

SOAR

WINTER
SPRING
2024

Special Opportunities
Available in Recreation



REGISTRATION BEGINS JANUARY 11!

CELEBRATING OVER 50 YEARS IN THE COMMUNITY!



Special Opportunities Available In Recreation

Office Address: 109 E. Olive St., 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.

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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. Website address is www.BloomingtonParks.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

Registration, Financial Assistance, Mailings, Fitness/
Sports Programs, Special Olympics Programs

Taylor Burlingame, CTRS - Program Manager
tburlingame@cityblm.org

Cultural Events Programs, Special Interest,
Programs, Special Events Programs,
Youth Programs, Transportation

Program Legend



= Door to Door Transportation
(Transportation details are located
on the inside back cover)



= Participant will need to
bring money to program

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!

Nichole Axsom
Carene Campbell
Beth Clark
Sally Clark
Katie Clothier
Khita Cunningham
Ritchie D'Costa
Sharon D'Costa
Doug Dowell
Michele Evans
Peja Grant
Ella Haynes
Miranda Henson
Holly Marquis
Randi Meyer
Rachael Minteer
Larry Quanstrom
Maddie Rankin
Bethany Reeser
Eric Ritter
Carsyn Seeley
Julie Smith
Glen Wetzel
Kim Workman

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 Fall 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 Holly or Taylor

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.**

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

Jen Brown	Ryleigh Nix
Trina Brown	Madison Pavone
Maci Byers	Laura Reed
Bailey Davis	Dennis Sapp
Jerry Curry	Verlinda Sapp
Ellie Degenhart	Melissa Sheep
Luke Duenas	Hannah Sorenson
Luisa Estrada	Rachel Spratt
Faith Lutheran Church	Karissa Starkey
Hannah Harrison	Lauren Vandiver
C.J. Hoscheidt	Bekah Warren
Lorelei Hudson	Jay White
Cass King	Jay Zanardi
Kalei McDaniel	
Audrey McWhorter	

A VERY Special Thank you to our Unified Partners and Volunteer Coaches who give us so much more than their time to make our programs SOAR! You are more than teammates...you're friends!

Missie Bird	Rachel Minter
Bruce Broughton	Larry Quanstrom
Zach Burlingame	Eric Ritter
Beth Clark	Kevin Rogers
Sharon D'Costa	Buffy Ryan
Kyle Eades	Carsyn Seeley
Laura Ethridge	Mathew Sprague
Todd Haynes	Jason Stiner
Mary Jo Johnson	Barb Wells
Robin Levine	Jenna Wieland
Jim Lilinthal	Jamie Wielgopolan
Sherry Lilinthal	Dee Wilson
Marcus Minter	

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.

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 Website

www.bloomingtonparks.org/soar



Follow us on Facebook

www.facebook.com/cityblmSOAR

Program Holidays

In observation of the following holidays, SOAR will be closed on the following dates.

- Martin Luther King Jr. Day
Monday, January 15
- Memorial Day - Monday, May 27
- Half Day on Good Friday
Friday, March 29



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 round 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, Special Olympics Illinois Athlete Medical Form, 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 Special Olympics Illinois Medical Form, valid through June 2024 must be on file at the SOAR office by Friday, January 19, 2024 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 region event held on Saturday, April 6 in Champaign. Athletes who receive a gold medal at the Region level 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 19 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 4 – March 24
2:00 pm - 3:00 pm
Where: YMCA Indoor Pool
Cost: \$40
Limit: Minimum 6; Maximum 12



Special Olympics Athletics (Track & 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 Special Olympics Illinois Medical Form, valid through June 2024, must be on file at the SOAR office by Friday, January 19, 2024. Practices will be at Heartland Community College Fitness Center until the weather permits, then will be outside at Illinois State University'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 region 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 pm – 6:45 pm
Where: Heartland Community College
Illinois State University's track once weather permits.
Cost: \$40
Limit: Minimum 6; Maximum 20

Special Olympics

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 Special Olympics Illinois Medical form, valid through June 2024, must be on file at the SOAR office by Friday, January 19, 2024 to participate.

Athletes who meet the training requirements of this program will participate in a regional competition on Saturday, April 20, OR Sunday April 21 (TBD) at Glenwood High School in Chatham. A minimum of three games will be scheduled for the team prior to the Regional Qualifier. If the team receives a gold medal at the regional level, 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.

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 28 – April 17

5:30 pm – 7:00 pm

Where: Lincoln Leisure Center, (indoor) or White Oak Park (outdoor)

Cost: \$40

Limit: Minimum 10; Maximum 15



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. Priority will be given to athletes with an established Unified Partner that have played in the past season.

This is a Special Olympics sports training program. A Special Olympics Illinois Medical form valid through August 2024 must be on file at the SOAR office by Friday, March 29, 2024 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 Sunday, June 30, 2024 Qualifier in Bloomington will be eligible to compete in the State Tennis Tournament August 17, 2024 in Bloomington. Advancing pairs will have additional practices on Mondays, July 29, August 5 and 12 to prepare for the state competition.

Who: Ages 12 and older

When: Mondays, April 29 – June 24 (except May 27)

5:30 pm - 6:30 pm or 6:30 pm – 7:30 pm, as assigned

Where: Illinois Wesleyan University Tennis Courts

Cost: \$40

Limit: Minimum 4; Maximum 12



Special Olympics Bocce REMINDER

This is a reminder that all athletes that received a gold medal/first place at the October Regional Bocce tournament will have practices prior to the state competition at the Special Olympics State Summer Games.

