

SOAR

Special Opportunities
Available in Recreation

Winter Spring 2026



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Office Address: 109 E. Olive St., Bloomington, Illinois 61701 (309) 434-2260

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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!

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



Holly Polley, CTRS
Program Manager
hpolley@cityblm.org

Special Olympics Sports,
 Fitness/Sports Programs,
 Fee Assistance, Volunteers



Taylor Burlingame, CTRS
Program Manager
tburlingame@cityblm.org

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

FACILITY DIRECTORY

Bloomington Center for the Performing Arts

600 N. East St.
Bloomington, IL 61701

Bloomington Ice Center

201 S. Roosevelt Ave.
Bloomington, IL 61701

The Den at Fox Creek Golf Course

3002 Fox Creek Rd.
Bloomington, IL 61701

Ewing Park III

901 Jersey Ave.
Bloomington, IL 61701

Government Center/ The Hub

115 E. Washington St.
Bloomington, IL 61701

Hike Haven

1310 Hike Haven Ct.
Bloomington, IL 61701

Illinois Wesleyan Shirk Center

302 E. Emerson St.
Bloomington, IL 61701

Lincoln Leisure Center

1206 S. Lee St.
Bloomington, IL 61701

Miller Park Pavilion

1122 S. Morris Ave.
Bloomington, IL 61701

Miller Park Zoo

1020 S. Morris Ave.
Bloomington, IL 61701

Normal Community Activity Center

1110 Douglas St.
Normal, IL 61761

O'Neil Park Softball Field

1515 W. Chestnut St.
Bloomington, IL 61701

Pheasant Lanes

804 N. Hershey Rd.
Bloomington, IL 61704

Prairie Vista Golf Course

502 W. Hamilton Rd.
Bloomington, IL 61704

Weibring Golf Course

800 Gregory St.
Normal, IL 61761

The Westside BloNo

1304 Cross Creek Dr.
Normal, IL 61761

White Oak Park

1514 Cottage Ave.
Bloomington, IL 61701

YMCA

202 St. Joseph Dr.
Bloomington, IL 61701



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 8.**

In-person registration will take place at The Hub starting at **8:00AM on January 8.** 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 may be arranged for those individuals who need to split their payment.

Payment in full must be received by SOAR before programs begin. 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 Application (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)



Program Registration Form

Register online to save time
at BloomingtonParks.org

PARTICIPANT INFORMATION

Head of Household Contact:

Today's Date: _____

First Name: _____ Last Name: _____

Street Address: _____ City: _____

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

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.

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.

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.

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.

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.

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.

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.

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.



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

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, our experienced coaches will help prepare you for competition while making new friends and building your confidence!

The Special Olympics Region Competition will be held on Saturday, March 28. The Special Olympics State Competition (Summer Games) will be held June 12-14 in Bloomington-Normal. Athletes who advance to Summer Games will have additional practices on Sundays, May 17-June 7.

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

Min 6; Max 14

Location: YMCA Indoor Pool

Day: Sundays

Dates: 2/1-3/22

Time: 1:00-2:00PM

Fee: \$45

Special Olympics Athletics (Track & 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, our experienced coaches will help you improve your technique and reach your goals while also staying active and having fun!

The Special Olympics Region Track Meet will be held on Sunday, May 3. The Special Olympics State Competition (Summer Games) will be held June 12-14 in Bloomington-Normal. Athletes who advance to Summer Games will have additional practices on Thursdays, May 28-June 11.

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

Min 6; Max 20

Location: Illinois State University Track (outdoor)

Day: Thursdays

Dates: 3/12-4/30

Time: 5:30-6:45PM

Fee: \$45

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. You will play a minimum of three games prior to the Region Tournament.

The Special Olympics Region Competition will be held on Saturday, April 25, at Glenwood High School. The Special Olympics State Competition (Summer Games) will be held on June 12-14 in Bloomington-Normal. Athletes that advance to Summer Games will have additional practices on Wednesdays, May 27-June 10.

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

Min 10; Max 15

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

Day: Wednesdays

Dates: 3/4-4/22

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. Priority will be given to athletes with an established unified partner who have played in the past season.

The Special Olympics Region Competition is June 28 at Evergreen Racquet Club. The Special Olympics State Competition will be held August 15-16, 2026. Athletes that advance to the State Tennis Tournament will have additional practices on Mondays, July 27-August 10.

Min 4; Max 16

We will be dividing each unified pair up into three 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.

Location: Illinois Wesleyan Tennis Courts

Group	Day	Time	Dates	Fee
1	M	5:30-6:15PM	4/27-6/22*	\$45
2	M	6:15-7:00PM	4/27-6/22*	\$45
3	M	7:00-7:45PM	4/27-6/22*	\$45

*(Not 5/25)

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. 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 26.

