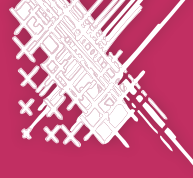


FALL 2019



S.O.A.R.

special opportunities available in recreation

(309) 434-2260 • www.BloomingtonParks.org/SOAR



Providing leisure opportunities for individuals with special needs

Registration starts Thursday, August 8th!

Sponsored by the Bloomington & Normal Parks and Recreation Departments

FALL 2019 FALL 2019 FALL 2019 FALL 2019



Special Opportunities Available In Recreation

Office Address: 115 E. Washington, Bloomington, Illinois 61701

Mailing Address: PO Box 3157, Bloomington, Illinois 61702-3157

(309) 434-2260

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What is S.O.A.R.?

S.O.A.R. is a community therapeutic recreation program serving individuals unable to successfully participate in traditional recreation programs. Leisure, social and developmental skills are emphasized to promote the highest level of recreation participation possible. S.O.A.R. is jointly sponsored by the City of Bloomington and Town of Normal Parks and Recreation Departments.

Most individuals with disabilities are eligible to participate in S.O.A.R. activities. Persons from youth to adults who are in special education classes, workshops, nursing homes or who have leisure needs not met by traditional recreation programs are eligible. This includes individuals with developmental, physical or learning disabilities; sensory, genetic or behavior disorders; autism or emotional difficulties.

Mission Statement

The S.O.A.R. program exists to maintain and enhance the quality of life for individuals with disabilities through comprehensive, specialized recreation programs, activities and special events.

Americans With Disabilities Act

Special Opportunities Available in Recreation (S.O.A.R.) will comply with the Americans with Disabilities Act (ADA), which prohibits discrimination in the provision of services, programs or facilities to individuals with disabilities. S.O.A.R. will make reasonable accommodations in recreation programs to enable participation by an individual with a disability who meets essential eligibility requirements for that program. The ADA requires that recreation programs offered by S.O.A.R. be available in the most integrated setting appropriate for each individual. Call (309) 434-2260 if you have any questions about the S.O.A.R. policy regarding the ADA or believe you have been unfairly discriminated against by S.O.A.R.

Questions/Information

Please contact the S.O.A.R. office with any questions regarding eligibility, registration procedures, scholarships, transportation or the S.O.A.R. program in general at (309) 434-2260. TDD for the hearing impaired at (309) 829-5115. Fax: (309) 434-2483. Web site address is www.bpard.org/soar. Hotline: (309) 434-2386.

Special Information

Inclusive Programs

S.O.A.R. recognizes that every individual with special needs and abilities does not always require a S.O.A.R. program. The S.O.A.R. staff are available to assist and advise participants concerning appropriate placement in S.O.A.R., Bloomington and/or Normal Parks and Recreation Department programs. S.O.A.R. staff will contact the appropriate recreation department staff and work with the instructor to assure the participant a smooth transition if they wish to be integrated into a recreation department program.

Program Legend



= door-to-door transportation offered



= participant will need to bring money to program

Full-Time Staff

Nicole Kohler, CTRS - Program Manager
nkohler@cityblm.org

Special Interest Programs, Registration,
Financial Assistance, Cultural Arts
Programs, Special Event Programs,
Transportation

Maggie Rutenbeck - Program Manager
mrutenbeck@cityblm.org

Volunteers, Summer & Saturday Day
Programs, Mailings, Fitness/Sports
Programs, Special Olympics Programs

Seasonal & Part-Time Staff

S.O.A.R. is fortunate to have a number of qualified and talented seasonal and part-time staff. Thank you to the following summer session staff for their continued support, dedication and fine work!

Kaitlyn Bauman
Beth Clark
Sally Clark
Katie Clothier
Breanne D'Costa
Ritchie D'Costa
Sharon D'Costa
Kim Denton
Doug Dowell
Michele Evans
Miranda Henson
Larry Kotowski

Linda Kotowski
Mariah Lamberti
Zoe Loitz
Randi Meyer
Holly Polley
Larry Quanstrom
Mark Rutenbeck
Rachael Shropshire
Julie Smith
Rachael Stanford
David Suarez
Eric Velling

Attire at S.O.A.R. Programs

Participants should dress comfortably for all programs and special events. Please keep in mind what the weather is like, if the program will be held inside or outside and what the program will involve. Wear clothes that can get dirty and stained to all craft and cooking programs. Sometimes accidents happen and new/good clothes can get ruined! Dress for activity and comfortable movement in all Special Olympics, sports and exercise programs. Athletic shoes and athletic clothing are required. Do not wear blue jeans to any sports programs or practices! Special attire requirements are often suggested in memos sent out for special events.

Volunteers in Action

S.O.A.R. uses a wide variety of volunteers to assist in weekly programs and special events. Volunteers help with program activities and events and work closely with participants to provide an enjoyable and quality leisure experience. Past volunteers have been community residents, college students and community service groups. Thank you to all the individuals who helped make the summer program session a success by volunteering their time to assist with one or more programs. S.O.A.R. is currently accepting volunteers for winter/spring programs. If you are interested in volunteering, please call (309) 434-2260.

Medication Dispensing

S.O.A.R. staff may dispense medication to participants during extended programs and trips. In order for S.O.A.R. staff to do this, a parent/guardian will need to complete a medication dispensing form and complete a dispensing procedure each time medication is needed. S.O.A.R. staff may not perform an injection or any other medically or physically invasive procedure. Please call the S.O.A.R. staff at (309) 434-2260 if you have any questions or would like a copy of any of these forms: permission for medication dispensing, medication dispensing procedures and invasive procedure policies.

Photo Policy

On occasion, S.O.A.R. staff may photograph or videotape participants at programs, special events and facilities. These photos are for S.O.A.R. use only and may be used in publications, brochures, Facebook, pamphlets, flyers or video productions. If you do not want your photo published contact Maggie or Nicole.

Insurance

Individual accident and medical insurance for program participants is not provided by S.O.A.R., Bloomington or Normal Parks and Recreation Departments.

Staff Ratio

S.O.A.R. currently staffs most programs with one staff to every four participants. If a participant will need more assistance or won't be able to participate within this structure, please let staff know at registration so appropriate staffing may be secured (if possible). Please note in brochure write ups any exceptions to this 1:4 ratio.

Code of Conduct:

Participant Guidelines

Equal Access - No participant shall on the basis of race, gender, creed, national origin or disability be denied equal access to programs, activities, services or benefits or be limited in the exercise of any right, privilege, advantage or opportunity.

Behavior - Participants are expected to exhibit appropriate behavior at all times. The following guidelines have been developed to make S.O.A.R. programs safe and enjoyable for all participants. Additional rules may be developed for particular programs as deemed necessary by staff. Participants shall:

- Show respect to all participants and staff.
- Refrain from using foul language.
- Refrain from causing bodily harm to other participants or staff.
- Show respect for equipment, supplies and facilities.

Discipline - A positive approach will be used. S.O.A.R. reserves the right to dismiss a participant. **Each situation will be evaluated on its own merit.**

Late Pick-Up Policy

Please double check the pick-up time and be prompt! Program instructors would appreciate your consideration because they have additional work responsibilities after the program and sometimes have another program to lead.

Families/staff of participants who are not picked up promptly will be sent a letter the first time to remind them of this concern. If the situation happens again, a late fee will be assessed. After a 5-minute grace period, a \$5 fee will be charged for every 15 minutes or portion thereafter.

Registration for other programs will not be accepted until all outstanding late fees are paid.

Special Thanks to Our Volunteers who helped with Summer

Programs

Tammy Alsene
John Boles
Maxwell Cekander
Faith Lutheran Church
Andrew Cummings
Audelle Cummings
Will Dowell
Darla Goodlick
Flint Greil
Greg Hayward
Rob Kelley
Ken Kohler
Charen Lakebrink
Bridget Larkin
Jim Lilienthal
Sherry Lilienthal
Kait Ludwig
Brian McGill
Audrey McWhorter
Doug Miller
Jack Miller
Annie Myren
Matthew Newell
Jody Ritter
Buffy Ryan
Dennis Sapp
Verlinda Sapp
Michael Schoeninger
Deb Schultz
Ashka Shah
Barb Wells
Mike Wells
Jamie Wielgopolan
Dee Wilson

Paperwork...Paperwork...

"You want me to fill out this entire form?" Have you ever said or thought this? Most of us have! The demand for information and paperwork is tremendous in our society today. While our initial reaction is sometimes frustration, we need to step back and consider why information is requested. S.O.A.R. asks that an annual information form be completed, with a seasonal sign off that all information is still correct. Why ask the questions and why persist in acquiring updated information? Listed below are some of the reasons:

- We take our responsibility for participants seriously.
- We care about each person's health and safety.
- We care that each person's physical, emotional, social and developmental needs are being met.
- We want each person to feel satisfaction from program involvement.

Asking for information does not guarantee personal success or safety, but the information is invaluable as we do our best to provide safe and satisfying leisure activities. We thank you for taking the time to provide the requested information.

