

THE SPOT to discover what the Heart of Illinois Special Recreation Association has in store this season!

Who We Are...

Heart of Illinois Special Recreation Association (HISRA) is a cooperative extension of the Morton, Peoria, Chillicothe and Washington Park Districts providing quality recreation programming and inclusion services.

8727 N. Pioneer Rd. Peoria, IL 61615

309-691-1929 hisra@peoriaparks.org

www.hisra.org

What's Inside...

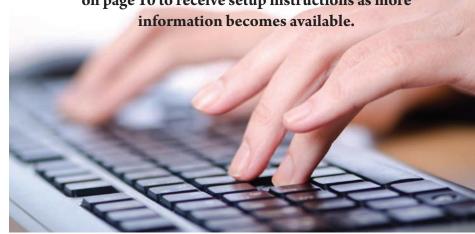
About HISRA2
Center Based Programs
FOCUS Program 4
Community Based Prgrams 5
Athletic Programs
HISRA Registration9-10
Staff & Board11

Introducing Weblirac

HISRA'S NEW Online Registration System

We will go live January 1st, 2018!

Be sure to provide your email on the registration form on page 10 to receive setup instructions as more information becomes evallable.



WINTER/SPRING 2018

Registration Opens December 5, 2017

Registrations will not be processed prior to this date

HEART OF ILLINOIS SPECIAL RECREATION ASSOCIATION



8727 N. Pioneer Rd. • Peoria, IL 61615

Business Hours: Monday-Thursday, 8:30 am-12:00 pm & 1:00-4:30 pm; Friday, 8:30-12:00 pm *Closed 12/25, 12/26, 1/1, 1/2, 1/15, 3/9, 3/12, 3/13, 5/29*

HISRA is the result of a desire on the part of four park districts to provide quality recreation programs and services to individuals with disabilities and special needs. HISRA and its member districts enthusiastically support the spirit and intent of the Americans with Disabilities Act. HISRA is committed to providing opportunities for each individual to enjoy recreation activities in the least restrictive environment possible.

INCLUSION SERVICES

Is there a Chillicothe, Morton Peoria or Washington Park District program you would like to participate in, but wonder if you might need some assistance from HISRA? Visit our website and fill out an Inclusion Request Form. We will assess the participant or athlete, contact the park district staff in regards to the program and provide assistance as appropriate! For more information about our inclusion services, please contact our office!

IT'S THAT TIME OF YEAR ANNUAL REGISTRATION FORMS ARE DUE AGAIN!

As 2018 quickly approaches, please be sure to visit www.hisra.org after January 1st to complete HISRA's 2018 Annual Information form, along with any other applicable forms. Please be aware that every participant must have current 2018 forms on file before attending a 2018 program.

Reminders

- Registrations will to be processed beginning December 5, 2017 at 8:30 am at the HISRA office and participants will be registered for programs in the order in which we receive their registrations.
- Walk-in registrations on the opening day of registration for the season will receive priority over any registrations received prior to that day.
- Registrations are accepted via email at hisra@peoriaparks.
 org, via mail at 8727 N. Pioneer Road, Peoria, IL 61615,
 and via fax at (309) 691-4383.
- The registration deadline for all programs is 2 weeks prior to the start date of the program.
- To cancel your registration for a program, 2 weeks notice is needed in order to process a refund for your account.

Forms Needed

The following forms need to be completed to process your registration:

- 1. Current Registration Form found on pages 9-10 and filled out front and back
- 2. Current Annual Information Form found at www.hisra.org
- 3. One of the following:
 - Full payment
 - Payment Plan (for balances more than \$200)
 - Scholarship application with 10% down payment

For other questions regarding registration, please email abusler@peoriaparks.org or call our office at (309) 691-1929!

CENTER BASED PROGRA



Parents Night Out 🚍

Ages 2+

Parents Night Out is one of HISRA's signature programs that allows parents/caregivers the night off while participants spend the evening enjoying dinner, games, crafts and movies at HISRA! This flexible program allows for drop off/pick up any time between the hours of 5pm and 10pm, as well as the option of siblings joining in on the fun for just \$10!