Practices will be on May 29 and June 5, 5:30 pm – 6:30 pm at O'Neil softball field!

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 Special Olympics Illinois Medical Form, valid through September 2024, must be on file at the SOAR office by Friday, May 31, 2024. Practices will be held on Wednesdays and continue through the Regional Tournament, Saturday July 27, 2024 in Springfield. Each team will participate in a minimum of three games prior to the regional tournament.

A team that receives a first place/gold medal at the region competition will be eligible to compete in the Special Olympics Illinois State Softball Tournament held in Springfield on September 7 – 8, 2024. Additional practices will be scheduled for August 21, 28 & September 4 for teams advancing to state competition.



Those registered for Special Olympics Softball may NOT register for Special Olympics Unified Golf.

Who: Individuals 12 and over

When: Assessment Night: Tuesday, May 21, 5:30 pm – 7:30 pm

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

Regular practices then follow:

Wednesdays, May 29 – July 24 (not 7/3)

Softball I: 5:30 pm – 7:00 pm or

Softball II: 7:00 pm – 8:30 pm as assigned

Where: O'Neil Park Softball Field

Cost: \$40

Limit: Minimum per team 12; Maximum per team 15

Special Olympics Unified Golf

SOAR will be continuing with Unified Golf for a second season! This will be a Unified program pairing a Special Olympics athlete with a Unified Partner (an athlete/teammate without intellectual disabilities). 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 Golf, an athlete and partner play together to compete in aggregate 9-hole play on a standard course. Both athlete and unified partner must be able to walk a 9-hole course unassisted (and without a cart). While it is preferred that the athlete has their own clubs, assistance may be available.

This is a Special Olympics sports training program. Registration and a Special Olympics Illinois medical history form, valid through September 2024, must be on file at the SOAR office by May 17, 2024. Unified Partners will need to complete Unified Sports Partner & Class A forms, completing a background check and complete the Protective Behaviors and Concussion Awareness sessions prior to participation. Those who participate in this program will compete in a regional qualifier in Edwardsville on Friday, August 2. Those receiving a gold medal/first place will be eligible to advance to the State Golf Tournament on September 7 – 8 in Decatur. Extra practices will be scheduled for those who advance.

Those who register for Special Olympics Unified Golf may NOT register for Special Olympics Softball. Anyone registering for this program would be highly encouraged to register for the golf experience days being offered in April.

Who: Individuals 12 and over that can walk a 9-hole course independently

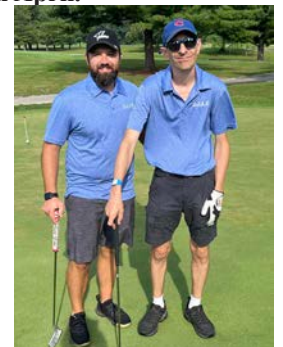
When: Tuesdays, June 4 – July 30

6:00 pm – 7:00 pm

Where: Prairie Vista Golf Course and/or other golf courses in the Bloomington/Normal area.

Cost: \$40.00 SOAR will cover the cost of 2 rounds of golf for athlete and Partner each, during designated practice times. Any additional tee times would be the responsibility of the athlete.

Limit: Minimum 2; Maximum 8



2024 Special Olympics Competition Dates:

January 21

Region G Basketball, Illinois Wesleyan

February 6 – 8

Winter Games (Snowshoeing), Galena

February 24

Polar Plunge, Miller Park Lake

March 8 – 10

State Basketball Tournament
Bloomington/Normal

March 24

Powerlifting Qualifier, Bloomington

April 6

Region Swimming, Champaign

April 20 or 21

Region Soccer, Chatham

April 28

Area Spring Games - East Side Centre, E. Peoria

June 7 – 9

Summer Games, ISU,
Kingsley & Normal Community

June 30

Unified Tennis Qualifier, Bloomington

July 27

Region Softball, Springfield

August 2

Region Golf Qualifier, Edwardsville

August 17

State Tennis, Bloomington

September 7 – 8

State Softball, Springfield

September 7 – 8

State Golf, Forsyth/Decatur

SOAR
Special Opportunities
Available in Recreation

**REGISTER
EARLY,
CLASSES
FILL
UP FAST!**

Volunteer at the

Midwest Food Bank

Dates/Times TBD
Contact Taylor Burlingame
at tburlingame@cityblm.org
if you are interested
in volunteering.





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 8 and older that can bowl two games independently
- When:** Mondays, February 12 – April 29
10:00 am – 11:00 am OR
4:00 pm - 5:00 pm
- Where:** Pheasant Lanes, Bloomington
- Cost:** \$84 payable to Pheasant Lanes (lane fees - check or cash) and \$15 payable to SOAR (registration fee)
- Limit:** Minimum 10; Maximum 30 per session

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 12 – April 29
6:15 pm - 7:15 pm OR 7:30 pm – 8:30 pm
- Where:** Lincoln Leisure Center, rooms 202 & 205 or the gym
- Cost:** \$36
- Limit:** Minimum 6; Maximum 12 per session

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 13 – March 5
2:00 pm - 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 14 – April 24
(NOT 3/13 due to HCC Spring Break)
5:30 pm – 6:30 pm
- Where:** Heartland Community College Rec Center and Campus
- Cost:** \$18
- Limit:** Minimum 4; Maximum 15

SOAR Adaptive CrossFit/Fitness Class

Come join Coach Courtney and our friends at Power and Fitness Gym to get stronger, faster and healthier. CrossFit is an exercise program that can be adapted and scaled to meet the needs of anyone and everyone, no matter their disabilities. In this class, we will use dumbbells, kettle bells, barbells, pull up bars, rings, jump ropes, boxes and our amazing bodies. Come join the fun!!

