

SOAR

**Special Opportunities
Available in Recreation**



PROGRAM GUIDE

WINTER SPRING 2025





Special Opportunities Available In Recreation

Office Address: 109 E. Olive St., Bloomington, Illinois 61701
 Mailing Address: PO Box 3157, Bloomington, Illinois 61702-3157
 In-Person Registration Address: The HUB - 1st Floor Suite 103
 115 E. Washington, Bloomington, Illinois 61701
 (309) 434-2260

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What is SOAR?

SOAR is a community therapeutic recreation program serving individuals ages four through lifespan whose leisure needs are not met by traditional recreational programs. Leisure, social, and developmental skills are emphasized to help individuals achieve their highest potential through a wide variety of recreational programs. These programs include Cultural Arts, Special Olympics, Sports & Fitness, Special Interest, Special Events, and Youth.

SOAR is jointly supported by the City of Bloomington and Town of Normal Parks & Recreation Departments.



Mission Statement

The SOAR program exists to maintain and enhance the quality of life for individuals with disabilities through comprehensive, specialized recreational programs, activities, and special events.

Full-Time Staff Information

- Holly Polley, CTRS – Program Manager
hpolley@cityblm.org

Special Olympics Sports, Fitness/Sports Programs, Fee Assistance

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

Cultural Arts Programs, Special Interest Programs, Special Events Programs, Youth Programs, Transportation, Volunteers, Inclusion

A Big Thank You to Our Team!

Our programs thrive because of the amazing staff and volunteers who work directly with our individuals. Your patience, kindness, and dedication to making every experience meaningful truly shine through. Whether it's helping with activities, offering support, or simply sharing a smile, you create a positive and inclusive environment that makes a real difference in the lives of those we serve. We couldn't do this without you, and we are incredibly grateful for all you do!

INCLUSION

Inclusion

Inclusion provides an opportunity for individuals of varying abilities to experience recreational programming within their community. SOAR, the City of Bloomington and the Town of Normal Parks & Recreation Departments will work closely with the participant and family to provide enriching recreational experiences in the least restrictive environment while maintaining safety and confidentiality. SOAR can provide services to enhance an existing program by training staff, adapting activities, developing behavioral modifications, and/or providing additional support staff.



**Want to get involved
with SOAR?**

**Contact Program Manager
Taylor Burlingame for
more information at
tburlingame@cityblm.org**



REGISTRATION & TRANSPORTATION

Registration Information

If you have any questions about registration, never hesitate to reach out! SOAR is always happy to help and ensure the process is as smooth as possible. We're here to support you every step of the way.

Online:

Visit BloomingtonParks.org

In the top right-hand corner, hover over "Register"

> A dropdown will appear

> Select Programs & Activities

Mail/In Person:

The Hub

115 E. Washington St., Suite 103

Bloomington, IL 61701

Online registration begins at **7:00AM on January 9.**

In-person registration will take place at The Hub starting at **8:00AM on January 9.** The registration deadline for all programs is one week prior to the start date of the program if openings are available.

Payment Plan

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 by SOAR prior to registering for a new program session. Payments for special events must be paid in full at the time of registration.



Transportation

Transportation is available for some SOAR programs on a first-come, first-served basis for Bloomington and Normal residents who have no other way to attend programs. 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 by contacting Taylor Burlingame at tburlingame@cityblm.org or by calling the office at (309) 434-2260.

Fee Assistance

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 Fee Assistance Form (contact SOAR for a form) and submit it to a SOAR program manager, along with a completed registration form. Fee assistance will apply to new enrollment and cannot be applied to activities/programs already paid for. Fee assistance is not provided for bowling fees or special events with contractual or admission costs.

Credit/Refund Procedures

A full credit or refund will be issued if a program is canceled by SOAR.

To be eligible for a requested refund, the request must be received no less than five (5) full business days prior to the start of the program.

A refund minus a \$5 service charge will be issued to participants withdrawing from a program.

A pro-rated refund may be given if a program is deemed inappropriate for an individual.

Check out our Website!

BloomingtonParks.org/SOAR

Follow us on Facebook!

[Facebook.com/cityblmSOAR](https://www.facebook.com/cityblmSOAR)



PARTICIPANT INFORMATION

Head of Household Contact:

Today's Date: _____

First Name: _____ Last Name: _____

Street Address: _____ City: _____

State/Zip Code: _____ Home Phone #: _____ Cell Phone #: _____

Email Address: _____ Gender: _____ Date of Birth: _____

Medical Alert Information (Allergies, etc.): _____

Emergency Contact First Name: _____ Last Name: _____

Relation: _____ Phone Number: _____

Check here if you are a previous customer.

Check here if you would like us to create your account.

The information in this section is REQUIRED to create an account for each family member at the same residence.

Default emergency contact will be the person listed above. Email above will be used for all additional members on the account.

Name (First & Last): _____ Gender: _____ Date of Birth: _____

Medical Alert Info: _____

Name (First & Last): _____ Gender: _____ Date of Birth: _____

Medical Alert Info: _____

Name (First & Last): _____ Gender: _____ Date of Birth: _____

Medical Alert Info: _____

WAIVER & RELEASE ACKNOWLEDGMENT

- I give my permission for pictures to be taken of the participant to be used by SOAR/Parks & Recreation for the purpose of promotion and education.
- I give my permission for the participant to receive transportation in vehicles owned or rented by SOAR/Parks & Recreation for use in programs and special events.
- I understand that Bloomington Parks & Recreation/SOAR does not carry medical insurance and assumes no liability for personal injuries or loss of personal property while attending department activities. A participant's own policy must cover any medical costs incurred.
- I understand that to be eligible for a refund or credit to the account, the request must be received no less than five (5) full business days prior to the start of the program. A \$5 service charge will be assessed per participant, per activity on any refund. No refunds for programs costing \$5 or less. Refer to the program guide for more information about illness/injury related requests.