Code	Day-Date	Time	Fee-R/NR/S	Reg. by
80376	Sa:1/20	5-10:00pm	\$27/\$37/\$10	1/5
80377	F:2/9	5-10:00pm	\$27/\$37/\$10	1/26
80378	Sa:3/10	5-10:00pm	\$27/\$37/\$10	2/23
80379	Sa:4/28	5-10:00pm	\$27/\$37/\$10	4/13

Roses are red, violets are blue, HISRA is having a dance and we want to see YOU! Be sweet and come join us in celebrating Valentine's Day with food, music, dancing and friends! While drinks and snacks will be provided, don't forget to eat dinner beforehand!

Code Day-Date Time 80411 F:2/16 7-9:00pm

Ages 15+



Fee-R/NR Reg. by \$15/\$20 2/2



Lights, camera, PARTY! HISRA is now presenting a night of 'Hollywood Glamour' for our first ever HISRA Prom! We are rollin' out the red carpet for a night filled with music, dancing and snacks! Hollywood Glamour attire is highly recommended, and watch out for the HISRA paparazzi as you make your way into this star studded event!

Code Day-Date Time Fee-R/NR Reg. by 80396 Sa:4/14 7-9:00pm \$15/\$20 3/30

Wii Sing For Our Supper 🚍 **Ages 15+**

HISRA is combining two fan favorites to form our new hit program, Wii Sing For Our Supper! HISRA will be packed with singers and players as we utilize our two overhead projectors to play various Wii games and Karaoke the night away! Hopefully you will work up an appetite, as we will also offer a variety of wings and snacks for dinner!

Day-Date Time Code Fee-R/NR Reg. by 80309 F:4/27 6-9:30pm \$22/\$28 4/13









FOCUS = Ages: 18+

Come FOCUS on fun with friends! This program is for adults 18 years and older looking for an active way to spend their weekday. The group meets Monday through Thursday from 9AM to 3PM. Throughout the week we will enjoy grocery shopping, cooking, volunteering, exercising at the RiverPlex, exploring the surrounding communities, socializing with friends, playing games, and having fun! The program will meet daily at HISRA. However, Thursday provides a drop off and pick up option at Morton Freedom Hall. Some eligibility requirements do exist because of the level of activity.

FOCUS Registration Information

You are able to register for just one day a week or up to all four. The days you register for will be the days the participant attends FOCUS for the duration of the year. Based on program availability, registration can occur at anytime. However, annual priority registration is given to participants currently enrolled in FOCUS. This annual priority registration occurs at the beginning of each calendar year. In order to withdraw from FOCUS, a 30-day notice is required. Any withdrawal request will be processed and take effect the first program day of the month after the 30 days.

FOCUS Payment Information

A payment plan will be crafted for each participant based on the number of days for which he or she is registered. Payment for the month is due on the first business day of that month. A \$100 non-refundable down payment is required at the time of registration and will be applied to your first month's bill. The fees for FOCUS are \$37/day for residents and \$47/day for non-residents.

Please contact Mary Kelly, the FOCUS Coordinator for more information at (309) 691-1929 or mkelly@peoriaparks.org!

FOCUS does not meet on 1/1-1/4, 1/15, 5/28-5/31, 7/4, 9/3, 11/12, 11/21, 11/22, 12/24-12/31





COMMUNITY BASED PROGRAM



Pizza & Bowling 🚍

Come STRIKE up some fun at a HISRA classic! SPARE no time enjoying pizza, soda, ice cream and time with friends as we visit the Christian Center this winter/spring. Ensuring everyone a FRAME of fun, we must limit registration for this program to one of the offered dates.

Day-Date	Time	Fee-R/NR	Reg. by
F:1/26	6-9:30pm	\$30/\$40	1/12
Sa:2/24	6-9:30pm	\$30/\$40	2/9
F:3/23	6-9:30pm	\$30/\$40	3/9
	F:1/26 Sa:2/24	Sa:2/24 6-9:30pm	F:1/26 6-9:30pm \$30/\$40 Sa:2/24 6-9:30pm \$30/\$40

Burgers at Brasky's 🚍

Ages 19+

Ages 19+



Enjoy a Saturday night out with friends at the popular bar & grill "Brasky's" in Peoria. Dinner and live music is included in the program fee so no need to bring extra money. Make sure you sign up quick, this program will fill up!

Code	Day-Date	Time	Fee-R/NR	Reg. by
80302	Sa:1/27	6-9:00pm	\$30/\$38	1/12



Rivermen Game 🚍

Ages 19+

Throw on your jersey, grab your foam finger and come join HISRA ice side as we cheer on the Peoria Rivermen to a win this winter! To ensure everyone a spot on our 'game roster,' we must limit participant registration to one game. Don't forget to eat dinner prior to puck drop and feel free to bring money for snacks or soveniers!

