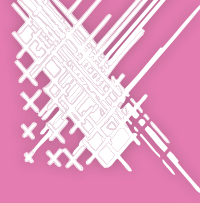


WINTER/SPRING 2019



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, January 10th

Sponsored by the Bloomington & Normal Parks and Recreation Departments

WINTER/SPRING 2019 WINTER/SPRING 2019 WINTER/SPRING 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.bloomingtonparks.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 fall session staff for their continued support, dedication and fine work!

Bob Clark
Sally Clark
Katie Clothier
Richie D'Costa
Sharon D'Costa
Kim Denton
Tom Dittmer
Holly Dix
Doug Dowell
Will Dowell
Michele Evans
Sharon Heidloff
Miranda Henson

Larry Kotowski
Linda Kotowski
Randi Meyer
Skye Mounce
Annabel Petersen
Larry Quanstrom
Mark Rutenbeck
Morgan Seberger
Rachael Shropshire
Julie Smith
David Suarez
McKenna Teboda
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 fall 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.**

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	Katilyn Ludwig
Alpha Phi Omega of ISU	Chantal Marsaw
Lauren Anthony	Amber Maurer
Sara Anthony	Mallory McGovern
Sasha Bandaru	Courtney McIntosh
Ashton Beachy	Audrey McWhorter
Michael Bieterman	Cassandra Miracle
Abigail Block	Lily Murphy
Abbie Bowman	Dany Myers
Sydney Bright	Erica Nerby
Chase Brown	NSSLHA - ISU
Savannah Burgett	Liz Olsson
Elena Burgoon	Josie O'Shaughnessy
Rachel Cipich	Missy O'Shea
Maxwell Cekander	Jose Pacheco
Landon Christner	Amanda Parisi
Beth Clark	Connor Polley
Sharon D'Costa	Curtis Preston
Holly Dix	Joel Purcell
Christian Dowell	Elizabeth Ratliff
Mackenzie DuRousse	Kevin Rogers
Connie Friedman	Buffy Ryan
Katelynn Garman	Dennis Sapp
Ileana Gonzales	Verlinda Sapp
Flint Greil	Debbie Schultz
Grace Gschwendtner	Shelley Schultz
LaTonya Harris	Lyle Shaefer
Betty Hampton	DeMarcus Shannon
Cadence Hartness	Taylor Serratt
Chris Hartness	Taylor Sinclair
Abe Henkel	Spread the Magic - ISU
Esmeralda Huey	Rebecca Steidinger
Illinois Wesleyan Athletes	Bridgette Sterba
IOAA artists	Alyssa Thorndyke
Halley Jilek	Serena Tyler
Mary Jo Johnson	Jordan Vose
Makayla Kelley	Allie Webb
Trevor Kacou	Barb Wells
Charen Lakebrink	Dee Wilson
Jim Lilienthal	Jamie Wielgopolan
Sherry Lilienthal	Alyssa Yates

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.bloomingtonparks.org/soar



facebook

Follow us on facebook

Program Holidays

In observation of Good Friday and Memorial Day the office will be closed and no programs held on April 21 and May 27.



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 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 2019 must be on file at the S.O.A.R. office by Friday, January 18, 2019 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 6 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 7 - 9. Athletes advancing to Summer Games will have additional training sessions on May 12, May 26 and June 2.

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 10 - March 31
4:30 - 5:30 pm
- Where:** YMCA Indoor Pool
- Cost:** \$35
- Limit:** Minimum 6; Maximum 12



Special Olympics Athletics

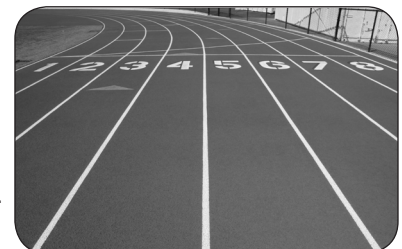
Athletes participating in this Special Olympics training program will prepare for competition in a variety of track and field events at varying levels. Walk racing, sprints, distance running and field events will be included. Registration and a valid Special Olympics Application for Participation (*medical*) valid through June 2019 must be on file at the S.O.A.R. office by Friday, January 18, 2019. 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 14 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 28 at East Side Centre in East Peoria.

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 7 - 9. Athletes advancing to Summer Games will have additional practices on Thursdays, May 30 and June 6.

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 7 - April 25
5:30 - 6:45 pm
- Where:** Heartland Community College
Parkside Junior High once weather permits.
- Cost:** \$35
- Limit:** Minimum 6; Maximum 20



Special Olympics

Special Olympics Soccer

S.O.A.R. is once again offering 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 2019 must be on file at the S.O.A.R. office by Friday, January 18, 2019 to participate.

Athletes who meet the training requirements of this program will participate in a district competition on Saturday, April 20 in Chatham. A minimum of three games will be scheduled for the team prior to the Districts. 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 7 - 9. Athletes advancing to Summer Games will have additional practices on Wednesdays, May 22, 29, and June 5.