By signing, I acknowledge that I understand and agree to the information above:

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

Please turn page over to complete program registration information ----->

IDENTIFYING PROGRAM BENEFITS

Active



Programs marked with this icon are considered to be active in nature. These programs are beneficial to a healthy lifestyle through physical activities. These programs are recommended for individuals who seek to improve their overall health by promoting an active lifestyle through exercise.

Independence



Programs marked with this icon are used to promote independence while still providing a structured and safe environment. These programs are recommended for individuals who are looking to increase their independence around the house, as well as out in the community.

Social Skills Development



Programs marked with this icon are used to promote social skills development through activities with their peers. These programs are recommended for individuals interested in growing social skills out in the community.

Creativity



Programs marked with this icon allow individuals to express their creativity through a variety of outlets. These programs are recommended for individuals who are interested in learning about new creative opportunities in a space that will give them a chance to show off their creative talents.

Motor Skills Development



Programs marked with this icon promote the development of motor skills. These programs are recommended for individuals who can benefit from continued development and strengthening of motor skills while participating in recreational activities.

Special Olympics



Programs marked with this icon are associated with Special Olympics. These programs are recommended for individuals who are interested in playing sports at a competitive level.

Education



Programs marked with this icon are designed to educate individuals on various topics. These programs are recommended for those looking to learn in a recreational setting.

Sensory Exploration



Programs marked with this icon are specifically designed for engaging the senses. These programs are recommended for individuals seeking sensory exploration through ways of exploring, discovering, problem-solving, and creativity.



Program Legend



Door-to-Door Transportation



Participant will need to bring money to the program

Example Program



Ages 14+

Program description helps you understand the program's focus. This program's icons indicate that it promotes **Creativity and Sensory Exploration**.

Min 6; Max 12

FACILITY DIRECTORY

Bloomington Ice Center

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

BloNo Pizza

1304 S. Roosevelt Ave.
Bloomington, IL 61761

Eastland Mall

1615 E. Empire St.
Bloomington, IL 61701
(309) 663-5361

Ewing Park II

1001 Ethell Pkwy.
Bloomington, IL 61701

Government Center/ The Hub

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

Illinois State University

180 N. Adelaide St.
Normal, IL 61761

Illinois Wesleyan Tennis Courts

280 E. Emerson St.
Bloomington, IL 61701

Lincoln Leisure Center

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

Miller Park Pavilion

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

Miller Park Zoo

1020 S. Morris Ave.
Bloomington, IL 61701
(309) 434-2250

Normal Community Activity Center

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

O'Neil Park Softball Field

1515 W. Chestnut St.
Bloomington, IL 61701

Pheasant Lanes

804 N. Hershey Rd.
Bloomington, IL 61704
(309) 633-8556

Prairie Vista Golf Course

502 W Hamilton Rd.
Bloomington, IL 61704

The Den at Fox Creek Golf Course

3002 Fox Creek Rd.
Bloomington, IL 61701

Tipton Park

2201 Stone Mountain Blvd.
Bloomington, IL 61704

IWU Shirk Center

302 E. Emerson St.
Bloomington, IL 61701
(309) 556-3196

Weibring Golf Course

800 Gregory St.
Normal, IL 61761
(309) 438-8065

White Oak Park

1514 Cottage Ave.
Bloomington, IL 61701

YMCA

202 Saint Joseph Dr.
Bloomington, IL 61701



SPECIAL OLYMPICS

Special Olympics Swimming



Ages 10+

Are you a Special Olympics athlete with a passion for swimming? Join our exciting training program and take your skills to the next level! Whether you're a seasoned swimmer or just starting out, we'll help you improve your technique in strokes like backstroke, breaststroke, butterfly, and freestyle. Through our program, you will get the opportunity to train alongside other talented athletes and receive great guidance from our experienced coaches who will help you prepare for competition while making new friends and building your confidence! To participate, please submit your completed Special Olympics Illinois Medical Form (valid through June of 2025) and registration to SOAR by January 31, 2025. The Special Olympics Region Competition will be held on Saturday, April 5, 2025 in Champaign. The Special Olympics State Competition (Summer Games) will be held on June 20-22 in Bloomington-Normal. Athletes that advance to Summer Games will have additional practices on Sundays June 1-15. **Individuals training in this sport will not have the option to compete in Athletics, Bocce, Soccer or Powerlifting.**

Min 6; Max 12

Location: YMCA Indoor Pool

Day/Times: TBD (Holly will reach out with more info)

Dates: Practices will start the week of 2/9

Fee: \$45

Special Olympics Athletics (Track and Field)



Ages 8+

Are you a Special Olympics athlete looking to unleash your inner track star? Join our exciting training program and prepare to compete in a variety of events, from sprints to distance running and field events. Through our program, you will get the opportunity to train alongside other talented athletes and learn from our experienced coaches who will help you improve your technique and reach your goals, while also staying active and having fun! To participate, please submit your completed Special Olympics Illinois Medical Form (valid through June 2025) and program registration to SOAR by February 28, 2025. The Special Olympics Region Track Meet will be held on Sunday, May 4, 2025 at Normal Community High School. The Special Olympics State Competition (Summer Games) will be held on June 20-22 in Bloomington-Normal. Athletes that advance to Summer Games will have additional practices on Thursdays, June 5-19.

