouraged to wear clothing that could possibly get messy.

*The goal of this program is to experience a new art medium while socializing with peers.*

**Session Information**
FVSRA Multi-Purpose Room, Aurora

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</table>
Events & Trips

**Shamrock Shuffle Dance**

Celebrate St. Patrick’s Day by dressing in green and dancing the night away!

**Note:** A snack will be provided during the dance.

*The goal of this program is to provide social opportunities with peers while practicing appropriate social skills.*

**Session Information**

Shannon Hall, Batavia
- F | 3/18 | 5:30 - 7:00 PM
- 15+ | 322-2038-0-4 | $18 R / $27 NR

*Transportation from OSW and VAC*

**Roller Skate & Pizza**

Grab your skates and roll out to the rink for music, friends, and fun!

**Note:** Roller skates are included in admission.

*The goal of this program is to increase socialization with peers in a unique environment.*

**Session Information**

Funway, Batavia
- Th | 3/3 | 5:45 - 8:00 PM
- 13+ | 322-2098-0-4 | $36 R / $54 NR

*Transportation from OSW and VAC*

**Pinot’s Palette**

Create your own individual painting in the company of other artists. Our private paint and sip party will feature guided instruction with plenty of socialization.

**Note:** Participants may bring money to purchase beverages.

*The goal of this program is to practice the art of painting in a group setting.*

**Session Information**

Pinot’s Palette, St. Charles
- W | 3/16 | 6:00 - 8:00 PM
- 21+ | 322-2028-0-4 | $34 R / $51 NR

**Spring Fling**

Enjoy an evening of dancing with your friends at the Spring Fling!

**Note:** A snack will be provided during the dance.

*The goal of this program is to provide social opportunities with peers while practicing appropriate social skills.*

**Session Information**

Prisco Community Center, Aurora
- F | 5/13 | 5:30 - 7:00 PM
- 15+ | 322-2035-0-4 | $18 R / $27 NR

*Transportation from GEN and OSW*
St. Patrick’s Day Celebration

Will you have the luck of the Irish when you search for gold coins? Participants will play a variety of games, create a themed decoration for home and make their very own St. Patrick’s Day dessert.

The goal of this program is to increase socialization with peers in a unique program environment.

Session Information*
FVSRA Multi-Purpose Room, Aurora
Tu | 3/15 | 3:30 - 5:00 PM
22+ | 322-2061-0-4 | $22 R / $33 NR

*Transportation from GEN and OSW

REGISTER NOW

Volleyball & Dinner

Bump, set, spike...EAT! Enjoy a friendly volleyball competition followed by a relaxed dinner with friends.

Note: Participants should wear athletic clothing and sneakers and bring a water bottle.

The goals of this program are to practice a leisure level of competition and increase social interaction.

Session Information*
Prisco Community Center, Aurora
Th | 4/7 | 5:30 - 7:30 PM
16+ | 322-2097-0-4 | $30 R / $45 NR

*Transportation from GEN and OSW

REGISTER NOW

Top Golf

Join us for an afternoon of golfing, friends, food, and fun!

Note: Program includes 2 hours of golfing and a catered lunch.

The goals of this program are to increase gross motor skills and social interaction with peers.

Session Information 1*
Top Golf, Naperville
Tu | 3/8 | 12:00 - 2:00 PM
22+ | 322-2068-1-4 | $68 R / $102 NR

Session Information 2*
Top Golf, Naperville
Tu | 4/19 | 12:00 - 2:00 PM
22+ | 322-2068-2-4 | $68 R / $102 NR

*Transportation from GEN, OSW, and VAC

REGISTER NOW
GETTING STRONG, TOGETHER!

Fitness & Wellness

Meet Your Coordinators

Brian Houzenga, CTRS
Support Staff Manager
P: (630) 907-1114 ext. 1209
M: (630) 742-5577
E: BrianH@fvsra.org

Lexi Masterson, CTRS, MS
Athletics Coordinator
P: (630) 907-1114 ext. 1208
M: (630) 433-1924
E: LexiM@fvsra.org

Registration is now online!
FVSRA uses an online recreation system that allows you to search, filter, and sign up for programs easily. Please visit www.fvsra.org/registration to get started!

Symbols Key

In-Person This program takes place in-person at the location listed on the program card.

Food Snacks and drinks will be provided during this program.

Money A suggested dollar amount is given if the participant wishes to make a purchase.

Shoes This program requires participants to keep walking pace with the group and is not recommended for those who have mobility issues.

Transportation Transportation will be provided to and/or from designated pick up locations.

Virtual This program will take place online through Zoom. Login information will be provided.

Please contact Brian or Lexi, your program coordinators, with any questions that you may have.
**Fitness & Wellness**

### Fit From Home

Let's get up, get moving, and get creative with some at-home fitness routines! This program focuses on all elements of fitness, including cardio, strength, core, and even some education!

**Note:** Some weeks will incorporate strength-building exercises. Access to light hand weights or use of canned goods or water bottles as substitutes are encouraged.

The goals of this program are to improve physical fitness through a variety of exercises, increase knowledge of how to safely exercise at home, and provide an educational element related to fitness.

*This FREE program (a $72 value) is made possible by the support of the Fox Valley Special Recreation Foundation!*

**Session Information**

**Zoom**
- M | 2/7 - 5/9 | 3:00 - 3:45 PM
- 8+ | 322-6502-0-4 | $72 R / $108 NR*

### Fit With Friends

Let's get up, get moving, and get stronger together. This program focuses on all elements of fitness, including cardio, strength, core, and even some education!

The goals of this program are to increase cardiovascular endurance, muscular and core strength and provide an educational element related to fitness.

*No session Friday, 4/8 and 4/15

**Session Information**

**Vaughan Athletic Center, Fitness Studio, Aurora**
- F | 2/11 - 5/13 | 3:30 - 4:30 PM
- 16+ | 322-6005-0-4 | $88 R / $132 NR

### Mindfulness Mornings

Start your day off on a positive note. Learn how to quiet your mind and bring focus to your body through a series of mindfulness exercises and gentle stretching. You will have the opportunity to share your joys and challenges, learn different mindfulness techniques, and reflect on ways to incorporate these techniques throughout your day.

The goals of this program are to learn mindfulness techniques and to practice how to emotionally support your peers.

*No session Saturday, 4/16

**Session Information**

**Zoom**
- Sa | 2/12 - 5/14 | 10:30 - 11:15 AM
- 16+ | 322-6504-0-4 | $72 R / $108 NR

### Personal Training

Get fit under the guidance of a Fitness Trainer. Participants will use various pieces of fitness equipment based on the assessment of the trainer.

For more information, please call the Support Staff Manager Brian Houzenga at (630) 907-1114 ext. 1209. Personal training sessions are 60 minutes in duration for 10 sessions. Registrants will be contacted by FVSRA in order of registration received to schedule a time slot.

Please wear appropriate workout attire (closed-toe shoes, t-shirt, NO JEANS, supportive undergarments, etc.)

The goal of this program is to meet individual fitness goals (improved cardiovascular endurance, muscular strength or endurance, gross motor skills, etc.) through an individualized workout plan.

**Session Information**

**Vaughan Athletic Center, Fitness Center, Aurora**
- Day, date, and time vary.
- 11+ | 322-6001-0-4 | $206 R / $309 NR

*This FREE program (a $72 value) is made possible by the support of the Fox Valley Special Recreation Foundation!*

*No session Friday, 4/8 and 4/15

**REGISTER NOW**
### Seated Yoga

Grab a chair and join our seated yoga session designed for beginners or those with limited mobility. This program will teach stretches, simple seated yoga poses, and breathing exercises to calm the mind and body. No equipment is required.

**Note:** Hand-over-hand or other additional assistance from home may be beneficial for seated virtual fitness programs.

The goals of this program are to increase flexibility, muscle tone, balance, and coordination.

*This FREE program (a $52 value) is made possible by the support of the Fox Valley Special Recreation Foundation!*

**Session Information**

**Zoom**
- W | 2/9 - 5/11 | 10:30 - 11:00 AM
- 8+ | 322-6505-0-4 | $52 R / $78 NR

### Sit and Be Fit

Just because it’s seated doesn't mean you won't sweat! Our instructor will lead you through a variety of seated exercises that will increase your endurance, strength, and flexibility. Sessions will rotate between general fitness, and dance based movements with a certified ChairOne Fitness instructor.

The goal of this program is to improve cardiovascular endurance, muscular strength, and flexibility through low-impact exercise.

