Empowering People with Special Needs

Winter & Spring
PROGRAM GUIDE 2023

Registration is now online!
Sign up at fvsra.org by January 16

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

Facility Directory

Program Directory

Registration Deadline is January 16

Follow us on Facebook @FVSRA

2023 Winter & Spring Program Guide
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 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 Library and more. To learn more, visit www.fvsrf.org.

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

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.

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. Individuals who are deaf or hearing impaired can call us through the Illinois Relay System by dialing 711 or (800) 526-0844. People who are deaf or hard of hearing can communicate with the FVSRA office by using TTY at (630) 907-1116.

FVSRA Board of Directors
Robert Thomson, Chair
St. Charles Park District
Sheavoun Lambirotte, Vice Chair
Geneva Park District
Scott Nadeau, Secretary
Sugar Grove Park District
Jaime Ijams, Treasurer
Fox Valley Park District
Rich Ziekie, FVSRF Representative
Oswegoland Park District
Allison Niemela, Member
Batavia Park District
Kim Wascher, Member
South Elgin Parks & Recreation

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 (IPRA). 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.

Contact Us
Location
2121 W. Indian Trail | Aurora, IL 60506
Located inside the Vaughan Athletic Center.

Hours
Monday - Friday | 9:00 AM - 4:00 PM
The FVSRA office will be closed April 7 and May 29

Contact
P: (630) 907-1114 | F: (630) 907-1116
Individuals who are deaf or hearing impaired can call us through the Illinois Relay System by dialing 711 or (800) 526-0844.

Social Media
Facebook @FVSRA | Instagram @FVSRA | Twitter @FVSRA

Online
E: info@fvsra.org | W: www.fvsra.org

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.

Registration Deadline is January 16
Follow us on Facebook @FVSRA
2023 Winter & Spring Program Guide
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.
- Swimming This program involves swimming. Please come prepared with a swimsuit, towel, and change of clothes.
- 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.

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 Claire Howes at ClaireH@fvsra.org or FVSRA.org.

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

Aquatics

SPLASH INTO FUN!

Meet Your Coordinator

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

Don’t miss out!
Online registration closes January 16 at 11:59 PM

Symbols Key

- In-person This program takes place in-person at the location listed on the program card.
- Food Snacks and drinks are included in the cost.
- Money A suggested dollar amount is given if the participant wishes to make a purchase.
- Swimming This program involves swimming. Please come prepared with a swimsuit, towel, and change of clothes.
- 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 Lexi, your program coordinator, with any questions that you may have.

Swim Lessons - Beginner

FVSRA swim instructors have extensive experience helping individuals with disabilities improve their water skills. Your instructor 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

Rush-Copley Healthplex, Aurora
W  |  2/8 - 5/10  |  6+
4:00 - 4:30 PM  |  323-7057-1-5  |  $420R/$630
4:30 - 5:00 PM  |  323-7057-2-5  |  $420R/$630
5:00 - 5:30 PM  |  323-7057-3-5  |  $420R/$630
5:30 - 6:00 PM  |  323-7057-4-5  |  $420R/$630
6:00 - 6:30 PM  |  323-7057-5-5  |  $420R/$630
6:30 - 7:00 PM  |  323-7057-6-5  |  $420R/$630

Session Information*

VAC Therapy Pool, Aurora
F  |  2/10 - 5/12  |  6+
5:00 - 5:30 PM  |  323-7055-1-5  |  $330 R/$495 NR
5:30 - 6:00 PM  |  323-7055-2-5  |  $330 R/$495 NR
6:00 - 6:30 PM  |  323-7055-3-5  |  $330 R/$495 NR
6:30 - 7:00 PM  |  323-7055-4-5  |  $330 R/$495 NR
7:00 - 7:30 PM  |  323-7055-5-5  |  $330 R/$495 NR
7:30 - 8:00 PM  |  323-7055-6-5  |  $330 R/$495 NR

*No session Friday, 2/24, 4/7, and 4/21

Don’t miss out!
Online registration closes January 16 at 11:59 PM

Food
Snacks and drinks are included in the cost.

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

Swimming
This program involves swimming. Please come prepared with a swimsuit, towel, and change of clothes.

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.

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

Don’t miss out!
Online registration closes January 16 at 11:59 PM

REGISTER NOW

Don’t miss out!
Online registration closes January 16 at 11:59 PM

REGISTER NOW
Swim Lessons - Advanced

FVSRA swim instructors have extensive experience helping individuals with disabilities improve their water skills. Your instructor 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.

**Session Information**

VAC Therapy Pool, Aurora
F | 2/10 - 5/12 | 6+
5:30 - 6:00 PM | 323-7051-1-5 | $330 R/$495 NR
6:00 - 6:30 PM | 323-7051-2-5 | $330 R/$495 NR
6:30 - 7:00 PM | 323-7051-3-5 | $330 R/$495 NR
7:00 - 7:30 PM | 323-7051-4-5 | $330 R/$495 NR
7:30 - 8:00 PM | 323-7051-5-5 | $330 R/$495 NR

*No session Friday, 2/24, 4/7, and 4/21

Swim Skills

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

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**

VAC Competition Pool, Aurora
F | 2/10 - 5/12 | 4:30 - 5:30 PM
8+ | 323-3050-0-4 | $104 R/$130 NR

*No session Friday 2/24, 4/7, and 4/21

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.

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

**Session Information 1**

VAC Therapy Pool, Aurora
W | 2/6 - 5/10 | 3:00 - 4:00 PM
18+ | 323-6011-1-4 | $96 R/$120 NR

**Session Information 2**

VAC Therapy Pool, Aurora
F | 2/10 - 5/12 | 4:00 - 5:00 PM
18+ | 323-6011-2-4 | $96 R/$120 NR

* No session Wednesday 2/22, 4/5, and 4/19
** No session Friday 2/24, 4/7, and 4/21

Transportation from GEN, EOLA, OSW, and SE (both)

Register Now
Meet Your Coordinator

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

Registration is now online!
FVSCRA 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!

Don’t miss out!
Online registration closes January 16 at 11:59 PM

Symbols Key

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

Food Snacks and drinks are included in the cost.

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

Swimming This program involves swimming. Please come prepared with a swimsuit, towel, and change of clothes.

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 Lexi, your program coordinator, with any questions that you may have.

About Athletics Programs
Participants of all ages will have fun learning or refining athletic skills while participating in FVSCRA 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.
• Athletes/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 16 at 11:59 PM

Sport/Event | Date | Location | MedForm Deadline
--- | --- | --- | ---
Alpine Ski Qualifier | January 4 | Wilmot Mountain, Wilmot | December 1
Snowshoe Qualifier | January 7 | Hoffman Estates High School, Hoffman Estates | November 30
Junior Basketball | January 15 | TBD, Algonquin | November 28
Senior Basketball | January 22 | Oswego East High School, Oswego | November 28
State Winter Games | January 31-February 2 | Chestnut Mountain, Galena | January 9
TR Section Basketball | February 12 | TBD | NA
Swimming Qualifier | March 23 | Metea High School, Naperville | February 21
State Basketball | March 10-12 | Illinois State University, Bloomington | February 7
Powerlifting Qualifier | March 24-26 | Marmion High School, Aurora | February 21
Soccer Qualifier | April 23 | Hinsdale South High School, Darrien | March 21
Spring Games (Track and Field Qualifier) | May 6-7 | Marmion High School, Aurora | March 14
TR Section Soccer | May 14 | TBD | NA
State Summer Games | June 9-11 | Illinois State University, Bloomington | May 8
Tennis Qualifier | June TBD | TBD | TBD
Unified Golf Qualifier | TBD | Randall Oaks Golf Course, West Dundee | TBD
TR Section Softball | July 16 | TBD | NA
Regional Bowling | July 22 | Stardust Bowl, Addison | TBD
3-6-9 Golf Qualifier | July TBD | Bartlett Hills Golf Course, Bartlett | TBD
Golf Skills Qualifier | August TBD | Springbrook Golf Course, Naperville | TBD
Softball Qualifier | August TBD | Inwood Sports Complex, Joliet | TBD
State Tennis | August 19 | Evergreen Racquet Club, Bloomington | July 18
State Golf | September 9-10 | Hickory Point Golf Course, Decatur | August 8
State Softball | September 9-10 | Lincoln Sports Complex, Springfield | August 8

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 and Athlete Consent Form can be found by scanning QR codes to the right, visiting www.fvsra.org or visiting www.soill.org. Please reach LexiM@fvsra.org with questions.

Fox Valley Special Recreation Association
**Athletics**

**Indoor Soccer Skills**

It’s time to hit the turf and kick some goals! Whether your goal is to prepare for the upcoming season or try a new sport, skills programs are built for you! Join us for kicking, passing, shooting, footwork, speed and other drills and skills during these indoor practice sessions.

The goal of this program is to introduce soccer skills including kicking, passing, shooting, and footwork.

