

Who is M-NASR?



Maine-Niles Association of Special Recreation



The Maine-Niles Association of Special Recreation provides individuals with disabilities access to meaningful and life-enriching recreation and leisure opportunities.



How to reach M-NASR



By phone at 847-966-5522

Staff are available between 9:00am and 5:00pm, Monday through Friday.



By email

For a complete M-NASR staff directory, click [here](#)



In person

6820 W. Dempster Street
Morton Grove, IL 60053



On the web

mnasr.org



We are the Maine-Niles Association of Special Recreation.

Since 1972, the Maine-Niles Association of Special Recreation (M-NASR) has provided and facilitated recreation programs and services for children, teens and adults with disabilities.

M-NASR is an extension of the park districts in Des Plaines, Golf Maine, Morton Grove, Niles, Park Ridge, Skokie and Lincolnwood's Parks and Recreation Department.

M-NASR helps individuals with disabilities in these communities and beyond to access engaging recreation and leisure opportunities. Our programs encourage and enable participants to learn a new skill, work on mastering an activity or sport, spend time in the company of friends and have fun!



Recreation programming for all ages and abilities

M-NASR's programs offer individuals the support they need to experience leisure activities in their community. Our programs are offered year-round and are designed for a wide range of ages, interests and abilities and include:

- competitive and recreational athletics
- fitness
- cultural arts
- general recreation
- bowling
- aquatics
- special events
- social outings
- Special Olympics opportunities
- day camps
- leisure education programs in schools
- virtual programs
- and more!



M-NASR programs and events are created to provide for participants' unique needs, including but not limited to:

- close participant to staff ratio when needed
- accessibility of facilities
- interpreters
- adaptive recreation equipment



Transportation is available to select programs.



M-NASR's staff

M-NASR's full-time recreation staff have therapeutic recreation backgrounds and Certified Therapeutic Recreation Specialist (CTRS) certifications. Our part-time staff receive ongoing training to help understand and meet the unique needs of our participant populations. All of our staff are committed to our mission of enhancing our participants' quality of life through recreation.

Program and participant goals

M-NASR recreation programs are designed specifically to assist in the enhancement of physical, cognitive, emotional, social and leisure development so that individuals may participate fully and independently in their life pursuits.

M-NASR PROGRAM GOALS



M-NASR programming can enable participants to make strides towards their own personal goals, such as:

- social skills
- communication skills
- life skills
- community integration
- pursuing recreational opportunities



Find our latest program brochure by clicking [here](#)

M-NASR's program areas

M-NASR serves more than 1,300 individuals, offering over 600 recreation programs and events each year. Our programs are divided into three main areas.

Youth & Teen (ages 3-22)



Adults with Intellectual Disabilities (AWID) (ages 18 & older)



Adults with Physical or Visual Impairments (PI/VI) (ages 18 & older)



Inclusion services

M-NASR teams up with park districts for success

Sometimes, a little extra support is all that a child with a disability may need to successfully participate alongside their non-disabled peers in park district recreation programs. M-NASR's inclusion team works cooperatively with our member park districts to provide training and education to staff, as well as resources and reasonable accommodations to include participants with disabilities registered for their recreational programs.



For more information about M-NASR inclusion services, click [here](#)

Special programs and services



Sensory Strides: Individual one-on-one sessions in our sensory room! (ages 3 & up)

This program includes weekly, 45-minute visits working one-on-one with our certified staff based on an assessment of the participant's abilities, interests and needs. Using state-of-the-art sensory equipment, staff will assist in working towards the participant's physical, emotional and social goals.

Healthy Minds Healthy Bodies for veterans



In cooperation with our member districts and AllenForce, the Healthy Minds Healthy Bodies program is open to veterans with a disability rating of 10% or higher who reside within M-NASR's member districts. It provides health and social benefits including a fitness club membership and personal training at no cost, as well as a variety of networking opportunities.

Frequently asked questions

Who is eligible for M-NASR programs and services?

M-NASR programs and services are available to individuals with disabilities living within our seven member districts: Des Plaines Park District, Golf-Maine Park District, Morton Grove Park District, Niles Park District, Park Ridge Park District, Skokie Park District and Lincolnwood's Parks & Recreation Department.

Individuals who live outside the M-NASR boundaries may register for M-NASR programs if spots remain after resident registration. Non-residents are required to pay the non-resident fees.

How often are M-NASR programs offered?

M-NASR programming is offered year-round and falls into four seasons of ongoing programs and special events – spring, summer, fall and winter. Seasonal program brochures become available and registration opens approximately a month before a program season begins. If you would like to be added to M-NASR's email list and be notified about program registration, please call 847-966-5522.

How do I register for M-NASR programs?

Registration is available online – simply click [here](#). If you have not yet been assigned registration login information, please call 847-966-5522 and we will provide it. You may also download a printable registration form by clicking [here](#).

Is financial assistance available for M-NASR programs?

Financial aid may be available for those who qualify and complete a current year's Financial Aid Application, along with a print registration form, by the program registration deadline. M-NASR's Financial Aid Application form and full guidelines can be found online at mnasr.org/brochuredownloads.

How do I request inclusion services for my child?

To begin the process, register your child for a park district program and indicate "reasonable accommodations or inclusion services may be needed." The park district, your family and M-NASR will then begin communicating about setting up inclusion support services.



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