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

Min 6; Max 20

Location: Heartland Community College (indoor), Illinois State University Track (outdoor)

Day: Thursdays

Dates: 3/13-5/1

Time: 5:30-6:45PM

Fee: \$45

Special Olympics Illinois



Special Olympics Soccer



Ages 12+

Are you ready to kick off your soccer season with SOAR? Our training program is perfect for athletes of all skill levels, focusing on fundamental skills (proper footwork, ball control, game knowledge, etc.), teamwork, and sportsmanship. Through this program, you will also get the opportunity to learn from our experienced coaches while improving your fitness and having fun! You will play a minimum of three games prior to the Region Tournament. To participate, please submit your completed Special Olympics Illinois Medical Form (valid through June of 2025) and program registration to SOAR by February 21, 2025. The Special Olympics Region Competition will be held on Sunday, March 27, 2025 at Glenwood High School in Chatham. The Special Olympics State Competition (Summer Games) will be held on June 20-22 in Bloomington-Normal. Athletes that advance to Summer Games will have additional practices on Wednesdays, June 4-18, 2025. **Individuals training in this program will not have the option to compete in Athletics, Bocce, Powerlifting or Swimming.**

Min 10; Max 15

Location: Lincoln Leisure Center (indoor), White Oak Soccer Field (outdoor)

Day: Wednesdays

Dates: 3/5-4/23

Time: 5:30-7:00PM

Fee: \$45



Special Olympics Unified Tennis



Ages 12+

Join our exciting Unified Tennis program and experience the power of teamwork and sportsmanship. As a Special Olympics athlete, you'll partner with an athlete without intellectual disabilities (unified partner) to form a dynamic duo. Together, you'll train, compete, and build lasting friendships. Through this program, you will also get the opportunity to learn from experienced coaches and gain confidence in your skills while having fun! Priority will be given to athletes with an established unified partner who have played in the past season. To participate, please submit your completed Special Olympics Illinois Medical Form (valid through August of 2025) and any required Unified Sports Partner & Class A forms and training to SOAR by April 4, 2025. The Special Olympics Region Competition will be held on Sunday, June 29, 2025. The Special Olympics State Competition will be held August 16-17, 2025. Athletes that advance to the State Tennis Tournament will have additional practices on Mondays, July 28-August 11, 2025.

Min 4; Max 14

This year, we will be dividing each unified pair up into 3 practices, which will allow our coaches to work more closely with each pair on enhancing their skills. We will do an assessment night on Monday, April 21 from 5:30-7:30PM at Illinois Wesleyan Tennis Courts to help properly divide everyone in the appropriate practice group.

Below are practice dates/times:

Practice Groups	Day	Time	Date	Location	Fee
Group 1	M	5:30-6:15PM	4/28-6/23 (NOT 5/26)	IWU Tennis Courts	\$45
Group 2	M	6:15-7:00PM	4/28-6/23 (NOT 5/26)	IWU Tennis Courts	\$45
Group 3	M	7:00-7:45PM	4/28-6/23 (NOT 5/26)	IWU Tennis Courts	\$45

Special Olympics Softball



Ages 12+

Join our Special Olympics slow pitch softball program and have a blast playing the game you love. Whether you're a seasoned player or just starting out, we have a place for you on our team. Through this program, you will have the opportunity to learn from experienced coaches and grow in your knowledge and skills in a team environment while having fun! We will host an assessment night to evaluate your skills to ensure you're placed on the appropriate team. **The assessment night will be on Tuesday, May 27, 2025.** To participate, please submit your completed Special Olympics Illinois Medical Form (valid through September of 2025) and program registration to the SOAR by May 2, 2025. The Special Olympics Region Competition will be held on Saturday, July 26, 2025 in Springfield. The Special Olympics State Competition will be held September 6-7, 2025 in Springfield. Athletes that advance to the State Softball Tournament will have additional practices on Wednesdays, August 20-September 3, 2025. **Those registered for Special Olympics Softball may NOT register for Special Olympics Golf.**

Min 12 per team; Max 15 per team

Teams	Day	Time	Date	Location	Fee
Hawks	W	5:30-7:00PM	6/4-7/23	O'Neil Softball Field	\$45
Eagles	W	7:00-8:30PM	6/4-7/23	O'Neil Softball Field	\$45



Special Olympics Unified Golf



Ages 12+

Join the SOAR Unified Golf team for a fantastic 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 athletes must be able to walk a 9-hole course unassisted (and without a cart) within 2 hours. While it is preferred that the athlete has their own clubs, assistance may be available. To participate, please submit your completed Special Olympics Illinois Medical Form (valid through September of 2025) and any required Unified Sports Partner & Class A forms and training to the SOAR office by April 4, 2025. The Special Olympics Region Competition will be held on Friday, August 1, 2025 in Edwardsville. The Special Olympics State Golf Tournament will be held September 6-7, 2025 in Decatur. Athletes that advance to the State Golf Tournament will have additional practices on Tuesdays, August 19-September 2, 2025. **Those who register for Special Olympics Unified Golf may NOT register for Special Olympics Softball.**

Min 4; Max 12

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

Day: Tuesdays

Dates: 6/3-7/29

Time: 6:00-7:00PM

Fee: \$45



2025 Special Olympics Competition Dates

Region G Basketball

January 19
Illinois Wesleyan

Winter Games (Snowshoeing)

