



An extension of:
Des Plaines Park District
Golf-Maine Park District
Morton Grove Park District
Niles Park District
Park Ridge Park District
Skokie Park District
Village of Lincolnwood Parks
and Recreation

SUMMER 2021 PROGRAMS

June 14–August 8, 2021

In-person
& virtual
programs!



Registration begins: May 12
Registration ends: June 4

About M-NASR

Mission

The Maine-Niles Association of Special Recreation is dedicated to improving the quality of life and, through advocacy and awareness, promoting a successful leisure lifestyle for individuals with disabilities.

Board of Directors

Gayle Mountcastle *President*, Park Ridge Park District

Donald J. Miletic *Vice President*, Des Plaines Park District

John Jekot *Treasurer*, Golf-Maine Park District

Tom Elenz Niles Park District

Melissa Rimdzius-Marsh Village of Lincolnwood
Parks and Recreation

Michelle Tuft Skokie Park District

Jeff Wait Morton Grove Park District

2021 Board Meeting Dates

Tuesday, February 23

Tuesday, April 27

Tuesday, June 22

Tuesday, August 24

Tuesday, October 26

Tuesday, December 14

Meetings are at 10:00am. Agendas and minutes can be found [here](#).



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How to Reach Us



By phone at 847-966-5522. Staff are available between 9:00am and 5:00pm, Monday through Friday.



By email. For a complete staff directory, click [here](#).



Administrative Office:
6820 W. Dempster Street
Morton Grove, IL 60053
mnasr.org



Summer 2021 Program Information

We are happy to be offering both virtual and in-person programs this season. With the safety and well-being of all our participants as our top priority, we continue to monitor and follow COVID-19 guidelines from IDPH, the Restore Illinois plan, the CDC and our risk management agency.

In-Person Programs

In-person program capacity is limited to allow for compliance with proper physical distancing guidelines. Facility or room size may also further reduce capacity. If programs reach the maximum within the registration period, a lottery will be held. If a program does not meet the minimum of four participants, M-NASR reserves the right to cancel it.

Prior to registering for in-person programs, participants must complete a **Participant Assessment Form**. If you are interested in registering yourself or a participant for any in-person programs, complete the assessment and a M-NASR staff will contact you to let you know if you meet the eligibility requirements. Once eligibility is determined, participants will be allowed to register. If you already completed an assessment, no need to complete another one.

Please make sure to read M-NASR's **Safety Guidelines and Eligibility Requirements** on pages 31–34 before completing this assessment.

Once the assessment is submitted, M-NASR staff will complete the following steps:

1. Review the submitted assessment.
2. Evaluate assessment consistency with known past experiences with M-NASR.
3. Contact families for additional information, if needed.



Click [here](#) to complete a **Participant Assessment Form**.

Virtual Programs

For all Virtual Programs, Zoom meeting information and links will be emailed to you prior to the start of program. If you do not receive the link information 24 hours before the first program please contact M-NASR.

To download a printable form to help keep track of your Zoom meetings, click [here](#).

In This Brochure

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Important Dates

Summer Session

May 12	Registration opens 9:00am
June 4	Registration ends 5:00pm
June 7	Lottery held if needed
June 14	Programs begin
August 8	Programs end
August 12	End-of-Summer Party

Fall Session 1

July 28	Registration opens 9:00am
August 13	Registration ends 5:00pm
August 16	Lottery held if needed
August 23	Programs begin
October 17	Programs end

Summer 2021 Program Information

Program Areas and Acronyms

Youth & Teen: Programming designed for individuals ages 3–22

AWID: Adults with Intellectual Disabilities; programming designed for individuals ages 18 & older

PI/VI: Adults with Physical Impairments/Visual Impairments; programming designed for individuals ages 18 & older

R, NR: Resident, Non-Resident

M-NASR Resident/Non-Resident Program Fees

Individuals residing in M-NASR's seven member park district boundaries are eligible for resident (R) program fees. These park districts include Des Plaines, Golf-Maine, Morton Grove, Nilis, Park Ridge, Skokie and the Village of Lincolnwood Parks & Recreation department. Individuals residing outside the M-NASR boundaries are required to pay the non-resident (NR) fees for programs.

Transportation

Transportation is now available on a limited basis for select programs. The bus symbol above in a program description indicates that transportation is available. You can register for transportation using the code in the program description when you register for the program. Participants will be contacted one week prior to the start of the program to confirm transportation times and locations. See page 37 for more information.

Program 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.

Each program description includes a visual key of which domains our certified full-time staff are incorporating into their lesson plans. M-NASR staff will be working diligently to uphold high standards and to ensure that participants continue to learn and grow, whether the program is in person or virtual. The chart below includes more details about and a key to the goals covered in each program.

M-NASR Recreation Program Goals				
Domain	 Mental/ Cognitive	 Physical	 Psychological	 Social
Potential Outcomes/ Benefits	<ul style="list-style-type: none"> • Increased emotional regulation • Enhanced feelings of autonomy • Greater sense of meaning • Improved self-determination • Increased optimism • Increased feelings of balance and stability 	<ul style="list-style-type: none"> • Increased mobility • Improved strength • Increased endurance • Restored function • Enhanced immune system • Improved blood pressure • Reduced tension • More restful sleep • Increased energy levels 	<ul style="list-style-type: none"> • Increased ability to stay focused • Improved memory • Better concentration • Developed goal-setting skills • Ability to follow directions • Enhanced problem-solving • Decreased feelings of isolation and loneliness 	<ul style="list-style-type: none"> • Improved communication skills • Developed interpersonal skills • Ability to demonstrate reciprocal relationship skills • Increased social confidence

Registration Information

Online

To register, [click here](#) or click on the **Program code/Registration link** within a program's description. Please call 847-966-5522 for online registration login information if you do not yet have it. For complete online registration instructions, click [here](#).

Print and Send or Drop Off

If you prefer not to register online, a Registration Form can be found by clicking the link in the box below or on pages 38–39. You have four ways to return your form:

1. **Mail** your completed form and payment to: M-NASR Registration, 6820 W. Dempster, Morton Grove, IL 60053
2. **Fax** your completed form to 847-966-8340. Please call for confirmation of receipt.
3. **Email** your completed form to registration@mnasr.org
4. **Drop off** your form in person. Please call 847-966-5522 for an appointment.

Registration Process

Full payment is required at time of registration. Printed brochures are available at M-NASR by calling 847-966-5522. Any balance due from a previous season must be paid in full before a registration is accepted for the current season unless you have made previous arrangements.

Financial aid may be available for those who qualify and who complete a current year's Financial Aid Application. A link to the application can be found in the box below. For more information, see page 36. If a payment plan is needed please contact Jennifer Gebeck at jgebeck@mnasr.org.

Participant Information Forms

Participants must have a current Participant Information Form on file at M-NASR to participate in programs. These forms are considered current if completed and submitted in the current year. You will not be able to register online without having a current form on file. If you need to complete one, see the box below for a link or go to pages 40–42.

M-NASR forms at your fingertips

Online Registration – click [here](#)

Printable Registration Form – click [here](#) or see page 38–39

Participant Information Form – click [here](#) or see pages 40–42

Financial Aid Application – click [here](#)

Registration is only complete when:

1. Registration Form is properly filled out and signed.
2. Payment is made in full.
3. Registration is received by deadline.
4. Participant Information Form is properly filled out and signed.

Please note that masks and social distancing are required for all M-NASR in-person programs. Safety is a top priority at M-NASR!



Inclusion

M-NASR and our Member Park Districts believe that all individuals should be provided with leisure opportunities that allow for performance at their highest level of ability. Although many people achieve this through participation in a M-NASR program, sometimes the best option for some individuals' recreational experience is to participate through their local Park District's recreation programming. That is where M-NASR's inclusion services come in. Inclusion services are provided to participants free of charge when registering through a Member Park District's program.



Principles of Inclusion

- The interests and needs of an individual participant will be addressed.
- The concerns of the family will be taken into account.
- The member district staff will be given support by M-NASR.
- Options and choices will be made available to individuals with disabilities.

When registering for a Park District program:

- Mark the ADA section on the registration form. Once the registration is submitted, a Park District representative will contact you to discuss services needed.
- The Park District will assess if the requested accommodation can be facilitated on their own.
- If the need for M-NASR services is necessary, the Park District will submit an Inclusion request to M-NASR.
- M-NASR begins the process of implementing the requested accommodation.
- Communication between M-NASR, Park District staff and family continues throughout the inclusion process.

If you have any questions regarding the inclusion process, please contact our Inclusion Manager, Lisa Barrera, at lbarrera@mnasr.org. For Park District contact information, see page 43.

M-NASR
Summer Day Camps
SAFELY RECONNECTING

Half-day and full-day options
In-person and virtual camp experiences
Programs for ages 3-22

REGISTRATION OPEN
APRIL 12-30
LOTTERY HELD MAY 3
CAMPS BEGIN JUNE 14

Summer Day Camp may still have limited availability!
Contact M-NASR for more details.

2021 SUMMER DAY CAMP
SAFELY RECONNECTING

Save the date
for M-NASR's 2021 End-of-Summer Party!
Thursday, August 12

Reconnect with M-NASR
End-of-Summer Party 2021

More details will follow as they become available.

Summer 2021 Youth & Teen Programs

Ages 3-22

Week At-A-Glance | June 14-August 8



NEW! Click on a program name to go directly to online registration for that program.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Sensory Strides</u> 10:00am-12:45pm Des Plaines Leisure Center</p>	<p><u>Virtual Variety Camp</u> 2:00-2:30pm</p>	<p><u>Virtual Variety Camp</u> 2:00-2:30pm</p>	<p><u>Virtual Variety Camp</u> 2:00-2:30pm</p>	<p><u>Virtual Variety Camp</u> 2:00-2:30pm</p>	<p><u>Movers & Makers</u> 10:00am-12:00pm Prairie View Community Center</p>
<p><u>Tiny Tot Sing Along</u> 1:00-1:30pm</p>		<p><u>Sensory Strides</u> 4:30-7:15pm Des Plaines Leisure Center</p>	<p><u>Sensory Strides</u> 4:30-7:15pm Des Plaines Leisure Center</p>	<p>M-NASR Summer Day Camp may still have limited availability. Contact M-NASR for more information.</p> 	<p><u>Fitness Fusion</u> 1:00-2:00pm Prairie View Community Center</p>
<p><u>Virtual Variety Camp</u> 2:00-2:30pm</p>		<p><u>Buddy Baseball</u> 5:30-6:30pm Hinkley Park</p>			<p><u>Sensory Splash</u> 2:30-3:30pm Prairie Lakes Aquatic Center</p>
<p><input type="checkbox"/> In-person programs</p>	<p><input type="checkbox"/> Virtual programs</p>				

Youth & Teen Special Events

Event	Date	Time	Location
<u>Sensory Fun with Food</u>	Tuesday, June 22	11:00-11:30am	Zoom
<u>Book Buddies</u>	Saturday, June 26	11:00am-12:15pm	Prairie Lakes Comm Center
<u>Safari Ride</u>	Wednesday, July 7	11:00-11:30am	Zoom
<u>Junior Scientists</u>	Saturday, July 10	1:30-3:00pm	Prairie Lakes Comm Center
<u>Tie Dye Teens</u>	Saturday, July 24	10:30am-12:00pm	Devonshire Cultural Center
<u>Teen Cuisine</u>	Tuesday, July 27	11:00-11:30am	Zoom
M-NASR End-of-Summer Party - <i>SAVE THE DATE!</i>	Thursday, August 12	TBA	Harrer Park Pavilion



Summer 2021 Virtual Youth & Teen Programs

Tiny Tot Sing Along

Turn on Zoom and let's sing a tune! At Tiny Tot Sing Along we'll sing, dance and play games that encourage socialization and sharing our feelings.

