SWSRA
South West Special Recreation Association
WHERE FUN HAPPENS!
RECREATION FOR INDIVIDUALS WITH SPECIAL NEEDS

WINTER 2022

SEASONAL PROGRAM BROCHURE

WINTER PROGRAM DATES

JANUARY 10 - MARCH 4

REGISTRATION DATES

RESIDENTS ONLY - PRIORITY

NOVEMBER 29 - DECEMBER 3

RESIDENT/NON-RESIDENT/CO-OP

DECEMBER 6 - DECEMBER 10

VIRTUAL PROGRAMS

NOVEMBER 29 DECEMBER 10

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South West Special Recreation Association

South West Special Recreation (SWSRA) is a special recreation agency comprised of the Alsip Park District, Blue Island Park District, Hickory Hills Park District, Village of Merrionette Park, Midlothian Park District, Palos Heights Recreation Department, Posen Park District, and Worth Park District. SWSRA was formed in 1981 to provide year-round quality recreation programs and services for individuals with disabilities or special needs.

SWSRA programs are designed to increase independence and enhance the quality of life for each individual. SWSRA is now in its 40th year of providing recreation for special populations in the south suburban area. A wide variety of programs are available for individuals from early childhood through adulthood. Programs are designed to meet the individual recreation needs of any person who is in special education classes, participates in a sheltered workshop, is referred to SWSRA from a local hospital or rehabilitation center, or whose special needs restrict or prohibit their participation in traditional park district or recreation department programs. This would include individuals who have varying degrees of physical or mental disabilities, learning disabilities, behavior disorders, and hearing or visual impairments.

BOARD OF DIRECTORS

Jeannette Huber	Alsip Park District	Dominic Egizio	Midlothian Park District
Ted Ruthenberg	Blue Island Park District	Matt Fairbanks	Palos Heights Recreation Dept.
Jennifer Fullerton	Hickory Hills Park District	T.J. Whitcomb	Posen Park District
Michelle Higgins	Village of Merrionette Park	Robert O'Shaughnessy	Worth Park District

ADMINISTRATION & RECREATION TEAM

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SWSRA Main Office: 12521 South Kostner Avenue, Alsip, IL 60803
Phone: 708-389-9423 - Fax: 708-389-6458 - Website: www.SWSRA.com

MISSION STATEMENT

Our mission is to serve individuals with disabilities in their need for recreation so that all persons in our member communities may experience and enjoy positive leisure opportunities.

VISION STATEMENT

SWSRA will be the leading community-based provider of quality special recreation programs for individuals with disabilities and is consistently setting new standards of value to meet the changing needs of our participants and our member communities.

SWSRA will not be liable for typographical errors, incorrect insertions, or omissions contained in this brochure publication. In addition, information is subject to change without notice.

A Letter from the Executive Director

Nicolette Lahman
Executive Director

Dear SWSRA Participants & Families,

We cannot wait for you to come join us for some Winter Fun and Festivities. Please be sure to take a look at our special events including Paint Night for all ages on December 11, 2021, and a chance for the entire family to see Santa at our North Pole Drive-Thru on December 15, 2021.

Whether it is in-person or virtual programs, the SWSRA team remains committed to bringing our participants and families the best programming while keeping safety and well-being our highest priority during this time.

Lastly, I want to thank all of our family, friends, and community members who were able to join us for the "Tee Up Fore SWSRA" golf event held on Saturday, October 2, 2021. Our day would not have been complete without all of you.

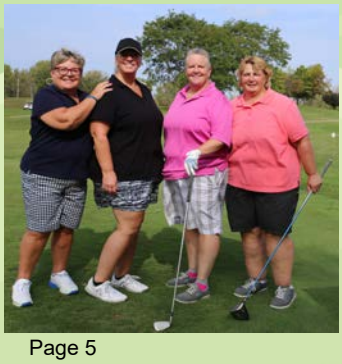
We look forward to another wonderful season & hope to see you all there!

Wishing a Safe & Happy Holiday Season to All!

from the SWSRA Team

TEE UP FORE SWSRA 2021
FUNDRAISER FOR SPECIAL NEEDS

Thanks to All Golfers, Participants, & Volunteers!



OCT 2

1ST ANNUAL

TEE UP FORE 4 SWSRA

FUNDRAISER SPECIAL NEEDS

2021

Thanks to All Sponsors & Donors

Tinley Park Kitchen & Bath Shoppe

Covenant Ability Network Illinois

Mary's Foundation
Jerome/Nancy Green

Holly Harralson & James Walsh

DAUBERT CHEMICAL COMPANY, INC.

Sponsored by:
Pete's Wine & Liquors
11428 S. Harlem, Worth
708-361-1565

ABODE EXTERIORS
Family owned and operated since 1979!

