



tHERAPEUTIC RECREATION

Your partners in exploring and experiencing life to its fullest

WINTER/SPRING
2012 GUIDE

**REGISTRATION
OPENS JAN 2**

Registration ends 8 days before
the start of the program/event

PROGRAMS & OPPORTUNITIES for

- tots
- youth
- teens
- adults
- adapted & paralympic sports
- inclusion
- NASR



winter/spring guide

tHERAPEUTIC RECREATION



**ROCKFORD
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REGISTRATION NOW OPEN!

Registration ends 8 days before the start of the program/event

KEY TO SYMBOLS

Watch for these symbols throughout the guide.

-  Social Programming
-  Cultural Arts
-  Sports and Fitness
-  Skill Development
-  Participants are asked to bring items
-  New program offering
-  Please bring spending money
-  Bus transportation service available/offered

this is where the fun begins

ABOUT US

The Therapeutic Recreation Team of the Rockford Park District is committed to providing community based recreation to promote the development, maintenance, and expression of a meaningful leisure lifestyle to individuals with disabilities. We deliver our services promoting and/or providing access, specialty programs, leisure education, skill development, and inclusive opportunities.

ENDLESS BENEFITS OF PARTICIPATION

- Exposure to new recreation and cultural opportunities
- Education and practice of lifelong leisure skills
- Build confidence and self esteem
- Foster independence
- Enhance communication skills
- Develop fundamental play
- Expand support network
- Provide emotional and social support
- A fun and safe environment to enhance overall quality of life

your resource

TRAINED AND READY TO PLAY!

The Park District is committed to providing safe and enjoyable leisure experiences; all employees are mandated reporters for child abuse and neglect.

Throughout the year, staff attend various trainings based on their role.

Trainings may include:

- Sensory integration
- Transfer and seizure training
- Safe places and standards for play
- Conflict avoidance/crisis prevention
- Cooperative games
- Disability awareness
- Character Development
- CPR and First Aid

RPD VISUAL SYSTEMS

If the use of pictures will benefit your child in Rockford Park District programs, please contact the Therapeutic Recreation office, and we will be happy to set up the communication tool to meet their individual needs. Visual systems are available for download at rockfordparkdistrict.org/therapeuticrecreation/resources

SPEAKERS

One of our trained staff members would be happy to meet with your organization, social service agency, or community group to present information about Rockford Park District services, offerings, and other disability related topics, such as disability awareness and program adaptations.

USE US AS A RESOURCE

The Therapeutic Recreation Team of the Rockford Park District can answer questions and assist you in the process of finding appropriate recreational programs or services to accommodate interests with an individualized approach; please call the Therapeutic Recreation office at 815-987-1606 for more information.

the team that delivers FUN!

STAFF INITIALS

At the end of each program description, you will see initials — these initials refer to the coordinator of that program. For additional program information, please contact that coordinator directly.



[BC] Recreation Coordinator **Breane Cory, CTRS**
815-987-1613 • breanecory@rockfordparkdistrict.org

Welcome Back Breane!

You may have been asking yourself this fall, “where’s Bre?” We are happy to announce that Breane and her husband Ryan welcomed a happy and healthy baby boy to their family in August. She took the fall season off to be with Robby, and has now returned to work part-time with the TR team. Breane will continue to coordinate our social programs (*Siblings & Socialites, Friday Night Lights, Saturday Tween Scene, and Be Social*) as well as Edible Creations, Gardening, and Rec’n Roll Gymnastics.



Please join us in wishing Brenda Parrish all the best as she starts a new chapter with her daughter Riley and husband Jim.

During her 10 years of service at the Rockford Park District, Brenda had many roles, starting as a Therapeutic Recreation intern and ending as the Therapeutic Recreation Manager. Brenda touched the lives of many of our customers, team members, and partners with her work in welcoming customers with disability-related needs to the Rockford Park District.

Brenda continues to support and work with families through her new part time position with one of our great partners, TAP (*The Autism Program*).

Thank you, Brenda, for your dedication to *Helping People Enjoy Life!*



[AB] [recreation coordinators] **[JM]**

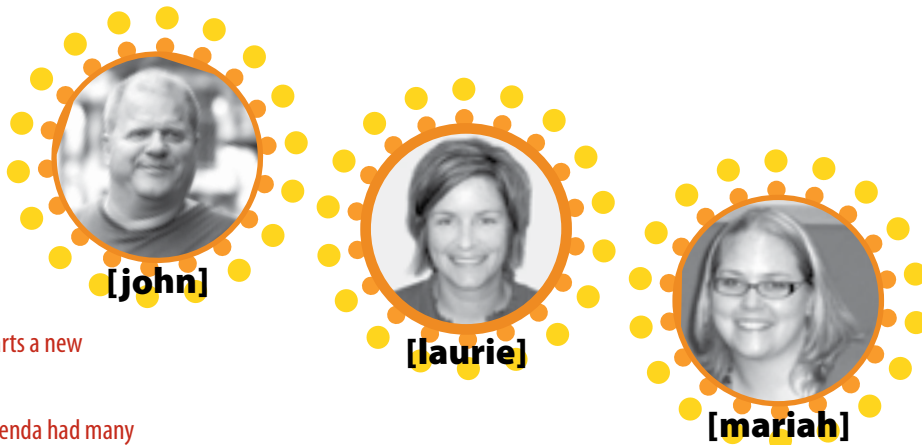
[LW] **[KD]**

[AB] Recreation Coordinator **Abby Billips, CTRS**
815-987-1610 • abbybillips@rockfordparkdistrict.org

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[john]

[laurie]

[mariah]

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Special Events & ADA Officer **John Beck**
815-987-1636 • johnbeck@rockfordparkdistrict.org

Operations Assistant **Mariah Anast**
815-987-1606 • mariahanast@rockfordparkdistrict.org



NASR events (all ages)

nasr movie in the park (ages 8 and older)

Grab the family and join your friends at NASR for a night under the stars! Come out early for entertainment by Magic Zack! When the sun goes down, we will start the show. We will be showing Smurfs on the GIANT outdoor movie screen. Dress appropriately for the weather, and don't forget your blanket or folding chair. Sit back, relax, munch on complimentary popcorn and drinks, and enjoy the show!

Aldeen Park, 623 N Alpine Rd, Rockford, IL

Resident..... \$10.00 Non-resident \$12.00

Each additional family member

Resident..... \$5.00 Non-resident \$7.00

DATES	TIME	DAYS	ACTIVITY#
April 14	6:00-9:00 pm	Sa	206602-MP

nasr may day celebration (ages 8 and older)

Come celebrate spring with your friends from NASR! Take a ride on the carousel, hit a round of miniature golf, or challenge a friend to a lawn game. Are games not your thing? Play with giant bubbles, draw with chalk, make some crafts, and enjoy a picnic-themed snack, all with your friends from Freeport, Belvidere, and Rockford park districts. We hope to see you there!

Krape Park, 1799 S Park Blvd, Freeport, IL

Resident..... \$11.00 Non-resident \$12.00

DATES	TIME	DAYS	ACTIVITY#
May 12	1:00-3:00 pm	Sa	206602-MD

SPECIAL EVENTS

Other special events (all ages)



TR art SHOW (all ages)

Enjoy an afternoon of great art from the Rockford Park District's Therapeutic Recreation artists. This open house show will include artwork from the artists of Art at the Arc. Some artwork will be for sale. The event will also include music and light refreshments. Come out and support your local artists and learn about the importance of art as Therapeutic Recreation. No registration or reservation is required. Bring all your family and friends!

The Arc of Winnebago, Boone, and Ogle counties, 1222 E State St, Rockford, IL

FREE EVENT! NO REGISTRATION REQUIRED!

DATE	TIME	DAY
May 12	10:00 am-2:00 pm	Sa

easter seals FAMILY FUN NIGHT (Friday, April 13 • all ages)

Help us kick off April as Autism Awareness Month by coming out to play at the Annual Family Fun Night for families that have a child with a developmental disability. We'll dine, skate, and play at Carlson Ice Arena with the assistance of the Rockford Park District's Therapeutic Recreation staff. **Dinner will be provided. Registration is required, and limited to the first 150 people. To register, contact Patti at Easter Seals Children's Developmental Center (815-965-6745, ext 218; e-mail phobss@eastersealschicago.org).**

The schedule for the evening is as follows

- 5:30-6:00 pm Check In
- 6:00-7:30 pm Dinner
- 6:00-8:00 pm Playtime in Sapora
- 8:00-9:00 pm Ice Skating

Carlson Ice Arena and Sapora Playworld, 4150 N Perryville Rd, Loves Park, IL

FREE EVENT!

DATE	TIME	DAY
April 13	5:30-9:00 pm	F



tot & youth services at a glance (ages 3–13)

MONDAY

Peer Play After School Program	2:00–5:00 pm	page 9
Peer Play School's Out Club	6:45 am–5:00 pm	page 10
Peer Play at Camp Winnebago School's Out Club	6:45am–5:00 pm	page 10

TUESDAY

Pool School — Tots	6:00–6:45 pm	page 6
Pool School — Youth	6:00–6:45 pm	page 7
Peer Play After School Program	2:00–5:00 pm	page 9
Peer Play School's Out Club	6:45 am–5:00 pm	page 10
Peer Play at Camp Winnebago School's Out Club	6:45am–5:00 pm	page 10

WEDNESDAY

Art at the Arc	4:00–5:30 am	page 8
Peer Play After School Program	2:00–5:00 pm	page 9
Peer Play School's Out Club	6:45 am–5:00 pm	page 10
Peer Play at Camp Winnebago School's Out Club	6:45am–5:00 pm	page 10
Buddy Baseball	5:45–8:00 pm	page 11

THURSDAY

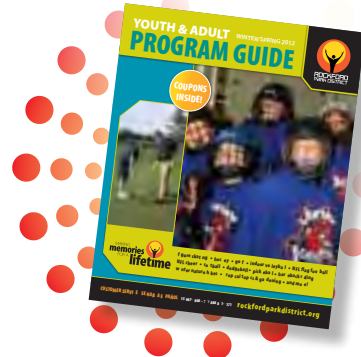
☀️ NEW! Jr Buddy Basketball — Tots	5:00–5:45 pm	page 6
Yoga	6:00–6:45 pm	page 7
Peer Play After School Program	2:00–5:00 pm	page 9
Peer Play School's Out Club	6:45 am–5:00 pm	page 10
Peer Play at Camp Winnebago School's Out Club	6:45am–5:00 pm	page 10
☀️ NEW! Buddy Basketball — Youth	6:00–8:00 pm	page 11

FRIDAY

Siblings & Socialites	2:30–4:30 pm	page 8
Peer Play After School Program	2:00–5:00 pm	page 9
Peer Play School's Out Club	6:45 am–5:00 pm	page 10
Peer Play at Camp Winnebago School's Out Club	6:45am–5:00 pm	page 10

SATURDAY

Chance to Dance — Tots	11:30 am–12:20 pm	page 6
Chance to Dance — Youth	10:30–11:20 am	page 7
Zumba	11:30 am–12:20 pm	page 7
Siblings & Socialites	1:00–4:00 pm	page 8



check out this guide
for inclusion opportunities
throughout the Park District



FUN AND ENJOYMENT FOR EVERYONE!
See p 34 for details.
Don't forget to re-apply in Jan 2012!

PROGRAM REGISTRATION OPENS JAN 2!

Registration ends 8 days before the start of the program/event

YOUTH PROGRAMS AT A GLANCE

6 YOUTH SERVICES

tiny tots (ages 3–5)



check us out on facebook!

Therapeutic Recreation —
Rockford Park District

CHANCE TO DANCE (ages 3–5)

The Rockford Park District and the Rockford Dance Company have teamed up to provide Chance to Dance — a dance program for youth with disabilities. This class is a technique based dance program that lets participants explore creative expression in a non-judgmental setting, creating an enjoyable opportunity for expressive movements. Learn basic dance skills, rhythm, and creative expressions in a real dance studio. Please wear movable clothing such as sweat pants, t-shirts, and soft dance shoes (or go barefoot, but no socks please). Parents are encouraged to stay and watch from the observation rooms. **[JM]**



Sign up for both sessions of Chance to Dance and receive \$5.00 off your total fees!

Riverfront Museum Park, 711 N Main St, Rockford, IL

Resident \$35.00 Non-resident \$45.00

DATES	TIME	DAY	NO CLASS	ACTIVITY#
Jan 28–March 3	11:30 am–12:20 pm	Sa		206150-D5
March 10–April 21	11:30 am–12:20 pm	Sa	April 7	206150-D7

POOL SCHOOL (ages 3–12)

Get ready to make a SPLASH! This program is designed for participants to gain confidence in and around the water, learn water safety, and develop motor skills needed for basic swimming.