Day/Time: Monday, 1:00–1:30pm

Dates: June 14–August 2

Fee: R \$14/NR \$21

Age range: 3–5

Program code/Registration link: [311006-1](#)

Note: No program July 5



Virtual Variety Camp

Spend your afternoons with M-NASR's Virtual Variety Camp! Choose the day or days that work best for your schedule and experience a spectacular lineup of activities including music, active games, exercise and socialization! We'll even spend some virtual time visiting with our in-person camp friends to reconnect and play together.

Dates: June 14–August 6

Time: 2:00–2:30pm

Age range: 6–22

Note: No camp July 5



Day	Program number/registration link	Fee for full session
Monday	311001-1	R \$14/NR \$21
Tuesday	311002-1	R \$16/NR \$24
Wednesday	311003-1	R \$16/NR \$24
Thursday	311004-1	R \$16/NR \$24
Friday	311005-1	R \$16/NR \$24

Individual Video/Phone Chats

FREE

M-NASR staff will be available to contact participants via Zoom or phone call for 15-minute chats. We are here to help keep you positive, active and connected. After you register, M-NASR staff will contact you to schedule your chat and provide you with an individualized Zoom link.

Day/Time: To be individually arranged

Fee: None

Program code/Registration link:

[318001-1](#) Individual Video/Phone Chat



Let's Do! Individual Video Activity Visits

Let's do...a sensory activity! A story time activity! A board game activity! You choose what we'll do, and M-NASR staff will lead the way. These 15-minute Zoom activity visits are perfect opportunities for participants who benefit most from individual interaction. You will be contacted by staff after your registration is received to schedule your visit and to be provided with Zoom information.

Day/Time: To be individually arranged

Frequency	Fee	Program codes/Registration links:
Individual Video Visit One Time	R \$2/NR \$3	318002-1
Individual Video Visit Bi-Weekly	R \$8/NR \$12	318003-1
Individual Video Visit Weekly	R \$16/NR \$24	318004-1



Summer 2021 Virtual Youth & Teen Programs

Virtual Special Events

Sensory Fun with Food



Snack and play at the same time with this virtual sensory play experience! All sensory activities will be edible including marshmallow playdough and water beads! A list of items for the activities will be shared prior to the program date, so you can play along at home.

Day/Date: Tuesday, June 22

Time: 11:00–11:30am

Fee: None

Age range: 3–5

Program code/Registration link: [311050-1](#)



Safari Ride



Join your friends for a ride on this virtual safari. We'll talk lions and tigers and bears, oh my! You are sure to be an expert explorer by the end of this adventure.

Day/Date: Wednesday, July 7

Time: 11:00–11:30am

Fee: None

Age range: 6–12

Program code/Registration link: [311052-1](#)



Teen Cuisine



Tap into your culinary side with this virtual cooking class. We'll make a sweet treat perfect for any hot summer day. The recipe will be shared one week prior to the program date, so you can cook along at home.

Day/Date: Tuesday, July 27

Time: 11:00–11:30am

Fee: None

Age range: 13–22

Program code/Registration link: [311055-1](#)



Summer 2021 In-Person Youth & Teen Programs

Sensory Strides – Individual One-on-One Sessions!

Engage your senses and take meaningful strides at M-NASR's therapeutic sensory sessions! Our Recreation Therapists will assess each participant's abilities, interests and needs and will create an engaging program unique to each individual. We will use our specialized sensory equipment to assist you in achieving physical, emotional and social goals, from developing body awareness in the vibroacoustic learning chair to expressing emotions through our sound beams. In addition, we'll identify sensory tools that can be used outside of our room that will help you continue your strides at home, school and work. This program includes weekly, 45-minute visits working one on one with our certified staff.

Day	Time	Dates	Fees
Monday	10:00–10:45am 11:00–11:45am 12:00–12:45pm	June 14–August 2	R \$105/NR \$210
Wednesday	4:30–5:15pm 5:30–6:15pm 6:30–7:15pm	June 16–August 4	R \$120/NR \$240
Thursday	4:30–5:15pm 5:30–6:15pm 6:30–7:15pm	June 17–August 5	R \$120/NR \$240

**Program code/
Registration link:** [315003](#)

Location: Sensory Room,
Des Plaines Leisure Center

Note: No program July 5



Buddy Baseball-Players



At Buddy Baseball you'll throw, catch and bat your way to success! Work alongside peers and staff to perfect your technique. Your self-esteem, teamwork skills and sportsmanship will be outta the park in no time!

Note: Players must provide their own baseball mitt. Players are encouraged to provide their own Buddy, but it is not required to participate. Buddies must be the the same each week and are required to complete a registration form at no additional cost. In case of inclement weather, the decision to cancel this program will not be made until 4:00pm. Register by June 4th to guarantee a player uniform.

Day/Time: Wednesday, 5:30–6:30pm

Dates: June 16–August 4

Fee: R \$60/NR \$120

Location: Field #1, Hinkley Park, Park Ridge

Age range: 6–12

Program code/Registration link: [311007-1](#)



Buddy Baseball-Buddies



M-NASR is looking for positive, enthusiastic volunteers ("Buddies") to assist our athletes in this non-competitive baseball program. Buddies will assist with basic baseball skills, including catching, throwing, batting and fielding, along with helping our athletes to develop their positive social skills, teamwork and sportsmanship. All baseball abilities are welcomed. Make this a summer you won't forget and root, root, root for our M-NASR players!

Note: There is no fee for Buddies and all Buddies must register through M-NASR. Please arrive at 5:00 p.m. on June 16 for a brief Buddy orientation prior to the start of the program. In case of inclement weather, the decision to cancel this program will not be made until 4:00 p.m.

Day/Time: Wednesday, 5:30–6:30pm

Dates: June 16–August 4

Fee: None

Location: Field #1, Hinkley Park, Park Ridge

Age range: 13+

Program code/Registration link: [311007-2](#)



Summer 2021 In-Person Youth & Teen Programs

Movers & Makers

Start off your morning with friends. We'll play Red Light Green Light, Captains Orders and other active games. After we've burned off some energy, we'll grab a seat for a creative activity that will help bring out your imagination!

NOTE: Weather permitting, active games will take place outside.

Day/Time: Saturday, 10:00am–12:00pm

Dates: June 19–August 7

Fee: R \$136/NR \$272

Location: Activity Room, Prairie View Community Center, Morton Grove

Age range: 6–12

Program code/Registration link: [311008-1](#)



Fitness Fusion NEW

Each week you'll participate in different fitness activities and learn what styles of exercise you enjoy most. Some of these activities may include yoga, thai chi, HIIT circuit workouts and chair fitness.

Day/Time: Saturday, 1:00–2:00pm

Dates: June 19–August 7

Fee: R \$60/NR \$120

Location: Activity Room, Prairie View Community Center, Morton Grove

Age range: 13–22

Program code/Registration link: [311009-1](#)



Sensory Splash NEW

Sign up today for this play oriented swim program! At Sensory Splash your child will explore the water at their own pace while playing alongside similar aged peers. This program doubles as a meet-up for parents who have children with disabilities. Activities will be led by the M-NASR staff but the same guardian must attend with the child each week, and will be responsible for their child during program. Guardian and child must come in appropriate swimwear.

Day/Time: Saturday, 2:30–3:30pm

Dates: June 19–August 7

Fee: R \$60/NR \$120

Location: Prairie Lakes Aquatic Center, Des Plaines

Age range: 3–5

Program code/Registration link: [311010-1](#)



Summer 2021 In-Person Youth & Teen Programs

In-Person Special Events

Book Buddies

At Book Buddies we'll read some of our favorites like The Hungry Caterpillar, Berenstain Bears and The Rainbow Fish. After reading, we'll talk about the lessons these characters learned and complete a craft to go with it! Participants will also receive a book to take home.

Day/Date: Saturday, June 26

Time: 11:00am-12:15pm

Fee: R \$13/NR \$26

Location: Mt. View Mines #1, Prairie Lakes Community Center, Des Plaines

Age range: 3-5

Program code/Registration link: [311051-1](#)



Junior Scientists

Grab your lab coat and safety goggles and get ready for an adventure! At this interactive special event we'll complete a variety of different experiments together. Bring a smock as this program may be messy.

Day/Date: Saturday, July 10

Time: 1:30-3:00pm

Fee: R \$18/NR \$36

Location: Mt. View Mines #1, Prairie Lakes Community Center, Des Plaines

Age range: 6-12

Program code/Registration link: [311053-1](#)



Tie Dye Teens

Create a wearable masterpiece at Tie Dye Teens. We'll spend our time together making cool designs like a spiral, heart or stripe. Two t-shirts will be provided per participant and are included in the program fee. Participants may bring one other white or light colored item of clothing from home to tie-dye (headband, socks, shorts, shirt). Bring a smock as this program may be messy.

Day/Date: Saturday, July 24

Time: 10:30am-12:00pm

Fee: R \$21/NR \$42

Location: Multipurpose Room #1, Devonshire Cultural Center, Skokie

Age range: 13-22

Program code/Registration link: [311054-1](#)



Summer 2021 AWID Programs

Ages 18 & older

Week At-A-Glance | June 14-August 8

NEW! Click on a program name to go directly to online registration for that program.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Sensory Strides</u> 10:00am–12:45pm Des Plaines Leisure Center</p>	<p><u>Wellness Warriors</u> 11:00-11:30am</p>	<p><u>Wildcats Workout</u> 11:00-11:30am</p>	<p><u>Raise Your Mic</u> 3:00–3:30pm</p>	<p><u>Find Your Zen</u> 11:00–11:30am</p>	<p><u>All-Star Competitive Bowling</u> 10:00–11:00am River Rand Bowl</p>
<p><u>Wildcats Workout</u> 11:00-11:30am</p>	<p><u>Chair One Fitness</u> 4:00–5:00pm</p>	<p><u>Bingo</u> 4:00–4:30pm</p>	<p><u>Super Sketchers</u> 4:00–4:30pm</p>	<p><u>Brain Busters</u> 1:00–1:30pm</p>	<p><u>Recreational Bowling</u> 11:30am–12:30pm River Rand Bowl</p>
<p><u>Sports Stadium Tours</u> 4:00–4:30pm</p>	<p><u>Wildcat Softball Skills</u> 5:15–6:15pm Harrer Park</p>	<p><u>Sensory Strides</u> 4:30–7:15pm Des Plaines Leisure Center</p>	<p><u>Sensory Strides</u> 4:30–7:15pm Des Plaines Leisure Center</p>	<p><u>Friday Dance Party</u> 4:00–4:30pm</p>	<p><u>Water Aerobics</u> 1:00–2:00pm Prairie Lakes Aquatic Center</p>
<p><u>Artist Studio</u> 5:30–6:30pm Oakton Community Center</p>	<p><u>Adventure Club</u> 6:00–6:30pm</p>	<p><u>Wildcat Bocce Skills</u> 5:00–6:00pm Proesel Park</p>	<p><u>Happy Feet</u> 5:00–6:00pm Golf Mill Park</p>	<p><u>Movie Critics/Friday Night Social Club</u> 5:30–7:30pm M-NASR Office/Prairie View Community Center</p>	
<p><u>Tee Time Golf</u> 6:00–7:00pm Golf Center of Des Plaines</p>		<p><u>Dynamic Drawers</u> 5:30–6:00pm</p>	<p><u>Picnic & Games</u> 5:30–7:00pm Lorel Park</p>		

