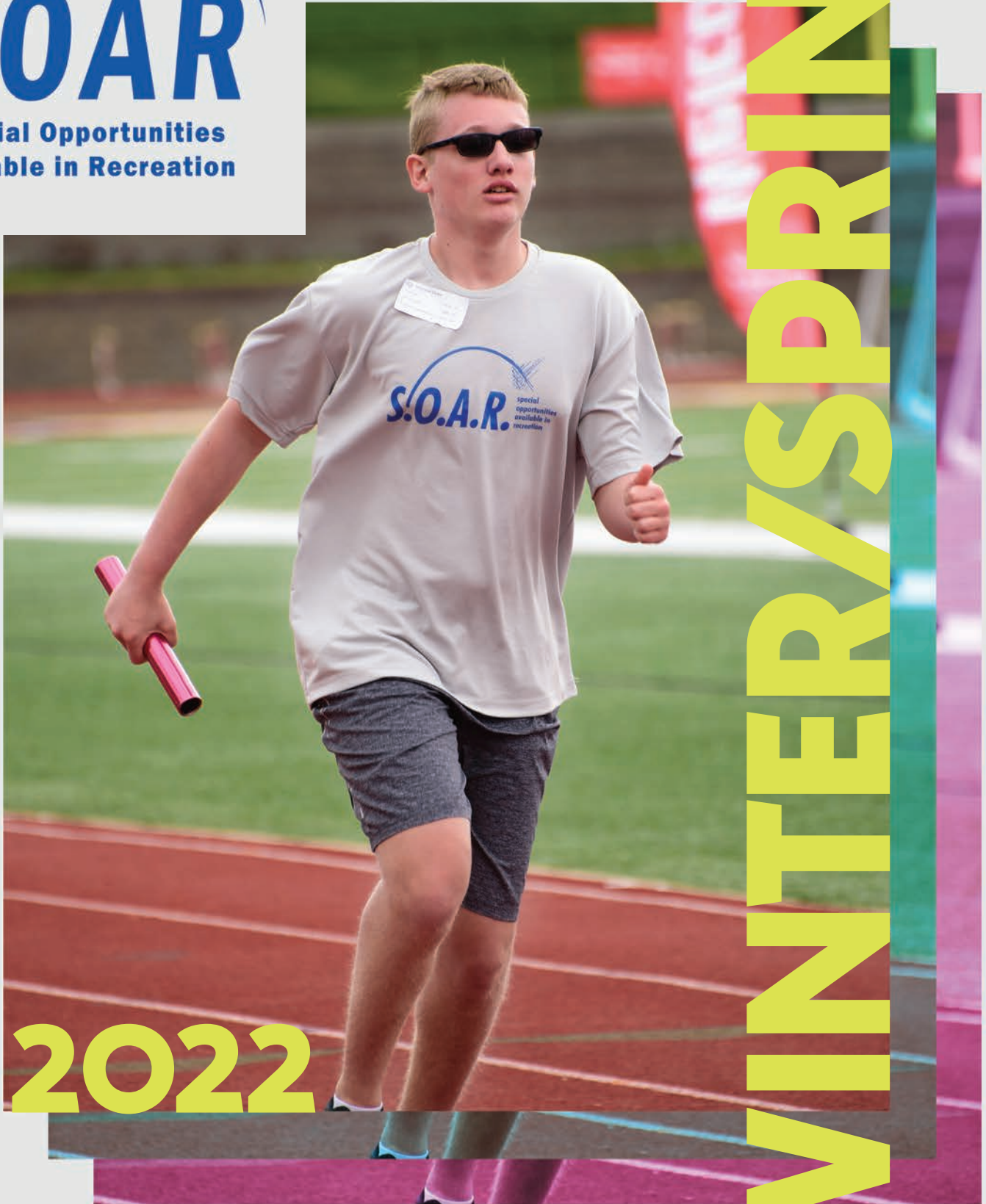


SOAR
Special Opportunities
Available in Recreation



2022

WINTER/SPRING

REGISTRATION BEGINS: JANUARY 13



Special Opportunities Available In Recreation

Office Address: 115 E. Washington, Bloomington, Illinois 61701
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 (309) 434-2260

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What is SOAR?

SOAR 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. SOAR 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 SOAR 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 SOAR 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 (SOAR) will comply with the Americans with Disabilities Act (ADA), which prohibits discrimination in the provision of services, programs or facilities to individuals with disabilities. SOAR 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 SOAR be available in the most integrated setting appropriate for each individual. Call (309) 434-2260 if you have any questions about the SOAR policy regarding the ADA or believe you have been unfairly discriminated against by SOAR.

Questions/Information

Please contact the SOAR office with any questions regarding eligibility, registration procedures, scholarships, transportation or the SOAR 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

SOAR recognizes that every individual with special needs and abilities does not always require a SOAR program. The SOAR staff are available to assist and advise participants concerning appropriate placement in SOAR, Bloomington and/or Normal Parks and Recreation Department programs. SOAR 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.

Full-Time Staff

Holly Polley, CTRS - Program Manager
hpolley@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

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

Beth Clark
Bob Clark
Sally Clark
Katie Clothier
Ritchie D'Costa
Sharon D'Costa
Kim Denton
Doug Dowell
Michele Evans
Miranda Henson
Bethany Keith
Randi Meyer
Sydney Pinder
Holly Polley
Mark Rutenbeck
Rachael Shropshire
Julie Smith
David Suarez

Attire at SOAR 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

SOAR 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. SOAR is currently accepting volunteers for winter/spring programs. If you are interested in volunteering, please call (309) 434-2260.

Medication Dispensing

SOAR staff may dispense medication to participants during extended programs and trips. In order for SOAR 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. SOAR staff may not perform an injection or any other medically or physically invasive procedure. Please call the SOAR 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, SOAR staff may photograph or videotape participants at programs, special events and facilities. These photos are for SOAR 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 Holly.