The Special Olympics Region Competition will be held on Saturday, June 25, at Scheel's Complex in Springfield. The Special Olympics State Competition will be held September 12-13, 2026 in Springfield. Athletes that advance to the State Softball Tournament will have additional practices on Wednesdays, August 26-September 9.

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

Min 12 per team; Max 15 per team

Location: O'Neil Softball Field

Team	Day	Time	Dates	Fee
Hawks	W	5:30-7:00PM	6/3-7/22	\$45
Eagles	W	7:00-8:30PM	6/3-7/22	\$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.

The Special Olympics Region Competition will be held on Friday, July 31. The Special Olympics State Golf Tournament will be held September 12-13, 2026 in Decatur. Athletes that advance to the State Golf Tournament will have additional practices on Tuesdays, August 25-September 9.

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

Min 4; Max 14

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

Day: Tuesdays

Dates: 6/2-7/28

Time: 6:00-7:00PM

Fee: \$45





Special Olympics

2026 SPECIAL OLYMPICS COMPETITION DATES

January 25

Region G Basketball
Illinois Wesleyan

March 28

Region Swim Competition
Champaign

July 25

Region Softball Tournament
Springfield

February 10-12

Winter Games (Snowshoeing)
Galena

April 25

Region Soccer Tournament
Chatham

July 31

Region Golf Tournament
Edwardsville

February 28

Polar Plunge
Miller Park Lake

May 3

Region Spring Games
Normal

August 15-16

State Tennis
Bloomington

March 13-15

State Basketball Tournament
Bloomington

June 12-14

Summer Games
Bloomington-Normal

September 12-13

State Softball
Springfield

March 22

Region Powerlifting Qualifier
Bloomington

June 28

Region G Tennis Qualifier
Bloomington

September 12-13

State Golf
Forsyth/Decatur

YOUTH SPORTS

SOAR Youth Sports FUNDamentals

Ages 5-15

Join us for a youth sports program that is all about getting active, having a blast, and learning the building blocks of being an athlete. This program is perfect for young athletes who want to improve their basic movement skills, build confidence, and discover the joy of playing sports. It's not about being perfect, it's about trying your best, moving your body, and making new friends!

Min 4; Max 10

Location: Lincoln Leisure Center

Day: Saturdays

Dates: 2/7-2/28

Time: 9:30-10:30AM

Fee: \$20



SOAR Youth Soccer FUNDamentals

Ages 5-15

Learn to dribble, pass, shoot, and play! Our fun youth soccer program teaches the key skills of soccer in a supportive way. Perfect for beginners and those wanting to improve. Let's hit the field and have a blast!

Min 4; Max 10

Location: White Oak Park Soccer Field

Day: Saturdays

Dates: 4/4-4/25

Time: 9:30-10:30AM

Fee: \$20



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 per session; Max 40 per session

Location: Pheasant Lanes

Day	Time	Date	Fee
M	10:00-11:00AM	2/9-4/27	\$96 (Pheasant Lanes); \$15 (SOAR)
M	4:00-5:00PM	2/9-4/27	\$96 (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, you'll have the opportunity to get your heart pumping and connect with others. This program is tailored to all fitness levels, so there's a place for everyone!

Min 6; Max 12

Location: Lincoln Leisure Center

Day: Mondays

Dates: 2/9-4/27

Time: 6:00-7:00PM

Fee: \$48

Daytime Gym

Ages 12+

Come and hang with SOAR. This will be an unstructured but supervised program where we will have multiple different 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: 2/10-3/3

Time: 2:00-3:30PM

Fee: \$20 (or \$5 drop-in per day)

Yoga and Grooves

Ages 12+

This class is the perfect blend of mindful movement and energetic fun! We will have a mix of calming yoga exercises as well as some easy-to-follow dance routines. Come and enjoy the best of both worlds: peace and party, all in one incredible workout.

Min 6; Max 12

Location: Lincoln Leisure Center

Day: Mondays

Dates: 2/9-4/27

Time: 7:10-8:10PM

Fee: \$48



SOAR Run Club

Ages 14+

Ready to improve your running? This program helps you build endurance and speed for any distance. Expect structured workouts, technique tips, and race prep. We hope that by the end of the program you are ready to run a local 5K. Let's reach your running goals!

Min 4; Max 10

Location: Meet at Lincoln Leisure Center

Day: Tuesdays

Dates: 3/10-4/14

Time: 5:30-7:00PM (could vary depending on location)

Fee: \$30



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: 3/3-3/24

Time: 7:00-8:00PM

Fee: \$28



Martial Arts & