



NORTHLANDS ASSOCIATION FOR SPECIAL RECREATION

Northlands Association for Special Recreation (NASR)

Northlands Association for Special Recreation (NASR) is a cooperative partnership between the Rockford, Freeport and Belvidere Park Districts (*referred to as member district*). NASR programs are open to any individual with disability-related special needs such as physical, mental and developmental disabilities and persons with mental illness, behavior disorders, visual or hearing impairments.

Member district residents are invited to participate in specialty/therapeutic (TR) programs offered through any member district at the resident rate. For participation in Inclusion Services at a member district other than your own member district you must pay the non-resident rate for that specific program.

Freeport Park District

Special Recreation Department
www.freeportparkdistrict.org
 815-235-6114

Rockford Park District

Therapeutic Recreation Department
www.rockfordparkdistrict.org
 815-987-8800

Belvidere Park District

Special Recreation Department
www.belviderepark.org
 815-547-5711

SPECIAL RECREATION

SPECIAL OLYMPIC TEAM

Freeport Park District sponsors a Special Olympics Team. Special Olympic athletes must be 8 years of age or older. The sports currently being offered are volleyball, basketball, soccer, bowling, softball, swimming, snow skiing, snowshoeing, track & field. There are also individual skills available as well. These opportunities are for the athletes that are not ready for the team yet. The athlete is able to compete at the skills level and win a medal in some sports.

SPECIAL OLYMPICS SOFTBALL

Get your bat and glove ready! Summer is definitely coming and that means it's time for Special Olympics (SO) Softball!!! Join the team and get ready for an action packed summer. The team will play 3 games against another team in preparation for the SO District tournament at the end of July. Please be sure to wear running shorts (no blue jean shorts/pants), t-shirt and tennis shoes. You must have a current SO Medical form on file through September 2010.

Location: Read Park - Northeast Ball Field

| Age | Day | Time | Date | Register By | R/NR Fee | Code # |
|-----|-----|------------|-------------|-------------|----------|-----------|
| 8+ | W | 4:30-5:30P | 05/12-07/21 | 05/07 | \$10/21 | 212231-01 |

SPECIAL OLYMPICS BOWLING

Get your shoes and bowling ball ready for competition. Join us as we practice and improve our bowling. We will be preparing to compete in the Special Olympics Bowling Tournament at the end of August. Participants must bowl at least 12 games at practices to qualify for the area qualifier bowling tournament. Registration fee includes one hour of bowling and staff supervision for practice and competitions. A schedule will be passed out at the first practice. Sectional competition is held in November and State competition is held in December.

Location: 4-Season's Bowling Alley

| Age | Day | Time | Date | Register By | R/NR Fee | Code # |
|-----|-----|------------|-------------|-------------|----------|-----------|
| 8+ | Sa | 1:00-2:00P | 05/15-08/28 | 05/07 | \$47/48 | 212241-01 |

SPECIAL OLYMPICS VOLLEYBALL

Bump, Set, Spike! Have you ever dreamed of being on a volleyball team? Well now is the time. The Firecrackers and Timberwolves are getting ready for a great season and they want you to join them. We will practice on Wednesday evenings, play a few games to qualify for districts and then compete in the district event for the chance to go to state! You must have a current SO Medical form on file through October 2010 or be able to attain one at the time of registration.

Location: Carl Sandburg Gym

| Age | Day | Time | Date | Register By | R/NR Fee | Code # |
|-----|-----|------------|-------------|-------------|----------|-----------|
| 8+ | W | 4:30-5:30P | 08/04-09/15 | 07/30 | \$10/11 | 212251-01 |

SPECIAL RECREATION DANCES

Grab your partner and come on over to the Freeport Park District Special Recreation Dances. Every month we have a themed dance full of fun and excitement. Each dance is complete with decorations and a sweet treat at the end.