FOUNTAIN HILLS GOLF CLUB

Worth Police FOP Lodge #143

wendella 1935
TOURS & CRUISES ★ PRIVATE EVENTS ★ CHICAGO WATER TAXI

City of Palos Heights Illinois Est. 1959

Milwaukee Muscle

C.J. Erickson Plumbing Co.
The Trusted Name Since 1906

FDS
YOUR PACKAGING PARTNER

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Worth Park District
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palos heights
PARKS & RECREATION

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State Representative Fran Hurley

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TJ & Cindy Murphy

Mary Bochenek

Memphis & Rio Treantafeles

Gunner & Sota Mioni

Tracy Smith & Chrissy Carroll

Rae Woodward Ditka's

The Huber Family

Laura Cody

Beggars Pizza

Donna Rose

Mary Lites

REGISTRATION DATES

RESIDENTS ONLY - PRIORITY REGISTRATION

NOVEMBER 29 - DECEMBER 3

Please keep in mind our space is limited and in high demand. We encourage residents to enroll during this priority period. Registration will be processed on a first-come, first-serve basis.

RESIDENT/NON-RESIDENT/CO-OP REGISTRATION

DECEMBER 6 - DECEMBER 10

VIRTUAL PROGRAM REGISTRATION DATES

NOVEMBER 29 - DECEMBER 10

IMPORTANT NOTICE:
We require a Master form for ALL Virtual Programs.
The Master Form can be found on the last 2 pages of this brochure.
Please email the completed form to Patti at pswiney@swsra.com

ONLINE REGISTRATION IS AVAILABLE ON OUR WEBSITE:
WWW.SWSRA.COM/PROGRAMS

SWSRA PROGRAM LOCATIONS

Alsip Park District - Apollo
12521 S. Kostner Ave.
Alsip, IL 60803

Burr Oak Bowl
3030 W. 127th Street
Blue Island, IL 60406

Oak Lawn Park District - Pavilion
9401 S. Oak Park Ave
Oak Lawn, IL 60453

Palos Heights Recreation Center
6601 W. 127th Street - Palos Heights, IL 60463

Worth Community Center
10707 S. Oak Park Avenue - Worth, IL 60482

PARTICIPATION AGE GUIDE

To help select the appropriate program for yourself/child, please use this guide to assist you. Please note that some of these may overlap due to cognitive level variations. SWSRA staff may determine appropriate placement if necessary.

Early Childhood: Ages 3-7
Youth: Ages 8-12
Teen: Ages 13-17
Adult: Ages 18 & Up

WEBSITE & SOCIAL MEDIA

For more information about our policies and to find other resources, please visit our website.

www.SWSRA.com

Follow Us On

DONATE TO SWSRA

South West Special Recreation Association is a 501(c)(3) Nonprofit Organization.

Credit Card Donation
SWSRA Main Office - 708-389-9423
12521 S. Kostner Ave., Alsip, IL 60803

Website Donation
https://www.swsra.com/donations
Click the "Donate" button

Check or Cash Donation
Payable to SWSRA
12521 S. Kostner Ave. Alsip, IL 60803

FUNDRAISERS

MAKE A DIFFERENCE ON THE NATIONAL DAY OF GIVING

GIVINGTUESDAY

NOVEMBER 30, 2021

SUPPORT SWSRA BY SHOPPING AT amazonsmile

- **Go to our SWSRA link:** AmazonSmile SWSRA Charity Link
- **Select from Charity List:** *"South West Special Recreation Association"*

Shop & Donate items from our "Wish List"
AmazonSmile SWSRA Wish List Link

SEE PAGES 17-18 FOR MORE FUNDRAISERS
SWSRA.com/fundraisers

VIRTUAL PROGRAMS

Virtual Recreation will bring programs right to you and your family in order for you to stay inspired, connected, and creative. ***Once payment has been received, you will receive an email with all the program information, link, and supply list (if needed*).***

SWSRA uses Zoom Video Communications as the platform to run virtual programs. You will need to make sure you have a solid, stable connection to the internet, a good headset for either your computer or phone, minimal background noise, and minimal distractions in order to have successful program(s).

Group: Teens & Adults
Dates: January 10 - March 4

- Month 1: January 10 - February 4*
- Month 2: February 7 - March 4

Fee: $40: 8 Week Access
$25: Month 1 or Month 2 option

No programs on January 28

TEEN & ADULT WEEKLY SCHEDULE

PROGRAM	DAY	TIME
Coffee Talk	Monday	9:00am - 9:30am
BINGO	Monday	3:00pm - 3:30pm
Lunch with Friends	Wednesday	11:30am - 12:00pm
Show & Tell	Wednesday	3:00pm - 3:30pm
Coffee Talk	Friday	9:00am - 9:30am
BINGO	Friday	3:00pm - 3:30pm

VIRTUAL PROGRAM DESCRIPTIONS

- ***BINGO:** Who doesn't like a good game of BINGO? Each BINGO game winner will have their name entered into a drawing at month-end. The more times you win, the greater chance you have of winning the overall monthly prize.
- **Coffee Talk:** Grab your favorite morning beverage (water, tea, coffee, juice, etc.) and begin your morning talking with your peers.
- **Lunch with Friends:** Bring your lunch and socialize with your friends. We will discuss current events, video games, movies, and much more!
- **Show and Tell:** Bring your favorite item and tell your friends about it!

