



# HISRA HUB



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@hisra.org

[www.hisra.org](http://www.hisra.org)

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## NEW! Monthly Socials for Teens and Adults



Are you looking for a fun, inexpensive night hanging out with friends? Look no further than HISRA's monthly social programs, with themed activities for each date.

**See page 2 for details.**

**WINTER/SPRING 2019**

## Registration Opens December 10, 2019

Registrations will not be processed prior to this date

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

Please be sure to visit [www.hisra.org](http://www.hisra.org) after January 1st to complete HISRA's 2020 Annual Information form, along with any other applicable forms. **EVERY** participant must have current 2020 forms on file before attending a 2020 program.



ABOVE: Adam and Jimmy show their creative sides at Art Adventures.

BELOW: David, Cavan and Eric get ready to enjoy a flick at Movie Madness.



## CENTER BASED PROGRAMS

### NEW! Monthly Socials

Are you looking for a fun, inexpensive night hanging out with friends? Look no further than HISRA's monthly social programs! We will be hosting 2 nights each month, one for teens 13-20, and one for adults 21+. Each night has a themed activity to partake in at HISRA while you socialize with friends. Dinner will not be served, so remember to eat before you come! Please contact the HISRA office with any questions.

#### TEEN

**Time:** 6:00-8:00 pm • **Fee:** \$10/\$12

Code	Name	Day-Dates
HWH52209-01	Bingo Party	Th: 1/9
HWH52210-01	Wii & Game Night	Th: 2/6
HWH52211-01	Movie Madness	Th: 3/19
HWH52212-01	Art Adventures	Th: 4/2

#### ADULT

**Time:** 6:00-8:00 pm • **Fee:** \$10/\$12

Code	Name	Day-Dates
HWH52213-01	Bingo Party	Th: 1/23
HWH52214-01	Wii & Game Night	Th: 2/20
HWH52215-01	Movie Madness	Th: 3/26
HWH52216-01	Art Adventures	Th: 4/16





*Matt always has a good time at Parents Night Out.*

## 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 \$7!

Code	Day-Dates	Time	Fee-R/NR	Reg. by
HWH52501-01	F: 1/17	5-10pm	\$25/\$35	1/3
HWH52501-02	Sa: 2/8	5-10pm	\$25/\$35	1/24
HWH52501-03	F: 3/6	5-10pm	\$25/\$35	2/21
HWH52501-04	Sa: 4/18	5-10pm	\$25/\$35	4/3



*Kelsi is "incredible" in the HISRA fitness room.*

## 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
HWH52202-01	F: 2/14	7-9 pm	\$15/\$20	1/31

## St. Patrick's Day Party 🚌

**Ages 15+**



Don't forget to wear your green! Join us at HISRA while we celebrate the Irish holiday, St. Patrick's Day! Games, snacks, and dancing will make for a fun night!

Code	Day-Dates	Time	Fee-R/NR	Reg. by
HWH52203-01	F: 3/13	7-9 pm	\$15/\$20	2/28



*Kaci and Aaron perform their Karaoke hearts out at Wii Sing for Our Supper.*

## Wii Sing For Our Supper 🚌

**Ages 15+**

HISRA has once again 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-Dates	Time	Fee-R/NR	Reg. by
HWH52204-01	F: 4/24	6-9:30pm	\$22/\$28	4/10



## 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

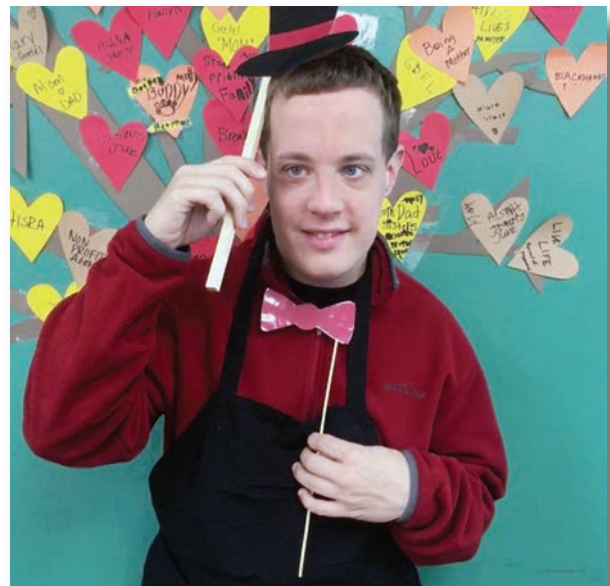
You are able to register for just one day a week or up to all four. The days you register for will be the days the participant attends FOCUS for the duration of the year. Based on program availability, registration can occur at anytime. Current FOCUS participants receive priority registration for the following year and those who do not get in will be added to a waitlist and notified when a spot opens up in the order that they were waitlisted.



