



Providing year-round
recreation services
for individuals
with disabilities

Serving the Communities of:

- Village of Brookfield
- Clarendon Hills Park District
- Darien Park District
- Downers Grove Park District
- Village of Indian Head Park
- Park District of LaGrange
- Community Park District
of LaGrange Park
- Lisle Park District
- Village of Western Springs
- Westmont Park District
- Woodridge Park District



discover abilities
achieve potential
realize dreams

4500 Belmont Road
Downers Grove, IL 60515
Voice: 630-960-7600
Fax: 630-960-7601
TDD: 630-960-7605
www.seaspar.org

Office Hours Monday through Friday
8:30 a.m. – 4:30 p.m.
Recorded Message After Hours
Office Closed December 24, 25, 31, January 1
April 18, May 26

Mission Statement SEASPAR provides dynamic recreation programs and quality services for its residents with disabilities.
Core Values Fun • Excellence • Service • Respect • Accountability

Association Members and Representatives

Lisle Park District

Dan Gary (President)
1925 Ohio Street, Lisle 60532

Woodridge Park District

Mike Adams (Vice President)
2600 Center Drive, Woodridge 60517

Park District of LaGrange

Dean Bissias (Secretary)
536 East Avenue, LaGrange 60525

Darien Park District

Stephanie Gurgone (Treasurer)
7301 Fairview Avenue, Darien 60561

Village of Brookfield

Rick Ginex
8820 Brookfield Avenue, Brookfield 60513

Clarendon Hills Park District

Kelly Smith
315 Chicago Avenue, Clarendon Hills 60514

Downers Grove Park District

Bill McAdam
2455 Warrenville Road, Downers Grove 60515

Village of Indian Head Park

Richard Andrews
201 Acacia Drive, Indian Head Park 60525

Community Park District of LaGrange Park

Roy Cripe
1501 Barnsdale Road, LaGrange Park 60526

Village of Western Springs

Raymond Jasica
1500 Walker Street, Western Springs 60558

Westmont Park District

Ron Gunter
55 East Richmond, Westmont 60559

Executive Director's Corner

SEASPAR is creating a unique and exciting Sensory Room for individuals with sensory integration problems in its new program space at the Lisle Park District Recreation Center. Staff visited other facilities in the Chicagoland area and researched features that will provide amazing opportunities for our participants.

General play rooms, gymnasiums, or commercial indoor playgrounds are generally over-stimulating for individuals with autism and other sensory integration problems. These settings, many times lead to frustration and agitation. There is currently no public sensory room available to provide a safe and specially-designed sensory environment in our area.

Children with autism need a safe, failure-free experience that provides stimulation, yet is calming. Sensory rooms take away the need for verbal abilities and bring about specific positive outcomes. The wishes and desires of the individual child determine the activities chosen. The Sensory Room will feature bubble columns, special lighting with a projector that casts slow-moving images or colors around the room, fiber-optic strands, sound equipment, and electronic audio-visual stimulation and activity walls.

Decreased anxiety, fewer disruptive behaviors, improved communication, enhanced interpersonal interactions, and less defensive behaviors are reported as a result of sensory room experiences. These are important to the individual's growth and development toward adult life. Be watching for the Grand Opening of this exciting facility!

Online Registration

Be sure to try the new online registration process. For those who used it during its inaugural season, thank you! Please let us know about your experience.

Best wishes as we begin a new season filled with friends and fun!

Board Member Recognition

SEASPAR thanks the following individuals for their service on the SEASPAR Board of Directors: Steve Thomas of the Clarendon Hills Park District served on the board for seven years, most recently serving as Board Secretary. Mark Roman of Downers Grove Park District completed two years of service earlier this year. Thank you, gentlemen, for your commitment, insight, and service.

Board Meetings The SEASPAR Board meets the third Tuesday of every month at SEASPAR at 3:30 p.m. For information, call 630-960-7600. The public is welcome.

Susan B. Friend, CPRP – Executive Director
ADA, Association Operations, Board, Funding

Catherine A. Morava, CPRP – Superintendent of Recreation
Full-time Staff Supervision, Brochure, Ongoing Program Supervision, Risk Management

Matthew R. Corso, CTRS, CPRP – Superintendent of Program Development & Public Information
Full-time Staff Supervision, Program Development, Public Awareness, Summer School Cooperative Programs, Scholarships, Website

Anne Cosentino, CTRS, CPRP – Support Staff Services Coordinator
Part-time Staff, Volunteers, Intern Supervision, Vehicles

Shannon Tovey, CTRS – Coordinator
Inclusive Programs, Leisure Education, Teen & Adult New Participant Liaison, Weekly Programs

Lisa Rasin – Fund Development Coordinator
Seeks donations, sponsorships, and in-kind services from local, state, and national businesses and organizations.

Dawn Krawiec, CPRP – Coordinator, EAGLES Program

Greg Pavesich, CPRP – Recreation Specialist
Adapted Sports, Drop In Center, Low Incidence Programs, Nursing Home Outreach, Youth-at-Risk

Kimberly A. Huggins, CPRP – Recreation Specialist
Camping & Travel, Social Clubs, Teen & Adult Special Events, Vehicle & Facility Scheduling

Rachel Pavesich, CTRS – Recreation Specialist
Adolescent Programs, Children's Programs & Special Events, Day Camp

Aaron Hirthe – Recreation Specialist
Aquatics, Cooperative Day Camp, Special Olympics Athletic Director, Sports & Team Programs

Carol Kocek – Administrative Coordinator
Accounting, Computer System, Payroll, Registration

Ann Franczyk – Administrative Assistant
Human Resources, Payroll, Recording Secretary for the Board, Guest Reception

What are CPRP and CTRS?

CPRP stands for Certified Park and Recreation Professional and CTRS stands for Certified Therapeutic Recreation Specialist. This status is given to leisure service professionals who can demonstrate through education, experience, and current practice that they meet and exhibit certain predetermined qualifications established by the National Recreation and Park Association Certification Board and the National Council for Therapeutic Recreation Certification. These professionals have earned a Bachelor's or higher degree from an NRPA accredited program, have passed a certified examination, and maintain sanctioned educational units bi-annually.

Welcome Dawn!

SEASPAR welcomed Dawn Krawiec as the EAGLES Coordinator in October. Dawn holds a Bachelor of Science degree in Kinesiology from the University of Illinois-Chicago. She launched her full-time career at WSSRA in 2006 where she has worked for the past seven years. Dawn is



an active member of the ITRS Participant Services Division and is currently a member of the Day Program Committee. Some of her hobbies include running, volleyball, and Pinterest. Dawn is eager to meet the SEASPAR families and start getting to know everyone. Please help us in welcoming Dawn.



Best Wishes Laura Christensen!

During her five-year tenure, Laura Christensen took the EAGLES program from a concept to a five day/week, 48 weeks/year program serving 45 individuals in two locations. Her zest for programming and connecting with participants gave the program a solid foundation from the beginning. As a result, it is with mixed emotions that we received Laura's resignation. We are excited that she can now spend more time with her young children, but know that her talents and enthusiasm will be missed by the EAGLES and SEASPAR. We wish her the best and know that we'll be seeing her as she provides leadership for selected programs on a part-time basis.



4 Table of Contents

General Information

ADA Statement	8
Day Camp	9, 17
Donations & Memorials.....	7
Drop In Center	35
EAGLES	35
Inclusive Programs.....	35
Nursing Home Programs ...	35
Program Information ...	35-37
Program Locations.....	5
Registration Forms	39-42
Registration Information.....	38
Scholarships.....	35
SEASPAR/WDSRA	
Agreement	35
Staff Appreciation.....	6
Staff Information	3
Stroke Support Group.....	35



Registration Deadline: Monday, January 6 – 4:30 p.m.

Programs for Everyone

Horseback Riding Lessons	9
Music Lessons.....	9
Sunshine Through Golf.....	9
Swimming	8
Therapeutic Badge Skating....	9

Programs for Children & Young Teens

Books and Cooks.....	11
Chance for Dance	11
The Games We Play	11
Gymnastics	12
K9 Fit Club.....	12
Karate Kids.....	10
Learn to Ride a Bike.....	11
Ready, Get Set, GOlf!	12
Right Fit	11
Social Skills	10
Sports Mania.....	12
Super Saturday	12
Teen Excursion	13
Tiny Tunes.....	11
Water Park Adventures	13
Yoga	10

Special Events for Children & Young Teens

Aurora Regional Fire Museum..	14
Day Off School.....	14
Illinois Railway Museum.....	16
Mickey & Minnie Party	16
Pirate & Princess Party	14
Progressive Dinner	16
School's Out	14
Sleeping Beauty	16
Spring Break Mini-Camp.....	15
Spring Break Outings.....	15
Teen Overnight.....	14
Tour a Town.....	16
Under the Big Top	14

Paralympic Sports

Adapted Yoga.....	17
Metro Boccia Cup Tournament...	18
Paralympic Boccia.....	18
Sled Hockey.....	18
Wheelchair Tennis	17
Youth Goalball.....	17

Special Olympics

Aquatics	20
Artistic Gymnastics.....	19
Athletics	20
Bocce.....	21
Bowling.....	22
Golf	21
Golf Skills	21
Powerlifting.....	19
Rhythmic Gymnastics	19
Soccer.....	21
Softball.....	20
Tennis.....	20

Programs for Teens & Young Adults

Karate	23
President's Day Out!.....	23
Teen Scene.....	23
Young Adult Club	23

Programs for Teens & Adults

Actors Guild	25
Adult Swim.....	26
Afternoon Adventures.....	24
Alley Cats	27
Animal Assisted Therapy	25
Art-Tastic	27
At the Movies.....	26
BINGO!	25
Bulls/Blackhawks Bonanza...	26
Clay Creations	25
Dancin' the Night Away	26
Day Away Tour	24
Diner's Delight	27
Fit 'n Fabulous	24

Fitness Fundamentals	24
Glee Club	28
Holiday Treats	26
Jewelry Making.....	24
Kitchen Creations.....	24
Life Skills Training	26
Music Mania	25
Saturday Night Socialites	28
Social Club.....	28
Strikers.....	27
Weight Training	27
Woodworking	28
Yoga	28

Special Events for Teens & Adults

Bon Voyage Dance Party	29
CATS.....	33
Chicago Boat, Sports & RV Show.....	29
Chicago Blackhawks	32
Chicago Bulls.....	32
Chicago Wolves.....	29
CoCo Key Water Resort	33
Country Western Dance	30
Front Street Cantina	33
Fun Fair	30
Guys Day Out.....	29
Hard Rock Café.....	34
Ladies Day Out	32
Milwaukee Bucks.....	31
<i>Motown the Musical</i>	34
Naperville Progressive Dinner ..	34
Outback Steakhouse.....	30
<i>The Phantom of the Opera</i> ..	30
Pinstripes.....	31
Snow Tubing	29
Sock Hop.....	34
Spring Escape.....	31
Spring Fling Dance	33
Spring Formal	34
St. Patrick's Dance	31
Team Bowling Tournament...	33
Valentine's Dance	29
Wrigley Field Tour.....	34
<i>Young Frankenstein</i>	31

Watch for your summer brochure to be delivered the week of April 7.

Adventure Island
100 Symphony Way
Elgin

Allstate Arena
6920 Mannheim Road
Rosemont

AMC Quarry Cinema
9201 63rd Street
Hodgkins

Arctic Splash Indoor Pool
333 West Dundee Road
Wheeling

**Aurora Regional Fire
Museum**
53 North Broadway Street
Aurora

Benet Academy
2220 Maple Avenue
Lisle

Bradley Center
1001 North Fourth Street
Milwaukee

**Brookfield Municipal
Building**
8820 Brookfield Avenue
Brookfield

Brunswick Zone
1555 West 75th Street
Woodridge

Cadillac Palace Theatre
151 West Randolph Street
Chicago

Ceramic Art Café
26 South LaGrange Road
LaGrange

Cinemark – Seven Bridges
6500 South Route 53
Woodridge

**Clarendon Hills
Community Center**
315 Chicago Avenue
Clarendon Hills

CoCo Key Water Resort
7801 East State Street
Rockford

**Community Park District
of LaGrange Park**
1501 Barnsdale Road
LaGrange Park

Darien Sportsplex
451 Plainfield Road
Darien

**Darien Community
Center**
7301 Fairview Avenue
Darien

Denning Park
4901 Gilbert Road
LaGrange

DLD Dance Center
454 W 75th Street
Downers Grove

Doubletree Hotel
2111 Butterfield Road
Downers Grove

Downers Grove Golf Club
2420 Haddow Avenue
Downers Grove

**Downers Grove North
High School**
4436 Main Street
Downers Grove

Drury Lane Theatre
100 Drury Lane
Oakbrook Terrace

Ebersold Park
6000 South Main Street
Downers Grove

Flagg Creek Golf Course
6939 Wolf Road
Countryside

**Flying High Sports
and Rec Center**
5400 East Avenue
Countryside

Front Street Cantina
112 North Hale Street
Wheaton

Golden Wok
1122 North Maple Avenue
LaGrange Park

Hanson Center
15W431 59th Street
Burr Ridge

Hard Rock Café
63 West Ontario Street
Chicago

Hilton Lisle / Naperville
3003 Corporate West Drive
Lisle

IGI Gymnastics
145 Plaza Drive
Westmont

Illinois Railway Museum
7000 Olson Road
Union

Indian Boundary YMCA
711 59th Street
Downers Grove

K9 Fit Club
104 Chestnut Avenue
Westmont

**LaGrange Community
Center**
Lincoln and Washington
LaGrange

LEGOLAND
601 North Martingale Road
Schaumburg

Lily Cache Soccer Field
Lily Cache Lane &
South Weber Road
Bolingbrook

Lincoln Center
935 Maple Avenue
Downers Grove

Links & Tees
880 West Lake Street
Addison

Lisle Community Center
1825 Short Street
Lisle

Lisle Lanes
4920 Lincoln Avenue
Lisle

Lisle Recreation Center
1925 Ohio Street
Lisle

Lodge at McDonald's
2815 Jorie Boulevard
Oak Brook

**Luigi's Pizza and Fun
Center**
732 Prairie Street
Aurora

Marriott Theatre
10 Marriott Drive
Lincolnshire

McCormick Place
2301 South Lake Shore Drive
Chicago

Midwestern University
555 31st Street
Downers Grove

Odyssey Fun World
3440 Odyssey Court
Naperville

Oriental Theatre
24 West Randolph Street
Chicago

Outback Steakhouse
2855 West Ogden Avenue
Naperville

Papa Passero's
6326 South Cass Avenue
Westmont

Park Center
2400 Chestnut Avenue
Glenview

Park District of LaGrange
536 East Avenue
LaGrange

Pinstripes
7 Oakbrook Center Mall
Oak Brook

Right Fit
7101 South Adams Street
Willowbrook

Seven Bridges Ice Arena
6690 South Route 53
Woodridge

Suburbanite Bowl
201 Ogden Avenue
Westmont

True Balance Karate
406 Ogden Avenue
Downers Grove

Twin Lakes Park
West 59th and Williams
Westmont

Ty Warner Park
Blackhawk and Plaza Drive
Westmont

Under the Big Top
731 North 17th Street
St. Charles

United Center
1901 West Madison Street
Chicago

Vaughn Aquatic Center
2121 West Indian Trail
Aurora

Village Greens
1575 West 75th Street
Woodridge

Villa Olivia
1401 West Lake Street
Bartlett

The Water Works
505 North Springinsguth
Road
Schaumburg

**Westmont Community
Center**
75 East Richmond Street
Westmont

Westmont Fitness Club
427 Plaza Drive
Westmont

Woodcraft
7440 Woodward Avenue
Suite A107
Woodridge

Willowbrook Lanes
735 Plainfield Road
Willowbrook

**Woodridge Community
Center**
2600 Center Drive
Woodridge

Wrigley Field
1060 West Addison Street
Chicago

6 Staff Appreciation

SEASPAR thanks all of the dedicated and caring support staff and volunteers for their time and hard work during the Fall 2013 program season. Their efforts make it possible for SEASPAR to offer quality programs.

We would like to recognize SEASPAR support staff and volunteers and their longevity with us.

Included are current staff members who work weekly, inclusion, and EAGLES programs.

SEASPAR Support Staff and Volunteers

20 Years +

Gary Naberhaus (V)*
Sharmaine Nardone*
Janice Scott
Cheryl Steed
Jason Steed
Cheryl Westbrook

16 – 19 Years

Jennifer Kierscht
Patrick Mukushina
Tanja Murray
Inge Papaeliou
Colleen Porritt
Bonnie Wesolowski

11 – 15 Years

Don Egan*
Ann Franczyk (V)
Larry Franczyk (V)
Jill Friend
John Hebert (V)
Kathy Hebert (V)
Brian Klama
Todd Krystof
Karrie Pece
Sue Rubins (V)
Jaime Tujo

6 – 10 Years

Amy Albert
Toni Anderson
Karyn Crider
Chad Flint
Ann Gallagher
Christine Grohne
Mindy Jack
Lynn Jarrick
Kim Jaros
Megan Lockett
Karen Mulroy (V)
Debbie Murdock
Samantha Oczak
GeriAnn Ortega
Andrea Poderys
Stacie Ritz
Ruby Saraf*
Sasha Shahnasarian
Don Smetko (V)
Jenna Sparacio
Megan Vodrazka
Sharon Wierema*
Bill Wilson

1 – 5 Years

Jesse Anderson (V)
Therese Binder (V)
Michelle Borchert

Carolyn Bozek
Danielle Bozek*
Kelsey Bramschreiber
Jessica Bullard
Esther Camacho
Katie Campagna
Beth Carey*
Stephanie Ceranec
Natalie Church
Pam Conlon
Wendy Craven
Mary Dorner
Laura Duffy
Grace Eisenberg
Jenna Flentge
Kaitlyn Gabric (V)
Maria Garofalo (V)
Nick Garofalo (V)*
Jenna Gasper
Jackie Girgis
Cathy Glidden
Chantè Gordon
Jamie Greenwood
Liz Grillos
Hannah Henson (V)
Katie Highland
Lori Hohenstein
Dayell Houzenga
Patrick Johnson (V)
Deb Judycki
Debbie Kaminskas
Emilie Kopija
Julia Larson
Dawn Lizak
Jon Marchese

Laura Martin
Jamie Modaff
Julie Mikus
Patrick Mikus
Kelli McGoorty
Lauren Miller
Jennifer Molsky
Megan Mulroy*
Steve Murdock (V)
Xan Nikchevich*
Cory Nellis (V)*
Caroline Nyheim
Allyson Nyhoff*
Karen Olenec
Maddie Palermo
Lori Pluchrat
April Prescott
Patricia Purpura
Rosie Ragonese
Marie Raleigh
Jessica Reynolds
Maeghan Saraf
Blair Silver
Nicole Suk
Joelle Szyszka
Scott Thompson
Nancy Urban
Ashley Wilson
Aly Woo (V)
Kevin Wood*
JC Woodbury (V)
Kim Veverka
Joe Zarek*
Emily Zeitlin*

Less than 1 Year

Nicole Barkell (V)
Blair Bennett
Caitlyn Buongiorno
Aaron Causey
Kelly Chalada
Meghan Drabik
Aaron Emig
Kathleen Ericksen
Diane Greenwood
Andrew Handley
Matthew Hazelett
Kathy Hill (V)
Bill Klimah (V)
Alyssa LaBrash
David Lennie (V)
Tim Lieb
Jorie Lima
Sean McDermott (V)
Brigid Miller (V)
Colleen Miller (V)
Kate Moran
Caroline Nikchevich
Justin Rudnick
Kelly Rounce
Celeste Rusin
Nicole Smith
Kim Tam (V)

*Denotes reaching 5, 10, 15 or 20-year Anniversary with SEASPAR. All anniversaries are as of 12/31/13. (V) Denotes individuals who volunteer at SEASPAR on a regular basis.