*This FREE program (a $52 value) is made possible by the support of the Fox Valley Special Recreation Foundation!*

**Session Information**

**Zoom**
- Tu | 2/8 - 5/10 | 10:30 - 11:00 AM
- 8+ | 322-6506-0-4 | $52 R / $78 NR

### Strength and Conditioning

This advanced fitness program is high energy and will keep everyone in their best shape as they work with free weights, barbells, and cardio equipment.

**Note:** Participants should wear athletic clothing, gym shoes and bring a water bottle.

The goals of this program are to increase independence in fitness and introduce advanced skill-based fitness movements involving cardio and weightlifting equipment.

**Session Information**

**Persinger Fitness Studio & Fitness Center, Geneva**
- Tu | 2/8 - 5/10 | 3:30 - 4:30 PM
- 18+ | 322-6007-0-4 | $104 R / $156 NR

### Walking Club

Gear up for a great cardio workout as we challenge ourselves and cheer each other on to beat each week’s laps or step count through brisk walking.

**Note:** This program runs back to back with Supper Club Why not sign up for both?

The goal of this program is to improve cardiovascular endurance.

**Session Information**

**Vaughan Athletic Center, Walking Track, Aurora**
- 4:30 - 5:30 PM | 18+ | 322-6010-0-4 | $60 R / $90 NR

**REGISTER NOW**
Fitness & Wellness

HEROES IN HEALTH

FREE SERVICES FOR QUALIFIED VETERANS
Qualified veterans may access professionally trained personal trainers that focus on veteran culture, PTSD, MST, injuries, and illness specific to veterans and adaptive equipment.

HOW DO I SIGN UP?
To see if you qualify and to join the program, contact Brian, our Heroes in Health Coordinator, at BrianH@fvsra.org or (630) 907-1114 ext. 1209.

A VETERAN WELLNESS PROGRAM AT VAUGHAN ATHLETIC CENTER

Yoga

Center yourself with this yoga lesson. This program will teach stretches, simple poses, and breathing exercises to calm the mind and body.

The goals of this program are to increase flexibility, muscle tone, balance, and coordination.

Session Information
Zoom
Th | 2/10 - 5/12 | 11:30 AM - 12:00 PM
8+ | 322-6508-0-4 | $52 R / $78 NR*

*This FREE program (a $52 value) is made possible by the support of the Fox Valley Special Recreation Foundation!

* This FREE program (a $52 value) is made possible by the support of the Fox Valley Special Recreation Foundation!

Zumba

Are you looking for a fun and exciting way to increase your fitness? Zumba is salsa, cha cha, merengue, hip rolls, and shimmies together with high-energy Latin and international music. Follow along virtually as Charity, our Certified Zumba instructor, Zooms in to guide you through a series of unique moves that provide a great workout.

The goal of this program is to improve cardiovascular endurance, muscular strength, and coordination.

Session Information
Zoom
W | 2/9 - 5/11 | 4:00 - 4:30 PM
8+ | 322-6512-0-4 | $76 R / $114 NR*

*This FREE program (a $76 value) is made possible by the support of the Fox Valley Special Recreation Foundation!

Follow us on Facebook @FVSRA
Social

FRIENDS ARE FOREVER!

Meet Your Coordinators

Erin Anderson, CTRS
TR Specialist
P: (630) 907-1114 ext. 1217
M: (331) 302-8660
E: ErinA@fvsra.org

Rania Samawi, CTRS, MS
TR Specialist
P: (630) 907-1114 ext. 1219
M: (630) 433-1082
E: RaniaS@fvsra.org

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Symbols Key

- **In-Person** This program takes place in-person at the location listed on the program card.

- **Food** Snacks and drinks will be provided during this program.

- **Money** A suggested dollar amount is given if the participant wishes to make a purchase.

- **Shoes** This program requires participants to keep walking pace with the group and is not recommended for those who have mobility issues.

- **Transportation** Transportation will be provided to and/or from designated pick up locations.

- **Virtual** This program will take place online through Zoom. Login information will be provided.

Please contact Erin or Rania, your program coordinator, with any questions that you may have.
### Aktion Club

Are you looking for opportunities to get involved in your community? Then Aktion Club is a place for you! We will meet in-person to plan out and complete different service projects. Aktion Club is an international program supported by over half a million members of Kiwanis International. This club supports the core values of character building, leadership, inclusiveness, and caring throughout all members.

**Note:** This program is best for individuals who require minimal staff prompts to complete service projects.

The goal of the program is to increase community awareness through active participation and meaningful volunteer opportunities.

**Session Information**

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<td>M: 2/7, 2/21, 3/7, 3/21, 4/4, 4/18 &amp; 5/2</td>
<td>4:30 - 5:30 PM</td>
<td>16+</td>
<td>$50 R / $75 NR</td>
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### Bingo

B-I-N-G-O! Join your friends at FVSRA in playing one of our favorite games from the comfort of your own home. We will complete several rounds of Bingo, playing both traditional games and variations such as four corners and coverall.

**Note:** Bingo cards will be sent by email and can be played directly from the computer screen (no need to print out). If you prefer to play with a physical card, you can print them out at home. Due to the popularity and size of this program, participants will remain muted during gameplay.

The goals of this program are to improve number and letter recognition while using fine motor skills.

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<td>$72 R / $108 NR</td>
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### Coffee Club

See what’s brewing with friends new and old during this morning social program. Grab your favorite mug, pour yourself some coffee (or favorite beverage), and start your day with us.

The goal of this program is to practice appropriate peer interactions through turn-taking, active listening and conversation.

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<td>Zoom</td>
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<td>16+</td>
<td>$52 R / $78 NR*</td>
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### Food & Movie Night

Get together to enjoy dinner and show in the company of friends. Each session will feature different food and movie genres.

The goal of this program is to increase social interaction with peers.

**Session Information**

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<td>Sportsplex, St. Charles</td>
<td>Sa: 2/26, 3/19, 4/23 &amp; 5/14</td>
<td>5:00 - 7:30 PM</td>
<td>16+</td>
<td>$74 R / $111 NR</td>
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*This **FREE** program (a $52 value) is made possible by the support of the Fox Valley Special Recreation Foundation! *Transportation from OSW and VAC
Friday Night Hangout

Come hang out with your FVSRA friends for a Friday night of fun! This season’s activities will include a visit to the Batavia Fine Arts Centre, pizza building and board games, a progressive dinner, and movie night!

Note: Accessible seating is not available on 2/11. Food will be provided on 3/11, 4/8, and 5/6. Program runs right after Fit with Friends. Why not sign up for both?

The goal of this program is to increase social interaction with peers.

Comedy & Percussion Show*
Batavia Fine Arts Centre, Batavia
F | 2/11 | 7:00 - 9:15 PM
16+ | 322-1092-1-4 | $48 R / $72 NR

Build Your Own Pizza & Games**
FVSRA Multi-Purpose Room, Aurora
F | 3/11 | 5:45 - 7:30 PM
16+ | 322-1092-2-4 | $16 R / $24 NR

Movie Night**
FVSRA Multi-Purpose Room, Aurora
F | 5/6 | 5:45 - 7:45 PM
16+ | 322-1092-3-4 | $14 R / $21 NR

* Transportation from VAC (Comedy & Percussion Show)
** Transportation from GEN and OSW (All Other Sessions)

Lunch Bunch

Grab a bite to eat and hang out with peers and FVSRA staff. We will discuss different topics and share stories over lunch.

The goals of this program are to increase peer socialization and practice turn-taking.

Session Information
Zoom
F | 2/18, 3/25 & 4/22 | 12:30 - 1:15 PM
18+ | 322-1510-0-4 | $12 R / $18 NR*

*This FREE program (a $12 value) is made possible by the support of the Fox Valley Special Recreation Foundation!

Register Now
REC Club: In Person

Rec Clubs offer you an opportunity to socialize with peers through a variety of activities. Dinner will be provided each session, followed by planned activities.

* Transportation from OSW and VAC (North Session)
** Transportation from GEN and OSW (South Session)

North Session Information*
Sportsplex, St. Charles
- F | 2/18 | In-House Games & Dinner | 5:30 - 7:30 PM
- F | 3/25 | Dollar Tree Scavenger Hunt | 5:30 - 7:30 PM
- F | 4/22 | Earth Day Exploration | 5:30 - 7:30 PM
- 18+ | 322-1072-1-4 | $80 R/ $120 NR

South Session Information**
FVSRA Multi-Purpose Room, Aurora
- Tu | 2/22 | In-House Games & Dinner | 5:30 - 7:30 PM
- Tu | 3/22 | Dollar Tree Scavenger Hunt | 5:30 - 7:30 PM
- Tu | 4/19 | Earth Day Exploration | 5:30 - 7:30 PM
- 18+ | 322-1072-2-4 | $80 R/ $120 NR

REC Club: Virtual

Don’t miss your chance to catch up with old friends and make new ones in our Rec Clubs. During the program, participants will get the chance to assist staff with planning the activities each week!