Cell Phone Policy

S.O.A.R. requests that participants do not bring cell phones to program unless there is an emergency situation they need to be aware of or if they need to call for a ride when the program ends. Participants are not to use their phone during programs and are asked to keep their cell phone in a pocket, purse, bag, etc. during the entire program. S.O.A.R. can't be held responsible if a participant loses his or her phone. If a participant uses a cell phone during a program or the phone becomes a distraction to the participant, S.O.A.R. staff will hold the phone for the duration of the program. The phone will be returned when the participant leaves. This policy will be enforced for the respect of other participants and staff during a program.

Participant Expectations

S.O.A.R. provides healthy community leisure opportunities for individuals with disabilities. While participating in our programs, we stress socialization skills, appropriate behavior and personal appearance. For the dignity and acceptance of individuals with disabilities, and for their overall self-esteem and enjoyment at community outings, the staff has several expectations of participants. We ask that you assist us in fulfilling these basic guidelines. The participant guidelines were developed for the betterment of our participants, their self-esteem and normalization.

Please dress for all programs in clean clothing that is appropriate for the specific activity. Participants should be clean and display good hygiene skills.

Program Times

S.O.A.R. staff and instructors are at the facility for the designated program time only. Individuals providing transportation for participants should make drop-offs and pick-ups at the listed times. Please do not leave a participant at program/program site unless there is a staff present. We know that emergencies arise, but try to let staff know if you will be early or late!

Parent Observation Guidelines

Parents are encouraged to leave the program area during events so participants can give their full attention to the instructor. Thank you.

Check Out Our Web Site

www.bpard.org/soar



facebook

Follow us on facebook

Program Holidays

In observation of Labor Day, Veteran's Day, Thanksgiving, Christmas, New Year's, and MLK Day the office will be closed and no programs held on September 2, November 28 & 29, December 24, 25 & 21, and January 1 & 20. The office will be closed but programs will still be held on November 11.



TRAINING PROGRAMS

Purpose of S.O.A.R. Special Olympics Training Programs:

To provide eligible individuals 8 years of age or older from the Bloomington/Normal area with quality training programs that will prepare them for area, district, regional and/or state competition in a variety of Special Olympics sports on a year around basis.

Requirements to Participate in S.O.A.R. Special Olympics Training Programs:

Individuals who meet Special Olympics eligibility requirements and wish to participate in a S.O.A.R. Special Olympics training program must complete the S.O.A.R. registration procedure for that program. In addition, an Application for Participation (medical), valid through the entire sport's season must be on file with S.O.A.R. before practice begins.

Expectations For S.O.A.R. Special Olympics Training Programs:

Athletes participating in a S.O.A.R. Special Olympics training program must meet the minimum requirements of training in that sport in order to participate in competition. These requirements will include participation in the minimum number of required training sessions for that sport at a level which is considered appropriate for the sport and the athlete.

Special Olympics Bocce

S.O.A.R. will be sponsoring Special Olympics traditional bocce and unified bocce training programs. Athletes participating in this training program will prepare for competition in singles, doubles and/or team bocce. Registration and a valid Special Olympics Application for Participation (medical form) valid through November 2019 must be on file at the S.O.A.R. office by October 4 to participate. (*anyone that advances out of this tournament will need to have an Application for Participation valid through June 14, 2020*). Partners must have a Unified Partner Application and a Class A Registration application completed and on file at the Special Olympics Illinois office by Friday, October 4.

Athletes and partners that meet the training requirements of this program will participate in a district competition Saturday, November 2 in Mattoon. Athletes and partners who receive a gold medal at the district meet become eligible to participate at the Special Olympics Illinois Summer Games that will be held at Illinois State University June 12 - 14, 2020. Athletes advancing to Summer Games will have additional practices on Wednesdays, June 3 & June 10; Individuals training in this program will not have the option to compete in aquatics, athletics, powerlifting or soccer.

TRADITIONAL BOCCE

Who: Ages 10 and older
When: Wednesdays Sept. 11 - October 30, 5:30 - 6:30 pm
Where: O'Neil Park, softball field
Cost: \$38
Limit: Minimum 4, Maximum 8

UNIFIED BOCCE

Who: Ages 10 and older, ideally with partner
When: Wednesdays Sept. 11 - October 30, 5:30 - 6:30 pm
Where: O'Neil Park, softball field
Cost: \$38
Limit: Minimum 4, Maximum 12



Special Olympics Snowshoeing

This program is great for maintaining fitness during the winter months. Athletes that can walk or run and like being outside during cool, brisk weather will have a great time learning and practicing the skills needed for snowshoeing. Fundamental skills such as equipment use, proper strides, and fall recovery will be introduced. Skill development, lead-up activities and competition preparation will all be a part of this training program. This is a Special Olympics sports training program. Registration and a valid Special Olympics Application for Participation (*medical*) good through February 2020 must be on file at the S.O.A.R. office by Wednesday, Sept. 18 to participate. Individuals who successfully complete this program will be eligible to compete in a Region Competition December 8, 2019. Athletes that receive a gold medal/1st place finish will be eligible to compete in the Special Olympics Illinois State Winter Games held February 4 - 6, 2020 at Chestnut Mountain Resort in Galena. Additional practices will be held January 18, 25, and February 1 for those who advance to the Winter Games.

Who: Ages 12 and over
When: Saturdays, October 5 - December 7 (*no practice on November 30*)
9:30 - 10:30 am
Where: Miller Park Pavilion, Lower Level
Cost: \$38
Limit: Minimum 4, Maximum 12

Special Olympics

Special Olympics Basketball

Athletes with basic motor and cognitive skills appropriate for basketball team play and competition are eligible for this program. Emphasis will be on fundamental skills, game knowledge, and sportsmanship. This is a Special Olympics sports training program. A valid Special Olympics Application for Participation (*medical form*) good **through** March 2020 must be on file at the S.O.A.R. office by Friday, October 25 to participate. Individuals who successfully complete this program will be eligible to compete in the Special Olympics Basketball District G Tournament that will be held **January 19, 2020**. A minimum of three games will be scheduled for each S.O.A.R. basketball team prior to early January. Teams that advance to the State Basketball Tournament (*March 13 - 15, 2020*) will have additional practices scheduled in February and March. **PLEASE NOTE THE PLAYER ASSESSMENT NIGHT ON MONDAY, AUGUST 26.**

Who: Ages 12 and over

When: Monday, August 26, 5:30 - 7:30 pm - **All registered must attend the skills assessment scheduled during this time to determine team placement.**

Regular practices then follow: Tuesdays or Thursdays, as assigned, 5:30 - 7:00 pm or 7:00 - 8:30 pm, November 5/7- January 14/16 (**no practices the weeks of 11/25 or 12/23 but will have games 12/27 - 12/28, the Ron Knisley Memorial Shoot Out**), **no practice the week of Dec. 30.**

Where: Lincoln Leisure Center, gym

Cost: \$38

Limit: Minimum 10; Maximum 48



SOAR Special Olympics Pizza Celebration

Celebrate the accomplishments of S.O.A.R.'s Special Olympics athletes for the second half of this year (*July - December*). S.O.A.R. will provide pizza, soda and salad. After dinner, a brief program honoring athletes who have participated in the following sports will follow: softball, bowling, unified tennis and volleyball (*both traditional & unified*). Each person wanting to attend must register individually.

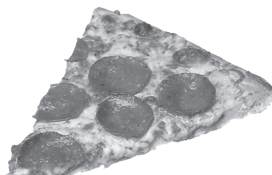
Who: Athletes, partners, their families and anyone who wants to recognize our S.O.A.R. athletes for their achievements.

When: Friday, December 13
6:00 - 8:30 pm

Where: Miller Park Pavilion, Main Level

Cost: \$4 per person

Limit: No limit, but **MUST** pre-register!



Special Olympics Competition Dates

September 7 - 8

Outdoor Sports Festival (*Softball*)
Decatur

September 15

Volleyball Qualifier, Effingham

October 3 (*tentative*)

Medfest,

Special Olympics Headquarters
Normal

October 12

Sectional Bowling, Peoria

October 26 - 27

Fall Games (*Volleyball*)
Rockford Harlem

November 2

Region Bocce, Mattoon

December 7

State Bowling, Peoria

December 8

Region Snowshoe, Mendota

December 27 & 28

Ron Knisley Memorial
Shoot Out Tournament
Illinois Wesleyan University

January 19, 2020 (*tentative*)

Region Basketball
Bloomington

March 13 - 15, 2020

State Basketball
Bloomington and Normal

Strength Training

Special Strength

This program is designed to lead individuals through a safe and effective workout. The goal of each workout is to develop a strong sense of accomplishment and confidence, while practicing healthy exercise habits. This program will be led by our own Certified Special Olympics Powerlifting Coaches, Brian and Courtney Lahr.