Virtual programs
 In-person programs

AWID Special Events

Event	Date	Time	Location
<u>SRA Bingo Night</u>	Sat, June 19	7:00–8:00pm	Zoom
<u>Hocus Pocus Magic Show & Workshop</u>	Sun, June 27	2:30–3:30pm	Oakton Comm Center
<u>M-NASR Unplug Illinois</u>	Sat, July 10	3:30–5:00pm	Lorel Park
<u>SRA Beach Bash</u>	Sat, July 17	7:00–8:00pm	Zoom
<u>Cupcake Creations</u>	Sun, July 18	1:00–2:15pm	Prairie Lakes Comm Center
<u>The Best of Broadway</u>	Wed, July 21	7:00–8:00pm	Zoom
<u>Nashville Tour</u>	Sun, July 25	2:00–3:00pm	Zoom
<u>M-NASR End-of-Summer Party - SAVE THE DATE!</u>	Thurs, August 12	TBA	Harrer Park Pavilion

Summer 2021 Virtual AWID Programs

Wildcats Workout

Join your friends for a virtual workout. Let's burn some calories and get our bodies moving. Two options are available to meet your scheduling needs. You can sign up for one or both of these dates and times. This program is designed for all levels and no equipment will be needed. **Note:** No program July 5.

Day	Time	Dates	Fees	Program codes/Registration links
Monday	11:00–11:30am	June 14–August 2	R \$14/NR \$21	313001-1 
Wednesday	11:00–11:30am	June 16–August 4	R \$16/NR \$24	313009-1

Sports Stadium Tours



Join us as we take an adventure cross country and check out sports stadiums each week. We will learn facts about professional teams, athletes, cities and fans. This program will definitely make you feel like a winner!

Day/Time: Monday, 4:00–4:30pm

Dates: June 14–August 2

Fee: R \$14/NR \$21

Program code/Registration link: [313002-1](#)

Note: No program July 5



Wellness Warriors



Become a wellness warrior by learning several self-help skills. We will focus on stress reduction techniques, healthy eating tips, mindfulness and meditation resources. Participants will learn ways to communicate stress levels and create a few take away tools.

Days/Time: Tuesday, 11:00–11:30am

Dates: June 15–August 3

Fee: R \$16/NR \$24

Program code/Registration link: [313005-1](#)



Chair One Fitness

Chair One Fitness is a uplifting, high-energy, full body workout. This exercise class will have you dancing to the beat by moving in your seat! Follow along as our certified instructor helps you get your heart rate up through various new movements. This class is open to all ability levels.

Days/Time: Tuesday, 4:00–5:00pm

Dates: June 15–August 3

Fee: R \$32/NR \$48



Program code/Registration link: [313006-1](#)



Adventure Club



Adventure is out there! Join us as we virtually visit a new exciting destination each week. This first season we will focus on eight spectacular US cities: San Antonio, Orlando, Seattle, New Orleans, Boston, Denver, Santa Monica and Atlanta. See the sights, learn the history, make your mouth water at specialty foods and make a list of your top adventure spots.

Days/Time: Tuesday, 6:00–6:30pm

Dates: June 15–August 3

Fee: R \$16/NR \$24

Program code/Registration link: [313008-1](#)



Summer 2021 Virtual AWID Programs

Bingo

We will be playing virtual bingo with all our friends! Instructions for M-NASR virtual bingo will be emailed prior to the first day of the program.

Day/Time: Wednesday, 4:00–4:30pm

Dates: June 16–August 4

Fee: R \$19/NR \$28.50

Program code/Registration link: [313010-1](#)



Dynamic Drawers

NEW

Art takes many shapes and forms. In this class, we will learn how to use simple shapes, lines and techniques to create our own works of art. The focus of the class is drawing but it is now your turn to use your skills to create. Each class will consist of 15-minute lesson and a 15-minute individual drawing period. During this time, we may break into smaller groups so you can ask for feedback on your drawings. Artists will learn about drawing still life, people, cartoons, movement, shadows and both stylized and realistic drawings styles.

Days/Time: Wednesday, 5:30–6:00pm

Dates: June 16–August 4

Fee: R \$16/NR \$24

Program code/Registration link: [313012-1](#)



Raise Your Mic

NEW

Calling all music lovers! Come and join others as we sing along to well known artists from your favorite playlists. It is your turn to Raise Your Mic in this karaoke-style music program.

Days/Time: Thursday, 3:00–3:30pm

Dates: June 17–August 5

Fee: R \$16/NR \$24

Program code/Registration link: [313013-1](#)



Super Sketchers

Want to learn how to draw but don't know where to start? Grab a piece of paper and put your pencil and creativity to the test. We'll learn the step-by-step process of drawing shapes, animals, characters and more. Project requests will be taken and together we'll use our imaginations to create our own masterpieces.

Days/Time: Thursday, 4:00–4:30pm

Dates: June 17–August 5

Fee: R \$16/NR \$24

Program code/Registration link: [313014-1](#)



Find Your Zen

Join M-NASR staff in stretching, yoga poses and yoga flow. All individuals are welcome, and those with limited mobility can adapt as needed and strive for movements that work best. You will need enough space to lay out a yoga mat or towel.

Day/Time: Friday, 11:00–11:30am

Dates: June 18–August 6

Fee: R \$16/NR \$24

Program code/Registration link: [313017-1](#)



Summer 2021 Virtual AWID Programs

Brain Busters



Is your cup half empty or half full? Grab your thinking caps as we challenge our minds to think outside the box. This program is sure to help you increase your problem solving skills, boost your memory and increase communication. We'll try our luck with some memory games, crossword puzzles, riddles and more.

Day/Time: Friday, 1:00–1:30pm

Dates: June 18–August 6

Fee: R \$16/NR \$24

Program code/Registration link: [313018-1](#)



Friday Dance Party

Let's celebrate the week by dancing with our friends! Music and fun will be provided for all who join us on Friday late afternoons.

Day/Time: Friday, 4:00–4:30pm

Dates: June 18–August 6

Fee: R \$16/NR \$24

Program code/Registration link: [313019-1](#)



Individual Video/Phone Chats



M-NASR staff will be available to contact participants via Zoom or phone call for 15-minute chats. We are here to help keep you positive, active and connected. After you register, M-NASR staff will contact you to schedule your chat and provide you with an individualized Zoom link.

Day/Time: To be individually arranged

Fee: None

Program code/Registration link:

[318001-1](#) Individual Video/Phone Chat



Let's Do! Individual Video Activity Visits

Let's do...a sensory activity! A story time activity! A board game activity! You choose what we'll do, and M-NASR staff will lead the way. These 15-minute Zoom activity visits are perfect opportunities for participants who benefit most from individual interaction. You will be contacted by staff after your registration is received to schedule your visit and to be provided with Zoom information.

Day/Time: To be individually arranged

Frequency

Individual Video Visit One Time

Individual Video Visit Bi-Weekly

Individual Video Visit Weekly

Fee

R \$2/NR \$3

R \$8/NR \$12

R \$16/NR \$24

Program codes/Registration links:

[318002-1](#)

[318003-1](#)

[318004-1](#)



Summer 2021 Virtual AWID Programs

Virtual Special Events

SRA Bingo Night



Did someone say BINGO? We sure did! NEDSRA will be hosting virtual Bingo this season. Come join your friends and other Special Recreation Associations for a fun night of bingo, friendship and great conversation! Save your spot and sign up today!

Day/Date: Saturday, June 19

Time: 7:00–8:00pm

Fee: None

Program code/Registration link: [313070-1](#)



SRA Beach Bash



Calling all beach lovers! Join us “in Kokomo” at our virtual beach bash and dance along to some of your favorite music hits. This event is hosted by NEDSRA and friends from various Special Recreation Associations will join us for a chance to hang loose. Dress in your best beach-goer look. A sun hat or flower lei is sure to get you in a sunny mood!

Day/Date: Saturday, July 17

Time: 7:00–8:00pm

Fee: None

Program code/Registration link: [313073-1](#)



The Best of Broadway

The show must go on, and we must see it! Join friends as we explore the best of what Broadway has to offer. Learn what shows are currently running, find out what’s in the works, peek behind the scenes and watch clips from the greatest of all time. Wicked, The Lion King, Hairspray and Jersey Boys are just a few of the musicals we will feature center stage.

Day/Date: Wednesday, July 21

Time: 7:00–8:00pm

Fee: R \$4/NR \$6

Program code/Registration link: [313075-1](#)



Nashville Tour

Whether your toes start tapping thinking about music-based attractions such as Grand Ole Opry or your mouth starts watering as you imagine some good old fashioned Southern comfort food, you’ll love this virtual tour of Nashville. With the Jack Daniels Distillery and the Johnny Cash Museum also on our list of attractions to explore, we’ll be boot scootin’ the afternoon away!

Day/Date: Sunday, July 25

Time: 2:00–3:00pm

Fee: R \$4/NR \$6

Program code/Registration link: [313076-1](#)



Summer 2021 In-Person AWID Programs

Sensory Strides – Individual One-on-One Sessions!

Engage your senses and take meaningful strides at M-NASR's therapeutic sensory sessions! Our Recreation Therapists will assess each participant's abilities, interests and needs and will create an engaging program unique to each individual. We will use our specialized sensory equipment to assist you in achieving physical, emotional and social goals, from developing body awareness in the vibroacoustic learning chair to expressing emotions through our sound beams. In addition, we'll identify sensory tools that can be used outside of our room that will help you continue your strides at home, school and work. This program includes weekly, 45-minute visits working one on one with our certified staff.

Day	Time	Dates	Fees
Monday	10:00–10:45am 11:00–11:45am 12:00–12:45pm	June 14–August 2	R \$105/NR \$210
Wednesday	4:30–5:15pm 5:30–6:15pm 6:30–7:15pm	June 16–August 4	R \$120/NR \$240
Thursday	4:30–5:15pm 5:30–6:15pm 6:30–7:15pm	June 17–August 5	R \$120/NR \$240

**Program code/
Registration link:** [315003](#)

Location: Sensory Room,
Des Plaines Leisure Center

Note: No program July 5



Artist Studio **NEW DAY!**

"Art is not what you see, but what you make others see." –Edgar Degas. Artist Studio is the perfect place to express your creative side. Whether you are a beginner or have joined us for this program before, our friendly staff are there to support you! Art is anything you want it to be and the possibilities are endless as you are sure to bring home summer-themed works of art. Each artist will be provided with their own supplies. Bring an old shirt or smock as activities may be messy.