Insurance

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

Staff Ratio

SOAR 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 SOAR 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. SOAR reserves the right to dismiss a participant. **Each situation will be evaluated on its own merit.**

Special Information

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 Fall Programs

Tammy Alsene	Sophia Lahr
Jose Bajana	Robin Levine
Bailey Brenner	Jim Lilienthal
Bruce Broughton	Sherry Lilienthal
Vanessa Campos	Audrey McWhorter
Taylor Cole	Caroline Meyers
Jerry Curry	Marcus Minter
Kassy Diaz	Warren Morefield
Kyle Dickerman	Barbara Neuges
Kerri Elson	Donna Neuges
Faith Lutheran Church	Risha Patel
Daphne Fike	Larry Quanstrom
Katelynn Garman	Alexys Ramirez
Ellen Gilbert	Juju Redmond
Greg Hayward	Kiara Robbins
Lisa Hayward	Kevin Rogers
Jenna Heaser	Mark Rogers
Joe Heaser	Mark Rutenbeck
Anna Henehan	Buffy Ryan
Lori Henehan	Dennis Sapp
Patrick Henehan	Verlinda Sapp
Nate Henry	Shelley Schultz
Megan Hunt	Rachael Shropshire
Illinois Wesleyan Titans	Kiara Slattery
IOAA artists	Erin Van Draska
Mary Jo Johnson	Barb Wells
Rob Kelley	Dee Wilson
Brian Lahr	Jamie Wielgopolan
Courtney Lahr	Naveed Yousef
	Samina Yousef

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. SOAR 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

SOAR 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. SOAR 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, SOAR 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

SOAR 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

SOAR 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.bloomingtonparks.org/soar



Follow us on facebook

Program Holidays

In observation of Memorial Day the office will be closed and no programs held on May 30.

Current Participant Eligibility

- Ability to maintain 6-foot physical distance from other participants and staff.
- Ability to properly put on, wear, and take off face covering when necessary, for the duration of the program.
- Independent personal care (*hygiene, toileting, eating*).
- Participate with visual and verbal prompting within a ratio of one staff to four participants, without the need for physical redirection.
- Ability to follow SOAR Code of Conduct and other pre-determined guidelines.

If the participant is able to adhere to the above eligibility requirements, in-person programming may be a good fit. However, if the participant is unable to meet the above requirements, virtual programs may be the best way to participate at this time. SOAR will review all registrations and contact you if there are questions or concerns regarding the participant's ability to follow the above eligibility and safety practices.

Practices Taken to Promote Safety and Wellness in our Programs

- Program capacity will be a maximum of ten individuals, which includes staff.
- Face coverings must be worn by participants and staff at all times, unless eating or drinking
- The only exception to this is when staff and participants can maintain physical distancing of at least 6 feet.
- Participants must provide their own face coverings.
- Staff will develop a drop off and pick-up system for each program to ensure proper physical distancing. Parents and care givers must wear face coverings and stay in their vehicle. Parents and care givers must wait for staff to acknowledge arrival of participants before leaving.
- Participants must adhere to a strict hand washing and sanitation schedule.
- Staff will clean and disinfect frequently touched surfaces before and after activities and between use by different individuals.
- SOAR will take measure to promote a minimum 6 feet of physical distancing which may include seating assignments, outdoor activities, barriers and traffic flow patterns.
- All participants will be temperature checked, at arrival, using a no-contact infrared forehead thermometer. Participants with elevated temperatures at or above 100.4, with two temperature checks allowed, will be sent home.

SOAR COVID-19 protocol (updated August 2020)

- Participants and staff displaying symptoms of illness during program will be removed from the group, and an approved adult will be required to pick up the individual within 30 minutes of notification. Participants will be supervised while waiting for pick up in a location separate from the rest of the group.
 - A participant who has been exposed to, or in close contact with, someone confirmed with COVID-19 may only return to program after it has been 14 days from the time of exposure or return a negative COVID-19 test.
 - Participants diagnosed with, or exhibiting symptoms of, COVID-19 including cough, shortness of breath, fatigue, body aches, sore throat, congestion/runny nose, nausea/vomiting or diarrhea, may only return to program if:
 - o It has been 10 days from the resolve of symptoms, or
 - o Participant has returned two negative COVID-19 tests, or
 - o Participant can provide documentation from a physician diagnosing them with something other than COVID-19.
 - Reasonable accommodations will be evaluated on a case by case basis.
- For everyone's safety, individuals that do not adhere to program rules and guidelines as stated above, and in SOAR's Code of Conduct, may be removed from the program.

Self-Health Check

All participants are reminded to stay at home if they have signs or symptoms of COVID-19 OR have been exposed to someone who has tested positive for COVID-19. Before you leave home, can you answer "no" to the following questions? If you have one or more "yes" responses, please protect our friends and staff at SOAR by staying home.

- o In the past 14 days, have you had contact with anyone with known COVID symptoms or who has tested positive for COVID?
- o Have you had a fever in the last week (*100.4 degrees or higher*)?
- o Do you have a cough or difficulty breathing?
- o Do you have any other COVID-related symptoms such as fatigue, body aches, sore throat, congestion, runny nose or nausea/vomiting?



TRAINING PROGRAMS

Purpose of SOAR 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 SOAR Special Olympics Training Programs:

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

Expectations For SOAR Special Olympics Training Programs:

Athletes participating in a SOAR 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 Swimming

This is a Special Olympics competition training program for athletes who **have basic swimming skills and can swim the length of the pool (some in deep water). This is NOT swim lessons.** Registration and a valid Special Olympics Application for Participation (*medical*) valid through June 2022 must be on file at the SOAR office by Friday, January 21, 2022 to participate.

Athletes will train to compete in the backstroke, breaststroke, butterfly, freestyle in distances of 25 meters, up to 400 meters. Team members who have completed the training requirements of this program will be eligible to participate in the district event held on Saturday, April 2 in Champaign. Athletes who receive a gold medal at districts will be eligible for the Special Olympics Illinois Summer Games at Illinois State University June 17 - 19. Athletes advancing to Summer Games will have additional training sessions on May 22, June 5 and June 12.

Individuals training in this sport will not have the option to compete in Athletics, Bocce, Soccer or Powerlifting.

- Who:** Ages 10 and over
When: Sundays, February 6 - March 27
4:30 - 5:30 pm
Where: YMCA Indoor Pool
Cost: \$38
Limit: Minimum 6, Maximum 12



Special Olympics Soccer

SOAR continues to offer a soccer training program. Athletes with basic motor and cognitive skills appropriate for team play and competition are eligible for this program. Emphasis will be placed on fundamental skills such as proper foot work, goal keeping and scoring as well as game knowledge and sportsmanship. Registration and a valid Special Olympics Application for Participation (*medical*) valid through June 2022 must be on file at the SOAR office by Friday, January 21, 2022 to participate.