Who: Ages 16 and older

When: Fridays, October 4 - November 22
1:00 - 2:00 pm

Where: Bloomington Normal Barbell Club

Cost: \$40 made payable to BN Barbell Club
\$5 made payable to SOAR

Limit: Minimum 4; Maximum 8

Powerlifting

Learn the basics on powerlifting, including Deadlift and Bench Press, also introduction to the Squat. All training is done with a focus on safety and correct lifting techniques as well as appropriate gym behavior. This program is taught and supervised by our own Certified Powerlifting Coaches Brian and Courtney Lahr. **This is NOT a Special Olympics powerlifting training, rather a technique and strength training program.**

Who: Ages 12 and up

When: Saturdays, October 5 - November 23
1:00 - 2:00 pm

Where: Bloomington Normal Barbell Club

Cost: \$40 made payable to BN Barbell Club
\$5 made payable to SOAR

Limit: Minimum 4, Maximum 8

Weekly Programs

- MONDAYS -

Recreational Bowling

Here's your chance to bowl just for fun. No competition, no stress, and no hurry. Participants will be assigned to lanes and bowl two games during the scheduled program time. This is the S.O.A.R. bowling program where socialization is a part of the game!

- Who:** Individuals age 10 and up who can bowl two games independently or with ramp. We do NOT use bumpers.
When: Mondays, September 16 - December 2
4:00 - 5:15 pm
Where: Pheasant Lanes, Bloomington
Cost: \$63 payable to Pheasant Lanes (*bowling lane fee*) and \$15 payable to S.O.A.R. (*registration fee*)
Limit: Minimum 30; Maximum 60



Harvest Crafts



It's Fall y'all! We'll create some cool fall crafts including a beautiful basket, a jewelry piece and a one of a kind piece to hang on your front door. All projects will feature a fall theme. Be sure to wear clothes that can get messy as we'll be using paint and glue.

- Who:** Ages 14 and older
When: Mondays, September 16 - October 21
7:30 - 8:30 pm
Where: Lincoln Leisure Center, room 107
Cost: \$24
Limit: Minimum 6; Maximum 12



Cardio Fitness



Get fit with S.O.A.R. This program will focus on exercises designed to get our heart rate up and improve cardiovascular endurance. Participants will complete a variety of exercises each week as well as participate in health-related educational activities. Activities will be geared to the health level of each individual with a target goal of improving health, fitness, and well-being. Individuals who register for "Strength & Flexibility Fitness" shouldn't register for this program. Choose please!

- Who:** Ages 12 and older
When: Mondays, September 16 - December 2
6:15 - 7:15 pm
Where: Lincoln Leisure Center, Rooms 202/205
Cost: \$36
Limit: Minimum 6; Maximum 12

Keychain Crafts



Lose your keys again? With a super cute keychain to hold your keys, you'll want to show off your keys and won't misplace them. We'll create some cool keychains using fabric, beads, wood pieces and make a lanyard or two. We'll be using lots of fine motor skills with small pieces.

- Who:** Ages 14 and older
When: Mondays, September 16 - October 21
6:15 - 7:15 pm
Where: Lincoln Leisure Center, room 107
Cost: \$24
Limit: Minimum 6; Minimum 12

Strength and Flexibility Fitness



This fitness program will focus on strength & flexibility training. Participants will participate in activities that use hand weights and exercise bands as well as Yoga and Tai Chi. Individuals who register for "Cardio Fitness" shouldn't register for this program. Choose please!

- Who:** Ages 12 and older
When: Mondays, September 16 - December 2
7:30 - 8:30 pm
Where: Lincoln Leisure Center, Room 202 and Gym
Cost: \$24
Limit: Minimum 6; Maximum 12

Weekly Programs

- MONDAYS -

Holiday Cards, Tags & Bags



It's time to send out your Christmas cards! Get ready for the holiday season by creating some handmade cards, gift tags and paper bags for your Christmas gifts. We'll use stamps, stickers and scrapbook supplies to craft some cool items you can gift to a loved one this season.

Who: Ages 14 and older
When: Mondays, October 28 - December 2
6:15 - 7:15 pm
Where: Lincoln Leisure Center, room 107
Cost: \$18
Limit: Minimum 6; Maximum 16

Ornament Making



Let's trim the tree! Create some ornaments to hang on your own tree or to gift to a friend or family member for the holidays. We'll use glass, fabric and paper to create some fun holiday themed ornaments. You'll take home 4 - 6 ornaments to be proud of! Be sure to wear clothes that can get messy as we'll use paint and glue.

Who: Ages 14 and older
When: Mondays, October 28 - December 2
7:30 - 8:30 pm
Where: Lincoln Leisure Center, room 107
Cost: \$24
Limit: Minimum 6; Maximum 12



Lunch Bunch



Here's another chance to perfect your cooking skills. In this program, we will go to the store and shop for our ingredients each week & cook lunch. The group will also plan each week's meal and create our shopping list. Bring your appetite because a full meal will be served each week. Participants will have the opportunity to chop, slice, dice & mix to assist with meal preparation.

Who: Ages 22 and older
When: Mondays, December 9 & 16
10:00 am - 1:00 pm
Where: Lincoln Leisure Center, room 107
Cost: \$10
Limit: Minimum 6; Maximum 12

Monday Night Movies



While the weather outside is frightful, we'll stay in with a fun movie and popcorn with friends! Join us at Lincoln Leisure Center for a movie night. Movies are listed below. Registration is per date. Participants may register for one or both movie dates.

Who: Ages 14 and older
When: Mondays, January 6 (*Mary Poppins Returns*)
& January 13 (*Ralph Breaks the Internet*)
6:00 - 8:15 pm
Where: Lincoln Leisure Center, room 107
Cost: \$5/night
Limit: Minimum 6; Maximum 20



- TUESDAYS -

Adaptive Learn to Skate

We're back on the ice! This program will introduce you to basic skills in ice skating. No prior experience is necessary. This program is specially adapted for individuals with disabilities to learn introductory ice skating techniques, learn balance and feel comfortable on the ice. Skate rental is included in the program fee. Be sure to wear long pants and layers. This program incorporates the use of several volunteers so that each skater or pair of skaters has an assistant on the ice.

Who: Ages 8 and older
When: Tuesdays, September 17 - November 5
5:30 - 6:00 pm
Where: Pepsi Ice Center
Cost: \$48
Limit: Minimum 3; Maximum 6

Seat to SOAR



Get off your seat and soar with the SOAR walk/run club! This program encourages the lifetime fitness activities of walking and running. By using a progressive training program and walk/run mentors, you will be able to increase fitness and endurance at your own pace. The ultimate goal of this session is to be ready to enter in the City of Bloomington Parks and Recreation Turkey Trot walk/run event on November 28th.

Who: Ages 12 and older
When: Tuesdays, September 17 - November 5
5:30 - 6:30 pm
Where: Miller Park Pavilion, Lower Level
Cost: \$24
Limit: Minimum 4, Maximum 12

Weekly Programs

- TUESDAYS -



Music Experience

Make music with us! Participants will engage in a variety of musical games and activities, as they explore instruments, movement and songs. LIVE and recorded music, combined with adapted movements and instruments will meet each ability level and engage all participants to their fullest potential. This program is created by Developing Melodies, with a Board Certified Music Therapist, lending their experience teaching and creating music.

Who: Ages 15 and older
When: Tuesdays, September 17 - October 22
6:00 - 7:00 pm
Where: Lincoln Leisure Center, room 203
Cost: \$48
Limit: Minimum 6; Maximum 15



Dance to SOAR

Spend an hour dancing your way to fitness! Get your heart rate up and get your whole body working as you move to the tunes. No slow dance romance here, this is a workout!

Who: Ages 12 and older
When: Tuesdays, September 17 - November 5
7:00 - 8:00 pm
Where: Lincoln Leisure Center, Room 205
Cost: \$24
Limit: Minimum 4; Maximum 12



All About Boxes with Mary Jo

Participants will artistically complete four boxes using a variety of techniques. Participants will complete a pencil box, paper mache box, a recessed lid box and a memory box. Participants will paint, pour, marble and decoupage. The program is instructed and assisted by Inside Out Accessible Art Cooperative artists.

Who: Ages 16 and older
When: Tuesdays, October 1 - 22
7:00 - 8:15 pm
Where: Lincoln Leisure Center, Room 201
Cost: \$20
Limit: Minimum 4; Maximum 12



Intro to Jewelry Making

Participants will make a variety of pieces including two brooches and a bracelet. Participants will use apoxie clay, polymer clay and marbling inks. Participants will make their own beads for their bracelet. Participants will be able to wear these pieces or be proud to give them as a gift. The program is instructed and assisted by Inside Out Accessible Art Cooperative artists.