Code	Day-Date	Time	Fee-R/NR	Reg. by
80384	F:2/23	6:15pm-TBD	\$32/\$42	2/9
80385	Sa:3/24	6:15pm-TBD	\$32/\$42	3/9

Easter Egg Hunt

Ages 4-12

This Winter/Spring HISRA will be participating in the Peoria Park District Easter Egg Hunt hosted at Franciscan Recreation Complex! Join us as we hunt for eggs, take a picture with the Easter



Bunny, HOP in a bounce house and enjoy snacks, crafts and temporary tattoos! Tell all your PEEPS, bring your own basket and we will HOP on over for a day of fun with our neighbors! Please make sure to bring along a your child's car seat, as we will provide transportation to and from this event!

Code Day-Date Time Fee-R/NR Reg. by 80275 Sa:3/24 8:30am-12:30 pm 3/9 \$10/\$15

Brunch With Your Buddies \blacksquare **Ages 19+**

Bacon, eggs & breakfast food galore! Join us for brunch at the local Childer's Eatery in Junction City. The cost of your meal will be included in the program fee.

Code Day-Date Time Fee-R/NR Reg. by 80259 Sa:4/21 9:30am-12 pm \$27/\$37 4/6





ATHLETIC PROGRAMS



Splash into this Season's Special Olympics Aquatics! Practice will be held on Sunday afternoons at Five Points Washington. Athletes will be swimming hard for the District Competition held on 4/7/18 at University of Illinois in Champaign. Weekly practice will then continue for those athletes who advance to compete at the SOILL Summer Games held in June! Please be aware that additional fees will be required for any athlete that advances to state. Once registration closes, you will receive a letter in the mail explaining which hour of practice you are to attend (2-3:15pm or 3:15-4:30pm).

 Code
 Day-Date
 Time
 Fee-R/NR

 80390
 Su:2/11-3/25
 2:00pm-4:30pm
 \$50/\$65

Register by: 1/26

No practice: 4/1, 4/8, 5/27

Medical Apps Due: 2/18

District Competition: 4/7 at University of Illinois

in Champaign

Practices will resume on 4/15 for those athletes who advance to state (additional fees will apply)

Summer Games State Comp: 6/15-6/17 at Illinois State

University in Normal



Special Olympics Track & Field 🛮 Ages 8+

HISRA's Special Olympics Track & Field team will hit the ground running this winter/spring season! Practice will be held weekly at the Peoria Notre Dame High School track in Peoria. The SOILL Spring Games (State Qualifier) will be held on April 29th at Normal West High School in Normal, IL. Practice will continue for those who place within the qualifying event, and will later compete at the SOILL Summer



Games (State Competition) scheduled in June. Please be aware that additional fees will be required for any athlete that advances to state. Get ready to spend your winter/spring getting in shape, competing and spending time with friends! The season will kick off with a pre-season meeting at the HISRA office on March 5th at 6pm.

 Code
 Day-Date
 Time
 Fee-R/NR

 80394
 M:3/5-4/23
 6:00pm-7:30pm
 \$36/\$45

Register by: 2/23

Pre-season meeting: 3/5 at 6:00pm at HISRA

No practice: 4/30, 5/28 Medical Apps Due: 3/12

Spring Games State Qualifier: 4/29 at Eastside Centre in

East Peoria

Practices will resume on 5/7 for those athletes who advance to state (additional fees will apply)

Summer Games State Comp.: 6/9-6/11 at Illinois State

University in Normal







at the Peoria Civic Center!

HISRA staff and hundreds of volunteers will adapt all of the games and activities in the March Madness Experience and make them accessible to people with disabilities!



Access Field Trip Day Tuesday, March 13, 2018 • 9:30 am - 2:00 pm

All students with disabilities, group homes residents and members of Special Recreation Associations from all over Illinois are invited to join the HISRA staff and volunteers for a day of fun at the March Madness Experience. Doors will open at 9:30 am; come for a few hours or stay and enjoy all of the activities until 2:00 pm. Don't forget to bring sack lunches or money for the concession stand. There are accessible restrooms and a changing area will be set up for your convenience.