Believe & Achieve Banquet

Join us as we honor SEASPAR's program participants and athletes. All participants and their families are invited to attend this special event. Support staff and volunteers are recognized, and participant awards will be presented. Watch for your invitation for the this year's Believe & Achieve Banquet, to be held in May.

SEASPAR wishes to thank the following individuals, families, businesses, and community organizations for their generous donations made from July through October 2013.

Memorials

In Memory of Richard Kellogg

Jim Biggs
Bob Brooker
Dirong Chen
Nick Gurly
Chris Jensen
George Krafczyk
Lisa Lopez
Steve Morrison
Howie Pfeffer
Greg Saewert
Ken Sievert
Pat Smith
Jim Zagel

In Memory of Karen Bollnow and Joanne Laman

Richard & Scott Abraham
Mary Barranco
Robert & Mary Bedford
Beth Ann Bollnow
Laurie Bollnow
John & Linda Brissette
Ed Covington
Martin & Cathy Crowley
David & Cindy Dougherty
EGAD, LLC
Donald & Claudia Germann
Andrew Harman
Jerry & Margaret Heston
Anthony & Joanne Marino
Nora & Melanie Marovich

Peter McLaughlin
Barbara McMillian
Nathan & Dana Moore
Thomas & Pat Piehl
A. & K. Sciackitano
Steven & Sylvia Smyczynski
SWS Charitable
Foundation, Inc
Greg & Beth Wagner
Emil & Carol Warncke
J. & K. Williams

**In Memory of
Charles Maddox**
Darien Lions Club
Goodwin School Social
Committee

Donations

Allstate Giving Campaign
Bead Heaven
Chicago's Best Meat
Company
Duane Brockman
Daniel & Ann Cohen
The Couri Family
Joseph & Dawn Fleming
Flint Architects
Stephen & Linda Fortelka
Gracie Barra
Kiwans Club of Lombard
Knights of Columbus
St. Isidore Council #8552
Kohl's
Michael Leppen
Thomas & Renetta Lesniak

Paul & Christine Lubejko
Marnee Ventures, LLC
Linda McShea
Anthony Miner
Precision Brand
Products, Inc.
Rotary Club of Lisle
Rotary Club of Woodridge
Keith & Kristian Schrader
Eileen Spinato
Silver Lining Support
Foundation
C.J. Tracy
Christine Wall
Roger & Janice Wishau

Summer Golf Classic

Golfers

Bob Ackermann
Phil & Janet Barr
Darien Park District
Downers Grove Park District
Park District of LaGrange
Mark & Michelle Forzley
Bob & Ann Gay
Brandon Gay
John & Jeff Hamilton
Robert Hoster
Ken Johnson
Lisle Park District
Henry Maenner
Scott Maenner
Tara Maenner
Kevin Mikan
Brian Mikan
Tyler Mikan
Fina O'Connor
Ray & Sharon Osowski
Jeff Osowski
Jeff Ringbloom
Mark Roman

Joseph & Jim Ryan
Sue Senicka
Steve Thomas
Don Westberg
Robert Westberg
Scott Westberg

Event Sponsor
Lisle Savings Bank

Cart Sponsors
Downers Grove Economic
Development Corp.
Ellen Lilly
Deirdre Toler

Hole Sponsors
Advocate Health Care
Ashton Place
Babich & Associates
Bob Carter Auto Body, Inc.
Brooks, Tarulis & Tibble, LLC
Fairview Dental Care, PC

Forzley Eye Clinic
Grove Dental Associates, PC
Holy Cow Sports
Tom & Beth Janus
The Maclyn Group
Terry & Cathy Mahoney
McGrath Acura
MG Computer Inc
Oral Health Care Professionals, LLC
The Honorable Christine Radogno
Village of Western Springs

Putting Contest
Kathy Forzley

Raffle Donors
Angelo's Pizza
Anderson's Bookshop
Avec Panache
Baked Apple
Baubles & More
Big Run Golf Club
Chama Gaucha

Consider It Done
Core Interior Design
Downtown Downers Grove
Management Corp
Downers Grove Golf Club
Evelyn Jane Boutique
Fuddrucker's
Gabby's
Garnet Nails
Golfsmith
Good Samaritan Health &
Wellness Center
Hilton Lisle
Lucky Strike
Moondance Diner
Morton Arboretum
Noah's Ark Water Park
Parkers' Restaurant
River Bend Golf Club
Rock Bottom Restaurant
Scarletti's Italian Kitchen
Sea Lion Aquatic Park
Tivoli Theatre

8 Programs for Everyone

Swimming

SEASPAR has partnered with Coach Eve Learn to Swim and their certified instructors to provide quality swim lessons. In the progressive classes, swimmers are introduced to basic water skills, breath holding, and a number of submerging progressions which lead the participants to unassisted swimming. Activities encourage self-confidence and strengthen gross motor skills. Swim lessons are taught in a small group, and 1:1 assistance is provided as determined by the staff. Please note that we share the pools with the public. **Note:** A waiver is sent with the program confirmation and must be returned to SEASPAR by Friday, January 31.



Code	Place	Day	# Weeks	Dates	No Program	Time	Fee
9-001-01-1	The Hilton Lisle	Monday	12	2/10 – 5/5	3/31	4:30 – 5:00 p.m.	\$170
9-001-01-2	The Hilton Lisle	Monday	12	2/10 – 5/5	3/31	5:00 – 5:30 p.m.	\$170
9-001-01-3	The Lodge at McDonald's	Tuesday	12	2/11 – 5/6	4/1	4:30 – 5:00 p.m.	\$170
9-001-01-4	The Lodge at McDonald's	Tuesday	12	2/11 – 5/6	4/1	5:00 – 5:30 p.m.	\$170
9-001-01-5	The Lodge at McDonald's	Tuesday	12	2/11 – 5/6	4/1	5:30 – 6:00 p.m.	\$170
9-001-01-6	The Lodge at McDonald's	Tuesday	12	2/11 – 5/6	4/1	6:00 – 6:30 p.m.	\$170
9-001-01-7	Doubletree Hotel	Wednesday	12	2/12 – 5/7	4/2	5:30 – 6:00 p.m.	\$170
9-001-01-8	Doubletree Hotel	Wednesday	12	2/12 – 5/7	4/2	6:00 – 6:30 p.m.	\$170
9-001-01-9	Doubletree Hotel	Wednesday	12	2/12 – 5/7	4/2	6:30 – 7:00 p.m.	\$170
9-001-01-10	The Lodge at McDonald's	Thursday	12	2/13 – 5/8	4/3	4:30 – 5:00 p.m.	\$170
9-001-01-11	The Lodge at McDonald's	Thursday	12	2/13 – 5/8	4/3	5:00 – 5:30 p.m.	\$170
9-001-01-12	The Lodge at McDonald's	Thursday	12	2/13 – 5/8	4/3	5:30 – 6:00 p.m.	\$170
9-001-01-13	The Lodge at McDonald's	Thursday	12	2/13 – 5/8	4/3	6:00 – 6:30 p.m.	\$170

ADA Statement

SEASPAR is committed to accessibility for all individuals with disabilities, and strives to comply with the 1990 Americans with Disabilities Act by providing reasonable accommodation for all individuals. Please advise SEASPAR of any special assistance or accommodation required to participate in programs. This brochure is available in an alternate format upon request. Individuals who have an accommodation concern should contact Susan Friend.

Online
Registration

See page 38 for details.

Music Lessons

Research demonstrates that studying music makes you smarter! Participants ages five and older can choose between piano, keyboard, drums, and voice lessons. Bring a spiral notebook, a pencil, and any music books you have used in the past. Participants should indicate their lesson time on the registration form. Guitar students must provide their own guitar and drum students need drum sticks and a practice pad. Lessons are a 1/2-hour each. The Spring Recital is held on Saturday, May 17. **Note:** Returning students retain their lesson time if they register by Tuesday, January 7.

Piano/Drums/Guitar (Instructor Kevin Wood)

Code 9-006-01-1
 Age 5 and older
 Place Darien Sportsplex
 Dates Tuesdays, February 11 – May 20
 (No program April 1)
 # Weeks 14
 Time 6:00 – 9:00 p.m.
 Fee \$232

Piano (Instructor Debora Judycki)

Code 9-006-01-3
 Age 5 and older
 Place SEASPAR
 Dates Wednesdays, February 12 – May 21
 (No program April 2)
 # Weeks 14
 Time 4:00 – 8:00 p.m.
 Fee \$232

Keyboard/Voice (Instructor Nancy Urban)

Code 9-006-01-2
 Age 5 and older
 Place Darien Sportsplex
 Dates Thursdays, February 13 – May 22
 (No program April 3)
 # Weeks 14
 Time 6:00 – 9:00 p.m.
 Fee \$232

Therapeutic Badge Skating

This program is designed to help skaters reach obtainable objectives while working toward one long-term goal. Skaters progress at their own rate. Participants interested in practicing are allowed to stay on the ice until 9:10 a.m. **Note:** A waiver is sent with the program confirmation and must be returned to SEASPAR by Friday, February 7.

Place Seven Bridges Ice Arena
 Time 8:10 – 8:50 a.m.
 # Weeks 6
 Fee \$110 per session

Code 9-008-01-2
 Dates Saturdays, March 1 – April 12
 (No program April 5)

Code 9-008-01-3
 Dates Saturdays, April 26 – June 7
 (No program May 10)

Horseback Riding Lessons

If you are new to the saddle, or have been horseback riding before, this program is for you. Riders develop balance and rhythm as they feel the movement of the horse. Riders of all levels of experience embrace the ageless goal of lightness and harmony with one's equine partner. Participants must be ambulatory and able to sit on a horse without a riding partner. The Hanson Center follows the Professional Association of Therapeutic Horsemanship International's (PATH) guidelines. **Note:** Waivers are sent with the program confirmation and must be returned to SEASPAR by Friday, February 7.

Place Hanson Center
 Dates Wednesdays
 April 2, 16,
 May 7, 21
 Fee \$150

Code 9-070-01-1
 Time 5:00 – 5:30 p.m.

Code 9-070-01-2
 Time 5:30 – 6:00 p.m.

Code 9-070-01-3
 Time 6:00 – 6:30 p.m.

Sunshine Through Golf

The Sunshine Through Golf Foundation and Village Greens are teaming up to offer another great season of golf. We enjoy three weeks of instruction at Village Greens, two weeks at the Sunshine Course at the Midwest Golf House, and our final day at Village Greens for golf and snacks. Please call SEASPAR before the first class if you need to reserve clubs. No jeans or metal spikes may be worn on the course.

Note: On May 22 and May 29 transportation is provided to the Sunshine Course. Please meet at Village Greens at 4:00 p.m. Pickup is at 6:00 p.m.

Code 9-041-01-2
 Age 8 and older
 Place Village Greens & Sunshine Course
 Dates Thursdays, May 1 – June 5
 # Weeks 6
 Time 4:30 – 5:30 p.m.
 Limit 10
 Fee \$50

Day Camp 2014

Kids Campers spend adventure-filled days playing games, sports, arts and crafts, music, drama, swimming, and field trips to fun destinations. Campers enjoy leisure activities with their peers in a safe environment that provides structure while taking a break from school. Kids Camp is for participants ages 5 to 12. Two day camp sessions are offered (dates to be announced). Camp runs Monday through Friday from 9:30 a.m. to 3:00 p.m.

Teen Campers learn independence by planning their own activities and enjoying a variety of community-based events. Teen Camp is for participants ages 13 to 22. Two day camp sessions are offered (dates to be announced). Camp runs Monday, Wednesday, and Friday from 9:30 a.m. to 3:00 p.m.

Pickup locations are offered. More detailed information about camp is provided in the summer brochure available in April. Watch for details so you don't miss out on a summer of fun!



10 Programs for Children & Young Teens

Yoga

Move, bend, and breathe in this guided yoga experience with a certified yoga practitioner trained in the method of Yoga for the Special Child. With regular practice, yoga as an adjunct to traditional therapies, significantly enhances the participant's physical, mental, and emotional development in a safe and gentle manner. Participants learn skills to calm themselves, quiet their minds, and honor their abilities in a fun and peaceful environment. Mats are provided. Please bring a water bottle and wear comfortable clothing.

Code 9-075-01-1
Age 10 – 15
Place Lisle Recreation Center
Dates Mondays, February 17 – March 24
Weeks 6
Time 5:30 – 6:30 p.m.
Fee \$90

Code 9-075-01-2
Age 10 – 15
Place Lisle Recreation Center
Dates Mondays, April 7 – May 12
Weeks 6
Time 5:30 – 6:30 p.m.
Fee \$90

Social Skills

Good social skills enable us to know what to say, how to make good choices, and how to behave in different situations. They can also influence academic performance, behavior, and social and family relationships. Improving social skills is useful in everyday life such as listening, conversing, and reading.

Place Darien Sportsplex
Day Mondays
Fee \$15

Age 5 – 10
Time 4:15 – 5:00 p.m.

Code	Dates	Topic
9-051-01-1	February 10 – 24	Greetings and Starting Conversations
9-051-01-2	March 3 – 17	Joining and Asking to Play

Age 11 – 15
Time 4:15 – 5:00 p.m.

Code	Dates	Topic
9-096-01-1	April 7 – 21	Greetings and Starting Conversations
9-096-01-2	April 28 – May 12	Joining and Asking to Play

For More Information ...



about programs and special events for children, please contact Rachel Pavesich at 630-960-7600 or rpavesich@seaspar.org.

Karate Kids

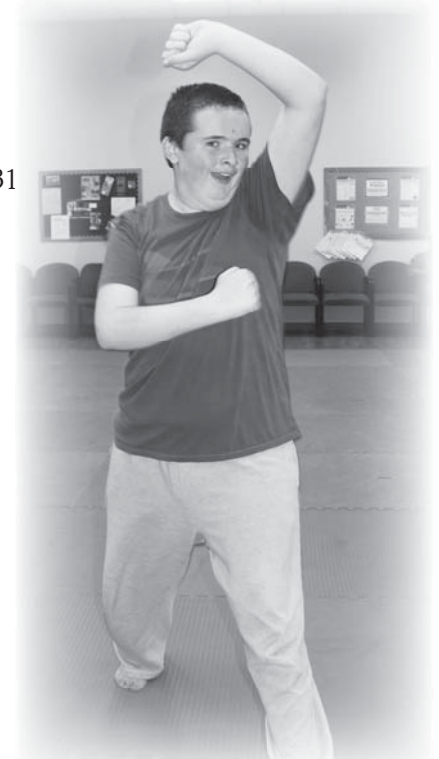
The skills learned, and the training methods used in non-contact karate, help release tension and increase focus. Participants learn self-control, balance, and the ability to process and follow a series of directions. This is a continuous program, allowing participants to advance through the belt system, and have the opportunity to earn a black belt. All abilities are welcome as instruction is tailored to each individual's progress. A uniform, purchased through True Balance Karate, is required for individuals participating in two or more sessions of karate, since they then become members of the karate club. **Note:** A waiver is sent with the program confirmation and must be returned by Friday, February 7.

Winter Session

Code 9-074-01-1
Age 6 – 15
Place True Balance Karate
Dates Mondays
February 10 – March 31
Weeks 8
Time 5:55 – 6:25 p.m.
Fee \$85

Spring Session

Code 9-074-01-2
Age 6 – 15
Place True Balance Karate
Dates Mondays
April 7 – June 9
(No program May 26)
Weeks 9
Time 5:55 – 6:25 p.m.
Fee \$95



Boardmaker

If a participant uses a picture schedule program such as Boardmaker, please contact SEASPAR.

Right Fit

Test your fitness skills while playing to stay fit. This program provides fitness, social interaction, and the opportunity to explore sport and movement through activities such as basketball, obstacle courses, tug-of-war, and more. This is a great opportunity to stay fit, build strength, learn body control, and increase flexibility. **Note:** A waiver is sent with the program confirmation and must be returned by Friday, February 7.

Age 7 – 15
 Place Right Fit
 Dates Tuesdays, February 11 – May 6
 (No program April 1)
 # Weeks 12
 Fee \$130

Code 9-058-01-1
 Time 4:00 – 5:00 p.m.

Code 9-058-01-2
 Time 5:00 – 6:00 p.m.

Tiny Tunes

Are you looking for an interactive music class? Join us in a variety of activities in this music and movement class for tots. Sing, dance, and move to some of your favorite music!

Code 9-055-01-1
 Age 3 – 5
 Place Lincoln Center
 Dates Tuesdays, February 11 – March 18
 # Weeks 6
 Time 5:00 – 5:45 p.m.
 Fee \$35

The Games We Play

Remember all those great games we played as kids such as *Duck Duck Goose* and *Red Light, Green Light*? Your child learns to play all the old favorites and some new ones, too, as we get some exercise and have fun!

Code 9-057-01-1
 Age 3 – 5
 Place Lincoln Center
 Dates Tuesdays, April 8 – May 6
 # Weeks 5
 Time 5:00 – 5:45 p.m.
 Fee \$25

Chance for Dance

Chance for Dance adaptive classes are designed to give children the chance to express themselves through dance! This class is designed around creative movement, and participants learn the basic style of a variety of different dance forms. **Note:** A waiver is sent with the program confirmation and must be returned by Friday, February 7.

