

**FALL  
2021**

**SEASONAL PROGRAM  
BROCHURE**



**FALL PROGRAM DATES**

**SEPTEMBER 13 - NOVEMBER 5**

**REGISTRATION DATES**

**RESIDENTS ONLY - PRIORITY**

**AUGUST 16 - AUGUST 20**

**RESIDENT/NON-RESIDENT/CO-OP**

**AUGUST 23 - AUGUST 27**

**VIRTUAL PROGRAMS**

**AUGUST 16 - AUGUST 27**

## **I N D E X**

- **GENERAL INFORMATION..... PAGE 3**
- **LETTER FROM THE DIRECTOR..... PAGE 4**
- **SPECIAL ANNOUNCEMENTS..... PAGE 5**
- **REGISTRATION & INFORMATION..... PAGE 6**
- **VIRTUAL PROGRAMS..... PAGE 7**
- **VIRTUAL EVENTS..... PAGE 8**
- **IN-PERSON PROGRAM POLICIES..... PAGE 9-10**
- **IN-PERSON PROGRAMS..... PAGE 11**
- **POST-SEASON PROGRAMS & EVENTS... PAGE 12**
- **RECREATION BOXES..... PAGE 13**
- **ADULT DAY PROGRAM..... PAGE 14**
- **SENSORY DEPOT..... PAGE 15**
- **FUNDRAISERS FOR SWSRA..... PAGE 16**
- **SWSRA APPAREL FUNDRAISER..... PAGE 17**
- **REGISTRATION FORM..... PAGE 18**
- **REGISTRATION WAIVER & RELEASE..... PAGE 19**
- **SWSRA MASTER FORM..... PAGE 20-21**



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

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

## BOARD OF DIRECTORS

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

## ADMINISTRATION & RECREATION TEAM

### **Nicolette D. Lahman, LNHA**

*Executive Director*

[nlahman@swsra.com](mailto:nlahman@swsra.com)

708-389-9423

### **Dawn Kehoe**

*Business Manager*

[dckehoe@swsra.com](mailto:dckehoe@swsra.com)

708-389-9423

### **Marina Uher, CTRS**

*Recreation Supervisor*

[muher@swsra.com](mailto:muher@swsra.com)

708-997-2739

### **Brittany Izzo**

*Recreation Supervisor*

[bizzo@swsra.com](mailto:bizzo@swsra.com)

708-997-2739

### **Paula Marr**

*PR /Marketing & Outreach*

[pmarr@swsra.com](mailto:pmarr@swsra.com)

708-389-9423

### **Patti Swiney**

*Office Clerk*

[pswiney@swsra.com](mailto:pswiney@swsra.com)

708-389-9423

**SWSRA Main Office:** 12521 South Kostner Avenue, Alsip, IL 60803  
Phone: 708-389-9423 - Fax: 708-389-6458 - Website: [www.SWSRA.com](http://www.SWSRA.com)

## MISSION STATEMENT

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

## VISION STATEMENT

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

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

# A Letter from the Director



**Nicolette Lahman**  
Executive Director

*Welcome to  
the Team  
Nicolette!*

Dear SWSRA Participants & Families,

First, let me start by saying THANK YOU to each of you for your continued support of SWSRA during these last several months as we navigated through the challenges of the COVID-19 pandemic. Our amazing recreation team did an incredible job of reinventing programming through the use of virtual events, programs, and field trips. Thank you to all of you that have joined us and continue to make these virtual programs a blast!

SWSRA was even more thrilled for the opportunity to bring back in-person programs such as our Day Camp, Bowling II, and Socialites Reunion.

Please be sure to take a look at all the fun we have planned for the Fall. We have many great opportunities, both virtual and in-person that we look forward to offering our community. Whether it's putting on your dancing shoes, bowling shoes, basketball shoes, or walking shoes we hope to see you all there!

Our team remains committed to bringing our participants and families the best programming while keeping safety and well-being our highest priority during this time of transition.

We cannot wait to see you this FALL,

Your SWSRA Team



***Don't ever miss out on fun updates!***

***Check our website and Facebook page for the most up to date information***



# WELCOME TO THE TEAM

## NICOLETTE LAHMAN!

### AS OUR NEW EXECUTIVE DIRECTOR



Nicolette D. Lahman, LNHA  
Executive Director

SWSRA and the Board of Directors extend a warm welcome to Nicolette Lahman as the new Executive Director for SWSRA. Nicolette most recently worked as the Executive Director for Covenant Ability Network of Illinois and has held previous leadership positions at Clearbrook. She holds a Bachelor of Science Degree in Deafness Rehabilitation from Northern Illinois University. We are excited and proud to introduce Nicolette to our communities.



