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
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

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.

TABLE OF CONTENTS

**Weekly Programs - cont'd**
- **Clock Art with Mary Jo** ........................................ 9
- **Dance to SOAR!** .................................................. 8
- **Daytime Gym** .................................................... 8
- **For the Birds** ..................................................... 12
- **Friday Night Out** ................................................ 10
- **Friday Night Teen Club** ..................................... 10
- **Gardening & Crafts** ........................................... 7
- **Girls Night In** .................................................... 8
- **Guys Night In** ................................................... 9
- **Jewelry Making** ................................................ 6
- **Jump and Pop!** ................................................... 12
- **Let the Chips Fall!** ............................................. 12
- **Lunch Bunch** .................................................... 7
- **Make Some Scents!** .......................................... 12
- **May Day Decor** ................................................ 6
- **Music Experience** .............................................. 10
- **Omelettin' YOU Cook!** .................................... 11
- **Open Gym** ........................................................ 9
- **Pizza & Salad** ................................................... 9
- **Recreational Bocce** ........................................... 10
- **Recreational Bowling** ....................................... 6
- **S.O.A.R for Starters** ......................................... 11
- **Seat to SOAR** ................................................... 9
- **Spring Crafts** .................................................... 7
- **Strength & Flexibility Fitness** ......................... 6
- **Take a Hike** .................................................... 12
- **TGIF** ............................................................. 11
- **Therapeutic Horseback Riding** ....................... 10
- **Window Art** .................................................... 6

**Special Events**
- **Bingo Blitz** ....................................................... 16
- **Family Bowling** ............................................... 18
- **Family Painting Party** ..................................... 15
- **Family Zoo Trip** ............................................. 17
- **ISU Men's Basketball Game** ......................... 16
- **ISU Women's Basketball Game** ..................... 16
- **Lunch & A Movie** ............................................ 17
- **Mother's Day Brunch** .................................. 18
- **Peoria Rivermen Hockey Game** ................... 16
- **Picnic & A Hike** ............................................... 18
- **Respect Run** .................................................... 16
- **Snowshoe Sunday!** ......................................... 15
- **Spring Formal** .................................................. 17
- **Ultimate Frisbee** .............................................. 18
- **Valentine's Dance** .......................................... 15
- **Valentine's Day Bingo & Snack** .................... 15
- **Wildlife Prairie Park** .................................... 17

**New Program**
- **Private Music Lessons** .................................. 13

**General Information**
- **Americans w/ Disabilities Act** ............... front inside cover
- **Calendars** ...................................................... 19 - 22
- **Facility Directory** .......................................... 13
- **Financial Assistance** ..................................... 24
- **Medication Dispensing** ................................ 1
- **Registration Information** .......................... 24 - 25
- **Registration Form** .......................................... 23
- **Transportation** ............................................. 25
- **Volunteers** .................................................. 1 & 2

**Special Olympics**
- **Athletics** ...................................................... 3
- **Powerlifting** .................................................. 4
- **Soccer** .......................................................... 4
- **Softball** ........................................................ 5
- **Swimming** ................................................... 3
- **Unified Tennis** ............................................... 4

**Break Program**
- **President's Day Break** ............................... 13

**Weekly Programs**
- **Adaptive Learn to Skate** ............................. 8
- **Adult Coloring Class** .................................... 7
- **Adult Martial Arts** ....................................... 8
- **Appetizers & More** ....................................... 10
- **Artful Guitars** ............................................... 8
- **Bagels and Bags** ......................................... 12
- **Bling a Bag!** ................................................. 12
- **Cardio Fitness** ............................................. 6
Thank you to the following fall session staff for the dedicated and talented seasonal and 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!

**Full-Time Staff**
- **Nicole Kohler, CTRS - Program Manager**
  - nskohler@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**
- 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 Heidiloff
- 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

**Program Legend**
- = door-to-door transportation offered
- $ = participant will need to bring money to program

**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.

**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.

**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.

**Medication Dispensing**
S.O.A.R. staff may dispense medications 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.

**Volunteer Opportunities**
S.O.A.R. is currently accepting volunteers to assist with one or more programs. Volunteers help with program activities and events and work closely with participants to provide a positive 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.