MARDI GRAS IN MAY

Location: Carl Sandburg School Cafe

| Age | Day | Time | Date | Register By | R/NR Fee | Code # |
|-----|-----|------------|-------|-------------|----------|-----------|
| All | F | 7:00-9:00P | 05/14 | 05/07 | \$6/7 | 212051-01 |

HOE DOWN & HAYRIDE

Location: Oakdale Nature Preserve

| Age | Day | Time | Date | Register By | R/NR Fee | Code # |
|-----|-----|------------|-------|-------------|----------|-----------|
| All | F | 7:00-9:00P | 06/04 | 05/28 | \$6/7 | 212051-02 |

RED, WHITE & BLUE BASH

Location: 4-Season's

| Age | Day | Time | Date | Register By | R/NR Fee | Code # |
|-----|-----|------------|-------|-------------|----------|-----------|
| All | F | 7:00-9:00P | 07/09 | 07/02 | \$6/7 | 212051-03 |

DISCO PARTY

Location: 4-Season's

| Age | Day | Time | Date | Register By | R/NR Fee | Code # |
|-----|-----|------------|-------|-------------|----------|-----------|
| All | F | 7:00-9:00P | 08/13 | 08/06 | \$6/7 | 212051-04 |

SPECIAL RECREATION JEWELRY MAKING

We are going to gather together with a lady that is very skilled in making her own jewelry. Kathy Blomberg is going to help us make our own bracelets and/or necklaces that are made from real beads and you can proudly wear. The items we will be making are simple yet beautiful and best of all anyone can make them!

Location: Mogle Building

MIN/MAX: 5/20

| Age | Day | Time | Date | Register By | R/NR Fee | Code # |
|-----|-----|------------|-------|-------------|----------|-----------|
| All | Tu | 6:30-7:30P | 05/18 | 05/07 | \$14/15 | 212031-01 |

MOVIE NIGHT MANIA

Lights, Camera, Action! Come spend your evening with us as we catch the greatest and newest flick at the Lindo Theatre. The movie will be determined the week of and will not be rated higher than a PG-13 movie. You will be notified by phone 2 days before the event with the exact movie, start and end times. *If you would like snacks at the theatre please bring extra Money*. Movie ticket and staff supervision are included in the fee. Start and end times may vary based on movie selection

Location: Lindo Theater

MIN/MAX: 8/15

| Age | Day | Time | Date | Register By | R/NR Fee | Code # |
|-----|-----|------------|-------|-------------|----------|-----------|
| 14+ | Tu | 5:30-8:00P | 07/13 | 07/02 | \$12/13 | 212131-01 |

STRIKES AND SPARES

Location: 4-Season's Bowling Alley

| Age | Day | Time | Date | Register By | R/NR Fee | Code # |
|-----|-----|------------|-------------|-------------|----------|-----------|
| All | Th | 4:30-5:30P | 05/13-06/03 | 05/07 | \$17/18 | 212011-01 |

MIN/MAX: 8/30

MOTHERS DAY GIFTS

Are you looking for the perfect gift for that amazing lady in your life? Well look no further! Join us as we create a special gift for mothers. We will also be making our own gift wrapping so it will be a complete surprise when she opens it on Mothers' Day! Participants will be seated next to their age appropriate peers.

Location: Mogle Building

MIN/MAX: 5/25

| Age | Day | Time | Date | Register By | R/NR Fee | Code # |
|-------|-----|------------|-------|-------------|----------|-----------|
| Adult | Tu | 4:30-5:30P | 05/04 | 04/28 | \$11/12 | 212141-01 |

MOTHERS DAY GIFTS - YOUTH

Are you looking for the perfect gift for that amazing lady in your life? Well look no further! Join us as we create a special gift for mothers. We will also be making our own gift wrapping so it will be a complete surprise when she opens it on Mothers' Day! Participants will be seated next to their age appropriate peers.

Location: Mogle Building

MIN/MAX: 5/25

| Age | Day | Time | Date | Register By | R/NR Fee | Code # |
|------|-----|------------|-------|-------------|----------|-----------|
| 7-16 | Tu | 6:00-7:00P | 05/04 | 04/28 | \$11/12 | 212151-01 |

NASR FAMILY PICNIC - YOUTH

Come out and play and find out how big your back yard really is!! Northlands Association for Special Recreation (NASR) is hosting a family picnic at Alpine Park. We will be enjoying the Universal Playground, backyard games, a cookout, and lots of summer program information from the Freeport, Belvidere, and Rockford Park Districts Therapeutic Recreation Services. Alpine Park, 900 S. Alpine Rd., Rockford, IL

Location: Alpine Park

MIN/MAX: 1/30

| Age | Day | Time | Date | Register By | R/NR Fee | Code # |
|----------|-----|--------------|-------|-------------|----------|-----------|
| Up to 18 | Sa | 11:00A-1:00P | 05/08 | 04/30 | \$2/5 | 212181-01 |