## Save the Dates

### 40th Anniversary Celebration Events

Saturday, October 2, 2021

**Tee-Up Fore SWSRA**  
**Golf Outing**  
**Fundraiser**  
Fountain Hills G.C. - Alsip

November 2021

**Giving**  
**Tuesday**  
**Fundraiser**

January 2022

**Super Bowl**  
**Big TV**  
**Raffle**

Coming in 2022

**40th Anniversary**  
**BIG GALA**  
**Celebration!**

Mark your Calendars and Celebrate SWSRA's 40th Anniversary leading up to our Big Gala Celebration coming in 2022.

Events are subject to change without notice.  
Please call our main office at 708-389-9423 or visit our website at [www.SWSRA.com](http://www.SWSRA.com) for the latest updates.

PRESENTED BY



KASEY MEADOW PARK  
8047 W. 91ST PL  
HICKORY HILLS

# SPECIAL NEEDS DAY

## FREE CARNIVAL

### THURSDAY, AUG 26

### 3PM-5PM

FOR MORE INFO: 708.598.1233 - [WWW.HHPARKDISTRICT.ORG](http://WWW.HHPARKDISTRICT.ORG)



Thanks to All  
Virtual Race  
Participants &  
Donors that  
Helped Raise  
\$1000 for  
SWSRA!

Happy  
Participants!



# REGISTRATION DATES

## RESIDENTS ONLY - PRIORITY REGISTRATION

**AUGUST 16 - AUGUST 20**

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

## RESIDENT/NON-RESIDENT/CO-OP REGISTRATION

**AUGUST 23 - AUGUST 27**

## VIRTUAL PROGRAM REGISTRATION DATES

**AUGUST 16 - AUGUST 27**

### IMPORTANT NOTICE:

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

**ONLINE REGISTRATION IS AVAILABLE ON OUR WEBSITE:**

[WWW.SWSRA.COM/PROGRAMS](http://WWW.SWSRA.COM/PROGRAMS)

## SWSRA PROGRAM LOCATIONS

### Alsip Park District - Apollo

12521 S. Kostner Ave. - Alsip, IL 60803

### Palos Heights Recreation Center

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

### Burr Oak Bowl

3030 W. 127th Street - Blue Island, IL 60406

### Worth Community Center

10707 S. Oak Park Avenue - Worth, IL 60482

## PARTICIPATION AGE GUIDE

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

**Early Childhood:** Ages 3-7

**Youth:** Ages 8-12

**Teen:** Ages 13-17

**Adult:** Ages 18 & Up

## WEBSITE & SOCIAL MEDIA

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

[www.SWSRA.com](http://www.SWSRA.com)

Follow Us On



## DONATE TO SWSRA

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

### Credit Card Donation

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



### Website Donation

<https://www.swsra.com/donations>  
Click the "Donate" button

### Check or Cash Donation

Payable to SWSRA  
12521 S. Kostner Ave. Alsip, IL 60803



## FUNDRAISERS

Help Support SWSRA by Shopping at



- Go to our SWSRA link  
[AmazonSmile SWSRA Charity Link](#)
  - Select from Charity List  
"South West Special Recreation Association"
- Shop & Donate items from our "Wish List"  
[AmazonSmile SWSRA Wish List Link](#)



**Eat & Earn FUNDRAISER**

SEPT 8, 2021  
4:00PM - 8:00PM  
11006 S. CICERO  
OAK LAWN  
708-422-3736  
See flyer on page 14

See page 16 for more Fundraisers & Donors  
[SWSRA.com/fundraisers](http://SWSRA.com/fundraisers)



# VIRTUAL PROGRAMS

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

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

**Group:** Teens & Adults

**Dates:** September 13 - November 5

- Month 1: September 13 - October 8
- Month 2: October 11 - November 5

**Fee:** \$30: 8 Week Access

\$15: Month 1 or Month 2 option

TEEN & ADULT WEEKLY SCHEDULE		
PROGRAM	DAY	TIME
Coffee Talk	Monday	9:00am - 9:30am
BINGO	Monday	3:00pm - 3:30pm
Lunch with Friends	Wednesday	11:30am - 12:00pm
Zoo Tours	Wednesday	3:00pm - 3:30pm
Coffee Talk	Friday	9:00am - 9:30am
BINGO	Friday	3:00pm - 3:30pm

## POST-SEASON VIRTUAL PROGRAMS

**Group:** Teens & Adults

**Dates:** November 8 - December 10 (No programs November 22 - November 26)

**Fee:** \$15

POST SEASON - TEEN & ADULT WEEKLY SCHEDULE		
PROGRAM	DAY	TIME
Coffee Talk	Monday	9:00am - 9:30am
BINGO	Monday	3:00pm - 3:30pm
Lunch with Friends	Wednesday	11:30am - 12:00pm
Virtual Escape Room	Wednesday	3:00pm - 3:30pm
Coffee Talk	Friday	9:00am - 9:30am
BINGO	Friday	3:00pm - 3:30pm

## VIRTUAL PROGRAM DESCRIPTIONS

- **\*BINGO:** Who doesn't like a good game of BINGO? Each BINGO game winner will have their name entered into a drawing at month-end. The more times you win, the greater chance you have of winning the overall monthly prize.
- **Coffee Talk:** Grab your favorite morning beverage (water, tea, coffee, juice, etc.) and begin your morning talking with your peers.
- **Zoo Tours:** We will visit a different zoo or aquarium each week and learn about various animals. Participants can share fun facts that they know about each animal!
- **Lunch with Friends:** Bring your lunch and socialize with your friends. We will discuss current events, video games, movies, and much more!
- **Virtual Escape Room:** During these activities, teams solve riddles and complete puzzles in a fixed amount of time, with a goal of "escaping the room."