- Who:** Ages 10 and older
- When:** This class will have 2 sessions each week
Wednesdays: March 6 – April 24
from 6:45 pm – 7:45 pm
Saturdays: March 2 – April 27 (NOT March 30)
from 11:30 am – 12:30 pm
- Where:** Power and Fitness Gym
(2902 Gill St., Bloomington, IL 61704)
- Cost:** \$100 to Power and Fitness Gym
- Limit:** Minimum 6; Maximum 14

Sports & Fitness



SOAR Mall Walkers

Let's hit the mall!!! Not to shop...but to exercise!!! The mall is not only a great place to shop, but a great place to walk, especially during those cold winter months. There will be no shopping at this program, just walking and talking with our friends! Please wear comfortable walking shoes as we will see how many laps we can make it around the mall during our hour there.

Who: Ages 14 and over

When: Thursdays, February 15 – March 28
10:00 am – 11:00 am

Where: Eastland Mall North Entrance off of
Empire Street between Ulta & Planet Fitness

Cost: \$21

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!

Who: Ages 12 and older

When: Thursdays, March 7-28
7:00 pm – 8:00 pm

Where: Lincoln Leisure Center, Gym

Cost: \$12

Limit: Minimum 4; Maximum 12



SOAR Martial Arts & Yoga

In this class, we will study Bruce Lee's Fan kick boxing/Jeet Kune Do. We will also explore Dog Brothers Martial Arts focusing on bilateral movement and the coordination of the upper and lower body. Additionally, we will delve into Yoga movement for increased strength, balance, flexibility and mindfulness.

No previous martial arts or yoga experience is required for this class. Guro Terry and Yogi Amy will lead this class.

Who: Ages 15 and older

When: Tuesdays, March 5 - May 7
5:30 pm – 6:30 pm

Where: Lincoln Leisure Center gym

Cost: \$60

Limit: Minimum 6; Maximum 12



Sports & Fitness

SOAR Sensory Skate

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

Who: Ages 8 and older
When: Sundays, February 11 - March 17
2:00 pm - 2:30 pm
Where: Bloomington Ice Center
Cost: \$42
Limit: Minimum 3; Maximum 8

Chip, Putt, Drive – Golf Experience

We had so much fun last time so let's do it again! We will head to the Golf Learning Center (at BloNo Pizza) to learn and practice our driving skills and then spend two weeks at Prairie Vista Golf Course for some learning time with putting and chipping.

Who: Ages 12 and over
When: Tuesdays, April 2 – 23: Driving and Swinging
Tuesdays, April 30 – May 7: Putting and Chipping
5:30 pm – 7:00 pm
Where: Driving & Swinging – Golf Learning Center,
1304 Cross Creek Drive, Normal
(BloNo Pizza)
Putting & Chipping –
Prairie Vista Golf Course, 502 W. Hamilton Rd.,
Bloomington
Cost: \$20
Limit: Minimum 4, Maximum 8

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 are welcome but not required.

Who: Ages 10 and over
When: Wednesdays, May 1 - May 22
5:30 pm – 6:30 pm
Where: O'Neil Park Softball Field
Cost: \$12
Limit: Minimum 4, Maximum 20



**REGISTER EARLY,
CLASSES FILL UP FAST!**

Art & Music



Weavin' Wonders!

In this program, we will get to explore the art of weaving. We will make a variety of projects ranging from coasters, bookmarks and even a rug! This program will help develop and challenge fine motor and sequencing skills.

Who: Ages 14 and older
When: Mondays, February 12 – March 18
6:15 pm – 7:15 pm
Where: Lincoln Leisure Center, room 107
Cost: \$24
Limit: Minimum 6; Maximum 10

All Things Jars

Let's explore the endless possibilities of crafting with jars! Discover the art of upcycling and transforming ordinary jars into extraordinary works of art. We will explore making snow globes, plant holders, lanterns, and much more! Make sure to wear clothes that can get messy as we will be using paint and glue.

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

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 multi-sensory experience is developed and facilitated by the therapeutic and educational team at Developing Melodies.

Who: Ages 15 and older
When: Tuesdays, February 6 – March 12
6:00 pm – 7:00 pm
Where: Lincoln Leisure Center, room 203
Cost: \$60
Limit: Minimum 6; Maximum 10

Tie Dye

Colorful tie-dyed shirts and accessories can really add a lot of color and flair to your wardrobe. Tie-dyeing is also a fun activity to do outside alongside your friends. Be sure to wear clothes that can get messy as the dye does stain clothes.

Who: Ages 14 and older
When: Mondays, March 25 – April 29
6:15 pm – 7:15 pm
Where: Lincoln Leisure Center, room 107
Cost: \$24
Limit: Minimum 6; Maximum 10



Beads, Beads, Beads!

Beads can be used for more than just jewelry! In this program, we will create projects using various types of beads. From pony beads to glass beads, we'll create some one-of-a-kind designs for jewelry, key chains, and other unique items.

