

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

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WebTrac is the easiest and fastest way to register for the programs YOU want. If you're not signed up yet, what are you waiting for?

Check out HISRA's

NEW Drop-In Programs

No need to register - come when you want!



Stay N' Play (ages 2-7) Open Art Studio (ages 18+)



See page 2 for details!

WINTER/SPRING 2019

Registration Opens December 12, 2018

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:* 12/24, 12/25, 12/31, 1/1, 1/21, 3/12 3/13 and 5/27

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!

Please be sure to visit www.hisra.org after January 1st to complete HISRA's 2019 Annual Information form, along with any other applicable forms. EVERY participant must have current 2019 forms on file before attending a 2019 program.

NEW! DROP IN PROGRAMS

Stay N' Play

Ages 2-7

Open Art Studio Ages 18+



HISRA is proud to introduce our new Stay N' Play program that will be held out of our facility! This program was developed to provide an environment for kids to have fun and play while parents relax with some coffee and get to know one another! Our goal is to provide an opportunity for not only

children with disabilities to meet their peers and have fun, but also allow parents to meet one another and network as well! Please be aware that parents are expected to remain at the facility for the duration of this program while free play activities will be overseen by HISRA staff. Feel free to join in on one or both of the sessions!

| Day-Date | Time | Fee |
|----------|-----------------|-----|
| Sa:1/26 | 10:00am-12:00pm | \$5 |
| Sa:3/2 | 10:00am-12:00pm | \$5 |

Calling all HISRA artists! Are you working on an art project you feel stuck on? Are you wanting to sell your art but need help with the steps? We've created



a program just for you! The last Friday of every month we will be offering open studio time at HISRA to independently work on your own projects and have some guidance and assistance with your artwork. All are welcome, but we do ask that you have something to work on in mind. Open studio hours are also a great way to get help to show some artwork at our Art Show at ACCESS this Spring!

| Day-Date | 1 ime | Fee |
|----------|---------------|------|
| F: 1/25 | 1:00pm-3:30pm | \$10 |
| F: 2/22 | 1:00pm-3:30pm | \$10 |
| F:3/29 | 1:00pm-3:30pm | \$10 |
| F:4/26 | 1:00pm-3:30pm | \$10 |

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'er based progran



Parents' Night Out 🚍

Ages 2+

Parents! Are you ready for a night without the kids? Kids, would you like to play fun games, make arts and crafts, eat dinner, and enjoy a movie with your friends? Sign up today for our Parent's Night Out program where we keep your kids entertained and you enjoy the night off. Parents can drop off and pick up anytime between 5-10 PM. All children in the family are welcome; siblings are \$7 each.

TIME: Meets each date from 5:00-10:00 pm.

| Code | Day-Date | Fee-R/NR/S | Reg. by |
|-------------|----------|---------------|---------|
| HWH52501-01 | F:1/11 | \$25/\$35/\$7 | 12/28 |
| HWH52501-02 | Sa:2/2 | \$25/\$35/\$7 | 1/18 |
| HWH52501-03 | F:3/22 | \$25/\$35/\$7 | 3/8 |
| HWH52501-04 | Sa:4/13 | \$25/\$35/\$7 | 3/29 |

Valentine's Dance

Ages 15+



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 Fee-R/NR Reg. by HWH52202 F:2/8 7-9:00pm \$15/\$20 1/25

Galentine's Day 🚍

enjoy each other's company.

Valentine's Day is a day to celebrate love, but don't forget about Galentine's Day - a holiday for gals celebrating their best pals! To quote the creator, Leslie Knope, "It's only the best day of the year!" Join us at HISRA for a ladies night while we will eat dinner, make some crafts, play some games and

Time Code Day-Date Fee-R/NR Reg. by HWH52208 Sa:2/9 7-9pm \$15/\$20 1/25

Ages 15+



Once upon a time in a land not so far away... princes and princesses gathered for a night of dancing in an Enchanted Forest! Join us for HISRA's Prom: An Enchanted Forest, to hang out with friends and eat some snacks while we dance the night away!

Code Day-Date Time Fee-R/NR Reg. by HWH52203 F:4/12 7-9:00pm \$15/\$20 3/29

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

HISRA has combined two fan favorites to form one awesome 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!

Code Day-Date Time Fee-R/NR Reg. by HWH52204 Sa:4/27 6-9:30pm \$22/\$28 4/12







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 9:00 am to 3:00 pm. Throughout the week we will enjoy grocery shopping, cooking, volunteering, exercising, exploring the surrounding communities, socializing with friends, playing games, and having fun! The program will meet daily at HISRA. 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.