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

# VIRTUAL EVENTS

## 80'S FLASH DANCE

Ready to rock the night away in your own home? Join us for our Virtual 80's Flash Dance and dance the night away with your SRA friends! Fee includes DJ and staff supervision.

*\*Register by September 3rd to receive a blow-up rock and roll instrument!*

**Group:** Teens & Adults

**Day:** Friday

**Date:** October 1

**Time:** 7:00pm – 8:30pm

**Fee:** \$10

**Min/Max:** 50/200

*Registration Deadline: Friday, September 17*



## FEED THE HUNGRY DANCE

'Tis the season of giving! Let's celebrate the season by dancing with our SRA friends. Wear your best holiday sweater! A \$2 donation will be included in each fee to donate to families in need.

Fee includes: DJ, donation, and staff supervision.

*\*Register by November 12th to receive a holiday headband!*

**Group:** Teens & Adults

**Day:** Friday

**Date:** December 10

**Time:** 7:00pm – 8:30pm

**Fee:** \$12

**Min/Max:** 50/200

*Registration Deadline: Friday, November 24*



## VIRTUAL EVENTS Hosted by FVSRA

### DIGITAL DANCE PARTY #1

Come join your SRA friends and have a mini dance session! These dance parties will be hosted by our friends at Fox Valley Special Recreation Association (FVSRA)! Fee includes staff supervision.

**Group:** Teens & Adults

**Day:** Friday

**Date:** October 8

**Time:** 7:00pm – 7:30pm

**Fee:** \$2

**Min/Max:** 2/10

*Registration Deadline: Friday, September 24*

### HALLOWEEN LUNCH BUNCH

Come join your SRA friends and bring your lunch! Get into the Halloween spirit and wear your costume! This Lunch Bunch will be hosted by our friends at Fox Valley Special Recreation Association (FVSRA).

**Group:** Teens & Adults

**Day:** Friday

**Date:** October 8

**Time:** 12:30pm – 1:15pm

**Fee:** FREE

**Min/Max:** 2/10

*Registration Deadline: Friday, September 24*

### DIGITAL DANCE PARTY #2

Come join your SRA friends and have a mini dance session! These dance parties will be hosted by our friends at FVSRA! Fee includes staff supervision.

**Group:** Teens & Adults

**Day:** Friday

**Date:** November 5

**Time:** 7:00pm – 7:30pm

**Fee:** \$2

**Min/Max:** 2/10

*Registration Deadline: Friday, October 22*

### DIGITAL DANCE PARTY #3

Come join your SRA friends and have a mini dance session! These dance parties will be hosted by our friends at Fox Valley Special Recreation Association (FVSRA)!

**Group:** Teens & Adults

**Day:** Friday

**Date:** December 3

**Time:** 7:00pm – 7:30pm

**Fee:** \$2

**Min/Max:** 2/10

*Registration Deadline: Friday, November 19*



## ***In-Person Guidelines:***

- Program capacity will be a maximum of 8 participants and 2 staff
- Participants and staff must perform an at-home self-health check every day prior to arrival at the program. Please see “Personal Health Screen” below.
- Face coverings must be worn by participants and staff at all times.
- Participants must provide their own face covering.
- Staff will develop a pick-up and drop-off system for each program to ensure proper physical distancing. Parents and caregivers must wear face-covering and stay in their vehicles when dropping off and picking up their participants.
- Staff will clean and disinfect frequently touched surfaces before and after activities and in between uses of different individuals.
- SWSRA will take measures to promote 6 feet physical distancing like seat assignments, outdoor activities, and traffic flow.
- Participants and staff displaying symptoms of illness during a program will be removed from the group and an approved adult will be required to pick them up within 15 minutes of notification. Participants will be supervised by staff while removed from the group. If staff members feel the participant needs to be sent home, it is not up for debate. The participant must be sent home without question.
- Participants and staff who have been exposed in close contact with someone with confirmed COVID-19 may only return to the program after it has been 14 days from the time of the exposure.
- Participants and staff diagnosed with or exhibiting symptoms of COVID-19 may only return to the program after it has been 14 days from the time they have experienced symptoms, do not have a fever for 3 days (without taking medication to reduce fever), and have improvement in their respiratory symptoms (cough, shortness of breath). Alternatively, a participant may return to the program after 2 negative COVID-19 tests in a row, with testing done 24 hours apart.
- If participants have illnesses like allergies or other non-contagious conditions that may appear similar to a contagious illness, a note from a physician stating they are not contagious is required prior to attending the program.
- To protect participants and those they interact with, participants that do not adhere to program rules and the above guidelines may be removed from the program.