*Session Information*

Eden Supportive Living, North Aurora
W | 2/8 | 3/1 | 5:30 - 6:30 PM
8+ | 323-3038-0-4 | $36 R/$45 NR

**Special Olympics Soccer**

This program will focus on soccer skills development, teamwork, and sportsmanship through practice and competition. Athletes will practice their skills while preparing for the Special Olympics District Tournament.

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

*Session Information*

Prairie Path Park, Batavia
W | 3/8 | 5/17 | 5:30 - 7:00 PM
8+ | 323-3059-0-4 | $168 R/$210 NR

**Kickball & Dinner**

Kick, run, score....EAT! Enjoy a friendly kickball competition followed by a relaxed dinner with friends.

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

*Session Information*

Sportsplex, St. Charles
Th | 3/23 | 5:45 - 7:15 PM
16+ | 323-2047-0-4 | $24 R/$30 NR

**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 for 1.5 hours. Athletes will compete at the Special Olympic Regional Bowling Tournament.

You are encouraged (but not required) to bring your own bowling ball and/or shoes. Regional Bowling Tournament is July 22.

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.

*Transportation will be provided for competition*

*Session Information*

Funway, Batavia
Sa | 2/4, 2/18, 3/4, 3/18, 4/4, 4/22, 5/6 | 10:15 - 11:45 AM
16+ | 323-3052-2-4 | $144 R/$180 NR

**Bowling**

Bowl with friends as we aim for strikes!

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

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

*Transportation from GEN and OSW*

*Session Information 1*

Funway, Batavia
Sa | 2/4, 2/18, 3/4, 3/18, 4/4, 4/22, 5/6 | 8:30 - 10:00 AM
16+ | 323-3052-1-4 | $144 R/$180 NR

*Session Information 2*

Funway, Batavia
Tu | 2/7, 2/21, 3/7, 3/21, 4/4, 4/18, 5/2 | 6:15 - 7:45 PM
16+ | 323-3052-3-4 | $128 R/$160 NR

*Session Information 3*

Parkside Lanes, Aurora
Sa | 2/4, 2/18, 3/4, 3/18, 4/4, 4/22, 5/6 | 1:00 - 2:30 PM
16+ | 323-3052-4-4 | $144 R/$180 NR

**Register Now**
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.

Athletes must provide their own golf clubs. Please contact LexiM@fvsra.org for information about renting equipment through the Dr. Kelly Resource Library.

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

Session Information
Impastato Golf Academy, Geneva
Th  |  3/16 - 4/20  |  3:00 - 4:00 PM
12+  |  323-3011-0-4  |  $136 R/$170 NR

Session Information*
Pottawatomie Golf Course, St. Charles
Th  |  10:00 AM - 1:00 PM  |  8+
5/4  |  323-3007-1-4  |  $20 R/$25 NR
5/11  |  323-3007-2-4  |  $20 R/$25 NR
5/18  |  323-3007-3-4  |  $20 R/$25 NR

*Transportation from EOLA, OSW, and VAC

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.

Session Information*
Pottawatomie Golf Course, St. Charles
Th  |  10:00 AM - 1:00 PM  |  8+
5/4  |  323-3007-1-4  |  $20 R/$25 NR
5/11  |  323-3007-2-4  |  $20 R/$25 NR
5/18  |  323-3007-3-4  |  $20 R/$25 NR

* No session Monday, 5/29
** Transportation from EOLA, OSW, and SE (both)

Special Olympics Golf
Tee it high and let it fly! Swing into action while developing and improving the knowledge and skills needed for this lifelong leisure sport. Athletes may choose Skills, Unified, or 3-6-9 play. Coaches will help athletes select which event is most appropriately matched to their skill level.

Athletes must provide their own golf clubs. Please contact LexiM@fvsra.org for information about renting equipment through the Dr. Kelly Resource Library.

The goal of this program is to improve golf skills through participation in skill-based drills that focus on gross and fine motor coordination.

Session Information 1*
Mooseheart, Batavia & Mill Creek, Geneva
M  |  5/22 - 7/10  |  6:00 - 7:30 PM
8+  |  323-3044-1-4  |  $184 R/$230 NR

Session Information 2**
Mooseheart, Batavia & Mill Creek, Geneva
Th  |  6/1 - 7/13  |  6:00 - 7:30 PM
8+  |  323-3044-2-4  |  $184 R/$230 NR

** Transportation from EOLA, OSW, and SE (both)

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

Athletes qualifying for state competition will be required to attend extended sessions from 4/5 - 6/7 at an additional cost. These sessions will be optional for athletes who do not qualify for state.

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  |  1/18 - 3/22  |  3:45 - 5:15 PM
16+  |  323-3010-0-4  |  $128 R/$160 NR

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Registration Deadline is January 16
Athletics

**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.

Athletes must provide their own tennis racquet. Please contact LexiM@fvsra.org for information about renting equipment through the Dr. Kelly Resource Library.

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

**Session Information**

VAC Tennis Court, Aurora
W | 3/22 - 4/12 | 4:00 - 5:00 PM
8+ | 323-3052-0-2 | $40 R/$50 NR

**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.

Athletes must provide their own tennis racquet. Please contact LexiM@fvsra.org for information about renting equipment through the Dr. Kelly Resource Library.

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

**Session Information**

VAC Tennis Court, Aurora
W | 3/22 - 4/12 | 4:00 - 5:00 PM
8+ | 323-3052-0-2 | $40 R/$50 NR

**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**

Sportsplex, St. Charles
Tu | 3/21 - 4/11 | 6:30 - 7:30 PM
15+ | 323-3024-0-4 | $36 R/$45 NR

**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.

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

**Session Information (Central/South)**

West Main Park, Batavia
Tu | 4/25 - 5/7 | 6:30 - 8:00 PM
15+ | 323-3008-1-4 | $160 R/$200 NR

**Session Information (North)**

Eastside Sports Complex, St. Charles
Tu | 4/25 - 5/7 | 6:30 - 8:00 PM
15+ | 323-3008-2-4 | $160 R/$200 NR

**Youth Sports Sampler**

Try out a different sport each week including basketball, soccer, tennis, bocce, and more.

The goal of this program is to provide an opportunity to learn the rules of the game and practice different sports.

**Session Information**

JB Nelson Elementary, Batavia
W | 2/8 - 3/15 | 5:30 - 6:15 PM
5 - 12 | 323-3033-0-2 | $36 R/$45 NR
Meet Your Coordinators

Remy Rook
TR Coordinator
P: (630) 907-1114 ext. 1227
M: (331) 302-8043
E: RemyR@fvsra.org

Lexi Masterson, CTRS, MS
Athletics Manager
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 are included in the cost.

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

Swimming This program involves swimming. Please come prepared with a swimsuit, towel, and change of clothes.

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.

BEGINNER STRENGTH & CONDITIONING

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

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

Remy Rook
TR Coordinator
P: (630) 907-1114 ext. 1227
M: (331) 302-8043
E: RemyR@fvsra.org

LEXI MASTERTON, CTRS, MS
Athletics Manager
P: (630) 907-1114 ext. 1208
M: (630) 433-1924
E: LexiM@fvsra.org

Registration Deadline is January 16

**BEGINNER STRENGTH & CONDITIONING**

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

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

**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 and improve muscular and core strength.

**SIGN UP NOW**

**BEGINNER STRENGTH & CONDITIONING**

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The goals of this program are to increase cardiovascular endurance and improve muscular and core strength.

**SIGN UP NOW**
Fitness

Personal Training

Get in shape under the individual guidance of a certified personal trainer. You will follow a training plan and utilize various fitness equipment based on the trainer’s assessment.

Personal training sessions are 60 minutes in duration for 10 sessions. FVSRA will contact registrants in order of registration received to schedule a time slot.

For more information, please contact Lexi Masterson at 630-907-1114 ext. 1208 or LexiM@fvsra.org.

Session Information*

Eola and VAC Fox Fitness Centers

Day: Varies | Date: Varies | Time: Varies

18+ | 323-6001-0-4 | $208 R/$260 NR

* Transportation from SE (pick-up only)

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.

The goal of this program is to improve cardiovascular endurance.

Supper Club

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

Dinner is included in the cost of the program.

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

HEROES IN HEALTH

A VETERAN WELLNESS PROGRAM AT VAUGHAN ATHLETIC CENTER

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 Lexi, our Heroes in Health Coordinator, at LexiM@fvsra.org or (630) 907-1114 ext. 1208.

PROGRAM INCLUDES:

- One year of free fitness, aquatic, and locker room membership. Your ‘battle buddy’ tags along for free!
- After your introductory year, continue to receive a discounted membership.
- 4 personal training sessions with a Heroes in Health certified trainer.
- Get mentoring, peer support, and connect with other veteran organizations.

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?

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PROGRAM INCLUDES:

- One year of free fitness, aquatic, and locker room membership. Your ‘battle buddy’ tags along for free!
- After your introductory year, continue to receive a discounted membership.
- 4 personal training sessions with a Heroes in Health certified trainer.
- Get mentoring, peer support, and connect with other veteran organizations.