NOTE: If a swimmer is not completely toilet trained, swim diapers are required. Paper diapers of any type are not allowed in the pool. Swim pants or swim diapers must be reusable rubber or plastic pants that fit tightly around the waist and legs of the participant. These are similar to plastic pants that fit over cloth diapers **[LW]**

Rolling Green Elementary School, Muhl Gym, 3615 West Gate Pkwy, Rockford, IL

Resident \$75.00 Non-resident \$85.00

DATES	TIME	DAY	NO CLASS	ACTIVITY#
Jan 17–March 6	6:00–6:45 pm	Tu		106106-01
March 20–May 15	6:00–6:45 pm	Tu	April 10	206106-03

 **new!**

JR BUDDY BASKETBALL (ages 3–7)


Jr. Buddy Basketball is designed to introduce the basic skills and rules needed to play basketball, and to transition into the Buddy Basketball program. Each practice will start out with group stretching, and then we will break into smaller groups to work on basic drills. Please wear appropriate workout attire and bring a bottle of water. **[LW]**

Location TBA

Resident \$24.00 Non-resident \$34.00

DATES	TIME	DAY	ACTIVITY#
Feb 23–March 15	5:00-5:45 pm	Th	106377-JR

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youth services (ages 5–12)

CHANCE TO DANCE (ages 6–12)

The Rockford Park District and the Rockford Dance Company have teamed up to provide Chance to Dance — a dance program for youth with disabilities. This class is a technique based dance program that lets participants explore creative expression in a non-judgmental setting, creating an enjoyable opportunity for expressive movements. Learn basic dance skills, rhythm, and creative expressions in a real dance studio. Please wear movable clothing such as sweat pants, t-shirts, and soft dance shoes (or go barefoot, but no socks please). Parents are encouraged to stay and watch from the observation rooms. **[JM]**

SAVE! Sign up for both sessions of Chance to Dance and receive \$5.00 off your total fees!

Riverfront Museum Park, 711 N Main St, Rockford, IL

Resident \$35.00 Non-resident \$45.00

DATES	TIME	DAY	NO CLASS	ACTIVITY#
Jan 28–March 3	10:30–11:20 am	Sa		206104-D5
March 10–April 21	11:30–11:20 am	Sa	April 7	206104-D7

POOL SCHOOL (ages 3–12)

Get ready to make a SPLASH! This program is designed for participants to gain confidence in and around the water, learn water safety, and develop motor skills needed for basic swimming.

NOTE: If a swimmer is not completely toilet trained, swim diapers are required. Paper diapers of any type are not allowed in the pool. Swim pants or swim diapers must be reusable rubber or plastic pants that fit tightly around the waist and legs of the participant. These are similar to plastic pants that fit over cloth diapers **[LW]**

Rolling Green Elementary School, Muhl Gym, 3615 West Gate Pkwy, Rockford, IL

Resident \$75.00 Non-resident \$85.00

DATES	TIME	DAY	NO CLASS	ACTIVITY#
Jan 17–March 6	6:00–6:45 pm	Tu		106106-01
March 20–May 15	6:00–6:45 pm	Tu	April 10	206106-03

FUN AND ENJOYMENT FOR EVERYONE!

See p 34 for details.

Don't forget to re-apply in Jan 2012!



ZUMBA (ages 5–12)

Come check out this hip and trendy fitness class! Zumba is a fusion of Latin and International dance themes, creating a dynamic and exciting workout that will get everyone moving and grooving. Please wear gym shoes and appropriate workout attire, such as a t-shirt and sweat pants. **[LW]**

Riverfront Museum Park, 711 N Main St, Rockford, IL

Resident \$24.00 Non-resident \$34.00

DATES	TIME	DAY	NO CLASS	ACTIVITY#
March 17–April 21	11:30 am–12:20 pm	Sa	April 7	206104-ZM

YOGA (ages 5–12)

This class will help you relax, renew, and restore your energy. Participants will learn basic yoga poses in a relaxed environment, focusing on balance, strength, and flexibility. Please wear gym shoes and appropriate workout attire, such as a t-shirt and sweat pants. **[LW]**

Linda K White Center, 623 N Alpine Rd, Rockford, IL

Resident \$24.00 Non-resident \$34.00

DATES	TIME	DAY	ACTIVITY#
April 5–May 3	6:00–6:45 pm	Th	206104-YG

PROGRAM REGISTRATION OPENS JAN 2!

Registration ends 8 days before the start of the program/event

KEY TO SYMBOLS

Watch for these symbols throughout the guide.

 Social Programming	 New program offering
 Cultural Arts	 Please bring spending money
 Sports and Fitness	 Bus transportation service available/offered
 Skill Development	
 Participants are asked to bring items	

8 YOUTH SERVICES

FUN AND ENJOYMENT FOR EVERYONE!
 See p 34 for details.
 Don't forget to re-apply in Jan 2012!



SIBLINGS and Socialites (ages 5–12)

NOTE: There will be sensory activities planned for each event, but they will not be the main focus. **[BC]**

Sledding and Snowshoeing

Snow or slush, we will be outside! We'll brave the cold before we head in for a warm treat, activities, and games. Snacks will be provided.

Aldeen Park, 623 N Alpine Rd, Rockford, IL

Resident \$12.00 Non-resident \$17.00

DATE	TIME	DAY	ACTIVITY#
Jan 14	1:00–4:00 pm	Sa	806110-50
Siblings, register with this # --->			806110-51

Disney Live!

Come explore a magical world of wonder, where dreams come true and wishes are granted! This magical afternoon will join together three classic fairy tales. You must be there to experience the happily ever after right here in your own town! Please bring money for snacks and souvenirs if you would like (\$10.00–\$15.00 recommended).

BMO Harris Bank Center, 300 Elm St, Rockford, IL

Resident \$30.00 Non-resident \$34.50

DATE	TIME	DAY	ACTIVITY#
Feb 24	5:30–8:30 pm	F	806110-70
Siblings, register with this # --->			806110-71

Sock Monkey Fest

So much to do and so little time to do it! Movies, crafts, a juggling comedy show, Mr. and Mrs. Sockford Beauty and Talent Pageant, and magic shows are just a few things to do. Snacks are available for purchase (\$5.00–\$10.00 recommended).

Midway Village Museum, 6799 Guilford Rd, Rockford, IL

Resident \$18.00 Non-resident \$25.00

DATE	TIME	DAY	ACTIVITY#
March 3	1:00–4:00 pm	Sa	806110-80
Siblings, register with this # --->			806110-81



check out pg 4 for these fun family events!

Easter Seals Family Fun Night and NASR Movie in the Park

art at the arc (ages 5–12)

Are you an artist? Have you always wanted to be one? Then you need to join the Art at the Arc! This collaborative program between the Rockford Park District and the Arc of Winnebago, Boone, and Ogle counties provides its artists with the proper supplies and facility to practice their creative skills. Artists will learn a new skill to try out each week as well as creating their very own art piece. The artists work will then be displayed at the May 12 TR Art Show. Be sure to wear clothes that you don't mind getting messy. **[JM]**

The Arc, 1222 East State St, Rockford, IL

Resident \$12.00 Non-resident \$17.00

DATES	TIME	DAY	ACTIVITY#
Feb 8–29	4:00–5:30 pm	W	106109-A6
March 7–28	4:00–5:30 pm	W	206109-A7
April 4–25	4:00–5:30 pm	W	206109-A8





Peer Play After School Program (ages 5–11)

This after school program provides an inclusive opportunity utilizing the YMCA School Age Center Program as its main source of fun. Participants will make new friends while participating in the following activities: arts and crafts, health and fitness, active games, and playing on the playground. Participants will also be given the chance to spend time on their homework, and a daily snack will be provided. Participants should use Septran to get to the site, and parents/guardians should pick-up at the site.

Pick-up is from 5:00 to 5:30 pm. The program follows the calendar of the school districts listed below.

On non-school days, check out Peer Play School's Out Club on page 10. **[KD]**

Brookview Elementary School — District 205

1750 Madron Rd, Rockford, IL

Resident..... \$138.00 Non-resident..... \$204.00

DATE	TIME	DAY	NO PROGRAM	ACTIVITY#
Feb 1–29	2:00–5:00 pm	M–F	Feb 20	806101-B5
March 1–30	2:00–5:00 pm	M–F	March 5	806101-B6
April 2–30	2:00–5:00 pm	M–F	April 5, 6, 9–13	806101-B7
May 1–June 4	2:00–5:00 pm	M–F	May 28, June 1	806101-B8

Froberg Elementary School — District 205

4555 20th St, Rockford, IL

Resident..... \$138.00 Non-resident..... \$204.00

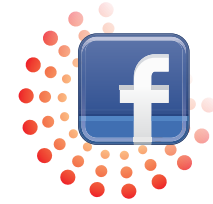
DATE	TIME	DAY	NO PROGRAM	ACTIVITY#
Feb 1–29	2:15–5:00 pm	M–F	Feb 20	806101-F5
March 1–30	2:15–5:00 pm	M–F	March 5	806101-F6
April 2–30	2:15–5:00 pm	M–F	April 5, 6, 9–13	806101-F7
May 1–June 4	2:15–5:00 pm	M–F	May 28, June 1	806101-F8

Windsor Elementary School — District 122

925 Windsor Rd, Loves Park, IL

Resident..... \$138.00 Non-resident..... \$204.00

DATE	TIME	DAY	NO PROGRAM	ACTIVITY#
Feb 1–29	2:40–5:00 pm	M–F	Feb 20, 21	806101-L5
March 1–30	2:40–5:00 pm	M–F	March 19	806101-L6
April 2–30	2:40–5:00 pm	M–F	April 2–6, 9	806101-L7
May 1–June 1	2:40–5:00 pm	M–F	May 28	806101-L8



check us out
on facebook!

Therapeutic
Recreation —
Rockford
Park District

KEY TO SYMBOLS

Watch for these symbols throughout the guide.

-  Social Programming
-  Cultural Arts
-  Sports and Fitness
-  Skill Development
-  Participants are asked to bring items
-  New program offering
-  Please bring spending money
-  Bus transportation service available/offered

10 YOUTH SERVICES

Peer Play School's Out Club - (ages 5-12) 🌿🌿

This program provides an inclusive opportunity utilizing the YMCA School's Out Club as its main source of fun. Participants will make new friends while participating in the following activities: arts and crafts, health and fitness, active games, swimming, and outdoor play. Participants must bring a sack lunch, swimsuit, towel, lock, and appropriate clothing for outdoor play. An afternoon snack will be provided. **Parents/guardians should drop off and pick up at the site. Drop-off starts at 6:45 am and pick-up is from 5:00 to 5:30 pm. [KD]**

NOTE: If a swimmer is not completely toilet trained, swim diapers are required. Paper diapers of any type are not allowed in the pool. Swim pants or swim diapers must be reusable rubber or plastic pants that fit tightly around the waist and legs of the participant. These are similar to plastic pants that fit over cloth diapers.