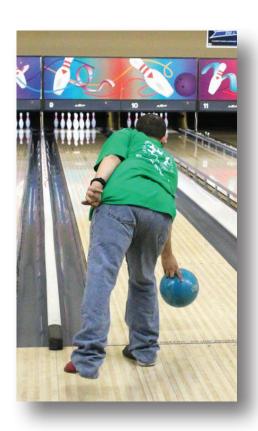
Access Family Night & Special Needs Information Fair Tuesday, March 13, 2018 5:00 pm - 8:00 pm

Calling all families with children and adult with disabilities from around the state of Illinois! You are invited to join HISRA staff and volunteers for an evening of fun at the March Madness Experience. Not only can you enjoy the March Madness Experience, but you can also meet a variety of vendors and support providers who work with people with disabilities at the fair! The Special Needs Information Fair is sponsored by the Dunlap and Central Illinois Special Needs Parents Group. The concession stand will be open and there will be accessible restrooms and changing areas for your convenience.



REQUEST YOUR FREE TICKETS AND FREE PARKING PASSES AT: www.hisra.org

Fill in all information completely and accurately. Tickets and parking passes will be e-mailed 1 week prior to the event! QUESTIONS? CALL HISRA AT (309) 691-1929





Strikers Z Ages 15+

SPARE some of your time each Wednesday to join HISRA's Strikers Program at Landmark Lanes and let the good times ROLL! FRAME'S of fun are guaranteed to bowlers of all skill levels, while adaptive equipment is provided. The Strikers program will span 10 weeks, ending with an end of season celebration at Landmark Lanes with cake and soda! All bowlers must be dropped off at Landmark Lanes at 3:30PM and picked up promptly at 5:00PM. HISRA staff will assist participants from CWTC to Landmark Lanes.

 Code
 Day-Date
 Time
 Fee-R/NR

 80398
 W:2/21-4/25
 3:30-5:00pm
 \$90/\$115

WHAT DO THOSE SYMBOLS MEAN?

Symbols may appear next to some of our programs, indicating participants should be aware of the following:

= Transportation

If you see this symbol, it indicates that transporation is provided for residents of our member districts for this program to and from:

- Chillicothe (Shore Acres Park)
- Morton (Morton Freedom Hall)
- Washington (St. Clare's Crossing)

Please request this when registering.

= Consult Physician

Individuals with Down Syndrome are at risk of having a condition known as **Atlanto-Axial Subluxation**.

Please consult your physician prior to participation in programs marked with the symbol.

R/NR = Resident/Non-Resident Rates

R refers to the rate residents of our member park districts pay for participation in a program while **NR** refers to the rate non-residents will pay.

NOTE FOR SPECIAL OLYMPICS ATHLETES:

All Special Olympic athletes must have a valid 'Med App' on file with both HISRA and Special Olympics Illinois to compete for the entirety of the sport season. If you have competed in Special Olympics with HISRA in the past, please check with the HISRA Management team on the expiration date of the 'Med App' we have on file for you. If your 'Med App' is expired or you have not competed before, you will need to complete one.

The Special Olympics Med App can be found at www.hisra.org under "Forms & Downloads"

HISRA Winter/Spring 2018 REGISTRATION (page 1 of 2)

Name	of Par	ticipant:
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Please "X" those programs you would like to register for:

HISRA TRANSPORTATION POLICIES/INFORMATION

HISRA participants who request member district transportation for programming may only do so if the participant rides with HISRA **to AND from the member district**. It is the responsibility of the participant/guardian to call the HISRA office and dial our Program and Weather Information line for all program and transportation times and additional information. HISRA will not directly contact participants with this information.