## ***Eligibility Requirements:***

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

## ***Personal Health Screen:***

- All participants are required to complete their own personal health assessment. By attending a program, participants are confirming they can answer “no” to the following questions. If you answer “yes” to any of these questions, you are not allowed to attend until cleared by a medical professional.
- In the last 24 hours, has the participant experienced:
  - A fever of 100.4 or greater in the last 24 hours with or without fever-reducing medication?
  - Cough, congestion, runny nose, sore throat, shortness of breath, or difficulty breathing?
  - Fatigue, muscle or body aches, headache, or chills?
  - Nausea, vomiting, or diarrhea?
  - New loss of sense of smell or taste?
  - Any additional symptoms as updated by the CDC associated with COVID-19?
  - Tested positive or been exposed to someone who tested positive for COVID-19 within the past 14 days?

# IN - PERSON PROGRAMS

## BOWLING I or BOWLING II

Do you want to have a “striking” good time with your friends at the alley? Bowling with SWSRA gives you that opportunity to have fun and be with your friends at the same time! Our bowling program provides a chance for all ability levels to participate in this fantastic sport. Please note the numbers next to each option. This is how you will sign up on the registration page. Fee Includes: one or two-game(s) of bowling, shoe rental, one t-shirt per year, and staff supervision. *As soon as bowlers are finished with all of their games, they are free to go home with a designated guardian. Occasionally, games move quickly and may cause some bowlers to be done before 6:00 PM.*

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

**Group:** Teens & Adults

**Day:** Monday

**Dates:** September 13 - November 8\*

**\*No Program October 11**

**Time:** 5:00pm - 6:00pm

**Location:** Burr Oak Bowl, Blue Island

## BOWLING I

**Min/Max:** 4/8

**Fee:** \$90 (R) \$180 (NR)

## BOWLING II\*

**Min/Max:** 4/8

**Fee:** \$116 (R) \$232 (NR)

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

## COYOTES BASKETBALL SKILLS

In this program, participants will develop and enhance fundamental basketball skills such as shooting, passing, dribbling & more. Sign up today for this fun 8-week basketball program! Fee includes: staff supervision.

**Group:** Teens & Adults

**Day:** Tuesday

**Dates:** September 14 - November 2

**Time:** 6:30pm - 7:30pm

**Location:** Apollo Recreation Center, Alsip

**Min/Max:** 4/8

**Fee:** \$74 (R) \$111 (NR)

## SOCIALITES REUNION

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

**Group:** Teens & Adults

**Day:** Thursday

**Dates:** September 16, September 30,  
October 14, October 28

**Time:** 6:30pm - 7:30pm

**Location:** Worth Community Center, Worth

**Min/Max:** 4/6

**Fee:** \$51 (R) \$102 (NR)

## WALKING CLUB

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

**Group:** Teens & Adults

**Day:** Thursday

**Dates:** September 23, October 7,  
October 21, November 4

**Time:** 6:00pm - 7:00pm

**Location:** Palos Heights Rec. Center Track,

**Min/Max:** 4/8

**Fee:** \$39 (R) \$78 (NR)



# POST-SEASON PROGRAMS

## BOWLING BONANZA

We know you love bowling and cannot get enough! Come to SWSRA's Bowling Bonanza for a fun spin on bowling. This is no ordinary bowling program. You will bowl two very fun and energetic games each week, which will include new games. If you are a regular alley cat or brand new to the scene, you will enjoy this friendly and fun program. Fee includes: two games of bowling, shoe rental, and staff supervision

**Group:** Teens & Adults

**Day:** Monday

**Dates:** November 29 - December 13

**Time:** 5:00pm - 6:00pm

**Location:** Burr Oak Bowl, Blue Island

**Min/Max:** 4/8

**Fee:** \$43 (R) \$86 (NR)

## NIGHT OWLS

SWSRA will be offering "Night Owls" as a postseason option to Socialites Reunion! Having too much fun with all your friends in Socialites Reunion? Then signing up for this program is the right option for you! **Participants must be able to function at a 1:4 staff to participant ratio and have independent self-help skills.** South West Special Recreation Association reserves the right to determine if this program is appropriate for an individual. Appropriate behavior must be demonstrated so as not to detract from another participant's experience.

Fee includes: program supplies, & staff supervision.

