

New Star Recreation Services

Spring 2023

April 3-May 27



www.newstarrecreation.com

Facebook: New Star Recreation



New Star Recreation Services (NSRS) is a special recreation cooperative of Broadview, Calumet Memorial, Maywood, Riverdale Park Districts, the Village of South Holland Recreational Services Department, and New Star. New Star is a 501(c)3, not-for-profit organization dedicated to challenging the limits and changing lives of people with intellectual and developmental disabilities. NSRS was organized to provide year-round premier community-based leisure education, recreation services, and activities for people with disabilities.

NSRS South Office

Sandridge Fitness Center.

First Floor (Recreation Side)

600 Oglesby Avenue.

Calumet City, Illinois 60409.

Phone:708-207-9141

NSRS Staff

Program Director:

Mike McNicholas-CTRS

Superintendent:

Kenyon Duner-CPRP, CPT

Recreation Supervisors:

Nancy DiGangi-CTRS.

Katie Myrold

Program Assistants:

Candyce Banks & Marvin Perez

NSRS Cooperative

South Holland Recreational

Services: Ed Stewart

Broadview Park District:

Brian Dawson

Calumet Memorial Park District:

Hollice Clark

Maywood Park District:

Lonette Hall

Riverdale Park District:

Gwenette Bradley

All precautionary measures recommended by the CDC are being taken to ensure the safety of our participants and staff.

Children's Programs

Little Guppies

Age: 4-15

In this program, children will increase their comfort level in the water, be introduced to water safety, and pre swim skills. Each session will end with fun water exercises and games. This is a 1:1 program and registration will be on a first come first served basis. Swim diapers are required for children who are not toilet trained.

Date: Mondays April 3-May 22.

Time: 5-5:30pm & 5:30-6 pm

Location: South Holland Community Center

Fee: \$45

Mom and Tot Sing & Dance.

Ages: 2-6 years

Does your little one like to move and groove to music? Come sing along and dance with to nursery rhymes and children's songs.

Class is with parent/adult.

Day: Wednesdays

Date: 4/5-5/23

Time: 10:30-11:30am

Location: Sandridge Fitness Center

Fee: \$12 Min/Max: 4-6

Craft Club

Ages: 9-12

Come explore your creative side in our Craft Club where we will try different kinds of arts and crafts to create beautiful, one-of-a-kind art.

Date: Tuesdays April 4-May 23

Time: 3:30-4:30pm

Location: Sandridge Fitness and Community Center

Fee: \$30 Min/Max: 4/10

Alley Cats

Ages: 6 and older

If you have some spare time,

try your hand at bowling.

Bumpers and ramps are available and all skill levels are welcome.

Days: Wednesdays

Dates: April 5-May 23

Time: 4:00-5:00pm

Location: Dolton Bowl

Fee: \$35 Min/Max: 4-20

Teen and Adult Programs

Making Waves

Ages: 13 and older

Do you like to swim. Yes? Well then, join us for great fun and exercise in the pool.

Mondays, April 3-May 22

Time: 6-6:50pm

Min/Max: 6/15

Fee: \$35

King Pin

Ages: 15 and older

Let's strike up a good time while we hit the lanes for some frames.

Registration is first come first served.

Date: Wednesdays, 4/5-5/24

Time: 5:00-6:00pm

Location: Dolton Bowl.
1401 E Sibley Blvd.

Fee: \$35

Min/Max: 4-10

Basketball

Ages: 13-adult

We've got the equipment, you bring the energy! Have a blast playing basketball with your friends.

We may even throw in a few other sports along the way.

Dates: Tuesdays, 4/5-5/23

Time: 6:30-7:30pm

Location: South Holland Community Center

Fee: \$25 Min/Max: 6/12

Cool Crafts

Ages: 13-19

Show off your creative side while exploring different types of art mediums and creating unique masterpieces.

Dates: Wed. 4/6-6/24 Time: 6:30-8:00pm

Location: NSRS office

Fee: \$30

Min/Max: 4/10

Dinner Club

Ages:16 and older.

April13, April 27, & May11,2023.

We will practice our finance and social skills while eating delicious food at local restaurants. Locations will vary and you will be notified which restaurant to meet at prior the event. Bring money for dinner and tip. Average is \$30

Fee: \$30. Min/Max: 3/6

Friday Night Socialites

April 14-May 26. Ages 16 and older

April 14, LWSRA Fiesta.