YMCA — Northeast Family Branch, 8451 Orth Rd, Loves Park, IL

YMCA Log Lodge

ID Pennock Family Branch, 200 Y Blvd, Rockford, IL

Resident..... \$25.00 Non-resident \$35.00

DATE	TIME	DAY	ACTIVITY#
Feb 20	6:45 am-5:00 pm	M	806102-51
April 5	6:45 am-5:00 pm	Th	806102-61
April 9	6:45 am-5:00 pm	M	806102-63
April 10	6:45 am-5:00 pm	Tu	806102-64
April 11	6:45 am-5:00 pm	W	806102-65
April 12	6:45 am-5:00 pm	Th	806102-66
April 13	6:45 am-5:00 pm	F	806102-67
June 1	6:45 am-5:00 pm	F	806102-71

YMCA Northeast Family Branch

YMCA Northeast Family Branch, 8451 Orth Rd, Loves Park, IL

Resident..... \$25.00 Non-resident \$35.00

DATE	TIME	DAY	ACTIVITY#
Feb 21	6:45 am-5:00 pm	Tu	806102-5H
March 19	6:45 am-5:00 pm	M	806102-6H
April 2	6:45 am-5:00 pm	M	806102-7H
April 3	6:45 am-5:00 pm	Tu	806102-8H
April 4	6:45 am-5:00 pm	W	806102-9H

Peer Play at Camp Winnebago School's Out Club (ages 5-12) 🌿🌿

This program provides an inclusive opportunity utilizing the YMCA Camp Winnebago School's Out Club as its main source of fun. This program is offered at the YMCA Camp Winnebago on days when school is not in session. Children will be divided into groups of 10 to 12 for activities which may include: arts and crafts, health and fitness, active games, and outdoor play. Participants must bring a sack lunch and appropriate clothing for outdoor play. An afternoon snack will be provided. **Parents/guardians should drop off and pick up at the site. Program begins at 8:30 am; before care drop-off starts at 6:45 am. Pick-up after program is 5:00-5:30 pm. [KD]**

Camp Winnebago YMCA, 5700 N Main St, Rockford, IL

Resident..... \$25.00 Non-resident \$35.00

DATES	TIME	DAY	ACTIVITY#
April 9	6:45 am-5:00 pm	M	806102-41
April 10	6:45 am-5:00 pm	Tu	806102-42
April 11	6:45 am-5:00 pm	W	806102-43
April 12	6:45 am-5:00 pm	Th	806102-44
April 13	6:45 am-5:00 pm	F	806102-45





BUDDY BASEBALL (ages 8–21) 

Buddy Baseball is a non-competitive recreational league for individuals of all abilities. Each player with a disability related need is paired with a “buddy” to assist in creating a fun and successful opportunity. The program focuses on experience of team play, exposure to a lifelong leisure skill, and participation in one of America’s favorite pasttimes. All involved will have fun as friendships are formed and skills are developed. Players’ jerseys will be available for purchase for \$10.00 each. **[LW]**

- Match day will be June 6 from 5:45 pm to 8:00 pm at the Indoor Sports Center (ISC).
- The first practice/game is scheduled for June 13; game times will be given out at Match Day.
- **Registration opens April 2, 2012.**
- **Don’t miss the end-of-season party August 1.**

Guilford High School, 5620 Spring Creek Rd, Rockford, IL

Res player \$35.00 Non-res player . . . \$40.00

DATES	TIME	DAY	NO PROGRAM	ACTIVITY#
June 13– July 25	5:45-8:00 pm	W	July 4	306377-01
Buddy Baseball BUDDY use this Activity#-->				306377-BB

 **new!**

BUDDY BASKETBALL 
(ages 8–18)

Buddy Basketball is a non-competitive recreational league for individuals of all abilities. Each player will be on a team with 6 players and 4 “buddies” to assist in creating a fun and successful opportunity. The program focuses on experience of team play, exposure to a lifelong leisure skill, and participation in basketball. All involved will have fun as friendships are formed and skills are developed. Players’ jerseys will be available for purchase for \$10.00 each. **[LW]**

- Team Draft Day will be February 2, 2012 from 6:00 to 7:30 pm.
- The first practice/game is scheduled for February 9; game schedules will be given out on Draft Day.
- **Registration deadline is January 19.**

Location TBA

Resident player . . . \$35.00 Non-resident player . . . \$40.00
No charge for Buddy registration

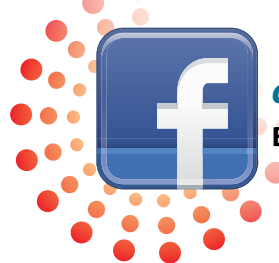
DATES	TIME	DAYS	ACTIVITY#
Feb 2–March 15	6:00–8:00 pm	Th	106377-01
Buddy Basketball BUDDY use this Activity#-->			106377-BB



KEY TO SYMBOLS

Watch for these symbols throughout the guide.

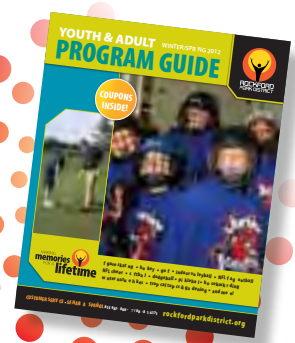
-  Social Programming
-  Cultural Arts
-  Sports and Fitness
-  Skill Development
-  Participants are asked to bring items
-  New program offering
-  Please bring spending money
-  Bus transportation service available/offered



check us out on facebook!

Buddy Baseball–Rockford Park District

12 teen services at a glance (ages 11-19 or still enrolled in school)



check out this guide
for inclusion opportunities
throughout the Park District

TUESDAY

Teen Water Works7:00–7:45 pm page 13

WEDNESDAY

Zumba6:00–6:50 pm page 13
Art at the Arc4:00–5:30 pm page 14
Buddy Baseball5:45–8:00 pm page 16

THURSDAY

Yoga6:00–6:45 pm page 13
 ☀️ *NEW! Buddy Basketball*6:00–8:00 pm page 16

FRIDAY

Friday Night Lights6:30–9:00 pm page 15

SATURDAY

Chance to Dance 10:30–11:20 am page 13
Saturday Tween Scene afternoon/evening sessions page 14

KEY TO SYMBOLS

Watch for these symbols throughout the guide.

-  Social Programming
-  Cultural Arts
-  Sports and Fitness
-  Skill Development
-  Participants are asked to bring items
-  New program offering
-  Please bring spending money
-  Bus transportation service available/offered

**PROGRAM
REGISTRATION
OPENS JAN 2!**

Registration ends 8 days before the
start of the program/event



Chance to Dance (ages 13–19) 🎨

The Rockford Park District and the Rockford Dance Company have teamed up to provide Chance to Dance — a dance program for youth with disabilities. This class is a technique based dance program that lets participants explore creative expression in a non-judgmental setting, creating an enjoyable opportunity for expressive movements. Learn basic dance skills, rhythm, and creative expressions in a real dance studio. Please wear movable clothing such as sweat pants, t-shirts, and soft dance shoes (or go barefoot, but no socks please). Parents are encouraged to stay and watch from the observation rooms. [JM]

SAVE! Sign up for both sessions of Chance to Dance and receive \$5.00 off your total fees!

Riverfront Museum Park, 711 N Main St, Rockford, IL

Resident \$35.00 Non-resident \$45.00

DATES	TIME	DAY	NO CLASS	ACTIVITY#
Jan 28–March 3	10:30–11:20 am	Sa		206104-D5
March 10–April 21	10:30–11:20 am	Sa	April 7	206104-D7

ZUMBA (ages 13–19) ✨

Come check out this hip and trendy fitness class! Zumba is a fusion of Latin and international dance themes, creating a dynamic and exciting workout that will get everyone moving and grooving. Please wear gym shoes and appropriate workout attire, such as a t-shirt and sweat pants. [LW]

Aldeen Park, 623 N Alpine Rd, Rockford, IL

Resident \$24.00 Non-resident \$34.00

DATES	TIME	DAY	ACTIVITY#
Feb 1–29	6:00–6:50 pm	W	106204-ZM

Teen Water Works (ages 13–19) 🏊

Get ready to make a SPLASH! This program is designed for participants to gain confidence in and around the water, learn water safety, and develop motor skills needed for basic swimming. [LW]

NOTE: If a swimmer is not completely toilet trained, swim diapers are required. Paper diapers of any type are not allowed in the pool. Swim pants or swim diapers must be reusable (not disposable) rubber or plastic pants that fit tightly around the waist and legs of the participant. These are similar to plastic pants that fit over cloth diapers.

Rolling Green Elementary School, Muhl Gym, 3615 West Gate Pkwy, Rockford, IL

Resident \$75.00 Non-resident \$85.00

DATES	TIME	DAY	NO CLASS	ACTIVITY#
Jan 17–March 6	7:00–7:45 pm	Tu		106207-01
March 20–May 15	7:00–7:45 pm	Tu	April 10	206207-03

YOGA (ages 13–19) ✨

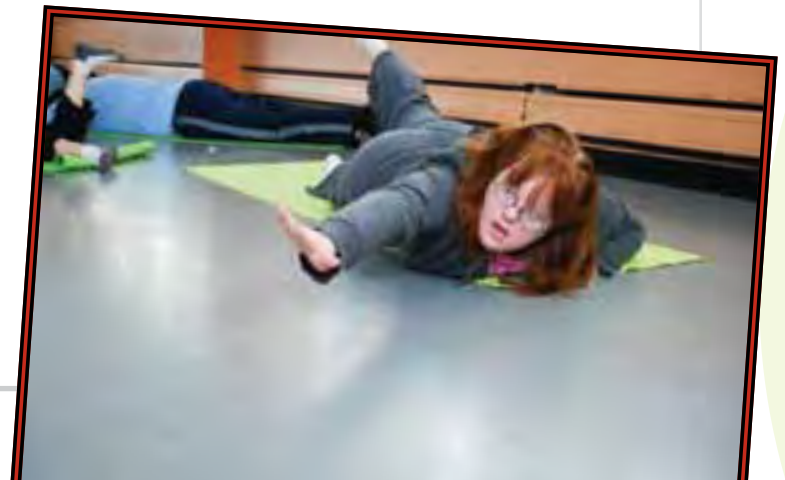
This class will help you relax, renew, and restore your energy. Participants will learn basic yoga poses in a relaxed environment, focusing on balance, strength, and flexibility. Please wear gym shoes and appropriate workout attire, such as a t-shirt and sweat pants. [LW]

Linda K White Center, 623 N Alpine Rd, Rockford, IL

Resident \$24.00 Non-resident \$34.00

DATES	TIME	DAY	ACTIVITY#
April 5–May 3	6:00–6:45 pm	Th	206204-YG

FUN AND ENJOYMENT FOR EVERYONE!
 See p 34 for details.
 Don't forget to re-apply in Jan 2012!



14 teen services

Saturday Tween Scene (ages 11–14)

 now for ages 11-14!

 Pick-up points will be available for all Saturday Tween Scene and Friday Night Lights at Webbs Norman Center (401 S Main St), Meadow Mart (6473 N 2nd St, Loves Park), Linda K White Center in Aldeen Park (623 Alpine Rd), and Hilander (2514 S Alpine Rd).

Bowling

Lace up those bowling shoes, it's time to roll. We will bowl as many games as possible. Shoes, balls, and ramp will be provided, but feel free to bring your own. Please bring money if you would like a snack (\$5.00–\$10.00 recommended). **[BC]**

Park Lanes Bowling Center, 5318 N Second St, Loves Park, IL

Resident..... \$12.00 Non-resident.... \$17.00

DATE	TIME	DAY	ACTIVITY#
Jan 21	1:00–3:00 pm	Sa	806204-05

Guys Night Out— Monster Jam Thunder Nationals

Four huge wheels, three qualified racers, two bright headlights, and one monstrous night to remember! Come out and join the guys, you'll be in for a high speed racin', fire blazin' time! See you there, Monster fans! Please bring money for snacks and souvenirs if you would like (\$10.00–\$15.00 recommended). **[BC]**

BMO Harris Bank Center, 300 Elm St, Rockford, IL

Resident..... \$17.50 Non-resident.... \$24.50

DATE	TIME	DAY	ACTIVITY#
Feb 4	1:30–4:00 pm	Sa	806204-06

IceHogs Game

The IceHogs will high stick it to the Houston Aeros as we put another "W" on their record. Be sure to dress for the cool atmosphere, and bring money for those stadium treats (\$10.00–\$15.00 recommended). **[BC]**

BMO Harris Bank Center, 300 Elm St, Rockford, IL

Resident..... \$17.50 Non-resident.... \$24.50

DATE	TIME	DAY	ACTIVITY#
March 24	6:30–10:00 pm	Sa	806204-07

NASR Movie in the Park (all ages)

Join your friends at NASR for a night under the stars! Enjoy the Magic Show by Magic Zack before the movie! When the sun goes down, we will start the movie. We will be showing the film on the giant outdoor movie screen. Dress appropriately to be outdoors, and don't forget your blanket or folding lawn chair. Sit back, relax, and enjoy the show! **[JM]**

Aldeen Park, 623 N Alpine Rd, Rockford, IL

Resident..... \$10.00 Non-resident.... \$11.00

DATES	TIME	DAYS	ACTIVITY#
April 14	6:00–9:30 pm	Sa	206602-MP



art at the arc (ages 13–19)

Are you an artist? Have you always wanted to be one? Then you need to join the Art at the Arc! This collaborative program between the Rockford Park District and the Arc of Winnebago, Boone, and Ogle counties provides its artists with the proper supplies and facility to practice their creative skills. Artists will learn a new skill to try out each week as well as creating their very own art piece. The artists work will then be displayed at the May 12 TR Art Show. Be sure to wear clothes that you don't mind getting messy. **[JM]**

The Arc, 1222 East State St, Rockford, IL

Resident..... \$12.00 Non-resident.... \$17.00

DATES	TIME	DAY	ACTIVITY#
Feb 8–29	4:00–5:30 pm	W	106209-A6
March 7–28	4:00–5:30 pm	W	206209-A7
April 4–25	4:00–5:30 pm	W	206209-A8



FRIDAY NIGHT LIGHTS (ages 15-19) 🌈



 **Pick-up points will be available for all Saturday Tween Scene and Friday Night Lights at Webbs Norman Center (401 S Main St), Meadow Mart (6473 N 2nd St, Loves Park), Linda K White Center in Aldeen Park (623 Alpine Rd), and Hilander (2514 S Alpine Rd).**

Red Robin 💰

Red Robin... YUM! A place where the fries are bottomless and the burgers are juicy! Come enjoy a meal where the food is great, the atmosphere is fun, and the company is even better! Please bring money for dinner (\$10.00-\$15.00 recommended). **[BC]**

Red Robin, 7029 E State St, Rockford, IL

Resident..... \$9.00 Non-resident.... \$13.00

DATE	TIME	DAY	ACTIVITY#
Jan 20	7:00-9:00 pm	F	806206-01

Roller Skating 💰

Want to experience what your parents did for fun when they were your age? Then have them sign you up for this retro evening! You're sure to have a rollin' good time as you make your way around the roller rink with your skates. Whether you can make smoke come off your wheels, or you need to hold on to the wall all the way around, this is going to be an night of F-U-N! Make sure to bring some money for those delicious concessions (\$5.00-\$10.00 recommended). **[BC]**

SkateCo, 3209 N Main St, Rockford, IL

Resident..... \$12.00 Non-resident.... \$17.00

DATE	TIME	DAY	ACTIVITY#
Feb 17	6:30-9:00 pm	F	806206-02

FUN AND ENJOYMENT FOR EVERYONE!
See p 34 for details.
Don't forget to re-apply in Jan 2012!