REGISTER NOW

These programs run back-to-back, why not sign up for both!

REGISTER NOW

REGISTER NOW

REGISTER NOW

REGISTER NOW

REGISTER NOW
Social

FUN WITH FRIENDS!

Meet Your Coordinator

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

Don’t miss out!
Online registration closes January 16 at 11:59 PM

Symbols Key

- **In-person**: This program takes place in-person at the location listed on the program card.
- **Food**: Snacks and drinks are included in the cost.
- **Money**: A suggested dollar amount is given if the participant wishes to make a purchase.
- **Swimming**: This program involves swimming. Please come prepared with a swimsuit, towel, and change of clothes.
- **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 Rania, your program coordinator, with any questions that you may have.

Bingo

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

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

Session Information (North)
Sportsplex, St. Charles
Sa | 2/18, 3/18, 4/1, 5/6 | 3:45 - 4:45 PM
16+ | 323-1005-1-4 | $24 R/$30 NR

Session Information (South)
FVSRA MPR, Aurora
Sa | 2/18, 3/18, 4/1, 5/6 | 3:45 - 4:45 PM
16+ | 323-1005-2-4 | $24 R/$30 NR

REGISTER NOW

These programs run back-to-back, why not sign up for both!

Food & Movie Night

Get together to enjoy dinner and a movie in the company of friends.

Food is included in the cost of the program.

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

Session Information (North)
Sportsplex, St. Charles
Sa | 2/18, 3/18, 4/1, 5/6 | 5:00 - 7:30 PM
16+ | 323-1004-1-4 | $108 R/$135 NR

Session Information (South)*
FVSRA MPR, Aurora
Sa | 2/18, 3/18, 4/1, 5/6 | 5:00 - 7:30 PM
16+ | 323-1004-2-4 | $108 R/$135 NR

* Transportation to EOLA and OSW (drop off only)

REGISTER NOW

Symbols Key

Food & Movie Night

- **Food**: Snacks and drinks are included in the cost.
- **Money**: A suggested dollar amount is given if the participant wishes to make a purchase.

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Meet Your Coordinator

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

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Sa | 2/18, 3/18, 4/1, 5/6 | 3:45 - 4:45 PM
16+ | 323-1005-1-4 | $24 R/$30 NR

Session Information (South)
FVSRA MPR, Aurora
Sa | 2/18, 3/18, 4/1, 5/6 | 3:45 - 4:45 PM
16+ | 323-1005-2-4 | $24 R/$30 NR

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Session Information (North)
Sportsplex, St. Charles
Sa | 2/18, 3/18, 4/1, 5/6 | 5:00 - 7:30 PM
16+ | 323-1004-1-4 | $108 R/$135 NR

Session Information (South)*
FVSRA MPR, Aurora
Sa | 2/18, 3/18, 4/1, 5/6 | 5:00 - 7:30 PM
16+ | 323-1004-2-4 | $108 R/$135 NR

* Transportation to EOLA and OSW (drop off only)

REGISTER NOW

Symbols Key

Food & Movie Night

- **Food**: Snacks and drinks are included in the cost.
- **Money**: A suggested dollar amount is given if the participant wishes to make a purchase.

Please contact Rania, your program coordinator, with any questions that you may have.
Social

Bags & BBQ

Let's get outside and take in the sunshine. FVSRA staff will grill hot dogs and hamburgers while you enjoy a game or two of bean bag toss with your friends.

Lunch is included in the cost of the program.

The goal of this program is to provide an opportunity for socialization with peers.

* Transportation from GEN
** Transportation from EOLA and OSW

Dinner on a Dime (North)

Enjoy eating out at local restaurants without spending a lot of money.

Please bring money for your meal (estimated $15).

The goal of this program is to utilize independent money management skills while making appropriate dining choices.

* Transportation from VAC

Dinner on a Dime (South)

Enjoy eating out at local restaurants without spending a lot of money.

Please bring money for your meal (estimated $15).

The goal of this program is to utilize independent money management skills while making appropriate dining choices.

* Transportation from VAC

Cinema Cruisers

Watch the latest releases unfold on the big screen with friends.

The program time varies. Program details are sent two days prior to the program. Movie ticket is included in the cost of the program. Please bring money for concessions.

The goal of this program is to provide an opportunity to engage in a fun activity in the community.

* Transportation from GEN and SE
** Transportation from EOLA and OSW

Portillo's, Batavia
W | 3/15 | 5:30 - 6:30 PM
18+ | 323-1063-3-4 | $12 R/$15 NR

Noodles and Company, Geneva
W | 4/12 | 5:30 - 6:30 PM
18+ | 323-1063-4-4 | $12 R/$15 NR

Culvers, St. Charles
W | 5/10 | 5:30 - 6:30 PM
18+ | 323-1063-4-4 | $12 R/$15 NR

Session Information (North)*
SEBA Park, South Elgin
Sa | 4/29 | 11:30 AM - 1:30 PM
16+ | 323-2074-1-4 | $24 R/$30 NR

Session Information (South)**
Prairie Building, Sugar Grove
Sa | 4/29 | 11:30 AM - 1:30 PM
16+ | 323-2074-2-4 | $24 R/$30 NR

Session Information (North)*
Classic Cinemas Charlestowne 18, St. Charles
W | 2/24, 3/18, 4/15, 5/13 | Time: TBD
18+ | 323-1007-0-4 | $12 R/$140 NR

Session Information (South)**
Tinseltown Theater, North Aurora
W | 2/24, 3/18, 4/15, 5/13 | Time: TBD
18+ | 323-1006-0-4 | $12 R/$140 NR

Session Information*
Raising Canes, Batavia
W | 2/15 | 5:30 - 6:30 PM
18+ | 323-1063-1-4 | $12 R/$15 NR

Noodles and Company, Batavia
W | 3/15 | 5:30 - 6:30 PM
18+ | 323-1063-2-4 | $12 R/$15 NR

Portillo's, Batavia
W | 4/12 | 5:30 - 6:30 PM
18+ | 323-1063-3-4 | $12 R/$15 NR

Dinner on a Dime (North)

Enjoy eating out at local restaurants without spending a lot of money.

Please bring money for your meal (estimated $15).

The goal of this program is to utilize independent money management skills while making appropriate dining choices.

* Transportation from VAC

Session Information*
Raising Canes, Oswego
W | 2/15 | 5:30 - 6:30 PM
18+ | 323-1062-1-4 | $12 R/$15 NR

Portillo's, Oswego
W | 3/15 | 5:30 - 6:30 PM
18+ | 323-1062-2-4 | $12 R/$15 NR

Noodles and Company, Oswego
W | 4/12 | 5:30 - 6:30 PM
18+ | 323-1062-3-4 | $12 R/$15 NR

Culvers, Oswego
W | 5/10 | 5:30 - 6:30 PM
18+ | 323-1062-4-4 | $12 R/$15 NR
### Game Night
Enjoy a night playing a variety of different card, board, and dice games.

The goal of this program is to improve social interaction with peers through competitive games.

<table>
<thead>
<tr>
<th>Session Information</th>
<th>Rec Club</th>
<th>Session Information</th>
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<th>Session Information</th>
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</thead>
<tbody>
<tr>
<td>Prairie Building, Sugar Grove</td>
<td></td>
<td>Sportsplex, St. Charles</td>
<td>FVSRA MPR, Aurora</td>
<td></td>
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<tr>
<td>Tu</td>
<td>2/14, 2/28, 3/14, 3/28, 4/11, 4/25, 5/9</td>
<td>6:00 - 8:00 PM</td>
<td>6:00 - 8:00 PM</td>
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<tr>
<td>16+</td>
<td>323-1072-1-4</td>
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<td>323-1072-2-4</td>
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<td>$68 R/$85 NR</td>
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</table>

### Matinee Movies
Skip the lines and join us for a midday movie on the big screen.

The program time varies. Program details are sent two days prior to the program. Movie ticket is included in the cost of the program. Please bring money for concessions.

The goal of this program is to provide an opportunity to engage in a fun activity in the community.

<table>
<thead>
<tr>
<th>Session Information</th>
<th>Rec Club</th>
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<th>Session Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tinseltown Theater, North Aurora</td>
<td></td>
<td>Stephen D. Persinger Center, Geneva</td>
<td>FVSRA MPR, Aurora</td>
<td></td>
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<tr>
<td>Tu</td>
<td>2/21, 3/21, 4/11, 5/2</td>
<td>M</td>
<td>2/6, 2/20, 3/6, 3/20, 4/3, 4/17, 5/1</td>
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<td>Time: TBD</td>
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<td>4:30 - 5:30 PM</td>
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<tr>
<td>18+</td>
<td>323-1033-0-4</td>
<td>16+</td>
<td>323-1008-1-4</td>
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<td></td>
<td>$88 R/$110 NR</td>
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<td>$120 R/$150 NR</td>
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</table>

### Social Club
Get together with your friends for dinner and a variety of activities.

Dinner is included in the cost of the program. Registration includes St. Patrick’s Day Dance. Transportation will be offered for 3/17 date only.