5:45-9:15pm

\$20

Let's hop on the NSRS bus and head to Lincoln Way Special Recreation Association for a night of food, beverages, and music at their Fiesta! **Registration due March 31.** Min/Max:8/10

April 21, Basketball Clinic.

6:30-8:30pm

\$20

We will join some friends from Calumet City park district for some basketball tips and maybe even a game. Snacks and a beverage will be served. Min/Max:8/10

April 28, Sky Zone.

5:30-9:30pm

\$35

Jump as high as you can on the trampolines and try your skills on the basketball and ropes courses. Great fun is a jump away. Min/Max: 8/10

May 5, Mother's Day Craft-Seeded Paper Mother's Day Cards

6:30-8:30pm \$25

Using various materials we will be making Mother's Day cards from homemade paper with flower seeds. You can then plant the card and flowers will grow from the seeds in the paper. Min/Max: 4/6

May 12, SWSRA Spring Formal. 6:00-9:30pm. \$45

Let's join other SRAs for a grand time at the SWSRA Spring Formal. Dress up for a night of dinner and dancing. Transportation is provided to and from the dance.

Registration due by April 7, 2023 Min/Max:6/10

May 19, Bingo and Pizza

6:30-8:30pm

\$30

What could be better than enjoying a night playing bingo with friends? Eating pizza and playing bingo with friends! There will be pizza, pop and of course plenty of prizes. Will you be yelling -BINGO?

May 26, Movie Night.

6:00-9:30pm.

\$25

We will meet at Marcus Theatre in Country Club Hills (4201 W 167th street) to enjoy some popcorn and the latest blockbuster. NSRS will pay for your ticket. Bring money to purchase snacks and beverage. Movie and time to be determined.

Super Saturdays and Sundays

Saturday April 22 2023, Container Gardens. 1:00-3:00pm

Ages: 8 and up

It is time to begin beautifying your outdoor space and we have just the stuff to do it. Whether you want to add some color to your patio or balcony you can do just that at our Container Gardens event. NSRS supplies the pots, soil, and flowers, along with some extras to make unique containers with beautiful flower arrangements. Fee: \$25 Min/Max: 3/6

Sunday, May 7, 2023, Midwest Train Show

12:00-3:00pm Ages: 8 and up

If you like model trains, then this is the event for you! Come with us to the Midwest Train Show where there are all types and scales of model trains and other train collectibles. We provide transportation and admission. You just need to bring money for lunch and other purchases. Fee: \$25 Min/Max: 6/12

Saturday, May 13, 2023, Lighthouse Mall 10:00am-4:00pm

Ages: Teens and up

Time to shop for your summer wardrobe. Lighthouse Mall has everything you need to make a fashion statement. Bring money for purchases and lunch. Fee:\$25 Min/Max 6/12

NEW PROGRAM

Hump Day Trips: Wednesdays, April 5th, 19th, May 3rd, & 17th

10:00am-3:00pm Fee: \$40 per date, includes transportation and lunch.

We will take the NSRS vehicle and go for the day to exotic places like Farm and Fleet in Bourbonnais to see the chicks; see wild bison herd at Kankakee Sands in Northwest Indiana; take the train to downtown Chicago to see the city from the Sears Tower sky deck; and other exciting places.



Mini Camp-

Monday – Thursday, 9:00am-3:00pm. June 19-29, 2023 Fee:\$200

Summer Day Camp 2023

There will be 2 sessions of camp this year:

Session 1- July 10-July 27

Session 2 – July 31-August 17

No camp the week of July 4th to allow for families who vacation for the holiday.

You can register for 1 or both sessions.

Camp Discover

Little ones will have plenty to do including playing with toys, reading books, playing outside, and building skills and friendships. Campers will need to provide diapers, wipes, and a change of clothes in a clearly labeled bag. All campers will need to bring a completely disposable lunch, water bottle, and sunscreen each day.

Age: 6 - 10 Location: Sandridge Fitness Center Min/Max: 3/5

AM Camp Only	Mondays- Thursdays	9:00am- 12:00pm	\$300.00 Each session
Full Day Camp		9:00am- 3:00pm	\$600.00 Each session
PM Camp Only	No Camp Week of July 4	12:00pm- 3:00pm	\$300.00 Each session

Camp Explorer

Come join Camp Explorers where we will have adventures with our friends at camp while having fun. Each day, please bring a completely disposable lunch, water bottle, sunscreen and a change of clothes.