Who: Ages 14 and older
When: Mondays, March 25 – April 29
7:30 pm – 8:30 pm
Where: Lincoln Leisure Center, room 107
Cost: \$24
Limit: Minimum 6; Maximum 10

Gardening & Bird Feeders

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 making bird feeders. Be sure to wear clothes that can get messy.

Who: Ages 14 and older
When: Mondays, May 6 & 13
6:00 pm – 7:30 pm
Where: Lincoln Leisure Center, room 107 & outside
Cost: \$10
Limit: Minimum 6; Maximum 10

Art & Music

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 6 & 13
7:30 pm – 8:30 pm

Where: Lincoln Leisure Center, room 107

Cost: \$6

Limit: Minimum 6; Maximum 10



Cooking

Copycat Recipes!



In this program, we will be recreating some of our favorite restaurant meals! Copycat recipes will teach us how to enjoy our favorite dishes without having to spend a lot of money at a restaurant. 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: Wednesdays, March 6 – April 10
6:00 pm – 8:00 pm

Where: Miller Park Pavilion, Lower Level

Cost: \$30

Limit: Minimum 6; Maximum 12

Lunch Bunch I



Come cook a yummy lunch with our friends at the senior center. 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, March 4 – 25
11:30 am – 1:00 pm

Where: Miller Park Pavilion, Lower Level

Cost: \$20

Limit: Minimum 6; Maximum 10

Lunch Bunch II



Come cook a yummy lunch with our friends at the senior center. 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, April 29 – May 20
11:30 am – 1:00 pm

Where: Miller Park Pavilion, Lower Level

Cost: \$20

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.

Who: Ages 22 and older

When: Fridays, 2/16, 3/15, 4/19 & 5/17
1:00 pm – 2:30 pm

Where: Drop off/pick up at front entrance of Miller Park Zoo

Cost: \$48

Limit: Minimum 4; Maximum 10



Facility Directory

Government Center/The Hub

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

Power & Fitness Gym

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

Hike Haven

218 Tanner St.
Bloomington, IL 61701

Bloomington Ice Center

201 S Roosevelt Ave,
Bloomington, IL 61701
(309) 434-2737

White Oak Park

1514 Cottage Ave,
Bloomington, IL 61701
(309) 434-2260

Miller Park Pavilion

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

Lincoln Leisure Center

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

Pheasant Lanes

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

O'Neil Park (Softball Field)

1515 W. Chestnut St.
Bloomington, IL 61701

Miller Park Zoo

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

Midwest Food Bank - Bloomington/Normal Division

2031 Warehouse Rd,
Normal, IL 61761
(309) 663-5350

Normal Community Activity Center

1110 Douglas St,
Normal, IL 61761 • (309) 454-9779

ISU Horticulture Center

Across from the Corn Crib
1000 W. Raab Rd.,
Normal, IL 61761

Blono Pizza

1304 Cross Creek Dr,
Normal, IL 61761
(309) 839-5777

Prairie Vista Golf Course

502 W. Hamilton Rd.,
Bloomington, IL 61704
(309) 434-2217

Sunny Side Park

407 East Erickson,
Bloomington, IL 61701

Illinois Wesleyan Tennis Courts

280 E Emerson St.,
Bloomington, IL 61701
(309) 556-3181

Bloomington Public Library

205 E Olive St., Bloomington, IL 61701
(309) 828-6091

Miracle League Field

1000 W Raab Rd, Normal, IL 61761
(309) 454-9661

The Den at Fox Creek Golf Course

3002 Fox Creek Rd.,
Bloomington, IL 61701
(309) 434-2300

SOAR
Special Opportunities
Available in Recreation

**REGISTER
EARLY,
CLASSES
FILL
UP FAST!**

Virtual Programs

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 out to those who register the morning of the program date listed.



Who: Ages 15 and older
When: Thursdays, 2/15, 3/28, 4/18 & 5/30
5:00 pm – 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 Bingo, 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 morning of the program date listed. Bring your game face!



Who: Ages 15 and older
When: Thursdays, 2/15, 3/28, 4/18 & 5/30
6:30 pm – 7:30 pm
Cost: FREE, but participants must register for Zoom link
Limit: Minimum 6; Maximum 20

Social Programs

SOAR Daytime Hangout

Come spend some time with SOAR! We will have a hangout time from 10:00 am – 2:00 pm where you can come and go as you please. During this time, you will have the options to play games, watch a movie, do a craft, chat with friends and more. Feel free to stay the whole time or just come for a little bit! If you do plan on staying the whole time, please bring your lunch! We will have snacks and water as well! There will be 2 sessions of this program. You may sign up for one or both sessions. Also, drop-ins will be allowed for each day for a cost of \$6 per day.

Heads Up: Since this program is an open-house style, we will not have a 1:4 ratio of 1 staff per 4 participants.

Who: Ages 22 and older
When: Session 1: Mondays, February 5 – 26
10:00am – 2:00pm
Session 2: Mondays, April 1 – 22
10:00 am – 2:00 pm
Where: Miller Park Pavilion, Lower Level
Cost: \$24
Limit: Minimum 4; Maximum 15



Teen & Adult Night Out Programs

Friday Night Teen Club \$

Get together one Friday a month with your fellow SOAR teen friends for a night on the town. Outings could include movies, bowling, going to a game or any other fun ideas we come up with as a group. Each week participants will need to pay for their own food and entertainment or admission expenses. A memo will be sent to those who register regarding activities, times, money needs, transportation, etc.