### FOCUS Payment Information

The fees for FOCUS are \$37/day for residents and \$47/day for non-residents as of 1/1/2020. Fees are subject to change.

Please contact Mary Kelly, the FOCUS Coordinator, for more information at (309) 691-1929 or [mkelly@hisra.org](mailto:mkelly@hisra.org)





# 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.

**Fee-R/NR:** \$30/\$40

Code	Day-Dates	Time	Reg. by
HWH54201-01	Sa: 1/11	6:00-9:30pm	12/27
HWH54201-02	F: 2/21	6:00-9:30pm	2/7
HWH54201-03	Sa: 3/28	6:00-9:30pm	3/13
HWH54201-04	F: 4/17	6:00-9:30pm	4/3



Thomas, Chase, and Chris get ready for ice time at a Rivermen Game

## 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!

**Fee-R/NR:** \$32/\$42

Code	Day-Dates	Time	Fee-R/NR	Reg. by
HWH54202-01	Sa: 1/25	6:15-10:30pm		1/11
HWH54202-02	F: 2/28	6:15-10:30pm		2/14
HWH54202-03	Sa: 3/21	6:15-10:30pm		3/6

## 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
HWH54203-01	Sa: 2/1	6-9pm	\$30/\$40	1/17

## 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.

**Time:** 9:30am-12pm

Code	Day-Date	Fee-R/NR	Reg. by
HWH54204-01	Sa: 4/4	\$27/\$37	3/20



Kelsi and Jimmy enjoy coffee and conversation at Brunch with Your Buddies.

# ATHLETIC PROGRAMS

## HISRA 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! Call HISRA for more information on this program.

## Strikers ⌚

**Ages 15+**

SPARE some of your time each Wednesday to join HISRA's Strikers Program at Landmark Lanes and let the good times ROLL! FRAMES 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.

**Time:** 3:30-5 pm

Code	Day-Date	Fee-R/NR	Reg. by
HW54205-11	W:2/5-4/8	\$90/\$115	1/22



*Holly rolls one down the alley at Strikers.*

NOTE: Penguins Swimming and HISRA Track & Field teams train for competition with Special Olympics Illinois. In addition to HISRA paperwork, SOILL requires a Medical Application every 2 years.

## HISRA Penguins Swimming

**Ages 8+**

This program is designed for competitive swimmers. Athletes will compete in individual events with the option of a relay at the SOILL district competition. If enough athletes register, the group will be split into beginner and advanced practices. Practice time and location TBA; will begin sometime in January. NOTE:

- You must be able to swim the length of the pool unassisted to register for this program. This is not a swim lesson program. Individuals in the program must have stroke knowledge and be able to swim independently.
- Athletes must purchase their own swimming suit. One-piece swim suites are required for female swimmers and males may wear swim trunks or jammers.

Code	Day-Date	Time	Fee-R/NR
HWH56501-01	TBA	TBA	\$50/\$65

## HISRA Track & Field

**Ages 8+**

Hit the ground running with HISRA'S Track & Field team this Spring! Pre-Season meeting will be held at HISRA on March 2, 2020. Please come prepared to select events. First practice will be held March 9, 2020. Practices will be held at Peoria Notre Dame and all athletes will compete in Spring Games.

Code	Day-Date	Time	Fee-R/NR
HWH56502-01	M: 3/9	6-7 pm	\$30/\$37

### Important Special Olympics Dates

#### **Region G Polar Plunge**

Sa:2/15 • Dozer Park

#### **Region FG1 Swimming Qualifier**

Sa:4/6 • Arc U of I Champaign

#### **Region G Spring Games - Track**

Su:4/26 • Eastside Center

#### **Region J Golf Qualifier**

F:7/31 • Edwardsville

#### **Summer Games**

Date/location TBA





## 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 17, 2020 • 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 17, 2020**

**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](http://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**



= Transportation



= Consult Physician

R/NR = Resident/Non-Resident Rates

## 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 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)



### = 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.

Please be sure to request this when registering.