St Pat's Dance

Everyone's Irish on St Patrick's Day, so don your kelly green — it's time to shamROCK and roll! St Patty's themed snacks and beverages will be provided. **[BC]**

Webbs Norman Center, 401 S Main St, Rockford, IL

Resident..... \$12.00 Non-resident.... \$17.00

DATE	TIME	DAY	ACTIVITY#
March 16	6:30-9:00 pm	F	806206-03

Girls Night In

Oh, those girls just want to have fun, and that's exactly what we'll do! There will be singing, dancing, make-up, and more. Snacks will be provided. **[BC]**

Aldeen Park, 623 N Alpine Rd, Rockford, IL

Resident..... \$12.00 Non-resident.... \$17.00

DATE	TIME	DAY	ACTIVITY#
April 27	6:30-9:00 pm	F	806206-04

Guys Night In

Guys, need a break from the ladies? Enjoy a night of card games, board games, and sports with just the guys. A light snack and beverage will be provided. **[BC]**

Aldeen Park, 623 N Alpine Rd, Rockford, IL

Resident..... \$12.00 Non-resident.... \$17.00

DATE	TIME	DAY	ACTIVITY#
May 11	6:30-9:00 pm	F	806206-05



new!

BUDDY BASKETBALL (ages 8-18) ✈

Buddy Basketball is a non-competitive recreational league for individuals of all abilities. Each player will be on a team with 6 players and 4 "buddies" to assist in creating a fun and successful opportunity. The program focuses on experience of team play, exposure to a lifelong leisure skill, and participation in basketball. All involved will have fun as friendships are formed and skills are developed. Players' jerseys will be available for purchase for \$10.00 each.

- Team Draft Day will be February 2, 2012 from 6:00 to 7:30 pm.
- The first practice/game is scheduled for February 9; game schedules will be given out on Draft Day.
- Registration deadline is January 19. [LW]

Location TBA

Res player \$35.00 Non-res player . . . \$40.00
 No charge for Buddy registration

DATES	TIME	DAYS	ACTIVITY#
Feb 2-March 15	6:00-8:00 pm	Th	106377-01
Buddy Basketball BUDDY use this Activity#-->			106377-BB

BUDDY BASEBALL (ages 8-21) ✈

Buddy Baseball is a non-competitive recreational league for individuals of all abilities. Each player with a disability related need is paired with a "buddy" to assist in creating a fun and successful opportunity. The program focuses on experience of team play, exposure to a lifelong leisure skill, and participation in one of America's favorite pasttimes. All involved will have fun as friendships are formed and skills are developed. Match day will be June 6 from 5:45 pm to 8:00 pm. The first practice/game is scheduled for June 13; game times will be given out at Match Day. **Registration opens April 2, 2012; don't miss the end-of-season party August 1. [LW]**

Guilford High School, 5620 Spring Creek Rd, Rockford, IL
 Res player \$35.00 Non-res player . . . \$40.00

DATES	TIME	DAY	NO PROGRAM	ACTIVITY#
June 13- July 25	5:45-8:00 pm	W	July 4	306377-01
Buddy Baseball BUDDY use this Activity#-->				306377-BB

TODAY...



TOMORROW...





SOMEDAY...

THE ROCKFORD ICEHOGS PROUDLY SUPPORT YOUTH ATHLETICS



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 Buddy Baseball–Rockford Park District

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**Northern Illinois
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 to find out how we can accommodate you.

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- Reduced fare for passengers with a disability \$.75
- Paratransit fare \$3.00
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 your dreams!**

For more information call 815.961.9000 or visit our
 web site at rmtd.org today.

18 adult services at a glance (ages 18+)

ADULT PROGRAMS AT A GLANCE

tuesday

Movin'2GetFit — Aquafitness 7:00–7:45 pm page 22
Coffee Talk 5:30–6:30 pm page 22

wednesday

Zumba 6:00–6:50 pm page 22
Greenthumb Gardening 6:00–7:00 pm page 22
Edible Creations — World Cuisine 6:00–7:30 pm page 23
Edible Creations — Italian Dining 6:00–7:30 pm page 23

thursday

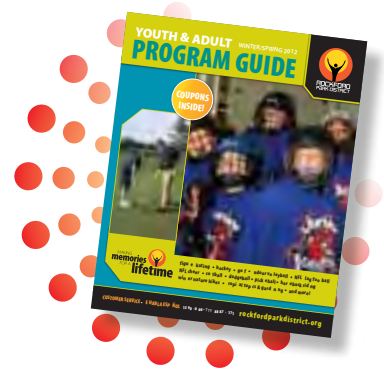
Movin'2GetFit — Walking Club 5:00–6:00 pm page 22
Art at the Arc 3:30–5:00 pm page 23
Edible Creations — World Cuisine 6:00–7:30 pm page 23
Edible Creations — Italian Dining 6:00–7:30 pm page 23

friday

Be Social — Young Frankenstein 7:30–10:30 pm page 19
Be Social — Dine Out at Machine Shed 7:00–9:00 pm page 19
Be Social — Valentine's Dance 6:30–9:00 pm page 19
Be Social — Casino Game Night 6:00–9:00 pm page 20
Be Social — Karaoke 6:30–9:00 pm page 20
Be Social — St Patty's Day Dance 6:30–9:00 pm page 20
Be Social — Bunny Hop 6:30–9:00 pm page 20
Be Social — Wii Game Night 6:30–9:00 pm page 21

saturday

Be Social — RVC Basketball Game 2:30–5:30 pm page 19
Be Social — Guys Day Out - Monster Jam Thunder Nationals 1:30–4:00 pm page 19
Be Social — Bowling 1:00–3:00 pm page 20
Be Social — Pizza and a Movie 6:30–9:00 pm page 20
Be Social — To Be Determined 1:00–4:00 pm page 20
Be Social — IceHogs Game 7:00–10:00 pm page 21
Be Social — NASR Movie in the Park 6:00–9:00 pm page 21
Be Social — Earth Day Picnic and Craft 12:00–4:00 pm page 21
Be Social — Girls Spa Day 10:00 am–1:00 pm page 21
Be Sobial — Dine Out and TR Art Show 11:30 am–2:00 pm page 21
Be Social — Nicholas Conservatory & Gardens 1:00–3:00 pm page 21



check out this guide
for inclusion opportunities
throughout the Park District

KEY TO SYMBOLS

Watch for these symbols throughout the guide.

- Social Programming
- Cultural Arts
- Sports and Fitness
- Skill Development
- Participants are asked to bring items
- New program offering
- Please bring spending money
- Bus transportation service available/offered

PROGRAM REGISTRATION OPENS JAN 2!

Registration ends 8 days before the start of the program/event

adult services

BE SOCIAL (18+)

NOTE: Door-to-door transportation is available for an additional fee of \$4.00.

Young Frankenstein

Come check out Mel Brooks' classic, *Young Frankenstein*, live at the Coronado Performing Arts Center! It's been voted by Broadway.com Audience Awards for *Best Musical!* We'll get to experience some classic songs like "Puttin' on the Ritz" and some new editions, too! **[BC]**

Coronado Theatre, 314 N Main St, Rockford, IL

Resident \$30.00 Non-resident \$42.00

DATE	TIME	DAY	ACTIVITY#
Jan 13	7:30–10:30 pm	F	106503-YF

Dine out at Machine Shed

Yee-haw! Are you ready for a family style dinner of all your favorite pickin's? Join us for a down-home meal just like momma used to make! Please bring money for dinner (\$15.00–\$20.00 recommended). **[BC]**

Machine Shed, 7475 E State St, Rockford, IL

Resident \$9.00 Non-resident \$13.00

DATE	TIME	DAY	ACTIVITY#
Jan 27	7:00–9:00 pm	F	106503-MS

Rock Valley College Basketball Game

Come watch the RVC Golden Eagles slam dunk on Triton College! We'll bounce off the walls for our team as they dribble home a victory. Don't forget to bring money for those game time concessions (\$5.00–\$10.00 recommended). **[BC]**

Rock Valley College, 3301 N Mulford Rd, Rockford, IL

Resident \$12.00 Non-resident \$17.00

DATE	TIME	DAY	ACTIVITY#
Jan 28	2:30–5:30 pm	Sa	106503-BG



Guys Day Out – Monster Jam Thunder Nationals

Four huge wheels, three qualified racers, two bright headlights, and one monstrous night to remember! Come out and join the guys, you'll be in for a high speed racin', fire blazin' time! See you there, Monster fans! Don't forget to bring some money for those tasty concessions (\$10.00–\$15.00 recommended). **[BC]**

BMO Harris Bank Center, 300 Elm St, Rockford, IL

Resident \$17.50 Non-resident \$24.50

DATE	TIME	DAY	ACTIVITY#
Feb 4	1:30–4:00 pm	Sa	106503-TN

Valentine's Dance

Watch out for cupid's arrow as you dance the night away! Love will be in the air. Snacks and beverages will be available. **[BC]**

Webbs Norman Center, 401 S Main St, Rockford, IL

Resident \$12.00 Non-resident \$17.00

DATE	TIME	DAY	ACTIVITY#
Feb 10	6:30–9:00 pm	F	106503-VD

Bowling

Lace up those bowling shoes, it's time to roll. We will bowl as many games as possible. Shoes, balls, and ramp will be provided, but feel free to bring your own. Please bring money if you would like a snack (\$5.00–\$10.00 recommended). **[BC]**

NOTE: Please choose only one session date.

Park Lanes Bowling Center, 5318 N Second St, Loves Park, IL

Resident \$12.00 Non-resident \$17.00

DATE	TIME	DAY	ACTIVITY#
Feb 18	1:00–3:00 pm	Sa	106503-B0
May 5	1:00–3:00 pm	Sa	106503-B1

There's more BE SOCIAL Programs on the next page!

TEEN SERVICES

ADULT SERVICES

ODDPAIRED SPORTS

20 ADULT SERVICES

Be social continued (18+)

NOTE: Door-to-door transportation is available for an additional fee of \$4.00.