February 11-13
Galena

Polar Plunge

February 22
Miller Park Lake

State Basketball Tournament

March 7-9
Bloomington/Normal

Region Powerlifting

Qualifier

March 16
Bloomington

Region Swim Competition

April 5
Champaign

Region Soccer Tournament

April 27
Chatham

Region Spring Games

May 4
Normal

Summer Games

June 20-22
Bloomington-Normal

Region G Tennis Qualifier

June 29
Bloomington

Region Softball Tournament

July 26
Springfield

Region Golf Tournament

August 1
Edwardsville

State Tennis

August 16-17
Bloomington

State Softball

September 6-7
Springfield

State Golf

September 6-7
Forsyth/Decatur



SPORTS & FITNESS

Recreational Bowling



Ages 8+

Join us for a relaxed and enjoyable bowling experience where there's no pressure to compete or win. Just grab a ball, hit the lanes, and have a great time socializing with friends and fellow bowlers. Each participant will be assigned to a lane and can bowl two games during the scheduled program time.
Min 10; Max 35 (per session)



Day	Time	Date	Location	Fee
M	10:00-11:00AM	2/10-4/28	Pheasant Lanes	\$90 (Pheasant Lanes); \$15 (SOAR)
M	4:00-5:00PM	2/10-4/28	Pheasant Lanes	\$90 (Pheasant Lanes); \$15 (SOAR)

Cardio Fitness



Ages 12+

Join our fun and energizing fitness program designed to help you improve your cardiovascular health and overall well-being. With a variety of exercises and educational activities, you'll have the opportunity to get your heart pumping, learn about healthy habits, and connect with others. This program is tailored to all fitness levels, so there's a place for everyone!

Min 6; Max 12 (per session)

Day	Time	Dates	Location	Fee
M	6:00-7:00PM	2/10-4/28	Lincoln Leisure Center	\$48
M	7:15-8:15PM	2/10-4/28	Lincoln Leisure Center	\$48



Daytime Gym



Ages 12+

Come and hang with SOAR. This will be an unstructured but supervised program where we will have multiple activities for you to choose from in the gym. All equipment will be provided, but feel free to bring your own as well. Participants may come for part or all of the scheduled program time. "Drop-ins" are welcome!

Min 6; Max 15

Location: Lincoln Leisure Center

Day: Tuesdays

Dates: 2/11-3/4

Time: 2:00-4:00PM

Fee: \$16 (or \$4 drop-in per day)

Seat to SOAR



Ages 10+

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!

Min 4; Max 15

Location: Heartland Community College Fitness & Recreation Center

Day: Wednesdays

Dates: 2/12-4/23 (NOT 3/12)

Time: 5:30-6:30PM

Fee: \$40



Dance to SOAR!

Ages 12+

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. This high-energy dance workout will leave you feeling energized and accomplished while having fun!

Min 4; Max 16

Location: Lincoln Leisure Center

Day: Tuesdays

Dates: 3/4-3/25

Time: 7:00-8:00PM

Fee: \$28



Martial Arts & Yoga

Ages 15+

This season, we are going to work with staff from the Filipino martial art of Kali and also explore punching and kicking techniques from Bruce Lee's Jun Fan/JKD system. Additionally, we will continue to deeply explore the Yoga Asanas (positions) looking for increases in strength, balance, flexibility, breath work, and mindfulness. No previous martial arts or yoga experience is needed for this class. Guro Terry and Yogi Amy will co-lead this blended class.

Min 5; Max 20

Location: Lincoln Leisure Center

Day: Tuesdays

Dates: 3/4-5/6

Time: 5:30-6:45PM

Fee: \$60



Chip, Putt, Drive – Golf Experience

Ages 12+

Grab your clubs and let's play! We will spend the first four weeks at BloNo Pizza learning and practicing our driving skills and then spend two weeks at Prairie Vista Golf Course where we will work on our putting and chipping skills. It's a great opportunity to learn new skills and have fun with friends.

Min 4; Max 12

Fee: \$24

Golf Skills	Day	Time	Dates	Location
Driving & Swinging	T	5:30-7:00PM	4/1-4/22	BloNo Pizza Company
Chipping & Putting	T	5:30-7:00PM	4/29-5/6	Prairie Vista Golf Course

SOAR Sensory Skate

Ages 8+

We're back on the ice! This program will introduce you to the basic skills of 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.

Min 4; Max 10

Location: Bloomington Ice Center

Day: Sundays

Dates: 3/2-4/27 (NOT 3/30 and 4/20)

Time: 2:00-2:30PM

Fee: \$49



Recreational Bocce

Ages 10+

Discover the joy of bocce! Whether you're a seasoned pro or just starting out, everyone's welcome to join the fun. This easy-to-learn game is a great way to have fun with friends and family. Unified partners and family members are welcome to join!

Min 8; Max 20

Location: O'Neil Softball Field

Day: Wednesdays

Dates: 5/7-5/28

Time: 5:30-6:30PM

Fee: \$16



CULTURAL ARTS

Easter Craft



Ages 14+

Hop into spring with our fun and festive Easter Craft program! We will make a variety of crafts that are perfect for adding a cheerful touch to your home this season. **Be sure to wear clothes that can get messy.**

Min 6; Max 16

Location: Lincoln Leisure Center

Day: Mondays

Dates: 2/10-3/17

Time: 6:00-7:00PM

Fee: \$30



Crafting Through the Seasons



Ages 14+

Join us while we make a variety of cool, seasonal projects using all kinds of craft supplies...think paint, glue, glitter, and more! Whether you're into snowflakes or flowers, there's something for everyone. Come ready to get creative and maybe a little messy as we dive into hands-on crafting that celebrates the best of winter and spring!