Code 9-052-01-1
 Age 7 – 15
 Place DLD Dance Center
 Dates Wednesdays, February 12 – May 7
 (No program April 2)
 # Weeks 12
 Time 4:00 – 4:45 p.m.
 Fee \$90

Books and Cooks

Grab your aprons and join us for a dash of cooking with a twist! Each delectable item we make is inspired by a storybook. *Owen's Marshmallow Chick* and *Lilly's Chocolate Heart* are two of the books selected to be read. Recipes and treats are sent home each week.

Code 9-060-01-1
 Age 4 – 8
 Place Darien Sportsplex
 Dates Wednesdays, February 19, March 19, April 23, May 7
 Time 5:00 – 6:00 p.m.
 Fee \$30

Learn to Ride a Bike

Get ready to lose your training wheels! Learning to ride a bike is an important life skill which increases self-esteem, inclusion in neighborhood activities, and independent transportation. We discuss safety and riding rules. Wear tennis shoes and bring your bike and helmet. Elbow pads and knee pads are not required.

Code 9-064-01-1
 Age 5 – 10
 Place Ty Warner Park
 Dates Wednesdays
 April 9 – May 14
 # Weeks 6
 Time 4:00 – 4:45 p.m.
 Fee \$65

Code 9-093-01-2
 Age 11 – 15
 Place Ty Warner Park
 Dates Wednesdays
 April 9 – May 14
 # Weeks 6
 Time 5:00 – 5:45 p.m.
 Fee \$65



Participants should be willing to voluntarily participate in the scheduled activities. SEASPAR staff encourage and aid, but do not force participation.

12 Programs for Children & Young Teens

K9 Fit Club

This program combines cardio, strength, and flexibility to improve mobility and strengthen heart and lungs both for you and a dog. All exercises incorporate dog bonding, obedience and leash control. A personal trainer and dog wrangler are providing the instruction. If you own a dog and would like to bring it to class, then sign up for a "Bring Your Dog." "Borrow a Dog" is for those participants without a dog. Please wear comfortable clothing and shoes, and bring your dog on a non-retractable leash. **Note:** A waiver is sent with the program confirmation and must be returned by Friday, February 7.

Borrow a Dog

Code 9-056-01-2
 Age 5 – 10
 Place K9 Fit Club
 Dates Wednesdays
 February 12 – March 19
 Time 5:00 – 6:00 p.m.
 # Weeks 6
 Fee \$150

Code 9-087-01-2
 Age 11 – 15
 Place K9 Fit Club
 Dates Wednesdays
 April 9 – May 14
 Time 5:00 – 6:00 p.m.
 # Weeks 6
 Fee \$150

Bring Your Dog

Code 9-056-01-3
 Age 5 – 10
 Place K9 Fit Club
 Dates Wednesdays
 February 12 – March 19
 Time 6:00 – 7:00 p.m.
 # Weeks 6
 Fee \$150

Code 9-087-01-3
 Age 11 – 15
 Place K9 Fit Club
 Dates Wednesdays
 April 9 – May 14
 Time 6:00 – 7:00 p.m.
 # Weeks 6
 Fee \$150

Gymnastics

This high-energy program focuses on gross motor skills, strength, coordination, and flexibility. Apparatus work is incorporated into this non-competitive program. No experience necessary. **Note:** A waiver is sent with the program confirmation and must be returned to SEASPAR by Friday, February 7.

Place IGI Gymnastics
 Dates Thursdays, February 13 – May 8
 (No program April 3)
 # Weeks 12
 Fee \$160

Tumble Time

Code 9-053-01-2
 Age 3 – 6
 Time 5:00 – 5:45 p.m.

Beginner Gymnastics

Code 9-053-01-1
 Age 7 – 11
 Time 6:00 – 6:45 p.m.

Gymnastics 101

Code 9-092-01-1
 Age 12 – 15
 Time 7:00 – 7:45 p.m.

Sports Mania

Develop the basic skills to play a variety of sports. Participants improve motor and cognitive skills through traditional sports such as kickball, T-ball, and basketball. This fun-filled class teaches the importance of sportsmanship and teamwork. Wear gym shoes, athletic apparel, and bring a water bottle.

Place Park District of LaGrange
 Dates Thursdays
 February 13 – March 27
 # Weeks 7
 Fee \$42

Code 9-065-01-1
 Age 5 – 10
 Time 5:00 – 6:00 p.m.

Code 9-084-01-1
 Age 11 – 15
 Time 6:00 – 7:00 p.m.

Please Check In

When arriving at and departing from programs, parents are asked to check in with staff before leaving or taking their child. **Note:** SEASPAR staff are not responsible for supervision of participants prior to the start of the program.

Ready, Get Set, GOLF!

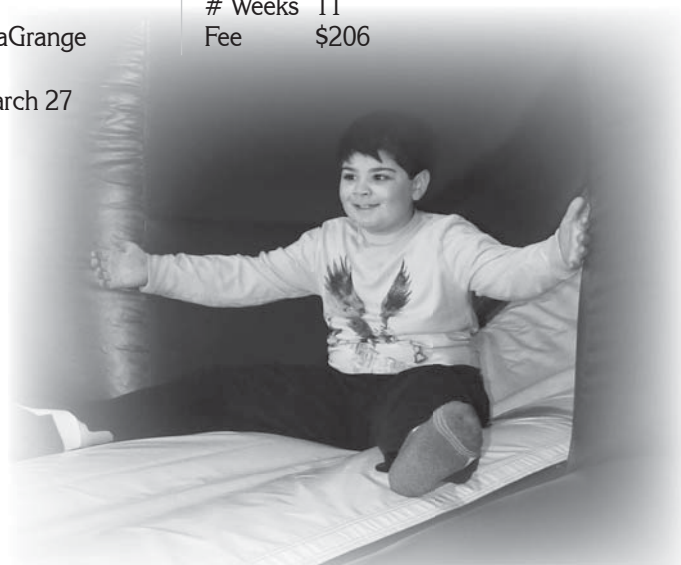
Tee off FORE fun! This introductory class teaches the basics of the sport including the proper way to hold a club, use of different clubs, and putting. Wear comfortable shoes and clothing. Please bring your clubs and glove if you own them. Clubs are available if you don't have a set.

Code 9-072-01-1
 Age 7 – 15
 Place Flagg Creek Golf Course
 Dates Thursdays, May 1 – 29
 Time 5:00 – 6:00 p.m.
 # Weeks 5
 Fee \$45

Super Saturday

Join SEASPAR's club designed just for kids. Gather together each Saturday morning for crafts, games, music, dance, and more. Snacks are provided each day.

Code 9-067-01-1
 Age 5 – 10
 Day Saturdays, February 15 – May 10
 (No program April 5, 19)
 Place Westmont Community Center
 Time 9:00 a.m. – 12:00 p.m.
 # Weeks 11
 Fee \$206



Nothing Kills a Good Program Quicker ...

than everyone waiting until the last minute to register. If there are not enough registrants, the program is cancelled, and coming in the day of the program to sign up won't save it. Registration must be received five days prior to the start of the program and preferably by Monday, January 6.

Teen Excursion

This program is perfect for teens who are too old for kid stuff, but too young for adult activities. Participants learn what resources are available in the community for leisure and play. If you are registering for a special event following Teen Excursion, please bring a sack lunch along to eat between programs.

Age	11 – 15
Day	Saturdays
Denning	9:00 a.m. – 12:30 p.m.
SEASPAR	9:30 a.m. – 12:00 p.m.
Fee	\$25 per event

Code	Date	Activity
9-085-01-1	February 15	Valentine's Day Fun
9-085-01-2	February 22	Therapy Dogs
9-085-01-3	March 1	Interactive Science
9-085-01-4	March 8	Volunteer at Downers Grove Food Pantry
9-085-01-5	March 15	Breakfast & Museum
9-085-01-6	March 22	Indoor Mini-Golf
9-085-01-7	March 29	Open Gym
9-085-01-8	April 12	Swimming
9-085-01-9	April 26	Arbor Day at Morton Arboretum
9-085-01-10	May 3	Kite Making & Flying
9-085-01-11	May 10	Hidden Oaks Nature Center



**Online
Registration**

See page 38 for details.

Water Park Adventures

Enjoy the area's finest water parks for an afternoon of swimming, sliding, and splashing! SEASPAR takes you to a different pool each week. No need to be an experienced swimmer, as participants are placed in small groups according to swim ability. Wear your swimsuit and bring a change of clothes and a towel. Snacks are included.

Nemo's Sidekicks

Age	5 – 10
Day	Saturdays
SEASPAR	12:00 – 5:30 p.m.
Denning	12:30 – 5:00 p.m.
Fee	\$40 per event

Code	Date	Place
9-068-01-1	February 22	Vaughn Aquatic Center
9-068-01-2	March 8	Arctic Splash
9-068-01-3	May 3	Adventure Island

Swimming Sampler

Age	11 – 15
Day	Saturdays
SEASPAR	12:00 – 5:30 p.m.
Denning	12:30 – 5:00 p.m.
Fee	\$40 per event

Code	Date	Place
9-086-01-1	March 15	Vaughn Aquatic Center
9-086-01-2	April 12	Adventure Island
9-086-01-3	May 10	The Water Works



PLEASE NOTE: Program confirmations are mailed two weeks prior to the start of programs.

14 Special Events for Children & Young Teens

Aurora Regional Fire Museum

The Aurora Regional Fire Station Museum features a variety of interactive exhibits designed to educate and entertain children, families, and firefighters. "Getting There, Getting Water, Getting Rescued" reveals 150 years of fire-fighting history. Pass a leather fire bucket, see fire horse stalls, and turn on a fire alarm, complete with ringing bells and a ticker-tape. See and hear how modern fire apparatus clears the streets with sirens, air horns, and devices that change traffic signals. Watch vintage film clips of firefighting on video touch screens and view antique fire apparatus. Ice cream is provided after our tour.

Code 9-206-01-1
Age 11 – 15
Place Aurora Regional Fire Museum
Date Saturday, February 15
SEASPAR 12:00 – 4:30 p.m.
Denning 12:30 – 4:00 p.m.
Fee \$25

School's Out – LEGOLAND

Celebrate President's Day with SEASPAR as we set our sights on LEGOLAND. Let your imagination run wild as you learn top tips from the Master Model Builder. Join your favorite LEGO characters, pedal fast on the Technicycle Ride, and find plenty of places to build amazing LEGO creations. Jump into the biggest box of LEGO bricks ever at LEGOLAND Discovery Center! With more than two million LEGO bricks under one roof, the fun is limitless. Lunch at McDonald's is provided.

Code 9-208-01-1
Age 6 – 11
Place LEGOLAND
Date Monday, February 17
Denning 8:30 a.m. – 4:30 p.m.
SEASPAR 9:00 a.m. – 4:00 p.m.
Fee \$80

Day Off School – Odyssey

Enjoy a day off from school this President's Day! Hang out at Odyssey Fun World, a two-level arena of adventure where participants explore nearly 200 arcade games, win tickets to redeem for prizes, and ride bumper cars or play laser tag. Lunch at Portillo's is provided.

Code 9-209-01-1
Age 12 – 15
Place Odyssey Fun World
Date Monday, February 17
Denning 8:30 a.m. – 4:30 p.m.
SEASPAR 9:00 a.m. – 4:00 p.m.
Fee \$50

Late Registration

There may be openings available for programs after January 6, so please call to find out if a program you are interested in is still available.

Under the Big Top

Under the Big Top is an entertainment and fun center with arcade games, prizes, and it's most popular attraction, the Ball Blaster Arena. Come join us for over the top fun! Snacks are included.

Code 9-215-01-1
Age 11 – 15
Place Under the Big Top
Date Saturday, March 1
SEASPAR 12:00 – 4:30 p.m.
Denning 12:30 – 4:00 p.m.
Fee \$55

Pirate & Princess Party

Ahoy all princesses and pirates, SEASPAR is hosting a special afternoon of activities just for you! Come dressed in your finest ball gown or your swashbuckling garb. We have an enchanted tea party fit for each royal attendee, a treasure hunt for the adventure seekers, and even an appearance by Jake the Pirate and Cinderella!

Code 9-222-01-1
Age 5 – 10
Place Woodridge Park District
Date Saturday, March 22
Time 2:00 – 4:00 p.m.
Fee \$20

Teen Overnight

Spend the evening playing games, watching movies, and having fun with friends at a sleepover. Dinner, snacks, and breakfast are included. Please pack an overnight bag with necessary personal items and a sleeping bag. Bring your favorite board games, Wii games, movies, and CDs if you'd like.

Code 9-226-01-1
Age 12 – 15
Place Darien Sportsplex
Date Saturday to Sunday, March 29 – 30
Time 5:00 p.m. – 9:00 a.m.
Fee \$60

Annual Information Forms / AIFs

SEASPAR requires that all participants complete an Annual Information Form. Individuals without a current AIF on file will not be permitted to participate.

Spring Break Mini-Camp

Are you searching for something fun to do during spring break? Your search is over, because this is the program for you! SEASPAR staff provide structured playtime for everyone, including games and making cool projects. Please bring a sack lunch each day.

Spring Breakers

Time 9:00 a.m. – 1:00 p.m.
Age 5 – 10
Fee \$36 per event

LaGrange Community Center

9-224-01-1 Monday, March 24
9-224-01-2 Tuesday, March 25
9-224-01-3 Wednesday, March 26
9-224-01-4 Thursday, March 27
9-224-01-5 Friday, March 28

Lisle Recreation Center

9-224-01-6 Monday, March 31
9-224-01-7 Tuesday, April 1
9-224-01-8 Wednesday, April 2
9-224-01-9 Thursday, April 3
9-224-01-10 Friday, April 4

Destination: SEASPAR

Time 9:00 a.m. – 1:00 p.m.
Age 11 – 15
Fee \$36 per event

LaGrange Community Center

9-225-01-1 Monday, March 24
9-225-01-2 Tuesday, March 25
9-225-01-3 Wednesday, March 26
9-225-01-4 Thursday, March 27
9-225-01-5 Friday, March 28

Lisle Recreation Center

9-225-01-6 Monday, March 31
9-225-01-7 Tuesday, April 1
9-225-01-8 Wednesday, April 2
9-225-01-9 Thursday, April 3
9-225-01-10 Friday, April 4

Spring Break Outings

Need some extra time away after camp? Or are you looking for something new to do during your staycation? Come join SEASPAR and spend the afternoon traveling around town with us.

Age 5 – 10
Place Lisle Recreation Center
Time 1:00 – 4:30 p.m.
Fee \$30 per event

Code	Date	Activity
9-229-01-1	Monday, March 31	Jump Zone
9-229-01-2	Tuesday, April 1	Movie
9-229-01-3	Wednesday, April 2	Swimming
9-229-01-4	Thursday, April 3	Bowling
9-229-01-5	Friday, April 4	Animals

Age 11 – 15
Place Lisle Recreation Center
Time 1:00 – 4:30 p.m.
Fee \$30 per event

Code	Date	Activity
9-229-01-6	Monday, March 31	Movie
9-229-01-7	Tuesday, April 1	Swimming
9-229-01-8	Wednesday, April 2	Bowling
9-229-01-9	Thursday, April 3	Ceramic Art
9-229-01-10	Friday, April 4	Naper Settlement



16 Special Events for Children & Young Teens

Mickey & Minnie Party

Hey there, hi there, ho there, you're as welcome as can be! Have a swell time with your favorite mouse. We make Mickey & Minnie inspired treats and crafts, and play games. Come along and sing a song and join the jamboree for M-I-C-K-E-Y M-O-U-S-E!

Code 9-233-0-1
Age 5 – 11
Place Darien Sportsplex
Date Saturday, April 12
Time 2:00 – 4:00 p.m.
Fee \$15

Sleeping Beauty

It's Princess Aurora's 16th birthday, and three fairies – Flora, Fauna, and Merryweather – must use their magic to save her from the spell of evil sorceress Maleficent! Songs from the beloved film, including "Once Upon a Dream," accompany fun new songs like "Maleficent!" and "A Little Magic Now" to bring a fresh telling of the story to a new generation of kids. Come hungry, because we enjoy breakfast with Sleeping Beauty and the characters before the show.

Code 9-234-01-1
Age 5 – 11
Place Drury Lane Theatre
Date Saturday, April 26
SEASPAR 10:30 a.m. – 3:30 p.m.
Denning 11:00 a.m. – 3:00 p.m.
Fee \$45

Loss or Theft

Label all items brought to programs with the participant's name. Any electronic communication device or adaptive equipment must be checked in with a staff member upon arrival at the program. Participants are encouraged not to bring items of value. SEASPAR is not responsible for theft or loss of personal belongings.

Tour a Town

Join your friends as we explore downtown Lisle. SEASPAR provides specially made passports that will be stamped after each stop, which includes: the Museums at Lisle Station and Dragonfly Landing Park. Perhaps we'll drop in on a local shop where we'll learn specifics about their business. A snack from a local restaurant agreed upon by the group is included.

Code 9-235-01-1
Age 12 – 15
Place Downtown Lisle
Date Saturday, April 26
SEASPAR 12:00 – 5:00 p.m.
Denning 12:30 – 4:30 p.m.
Fee \$35

Illinois Railway Museum

Come see the largest railroad museum in the United States. Explore different types of locomotives, cars, trolleys, and equipment used throughout the history of trains. Lunch is provided at the Choo-Choo Restaurant.

Code 9-242-01-1
Age 5 – 11
Place Illinois Railway Museum
Date Saturday, May 10
SEASPAR 12:00 – 5:30 p.m.
Denning 12:30 – 5:00 p.m.
Fee \$65



Progressive Dinner

Having trouble choosing between restaurants? Now you don't have to. Come hungry as we walk through downtown Clarendon Hills. We begin with appetizers at Aguamiel, Mario's for our entrée, and to top it all off, Daily Scoop for dessert.

Code 9-243-01-1
Age 12 – 15
Place Downtown Clarendon Hills
Date Saturday, May 17
SEASPAR 4:00 – 7:30 p.m.
Denning 4:30 – 7:00 p.m.
Fee \$35

Wheelchair Tennis

Take to the court with SEASPAR and serve up some fun and fitness with Wheelchair Tennis. Learn the basics of this sport as you work on hand-eye coordination, court mobility, serving, and returns. Wheelchair Tennis, where the fun is at the hub! All equipment is provided.

Code 9-050-09-1
 Age All ages
 Place Westmont Fitness Club
 Dates Tuesdays, February 11 – May 6
 (No program April 1)
 # Weeks 12
 Time 6:30 – 7:30 p.m.
 Fee \$50

Youth Goalball

Goalball provides an opportunity for athletes who are visually impaired to stay fit while having fun. Athletes throw and block a goalball with bells in it to score points while blindfolded. This program is designed to develop offensive throwing skills, defensive techniques, and team communication.