Pizza and a Movie

Friends... check! The latest release... check! Our favorite pizza pie... check! Looks like we're ready for a good time. We'll have a choice of the latest releases and pizza, pizza, and more pizza! **[BC]**

Webbs Norman Center, 401 S Main St, Rockford, IL

Resident..... \$12.00 Non-resident.... \$17.00

DATE	TIME	DAY	ACTIVITY#
Feb 11	12:00–2:30 pm	Sa	106503-PM

To Be Determined

We had so much fun this fall, let's keep the suspense for the winter, too! There are always fun winter festivities going on around town. If you hear of something that sounds like fun, let us know! We will make a decision two weeks prior to the date as to what we will be doing. **[BC]**

TBD

Resident..... \$17.50 Non-resident.... \$24.50

DATE	TIME	DAY	ACTIVITY#
Feb 25	1:00–4:00 pm	Sa	106503-DM

Casino Game Night

Come test your luck with friends and maybe learn to play a new game! We will play traditional casino games with a little twist (*no gambling*). Snacks, beverages, and casino chips will be provided. **[BC]**

Webbs Norman Center, 401 S Main St, Rockford, IL

Resident..... \$12.00 Non-resident.... \$17.00

DATE	TIME	DAY	ACTIVITY#
March 2	6:30–9:00 pm	F	106503-CS

Karaoke

Calling all songbirds and back-up dancers! Flip through the pages of karaoke songs you helped pick out. We'll sing our hearts out all night long. A light snack and beverages will be provided. **[BC]**

Webbs Norman Center, 401 S Main St, Rockford, IL

Resident..... \$12.00 Non-resident.... \$17.00

DATE	TIME	DAY	ACTIVITY#
March 9	6:30–9:00 pm	F	106503-KN



St Patty's Day Dance

Everyone's Irish on St. Patrick's Day, so don your kelly green, it's time to shamROCK and ROLL! St. Patty's themed snack and beverages will be provided. **[BC]**

BMO Harris Bank Center, 300 Elm St, Rockford, IL

Resident..... \$12.00 Non-resident.... \$17.00

DATE	TIME	DAY	ACTIVITY#
March 16	6:30–9:00 pm	F	106503-PD

IceHogs Game

Come out to watch the IceHogs take on the Houston Aeros. We'll roar with the crowd as the Hogs skate to victory. Be sure to dress for the cool atmosphere, and bring money for those stadium treats (\$15.00–\$20.00 recommended). **[BC]**

BMO Harris Bank Center, 300 Elm St, Rockford, IL

Resident..... \$17.50 Non-resident.... \$24.50

DATE	TIME	DAY	ACTIVITY#
March 24	6:30–10:00 pm	Sa	106503-IH

Bunny Hop

He's trading in his basket filled with eggs for some hoppin' boots and a bandana! That's right, cotton-eyed Joe won't be the only bunny boogier! Come dance the night away at our Bunny Hop! Bring your ears, baskets, bunny suits, whatever you'd like — just make sure to be there for this bunny-rific event! **[BC]**

Webbs Norman Center, 401 S Main St, Rockford, IL

Resident..... \$12.00 Non-resident.... \$17.00

DATE	TIME	DAY	ACTIVITY#
March 30	6:30–9:00 pm	F	206503-BH

NASR Movie in Park 

Join your friends at NASR for a night under the stars! Enjoy the Magic Show by Magic Zack before the movie! When the sun goes down, we will start the movie. We will be showing the film on the giant outdoor movie screen. Dress appropriately to be outdoors, and don't forget your blanket or folding lawn chair. Sit back, relax, and enjoy the show! **[BC]**

Aldeen Park, 623 N Alpine Rd, Rockford, IL

Resident \$10.00 Non-resident \$11.00

DATE	TIME	DAY	ACTIVITY#
April 13	6:00–9:30 pm	F	206602-MP

Earth Day Picnic and Craft 

Mother Nature is calling your name to attend this special event! What better way to celebrate Earth Day than by putting your toes in the grass and letting the fresh air blow through your hair! We will take a nature hike to gather items for our craft. Don't be a stick in the mud, come join us! **[BC]**

Linda K White Center, 623 N Alpine Rd, Rockford, IL

Resident \$12.00 Non-resident \$17.00

DATE	TIME	DAY	ACTIVITY#
April 21	12:00–2:30 pm	Sa	206503-EP

Girls Spa Day  

We've teamed up with Regency Beauty Institute to have a luxurious day at the spa! We'll enjoy manicures, pedicures, washes, and blow dries with the girls. You can choose all or just one of the relaxing options available. The Park District will cover \$15 of your bill (see price list below). We'll have a light lunch available, but please make sure to have a snack before you come! **[BC]**

Manicure \$12.00 Pedicure \$15.00
Wash and blow dry \$9.00

Regency Beauty Institute, 657 Highgrove Place, Rockford, IL

Resident \$30.00 Non-resident \$42.00

DATE	TIME	DAY	ACTIVITY#
April 28	10:00 am–1:00 pm	Sa	206503-GS

Wii Game Night 

"Wii" all love playing games, so why don't we play the Wii! We will have multiple systems set up so we will all get a chance to play. Even if not everyone is playing the Wii, we'll have other systems that will require some movin' and groovin'! A snack and refreshments will be provided. **[BC]**

Webbs Norman Center, 401 S Main St, Rockford, IL

Resident \$12.00 Non-resident \$17.00

DATE	TIME	DAY	ACTIVITY#
May 4	6:30–9:00 pm	F	206503-GN

Dine Out and TR Art Show 

Join us as we hit downtown Rockford for a delicious lunch and a cultural experience. We'll grab a bite at the Irish Rose and head over to the annual TR Art Show at The Arc to see the creativity of some of our friends. **[BC]**

The Arc, 1222 East State St, Rockford, IL

Resident \$9.00 Non-resident \$12.00

DATE	TIME	DAY	ACTIVITY#
May 12	11:30 am–2:00 pm	Sa	206503-TR

Nicholas Conservatory & Gardens  

The flowers have just started to bloom outdoors, but the gardens are always lush and beautiful inside at the Nicholas Conservatory & Gardens! We'll take a guided tour through the gardens, have a picnic lunch on the patio, and visit the gift shop. Don't forget to bring money for the gift shop if you'd like to buy a souvenir (\$10.00–\$15.00 recommended). **[BC]**

Nicholas Conservatory & Gardens, 1354 N 2nd St, Rockford, IL

Resident \$17.50 Non-resident \$24.50









DATE	TIME	DAY	ACTIVITY#
May 19	1:00–3:00 pm	Sa	206503-NG

PROGRAM REGISTRATION OPENS JAN 2!

Registration ends 8 days before the start of the program/event

KEY TO SYMBOLS

Watch for these symbols throughout the guide.

-  Social Programming
-  Cultural Arts
-  Sports and Fitness
-  Skill Development
-  Participants are asked to bring items
-  New program offering
-  Please bring spending money
-  Bus transportation service available/offered

22 ADULT SERVICES

COFFEE TALK (ages 18+)

Coffee Talk is less about the coffee and more about the talk. We will practice our social skills through activities and conversations; see the session topics listed below. Be sure to bring some cash for a snack or beverage (\$5.00–\$10.00 recommended). **[JM]**

Meg's Daily Grind in Heartland Church, 1280 S Alpine Rd, Rockford, IL

Body Language

Resident \$12.00 Non-resident \$17.00

DATES	TIME	DAY	ACTIVITY#
Jan 17–Feb 7	5:30–6:30 pm	Tu	106503-CT

Friendship

Resident \$12.00 Non-resident \$17.00

DATES	TIME	DAY	ACTIVITY#
Feb 14–March 6	5:30–6:30 pm	Tu	206503-C8



check us out on facebook!

Therapeutic Recreation — Rockford Park District

PROGRAM REGISTRATION OPENS JAN 2!

Registration ends 8 days before the start of the program/event

ZUMBA (ages 18+)

Come check out this hip and trendy fitness class! Zumba is a fusion of Latin and international dance themes, creating a dynamic and exciting workout that will get everyone moving and grooving. Please wear gym shoes and appropriate workout attire, such as a t-shirt and sweat pants. **[LW]**

Aldeen Park, 623 N Alpine Rd, Rockford, IL

Resident \$24.00 Non-resident \$34.00

DATES	TIME	DAYS	ACTIVITY#
Feb 1–29	6:00–6:50 pm	W	106204-ZM

MOVIN2GETFIT (ages 18+)

Aquafitness

Learn a healthy alternative to regular exercise. Join us in the pool to learn water aerobics or sharpen your swim skills by swimming some laps to get the heart pumping. We will play a fun game to keep you moving while you are having fun with your friends. **[LW]**

NOTE: If a swimmer is not completely toilet trained, swim diapers are required. Paper diapers of any type are not allowed in the pool. Swim pants or swim diapers must be reusable (*not disposable*) rubber or plastic pants that fit tightly around the waist and legs of the participant. These are similar to plastic pants that fit over cloth diapers.

Rolling Green Elementary School, Muhl Gym, 3615 West Gate Pkwy, Rockford, IL

FEE PER SESSION

Resident \$75.00 Non-resident \$85.00

DATES	TIME	DAY	NO CLASS	ACTIVITY#
Jan 17–March 6	7:00–7:45 pm	Tu		106502-AF
Mar 20–May 15	7:00–7:45 pm	Tu	April 10	206504-AF

Walking Club

Let's hit the walking trails at Dahlquist Park! We'll be using pedometers to track how many steps we can take throughout the session. Each week, we will keep track of the number of steps taken. Please wear walking shoes and appropriate workout attire, and bring a water bottle. **[LW]**

Dahlquist Park, 3251 Oak Grove Ave, Rockford, IL

Resident \$12.00 Non-resident \$17.00

DATES	TIME	DAY	ACTIVITY#
May 3–24	5:00–6:00 pm	Th	206505-WC

GREENTHUMB GARDENING (ages 18+)

The weather is warmer, the days are longer, and it's time to dig in! We'll add our own personal touches to the Linda K White Center, and will help maintain our landscape designs once we are done planting. **[BC]**

Aldeen Park, 623 N Alpine Rd, Rockford, IL

Resident \$24.00 Non-resident \$34.00

DATES	TIME	DAY	ACTIVITY#
May 2–23	6:00–7:30 pm	W	206503-GT

save the date!

GREEN BEAR FAIR

disability resource event

Friday, June 29, 2011 from 4:00 to 9:00 pm
at Magic Waters Waterpark



check us out on
facebook for more
information as the
event date gets closer!

Therapeutic Recreation —
Rockford Park District

Magic Waters Waterpark

Come out and enjoy an evening with family and friends splashing in the waves and visiting the many "Resource Lagoons" for community-wide disability service providers and vendors. Don't miss your opportunity to try out all the adaptive equipment and accommodations available to you and your family at Magic Waters! Tickets will be pre-sold for \$7.50 per person starting March 1 at Rockford Park District Customer Service locations (Webbs Norman Center and Carlson Ice Arena) or \$12.99 at the door.

For more information, contact Abby Billips of the Rockford Park District at 815-987-1610 (TTY, 888-871-6171).

We welcome the opportunity to assist guests with disabilities to enjoy ALL our facilities, programs, and services. For assistance and information on accessibility, contact Customer Service at 815-987-8800 (TTY, 888-871-6171).

art at the arc (ages 18+)

Are you an artist? Have you always wanted to be one? Then you need to join the Art at the Arc! This collaborative program between the Rockford Park District and the Arc of Winnebago, Boone, and Ogle counties provides its artists with the proper supplies and facility to practice their creative skills. Artists will learn a new skill to try out each week as well as creating their very own art piece. The artists work will then be displayed at the May 12 TR Art Show. Be sure to wear those clothes that you don't mind getting messy. **[JM]**

The Arc, 1222 East State St, Rockford, IL

Resident \$12.00
Non-resident \$17.00

DATES	TIME	DAY	ACTIVITY#
Feb 9–March 1	3:30–5:00 pm	Th	106506-A1
March 8–29	3:30–5:00 pm	Th	206506-A1
April 5–26	3:30–5:00 pm	Th	206506-A2

EDIBLE CREATIONS (ages 17+)

The menus will be simplified, but will still be delicious. Looking to increase independence? We will work on developing our cooking and nutrition skills and knowledge. If you have food allergies or special diet needs, contact the program coordinator prior to the first week of program. **[BC]**

Aldeen Park, 623 N Alpine Rd, Rockford, IL

World Cuisine

Resident \$26.00 Non-resident \$32.00

DATES	TIME	DAY	ACTIVITY#
March 7–28	6:00–8:00 pm	W	206508-A1
March 8–29	6:00–8:00 pm	Th	206508-A2

Italian Dining

Resident \$26.00 Non-resident \$32.00

DATES	TIME	DAY	ACTIVITY#
April 4–25	6:00–8:00 pm	W	206508-A3
April 5–26	6:00–8:00 pm	Th	206508-A4

24 adapted & paralympic sports at a glance

MONDAY

<i>Adapted Bowling</i>	4:30–5:30 pm	page 25
<i>Paralympic Track & Field</i>	5:30–7:00 pm	page 26

TUESDAY

<i>Paralympic Wheelchair Basketball</i>	6:15–8:15 pm	page 25
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WEDNESDAY

<i>Paralympic Boccia</i>	6:15–7:30 pm	page 26
<i>Wheelchair Softball</i>	6:00–8:00 pm	page 26

FRIDAY

<i>Adapted Sports Social</i>	7:00–9:00 pm	page 25
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KEY TO SYMBOLS

Watch for these symbols throughout the guide.

-  Social Programming
-  Cultural Arts
-  Sports and Fitness
-  Skill Development
-  Participants are asked to bring items
-  New program offering
-  Please bring spending money
-  Bus transportation service available/offered

ADAPTED SPORTS and PARALYMPIC SPORTS

Beginner to advanced athletes are invited to participate in Adapted Sports to find out, *What's Your Game?* These programs are geared toward introducing players to the wonderful world of sports. Athletes can choose to participate at the level where they are comfortable . . . recreationally or competitively. Interested families are encouraged to call for more details about each program.

Eligible players include children and adults who:

- have mobility needs (*may or may not use a wheelchair on a daily basis*)
- are visually impaired
- have an amputation
- have a neurological/muscular impairment, such as cerebral palsy, spina bifida and others, including those with orthopedic impairments, permanent knee injuries, and leg length discrepancies.



check us out on facebook!
Paralympic & Adapted Sports–
Rockford Park District



adapted sports & paralympic sports

NOTE: Registration for Adapted Sports/Paralympic programs is ongoing. Participants must speak to the Recreation Coordinator to discuss appropriate start date.