Who: Ages 16 and older
When: Tuesdays, November 12 - 26
6:00 - 7:15 pm
Where: Lincoln Leisure Center, Room 201
Cost: \$20
Limit: Minimum 4; Maximum 12

- WEDNESDAYS -

Therapeutic Horseback Riding

This program is offered cooperatively between S.O.A.R. and CIRT (*Central Illinois Riding Therapy*) in East Peoria. Each lesson will include horseback riding instruction, tacking and grooming. Each rider will have 1:1 staffing when riding and will spend contact each week with a horse. The registration fee includes all instruction, transportation, registration dues and evaluation fees. All new riders will need to complete several forms, have a physical and attend an evaluation at CIRT prior to riding. Those participants who rode during the Winter/Spring 2019 session with S.O.A.R. will not need to complete forms again. **Registration deadline for this program is August 23rd.**

Who: Ages 18 and older
When: Wednesdays, September 11 - October 30
Make-up date: November 6
9:00 am - 12:30 pm
Where: Drop off/pick up at Lincoln Leisure Center
Cost: \$180
Limit: Minimum 3; Maximum 5

Open Gym

Come and play or shoot some hoops. This will be an unstructured but supervised program. Basketballs will be provided. Participants must wear athletic shoes and have a registration form on file with S.O.A.R. to participate. Participants may come for part or all of the scheduled program time. "Drop ins" welcome!

Who: Ages 12 and older
When: Wednesdays, September 18 - November 6
6:00 - 8:00 pm
Where: Lincoln Leisure Center, gym
Cost: \$16 (or \$2/night)
Limit: Minimum 6; Maximum 15

Weekly Programs

- WEDNESDAYS -

Martial Arts

This martial arts program will focus on mobility, balance and coordination of Filipino and Indonesian Silat. Half of this class will be on the mat working on ground work. No previous martial arts experience necessary. Guru Terry Crutcher will be the instructor.

Who: Ages 15 and older
When: Wednesdays, October 2 - November 20
5:00 - 6:00 pm
Where: Lincoln Leisure Center gym
Cost: \$60
Limit: Minimum 6; Maximum 20



Soups & Stews

Fall is the perfect time to make hearty meals. Soups & Stews are easy one pot meals that warm you from the inside out! Join us as we make some delicious fall meals. Participants will help with the preparation of the menu each week including chopping, mixing, baking and serving. Come with an appetite because a full meal will be served each week.

Who: Ages 14 and older
When: Wednesdays, September 18 - October 23
6:00 - 7:30 pm
Where: Miller Park Pavilion, Lower Level
Cost: \$30
Limit: Minimum 6; Maximum 15



Making Sweet Treats

The holidays are filled with yummy desserts and sweet treats. In this program, we'll make mini-pies, cake pops and other delicious desserts. You'll be in the kitchen mixing, chopping and baking, so roll up your sleeves and get ready to help. A full meal will not be served, just dessert.

Who: Ages 14 and older
When: Wednesdays, October 30 - December 2 (*not 11/27*)
6:00 - 7:30 pm
Where: Miller Park Pavilion, Lower Level
Cost: \$25
Limit: Minimum 6; Maximum 15



Holiday Performers

Here's your chance to shine! Have fun and gain confidence while developing your special talents on the stage. If your talent is dancing, singing, acting, telling jokes or even making faces... we're looking for you! Everyone will perform and have a great time focusing on presenting a holiday-themed show. Participants must be able to go up and down stairs with little to no assistance and follow verbal instructions. The program will conclude with a dress rehearsal on December 10 and the actual performance on December 11. No transportation is available for dress rehearsal and show. Dress rehearsal and show will be held at Heartland Community College. **Attendance is mandatory each week, including the dress rehearsal. Please check your calendar for conflicts before registering as participants will only be allowed to miss 2 rehearsals and MUST attend dress rehearsal.**

Who: Ambulatory, ages 16 and older
When: Wednesdays, October 9 - December 4 (*not Nov. 27*)
+Dress Rehearsal 12/10 & Show 12/11
6:15 - 8:15 pm
Where: Lincoln Leisure Center, room 107/gym
Cost: \$35
Limit: Minimum 10; Maximum 22



- THURSDAYS -



One String Guitar

In this program, we're creating a one string cigar box guitar. We will do a poured acrylic on the cigar box as the base of the guitar and add wood, a single guitar string and use several tools to create a unique piece that is easy to play. Not only will you have a one of a kind instrument to play, but you'll have created it yourself! Given the tools necessary to complete this piece, fine motor skills are a must. Participants that are appropriate for this program should be able to work with little assistance and have enough fine motor skills to work with small pieces. Please dress to get dirty! Instructor: Artist from Inside Out Accessible Art Co-operative. **This program is made possible by a grant from Twice upon a String.**

Who: Ages 16 and older
When: Thursdays, October 10 & 17
6:00 - 7:30 pm
Where: Lincoln Leisure Center, room 201
Cost: \$5
Limit: Minimum 4; Maximum 10

Weekly Programs

- FRIDAYS -

TGIF

Our favorite adult day program is back this fall! We'll hit the road for some fun trips, do some in-town activities and enjoy time with friends. Each Friday program meets, lunch will be provided as well as an activity that will require some walking. Cost of lunch is included in the registration fee. Participants may bring spending money for souvenirs or snacks. *A reminder memo will be mailed to those who register.*

Who: Ages 22 and older
When: Fridays, September 27 - October 18
10:00 am - 4:00 pm
Where: Drop off/pick up at Lincoln Leisure Center
Cost: \$60
Limit: Minimum 6; Maximum 16



Friday Night Teen Club

Get together one Friday a month with your fellow S.O.A.R. teen friends for a night on the town. Outings could include movies, bowling, going to the mall or any other fun ideas we come up with as a group. Each week participants will need to pay for their own food and entertainment or admission expenses. A memo will be sent to those who register regarding activities, times, money needs, transportation, etc. **Due to the popularity of this program, we have two nights, based on age. Please sign up for the appropriate section.**

Who: Ages 13 - 19
When: Fridays, 9/20, 10/4, 11/1, 12/20, 1/10
approximately 6:30 - approximately 9:30 pm
(depending on activity)
Where: Drop off/pick up at Lincoln Leisure Center
Cost: \$10 *(plus expenses each month)*
Limit: Minimum 6; Maximum 12

Friday Night Out

Get together one Friday a month with your fellow S.O.A.R. friends for a night on the town. Outings could include movies, bowling, going to the mall or any other fun ideas we come up with as a group. Each week participants will need to pay for their own food and entertainment or admission expenses. A memo will be sent to those who register regarding activities, times, money needs, transportation, etc. **Due to the popularity of this program, we have two nights, based on age. Please sign up for the appropriate section.**

Who: Ages 20 - 26
When: Fridays, 9/27, 10/18, 11/15, 12/20, 1/17
Approximately 6:30 pm - approximately 9:30 pm
(depending on activity)
Where: Drop-off/pick up at Lincoln Leisure Center
Cost: \$10 *(plus expenses each month)*
Limit: Minimum 6, Maximum 12

- SATURDAYS -

S.O.A.R. for Starters

This program is targeted to youth that are too young for most other S.O.A.R. programs. On two Saturdays every month we will explore a variety of activities including games, music, dance, fitness, crafts, and social interaction. A 1:2 staff to participant ratio will be provided. Development of fundamental motor skills and eye-hand coordination will be emphasized. Dress in clothing for activity and wear gym shoes. Since some activities involve things like paint, participants should also wear clothes that can get messy!

Who: Ages 4 - 7
When: Saturdays, 9/14, 9/28, 10/5, 10/19, 11/9, 11/23, 12/14,
1/11, 1/25
10:00 - 11:30 am
Where: Lincoln Leisure Center, Room 208 & gym
Cost: \$45
Limit: Minimum 4; Maximum 8
(NOTE: on 9/28 this program will start at 1:00 pm - 2:30 pm)



Weekly Programs

- SATURDAYS -

Zoo Day

In honor of National Iguana Day, we'll spend a little time at the Miller Park Zoo appreciating our wild friends!

Who: Ages 8 - 21
When: Saturday, September 14
1:00 - 2:30 pm
Where: Drop off/pick up at Front Entrance to MP Zoo
Cost: \$10
Limit: Minimum 6, Maximum 12



Take a Hike!

We'll head for the woods, perhaps Funk's Grove or Weldon Springs...to see if the Fall Colors are starting to come on. Dress for the weather!

Who: Ages 8 - 21
When: Saturday, September 28
9:00 - Noon
Where: Drop off/pick up at Lincoln Leisure Center
Cost: \$6
Limit: Minimum 6, Maximum 12

Lost in Space

It's Astronomy Day, so we'll be exploring the planets and stars in crafts and maybe play some FAR OUT games!

Who: Ages 8 - 21
When: Saturday, October 5
1:00 - 2:30 pm
Where: Lincoln Leisure Center, Room 208
Cost: \$6
Limit: Minimum 6; Maximum 12

Spooktacular Fun

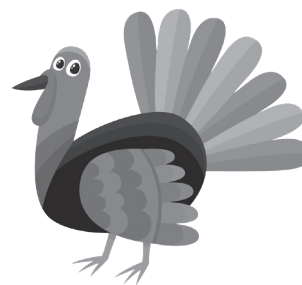
Crafts and games geared toward the spirited fun of Halloween.