Min 6; Max 16

Location: Lincoln Leisure Center

Day: Mondays

Dates: 2/10-3/17

Time: 7:15-8:15PM

Fee: \$30



Gnomes & More



Ages 14+

Imagine having a fun, versatile decoration that you can customize for every season! In this program, we'll be crafting charming gnomes using a variety of materials, perfect for adding a festive touch to your home all year long! **Be sure to wear clothes that can get messy.**

Min 6; Max 16

Location: Lincoln Leisure Center

Day: Mondays

Dates: 3/24-4/28

Time: 6:00-7:00PM

Fee: \$30



Glow-in-the-Dark Art



Ages 14+

Unleash your creativity with our Glow-in-the-Dark Art Program! Using neon paints and materials that light up under black lights, participants will create stunning, glowing art pieces. On the final night, we'll host a special gallery for parents and caregivers to view these luminous creations and celebrate the artists' work. **Be sure to wear clothes that can get messy.**

Min 6; Max 16

Location: Lincoln Leisure Center

Day: Mondays

Dates: 3/24-4/28

Time: 7:15-8:15PM

Fee: \$30

Gardening & Clay Pots



Ages 14+

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

Min 6; Max 16

Location: Lincoln Leisure Center

Day: Mondays

Dates: 5/5-5/12

Time: 6:00-7:30PM

Fee: \$10



Adult Coloring



Ages 14+

Join us for a creative and relaxing activity designed to help individuals reduce stress, improve focus, and foster mindfulness. This program encourages self-expression, enhances fine motor skills, and promotes a sense of accomplishment. It's particularly beneficial for adults seeking a calming, meditative experience to unwind and tap into their creative side.

Min 6; Max 16

Location: Lincoln Leisure Center

Day: Mondays

Dates: 5/5-5/12

Time: 7:30-8:30PM

Fee: \$10



Music Experience



Ages 15+

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.

Min 6; Max 10

Location: Lincoln Leisure Center

Day: Tuesdays

Dates: 1/28-3/11 (NOT 2/18)

Time: 6:00-7:00PM

Fee: \$60



Reel Fun: Jig Edition



Ages 14+

Join us for an exciting hands-on experience where our friends from the Prairieland Anglers Club will teach the art of tying jigs! Whether you're a beginner or experienced, this program is perfect for everyone. Learn essential techniques, gain insights from seasoned experts, and craft your very own jigs. Don't miss this chance to enhance your fishing skills and enjoy a fun, interactive experience.

Min 6; Max 10

Location: Lincoln Leisure Center

Day: Tuesdays

Dates: 2/4-2/25

Time: 6:00-7:00PM

Fee: \$10



DAYTIME HANGOUT

SOAR Daytime Hangout



Ages 22+

Come spend some time with SOAR! During this time, you will have the option 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 two sessions of this program. You may sign up for one or both sessions. **Also, drop-ins will be allowed each day for a cost of \$7 per day.**

Min 4; Max 10

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

Location: Miller Park Pavilion, Lower Level



Levels	Day	Time	Dates	Location	Fee
Session 1	M	10:00AM-2:00PM	2/3-2/24	Miller Park Pavilion, Lower Level	\$28
Session 2	M	10:00AM-2:00PM	3/31-4/21	Miller Park Pavilion, Lower Level	\$28

COOKING

Lunch Bunch



Ages 22+

Come cook a yummy lunch with friends at the Adult 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. Come hungry because a full meal will be prepared.

Min 6; Max 14

Day	Time	Dates	Location	Fee
M	11:30AM-1:00PM	3/3-3/24	Miller Park Pavilion	\$24
M	11:30AM-1:00PM	4/28-5/19	Miller Park Pavilion	\$24



Wraps & Sweet Treats



Ages 14+

Join us for a delicious hands-on cooking class where you'll learn how to create a variety of wraps along with mouthwatering homemade dessert! Everyone will help prepare the meal and work together to clean up. Come hungry and roll up your sleeves because a full meal will be prepared each week.

Min 6; Max 14

Location: Miller Park Pavilion, Lower Level

Day: Wednesdays

Dates: 3/5-4/9

Time: 6:00-8:00PM

Fee: \$36



VIRTUAL PROGRAMS



🔍 Register early! Classes fill up quickly!



Virtual Social Hour



Ages 15+

Get together with friends to chat, dance, and socialize virtually. We'll meet via Zoom once a month. A Zoom link will be sent out to those who register the morning of the program date listed.

Min 6; Max 20

Location: Zoom

Day: Thursdays

Dates: 2/13, 3/20, 4/10 and 5/15

Time: 5:00-6:00PM

Fee: FREE, but participants must register for Zoom link

Virtual Game Night



Ages 15+

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

Min 6; Max 20

Location: Zoom

Day: Thursdays

Dates: 2/13, 3/20, 4/10 and 5/15

Time: 6:30-7:30PM

Fee: FREE, but participants must register for Zoom link

TEEN & ADULT NIGHT OUT PROGRAMS

Friday Night Out

Ages 13-21

Get together one Friday a month with your fellow SOAR friends for a night on the town. Outings 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.

Min 6; Max 16

Location: Various Locations

Day: Fridays

Dates: 2/21, 3/21, 4/11 and 5/16

Time: 6:00-8:00PM (could vary depending on activity)

Fee: \$25, plus any extra costs depending on the chosen activity



Let's Get Out

Ages 22+

Get together one Friday a month with your fellow SOAR friends for a night on the town. Outings 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.

Min 6; Max 16

Location: Various Locations

Day: Fridays

Dates: 2/28, 3/28, 4/25 and 5/23

Time: 6:00-8:00PM (could vary depending on activity)

Fee: \$25, plus any extra costs depending on the chosen activity



ZOO EDUCATION

ZOOper Fridays

Ages 22+

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 four classroom dates and admission to the zoo each program date.