We will also have a game night on Monday, March 18, from 5:30 - 7:00 pm at Game Time Gym, to get our qualifying games done.

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, February 27 - April 17
5:30 - 7:00 pm
Where: Lincoln Leisure Center, indoor
White Oak Park, outdoor
Cost: \$35
Limit: Minimum 8; Maximum 12

Special Olympics Unified Tennis

S.O.A.R. 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 2019 must be on file at the S.O.A.R. office by Friday, March 29 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 23 qualifier in Bloomington will be eligible to compete in the state tennis competition August 17 - 18 in Bloomington. Advancing pairs will have additional practices on Mondays, July 29 - August 12 to prepare for state competition.

Who: Ages 12 and older
When: Mondays, April 22 - June 17
(*except Memorial Day*)
5:30 - 6:30 pm
Where: Maxwell Park, Normal
Cost: \$35
Limit: Minimum 4; Maximum 12



Special Olympics Powerlifting

This is a Special Olympics competition training program for powerlifting athletes. Registration and a valid Special Olympics Application for Participation (*medical*) valid through June 2019 must be on file at the S.O.A.R. office by Friday, January 18, 2019 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 30 in Bloomington. Athletes who receive a gold medal at Region will be eligible for the Special Olympics Illinois Summer Games at Illinois State University June 7 - 9. 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, soccer or swimming.

Who: Ages 12 and older
When: Saturdays, February 2 - March 23
12:30 - 1:30 pm
Where: BN Barbell Club
Cost: \$35
Limit: Minimum 4; Maximum 8



Special Olympics

Special Olympics Softball

S.O.A.R. 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 2019, must be on file at the S.O.A.R. office by Friday, May 10. Practices will be held on Wednesdays and continue through the District Tournament, Saturday August 3, 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 7 - 8. Additional practices will be scheduled for August 21, 28 & September 4 for teams advancing to state competition.

Who: Individuals 12 and over

When: Wednesday, May 29, 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 12 - July 31

Softball I: 5:30 - 7:00 pm or Softball II: 7:00 - 8:30 pm as assigned

Where: O'Neil Park Softball Field

Cost: \$35

Limit: Minimum/team 12; Maximum/team 15



2019 Special Olympics Competition Dates

January 20
District Basketball
Illinois Wesleyan

February 23
Polar Plunge
Miller Park Lake

March 15 - 17
State Basketball Tournament
Bloomington/Normal

March 30
District Powerlifting
Bloomington

April 6
District Swimming
Champaign

April 20
District Soccer
Chatham

April 28
Area Spring Games
East Side Centre
East Peoria

June 7 - 9
Summer Games
ISU and Normal West

June 23
Unified Tennis Qualifier
Bloomington

August 3 (*tentative*)
District Softball
Springfield

August 17 - 18
State Tennis

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 can 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 that can bowl two games independently
When: Mondays, February 11 - April 29
4:00 - 5:15 pm
Where: Pheasant Lanes, Bloomington
Cost: \$51 payable to Pheasant Lanes (*lane fees*) check or cash and \$15 payable to S.O.A.R. (*registration fee*)
Limit: Minimum 20; Maximum 60



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 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. *Individuals who register for "Strength & Flexibility Fitness" shouldn't register for this program. Choose please!*

Who: Ages 12 and older
When: Mondays, February 11 - April 29
6:15 - 7:15 pm
Where: Lincoln Leisure Center, room 202 & 205
Cost: \$30
Limit: Minimum 6; Maximum 12

Window Art



As warmer weather approaches, it's time to pull back the curtains and let the sunshine in! We can help you decorate those windows in this program. Each participant will make several sun-catchers made of a variety of materials. We'll use paint, glue and other messy supplies, so please dress in clothes that can get dirty.

Who: Ages 14 and older
When: Mondays, February 11 - March 18
6:15 - 7:15 pm
Where: Lincoln Leisure Center, room 107
Cost: \$18
Limit: Minimum 6; Maximum 16

Page 6

Jewelry Making



Beads, wire, pendants and more! We'll use several different types of materials to create unique wearable pieces. We have wooden beads, pony beads, glass beads and ceramic beads to create beautiful necklaces. We can create pins, bracelets and earrings too. Be sure to wear clothes that can get dirty each week as we may use some messy supplies.

Who: Ages 14 and older
When: Mondays, February 11 - March 18
7:30 - 8:30 pm
Where: Lincoln Leisure Center, room 107
Cost: \$24
Limit: Minimum 6; Maximum 12

Strength & 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 and Balance Beat. *Individuals who register for "Cardio Fitness" shouldn't register for this program. Choose please!*

Who: Ages 12 and older
When: Mondays, February 11 - April 29
7:30 - 8:30 pm
Where: Lincoln Leisure Center, room 202
Cost: \$30
Limit: Minimum 6; Maximum 10

May Day Decor



May Day is a fun tradition and a great way to welcome the spring season! In England on May 1, the festivities center around the maypole. In Wales, people decorate their homes with flowers to celebrate the coming of spring on May Day. In Greece, a wreath adorned with wildflowers is traditionally hung on the door. In the US, May Day baskets were gifted and hung on the doors of friends and family members filled with treats and flowers. In this program, we'll create several different May Day projects that can be gifted to someone or used as a table or door decoration. Be sure to wear clothes that can get messy.