NASR FAMILY PICNIC - ADULTS

Come out and play and find out how big your back year really is!! Northlands Association for Special Recreation (NASR) is hosting a family picnic at Alpine Park. We will be enjoying the Universal Playground, backyard games, a cookout, and lots of summer program information from the Freeport, Belvidere, and Rockford Park Districts Therapeutic Recreation Services. Alpine Park, 900 S. Alpine Rd., Rockford, IL

Location: Alpine Park, Rockford

MIN/MAX: 1/30

| Age | Day | Time | Date | Register By | R/NR Fee | Code # |
|-------|-----|--------------|-------|-------------|----------|-----------|
| Adult | Sa | 11:00A-1:00P | 05/08 | 04/30 | \$2/5 | 212211-01 |

LOOSE THE TRAINING WHEELS – BICYCLE CAMP

The Rockford Park District's Therapeutic Recreation Department, in collaboration with Lose The Training Wheels, Inc. (LTTW), is holding a week-long program that teaches individuals with disabilities to independently ride a conventional two-wheel bicycle. Lose the Training Wheels, Inc. is a national organization that works with local organizations to host camps in their communities. Lose the Training Wheels™ uses adapted equipment, trained professionals, and volunteers. With 75 minutes of instruction over five days, approximately 85 percent of campers learn to ride a conventional bicycle independently.

For more information, eligibility requirements and to register please contact the Rockford Park District Customer Service by July 30 at the Webbs Norman Center, 401 S. Main St, Rockford, IL; Carlson Ice Arena, 4150 N. Perryville Road, Loves Park, IL, online at www.rockfordparkdistrict.org or by calling Jordan McDonald at 815-987-1609.



ARTISTIC EXPRESSION

It's time to use your imagination to create your own work of art. Participants are taught a variety of styles and techniques used in various works of art. They also gain an appreciation for the visual arts, while using a variety of different materials to put their own creativity to work. Art is believed to aid in enhancing a person's life through creative expression. All participants will have an opportunity to choose one or two works of art to display at the Freeport Art in the Park Art Festival held in September.

Location: Mogle Building

MIN/MAX: 4/13

| Age | Day | Time | Date | Register By | R/NR Fee | Code # |
|-----|-----|------------|-------------|-------------|----------|-----------|
| All | Tu | 4:30-5:30P | 07/20-08/17 | 07/09 | \$25/26 | 212261-01 |

FUN IN THE PARK

Summer's here and there's no better place to be than hanging out with your friends, playing mini golf, fishing, learning new games and of course swimming. Take full advantage of the opportunity to play all summer long! Sign up for all 4 programs and receive a \$4 discount off the total-includes Mini-golf, Fishing, Outdoor Games and Splash & Swim.

Mini-golf

Come enjoy a warm summer evening with your friends over a friendly game of mini-golf. We provide the course, clubs, balls and supervision. You bring your "A" game and great attitude!

| Age | Day | Time | Date | Register By | R/NR Fee | Code # |
|-------|-----|--------------|-------|-------------|----------|-----------|
| Adult | Tu | 06:00-07:00P | 06/08 | 05/28 | \$5/6 | 212271-01 |
| Adult | M | 04:30-05:30P | 08/09 | 07/30 | \$5/6 | 212271-08 |

Fishing

Do you think the Fish are biting? Well let's find out. Poles and bait are provided. If you have your own pole be sure to bring it along. Bring your favorite chair and sit on the bank of the Yellow Creek in Krape Park and catch that big Fish!

| Age | Day | Time | Date | Register By | R/NR Fee | Code # |
|-------|-----|--------------|-------|-------------|----------|-----------|
| Adult | Tu | 06:00-07:00P | 06/15 | 06/04 | \$4/5 | 212271-02 |
| Adult | M | 04:30-05:30P | 08/23 | 08/13 | \$4/5 | 212271-08 |

Outdoor Games

Get outside and have fun. Join us as we bring back some of our favorite backyard games like bocce ball, croquet, corn hole and frisbee golf. We will be learning how to and then playing a variety of games.

| Age | Day | Time | Date | Register By | R/NR Fee | Code # |
|-------|-----|--------------|-------|-------------|----------|-----------|
| Adult | Tu | 06:00-07:00P | 06/22 | 06/11 | \$5/6 | 212271-03 |
| Adult | M | 04:30-05:30P | 08/16 | 08/06 | \$5/6 | 212271-07 |

Splash & Swim

Cool off this summer with your friends at the Read Park Family Aquatic Center. Relax in the water, go down the water slide, hang out with your friends and splash all your worries away.

| Age | Day | Time | Date | Register By | R/NR Fee | Code # |
|-------|-----|--------------|-------|-------------|----------|-----------|
| Adult | Tu | 06:00-07:00P | 06/29 | 06/18 | \$5/6 | 212271-04 |
| Adult | M | 06:30-08:00P | 08/02 | 07/30 | \$5/6 | 212271-05 |

TALK 'N WALK

Love to talk? Want a great way to enjoy the parks this summer? Join us in a weekly walk through a different park each week. Participants will also be encouraged to walk on their own through the week and keep a record of their walk and what they saw along the way. This is a great opportunity to socialize AND stay fit this summer!