Who: Ages 8 - 21
When: Saturday, October 19
1:00 - 2:30 pm
Where: Lincoln Leisure Center, Room 208
Cost: \$6
Limit: Minimum 6; Maximum 12

Turkey is Lurking

Thanksgiving craft and learning an easy and healthy turkey roll-up snack that you could make at home.

Who: Ages 8 - 21
When: Saturday, November 9
1:00 - 2:30 pm
Where: Lincoln Leisure Center, Room 208
Cost: \$6
Limit: Minimum 6; Maximum 12



Gingerbread Decorating

Things are starting to get festive! We'll decorate gingerbread cookies...one to eat and one to use as a decoration! We have some holiday crafts in store as well.

Who: Ages 8 - 21
When: Saturday, November 23
1:00 - 2:30 pm
Where: Lincoln Leisure Center, Room 208
Cost: \$6
Limit: Minimum 6; Maximum 12

Safety First

We're going to visit Bloomington Fire Station #6! We will receive a tour and a presentation on safety from members of the Bloomington Fire Department.

Who: Ages 8 - 21
When: Saturday, December 14
1:00 - 2:30 pm
Where: Meet at Fire Station #6,
4040 E. Oakland in Bloomington
Cost: \$6
Limit: Minimum 6; Maximum 12

Youth Programs

- SATURDAYS -

FROZEN!

Snow play, snowflakes, snowshoes...snow doubt about it... we're having a snow day! Dress to be outside!

Who: Ages 8 - 21

When: Saturday, January 11
1:00 - 2:30 pm

Where: Lincoln Leisure Center, room 208, OUTSIDE if we can and the gym, if we must.

Cost: \$6

Limit: Minimum 6; Maximum 12



Love Our Blue

Some safety tips from our friends at the Police Department. Let's all bring a small stuffed animal to give the Officers for children that might need a special friend in an emergency.

Who: Ages 8 - 21

When: Saturday, January 25
1:00 - 2:30 pm

Where: Lincoln Leisure Center, Room 208

Cost: \$6

Limit: Minimum 6; Maximum 12

SUNDAY Program

- SUNDAYS -

Unified Foot Golf

Foot Golf is Kickin'! This program is meant for everyone to join in! We're offering a four week "league" for a S.O.A.R. participant and a Unified Partner (*sibling, parent, friend*) to play as teammates. We'll explain the rules when you get there, but BOTH teammates will be kicking and walking, so be prepared for some exercise as well as some fun on the AWESOME Highland Course.

Who: Ages 10 and older

When: Sundays, September 8 - September 29
3:30 - 5:00 pm

Where: Highland Golf Course

Cost: \$20/pair

Limit: Minimum 4, Maximum 10/pairs

Private Music Lessons

Private Music Lessons

So, you wanna be a rockstar?! Guitar, piano and ukulele private lessons are now available through SOAR. These lesson slots will be offered on a first-come, first-served basis and space is limited. Program fee includes 6 private 30 minute music lessons on an instrument of the participant's choosing. Participants choosing guitar or ukulele must provide own instrument, and those choosing piano will want to have access to a piano outside of the lessons for practice. These lessons are designed to LEARN the instrument of choice. Following sign-up for this class, an instructor will contact you to schedule the lesson time/dates. Instruction provided by a Developing Melodies Music Therapist. **Deadline to register is Friday, August 30. These lessons are made possible by a grant from Twice upon a String, in memory of Mike Cavanaugh.**

Who: Ages 15 and older

When: Lesson dates/times to be determined by participant & instructor

Where: Developing Melodies Music Therapy Center

Cost: \$60

Limit: Minimum 2; Maximum 6

School Break Program

Columbus Day Break

Celebrate the day off of school with us as we enjoy a day of hiking at Starved Rock State Park. If there's time we may explore the Lock and Dam. Please bring a water bottle and a lunch to go. This will be a shared program with Bloomington Parks & Recreation.

Who: Ages 8 - 21

When: Monday, October 14
9:00 am - 3:00 pm

Where: Meet at Lincoln Leisure Center

Cost: \$25

Limit: Minimum 6; Maximum 12



Special Events

General Information on Special Events:

Transportation: S.O.A.R. provides transportation to and from out of town trips as part of the registration fee. Transportation fees are only assessed for door-to-door transportation services.

Payment: Payment for special events is due at registration. Events will not be placed on a payment plan unless special arrangements are approved.

Supervision: Community based special events are chaperoned under a 1 staff to 4 participant ratio. Those registered for special events should be able to participate appropriately under this ratio.

Overnights: Participants must have previously attended S.O.A.R. activities before attending an overnight.

Wildlife Prairie Park

An adventure awaits! We'll spend the day outdoors checking out bison, reptiles, bobcats, black bears and more. All exhibits feature animals and habitats that are native to the Midwest. This trip includes admissions and a picnic lunch. Participants can bring money for souvenirs. *A reminder memo with more information will be sent to those who register.*

Who: Ambulatory, ages 14 and older

When: Saturday, September 14
10:00 am - 4:30 pm

Where: Drop off/pick up at Lincoln Leisure Center

Cost: \$35

Limit: Minimum 8; Maximum 16

Floats & Bingo



Root Beer Floats & Cherry Coke Floats are on the menu. We'll enjoy a tasty cold drink and enjoy a few rounds of bingo with friends. Everyone will go home with a prize too. *No reminder memo will be sent.*

Who: Ages 12 and older

When: Thursday, September 19
6:30 - 8:30 pm

Where: Miller Park Pavilion, lower level

Cost: \$10

Limit: Minimum 8; Maximum 45

IWU Sports Night

Our Titan friends are inviting us to join them for another night of fun through sports. The IWU Titan Athletes will host several different sport experiences and finish up with our traditional game of Unified Kickball and fellowship. While there is no cost to participate, registration is required. You do NOT need to be a SOAR Special Olympics athlete to participate. Please register for each date separately.

Who: Ages 8 and up

When: Wednesday, September 25, Sunday, November 17 & Thursday, January 23
6:30 - 8:00 pm

Where: IWU Shirk Center

Cost: No Charge, but registration required

Limit: 20 minimum, no maximum



Special Events

Paint with Me

Join instructors from Inside Out Accessible Art as they guide you through painting a canvas. The September painting includes a canvas painting of an Elephant. In December, we'll paint a Snowman. Be sure to wear clothes that can get messy! Register for one or both classes. Only the participant needs to register, however, they should plan to attend with a parent, guardian, friend or sibling. SOAR will also provide a snack while our paint dries. *No reminder memo will be sent.*

Who: Ages 12 and older WITH a parent, friend or sibling

When: Sunday, September 29 (*Elephant*)

3:00 - 5:00 pm

Monday, December 9 (*Snowman*)

6:00 - 8:00 pm

Where: Miller Park Pavilion, lower level

Cost: \$25/couple

Limit: Minimum 6; Maximum 15



Pumpkin Painting Party



How about a painted pumpkin for your front porch? Painted pumpkins last longer than jack-o-lanterns, they require no sharp tools and they don't stink after a few days! It's a great alternative to the traditional carved porch pumpkin. We'll gather to decorate pumpkins using paint and other embellishments then have a hot dog roast by the fire for dinner. *No reminder memo will be sent.*

Who: Ages 12 and older

When: Thursday, October 3

6:00 - 8:00 pm

Where: Hike Haven, Forrest Park

Cost: \$6

Limit: Minimum 8; Maximum 30



Craft-a-Palooza



Calling all crafters! Let's make something! This session we will get ready for the holidays with Halloween, Christmas and winter themed crafts. We'll have lots of options, so you can create as many projects as you have time for. Some projects may need to be picked up later, depending on drying time. Be sure to wear clothes that can get messy! *No reminder memo will be mailed.*

Who: Ages 14 and older

When: Sunday, October 6

3:30 - 5:30 pm

Where: Lincoln Leisure Center, room 107

Cost: \$10

Limit: Minimum 6; Maximum 15

Halloween Dance



Time to get your best costume out! Come celebrate Halloween with S.O.A.R. A DJ will provide music for dancing. We will also have light refreshments and punch. Awards will be given during our costume contest too! *No reminder memo will be mailed.*

Who: Ages 12 and older

When: Friday, October 25

6:30 - 8:30 pm

Where: Miller Park Pavilion, Main Level

Cost: \$10

Limit: Minimum 20; Maximum 100

Chili & Soup Cook-Off

Our annual Chili Cook-Off is back! We'll host our chili & soup tasting indoors at Hike Haven located inside Forrest Park and have an opportunity to cook some hot dogs over an open fire right outside. All are welcome to try out some delicious recipes and vote for your favorite. The best chili and the best soup will take home some great prizes and bragging rights! Tasting portions of chili and soup, a hot dog dinner with chips, a drink and dessert, along with some fall themed crafts are included at this event. SOAR parents, friends of SOAR and SOAR staff are welcome to compete (*soups & chili welcome*) by contacting Nicole at 434-2260 or nkohler@cityblm.org before October 22. *No reminder memo will be mailed.*