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

Who: Ages 13 - 19

When: Fridays, 2/9, 3/1, 4/5 & 5/3
6:00 pm – 8:00 pm (sometimes a little longer, depending on activity)

Where: Drop off/pick up at various locations

Cost: \$20 plus any extra costs depending on the chosen activity

Limit: Minimum 6; Maximum 12

Friday Night Out \$

Get together one Friday a month with your fellow SOAR friends for a night on the town. Outings could include movies, bowling, going to a game or any other fun ideas we come up with as a group. Each week participants will need to pay for their own food and entertainment or admission expenses. A memo will be sent to those who register regarding activities, times, money needs, transportation, etc.

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

Who: Ages 20 – 26

When: Fridays, 2/9, 3/15, 4/19, 5/10
6:00 pm – 8:00 pm (sometimes a little longer, depending on activity)

Where: Drop off/pick up at various locations

Cost: \$20 plus any extra costs depending on the chosen activity

Limit: Minimum 6; Maximum 12

Let's Get Out! \$

Get together one Friday a month with your fellow SOAR friends for some fun around town. Outings could include movies, bowling, going to a game or any other fun ideas we come up with as a group. Each week participants will need to pay for their own food and entertainment or admission expenses. A memo will be sent to those who register regarding activities, times, money needs, transportation, etc.

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

Who: Ages 27 and older

When: Fridays, 2/23, 3/22, 4/26, 5/17
6:00 pm – 8:00 pm (sometimes a little longer, depending on activity)

Where: Drop off/pick up at various locations

Cost: \$20 plus any extra costs depending on the chosen activity

Limit: Minimum 6, Maximum 12



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, 2/10, 2/17, 3/16, 3/23, 4/13, 4/27, 5/18
from 10:00 am – 11:30 am

Where: Lincoln Leisure Center, room 208 & gym

Cost: \$42

Limit: Minimum 4; Maximum 8

Youth Programs

SOAR Martial Arts & Yoga – Youth

In this class, we will study Bruce Lee's Fan kick boxing/Jeet Kune Do. We will be focusing on bilateral movement and the coordination of the upper and lower body. Additionally, we will look at forward, lateral and angulated movement. We will also review emotional recognition/regulation through breath work while exercising, walking or standing and sitting. We will delve into Yoga movement for increased strength, balance, flexibility, body awareness, mental clarity and focus.

No previous martial arts or yoga experience is required for this class. Guro Terry and Yogi Amy will lead this class.

Who: Ages 7 – 11

When: Thursdays, March 7 – May 9
6:00 pm – 7:00 pm

Where: Lincoln Leisure Center, room 205 & Gym

Cost: \$60

Limit: Minimum 5; Maximum 10

Ice Cream & Waffles!

What better way to celebrate National Eat Ice Cream for Breakfast Day than with ice cream and waffles! We will learn how to make our own ice cream and waffles from scratch! Participants should dress in clothes that can get messy.

Who: Ages 8 - 21

When: Saturday, February 10
1:00 pm – 2:30 pm

Where: Lincoln Leisure Center, room 107 & kitchen

Cost: \$6

Limit: Minimum 6; Maximum 12

Random Acts of Kindness

We'll take our energy to good things and maybe pick up around Lincoln Leisure Center and then make some cards too for a local nursing home. And... to be kind to each other, we'll try making MINT HOT CHOCOLATE!

Who: Ages 8 - 21

When: Saturday, February 17
1:00 pm – 2:30 pm

Where: Lincoln Leisure Center, room 107

Cost: \$6

Limit: Minimum 6; Maximum 12

Tell Us a Story

We will be heading to the Bloomington Public Library to read stories and explore the newly renovated library! We'll read/tell a story or two in honor of Storytelling Day, and perhaps a craft to go along with a story we hear.

Who: Ages 8 - 21

When: Saturday, March 16
1:00 pm – 2:30 pm

Where: Bloomington Public Library

Cost: \$6

Limit: Minimum 6; Maximum 12

Puppies and Play

What better way to celebrate National Puppy Day than volunteering at a local animal shelter. Once we are done volunteering, we will get the opportunity to visit with puppies as well as other animals. Dress in clothes that can get messy.

Who: Ages 8 – 21

When: Saturday, March 23
1:00 pm – 3:00 pm

Where: Drop off/pick up at Lincoln Leisure Center

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, April 13
1:00 pm – 2:30 pm

Where: Lincoln Leisure Center, gym & room 107

Cost: \$6

Limit: Minimum 6, Maximum 12



The World of Jellybeans

This program is all about exploring the fun of jellybeans! We will make a yummy dessert, conduct a science experiment, and make a craft all with jellybeans!!

Who: Ages 8 - 21

When: Saturday, April 27
1:00 pm – 2:30 pm

Where: Lincoln Leisure Center, room 107 & kitchen

Cost: \$6

Limit: Minimum 6; Maximum 12

Dough!

It's cookie dough time! Come celebrate National Chocolate Chip Cookie Day with us while we make yummy cookies and play-dough from scratch!

Who: Ages 8 - 21

When: Saturday, May 18
1:00 pm – 2:30 pm

Where: Lincoln Leisure Center, room 107 & kitchen

Cost: \$6

Limit: Minimum 6; Maximum 12

Special Events



Mardi Gras Bingo

Calling all bingo players! Join us for a Mardi Gras - themed bingo party! We will enjoy dessert before we play a few rounds of bingo and win some cool prizes.