Code 9-050-02-1
 Age 8 – 18
 Place Lisle Recreation Center
 Dates Wednesdays, February 12 – May 7
 (No program April 2)
 # Weeks 12
 Time 4:30 – 6:00 p.m.
 Fee \$90



Adapted Yoga

Namaste. Find your place of relaxation and peace as you clear your mind and stretch your body. This specialty program is designed by Ryan McGraw, our yoga instructor, who has cerebral palsy. Reach out and explore the many opportunities yoga has to offer.

Code 9-050-11-1
 Age All ages
 Place Brookfield Municipal Building
 Dates Wednesdays, February 12 – May 7
 (No program April 2)
 # Weeks 12
 Time 6:00 – 7:00 p.m.
 Fee \$100

For More Information ...

about adapted sports,
 please contact
Greg Pavesich
 at 630-960-7600 or
gpavesich@seaspar.org.



Camp Care Free

Believe it or not summer will be here soon and it's the time to cast your cares aside! We are teaming up with NEDSRA to offer this on the go day camp for children and teens, ages 8 –18, with physical disabilities. Staff provide a safe, structured environment that allows campers to enjoy all the best parts of summer, including swimming, arts and crafts, field trips, and sports. Camp is held on Monday, Wednesday, and Friday from 9:00 a.m. to 3:30 p.m. Additional information is provided in the summer brochure, available in April. Watch for details, so your camper doesn't miss out on a carefree summer!

18 Paralympic Sports

Paralympic Boccia

Join SEASPAR in playing Paralympic Boccia, designed for individuals whose physical impairment is their primary disability. Boccia is a game of precision in which the object is to place the balls closest to a target. Adaptive ramps are available to make the sport accessible for all individuals.

Code 9-050-01-1
Age All ages
Place Lisle Recreation Center
Dates Thursdays, February 13 – May 8
(No program April 3)
Weeks 12
Time 6:00 – 7:30 p.m.
Fee \$60

Sled Hockey

SEASPAR is hitting the ice! Sled Hockey allows participants who have a physical disability to play hockey. This program is for beginners to learn the fundamentals. So come and try one of the most popular sports in the Paralympic Games. All equipment is provided.

Code 9-050-03-1
Age 8 and older
Place Darien Sportsplex
Dates Sundays, February 16 – May 4
(No program March 30, April 20)
Weeks 10
Time 1:50 – 3:50 p.m.
Fee \$90

Metro Boccia Cup Tournament

Come and compete against the best in Illinois, or just have fun in the recreational division, as SEASPAR hosts its fourth annual Metro Boccia Cup Tournament for individuals with physical disabilities. Tournament format is based on registrations, but there is a two-match guarantee. All equipment and lunch are provided for athletes at this FREE tournament.

Code 9-050-01-2
Age All ages
Place Park District of LaGrange
Date Saturday, February 22
Time 9:00 a.m. – 2:00 p.m.
Fee Free



THE GOAL POST

Opening doors to your adapted athletic goals

We are excited to offer two new programs this season, Wheelchair Tennis and Adapted Yoga. As we continue to develop opportunities for individuals with physical or visual disabilities, it is important to remember that truly the only one that can hold you back is yourself.

SEASPAR's adapted programs are designed for beginners, so if something sounds interesting or fun, give it a shot. Reach out and try some of our adapted sports programs this season and see if these opportunities are ones to pursue. Remember, you miss 100% of the shots you don't take.

Participation

Persons are eligible for Special Olympics if they are eight years of age or older and have been identified by an agency or professional as having intellectual disabilities, cognitive delays as determined by standardized measure, or have significant learning or vocational problems due to cognitive delays that require, or have required, specially designed instruction.



Medical Forms

Athletes wishing to participate in Special Olympics programs must have a current Special Olympics medical form on file at SEASPAR. It is valid for two years from the date of the examination. Please contact SEASPAR to find out when your form expires or to request one. A medical form is available on our website, www.seaspar.org. Faxed forms are not accepted.

Disclaimer – Team sports and relay events take precedence over individual sports or events at the state level of competition.

Powerlifting

Athletes set and reach fitness goals through the disciplined and challenging sport of powerlifting. Participants learn proper technique for the deadlift and bench press, while improving their overall fitness level through weekly workout sessions. We participate in the district powerlifting competition at the Spring Games on Sunday, April 27. Gold medal winners advance to the Special Olympics Summer Games at Illinois State University, Friday to Sunday, June 13 to 15.

Code 9-122-01-1
 Age 16 and older
 Place Lisle Community Center
 Dates Mondays, February 10 – June 9
 (No program March 31 and May 26)
 # Weeks 16
 Time 6:30 – 7:30 p.m.
 Limit 6
 Fee \$120

Rhythmic Gymnastics

Increase your coordination and flexibility while learning compulsory routines, and using balls, hoops, ribbons, and ropes. Athletes have the opportunity to participate in the Special Olympics competition held on Sunday, March 9. Participants should wear leotards or fitted clothing and gym shoes. No jeans may be worn. Gold medal winners advance to the Special Olympics Illinois Summer Games at Illinois State University, Friday to Sunday, June 13 to 15.

Code 9-114-01-1
 Age 8 and older
 Place Flying High Sports and Rec Center
 Dates Wednesdays
 February 12 – March 19
 # Weeks 6
 Time 7:00 – 8:15 p.m.
 SEASPAR 6:15 – 9:00 p.m.
 Limit 6
 Fee \$90

Artistic Gymnastics

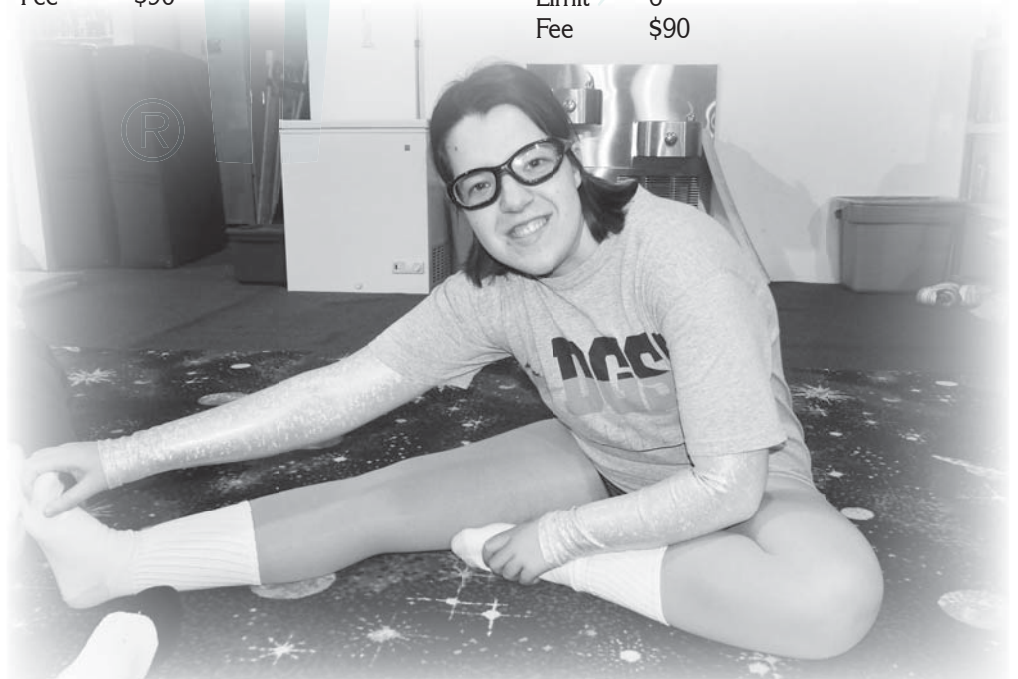
Gymnasts work on strength and coordination while training in tumbling, acrobatic skills, and limited apparatus work. This program is for participants who can sequence eight or more skills to compose a routine for the Special Olympics competition held on Sunday, March 9. Participants should wear leotards or fitted clothing and gym shoes. No jeans may be worn. Gold medal winners advance to the Special Olympics Illinois Summer Games at Illinois State University, Friday to Sunday, June 13 to 15.

Code 9-114-01-2
 Age 8 and older
 Place Flying High Sports and Rec Center
 Dates Wednesdays
 February 12 – March 19
 # Weeks 6
 Time 7:00 – 8:15 p.m.
 SEASPAR 6:15 – 9:00 p.m.
 Limit 6
 Fee \$90

For More Information



about Special Olympics,
 please contact Aaron Hirthe
 at 630-960-7600 or
ahirthe@seaspar.org.



20 Special Olympics

Aquatics

Aquatics is designed for swimmers who want to compete. Practices focus on swim endurance and stroke mechanics. The team competes in the WDSRA Swim Meet on Saturday, February 8, and the Special Olympics District Aquatics Meet on Thursday, March 6. Gold medal winners advance to the Special Olympics Illinois Summer Games at Illinois State University, Friday to Sunday, June 13 to 15.

Code 9-118-01-1
Age 8 and older
Place Indian Boundary YMCA
Dates Saturdays, February 1 – May 31
(No program April 5, 19, and May 24)
Weeks 15
Time 1:00 – 2:00 p.m.
Limit 25
Fee \$165

Athletics

Join other athletes in training for events including the 100-meter run, softball throw, standing long jump, shot put, and the 400-meter relay. We participate in the WDSRA Track and Field Meet on Sunday, April 13, and the Spring Games on Sunday, April 27. Gold medal winners advance to the Special Olympics Summer Games at Illinois State University, Friday to Sunday, June 13 to 15. **Note:** Meet at the indoor track. Use the west doors in the turn-around courtyard off Prince Street to access the building.

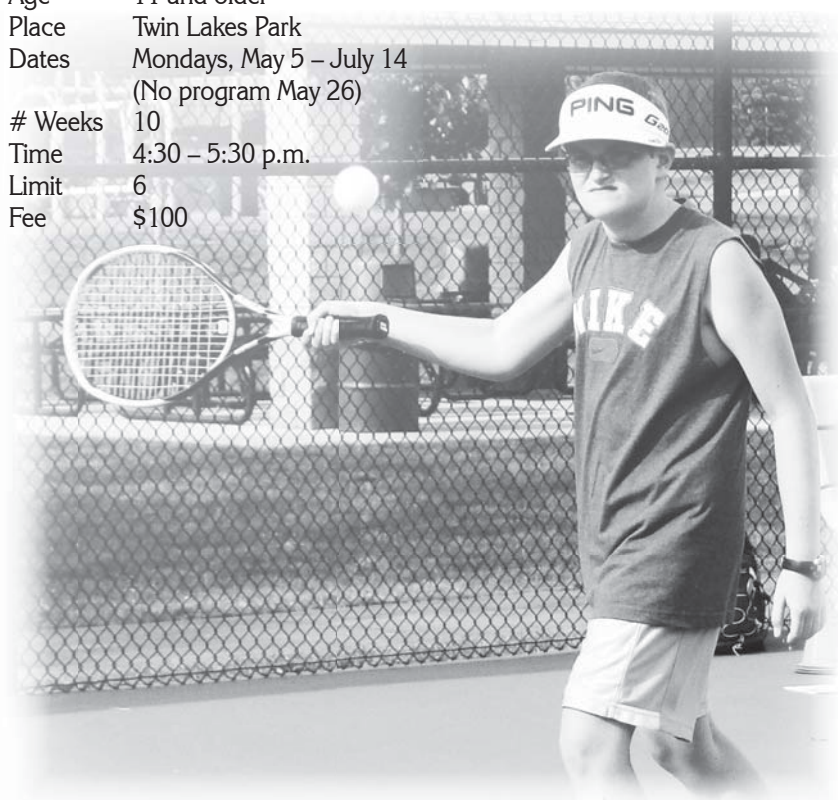
Code 9-120-01-1
Age 8 and older
Place Downers Grove North High School
Dates Saturdays, February 1 – April 5
Weeks 10
Time 3:00 – 4:00 p.m.
Limit 10
Fee \$145

Code 9-120-01-2
Age 8 and older
Place Downers Grove North High School
Dates Sundays, February 2 – April 6
Weeks 10
Time 10:15 – 11:15 a.m.
Limit 10
Fee \$145

Tennis

The SEASPAR tennis program offers athletes an opportunity to improve agility, upper body strength, hand-eye coordination, and overall fitness. Whether you are a first-time player or a seasoned veteran, coaches teach the basic rules and etiquette of the game required for the individual skills competition through traditional court match play. Each week the coaches work on the basic skills of forehand and backhand shots, volleying, and serving. We compete in the District Qualifier on Saturday, July 19. Gold medal winners qualify for the State Tennis Competition, Saturday to Sunday, August 16 to 17.

Code 9-119-01-1
Age 11 and older
Place Twin Lakes Park
Dates Mondays, May 5 – July 14
(No program May 26)
Weeks 10
Time 4:30 – 5:30 p.m.
Limit 6
Fee \$100



Softball

Grab your mitt; softball season is here! Athletes work to improve their skills through practices and games with SRAs. Teams participate in the ITRS Tournament on Sunday, July 13, and the Special Olympics District Tournament on Sunday, July 20. Athletes are placed on coed teams based on skill evaluation and coach's discretion. Team members are expected to compete in all games and tournaments. Times vary when games begin.

Code 9-117-01-1
Age 16 and older
Place Various
Dates Tuesdays, April 29 – July 22
Weeks 13
Denning 5:30 – 9:00 p.m.
Time 6:30 – 8:00 p.m.
Limit 24
Fee \$190

Soccer

SEASPAR and LCSRA athletes are teaming up! Coaches focus on skills such as dribbling, passing, and shooting. Teamwork and good sportsmanship are also emphasized. Games may be on different nights and times. We participate in the Special Olympics Tournament on Sunday, April 13, and in the ITRS Tournament on Sunday, May 18. If our team earns a gold medal in April, we advance to the Special Olympics Summer Games at Illinois State University, Friday to Sunday, June 13 to 15. Athletes should wear athletic clothing and gym shoes or cleats. No jeans may be worn. Bring a water bottle. **Note:** In case of inclement weather, we meet in the BRAC Gymnasium, 200 South Lindsey Lane, Bolingbrook. Pickup and drop-off times remain the same.

Code 9-116-01-1
 Age 13 and older
 Place Lily Cache Soccer Field
 Dates Wednesdays, March 5 – May 21
 # Weeks 12
 Denning 4:30 – 7:30 p.m.
 SEASPAR 5:00 – 7:00 p.m.
 Limit 6
 Fee \$120

Bocce (Pre-season Practice)

Bocce, a favorite family game, is one of Special Olympics' most enjoyable competitive sports. Closely resembling bowling, this game requires skill, strategy, and a little luck. Learn to toss, roll, hit, and score while having a great time with your friends. Gold medal athletes who qualified for the 2014 Summer Games are encouraged to participate.

Code 9-104-01-1
 Age 8 and older
 Place Ebersold Park
 Dates Wednesdays, May 14 – June 18
 # Weeks 6
 Time 5:30 – 6:30 p.m.
 Limit 16
 Fee \$30

GOLF

Golf (Pre-season Practice)

This program is for the experienced, competitive golfer who wants to start the golf season early with some time on the range. Grab your clubs, meet with old friends, and add distance to your drives or accuracy to your short game. This program gets you ready for the season and ready to hit the links in June! We use the temperature-controlled, Links & Tees Golf Facility for the first portion of the program and move outside to the Downers Grove Golf Club driving range once the dome closes. A collared shirt and khaki shorts or pants are required.

Code 9-113-01-1
 Age 8 and older
 Dates Thursdays, March 6 – April 17
 (No program April 3)
 Time 7:00 – 8:00 p.m.
 SEASPAR 6:30 – 8:30 p.m.
 Place Links & Tees
 # Weeks 6
 Limit 12
 Fee \$80

Code 9-113-01-2
 Age 8 and older
 Dates Thursdays, April 24 – May 29
 Time 7:00 – 8:00 p.m.
 Place Downers Grove Park District
 Driving Range
 # Weeks 6
 Limit 12
 Fee \$75

Golf Skills

It's never too late to get into the swing of things! SEASPAR staff coach athletes on etiquette, club selection, and basic golf skills. Athletes should bring their own golf clubs. If you do not have clubs, SEASPAR has a limited number available, so please call before the first week to reserve a set. No jeans or metal spikes may be worn on the golf course, and a collared shirt and khaki shorts or pants are required. Athletes compete in the Special Olympics Golf Skills competition on Wednesday, July 23. Gold medal winners qualify for the Outdoor Sports Festival, Friday to Sunday, September 12 to 14.

Code 9-113-01-3
 Age 8 and older
 Place Village Greens of Woodridge
 Dates Wednesdays, May 21 – July 16
 # Weeks 9
 Time 5:00 – 6:00 p.m.
 Limit 8
 Fee \$120



22 Special Olympics

Bowling

Join SEASPAR's bowling team to train for competition. Coaches help you work on your form and techniques to improve your game. SEASPAR competes in the Special Olympics Area Bowling Tournament held on Saturday, July 19. Those who earn a gold medal qualify for the Sectional Tournament on Sunday, October 19. Gold medal winners at the Sectional Tournament qualify for the State Tournament in Peoria on Saturday, December 6.

Code 9-106-01-1
Age 8 and older
Place Willowbrook Lanes
Dates Thursdays, May 15 – July 17
Weeks 10
Time 4:30 – 5:45 p.m.
Limit 8
Fee \$120



2013-14 Special Olympics/ITRS Invitational Competition Dates

(Subject to Change)

January 5	SO District Cross-Country Ski and Snowshoe Qualifier
January 8	SO Alpine Skiing Qualifier
January 11	SO District Junior Basketball Tournament
January 25-26	SO District Basketball Tournaments
February 4-6	SO State Winter Games
February 8	WDSRA Swim Meet
February 9	ITRS Junior Basketball Tournament
February 16	ITRS Senior Basketball Tournament
March 6	SO District Aquatics Qualifier
March 9	SO District Gymnastics Qualifier
March 14-16	SO State Basketball Tournament
April 12	SEASPAR Team Bowling Tournament
April 13	SO District Soccer Tournament
April 13	WDSRA Track and Field Meet
April 27	SO District Spring Games and Powerlifting Competitions
May 18	ITRS Soccer Tournament (Hosted by SEASPAR)

Meet Emily Lundvall

Though she is a true “go-getter,” Emily Lundvall is far more than that descriptive cliché. As a long-time SEASPAR participant, she has had the opportunity to explore her interests through SEASPAR programs, moving on to new exploits as those interests evolve. Recently, Emily has moved on from her usual Special Olympics sports of athletics and aquatics, to try her hand at golf and powerlifting. Challenging sports as they may be, she took her beginner golf skills to the State level of competition in 2013, bringing home a gold medal (a first for SEASPAR) and the drive to progress further in this sport. As the first female athlete to participate and compete in Special Olympics Powerlifting through SEASPAR, we hope she achieves that same success in competitive weightlifting. Her passion for drama and professional wrestling makes this program a perfect fit for her. As Emily expands her program repertoire with SEASPAR and explores new interests, she will continue to achieve that sense of self and find satisfaction in her diverse recreation endeavors. Stringing together all the activities and accomplishments she has loved, Emily is as well-rounded as the beaded necklaces she creates.