Title	Code	Dates	Fee-R/NR (CIRCLE)	Transportation? (CIRCLE)
ENTER BASED PROGRAMS				
Parents Night Out #1	80376	1/20	\$27/\$37/Sibling \$10	N/A
Parents Night Out #2	80377	2/9	\$27/\$37/Sibling \$10	N/A
Valentine's Dance	80411	2/16	\$15/\$20	Morton Chillicothe Washington
Parents Night Out #3	80378	3/10	\$27/\$37/Sibling \$10	N/A
Prom – "Hollywood Glamour"	80396	4/14	\$15/\$20	Morton Chillicothe Washington
Wii Sing For Our Supper	80309	4/27	\$22/\$28	Morton Chillicothe Washington
Parents Night Out #4	80379	4/28	\$27/\$37/Sibling \$10	N/A
MMUNITY BASED PROGRAMS				
Pizza & Bowling #1	80380	1/26	\$30/\$40	Morton Chillicothe Washington
Burgers at Brasky's	80302	1/27	\$30/\$38	Morton Chillicothe Washington
Rivermen Game #1	80384	2/23	\$32/\$42	Morton Chillicothe Washington
Pizza & Bowling #2	80381	2/24	\$30/\$40	Morton Chillicothe Washington
Pizza & Bowling #3	80382	3/23	\$30/\$40	Morton Chillicothe Washington
Easter Egg Hunt	80275	3/24		N/A
Rivermen Game #2	80385	3/24	\$32/\$42	Morton Chillicothe Washington
Brunch With Your Buddies	80259	4/21	\$27/\$37	Morton Chillicothe Washington
HLETIC PROGRAMS				
Special Olympics Aquatics	80390	Begins 2/11	\$50/\$65	N/A
Strikers	80398	Begins 2/21	\$90/\$115	(Circle One) Walk with staff from CWTC Meet at Landmark
Special Olympics Track & Field	80394	Begins 3/5	\$36/\$45	N/A
		TOTAL	\$	Must complete form on bac

READY TO REGISTER?

Before an individual attends any programs in 2018, HISRA must have an updated 2018 Annual Information Form and any other applicable forms on file.

All participants forms can be found on our website!

- 1. Go to www.hisra.org.
- 2. Click on the "Forms & Downloads" tab
- 3. Click the red link to fill out forms electronically
- 4. Click the "Register" tab to create an account with us and fill out and submit all applicable forms

HISRA Winter/Spring 2018 REGISTRATION FORM (page 2 of 2)

1. PARTICIPANT INFORMATION		
Full Name of Participant:		
Birthdate:/	N	Male/Female (CIRCLE ONE)
Mailing Address (program info & receipts sent will be sent he	ere):	
Street:		
City:	State:	ZIP:
Phone: Em	nail:	
Disability:		
Legal Guardian Full Name:		
Legal Guardian Phone: Email	il address:	
Contact in case of program change:		
Name:	Phone:	
As a participant, I recognize and acknowledge that there are certain risk damages, or loss which I may sustain as a result of participating in any and all activ claims I may have as a result of participating in the program against the Heart of Ill I do hereby fully release and discharge the Heart of Illinois Special Recreation Ass injuries, including death, damage, or loss which I may have or which may accrue to that the terms such as "participating," "programs," and "activities," referred to in the am participating in these programs and further include the provision of or failure to machinery, equipment, and apparatus, and anything related to my use of the service any events. I authorize HISRA staff to dispense prescribed medications in their or I understand the nature of these programs for which I am registering, and understand that any advisements or warnings of the particular risks of these programs for this Agreement. Additionally, in order that the Heart of Illinois Special Recreation staff to access relevant education and/or medical Illinois SRA brochures, publications, or promotional materials. **DON'T FORGET!** Signate:	rities connected with or associalinois Special Recreation Association and its officers, agents of me on account of my participe Agreement, include all exerct to provide proper instructions ces, facilities, or premises involuginal container or accompaniend fully understand this Waive ams that I subsequently receive creation Association may bette	ated with such program. I agree to waive and relinquish a ciation and its officers, agents, servants, and employees. Is, servants, and employees from any and all claims from pation in the program. I further understand and agree cises and physical movements of any nature while I or supervision, the use and adjustment of any and all lived in these programs, and transportation to and from ed by a copy of a signed prescription to me/my child. Or, Release, and Hold Harmless Agreement. I further we will be incorporated by reference into and become a ter serve the interests of myself/my child, I hereby grant
3. PAYMENT ☐ Check ☐ Cash ☐ Credit Card Please call HISRA at 691-1929 with credit card info.	☐ Third-Party Payo ☐ Payment Plan fo	HSRA if scholarship funds are needed.
4. RETURN WITH PAYMENT TO: HISRA 8727 N. Pioneer Rd	L	

Peoria, IL 61615

10 · www.hisra.org

HISRA STAFF



Katie Hogan Van Cleve, Executive Director

Katie has focused her career serving individuals with disabilities for more than 20 years, working as HISRA's Executive Director since 2002. She has overseen the addition of two park districts

to HISRA's service area; the creation of the Peoria Wildcats wheelchair basketball team; and has been instrumental in the Access the Experience event run in conjunction with the IHSA March Madness Experience. Katie has dual degrees in psychology and social work with a minor in political science from Bradley University. She lives in Peoria with her husband and daughter.