**Group:** Teens & Adults

**Day:** Thursday

**Dates:** December 2 & December 16

**Time:** 6:30pm - 7:30pm

**Location:** Worth Community Center, Worth

**Min/Max:** 4/6

**Fee:** \$28 (R) \$56 (NR)

# IN-PERSON SPECIAL EVENTS

## SUMMER COOL DOWN

With summer coming to an end let's make a summer craft so it feels like summer every day! We will be making a sand-clay decoration and a sun magnet. We will also play some games! Fee includes: supplies and staff supervision.

**Group:** Teens & Adults

**Day:** Saturday

**Dates:** September 18

**Time:** 1:00pm - 2:30pm

**Location:** Worth Community Center, Worth

**Min/Max:** 4/6

**Fee:** \$31 (R) \$62 (NR)

*Registration Deadline: September 3*

## FALL FEST

Fall is fully here and let's enjoy the new season by making some crafts! We will be making a leaf bowl and a fall sign! We will also play some fall-themed games! Fee includes supplies and staff supervision

**Group:** Teens & Adults

**Day:** Saturday

**Dates:** November 6

**Time:** 1:00pm - 3:00pm

**Location:** Worth Community Center, Worth

**Min/Max:** 4/6

**Fee:** \$36 (R) \$72 (NR)

*Registration Deadline: October 22*

## HOLIDAY PJ PARTY

Come dressed in your favorite appropriate PJs! We are going to make an Olaf and clay ornaments. We will have a holiday movie in the background playing while we make our crafts! Fee includes: supplies and staff supervision.

**Group:** ALL

**Day:** Saturday

**Dates:** December 18

**Time:** 1:00pm - 3:00pm

**Location:** Worth Community Center, Worth

**Min/Max:** 4/6

**Fee:** \$38 (R) \$76 (NR)

*Registration Deadline: December 3*

## PUMPKIN PAINTING & SPOOKY BINGO

Let's decorate a pumpkin and play a spooky game of BINGO! Come dressed in your best Halloween attire! Fee includes supplies and staff supervision.

**Group:** ALL

**Day:** Saturday

**Dates:** October 9

**Time:** 1:00pm - 2:30pm

**Location:** Worth Community Center, Worth

**Min/Max:** 4/6

**Fee:** \$31 (R) \$62 (NR)

*Registration Deadline: September 24*

# RECREATION BOXES

- **BOX DELIVERY (RESIDENTS ONLY):**

- *Delivery date is the Friday after the registration deadline between 10:00am - 11:00am*

- **BOX PICK UP:** *Pick up is the Friday after the registration deadline 3:00pm - 4:00pm*

- **PICK UP LOCATION:** *Worth Community Center - 10707 South Oak Park Ave., Worth*

## **FAMILY MOVIE NIGHT BOX**

Grab your favorite movie and spend the night with your family on the couch. This box will include some favorite snacks, popcorn, and soda! SWSRA will provide the necessities for a great movie night with the family!

**Group:** All

**Fee:** Family of 2: \$15

Family of 4: \$25

**Home Drop Off of Box\* (Residents Only):** \$5

- **Registration Deadline:** *Friday, September 3 @ 5:00pm*
- **\*Pick Up and Delivery:** *Friday, September 10*

## **FALL DOORMAT**

Looking to add a new decorative doormat to your entryway? SWSRA will provide you all the necessities and step-by-step instructions to create a fall doormat!

**Group:** All

**Fee:** \$40

**Home Drop Off of Box\* (Residents Only):** \$5

- **Registration Deadline:** *Friday, September 17 @ 5:00pm*
- **Pick Up and Delivery:** *Friday, October 1*

## **WINTER FURRY FRIENDS KIT**

Stuff your own Fur-Ever Friend! This kit will make the perfect gift for anyone. The kit includes: one 16" unstuffed snowman or gingerbread person\*, bag of stuffing, wishing element, birth certificate, and step-by-step instructions.

**Group:** All

**Option:** Gingerbread Person OR Snowman\* *(supplies can vary)*

**Fee:** \$20

**Home Drop Off of Box (Residents Only):** \$5

- **Registration Deadline:** *Friday, November 19 @ 5:00pm*
- **\*Pick Up and Delivery:** *Friday, December 10*

# ADULT DAY PROGRAM



## OASIS

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

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

*For more information, please email Brittany at [bizzo@swsra.com](mailto:bizzo@swsra.com) or call 708-997-2739.*