FOCUS Payment Information

The fees for FOCUS are \$37/day for residents and \$47/day for non-residents as

of 1/1/2019. Fees are subject to change.



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

FOCUS does not meet on 1/1-1/3, 1/21, 5/27-5/30, 7/4, 9/2, 11/11, 11/27, 11/28, 12/23-12/31







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COMMUNITY BASED PROGRAMS



Pizza & Bowling 🚍

Ages 19+

SPARE some time to let the good times ROLL with HISRA! Join us as we kick off our night with pizza, followed by bowling, and topped off with ice cream! To ensure everyone a portion of fun, we must limit registration to one of the four events.

TIME: Meets each date from 6:00-9:30 pm

| Code | Day-Date | Fee-R/NR | Reg. by |
|-------------|----------|-----------|---------|
| HWH54201-01 | Sa: 1/12 | \$30/\$40 | 12/28 |
| HWH54201-02 | F: 2/15 | \$30/\$40 | 2/1 |
| HWH54201-03 | Sa: 3/23 | \$30/\$40 | 3/8 |
| HWH54201-04 | F: 4/26 | \$30/\$40 | 4/12 |

Burgers at Brasky's 🚍 **Ages 19+**



Enjoy a Saturday night out with friends at the popular bar & grill, Brasky's in Peoria. Enjoy dinner, live music and time spent with friends! Make sure to sign up fast before all of the seats at the table are filled! The

cost of your meal will be included in the program fee.

Code Day-Date Time Fee-R/NR Reg. by HWH54203 Sa:1/19 6-9:00pm \$30/\$38 1/4

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! We are extending this program into the 3rd period; we will now be offering 3 games to choose from this season! 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 and souvenirs!

TIME: Meets each date from 6:15 pm-TBD

| Code | Day-Date | Fee-R/NR | Reg. by |
|-------------|----------|-----------|---------|
| HWH54202-01 | F:1/18 | \$32/\$42 | 1/4 |
| HWH54202-02 | Sa:2/23 | \$32/\$42 | 2/8 |
| HWH54202-03 | F:3/29 | \$32/\$42 | 3/15 |



Brunch With Your Buddies 🚍 **Ages 19+**

Rise and shine! Come join us as we brunch with our buddies at Le Peep in Peoria! Enjoy breakfast or lunch as you spend the early afternoon with friends. The cost of your meal will be included in the program fee.

Code Day-Date Time Fee-R/NR Reg. by HWH54204 Sa:3/30 9:30am-12pm \$27/\$37 3/15



ATHLETIC PROGRAMS

Splash into this season's Special swimming program! Practice will be held on Sunday afternoons at Five Points Washington. Athletes will be swimming hard for the District Competition held on 4/6 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 the Summer Games. Once registration closes, you will receive a letter in the mail explaining which hour of practice you are to attend (2:00-3:15 pm or 3:15-4:30 pm).

Register by: 1/11
Practice begins: 1/27
Medical Apps Due: 2/11

Regional Swim Meet: 4/6 at University of Illinois

in Champaign

Summer Games: 6/7-6/9 at Normal West

High School in Normal, IL

Code: HWH56501 **Fee-R/NR:** \$50/\$65

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. The SOILL Spring Games (State Qualifier) will be held on April 28 at EastSide Center in East Peoria, 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 training fees will be required for any athlete that advances to Summer Games. 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 4 at 6:00 pm.

Register by: 2/25

Pre-season meeting: 3/4 at 6:00pm at HISRA

Practice Begins: 3/11
Medical Apps Due: 3/25

Spring Games: 4/28 at Eastside Centre in

East Peoria

Summer Games: 6/7-6/9 at ISU in

Bloomington, IL

 Code:
 HWH56502

 Fee-R/NR:
 \$36/\$45



Special Olympics Young Athletes Ages 2-7

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 children to the work 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 (216 N. Emery Ave, Peoria, IL 61604) from 3:00-4:00 pm on Sundays once a month during the school year.

This program will meet on 1/6, 2/10, 3/24, 4/14, and 5/5. Register by 12/21 for Winter/Spring Season, January - May. *Code Day-Date Time Fee-R/NR*HW56101 Su:see above 3:00pm-4:00pm \$5

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 3:30 pm and picked up promptly at 5:00 pm. HISRA staff will assist participants from CWTC to Landmark Lanes.