PARALYMPIC WHEELCHAIR BASKETBALL (ages 6–18)

Join the Jr. Chariots Wheelchair Basketball team for the second half of their season. Whether you are just beginning or have been playing for years, we have opportunities for you. The team practices at the "Jr.Varsity" division standards of the *National Wheelchair Basketball Association*. Weekend tournaments and games are offered throughout the season. Game schedule will be given out at practice. For information about your local adult wheelchair basketball team, please contact Abby Billips at 815-987-1610. **[AB]**



This program is supported in part by the CWB Foundation

NOTE: Additional tournament or meet fees may apply.

Indoor Sports Center, 8800 E Riverside Blvd, Loves Park, IL

Resident/Non-resident. see membership details to the right

DATES	TIME	DAY	ACTIVITY#
Jan 3-March 20	6:15–8:15 pm	Tu	106401-JC

ADAPTED BOWLING (ages 6+)

Join us on Monday nights for some bowling with your friends. We will bowl two games so you can practice your bowling skills and learn some new ones! **[LW]**

Park Lanes Bowling Center, 5318 N Second St, Loves Park, IL

Resident/Non-resident. see membership details to the right

DATES	TIME	DAY	ACTIVITY#
March 5–26	4:30–5:30 pm	M	206320-07

ADAPTED SPORTS SOCIAL (ages 5–21)

Join us for an evening of socializing! We will order pizza, eat, and discuss some of the social opportunities available to us throughout the rest of the year. Bring your appetite and ideas! **[AB]**

Location TBA

Resident/Non-resident. see membership details to the right

DATES	TIME	DAY	ACTIVITY#
March 23, April 20, May 18	7:00–9:00 pm	F	206321-YS

PROGRAM REGISTRATION NOW OPEN!

Registration ends 8 days before the start of the program/event

MEMBERSHIP FEES:

ONE MONTH:

\$12.00 RES / \$17.00 NR

SIX-MONTH:

\$60.00 RES / \$84.00 NR /

TWELVE-MONTH:

\$100.00 RES / \$140.00 NR

Eligible players include children and adults who . . .

- have mobility needs (*may or may not use a wheelchair on a daily basis*)
- are visually impaired
- have an amputation
- have a neurological/muscular impairment, such as cerebral palsy, spina bifida and others, including those with orthopedic impairments, permanent knee injuries, and leg length discrepancies

LENDING CLOSET!

Adapted Equipment Lending Closet

Are you looking to try a hand cycle, sport wheelchair, racing chair, or much more?

You now have the opportunity to borrow a piece of equipment from our lending closet. We are able to lend out equipment that is not currently being used in a program for two weeks at a time.

Please Contact Abby Billips at 815-987-1610 for equipment availability and questions.

adapted sports & paralympic sports continued

NOTE: Registration for Adapted Sports/Paralympic programs is ongoing. Participants must speak to the Recreation Coordinator to discuss appropriate start date.

PARALYMPIC BOCCIA (ages 6+)

Boccia is geared toward beginners to try this strategy-oriented sport! The object of the game is to throw or roll game balls so that they land as close as possible to a target ball called the jack. Come out and learn the rules and strategies. Athletes practice to compete at different tournaments in the Chicagoland area. **[LW]**

Indoor Sports Center, 8800 E Riverside Blvd, Loves Park, IL

Resident/Non-resident. . . . see membership details on page 25

DATES	TIME	DAY	ACTIVITY#
April 4–May 16	6:15–7:30 pm	W	206307-BB

PARALYMPIC TRACK AND FIELD (ages 6–18)

Increase your speed, endurance, and improve your personal records as you will be practicing in the areas of shot-put, disc, and various track and field events. All field equipment, racing and throwing chairs will be provided for individuals with a physical disability, and guide runners will be recruited for individuals with visual impairments. Athletes will be practicing to take part in local and regional meets with the potential to compete at the national meet in July. **[AB]**



NOTE: Additional tournament or meet fees may apply.

Guilford High School, 5620 Spring Creek Rd, Rockford, IL

Resident/Non-resident. . . . see membership details on page 25

DATES	TIME	DAY	ACTIVITY#
March 26–July 30	5:30-7:00 pm	M	206306-TF

WHEELCHAIR SOFTBALL (ages 6–18)

Wheelchair softball is an exciting summer sport that enables individuals with physical disabilities to compete in America's most favorite pastime. Join the team as we practice and compete throughout the summer with other local teams. **[AB]**



This program is supported in part by the CWB Foundation

Indoor Sports Center, 8800 E Riverside Blvd, Loves Park, IL

Resident/Non-resident. . . . see membership details on page 25

DATES	TIME	DAY	ACTIVITY#
April 25–Aug 8	6:00–8:00 pm	W	206316-00

Power Soccer

Are you interested in playing Power Soccer?

Power Soccer is a competitive team sport for athletes who use a power wheelchair. Two teams of four players use power chairs equipped with foot guards to attack, defend, and spin-kick an oversized soccer ball in an attempt to score goals. Players are required to use a power chair with 4 or more wheels, lap belt, and foot guard. The game is played in a gymnasium on a regulation basketball court.

If you are interested in playing with the Rockford High Voltage team, please contact Lyndsey Willard at 815-987-1604.



The Rockford Park District is an official Paralympic Sport Club. The Paralympic Sport Club provides an excellent opportunity to organizations to reach new audiences, increase sports and physical activity opportunities, and raise the profile of Paralympic Sports nationally.

Sport Offerings for Individuals with Visual Impairments

PARALYMPIC TRACK and FIELD (ages 6–18)

Increase your speed, endurance, and improve your personal records as you will be practicing in the areas of shot-put, disc, and various track and field events. Guide runners will be recruited. Athletes will be practicing to take part in local and regional meets with the potential to compete at the national meet in July. **[AB]**

NOTE: Additional tournament or meet fees may apply.

Guilford High School, 5620 Spring Creek Rd, Rockford, IL

Res/Non-res see membership details on page 25

DATES	TIME	DAY	ACTIVITY#
March 26–July 30	5:30–7:00 pm	M	206306-TF

Goalball

Are you interested in playing Goalball?

Goalball is a team sport designed specifically for athletes with a visual impairment. The game is played indoors on a modified court using a ball with bells embedded inside. The object of the game is to roll or throw the ball into the opponents' goal.

For more information, please contact Abby Billips at 815-987-1610 or abbybillips@rockfordparkdistrict.org.

A special thank-you to all the parents, coaches, and volunteers that helped to make the holiday wheelchair basketball tournament a success!



PER4MAX

ARTS 4 ALL WORKSHOPS WITH PROJECT LEISURE (ages 14 and older)

COME FOR FUN, STAY FOR THE FRIENDSHIPS!

Are you ready to roll, stamp, print, and draw? Join us for two mini-sessions of Arts 4 All this spring with the Barbara Olson Center of Hope's "Project Leisure" program. Arts 4 All transforms your wheelchair into a huge paintbrush or chalk holder, allowing you to create large or small works of art. A variety of adaptive art tools are used to create huge, amazing pieces of art. Contact the Center of Hope for more information, and to get registered for Project Leisure!

ABOUT PROJECT LEISURE

Barbara Olson Center of Hope offers this program specially designed for skill-building, socializing with peers, and engaging in a wealth of activities such as drama, art, fitness and dance, outdoor challenges, and allowing all individuals with disabilities to explore a new world of enjoyable opportunities.



For further details or to reserve your space at Project Leisure, contact Kelley Peterson at 815-964-9275 ext. 250.

Barbara Olson Center of Hope, 3206 North Central Ave, Rockford, IL

Per hour \$11.00



TIME	DAYS OF OPERATION
10:00–3:30 pm	Monday–Friday



ARTS 4 ALL WORKSHOPS

OPERATION RECREATION

HONORING OUR HEROES

AGES 18+

RESIDENCY Rockford and surrounding communities

LOCATION YMCA

COST Free! See eligibility requirements

REGISTRATION Open until capacity is met

OPERATION RECREATION HEALTHY MINDS, HEALTHY BODIES INITIATIVE:

Veterans with disabilities — we want you! This program offers a one-year membership for you and a friend or family member at the YMCA. One-on-one wellness coaching and adapted equipment are provided. The benefits are endless with an active, healthy lifestyle, so come join us for fun, fitness, and a sampling of a variety of recreational activities.

ELIGIBILITY REQUIREMENTS

- Active duty status during onset of disability with honorable discharge is required
- Disability to include but not limited to physical or visual impairment (i.e., amputees, spinal cord injuries), and Traumatic Brain Injuries (TBI)
- Initial consultation with the Recreation Program Coordinator is required

HOW TO APPLY

Interested individuals may submit an interest form online at rockfordparkdistrict.org/operationrecreation.

QUESTIONS

For more information on the Healthy Minds, Healthy Bodies Initiative, visit rockfordparkdistrict.org or e-mail us at operationrecreation@rockfordparkdistrict.org.

This program is funded by a grant from the U.S. Paralympics and the United States Department of Veterans Affairs in partnership with the National Recreation and Park Association.



SPECIAL DISCOUNTS

10% discount on:

- Group lessons, camps, and activities
- Regular-priced season passes for Magic Waters Waterpark, Sand Park Pool, Alpine Pool, Golf Courses (4-course or 5-course), Carlson Ice Arena, Riverview Ice House, Canine Corners Dog Parks at Elliot and Searls Parks
- Shelter reservations

\$1 off:

- Round of golf at Sinnissippi Golf Course

\$2 off:


- Round of golf at Aldeen, Elliot, Ingersoll, or Sandy Hollow (18 holes) golf courses
- Regular priced admission to Magic Waters Waterpark

50¢ off admission:

- Alpine and Sand Park Pools
- Carlson Ice Arena Public Skate
- Sapora Playworld
- Forest City Queen or Trolley hourly public rides
- Lockwood Park hay rides, pony rides, and admission to special events
- Nicholas Conservatory & Gardens

Apply online! Submit an interest form online at rockfordparkdistrict.org/operationrecreation



 We welcome the opportunity to assist guests with disabilities to enjoy ALL our facilities, programs, and services. For assistance and information on accessibility, contact Customer Service at 815-987-8800 (TTY, 888-871-6171).



This program is supported in part by the CWB Foundation



Discovery Days – mornings OF FUN (up to age 12)

We invite children with disabilities and their immediate families to experience Discovery Center Museum’s multi-sensory exhibits and activities free of charge before the museum opens to the general public. A healthy snack will be served at 10:00 am. Advance registration required to receive free admission. Contact Lori Radean at 815-972-2839 or e-mail LoriR@discoverycentermuseum.org.

Riverfront Museum Park, 2nd floor, 711 N Main St, Rockford, IL

Resident/Non-resident. FREE!

DATES	TIME	DAY	ACTIVITY#
Jan 14	9:00–10:00 am	Sa	Advance registration required for free admission; contact Lori Radean (see above)
April 14	9:00–10:00 am	Sa	
Oct 13	9:00–10:00 am	Sa	



Sunshine Through Golf (ages 8 and older)

Sunshine through Golf will get you movin’ and swingin’! You will have the opportunity to spend time on the driving range as well as on the 4-hole Learning Links Golf Course. A Rockford Park District golf instructor will help you develop or improve your current golf skills. You do not need to bring your own clubs, however, walking shoes are recommended.

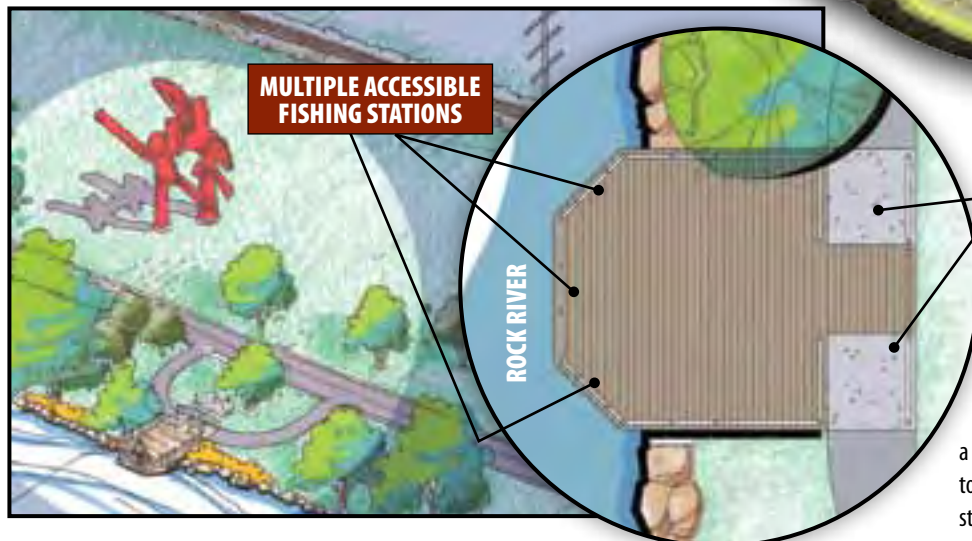
Ingersoll Learning Links, 101 Daisyfield Rd, Rockford, IL

Resident/Non-resident. FREE!