Sioban Goddard, Program Manager



Sioban oversees HISRA's night and weekend programing, Special Olympics Athletics, summer camps as well as inclusion services. Sioban graduated from Monmouth College in 2013, with dual degrees in both Psychology

and Physical Education. Sioban began her career in Special Recreation in the Chicagoland area and relocated to the Peoria area in late 2014 once joining the HISRA team. She resides in Peoria with her husband and dog.

Ashlynn Busler, Office Manager



Since the summer of 2014, Ashlynn has worked various HISRA programs including Camp Free to Be, FOCUS, Special Olympics sports, and night and weekend programs. In 2015, she became HISRA's administrative

assistant. After that, Ashlynn accepted the position of our full time Administrative Assistant/Coordinator of Business Services in September of 2016. She now holds the title of HISRA's Office Manager. Ashlynn graduated with a Bachelor's degree from Monmouth College in 2015.

Mary Kelly, Program Coordinator/FOCUS



Mary joined the HISRA team in 2017 as the Art Instructor for Camp Free to Be. After summer, she became the Program Coordinator for FOCUS and also works various night and weekend programs. Mary graduated from

Bradley University in 2013.

HISRA BOARD OF TRUSTEES

The Board meets at HISRA on the third Wednesday of each month at 5:15 p.m. Meetings are open to the public.

Shane Placher
Kevin Yates
Shaun Bill
Joel Dickerson
Tim Cassidy Peoria
Jim Hancock Peoria
Lorelei Cox
Brian Tibbs

HISRA FREQUENTLY USED PROGRAM LOCATIONS

- Christian Center (Peoria)
 4100 N. Brandywine Dr. 685-4218
- EastSide Center (East Peoria) 1 EastSide Dr. • 698-5437
- Franciscan Recreation Complex (W. Peoria)
 908 N. Sterling Ave 677-6705
- Freedom Hall (Morton)
 349 W. Birchwood St. 263-7429
- Glen Oak Park (Peoria) intersection of Prospect & McClure
- Golf Learning Center & Academy (Peoria) 7815 N. Radnor Rd. • 690-7162
- Kellogg Golf Course (Peoria) 7716 N. Radnor Rd. • 691-0293
- Lakeview Rec Center (Peoria) 1013 W. Lake Ave. • 681-2167
- Landmark Cinemas (Peoria) 3225 N. Dries Ln. • 682-6356
- Landmark Lanes (Peoria)
 3225 N. Dries Ln. 686-9168
- Pearce Community Center (Chillicothe) 610 W Cedar St. 274-4209
- **Peoria Notre Dame HS Track (Peoria)** 5105 N Sheridan Rd. • 691-8741
- RiverPlex (Peoria) 600 NE Water St. • 282-1700
- Shore Acres Clubhouse (Chillicothe) 100 Park Blvd. • 274-3409
- Sterling Middle School (Peoria) 2315 N Sterling Ave. • 672-6557
- Willow Knolls 14 Theatre (Peoria) 4100 W. Willow Knolls Dr. • 689-8463



HEART OF ILLINOIS SPECIAL RECREATION ASSOCIATION

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Business Hours: Monday-Thursday, 8:30 am-12:00 pm & 1:00-4:30 pm;
Friday, 8:30-12:00 pm
Closed 12/25, 12/26, 1/1, 1/2, 1/15, 3/9, 3/12, 3/13, 5/29

PRSRT STD U.S. Postage PAID Peoria, IL Permit No. 247

OR CURRENT RESIDENT

Registration opens 12/5/17 and closes 2 weeks prior to each program start date!

Call 691-1929 or fax 691-4383 www.hisra.org



Introducing Young Athletes!

Young Athletes is an innovative sports play program for children ages 2-7 with and without disabilities. This Special Olympics Illinois program is designed to introduce your child to the world of sports. Activities within the program will consist of foundational skills, walking & running, balance & jumping, trapping & catching, throwing, striking, kicking and advanced skills. Siblings and peers ages 2-7 are welcome to participate. The program meets at St. Philomena School gymnasium from 3-4pm on Sundays once a month. For more information please contact the HISRA office or email specialolympics@peoriaparks.org.