*This FREE program (a $40 value) is made possible by the support of the Fox Valley Special Recreation Foundation!

Session Information
Zoom
- 18+ | 322-1509-0-4 | $40 R/ $60 NR*
Spartan Pals

Spartan Pals is an 8-week cooperative program that promotes social inclusion. In collaboration with Aurora University's Therapeutic Recreation program, participants will be matched with a group of up to four students and meet weekly to discuss topics of personal interest and play virtual games and activities.

**Note:** This is not led by FVSRA full-time staff. The link for the Zoom room will not appear on your confirmation but will instead be emailed to you prior to your first session. For questions about this cooperative program, please contact Brian Houzenga at BrianH@fvsra.org.

*The goal of this program is to promote social inclusion through conversation and activities in a small group setting.*

Session Information 1
Zoom
M | 2/7 - 4/4* | 2:00 - 2:30 PM
16+ | 221-2511-1-4 | FREE

Session Information 2
Zoom
Tu | 2/8 - 4/5* | 4:30 - 5:00 PM
16+ | 221-2511-2-4 | FREE

Session Information 3
Zoom
W | 2/9 - 4/6* | 4:30 - 5:00 PM
16+ | 221-2511-3-4 | FREE

Session Information 4
Zoom
Th | 2/10 - 4/7* | 11:00 - 11:30 AM
16+ | 221-2511-4-4 | FREE

*No session 3/7, 3/8, 3/9, 3/10

**REGISTER NOW**
Sports Talk

Join FVSRA staff as we discuss all your favorite teams and sports each week. We will highlight some of the great moments in Chicago history, along with other famous athletes and all-around sports talk. The only prerequisite for this program is to be a die-hard sports fan!

**Note:** Like sports? Check out the new Sports Talk Movie Night program!

The goals of this program are to discuss trending sports topics and increase social interaction with peers.

*This **FREE** program (a $70 value) is made possible by support of the Fox Valley Special Recreation Foundation!*

**Session Information**

**Zoom**  
F | 2/11 - 5/13 | 12:30 - 1:15 PM  
16+ | 322-1530-0-4 | $70 R / $105 NR*

---

Sports Talk: Movie Night

Enjoy classic sports related movies paired with ballpark themed eats.

**Note:** If you enjoy sports, sign up for our Sports Talk virtual program!

The goal of this program is to increase social interaction with peers over a shared interest.

*Transportation from OSW and VAC

**Session Information**

**Zoom**  
Tu | 2/22, 3/22 & 4/26 | 4:30 - 5:15 PM  
16+ | 322-1546-0-4 | $12 R / $18 NR*

---

Supper Club

Supper Club is your chance to enjoy a catered dinner and catch up with friends, old and new!

Supper Club runs back to back with Aktion Club & Walking Club, why not sign up for all three?

The goals of this program are to increase socialization with peers and increase independence in selecting food choices.

*Transportation from GEN and OSW

**Session Information**

**FVSRA Multi-Purpose Room, Aurora**  
M | 2/7 - 5/9 | 5:45 - 6:45 PM  
18+ | 322-1008-0-4 | $220 R / $330 NR

---

Trivia Tuesday

Get your thinking cap ready and join us for a night of trivia. Each session, we will feature different topics such as movies, animals, pop culture, and more!

The goal of this program is to practice appropriate social skills with peers.

*This **FREE** program (a $70 value) is made possible by the support of the Fox Valley Special Recreation Foundation!

**Session Information**

**Zoom**  
Tu  | 2/22, 3/22 & 4/26 | 4:30 - 5:15 PM  
16+ | 322-1546-0-4 | $12 R / $18 NR**
**Special Interest**

**EXPLORE SOMETHING DIFFERENT!**

**Meet Your Coordinators**

<table>
<thead>
<tr>
<th>Erin Anderson, CTRS</th>
<th>Rania Samawi, CTRS, MS</th>
</tr>
</thead>
<tbody>
<tr>
<td>TR Specialist</td>
<td>TR Specialist</td>
</tr>
<tr>
<td>P: (630) 907-1114 ext. 1217</td>
<td>P: (630) 907-1114 ext. 1219</td>
</tr>
<tr>
<td>M: (331) 302-8660</td>
<td>M: (630) 433-1082</td>
</tr>
<tr>
<td>E: <a href="mailto:ErinA@fvsra.org">ErinA@fvsra.org</a></td>
<td>E: <a href="mailto:RaniaS@fvsra.org">RaniaS@fvsra.org</a></td>
</tr>
</tbody>
</table>

**Registration is now online!**

FVSRA uses an online recreation system that allows you to search, filter, and sign up for programs easily. Please visit [www.fvsra.org/registration](http://www.fvsra.org/registration) to get started!

**Symbols Key**

- **In-Person** This program takes place in-person at the location listed on the program card.
- **Food** Snacks and drinks will be provided during this program.
- **Money** A suggested dollar amount is given if the participant wishes to make a purchase.
- **Shoes** This program requires participants to keep walking pace with the group and is not recommended for those who have mobility issues.
- **Transportation** Transportation will be provided to and/or from designated pick up locations.
- **Virtual** This program will take place online through Zoom. Login information will be provided.

Please contact Erin or Rania, your program coordinators, with any questions that you may have.

Registration Deadline is January 23
Adult Theater Group

Come enjoy a Broadway Series at the Historic Paramount Theatre.

Note: All patrons will be required to provide proof of COVID-19 vaccination at the theater. Paramount Theatre is adhering to all COVID-19 safety guidelines as mandated by the state of Illinois. Accessible seating is limited and social distancing may not be possible.

The goal of this program is to increase cultural awareness of the arts by viewing a live theatrical performance.

*Transportation from GEN, OSW, and VAC

Groundhog Day*
Paramount Theatre, Aurora
W | 2/9 | 1:00 - 4:30 PM
18+ | 322-1001-1-4 | $54 R / $81 NR

Rock of Ages*
Paramount Theatre, Aurora
W | 4/27 | 1:00 - 4:30 PM
18+ | 322-1001-2-4 | $54 R / $81 NR

All About Animals

Discover different animals and pets from around the world. Each week we will travel to a different destination to learn together in this fun and interactive program.

The goal of this program is to increase knowledge and awareness of animals from around the world.

*This FREE program (a $40 value) is made possible by the support of the Fox Valley Special Recreation Foundation!

Session Information
Zoom
16+ | 322-1517-0-4 | $40 R / $60 NR

Concert Series

We're bringing the concerts to you in your home! Each session is broken down into specific music genres. We will view some of the best pre-recorded concert performances with a little history sprinkled in.

The goal of this program to increase cultural awareness of music genres and styles.

*This FREE program (a $24 value) is made possible by the support of the Fox Valley Special Recreation Foundation!

Session Information
Zoom
Sa | 2/12, 3/5, 4/2 & 4/30 | 6:30 - 7:15 PM
16+ | 322-1573-0-4 | $24 R / $36 NR
**Special Interest**

**Cultural Cruisers**

Become a "Cultural Cruiser" and take a virtual trip around the world! We will learn about various countries and their artists, food, music, culture, traditions, and more during this program.

The goal of this program is to increase cultural awareness around the world.

*This **FREE** program (a $16 value) is made possible by the support of the Fox Valley Special Recreation Foundation!*

**Session Information**

Zoom  
F  |  2/18, 3/18, 4/8 & 5/13  |  9:30 - 10:00 AM  
16+  |  322-1039-0-4  |  $16 R / 24 NR*

**The Daily Star**

This is your opportunity to express how creative you can be in this newspaper-based program. Each month participants will work together to create jokes, illustrations, stories, and research any information that will entertain!

The goal of this program is to provide socialization with peers while working together to express creativity by writing and drawing.

*This **FREE** program (a $16 value) is made possible by the support of the Fox Valley Special Recreation Foundation!*

**Session Information**

Zoom  
F  |  2/11, 3/4, 4/1 & 5/6  |  9:30 - 10:00 AM  
18+  |  322-1513-0-4  |  $16 R / 24 NR*

**Hungry Hikers**

Work up your appetite with FVSRA’s Hungry Hikers program. You will enjoy hiking through the woods and work together to complete a nature scavenger hunt. The group will then be treated to a picnic lunch.

**Note:** Food is included in the program fee.

The goal of this program is to provide a low-impact fitness activity while socializing with peers in a natural setting.