Who: Ages 14 and older

When: Tuesday, February 13
6:30 pm – 8:30 pm

Where: Normal Community Activity Center

Cost: \$8

Limit: Minimum 8; Maximum 20

Valentines 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.

Who: Ages 12 and older

When: Friday, February 16
6:30 pm – 8:30 pm

Where: Miller Park Pavilion, Main Level

Cost: \$10

Limit: Minimum 16; Maximum 100



IWU Men's Basketball Game

Come out and support the IWU Titans as they take on North Central. Be sure to wear green and white to support the Titans. Participants may bring money for concessions.

Who: Ambulatory, Ages 16 and older

When: Saturday, February 17
3:30 pm – 7:00 pm

Where: Drop off/pick up at Lincoln Leisure Center

Cost: \$10

Limit: Minimum 8; Maximum 20

ISU Women's Basketball Game

Cheer on the Lady Redbirds as they face the Evansville Aces at the Redbird Arena in a 2:00 pm game. Be sure to wear red and bring money for concessions. Please note seats may be in the upper bowl.

Who: Ambulatory, ages 16 and older

When: Sunday, February 25
1:00 pm – 4:30 pm

Where: Drop off/pick up at Lincoln Leisure Center

Cost: \$12

Limit: Minimum 8; Maximum 20

St. Patrick's Day Bingo

Calling all bingo players! Join us for a St. Patrick's Day - themed bingo party! We will enjoy yummy green cupcakes and test our luck by playing a few rounds of bingo and win some fun prizes!

Who: Ages 12 and older

When: Sunday, March 17
1:00 pm – 3:00 pm

Where: Miller Park Pavilion, lower level

Cost: \$8

Limit: Minimum 8; Maximum 20



Respect Run

Spread the Word to End the Word. Come join us to spread the word to end the "R-word" Campaign. 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 on ActiveNet. Information regarding T-shirt orders will be sent to those who register at a later date. Walk in registration is available at 12:30 pm onsite (T-shirts not guaranteed). All ages welcome. Please do not bring dogs. Strollers are welcome.

Who: Friends, family, and SOAR participants of all ages welcome

When: Sunday, April 7
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



Family Movie Day

Come and enjoy a movie with your family! We will be watching the new Wish movie on the big blowup screen in the Lincoln Leisure Gym. Bring a lawn chair and/or blanket, relax and enjoy! We will also have popcorn and water for everyone to enjoy while watching the movie.

Who: SOAR Families

When: Sunday, April 14
1:30 pm – 3:30 pm

Where: Lincoln Leisure Center, gym

Cost: \$2 per person

Limit: Minimum 10; Maximum 40

SOAR Easter Egg Hunt

Come out to Miracle League Field and join Normal Parks and Recreation for this fun Easter Egg Hunt. Everything you need for the hunt will be provided for you, but you are welcome to bring your own bag/basket for the easter eggs. Make sure to wear walking shoes and clothes that are appropriate for the weather. We will have two different times for two different age groups. Please sign up for the appropriate time.

Who: Ages 4 - 21

When: Sunday, March 24
1:00 pm

Who: Ages 22 and older

When: Sunday, March 24
1:30 pm

Where: Miracle League Field, Normal, IL

Cost: FREE, but must register to participate

Limit: Minimum 10, Maximum 50 (per age group)

Spring Formal

One of our favorite SOAR events of the year! Get dressed up and come enjoy music from a live DJ and a light dinner will be served. Our theme this year is Hollywood. 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. A reminder email will be sent to those who register.

Who: Ages 12 and older

When: Friday, April 12
6:30 pm – 9:00 pm

Where: Miller Park Pavilion, Main Level

Cost: \$20

Limit: Minimum 16; Maximum 100

A Green Day at Sunnyside Park

Join the Ecology Action Center, Parks & Recreation Department, and SOAR for an afternoon of green transformation. We invite our community to take part in our park clean-up, where we come together to make our local environment cleaner and greener. This event is organized with the aim of preserving the natural beauty of Sunnyside Park and creating a safe and enjoyable space for everyone. Come out for a great day to refurbish our community with fun and activities. The Ecology Action Center will be providing a kid-friendly workshop.

Who: Ages 14 and older

When: Saturday, April 20
11:00 am – 1:00 pm

Where: Sunnyside Park, Bloomington

Cost: Free

Limit: Minimum 6; Maximum 12



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. A reminder email with more information will be sent closer to program date.

Who: Participants and their mother/grandmother

When: Saturday, May 4
10:00 am – 11:30 am

Where: The Den at Fox Creek Golf Course, Bloomington

Cost: \$10 per person

Limit: Minimum 8 (4 pairs); Maximum 50 (25 pairs)

Special Events



BBQ in the Park

Celebrate National Barbecue and National Backyard Games Month in one big event! Barbecue pulled pork, baked beans, potato salad, drinks, and dessert will be provided. After eating, several backyard games like badminton, lawn darts, bags, and more will be played!

Who: Ages 14 and older
When: Thursday, May 9
5:30 pm – 7:30 pm
Where: Hike Haven, Forrest Park
Cost: \$10
Limit: Minimum 8; Maximum 20

Game Night

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

Who: Ages 14 and older
When: Tuesday, May 14
5:30 pm - 7:00 pm
Where: Lincoln Leisure Center, room 107
Cost: \$5
Limit: Minimum 6; Maximum 12

Cricut 101

Come learn the basics of cricut crafting! This program is all about learning Cricut devices, materials, and tools you'll need to get started. During this two-week continuing program we will be exploring how to make signs with a Cricut. Make sure to wear clothes that can get messy because we will be painting.