Who: Ages 14 and older
When: Mondays, March 25 - April 29
6:15 - 7:15 pm
Where: Lincoln Leisure Center, room 107
Cost: \$24
Limit: Minimum 6; Maximum 12



Weekly Programs

- MONDAYS -



Gardening & Crafts

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 garden-themed craft projects. Be sure to wear clothes that can get messy.

Who: Ages 14 and older

When: Mondays, May 6 & 13
6:00 - 7:30 pm

Where: Lincoln Leisure Center, room 107 & outside

Cost: \$10

Limit: Minimum 6; Maximum 14



Adult Coloring Class

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 6 & 13
7:30 - 8:30 pm

Where: Lincoln Leisure Center, room 107

Cost: \$6

Limit: Minimum 6; Maximum 16



Spring Crafts

Bright colors, flowers and nature abound in this program. We'll bring the fresh sight of Spring into our crafts. This program includes a wood craft, a paper craft and the use of lots of flowers and bright colors. Be sure to wear clothes that can get messy.

Who: Ages 14 and older

When: Mondays, March 25 - April 29
7:30 - 8:30 pm

Where: Lincoln Leisure Center, room 107

Cost: \$18

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. 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, May 6 & 13
10:00 am - 1:00 pm

Where: Lincoln Leisure Center, room 107

Cost: \$10

Limit: Minimum 6; Maximum 12



Weekly Programs

- TUESDAYS -

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 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: Tuesdays, February 5 - March 12
2:00 - 3:00 pm
Where: Lincoln Leisure Center, gym
Cost: \$6 (or \$1/day)
Limit: Minimum 6; Maximum 15



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.

Who: Ages 7 and older
When: Tuesdays, February 5 - April 9 (not 3/12 & 3/26)
5:30 - 6:00 pm
Where: Pepsi Ice Center, Bloomington
Cost: \$48
Limit: Minimum 3; Maximum 6



Adult Martial Arts

Jun Fan Kickboxing. This class will focus entirely on Jun Fan Gung Fu, Jeet Kune do. The Art and Philosophy of Sijo Bruce Lee.

Who: Ages 15 and older
When: Tuesdays, February 5 - 26
5:00 - 6:00 pm
Where: Lincoln Leisure Center, room 205
Cost: \$15
Limit: Minimum 8; Maximum 15



Artful Guitars

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 a neck, 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 Cooperative. ***This program is made possible by a grant from Twice upon a String.***

Who: Ages 15 and older
When: Tuesdays, February 19 & 26
6:00 - 7:30 pm
Where: Lincoln Leisure Center, room 201
Cost: \$5
Limit: Minimum 4; Maximum 10



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! This is a "test drive"...if people enjoy this program it may be added as a weekly program in the future.

Who: Ages 12 and older
When: **Session 1:** Tuesdays, February 19 & 26
6:00 - 7:00 pm
When: **Session 2:** Tuesdays, April 9 & 16
6:00 - 7:00 pm
Where: Lincoln Leisure Center, Room 205
Cost: \$6
Limit: Minimum 4; Maximum 12



Girls Night In

Just the girls! Ladies, we'll spend the night playing games, eating dessert, chatting with friends and making crafts. Join us for 2 nights of fun with just the girls!

Who: Ages 16 and older
When: Tuesdays, February 19 & 26
7:30 - 8:30 pm
Where: Lincoln Leisure Center, room 107
Cost: \$8
Limit: Minimum 8; Maximum 16

Weekly Programs

- TUESDAYS -

Guys Night In



Just the guys! Guys, we'll spend the night playing games, making a snack, shooting some hoops, playing the Wii and chatting with friends. Join us for 2 nights of fun with just the guys!

Who: Ages 16 and older
When: Tuesdays, April 9 & 16
6:00 - 7:00 pm
Where: Lincoln Leisure Center, room 107
Cost: \$8
Limit: Minimum 8; Maximum 16



Clock Art with Mary Jo



Participants in this program will have the opportunity to complete a wall clock with a poured acrylic face. Session one will be spent preparing and pouring the face. Session two will be used to assemble and set the clocks. Be sure to wear clothes that can get dirty. Instructor: Artist from Inside Out Accessible Art Cooperative.

Who: Ages 16 and older
When: Tuesdays, April 9 & 16
7:00 - 8:15 pm
Where: Lincoln Leisure Center, room 201
Cost: \$20
Limit: Minimum 4; Maximum 10

- WEDNESDAYS -

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, February 6 - March 13
6:00 - 8:00 pm
Where: Lincoln Leisure Center, gym
Cost: \$12 (or \$2/night)
Limit: Minimum 6; Maximum 15

- WEDNESDAYS -

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 Lake Bloomington Lake Run in May.

Who: Ages 12 and older
When: Wednesdays, February 6 - April 24
(NOT 3/13 due to HCC Spring Break)
5:30 - 6:30 pm
Where: Heartland Community College Rec Center until warm weather, then Miller Park Pavilion lower level
Cost: \$24
Limit: Minimum 4; Maximum 12



Pizza & Salad



A classic combo! What's your favorite pizza? We'll try several different types of pizza paired with a delicious salad for dinner. You'll help chop veggies, roll out dough, make sauce and sprinkle the cheese. 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: Wednesdays, February 13 - March 20
6:00 - 7:30 pm
Where: Miller Park Pavilion, lower Level
Cost: \$24
Limit: Minimum 6; Maximum 16

Weekly Programs

- WEDNESDAYS -

Appetizers & More



Appetizers can be cold or cooked, healthy or hearty, simple or stunning! In this program, we'll create a variety of appetizers and party food, along with a few desserts and treats. Participants will be assisting with the preparation of all items. A full meal will not be served each week, but participants will eat what they have prepared that night.

Who: Ages 14 and older
When: Wednesdays, March 27 - April 24
6:00 - 7:30 pm
Where: Miller Park Pavilion, lower level
Cost: \$24
Limit: Minimum 6; Maximum 16

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 rhythms and songs 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: Wednesdays, February 13 - March 20
6:00 - 7:00 pm
Where: Lincoln Leisure Center, room 203
Cost: \$48
Limit: Minimum 6; Maximum 15

Therapeutic Horseback Riding

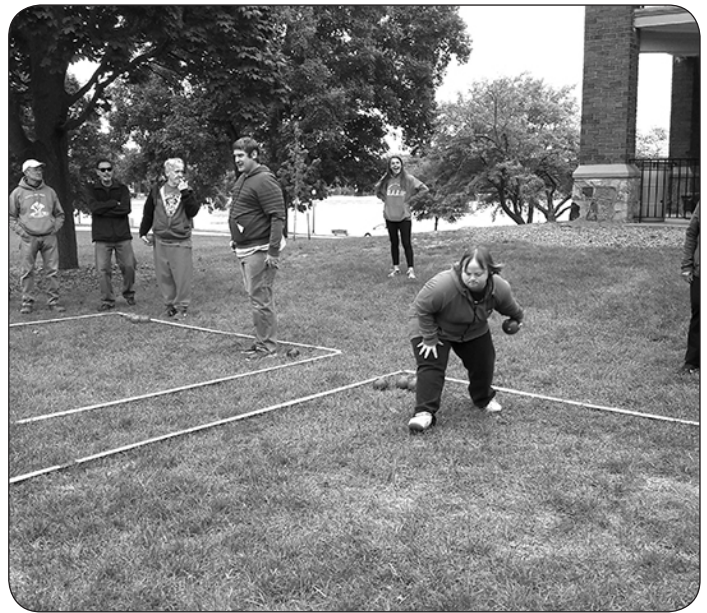
This program is offered cooperatively between S.O.A.R. and CIRT (*Central Illinois Riding Therapy*) in East Peoria. Each lesson will include horseback riding instruction, tacking and grooming. Each rider will have 1:1 staffing when riding and will spend contact each week with a horse. The registration 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. All riders will need to have a physical and registration forms complete before the first lesson. **Registration deadline for this program is March 6.**

Who: Ages 22 and older
When: Wednesdays, April 3 - May 22
Make up: *May 29*
9:00 am - 12:30 pm
Where: CIRT, East Peoria
Cost: \$180
Limit: Minimum 3; Maximum 5

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 over
When: Wednesdays, May 1 - May 15
5:30 - 6:30 pm
Where: Front lawn of the Miller Park Pavilion
Cost: \$9
Limit: Minimum 4, Maximum 20



- FRIDAYS -

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, money needs, transportation, etc.* **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, 2/15, 3/8, 4/12 & 5/3
Approximately 6:30 pm - approximately 9:30 pm
(depending on activity)
Where: Drop off/pick up at Lincoln Leisure Center to take van to various locations.
Cost: \$15 (plus expenses each month)
Limit: Minimum 6; Maximum 12

Weekly Programs

- FRIDAYS -

- SATURDAYS -

Friday Night Out \$

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, money needs, transportation, etc.* **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, 2/22 3/22, 4/12, 5/10
Approximately 6:30 pm - approximately 9:30 pm
(depending on activity)

Where: Drop off/pick up at Lincoln Leisure Center to take van to various locations.

Cost: \$15 (plus expenses each month)

Limit: Minimum 6, Maximum 12



S.O.A.R for Starters

This program is targeted to youth that are too young for most other S.O.A.R. 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! **NOTE: 5/18 will meet at 1:00 - 2:30 pm.**

Who: Ages 4 - 7

When: Saturdays, 2/2, 2/9, 3/9, 3/23, 4/6, 4/27, 5/4 & 5/18
10:00 - 11:30 am

Where: Lincoln Leisure Center, room 107 & gym

Cost: \$40

Limit: Minimum 4; Maximum 10

Omelettin' YOU Cook!