**These programs require supplies. In your confirmation email you will receive a supply list.*

IN-PERSON PROGRAM POLICIES

In-Person Guidelines:

- Program capacity will be a maximum of 8 participants and 2 staff at SWSRA discretion.
- Participants and staff must perform an at-home self-health check every day prior to arrival at the program. Please see "Personal Health Screen" below.
- Staff will clean and disinfect frequently touched surfaces before and after activities and in between uses of different individuals.

COVID-19 Guidelines:

- Face coverings must be worn by participants and staff as following CDC and IDPH guidelines.
- Participants must provide their own face covering.
- We ask that participants bring an additional face covering if one is needed for an emergency.
- Participants can remove face coverings indoors when actively eating or drinking.
- Participants may remove face coverings when outdoors when space is allowed for a minimum of 3 feet social distancing.
- Staff will develop a pick-up and drop-off system for each program to ensure proper physical distancing. We ask that families and/or caregivers wear face-covering when dropping off and picking up their participants.
- To protect participants and those they interact with, participants that do not adhere to program rules and the above guidelines may be removed from the program.
- Participants displaying COVID-19 related symptoms during a program will be removed from the group. Staff will immediately call guardian/family and be required to pick up participant within 15 minutes of notification.
- In the event program has a known outbreak of COVID-19 the following will be done:
- Program will shut down in-person programming for a minimum of 14 days. During this time program will resume virtually for all participants.
- In the event a participant is exposed to a known or suspected case of COVID-19 SWSRA will follow quarantine guidelines in accordance with the CDC and IDPH as follows:
- For those individuals that are fully vaccinated against COVID-19 and who remain without COVID-19 symptoms should be tested five days after exposure and show proof of negative test result prior to returning to program or quarantine for a total of 14 days post-exposure before returning to program.
- For individuals who are not fully vaccinated a quarantine for 14 days must be completed prior to returning to program.
- If participants have illnesses like allergies or other non-contagious conditions that may appear similar to a contagious illness, a note from a physician stating they are not contagious is required prior to attending the program.

IN-PERSON PROGRAM POLICIES

Eligibility Requirements:

- Independently attend to personal self-care such as bathroom needs, hand washing, eating, dressing, and personal hygiene.
- Maintain physical distance of 3 feet or greater from other participants, staff, and community members with minimal verbal reminders. Independently put on, wear, and take off a face covering, when necessary and for the duration of the program.
- Participate in the activity without the need for physical assistance (i.e. hand over hand, lifting/transferring).
- Follow SWSRA Code of Conduct and participate without emotional outbursts that require direct or close proximity or, which expose others to respiratory droplets (i.e. yelling, spitting, or biting).
- Conduct a personal health screening prior to each program. Must be able to honestly answer "No" to all questions.
- If a participant is unable to meet the following expectations, they may be unable to participate at this time in accordance with current federal, state, and local mandates and guidelines. Please contact Marina @ 708-997-2739 to discuss any program accommodations.
- This is a trial basis to get used to socializing at a distance and practicing safe interactions. If the participant shows they are unable to follow these guidelines, parents will be asked to remove the participant immediately and a refund will not be given.
- SWSRA reserves the right to determine if this program is appropriate for an individual.
- Participant to staff ratios will be a 1:4-1:6.

Guidelines When Illness Occurs:

- Participation Guidelines When Illness occurs to prevent the spread of contagious illnesses, it is recommended that participants refrain from attending programs when any of the following conditions exist:
    1. Fever of 100 degrees or higher.
    2. Vomiting within the last 24 hours.
    3. Persistent diarrhea in conjunction with other symptoms.
    4. Contagious rash or a rash of unknown origin or ringworm.
    5. Persistent cough and/or cold symptoms.
    6. "Pink eye" (conjunctivitis) or discharge from the eye.
    7. Symptoms of mumps, measles, chicken pox, strep throat, flu, impetigo, coxsackie virus
    8. Head lice or mites
    9. Runny nose with yellow or green discharge, which indicates infection.
- Please notify the SWSRA office of any contagious disease that will affect attendance. Participants can return at doctor's recommendation, or when symptoms have clearly passed.

BOWLING I or BOWLING II

Do you want to have a "striking" good time with your friends at the alley? Bowling with SWSRA gives you that opportunity to have fun and be with your friends at the same time! Our bowling program provides a chance for all ability levels to participate in this fantastic sport. Please note the numbers next to each option. This is how you will sign up on the registration page.
Fee Includes: one or two-game(s) of bowling, shoe rental, one t-shirt per year, and staff supervision.