**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.

**Equal Access**
- No participant shall be denied equal access to programs, activities, services or benefits on the basis of race, gender, creed, national origin or disability.
- Participants shall:
  - Refrain from causing bodily harm to others or self.
  - Refrain from using foul language.
  - Show respect for equipment, supplies and facilities.
  - Show respect to all participants and staff.
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
Alpha Phi Omega of ISU
Lauren Anthony
Sara Anthony
Sasha Bandaru
Ashton Beachy
Michael Bieterman
Abigail Block
Abbie Bowman
Sydney Bright
Chase Brown
Savannah Burgett
Elena Burgoon
Rachel Cipich
Maxwell Cekander
Landon Christner
Beth Clark
Sharon D’Costa
Holly Dix
Christian Dowell
Mackenzie DuRousse
Connie Friedman
Katelynn Garman
Ileana Gonzales
Flint Greil
Grace Gschwendtner
LaTonya Harris
Betty Hampton
Cadence Hartness
Chris Hartness
Abe Henkel
Esmeralda Huey
Illinois Wesleyan Athletes
IOAA artists
Hailey Jilek
Mary Jo Johnson
Makayla Kelley
Trevor Kacou
Charen Lakebrink
Jim Lilienthal
Sherry Lilienthal
Katlyn Ludwig
Chantal Marsaw
Amber Maurer
Mallory McGovern
Courtney McIntosh
Audrey McWhorter
Cassandra Miracle
Lily Murphy
Dany Myers
Erica Nerby
NSSLHA - ISU
Liz Olsson
Josie O'Shaughnessy
Missy O'Shea
Jose Pacheco
Amanda Parisi
Connor Polley
Curtis Preston
Joel Purcell
Elizabeth Ratliff
Kevin Rogers
Buffy Ryan
Dennis Sapp
Verlinda Sapp
Debbie Schultz
Shelley Schultz
Lyle Shafer
DeMarcus Shannon
Taylor Serratt
Taylor Sinclair
Bridgette Sterba
Alyssa Thornyke
Serena Tyler
Jordan Vose
Allan Webb
Barb Wells
Dee Wilson
Jamie Wiegopolan
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 programs 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

Special Information
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.
Special Olympics

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 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 footwork, goalkeeping, 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 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, deadlift, 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 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 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
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

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 -

**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

**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 12

**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

**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
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

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

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

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

**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

**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

**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

**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

**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
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

**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

**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

**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

**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

**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

**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

**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:* Pick up and drop off  
*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

**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
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

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

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.

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
RESPECT 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 ________________________________

Total $ ________________________________

Signature ________________________________ Date ____________

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.

MAIL TO: SOAR PO Box 3157, Bloomington, IL 61702-3157
DROP OFF: 113 E. Washington St., Bloomington, Illinois
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.

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**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
  - Sunday, April 7 (Flamingo) 3:00 pm - 5:00 pm
- **Where:** White Oak Community Room
- **Cost:** $25/couple
- **Limit:** Minimum 6; Maximum 15

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**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

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**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

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**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
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 register is March 8. Walk in registration at 12:30 pm available on site. 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

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

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

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
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, zoo line 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 |
| 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 |
| 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 |
| 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.*

<p>| Who: | Ages 14 and older |
| When: | Tuesday, May 14 |
| Where: | White Oak Soccer Field |
| Cost: | $6 |
| Limit: | Minimum 6; Maximum 12 |</p>
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<thead>
<tr>
<th>Sunday</th>
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<tbody>
<tr>
<td></td>
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<td>Family Painting Party</td>
<td>Daytime Gym Adaptive Learn to Skate Martial Arts</td>
<td>Seat to SOAR Open Gym</td>
<td>Valentine's Dance</td>
<td>SOAR for Starters SO Powerlifting Bagels and Bags</td>
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<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
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<td>8</td>
<td>9</td>
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<tr>
<td>Snowshoe Sunday SO Swimming</td>
<td>Recreational Bowling Cardio Fitness Window Art Strength &amp; Flexibility Fitness Jewelry Making</td>
<td>Daytime Gym Adaptive Learn to Skate Valentine's Bingo &amp; Snack Martial Arts</td>
<td>Seat to SOAR Open Gym Pizza &amp; Salad Music Experience</td>
<td>Friday Night Teen Club</td>
<td>SO Powerlifting ISU Men's Basketball Game</td>
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<td>Peoria Rivermen Hockey Game SO Swimming</td>
<td>Recreational Bowling Cardio Fitness Window Art Strength &amp; Flexibility Fitness Jewelry Making</td>
<td>Daytime Gym Adaptive Learn to Skate Artful Guitars Girls Night In Martial Arts</td>
<td>SO Soccer Seat to SOAR Open Gym Pizza &amp; Salad Music Experience</td>
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# March 2019