Min 5; Max 10

Location: Miller Park Zoo, front entrance

Day: Fridays

Dates: 2/14, 3/14, 4/18 and 5/16

Time: 1:30-3:00PM

Fee: \$48



**MILLER PARK
ZOO**

EST. 1891

YOUTH PROGRAMS

SOAR for Starters



Ages 4-7

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 hand-eye 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.**

Min 4; Max 8

Location: Lincoln Leisure Center

Day: Saturdays

Dates: 2/1, 2/8, 3/15, 3/29, 4/5, 4/26 and 5/24

Time: 10:00-11:30AM

Fee: \$45

Ice Cream & Waffles



Ages 8-21

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.**

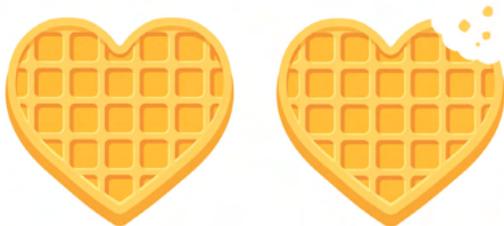
Min 6; Max 12

Location: Lincoln Leisure Center

Date: Saturday, February 1

Time: 1:00-2:30PM

Fee: \$8



Cupid's Obstacle Course



Ages 8-21

Join us for a fun and active Valentine's adventure with Cupid's Obstacle Course! We will race through a heart-themed obstacle course, completing exciting Valentine's challenges along the way.

Min 6; Max 12

Location: Lincoln Leisure Center

Date: Saturday, February 8

Time: 1:00-2:30PM

Fee: \$8



Puppies & Play



Ages 8-21

Join us for our exciting Puppies & Play program, where joy and laughter await! We're thrilled to have our friends from Alliance of Therapy Dogs joining us for this special event. Participants will enjoy playful interactions with adorable furry friends! It's a wonderful opportunity to relax, play, and make some unforgettable memories. Don't miss out on the fun!

Min 6; Max 12

Location: Lincoln Leisure Center

Date: Saturday, March 15

Time: 1:00-2:30PM

Fee: \$8



Carnival Day



Ages 8-21

Step right up for a day of Carnival fun! Enjoy classic carnival games and create your very own version of a delicious funnel cake. No clowning around—just tons of excitement and tasty treats!

Min 6; Max 12

Location: Lincoln Leisure Center

Date: Saturday, March 29

Time: 1:00-2:30PM

Fee: \$8



Rainbow Creations



Ages 8-21

Join us for a vibrant program filled with rainbow-themed activities! We'll be making a delicious rainbow dessert and enjoying crafts, games, and more. It's a fun and creative way to celebrate all the colors of the rainbow!

Min 6; Max 12

Location: Lincoln Leisure Center

Date: Saturday, April 5

Time: 1:00-2:30PM

Fee: \$8

Spring Nature Scavenger Hunt

Ages 8-21

Join us for an exciting outdoor adventure as we embrace the wonders of spring! Get ready for a fun-filled day of exploration as we search for vibrant blooming flowers, budding trees, and fascinating local wildlife. This is a fantastic opportunity to connect with nature and discover the beauty of the season together!

Min 6; Max 12

Location: Tipton Park, North Shelter

Date: Saturday, April 26

Time: 1:00-2:30PM

Fee: \$8



Slime, Slime & More Slime

Ages 8-21

Slime time is here! This fun day will include making a variety of slime recipes and having a lot of goopy, slimy fun! **Please dress to get messy!**

Min 6; Max 12

Location: Lincoln Leisure Center

Date: Saturday, May 24

Time: 1:00-2:30PM

Fee: \$8

SPECIAL EVENTS

Valentine's Bingo

Ages 12+

Looking for a fun way to kick off your Valentine's Day? Join us for the ultimate Valentine's Bingo Bash, where you can hang out with friends, snack on some tasty treats, and win a cool prize! So, grab your crew, grab a snack, and let's make this Valentine's one to remember with a night of fun, games, and good company!

Min 10; Max 30

Location: Miller Park Pavilion, Main Level

Date: Wednesday, February 12

Time: 6:00-7:30PM

Fee: \$10



Valentine's Dance

Ages 12+

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.

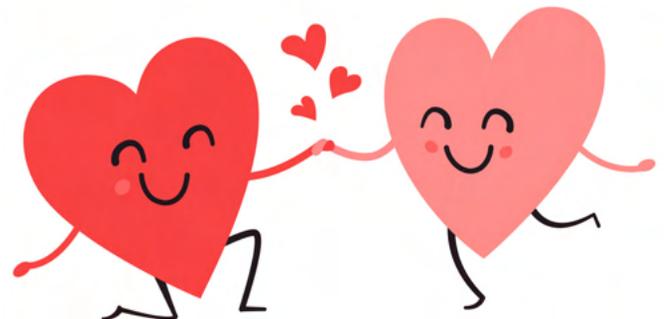
Min 20; Max 100

Location: Miller Park Pavilion, Main Level

Date: Thursday, February 20

Time: 6:00-8:00PM

Fee: \$10



MILES SMILES

5K & SCHOLARSHIP FUNDRAISER



All Ages Welcome



Join us for the Miles of Smiles 5K, a family-friendly event designed for everyone! Whether you walk, run, or roll, this inclusive celebration invites participants of all ages and abilities to cross the finish line together. **Funds raised will go into SOAR's Scholarship Fund, which supports individuals who need financial assistance to access SOAR programs and services.** There will be a 3-mile or 1.5-mile non-competitive course. Deadline to order a shirt is February 28. We will have very limited extras available for purchase on race day. Please don't bring any pets.



This event will go on rain or shine unless unsafe weather conditions exist. No refunds will be issued for cancellations due to unsafe weather conditions. All proceeds go directly to SOAR's Scholarship Fund.