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

<table>
<thead>
<tr>
<th>Session Information</th>
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<td>M</td>
<td>2/6, 2/20, 3/6, 3/20, 4/3, 4/17, 5/1</td>
<td>4:30 - 5:30 PM</td>
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<tr>
<td>16+</td>
<td>323-6010-1-4</td>
<td>16+</td>
<td>323-6010-2-4</td>
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<td></td>
<td>$36 R/$45 NR</td>
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<td>$36 R/$45 NR</td>
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</table>

### 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.

The goal of this program is to improve cardiovascular endurance.

<table>
<thead>
<tr>
<th>Session Information (North)</th>
<th>Rec Club</th>
<th>Session Information (South)</th>
<th>Session Information (North)</th>
<th>Session Information (South)</th>
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<tbody>
<tr>
<td>Stephen D. Persinger Center, Geneva</td>
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<td>FVSRA MPR, Aurora</td>
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</tr>
<tr>
<td>M</td>
<td>2/6, 2/20, 3/6, 3/20, 4/3, 4/17, 5/1</td>
<td>4:30 - 5:30 PM</td>
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<tr>
<td>16+</td>
<td>323-6010-1-4</td>
<td>16+</td>
<td>323-6010-2-4</td>
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<td></td>
<td>$36 R/$45 NR</td>
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<td>$36 R/$45 NR</td>
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</tbody>
</table>

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

Dinner is included in the cost of the program.

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

<table>
<thead>
<tr>
<th>Session Information (North)*</th>
<th>Rec Club</th>
<th>Session Information (South)**</th>
<th>Session Information (North)*</th>
<th>Session Information (South)**</th>
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<tr>
<td></td>
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<td></td>
<td>FVSRA MPR, Aurora</td>
<td>VAC Walking Track, Aurora</td>
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<td>M</td>
<td>2/6</td>
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<td>16+</td>
<td>323-6010-2-4</td>
</tr>
</tbody>
</table>
**ADVENTURE AWAITS!**

**Special Events & Trips**

**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.

**Don't miss out!**
Online registration closes January 16 at 11:59 PM

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- **Swimming** This program involves swimming. Please come prepared with a swimsuit, towel, and change of clothes.
- **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.

**Session Information**

**Campfire Cooking**

Snuggle in for the unique experience of cooking a meal over a campfire. Participants will learn a new technique of cooking while socializing with peers in a beautiful natural setting.

- **Food is included in the cost of the program.**
- **Dress for the weather, as this program is outdoors.**

The goal of this program is to increase social interaction with peers in a unique setting.

**Session Information**

- **Peck Farm, Geneva**
  - Tu | 5/20 | 4:30 - 6:00 PM
  - 16+ | 323-2096-0-4 | $16 R/$20 NR
- **Boulder Point MPR, Oswego**
  - Th | 2/16 | 6:15 - 9:30 PM
  - 16+ | 323-2003-0-4 | $28 R/$35 NR

**Chicago Bulls Game**

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

- **Food is included in the cost of the program.**
- **If interested in souvenirs, United Center only takes electronic payment.**

The goal of this program is to socially interact with peers while viewing a competitive sport.

**Session Information**

- **United Center, Chicago**
  - Tu | 4/4 | 6:30 - 10:00 PM
  - 18+ | 323-2003-0-4 | $76 R/$95 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.

**Session Information**

- **United Center, Chicago**
  - Tu | 4/4 | 6:30 - 10:00 PM
  - 18+ | 323-2003-0-4 | $76 R/$95 NR

**Session Information**

- **Boulder Point MPR, Oswego**
  - Th | 2/16 | 6:15 - 9:30 PM
  - 16+ | 323-2003-0-4 | $28 R/$35 NR

**Session Information**

- **Peck Farm, Geneva**
  - Tu | 5/20 | 4:30 - 6:00 PM
  - 16+ | 323-2096-0-4 | $16 R/$20 NR

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

**Session Information**

- **Peck Farm, Geneva**
  - Tu | 5/20 | 4:30 - 6:00 PM
  - 16+ | 323-2096-0-4 | $16 R/$20 NR

**Transportation from GEN and VAC**

**Transportation from GEN, SE, and VAC**

**Meet Your Coordinators**

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

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

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**Please contact Brian or Rania, your program coordinators, with any questions that you may have.**
Special Events & Trips

Chicago Wolves Game

Cheer on the Chicago Wolves as they battle their opponent for the win!

Please bring additional money to purchase dinner and/or concessions.

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

* Transportation from GEN and VAC

Session Information*

Allstate Arena, Rosemont
F | 2/10 | 6:30 - 9:00 PM
18+ | 323-2005-0-4 | $36 R/$45 NR

Day Trip to Chicago

Explore the windy city as we visit the Shedd Aquarium, Navy Pier and have lunch downtown.

Transportation is included in the program time.

The goals of this program are to increase independence by using public transportation and navigating around the city.

* Transportation from VAC

Session Information*

Chicago, IL
Tu | 3/14 | 8:00 AM - 6:00 PM
21+ | 323-2031-0-4 | $116 R/$145 NR

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!

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.

* Transportation from VAC

Session Information*

SEBA Park, South Elgin
Sa | 4/22 | 9:00 - 11:00 AM
18+ | 323-2062-0-4 | FREE

May the Fourth Be With You

Embark on a journey across the land as we watch a popular film, eat a themed meal, play games and make creations to take home to remember this iconic day.

Dinner is included in the cost of the program.

The goal of this program is to provide an opportunity for socialization with peers.

* Transportation from EOLA and VAC

Session Information*

Sportsplex, St. Charles
Th | 5/4 | 4:45 - 7:30 PM
13+ | 323-2040-0-4 | $28 R/$35 NR

Metra Lunch Escape

Join us as we spend a relaxing Sunday going from the Geneva Metra Station to a nearby town for lunch and browsing local shops.

Please bring money for your lunch and gratuity.

The goals of this program are to increase independence on public transportation and improve money management skills.

* Transportation from GEN and VAC

Session Information*

Geneva Metra Station, Geneva
Su | 4/2 | 10:00 AM - 2:00 PM
16+ | 323-2039-0-4 | $36 R/$45 NR

Putt Shack

There’s no ifs, ands, or putts about it! Join us for a tee-rific time at Putt Shack in Oakbrook to enjoy dinner and experience a whole new level of tech-infused mini golf.

Dinner is included in the cost of the program. This facility has limited accessibility and requires stair climbing.

The goal of this program is to provide an opportunity for socialization with peers.

* Transportation from SE and VAC

Session Information*

Putt Shack, Oakbrook
Tu | 4/18 | 5:30 - 7:30 PM
16+ | 323-2054-0-4 | $48 R/$60 NR

Snow Tubing

Grab your snow gear and let’s head to Villa Olivia Snow Hill for an evening of fun! Participants will get two hours to snow tube followed by warming up with food and hot chocolate in the Ski Cafe.

Dinner is included in the program fee.

The goals of this program are to participate in a winter activity while gaining independence on the snow tube hill.

* Transportation from GEN, SE, and VAC

Session Information*

Villa Olivia, Bartlett
Th | 2/23 | 5:00 - 8:00 PM
18+ | 323-2034-0-4 | $56 R/$70 NR

Session Information*

Session Information*

Session Information*

Session Information*

Session Information*
Special Events & Trips

**St. Patrick’s Day Dance**
Pinch me, it's St. Patrick's Day! Dance the night away and enjoy a snack with friends.

A snack will be provided at the program.

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

* Session Information*
Prisco Community Center, Aurora
F  |  3/17  |  6:00 - 8:00 PM
16+  |  323-2061-0-4  |  $16 R/$20 NR

**Winter Wonderland Dance**
Get together with your friends as we dance off the cold weather together at our Winter Wonderland Dance.

A snack will be provided at the program.

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

* Session Information*
Shannon Hall, Batavia
F  |  2/24  |  6:00 - 8:00 PM
16+  |  323-2029-0-4  |  $16 R/$20 NR

**Roller Skate and Pizza**
Grab your skates and roll out to the rink for music, friends, and fun!

Roller skates are included in admission. Dinner is included in the cost of the program.

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

* Session Information*
Prisco Community Center, Aurora
F  |  5/12  |  6:00 - 8:00 PM
16+  |  323-2036-0-4  |  $20 R/$25 NR

**Michigan Overnight**
Come and enjoy the beautiful beach town of South Haven, Michigan! We will visit the Lighthouse, shop downtown, game at the local arcade, and visit the famous Sherman's Ice Cream store.