**Group:** 18 and Up

**Day:** Tuesday & Thursday

**Dates:** September 7, 2021 - May 26, 2022

**Time:** 10:00am - 2:00pm

**Location:** Worth Community Center, Worth

*Virtual options available*

**Monthly Fee:** \$330 (Resident)

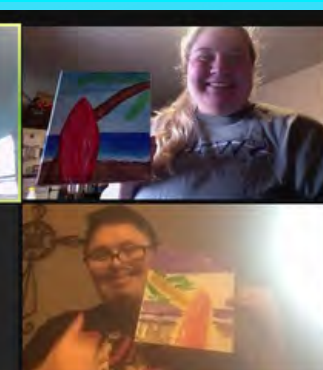
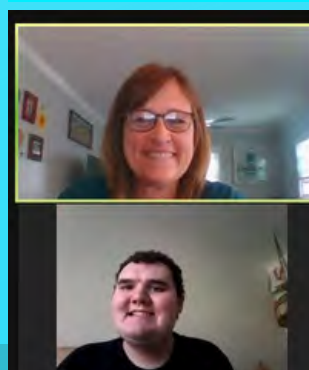
\$412.50 (ATP)

\$495 (Non-Resident)

*In-Person &  
Virtual Options  
Available!*



## *Fun Faces of OASIS*





# SENSORY DEPOT



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



**ONE SESSION IS 30 MINUTES:**

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

**INDIVIDUAL PRIVATE SESSIONS - FAMILY SESSIONS - GROUP FIELD TRIPS - SCHOOL FIELD TRIPS - BIRTHDAY PARTIES**

**10707 S. Oak Park Ave. Worth, IL [www.SWSRA.com](http://www.SWSRA.com)  
By Appointment Only Monday - Saturday - 708-389-9423**



# FUNDRAISERS FOR SWSRA

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

Visit our website for more info  
[www.SWSRA.com/Fundraisers](http://www.SWSRA.com/Fundraisers)

## JOIN OUR FUNDRAISER AT RAISING CANE'S

Mention the fundraiser at the register  
and Cane's will donate 15% of sales to:

South West Special Recreation  
Association

### DATE & TIME:

September 8th, 2021 from 4:00pm - 8:00pm

### LOCATION:

11006 S Cicero Ave Oak Lawn, IL 60453  
708-422-3736



[CanesAndCommunity.com](http://CanesAndCommunity.com)

Available in dining room only. © Raising Cane's Restaurant LLC. All trademarks are owned by Raising Cane's USA, LLC.

CREATE YOUR OWN **facebook** BIRTHDAY FUNDRAISER FOR SWSRA

FOLLOW 5 EASY STEPS TO  
**Donate Your Birthday  
& Make a Difference!**

1. Click "Fundraisers" in the left menu of your News Feed.
2. Go to "Raise money for a nonprofit" & Click Blue Box "Select Nonprofit"
3. SCROLL DOWN to: South West Special Recreation Association  
OR use the "Search for a nonprofit to support" feature and start typing "South West Special Recreation Association" to find it quickly.
4. Click "Create" button - All the verbiage you need is already set up for you.
5. START FUNDRAISING FOR **SWSRA** South West Special Recreation Association

**That's it! Simple & Easy.**  
The Funds you raise will go directly to SWSRA usually within 25 days after your end date of your Campaign.

EMAIL DAWN AT [DCKEHOE@SWSRA.COM](mailto:DCKEHOE@SWSRA.COM)  
Let her know you created your birthday fundraiser.

## SWSRA SUPPORTER SHOUT OUTS

TINLEY PARK

KITCHEN & BATH SHOPPE

VILLAGE OF WORTH

FRATERNAL ORDER OF POLICE

NORTHWESTERN UNIVERSITY

PUBLIC SAFETY SCHOOL OF POLICE

STAFF AND COMMAND CLASS #492

1ST ANNUAL

# TEE UP



# SWSRA

FUNDRAISER 4 SPECIAL NEEDS

OCTOBER 2, 2021

9-HOLE SCRAMBLE

FOUNTAIN HILLS GOLF CLUB

10AM SHOTGUN START

GAMES-PRIZES-FOOD-FUN!

12601 S. KEDZIE AVE. - ALSIP, IL 60803



[@SWSRA.COM](http://SWSRA.COM)



# SWSRA APPAREL FUNDRAISER

**Congratulations to our T-Shirt Design Contest Winner Patrick!**



**Thanks to all who participated and shared their great designs!**

## T-SHIRT ORDER FORM



Name \_\_\_\_\_

Phone \_\_\_\_\_



*SWSRA's  
40th  
Anniversary  
Logo*

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

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

\*Please add \$2.00 per every 2X item Qty: \_\_\_\_\_ X

\$2.00

\*\*Please add \$3.00 per every 3X item Qty: \_\_\_\_\_ X

\$3.00

Order form will be due to the SWSRA office by 5:00 pm on August 27th, 2021.  
All orders will be collected and submitted on this date.

**Grand Total:**

\$





# OCTOBER 2, 2021

9AM CHECK IN & LINE UP  
10AM SHOTGUN START

## 9-HOLE SCRAMBLE

FOOD-REFRESHMENTS-FUN!

SWSRA is a 501(c)(3) non-profit organization that provides recreation for adults & children with disabilities.