*Transportation from GEN, OSW and VAC

**Session Information**

18+  |  322-2002-0-4  |  $62 R / $93 NR

**Oakhurst Forest Preserve, Aurora**

Tu  |  3/22  |  11:00 AM - 12:30 PM

**Bliss Woods Forest Preserve, Sugar Grove**

Tu  |  4/26  |  11:00 AM - 12:30 PM

**Jericho Lake Park, Montgomery**

Tu  |  5/10  |  11:00 AM - 12:30 PM

*Transportation from GEN, OSW and VAC
On My Own

Gaining independence is fun but it can require learning new things. Join us as we explore and teach various life skills through step-by-step interactive activities. This program meets both in-person and virtually on alternating weeks.

The goal of this program is to learn daily living skills and apply them in a community setting.

Performing Arts

Let the performer in you shine! Participants will share their talents with others in the group and learn various performing arts styles, including singing, dancing, comedy, and improvisation.

Note: Family and friends will be invited to attend a culminating performance on the last day of class.

The goal of this program is to increase creative expression and performance skills.

Pickleball

Pickleball is a unique sport that combines elements of badminton, tennis, and table tennis. This program will feature two introductory practice sessions and a mini tournament of friendly competition followed by lunch.

Note: Session on 4/2 will run from 12:30 - 2:30 PM.

The goal of this program is to introduce a unique sport that encourages physical activity and social interaction.

Saddle Up Line Dancing

Dust off your boots and get ready to dance! Each month will feature different line dances that staff will break down step-by-step as you follow along. You may even break a sweat from all the boot scootin’!

Note: Food is provided during the program.

The goal of this program is to increase physical coordination while learning line dances.
Youth & Teen

YOUTH & TEEN FRIENDLY!

Meet Your Coordinator

Erin Anderson, CTRS
TR Specialist
P: (630) 907-1114 ext. 1217
M: (331) 302-8660
E: ErinA@fvsra.org

Registration is now online!
FVSRA uses an online recreation system that allows you to search, filter, and sign up for programs easily. Please visit www.fvsra.org/registration to get started!

Symbols Key

In-Person This program takes place in-person at the location listed on the program card.

Food Snacks and drinks will be provided during this program.

Money A suggested dollar amount is given if the participant wishes to make a purchase.

Shoes This program requires participants to keep walking pace with the group and is not recommended for those who have mobility issues.

Transportation Transportation will be provided to and/or from designated pick up locations.

Virtual This program will take place online through Zoom. Login information will be provided.

Please contact Erin, your program coordinator, with any questions that you may have.
About Youth & Teen Programs

These programs are designed to maximize learning, fun, and socialization. Our staff utilize visuals to assist with communication and understanding. Programs are structured, have a close staff to participant ratio, and incorporate sensory breaks.

Through participation in our programs, your child/teen will work on developing appropriate peer interactions and improving fine and gross motor skills.

Important Notes:
- Siblings are welcome to register. Same fees apply.
- If medication will be administered during the program, please turn in the Permission to Dispense Medication Form and the medications prior to the program. This form can be found on our website under the “About” tab, then by clicking on “Forms,” or by calling the FVSRA Office.
- Please label personal belongings.

Don’t miss out!
Online registration closes January 23.

School’s Out

Spend the day off from school having fun with FVSRA. We will be playing group games, making crafts, and swimming.

Note: Participants should arrive dressed in their swim attire, and bring a labeled lunch and towel. Please bring a change of clothes for after the pool.

The goal of this program is to develop appropriate peer interactions.

Session Information*

FVSRA Multi-Purpose Room, Aurora

| M | 5 - 22 | 2/21 | 9:00 AM - 3:00 PM | 322-1047-0-2 | $48 R / $72 NR |

*Transportation from GEN and OSW

REGISTER NOW

Follow us on Facebook @FVSRA

2022 Winter & Spring Program Guide
Saturday Drop In

Start your weekend off with FVSRA! Participants will begin with a dip in the pool before we eat lunch, play games and complete an art and craft project.

Note: Participants should be dressed in their swimsuits upon arrival. Please bring a labeled lunch and towel. Please bring a change of clothes for after the pool.

The goals of this program are to develop appropriate peer interactions and to increase fine and gross motor skills.

*Transportation from GEN and OSW

Session Information 1*
FVSRA Multi-Purpose Room, Aurora
Sa | 2/19 | 12:30 - 3:00 PM
5 - 22 | 322-1075-1-2 | $24 R / $36 NR

Session Information 2*
FVSRA Multi-Purpose Room, Aurora
Sa | 3/5 | 12:30 - 3:00 PM
5 - 22 | 322-1075-2-2 | $24 R / $36 NR

Session Information 3*
FVSRA Multi-Purpose Room, Aurora
Sa | 3/19 | 12:30 - 3:00 PM
5 - 22 | 322-1075-3-2 | $24 R / $36 NR

Session Information 4*
FVSRA Multi-Purpose Room, Aurora
Sa | 4/2 | 12:30 - 3:00 PM
5 - 22 | 322-1075-4-2 | $24 R / $36 NR

Session Information 5*
FVSRA Multi-Purpose Room, Aurora
Sa | 4/23 | 12:30 - 3:00 PM
5 - 22 | 322-1075-5-2 | $24 R / $36 NR

Session Information 6*
FVSRA Multi-Purpose Room, Aurora
Sa | 5/7 | 12:30 - 3:00 PM
5 - 22 | 322-1075-6-2 | $24 R / $36 NR

REGISTER NOW
Spring Break Mini Camp

Make the most of your spring break by spending it with your FVSRA friends! We will be going on field trips, swimming, making crafts and playing games.

Note: Pack a snack, sack lunch and water daily. A breakdown of activities will be sent a week prior to camp.

The goals of this program are to increase gross motor movement through games and activities and to enhance socialization with peers.

Session Information*
FVSRA Multi-Purpose Room, Aurora
M - Th | 3/28 - 3/31 | 9:00 AM - 3:00 PM
5-22 | 322-1050-0-2 | $176 R / $264 NR

*Transportation from GEN and OSW

Ultimate Ninjas Obstacle Course Park

Practice your ninja moves in this fun and interactive high energy program. You will run, jump and climb through the obstacles! FVSRA will have one hour of private free play in the Ultimate Ninja’s gym.

Note: Wear athletic clothing and tennis shoes.

The goal of this program is to allow for active play and social interaction with peers.

Session Information*
Ultimate Ninja, Naperville
Sa | 3/12 | 12:00 - 1:00 PM
5 - 12 | 322-2037-0-2 | $26 R / $39 NR

*Transportation from GEN, OSW, and VAC

SENSORY ROOM

The FVSRA Sensory Room is a controlled multi-sensory environment that provides opportunities for participants to engage senses through various stimuli such as lights, color, sounds, aromas and textures.

Sensory Room Benefits:
- Relaxation
- Stimulation
- Cognitive Development
- Motor Development
- Decision Making
- Communication

30 Minute Therapy Sessions
A trained Certified Therapeutic Recreation Specialist (CTRS) will develop and implement an individualized, one on one therapy session that is geared towards accomplishing participant goals.

For more information, please contact Rania Samawi at RaniaS@fvsra.org
Registration Procedures

Online Registration
FVSRA uses Rec 1, an online recreation system, that allows you to search and sign up for programs easily. Choose to search for programs under categories including fitness, athletics, special events, social programs, or search for programs by day of the week, program name, age group, or location. Online registration is available at www.fvsra.org/registration.

If you do not have an existing household account, you can create one by clicking on the “Take Me To Registration” button on the web page’s upper left-hand corner. If you are a first-time online registrant or need assistance with your username or password, please contact us at 630-907-1114 or email registration@fvsra.org for assistance. Payment is requested at time of registration and can only be made by credit/debit card.

In-Person, Mail, Fax, Email, & Phone Registration
Register in-person or over the phone using our registration form, which can be downloaded from the FVSRA website at www.fvsra.org/forms.

Mail or drop off your registration form and payment at the FVSRA office, 2121 W. Indian Trail in Aurora.

There is an after-hours dropbox outside the entrance. Payment is requested at the time of registration and can be taken in person, by phone, or by mail. Accepted forms of payment include Visa/MasterCard/Discover/American Express, cash, or check. Please note, a $20 fee will be charged to the issuer of any returned checks. For a “Pay Later” option, please contact us directly at (630) 907-1114.

If registering by email or fax, please contact us directly to provide payment details.