Teen Scene

Spend the afternoon with SEASPAR exploring the community and having fun. Activities include shopping, movies, bowling, and more. Participants are picked up directly from school. Parents are responsible for pickup at SEASPAR or Denning Park after the program. A schedule is mailed with confirmations.

Code 9-012-01-2
 Age 16 - 22
 Place Lyons Township North and South High Schools
 Dates Mondays
 February 10 - May 5
 (No program March 31)

Weeks 12
 Denning 6:00 p.m.
 Fee \$305

Code 9-012-01-1
 Age 16 - 22
 Place Downers Grove North and South High Schools, Lisle High School, Westmont Transition Center

Dates Tuesdays
 February 11 - May 6
 (No program April 1)

Weeks 12
 SEASPAR 6:00 p.m.
 Fee \$305



Karate

The skills learned, and the training methods used in non-contact karate, help release tension and increase focus. Participants learn self-control, balance, and the ability to process and follow a series of directions. This is a continuous program, allowing participants to advance through the belt system, and have the opportunity to earn a black belt. All abilities are welcome as instruction is tailored to each individual's progress. A uniform, purchased through True Balance Karate, is required for individuals participating in two or more sessions of karate since they then become members of the karate club. **Note:** A waiver is sent with the program confirmation and must be returned by Friday, February 7.

Winter Session

Code 9-074-01-1
 Age 16 - 22
 Place True Balance Karate
 Dates Mondays
 February 10 - March 31
 # Weeks 8
 Time 5:55 - 6:25 p.m.
 Fee \$85

Spring Session

Code 9-074-01-2
 Age 16 - 22
 Place True Balance Karate
 Dates Mondays
 April 7 - June 9
 (No program May 26)
 # Weeks 9
 Time 5:55 - 6:25 p.m.
 Fee \$95

Young Adult Club

Calling all teens and young adults! This club is geared specifically for teens and young adults transitioning into adult programs. Activities and outings place a strong emphasis on socialization, while also having fun. It's the perfect opportunity to meet new friends and connect with old ones.

Code 9-095-01-1
 Age 16 - 22
 Place Various Locations
 Dates Saturdays, February 15,
 March 1, 15, 29, April 12, May 3
 SEASPAR 12:00 - 4:00 p.m.
 Denning 12:30 - 3:30 p.m.
 Limit 12
 Fee \$168

President's Day Out!

Celebrate President's Day with SEASPAR! We start off with a strike while bowling at Brunswick Zone. Then we head to Aurora and spend our afternoon at Luigi's Fun Center where we enjoy more than 100 arcade games while eating delicious thin crust pizza. Don't miss out on this exciting day off from school!

Code 9-210-01-1
 Age 16 - 22
 Place Brunswick Zone & Luigi's Fun Center
 Date Monday, February 17
 Denning 9:00 a.m. - 3:00 p.m.
 SEASPAR 9:30 a.m. - 3:30 p.m.
 Fee \$40

Please Check In

When arriving at and departing from programs, parents are asked to check in with staff before leaving or taking their child. Note: SEASPAR staff are not responsible for supervision of participants prior to the start of the program.

24 Programs for Teens & Adults (16+)

Afternoon Adventures

Enjoy exciting travels throughout the community with your friends. You're sure to have a memorable time. Parents are responsible for pickup at SEASPAR or Denning Park after the program. A schedule is mailed with confirmations.

Code	9-007-01-3
Place	Various Locations
Dates	Mondays, February 10 – May 5 (No program March 31)
# Weeks	12
Pickup	Darien Sportsplex 3:00 p.m.
Drop-off	Denning 5:30 p.m.
SEASPAR	2:30 – 6:00 p.m.
Limit	12
Fee	\$244

Fitness Fundamentals and Fit 'n Fabulous

Regular exercise and physical activity are important and beneficial for long-term health and well-being. Being physically active can help you reduce body fat, control weight, reduce depression and anxiety, and build and maintain healthy muscles, bones, and joints, along with increasing flexibility.

Join one of SEASPAR's fitness classes to enhance your work, recreation, and sports performance. If the weather is conducive, we may walk outside. Please bring a water bottle. Athletic apparel and gym shoes are required. No jeans please.

Fitness Fundamentals

Code	9-003-01-2
Place	Community Park District of LaGrange Park
Dates	Mondays, February 10 – May 5 (No program March 31)
# Weeks	12
Time	5:00 – 6:00 p.m.
Fee	\$52

Fit 'n Fabulous

Code	9-003-01-3
Place	Darien Sportsplex
Dates	Mondays, February 10 – May 5 (No program March 31)
# Weeks	12
Time	5:00 – 6:00 p.m.
Fee	\$52

Kitchen Creations

Being able to work your way around a kitchen is a valuable skill that goes beyond fixing yourself a sandwich. Learn about kitchen safety, food sanitation, table etiquette, proper manners, and the art of following a recipe in order to create a delectable dish. Why not sign up for a fitness program held at the same location?

Code	9-005-01-2
Place	Community Park District of LaGrange Park
Dates	Mondays, February 10 – May 5 (No program March 31)
# Weeks	12
Time	6:00 – 7:30 p.m.
Fee	\$136

Code	9-005-01-1
Place	Darien Sportsplex
Dates	Monday, February 10 – May 5 (No program March 31)
# Weeks	12
Time	6:00 – 7:30 p.m.
Fee	\$136

Jewelry Making

Add some bling to your life! Join SEASPAR's "gem of a program" and make necklaces, bracelets, and even earrings. After making your very own unique creations, you can add them to your jewelry collection or share them with someone special. Sign up today!

Code	9-028-01-1
Place	Lincoln Center
Dates	Mondays, February 17, March 3, 17, April 7, 21, May 5
Time	6:00 – 7:00 p.m.
Fee	\$48

Day Away Tour

If you have been wishing for something to do during the week, join Day Away Tour. This group travels beyond the local community to experience a variety of fun recreational activities. Outings include shopping, theater, and sporting events. A schedule is mailed with confirmations. **Note:** Based on the distance of the destination, times may vary.

Code	9-007-01-1
Age	21 and older
Place	Various Locations
Dates	Tuesdays, February 18, March 4, 18, April 8, 22, May 6
Time	Varies
Pickup	SEASPAR
Limit	12
Fee	\$320

Nothing Kills a Good Program Quicker ...

than everyone waiting until the last minute to register. If there are not enough registrants, the program is cancelled, and coming in the day of the program to sign up won't save it. Registration must be received five days prior to the start of the program and preferably by Monday, January 6.

BINGO!

Don't miss your chance to be a big winner. Spend the evening with your SEASPAR friends trying your luck at B-I-N-G-O! We have many wonderful prizes and snacks, plus there's time to socialize.

Code 9-034-01-1
 Place Lincoln Center
 Dates Tuesdays, February 11 – March 18
 # Weeks 6
 Time 6:00 – 7:00 p.m.
 Fee \$32

Code 9-034-01-2
 Place Park District of LaGrange
 Dates Tuesdays, March 25 – May 6
 (No program April 1)
 # Weeks 6
 Time 6:00 – 7:00 p.m.
 Fee \$32



Music Mania

Learn new songs, free dance, and how to jam instrumentally. The group experience teaches patience, sharing, and listening. The goal is for you to use music for stress reduction, relaxation, and improving communication. The most important goal is to have fun!

Code 9-014-01-1
 Place Westmont Community Center
 Dates Tuesdays, February 11 – May 6
 (No program April 1)
 # Weeks 12
 Time 7:00 – 7:45 p.m.
 Fee \$92

For More Information ...

about programs for teens
 and adults, please contact
 Shannon Tovey at 630-960-7600
 or stovey@seaspar.org.



Animal Assisted Therapy

Spend time with man's best friend. You are given the opportunity to work with Rainbow Therapy Dogs using simple obedience commands. The unconditional love from these tail-wagging friends encourages you to share, give praise, and express yourself while increasing your self-esteem.

Code 9-039-01-1
 Place Darien Community Center
 Dates Tuesdays, March 25 – May 6
 (No program April 1)
 # Weeks 6
 Time 7:00 – 8:00 p.m.
 Fee \$52

Clay Creations

Let your creative side come out in this program. Learn how to work with clay and mold and paint your own masterpiece. This class helps develop fine motor skills and gives participants a sense of achievement, as well as artwork to display.

Code 9-029-01-1
 Place Lincoln Center
 Dates Tuesdays, March 25, April 8, 22, May 6
 Time 7:00 – 8:30 p.m.
 Fee \$82

Actors Guild

This program is held cooperatively with Tri County SRA and is taught by Christine Grohne of Actors with Special Needs. Actors Guild is designed to build self-esteem, enhance character, and motivate each of you to do your best. No acting experience is necessary. Family and friends are encouraged to practice lines with participants. Participants will perform "Cinderella" on Wednesday, May 14.

Code 9-010-01-1
 Place Lincoln Center
 Dates Wednesdays, February 12 – May 14
 (No program April 2)
 # Weeks 13
 Time 4:45 – 6:00 p.m.
 Fee \$97

26 Programs for Teens & Adults (16+)

New Program!

Holiday Treats

Each season brings new holiday treats to enjoy. We make delectable delights for each of our favorite holidays. Try your luck at mini heart-shaped pizzas, St. Patrick's Day cookies, and spring bird nest snacks. Learn how to follow a recipe in order to create your succulent snack.

Code 9-032-01-1
 Place Darien Sportsplex
 Dates Wednesdays, February 12, March 5, April 16
 Time 6:00 – 7:30 p.m.
 Fee \$28

Dancin' the Night Away

Have you always wanted to learn how to boogie down? Now you can! Learn dance movements that you'll be able to show off for your friends and family on the final date of the program. You can then flaunt your new moves at one of our many dances offered throughout the year.

Code 9-011-01-2
 Place Brookfield Municipal Building
 Dates Wednesdays, February 12 – May 7
 (No program April 2)
 # Weeks 12
 Time 7:00 – 8:00 p.m.
 Fee \$72

Adult Swim

Jump right in; the water's great! This non-competitive program is designed for those who enjoy a leisurely swim in the pool. We spend our Wednesday evenings playing fun water games while socializing with friends. Sign up today and make a splash.

Code 9-002-01-1
 Place Doubletree Hotel
 Dates Wednesdays
 February 12 – May 7
 (No program April 2)
 # Weeks 12
 Time 7:00 – 8:00 p.m.
 Fee \$60



Life Skills Training

Learning new skills whether just for fun or to get a job can be rewarding. Join this interactive program where you will learn about essential life skills. Each week a different topic will be addressed, including healthy eating, personal hygiene, housekeeping, fitness, safety, and budgeting. Whether you are a teenager or an adult, this program has been designed for you! Program materials are included.

Code 9-045-01-1
 Place Darien Sportsplex
 Dates Wednesdays, February 19, March 5, 19, April 9, 23, May 7
 Time 6:00 – 7:00 p.m.
 Fee \$50

At the Movies

Lights, camera, action! Get together with friends to see a current G, PG, or PG-13 movie. Please visit our website at www.seaspar.org or call SEASPAR after 2:00 p.m. on the day of the program for movie title and time (if calling after hours, select the program update option). Bring \$10 for concessions if you wish. **Note:** Parents, guardians, or caseworkers must check in with the supervisor upon arrival and departure.

Time Varies
 Dates Wednesdays, February 19, March 12, April 9, 30
 Fee \$66

Code 9-019-01-1
 Place AMC Quarry Cinema

Code 9-019-01-2
 Place Cinemark at Seven Bridges

Bulls & Blackhawks Bonanza

Don't miss your chance to cheer on the Bulls AND the Blackhawks this season! Head Coach Tom Thibodeau leads the Bulls through an exciting season of slam dunks, and Head Coach Joel Quenneville leads the Blackhawks through an exhilarating season of breakaways. Dinner is served as the competition plays out on the big screen. **Note:** Due to the unpredictable length of the games, return time to Denning Park is approximate. SEASPAR remains until the end of the game. If the group is going to be more than 20 minutes late, staff will attempt to contact families or caseworkers with updated information.

Day Wednesdays
 Place Papa Passero's
 Game Time 7:00 p.m.
 Time 6:45 – 9:30 p.m.
 Denning 6:15 – 10:00 p.m.
 Fee \$26 per event

Code	Date	Team
9-027-01-1	February 26	Bulls vs. Golden State Warriors
9-027-01-2	March 19	Blackhawks vs. St. Louis Blues
9-027-01-3	April 9	Bulls vs. Minnesota Timberwolves
9-027-01-4	April 16	Bulls vs. Charlotte Hornets

Art-Tastic

Let your creative side shine! Join SEASPAR's creative art program and discover your inner Picasso. Express your individuality while learning new techniques with a variety of materials, including paint, collage, clay decoupage, and more! No artistic experience needed. Sign up today and explore your artistic side.

Code 9-004-01-1
 Place Lincoln Center
 Dates Wednesdays, March 26 – May 7
 (No program April 2)
 # Weeks 6
 Time 6:00 – 7:00 p.m.
 Fee \$40

PLEASE NOTE: Program confirmations are mailed two weeks prior to the start of programs.

Weight Training

Are you willing to go the extra mile and dedicate yourself to our weight training program? When it comes to changing how your body looks, weight training wins hands down. Lifting weights can help raise your metabolism, strengthen bones, help you avoid injuries, increase your confidence and self-esteem, and improve coordination and balance. SEASPAR staff assist you in choosing which exercises help you achieve your goals. Bring a water bottle. Athletic apparel and gym shoes are required. No jeans please.

Code 9-013-01-1
 Place Lisle Community Center
 Dates Thursdays, February 13 – May 8
 (No program April 3)
 # Weeks 12
 Time 4:30 – 5:30 p.m.
 Fee \$76

Alley Cats/Strikers

Enjoy a leisurely game of bowling with your friends. This non-competitive program focuses on the importance of sportsmanship, socialization, and fun with basic instruction. Scores are recorded to help participants track their progress, and are also used as a basis for participants who choose to sign up for Special Olympics Bowling. **Note:** Parents and/or guardians are responsible for bringing participants into the bowling alley and checking in with staff.

Diner's Delight

Whether you work up an appetite from bowling, or are looking for an evening among friends, Diner's Delight can provide you with a tasty meal and friendly conversations. Staff help participants promote their independence by having them order their own meals, set the tables, engage in appropriate social interaction, and clean up after the meal. A schedule is mailed with confirmations. **Note:** Participants registering only for Diner's Delight meet at Lisle Lanes at 4:45 p.m. or at Willowbrook Lanes at 5:15 p.m. Participants registered for EAGLES and Alley Cats Lisle meet at SEASPAR.



Code	Program	Place	Day	Dates	No Program	# Weeks	Time	Fee
9-023-01-1	Alley Cats	Lisle Lanes	Wednesday	2/12-5/7	4/2	12	4:00 – 5:00 p.m.	\$157
9-022-01-1	Diner's Delight	Lisle Lanes	Wednesday	2/12-5/7	4/2	12	5:00 – 6:30 p.m.	\$172
9-023-01-2	Alley Cats	Willowbrook Lanes	Thursday	2/13-5/8	4/3	12	4:30 – 5:30 p.m.	\$157
9-022-01-2	Diner's Delight	SEASPAR	Thursday	2/13-5/8	4/3	12	5:30 – 7:00 p.m.	\$172
9-022-01-3	Diner's Delight	Denning	Thursday	2/13-5/8	4/3	12	5:30 – 7:00 p.m.	\$172
9-023-01-3	Strikers	Suburbanite Bowl	Saturday	2/15-5/10	4/5, 4/19	11	11:00 a.m.– 12:00 p.m.	\$144

28 Programs for Teens & Adults (16+)

Glee Club

Are you ready to take it up a notch and join our singing ensemble? We need all the soprano, alto, tenor, and bass voices to band together to make sweet, sweet music. Practicing helps you stay "in tune" in preparation for the recital, keeping the "perfect pitch" for your friends and family. Mark your calendar for the Spring Recital on Saturday, May 17.

Code 9-014-01-2
Place Darien Sportsplex
Dates Thursdays, February 13 – May 22
(No program April 3)
Weeks 14
Time 5:00 – 6:00 p.m.
Fee \$86

Participation

Participants should be willing to voluntarily participate in the scheduled activities. SEASPAR staff encourage and aid, but do not force participation.

Yoga

Yoga is designed to safely guide you toward enhanced strength, stamina, and flexibility. Studies show yoga has multiple health benefits such as reducing high blood pressure, blood sugar, and obesity. Mats are provided. Please bring a water bottle.

Code 9-033-01-1
Place Darien Community Center
Dates Thursdays, February 13 – May 8
(No program April 3)
Weeks 12
Time 7:00 – 8:00 p.m.
Limit 8
Fee \$98

Woodworking

Let the experts at Woodcraft help you create your own woodworking masterpiece in this unique program. Staff members help you choose from a multitude of woodworking activities. Past projects have included birdhouses, magazine racks, pens, and ornaments.

Code 9-015-01-1
Place Woodcraft
Dates Thursdays, March 27, April 10, 24, May 1
Time 7:00 – 8:30 p.m.
Limit 8
Fee \$84

Social Club

Social Club offers activities and excursions within the community. As clubs are established, consideration is given to age, peer groups, car pools, CILA's, and issues that are important to you. Please be sure to list car pool information on the registration form. Accessible transportation is available. The Fun Fair and St. Patrick's Dance are included in the club schedule.

Code 9-025-01-1
Dates Fridays
February 14 – May 9
(No program
April 4, 18)
Weeks 11
Time Varies by activity
Fee \$195



Saturday Night Socialites

This program is designed for adults who are ready to venture out on their own, but may need some help getting started. The group plans a diverse schedule of community outings. Participants must contribute to the social dynamics of the group and adhere to dress and behavior codes.

Code 9-026-01-1
Age 21 and older
Place Golden Wok Restaurant
Planning Date Saturday, February 15
SEASPAR 6:00 – 9:00 p.m.
737 Apts. 6:30 – 8:30 p.m.
Dates Saturdays, March 29, April 12, 26, May 3, 10
Time Varies
Pickup SEASPAR
737 Apartments
Limit 12
Fee \$257



Become a fan of SEASPAR on Facebook.