Day/Time: Monday, 5:30–6:30pm

Dates: June 14–August 2

Fee: R \$88/NR \$176

Location: Room 203, Oakton Community Center, Skokie

Program code/Registration link: [313003-1](#)

Note: No program July 5



Tee Time Golf

Grab your clubs and join us at the Golf Center of Des Plaines! There is no better time to perfect your swing, work on your short game, or finally master that bunker shot you have been working on. We are excited to be teaming up with the Sunshine Through Golf Program with support provided by the Chicago District Golf Association Foundation again this season as they provide some of their volunteers who are experts in the game. We will also have a professional from GolfTECH who will share basic instruction of golf skills. You are encouraged to bring your own clubs if you have them, but clubs will be available if needed.

Day/Time: Monday, 6:00–7:00pm

Dates: June 14–August 2

Fee: R \$53/NR \$106

Location: Golf Center of Des Plaines

Program code/Registration link: [313004-1](#)

Note: No program July 5



Summer 2021 In-Person AWID Programs

Wildcat Softball Skills



Summer is here, so join us as we get outside to work on some basic softball skills. We will focus on base-running, catching, fielding, hitting, pitching and throwing. You are encouraged to bring your own bat, glove and helmet however we will have some available for your use.

Description	Day/Time	Dates	Fee	Program location/ Pickup/Dropoff	Prog code/Reg link
Wildcat Softball Skills	Tu, 5:15–6:15pm	June 15–Aug 3	R \$75/NR \$150	Field #5, Harrer Park, Morton Grove	313007-1
Transportation	Tu, 4:30/6:35pm	June 15–Aug 3	R \$16/NR n/a	Maine East High School	313007-51

Wildcat Bocce Skills



Join your peers as we learn the skills of Bocce. We will teach basic rules, technique and strategy. The friendly competition will be on as you get your ball closest to the pallino!

Description	Day/Time	Dates	Fee	Program location/ Pickup/Dropoff	Prog code/Reg link
Wildcat Bocce Skills	W, 5:00–6:00pm	June 16–Aug 4	R \$60/NR \$120	Proesel Park Aquatic Center	313011-1
Transportation	W, 4:10/6:45pm	June 16–Aug 4	R \$16/NR n/a	M-NASR Office	313011-51
Transportation	W, 4:30/6:30pm	June 16–Aug 4	R \$16/NR n/a	Maine East High School	313011-51

Happy Feet



It's time to get outside and enjoy all the benefits walking has on your health. This program is designed to improve your mood, burn calories, strengthen your heart and boost your energy. Come join us and you're sure to have some "Happy Feet!"

Day/Time: Thursday, 5:00–6:00pm

Dates: June 17–August 5

Fee: R \$60/NR \$120

Location: Golf Mill Park, Niles

Program code/Registration link: [313015-1](#)



Summer 2021 In-Person AWID Programs

Picnic & Games



The sun is out so let's celebrate! Come spend some of your free time with us at Lorel Park. We will start by sitting down to have a picnic and socializing with our peers. Please bring a blanket or lawn chair for your comfort. After dinner, we will play some good old-fashioned outdoor games.

Description	Day/Time	Dates	Fee	Program location/ Pickup/Dropoff	Prog code/Reg link
Picnic & Games	Th, 5:30–7:00pm	6/17, 7/1, 7/15 and 7/29 only	R \$45/NR \$90	Lorel Park, Skokie	313016-1
Transportation	Th, 4:50/7:35pm	6/17, 7/1, 7/15 and 7/29 only	R \$8/NR n/a	M-NASR Office	313016-51
Transportation	Th, 4:30/7:20pm	6/17, 7/1, 7/15 and 7/29 only	R \$8/NR n/a	Maine East High School	313016-51

Movie Critics

Lights, camera, action! Get together every other Friday to enjoy a G, PG, or PG-13 movie with your friends. You will help us critique the movie and share your review. Don't forget to eat before program and also sign up for Friday Night Social Club on alternating Fridays.

Day/Time: Friday, 5:30–7:30pm

Dates: June 18, July 2, July 16, July 30 only

Fee: R \$62/NR \$124

Location: M-NASR Office, Morton Grove

Program code/Registration link: [313020-1](#)



Friday Night Social Club

Let's start off your weekend by coming together with your friends and enjoying four nights of fun. Activities will include rock painting and a nature hike, game night, craft night and trivia night. Don't forget to eat before program and sign up for Movie Critics on alternating Fridays.

Day/Time: Friday, 5:30–7:30pm

Dates: June 25, July 9, July 23, August 6 only

Fee: R \$72/NR \$144

Location: Activity Room, Prairie View Community Center,
Morton Grove

Program code/Registration link: [313021-1](#)



Summer 2021 In-Person AWID Programs

All Star Competitive Bowling

Join us each week as you participate in one of M-NASR's favorite pastimes. Focus on perfecting your form and cheer on your friends before you split! This program is designed for more competitive style bowling. There will be no more than two participants on each lane. Participants are encouraged (but not required) to bring their own ball and shoes. **Due to popularity, participants can only choose one in-person bowling program.**

Day/Time: Saturday, 10:00–11:00am

Dates: June 19–August 7

Fee: R \$132/NR \$264

Location: River Rand Bowl, Des Plaines

Program code/Registration link: [313022-1](#)



Recreational Bowling

Beginners through advanced bowlers are welcome. Focus on perfecting your skills and cheer on your friends. There will be no more than two participants on each lane. Participants are encouraged (but not required) to bring their own ball and shoes. **Due to popularity, participants can only choose one in-person bowling program.**

Day/Time: Saturday, 11:30am–12:30pm

Dates: June 19–August 7

Fee: R \$132/NR \$264

Location: River Rand Bowl, Des Plaines

Program code/Registration link: [313023-1](#)



Water Aerobics

Meet M-NASR at the pool for an exercise program that provides maximum results with minimal impact stress on the body! Whether you'd prefer a lower-intensity routine to increase flexibility, mobility and strength or cardio-based exercises to get your heart rate up, there's a water aerobics workout that's right for you!

Day/Time: Saturday, 1:00–2:00pm

Dates: June 19–August 7

Fee: R \$92/NR \$184

Location: Prairie Lakes Aquatics Center, Des Plaines

Program code/Registration link: [313024-1](#)



Summer 2021 In-Person AWID Programs

In-Person Special Events

Hocus Pocus Magic Show & Workshop



Your summer afternoon will go from mediocre to magical after joining us at this live magic show! You'll be astonished by a variety of tricks and optical illusions from local Magician Gary Kantor, and you will even learn how to perform a trick or two of your own.

Description	Day/Date	Time	Fee	Program location/ Pickup/Dropoff	Prog code/Reg link
Hocus Pocus Magic Show	Sun, June 27	2:30-3:30pm	R \$30/NR \$60	Oakton Comm Ctr, Skokie	313071-1
Transportation	Sun, June 27	1:50/4:10pm	R \$2/NR n/a	M-NASR Office	313071-51
Transportation	Sun, June 27	2:10/3:55pm	R \$2/NR n/a	Maine East High School	313071-51

M-NASR Unplug Illinois



To participate in the Unplug Illinois campaign we're hosting an afternoon in the park. Unplug Illinois is a public service campaign designed to communicate the value "unplugging" offers people and communities. Unplug Illinois encourages people to get out, unplug, play and engage one another through their local park and recreation agencies. We will begin with a fun 45 minute workout followed by a picnic, enjoying a few individually packaged snacks. To wrap up the afternoon, we will play a few simple group games.

Description	Day/Date	Time	Fee	Program location/ Pickup/Dropoff	Prog code/Reg link
M-NASR Unplug Illinois	Sat, July 10	3:30-5:00pm	R \$14/NR \$28	Lorel Park, Skokie	313072-1
Transportation	Sat, July 10	2:50/5:45pm	R \$2/NR n/a	M-NASR Office	313072-51
Transportation	Sat, July 10	3:10/5:30pm	R \$2/NR n/a	Maine East High School	313072-51

Cupcake Creations



Want to learn how to decorate cupcakes so well that friends and family will think you are a food artist? Join peers as we explore these techniques and spend the afternoon decorating six unique cupcakes. Learn how to make a marshmallow flower, perform the latest icing tricks and learn how to create a cupcake with a surprise center!

Description	Day/Date	Time	Fee	Program location/ Pickup/Dropoff	Prog code/Reg link
Cupcake Creations	Sun, July 18	1:00-2:15pm	R \$20/NR \$40	Prairie Lakes Comm Center	313074-1
Transportation	Sun, July 18	12:05/3:10pm	R \$2/NR n/a	Weber Center	313074-51
Transportation	Sun, July 18	12:25/2:50pm	R \$2/NR n/a	Maine East High School	313074-51

Summer 2021 PI/VI Programs

Ages 18 & older

Week At-A-Glance | June 14–August 8

NEW! Click on a program name to go directly to online registration for that program.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Sensory Strides</u> 10:00am–12:45pm Des Plaines Leisure Center</p>	<p><u>Creativity Mix</u> 2:00–2:30pm</p>	<p><u>Mindful Movement</u> 10:00–10:30am</p>	<p><u>Chair One Fitness</u> 11:00–11:30am</p>	<p><u>Fitness Fun</u> 11:00–11:30am</p>	<p><u>Ever Wonder?</u> 2:00–2:30pm</p>
<p><u>Fitness Fun</u> 11:00–11:30am</p>	<p><u>Boccia Team Meetup</u> 6:00–6:30pm</p>	<p><u>Coffee Chat</u> 11:00–11:30am</p>	<p><u>Boccia Individual Practice</u> 11:00am–12:00pm/ 12:15–1:15pm Prairie Lakes Community Center</p>	<p><u>Crossword Club</u> 2:00–3:00pm</p>	
<p><u>Movie Critics</u> 6:00–6:30pm</p>		<p><u>Sensory Strides</u> 4:30–7:15pm Des Plaines Leisure Center</p>	<p><u>Trivia Night</u> 6:00–6:30pm</p>		
		<p><u>Wednesday Night Social Club</u> 6:00–6:30pm</p>	<p><u>Sensory Strides</u> 4:30–7:15pm Des Plaines Leisure Center</p>		

Virtual programs
 In-person programs

PI/VI Special Events

Event	Date	Time	Location
<u>Adapted Karate</u>	Sat, June 19	2:00–2:30pm	Zoom
<u>Under the Sea Adventure</u>	Thurs, June 24	6:00–7:00pm	Zoom
<u>Grand Canyon Tour</u>	Sun, June 27	12:00–1:00pm	Zoom
<u>Adapted Dance Experience</u>	Sun, July 11	4:00–5:00pm	Zoom
<u>Bullet Journaling</u>	Sat, July 17	2:00–3:00pm	Zoom
<u>Social in the Sunshine</u>	Mon, July 19	3:30–4:30pm	Lake Park
<u>Cubs Watch Party</u>	Thurs, July 29	1:30–3:30pm	M-NASR Office
M-NASR End-of-Summer Party – <i>SAVE THE DATE!</i>	Thurs, August 12	TBA	Harrer Park Pavilion



Summer 2021 Virtual PI/VI Programs

Fitness Fun

Join your friends for a virtual workout! Let's burn some calories and get our bodies moving. This program is designed for all levels and no equipment will be needed. Adaptations and modifications to exercises will be provided. We continue to reevaluate our program options based on Covid restrictions and may be offering the Friday program in person for the second half of summer. Additional information will be provided mid-June. **Note:** No program July 5.