Virtual Programming Access and Passwords
Zoom information for virtual programs is located on your receipt. You will also receive an email at the beginning of the program season with links and passwords for your programs. These are exclusive to you and cannot be shared. Participants who are not to be identified and/or whose enrollment status cannot be confirmed may be removed from a virtual program.

Online Account
Each online household account will have an "Account Statement", which indicates program status along with payments made/due. Payment at the time of registration will be processed immediately upon receipt but is not a confirmation of enrollment. Participants will be notified if a program is canceled, closed, or moved from wait status. Register carefully! If it is necessary to alter a program registration after it has been received at FVSRA, there may be a $5 charge for each program change.

Each FVSRA program is planned for a minimum and a maximum number of participants. If a program reaches the minimum, all registrants will be enrolled. If the program fails to reach the minimum, the program is typically canceled. When a program reaches the maximum, it may close, and additional registration may be declined. In this case, registrants above the maximum will be placed in a wait status until FVSRA can determine whether the program can be expanded to accommodate them.

Fee Assistance (Scholarships)
Because we believe every individual should have the opportunity to participate in recreation programs, FVSRA scholarships are available to residents in financial need through the generous support of the FVSRFoundation. Guardians and/or participants over 18 years old must complete a Scholarship Application and submit it to FVSRA. To request a form and view the full Scholarship Policy, please contact the office or visit: fvsra.org/forms. Applications will be reviewed, and scholarship awards will be applied to your online account before registration. Please note that some programs may not be eligible for scholarship awards, and applications can only be considered once all outstanding balances are paid in full. Contact Alex Engelhardt, Executive Director, with any questions regarding scholarships at (630) 907-1114 or AlexE@fvsra.org.

Annual Information Form (AIF)
Every participant must complete an Annual Information Form (AIF) each calendar year to register. Individuals without a current AIF on file will not be permitted to participate. An AIF can be completed through our online registration system at www.fvsra.org/registration or downloaded from the FVSRA website at www.fvsra.org/forms. If completing via hard copy, the form will need to be completed in its entirety. Please notify FVSRA of any changes to the AIF information during the course of the year.

Liability Waiver
FVSRA’s liability insurance carrier requires that prior to participation in any programs; the legal authority must sign the enclosed waiver. If a participant 18 years or older is able to sign contracts to legally enter into agreements, then they should sign the waiver. If not, the parent or legal guardian must do so. Participation will be denied if the signature of the adult participant or parent/guardian and date are not on Waiver and Release of All Claims. If registering online, the electronic waiver must be completed.
Participant Eligibility Requirements

All in-person programs have enhanced essential eligibility requirements to comply with state and federal COVID-19 regulations and best practices. Measures are necessary to keep all participants and staff members safe. We understand these measures may be difficult for some of our participants and may exclude them from returning to in-person programming at this time. We intend to ease restrictions as governmental regulations change based on state progress through the Governor’s plan. Additional information regarding our in-person program requirements is detailed out in our Return to In-Person Program Guide available at www.fvsra.org/inpersonprogramming.

- Independently attend to personal self-care such as bathroom needs, hand washing, eating, dressing, and personal hygiene.
- Maintain a physical distance of 6 feet or greater from other participants, staff, and community members with minimal verbal reminders.
- Independently put on, wear, and take off a face covering, when necessary and for the program’s duration.
- Participate in the activity without the need for physical assistance (i.e. hand over hand, lifting/transferring).
- Follow FVSRA’s Code of Conduct and participate without emotional outbursts that require direct or close proximity or which expose others to respiratory droplets (i.e., yelling, spitting, or biting).
- Conduct a personal health screening before each program. Must be able to honestly answer “No” to all questions.

If a participant is unable to meet the following expectations, they may be unable to participate at this time in accordance with current federal, state, and local mandates and FVSRA guidelines. Please contact JackieS@fvsra.org to discuss any program modifications.
Virtual Programs:
- Show respect to all participants and staff. Threats and bullying of any form will not be tolerated.
- Listen to and comply with staff directions.
- Refrain from using foul language or other offensive behavior such as rude gestures, sexually explicit language, or inappropriate touching.
- Refrain from threatening or causing bodily harm to self, other participants, patrons, or staff.
- Show respect for equipment, supplies, and facilities.
- Not possess any weapons, illegal substances, or alcohol.
- Not be under the influence of alcohol or drugs which would impair the ability to safely participate in the program.

In-Person Programs:
- Show respect to all participants, staff, volunteers, and patrons.
- Listen to and comply with staff direction and program rules, including staying within program boundaries.
- Allow others in the program and those at public facilities to enjoy the activity without disruption.
- Refrain from using foul language or other offensive behavior such as rude gestures, sexually explicit language, or inappropriate touching.
- Refrain from threatening or causing bodily harm to self, other participants, patrons, or staff.
- Show respect for equipment, supplies, and facilities.
- Not possess any weapons, illegal substances, or alcohol.
- Not be under the influence of alcohol or drugs which would impair the ability to safely participate in the program.

Discipline
A positive approach will be used regarding discipline. If inappropriate behavior occurs, a prompt resolution will be sought specifically to each individual's situation. The agency reserves the right to dismiss a participant, patron, or spectator whose behavior endangers their safety or the safety of others. If a participant is suspended from FVSRA programs, a meeting with the Superintendent of Recreation, the participant, and their guardian will be scheduled to determine the requirements to return to FVSRA programs.

Mandated Reporters
All FVSRA staff are mandated by the State of Illinois to make a report to the DCFS or OIG hotline if they observe a situation that provides reasonable cause to suspect abuse/neglect. Workers in certain professions, including "recreational program," personnel have this legal mandate. Staff are trained on signs and symptoms of abuse/neglect and procedures for making a report.

Medication Dispensing
If medication needs to be dispensed during a program, you must indicate this on the registration form. Complete and sign the Permission To Dispense Medication / Waiver and Release of All Claims forms found at www.fvsra.org/forms. You will need to provide written medication dispensing instructions. If approved, the medicine must be delivered to the Program Leader onsite at the program in individually sealed medication envelopes, including the participant's name, medication, dosage, and time of day the medicine is to be given to the participants.

Participant Expectations
- Participants need to wear appropriate attire for program participation (i.e., for athletic/fitness programs, comfortable clothing and tennis shoes need to be worn). If there are questions about the type of attire participants should wear, please contact the program leader.
- Participants are expected to arrive at programs or transportation sites displaying proper hygiene and body odor. FVSRA staff will also be consistent in stressing personal hygiene while participants are in programs and will not return participants to the end of a program in an unclean manner. To ensure participants are returned home in a clean manner, we require that you provide additional supplies when necessary (undergarments, diapers/depends, wipes, extra set of clothing, etc. Participants who need assistance toileting must wear appropriate undergarments while in the pool).

Policies

**Atlanto Axial Subluxation**
Individuals with Down Syndrome are at risk of having Atlanto Axial Subluxation Condition (ASC) that causes increased mobility in the cervical spine. For the safety of our participants, individuals with Down Syndrome are not allowed to participate in the butterfly stroke in swimming, diving, tumbling, gymnastics, high jump, and other activities unless they have tested negative for ASC. An x-ray determines if the condition is present. For more information, contact FVSRA at (630) 907-1114.

**Code of Conduct**
All participants, patrons, and spectators are expected to exhibit appropriate behavior at all times. The following guidelines have been developed to help make programs safe and enjoyable for all. Additional rules may be developed for specific programs as deemed necessary by staff. The agency insists that all participants, patrons, and spectators comply with the following FVSRA Code of Conduct:

- Show respect to all participants, staff, volunteers, and patrons.
- Listen to and comply with staff direction and program rules, including staying within program boundaries.
- Allow others in the program and those at public facilities to enjoy the activity without disruption.
- Refrain from using foul language or other offensive behavior such as rude gestures, sexually explicit language, or inappropriate touching.
- Refrain from threatening or causing bodily harm to self, other participants, patrons, or staff.
- Show respect for equipment, supplies, and facilities.
- Not possess any weapons, illegal substances, or alcohol.
- Not be under the influence of alcohol or drugs which would impair the ability to safely participate in the program.