As soon as bowlers are finished with all of their games, they are free to go home with a designated guardian. Occasionally, games move quickly and may cause some bowlers to be done before 6:00 PM.

- Parents and guardians are encouraged to pick up and drop off participants only.
- Participants must be able to independently walk in and out of the bowling facility.
- Once the participant completes their games staff will walk participants to the front door.
- Participants must be able to complete each game independently.
- Participants are encouraged to bring their own ball and bowling shoes. If the participant does not have their own ball or shoes, it is at their own discretion to use a public ball and shoes.

Group: Teens & Adults
Day: Monday
Dates: January 10 - February 28
Time: 5:00pm - 6:00pm
Location: Burr Oak Bowl, Blue Island

BOWLING I

Min/Max: 4/8
Fee: $101 (R) $202 (NR)

BOWLING II*

Min/Max: 4/8
Fee: $127 (R) $254 (NR)

**Participants in Bowling II get two (2) games of bowling and must be able to bowl at a pace that would allow the lane of four (4) bowlers to complete both games in the allotted hour time frame.*

VOLLEYBALL SKILLS

Bump, Set, Spike! This program will emphasize skill development on the court. Players will learn the basics of setting, bumping, and serving. Fee includes: staff supervision. Note: Please wear gym shoes and athletic apparel

Group: Teens & Adults
Day: Tuesday
Dates: January 11 - March 1
Time: 7:30pm - 8:30pm
Location: Palos Heights Rec Center, Palos Heights
Min/Max: 4/8
Fee: $93 (R) $140 (NR)

SOCIALITES REUNION

Calling Socialites Alum! We are easing our way back into socializing in person and physically distancing. Bi-weekly we will have a different activity. ***Participants must have been enrolled in Socialites in past seasons.***
Fee includes: supplies and staff supervision.
**At this time, SWSRA is not providing transportation.*

Group: Teens & Adults
Day: Thursday
Dates: January 13, January 27, February 10, February 24
Time: 6:30pm - 7:30pm
Location: Worth Community Center, Worth
Min/Max: 4/8
Fee: $54 (R) $108 (NR)

WALKING CLUB

Being active is the secret to staying healthy, and walking is one of the easiest and least expensive ways to get moving. So how about joining our walking club? Fee includes: staff supervision.

Group: Teens & Adults
Day: Thursday
Dates: January 20, February 3, February 17, March 3
Time: 6:00pm - 7:00pm
Location: Palos Heights Rec. Center Track, Palos Heights
Min/Max: 4/8
Fee: $46 (R) $92 (NR)

IN-PERSON SPECIAL EVENTS

DAY CAMP REUNION

Attention ALL 2021 Summer Campers! The Summer 2021 crew is getting back together this winter for an eventful evening of games, activities, and a viewing of our Day Camp DVD from the previous summer. Catch up with your camp friends from the summer and a few of your favorite counselors too! Friends, activities, and countless memories!
Fee includes: supplies and staff supervision. **Must have been previously enrolled in Day Camp 2021 to register.*

Group: All
Day: Saturday
Dates: January 15
Time: 7:00pm - 8:30pm
Location: Worth Community Center, Worth
Min/Max: 4/8
Fee: $21 (R) $42 (NR)
Registration Deadline: December 30

PARENT'S NIGHT OUT

Let's give the parents a night off! We will spend time making some crafts and watching a movie! Join the fun with your friends while we make something to bring home and enjoy the company!
Fee includes: supplies and staff supervision.

Group: Teens & Adults
Day: Saturday
Dates: January 29
Time: 6:30pm - 8:30pm
Location: Worth Community Center, Worth
Min/Max: 4/8
Fee: $41 (R) $82 (NR)
Registration Deadline: January 14

MARDI GRAS MAMBO

Let's celebrate New Orleans style at Oak Lawn's Mardi Gras Mambo. Enjoy music, a snack, and have fun with your SRA friends. Sign-up today, you don't want to miss out on the Mardi Gras Madness!
Fee includes: snack, D.J., and staff supervision.
****NO TRANSPORTATION***.

Group: Teens & Adults
Day: Friday
Dates: February 18
Time: 7:00pm - 9:00pm
Location: Oak Lawn Park District - Pavilion
Min/Max: 4/8
Fee: $34 (R) $68 (NR)
Registration Deadline: January 21

****Meet At:*** *Oak Lawn Park District @ 7:00 PM*

LITTLE EXPLORERS

Looking for a good time to do two crafts and explore our sensory room? Join us for one hour of fun and sensory time! This program will also encourage socialization, work on fine motor skills, and have sensory room time.
Fee includes: supplies and staff supervision.