Who: Open to all; SOAR participants & their families welcome

When: Tuesday, October 29

6:00 - 7:30 pm

Where: Hike Haven, Forrest Park

Cost: \$6/person

Limit: Minimum 10; Maximum 75

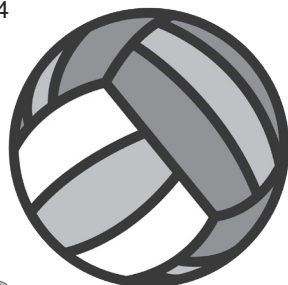
Special Events

ISU Volleyball & Dinner



Check out the fierce competition at ISU when our hometown women's volleyball team takes on UNI (University of Northern Iowa) Panthers. Before we head to the game, we'll have dinner at McDonald's on our way. Participants must bring money for dinner. Be sure to wear red to support our team. *A reminder memo with more information will be sent to those who register.*

Who: Ages 16 and older
When: Friday, November 8
5:15 - 9:45 pm
Where: Drop off/pick up at Lincoln Leisure Center
Cost: \$10
Limit: Minimum 8; Maximum 24



Holiday Dance



Celebrate the holidays with dessert and dancing with friends. Music will be provided by a DJ and a dessert and drinks will be served. Santa and Mrs. Claus will also arrive to pass out gifts before you leave. Dress is semi-formal to formal. *No reminder memo will be mailed.*

Who: Ages 12 and older
When: Friday, December 6
6:30 - 8:30 pm
Where: Miller Park Pavilion, main level
Cost: \$10
Limit: Minimum 20; Maximum 100

SOAR Special Olympics Pizza Celebration

Celebrate the accomplishments of S.O.A.R.'s Special Olympics athletes for the second half of this year (*July - December*). S.O.A.R. will provide pizza, soda and salad. After dinner, a brief program honoring athletes who have participated in the following sports will follow: softball, bowling, unified tennis, and volleyball. Each person wanting to attend must register individually.

Who: Athletes, partners, their families and anyone who wants to recognize our S.O.A.R. athletes for their achievements.
When: Friday, December 13
6:00 - 8:30 pm
Where: Miller Park Pavilion, Main Level
Cost: \$4 per person
Limit: No limit, but MUST pre-register!

Page 14

Christmas Party



Time to celebrate the holidays with friends. At our Christmas party, we'll make treats, create a gift for a friend and play a fun game. Be sure to dress festive and take lots of pictures with your friends. *No reminder memo will be mailed.*

Who: Ages 12 and older
When: Monday, December 16
6:30 - 8:30 pm
Where: Normal Community Activity Center
Cost: \$6
Limit: Minimum 10; Maximum 45

Family Bowling

Bring your family and friends out for a fun afternoon of bowling. The concession stand will be open. Please register each person. Registration will also be taken at the door, but early registration is encouraged. Registration fee includes 1.5 hours of bowling and shoe rental. If bowling ramps are needed, please contact SOAR at least a week prior to the event. *No reminder memo will be sent.*

Who: SOAR participants and their families
When: Sunday, January 12
3:00 - 4:30 pm
Where: Pheasant Lanes, Bloomington
Cost: \$10/person
Limit: Minimum 12; Maximum 75

Wii Games



Do you love Wii sports and Just Dance? Let's get together for some games on the Wii. We'll enjoy some of the popular games and visit with friends. *No reminder memo will be mailed.*

Who: Ages 14 and older
When: Wednesday, January 15
6:30 - 8:00 pm
Where: Lincoln Leisure Center, room 107
Cost: \$6
Limit: Minimum 6; Maximum 16

Bingo Blast



Calling all bingo players! Join us for a dessert before we play a few rounds of bingo and win some cool prizes. *No reminder memo will be mailed.*

Who: Ages 12 and older
When: Tuesday, January 21
6:30 - 8:30 pm
Where: Normal Community Activity Center
Cost: \$8
Limit: Minimum 8; Maximum 45



Try It Day at Bloomington Normal Barbell Club

Saturday , September 21

1:00 - 4:00 PM

2902 Gill Street, Bloomington

This will be an "Open House" style of event where people can see the facility, meet our Powerlifting coaches, Brian and Courtney and see what the club has offer. They will be able to do assessments with the athletes and give the athletes a sense of what they are capable of.

Check out more powerlifting and strength training opportunities with SOAR at the Bloomington Normal Barbell Club on page 4.

Facility Directory

BN Barbell Club

2902 Gill Street
Bloomington, IL 61704
(309) 531-4541

Community Activity Center

1110 Douglas St.
Normal, IL 61761
(309) 454-9540

Developing Melodies Music Therapy Center

211 S. Prospect Rd Suite 9
Bloomington, IL 61704
309-2126204

Government Center

115 E. Washington St.
Bloomington, IL 61701
(309) 434-2260

Highland Park Golf Course

1613 S. Main St.
Bloomington, IL 61701
309-434-2200

Hike Haven

218 Tanner St.
Bloomington, IL 61701

Lincoln Leisure Center

1206 S. Lee
Bloomington, IL 61701
(309) 434-2819

Miller Park Pavilion

1020 S Morris Ave
Bloomington, IL 61701
(309) 434-2255

O'Neil Park (Softball Field)

1515 W. Chestnut St.
Bloomington, IL 61701

Pepsi Ice Center

201 S. Roosevelt Ave.
Bloomington, IL 61701
(309) 434-2875

Pheasant Lanes

804 N. Hershey Rd
Bloomington, IL 61704
(309) 663-8556

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Labor Day <i>(Office Closed)</i>	Modified Volleyball		SO Unified Volleyball	Lip Sync Battle	Outdoor Sports Festival
8	2	3	4	5	6	7
Outdoor Sports Festival Unified Foot Golf		Modified Volleyball	CIRT SO Bocce	SO Unified Volleyball		Wildlife Prairie Park SOAR for Starters Zoo Day
15	9	10	11	12	13	14
Volleyball Qualifer Unified Foot Golf	Recreational Bowling Cardio Fitness Keychain Crafts Harvest Crafts Strength & Flexibility Fitness	Adaptive Learn to Skate Music Experience Seat to SOAR Dance to SOAR	CIRT SO Bocce Soups & Stews Open Gym	Floats & Bingo	Friday Night Teen Club	
22	16	17	18	19	20	21
Unified Foot Golf	Recreational Bowling Cardio Fitness Keychain Crafts Harvest Crafts Strength & Flexibility Fitness	Adaptive Learn to Skate Music Experience Seat to SOAR Dance to SOAR	CIRT SO Bocce Soups & Stews Open Gym IWU Sports Night		TGIF Friday Night Out	SOAR for Starters Take a Hike
29	23	24	25	26	27	28
Paint with Me Unified Foot Golf	Recreational Bowling Cardio Fitness Keychain Crafts Harvest Crafts Strength & Flexibility Fitness					

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Adaptive Learn to Skate Music Experience Seat to SOAR Dance to SOAR All About Boxes <div style="text-align: right;">1</div>	CIRT SO Bocce Soups & Stews Martial Arts Open Gym <div style="text-align: right;">2</div>	Pumpkin Painting Party SO Medfest <div style="text-align: right;">3</div>	TGIF Friday Night Teen Club <div style="text-align: right;">4</div>	SOAR for Starters Lost in Space SO Snowshoeing <div style="text-align: right;">5</div>
Craft-a-Palooza <div style="text-align: right;">6</div>	Recreational Bowling Cardio Fitness Keychain Crafts Harvest Crafts Strength & Flexibility Fitness <div style="text-align: right;">7</div>	Adaptive Learn to Skate Music Experience Seat to SOAR Dance to SOAR All About Boxes <div style="text-align: right;">8</div>	CIRT SO Bocce Soups & Stews Holiday Performers Martial Arts Open Gym <div style="text-align: right;">9</div>	One String Guitar <div style="text-align: right;">10</div>	TGIF <div style="text-align: right;">11</div>	Sectional Bowling SO Snowshoeing <div style="text-align: right;">12</div>
<div style="text-align: right;">13</div>	Columbus Day Break Recreational Bowling Cardio Fitness Keychain Crafts Harvest Crafts Strength & Flexibility Fitness <div style="text-align: right;">14</div>	Adaptive Learn to Skate Music Experience Seat to SOAR Dance to SOAR All About Boxes <div style="text-align: right;">15</div>	CIRT SO Bocce Soups & Stews Holiday Performers Martial Arts Open Gym <div style="text-align: right;">16</div>	One String Guitar <div style="text-align: right;">17</div>	TGIF Friday Night Out <div style="text-align: right;">18</div>	SOAR for Starters Spooktacular Fun SO Snowshoeing <div style="text-align: right;">19</div>
<div style="text-align: right;">20</div>	Recreational Bowling Cardio Fitness Keychain Crafts Harvest Crafts Strength & Flexibility Fitness <div style="text-align: right;">21</div>	Adaptive Learn to Skate Music Experience Seat to SOAR Dance to SOAR All About Boxes <div style="text-align: right;">22</div>	CIRT SO Bocce Soups & Stews Holiday Performers Martial Arts Open Gym <div style="text-align: right;">23</div>	<div style="text-align: right;">24</div>	Halloween Dance <div style="text-align: right;">25</div>	SO Fall Games SO Snowshoeing <div style="text-align: right;">26</div>
SO Fall Games <div style="text-align: right;">27</div>	Recreational Bowling Cardio Fitness Keychain Crafts Harvest Crafts Strength & Flexibility Fitness <div style="text-align: right;">28</div>	Adaptive Learn to Skate Seat to SOAR Dance to SOAR Chili & Soup Cook-Off <div style="text-align: right;">29</div>	CIRT SO Bocce Making Sweet Treats Holiday Performers Martial Arts Open Gym <div style="text-align: right;">30</div>	<div style="text-align: right;">31</div>		