**In-Person Programs:**
- Show respect to all participants, staff, volunteers, and patrons.
- Listen to and comply with staff direction and program rules, including staying within program boundaries.
- Allow others in the program and those at public facilities to enjoy the activity without disruption.
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- Participants are expected to arrive at programs or transportation sites displaying proper hygiene and body odor. FVSRA staff will also be consistent in stressing personal hygiene while participants are in programs and will not return participants at the end of a program in an unclean manner. To ensure participants are returned home in a clean manner, we require that you provide additional supplies when necessary (undergarments, diapers/depends, wipes, extra set of clothing, etc. Participants who need assistance toileting must wear appropriate undergarments while in the pool).
Parent / Guardian Responsibilities

- Follow specific pick-up and drop-off directions for each program as communicated by the Program Leader. FVSRA has the right to restrict entry to the specific program space to participants and staff only.
- All participants’ belongings should be clearly labeled as FVSRA is not responsible for lost or stolen items.
- Contact the FVSRA office or Program Leader if the participant will be absent from a program.
- Alert FVSRA of any dietary restrictions at least 1 week before the program date for programs that include snacks. Every effort will be given to provide alternative snack options, or the participant can bring their own.
- Adhere to the program’s scheduled pick-up and drop-off transportation times. Participants cannot be left unattended before or after the designated program time.
- Provide FVSRA Staff with additional supplies such as undergarments, diapers/depends, wipes, extra set of clothing, etc., for participants who require assistance with toileting.

Personal Health Screening

All participants, staff, and volunteers are required to complete their own personal health assessment before attending any in-person programs. FVSRA will not record or request proof of this, but by attending/working a program, participants, staff, and volunteers are confirming they can answer “no” to the following questions for new or unexpected symptoms. If anyone answers “yes” to any of these questions, they may not be allowed to attend until cleared by a medical professional or are 24 hours symptom free without the support of medication.

- Do you have a fever of 100.4 Fahrenheit or higher?
- Do you have a cough or sore throat?
- Have you been experiencing difficulty breathing or shortness of breath?
- Do you have muscle aches?
- Have you had a headache (e.g. not typical to the individual)?
- Have you noticed a loss of taste or loss of smell?
- Have you been experiencing chills or rigor (i.e. sudden feeling of cold with shivering accompanied by a rise in temperature)?
- Do you have any gastrointestinal concerns (e.g. abdominal pain, vomiting, diarrhea)?
- Have you tested positive for COVID-19 in the last 14 days?
- To the best of your knowledge, in the last 14 days, have you, or someone in your household, come into close contact with anyone who has tested positive for or been diagnosed with COVID-19? (For those who are not fully vaccinated only)

If the individual displays any of the above symptoms, FVSRA must take precautions as if the individual has COVID-19 if they are not vaccinated. If the individual has illness such as allergies or other noncontagious conditions that may appear similar to a contagious illness, a note from a medical professional may be required prior to participation or 24 hours symptom free without the support of medication. FVSRA has the right to refuse any individual who appears to have any of the above symptoms from programs or work.

If a participant becomes ill during a program, a guardian or emergency contact will be notified and asked to pick up the participant. Staff will escort the participant to an isolated area and remain with them at a safe distance until they are picked up.

Photograph / Video Policy

By registering for a FVSRA program or event, you consent that FVSRA has the right to photograph or film you or your child/ward and use the photos/videos for any purpose in any medium of communication, without compensation. If there is a specific reason you or your child/ward cannot be photographed, please contact us.

Refund Policy

If a program is canceled by FVSRA due to low/no enrollment, a credit will be applied to the participant’s account. For cancellations due to weather, the date may not be rescheduled and may not be eligible for a refund. Weather cancellations will be reviewed on a case by case basis. In the event a participant must drop out of a program due to an injury or illness, a doctor’s note is required unless otherwise indicated. The fee will be prorated starting with the date the request and the doctor’s note are received by FVSRA.

If a participant relocates out of the area, a refund will be made once the refund request and proof of relocation are submitted to the FVSRA office. The fee will be prorated starting with the date the request and proof of relocation are received by FVSRA. Requests to withdraw from a program should be directed to the Program Leader. Program refund requests will be reviewed by Administrative staff for eligibility.

Withdrawal/Refund requests submitted within one week of the program may not be eligible for refunds. Eligible credits/refunds are subject to a $5 processing fee. For events/trips involving the purchase of tickets, contracted services, or specialized/non-returnable supplies, the cost of said items will be deducted from the program credit/refund unless another registrant fills the space. If you have any questions regarding our Refund Policy, please contact Alex Engelhardt, Executive Director, at (630) 907-1114 or AlexE@FVSRA.org.

Resident/Non-Resident Policy

Residents will be given priority when registering for programs. Residents include all individuals who live within the boundaries of the Fox Valley, St. Charles, Geneva, Batavia, Oswegoland, Sugar Grove Park Districts, and the Village of South Elgin Parks and Recreation Department. Any individual who lives outside
the participating Member Agency boundaries is considered a non-resident and will be required to pay non-resident fees when registering for programs when applicable. Any questions regarding the non-resident policy should be directed to Alex Engelhardt, Executive Director, at (630) 907-1114 or AlexE@fvsra.org.

**Weather Cancellations**

Programs may be cancelled due to inclement weather. If a program is cancelled, staff will attempt to reach all participants by phone and email to inform them of the cancellation. Programs may or may not be rescheduled.

Severe Winter Weather Guidelines for Cancelling Programs

All programs are cancelled when the temperature drops to -10° or wind chill of -20°. All programs (including indoor) are cancelled during snowstorm or blizzard situations when driving restrictions and emergency accident plans are in effect (e.g., winter storm or blizzard warnings).

**Wellness Guidelines**

In consideration of other participants, staff, and to prevent the spread of contagious illnesses, participants cannot attend programs when any of the following conditions exist:

- Fever of 100 degrees or higher within the last 24 hours.
- Vomiting within the last 24 hours.
- Persistent diarrhea in conjunction with other symptoms.
- Contagious rash or a rash of unknown origin.
- Persistent cough and/or cold symptoms.
- Eye infections or discharge from the eye.
- Symptoms of mumps, measles, chicken pox, strep throat, flu, impetigo, or Coxsackie’s virus.
- Fatigue due to illness that hinders participation in the program.
- Lice or mites.
- Any other illness or condition which is contagious or which may spread to others.

Please notify FVSRA if the participant contracts any contagious illness. Participants should return to programs at the doctor’s recommendation, or, if not under a doctor’s care when the symptoms have passed.
Transportation Updates (see map on page 49)
FVSRA recognizes the need for transportation services for individuals with disabilities. Beginning in Fall 2021, we are bringing back pick up and drop off options in a limited capacity, utilizing the Aurora, Geneva, and Oswego pick-up points.

In order to utilize transportation, participants must meet FVSRA’s enhanced eligibility requirements, which adhere to current federal, state, and local mandates and guidelines which are subject to change. Please reference our Return to In-person Program Guide found here: https://www.fvsra.org/participant-eligibility-requirement for complete details. Please contact Jackie Salemi, Superintendent of Recreation, at Jackies@fvsra.org or at 630-907-1114 to discuss any accommodations. Additionally, when considering whether or not to utilize transportation it is important to note the following:

- Masks are required for all riders while on the bus, regardless of vaccination status.
- Physical distancing will be encouraged; however, it cannot be guaranteed so please sign up with caution.
- If contact tracing is needed, it is likely the entire bus would be subject to FVSRA contact tracing requirements.

Programs that have transportation options will have a bus symbol noted next to the blurb and will include pick-up/drop-off site abbreviations, when applicable. Those who wish to utilize transportation must indicate their pick-up/drop-off point in the “Pick-Up/ Drop-Off Site” column, located on the registration form, or select the location in the transportation prompt if you register online. FVSRA must know beforehand if a participant requires pick-up/drop-off transportation in order to schedule drivers and vehicles. Unless this column is completed, FVSRA staff will assume a participant has other means of transportation.

Transportation Safety Procedures
FVSRA has developed the following transportation procedures to ensure the safety of all. FVSRA reserves the right to refuse transportation to any individual who does not comply with procedures or, if it is deemed unsafe at the agency’s or driver’s discretion.

- Only participants registered for transportation will be allowed on vehicle.
- A guardian or caregiver expected to provide 1:1 assistance to a passenger is expected to complete a Transportation Waiver. Contact Operations Manager at 630-907-1114 at time of registration to obtain paperwork.
- Individuals not authorized to be left alone to wait for a ride, or are prone to seizures, must have a guardian meet the vehicle at time of pick-ups and drop-offs.
- Individuals who are authorized to be left alone upon drop-off, will not be allowed to wait unattended in inclement weather; late pick-up and drop-off policies and procedures will apply.
- Drivers will assist passengers onto or out of the vehicle as necessary. Only trained FVSRA staff are authorized to operate equipment on the vehicle, including but not limited to vehicle lift and tie-downs.
- Passengers who use tri-wheeled chairs, or other type of chair not ideal for transportation services, or chairs with brakes not in working condition, must transfer to a stationary seat. If assistance is needed for a participant to transfer to a seat, a Participant Support and Transfer Request for Accommodation must be completed and on file. This can be found at www.fvsra.org/forms.
- All passengers must be seated and wearing safety belts.
- All passengers are expected to exhibit appropriate and safe behavior at all times.