Day	Time	Dates	Fees	Program codes/Registration links
Monday	11:00–11:30am	June 14–August 2	R \$14/NR \$21	314001-1
Friday	11:00–11:30am	June 18–July 9	R \$8/NR \$12	314009-1



Late summer program options will be announced soon!

Movie Critics



We're exchanging film favorites with friends and adding onto our "must see" lists! Join us for a virtual look at the best comedies, musicals, dramas and more as we check out movie trailers and learn fun facts about everyone's recommendations.

Day/Time: Monday, 6:00–6:30pm

Dates: June 14–August 2

Fee: R \$14/NR \$21

Program code/Registration link: [314002-1](#)

Note: No program July 5



Creativity Mix



Let your creativity shine in this program by participating in an inspiring blend of activities that you're sure to love. We'll dabble in the arts each week by taking part in virtual music, dance and theatre experiences. Get ready to discover new ways to express yourself and learn unique, creative hobbies you can continue at home!

Day/Time: Tuesday, 2:00–2:30pm

Dates: June 15–August 3

Fee: R \$16/NR \$24

Program code/Registration link: [314003-1](#)



Boccia Team Meetup **NEW DAY!**

Socialization and strategy are the names of this game! You won't be *blue* as we continue discussing personal and team goals, learning new skills through drill ideas and Paralympic video clips and just catching up with each other. The fun never *ends* for this team!

Day/Time: Tuesday, 6:00–6:30pm

Dates: June 15–August 3

Fee: R\$16/NR \$24

Program code/Registration link: [314004-1](#)



Summer 2021 Virtual PI/VI Programs

Mindful Movement

Now is the perfect time to take a deep breath and relax. Learn adapted yoga poses, deep breathing exercises and relaxation techniques that will give you the tools to find your sense of calm.

Day/Time: Wednesday, 10:00–10:30am

Dates: June 16–August 4

Fee: R \$16/NR \$24

Program code/Registration link: [314005-1](#)



Coffee Chat **NEW DAY!**

Whether coffee, tea, or water is your preference, join us for this late morning social opportunity. We'll catch up as we sip and discuss current events, M-NASR news and other topics of interest.

Day/Time: Wednesday, 11:00–11:30am

Dates: June 16–August 4

Fee: R \$16/NR \$24

Program code/Registration link: [314006-1](#)



Wednesday Night Social Club **NEW**

Start off your summer by socializing! Your interests will guide this program as we get to know each other even better through social games and enjoyable discussions.

Day/Time: Wednesday, 6:00–6:30pm

Dates: June 16–August 4

Fee: R \$16/NR \$24

Program code/Registration link: [314007-1](#)



Chair One Fitness

Chair One Fitness is a uplifting, high-energy, full body workout. This exercise class will have you dancing to the beat by moving in your seat! Follow along as our certified instructor helps you get your heart rate up through various new movements. This class is open to all ability levels.

Day/Time: Thursday, 11:00–11:30am

Dates: June 17–August 5

Fee: R \$16/NR \$24



Program code/Registration link: [314008-1](#)



Crossword Club

Calling all crossword kings and queens! The clues may be challenging but we will work together to solve each puzzle. Put on your thinking cap and get ready to celebrate crossword completion.

Day/Time: Friday, 2:00–3:00pm

Dates: June 18–August 6

Fee: R \$32/NR \$48

Program code/Registration link: [314010-1](#)



Summer 2021 Virtual PI/VI Programs

Trivia Night

Are you a Chicago sports teams buff? A movie quote pro? An expert in all things Disney? Our Friday trivia nights are sure to bring out the hidden knowledge we all have about our interests! Come to show off your trivia skills and stay for quality time with friends.

Day/Time: Friday, 6:00–6:30pm

Dates: June 18–August 6

Fee: R \$16/NR \$24

Program code/Registration link: [314011-1](#)



Ever Wonder?

Ever wonder...how the human brain develops? How dinosaurs interacted? How antique experts know how valuable certain treasures are? Whatever random subject it is that you've always wanted to know more about, we've got you covered! You bring your curiosity, and we'll bring the facts as we learn about some fascinating new topics together.

Day/Time: Saturday, 2:00–2:30pm

Dates: June 26, July 10, July 24, August 7 only

Fee: R \$8/NR \$12

Program code/Registration link: [314012-1](#)



Individual Video/Phone Chats



M-NASR staff will be available to contact participants via Zoom or phone call for 15-minute chats. We are here to help keep you positive, active and connected. After you register, M-NASR staff will contact you to schedule your chat and provide you with an individualized Zoom link.

Day/Time: To be individually arranged

Fee: None

Program code/Registration link:

[318001-1](#) Individual Video/Phone Chat



Let's Do! Individual Video Activity Visits

Let's do...a sensory activity! A story time activity! A board game activity! You choose what we'll do, and M-NASR staff will lead the way. These 15-minute Zoom activity visits are perfect opportunities for participants who benefit most from individual interaction. You will be contacted by staff after your registration is received to schedule your visit and to be provided with Zoom information.

Day/Time: To be individually arranged

Frequency

Individual Video Visit One Time

Individual Video Visit Bi-Weekly

Individual Video Visit Weekly

Fee

R \$2/NR \$3

R \$8/NR \$12

R \$16/NR \$24

Program codes/Registration links:

[318002-1](#)

[318003-1](#)

[318004-1](#)



Summer 2021 Virtual PI/VI Programs

Virtual Special Events

Adapted Karate

Karate is an activity that someone can pick up at any stage of life and practice for a lifetime, and its unique combination of physical, mental and emotional benefits is difficult to match. Feel the impact that karate can have in your life as we join together with Fonseca Martial Arts in Park Ridge for expert instruction which will be adapted for everyone's unique abilities.

Day/Date: Saturday, June 19

Time: 2:00–2:30pm

Fee: R \$2/NR \$3

Program code/Registration link: [314050-1](#)



Under the Sea Adventure

FREE

"Right here on the ocean floor, such wonderful things surround you..." –Sebastian in The Little Mermaid. What more are you looking for? Whether you've always wanted to go deep sea diving or prefer staying on land and strolling through the aquariums, this special event will bring the ocean to you! We'll take in the beauty of sea life, hear tales of famous shipwrecks and learn how we can do our part to preserve our natural resources.

Day/Date: Thursday, June 24

Time: 6:00–7:00pm

Fee: None

Program code/Registration link: [314051-1](#)



Grand Canyon Tour

Grand Canyon National Park is a historic landmark like no other. Layered bands of colorful rock reveal millions of years of geologic history, and we'll be there to get a first-hand, virtual, look! Learn the history behind this natural phenomena and explore the breathtaking landscape by air, water and land as we experience various tour modes and activities.

Day/Date: Sunday, June 27

Time: 12:00–1:00pm

Fee: R \$4/NR \$6

Program code/Registration link: [314052-1](#)



Summer 2021 Virtual PI/VI Programs

Adapted Dance Experience

Ballroom, hip hop and Latin are just a few examples of types of dance that can be adapted for the unique abilities and strengths of individuals with physical disabilities. During this energizing evening, we'll waltz our way through a variety of adapted styles of dance and learn about the many benefits they provide. Clear a space in your living room and get ready to jive!

Day/Date: Sunday, July 11

Time: 4:00–5:00pm

Fee: R \$4/NR \$6

Program code/Registration link: [314053-1](#)



Bullet Journaling

FREE

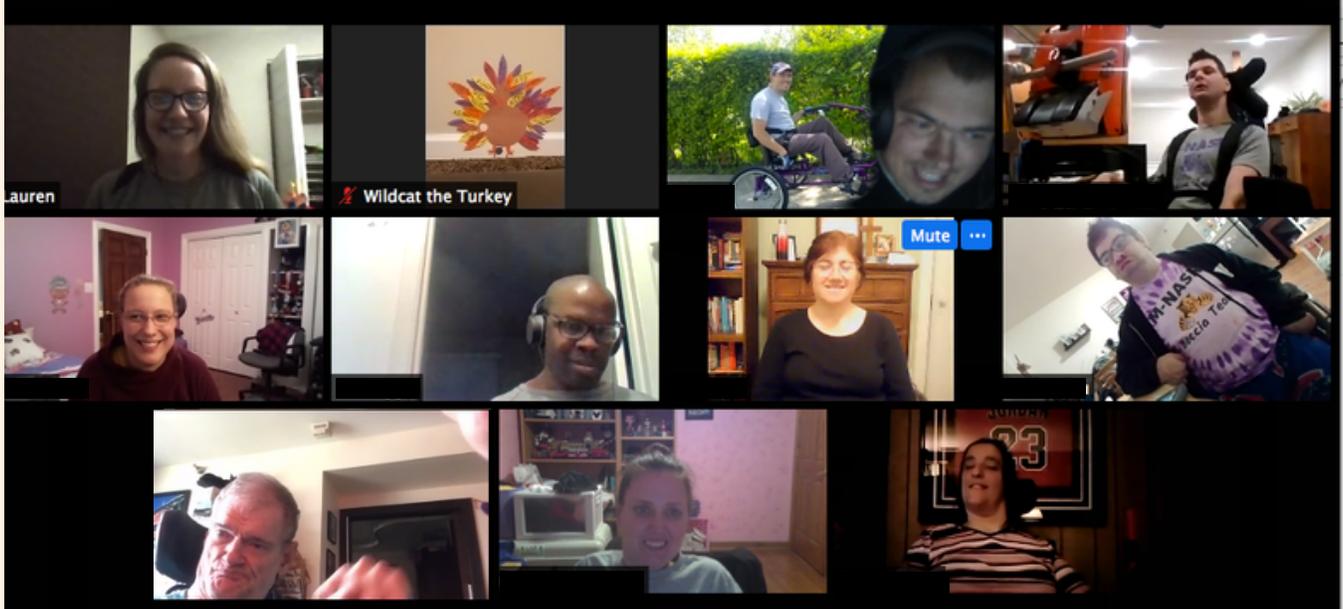
Referred to as a "mindfulness practice disguised as a productivity system," bullet journaling is a popular way to express yourself and stay organized. We're learning the basics from supplies you need to get started to ways you can make your "Bujo" a true reflection of your personality, values and goals. We'll even discuss how bullet journaling can help you reflect on your experiences at M-NASR and keep track of important resources.

Day/Date: Saturday, July 17

Time: 2:00–3:00pm

Fee: None

Program code/Registration link: [314054-1](#)



Summer 2021 In-Person PI/VI Programs

Sensory Strides – Individual One-on-One Sessions!

Engage your senses and take meaningful strides at M-NASR's therapeutic sensory sessions! Our Recreation Therapists will assess each participant's abilities, interests and needs and will create an engaging program unique to each individual. We will use our specialized sensory equipment to assist you in achieving physical, emotional and social goals, from developing body awareness in the vibroacoustic learning chair to expressing emotions through our sound beams. In addition, we'll identify sensory tools that can be used outside of our room that will help you continue your strides at home, school and work. This program includes weekly, 45-minute visits working one on one with our certified staff.