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

* Session Information*
South Haven, Michigan
T - F  |  5/18 - 5/19  |  8:00 AM - 6:00 PM
18+  |  323-5007-0-4  |  $340 R/$425 NR

**Wisconsin Dells Trip**
Have you ever wanted to visit America’s Largest Waterpark? Now’s your chance! In Wisconsin Dells, we will stay at the Wilderness Resort, swim at interactive waterparks, and visit attractions like mini golf, laser tag, and more!

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

* Session Information*
Wilderness Resort, Wisconsin Dells
Tu - Th  |  2/28 - 3/2  |  8:00 AM - 6:00 PM
18+  |  323-5008-0-4  |  $596 R/$745 NR

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

Dinner is included in the cost of the program.

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

* Session Information*
Shannon Hall, Batavia
F  |  2/24  |  6:00 - 8:00 PM
16+  |  323-2029-0-4  |  $16 R/$20 NR

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

Dinner is included in the cost of the program.

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

* Session Information*
Shannon Hall, Batavia
F  |  2/24  |  6:00 - 8:00 PM
16+  |  323-2029-0-4  |  $16 R/$20 NR

**REGISTER NOW**

* Transportation from GEN, OSH, and SE

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33 Fox Valley Special Recreation Association
Registration Deadline is January 16
Follow us on Facebook @FVSRA
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.

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

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

Cooking Connection

Participants will build upon cooking basics by chopping, measuring, and mixing ingredients to prepare recipes.

The goal of this program is to develop independent cooking skills.

Registration Deadline is January 16

Follow us on Facebook @FVSRA
Special Interest

Creative Crafters

Nothing is impossible with a little imagination; create craft projects for yourself and others.

Clothing may get dirty during the program, please dress accordingly.

The goals of this program are to utilize fine motor skills through creative expression.

Session Information

FVSRA MPR, Aurora
W  |  2/22, 3/22, 4/19  |  4:00 - 5:00 PM
8+  |  323-1067-0-4  |  $20 R/$25 NR

Saddle Up Line Dancing

Dust off your boots and get ready to dance! Each week 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’!

Food is provided during the program.

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

Session Information

Sportsplex, St.Charles
W  |  2/22, 3/22, 4/19  |  4:00 - 5:00 PM
8+  |  323-1067-0-4  |  $20 R/$25 NR

Gamers Club

Get ready to level up gamers! Join your friends at FVSRA in playing some of your favorite video games. We will compete in friendly competition through a variety of games as such as Mario Kart, Mario Party, and Super Smash Brothers! So, switch up your day by joining Gamers Club!

The games we play will be played on the Nintendo Switch.
Feel Free to bring your switch/switch games to share with gamers club.

The goal of this program is to interact socially with peers and handle competition appropriately.

Session Information

FVSRA MPR, Aurora
W  |  2/16, 3/16, 4/19  |  3:30 - 4:30 PM
18+  |  323-1012-0-4  |  $32 R/$40 NR

March Madness Watch Party

It’s absolute madness...March Madness that is! Come grab a bite to eat and catch some of the college match-ups during the iconic, larger-than-life basketball tournament.

Please bring money for the cost of your lunch and gratuity.

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

Session Information

FVSRA MPR, Aurora
Th  |  2/16, 3/16, 4/20  |  5:00 - 7:00 PM
18+  |  323-1031-0-4  |  $94 R/$115 NR

Culinary Creations

Participants will take their cooking skills to the next level in this advanced cooking class.

The goal of this program is to build independence through culinary instruction.

Session Information

Buffalo Wild Wings, Geneva
Th  |  3/23  |  11:00 AM - 1:45 PM
18+  |  323-1073-0-4  |  $35 R/$40 NR

Session Information

FVSRA MPR, Aurora
Th  |  2/9, 3/9, 4/6, 5/11  |  5:30 - 7:00 PM
16+  |  323-1033-0-4  |  $56 R/$70 NR

Session Information

FVSRA MPR, Aurora
Th  |  2/2, 3/2, 4/19  |  4:00 - 5:00 PM
8+  |  323-1067-0-4  |  $20 R/$25 NR

Creative Crafters

Nothing is impossible with a little imagination; create craft projects for yourself and others.

Clothing may get dirty during the program, please dress accordingly.

The goals of this program are to utilize fine motor skills through creative expression.

Session Information

FVSRA MPR, Aurora
W  |  2/22, 3/22, 4/19  |  3:30 - 4:30 PM
18+  |  323-1013-0-4  |  $20 R/$25 NR

Creative Crafters

Nothing is impossible with a little imagination; create craft projects for yourself and others.

Clothing may get dirty during the program, please dress accordingly.

The goals of this program are to utilize fine motor skills through creative expression.

Session Information

FVSRA MPR, Aurora
W  |  2/22, 3/22, 4/19  |  3:30 - 4:30 PM
18+  |  323-1013-0-4  |  $20 R/$25 NR

Session Information

FVSRA MPR, Aurora
Th  |  2/16, 3/16, 4/20  |  5:00 - 7:00 PM
18+  |  323-1031-0-4  |  $94 R/$115 NR

Session Information

FVSRA MPR, Aurora
Th  |  2/2, 3/2, 4/19  |  4:00 - 5:00 PM
8+  |  323-1067-0-4  |  $20 R/$25 NR

Session Information

FVSRA MPR, Aurora
Th  |  2/9, 3/9, 4/6, 5/11  |  5:30 - 7:00 PM
16+  |  323-1033-0-4  |  $56 R/$70 NR

Session Information

FVSRA MPR, Aurora
Th  |  2/2, 3/2, 4/19  |  4:00 - 5:00 PM
8+  |  323-1067-0-4  |  $20 R/$25 NR

Session Information

FVSRA MPR, Aurora
Th  |  2/2, 3/2, 4/19  |  4:00 - 5:00 PM
8+  |  323-1067-0-4  |  $20 R/$25 NR

Session Information

FVSRA MPR, Aurora
Th  |  2/2, 3/2, 4/19  |  4:00 - 5:00 PM
8+  |  323-1067-0-4  |  $20 R/$25 NR

Session Information

FVSRA MPR, Aurora
Th  |  2/2, 3/2, 4/19  |  4:00 - 5:00 PM
8+  |  323-1067-0-4  |  $20 R/$25 NR
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 goals of this program are to provide an opportunity for socialization with peers while working together creatively through writing and drawing.

Session Information

Zoom
F | 2/10, 3/3, 4/14, 5/5 | 9:30 - 10:00 AM
18+ | 323-1511-0-4 | FREE

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.

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

Zoom
TBD: March
18+ | 323-2519-0-4 | FREE

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.

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 Houzenka 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

Zoom
M | 2/6 - 4/3 | 7:00 - 7:30 PM
18+ | 323-2511-1-4 | FREE

Zoom
Tu | 2/7 - 4/4 | 2:00 - 2:30 PM
18+ | 323-2511-2-4 | FREE

Zoom
W | 2/8 - 4/5 | 7:00 - 7:30 PM
18+ | 323-2511-3-4 | FREE

Zoom
Th | 2/9 - 4/13 | 7:30 - 8:00 PM
18+ | 323-2511-4-4 | FREE

Zoom
F | 2/10 - 4/14 | 10:00 - 10:30 AM
18+ | 323-2511-5-4 | FREE

* No program 2/6, 2/7, 2/8, 3/9, 4/6 and 4/7

Don’t miss out!

Online registration closes January 16 at 11:59 PM

Symbols Key

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

Food Snacks and drinks are included in the cost.

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

Swimming This program involves swimming. Please come prepared with a swimsuit, towel, and change of clothes.

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 Remy, your program coordinator, with any questions that you may have.

Meet Your Coordinator

Remy Rook
TR Coordinator
P: (630) 907-1114 ext. 1227
M: (331) 302-8043
E: RemyR@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!

Don’t miss out!

Online registration closes January 16 at 11:59 PM
Virtual 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.

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 goal of this program is to improve number and letter recognition while using fine motor skills.

Virtual Creative Corner

Get creative and crafty with FVSRA as we construct different seasonal art projects. You will receive a list of supplies needed at least one week before the start of the program.

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

Virtual 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, 4/8

Virtual Coffee Club

See what’s brewing with friends, new and old, during this morning-time 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.

Virtual 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.

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

Meet Your Coordinator

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

Don’t miss out!
Online registration closes January 16 at 11:59 PM

Symbols Key

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

Food Snacks and drinks are included in the cost.

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

Swimming This program involves swimming. Please come prepared with a swimsuit, towel, and change of clothes.

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 Rania, 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.

Altitude Trampoline Park

Hop up and jump around for an afternoon of fun at the trampoline park and sensory exploration at FVSRA!

Please bring a sack lunch and/or snack. Jump socks are included in the program cost. An additional waiver will be required to attend.

The goals of this program are to provide participants with vestibular input and socialization with peers.

* Transportation from GEN, SE, and VAC

Don’t miss out!
Online registration closes January 16 at 11:59 PM

Friends Night In

Come spend the evening with your peers at FVSRA! Participants will have dinner, make crafts, play games, swim, and end the night watching a movie.