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Friday Night Teen Club 1	Region Bocce SO Snowshoeing 2
3	Recreational Bowling Cardio Fitness Strength & Flexibility Fitness Holiday Cards, Tags & Bags Ornament Making 4	SO Basketball Adaptive Learn to Skate Seat to SOAR Dance to SOAR 5	CIRT Making Sweet Treats Holiday Performers Martial Arts Open Gym 6	SO Basketball 7	ISU Volleyball and Dinner 8	SOAR for Starters Turkey is Lurking SO Snowshoeing 9
10	Recreational Bowling Cardio Fitness Strength & Flexibility Fitness Holiday Cards, Tags & Bags Ornament Making Veteran's Day <i>(Office Closed)</i> 11	SO Basketball Intro to Jewelry 12	Making Sweet Treats Holiday Performers Martial Arts 13	SO Basketball 14	Friday Night Out 15	SO Snowshoeing 16
IWU Sports Night 17	Recreational Bowling Cardio Fitness Strength & Flexibility Fitness Holiday Cards, Tags & Bags Ornament Making 18	SO Basketball Intro to Jewelry 19	Making Sweet Treats Holiday Performers Martial Arts 20	SO Basketball 21	 22	SOAR for Starters Gingerbread Decorating SO Snowshoeing 23
24	Recreational Bowling Cardio Fitness Strength & Flexibility Fitness Holiday Cards, Tags & Bags Ornament Making 25	Intro to Jewelry 26	NO SOAR Programs 27	Thanksgiving Break - <i>(Office Closed)</i> 28	Thanksgiving Break - <i>(Office Closed)</i> 29	 30

December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Recreational Bowling Cardio Fitness Strenght & Flexibility Fitness Holiday Cards, Tags & Bags Ornament Making	SO Basketball	Making Sweet Treats Holiday Performers	SO Basketball	Holiday Dance	State Bowling SO Snowshoeing
	2	3	4	5	6	7
8	Lunch Bunch Paint with me	Holiday Performers Dress Rehearsal SO Basketball	Holiday Performers Show	SO Basketball	SO Pizza Celebration	SOAR for Starters Safety First Regional Snowshoeing
	9	10	11	12	13	14
15	Lunch Bunch Christmas Party	SO Basketball		SO Basketball	Friday Night Teen Club Friday Night Out	
	16	17	18	19	20	21
22	23	Christmas Eve <i>(Office Closed)</i>	Christmas <i>(Office Closed)</i>		RKM Shoot Out	RKM Shoot Out
		24	25	26	27	28
29	30	31				
		<i>(Office Closed at Noon)</i>				

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			New Year's Day <i>(Office Closed)</i>			
			1	2	3	4
	Monday Night Movies	SO Basketball		SO Basketball	Friday Night Teen Club	SOAR for Starters Frozen
5	6	7	8	9	10	11
Family Bowling	Monday Night Movies	SO Basketball	Wii Games	SO Basketball	Friday Night Out	
12	13	14	15	16	17	18
Region Basketball	MLK Day - <i>(Office Closed)</i>	Bingo Blast		IWU Sports Night		SOAR for Starters Love our Blue
19	20	21	22	23	24	25
26	27	28	29	30	31	



Please complete both side of this form in full and return it to S.O.A.R. with Registration Form. This form must be completed every year prior to the fall program season or if you are a new participant. Individuals completing this form are encouraged to provide thorough answers to questions. Information provided assists S.O.A.R. in planning goals and objectives for each individual's participation in programs.

IT IS IMPERATIVE THAT SOAR BE INFORMED OF CHANGES IN ANY OF THE INFORMATION LISTED ON THIS FORM.

Participant Name: _____ Age: _____ Birthdate: ____/____/____ Sex: _____
 Address: _____ City: _____ State: _____ Zip: _____
 Home Phone #: () _____ e-mail address _____
 Parent/Guardian Name(s): 1. _____ Cell Phone: () _____
 2. _____ Cell Phone: () _____
 Emergency Contact (other than parent; within 20 mile radius): _____
 Relationship: _____ Phone #: () _____
 Participant's School or Work: _____ Teacher or Case Mgr: _____
 Doctor's Name: _____ Phone #: () _____

PLEASE INDICATE PRIMARY DISABILITY WITH A "1" AND SECONDARY DISABILITY WITH A "2".

(please check all that apply)

- | | | |
|---|--|--|
| <input type="checkbox"/> Attention Deficit Disorder (ADD) | <input type="checkbox"/> Attention Deficit/Hyperactivity Disorder (ADHD) | <input type="checkbox"/> Autism (AUT) |
| <input type="checkbox"/> Behavior Disorder (BD) | <input type="checkbox"/> Brain Injured (BI) | <input type="checkbox"/> Developmental Disability (DD) |
| <input type="checkbox"/> Down Syndrome (DS) | <input type="checkbox"/> Cerebral Palsy (CP) | <input type="checkbox"/> Mental Illness |
| <input type="checkbox"/> Hearing Impaired (HI) | <input type="checkbox"/> Learning Disorder (LD) | <input type="checkbox"/> Genetic Disorder (list below) |
| <input type="checkbox"/> Multiply Challenged (MC) | <input type="checkbox"/> Physically Challenged (PC) | <input type="checkbox"/> Visually Impaired (VI) |
| <input type="checkbox"/> Other _____ | | |

MEDICATION INFORMATION

PLEASE LIST ALL MEDICATIONS THE PARTICIPANT IS TAKING, EVEN IF IT WILL NOT BE DISPENSED DURING THE PROGRAM. A MEDICATION DISPENSING FORM MUST BE OBTAINED, SIGNED, AND RETURNED TO S.O.A.R. IN ORDER FOR STAFF TO ASSIST WITH DISPENSING.

(If more than 3 medications, please attach a list)

Drug Name _____	Dosage _____	Frequency _____
Drug Name _____	Dosage _____	Frequency _____
Drug Name _____	Dosage _____	Frequency _____

Will participant need more than a reminder to take this medication? Yes _____ No _____

MEDICAL INFORMATION

PLEASE CHECK THE APPROPRIATE BOX. IF "YES", PROVIDE ADDITIONAL INFORMATION.

Has participant had any injuries or surgery in the past year that might effect participation? Yes No
 If so, please describe _____

If participant has Down Syndrome, have x-rays of the C-1 and C-2 vertebrae been taken and examined? Yes No

Is participant clear of Atlanto Axial Subluxation? Yes No

Is participant subject to seizures? Yes No
 If yes, please note date of last seizure, type, and frequency _____
 Symptoms of oncoming seizure _____

Allergy	Reaction	Treatment	(If additional, please attach list)
_____	_____	_____	_____
_____	_____	_____	_____

Does participant use any of the following: (Answer each item and provide additional comments on the space provided)

- | | | |
|----------------------------------|-----------------------------|------------------------------------|
| Hearing Aid(s) | <input type="checkbox"/> No | <input type="checkbox"/> Yes _____ |
| Corrective Eyewear | <input type="checkbox"/> No | <input type="checkbox"/> Yes _____ |
| Orthopedic or Prosthetic Devices | <input type="checkbox"/> No | <input type="checkbox"/> Yes _____ |
| Manual Wheelchair | <input type="checkbox"/> No | <input type="checkbox"/> Yes _____ |
| Electric Wheelchair | <input type="checkbox"/> No | <input type="checkbox"/> Yes _____ |
| Walker | <input type="checkbox"/> No | <input type="checkbox"/> Yes _____ |
| Cane (list type) | <input type="checkbox"/> No | <input type="checkbox"/> Yes _____ |

DAILY LIVING SKILLS/COMMUNICATION/BEHAVIOR

PLEASE CHECK THE APPROPRIATE BOX. IF "YES", PROVIDE ADDITIONAL INFORMATION.