Day	Time	Dates	Fees
Monday	10:00–10:45am 11:00–11:45am 12:00–12:45pm	June 14–August 2	R \$105/NR \$210
Wednesday	4:30–5:15pm 5:30–6:15pm 6:30–7:15pm	June 16–August 4	R \$120/NR \$240
Thursday	4:30–5:15pm 5:30–6:15pm 6:30–7:15pm	June 17–August 5	R \$120/NR \$240

Program code/
Registration link: [315003](#)

Location: Sensory Room,
Des Plaines Leisure Center

Note: No program July 5



Boccia Individual Practice

We know how much our Boccia athletes want to get back out on the court! Our in-person team practices will be back soon, but in the meantime, reserve individual in-person practice time and get back in the swing of things! M-NASR staff will join you to provide practice drills, equipment assistance and, of course, friendly competition. Please note that M-NASR is unable to provide BC3 sport assistance during these practices. Athletes are welcome to bring their own assistant to the program. Register for up to three days and timeslots.

Day/Date	Time	Fees
Thurs, June 17	11:00am–12:00pm 12:15–1:15pm	R \$8/NR \$16 R \$8/NR \$16
Thurs, June 24	11:00am–12:00pm 12:15–1:15pm	R \$8/NR \$16 R \$8/NR \$16
Thurs, July 1	11:00am–12:00pm 12:15–1:15pm	R \$8/NR \$16 R \$8/NR \$16
Thurs, July 8	11:00am–12:00pm 12:15–1:15pm	R \$8/NR \$16 R \$8/NR \$16
Thurs, July 15	11:00am–12:00pm 12:15–1:15pm	R \$8/NR \$16 R \$8/NR \$16
Thurs, July 22	11:00am–12:00pm 12:15–1:15pm	R \$8/NR \$16 R \$8/NR \$16
Thurs, July 29	11:00am–12:00pm 12:15–1:15pm	R \$8/NR \$16 R \$8/NR \$16
Thurs, August 5	11:00am–12:00pm 12:15–1:15pm	R \$8/NR \$16 R \$8/NR \$16

Program code/
Registration link: [314056](#)

Location: North Gym,
Prairie Lakes Community
Center



Summer 2021 In-Person PI/VI Programs

In-Person Special Events

Social in the Sunshine

We'll be walking on sunshine during this picture perfect afternoon at Lake Opeka. Socialize with friends, play Baggo and Boccia or simply soak up the sun while gazing at the beautiful water. This is a great opportunity to ease back into our in-person programs this summer!

Day/Date: Monday, July 19

Time: 3:30–4:30pm

Fee: R \$16/NR \$32

Location: Optimist Pavilion, Lake Park, Des Plaines

Program code/Registration link: [314055-1](#)



Cubs Watch Party

It might be...it could be...it is! An amazing time with friends! We won't be at the old ballpark but we will cheer on our favorite Chicago baseball team as we catch an afternoon game together on TV. Wear your favorite Chicago gear and get ready to root, root, root for the Cubbies!

Day/Date: Thursday, July 29

Time: 1:30–3:30pm

Fee: R \$23/NR \$46

Location: M-NASR Office, Morton Grove

Program code/Registration link: [314059-1](#)



M-NASR Safety Guidelines and Eligibility Requirements

These guidelines supplement existing eligibility requirements and general safety policies for M-NASR programs, in response to COVID-19 and use guidelines from IDPH, the Restore Illinois plan, the CDC and our risk management agency. As more information becomes available, M-NASR may adjust these guidelines. The information in this document is not implied nor intended to be a substitute for professional medical advice, diagnosis or treatment.

Eligibility for Participation

All participants desiring to join M-NASR in-person programs will need to meet the following eligibility requirements:

- Ability to maintain a 6-foot physical distance from other participants and staff.
- Ability to properly put on, wear, and take off a face covering when necessary, for the duration of the program.
- Participants must provide their own face covering.
- Be able to independently attend to personal care (i.e. toileting, feeding, hygiene).
- Ability to wash hands thoroughly and independently.
- Be able to participate within a ratio of one staff to four participants with minimal visual and verbal prompting.
- Be responsible for own personal items with verbal prompts or reminders.
- Be able to stay in safe proximity to group and refrain from elopement or wandering.
- Be able to refrain from physically aggressive behaviors such as biting, spitting, scratching, hitting, kicking, etc. or behaviors that require direct or close proximity intervention from staff.
- Ability to follow the M-NASR Code of Conduct and other pre-determined guidelines.

Requirements Prior to Attending Each Program

Guardians must confirm that participants have not exhibited any of the following symptoms prior to arriving to the program each day:

- Temperature of 100.4 degrees Fahrenheit or higher
- Shortness of breath
- Cough
- Sore throat
- Nausea or vomiting
- Diarrhea
- Runny nose
- Chills
- Unexplained muscle aches
- Headaches
- Unexplained fatigue
- Abdominal pain
- New loss of smell or taste

M-NASR Safety Precautions

Although recreation programs always have an inherent risk, M-NASR has taken several measures to promote safety and wellness in our programs.

- Programs will have maximum capacities to ensure limited, smaller group sizes.
- Staff must perform an at home self-health check every day prior to arrival at program.
- Participants and staff must wear face coverings at all times.
 - The only exception to this is when the program is outside, and staff and participants can maintain physical distancing of more than 6 feet.
- Staff will develop a pickup and drop off system for each program to ensure proper physical distancing.
- Staff will clean and disinfect frequently touched surfaces (tabletops, door handles, etc.) before and after activities and in between uses of different individuals.
- Participants will be provided a supply kit to limit the need for sharing.
- Toys and learning tools not able to be sanitized will not be used.
- M-NASR will take measures to promote 6-foot physical distancing like seat assignments, outdoor activities, barriers, and traffic flow patterns.
- Only registered participants and staff will be allowed to attend programs.

M-NASR Safety Guidelines and Eligibility Requirements

- To protect the participant and those they interact with, participants who do not adhere to program rules and the above guidelines may be removed from the program.

Participant Screening Protocols

Prior to admittance to the program area, parents/guardians/participants must provide M-NASR staff with verbal verification of completing the At Home Participant Self-Assessment (see page 34). This verbal verification by parents/guardians/participants will be noted by M-NASR staff. If a participant exhibits any symptoms on the checklist or answers yes to any of the questions they will not be allowed to participate in the program. If the answer to any of the questions is “yes,” the participant will be asked to leave and not return until cleared by a medical professional.

Hand Washing

Participants and staff will be asked to wash or sanitize their hands upon entry to the program room or area and throughout the day at transitions or specific intervals. Hand sanitizer will be readily available at each program site. Participants must be able to independently comply with these requests.

Face Coverings

Both M-NASR staff and participants will be required to wear face coverings when 6 feet of distance is not possible and/or during indoor programming. Each program and situation will be assessed separately, and staff will indicate when face coverings are necessary. When utilizing a member district facility or community venue, M-NASR staff and participants will be required to follow facility-specific guidelines in place. Participants must be able to independently put on and take off their face covering.

Participants will be required to provide their own face covering. Face coverings should: 1) Fit snugly but comfortably around the face, 2) Be secured with ties or ear loops, 3) Preferably have multiple layers of fabric, 4) Allow for breathing without restriction, 5) Be clean. Disposable face coverings should not be worn more than one time. Fabric face coverings should be laundered regularly.

Physical and Verbal Reminders of Distance

M-NASR staff will provide verbal reminders for physical distancing as needed throughout the program. When possible, physical and visual reminders will be used as well. Examples include changing the location of equipment and furniture to allow for distancing, taping areas/markers on the floor, creating physical barriers and displaying signage with reminders/expectations.

Pick-Up and Drop-Off Procedures

Drop-Off process

- Driver pulls up to the designated meeting location where M-NASR staff will greet them.
- Driver will remain in the car with participant to give M-NASR staff verbal consent of completing the At Home Participant Self-Assessment before leaving.
- If someone takes public transportation to the program location or drives themselves, they also need to wait in the designated meeting location to give M-NASR staff verbal consent of completing the At Home Participant Self-Assessment.
- Only the participant will be permitted to enter the program area.

Pick-Up process

- M-NASR staff will watch for parents/guardians to pull up to the designated area.
- Driver pulls up to the designated meeting location where M-NASR staff and participant will greet them.
- Driver will remain in the car.
- Participant will be directed to their vehicle.

M-NASR Safety Guidelines and Eligibility Requirements

Equipment/Supplies Use

To reduce the sharing of items, M-NASR will provide each participant with their own kit for each program requiring equipment. If items will be used by more than one individual, disinfecting will occur regularly throughout the program.

Personal Belongings

M-NASR will ensure that participants' belongings are separated and in individually labeled storage containers, cubbies or areas. Personal belongings must be taken home each day to be cleaned. When possible, belongings will be separated 6 feet apart.

Food

When eating is necessary at a program, participants are asked to bring food in disposable containers. Containers will be put in the trash after use. M-NASR will offer limited opportunities and may provide individually packaged snacks for consumption outdoors when necessary. Participants will not be allowed to share food. Participants may bring a refillable water bottle which should be taken home at the conclusion of each program.

Cleaning and Sanitation

M-NASR will be following enhanced cleaning guidelines at facilities. High touch areas will be cleaned prior to the start of each program. M-NASR staff will clean and disinfect any shared equipment (such as chairs, tables, mats) daily. High touch surfaces will be disinfected after each use. Disinfecting wipes will be readily available. All cleaning products and methods will follow Centers for Disease Control recommendations.

Communicable Disease Procedures

M-NASR will utilize communicable disease procedures developed with guidance from local health departments and CDC regulations. Due to the serious nature of COVID-19 and specific prevention recommendations M-NASR has updated our policy to accommodate COVID-19 related considerations. The policy has been developed for quick response and containment with the highest level of confidentiality. In the event of an outbreak those considered at risk or who may have come into contact will be notified. To protect the identity of the person infected, only necessary details regarding the situation will be communicated. M-NASR asks that all participants and families cooperate in any investigation or tracing efforts M-NASR may conduct.

Exposure or Symptoms

In the event a participant displays or develops symptoms of COVID-19 during a program, M-NASR staff will follow the procedures outlined below to isolate the individual until they can be picked up from the program site.

- If not already wearing a face covering both the participant and staff must wear a covering.
- A staff member will remain with the participant at a safe distance while reaching out to the emergency contacts and then waiting for them to arrive.
- Parents/Guardians or emergency contacts are required to pick up within 30 minutes of the initial call, preferably much sooner.
- The participant displaying symptoms will be removed from the group to a location that is a safe distance from others.
- If the facility has a designated isolation room, the individual displaying symptoms will be taken to that room until he/she can be safely picked up.
- Participants will be required to have multiple emergency contacts to ensure that someone is available to pick them up if the need arises.

Response to Known Cases or Exposure

If a participant has someone in their household who is symptomatic or has tested positive for COVID-19 or has been exposed/ in contact with someone with confirmed COVID-19, they should stay home and self-quarantine per CDC guidelines, and should seek a COVID-19 test. "Close contact" includes household contacts, intimate contacts or contacts within 6 feet for 15 minutes or longer unless wearing N95 mask during period of contact. If a participant

M-NASR Safety Guidelines and Eligibility Requirements

contracts COVID-19, they should notify a M-NASR full-time staff. M-NASR will work with local health officials and communicate details as needed with participants and families while maintaining confidentiality as required by the Americans with Disabilities Act (ADA).