## FOUNTAIN HILLS GOLF CLUB

12601 S. KEDZIE AVE.  
ALSIP, IL 60803

- ▶ **\$75 INDIVIDUAL**
- ▶ **\$275 FOURSOME**
- ▶ **\$30 LUNCH ONLY**



Includes Golf, Cart, Lunch, Beverage, & Golf polo shirt

*\*Must register by September 13th to receive a golf shirt.*

**SPACE IS LIMITED! REGISTER EARLY!**

### YES! I WANT TO PARTICIPATE

NAME/COMPANY

ADDRESS

CITY STATE ZIP

EMAIL ADDRESS

CONTACT NUMBER

### YES! I WOULD LIKE TO SPONSOR OR DONATE

NAME/COMPANY

EMAIL ADDRESS

CONTACT NUMBER

**HOLE SPONSOR #** \_\_\_\_\_ **X \$100 = \$** \_\_\_\_\_

**MONETARY DONATION AMOUNT \$** \_\_\_\_\_

**DONATE PRIZE:** \_\_\_\_\_

**SPONSOR/DONATION TOTAL: \$** \_\_\_\_\_

### GOLFER NAME

### SHIRT SIZE

#1:	
#2:	
#3:	
#4:	

Adult Unisex Shirt Sizes - 100% Moisture-wicking polyester

**XS - S - M - L - XL - 2XL - 3XL - 4XL**

If you have questions or need assistance  
Email Nicolette at [NLahman@SWSRA.com](mailto:NLahman@SWSRA.com) or  
Call 708-389-9423 xt 204

*Details are subject to change without notice. Please call our main office at 708-389-9423 or visit our website at [www.SWSRA.com](http://www.SWSRA.com) for the latest updates.*

### GOLF & PARTICIPANT FEES

**INDIVIDUAL GOLFER #** \_\_\_\_\_ **X \$75 = \$** \_\_\_\_\_

**FOURSOME GROUP #** \_\_\_\_\_ **X \$275 = \$** \_\_\_\_\_

**LUNCH ONLY TICKET #** \_\_\_\_\_ **X \$30 = \$** \_\_\_\_\_

**GOLF SHIRT ONLY #** \_\_\_\_\_ **X \$20 = \$** \_\_\_\_\_

**SIZE & #** **\_XS \_S \_M \_L \_XL \_2XL \_3XL \_4XL**

**PARTICIPATION TOTAL: \$** \_\_\_\_\_

**GRAND TOTAL DUE: \$** \_\_\_\_\_

Please return this form, **along with payment by 9/17** to  
SWSRA - 12521 S. Kostner Ave., Alsip, IL 60803

**Please make checks payable to SWSRA**

Credit cards & cash donations please call: 708-389-9423



12521 S. Kostner Ave., Alsip, IL 60803

Ph: 708-389-9423 - Fax: 708-389-6458

[www.SWSRA.com](http://www.SWSRA.com)



Donations are tax-deductible to the fullest extent allowed by law. No goods or services were provided, in whole or in part, for this contribution.  
South West Special Recreation Association is a registered 501(c)(3) organization. Tax ID Number: 36-3117810

# FALL 2021 PROGRAM REGISTRATION FORM

REGISTRATION DATES: RESIDENTS ONLY: AUG 16 - AUG 20 ~ NON-RESIDENT/CO-OP: AUG 23 - AUG 27

Participant's Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Age \_\_\_\_\_ Birth Date \_\_\_\_\_

MAIN CONTACT: Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

TEEN & ADULT VIRTUAL PROGRAMS	RES. FEE	NON-RES. FEE
Month #1: 9/13 - 10/8	\$15	\$15
Month #2: 10/11 - 11/5	\$15	\$15
All 8 Weeks: 9/13 - 11/5	\$30	\$30

POST-SEASON VIRTUAL PROGRAMS	RES. FEE	NON-RES. FEE
4 Weeks: 11/8 - 12/10*	\$15	\$15
*No Programs November 22-26		


VIRTUAL EVENTS	RES. FEE	NON-RES. FEE
80's Flash Dance	\$10	\$10
Feed the Hungry Dance	\$12	\$12
Digital Dance Party #1	\$2	\$2
Digital Dance Party #2	\$2	\$2
Halloween Lunch Bunch	FREE	FREE
Digital Dance Party #3	\$2	\$2

RECREATION BOXES	RES. FEE	NON-RES. FEE
Family Movie Night Box - Family of 2	\$15	\$15
Family Movie Night Box - Family of 4	\$25	\$25
Fall Doormat Craft	\$40	\$40
Winter Furry Friends Kit - Snowman	\$20	\$20
Winter Furry Friends Kit - Gingerbread	\$20	\$20
Recreation Box Delivery (Residents Only)	\$5	N/A

OASIS - Adult Day Program	ATP FEE	RES. FEE	NON-RES. FEE
OASIS - September	\$412.50	\$330	\$495
OASIS - October	\$412.50	\$330	\$495
OASIS - November	\$412.50	\$330	\$495
OASIS - December	\$412.50	\$330	\$495