Does participant require assistance with any of the following? (Answer each item and provide additional comments on the space provided)

Eating/Drinking No Yes _____
Toileting No Yes _____

Check any special toileting supplies that the participant uses: _____

diaper leg bag catheter other (please list) _____

Dressing/Undressing/Tying Shoes No Yes _____

Money Handling No Yes _____

Following Directions No Yes _____

Orientation to people, place, time No Yes _____

Anticipation of safety needs No Yes _____

Reading No Yes _____

Writing No Yes _____

Communication No Yes _____

Check any communication tools that the participant uses:

American Sign Language Communication Board/Book Personal Signs/Gestures

Does the participant respond to specific behavioral techniques?

No Yes _____

Does the participant need specific reinforcement devices (i.e., food, toys, privileges)

No Yes _____

Does the participant display unusual fears or concerns?

No Yes _____

Does the participant have specific dietary needs or have restrictions?

No Yes _____

Does participant have difficulties staying with the group?

No Yes (If No, will they wander or run?) Yes No

Please indicate below any other information in regard to daily living skills, communication, and behavior that might assist S.O.A.R. staff: _____

RECREATION

PLEASE CHECK THE APPROPRIATE BOX. IF "YES", PROVIDE ADDITIONAL INFORMATION.

SWIMMING: (Answer each item and provide additional comments on the space provided)

Can participant swim? No Yes _____

Can participant enter pool independently? No Yes _____

Does participant require any of the following swim equipment?

Ear Plugs No Yes _____

Nose Plugs No Yes _____

Goggles No Yes _____

Any adaptive equipment No Yes _____

GENERAL RECREATION:

Please note any concerns in regards to the participant using general craft and cooking equipment such as scissors, glue gun, oven, paring knives, etc. _____

Does participant require any adapted recreation equipment?

Check any that apply: Bowling Ramp Other (name) _____

S.O.A.R. provides an approximate 1:4 staff to participant ratio. Please note in the space provided below if participant requires a closer ratio and why? _____

I attest that this information is true and accurate to the best of my knowledge and that I will notify S.O.A.R. of any changes in the above information.

Signature of person completing form

Date

Registration Information

We have a new website and registration system.

Make your new household account today!

- Go to our NEW website **BloomingtonParks.org**
- Click on the "Register" button located at the upper right corner of your screen
- Top right hand corner hit "Create Household Account"
- Fill in all information listing PRIMARY contact first
- Your email address is required and becomes your "Username"
- Create your own password noting the password requirements
- After password verification add all additional household members by clicking "Add Member"
- Fill out all necessary information for each household member and click on "Continue" and "Add Member" until entire household is added to your account
- Hit "Submit" when finished. You will be logged in and can begin to register!



309-434-2260 • 115 E. Washington St.
BloomingtonParks.org



Other ways to register - Return the seasonal registration form on page 24 and payment at the time of sign-up to the Bloomington Parks, Recreation & Cultural Arts office. Registration may be done on-line, in person or through the mail. Registration may be done in person between **9:00 am and 5:00 pm, Monday through Friday, or it may be mailed. Send to:**

S.O.A.R. Program Registration
PO Box 3157
Bloomington, IL 61702-3157

Notification of Acceptance - S.O.A.R. will notify you only if you have not been accepted into a program. Once the registration procedure has been completed and accepted by S.O.A.R. staff you are registered. Please attend the program as scheduled in the brochure. Reminder memos are only sent for those events that state in the brochure..."reminder memo will be mailed."

Program Cancellation

1. A program will be cancelled if the minimum number of participants needed is not met. S.O.A.R. staff will notify people by mail if this situation arises.
2. In cases of bad weather, participants should call the S.O.A.R. office at **(309) 434-2260** or the Bloomington Parks and Recreation **HOTLINE** at **(309) 434-2386** after 3:00 pm to see if a program has been cancelled.

Typo, Human Errors, We Goofed...!?

Occasionally there may be an error in days, times, registration requirements or fees in the brochure. If so, the staff will do everything possible to correct the situation promptly. Thank you for your patience and understanding should any of these situations arise.

Where Are We?

We are located in the Government Center building at 115 E. Washington St., Bloomington. Visitor parking is available across the street on the corner of East and Washington Streets.

Registration Deadline - On-line registration begins at 7:00 am on August 8. Walk-in and mail-in registration will begin on August 8 at 9:00 am. Registration won't be accepted for a program that has already begun. Registration deadline for all special events is one week prior to the date of each event if openings are available.
Please register early; many S.O.A.R. programs fill quickly!

Payment Plans - Full payment of program fees should be included with the registration form. However, payment plans can be arranged for those individuals who need to spread their payment out over several months. Payment in full must be received in the S.O.A.R. office prior to registering for a new program session. Payments for special events must be paid in full at the time of registration. No payment plans will be set up after August 23.

Financial Assistance Policy - Partial financial assistance is available for those who need it in order to pay the program registration fees. Those requesting assistance need to fill out a Scholarship Request Form (*available at Bloomington Parks and Recreation Office*) and submit it to Nicole along with a completed registration form. Financial assistance is not provided for bowling fees or special events with contractual or admission costs. The deadline to request assistance for programs is August 23.



After you set up your account...

This is How To Register for a Program

- Login
- Go to Registration Tab
- Select Activity Registration
- You can search under "Category"
- Or go to Advanced Search to narrow down your options
- Choose your Category and click on the black triangle next to what you have chosen
- All programs for that category will appear
- Locate the program you want to register for
- Select the program and click on the "Register" button on the left hand side
- After you register you will be advanced to the next screen
- All Activity Information will appear in the first box
- "Registrant Information" will be available in the second box
- Select the participant that you want to register in the drop down box next to the asterisk labeled "Name of Registrants"
- Click "Add to Cart" at the bottom of the box
- If you are finished go to the "Checkout Box" on the right hand side and complete your transaction
- If you want to register for more than 1 program click "Continue Shopping" on the left hand side and repeat the process until you are finished then go to the "Checkout Box" on the right hand side and complete your transaction

Transportation Information & Refund Procedures

Transportation



Transportation is available for some S.O.A.R. activities on a first-come, first-served basis for *Bloomington and Normal residents who have no other way to attend events. Car pools and the City transit system are recommended means of transportation. Please don't use transportation services as a "convenience". Many individuals have no other way to attend programs and services are limited. A minimum of five individuals per program must need transportation for these services to be provided. Programs in which transportation is available are followed by this symbol:



To receive transportation:

1. Individuals needing to use door to door transportation services from SOAR must apply for this service separately for each program/event that it is available for. Applications for transportation services are available at the S.O.A.R. office.
2. Transportation service is limited and this is reserved for individuals who could not otherwise participate in SOAR programs without it. If a participant has a parent or someone in the home that can drive the participant to/from programs, he/she should NOT register for transportation. This service is not to be utilized for convenience.
3. Transportation is also only available to those individuals who live within the Bloomington/Normal service area (listed below). SOAR reserves the right to cancel a participant's registration for transportation if they have access to other means of transportation or live outside of the service area in order to accommodate someone who meets eligibility.
4. Before a program is scheduled to begin, individuals will be sent notification of pick-up time for transportation for each requested program in the mail. This will be mailed at the beginning of the session for weekly programs or one week prior to a special event (if a memo is sent).
5. All transportation applications and requests must be received by Friday, August 23.

Bloomington/Normal residents eligible for transportation service need to reside within the following geographic area:

****55 north*,***

****74/55/51 bypass west****

****Six Points/Veteran's Parkway/Ireland Grove South****

****Towanda Barnes Road east****

Refund Procedures

1. A full credit or refund will be issued if a program is cancelled by S.O.A.R.
2. To be eligible for a requested refund, the request must be made no less than three business days prior to the start of the program.
3. A refund minus a \$5 service charge will be issued to participants withdrawing from a program.
4. Refunds of special event/program fees for which S.O.A.R. has incurred a cost due to ticket purchase, deposits, rentals, etc. will only be made if S.O.A.R. is given 48-hour notice and the vacancy caused by the cancellation is filled. A \$5 service charge will be deducted.
5. A pro-rated refund may be given if a program is deemed inappropriate for an individual.
6. Credits for future registration costs will be issued for all refunds of \$20 or less.
7. Refunds will be issued by check on a monthly basis after being approved by the Bloomington City Council. Please allow at least three weeks for the processing of refunds.

Questions/Information

If there are any questions regarding eligibility, registration procedures, scholarships, transportation, or the S.O.A.R. program in general, feel free to contact the S.O.A.R. office at **(309) 434-2260**. TDD for the hearing impaired at **(309) 829-5115**. Fax: **(309) 434-2483**. Web site address is **www.cityblm.org/soar**. Hotline: **(309) 434-2386**.

nkohler@cityblm.org
mrutenbeck@cityblm.org

Please...don't call/leave messages for S.O.A.R. staff at Lincoln Leisure Center. This isn't our office. All calls should go to (309) 434-2260.



109 E. Olive • PO Box 3157
Bloomington, IL 61702-3157

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VOLUNTEERS NEEDED FOR TOOTSIE ROLL DRIVE September 13 - 14

Contact Maggie Rutenbeck at
mrutenbeck@cityblm.org or
(309) 434-2260 to volunteer for a
2 hour time slot benefiting S.O.A.R.



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