Age: 11 - 17 Location: TBD Min/Max: 5/10

Adventure Camp

Join Adventure, where we have plenty of summer fun activities planned! Whether it is swimming, crafting, or just some fun in the sun, you are bound to have a great summer with us. Each day, please bring a completely disposable lunch, water bottle, sunscreen, and a change of clothes. We will be cooking once a week.

Age: 18 -25. Location: TBD. Min/Max: 5/10

AM Camp Only	Mondays- Thursdays	9:00am- 12:00pm	\$300.00
Full Day Camp	July 10- August 17	9:00am- 3:00pm	\$600.00
PM Camp Only	No Camp Week of July 4	12:00pm- 3:00pm	\$300.00



Americans with Disabilities Act

New Star Recreation Services supports the Americans with Disabilities Act. NSRS will provide all reasonable accommodations to include persons with disabilities in the community. It is the belief of NSRS that all people are created equal and that they should have equal rights to recreation and leisure opportunities in their communities.

Inclusion

NSRS supports programs that allow the participants to perform at the highest possible ability level with success. Some participants may choose traditional NSRS programs while others may choose park district and recreation department offered programs. In cooperation with park district/recreation department staff, NSRS will help to provide reasonable accommodations for all persons interested in inclusion in cooperative park district/recreation department programs. Contact NSRS for additional information.

Program Cancellation & Credit Policy

Program Information

- At the scheduled program time, if no participants arrive within the first 15 minutes, the program will be canceled, and staff will be sent home. No credits will be given.
- NSRS staff look at all circumstances three hours prior to the starting time of the program and transportation routes to determine if the program should be canceled.
- If the program is canceled, program staff attempts to reach all participants by phone to inform them.
- NSRS attempts to extend programs to make up missed dates. You will be notified of program extensions.
- A credit will be given if the enrollment consists of less than the minimum number of participants.
- Requests for credits must be requested 10 business days prior to the beginning of the program. NOTE: Programs which include daily admissions or tickets to entertainment or sporting events, etc. will be a prorated credit based on budgetary considerations.
- A full or prorated credit will be granted if a medical condition prohibits participation. To receive the credit, the NSRS office must be notified before the scheduled event. NOTE: A Doctor's note must be included with the credit request.
- Once a program has begun, no credits will be given.

Brochure Changes/Error & Delivery Disclaimer

Our staff have made every effort to prepare this brochure as accurately as possible; however, errors can occur. Circumstances may require that adjustments be made to programs, fees, schedules, etc. NSRS reserves the right to make any such adjustments. We apologize for any errors and will make every effort to advise participants/parents/guardian of any program changes and corrections as quickly and efficiently as possible. The staff apologizes for any inconvenience these errors or adjustments may cause.

Thank you for your patience and understanding. NSRS relies upon the post office for mail deliveries of our seasonal brochures. NSRS assumes no responsibility for mail delivery. If for some reason you do not receive a brochure, please pick one up at our office.

Registration Information

1. Contact Nancy at 708-207-9141 to set up an appointment to register for programs.

Arrangement for payments will be made with Nancy at that time.

2. Neatly complete the Annual Information Form, filling in all appropriate spaces. Missing information will delay your registration. Annual Information Forms are due before the start of programs.

Annual Information form is due before the start of programs.

Forms of Payments: Full payment must be included. Checks made out to Special Recreation Services or cash are accepted. Please write the participant's name on the check. Confirmation of program enrollment will not be sent. You will be notified if a program is canceled or if placed on a waiting list. Fees will not be pro-rated for late or missing classes. Consideration will be made only if the participant is a new resident.

Delinquent accounts: participants will be denied participation if a balance remains from a previous season, or a late pick-up fee has not been paid. Participants attending a program without prior registration and payment, a \$10 administration fee will be added to each program that is attended. This fee must be paid in full before registration can be taken.

Out of District Policy

NSRS will accept out-of-district participants into our programs with the registration and payment of \$1,200.00 annual maintenance fee. This fee, paid to NSRS, can be made in installments through your own park district or all at once. To pay in installments, you must make arrangements with the NSRS Program Director. If you have inquiries, please contact Mike McNicholas at (708) 207-0023.

Program Code of Conduct

Due to limitations of in-person social-distanced programming, staff will not be able to support disruptive or challenging behavior, and programming may not be fully inclusive. Below are the expectations and guidelines the participants will need to follow to attend in-person programs and/or special events. These expectations are not all inclusive, more may be added.