IN-PERSON PROGRAMS & CLUBS	RES. FEE	NON-RES. FEE
Bowling I	\$90	\$180
Bowling II	\$116	\$232
Coyotes Basketball Skills	\$74	\$111
Socialites Reunion	\$51	\$102
Walking Club	\$39	\$78
Bowling Bonanza	\$43	\$86
Night Owls	\$28	\$56

IN-PERSON SPECIAL EVENTS	RES. FEE	NON-RES. FEE
Summer Cool Down	\$31	\$62
Pumpkin Painting & Spooky Bingo	\$31	\$62
Fall Fest	\$36	\$72
Holiday PJ Party	\$38	\$76

SENSORY DEPOT - Multi-Sensory Room		
	1 - 30 Minute Session	\$10
	Punch Card - 5 Sessions	\$45
	Punch Card - 10 Sessions	\$90
Sessions are by appointment ONLY Registration is REQUIRED		

GRAND TOTAL DUE \$ \_\_\_\_\_

## SWSRA MAIN OFFICE



12521 S. Kostner Ave., Alsip, IL 60803

Phone: 708-389-9423 Fax: 708-389-6458

Website: [www.SWSRA.com](http://www.SWSRA.com)

ONLINE REGISTRATION - Click Links Below

[VIRTUAL PROGRAM REGISTRATION](#)

[IN-PERSON PROGRAM REGISTRATION](#)

Credit Card Type: (Check One)

VISA

MC

DC

Amount Charged to Card \$ \_\_\_\_\_

Print Name on Card: \_\_\_\_\_

Card Holder Signature: \_\_\_\_\_

Account Number: \_\_\_\_\_

Verification Code: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

## **SWSRA WAIVER, RELEASE OF ALL CLAIMS AND HOLD HARMLESS AGREEMENT**

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

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

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

### Say Cheese!

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

Print Participant's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_  
(If Under 18, Parent/Guardian Signature)

Print Name of Signature: \_\_\_\_\_





Participant's Name (Last) \_\_\_\_\_ (First) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Primary Disability \_\_\_\_\_

Secondary Disability \_\_\_\_\_

Sex: Female \_\_\_\_\_ Male \_\_\_\_\_ Age: \_\_\_\_\_ Birthdate: (MM/DD/YY) \_\_\_\_ / \_\_\_\_ / \_\_\_\_

\*E-mail: \_\_\_\_\_

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

**GROUP HOME PARTICIPANTS ONLY:** Name of Group Home/House \_\_\_\_\_

Case Manager \_\_\_\_\_ Work # \_\_\_\_\_ Cell # \_\_\_\_\_

House Manager \_\_\_\_\_ Work # \_\_\_\_\_ Cell # \_\_\_\_\_

**EMERGENCY CONTACT INFORMATION REGARDING PARTICIPANT IN ORDER OF PREFERENCE:**

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

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

**MEDICAL INFORMATION:**

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

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

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

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

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

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

**MEDICAL INFORMATION CONTINUED:**

A. Doctor's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

B. Medication: SWSRA needs to know ALL medications participant is taking, regardless of when/where dispensed.

Please list ALL medications below: *(If more than 4 medications, please attach a separate sheet)*

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

C. Medication Assistance: Will staff need to assist with Medication during program? \*Yes \_\_\_\_\_ No \_\_\_\_\_

*\*If Yes, completion of SWSRA FORM 4 (pages 1-2) required***COMMUNICATION & ADDITIONAL INFORMATION:**

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

**B. General Questions:**

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

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

**C. Sensory Needs:**

- Please list what sensory equipment is needed or used: \_\_\_\_\_  
\_\_\_\_\_

**D. Visual Supports and Communication:** Verbal \_\_\_\_\_ Nonverbal \_\_\_\_\_

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

**E. Swim Information:**

- Pre-beginner \_\_\_\_\_ Beginner \_\_\_\_\_ Intermediate \_\_\_\_\_ Advanced \_\_\_\_\_
- Does participant use: **Flotation device?** Yes \_\_\_\_\_ No \_\_\_\_\_ **Ear plugs?** Yes \_\_\_\_\_ No \_\_\_\_\_
- Is participant allowed to swim in deep water? Yes \_\_\_\_\_ No \_\_\_\_\_

**PERMISSIONS:****1. Parents/Guardians are asked to provide bug spray & sunscreen.**

Can staff apply these products on participant? Yes \_\_\_\_\_ No \_\_\_\_\_

**2. Transportation Permission:**

Transportation as a part of weekly activities, special events, or trips? Yes \_\_\_\_\_ No \_\_\_\_\_

\_\_\_\_\_  
Signature (If under 18, parent/guardian signature please)\_\_\_\_\_  
Date*\*Note: This SWSRA MASTER FORM is completed annually. Please notify SWSRA if any information changes.*