Group: EC & Youth
Day: Saturday
Dates: February 12
Time: 2:00pm - 3:00pm
Location: Worth Community Center, Worth
Min/Max: 4/6
Fee: $25 (R) $38 (NR)
Registration Deadline: January 28

ST. PATTY'S DAY

Green and orange are familiar colors in the month of March. Leprechauns and four-leaf clovers all around! You won't want to miss this opportunity. Join us for a fun-filled afternoon of shamrock arts & crafts, and even a St. Patrick's Day scavenger hunt!
Fee includes: supplies and staff supervision.

Group: Teens & Adults
Day: Saturday
Dates: February 26
Time: 1:00pm - 2:30pm
Location: Worth Community Center, Worth
Min/Max: 4/8
Fee: $35 (R) $70 (NR)
Registration Deadline: February 11

- ***BOX DELIVERY (RESIDENTS ONLY):***
  - *Delivery date is the Friday after the registration deadline between 10:00am - 11:00am*
- ***BOX PICK UP:*** *Pick up is the Friday after the registration deadline.*
- ***PICK UP LOCATION:*** *SWSRA Main Office: 12521 S. Kostner Ave., Alsip (Alsip Park District-Apollo)*

HOT COCOA BOX

Let's warm up with this cold weather! SWSRA will provide you with everything you need to have a successful hot cocoa night! This box includes decorated mugs, hot cocoa, marshmallows, and a blanket to share.

Group: All
Fee: Family of 2: $26
Family of 4: $48
Home Drop Off of Box* *(Residents Only)*: $5

- ***Registration Deadline:*** *Thursday, December 30 @ 5:00pm*
- ***Pick Up and Delivery:*** *Friday, January 7*

SNOWY MASON JAR BOX

Let's make a snowy craft! We are going to make snowy mason jars that can be put out for the season! Box includes three mason jars, glue, Epsom salt for texture, glitter, twine, greenery decoration, and electric tea lights.

Group: All
Fee: $30
Home Drop Off of Box* *(Residents Only)*: $5

- ***Registration Deadline:*** *Thursday, December 30 @ 5:00pm*
- ***Pick Up and Delivery:*** *Friday, January 7*

OASIS
Opportunities for Adults Seeking Inclusive Services

In-Person & Virtual Options Available!

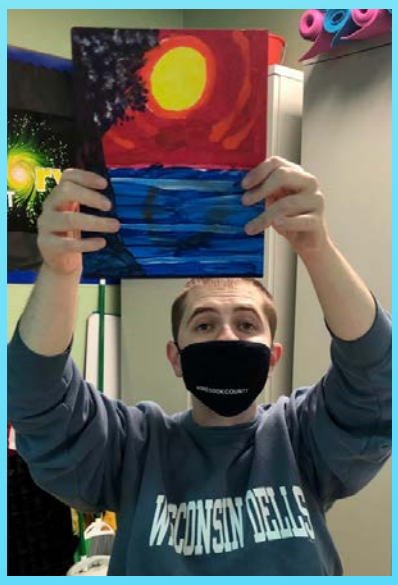
OASIS

OASIS was created to meet the needs of individuals with disabilities ages 18 and older who can participate successfully at a staff to participant ratio of 1:6-1:4.

This two-day structured program is designed to help increase independence, enhance life and social skills, incorporate recreational activities, and promote a healthy lifestyle.

For more information, please email Marina at muher@swsra.com or call 708-389-9423.

Group: 18 and Up
Day: Tuesday & Thursday
Dates: September 7, 2021 - May 26, 2022
Time: 10:00am - 2:00pm
Location: Worth Community Center, Worth
Virtual options available
Monthly Fee: $330 (Resident)
$412.50 (ATP)
$495 (Non-Resident)



SENSORY DEPOT

sensory DEPOT

- A sensory room is a specifically designed environment for people ages 3 to adult with various ability levels to experience a variety of senses and to assist in developing specific skills. Sensory rooms are used to create a safe atmosphere to relax and benefit specific sensory processing difficulties.
- SWSRA's Sensory Depot offers a wide variety of sensory equipment to accommodate each participant's needs. The room will offer aromatherapy, relaxing sounds and lights, interactive tools to promote skills and tranquility, bubble tubes, fiber optic lights, and much more!
- Registration for sensory sessions is required prior to attending.
  - Register at SWSRA's Main Office: 12521 S. Kostner Ave., Alsip, IL 60803.
- Sign up for a specific sensory session by calling the SWSRA office at 708-389-9423.
- Requests for sensory sessions should be submitted at least 48 hours prior or by Fridays no later than 12:00pm for Saturday sessions.
- Payments or registration will NOT be accepted at the Sensory Depot.
- Cancellations made less than 4 hours notice or no-shows will be charged a late cancellation or no-show fee of $15 and the cost of the session.