## READY TO REGISTER?

### Here's what you need to know!

#### Forms Needed

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

1. 2020 Annual Information Form and other applicable forms on file for participant - found at [www.hisra.org](http://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](http://www.hisra.org))

#### Registration Procedure

Log into your WebTrac account at [webtrac.peoriaparks.org](http://webtrac.peoriaparks.org) beginning at 8:30 am on December 10, 2019 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 10, 2019. 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!**



**Name of Participant:** \_\_\_\_\_

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.

X	Title	Code	Dates	Fee-R/NR (CIRCLE)	Transportation? (CIRCLE)
<b>CENTER BASED PROGRAMS</b>					
	Bingo Party - TEEN	HWH52209-01	1/9	\$10/\$12	N/A
	Bingo Party - ADULT	HWH52213-01	1/23	\$10/\$12	N/A
	Wii & Game Night - TEEN	HWH52210-01	2/6	\$10/\$12	N/A
	Wii & Game Night - ADULT	HWH52214-01	2/20	\$10/\$12	N/A
	Movie Madness - TEEN	HWH52211-01	3/19	\$10/\$12	N/A
	Movie Madness - ADULT	HWH52215-01	3/26	\$10/\$12	N/A
	Art Adventures - TEEN	HWH52212-01	4/2	\$10/\$12	N/A
	Art Adventures - ADULT	HWH52216-01	4/16	\$10/\$12	N/A
	Parents' Night Out #1	HWH52501-01	1/17	\$25/\$35/Sibling \$7	N/A
	Parents' Night Out #2	HWH52501-02	2/8	\$25/\$35/Sibling \$7	N/A
	Parents' Night Out #3	HWH52501-03	3/6	\$25/\$35/Sibling \$7	N/A
	Parents' Night Out #4	HWH52501-04	4/18	\$25/\$35/Sibling \$7	N/A
	Valentine's Dance	HWH52202-01	2/14	\$15/\$20	Morton Chillicothe Washington
	St. Patrick's Day Party	HWH52203-01	3/13	\$15/\$20	Morton Chillicothe Washington
	Wii Sing for our Supper	HWH52204-01	4/24	\$22/\$28	Morton Chillicothe Washington
<b>COMMUNITY BASED PROGRAMS</b>					
	Pizza & Bowling #1	HWH54201-01	1/11	\$30/\$40	Morton Chillicothe Washington
	Pizza & Bowling #2	HWH54201-02	2/21	\$30/\$40	Morton Chillicothe Washington
	Pizza & Bowling #3	HWH54201-03	3/28	\$30/\$40	Morton Chillicothe Washington
	Pizza & Bowling #4	HWH54201-04	4/17	\$30/\$40	Morton Chillicothe Washington
	Riverman Game #1	HWH54202-01	1/25	\$32/\$42	Morton Chillicothe Washington
	Riverman Game #2	HWH54202-02	2/28	\$32/\$42	Morton Chillicothe Washington
	Riverman Game #3	HWH54202-03	3/21	\$32/\$42	Morton Chillicothe Washington
	Burgers at Brasky's	HWH54203-01	2/1	\$30/\$40	Morton Chillicothe Washington
	Brunch With Your Buddies	HWH54204-01	4/4	\$27/\$37	Morton Chillicothe Washington
<b>ATHLETIC PROGRAMS</b>					
	HISRA Young Athletes	HWH56101-01	Begins 1/5	\$5	N/A
	SO/HISRA Penguins Swimming	HWH56501-01	Begins 1/26	\$50/\$65	N/A
	Strikers	HWH54205-01	Begins 2/5	\$90/\$115	N/A
	SO/HISRA Track & Field	HWH56502-01	Begins 3/9	\$30/\$37	N/A
<b>TOTAL</b>				<b>\$</b>	<b>Must complete form on back.</b>