We're making omelettes in a bag and waffling tater tots (*it's National Tater Tot Day!*) and we'll be playing some groundhog - inspired games as well.

Who: Ages 8 - 21

When: Saturday, February 2
1:00 - 2:30 pm

Where: Lincoln Leisure Center, room 107

Cost: \$6

Limit: Minimum 6; Maximum 12



TGIF

Your favorite day program is back! This spring, we'll spend Fridays with friends doing activities in the community and on the road. Each week will include lunch and an outing. Wear comfortable walking shoes and dress appropriately for the weather. Participants may bring money for souvenirs or purchases. *A reminder memo with more information about outings will be sent to those who register.*

Who: Ages 21 and older

When: Fridays, April 26 - May 17
10:00 am - 4:00 pm

Where: Drop off/pick up at Lincoln Leisure Center

Cost: \$60

Limit: Minimum 6; Maximum 20

Youth Programs

- SATURDAYS -

Bagels and Bags

We'll be playing bags games and making bagel pizzas...what better way to beat the winter blahs?

Who: Ages 8 - 21
When: Saturday, February 9
1:00 - 2:30 pm
Where: Lincoln Leisure Center, room 107
Cost: \$6
Limit: Minimum 6; Maximum 12



Bling a Bag!

In honor of (*who knew?*) International Fanny Pack Day, we're going to bling and bedazzle our own fanny packs. We'll add music and maybe a runway to show off our creations.

Who: Ages 8 - 21
When: Saturday, March 9
1:00 - 2:30 pm
Where: Lincoln Leisure Center, room 107
Cost: \$6
Limit: Minimum 6; Maximum 12

Let the Chips Fall!

It's Chips and Dip Day so we're using some cooking skills to make our own cinnamon chips and fruit salsa dip. To get active we'll be playing a little modified Frisbee golf.

Who: Ages 8 - 21
When: Saturday, March 23
1:00 - 2:30 pm
Where: Lincoln Leisure Center, room 107
Cost: \$6
Limit: Minimum 6; Maximum 12

Jump and Pop!

We'll be trying our courage and skills on some obstacle courses in honor of "Jump Over Something Day" and making caramel popcorn, playing "popcorn" with the parachute...things will be jumpin' and poppin'!

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

Make Some Scents!

Using our sense of smell to guess what things are, and making some lovely smelling projects, we'll honor of "Sense of Smell Day"!

Who: Ages 8 - 21
When: Saturday, April 27
1:00 - 2:30 pm
Where: Lincoln Leisure Center
Cost: \$10
Limit: Minimum 6; Maximum 12

For the Birds

We'll take a walk around Forrest and Miller Park to identify our local birds. We'll "wing it" with some games in the park as well.

Who: Ages 8 - 21
When: Saturday, May 4
1:00 - 2:30 pm
Where: Pick up and drop off at Hike Haven in Forrest Park
Cost: \$6
Limit: Minimum 6; Maximum 12



Take a Hike

Always a springtime favorite, we'll hit the road for one of our nearby parks for some extended walking. This may include a bit of a bus ride to find our mystery location.

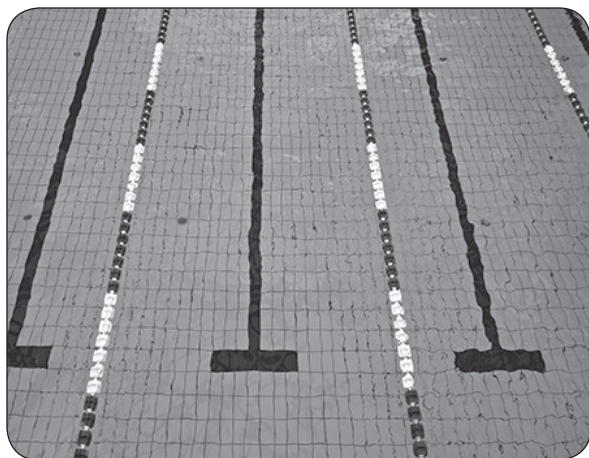
Who: Ages 8 - 21
When: Saturday, May 18
9:00 am - 12:00 pm
Where: Lincoln Leisure Center
Cost: \$6
Limit: Minimum 6; Maximum 12

School Break Programs

Presidents' Day Break

Due to the nature of Mother Nature, we're leaving this as a surprise. If the weather is good, we'll travel to Peoria's Riverplex for Swimming and gym time fun. If the weather is less than fabulous, we'll stay in town...maybe bowling, skating...if it's really bad, we'll use Lincoln Leisure Center as our home base for games, movies and such. APPROPRIATE SWIMWEAR REQUIRED! NO shorts and if you wear a shirt it must be a regulation swim shirt. Bring your lunch and towel.