Bon Voyage Dance Party

The first dance of 2014 has a cruise theme! Don't let January get by without spending a Saturday night dancing with your friends and listening to terrific tunes. The SEASPAR Aktion Club is hosting this event, and the proceeds are given to PAWS, the Breast Cancer Research Foundation, the Multiple Sclerosis Society, and Create Jobs for U.S.A. Be sure to dress for your favorite travel destination. Refreshments from ports of call from around the world are provided.

Code 9-201-01-1
 Place Clarendon Hills Community Center
 Date Saturday, January 18
 Time 7:00 – 9:00 p.m.
 Fee \$15

Chicago Boat, Sports & RV Show

Whether you're an avid outdoorsman eager to see what's new, or are just looking for a way to escape winter for a day, this show is for you. Catch a thrill at rail jam, explore the exciting world of paddleboats, check out Fred's Shed, view the area's biggest displays of new RVs, and more. Bring \$20 for concessions.

Code 9-202-01-1
 Place McCormick Place
 Date Sunday, January 19
 SEASPAR 12:00 – 7:00 p.m.
 Denning 12:30 – 6:30 p.m.
 Limit 22
 Fee \$40

Valentine's Dance

Midwestern University is hosting their 13th annual dance for SEASPAR and other SRAs. Wear your dancing shoes, because this is sure to be an exciting evening. Midwestern students have been busy decorating and choosing the perfect songs for the evening to ensure you have a wonderful time. Refreshments are served. The event is held in the Student Athletic Center.

Code 9-203-01-1
 Place Midwestern University
 Date Saturday, February 8
 Time 6:30 – 8:30 p.m.
 Denning 6:00 – 9:00 p.m.
 Limit 60
 Fee \$15

Guys Day Out

Hey fellas, we travel to the Allstate Arena to watch Grave Digger and other monster trucks do some amazing stunts! Bring \$20 for concessions and souvenirs. **Note:** This event is extremely loud, bring ear plugs, or you may purchase them at the event.

Code 9-204-01-1
 Place Allstate Arena
 Date Sunday, February 9
 Show Time 2:00 p.m.
 SEASPAR 12:00 – 6:00 p.m.
 Denning 12:30 – 5:30 p.m.
 Limit 12
 Fee \$50

Chicago Wolves

Cheer for the Chicago Wolves as they take on the Milwaukee Admirals. Bring \$20 for concessions and souvenirs. **Note:** Due to the unpredictable length of the game, return times are approximate. SEASPAR stays for the whole game. If the group is going to be more than 20 minutes late, staff will attempt to contact families or caseworkers with updated information.

Code 9-205-01-1
 Place Allstate Arena
 Date Saturday, February 15
 Game Time 7:00 p.m.
 SEASPAR 5:00 – 11:30 p.m.
 Denning 5:30 – 11:00 p.m.
 Limit 20
 Fee \$45

Accessible Seats

Code 9-205-01-2
 Limit 2

Snow Tubing

It's your day to play on the slopes at Villa Olivia. We have dinner at the Ski Café and hot chocolate to warm us up. Wear appropriate clothing for snow tubing. **Note:** A waiver is sent with the program confirmation and must be returned by Friday, February 7.

Code 9-207-01-1
 Place Villa Olivia
 Date Sunday, February 16
 Denning 2:00 – 9:00 p.m.
 SEASPAR 2:30 – 8:30 p.m.
 Limit 12
 Fee \$50

30 Special Events for Teens & Adults (16+)

For More Information ...



about special events for
teens and adults,
please contact
Kim Huggins at
630-960-7600 or
khuggins@seaspar.org.

Fun Fair

Benet Academy is hosting a fun-filled evening for SEASPAR. The gymnasium is transformed into a mini fun fair. Play carnival games, dance, or snack on delicious treats. Find a friend or two and play a round of Baggo or socialize over a bag of fresh popcorn. You won't want to miss this party! **Note:** This event is included in all Social Club schedules.

Code 9-211-01-1
Place Benet Academy Gymnasium
Date Friday, February 21
Time 6:30 – 8:30 p.m.
Denning 6:00 – 9:00 p.m.
Fee \$15



The Phantom of the Opera

Far beneath the majesty and splendor of the Paris Opera House, hides the phantom in a shadowy existence. Shamed by his physical appearance and feared by all, the love he holds for his beautiful protégée Christine Daae is so strong that even her heart cannot resist. This timeless story and unforgettable score will take your breath away. Bring \$20 for concessions and souvenirs. Have lunch before the event. This program is not recommended for those who fear heights, as our seats are located in the balcony.

Code 9-212-01-1
Place Cadillac Palace Theatre
Date Saturday, February 22
Show Time 2:00 p.m.
SEASPAR 12:00 – 6:30 p.m.
Denning 12:30 – 6:00 p.m.
Limit 15
Fee \$75

Accessible Seat

Code 9-212-01-2
Limit 1

Outback Steakhouse

It's always steak season at Outback Steakhouse. This Australian-themed restaurant serves a variety of food including chicken, ribs, seafood, pasta, and of course, steak. They say if their Aussie-ness rubs off on you, just grab another napkin.

Code 9-213-01-1
Place Outback Steakhouse
Date Sunday, February 23
Denning 4:00 – 7:30 p.m.
SEASPAR 4:30 – 7:00 p.m.
Limit 22
Fee \$45

Country Western Dance

Howdy ya'll, come and join us for a bit of country fun. Put on your cowboy boots, jeans, and hat for a honky-tonk good time. The EAGLES help coordinate this event. Our DJ provides us with some country tunes to dance the night away. Refreshments are served.

Code 9-214-01-1
Place Darien Sportsplex
Date Saturday, March 1
Time 7:00 – 9:30 p.m.
Fee \$15

Young Frankenstein

Young Frankenstein is a wickedly inspired re-creation of the Frankenstein legend based on Mel Brooks' classic comedy. The story follows bright young Dr. Frankenstein as he attempts to complete his grandfather's masterwork and bring a corpse to life. Together with his oddly shaped and endearing helper Igor, his curvaceous lab assistant Inga, and in spite of his incredibly self-involved madcap fiancée Elizabeth, Frankenstein succeeds in creating a monster, but not without scary and quite often hilarious complications. Bring \$20 for concessions and souvenirs.

Code 9-216-01-1
 Place Drury Lane Theatre
 Date Sunday, March 2
 Show Time 2:00 p.m.
 SEASPAR 12:30 – 5:30 p.m.
 Denning 1:00 – 5:00 p.m.
 Limit 20
 Fee \$75

Accessible Seats

Code 9-216-01-2
 Limit 2

Spring Escape

Your adventure begins at the Great Wolf Lodge in the massive indoor water park. Splash the day away in over 80,000 square feet of water-packed excitement, including jaw-dropping slides for the thrill seekers. Outside the water park, the fun continues as we experience the Rick Wilcox Magic Show, explore the Ripley's Believe It or Not Museum, eat at Paul Bunyan's Cook Shanty Restaurant, and so much more. Rooms are assigned according to age and gender. Participants are encouraged to contribute to group dynamics by cooperating with staff and fellow travelers, and by adapting their schedules and routines to accommodate the logistics of the trip. Bring \$50 for shopping and snacks. A packing list is sent one week prior to the trip.

Code 9-217-01-1
 Dates Friday to Sunday, March 7 – 9
 Place Wisconsin Dells
 Departure 9:00 a.m.
 Return 6:00 p.m.
 Limit 12
 Fee \$542

St. Patrick's Dance

Dress in your favorite green outfit as we celebrate St. Patrick's Day. Show off your favorite Irish jig as our DJ plays the latest tunes! Refreshments are served. **Note:** This event is included in all Social Club schedules.

Code 9-218-01-1
 Place Darien Community Center
 Date Friday, March 14
 Time 6:30 – 8:30 p.m.
 Fee \$15

Pinstripes

Join SEASPAR and friends at Pinstripes. This new venue features bocce, bowling, and a bistro. We bowl a few games and then enjoy pizza and dessert.

Code 9-219-01-1
 Place Pinstripes
 Date Saturday, March 15
 SEASPAR 3:30 – 7:30 p.m.
 Denning 4:00 – 7:00 p.m.
 Limit 22
 Fee \$40

Milwaukee Bucks

SEASPAR is the Milwaukee Bucks "Group of the Game." Coach Larry Drew and the team are playing to win. We have lower level seats and go on the court to high five the Bucks and the Charlotte Bobcats at half-time. Watch the Bucks dribble, shoot, and score against the Bobcats. Bring \$30 for concessions and souvenirs. **Note:** Due to the unpredictable length of the game, return times are approximate. SEASPAR stays for the whole game. If the group is going to be more than 20 minutes late, staff will attempt to contact families or caseworkers with updated information.

Code 9-220-01-1
 Place Bradley Center
 Date Sunday, March 16
 Game Time 12:00 p.m.
 SEASPAR 9:00 a.m. – 5:30 p.m.
 Denning 9:30 a.m. – 5:00 p.m.
 Limit 11
 Fee \$85

Accessible Seat

Code 9-220-01-2
 Limit 1

Loss or Theft

Label all items brought to programs with the participant's name. Any electronic communication device or adaptive equipment must be checked in with a staff member upon arrival at the program. Participants are encouraged not to bring items of value. SEASPAR is not responsible for theft or loss of personal belongings.

32 Special Events for Teens & Adults (16+)

Chicago Bulls

Watch the Bulls dribble, shoot, and score against the Philadelphia 76ers. Bring \$20 for concessions and souvenirs. Each participant receives a Bulls poster. **Note:** Due to the unpredictable length of the game, return times are approximate. SEASPAR stays for the whole game. If the group is going to be more than 20 minutes late, staff will attempt to contact families or caseworkers with updated information. This program is not recommended for those who fear heights, as our seats are located in the upper deck.

Code 9-221-01-1
Place United Center
Date Saturday, March 22
Game Time 7:00 p.m.
SEASPAR 5:00 – 11:00 p.m.
Denning 5:30 – 10:30 p.m.
Limit 20
Fee \$95

Accessible Seats

Code 9-221-01-2
Limit 2

Chicago Blackhawks

See Jonathan Toews and his teammates in a fast-paced game of agility and speed. Watch the action as the Blackhawks take on the Nashville Predators. Bring \$20 for concessions and souvenirs. **Note:** Due to the unpredictable length of the game, return times are approximate. SEASPAR stays for the whole game. If the group is going to be more than 20 minutes late, staff will attempt to contact families or caseworkers with updated information. This program is not recommended for those who fear heights, as our seats are located in the upper deck.

Code 9-223-01-1
Place United Center
Date Sunday, March 23
Game Time 6:00 p.m.
SEASPAR 4:00 – 10:30 p.m.
Denning 4:30 – 10:00 p.m.
Limit 20
Fee \$90

Accessible Seats

Code 9-223-01-2
Limit 2

Ladies Day Out

Hey ladies, join your girlfriends for a day of sisterhood and camaraderie. We design a jewelry box using inspirational stencils, idea books, and sponges. Freedom of expression is encouraged. We conclude our afternoon with lunch at Ledo's.

Code 9-227-01-1
Place Ceramic Art Cafe
Date Saturday, March 29
SEASPAR 9:00 a.m. – 2:00 p.m.
Denning 9:30 a.m. – 1:30 p.m.
Limit 12
Fee \$50

Annual Information Forms / AIFs

SEASPAR requires that all participants complete an Annual Information Form. Individuals without a current AIF on file will not be permitted to participate.



Front Street Cantina

Front Street Cantina serves some of the finest, most authentic and flavorful Mexican food in the suburbs. Nachos Grande, tacos, quesadillas, fajitas, enchiladas, and burritos are just a few things on the menu. So join your friends as we enjoy this wonderful restaurant in the burbs.

Code 9-228-01-1
 Place Front Street Cantina
 Date Sunday, March 30
 Denning 11:30 a.m. – 3:30 p.m.
 SEASPAR 12:00 – 3:00 p.m.
 Limit 12
 Fee \$35

Spring Fling Dance

Welcome spring with some hot moves on the dance floor. Let's celebrate the season as the DJ heats up the evening with some sizzling tunes. Refreshments are served.

Code 9-230-01-1
 Place Clarendon Hills Community Center
 Date Saturday, April 5
 Time 6:30 – 8:30 p.m.
 Fee \$15

CATS

Based on the poems of T.S. Eliot, with its legendary score, *CATS* provides the setting for spectacular and breathtaking dance. The intimate theatre brings you closer than ever to "The Jellicle Ball" with trouble-makers Mungojerrie and Rumpleteazer, the magical Mr. Mistoffelees, and the suave Rum Tum Tugger. Let the "Memory" live again! Bring \$20 for concessions and souvenirs. Have an early dinner before the event.

Code 9-231-01-1
 Place Marriott Theatre
 Date Sunday, April 6
 Show Time 5:00 p.m.
 SEASPAR 2:45 – 9:15 p.m.
 Denning 3:15 – 8:45 p.m.
 Limit 21
 Fee \$65

Accessible Seat

Code 9-231-01-2
 Limit 1

Team Bowling Tournament

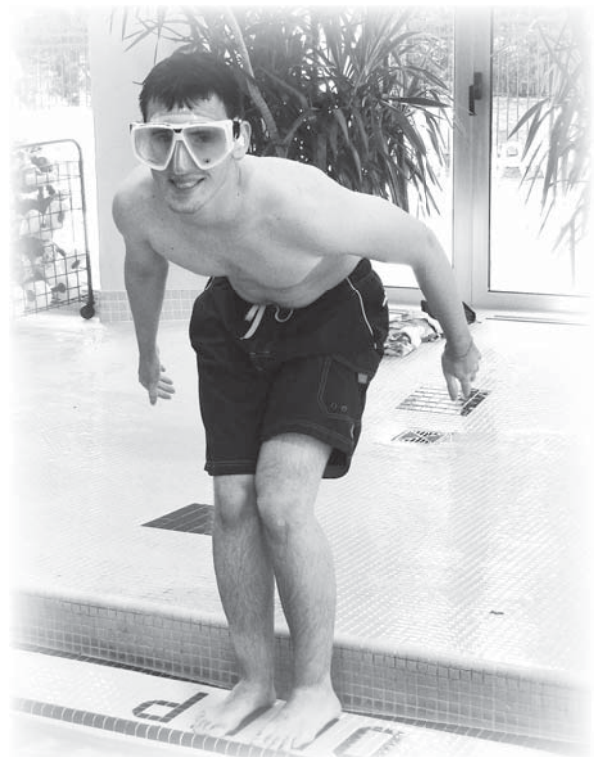
The 34th Annual Team Bowling Tournament, co-hosted by the Kiwanis Club of Downers Grove, is one of the highlights of the season. Bowlers from other SRAs join us in a friendly competition. Remember, SEASPAR's tournament is a team effort. This means scores from every individual are pooled to create a team score. Lunch is provided after three games of bowling.

Code 9-232-01-1
 Place Willowbrook Lanes
 Date Saturday, April 12
 Time 9:00 a.m. – 1:00 p.m.
 Limit 12
 Fee \$30

CoCo Key Water Resort

CoCo Key Water Resort combines the relaxation and enchantment of the keys with the wild excitement of a huge indoor water park. We enjoy the day splashing around the Coral Reef Cavern, gliding down the Coconut Grove River, and taking a slide down the Shark Slam, Gator Gush, or Barracuda Blast. Wear your swimsuit, and bring a towel and change of clothes. Bring \$20 for lunch and snacks.

Code 9-236-01-1
 Place CoCo Key Water Resort
 Date Saturday, April 26
 SEASPAR 9:00 a.m. – 7:00 p.m.
 Denning 9:30 a.m. – 6:30 p.m.
 Limit 22
 Fee \$75



Watch for your summer brochure to be delivered the week of April 7.

34 Special Events for Teens & Adults (16+)

Hard Rock Café

The Hard Rock Café in Chicago has celebrated more than 25 years in the heart of the River North neighborhood. Lauded for diversity in all areas and embracing classic and funky trends with equal ardor, Hard Rock Café has something special for everyone. SEASPAR has its own menu for the evening including a Hard Rock Burger, Honey Mustard Grilled Chicken Sandwich, Veggie Burger, Pulled Pork Sandwich, dessert, and beverages. Hard Rock continues to “Love all, serve all.”

Code 9-237-01-1
Place Hard Rock Café
Date Sunday, April 27
SEASPAR 3:15 – 8:00 p.m.
Denning 3:45 – 7:30 p.m.
Limit 22
Fee \$50

Motown the Musical

This exhilarating show charts Motown founder Berry Gordy’s incredible journey from featherweight boxer to the heavyweight music mogul who launched the careers of Diana Ross, Michael Jackson, Stevie Wonder, Smokey Robinson, Marvin Gaye, and so many more. Featuring all of the classics you love, *Motown the Musical* tells the story behind the hits of Diana, Smokey, Berry, and the whole Motown family to create the soundtrack that changed America. Bring \$20 for concessions and souvenirs.

Code 9-238-01-1
Place Oriental Theatre
Date Saturday, May 3
Show Time 2:00 p.m.
SEASPAR 12:00 – 6:30 p.m.
Denning 12:30 – 6:00 p.m.
Limit 15
Fee \$80

Accessible Seat

Code 9-238-01-2
Limit 1

Naperville Progressive Dinner

Having trouble choosing between restaurants? Now you don’t have to. Come hungry, as we tour downtown Naperville. We begin with appetizers at Bar Louie, followed by our entrée at Bd’s Mongolian Grill, and top it all off at Sugar Monkey for dessert.

Code 9-239-01-1
Place Downtown Naperville
Date Sunday, May 4
Denning 3:45 – 9:15 p.m.
SEASPAR 4:15 – 8:45 p.m.
Limit 12
Fee \$54

Spring Formal

Join your friends at the NSSRA Spring Formal. Participants enjoy delicious appetizers and an evening of dancing. This is a formal event and appropriate attire is required. No jeans or gym shoes. Men should wear ties and a jacket, ladies a party dress. Appetizers are provided.

Code 9-240-01-1
Place Park Center
Date Friday, May 9
SEASPAR 5:15 – 10:30 p.m.
Denning 5:45 – 10:00 p.m.
Limit 12
Fee \$40



Wrigley Field Tour

Stroll through the home of the Chicago Cubs and get an insider’s look at 100 years of history in this legendary ballpark. Our tour includes visits to the seating bowl, press box, bleachers, clubhouse, and the dugout, as well as a chance to step out onto the field. Tours are conducted rain or shine, so please dress for the weather. After our tour, we stop at Goose Island for dinner.