ONE SESSION IS 30 MINUTES

1 SESSION FOR $10 - 5 SESSIONS FOR $45 - 10 SESSIONS FOR $90

INDIVIDUAL PRIVATE SESSIONS - FAMILY SESSIONS - GROUP FIELD TRIPS - SCHOOL FIELD TRIPS

10707 S. Oak Park Ave. Worth, IL www.SWSRA.com

By Appointment Only Monday - Saturday - 708-389-9423

JOIN US NOVEMBER 29-DECEMBER 2
FOR OUR POPCORN POP-UP FUNDRAISER
Double Good Popcorn Fundraiser
Looking for something to GIVE this holiday season? Give the GIFT of Popcorn!
It's 100% contactless, SWSRA will receive 50% of the profit, and the product ships right to you.
4 days only!
POPCORN
SWSRA
South West Special Recreation Association

SUPERBOWL
FUNDRAISER
JANUARY 2022
STAY TUNED FOR MORE DETAILS

SWSRA
South West Special Recreation Association
Paint Night
SATURDAY
DECEMBER 11 AT 6PM
Whether you've got painting experience or you've never seen a paintbrush in your life, our instructor will lead you through every brushstroke so you can paint with confidence and produce a work of art that's entirely your own. We have limited spots available for our in-person class!
Can't make it in person but still looking for a fun paint night? Get an at-home painting kit, which comes with all the painting supplies you'll need to create your own work of art right at home.
IN-PERSON OR VIRTUAL
INDIVIDUAL: $35
FAMILY OF 2: $50
IN-PERSON SPACE IS LIMITED! - REGISTER BY NOVEMBER 19TH
WORTH COMMUNITY CENTER - 10707 S. OAK PARK AVE., WORTH
PAINT YOUR OWN "WINTER SCENE"

Check out some ways to Have FUN & Raise FUNDS for SWSRA!

Visit our website for more information
www.SWSRA.com/fundraisers

Eat & Earn FUNDRAISER

WEDNESDAY, MARCH 2, 2022
10:30AM - 9:00PM

PANDA EXPRESS
13581 S. CICERO AVE.
CRESTWOOD, IL
708-389-7869

Go to our website to download the flyer or show it from your smartphone.
www/swsra.com/fundraisers

SWSRA SUPPORTER SHOUT OUTS

SALLY ROESSLER
"IN MEMORY OF HER HUSBAND"

PALOS HEIGHTS RECREATION DEPARTMENT
"CHOCOLATE RABBIT RACE"

TINLEY PARK KITCHEN & BATH SHOPPE
MAGNETAR CAPITAL FOUNDATION
PATRICK FLYNN'S FAMILY & FRIENDS
PALOS HEIGHTS WOMEN'S CLUB
TJ WHITCOMB'S FAMILY & FRIENDS
CARA MURPHY'S FAMILY

MARSHA AMRAEN
MARIAN BANASIAK
BRITTANY IZZO
DOMINIC EGIZIO
STRAINIS FAMILY
LORI CHESNA
HUBER FAMILY
BARBARA HOGAN
MONICA MOTT FAMILY

T-SHIRT ORDER FORM

Name _____

Phone _____

Item	Color	YM	YL	S	M	L	XL	2X*	3X**	Price	Total
T-Shirt	Royal									$14.00	

All sales are final. There will be no refunds or exchanges. Please order larger when in doubt.

*Please add $2.00 per every 2X item	Qnty: _____ X	$2.00	
**Please add $3.00 per every 3X item	Qnty: _____ X	$3.00	

Order form will be due to the SWSRA office by 5:00 pm on November 19, 2021.
All orders will be collected and submitted on this date.

Grand Total: $ _____

SWEATSHIRT ORDER FORM

Name _____

Phone _____

Item	Color	S	M	L	XL	2X*	3X**	Price	Total
Sweatshirt	Dark Heather							$25.00	

All sales are final. There will be no refunds or exchanges. Please order larger when in doubt.

*Please add $2.00 per every 2X item	Qnty: _____ X	$2.00	
**Please add $3.00 per every 3X item	Qnty: _____ X	$3.00	

Order form will be due to the SWSRA office by 5:00 pm on December 10th, 2021.
All orders will be collected and submitted on this date.