Who: Ages 8 - 21
When: Monday, February 18
9:00 am - 3:00 pm
Where: Leave from Lincoln Leisure Center
Cost: \$25
Limit: Minimum 6; Maximum 10



NEW PROGRAM

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. **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



Facility Directory

BN Barbell Club

2902 Gill Street
Bloomington, IL 61704

Community Activity Center

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

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

Miller Park Pavilion

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

O'Neil Park

1515 W Chestnut St
Bloomington, IL 61701

Parkside Jr. High

101 N Parkside Rd
Normal, IL 61761

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

White Oak

1514 Cottage Ave
Bloomington, IL 61701



S.O.A.R. special opportunities available in recreation

RESPECT RUN!

FUN RUN

CHANGE THE "R-WORD" TO RESPECT

SUNDAY, MARCH 24 - MILLER PARK

Friends, family and SOAR participants of all ages welcome. Registration begins at 12:30 pm, Run/Walk begins at 1:00 pm

Deadline to register is **March 1**. Walk in registration at 12:30 pm available on-site.

Walk in registration on the day of the event does not include a t-shirt.

Those registered can pick up t-shirts & event materials on **Friday, March 22** between 4:00 – 7:00 pm at Lincoln Leisure Center or on the day of the race starting at 12:30 pm.

Race: Walk/Run (\$5 Fun Run + \$15 T-shirt)

Name _____

Address _____

City, State, ZIP _____

Phone _____

Email _____

MAIL TO: SOAR PO Box 3157, Bloomington, IL 61702-3157
DROP OFF: 115 E. Washington St., Bloomington, Illinois

T-Shirt: S M L XL XXL

Total \$ _____

I understand that this event is potentially hazardous, and that I (or my child) should not enter and participate unless medically able and properly trained. I assume full responsibility for any injury or accident which may occur while traveling to or from the event, during the event, or while on the premises of the event. I am also aware of and assume all risks associated with this event including but not limited to falls, contact with other participants, effects of weather, traffic, and conditions of the road. I hereby release the City of Bloomington and their agents from liability arising out of my participation in this event. This waiver includes any and all claims, whether caused by negligence or the action or inaction of any of the parties. I understand the entry fee is non-refundable and non-transferable. I hereby grant permission to use any photographs, videotapes, motion pictures, websites images, record, or any other record of this event.

Signature _____ Date _____

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.

Family Painting Party

Join instructors from Inside Out Accessible Art as they guide you through painting a canvas. The February family painting party includes a canvas painting of a Sea Turtle. In April, we'll paint a Flamingo. 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, guardian, friend or sibling

When: Sunday, February 3 (Sea Turtle)
3:00 pm - 5:00 pm

When: Sunday, April 7 (Flamingo)
3:00 pm - 5:00 pm

Where: White Oak Community Room

Cost: \$25/couple

Limit: Minimum 6; Maximum 15



Valentine's Dance

Get ready for a night of music, dancing and fun with your friends! Music will be provided by a DJ and refreshments will be served. Dress is casual but be sure to wear red or pink to celebrate the holiday! Cupid will have a small gift for each person in attendance. *No reminder memo will be mailed.*

Who: Ages 12 and older

When: Friday, February 8
6:30 - 8:30 pm

Where: Miller Park Pavilion, main level

Cost: \$8

Limit: Minimum 30; Maximum 100



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 beyond

When: Sunday, February 10
2:00 pm - 3:30 pm

Where: Hike Haven in Forrest Park

Cost: \$3 per person

Limit: Minimum 4; Maximum 20



Valentine's Day Bingo & Snack

Come celebrate Valentine's Day among friends. Enjoy festive refreshments and a few rounds of bingo with some sweet prizes. *No reminder memo will be mailed.*

Who: Ages 12 and older

When: Tuesday, February 12
6:30 - 8:30 pm

Where: Normal Community Activity Center

Cost: \$6

Limit: Minimum 8; Maximum 30

Special Events

ISU Men's Basketball Game

Cheer on the Redbirds as they face Bradley at the Redbird Arena in a 7:00 pm game. Be sure to wear red and bring money for souvenirs. Please note seats are typically in the upper bowl. *A reminder memo with more information will be mailed to those who register.*

Who: Ambulatory, ages 14 and older
When: Saturday, February 16
 6:00 - 10:30 PM
Where: Drop off/pick up at Lincoln Leisure Center
Cost: \$20
Limit: Minimum 8; Maximum 24

Peoria Rivermen Hockey Game

The Peoria Rivermen face the Roanoke R.Y. Dawgs in a 3:05 pm game. Cheer on the team and cheer for your local hockey players this season. Bring money for snacks and souvenirs. *A reminder memo with more information will be sent to those who register.*

Who: Ambulatory, ages 14 and older
When: Sunday, February 24
 1:15 pm - 6:30 pm
Where: Drop off/pick up at Lincoln Leisure Center
Cost: \$20
Limit: Minimum 8; Maximum 24

ISU Women's Basketball Game

Cheer on the Lady Redbirds as they face Valparaiso at the Redbird Arena in a 2:00 pm game. Be sure to wear red and bring money for souvenirs. Please note seats are typically in the upper bowl. *A reminder memo with more information will be mailed to those who register.*