Athletes who meet the training requirements of this program will participate in a district competition on Saturday, April 23 in Chatham. A minimum of two games will be scheduled for the team prior to the District. If the team receives a gold medal at Districts, they are eligible to participate in the Special Olympics Illinois Summer Games that will be held at Illinois State University June 17 - 19. Athletes advancing to Summer Games will have additional practices on Wednesdays, June 1, 8 and 15.

We may also have a game night **during the week of March 21, from 5:30 - 7:00 pm.** To be confirmed later.

Individuals training in this program will not have the option to compete in Swimming, Athletics, Bocce or Powerlifting.

- Who:** Ages 12 and older
When: Wednesdays, March 2 - April 20
5:30 - 7:00 pm
Where: Lincoln Leisure Center, indoor, White Oak Park outdoor
Cost: \$38
Limit: Minimum 8; Maximum 12

Special Olympics



Special Olympics Athletics (Track and Field)

Athletes participating in this Special Olympics training program will prepare for competition in a variety of track and field events at varying levels. Walk racing, sprints, distance running, and field events will be included. Registration and a valid Special Olympics Application for Participation (medical) valid through June 2022 must be on file at the SOAR office by Friday, January 21, 2022. Practices will be at Heartland Community College Fitness Center until the weather permits, then will be outside at Parkside Junior High's track. **The night of practice on March 10 will be at Lincoln Leisure Center due to Spring Break at HCC.**

Athletes completing this training program will have the opportunity to participate in the Region G Spring Games track meet which will be held on Sunday, April 24 at East Side Centre in East Peoria. (*tentative*)

Athletes that earn a gold medal at the area competition will be eligible to participate in the Special Olympics Illinois Summer Games that will be held at Illinois State University June 17 - 19. Athletes advancing to Summer Games will have additional practices on Thursdays, June 9 and June 16.

Individuals training in this program will not have the option to compete in Swimming, Bocce, Soccer or Powerlifting.

Who: Ages 8 and over
When: Thursdays, March 3 - April 21
5:30 - 6:30 pm
Where: Heartland Community College
Parkside Junior High once weather permits.
Cost: \$38
Limit: Minimum 6, Maximum 20

Special Olympics Unified Tennis

SOAR Unified Tennis will pair Special Olympics athletes and athletes without intellectual disabilities (*Unified Partners*) as teammates. The goal of this program is to provide an opportunity for athletes to grow and develop from peer encouragement at practice and during competitions. In Unified Tennis, an athlete and partner play together to compete in doubles.

This is a Special Olympics sports training program. A valid Special Olympics Application for Participation (*medical*) valid through August 2022 must be on file at the SOAR office by Friday, April 1 to participate. Unified Partners will need to complete Unified Sports Partner & Class A forms and complete the Protective Behaviors and Concussion Awareness sessions. Teams who successfully complete this program and advance beyond the June 26 qualifier in Bloomington will be eligible to compete in the state tennis competition August 13 - 14 in Bloomington. Advancing pairs will have additional practices on Mondays, July 25 - August 8 to prepare for state competition.

Who: Ages 12 and older
When: Mondays, April 25 - June 20 (*except Memorial Day*)
5:30 - 6:30 pm or 6:30 - 7:30 pm, as assigned
Where: Maxwell Park, Normal
Cost: \$38
Limit: Minimum 4; Maximum 12



Special Olympics Powerlifting

This is a Special Olympics competition training program for athletes. Registration and a valid Special Olympics Application for Participation (*medical*) valid through June 2022 must be on file at the SOAR office by Friday, January 21, 2022 to participate. Practices are held at the Bloomington Normal Barbell Club.

Athletes will train to compete in the squat, dead lift, and bench press. Team members who have completed the training requirements of this program will be eligible to participate in the region event held on Saturday, March 19 in Bloomington. Athletes who receive a gold medal at the Region qualifier will be eligible for the Special Olympics Illinois Summer Games at Illinois State University June 17 - 19. Athletes advancing to Summer Games will have additional training sessions scheduled at a later date. Only athletes that have been training with BN Barbell Club will be eligible to participate in this program.

Individuals training in this sport will not have the option to compete in Athletics, Bocce, Swimming or Soccer.

- Who:** Ages 12 and older
- When:** Practice times to be scheduled with coaches at BN Barbell Club
12:30 - 1:30 pm
- Where:** BN Barbell Club
- Cost:** \$38
- Limit:** Minimum 4; Maximum 8



Special Olympics Competition Dates:

- January 16**
District Basketball, Illinois Wesleyan
- February 1 - 3**
Winter Games, Galena
- February 26**
Polar Plunge, Miller Park Lake
- March 11 - 13**
State Basketball Tournament
Bloomington/Normal
- March 19**
Powerlifting Qualifier, Bloomington
- April 2**
District Swimming, Champaign
- April 23**
District Soccer, Chatham
- April 24**
Region Spring Games
East Side Centre, East Peoria (*tentative*)
- June 17 - 19**
Summer Games, ISU and Normal West
- June 26**
Unified Tennis Qualifier, Bloomington
- July 30 (*tentative*)**
District Softball, Springfield
- August 13 -14**
State Tennis, Bloomington
- September 10 - 11**
State Softball, Decatur



Special Olympics

Special Olympics Softball

SOAR will be conducting training programs for slow pitch softball. Team placement will be determined by a combination of previously demonstrated skill and from the skill assessment night. Registration and a valid Special Olympics Application for Participation (*medical*), valid through September 2022, must be on file at the SOAR office by Friday, June 3. Practices will be held on Wednesdays and continue through the District Tournament, Saturday July 30, in Springfield. Each team will participate in a minimum of three games prior to the district tournament.

A team that receives a first place/gold medal at district competition will be eligible to compete in the Special Olympics Illinois Outdoor Sports Festival, the state-level competition for softball, held in Decatur on September 10 - 11. Additional practices will be scheduled for August 24, 31 & September 7 for teams advancing to state competition.

Who: Individuals 12 and over

When: Assessment Night:

Tuesday, May 24, 6:30 - 8:00 pm

All registered must attend the skills assessment scheduled during this time to determine appropriate team placement.