Grand Total: $ _____

WINTER 2022 PROGRAM REGISTRATION FORM

REGISTRATION DATES: RESIDENTS ONLY: NOV 29 - DEC 3 ~ NON-RESIDENT/CO-OP: DEC 6 - DEC 10

Participant's Name _____

Address _____ City _____ Zip _____

Phone _____ Age _____ Birth Date _____

MAIN CONTACT: Name _____ Phone _____ Email _____

TEEN & ADULT VIRTUAL PROGRAMS	RES. FEE	NON-RES. FEE
Month #1: 1/10 - 2/4*	☐ $25	☐ $25
Month #2: 2/7 - 3/4	☐ $25	☐ $25
All 8 Weeks: 1/10 - 3/4	☐ $40	☐ $40

**No Programs January 28*

RECREATION BOXES	RES. FEE	NON-RES. FEE
Hot Cocoa Box - Family of 2	☐ $26	☐ $26
Hot Cocoa Box - Family of 4	☐ $48	☐ $48
Snowy Mason Jar Box	☐ $30	☐ $30
Recreation Box Delivery *(Residents Only)*	☐ $5	☐ N/A

SENSORY DEPOT - *Multi-Sensory Room*

sensory DEPOT

1 - 30 Minute Session	☐ $10
Punch Card - 5 Sessions	☐ $45
Punch Card - 10 Sessions	☐ $90

Sessions are by appointment ONLY
Registration is REQUIRED

IN-PERSON PROGRAMS	RES. FEE	NON-RES. FEE
Bowling I	☐ $101	☐ $202
Bowling II	☐ $127	☐ $254
Volleyball Skills	☐ $93	☐ $140
Socialites Reunion	☐ $54	☐ $108
Walking Club	☐ $46	☐ $92

IN-PERSON SPECIAL EVENTS	RES. FEE	NON-RES. FEE
Day Camp Reunion	☐ $21	☐ $42
Parent's Night Out	☐ $41	☐ $82
Little Explorers	☐ $25	☐ $38
Mardi Gras Mambo	☐ $34	☐ $68
St. Patty's Day	☐ $35	☐ $70

FUNDRAISER	RES. FEE	NON-RES. FEE
Paint Night: In-Person - Individual	☐ $35	☐ $35
Paint Night: In-Person - Family of 2	☐ $50	☐ $50
Paint Night: Virtually - Individual	☐ $35	☐ $35
Paint Night: Virtually - Family of 2	☐ $50	☐ $50

GRAND TOTAL DUE $_____

SWSRA MAIN OFFICE

SWSRA
South West Special Recreation Association

12521 S. Kostner Ave., Alsip, IL 60803
Phone: 708-389-9423 Fax: 708-389-6458
Website: www.SWSRA.com

ONLINE REGISTRATION - *Click links below*

VIRTUAL PROGRAM REGISTRATION

IN-PERSON PROGRAM REGISTRATION

CREDIT CARD PAYMENT

Credit Card Type: *(Check One)* ◯ VISA ◯ MC ◯ DC ◯ AMEX

Amount Charged to Card $ _____

Print Name on Card: _____

Card Holder Signature: _____

Account Number: _____

Verification Code: _____ Expiration Date: _____

SWSRA WAIVER, RELEASE OF ALL CLAIMS AND HOLD HARMLESS AGREEMENT

SWSRA is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. SWSRA 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 the programs/activities listed above must recognize that there is an inherent risk of injury when choosing to participate in recreational programs/activities. You are solely responsible for determining if you or your minor/child/ward are physically fit and/or skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way, or recently suffered an illness, injury, or impairment, to consult a physician before undertaking any physical activity. Recreational programs/activities 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 program/activity. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers, and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises, defects, inadequate or defective equipment, animal bites, inadequate supervision, instruction or officiating and all other circumstance inherent to indoor and outdoor recreational activities/programs exist. In this regard, it must be recognized that it is impossible for SWSRA to guarantee absolute safety. Please read this form carefully and be aware that in signing up and participating in the above-identified programs/activities, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages, or loss which you or your minor/child/ward might sustain as a result of participating in any and all activities connected with and associated with said programs/activities (including transportation services/vehicle operation, when provided).

Virtual Programs and Online Activities: You should consult your physician or other health care professional before starting this or any other fitness program/activity to determine if it is right for your needs. If you experience faintness, dizziness, pain, or shortness of breath at any time while exercising you should stop immediately. If you choose to exercise to this virtual program/activity, you do so at your own risk and acknowledge that the exercises carry an inherent risk of physical injuries. To the extent permitted by law, SWSRA and its affiliates disclaim any and all liability in connection with the exercises in the video and any instructions and advice provided.

I recognize and acknowledge that there are certain risks of physical injury to participants in these programs/activities, and I voluntarily agree to assume the full risk of any and all injuries, damages, or loss, regardless of severity, that my minor/child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims, I or my minor/child/ward may have (or accrue to my minor/child/ward or myself), as a result of participating in these programs/activities against SWSRA including its officials, agents, volunteers and employees (hereinafter collectively referred as SWSRA). I do hereby fully release and forever discharge SWSRA from any and all claims of injuries, damage, or loss that my minor/child/ward or I may have or which may accrue to myself or my minor/child/ward and arising out of, connected with, or in any way associated with these programs/activities. I have read and understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering online or via fax, your online or facsimile signature shall substitute for and have the same legal effect as an original form signature.

Say Cheese!