Code 9-241-01-1
Place Wrigley Field
Date Saturday, May 10
SEASPAR 2:00 – 9:00 p.m.
Denning 2:30 – 8:30 p.m.
Limit 22
Fee \$75

Sock Hop

Relive the fabulous 50s as we “Rock Around The Clock” to our favorite tunes. Show off your fab 50s style in a leather jacket, white t-shirt, jeans, or a poodle skirt. Refreshments are provided.

Code 9-244-01-1
Place Clarendon Hills Community Center
Date Saturday, May 17
Time 6:30 – 8:30 p.m.
Fee \$15

Scholarships Available

The SEASPAR Board and staff are committed to offering programs at the lowest possible cost. However, due to financial restrictions, some individuals may find it difficult to pay the entire fee. To help those in need, a significant amount of scholarship funds are made available through the generosity of donors. Each year community organizations and individuals contribute funds that are earmarked for scholarships. We appreciate this support which allows participants to benefit from activities.

Generally, scholarships are available for up to 50% of the program fee. Any balance due from a previous season must be paid prior to receiving additional scholarship funds. Scholarships are not available for overnight trips, and are only available to SEASPAR residents. Arrangements for a payment schedule are also possible to make the payment of fees more feasible. To apply for a scholarship, contact Matt Corso at least one week prior to the registration deadline.

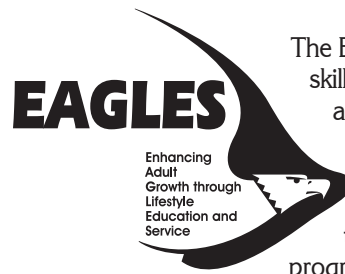
Inclusive Programs

As part of SEASPAR's continuum of recreation programs, inclusive services are provided for residents who wish to participate in general recreation programs. For many individuals with disabilities, participating alongside their peers without disabilities is a beneficial and rewarding experience. SEASPAR can provide services to enhance an existing program by training staff, adapting activities, developing behavioral modifications, and/or providing additional support staff.

Parents should be aware of a few simple guidelines prior to enjoying an inclusive recreation experience. First, register according to the park district/recreation department policies. Be sure to indicate on the registration form that your child needs an accommodation. Next, the participant should be able to follow the rules of conduct for the program, either with or without accommodation, and be willing to voluntarily participate in scheduled activities. SEASPAR and its member entity staff encourage and aid, but do not force participation. After registering, the member entity and SEASPAR work cooperatively with you to provide reasonable accommodations. If you have any questions, please contact Shannon Tovey. We are happy to discuss options for making this season a great one.

SEASPAR/WDSRA Agreement

The SEASPAR/WDSRA Agreement allows residents of each SRA to register in weekly programs and special events of the other at the in-district rate. Overnight trips are not included. Registrations must be submitted by the agency's deadline, and are processed after the agency's residents. WDSRA serves the communities of Bloomingdale, Carol Stream, Glen Ellyn, Naperville, Roselle, Warrenville, West Chicago, Wheaton, and Winfield. For information, call SEASPAR at 630-960-7600. For a copy of the WDSRA brochure, call WDSRA at 630-681-0962.



The EAGLES program is a year-round life skills enrichment program designed to assist adults with disabilities, ages 18 through 55, transition to life in the community. Individuals must meet specific criteria in order to be eligible for the program. The program is held at the Darien Sportsplex

and Brookfield Municipal Building. For more information about the EAGLES program, please call Dawn Krawiec at 630-789-6666, ext. 115.

Drop In Center

The Drop In Center provides individuals who have mental health needs an opportunity to spend leisure time in a friendly, relaxed atmosphere. Activities are designed to enhance relationships between friends, peers, and family members. The program is free for everyone who attends. Donations are accepted. A schedule of activities and trips is available on our website. The program starts with lunch, followed by the planned activity. Individuals may choose to stop by for a few minutes or stay the entire time.

The Drop In Center is co-sponsored by SEASPAR, the DuPage County Health Department, and NAMI DuPage (National Alliance on Mental Illness). Contact Greg Pavesich for information.

Days 1st and 3rd Sunday of each month (except holidays)

Time 1:00 – 4:00 p.m.

Place Westmont Community Center, 75 East Richmond Street

Stroke Support Group

SEASPAR, in cooperation with Hinsdale Hospital and LaGrange Memorial Hospital, sponsors the Stroke Support Group for those who have had a stroke and their family and friends. It provides educational sessions about strokes and how to rebound following a stroke. Members encourage one another to face and overcome common problems by sharing their own experiences.

The group provides a welcoming atmosphere and a sense of understanding, especially for those with communication and physical limitations. Strength can be drawn from one another in this type of environment. A schedule of activities and trips is available on our website.

Nursing Home Programs

SEASPAR conducts activities for nursing homes within its communities. Some of the activities offered are trips to zoos, museums, movie theaters, plays, restaurants, and shopping. Also offered are programs such as fishing, bowling, wheelchair square dancing, or almost anything the group finds entertaining. There is a small fee for transportation, staff, and the cost of admissions or supplies. Contact Greg Pavesich if you are interested in scheduling an activity.

36 Program Information

Pickup/Drop-Off

SEASPAR asks that parents promptly drop off and pick up participants at the designated program times. Before programs, staff are busy preparing for the program and are unavailable to supervise participants. After programs, staff members may be scheduled at another facility and, therefore, need to depart soon after the program. By allowing them to complete their work promptly, SEASPAR can operate more cost efficiently. Be sure to check in with the staff when dropping off and picking up your child.

Families of participants who are not picked up promptly are sent a letter that serves to remind them of the concern. If the situation continues, a charge is imposed for subsequent late pickups. If a participant is picked up late (more than 10 minutes) three times in three months or less, a warning is sent stating that the next late pickup(s) results in a payment due to SEASPAR for the overtime. A rate of \$18 per hour is used. Payment is due to SEASPAR within one week of notification. If not paid promptly, the amount is due prior to the next registration. The staff makes every effort to return on time from all outings; we ask your cooperation in making pickups promptly.

If a participant is traveling home unsupervised, parents or case managers must submit written notice to the SEASPAR office. Please submit this notice with the registration form. We ask that you notify SEASPAR if someone other than a familiar family member is picking up your child.

Absences

Call SEASPAR when a participant cannot attend an activity. The number of staff hired is based on perfect attendance. Help us avoid unnecessary expenses by advising us if a participant will be absent. On special events, this allows those on the waiting list to attend and means that no tickets are wasted. Messages may be left on the after-hours absence line. We realize that last minute absences may not allow for notice; however, we appreciate your assistance and cooperation.

Atlanto Axial Subluxation

Individuals with Down Syndrome are at risk of having Atlanto Axial Subluxation Condition (ASC) that causes increased mobility in the cervical spine. For the safety of our participants, individuals with Down Syndrome are not allowed to participate in the butterfly stroke in swimming, diving, tumbling, gymnastics, high jump, and other activities unless they have tested negative for ASC. An x-ray determines if the condition is present. Contact SEASPAR for further details.



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SEASPAR on Facebook.*

Transportation Safety Procedures

The following procedures are required to ensure the safety of our participants while riding in our vehicles. SEASPAR reserves the right to refuse to transport individuals. All passengers must be sitting in seats or wheelchairs with seat belts securely fastened or the driver will not move the vehicle. All wheelchairs must have brakes that are in good working condition and can stop the chair from moving.

SEASPAR staff are responsible for determining whether a participant can be transported safely. Persons using an Amigo-type scooter or stroller must transfer to a vehicle seat and use a seat belt.

Medication Dispensation

The exchange of medication, information, and participants can become rather hectic as a group prepares to leave for an activity or at the beginning of a program. In order to be sure that all medication is in order and staff has the appropriate information, we ask you to put medication in specially-marked envelopes, complete the label, and give it to the program supervisor before the group leaves. To make the process work more efficiently for overnight trips, envelopes are sent to you along with the packing list. For day trips, staff provides envelopes at the drop-off point. For the convenience of those who are involved in many outings, or who take medication frequently, we are happy to provide a supply of labeled envelopes.

Weather Cancellations

Weekly programs and special events may be cancelled due to inclement weather. Call SEASPAR one to two hours before the program begins or between 4:00 and 4:30 p.m. for evening programs. If a program is cancelled, staff attempt to reach all participants by phone to inform them of the cancellation. After hours, program changes are available on the program update selection of the phone system. If indoor facilities are available for weekly programs, the program is held as usual. Programs cancelled due to inclement weather are not rescheduled.

Severe winter weather guidelines for cancelling programs

Outdoor programs or programs with transportation for participants with physical disabilities:

- Temperature of zero or wind chill of -10° or less

All other programs with transportation:

- Temperature of -10° or wind chill of -20° or less

All programs (including indoor): snowstorm or blizzard situations when driving restrictions and emergency accident plans are in effect (e.g., winter storm or blizzard warnings).

Other weather concerns affecting program cancellation

All programs (including indoor) where a tornado warning is in effect for the surrounding area. SEASPAR uses discretion for all other weather warnings and watches.

Participant Expectations

SEASPAR provides leisure opportunities for individuals with disabilities, and while participating in our programs, we stress socialization skills, appropriate behavior, and personal appearance. For the dignity and acceptance of individuals with disabilities, and for their overall self-esteem and enjoyment in community outings, the staff has developed a list of participant expectations. We ask that you assist us in fulfilling these basic guidelines. The participant guidelines were developed for the betterment of our participants, their self-esteem, and normalization.

- Clean, dry clothing.
- No bowel/bladder problems upon arrival at the program. If this is a concern, extra clean clothing, cleanup supplies, and Depends garments must be sent with the participant.
- Attention to body odors (should smell fresh).
- Appearance should be clean.
- Appropriate attire for program participation (gym shoes, warm-ups, or loose-fitting clothing for athletic, sports, or exercise programs). If you have a question about attire, call SEASPAR.

Staff will be consistent in stressing personal hygiene while participants are at programs.

Code of Conduct

SEASPAR asks all participants and family members to observe the behavior code below, which was developed to ensure enjoyable and safe program experiences. SEASPAR will attempt reasonable accommodations to enable participants to meet behavior expectations.

- Show respect to all participants, staff, and public.
- Listen to and comply with staff direction and program rules.
- Allow others in the program and others at public facilities to enjoy the activity without disruption (within reason).
- Refrain from using foul language or other offensive behavior such as rude gestures, sexually explicit language, or inappropriate touching.
- Refrain from causing bodily harm or aggressive physical contact.
- Show respect to equipment, supplies, and facilities.

Additional rules are developed for specific programs as deemed necessary by the staff.

Discipline

SEASPAR applies a caring, positive approach to discipline. Staff review rules with participants and are willing to work with parents to develop behavior modification programs as necessary. When conduct expectations are not met, staff will take reasonable steps to accommodate the behavior and minimize future risks. However, when accommodations are attempted and are unsuccessful, or when no reasonable accommodation exists to avoid future risks, SEASPAR may take actions such as removing a participant from an activity for a short period of time, removing a participant from an activity for the remainder of the day, suspending participation for the next program meeting, or suspending participation in that program for the remainder of the season. Notwithstanding SEASPAR's option to use progressive discipline, SEASPAR is not required to do so and may, at its sole discretion, forego lesser forms of discipline at any time, and proceed immediately with suspending participation for the remainder of the season.

Listed below are examples of reasons for disciplinary action. This list, however, does not constitute a comprehensive list of all acts which may subject the participant to disciplinary action, including suspension from any program or activity. Instead, the following list sets forth some of the more typical circumstances that arise. They include, but are not limited to:

- Making loud noises in particular settings where quietness is expected.
- Inability to sit quietly in theaters, concerts, etc.
- Showing lack of respect for other participants/patrons at activities.
- Running in crowded areas or bolting from the group – this can cause disruption or be a significant safety problem.

Wellness Guidelines

In consideration of other participants and staff, and to prevent the spread of contagious illnesses, it is recommended that participants refrain from attending programs when any of the following conditions exist:

- Fever of 100° or higher within the last 24 hours.
- Vomiting within the last 24 hours.
- Persistent diarrhea in conjunction with other symptoms.
- Contagious rash or a rash of unknown origin.
- Persistent cough and/or cold symptoms.
- Eye infections or discharge from the eye.
- Symptoms of mumps, measles, chicken pox, strep throat, flu, impetigo, or Coxsackie's virus.
- Fatigue due to illness that hinders participation in a program.
- Runny nose with yellow or green discharge.
- Lice or mites.

Please notify SEASPAR if the participant contracts any contagious illness that will affect attendance at a program. Participants should return to programs at the doctor's recommendation, or, if not under a doctor's care, when the symptoms have clearly passed.

38 Registration Information

REGISTRATION DEADLINE: MONDAY, JANUARY 6 – 4:30 p.m.

Registration Procedures



Online registration begins on Monday, December 16 and must be submitted by Monday, January 6 at 4:30 p.m. To register online, go to www.seaspar.org.

To register online, you must meet the following criteria:

- SEASPAR resident
- No outstanding balance
- 2014 Annual Information Form on file
- Full credit card payment is required at the time of registration

If you would like to register online, please call the SEASPAR office for a user name, password, and instructions.

- Complete both sides of the registration form and sign it.
- All new participants must complete an Annual Information Form and submit it with their registration form. Parents, guardians, or caregivers are responsible for informing SEASPAR of any changes to this information. Annual Information Forms are available at SEASPAR and on the website.
- Full payment must be received with the registration unless other arrangements have been made. Payment may be made by check, money order, cash, or credit card.
- Mail or drop off your registration, Annual Information Form, and payment as soon as possible, but no later than Monday, January 6 by 4:30 p.m. For after-hours convenience, there is a mail slot at the SEASPAR office entrance.
- SEASPAR resident registrations received by Monday, January 6, will be processed randomly beginning Tuesday, January 7.
- Registrations will not be processed if a balance remains from a previous season. Please contact the office with questions about any outstanding balances.
- Registrations received after the registration deadline are accepted if space is available.
- Non-resident registration begins Thursday, January 9, and is processed randomly.
- Registrations must be received in the office five business days before an activity.
- SEASPAR encourages registration at the times and dates listed. This enables the staff to answer questions and provide additional information.
- Instructors may not receive payment or register participants at programs.
- SEASPAR sends registration confirmations before programs begin. Please review the confirmation to verify programs for which you are registered or on the waiting list.

Program Cancellations

- A program may be cancelled if the program minimum is not met.
- Programs may be cancelled due to inclement weather. Make-up dates are generally not possible.
- If a participant cannot attend a program, he/she cannot send a substitute in his/her place.

Refund/Credit Procedures

- A full refund is issued if a program or special event is cancelled by SEASPAR.
- In order for a participant to drop from a program or special event, SEASPAR must be notified five business days prior to the start of the program or special event to qualify for a refund. At this time, the participant will be refunded the cost of the program less a \$5 processing fee, the cost of a ticket (unless a participant on the waiting list registers), contracted services, or specialized non-refundable supplies.
- A prorated refund is issued if a written medical excuse accompanies the refund request.
- No refund is given if a class is postponed due to low enrollment. If the program is subsequently cancelled, a full refund is given.
- If a participant chooses to cancel from a program after the season has begun, a prorated refund is issued, less a \$5 processing fee and ticket price, if applicable.
- All refunds are issued monthly.

Registrations will not be processed without payment.

Non-Resident Fee Policy

SEASPAR does not accept out-of-district participants unless they reside in an unincorporated area. (See page 35 for information on the SEASPAR/WDSRA agreement.) An unincorporated area is property not within the boundaries of a park district or municipality, e.g., village, town, city. A 100% increase in fees is charged for non-residents to participate. Example: A \$20 in-district fee is multiplied by two for a total of \$40. Registration forms for non-residents are accepted at any time, but are not processed until resident registration is completed. In all cases, residents are given priority and non-residents are admitted to programs only after all interested residents are served.

Be sure to fill out and sign the back of this page.

Registration Form Children & Young Teens (Ages 3 – 15) 39

Registration Deadline: Monday, January 6 – 4:30 p.m.

Participant's Name _____ Age _____ Birth Date _____ Gender _____

Listed are all programs in order as they appear in the brochure. Please check only those programs for which you are registering.