Location: Read Park Administration Office Parking Lot MIN/MAX: 4/15

| Age | Day | Time | Date | Register By | R/NR Fee | Code # |
|-------|-----|------------|-------------|-------------|----------|-----------|
| Adult | Th | 6:30-7:30P | 07/08-07/29 | 07/02 | \$11/12 | 212281-01 |

GREEN THUMB GARDENERS

Wish you could plant a garden full of flowers and yummy food to eat? Well now you can. Kevin Souders will be sharing his love and knowledge of gardening with us this summer. Participants will learn important tips on gardening, plant their own plants in a special garden created for them, enjoy the fruits of their labor and so much more.

Location: Oakdale Nature Preserve MIN/MAX: 5/15

| Age | Day | Time | Date | Register By | R/NR Fee | Code # |
|-------|-----|------------|-------------|-------------|----------|-----------|
| Adult | M | 6:00-7:00P | 05/10-06/21 | 04/30 | \$32/33 | 212291-01 |

OUTDOOR ADVENTURE SKILLS

Summer's almost over and it's the perfect time to explore the wilderness. Join us for a time of exploring the wilderness. Activities will consist of teaching different outdoor wilderness skills. This program is recommended for those that are comfortable in or near water and forests, and can follow 2-3 step instructions. Participants will be divided into age appropriate groups.

Location: Oakdale Nature Preserve MIN/MAX: 4/15

| Age | Day | Time | Date | Register By | R/NR Fee | Code # |
|-------|-----|------------|-------------|-------------|----------|-----------|
| Adult | Th | 6:00-7:30P | 08/19-08/26 | 08/06 | \$12/13 | 212301-01 |

BELOIT SNAPPERS GAME

It's not summer without a baseball game! Grab your mit and get ready to enjoy an evening at the ballpark watching the Beloit Snappers game with our dear friends at the Belvidere Park District. Registration fee includes transportation, ticket, hot dog, chips, a pop, staff supervision and a great time! Please contact the Therapeutic Recreation Supervisor if you will need medication passing at the game.

Location: Read Park Office MIN/MAX: 4/8

| Age | Day | Time | Date | Register By | R/NR Fee | Code # |
|-------|-----|-------------|-------------|-------------|----------|-----------|
| Adult | Sa | 5:00-10:30P | 07/17-07/17 | 07/02 | \$15/16 | 212311-01 |

SPECIAL RECREATION ADULT SWIM LESSONS

Love the water? Want a good exercise? Well here is your chance to be in the water this summer AND get great exercise all while learning how to swim or improve your skills. This is a special swim program designed just for individuals with disabilities over the age of 16. Whether you know nothing about swim or compete on a swim team we can work with you to help you learn new skills and get a great workout this summer!

Location: Read Park Pool MIN/MAX: 4/12

| Age | Day | Time | Date | Register By | R/NR Fee | Code # |
|-------|-----|--------------|-------------|-------------|----------|-----------|
| Adult | Sa | 10:00-11:00A | 07/17-08/14 | 07/09 | \$17/18 | 212321-01 |

SPECIAL RECREATION GOLF

FORE!!! Come discover the fun, frustrating, and rewarding game of golf. Jeff Hartman, Park Hills Golf Pro., will be our instructor. We will learn the basics of golf beyond miniature golf. Learn how to properly tee off, swing your club, chip, putt and many other fundamentals of golf. Golf clubs, putters and golf balls provided. This program is specifically designed for individuals with disability related special needs.

Location: Park Hills Golf Course MIN/MAX: 4/12

| Age | Day | Time | Date | Register By | R/NR Fee | Code # |
|-------|-----|------------|-------------|-------------|----------|-----------|
| Adult | Th | 4:30-5:00P | 06/10-07/01 | 06/04 | \$6/7 | 212331-01 |