Regular practices then follow:

Wednesdays, June 8 - July 27

Softball I: 5:30 - 7:00 pm *or*

Softball II: 7:00 - 8:30 pm *as assigned*

Where: O'Neil Park Softball Field

Cost: \$38

Limit: Minimum/team 12; Maximum/team 15



The SOAR Spotlight is shining on our very own Brian McWhorter this session. Brian was recently selected to be a member of the Team Illinois Powerlifting Squad that will compete at the 2022 Special Olympics USA Games in Orlando, Florida this coming June! Brian will compete in all three lifting events: the Deadlift, the Squat, and the Bench Press. Brian was selected for this honor from out of many athletes across the state after his Gold Medal performance in Powerlifting at the 2019 Summer Games. He will be with Team Illinois in Orlando from June 5 - June 12. He's already training hard and we wish him all the best! **Go, Brian! Go Team Illinois!**

Brian is shown here with his SOAR Powerlifting Coaches, Courtney and Brian Lahr at the Bloomington-Normal Barbell Club where he trains.

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 can bowl two games during the scheduled program time. This is the SOAR bowling program where socialization is a part of the game!

- Who:** Individuals that can bowl two games independently
(SOAR does not use bumpers)
- When:** Mondays, February 7- April 25
10:00 - 11:00 am **OR**
4:00 - 5:00 pm
- Where:** Pheasant Lanes, Bloomington
- Cost:** \$72 payable to Pheasant Lanes (*lane fees - check or cash*) and \$15 payable to SOAR (*registration fee*)
- Limit:** Minimum 10; Maximum 30

Cardio Fitness

Get fit with SOAR! This program will focus on exercises designed to get our heart rate up and improve cardiovascular exercise. 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.

- Who:** Ages 12 and older
- When:** Mondays, February 14 - May 2
6:15 - 7:15 pm **OR**
7:30 - 8:30 pm
- Where:** Lincoln Leisure Center, rooms 202 and 205
- Cost:** \$36
- Limit:** Minimum 6; Maximum 12



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Daytime Gym

Come and 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 SOAR to participate. Participants may come for part or all of the scheduled program time. "Drop ins" welcome!

- Who:** Ages 12 and older
- When:** Tuesdays, February 15 - March 8
2:00 - 3:30 pm
- Where:** Lincoln Leisure Center, gym
- Cost:** \$8 (*or \$2 drop-in*)
- Limit:** Minimum 6; Maximum 15

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. Hopefully, you will register for one of the many walk/run races around the area after this program!

- Who:** Ages 12 and older
- When:** Wednesdays, February 16 - April 20
(*NOT 3/9 due to HCC Spring Break*)
5:30 - 6:30 pm
- Where:** Heartland Community College Rec Center and campus
- Cost:** \$18
- Limit:** Minimum 4; Maximum 12

Sports & Fitness

Yoga & Yogurt

Spend a peaceful hour stretching and meditating with our happiest friend, Vanessa. She will teach you different poses, how to stretch appropriately, and how to quiet yourself from the inside out. This will be a beginner's class, but all are welcome. Chair yoga practices can also be adapted/included as needed. And there might be yogurt involved!

Who: Ages 12 and older
When: Thursday, March 31 - May 5
6:30 - 7:15 pm
Where: remains to be seen
Cost: \$75
Limit: Minimum 4; Maximum 12



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: February 17 - March 24
7:15 - 8:15 pm
Where: Lincoln Leisure Center, Room 205
Cost: \$12
Limit: Minimum 4; Maximum 12

Cooking

Pizza & Salads

Did you know there are lots of different ways to make pizza? We will make pizza several different ways including making calzones, bagel pizzas, using English muffins and more! We will also be making different types of salads to go along with our pizzas. Come hungry and roll up your sleeves because a full meal will be prepared each week. All participants will help in the preparation of each part of the meal.

Who: Ages 14 and older
When: Wednesday, February 16 - March 23
6:00 - 7:30pm
Where: Miller Park Pavilion, Lower Level
Cost: \$30
Limit: Minimum 6; Maximum 12

Lunch Bunch

Here's another chance to perfect your cooking skills. In this program, we will chop, dice, slice and mix our way to a delicious lunch. Everyone will help prepare the meal and work together to clean up. The group will also plan the next week's meal and create our shopping list. Come hungry because a full meal will be prepared.

Who: Ages 22 and older
When: Mondays, May 9 & 16
11:30 am - 1:00pm
Where: Lincoln Leisure Center, room 107
Cost: \$10
Limit: Minimum 6; Maximum 10



All Things Gnomes

Wouldn't it be great to have something you can decorate for all types of seasons? In this program we will be using lots of different craft materials to make gnomes to decorate for all year round!

Who: Ages 14 and older
When: Mondays, February 14 - March 21
6:15- 7:15 pm
Where: Lincoln Leisure Center, room 107
Cost: \$24
Limit: Minimum 6; Maximum 10

Participants must wear mask during class.

Duct Tape Accessories & More

Did you know that duct tape is great for making all kinds accessories? We'll make things that include beach bags, bookmarks, bracelets and more. Duct tape also comes in lots of different patterns and colors, so you will be able to make your accessories fun and colorful.

Who: Ages 14 and older
When: Mondays, February 14 - March 21
7:30 - 8:30 pm
Where: Lincoln Leisure Center, room 107
Cost: \$24
Limit: Minimum 6; Maximum 10

Music Experience

Make music with us! Participants will engage in a variety of musical games and activities, as they explore instruments, movement and song. 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 and creating music.

Who: Ages 15 and older
When: Tuesdays, February 22 - March 29
6:00 - 7:00pm
Where: Lincoln Leisure Center, room 203
Cost: \$48
Limit: Minimum 6; Maximum 12



Everything Spring

Spring is in the air! For this program you will be doing crafts that are all about spring and will include lots of bright spring colors.

Who: Ages 14 and older
When: Mondays, March 28 - May 2
6:15 - 7:15 pm
Where: Lincoln Leisure Center, room 107
Cost: \$24
Limit: Minimum 6; Maximum 10

Front Porch Decor

Spring is a great time to decorate and make your front porch feel warm and welcoming. In this program, you will be making décor for your front porch. This may include wreaths, plaques, welcome signs and more.

Who: Ages 14 and older
When: Mondays, March 28 - May 2
7:30 - 8:30 pm
Where: Lincoln Leisure Center, room 107
Cost: \$24
Limit: Minimum 6; Maximum 10

Art & Music

Gardening & Clay Pots

Time to get the garden ready! We'll spend some time cleaning out our planters at Lincoln Leisure Center, replanting flowers and seeds and work on two clay pots. Be sure to wear clothes that can get messy.