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

Print Participant's Name:_____ **Date:**_____

Signature: _____

(If Under 18, Parent/Guardian Signature)

Print Name of Signature:_____

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MASTER FORM *(Complete annually and notify SWSRA if any information changes)* - **Version 2**

Participant's Name (Last) _____ **(First)** _____

Address _____ **City** _____ **Zip** _____

Primary Disability _____

Secondary Disability _____

Sex: Female ☐ **Male** ☐ **Age:** _____ **Birthdate: (MM/DD/YY)** _____/_____/_____

***E-mail:** _____

** By providing your e-mail address, you give SWSRA consent to send you promotional materials via e-mail and will only be used by SWSRA. You can request to be taken off SWSRA's mailing list at any time.*

GROUP HOME PARTICIPANTS ONLY: Name of Group Home/House _____

Case Manager _____ Work # _____ Cell # _____

House Manager _____ Work # _____ Cell # _____

EMERGENCY CONTACT INFORMATION REGARDING PARTICIPANT IN ORDER OF PREFERENCE:

In the event of an emergency, cancellation of program, etc., list in order of preference those who have your consent and authorization to pick up participant if needed.

	NAME (FIRST & LAST)	PRIMARY PHONE TO CALL	Secondary Phone *(if applicable)*	RELATIONSHIP TO CLIENT
1.				
2.				
3.				
4.				

MEDICAL INFORMATION:

A. Wheelchair: *Yes ☐ No ☐ **If Yes, completion of SWSRA FORM 1 required*

B. Seizures: *Yes ☐ No ☐ **If Yes, completion of SWSRA FORM C (pages 1-3) required*

Is Vagus Nerve Stimulation (VNS) Used: Yes ☐ No ☐ ****Note: In case of a seizure, you will be notified***

C. Asthma: *Yes ☐ No ☐ **If Yes, completion of SWSRA FORM A (pages 1-2) required*

D. List any other Medical Conditions AND/OR Assisted Devices **Note: Additional forms may be required*

_____

_____

_____

E. Allergies: *Yes ☐ No ☐ **If Yes, Please Complete Chart Below*

ALLERGIES	DETAILS	TREATMENT(S)
FOOD		
MEDICATION		
INSECT BITES/STINGS		
OTHER		

MEDICAL INFORMATION CONTINUED:

A. Doctor's Name: _____ **Phone:** _____

B. Medication: SWSRA needs to know ALL medications participant is taking, regardless of when/where dispensed.
Please list ALL medications below: ***(If more than 4 medications, please attach a separate sheet)***

TYPE OF MEDICATION	DOSAGE/TIME(S)	REACTION/SIDE EFFECT(S)

C. Medication Assistance: Will staff need to assist with Medication during program? *Yes ☐ No ☐
If Yes, completion of SWSRA FORM 4 (pages 1-2) required

COMMUNICATION & ADDITIONAL INFORMATION:

A. T-Shirt Size: CHILD SIZES: S(6-8) ☐ M(10-12) ☐ L(14-16) ☐ ADULT SIZES: S ☐ M ☐ L ☐ XL ☐ 2XL ☐ 3XL ☐

B. General Questions:
Please fill out the following questions thoroughly so that we can best serve your participant.

1. Participant's favorite activities are: _____
2. Participant should not eat (please consider allergies/medical conditions) _____
3. Inappropriate behaviors participant displays: _____
4. Areas/Goals for the participant to work toward: _____
5. Toilet Training: _____ 5b. Does Participant require assistance? Yes ☐ No ☐
6. SWSRA provides an approximate 1:4 staff-to-participant ratio. Please note if you are requesting a closer ratio and why:

_____

C. Sensory Needs:

1. Please list what sensory equipment is needed or used: _____

_____

D. Visual Supports and Communication: Verbal ☐ Nonverbal ☐

☐ Communication Device, please list: _____ ☐ Picture Exchange Communication System(PECS)
☐ Visual Directions ☐ ASL American Sign Language ☐ Homemade Sign
☐ Cue Cards (stop, wait, sit, etc.) ☐ Other Languages: _____ ☐ Read Lips

E. Swim Information:

1. Pre-beginner ☐ Beginner ☐ Intermediate ☐ Advanced ☐
2. Does participant use: **Flotation device?** Yes ☐ No ☐ **Ear plugs?** Yes ☐ No ☐
3. Is participant allowed to swim in deep water? Yes ☐ No ☐

PERMISSIONS:

1. Parents/Guardians are asked to provide bug spray & sunscreen.
Can staff apply these products on participant? Yes ☐ No ☐

2. Transportation Permission:
Transportation as a part of weekly activities, special events, or trips? Yes ☐ No ☐

_____ _____

Signature (If under 18, parent/guardian signature please) **Date**

**Note: This SWSRA MASTER FORM is completed annually. Please notify SWSRA if any information changes.*