Please Circle Pickup Location: **D = Denning** **LG = Park District of LaGrange** **S = SEASPAR**

Code	Program	✓	Fee
Programs for Everyone			
9-001-01-1	Swim Hilton Mon 4:30		170
9-001-01-2	Swim Hilton Mon 5:00		170
9-001-01-3	Swim Lodge Tues 4:30		170
9-001-01-4	Swim Lodge Tues 5:00		170
9-001-01-5	Swim Lodge Tues 5:30		170
9-001-01-6	Swim Lodge Tues 6:00		170
9-001-01-7	Swim Doubletree Wed 5:30		170
9-001-01-8	Swim Doubletree Wed 6:00		170
9-001-01-9	Swim Doubletree Wed 6:30		170
9-001-01-10	Swim Lodge Thurs 4:30		170
9-001-01-11	Swim Lodge Thurs 5:00		170
9-001-01-12	Swim Lodge Thurs 5:30		170
9-001-01-13	Swim Lodge Thurs 6:00		170
9-006-01-1	Music: Tues Piano Drums Guitar Time:		232
9-006-01-3	Music: Wed Piano Time:		232
9-006-01-2	Music: Thurs Piano Voice Time:		232
9-008-01-2	Therapeutic Skating		110
9-008-01-3	Therapeutic Skating		110
9-070-01-1	Horseback Riding 5:00		150
9-070-01-2	Horseback Riding 5:30		150
9-070-01-3	Horseback Riding 6:00		150
9-041-01-2	Sunshine Golf		50
Programs for Children & Young Teens			
9-075-01-1	Yoga I (10-15)		90
9-075-01-2	Yoga II (10-15)		90
9-051-01-1	Social Skills I (5-10)		15
9-051-01-2	Social Skills II (5-10)		15
9-096-01-1	Social Skills I(11-15)		15
9-096-01-2	Social Skills II (11-15)		15
9-074-01-1	Karate I (6-15)		85
9-074-01-2	Karate II (6-15)		95
9-058-01-1	Right Fit (7-15) 4:00		130
9-093-01-1	Right Fit (7-15) 5:00		130
9-055-01-1	Tiny Tunes (3-5)		35
9-057-01-1	Games We Play (3-5)		25
9-052-01-1	Chance for Dance (7-15)		90
9-060-01-1	Books & Cooks (4-8)		30
9-064-01-1	Ride a Bike (5-10)		65
9-093-01-2	Ride a Bike (11-15)		65
9-056-01-2	Borrow A Dog (5-10)		150
9-087-01-2	Borrow A Dog (11-15)		150

Code	Program	✓	Fee
Programs for Children & Young Teens (cont.)			
9-056-01-3	Bring Your Dog (5-10)		150
9-087-01-3	Bring Your Dog (1-15)		150
9-053-01-2	Tumble Time (3-6)		160
9-053-01-1	Beginner Gymnastics (7-11)		160
9-092-01-1	Gymnastics 101 (12-15)		160
9-065-01-1	Sports Mania (5-10)		42
9-084-01-1	Sports Mania (11-15)		42
9-072-01-1	Golf! (7-15)		45
9-067-01-1	Super Saturday (5-10)		206
9-085-01-1	Teen Excursion 2/15 D S		25
9-085-01-2	Teen Excursion 2/22 D S		25
9-085-01-3	Teen Excursion 3/1 D S		25
9-085-01-4	Teen Excursion 3/8 D S		25
9-085-01-5	Teen Excursion 3/15 D S		25
9-085-01-6	Teen Excursion 3/22 D S		25
9-085-01-7	Teen Excursion 3/29 D S		25
9-085-01-8	Teen Excursion 4/12 D S		25
9-085-01-9	Teen Excursion 4/26 D S		25
9-085-01-10	Teen Excursion 5/3 D S		25
9-085-01-11	Teen Excursion 5/10 D S		25
9-068-01-1	Nemo (5-10) 2/22 D S		40
9-068-01-2	Nemo (5-10) 3/8 D S		40
9-068-01-3	Nemo (5-10) 5/3 D S		40
9-086-01-1	Sampler (11-15) 3/15 D S		40
9-068-01-2	Sampler (11-15) 4/12 D S		40
9-068-01-3	Sampler (11-15) 5/10 D S		40
Special Events for Children & Young Teens			
9-206-01-1	Fire Museum (11-15) D S		25
9-208-01-1	LEGOLAND (6-11) D S		80
9-209-01-1	Odyssey World (12-15) D S		50
9-215-01-1	Big Top (11-15) D S		55
9-222-01-1	Pirate & Princess (5-10)		20
9-226-01-1	Teen Overnight (12-15)		60
9-224-01-1	Break/East (5-10) 3/24		36
9-224-01-2	Break/East (5-10) 3/25		36
9-224-01-3	Break/East (5-10) 3/26		36
9-224-01-4	Break/East (5-10) 3/28		36
9-224-01-5	Break/East (5-10) 3/24		36
9-224-01-6	Break/West (5-10) 3/31		36
9-224-01-7	Break/West (5-10) 4/1		36
9-224-01-8	Break/West (5-10) 4/2		36
9-224-01-9	Break/West (5-10) 4/3		36
9-224-01-10	Break/West (5-10) 4/4		36
9-225-01-1	Break/East (11-15) 3/24		36

Code	Program	✓	Fee
Special Events for Children & Young Teens			
9-225-01-2	Break/East (11-15) 3/25		36
9-225-01-3	Break/East (11-15) 3/26		36
9-225-01-4	Break/East (11-15) 3/27		36
9-225-01-5	Break/East (11-15) 3/28		36
9-225-01-6	Break/West (11-15) 3/31		36
9-225-01-7	Break/West (11-15) 4/1		36
9-225-01-8	Break/West (11-15) 4/2		36
9-225-01-9	Break/West (11-15) 4/3		36
9-225-01-10	Break/West (11-15) 4/4		36
9-229-01-1	Break/Trip (5-10) 3/31		30
9-229-01-2	Break/Trip (5-10) 4/1		30
9-229-01-3	Break/Trip (5-10) 4/2		30
9-229-01-4	Break/Trip (5-10) 4/3		30
9-229-01-5	Break/Trip (5-10) 4/4		30
9-229-01-6	Break/Trip (11-15) 3/31		30
9-229-01-7	Break/Trip (11-15) 4/1		30
9-229-01-8	Break/Trip (11-15) 4/2		30
9-229-01-9	Break/Trip (11-15) 4/3		30
9-229-01-10	Break/Trip (11-15) 4/4		30
9-233-01-1	Mickey & Minnie (5-11)		15
9-234-01-1	Sleeping Beauty (5-11) D S		45
9-235-01-1	Tour Lisle (12-15) D S		35
9-242-01-1	Railway Museum (5-11) D S		65
9-243-01-1	Prog. Dinner (12-15) D S		35
Paralympic Sports			
9-050-09-1	Wheelchair Tennis		50
9-050-11-1	Adapted Yoga		100
9-050-03-1	Sled Hockey (8+)		90
9-050-02-1	Goalball (8-18)		90
9-050-01-1	Boccia		60
9-050-01-2	Boccia Tournament		Free
Special Olympics			
9-114-01-1	Rhythmic Gym (8+) S		90
9-114-01-2	Artistic Gym (8+) S		90
9-118-01-1	Aquatics (8+)		165
9-120-01-1	Athletics Saturday (8+)		145
9-120-01-2	Athletics Sunday (8+)		145
9-119-01-1	Tennis (11+)		100
9-116-01-1	Soccer (13+) D S		120
9-104-01-1	Bocce Practice (8+)		30
9-113-01-1	Golf Practice (8+) D S		80
9-113-01-2	Golf Practice (8+) D S		75
9-113-01-3	Golf Skills (8+)		120
9-106-01-1	Bowling (8+)		120

Total	\$
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Credit Card: Master Card <input type="checkbox"/> Visa <input type="checkbox"/> Discover <input type="checkbox"/>	Office Use Only	
Cardholder Name	Date Rec'd	Cash Amt
Account #	Exp. Date	Rec'd By
Authorized Signature	AIF Given	AIF Rec'd

40 Registration Waiver Children & Young Teens (Ages 3 – 15)

Participant's Name _____ Age _____ Birth Date _____ Gender _____

Address _____ City _____ Zip _____

Are you a new participant? Yes No Is this a new address? Yes No Is this a new phone number? Yes No

Home Phone (____) _____ Work Phone: Mom (____) _____ Dad (____) _____

Parents' Names _____ Cell Phone: Mom (____) _____ Dad (____) _____

E-mail Address _____

School _____ Teacher _____

Disabilities or Diagnosis _____

Are there any changes in allergic conditions? Yes No Dietary restrictions? Yes No Medication? Yes No

Other health issues? Yes No Please list _____

Do you have an updated emergency contact? Yes No Name _____

Address _____ Phone Number _____

Indicate friends and/or car pool accommodations _____

Waiver & Release Important Information

SEASPAR is committed to conducting its recreation activities in a safe manner and holds the safety of participants in high regard. SEASPAR 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 activities must recognize that there is an inherent risk of injury when choosing to participate.

You are solely responsible for determining if you or your minor child/ward is physically fit and/or skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way, 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 the 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. (Understandably, not all hazards and dangers can be foreseen. Depending on the particular activities, participants must understand that certain risks, dangers, and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction, or officiating, and all other circumstances inherent to indoor and outdoor recreation activities exist. In this regard, it must be recognized that it is impossible for SEASPAR to guarantee absolute safety.

Waiver And Release of All Claims And Assumption of Risk

Please read this information carefully and be aware that in signing up and participating in activities, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages, or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with these activities (including transportation services/vehicle operation, when provided).

I recognize and acknowledge that there are certain risks of physical injury to participants in these activities, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in these activities against SEASPAR, including their officials, agents, volunteers, and employees (hereinafter collectively referred as "SEASPAR").

I do hereby fully release and forever discharge SEASPAR 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 these activities.

I understand that SEASPAR carries no medical insurance and the participant's family must cover any medical costs incurred. I have read and fully understand the above important information, warning of risk, assumption of risk and waiver, and release of all claims.

In the event of an emergency, I understand and authorize SEASPAR staff and officials to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for immediate care for myself or minor child and agree that I will be responsible for payment of any and all medical services rendered.

Parent's Signature _____ Date _____

**PARTICIPATION WILL BE DENIED if the waiver is not signed or dated by parent/guardian.
PARTICIPATION WILL BE DENIED if a current Annual Information Form is not on file.**

Be sure to fill out and sign the back of this page.

Registration Form Teens & Adults (16+)

41

Registration Deadline: Monday, January 6 – 4:30 p.m.

Participant's Name _____ Age _____ Birth Date _____ Gender _____

Listed are all programs in order as they appear in the brochure. Please check only those programs for which you are registering.

Please Circle Pickup Location: **D = Denning** **LGP = LaGrange Park** **S = SEASPAR**

Code	Program	✓	Fee
Programs for Everyone			
9-001-01-1	Swim Hilton Mon 4:30		170
9-001-01-2	Swim Hilton Mon 5:00		170
9-001-01-3	Swim Lodge Tues 4:30		170
9-001-01-4	Swim Lodge Tues 5:00		170
9-001-01-5	Swim Lodge Tues 5:30		170
9-001-01-6	Swim Lodge Tues 6:00		170
9-001-01-7	Swim Doubletree Wed 5:30		170
9-001-01-8	Swim Doubletree Wed 6:00		170
9-001-01-9	Swim Doubletree Wed 6:30		170
9-001-01-10	Swim Lodge Thurs 4:30		170
9-001-01-11	Swim Lodge Thurs 5:00		170
9-001-01-12	Swim Lodge Thurs 5:30		170
9-001-01-13	Swim Lodge Thurs 6:00		170
9-006-01-1	Music: Tues Piano Drums Guitar Time:		232
9-006-01-3	Music: Wed Piano Time:		232
9-006-01-2	Music: Thurs Piano Voice Time:		232
9-008-01-2	Therapeutic Skating		110
9-008-01-3	Therapeutic Skating		110
9-070-01-1	Horseback Riding 5:00		150
9-070-01-2	Horseback Riding 5:30		150
9-070-01-3	Horseback Riding 6:00		150
9-041-01-2	Sunshine Golf		50
Programs for Children & Young Teens (16-22)			
9-012-01-2	Teen Scene East		305
9-012-01-1	Teen Scene West		305
9-074-01-1	Karate I		85
9-074-01-2	Karate II		95
9-095-01-1	Young Adult Club		168
9-210-01-1	President's Day		40
Programs for Teens & Adults			
9-007-01-3	Afternoon Adventure		244
9-003-01-2	LGP Fitness Fundamentals		52
9-005-01-2	LGP Kitchen Creations		136
9-003-01-3	Darien Fit 'n Fabulous		52
9-005-01-1	Darien Kitchen Creations		136
9-028-01-1	Jewelry Making		48
9-007-01-1	Day Away Tour		320
9-034-01-1	BINGO! Lincoln Center		32
9-034-01-2	BINGO! LaGrange		32
9-014-01-1	Music Mania		92
9-039-01-1	Animal Therapy		52

Code	Program	✓	Fee
Programs for Teens & Adults (cont.)			
9-029-01-1	Clay Creations		82
9-010-01-1	Actors Guild		97
9-032-01-1	Holiday Treats		28
9-011-01-2	Dancin' the Night Away		72
9-002-01-1	Adult Swim		60
9-045-01-1	Life Skills Training		50
9-019-01-1	At the Movies Quarry		66
9-019-01-2	At the Movies Seven Bridges		66
9-027-01-1	Bulls Bonanza 2/26	D	26
9-027-01-2	Blackhawks Bonanza 3/19	D	26
9-027-01-3	Bulls Bonanza 4/9	D	26
9-027-01-4	Bulls Bonanza 4/16	D	26
9-004-01-1	Art-Tastic		40
9-013-01-1	Weight Training		76
9-023-01-1	Alley Cats Lisle		157
9-022-01-1	Diner's Delight Lisle		172
9-023-01-2	Alley Cats Willowbrook		157
9-022-01-2	Diner's Delight SEASPAR		172
9-022-01-3	Diner's Delight Denning		172
9-023-01-3	Saturday Strikers		144
9-014-01-2	Glee Club		86
9-033-01-1	Yoga		98
9-015-01-1	Woodworking		84
9-025-01-1	Social Club		195
9-026-01-1	Socialites	S 737	257
Special Events for Teens & Adults			
9-201-01-1	Bon Voyage		15
9-202-01-1	Boat & RV Show	D S	40
9-203-01-1	Valentine Dance	D	15
9-204-01-1	Guys Day Out	D S	50
9-205-01-1	Chicago Wolves	D S	45
9-205-01-1	Chicago Wolves (Acc)	D S	45
9-207-01-1	Snow Tubing	D S	50
9-211-01-1	Fun Fair (Included in Social Club)	D	15
9-212-01-1	Phantom of the Opera	D S	75
9-212-01-2	Phantom (Access)	D S	75
9-213-01-1	Outback Steakhouse	D S	45
9-214-01-1	Country Western Dance		15
9-216-01-1	Frankenstein	D S	75
9-216-01-2	Frankenstein (Access)	D S	75
9-217-01-1	Spring Escape		542
9-218-01-1	St. Patrick's Dance (Included in Social Club)		15

Code	Program	✓	Fee
Special Events for Children & Young Teens (cont.)			
9-219-01-1	Pinstripes	D S	40
9-220-01-1	Milwaukee Bucks	D S	85
9-220-01-2	Bucks (Access)	D S	85
9-221-01-1	Chicago Bulls	D S	95
9-221-01-1	Bulls (Access)	D S	95
9-223-01-2	Chicago Blackhawks	D S	90
9-223-01-2	Blackhawks (Access)	D S	90
9-227-01-1	Ladies DayOut	D S	50
9-228-01-1	Front Street Cantina	D S	35
9-230-01-1	Spring Fling Dance		15
9-231-01-1	CATS	D S	65
9-231-01-2	CATS (Access)	D S	65
9-232-01-1	Bowling Tournament		30
9-236-01-1	CoCo Key Resort	D S	75
9-237-01-1	Hard Rock Café	D S	50
9-238-01-1	Motown the Musical	D S	80
9-238-01-2	Motown (Access)	D S	80
9-239-01-1	Progressive Dinner	D S	54
9-240-01-1	Spring Formal	D S	40
9-241-01-1	Wrigley Field Tour	D S	75
9-244-01-1	Sock Hop		15
Paralympic Sports			
9-050-09-1	Wheelchair Tennis		50
9-050-11-1	Adapted Yoga		100
9-050-03-1	Sled Hockey (8+)		90
9-050-02-1	Goalball (8-18)		90
9-050-01-1	Boccia		60
9-050-01-2	Boccia Tournament		Free
Special Olympics			
9-122-01-1	Powerlifting		120
9-114-01-1	Rhythmic Gymnastics	S	90
9-114-01-2	Artistic Gymnastics	S	90
9-118-01-1	Aquatics		165
9-120-01-1	Athletics Saturday		145
9-120-01-2	Athletics Sunday		145
9-119-01-1	Tennis		100
9-117-01-1	Softball	D	190
9-116-01-1	Soccer	D S	120
9-104-01-1	Bocce Practice		30
9-113-01-1	Golf Practice	D S	80
9-113-01-2	Golf Practice	D S	75
9-113-01-3	Golf Skills		120
9-106-01-1	Bowling		120
Total	\$		

Credit Card: Master Card <input type="checkbox"/> Visa <input type="checkbox"/> Discover <input type="checkbox"/>	Office Use Only	
Cardholder Name	Date Rec'd	Cash Amt
Account #	Exp. Date	Rec'd By
Authorized Signature	AIF Given	AIF Rec'd

42 Registration Waiver Teens & Adults (16+)

Participant's Name _____ Age _____ Birth Date _____ Gender _____

Address _____ City _____ Zip _____

Are you a new participant? Yes No Is this a new address? Yes No Is this a new phone number? Yes No

Home Phone (____) _____ Work Phone: Mom (____) _____ Dad (____) _____

Parents' Names _____ Cell Phone: Mom (____) _____ Dad (____) _____

E-mail Address _____

School _____ Teacher _____

Disabilities or Diagnosis _____

Are there any changes in allergic conditions? Yes No Dietary restrictions? Yes No Medication? Yes No

Other health issues? Yes No Please list _____

Do you have an updated emergency contact? Yes No Name _____

Address _____ Phone Number _____

Indicate friends and/or car pool accommodations _____

Waiver & Release

Important Information

SEASPAR is committed to conducting its recreation activities in a safe manner and holds the safety of participants in high regard. SEASPAR 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 activities must recognize that there is an inherent risk of injury when choosing to participate.

You are solely responsible for determining if you or your minor child/ward is physically fit and/or skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way, 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 the 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. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activities, participants must understand that certain risks, dangers, and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction, or officiating, and all other circumstances inherent to indoor and outdoor recreation activities exist. In this regard, it must be recognized that it is impossible for SEASPAR to guarantee absolute safety.

Waiver And Release of All Claims And Assumption of Risk

Please read this information carefully and be aware that in signing up and participating in activities, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages, or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with these activities (including transportation services/vehicle operation, when provided).

I recognize and acknowledge that there are certain risks of physical injury to participants in these activities, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in these activities against SEASPAR, including their officials, agents, volunteers, and employees (hereinafter collectively referred as "SEASPAR").

I do hereby fully release and forever discharge SEASPAR 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 these activities.

I understand that SEASPAR carries no medical insurance and the participant's family must cover any medical costs incurred. I have read and fully understand the above important information, warning of risk, assumption of risk and waiver, and release of all claims.

In the event of an emergency, I understand and authorize SEASPAR staff and officials to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for immediate care for myself or minor child and agree that I will be responsible for payment of any and all medical services rendered.

Parent's Signature _____ Date _____

Participant's Signature (18 or older or Parent/Guardian) _____ Date _____

**PARTICIPATION WILL BE DENIED if the waiver is not signed or dated by parent/guardian.
PARTICIPATION WILL BE DENIED if a current Annual Information Form is not on file.**

Walk And Roll-A-Thon

Sunday, May 18
10:00 a.m. – 1:00 p.m.



Ebersold Park Downers Grove

Participants raise money through sponsors for each lap completed around the half-mile course. All proceeds from the event go toward the purchase of a new SEASPAR vehicle. Can you please help? Registration and pledge forms are available now.

Summer Golf Classic

Thursday, July 17

12 noon shotgun start

Village Greens Golf Course, Woodridge

All proceeds from the Summer Golf Classic enhance programming opportunities for individuals with special needs. The outing is open to anyone who enjoys the game of golf and is interested in helping SEASPAR with its fundraising efforts.



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<h1>Upcoming Events</h1>	<p>Walk and Roll-A-Thon – Sunday, May 18</p> <p>Summer Kick-Off Party – Sunday, June 8</p> <p>Summer Golf Classic – Thursday, July 17</p>
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Fun for the whole family!

You've Been FRAMED

SEASPAR Bowling 

Fundraiser

Saturday, March 1
12:00 – 3:00 p.m.

Willowbrook Lanes
735 Plainfield Road

\$20 per person
includes bowling,
shoe rental, and pizza.

Registration Deadline:
Monday, February 24

Pizza • Win Prizes with Frame Games • Raffle Items • 50/50 Raffle