- Who:** Ages 14 and older
When: Mondays, May 9 & 16
6:00 - 7:30pm
Where: Lincoln Leisure Center, room 107 & outside
Cost: \$10
Limit: Minimum 6; Maximum 10



Adult Coloring

Need some relaxation? Research shows that coloring has many therapeutic benefits including stress relief and a calming effect for all. These books contain age appropriate designs with much more detail than children's coloring books. For the grown up version, we'll use colored pencils and sharpies rather than crayons. Several designs will be available for you to choose from each week.

- Who:** Ages 14 and older
When: Mondays, May 9 & 16
7:30 - 8:30pm
Where: Lincoln Leisure Center, room 107
Cost: \$6
Limit: Minimum 6; Maximum 10

Zoo Education



ZOOper Fridays

Calling all animal lovers! Each month, we'll meet at the zoo to learn about a specific animal. A zoo education session will also include time to visit the animal's habitat inside the zoo. Wear your walking shoes and dress appropriately for the weather. This program includes 4 classroom dates and admission to the zoo each program date. NOTE: Masks may be required.

- Who:** Ages 22 and older
When: Fridays, 2/18, 3/18, 4/15 & 5/20
1:00 - 2:30pm
Where: Drop off/pick up at front entrance of Miller Park Zoo
Cost: \$48
Limit: Minimum 4; Maximum 10

School's Out Day

Presidents' Day Break

Take a break from your break, your video games, and join us for some open gym time. Maybe a movie and popcorn or board games.

- Who:** Ages 8 - 21
When: Mondays, February 21
1:00 - 3:00 pm
Where: Lincoln Leisure Center, room 107, 208 and gym
Cost: \$25
Limit: Minimum 6; Maximum 10

Just for Teens/Young Adults

Friday Night Teen Club \$

Get together one Friday a month with your fellow SOAR teen friends for an evening around the fire to chat with friends, playing games inside or out. On the first night you will discuss options for other activities, that may include needing transportation to other locations. A meal will be included at least the first night. A memo will be sent out prior to the next meeting to let you know of plans, any change in location meeting and any extra expenses that may come up. Options will remain limited until COVID restrictions are reduced.

Due to the popularity of this program, we've broken this into two nights, based on age. Please sign up for the appropriate section.

- Who:** Ages 13 - 19
When: Fridays, February 18, March 4, April 8 & May 6
6:30 - approximately 8:30 pm (*depending on activity*)
Where: Drop off/pick up at various locations.
Cost: \$20 (*plus expenses each month*)
Limit: Minimum 6; Maximum 12



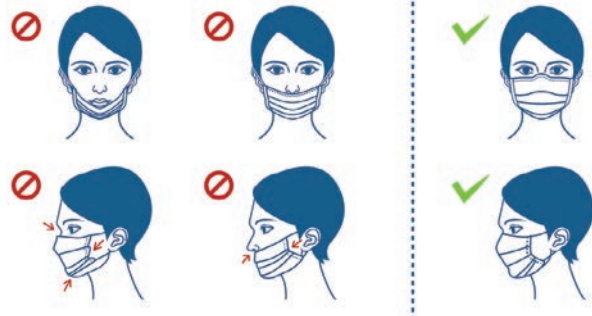
Friday Night Out \$

Get together one Friday a month with your fellow SOAR friends for an evening around the fire to chat with friends, playing games inside or out. On the first night you will discuss options for other activities, that may include needing transportation to other locations. A meal will be included at least the first night. A memo will be sent out prior to the next meeting to let you know of plans, any change in location meeting and any extra expenses that may come up. Options will remain limited until COVID restrictions are reduced.

Due to the popularity of this program, we've broken this into two nights, based on age. Please sign up for the appropriate section.

- Who:** Ages 20 - 26
When: Fridays, February 25, March 18, April 22 & May 13
6:30 - approximately 8:30 pm (*depending on activity*)
Where: Drop off/pick up at various locations.
Cost: \$20 (*plus expenses each month*)
Limit: Minimum 6; Maximum 12

How to wear a face mask correctly



Virtual Programs

SOAR Social Hour

Get together with friends to chat, dance and socialize virtually. We'll meet via Zoom once a month. Join us to hang out with friends each month. Zoom link will be sent to those who register the day before the program date listed.

Who: Ages 15 and older
When: Fridays, February 11, March 25, April 29 and May 20
5:00 - 6:00 pm
Cost: FREE, but participants must register for Zoom link
Limit: Minimum 6; Maximum 20

Virtual Game Night

Get together with friends for a fun game night! We'll play some classic games like Scattergories, Guess Who, Mad Libs and more. SOAR will provide supplies, as needed, to you the week of the program. Zoom link will be provided the day of the program. Bring your game face!

Who: Ages 15 and older
When: Fridays, February 11, March 25, April 29 and May 20
6:30 - 7:30 pm
Cost: FREE, but participants must register for Zoom link
Limit: Minimum 6; Maximum 20

Facility Directory

Bloomington Ice Center

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

BN Barbell Club

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

Connie Link Amphitheater

Parking Lot
621 S. Linden
Normal, IL 61761

Government Center

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

Heartland Community College

1500 W Raab Rd
Normal, IL 61761

Hike Haven

218 Tanner St.
Bloomington, IL 61701

Lincoln Leisure Center

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

Maxwell Park

Parkside Rd & W. Gregory St.
Normal, IL 61761

Miller Park Pavilion

1122 S Morris Ave
Bloomington, IL 61701
(309) 434-2255

Miller Park Zoo

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

Normal - Community Activity Center

1110 Douglas St.
Normal, IL 61761

O'Neil Park *(Softball Field)*

1515 W. Chestnut St.
Bloomington, IL 61701

Parkside Jr. High

101 N Parkside Rd
Normal, IL 61761

Pheasant Lanes

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

Proving Grounds

1503 E College Ave
Normal, IL 61761
(309) 808-0309

Weldon Springs

4734 Weldon Springs Rd
Clinton, IL 61727

White Oak Park

1514 N Cottage Ave.
Bloomington, IL 61701

B/N YMCA

602 S Main St.
Bloomington, IL 61701
(309) 827-6233

Youth Programs

SOAR for Starters

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

Who: Ages 4 - 7
When: Saturdays, February 12, 19, March 5, 26,
April 2, 30 and May 7
10:00 - 11:30 am
Where: Lincoln Leisure Center, room 208 & gym
Cost: \$42
Limit: Minimum 4; Maximum 10



Bee Mine!