Car Seats
FVSRA recommends car seats for all passengers under the age of 8. Guardians are responsible for communicating any car seat set-up needs at the time of registration by contacting the Operations Manager at 630-907-1114. Additionally, guardians are responsible for:

- Securing a car seat onto an agency vehicle.
- Securing the passenger into the car seat.
- Training FVSRA staff on how to secure passenger into the car seat.

Late Pick-Up & Drop-Off Policies & Procedures
Participants are expected to be dropped off at the start of the program time and picked up within 5 minutes of the end of the program or scheduled drop-off time. Drivers will not stay at a pick-up nor drop-off point for more than 5 minutes after the scheduled pick-up or drop-off time. The driver will inform the guardians of the remaining drop-off times and will continue their route. Guardians may pick up a participant at any pre-established drop-off site indicated on the Program Flyer or at the facility main entrance of the bus hub of which the address and time will be communicated by the driver.

Non-emergency police in the town of the program or bus hub site will be notified and take custody of a participant who is not picked up 30 minutes of the program or rescheduled drop-off time at the bus hub; late fees still apply. Continued tardiness may jeopardize the participant’s ability to enroll in programs or transportation services.

Late Fees
Participants may be issued a late fee if they are not picked up within 5 minutes from the facility of the program or within 5 minutes from the bus hub at the reestablished time if they are utilizing FVSR A transportation. There is a $10 fee for late pick-ups for the first 10 minutes and $1 for every minute thereafter. The participant will be invoiced and registration for other programs will not be accepted until outstanding fees are paid. Please note: Drivers or Program Leaders are not authorized to collect payments.
<table>
<thead>
<tr>
<th>Day</th>
<th>Program</th>
<th>Type</th>
<th>Start Time</th>
<th>End Time</th>
<th>Page</th>
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<tr>
<td>M</td>
<td>School's Out</td>
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<td>9:00 AM</td>
<td>3:00 PM</td>
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<td>6:45 PM</td>
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<td>9:00 AM</td>
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<td>Goat Yoga &amp; Picnic Breakfast</td>
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<td>9:00 AM</td>
<td>11:00 AM</td>
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<td>Tu</td>
<td>On My Own</td>
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<td>W</td>
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<td>W</td>
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<td>W</td>
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<td>W</td>
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<td>W</td>
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<td>W</td>
<td>Zumba</td>
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<td>3:45 PM</td>
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<td>W</td>
<td>Indoor Soccer Skills</td>
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<td>W</td>
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<td>7:00 PM</td>
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<td>W</td>
<td>Volleyball and Dinner</td>
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<td>W</td>
<td>Pinot's Palette</td>
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<td>W</td>
<td>Paint Pouring and Pizza</td>
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<td>6:15 PM</td>
<td>8:00 PM</td>
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<td>W</td>
<td>Chicago Wolves</td>
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<td>6:30 PM</td>
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<td>W</td>
<td>Chicago Bulls Watch Party: Session 1</td>
<td>In Person</td>
<td>6:45 PM</td>
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<td>W</td>
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<td>4:30 PM</td>
<td>5:15 PM</td>
<td>36</td>
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<td>Play the Course</td>
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<td>Type</td>
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<td>11:00 AM</td>
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<td>Th</td>
<td>Yoga</td>
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<td>5:00 PM</td>
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<td>Th</td>
<td>Roller Skate &amp; Pizza</td>
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<td>Th</td>
<td>Bingo</td>
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<td>6:30 PM</td>
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<td>Th</td>
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<td>9:30 AM</td>
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<td>The Daily Star</td>
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<td>Lunch Bunch</td>
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<td>Picasso Painters</td>
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<td>F</td>
<td>Swim Lessons-Beginner</td>
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<td>Sa</td>
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<td>9:00 AM</td>
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<td>Sa</td>
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<td>9:15 AM</td>
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<td>Sa</td>
<td>Special Olympics Bowling</td>
<td>In Person</td>
<td>9:15 AM</td>
<td>10:45 AM</td>
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<td>Sa</td>
<td>ISU Gamma Phi Circus</td>
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<td>10:00 AM</td>
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<td>Saturday Bowl Session 2</td>
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<td>Mindfulness Mornings</td>
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<td>Sa</td>
<td>Bags &amp; BBQ</td>
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<td>11:30 AM</td>
<td>1:00 PM</td>
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<td>Sa</td>
<td>Ultimate Ninjas Obstacle Course Park</td>
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<td>2:00 PM</td>
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<td>Personal Training</td>
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<td>Various</td>
<td>Spartan Pals</td>
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## Facility Directory

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<td>905 Carlisle Rd.</td>
<td>Batavia</td>
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<tr>
<td>Allstate Arena</td>
<td>6920 Mannheim Rd.</td>
<td>Rosemont</td>
</tr>
<tr>
<td>Anytime Fitness</td>
<td>35 E. Park Ave.</td>
<td>Sugar Grove</td>
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<tr>
<td>Batavia Civic Center</td>
<td>327 W. Wilson St.</td>
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<tr>
<td>Baker Community Center</td>
<td>101 S. 2nd St.</td>
<td>St. Charles</td>
</tr>
<tr>
<td>Batavia Fine Arts Centre</td>
<td>1250 W Wilson St</td>
<td>Batavia</td>
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<tr>
<td>Bliss Woods Forest Preserve</td>
<td>55660 Bliss Rd.</td>
<td>Sugar Grove</td>
</tr>
<tr>
<td>East Side Sports Complex</td>
<td>3565 Legacy Blvd.</td>
<td>St. Charles</td>
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<tr>
<td>Funway</td>
<td>1335 S. River St.</td>
<td>Batavia</td>
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<tr>
<td>FVSRA</td>
<td>2121 W. Indian Trail</td>
<td>Aurora</td>
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<tr>
<td>Hall Field</td>
<td>2001 Heather Dr.</td>
<td>Aurora</td>
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<tr>
<td>Harmony Pointe Park</td>
<td>2121 W. Indian Trail</td>
<td>Aurora</td>
</tr>
<tr>
<td>Impastato Golf Academy</td>
<td>2100 Enterprise Ave.</td>
<td>Batavia</td>
</tr>
<tr>
<td>ISU Redbird Arena</td>
<td>232 W. College Ave.</td>
<td>Bloomington-Normal</td>
</tr>
<tr>
<td>Jericho Lake Park</td>
<td>39W365 Jericho Rd.</td>
<td>Aurora</td>
</tr>
<tr>
<td>Lake Geneva</td>
<td>-</td>
<td>Wisconsin</td>
</tr>
<tr>
<td>The Lodge at Laurelwood</td>
<td>800 N. River St.</td>
<td>Batavia</td>
</tr>
<tr>
<td>Morton Arboretum</td>
<td>4100 IL-53</td>
<td>Lisle</td>
</tr>
<tr>
<td>Oakhurst Forest Preserve</td>
<td>1680 5th Ave.</td>
<td>Aurora</td>
</tr>
<tr>
<td>Paramount Theater</td>
<td>23 E. Galena Blvd.</td>
<td>Aurora</td>
</tr>
<tr>
<td>Pinot's Palette</td>
<td>3823 E. Main St.</td>
<td>St. Charles</td>
</tr>
<tr>
<td>Primrose Farm</td>
<td>5N726 Crane Rd.</td>
<td>St. Charles</td>
</tr>
<tr>
<td>Pottawatomie Golf Course</td>
<td>845 N. 2nd Ave.</td>
<td>St. Charles</td>
</tr>
<tr>
<td>Prisco Community Center</td>
<td>150 W. Illinois Ave.</td>
<td>Aurora</td>
</tr>
<tr>
<td>SEBA Park</td>
<td>151 S. Water St.</td>
<td>South Elgin</td>
</tr>
<tr>
<td>Shannon hall</td>
<td>14 N. Van Buren St.</td>
<td>Batavia</td>
</tr>
<tr>
<td>Sportsplex</td>
<td>1400 Foundry St.</td>
<td>St. Charles</td>
</tr>
<tr>
<td>Stephen D. Persinger Recreation Center</td>
<td>3507 Kaneville Rd.</td>
<td>Geneva</td>
</tr>
<tr>
<td>Stuart Sport Complex</td>
<td>38W143 Jericho Rd.</td>
<td>Montgomery</td>
</tr>
<tr>
<td>Tinseltown Theater</td>
<td>320 S. Lincolnway St.</td>
<td>Aurora</td>
</tr>
<tr>
<td>Top Golf</td>
<td>3211 Odyssey Ct.</td>
<td>Naperville</td>
</tr>
<tr>
<td>Ultimate Ninja</td>
<td>2012 Corporate Ln., Ste. 120</td>
<td>Naperville</td>
</tr>
<tr>
<td>Vaughan Athletic Center</td>
<td>2121 W. Indian Trail</td>
<td>Aurora</td>
</tr>
<tr>
<td>Vaughan Tennis Center</td>
<td>2121 W. Indian Trail</td>
<td>Aurora</td>
</tr>
<tr>
<td>Washington Middle School</td>
<td>231 S. Constitution Dr.</td>
<td>Aurora</td>
</tr>
<tr>
<td>Wormley Heritage Park</td>
<td>331 Century Dr.</td>
<td>Oswego</td>
</tr>
</tbody>
</table>
Registration Form
Fox Valley Special Recreation Association

ONLINE REGISTRATION IS AVAILABLE! Visit fvsra.org/registration to complete these registration forms.