Location: Miller Park (registration inside the Pavilion)

Day: Sunday, March 30

Time: Registration begins at 12:30PM; Race begins at 1:00PM

Fee: \$10 Race Only; \$25 Race with Shirt

IWU Men's Basketball Game



Ages 14+

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

Min 10; Max 20

Location: Drop off/pick up at Lincoln Leisure Center

Date: Saturday, February 15

Time: 3:30-7:00PM

Fee: \$12

The Magic of Rob Lake



Ages 14+

Join us for an unforgettable evening at the Bloomington Center for the Performing Arts, where we'll experience the incredible artistry of world-renowned illusionist Rob Lake. His mesmerizing performance will leave you in awe as he brings his mind-bending illusions to life on stage. Don't miss out on this extraordinary show filled with wonder, mystery, and excitement!

Min 6; Max 12

Location: Drop off/pick up at Lincoln Leisure Center

Date: Tuesday, February 18

Time: 6:15-9:15PM

Fee: \$40



Snowshoe Sunday



Ages 8+

If you're looking for something to beat the winter blues, come join us for an afternoon of snowshoeing, plus a bonfire and hot chocolate. Snowshoes are provided. Family and friends are welcome but must register.

Min 6; Max 20

Location: Hike Haven, Forrest Park

Date: Sunday, February 23

Time: 2:00-3:30PM

Fee: \$7

Luck of the Irish Bingo



Ages 12+

Join us for a St. Patrick's Day-themed bingo party! We'll enjoy delicious, green-themed cupcakes and refreshing drinks as we play several rounds of bingo, with fun prizes for the lucky winners. Don't forget to wear something green to keep the St. Patrick's Day spirit alive!

Min 10; Max 30

Location: Miller Park Pavilion, Main Level

Date: Thursday, March 13

Time: 6:00-7:30PM

Fee: \$10



Cricut 101

Ages 14+

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.**

Min 2; Max 6

Day	Time	Date	Location	Fee
TH	5:30-7:30PM	4/10-4/17	Lincoln Leisure Center	\$20
TH	5:30-7:30PM	5/15-5/22	Lincoln Leisure Center	\$20



SOAR Easter Egg Hunt

Hop on over and join us for a joyous indoor Easter Egg Hunt!

Experience the excitement with:

- **Easter Egg Hunt:** Search for colorful eggs filled with delightful goodies, including special prize eggs waiting to be discovered!
- **Craft Room:** Get creative in our craft room, where you can make fun Easter-themed crafts to take home.
- **Meet the Easter Bunny:** Don't miss the chance to meet the Easter Bunny and capture some memorable photos!

Bring your baskets and join us for a day full of festive fun!

Min 10; Max 30

Ages	Day	Time	Date	Location	Fee
4-21	SU	11:30AM-12:30PM	4/13	Normal Community Activity Center	FREE
22+	SU	12:30-1:30PM	4/13	Normal Community Activity Center	FREE



Spring Formal

Ages 12+

Join us for a magical evening at our Dreams Come True SOAR Spring Formal, where you can dress to impress and dance the night away to music from a live DJ. A light dinner will be served, adding to the enchanting atmosphere. Capture the memories with our professional photographer, who will be available to take individual and group photos. Each participant will receive one complimentary photo, while additional group or friend photos can be purchased for just \$5 per person—please bring cash for any additional purchases. Dress code is formal, so come ready to step into your own fairy tale at one of the most anticipated SOAR events of the year!

Min 20; Max 100

Location: Miller Park Pavilion, Main Level

Date: Friday, April 4

Time: 6:30-9:00PM

Fee: \$20



Mocktails & Masterpieces

Ages 22+

Join us for an exciting collaboration between SOAR and our friends at the Adult Center. Whether you're a seasoned artist or picking up a paintbrush for the first time, this beginner-friendly class offers something for everyone. Choose from a variety of paint-by-number designs or embrace your creativity with a blank canvas. Sip on delicious non-alcoholic mocktails as you paint, socialize, and enjoy a relaxing atmosphere.

Min 10; Max 20

Location: Miller Park Pavilion, Lower Level

Date: Saturday, April 12

Time: 2:00-4:00PM

Fee: \$15



Mother's Day Brunch

All Ages

Celebrate the special women in your life! Take this opportunity to spend quality time with your mom or grandmother and let her know just how special she is. Everyone is invited to join us for a memorable brunch, where we'll share delicious food and create a special craft that can be cherished for years to come.

Min 20; Max 60

Location: The Den at Fox Creek Golf Course

Date: Saturday, May 3

Time: 10:00-11:30AM

Fee: \$12



Family Movie Day

All Ages

Come and enjoy a movie with your family! We will be watching Moana 2 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.

Min 10; Max 40

Location: Lincoln Leisure Center

Date: Sunday, May 4

Time: 1:30-3:30PM

Fee: \$5 per person



BBQ in the Park

Ages 12+

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!

Min 10; Max 20

Location: Hike Haven

Date: Thursday, May 8

Time: 5:30-7:30PM

Fee: \$10



Bags in the Park

Ages 12+

Let's toss some bags and have a blast! Join us at Hike Haven to learn the game of cornhole. It's a fun and easy-to-learn activity for all ages.

Min 4; Max 16

Location: Hike Haven, Forrest Park

Day: Tuesday, May 13

Time: 5:30-6:30PM

Fee: \$5



Let's Plant Flowers

Ages 14+

Let's plant 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.**

Min 10; Max 20

Location: Hike Haven

Date: Tuesday, May 20

Time: 6:00-7:15PM

Fee: \$8



Peoria Zoo

Ages 14+

Experience a fun and exciting day at the Peoria Zoo, where participants can explore a wide variety of animals from around the world. From playful primates to majestic big cats, the zoo offers an engaging and enjoyable way to spend the day. After exploring the exhibits, participants will enjoy a picnic lunch provided by SOAR. This program is a great way to enjoy the outdoors and take in the sights and sounds of the zoo.