Who: Ages 14 and older
When: Thursdays, May 16 & May 23
5:30 pm – 7:30 pm
Where: Week 1: May 16 at Lincoln Leisure Center
Week 2: May 23 at Bloomington Public Library
Cost: \$18
Limit: Minimum 4; Maximum 8

Let's Plant Flowers

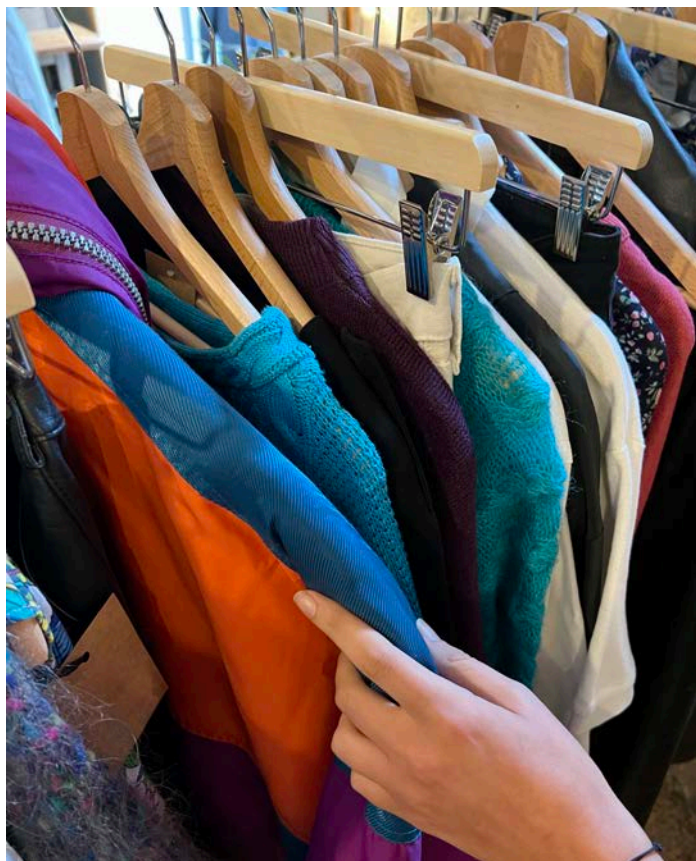
Let's plants some flowers in pots! For this program you will be painting a clay pot, planting in it and then you will be able to take it home. Come ready to plant and be sure to wear clothes that can get messy.

Who: Ages 14 and older
When: Tuesday, May 21
6:00 pm – 7:30 pm
Where: Hike Haven, Forrest Park
Cost: \$5
Limit: Minimum 8; Maximum 20

Thrifty Trip

Let's go shop around at local thrift shops in the community! We will enjoy each other's company and hopefully find some can't beat deals. Thrifting is all about shopping on a budget; maximum of \$20 can be brought. Make sure to wear comfortable shoes, we will be doing a lot of walking!

Who: Ages 16 and older
When: Saturday, May 25
9:00 am – 12:00 pm
Where: Pick-up/Drop-off Lincoln Leisure Center
Cost: \$5
Limit: Minimum 6; Maximum 10



February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
SO Swimming 4	SOAR Daytime Hangout 5	SO Winter Games Music Experience 6	SO Winter Games 7	SO Winter Games 8	Friday Night Teen Club Friday Night Out 9	SOAR for Starters Ice Cream & Waffles! 10
SO Swimming SOAR Sensory Skate 11	SOAR Daytime Hangout Recreational Bowling Cardio Fitness Weavin' Wonders! All Things Jars 12	Daytime Gym Music Experience Mardi Gras Bingo 13	Seat to SOAR 14	SOAR Mall Walkers Social Hour Virtual Game Night 15	ZOOper Fridays Valentine's Dance 16	SOAR for Starters Random Acts of Kindness IWU Men's Basketball Game 17
SO Swimming SOAR Sensory Skate 18	SOAR Daytime Hangout Recreational Bowling Cardio Fitness Weavin' Wonders! All Things Jars 19	Daytime Gym Music Experience 20	Seat to SOAR 21	SOAR Mall Walkers 22	Let's Get Out! 23	Polar Plunge 24
SO Swimming SOAR Sensory Skate ISU Women's Basketball Game 25	SOAR Daytime Hangout Recreational Bowling Cardio Fitness Weavin' Wonders! All Things Jars 26	Daytime Gym Music Experience 27	SO Soccer Seat to SOAR 28	SOAR Mall Walkers 29		

REGISTER EARLY! CLASSES FILL UP FAST!