Participant Name: ___________________________ Age: _______ DOB: _______ Gender: _______ Ethnicity: _______________________

Are there any updates to the participant’s contact information? [ ] Yes [ ] No (If yes, please provide updated info below.)

New participants must fill out the contact information completely.

Home Address: ___________________________ City: ___________________________ Zip: _______ Park District: _______________________

Phone Number: ___________________________ Email Address: ___________________________

Guardian 1 Name: ___________________________ Cell Number: ___________________________ Work Number: ___________________________

Guardian 2 Name: ___________________________ Cell Number: ___________________________ Work Number: ___________________________

Is participant requesting a scholarship? [ ] Yes [ ] No (Scholarship form must be filled out annually.)

I would like to donate to the FVSR Foundation. Please accept my donation of $ _______ (Include donation in registration table below)

REGISTER CAREFULLY! In the event a participant chooses to alter a program registration after it has been received, there may be a $5 charge.

TRANSPORTATION CHOICES MUST BE INDICATED ON THIS FORM. USE PROGRAM DESCRIPTIONS AND TRANSPORTATION DETAILS (LISTED ON THE PICK-UP/DROP-OFF SITES AND FACILITY DIRECTORY PAGE) TO ASSESS ALL AVAILABLE OPTIONS.

<table>
<thead>
<tr>
<th>Program Code</th>
<th>Program Name</th>
<th>Pick Up/ Drop Off Site</th>
<th>Door to Door</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>FVSRF</td>
<td>Foundation Donation</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

|      |      |      |      |

IF PAYING BY CREDIT CARD:

[ ] Visa  [ ] MasterCard

[ ] Discover  [ ] American Express

Card Number: ___________________________

Expiration: ___________  CVV: _______

Card Holder Signature: ___________________________
(required for credit card payment)

NOTE: When registering by FAX, it is mutually understood that the facsimile registration document (including the waiver & release of all claims) shall substitute for, and have the same legal effect, as the original form.

FOR OFFICE USE

Date: _______________________________________

Check #: _______________________________________

Amount $: _______________________________________

Balance $: _______________________________________

Participation will be denied if the signature of adult participant or parent/guardian and date are not on Waiver and Release of All Claims on the following page.
Important Information
The Fox Valley Special Recreation Association (FVSRA) is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The FVSRA 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
Recreational activities/programs are intended to challenge and engage the physical, mental, and emotional resources of each participant. 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. All hazards and dangers cannot be foreseen. Depending on the particular activity, certain risks, dangers and injuries may exist due to inclement weather, slips and falls, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instructive or officiating, and other risks inherent to the particular activity. IN this regard, it is impossible for FVSRA 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 it and participating in FVSRA activities, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or losses 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/vehicle operation, 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 that 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 the FVSRA, including its officials, agents, volunteers and employees (hereinafter collectively referred as "FVSRA").

I understand the FVSRA may photograph/videotape the events or activity in which I am (or my child/ward is) participating. I give my permission for the FVSRA to use photographs or videotape of me (or my child/ward) for the purpose of promoting the FVSRA and its services/programs. I give my permission with the following understanding: No compensation of any kind will be paid to me (or my child/ward) at this time or in the future for the use of my (or my child/ward's) likeness.

In the event of an emergency, I understand and authorize FVSRA 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.

I have read and fully understand the above Important Information, Warning of Risk, Waiver, Assumption of Risk, and Release of All Claim. If registering a minor participant, I further attest that

I have read the above to my minor child/ward. If registering by fax, your facsimile signature shall substitute for and have the same legal effect as an original form signature.

NOTE: When registering by FAX, it is mutually understood that the facsimile registration document (including the Waiver & Release of All Claims) shall substitute for, and have the same legal effect, as the original form.

<table>
<thead>
<tr>
<th>REQUIRED</th>
<th>Sign &amp; Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participant's Name (Print): ___________________________ Date: ___________________________</td>
<td></td>
</tr>
<tr>
<td>Participant's Signature: ___________________________________________________________</td>
<td></td>
</tr>
</tbody>
</table>

18 years or older or Parent/Guardian

Participation will be denied if the signature of adult participant or parent guardian is not on this waiver.
Guardian Consent for Participation, Waiver & Release

Please read this form carefully and be aware that participation in the athletics/activities program(s) for which this individual is being registered entails, like participation in all recreational activities, certain risks which cannot be entirely eliminated despite due care exercised by Fox Valley Special Recreation Association staff in conjunction with such program(s).

I hereby give my consent for this individual to participate in the athletic/activities program(s). I understand that appropriate precautions are taken to protect program participants. However, I also recognize and acknowledge that there is a degree of risk that this individual may sustain personal injury, illness or damage to property in the course of partaking in such activities, and that Fox Valley Special Recreation Association cannot guarantee risk-free recreational experiences to program participants. I further acknowledge that my child could be exposed to someone who may be incubating communicable illnesses or other diseases, including but not limited to COVID-19 (Coronavirus), and who may be capable of spreading disease to others during participation. I nonetheless desire to procure the benefits of recreation for this individual, and accordingly consent to their participation in the athletic/ activity program and agree to assume any and all risks and dangers associated with their participation.

I agree to emergency treatment of the individual by a physician or hospital in the event I cannot be reached, and I understand that Fox Valley Special Recreation Association does not cover or insure participants for any types of medical costs.

I hereby fully release and discharge Fox Valley Special Recreation Association and its officers, agents, servants and employees from any and all claims for injury, illness, disease, damage, loss or death which I may have or which may accrue on account of the individual's participation in the program(s). I further agree to indemnify and hold harmless Fox Valley Special Recreation Association and its officers, agents, servants and employees from any and all claims and expenses, including attorney's fees, resulting from injury, illness, disease, damage, loss or death sustained and arising in any way out of the individual's participation in said programs.

Eligibility Requirements

The safety of participants and staff is our number one responsibility. All in-person programs have enhanced essential eligibility requirements in order to comply with state and federal COVID-19 regulations. Please complete the questions attached to help determine eligibility or identify any accommodations to be discussed. If a participant is unable to meet the following expectations, they may be unable to participate at this time in accordance with current federal, state, and local mandates and guidelines. Please contact JackieS@fvsra.org to discuss any program accommodations.

[ ] Yes  [ ] No  Can the participant independently attend to personal self-care such as bathroom needs, hand washing, eating, dressing, and personal hygiene?

[ ] Yes  [ ] No  Is participant able to maintain physical distance of 6 feet or greater from other participants, staff, and community members with minimal verbal reminders?

[ ] Yes  [ ] No  Is participant able to independently put on, wear, and take off a face covering, when necessary and for the duration of the program?

[ ] Yes  [ ] No  Can the participant participate in the activity without the need for physical assistance (i.e. hand over hand, lifting/ transferring)?

[ ] Yes  [ ] No  Is participant able to follow FVSRA's Code of Conduct and participate without emotional outbursts that require direct or close proximity (6ft or less) by staff, or which expose others to respiratory droplets (i.e. yelling, spitting, or biting)?

[ ] Yes  [ ] No  Is participant able to independently (or with the assistance of a guardian or caregiver) conduct a personal health screening prior to each program? Must be able to honestly answer "no" to all questions provided by FVSRA?

Participant's Name (Print): __________________________________________ Date: __________

Participant's Signature:  ___________________________________________________________________________________________________

Participation will be denied if the signature of adult participant or parent guardian is not on this waiver.
If you would like to stop receiving this brochure, please call the FVSRA office and ask to be taken off the mailing list.