Wear swimsuits upon arrival. Please bring a change of clothes for after the pool.

The goal of this program is to provide an opportunity for socialization with peers in a structured environment.

Session Information

FVSRA MPR, Aurora
Sa | 4/1 | 12:30 - 2:30 PM
5 - 12 | 323-2037-0-2 | $32 R/$40NR

FVSRA MPR, Aurora
Sa | 2/25 | 3:45 - 7:30 PM
13 - 22 | 323-1076-1-3 | $44 R/$55 NR

FVSRA MPR, Aurora
Sa | 3/25 | 3:45 - 7:30 PM
13 - 22 | 323-1076-2-3 | $44 R/$55 NR

FVSRA MPR, Aurora
Sa | 4/22 | 3:45 - 7:30 PM
13 - 22 | 323-1076-3-3 | $44 R/$55 NR

FVSRA MPR, Aurora
Sa | 5/20 | 3:45 - 7:30 PM
13 - 22 | 323-1076-4-3 | $44 R/$55 NR

* Transportation from GEN, EOLA, OSW, and SE

Don’t miss out!
Online registration closes January 16 at 11:59 PM

Seeing Eye Dog

Dogs on the Go!

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.

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!

Don’t miss out!
Online registration closes January 16 at 11:59 PM

Symbols Key

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

Food Snacks and drinks are included in the cost.

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

Swimming This program involves swimming. Please come prepared with a swimsuit, towel, and change of clothes.

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 Rania, your program coordinator, with any questions that you may have.

Don’t miss out!
Online registration closes January 16 at 11:59 PM

Symbols Key

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

Food Snacks and drinks are included in the cost.

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

Swimming This program involves swimming. Please come prepared with a swimsuit, towel, and change of clothes.

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 Rania, your program coordinator, with any questions that you may have.

Don’t miss out!
Online registration closes January 16 at 11:59 PM

Session Information

FVSRA MPR, Aurora
Sa | 3/25 | 3:45 - 7:30 PM
13 - 22 | 323-1076-1-3 | $44 R/$55 NR

FVSRA MPR, Aurora
Sa | 4/22 | 3:45 - 7:30 PM
13 - 22 | 323-1076-2-3 | $44 R/$55 NR

FVSRA MPR, Aurora
Sa | 5/20 | 3:45 - 7:30 PM
13 - 22 | 323-1076-3-3 | $44 R/$55 NR

FVSRA MPR, Aurora
Sa | 6/17 | 3:45 - 7:30 PM
13 - 22 | 323-1076-4-3 | $44 R/$55 NR

* Transportation from GEN, EOLA, OSW, and SE

Don’t miss out!
Online registration closes January 16 at 11:59 PM

Registration Deadline is January 16

Follow us on Facebook @FVSRA

2023 Winter & Spring Program Guide
Youth & Teen

Pajama Party Palooza

Come meet new friends as we play, create, explore and connect through a series of activities, eat dinner and watch a movie.

You are encouraged to bring pajamas for the movie portion of the program. You may also bring a stuffed animal and a blanket. Dinner and snacks are included in the program fee.

The goal of this program is to provide an opportunity for socialization in a unique program environment.

REGISTER NOW

Session Information
Sportsplex, St. Charles
Sa | 3/4 | 5:00 - 8:00 PM
5 - 12 | 323-2046-0-2 | $36 R/$45 NR

Youth & Teen

Parent’s Night Out

Take a night off while the kids enjoy an exciting evening with their friends from FVSRA. You will have dinner, make crafts, play games, swim, and watch a movie.

Wear swimsuits upon arrival. Please bring a change of clothes for after the pool.

The goal of this program is to provide an opportunity for socialization with peers in a structured environment.

REGISTER NOW

Session Information
FVSRA MPR, Aurora
Sa | 2/25 | 3:45 - 7:30 PM
5 - 12 | 323-1054-1-2 | $44 R/$55 NR

FVSRA MPR, Aurora
Sa | 3/25 | 3:45 - 7:30 PM
5 - 12 | 323-1054-2-2 | $44 R/$55 NR

FVSRA MPR, Aurora
Sa | 4/22 | 3:45 - 7:30 PM
5 - 12 | 323-1054-3-2 | $44 R/$55 NR

FVSRA MPR, Aurora
Sa | 5/20 | 3:45 - 7:30 PM
5 - 12 | 323-1054-4-2 | $44 R/$55 NR

* Transportation from GEN, EOLA, OSW, and SE

Schools Out

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

Please bring a labeled lunch. An agenda will be sent out one week prior to the program.

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

REGISTER NOW

Session Information (Teen)*
Sportsplex, St. Charles
M | 2/20 | 9:00 AM - 2:30 PM
13 - 22 | 323-1036-0-3 | $52 R/$65 NR

Session Information (Teen)**
FVSRA MPR, Aurora
M | 2/20 | 9:00 AM - 2:30 PM
5 - 12 | 323-1047-0-2 | $52 R/$65 NR

* Transportation from EOLA, OSW and VAC
** Transportation from GEN, EOLA, OSW, and SE

Sensory Room

Enjoy a unique multi-sensory space and engage your senses through lights, colors, sounds, aromas, and textures.

Benefits:
- Increased balance, movement, & spatial recognition.
- Relaxation
- Improved Focus
- Cognitive, Sensory, & Motor Skill Development

Check our page 48 for more details!

Follow us on Facebook @FVSRA

Fox Valley Special Recreation Association

Registration Deadline is January 16
Saturday Drop In

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

Please bring a labeled lunch, swimsuit, and towel.

The goals of this program are to provide an opportunity for socialization with peers and to increase fine and gross motor coordination.

**Session Information (North)**

**Municipal Annex, South Elgin**  
Sa | 2/11 | 12:30 - 3:00 PM  
5 - 22 | 323-1034-1-2 | $28 R/$35 NR

**Municipal Annex, South Elgin**  
Sa | 3/11 | 12:30 - 3:00 PM  
5 - 22 | 323-1034-2-2 | $28 R/$35 NR

**Municipal Annex, South Elgin**  
Sa | 4/15 | 12:30 - 3:00 PM  
5 - 22 | 323-1034-3-2 | $28 R/$35 NR

**Municipal Annex, South Elgin**  
Sa | 5/13 | 12:30 - 3:00 PM  
5 - 22 | 323-1034-4-2 | $28 R/$35 NR

**Session Information (South)**

**FVSRA MPR, Aurora**  
Sa | 2/11 | 12:30 - 3:00 PM  
5 - 22 | 323-1075-1-2 | $28 R/$35 NR

**FVSRA MPR, Aurora**  
Sa | 3/11 | 12:30 - 3:00 PM  
5 - 22 | 323-1075-2-2 | $28 R/$35 NR

**FVSRA MPR, Aurora**  
Sa | 4/15 | 12:30 - 3:00 PM  
5 - 22 | 323-1075-3-2 | $28 R/$35 NR

**FVSRA MPR, Aurora**  
Sa | 5/13 | 12:30 - 3:00 PM  
5 - 22 | 323-1075-4-2 | $28 R/$35 NR

**Roller Skate and Pizza**

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

Roller skates are included in admission. Dinner is included in the cost of the program.

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

**Session Information**

**Funway, Batavia**  
Th | 4/27 | 5:45 - 8:00 PM  
13+ | 323-2046-0-4 | $36 R/$54 NR

**Splash & Play**

Come join us for Splash and Play where we enjoy all that the VAC leisure pool has to offer. Participants can speed down the slides and navigate the various obstacles while splashing and socializing with their peers!

Runs back-to-back with Saturday Drop In (South), why not sign up for both?

The goals of this program are to develop appropriate peer interactions and to increase physical activity.

**Session Information**

**VAC Leisure Pool, Aurora**  
Sa | 2/11, 3/11, 4/15, 5/14 | 3:00 - 4:00 PM  
5 - 22 | 323-1046-0-2 | $40 R/$50 NR

**Sensory Exploration**

Participants will embark on a five-week, sensory experience within the Carolyn Nagle Sensory Room. A staff member will be present to supervise and assist with equipment. Parent-led sessions are an option.

Please contact the FVSRA office at 630-907-1114 or RaniaS@fvsra.org to register. You will provide your top three days/times at time of registration and staff will confirm your scheduled appointment times. Sensory sessions are 30 minutes in length.

The goal of this program is to provide an opportunity for participants to engage their senses through various stimuli such as lights, color, sounds, aromas, and textures.

**Session Information**

**FVSRA MPR, Aurora**  
Day | Varies | Date | Varies | Time | Varies  
All Ages | 323-7008-1-5 | $28 R/$35 NR

**Sensory Exploration Punch Card**

Participants will embark on a five-week, sensory experience within the Carolyn Nagle Sensory Room. A staff member will be present to supervise and assist with equipment. Parent-led sessions are an option.

Please contact the FVSRA office at 630-907-1114 or RaniaS@fvsra.org to register.