April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SOAR Daytime Hangout Recreational Bowling Cardio Fitness Tie Dye Beads, Beads, Beads! 1	SOAR Martial Arts & Yoga (Ages 15+) Chip, Putt, Drive Golf Experience 2	SO Soccer Seat to SOAR Copycat Recipes! SOAR Adaptive CrossFit 3	SO Track SOAR Martial Arts & Yoga (Ages 7-11) 4	Friday Night Teen Club 5	SO Region Swim Tournament SOAR Adaptive CrossFit 6
Respect Run 7	SOAR Daytime Hangout Recreational Bowling Cardio Fitness Tie Dye Beads, Beads, Beads! 8	SOAR Martial Arts & Yoga (Ages 15+) Chip, Putt, Drive Golf Experience 9	SO Soccer Seat to SOAR Copycat Recipes! SOAR Adaptive CrossFit 10	SO Track SOAR Martial Arts & Yoga (Ages 7-11) 11	Spring Formal 12	SOAR for Starters SOAR Adaptive CrossFit Carnival Day 13
Family Movie Day 14	SOAR Daytime Hangout Recreational Bowling Cardio Fitness Tie Dye Beads, Beads, Beads! 15	SOAR Martial Arts & Yoga (Ages 15+) Chip, Putt, Drive Golf Experience 16	SO Soccer Seat to SOAR SOAR Adaptive CrossFit 17	SO Track Social Hour Virtual Game Night SOAR Martial Arts & Yoga (Ages 7-11) 18	ZOOper Fridays Friday Night Out 19	SO Region Soccer Tournament (<i>tentative</i>) A Green Day at Sunnyside Park SOAR Adaptive CrossFit 20
SO Region Soccer Tournament (<i>tentative</i>) 21	SOAR Daytime Hangout Recreational Bowling Cardio Fitness Tie Dye Beads, Beads, Beads! 22	SOAR Martial Arts & Yoga (Ages 15+) Chip, Putt, Drive Golf Experience 23	Seat to SOAR SOAR Adaptive CrossFit 24	SO Track SOAR Martial Arts & Yoga (Ages 7-11) 25	Let's Get Out! 26	SOAR for Starters SOAR Adaptive CrossFit The World of Jellybeans 27
SO Spring Games (Track) 28	Recreational Bowling Lunch Bunch II SO Tennis Cardio Fitness Tie Dye Beads, Beads, Beads! 29	SOAR Martial Arts & Yoga (Ages 15+) Chip, Putt, Drive Golf Experience 30				

REGISTER EARLY! CLASSES FILL UP FAST!



May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Recreational Bocce 1	SOAR Martial Arts & Yoga (Ages 7-11) 2	Friday Night Teen Club 3	Mother's Day Brunch 4
5	Lunch Bunch II SO Tennis Gardening & Bird Feeders Adult Coloring 6	SOAR Martial Arts & Yoga (Ages 15+) Chip, Putt, Drive Golf Experience 7	Recreational Bocce 8	BBQ in the Park SOAR Martial Arts & Yoga (Ages 7-11) 9	Friday Night Out 10	11
SO Swimming 12	Lunch Bunch II SO Tennis Gardening & Bird Feeders Adult Coloring 13	Game Night 14	Recreational Bocce 15	Cricut 101 16	ZOOper Fridays Let's Get Out! 17	SOAR for Starters Dough! 18
SO Swimming 19	Lunch Bunch II SO Tennis 20	SO Softball Assessment Night Let's Plant Flowers 21	SO Soccer Recreational Bocce 22	Cricut 101 23	24	Thrifty Trip 25
26	Memorial Day (office closed) 27	28	SO Soccer SO Bocce SO Softball 29	SO Track Social Hour Virtual Game Night 30	31	

REGISTER EARLY! CLASSES FILL UP FAST!

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 - 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 emailed."

Program Cancellation

1. A program will be cancelled if the minimum number of participants needed is not met. SOAR staff will notify people by email 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 109 E. Olive St., Bloomington, Illinois.

Registration Deadline - On-line registration begins at **7:00 am on Thursday, January 11. Mail-in registration will begin on Thursday, January 11 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 up 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 Friday, January 26.

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 Friday, January 26.

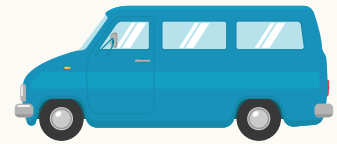
Refund Procedures

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.

Transportation

Transportation is available for some SOAR 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. Programs in which transportation is available are followed by the symbol on the right.



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 SOAR office, by contacting Taylor Burlingame at tburlingame@cityblm.org or by calling the office at (309) 434-2260.
2. Transportation service is limited and this is reserved for individuals who could not otherwise participate in SOAR programs without it. If a participant has a parent or someone in the home that can drive the participant to/from programs, he/she should NOT register for transportation. This service is not to be utilized for convenience.
3. Transportation is also only available to those individuals who live within the Bloomington/Normal service area (listed below). SOAR reserves the right to cancel a participant's registration for transportation if they have access to other means of transportation or live outside of the service area in order to accommodate someone who meets eligibility.
4. Before a program is scheduled to begin, individuals will be sent notification of pick-up time for transportation for each requested program in the mail. This will be mailed at the beginning of the session for weekly programs or one week prior to a special event (if a memo is sent).
5. All transportation applications and requests must be received by January 26.

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

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.

Email Holly Polley at hpolley@cityblm.org or Taylor Burlingame at tburlingame@cityblm.org



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WED., DEC. 20, 2024



RESPECT RUN

Sun., April 7
1:00 PM • Miller Park

Spread the Word to End the Word. Come join us to spread the word to end the “R-word” Campaign. 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 on ActiveNet. Information regarding T-shirt orders will be sent to those who register at a later date. Walk in registration is available at 12:30 pm onsite (T-shirts not guaranteed). All ages welcome. Please do not bring dogs. Strollers are welcome.

Who: Friends, family, and SOAR participants of all ages welcome
When: Sunday, April 7
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)