= Transportation



= Consult Physician

R/NR = Resident/Non-Resident Rates

# HISRA Winter/Spring 2020 REGISTRATION FORM (page 2 of 2)

## 1. PARTICIPANT INFORMATION

Full Name of Participant: \_\_\_\_\_

Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_ Male/Female (CIRCLE ONE)

Mailing Address (program info & receipts sent will be sent here):

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Disability: \_\_\_\_\_

Legal Guardian Full Name: \_\_\_\_\_

Legal Guardian Phone: \_\_\_\_\_ Email address: \_\_\_\_\_

Contact in case of program change:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**All registrations must be signed and accompanied by payment in order to be processed.**

## 2. WAIVER (MUST be signed for participation)

As a participant, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, including death, damages, or loss which I may sustain as a result of participating in any and all activities connected with or associated with such program. I agree to waive and relinquish all claims I may have as a result of participating in the program against the Heart of Illinois Special Recreation Association and its officers, agents, servants, and employees. I do hereby fully release and discharge the Heart of Illinois Special Recreation Association and its officers, agents, servants, and employees from any and all claims from injuries, including death, damage, or loss which I may have or which may accrue to me on account of my participation in the program. I further understand and agree that the terms such as "participating," "programs," and "activities," referred to in the Agreement, include all exercises and physical movements of any nature while I am participating in these programs and further include the provision of or failure to provide proper instructions or supervision, the use and adjustment of any and all machinery, equipment, and apparatus, and anything related to my use of the services, facilities, or premises involved in these programs, and transportation to and from any events. I authorize HISRA staff to dispense prescribed medications in their original container or accompanied by a copy of a signed prescription to me/my child.

I understand the nature of these programs for which I am registering, and fully understand this Waiver, Release, and Hold Harmless Agreement. I further understand that any advisements or warnings of the particular risks of these programs that I subsequently receive will be incorporated by reference into and become a part of this Agreement. Additionally, in order that the Heart of Illinois Special Recreation Association may better serve the interests of myself/my child, I hereby grant permission for Special Recreation staff to access relevant education and/or medical records. I hereby consent to the use of my/my child's photograph in the Heart of Illinois SRA brochures, publications, or promotional materials.

**DON'T FORGET!**

\_\_\_\_\_  
Signature of Legal Guardian

\_\_\_\_\_  
Date

## 3. PAYMENT

☐ Check

☐ Cash

☐ Credit Card

*Please call HISRA at 691-1929 with credit card info.*

☐ Requesting Scholarship

*Please contact HISRA if scholarship funds are needed.*

☐ Third-Party Payor

☐ Payment Plan for balances over \$200

*Please contact HISRA if payment plan options are needed.*

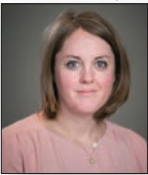
## 4. RETURN WITH PAYMENT TO:

**HISRA  
8727 N. Pioneer Rd.  
Peoria, IL 61615**



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, Office Manager



Brooke joined the HISRA team as an Administrative Assistant in 2017 and is excited to have recently moved into the position of Office Manager. Prior to choosing to stay home with her children, she worked in GIS and project management for 911 services. In her free time, she enjoys spending time with her family, running, and helping others reach their running goals!

Ricky Hawkins, Administrative Assistant



Ricky is excited to be the newest member of the HISRA team! Before coming on, he was an educator and tutor specializing in high school math and science. He is also a fitness instructor whose passions include teaching and helping everyone succeed. Aside from assisting the administration, he hopes to also get involved with the night/weekend programs, summer camps, and Special Olympics!



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 11/11, 11/28, 11/29, 12/24, 12/25, 12/31, 1/1/20

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!

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	Chillicothe
Kevin Yates	Chillicothe
Shaun Bill	Morton
Joel Dickerson	Morton
Joe Cassidy	Peoria
Robert Johnson	Peoria
Lorelei Cox	Washington
Brian Tibbs	Washington



**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: 11/11, 11/28, 11/29, 12/24, 12/25, 12/31, 1/1/20

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

**OR CURRENT RESIDENT**

**Registration opens December 10 and closes  
2 weeks prior to each program start date!**

**Call 691-1929 or fax 691-4383 • [www.hisra.org](http://www.hisra.org)**

## **HISRA Would Your Help!**



### **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](http://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](http://www.hisra.org/donate)