 Code
 Day-Date
 Time
 Fee-R/NR
 Reg. by

 HW54205
 W:2/13-4/17
 3:30-5pm
 \$90/\$115
 1/30

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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 12, 2019 • 9:30 am - 2:00 pm

All students with disabilities, group home 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 rest rooms and a changing area will be set up for your convenience.

Access Family Night & Special Needs Information Fair Tuesday, March 12, 2019 5:00 pm - 8:00 pm

Calling all families with children and adults 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 rest rooms 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

WHAT DO THOSE SYMBOLS MEAN?

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



If you see this symbol, it indicates that transportation 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 be sure to 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.

READY TO REGISTER?

Here's what you need to know!

Forms Needed

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

- 1. 2019 Annual Information Form and other applicable forms on file for participant found at www.hisra.org
- 2. One of the following:
 - Full payment
 - Payment Plan (for balances more than \$200)
 - Scholarship application with all supporting documentation and 10% down payment (can be found at www.hisra.org)

Registration Procedure

Log into your WebTrac account at webtrac.peoriaparks.org beginning at 8:30 am on December 12, 2018 to register for all programming! If you need assistance creating or logging into your WebTrac account, call the HISRA office.

If you are unable to register online, you can register at the HISRA office beginning at 8:30 am on December 12, 2018. Please be sure to bring the Registration Form on pages 9-10 if you choose to register in person.



Reminders

- The registration deadline for all programs is 2 weeks prior to the start date of the program unless noted.
- To cancel your registration for a program, 2 weeks notice is needed in order to process a refund for your account.

For other questions regarding registration, please call our office at (309) 691-1929!

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HISRA Winter/Spring 2019 REGISTRATION (page 1 of 2)

| Name | of Part | icipant: |
|------|---------|----------|
|------|---------|----------|

Please "X" those programs you would like to register for:

Special Olympics Young Athletes

Special Olympics Track & Field

HWH56101

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) |
|---------------------------|-------------|-------------|-----------------------|-------------------------------|
| ΓER BASED PROGRAMS | | | | |
| Parents' Night Out #1 | HWH52501-01 | 1/11 | \$25/\$35/Sibling \$7 | N/A |
| Parents' Night Out #2 | HWH52501-02 | 2/2 | \$25/\$35/Sibling \$7 | N/A |
| Parents' Night Out #3 | HWH52501-03 | 3/22 | \$25/\$35/Sibling \$7 | N/A |
| Parents' Night Out #4 | HWH52501-04 | 4/13 | \$25/\$35/Sibling \$7 | N/A |
| Valentine's Dance | HWH52202 | 2/8 | \$15/\$20 | Morton Chillicothe Washington |
| Galentine's Day | HWH52208 | 2/9 | \$15/\$20 | Morton Chillicothe Washington |
| Prom: "Enchanted Forest" | HWH52203 | 4/12 | \$15/\$20 | Morton Chillicothe Washington |
| Wii Sing For Our Supper | HWH52204 | 4/27 | \$22/\$28 | Morton Chillicothe Washington |
| MUNITY BASED PROGRAMS | | | | |
| Pizza & Bowling #1 | HWH54201-01 | 1/12 | \$30/\$40 | Morton Chillicothe Washington |
| Pizza & Bowling #2 | HWH54201-02 | 2/15 | \$30/\$40 | Morton Chillicothe Washington |
| Pizza & Bowling #3 | HWH54201-03 | 3/23 | \$30/\$40 | Morton Chillicothe Washington |
| Pizza & Bowling #4 | HWH54201-04 | 4/26 | \$30/\$40 | Morton Chillicothe Washington |
| Burgers at Brasky's | HWH54203 | 1/19 | \$30/\$40 | Morton Chillicothe Washington |
| Rivermen Game #1 | HWH54202-01 | 1/18 | \$32/\$42 | Morton Chillicothe Washington |
| Rivermen Game #2 | HWH54202-02 | 2/23 | \$32/\$42 | Morton Chillicothe Washington |
| Rivermen Game #3 | HWH54202-03 | 3/29 | \$32/\$42 | Morton Chillicothe Washington |
| Brunch With Your Buddies | HWH54204 | 3/30 | \$27/\$37 | Morton Chillicothe Washington |
| ETIC PROGRAMS | | | | |
| Special Olympics Aquatics | HWH56501 | Begins 1/27 | \$50/\$65 | N/A |
| Strikers | HWH54205 | Begins 2/13 | \$90/\$115 | (Circle One) |

REMEMBER:

TOTAL

\$36/\$45

\$

Begins 1/6

Begins 3/5

Walk with staff from CWTC Meet at Landmark

N/A

N/A

Must complete form on back.