Hearts and honey bees...we'll make some Valentine-inspired crafts and cards and make a honey of a treat!

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

Carnival Day

Carnival type games and we'll be making our own version of a funnel cake! No clowning around, just a bunch of fun!

Who: Ages 8 - 21
When: Saturday, February 19
1:00 - 2:30 pm
Where: Lincoln Leisure Center, room 107, 208 & gym
Cost: \$6
Limit: Minimum 6; Maximum 12



Plant a Flower!

Paint a pot, plant a seed, watch it grow...flower or weed? Spring is in the air and we'll plant seeds in personalized pots that will be taken home. We'll also plant some seeds to be watched at Lincoln Leisure Center, to be planted there later!

Who: Ages 8 - 21
When: Saturday, March 5
1:00 - 2:30 pm
Where: Lincoln Leisure Center, room 107
Cost: \$6
Limit: Minimum 6; Maximum 12

Tell Us a Story

We'll have friend from the community come in to read/tell a story or two in honor of Storytelling Day, and perhaps a craft to go along with the story we hear.

Who: Ages 8 - 21
When: Saturday, March 26
1:00 - 2:30 pm
Where: Lincoln Leisure Center, room 208
Cost: \$6
Limit: Minimum 6; Maximum 12

Youth Programs



Zoo Lovers Day

How lucky are we to have Miller Park Zoo in our backyard? Celebrating Zoo Lovers Day, we'll take a walk through the zoo and learn about the new residents there!

Who: Ages 8 - 21
When: Saturday, April 2
1:00 - 2:30 pm
Where: Miller Park Zoo
Cost: \$6
Limit: Minimum 6; Maximum 12

May Day!

We'll make "flower" baskets to take home and play some old fashioned games to honor "May Day".

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

Well Let's Go to Weldon!

Our new twist on an old theme! We are going to MEET at Weldon Springs Park...which means you get to invite a family member or friend to join us on the walk (*or they are welcome to bring a book and enjoy the peaceful beauty of the park while we hike*). Bring water and sunscreen and wear good walking shoes, there's a lot to see in the woods!

Who: Ages 8 - 21
When: Saturday, May 7
1:00 - 2:30 pm
Where: Meet at Weldon Springs Park
Cost: \$6
Limit: Minimum 6; Maximum 12

Volunteer at the

Midwest Food Bank

Dates/Times TBD
Contact Maggie Rutenbeck
at mrutenbeck@cityblm.org
if you are interested
in volunteering



Special Events

Valentine's Bingo

Calling all Bingo players! Join us for a few rounds of bingo plus a Valentine's treat. You'll leave with some great prizes and big smiles after having some fun with friends.

Who: Ages 14 and older
When: Thursday, February 10
6:30 - 8:30 pm
Where: Normal Community Activity Center
Cost: \$8
Limit: Minimum 8; Maximum 20



Managing Your Money

Need to learn some basic money management or budgeting skills? Join our money expert, Julie Smith, from Ameriprise Financial to learn some tips and get some practice in managing your money wisely. Some topics that will be discussed include: bank accounts, ABLE accounts, protecting your personal information, budgeting, developing a savings plan and more. NOTE: The last session, May 17th, caregivers will be encouraged to come to review the information shared and ask any questions.

Who: Ages 16 and older
When: Tuesdays, February 15, March 15, April 12 & May 17
6:30 - 7:30 pm
Where: Lincoln Leisure Center, room 107
Cost: \$8
Limit: Minimum 6; Maximum 12

Snowshoe Sunday!

Everyone wonders about it, here's your chance to try it! Join us for an afternoon of snowshoeing plus a bonfire and hot chocolate. If you're looking for something to beat the winter blues, get outside and join us for some brisk walking and snow games. Snowshoes are provided. Family and friends welcome but must register.

Who: Ages 5 and older
When: Sunday, February 20
2:00 - 3:30 pm
Where: Hike Haven, Forrest Park
Cost: \$3
Limit: Minimum 4; Maximum 20

Page 16

Proving Ground Bouldering Gym

Ready to do something new and active? We'll head to the Proving Ground Bouldering Gym where we'll be able to learn how to boulder (*climbing horizontally rather than just vertically*) and spend some time climbing in the gym with expert support. Registration is per class. Participants may register for one or both classes. Equipment is provided. Please wear comfortable closed toe shoes and clothes suitable for climbing/exercising.

Who: Ages 15 and older
When: Sunday, February 27
3:00 - 4:30 pm

When: Sunday, April 10
3:00 - 4:30 pm

Where: Proving Ground, Normal, IL
Cost: \$25
Limit: Minimum 4; Maximum 8



Family "drive-in" Movie

Come enjoy an inside drive-in movie with your family! Decorate your "drive-in car" out of cardboard box and come show it off. We will first do a parade to show off our cardboard box cars, and then watch a family friendly movie inside the gym.

Who: SOAR families
When: Sunday, March 20
1:00 - 3:30 pm
Where: Lincoln Leisure Center, gym
Cost: FREE, but must register to participate
Limit: Minimum 8 families; Maximum 20 families

Special Events

Respect Run

Spread the Word to End the Word. The “R-word” Campaign is spotlighted every March. It is supported by our friends at Special Olympics and Best Buddies. To spread the word in our own community and get in some physical fitness, we’re offering a non-competitive 5K run and shortened family walk at Miller Park. Registration is available online. Deadline to register for a t-shirt is March 8. Walk-in registration is available on-site at 12:30 pm the day of the event (*T-shirt sizes not guaranteed*). All ages welcome. Please do not bring dogs. Strollers welcome. Those registered before March 8 can pick up T-shirts & event materials on Friday, March 25 between 4:00 - 7:00 pm at Lincoln Leisure Center or on the day of the race starting at 12:30 pm.

Who: Friends, family and SOAR participants of all ages welcome
When: Sunday, March 27
Registration begins at 12:30pm
Run/Walk begins at 1:00pm
Where: Miller Park (*registration inside the Pavilion*)
Cost: TBD
Limit: Minimum 25; Maximum 200

Game Nights

We are busting out the board games, card games and lots of fun! Join us for a different game each week with friends. Bring your game face!