Required Doctor's Notes

A doctor's note clearing the participant to return to programs must be provided for:

- Those who test positive for COVID-19
- Those who have been under doctor's care for COVID-19 or COVID-19 related symptoms

Personal Travel

Participants/families who travel internationally or use cruise travel will be required to notify a M-NASR full-time staff and to self-quarantine for 14 days upon return, before returning to any M-NASR program.

At Home Participant Self-Assessment

Maine-Niles Association of Special Recreation is committed to the safety of employees, patrons, and the community, including during the COVID-19 pandemic. Participants will be required to self-assess using these questions each day prior to coming to a M-NASR program. If the answer is "yes" to any questions, participants will not be permitted to attend their scheduled program in order to prevent the spread of illness. Additionally, parents/guardians/participants should notify M-NASR of the reason for their absence for the day.

1. Do you have a fever of 100.4 degrees Fahrenheit or higher?
2. Do you have a cough, runny nose or sore throat?
3. Have you been experiencing difficulty breathing or shortness of breath?
4. Do you have muscle aches?
5. Have you had a new or unusual headache (e.g., not typical to the individual)?
6. Have you noticed a new loss of taste or loss of smell?
7. Have you been experiencing chills or rigors (i.e., a sudden feeling of cold with shivering accompanied by a rise in temperature)?
8. Do you have gastrointestinal concerns (e.g., abdominal pain, vomiting, diarrhea)?
9. Have you tested positive for COVID-19 in the last 14 days?
10. Is anyone in your household displaying any symptoms (as listed above) of COVID-19?
11. To the best of your knowledge, in the last 14 days, have you come into close contact with anyone who has tested positive for or been diagnosed with COVID-19?



By coming to M-NASR programs, you acknowledge that you have in fact conducted this self-assessment and the information provided above is true and accurate to the best of your current knowledge and beliefs.

M-NASR General Policies & Information

M-NASR Code of Conduct Policy

Behavior

All participants and family members are expected to exhibit appropriate behavior at all times while participating, spectating or attending any program or activity sponsored by M-NASR. This includes participation in programs that may or may not require an admission fee. For the purpose of the Code of Conduct, the term “program” refers to all recreational events you may attend as a participant, spectator or visitor, which are sponsored by MNASR.

Participants and family members shall:

- Show respect to all participants, family members and program staff and/or supervisors.
- Not possess any weapons.
- Refrain from using abusive or foul language.
- Refrain from causing bodily harm to self, other participants or program staff/supervisors.
- Show respect to equipment, supplies and facilities.
- Not elope or run away from program staff or facility.

Discipline Policy

A positive approach is used when disciplining. Program staff may discuss the Code of Conduct with all program participants prior to the start of the program and will periodically review the Code of Conduct. If inappropriate behavior occurs, staff will develop a solution specific to each situation as it arises. M-NASR reserves the right to dismiss a participant whose behavior endangers them or others.

Participant Expectations

1. Clean, dry clothing.
2. No bowel/bladder problems upon arrival at the transportation location or program. If this is a concern, extra clean clothing, clean-up supplies and Depends™ garments or similar items must be sent with the participant.
3. Attention to body odor (should smell clean).
4. Clean hair, face, teeth, hands, nails, etc. (overall appearance should be clean).
5. Appropriate attire for program participation (i.e. tennis shoes, warmups or loose/comfortable fitting clothing for athletic/sports/exercise programs). If you have questions about the type of attire participants should wear for a particular programs, please contact our office.
6. M-NASR staff will also be consistent in stressing personal hygiene while participants are in our programs and will not return participant(s) in an unclean manner at the end of a program.

Equal Access

No eligible participant shall, on the basis of race, creed, national origin or disability, be denied equal access to programs, activities, services or benefits or be limited in the exercise of any right, privilege, advantage or opportunity. If any special accommodations are necessary for participation in any program or to receive any service provided by M-NASR, please notify the staff upon registration.

Wellness Policy

In addition to our COVID-19 guidelines outlined in pages 31–34, in consideration of other participants and the M-NASR staff, to prevent the spread of contagious illnesses, it is requested that participants refrain from attending programs when any of the following conditions exist: Vomiting within the last 24 hours, persistent diarrhea in conjunction with other symptoms, contagious rash or rash of unknown origin, persistent cough and/or cold symptoms, “pink eye” (conjunctivitis) or discharge from eye, symptoms of mumps, measles, chicken pox, strep throat, flu, impetigo or coxsackie virus, runny nose with yellow or green discharge, lice/mites present or fatigue due to illness that will hinder participation and enjoyment in the program.

Parent/Guardian Pick-Up/Drop-Off Policy

To eliminate additional staff costs, please pick up participants at the designated time. A late fee will be assessed if pick-up is not on time. A fee of \$10.00 for the first 15 minutes and \$1.00 each minute thereafter will be charged.

M-NASR General Policies & Information

Americans with Disabilities Act (ADA)

Please keep this information in mind when registering: Services, programs and activities of the Maine-Niles Association of Special Recreation are subject to all applicable laws regarding nondiscrimination, including the Americans with Disabilities Act (ADA). Programs are provided through the Association by offering classes for individuals with similar impairments. However, classes are open to any individual as long as age and skill requirements are met. If you, a family member or friend has a disability and are interested in participating or attending member park district programs or activities, each park district will make reasonable accommodations to facilitate that opportunity.

Reasonable Accommodations

Member agencies may offer reasonable accommodations by: Providing communication aids and services, removing barriers, selecting available alternative activity sites or taking other appropriate actions. To assist us in making reasonable accommodations, we urge you to contact M-NASR to provide for your individual needs.

Augmentative Communication Devices

M-NASR staff are interested in learning how to assist participants with communication aids at our recreational programs. We will work with you and your therapist to train our staff on the proper and safe ways to use their devices. Please contact M-NASR for additional information.

Liability Information

Please recognize that M-NASR does not carry medical accident insurance for injuries sustained in its programs or at its facilities. The cost of such could make program fees prohibitive and could result in the reduction or elimination of certain programs and facilities. Therefore, each person registering themselves or a family member should review their own health insurance policy for coverage.

Participants and parents of participants must recognize that there is an inherent risk of injury when choosing to participate in recreation activities. M-NASR continually strives to reduce such risks and hold the safety of participants in the highest regard. Certain programs offered by M-NASR will require a high risk waiver to be filled out and signed by participants or legal guardian prior to the start of a program. Programs requiring this waiver include but are not limited to: gymnastics, overnight trips, sledding, skiing, ice skating, canoeing, martial arts and paddling. Program staff will provide all registrants with a waiver after registration.

Due to the difficulty and high cost of obtaining liability coverage and to continue our commitment to provide recreational services, M-NASR requires the execution of the Waiver and Release found in the registration form. Your cooperation is greatly appreciated.

Program Eligibility

M-NASR employs experienced professionals who understand the level of skill, both physical and mental, needed to participate fully and safely in the programs they plan. Therefore, M-NASR reserves the right to determine if a program is suitable for an individual. Staff may serve as a resource to suggest alternate programming.

Extreme Temperature Policy

- Hot temperatures (for outdoor programs) at program time: 94° actual temperature; heat index of 98° or more constitutes cancelling program due to unsafe conditions. Extra consideration will be made for outdoor programs that require physical activity.
- Cold temperatures (for all programs) at program time: 2° actual temperature; -30° or below wind chill constitutes cancelling program due to unsafe conditions.

Financial Assistance

Participants in need of financial assistance for M-NASR programs must complete a Financial Aid Application form, which can be found by clicking [here](#). A completed application and required financials must be received by the program registration deadline. Financial assistance is not available for special events or for participants residing out of M-NASR's service district.

M-NASR General Policies & Information

Transportation

Transportation is only available to participants residing within M-NASR boundaries. Transportation requests must be made at the time of registration and included on the registration form. A minimum of two riders is required for M-NASR to provide transportation. If transportation registration exceeds the maximum, a lottery will be held.

Transportation is not guaranteed for those who sign up after the registration deadline. Programs providing pick up and drop off points list convenient, public locations. The transportation times listed in the brochure are subject to change, based on registration. Riding times may be up to 90 minutes.

All participants must be punctual in respect to scheduled pick up and drop off times. M-NASR vehicles will remain at designated locations for five minutes after the scheduled time. After that time, the vehicle will proceed to the next point. Participants remaining at a drop off location for an extended period after the scheduled time will be brought back to the M-NASR office for pickup at the completion of the route. The following safety requirements will be enforced when M-NASR transportation is used:

1. As related to current programming safety considerations related to COVID-19, all passengers must: a) complete an At-Home Self-Assessment prior to loading the vehicle, b) be able to keep on their mask during the duration of the route and c) apply hand sanitizer before entering and exiting the vehicle.
2. All passengers must remain sitting in seats or wheelchairs with seatbelts securely fastened during transportation.
3. Transport chairs will be allowed on M-NASR vehicles; however, the participant will be required to transfer to a van seat to be safely secured on the van.
4. All wheelchairs must have brakes that are in good working order and can stop the chair from moving.
5. When door to door transportation is offered, The M-NASR driver may assist participants to and from their homes, but driveways and walks must be cleared.
6. The M-NASR drivers are not responsible for lifting or carrying participants or their wheelchairs.
7. The M-NASR drivers are responsible for determining whether a participant can be transported safely. If it is determined that it would be dangerous to transport an individual, the driver may refuse to transport that person.

Refund Policy

- Program refunds are issued on a monthly basis.
- Refunds for credit card transactions will only be issued in the form of a credit back to the original credit card.
- Refunds will only be issued to the entity that originally paid for the program.
- Refunds will not be issued to anyone receiving M-NASR financial assistance when a program is cancelled or a participant is unable to attend.

Please read the following information to see if a refund is due:

1. If the Association cancels a program, a refund will be issued or the program will be rescheduled unless it is weather-related. M-NASR weekly programs and special events may be cancelled due to inclement weather. When a program is cancelled, each participant will be notified by phone. Weekly programs cancelled due to inclement weather are not rescheduled. Refunds will be issued for weather cancellations of two or more times per season. Special events and social clubs that are cancelled due to inclement weather will be rescheduled or refunded.
2. If a participant cancels out of a weekly program with two full business days' notice prior to the start of the program, a refund will be issued (less \$5.00 cancellation fee).
3. Satisfaction Guaranteed Program: Participants will receive a full refund if there is dissatisfaction for any reason, with the program, after the first class session, but before the second class session.
4. After a program or activity has started, a pro-rated refund will be issued for medical or unavoidable circumstances such as transfer of job, moving, death in the family, etc. Proof may be required in writing.
5. For one-day classes, workshops and special events, if a participant cancels out of a program with two full business days' notice prior to the start of the program, a refund will be issued, less \$5.00 cancellation fee and any overhead cost items which the Association cannot retrieve. (i.e., tickets purchased in advance, airfare, hotel cost, etc.).
6. If the reason is for medical or an unavoidable circumstance, proof may be required in writing prior to a refund being given.

Errors and Adjustments

While we try to be accurate in presenting information in our brochure, some unavoidable errors or changes to the programs, fees, schedules and other information may occur. M-NASR apologizes for any inconvenience.

M-NASR Program Registration Form

Please download and print. Or register online by clicking [here](#).