Min 6; Max 16

Location: Drop off/pick up at Lincoln Leisure Center

Date: Saturday, May 31

Time: 10:30AM-3:30PM

Fee: \$20



APRIL 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Martial Arts & Yoga	SO Soccer Seat to SOAR Wraps & Sweet Treats	SO Track	Spring Formal	SO Region Swim Tournament SOAR for Starters Rainbow Creations
		1	2	3	4	5
	SOAR Daytime Hangout Recreational Bowling Cardio Fitness Gnomes & More Glow-in-the-Dark Art	Martial Arts & Yoga	SO Soccer Seat to SOAR Wraps & Sweet Treats	SO Track Cricut 101	Friday Night Out	Mocktails & Masterpieces
6	7	8	9	10	11	12
SOAR Easter Egg Hunt	SOAR Daytime Hangout Recreational Bowling Cardio Fitness Gnomes & More Glow-in-the-Dark Art	Martial Arts & Yoga	SO Soccer Seat to SOAR	SO Track Cricut 101	ZOOper Fridays	
13	14	15	16	17	18	19
	SOAR Daytime Hangout Recreational Bowling Cardio Fitness SO Tennis Assessment Night Gnomes & More Glow-in-the-Dark Art	Martial Arts & Yoga	SO Soccer Seat to SOAR	SO Track Virtual Social Hour Virtual Game Night	Let's Get Out	SOAR for Starters Spring Nature Scavenger Hunt
20	21	22	23	24	25	26
SO Region Soccer Tournament	Recreational Bowling Lunch Bunch I Cardio Fitness SO Tennis Gnomes & More Glow-in-the-Dark Art	Martial Arts & Yoga				
27	28	29	30			

MAY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				SO Track 1		Mother's Day Brunch 2 3
SO Region Spring Games (Track) Family Movie Day 4	Lunch Bunch I SO Tennis Gardening & Clay Pots Adult Coloring 5	Martial Arts & Yoga 6	Recreational Bocce 7	BBQ in the Park 8		
	Lunch Bunch I SO Tennis Gardening & Clay Pots Adult Coloring 11	Bags in the Park 12	Recreational Bocce 13	Cricut 101 14	ZOoper Fridays Friday Night Out 15	
	Lunch Bunch I SO Tennis 18	Let's Plant Flowers 19	Recreational Bocce 20	Cricut 101 21	Let's Get Out 22	SOAR for Starters Slime, Slime & More Slime 23 24
	Memorial Day (office closed) 25	SO Softball Assessment Night 26	Recreational Bocce 27	Virtual Social Hour Virtual Game Night 28		Peoria Zoo 29 30 31

PROGRAM POLICIES

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.

Code of Conduct

Participants, staff, volunteers, and parents are expected to exhibit appropriate behavior at all times. The following guidelines have been developed to make SOAR programs safe and enjoyable for everyone. Additional rules may be developed for particular programs and events as deemed necessary by the staff.

- Show respect to all participants, staff, and public.
- Show respect to equipment, supplies, and facilities.
- Listen to and comply with staff direction and program rules.
- Refrain from using foul language.
- Refrain from causing bodily harm or aggressive physical contact.
- Arrive to programs displaying proper hygiene and body odor.
- Wear appropriate attire for program participation.

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.

Discipline

SOAR applies a caring, positive approach to discipline. When Code of Conduct expectations are not met, staff will attempt reasonable accommodations to minimize future risks and help the participant to meet behavior expectations. However, when accommodations are attempted and are unsuccessful, or when unsafe or otherwise inappropriate behavior occurs, SOAR reserves the right to dismiss a participant whose behavior continues to be unsafe or otherwise inappropriate or whose behavior endangers the safety of themselves or others.

Toileting

Participants are expected to handle their toileting needs independently and without assistance from SOAR staff.

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 needs more assistance or is unable to participate with this structure, please let staff know at registration so appropriate staffing may be secured (if possible).

Photo/Video Policy

SOAR staff takes photos and video of participants enrolled in our programs, classes, or at events. These photos or videos may be used in our brochures, social media, advertising, or other publications. If you do not wish to have your photo taken or be in a video, please contact a SOAR program manager.

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 medical or physically invasive procedure. Please call the SOAR office at (309) 434-2260 if you have any questions.

Parent/Caretaker Observation

We greatly value parents and guardians, and with your loved ones' best interests in mind, we kindly ask that you refrain from staying during the programs. Our staff is always happy to discuss your loved ones' progress with you at any time outside of program hours. Thank you for your understanding and cooperation.

Participation

Participants should be willing to participate in the scheduled activities voluntarily. SOAR staff encourage and aid, but do not force participation.

Participant Supervision

If a participant has not been picked up at the scheduled program end time, the parent/guardian/group home staff will be contacted. After a fifteen-minute wait period, emergency contacts will be called. Please be mindful of end times, many times SOAR staff have additional work and responsibilities after the program and sometimes have another program to lead.

Program Cancellations

A program may be canceled if the program minimum enrollment is not met. Programs may be canceled due to inclement weather or other emergencies. SOAR will either reschedule the program or issue a prorated credit to the participant's account. If a participant cannot attend a program, they cannot send a substitute in their place.



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MILES SMILES

5K & SCHOLARSHIP FUNDRAISER



MILLER PARK
SUNDAY, MARCH 30



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WINTER SPRING
REGISTRATION BEGINS
JANUARY 9!