The goal of this program is to provide an opportunity for participants to engage their senses through various stimuli such as lights, color, sounds, aromas, and textures.

**Session Information**

**FVSRA MPR, Aurora**  
Day | Varies | Date | Varies | Time | Varies  
All Ages | 323-7008-2-5 | $36 R/$45 NR
Spring Break Mini Camp

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

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 (Teen)*
Stephen D. Persinger Center, Geneva
M - Th | 3/27 - 3/30 | 9:00 AM - 2:30 PM
13 - 22 | 323-1050-0-3 | $192 R/$240 NR

Session Information (Youth)**
FVSRA MPR, Aurora
M - Th | 3/27 - 3/30 | 9:00 AM - 2:30 PM
5 - 12 | 323-1087-0-2 | $192 R/$240 NR

* Transportation from EOLA, SE, OSW, and VAC
** Transportation from GEN, EOLA, SE, and OSW

Teen Social Scene

Looking to meet friends with similar interests in the community? This social club provides an opportunity to play board games, video games, and socialize with peers while having a meal.

Dinner is included in the cost of the program. Transportation will vary based on the activity location. Program details will be reflected on the flyer.

The goal of this program is to provide an opportunity for staff-facilitated socialization with peers in a community setting.

Session Information*
Location: Varies
F | 2/10, 3/10, 4/14, 5/12 | 6:00 - 7:30 PM
13 - 18 | 323-1053-0-3 | $84 R/$105 NR

* Transportation from GEN, EOLA, OSW, SE, and VAC

Youth Sports Sampler

Try out a different sport each week including basketball, soccer, tennis, bocce, and more.

The goal of this program is to provide an opportunity to learn the rules of the game and practice different sports.

Session Information
JB Nelson Elementary, Batavia
W | 2/8 - 3/15 | 5:30 - 6:15 PM
5 - 12 | 323-3053-0-2 | $36 R/$45 NR
Online Registration
FVSRA uses Rec1, 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
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.
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:

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.

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 all 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.

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 Disperse Medication / Waiver and Release of All Claims forms found at www.fvsa.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 injection 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 at the end of a program in an unclean manner. To ensure participants are returning home in a clean manner, we require that you provide additional supplies when necessary (undergarments, diapers/dependents, 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/dependents, 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 for 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, diarrhea, vomiting, distention, etc.)
- 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 may take photographs 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 proof of relocation are received by FVSRA. If the participant relocates out of the area, a refund will be made once the request refund 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 registration fills the space. If you have any questions regarding our Refund Policy, please contact Alex Engelhardt, Executive Director, at (630) 907-1114 or alex@fvsa.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, Oswego, Sugar Grove Park Districts, and the Village of South Elgin Parks and Recreation Department. Any individual who lives outside

Policies

Registration Deadline is January 16
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2023 Winter & Spring Program Guide

Fox Valley Special Recreation Association

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2023 Winter & Spring Program Guide

Fox Valley Special Recreation Association
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 alex@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.
- Contagious or mites.
- Symptoms of mumps, measles, chicken pox, strep throat, flu, impetigo, or Cockeys 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 request if the illness is contagious.

Transportation

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.

New transportation pick-up points are now available. See map on page 51 for locations.

We understand that transportation can be challenging. For participants with no other means of getting to the pick-up points, please email a door-to-door transportation request to: transportation@fvsra.org. Requests will be considered case by case, pending overall logistics.

Transportation Updates (see map on page 51)

Programs with 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.

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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.
- For Youth/Teen programs with transportation, a secondary staff member rides along during the route.
- Individuals authorized to be left alone upon drop-off, will be noted 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.
- All FVSRA drivers complete 6-8 hours of training and must prove clean driving record.
- 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 within 5 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 FVSRA 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>Activity</th>
<th>Start Time</th>
<th>End Time</th>
<th>Page</th>
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<tr>
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<td>Adult Theater Group</td>
<td>1:00 PM</td>
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<td>Aktion Club</td>
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<td>Bags &amp; BBQ</td>
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<td>Bingo</td>
<td>3:45 PM</td>
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<td>Campfire Cooking</td>
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<td>Chicago Bulls Watch Party</td>
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<td>Chicago Wolves Game</td>
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<td>Cinema Cruisers</td>
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<td>3:30 PM</td>
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<td>Culinary Creations</td>
<td>5:00 PM</td>
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<td>10:00 AM</td>
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<td>Day Trip to Chicago</td>
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<td>Earth Day Clean Up</td>
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<td>Fit With Friends</td>
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<td>Sa</td>
<td>Food &amp; Movie Night</td>
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<td>Friends Night In</td>
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<td>Gamers Club</td>
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<td>Indoor Golf Skills</td>
<td>3:00 PM</td>
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<td>Indoor Soccer Skills</td>
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<td>Indoor Softball Skills</td>
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<td>Kickball &amp; Dinner</td>
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<td>March Madness</td>
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<td>Matinee Movies</td>
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<td>May the Fourth Be With You</td>
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<td>Su</td>
<td>Metra Lunch Escape</td>
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<td>Michigan Overnight</td>
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<td>Varies</td>
<td>Personal Training</td>
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Facility Directory

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<tr>
<th>Facility</th>
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<td>Anytime Fitness</td>
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<td>Boulder Point</td>
<td>0 Boulder Hill Pass</td>
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<tr>
<td>Classic Cinemas Charlestown 18</td>
<td>3740 E. Main St.</td>
<td>St. Charles</td>
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<tr>
<td>Eastside Sports Complex</td>
<td>3565 Legacy Blvd.</td>
<td>St. Charles</td>
</tr>
<tr>
<td>Funway</td>
<td>1335 S. River St.</td>
<td>Batavia</td>
</tr>
<tr>
<td>FVSRA</td>
<td>2121 W. Indian Trail</td>
<td>Aurora</td>
</tr>
<tr>
<td>Impastato Golf Academy</td>
<td>2100 Enterprise Ave.</td>
<td>Geneva</td>
</tr>
<tr>
<td>Municipal Annex</td>
<td>1 W. State St.</td>
<td>South Elgin</td>
</tr>
<tr>
<td>Paramount Theater</td>
<td>23 E. Galena Blvd.</td>
<td>Aurora</td>
</tr>
<tr>
<td>Parkside Lanes</td>
<td>34W185 Montgomery Rd.</td>
<td>Oswego</td>
</tr>
<tr>
<td>Peck Farm</td>
<td>4038 Kaneville Rd.</td>
<td>Geneva</td>
</tr>
<tr>
<td>Pottawatomie Golf Course</td>
<td>845 N. 2nd Ave.</td>
<td>St. Charles</td>
</tr>
<tr>
<td>Prairie Building</td>
<td>31 S. Main St.</td>
<td>Sugar Grove</td>
</tr>
<tr>
<td>Prairie Path Park</td>
<td>811 Mark Twain Trail</td>
<td>Batavia</td>
</tr>
<tr>
<td>Prisco Community Center</td>
<td>150 W. Illinois Ave.</td>
<td>Aurora</td>
</tr>
<tr>
<td>Rush Copley Healthplex</td>
<td>1501 Raddant Rd.</td>
<td>Aurora</td>
</tr>
<tr>
<td>SEBA Park</td>
<td>1900 Ogden Ave.</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 Center</td>
<td>3507 Kaneville Rd.</td>
<td>Geneva</td>
</tr>
<tr>
<td>Tinseltown Theater</td>
<td>320 S. Lincolnway St.</td>
<td>North Aurora</td>
</tr>
<tr>
<td>Vaughan Athletic Center</td>
<td>2121 W. Indian Trail</td>
<td>Aurora</td>
</tr>
<tr>
<td>Volunteer Park</td>
<td>31 S. Main St.</td>
<td>Sugar Grove</td>
</tr>
<tr>
<td>West Main Community Park</td>
<td>40W101 Main St.</td>
<td>Batavia</td>
</tr>
</tbody>
</table>

Registration Form

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

Program Code | Program Name | Pick Up/ Drop Off Site | Door to Door | Fee
--- | --- | --- | --- | ---

FVSRF Foundation Donation

Total

IF PAYING BY CREDIT CARD:

| [ ] Visa | [ ] MasterCard |
| [ ] Discover | [ ] American Express |

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 (FVSRSA) is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The FVSRSA 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 is 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 or avoided. Tackling on the particular activity, certain risks, dangers and injuries may occur due to inclement weather, slips and falls, poor skill level or conditioning, carelessness, horseplay, unpreventable contact, premature 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 FVSRSA to guarantee absolute safety.

Waiver and Release of All Claims and Assumption of Risk
Please read this form carefully and be aware that signing and participating in FVSRSA 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 agree to assume these risks.

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 losses, regardless of negligence, 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 assign to me or my child/ward) as a result of participating in this program/activity against the FVSRSA, including its officials, agents, volunteers and employees (hereinafter referred to as "FVSRSA").