AGES	DATES	TIME	DAY	ACTIVITY#
Youth ages 8–12	April 16–May 14	6:00–6:45 pm	M	206303-YG
Teens ages 13–17	April 16–May 14	6:00–6:45 pm	M	206303-TG
Adults ages 18 and older	April 16–May 14	6:00–6:45 pm	M	206303-AG



INCREASING FISHING OPPORTUNITIES FOR PEOPLE WITH MOBILITY LIMITATIONS ALONG THE ROCK RIVER



ACCESSIBLE RAMPS

pushing for accessible city buses and curb cuts, proposing the Mayor's Committee on Disabilities, serving on the RAMP board, and membership in the Illinois Coalition of Citizens with Disabilities.

Dave's passion was fishing. Not only did he develop a lifetime of skills and friendships in the sport, he also took great pleasure in sharing his knowledge. He felt strongly about providing opportunities for others to enjoy the many aspects of catch and release fishing.

ABOUT THE PROJECT

The Need While northern Illinois is home to many quality fishing opportunities, for those with physical disabilities, these opportunities are very limited. The ability to fish requires accessibility features that are not inherent to the shoreline of our local rivers, lakes, and ponds. Even the largest body of water in the Rockford area, the Rock River, has no wheelchair accessible features.

The Vision The Rockford area fishing clubs and the Rockford chapter of AMBUCS (*a service club promoting independent lifestyles for people with disabilities*) have long supported the concept of increasing fishing opportunities for people with mobility limitations in order to allow them to enjoy the life enriching benefits of the sport. Being aware of the lack of accessible fishing opportunities on the Rock River, these organizations decided to do something about it.

The Action Members of AMBUCS and the local fishing clubs approached the Rockford Park District and offered to help raise funds for the construction of a wheelchair accessible fishing pier on the Rock River along the recreation path near the Auburn Street bridge. They also requested that the pier be named for avid fisherman and local disability advocate, David F. Johnson. The cost for this project is estimated to be approximately \$110,000. It is the Rockford Park



District Foundation's goal to raise these funds over the next year to allow construction of the pier in the summer of 2012.

Questions? Contact Don Mosser, Foundation/Financial Services Development Consultant, at 815-969-4077 or donmosser@rockfordparkdistrict.org.

PIER LOCATION

This permanent accessible pier will be located along the Rock River, just south of Auburn Street bridge. It will be accessed via the Rock River Recreation Path, where wheelchair parking is available.

DAVID F. JOHNSON

Advocate, Public Servant, Fisherman

When Dave was 14, he developed rheumatoid arthritis, which would shape his life; however, it would not define him. He proved this by living a successful life in leadership and elected official roles. Over his adult career, among other vocations, Dave served 30 years as a Rockford city alderman. With greater awareness about the need to improve society for people with disabilities, he utilized his many years in public service to advocate for others. This included

Dave's fishing highlights

- Graduate of Al Linder's In-Fisherman School in early 1970s, where he met and then fished in a tournament with Babe Winkelman
- Appeared on an episode of Babe Winkelman's syndicated television show "Good Fishing" in 1996 fishing for pan fish and largemouth bass in a northern Illinois quarry
- 30-year member of Rock Valley Anglers, a local multiple species fishing club
- Mentored coaches in the start-up of the first local high school IHSA bass fishing team at Boylan High School
- Introduced the sport of fishing to countless youth and adults



inclusion services

WHAT IS INCLUSION?

Inclusion within the Rockford Park District means individuals with disabilities are welcome to participate in the same recreation programs and activities as their peers. Reasonable accommodations are provided to enable an individual's successful participation in a program.

HOW?

The Rockford Park District welcomes and supports the participation of individuals with disabilities in all programs and services.

- Consultation on activity modification
- Disability awareness training
- Behavior modification support
- Observation and evaluation
- Visual systems and sensory equipment/toys
- Sign language interpreters
- Adapted equipment (*sleds, skate walkers, hand cranked bicycles, sport wheelchairs*)
- Varying levels of staff support

Popular programs in which individuals with disabilities have been included:

- Lessons (*swimming, hockey, ice skating, horseback riding, tennis, golf*)
- Day and residential summer camps (*Summer Blast, Nature Quest, Camp Lone Oak, Pony Camp, Adventure Club, Camp Winnebago*)
- Neighborhood programs (*Playgrounds, Lewis Lemon and Washington Park community centers*)
- Environmental education and recreation
- Youth sports
- Rec nights

Inclusion Services has created successful inclusion opportunities by:

- Implementing a positive support plan for a child with a conduct disorder in a full day summer camp setting.
- Providing an all-terrain wheelchair for a student with a physical disability for full trail access at Atwood Environmental Center.
- Creating and training staff on an enhanced visual system for a camper with a visual impairment.
- Trained staff supported a camper with an attention deficit disorder by providing additional supports such as redirection and positive reinforcements at a sports camp.
- Providing a sign language interpreter for a teen at horseback riding lessons.



A PARENT'S GUIDE TO INCLUSION

STEPS TO RECEIVE INCLUSION SUPPORT

1. Register for desired Rockford Park District program at Webbs Norman Center, Carlson Ice Arena, or www.rockfordparkdistrict.org
2. Check "yes" where the registration form states, "... *does the participant have a disability or medical conditions that may require assistance or accommodation?*"
3. A team member from Inclusion Services will contact you within 48 hours to assess needs, level of support, and an appropriate start date.

INCLUSION SERVICES ROLES

1. Contact family/guardian to complete full assessment.
2. Obtain and organize any additional information, equipment, and additional support staff (*if applicable*).
3. Notify program staff of participant's needs and their role in supporting the participant in their program.
4. Communicate with family any updates, changes, or information they need to be made aware of before the start of the program.
5. Maintain communication with parents/guardians, support staff, and program staff, throughout the course of the program.
6. Recommendations will be addressed based on the participant's progress or level of success in the program.

PARENTS' ROLE

1. Verify the participant meets minimum eligibility requirements of program (*i.e., age, registration, and level of participation*)
2. Keep in mind, recreation programs and activities are voluntary in nature. Participation will be encouraged and aided, but not forced.
3. Communicate openly with inclusion services staff by providing pertinent information on participant's needs for successful inclusion.
4. Communicate absences to inclusion and/or program staff in advance.
5. Provide constructive feedback on participant's progress and response to inclusion effort

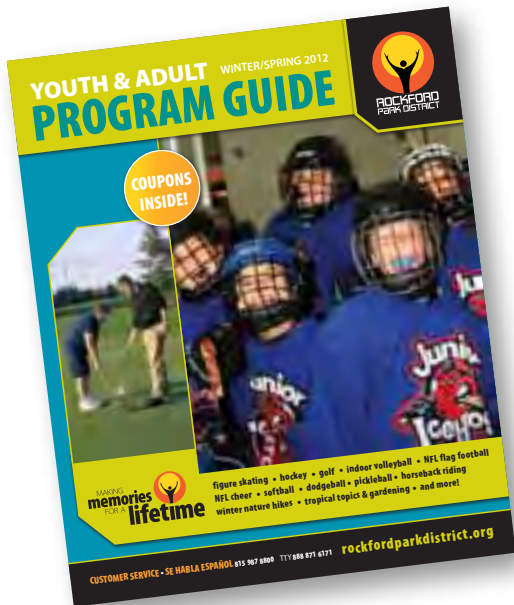
Hear what people are saying about Inclusion Services and how it is changing the lives of our residents.

"We are so grateful for this program; it is the only summer program I can send my son to and have peace of mind knowing the staff can handle my son's issues. The staff did everything they could to make it a successful experience."

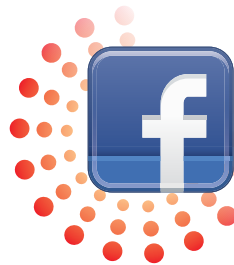
"The Inclusion staff were great, super enthusiastic, high energy, and great communication."

"My son has a great summer having the ability to participate in golf and tennis. I am truly at ease when he is there because of the level of understanding that the staff have. Thank you so much!"

For additional questions, contact Inclusion Services at 815-987-1626. (TTY, 888-871-6171) or e-mail Inclusion@rockfordparkdistrict.org



Check out this guide for inclusion opportunities throughout the Park District.



check us out on facebook!

**Therapeutic Recreation—
Rockford Park District**

Buddy Baseball

Rockford Park District

ACCESSIBILITY—COMPLIANCE AND GRIEVANCE PROCESS

We welcome the opportunity to assist guests with disabilities to enjoy ALL our facilities, programs, and services. For assistance and information on accessibility, contact the Therapeutic Recreation team at 815-987-8800 (TTY, 888-871-6171), or indicate your disability-related need on your registration form.

The Rockford Park District is a public entity as defined under Title II of the Americans with Disabilities Act (ADA) which prohibits the District from discriminating against qualified individuals with disabilities in all programs, activities, and services. The Rockford Park District is committed to complying with all applicable provisions of Title II as well as all other federal and state laws and regulations pertaining to persons with disabilities.

Any person or authorized representative who believes that the Rockford Park District has discriminated against them based on their disability by denying access to its programs and services, may file a formal grievance with the Rockford Park District's ADA Compliance Officer. For more information, please visit rockfordparkdistrict.org/AllAccess or submit your concern in writing within 30 days to:

John Beck, Rockford Park District, 401 S. Main St., Rockford, Illinois 61101

TITLE VI As the Rockford Park District has received financial assistance in the form of Land and Water Conservation assistance, the U.S. Department of the Interior, under Title VI of the Civil Rights Act of 1964, prohibits discrimination on the basis of race, color, national origin, age, or disability. If you believe you have been subjected to discrimination in any program, activity, or facility, or you desire further information regarding Title VI, please write to:

Office for Equal Opportunity, U.S. Department of the Interior, Washington, DC, 20240

registration information

4 convenient ways to register

Please make checks payable to the Rockford Park District.

- 1. REGISTER ONLINE** at www.RockfordParkDistrict.org. Click on "Register now" for details.
- 2. MAIL** your registration form and payment to
ROCKFORD PARK DISTRICT ATTN CUSTOMER SERVICE
401 S MAIN ST STE 109 ROCKFORD, IL 61101-1321
- 3. FAX** your form (*credit card only*) to 815-987-8877.
- 4. REGISTER IN PERSON** at our Customer Service locations:
WEBBS NORMAN CENTER 401 S. Main Street, Rockford
OFFICE HOURS Mon–Fri, 8:30 am–5:00 pm
CARLSON ICE ARENA Perryville and Riverside, Loves Park
OFFICE HOURS Mon–Fri, 8:00 am–8:00 pm; Sat, 8:00 am–12:00 pm

Program Registration

REGISTER EARLY! Registration ends 8 days prior to the start of the program or event. If you register after the deadline, your registration will be held until we can determine if accommodations for the participant can be made. Accommodations include assessment of individual's needs, requirements of the program, space limitations, staffing, and where appropriate, transportation capacity.

We also have minimum requirements to have a program run. Due to low enrollment, a program may be cancelled.

TR assessment/ annual information Form (AIF)

To better serve you or your child's needs, it is necessary for us to have a current AIF on file in our office. This form contains medical and other information that ensures individual success in the program and provides essential emergency information.

PHOTOS

On occasion, the Rockford Park District staff may photograph or videotape participants during Park District programs/classes, events, or at our facilities. These photos may be used in Park District publications, advertisements, videos, or on our web site. If you or your child do not wish to be photographed, please step away from the camera or notify the photographer.

Information you need to know

PROGRAM DROP-OFF AND PICK-UP

For the safety of all participants, parents must personally check in with a program leader when dropping off and picking up their participant. Individuals picking up participants will be asked to show a photo I.D.

Late PICK-UP POLICY

If parents/guardians are not on time for picking up participants, a late fee will be assessed. A \$5.00 fee will be invoiced for every 5 minutes. Continued tardiness could result in possible dismissal from the program.

FUN AND enjoyment FOR everyone

ez PAY PLAN

We offer an installment payment plan for select programs, which automatically withdraws payments from your bank account or charges payments to your credit card. Call 815-987-8800 (TTY, 888-871-6171) to make arrangements.