Who: Ages 15 and older
When: Tuesdays, April 5 - 26
6:00 - 7:30 pm
Where: Lincoln Leisure Center, room 107
Cost: \$16
Limit: Minimum 4; Maximum 8

Easter Egg Hunt

Come out to Miracle Field and join Normal Parks and Recreation for this fun Easter Egg Hunt and play some yard games! Everything you need for the hunt will be provided for you. Make sure to wear walking shoes and clothes that are appropriate for the weather. We will have 2 different times for 2 different age groups. Please sign up for the appropriate time.

Who: Ages 4 - 21
When: Saturday, April 9
12:30 - 1:15 pm

Who: Ages 22 and older
When: Saturday, April 9
1:30 - 2:15 pm

Where: Miracle League Field, Normal, IL
Cost: FREE, but must register to participate
Limit: Minimum 10, Maximum 50 (*per age group*)

Recreational Bocce

Come learn to play the game of bocce! This is a great game for all ages and abilities. If you enjoy bowling, you’ll love bocce...it’s sort of like bowling in the grass! Unified partners and family members welcome also, but not required.

Who: Ages 10 and older
When: Wednesdays, May 4 - May 25
5:30 - 6:30 pm
Where: O’Neil Park Softball Field
Cost: \$12
Limit: Minimum 4; Maximum 20

Bingo & Ice Cream

Calling all bingo players! Join us for some ice cream while we play a few rounds of bingo and win some cool prizes.

Who: Ages 12 and older
When: Tuesdays, May 10
6:30 - 8:30 pm
Where: Miller Park Pavilion, Lower Level
Cost: \$8
Limit: Minimum 4; Maximum 20

Trek the Trails

Check out the local trails just in time for spring. We will be hitting the Constitution Trail in Normal and then will enjoy a picnic dinner with our friends. Be sure to wear comfortable walking shoes and dress to be outside.

Who: Ages 14 and older
When: Thursday, May 12
4:00 - 7:00 pm
Where: Drop off/pick up at Connie Link Amphitheatre in Normal, IL
Cost: \$8
Limit: Minimum 8; Maximum 16

Let’s Plant Flowers

Let’s get dirty and make something beautiful. In this program, we’ll plant two pots - one to take home with you and another to be delivered to a local assisted living facility to brighten the residents’ day! Dress to get dirty.

Who: Ages 14 and older
When: Thursday, May 19
6:00 - 7:30 pm
Where: Hike Haven, Forrest Park
Cost: \$6
Limit: Minimum 8; Maximum 20



RESPECT RUN!

CHANGE THE "R-WORD" TO RESPECT



SUNDAY, MARCH 27 - MILLER PARK

Registration begins at 12:30 pm, Run/Walk begins at 1:00 pm

Friends, family and SOAR participants of all ages welcome.

Spread the Word to End the Word. The "R-word" Campaign is spotlighted every March. It is supported by our friends at Special Olympics and Best Buddies. To spread the word in our own community and get in some physical fitness, we're offering a non-competitive 5K run and shortened family walk at Miller Park. Registration is available online. Deadline to for a t-shirt register is March 8. Walk in registration at 12:30 pm available on site (T-shirt sizes not guaranteed). All ages welcome. **Please do not bring dogs.** Strollers welcome. Those registered before March 8 can pick up T-shirts on Friday, March 25 between 4:00 – 7:00 pm at Lincoln Leisure Center or on the day of the race starting at 12:30pm

BLOOMINGTONPARKS.ORG/SOAR

February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		State Winter Games	State Winter Games	State Winter Games		SO Powerlifting
		1	2	3	4	5
Snowshoe Sunday SO Swimming	Recreational Bowling			Valentines Bingo	SOAR Social Hour Virtual Game Night	SO Powerlifting SOAR for Starters Bee Mine
6	7	8	9	10	11	12
SO Swimming	Recreational Bowling Cardio Fitness All Things Gnomes Duct Tape Accessories & More	Daytime Gym	Seat to SOAR Pizza & Salads	Dance to SOAR	Zooper Fridays Friday Night Teen Club	SO Powerlifting SOAR for Starters Carnival Day
13	14	15	16	17	18	19
Snowshoe Sunday SO Swimming	Recreational Bowling Cardio Fitness All Things Gnomes Duct Tape Accessories & More President's Day Break	Daytime Gym Music Experience	Seat to SOAR Pizza & Salads	Dance to SOAR	Friday Night Out	SO Powerlifting Polar Plunge
20	21	22	23	24	25	26
SO Swimming Proving Ground	Recreational Bowling Cardio Fitness All Things Gnomes Duct Tape Accessories & More					
27	28					

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Daytime Gym Music Experience 1	Seat to SOAR SO Soccer Pizza & Salads 2	SO Athletics Dance to SOAR 3	Friday Night Teen Club 4	SO Powerlifting SOAR for Starters Plant a Flower 5
SO Swimming 6	Recreational Bowling Cardio Fitness All Things Gnomes Duct Tape Accessories & More 7	Daytime Gym Music Experience 8	SO Soccer Pizza & Salads 9	SO Athletics Dance to SOAR 10	State Basketball 11	SO Powerlifting State Basketball 12
State Basketball SO Swimming 13	Recreational Bowling Cardio Fitness All Things Gnomes Duct Tape Accessories & More 14	Music Experience 15	Seat to SOAR SO Soccer Pizza & Salads 16	SO Athletics Dance to SOAR 17	ZOOper Fridays Friday Night Out 18	SO Powerlifting Tournament 19
SO Swimming Family "drive-in" Movie 20	Recreational Bowling Cardio Fitness All Things Gnomes Duct Tape Accessories & More 21	Music Experience 22	Seat to SOAR SO Soccer Pizza & Salads 23	SO Athletics Dance to SOAR 24	SOAR Social Hour Virtual Game Night 25	SOAR for Starters Tell Us a Story 26
Respect Run SO Swimming 27	Recreational Bowling Cardio Fitness Everthing Spring Front Porch Decor 28	Music Experience 29	Seat to SOAR SO Soccer 30	SO Athletics Yoga & Yogurt 31		