Other...
I understand the FVSRSA may photograph/video the events or activity in which I am (or my child/ward is) participating. I give my permission for the FVSRSA to use photographs/video images of (me or my child/ward) for the purpose of promoting the FVSRSA 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 FVSRSA 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 Claims. 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 signature document (including the Waiver & Release of All Claims) shall substitute for, and have the same legal effect, as the original form.

COVID-19 WAIVER
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 any and all activities connected with and associated with this program/activity (including transportation services/vehicle operation, when provided). I agree to assume these risks.
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 participating 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/activities program and agree to assume any and all risks and dangers associated with this program.
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, death, damages, or loss which in any way 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.

Participant’s Name (Print): __________________________________________
Date: __________________________________________
Participant’s Signature: __________________________________________
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.

Personal Pronoun
(if yes, please describe type and quantity permitted. Note FVSRA has a two drink maximum)
(if yes, a Diabetes Management Plan must be completed)
BEHAVIOR

Select all behaviors that occur frequently (once or more per week)

Physical Outbursts
- Biting Others
- Hair Pulling
- Kicking Others
- Scratching Others
- Shoving Others
- Spitting
- Splitting
- Throwing Objects
- Destroying Objects

Repetitive Behaviors
- Biting Self
- Headbanging / Hitting Self
- Picking Skin
- Putting Objects in Mouth
- Pulling Hair
- Putting Objects in Mouth
- Throwing
- Destroying Objects

Verbal Outbursts
- Foul Language
- Threats to Harm Others
- Threats to Harm Self
- Crying
- Tantrum
- Meltdown

Non-Compliance
- Refusal to Participate
- Refusal to Transition
- Indifference to Directions
- Elopement Behaviors
- Wander / Leave Group
- Runs Away / Flight Risk

Emotional Outbursts
- Crying
- Tantrum
- Meltdown

Has a formal behavior plan been created?
- No
- Yes (please attach)

Additional information on behaviors (frequency, duration, triggers etc.)

SAFETY AND RECREATION

FVSRA provides an approximate 1:4 staff to participant ratio. If you would like to request a closer ratio, please explain why:

S A F E T Y  A N D  R E C R E A T I O N

Additional Information on dangerous situations:
- Physical Outbursts
  - Biting Others
  - Hair Pulling
  - Kicking Others
  - Scratching Others
  - Shoving Others
  - Spitting
  - Splitting
  - Throwing Objects
  - Destroying Objects

- Verbal Outbursts
  - Foul Language
  - Threats to Harm Others
  - Threats to Harm Self
  - Crying
  - Tantrum
  - Meltdown

- Non-Compliance
  - Refusal to Participate
  - Refusal to Transition
  - Indifference to Directions
  - Elopement Behaviors
  - Wander / Leave Group
  - Runs Away / Flight Risk

- Emotional Outbursts
  - Crying
  - Tantrum
  - Meltdown

- Additional Information on behaviors (frequency, duration, triggers etc.)

How can staff best support and respond during behaviors (cope strategies, calm down techniques, sensory supports, etc.)

COMPETENCY SKILLS / VIRTUAL RECREATION

Select the level of computer / tablet independence:
- Advanced - Uses the computer / tablet independently
- Intermediate - Navigates the computer / tablet functions with some assistance
- Beginner - Requires another person to assist with the computer / tablet functions

Select the level of experience with Zoom:
- Accesses the Zoom link and waiting room independently
- Uses the chat box independently
- Mutes/Unmutes independently
- Able to use the annotate function independently
- Does not know how to operate Zoom independently

Select the level of keyboard / typing skills:
- Types independently
- Requires assistance typing
- Does not know how to type or use the keyboard

Select the type of device used for Virtual Programs:
- Computer
- iPad / Tablet
- Smart Phone
- Phone Call-in Only (no video)

What email should the Virtual Program Links be sent to if participating in virtual programs?

Please type out the full email address

Additional information for staff to help maximize participation and enjoyment during virtual programs

GOALS

Indicate the reason(s) for participation in FVSRA programs (select all that apply):
- Creativity / Self-Expression
- Physical Activity / Fitness
- Skill Development
- Self-Esteem / Confidence
- Responsibility
- Socialization / Friendship
- Entertainment / Fun

I attest that this information is true and accurate to the best of my knowledge and I will notify FVSRA of any changes in the above information.

Signature of person completing form
Date
Page 2 of 2

Permission to Dispense Medication

Fox Valley Special Recreation Association (FVSRA) will not dispense medication to a minor child or adult participant until the Permission and Waiver to Dispense Medication and Medication Information Form have been fully completed by a parent or guardian. Medication dispensing requests will be assessed on an individual basis and each request will be reviewed prior to the program. FVSRA will contact the guardian regarding requests that cannot be granted. The agency's internal procedures on dispensing medication are available for review.

FVSRA cannot accept medication that is not individually packaged in medication envelopes.

You will be asked to complete this form for each program in which the participant is enrolled if medication is to be dispensed or when medication changes.

Program Name

Program Date(s):

I, the Parent/Guardian of

Print Name

Print Participant Name

I give permission to Fox Valley Special Recreation Association to administer to my child or adult the medications as indicated on page 2 of this form.

I understand it is my responsibility to give the medication directly to the program staff in individual dosage envelopes, which includes the person's name, medication, dosage and time of day the medication is to be given to the individual. Envelopes should be sealed and NOT clear. If medication is liquid, or needs to be refrigerated, it may stay in the original bottle with proper dosing equipment (syringe).

In all cases, the recommended dosage of any medication will not be exceeded. If after administering medication there is an adverse reaction, I give my permission to Fox Valley Special Recreation Association to secure from any licensed hospital physician and/or medical personnel any and all medical services rendered.

I recognize and acknowledge that there are certain risks of physical injury in connection with the administering of medication to my minor child. In consideration of the Fox Valley Special Recreation Association administering medication to my minor child, I do hereby fully release or discharge the Fox Valley Special Recreation Association, and its officers, agents, volunteers, and employees from any and all claims arising out of, connected with, incidental to, or in any way associated with the administering of medication. I further agree to indemnify, hold harmless, and defend the Fox Valley Special Recreation Association, and its officers, agents, volunteers, and employees from any and all claims resulting from injuries, damages and losses sustained by me or my minor child arising out of, connected with, incidental to, or in any way associated with the administering of medication.

Guardian Signature
Date (MM/DD/YYYY)

Waiver and Release of All Claims

I hereby acknowledge that the Fox Valley Special Recreation Association (FVSRA) will dispense the medication indicated above to my minor child. In consideration of the FVSRA administering medication to the minor child, I do hereby fully release and discharge the Fox Valley Special Recreation Association, and its officers, agents, volunteers, and employees from any and all claims arising out of, connected with, incidental to, or in any way associated with the administering of medication. I further agree to indemnify, hold harmless, and defend the Fox Valley Special Recreation Association, and its officers, agents, volunteers, and employees from any and all claims resulting from injuries, damages and losses sustained by me or my minor child arising out of, connected with, incidental to, or in any way associated with the administering of medication.

Guardian Signature
Date (MM/DD/YYYY)
Permission to Dispense Medication

This form is to be completed for each program in which the participant is enrolled or when medication changes.

Participant Name: ____________________________

Doctor's Name: ____________________________  Doctor's Phone: ____________________________

FVSRA cannot accept medication that is not individually packaged in the medication envelopes (available at the FVSRA office). Medication envelopes MUST contain the following:
1) Participant's Name  2) Mediation Name  3) Dosage  4) Date to Dispense  5) Time to Dispense

Medication Information

<table>
<thead>
<tr>
<th>Medication Name</th>
<th>Dose</th>
<th>Time(s)</th>
</tr>
</thead>
</table>

Possible Side Effects

| How is this medication taken? | ☐ Whole | ☐ Chewed | ☐ With Food | ☐ With Water | ☐ Without Food | ☐ Without Water |

Dispensing & Storing Instruction

<table>
<thead>
<tr>
<th>Medication Name</th>
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<th>Time(s)</th>
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Possible Side Effects

| How is this medication taken? | ☐ Whole | ☐ Chewed | ☐ With Food | ☐ With Water | ☐ Without Food | ☐ Without Water |

Dispensing & Storing Instruction

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Possible Side Effects

| How is this medication taken? | ☐ Whole | ☐ Chewed | ☐ With Food | ☐ With Water | ☐ Without Food | ☐ Without Water |

Dispensing & Storing Instruction

I hereby acknowledge that the above information provided for the dispensing of medication for my minor child, guardian, ward, or other family member is accurate. I also understand that it is my responsibility to inform the agency in writing if any changes in the dispensing of medication occur.

Guardian Signature: ____________________________  Date (MM/DD/YYYY): ____________________________
One A-chord
Dueling Piano Experience
Dinner, Open Bar, Entertainment, Games of Chance

February 3, 2023
6:00 - 10:00 pm

Prisco Community Center
150 W. Illinois Ave, Aurora, IL 60506

$125/Ticket – $800/Table