Who: Ambulatory, ages 14 and older
When: Sunday, March 3
 1:00 pm - 5:00 pm
Where: Drop off/pick up at Lincoln Leisure Center
Cost: \$15
Limit: Minimum 8; Maximum 24



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Bingo Blitz



Calling all bingo players! We've got some great prizes ready for you to win. Join us for a snack and several rounds of bingo with friends. *No reminder memo will be mailed.*

Who: Ages 14 and older
When: Tuesday, March 26
 6:30 - 8:30 pm
Where: Normal Community Activity Center
Cost: \$6
Limit: Minimum 16; Maximum 35



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 forms are available on our website, in the current program brochure, at our office and at Lincoln Leisure Center. **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 & event materials on Friday, March 22 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 24
 Registration begins at 12:30 pm
 Run/Walk begins at 1:00 pm
Where: Miller Park (*registration inside the Pavilion*)
Cost: \$20 (*includes t-shirt*)
 \$5 walk-in registration (*no t-shirt included*)
Limit: Minimum 25; Maximum 200

Special Events



Spring Formal

It's our favorite dance of the year! We will enjoy music from a live DJ and a light dinner will be served. Our theme this year is "A Night in Paris." We will also have a photographer available to take individual/group pictures. **SOAR will provide each participant with one professional photo; additional photos with groups/friends will cost \$5 per person.** Please bring cash if you'd like to purchase an additional photo. Dress is formal. *No reminder memo will be sent.*

Who: Ages 12 and older
When: Friday, April 26
6:30 - 9:00 pm
Where: Miller Park Pavilion, Main Level
Cost: \$20
Limit: Minimum 16; Maximum 100



Family Zoo Trip \$

Let SOAR do the driving! Spend a day with your family at the St. Louis Zoo! SOAR will provide transportation, an adventure pass for each person (*includes children's zoo, 4D theater, zooline railroad, carousel, sea lion show and stingrays*) and pay parking fees. Families are responsible for meals and any other purchases (*snacks or souvenirs*). Wear comfortable walking shoes! Participants must register with at least one parent, guardian or adult. *A reminder memo with more information will be sent to those who register.*

Who: Ages 10 and older, with a parent, guardian or adult chaperone
When: Sunday, May 5
8:30 am - 9:00 pm
Where: drop off/pick up at Lincoln Leisure Center
Cost: \$20/person
Limit: Minimum 8; Maximum 24

Lunch & A Movie



The Normal Theater in Uptown Normal features a fun film each month. The movie is family friendly and is always a popular choice. We'll stop for lunch at Jimmy John's first for a quick bite and then head to the theater for a matinee. All participants will need money to pay for their lunch. *A reminder memo with more information will be sent to those who register.*

Who: Ages 14 and older
When: Saturday, April 13 (*movie: Christopher Robin*)
11:00 am - 3:30 pm
Where: Drop off/pick up at Lincoln Leisure Center
Cost: \$4
Limit: Minimum 6; Maximum 16

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: Ages 14 and older
When: Sunday, April 14
10:00 am - 4:30 pm
Where: Drop off/pick up at Lincoln Leisure Center
Cost: \$35
Limit: Minimum 8; Maximum 16



Special Events



Mother's Day Brunch

Spend some time with mom to let her know she is so special. All ladies and guys with their mothers or grandmothers are invited to this event. We will enjoy a delicious brunch at The Den at Fox Creek Golf Course. *No reminder memo will be mailed.*

Who: Participants and their mother/grandmother
When: Saturday, May 11
10:00 - 11:30 am
Where: The Den at Fox Creek Golf Course, Bloomington
Cost: \$20/couple
Limit: Minimum 8 (4 pairs); Maximum 50 (25 pairs)

Picnic & Hike

As the weather warms up, let's hit the trails for a short hike at Comlara Park. We'll enjoy a hike and have a picnic dinner in the park. Be sure to dress for the weather and wear comfortable walking shoes. *A reminder memo with more information will be sent to those who register.*

Who: Ages 14 and older
When: Thursday, May 16
4:00 - 7:30 pm
Where: Drop off/pick up at Lincoln Leisure Center
Cost: \$8
Limit: Minimum 6; Maximum 16



Family Bowling

Bring your family out for some bowling after your regular season has ended. Get friends and family together to create a team and knock down those pins. Registration fee includes 2 games of bowling and shoe rental. The concession stand will be open if you want to purchase snacks or drinks. Walk-ins welcome! Lane assignments will be done prior to the day of the event, so be sure to check in with SOAR staff when you arrive. *No reminder memo will be mailed.*

Who: Participants and their families/friends
When: Sunday, May 19
3:00 - 4:30 pm
Where: Pheasant Lanes
Cost: \$8/person
Limit: Minimum 20; Maximum 75

Ultimate Frisbee

Join us for a game of Ultimate Frisbee! This active game is similar to football, but uses a Frisbee and requires lots of teamwork. This is a no contact sport! We'll learn about the game and play a quick game. Bring your game face. *No reminder memo will be mailed.*