All participants, parents/guardians, and family members must:

1. Maintain 6 feet of social distance.
2. Participants must be able to function at a 1:4 staff to participant ratio.
3. Wear a face covering over nose and mouth when applicable or as directed by staff. Participants must be able to remove own face covering and put on independently.
4. Not share food or drink with anyone outside of your parent/guardian or family member.
5. Listen to and comply with staff directions. Participants must be able to follow verbal directions with minimal redirection.
6. Participants must be free of fever over the past 72 hours (temperature less than 100.4 degrees).
7. Refrain from attending in-person programs if you have traveled out of the state within the past 14 days.
8. Remain in designated area for the duration of the program. Participants must be able to stay with the group.
9. Show respect to all participants and staff. Threats and bullying of any form will not be tolerated. Participants must always keep their hands and feet to themselves.
10. Refrain from using foul language or offensive behavior including rude or inappropriate gestures or sexually explicit language.
11. Not be under the influence of alcohol or drugs which would impair the ability to safely participate in the program.
12. Remain fully clothed at all time

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Be sure to check out our participating park districts for additional opportunities for participating in recreational programs by requesting an inclusion aide:

Calumet City

South Holland

Riverdale

Visit Sandridge Nature Center for fun with nature!



New Star Recreation Services South Winter 2023 Registration

New Star Recreation Services requires that the following form be updated seasonally or in a change in participants health. Please complete this for entirely, return it along with payment. You must have a current registration to participate in any NSRS activities. All information is confidential. **Please read updated registration procedures on page 5.**

Participant Information

Name: _____ . Birth Date: _____

Sex: _____

Address: _____ City: _____

State: _____ Zip: _____ .

Group Home: _____ Home Phone: _____

Cell Phone: _____

Email: _____

Park District: _____

Agency Affiliation: _____

Family/Guardian Information

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Cell Phone: _____ Home Phone: _____

Emergency Contact Information (other than parent)

Name: _____ Relationship: _____

Phone: _____ Name: _____

Relationship: _____ Phone: _____

Medical Information

Doctors Name: _____ Hospital: _____ Dr. Phone: _____

Diagnosis (check all that apply): _____ Developmental Delay _____ Autism. _____

Downs Syndrome _____

_____ Mental Illness. _____ Vision Impairments. _____ Learning Disability. _____

Behavior Disability _____ Traumatic Brain Injury. _____

Spinal Cord Injury. _____ Cerebral Palsy. _____

Seizure Disorder. _____ Type. _____ Frequency _____

Other Impairments _____

Allergies: _____

Medication (type, dose & frequency) Use separate sheet if needed _____

Adapted Equipment: _____

Uses Wheelchair: _____ Yes _____ No _____ If Yes: _____ Manual. _____ Electric _____

Can participant transfer: _____ Yes _____ No _____

Dietary restrictions: _____

Self-Care, please circle:

Eating. _____ Independently _____ Monitoring _____ Requires assistance.

Explain _____

Bathroom. _____ Independently. _____ Monitoring _____ Requires assistance.

Explain _____

Dressing. _____ Independently. _____ Monitoring. _____ Requires assistance

Explain _____

Mobility. _____ Independently. _____ Monitoring. _____ Requires assistance.

Explain _____

Is the participant clear of Atlantoaxial Instability (AAI) _____ Yes _____ No

NSRS South Spring 2023 Registration.

Name: _____

X	Fee	Program		X	Fee	Program
	\$45	Little Guppies			\$12	Mom & Tot
	\$30	Craft Club			\$35	Alley Cats
	\$35	Making Waves			\$35	Basketball
	\$35	King Pin			\$30	Cool Crafts
	\$30 Per day trip	Hump Day Trips			\$30	Dinner Club
	\$25	LWSRA Fiesta 4/14			\$15	Basketball 4/21
	\$40	Sky Zone 4/28			\$25	Mother's Day Craft
	\$45	Spring Formal 4/12			\$20	Bingo 5/19
	\$25	Movie 5/26				
	\$25	Container Gardens 4/22			\$25	Train Show
	\$25	Lighthouse Mall 5/13			\$200..	Mini Camp 6/19-6/29
	Session 1 7/10-7/27	Discover Camp \$300.			Session 2 7/31-8/17	Discover Camp \$300
	Sesslon 1 7/10-7/27	Explorer Camp \$300			Session 2 7/31-8/17	Explorer Camp \$300
	Session 1 7/10-7/27	Adventure Camp\$300			Session 2 7/10-8/17	Adventure Camp \$300
		Field Trip Fridays \$175..				

Total _____ . Paid _____ . Balance due _____ Staff _____