Waiver and Release

IMPORTANT INFORMATION

Please recognize that M-NASR does not carry medical accident insurance for injuries sustained in its programs or at its facilities. The cost of such could make program fees prohibitive and could result in the reduction or elimination of certain programs and facilities. Therefore, each person registering themselves or a family member should review their own health insurance policy for coverage. Participants and parents of participants must recognize that there is an inherent risk of injury when choosing to participate in recreation activities. M-NASR continually strives to reduce such risks and holds the safety of participants in the highest regard. M-NASR 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/program. You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or has recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity. I understand that it is my responsibility to ensure there is adequate space for my child/ward to follow the instructor's directions and movements safely and without the possibility of tripping or colliding with objects, furniture, walls, stairwells, or any other object that could pose a potential injury, and that each parent/guardian is solely responsible for assessing if they can participate safely in the space they have chosen.

WARNING OF RISK

Recreational 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 activity. All hazards and dangers cannot be foreseen. Depending on the particular activity, certain risks, dangers and injuries may exist due to inclement weather, slips and falls, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and other risks inherent to the particular activity. In this regard, it is impossible for the M-NASR to guarantee absolute safety.

You should consult your physician or other health care professional before starting this virtual or in-person recreational program to determine if it is right for your needs. If you experience faintness, dizziness, pain or shortness of breath at any time while participating you should stop immediately. If you choose to participate with this virtual or in-person recreational programming, you do so at your own risk and acknowledge that the activity/program carries an inherent risk of physical injuries. To the extent permitted by law, M-NASR and its affiliates disclaim any and all liability in connection with the activity/program in this virtual or in-person programming and any instructions and advice provided.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in this program/activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity (including transportation services and vehicle operations, when provided). I recognize and acknowledge that there are certain risks of physical injury to participants in this program/activity, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program/activity against M-NASR, including its officials, agents, volunteers and employees.

Please sign and date the previous page of this registration form to acknowledge that you have read this information. Registration cannot be processed without a signature and date.

You have four ways to return your form:

1. Mail your completed form and payment to: M-NASR Registration, 6820 W. Dempster, Morton Grove, IL 60053
2. Fax your completed form to 847-966-8340. Please call M-NASR for confirmation of receipt.
3. Email your completed form to registration@mnasr.org
4. Drop off your form in person. Please call 847-966-5522 for an appointment.

A completed Participant Information Form must also be submitted if one is not already on file with M-NASR.

Participant Information Form

Please download and print. Completed form should be returned to M-NASR.



2021 Annual Participant Information Form

This Annual Participant Information Form (PI) must be completed and filed with the M-NASR office prior to registration for 2021 programs, for a participant to join any M-NASR program or event. The PI contains extremely important information which is necessary for M-NASR staff to plan and execute safe and enjoyable programs. **Please complete all information.** If you are completing this form digitally, please e-mail to registration@mnasr.org. If you are completing this manually, please mail it our address below, or scan and e-mail to registration@mnasr.org.

PARTICIPANT INFORMATION

Date Completed: _____ Are you new to M-NASR? Yes No Participant is own guardian: Yes No
Participant First Name: _____ Middle: _____ Last: _____
Address: _____ City: _____ State: _____ Zip Code: _____
Home Phone: _____ Cell Phone: _____ E-Mail: _____
Sex: _____ Date of Birth: _____ Height: _____ Weight: _____
Primary Diagnosis: _____ Secondary Diagnosis: _____
*If Down Syndrome, result of the Atlanto-Axial Instability test: Positive Negative Never Tested
Does participant have a seizure disorder? Yes No Date of Last Seizure: _____
If yes, please contact M-NASR's Registrar for a Seizure Information Form
T-Shirt Size: _____ Township: _____

Group Home Participants Only:

Case Manager: _____ E-Mail: _____ Cell Phone: _____

CONTACT INFORMATION

Parent/Guardian Name: _____ Relationship to Participant: _____
Address: _____ City: _____ State: _____ Zip Code: _____
Home Phone: _____ Work Phone: _____ Cell Phone: _____
E-Mail: _____

Parent/Guardian Name: _____ Relationship to Participant: _____
Address: _____ City: _____ State: _____ Zip Code: _____
Home Phone: _____ Work Phone: _____ Cell Phone: _____
E-Mail: _____

EMERGENCY CONTACT INFORMATION

Please list emergency contacts in order of contact preference:

#1: _____
First and Last Name (Primary Contact) Phone Number (Home Work Cell, please select for # listed)

Address (including state, city, and zip code) Relationship to Participant

#2: _____
First and Last Name Phone Number (Home Work Cell, please select for # listed)

Address (including state, city, and zip code) Relationship to Participant

Participant Information Form

ALLERGIES (please check all that apply)

- Food allergies: _____ Reaction: _____
 Medication allergies: _____ Reaction: _____
 Other allergies: _____ Reaction: _____

Does participant use/carry an EpiPen? Yes No (If yes, please contact M-NASR's Registrar for necessary form)

DIETARY INFORMATION

Requirements: _____
 Restrictions: _____
 Preferences: _____
 If over 21 years, can consume alcohol: Yes No Quantity: _____

MEDICAL INFORMATION

Permission to apply sunscreen: Yes No Permission to apply bug spray: Yes No
 Primary physician: _____ Phone: _____
 Medical insurance company: _____ Policy #: _____

Please list all medications participant takes (if more than three, please attach list):

Medication Name	Dosage	Time	Purpose

*Any participant requiring medication during programs must complete necessary forms. Please contact M-NASR's Registrar.

MOBILITY/TRANSPORTATION

Preferred pick up point (please select one): M-NASR (Morton Grove) Maine-East HS (Park Ridge) Weber Center (Skokie)
 Uses wheelchair: if yes, what type: Manual Electric
 Can transfer independently: Yes No Can walk independently: Yes No
 Uses orthopedic equipment (walker, braces, canes, AFOs): _____
 Requires a vehicle with a lift

COMMUNICATION NEEDS

- Verbal/independent communication Uses sign language
 Non-verbal Hearing aid
 Limited verbal Uses communication system (PECS, picture schedule, talker)
 Requires an interpreter (ASL) Define: _____

BEHAVIOR INFORMATION

Best way to transition to new activity:

 Best way to re-direct:

 Best way to calm:

 Behaviors exhibited when upset/frustrated:

Participant Information Form

Fears/phobias:

Preferred activities:

Does participant have a behavior plan? Yes No (If yes, please provide behavior plan.)

SAFETY

- Able to say name? Yes No
- Able to consistently say phone number? Yes No
- Does participant stay with the group? Yes No
- Is participant responsible for own belongings? Yes No
- Can participant manage own money? Yes No
- Can participant recognize danger? Yes No
- Does participant swim? Yes No

If "Yes," please describe skill level: _____

Who is authorized to pick up participant from programs or events? _____

DAILY LIFE SKILLS (check all that apply)

- Requires assistance eating: _____
- Requires assistance in bathroom: _____
- Requires regular bathroom schedule: _____
- Requires assistance dressing: _____

Can participant read? _____ Can participant write? _____

ADDITIONAL INFORMATION

Please share any additional information you feel is helpful (if nothing has changed from a previous PI that M-NASR has on file, please indicate that below):

AUTHORIZATIONS AND RELEASE (check each box you wish to indicate authorization for)

Participant can wait (unsupervised) at conclusion of program or drop-off location.

I authorize M-NASR to arrange for emergency medical treatment, in the event of injury to my child or me and if I or my designated emergency contact cannot be reached by M-NASR.

Unless otherwise indicated in writing, I grant permission to M-NASR to contact the school, park district, teacher assistants, teacher, social worker, therapist or physician for the purpose of gathering or releasing information regarding the participant. The information will be used to develop the most effective plan for providing M-NASR recreation services and proper placement in Inclusion. All information will be kept confidential.

Signature of Participant/Parent/Guardian _____

Date _____

M-NASR · 6820 W Dempster Street, Morton Grove, IL 60053 · (847) 966-5522 · Fax: (847) 966-8340 · www.mnasr.org · registration@mnasr.org Exp. 04/30/2021

M-NASR Member Park Districts & Program Locations

Maine-Niles Association of Special Recreation is an extension of the following park districts:

Des Plaines Park District

2222 Birch, Des Plaines, IL 60068
(847) 391-5700 | desplainesparks.org

Golf-Maine Park District

8800 Kathy Lane, Niles, IL 60714
(847) 297-3000 | gmpd.org

Morton Grove Park District

6834 W. Dempster, Morton Grove, IL 60053
(847) 965-1200 | mortongrovecparks.com

Niles Park District

6676 Howard Street Niles, IL 60714
(847) 967-6633 | niles-parks.org

Park Ridge Park District

2701 West Sibley, Park Ridge, IL 60068
(847) 692-5127 | prparks.org

Skokie Park District

9300 Weber Park Place, Skokie, IL 60077
(847) 674-1500 | skokieparks.org

Village of Lincolnwood Parks and Recreation

6900 N. Lincoln Lincolnwood, IL 60646
(847) 677-9740 | lincolnwoodil.org

M-NASR Program Locations Summer 2021

Austin Park

8336 Marmora Ave.
Morton Grove, IL 60053 | 847-965-1200

Des Plaines Leisure Center

2222 Birch St.
Des Plaines, IL 60018 | 847-391-5700

Devonshire Cultural Center

4400 Greenwood Ave.
Skokie, IL 60076 | 847-965-1200

Feldman Park

8800 Kathy Lane
Niles, IL 60714 | 847-297-3000

Golf Center of Des Plaines

353 N River Rd.
Des Plaines, IL 60016 | 847-803-4653

Golf Mill Park

Church St. & Cumberland
Niles, IL 60714

Harrer Park Pavilion/Softball Fields

6250 Dempster St.
Morton Grove, IL 60053 | 847-965-1200

Hinkley Park

25 Busse Hwy.
Park Ridge, IL 60068 | 847-692-5127

Iroquois Pool

2324 Maple St.
Des Plaines, IL 60018 | 847-391-5700

Lake Park

2200 Lee St.
Des Plaines, IL 60018 | 847-391-5730

Lorel Park

8135 Lorel Ave.
Skokie, IL 60077 | 847-674-1500

Oakton Community Center

4701 Oakton St.
Skokie, IL 60076 | 847-674-1500

Prairie Lakes Community Center/Aquatic Center

515 E. Thacker St.
Des Plaines, IL 60016 | 847-391-5711

Prairie View Community Center/M-NASR

6834 W. Dempster St.
Morton Grove, IL 60053 | 847-965-1200

Proesel Park Family Aquatic Center

7055 N. Kostner Ave.
Lincolnwood, IL 60712 | 847-677-9740

River Rand Bowl

191 S. Des Plaines River Rd.
Des Plaines, IL 60016 | 847-299-1001

Coming soon to M-NASR!



M-NASR will be moving to the ePACT Network – an online health and safety software. ePACT will give program staff easier access to participant emergency contact information. It will also provide more convenience to participants and families – instead of completing a full Participant Information Form every year, the ePACT form only needs to be completed in full once online and then updated annually or as needed!

We will be contacting participants and families directly as we upgrade to this new system in the coming months.

We will be contacting you in the coming months with more information.

If you have questions, contact Jennifer Gebeck at 847-966-5522 or at jgebeck@mnasr.org



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847-966-5522 | mnasr.org