April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	SO Swimming Districts SOAR for Starters Zoo Lovers Day 2
3	Recreational Bowling Cardio Fitness Everything Spring Front Porch Decor 4	Game Night 5	Seat to SOAR SO Soccer 6	SO Athletics Yoga and Yogurt 7	Friday Night Teen Club 8	Easter Egg Hunt 9
Proving Ground 10	Recreational Bowling Cardio Fitness Everything Spring Front Porch Decor 11	Game Night 12	Seat to SOAR SO Soccer 13	SO Athletics Yoga and Yogurt 14	ZOOper Fridays GOOD FRIDAY – OFFICE CLOSED 15	16
17	Recreational Bowling Cardio Fitness Everything Spring Front Porch Decor 18	Game Night 19	Seat to SOAR SO Soccer 20	SO Athletics Yoga and Yogurt 21	Friday Night Out 22	SO Soccer Districts 23
SO Spring Games 24	Recreational Bowling Cardio Fitness Everything Spring Front Porch Decor SO Tennis 25	Game Night 26	 27	Yoga and Yogurt 28	SOAR Social Hour Virtual Game Night 29	SOAR for Starters May Day 30

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	SO Tennis Cardio Fitness Everything Spring Front Door Decor	3	Recreational Bocce	Yoga & Yogurt	Friday Night Teen Club	SOAR for Starters Well, Let's Go to Weldon!
8	Lunch Bunch SO Tennis Gardening & Clay Pots Adult Coloring	Bingo & Ice Cream	Recreational Bocce	Trek the Trails	Friday Night Out	14
15	Lunch Bunch SO Tennis Gardening & Clay Pots Adult Coloring	17	Recreational Bocce	Let's Plant Flowers	ZOOper Fridays SOAR Social Hour Virtual Game Night	21
22	SO Tennis	SO Softball Assessment Night	Recreational Bocce	26	27	28
29	MEMORIAL DAY – OFFICE CLOSED	31				

Winter/Spring 2022 SOAR Program Registration Form

Please return the completed form along with the fee to the SOAR/Bloomington Parks and Recreation Office,
PO Box 3157, Bloomington, IL 61702-3157. For further information, call (309) 434-2260.

Participant's Name _____		Gender _____	
Address _____			
City _____		Zip _____	Home Phone _____
Age _____	Birthdate _____	Disability _____	
Primary Emergency Contact _____		1st Phone _____	2nd Phone _____
Secondary Emergency Contact(s) _____		1st Phone _____	2nd Phone _____
		1st Phone _____	2nd Phone _____
E-Mail Address _____			

PROGRAM NAME	PROGRAM FEE

To help S.O.A.R. provide safe and satisfactory participation in programs, please list any changes in medications, behaviors, living situations or other issues that may effect participation in SOAR programs:

TOTAL: \$ _____

Publicity Statement:
I Do **Do Not** give my permission for pictures to be taken of the participant to be used by SOAR for the purpose of agency promotion and education.

Emergency Treatment Permission
 I know that SOAR does not carry medical or accident insurance. My own health insurance must assume responsibility in the event of injury. I understand that every precaution is taken to protect the safety of each person.

Transportation:
I Do **Do Not** give my permission for the participant to receive transportation in vehicles owned or rented by SOAR for use in weekly programs and special events.

I Do **Do Not** agree to emergency treatment by a physician or hospital in the event that I can't be reached.

Signature of parent or legal guardian: _____ Date: _____
 (participant needs to sign if own legal guardian)

Must complete if using VISA, MasterCard, or Discover		
Card Number _____	Expiration Date _____	V-code on back of card _____
Name of Cardholder _____	Charge Amount: \$ _____	
Authorized Signature _____		

Registration Information

How to register for a Program or Activity - you must first establish your account: Visit www.bloomingtonparks.org

In the top right hand corner hover over "Register"
A dropdown will appear
Select Programs & Activities

This will take you to a new page:

If you previously had an account in our old system you will need to select "Sign In" and enter the email address associated with the existing account, then click "Forgot your password?" This will then prompt you to create a new password.

If you did not have an account, you will need to "Create an Account"

After your account has been established, you are ready to register for an activity or program by following the steps outlined below:

- 1) Click the Activities button on the registration home page.
- 2) Select the Activity Category that you would like to enroll into. Clicking the underlined name will show you a detailed Activity description.
- 3) Click the Enroll Now button if you wish to register for the Activity. Select the participant you wish to enroll. Click the Add to Cart button to register.
- 4) Next, sign into your online registration account by entering your Email and Password. Proceed to checkout by clicking the Continue button. From this screen you may remove Activities from your cart or view more Activities and add them to your cart.

*Please Note: If more than one family member will be attending the Activity, click on the button labeled, Add Another One (*located under the Shopping Cart screen*).

- 5) Confirm your Activity name, date and time, enrollee and price.
- 6) Click Check Out to proceed with payment. You will be prompted that you are entering a secure site. Enter your credit card information on the Payment Information Page and agree to any required waiver(s) and confirm the payer meets the age requirement of "13 Years or Older". Click Continue. This system accepts Visa, MasterCard, Discover and American Express.

*Please Note: The name and address must match those that are on file with your credit card company. If the address shown is not your credit card billing address, click on the My Account button and change your residential address to match your credit card billing address.
- 7) Once your payment has been approved, your receipt will display. Please print a copy of your receipt for your records.

Other ways to register - Return the seasonal registration form on page 24 and payment at the time of sign-up to the Grossinger Motors Arena. Registration may be done on-line, in person or through the mail. **Registration may be done in person at The Hub at 115 E Washington Street. Monday - Friday from 8:00 am to 4:30 pm or it may be mailed. Send to:**

**SOAR Program Registration
PO Box 3157
Bloomington, IL 61702-3157**

Notification of Acceptance - SOAR will notify you only if you have not been accepted into a program. Once the registration procedure has been completed and accepted by SOAR 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. SOAR staff will notify people by mail if this situation arises.
2. In cases of bad weather, participants should call the SOAR 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 Thursday, January 13. Mail-in registration will begin on Thursday, January 13 at 8:00 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 SOAR 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 SOAR 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 Thursday, January 21.

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 Holly 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 Thursday, January 21.

Refund Procedures



Refund Procedures

1. A full credit or refund will be issued if a program is cancelled by SOAR.
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 SOAR has incurred a cost due to ticket purchase, deposits, rentals, etc. will only be made if SOAR 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 SOAR program in general, feel free to contact the SOAR 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
mruetenbeck@cityblm.org





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DECEMBER 22, 2021



RESPECT!
RUN!
FUN RUN
CHANGE THE "R-WORD" TO RESPECT



Sunday, March 27 - MILLER PARK

Registration begins at 12:30 pm, Run/Walk begins at 1:00 pm

bloomingtonparks.org/SOAR