Before an individual attends any programs in 2019, HISRA must have an updated 2019 Annual Information Form and any other applicable forms on file.

HISRA Winter/Spring 2019 REGISTRATION FORM (page 2 of 2)

| 1. PARTICIPANT INFORMAT | ION | | |
|--|--|---|--|
| Full Name of Participant: _ | | | |
| Birthdate:/ | / Age: | | Male/Female (CIRCLE ONE) |
| Mailing Address (program | info & receipts sent will be sent h | ere): | |
| Street: | | | |
| City: | | State: | ZIP: |
| Phone: | <u>E</u> r | nail: | |
| Disability: | | | |
| Legal Guardian Full Name | | | |
| Legal Guardian Phone: | Ema | nil address: | |
| Contact in case of program | change: | | |
| Name: | | Phone: | |
| damages, or loss which I may sustain claims I may have as a result of parti I do hereby fully release and dischar injuries, including death, damage, or that the terms such as "participating am participating in these programs a machinery, equipment, and apparatany events. I authorize HISRA staff I understand the nature of understand that any advisements or part of this Agreement. Additionally | as a result of participating in any and all activities in the program against the Heart of I ge the Heart of Illinois Special Recreation As closs which I may have or which may accrue to "programs," and "activities," referred to in the indifferent include the provision of or failure its, and anything related to my use of the service dispense prescribed medications in their or of these programs for which I am registering, a warnings of the particular risks of these programs for order that the Heart of Illinois Special Reaff to access relevant education and/or medical, or promotional materials. | vities connected with or asso- llinois Special Recreation As- sociation and its officers, age to me on account of my parti- ne Agreement, include all exe- to provide proper instructio ices, facilities, or premises in- riginal container or accompa- and fully understand this Wa rams that I subsequently reco- creation Association may be | gree to assume the full risk of any injuries, including death, ociated with such program. I agree to waive and relinquish a sociation and its officers, agents, servants, and employees. ents, servants, and employees from any and all claims from icipation in the program. I further understand and agree ercises and physical movements of any nature while I was or supervision, the use and adjustment of any and all volved in these programs, and transportation to and from unied by a copy of a signed prescription to me/my child. iver, Release, and Hold Harmless Agreement. I further eive will be incorporated by reference into and become a efter serve the interests of myself/my child, I hereby grant to the use of my/my child's photograph in the Heart of |
| | 691-1929 with credit card info. | ☐ Third-Party Pa☐ Payment Plan | HISRA if scholarship funds are needed. |
| 4. RETURN WITH PAYME | IT TO: HISRA 8727 N. Pioneer R. | 1 | |

Peoria, IL 61615

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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 Peori |
| Joyce Harant Peori |
| Lorelei Cox |
| Brian Tibbs |

HISRA STAFF

Katie Hogan Van Cleve, Executive Director



Katie has focused her career on serving individuals with disabilities for more than 20 years. In 2002, Katie joined HISRA as Executive Director. Since that time, Katie has overseen the addition of two park districts to

HISRA's service area; the creation of the Peoria Wildcats, the only wheelchair basketball team between Chicago and St. Louis; the inclusion of runners with disabilities in local training programs and races, 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.

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.

Brooke Williams, Administrative Assistant



Brooke joined the HISRA team in late 2017. Prior to taking time off to be home with her children and working as a running coach, she worked in GIS and project management for 911 services. Brooke is thrilled to start a new

chapter in serving individuals with disabilities and looks forward to getting more active in Special Olympics.

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



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: 12/24, 12/25, 12/31, 1/1, 1/21, 3/12 3/13 and 5/27

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

OR CURRENT RESIDENT

Registration opens December 12 and closes 2 weeks prior to each program start date!

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



Can You Volunteer Your Time?

HISRA programs rely on volunteers who generously give their time so that our participants can fully enjoy inclusive, recreational opportunities. This season we especially need volunteers for:

Special Olympics • Track and Field Aquatics • Young Athletes • FOCUS

If you have the ability to **lend a hand**, please visit: www.hisra.org/about-us/volunteer

Can You Make a Donation?

If you've been blessed with the ability to make a monetary donation, our organization would be grateful to receive it! All funds work directly to support the quality programs and activities HISRA provides.

If you would like to **make a donation**, please visit: www.hisra.org/donate