Who: Ages 14 and older
When: Tuesday, May 14
5:30 - 6:30 pm
Where: White Oak Soccer Field
Cost: \$6
Limit: Minimum 6; Maximum 12



March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SO Swimming 31					1	SO Powerlifting 2
ISU Women's Basketball Game SO Swimming 3	Recreational Bowling Cardio Fitness Window Art Strength & Flexibility Fitness Jewelry Making 4	Daytime Gym Adaptive Learn to Skate 5	SO Soccer Open Gym Seat to SOAR Pizza & Salad Music Experience 6	SO Athletics 7	Friday Night Teen Club 8	SOAR for Starters SO Powerlifting Bling a Bag 9
SO Swimming 10	Recreational Bowling Cardio Fitness Window Art Strength & Flexibility Fitness Jewelry Making 11	Daytime Gym 12	SO Soccer Open Gym Pizza & Salad Music Experience 13	SO Athletics 14	SO State Basketball 15	SO State Basketball SO Powerlifting 16
SO Swimming State Basketball 17	Recreational Bowling Cardio Fitness Window Art Strength & Flexibility Fitness Jewelry Making 18	Adaptive Learn to Skate 19	SO Soccer Seat to SOAR Pizza & Salad Music Experience 20	SO Athletics 21	Friday Night Out 22	SOAR for Starters SO Powerlifting Let the Chips Fall 23
SO Swimming Respect Run 24	Recreational Bowling Cardio Fitness May Day Decor Strength & Flexibility Fitness Spring Crafts 25	Bingo Blitz 26	SO Soccer Seat to SOAR Appetizers & More 27	SO Athletics 28	 29	District Powerlifting 30

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Recreational Bowling Cardio Fitness May Day Decor Strength & Flexibility Fitness Spring Crafts 1	Adaptive Learn to Skate 2	CIRT SO Soccer Seat to SOAR Appetizers & More 3	SO Athletics 4	5	SOAR for Starters District Swimming Jump & Pop! 6
Family Painting Party 7	Recreational Bowling Cardio Fitness May Day Decor Strength & Flexibility Fitness Spring Crafts 8	Adaptive Learn to Skate Clock Art with Mary Jo Guys Night In 9	CIRT SO Soccer Seat to SOAR Appetizers & More 10	SO Athletics 11	Friday Night Teen Club Friday Night Out 12	Lunch & A Movie 13
Wildlife Prairie Park 14	Recreational Bowling Cardio Fitness May Day Decor Strength & Flexibility Fitness Spring Crafts 15	Clock Art with Mary Jo Guys Night In 16	CIRT SO Soccer Seat to SOAR Appetizers & More 17	SO Athletics 18	Good Friday <i>(Office Closed)</i> 19	District Soccer 20
21	Recreational Bowling SO Unified Tennis Cardio Fitness May Day Decor Strength & Flexibility Fitness Spring Crafts 22	23	CIRT SO Soccer Appetizers & More 24	SO Athletics 25	Spring Formal TGIF 26	SOAR for Starters Make Some Scents! 27
Area Spring Games 28	Recreational Bowling SO Unified Tennis Cardio Fitness May Day Decor Strength & Flexibility Fitness Spring Crafts 29	30				

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			CIRT Recreational Bocce 1	2	TGIF Friday Night Teen Club 3	SOAR for Starters For the Birds 4
Family Zoo Trip 5	Lunch Bunch SO Unified Tennis Gardening & Crafts Adult Coloring 6	7	CIRT Recreational Bocce 8	9	TGIF Friday Night Out 10	Mother's Day Brunch 11
12	Lunch Bunch SO Unified Tennis Gardening & Crafts Adult Coloring 13	Ultimate Frisbee 14	CIRT Recreational Bocce 15	Picnic & Hike 16	TGIF 17	Take a Hike SOAR for Starters 18
Family Bowling 19	SO Unified Tennis 20	21	CIRT 22	23	24	25
26	Memorial Day (Office Closed) 27	28	CIRT 29	30	31	

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 23 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 January 10. Walk-in and mail-in registration will begin on January 10 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 January 25.

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 January 25.



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.
5. All transportation applications and requests must be received by **Friday, January 25**.

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****

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.

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 FIVE 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

S.O.A.R. special opportunities available in recreation
 109 E. Olive • PO Box 3157
 Bloomington, IL 61702-3157

PRSR STD
 U.S. Postage
PAID
 Bloomington, IL
 PERMIT NO. 116

Current Resident or

DATED MATERIAL
 DELIVER BEFORE
 JANUARY 2, 2019

RESPECT RUN!

CHANGE THE "R-WORD" TO RESPECT
SUN., MARCH 24 - MILLER PARK
1:00 P.M.

FUN RUN



**Congrats to SOAR
 Unified Tennis Team,
 Josh McClellan & Greg Hayward!**

They will be representing Team USA at the 2019 Special Olympics World Games in Abu Dhabi in March!
 Josh will compete in both singles tennis and doubles with his Unified Partner, Greg.



Follow their journey with updates posted on our Facebook page.

Follow  **on Instagram & Facebook**  