Fee assistance

People with disabilities who meet fee assistance guidelines, and are residents of the Park District, may be eligible for the "Fun For All Kids" fee assistance program. Call 815-987-8800 for more information.



new medication procedures

The Rockford Park District strongly encourages participants' self-responsibility for their personal health, including personal care and medications. We ask that whenever possible, participants take their medication before or after, rather than during programming. Please understand that the Rockford Park District will administer medication for youth under the age of 18 and/or participants enrolled in our Therapeutic Recreation specific programs only in situations that are absolutely necessary for a participant's health, and which fall under the *Americans with Disabilities Act* and District guidelines.

In order for staff to administer medication, parents/guardians must complete the appropriate forms.

TR GUIDE ACCURACY Every effort has been made to assure the accuracy of information contained within this Guide. However, errors can occur and circumstances may require adjustments to fees, schedules, locations, or other aspects. The Rockford Park District reserves the right to make such adjustments, and apologizes for any inconveniences these errors or adjustments may cause.



PLEASE COMPLETE BOTH SIDES OF THIS FORM, AND RETURN TO THE THERAPEUTIC RECREATION TEAM

Participant Name _____ Information collected from _____

Program(s) Registered For _____

PARTICIPANT INFORMATION

Date of Birth ____/____/____ Sex M F

Primary Disability/Diagnosis _____

Secondary Diagnosis _____

Is the participant subject to seizures? Yes No Date of last seizure ____/____/____

Describe seizure signs/symptoms, type, and frequency _____

Seizure Treatment _____

If Down Syndrome, has the participant been tested for Atlanto-Axial Instability? Yes No If yes, were the results positive? Yes No

Does your child have a shunt? Yes No Please describe _____

Does the participant have a specific diet, dietary restrictions, or any food that may cause behavioral changes? Yes No

If yes, please explain _____

Does the participant have any allergies? Yes No If yes, please explain _____

Are there any side effects from medications that we should be aware of? Yes No If yes, please explain _____

REASONS FOR PARTICIPATING IN PROGRAM Please mark all that apply.

- Physical Activity Socialization/Friendships Exposure Responsibility Individual skill/development
- Motor Development Group interaction Creativity Entertainment FUN

Specific GOALS parents/guardians would like to see worked on _____

DAILY LIVING SKILLS

EATING Can eat independently Needs to be monitored Needs physical assistance Explain _____

BATHROOM Can toilet independently Needs to be monitored Needs physical assistance Explain _____

Detailed Comments _____

MOBILITY

Does the participant use any devices for mobility? Manual wheelchair Motorized wheelchair Crutches Leg Braces Walker

Mobility needs staff should be aware of Endurance Balance Gait Other

Explain _____

COMMUNICATION

Verbal/speaks clearly Verbal/speech is difficult to understand Has difficulty expressing needs Gestures/points Uses sign language

Uses hearing devices Uses a communication board/schedule/pictures English as a second language (first language _____)

Other _____ Detailed Comments _____

INTERACTION/SOCIALIZATION SKILLS

Initiates socialization? Initiates social interaction on own Socializes with verbal prompting Avoids social interactions

Explain _____

Prefers being Alone with peers with adults Explain _____

Is most successful in Large groups Small groups Other Explain _____

Responds better to Males Females Either Explain _____

Detailed Comments _____



Therapeutic Recreation

ANNUAL INFORMATION FORM



Therapeutic Recreation



annual information form

ABILITY TO FOLLOW DIRECTIONS

Can follow directions Independently With verbal prompting With step-by-step assistance Explain _____

BEHAVIORS/CONDUCT

Short attention span Easily distracted Hyperactivity Runs/wanders Oppositional/defiant Manipulative Steals Instigates behavior

Verbal outbursts Physical outbursts towards others/self Tantrums Emotional meltdown Shy/withdrawn Other _____

Detailed Comments _____

What are the known triggers? _____

Does the participant respond to specific behavior techniques (i.e., used at home or school)? Yes No Explain _____

Does the participant respond to specific reinforcement devices (i.e., used at home or school)? Yes No Explain _____

Does the participant display any unusual fears or concerns? Yes No Explain _____

PERSONAL INTERESTS

Favorite Quiet Activities _____ Favorite Active Games _____

Favorite Colors _____ Other _____

PARENT/GUARDIAN INFORMATION

Parent/Guardian Name _____ Email _____

Home Phone _____ Cell Phone _____ Work Phone _____

Emergency Contact _____ Phone _____

SCHOOL/WORK INFORMATION

School/Work _____ Grade _____ Teacher/Para _____

School/Work # _____ Classroom Setting _____

TRANSPORTATION

To program _____ From program _____

STAFF/INDIVIDUAL COMPLETING FORM

DATE

PARTICIPANT INFORMATION

HH ID# _____

Last Name _____ First _____ Middle _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Birthdate ____/____/____ Age _____ Male Female

Parent/Guardian Name _____ Work Phone _____ Cell Phone _____

E-mail address (optional) _____

How did you find out about our program(s)? billboard e-newsletter friend/relative magazine newspaper other radio TV web site

Does participant have allergies that may require medication (i.e., Epi Pen, Benadryl, etc.)? Yes No

Will participant need to take medication during program hours? Yes No

Does participant have a disability or medical condition that may require assistance or accommodation? Yes No
(i.e., diabetes, seizures, mental illness, conduct/behavior disorder, physical disability, developmental delay)

If answering yes to either medication question, please request the Permission to Administer Medication Form from Customer Service

The Rockford Park District is committed to providing services in an equitable manner.

Answering the following is optional, but helps us measure how we are doing. RACE/ETHNICITY (select all that apply)

American Indian/Alaskan Native Asian/Pacific Islander Black White Hispanic (any race) Other (please list) _____

EMERGENCY INFORMATION/AUTHORIZED PICK-UP

Please list any adult (age 18+) we should contact if the parent/guardian cannot be reached in the event of any emergency. Indicate anyone authorized to pick up your child in the event that you are unable to do so. To ensure your children's safety, they will not be released to any individual not named on this form. Adults must present a photo ID at the time of pick-up.

Name _____ Phone #1 _____

Phone #2 _____ Relationship _____ May Pick Up Yes No

Name _____ Phone #1 _____

Phone #2 _____ Relationship _____ May Pick Up Yes No

PROGRAM INFORMATION				
ID #	PROGRAM NAME	PROGRAM DATE	ADULT PROGRAMS ONLY: IF PROVIDED, IS TRANSPORTATION NEEDED? (add \$4 to fee)	FEE
			<input type="checkbox"/> YES <input type="checkbox"/> NO	
			<input type="checkbox"/> YES <input type="checkbox"/> NO	
			<input type="checkbox"/> YES <input type="checkbox"/> NO	
			<input type="checkbox"/> YES <input type="checkbox"/> NO	
			<input type="checkbox"/> YES <input type="checkbox"/> NO	
			<input type="checkbox"/> YES <input type="checkbox"/> NO	
			<input type="checkbox"/> YES <input type="checkbox"/> NO	
			<input type="checkbox"/> YES <input type="checkbox"/> NO	
			<input type="checkbox"/> YES <input type="checkbox"/> NO	
			<input type="checkbox"/> YES <input type="checkbox"/> NO	

FORM CONTINUED ON THE NEXT PAGE • FORM IS NOT COMPLETE UNTIL BOTH SIDES HAVE BEEN FILLED IN
PARTICIPATION WILL BE DENIED if the signature of adult participant or parent/guardian and date are not on the waiver (see reverse side).

REGISTRATION FORM



38 ROCKFORD PARK DISTRICT

Participant's Name (repeat from front) _____

FEE ASSISTANCE "Fun For All Kids" is available to residents for select youth programs. Call 815-987-8800 for more information.

PAYMENT INFORMATION

Would you like to donate to the Rockford Park District Fee Assistance program to aid kids who need financial help to participate in RPD programs? Yes \$ _____ No

Credit Card Number _____ Exp Date _____ TOTAL FEE _____

Signature (Authorization for Credit Card Use) _____

FOR YOUNG ADULT & BE SOCIAL PROGRAMS ONLY

I LIVE IN A:

Group Home Housing/Apartment Complex: Name _____

Family Residence Retirement/Nursing Home: Name _____

WHERE SHOULD WE PICK YOU UP? (These are the only addresses that will be used for transportation routes)

At address listed on the front of this form Meadow Mart, N Second St Famous Footwear, E State St. Address of family or friend (*list below*)

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

IMPORTANT INFORMATION

The Rockford Park District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The District 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/programs. 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.

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 supervision, instruction or officiating, and other risks inherent to the particular activity. In this regard, it is impossible for the District to guarantee absolute safety.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing 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 the Rockford Park District, including its officials, agents, volunteers and employees (*hereinafter collectively referred to as "District"*). I do hereby fully release and forever discharge the District from any and all claims for injuries, damages, or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this program/activity.

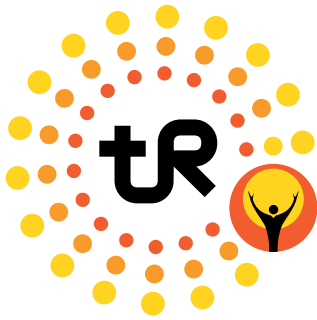
I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, my on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.

Participant's Name (PLEASE PRINT) _____

Parent/Guardian or Adult Participant Signature _____

Date _____

PARTICIPATION WILL BE DENIED if the signature of adult participant or parent/guardian and date are not on this waiver.



helping others do what they do best

COLLABORATION and COMMUNITY PARTNERSHIPS

Through mutually beneficial partnerships, agencies can leverage resources to serve citizens that they could not serve alone. The Rockford Park District celebrates the following agencies and businesses that work together with the Therapeutic Recreation Team to *"Help People Enjoy Life."*



Access Services of Northern Illinois
www.accessni.com • 815-282-8824



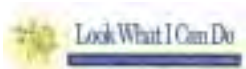
Barbara Olson Center of Hope
www.b-olsoncenterofhope.org • 815-964-9275



Belvidere Park District
www.belviderepark.org • 815-547-5711



Center for Sight and Hearing
www.rockfordcenter.org • 815-332-6800



Child and Family Connections
www.accessni.com • 815-654-6170



Division of Specialized Care for Children
www.uic.edu/hsc/dscc • 815-987-7571



Easter Seals — Metropolitan Chicago
www.chicago.easterseals.com • 815 965-6745



Freeport Park District
www.freeportparkdistrict.org • 815-235-6114



Gigi's Playhouse
www.gigisplayhouse.org • 847-885-PLAY



Gymnastic Academy of Rockford
www.onefungym.com • 815-654-3867



Harlem School District
www.harlem122.org • 815-654-4500



Illinois Growth Enterprises
www.illinoisgrowth.com • 815-962-8333



Rosecrance Ware Center
www.rosecrance.org • 815-968-9300



Northwestern Illinois Association
www.thenia.org • 815-895-9227



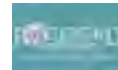
RAMP — Winnebago County branch
www.rampcil.org • 815-968-7467



Rockford Chariots Wheelchair Athletic Association



Rockford Dance Company
www.rockforddancecompany.com
815-963-3341



Rockford Public Schools
www.rps205.com • 815-966-3000



Special Olympics
www.specialolympics.org



The Arc
www.arcwbo.org • 815-965-3455



The Autism Program Service Center of Rockford
www.theautismprogram.org • 815-395-5566



YMCA of the Rock River Valley
www.rockfordymca.org • 815-987-2252

ROCKFORD PARK DISTRICT
401 S MAIN ST • ROCKFORD IL 61101
www.rockfordparkdistrict.org

BOARD OF COMMISSIONERS
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TR THERAPEUTIC RECREATION

WINTER/SPRING
2012 GUIDE



easter seals FAMILY FUN NIGHT (Friday, April 13 • all ages)

Help us kick off April as Autism Awareness Month by coming out to play at the Annual Family Fun Night for families that have a child with a developmental disability. We'll dine, skate, and play at Carlson Ice Arena with the assistance of the Rockford Park District's Therapeutic Recreation staff. **Dinner will be provided. Registration is required, and limited to the first 150 people. To register, contact Patti at Easter Seals Children's Developmental Center (815-965-6745, ext 218; e-mail phobss@eastersealschicago.org).**

The schedule for the evening is as follows

- 5:30–6:00 pm Check In
- 6:00–7:30 pm Dinner
- 6:00–8:00 pm Playtime in Sapora
- 8:00–9:00 pm Ice Skating

Carlson Ice Arena and Sapora Playworld, 4150 N Perryville Rd, Loves Park, IL



FREE EVENT!

DATE	TIME	DAY
April 13	5:30–9:00 pm	Friday



CUSTOMER SERVICE • SE HABLA ESPAÑOL
 815-987-8800 • TTY 888-871-6171 • rockfordparkdistrict.org/TR

**REGISTRATION
 OPENS JAN 2**