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<tr>
<td>SO Swimming</td>
<td>ISU Women's Basketball Game SO Swimming</td>
<td>Recreational Bowling Cardio Fitness Window Art Strength &amp; Flexibility Fitness Jewelry Making</td>
<td>Daytime Gym Adaptive Learn to Skate</td>
<td>SO Soccer Open Gym Seat to SOAR Pizza &amp; Salad Music Experience</td>
<td>SO Athletics</td>
<td>Friday Night Teen Club SOAR for Starters SO Powerlifting Bling a Bag</td>
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<td>SO State Basketball</td>
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<td>SO Athletics Friday Night Out</td>
<td>SOAR for Starters SO Powerlifting Let the Chips Fall</td>
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<td>District Powerlifting</td>
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<td>Family Painting Party</td>
<td>Recreational Bowling Cardio Fitness May Day Decor Strength &amp; Flexibility Fitness Spring Crafts</td>
<td>Adaptative Learn to Skate</td>
<td>CIRT SO Soccer Seat to SOAR Appetizers &amp; More</td>
<td>SO Athletics</td>
<td>Friday Night Teen Club Friday Night Out</td>
<td>Lunch &amp; A Movie</td>
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<td>Wildlife Prairie Park</td>
<td>Recreational Bowling Cardio Fitness May Day Decor Strength &amp; Flexibility Fitness Spring Crafts</td>
<td>Clock Art with Mary Jo Guys Night In</td>
<td>CIRT SO Soccer Seat to SOAR Appetizers &amp; More</td>
<td>SO Athletics</td>
<td>Good Friday (Office Closed)</td>
<td>District Soccer</td>
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<td>Spring Formal TGIF</td>
<td>SOAR for Starters Make Some Scents!</td>
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<td>TGIF Friday Night Teen Club</td>
<td>SOAR for Starters For the Birds</td>
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<td>Family Zoo Trip</td>
<td>Lunch Bunch SO Unified Tennis Gardening &amp; Crafts Adult Coloring</td>
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<td>TGIF Friday Night Out</td>
<td>Mother's Day Brunch</td>
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<td>Family Bowling</td>
<td>SO Unified Tennis Gardening &amp; Crafts Adult Coloring</td>
<td>ULTIMATE FRISBEE</td>
<td>CIRT Recreational Bocce</td>
<td>Picnic &amp; Hike</td>
<td>TGIF</td>
<td>Take a Hike SOAR for Starters</td>
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<td>Memorial Day (Office Closed)</td>
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Winter/Spring 2019 S.O.A.R. Program Registration Form

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

<table>
<thead>
<tr>
<th>Participant's Name</th>
<th>Gender</th>
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<table>
<thead>
<tr>
<th>Address</th>
<th>City</th>
<th>Zip</th>
<th>Home Phone</th>
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<tr>
<th>Age</th>
<th>Birthdate</th>
<th>Disability</th>
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<tr>
<th>Primary Emergency Contact</th>
<th>1st Phone</th>
<th>2nd Phone</th>
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<table>
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<tr>
<th>Secondary Emergency Contact(s)</th>
<th>1st Phone</th>
<th>2nd Phone</th>
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<tr>
<th>T-Shirt/Jersey size</th>
<th>Shorts/Pants size</th>
<th>(only if registering for Special Olympics - adult sizes only)</th>
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<tr>
<th>E-Mail Address</th>
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To help S.O.A.R. provide safe and satisfactory participation in programs, please list any changes in medications, behaviors, living situations or other issues that may effect participation in S.O.A.R. programs:

<table>
<thead>
<tr>
<th>PROGRAM NAME</th>
<th>PROGRAM FEE</th>
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</table>

To complete if using VISA, MasterCard, or Discover

Card Number

Expiration Date

V-code on back of card

Name of Cardholder

Charge Amount: $

Authorized Signature

Publicity Statement:

I Do ☐ Do Not ☐ give my permission for pictures to be taken of the participant to be used by S.O.A.R. for the purpose of agency promotion and education.

Emergency Treatment Permission

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

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

Signature of parent or legal guardian: ___________________________ Date: ____________

(participant needs to sign if own legal guardian)

Program Name: ____________________________________________ Program Fee: ____________

TOTAL: $ ____________
Transportation Information & Procedures

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 household is added to your account
- Hit "Submit" when finished. You will be logged in and can begin to register!

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.
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.

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

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

They will 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.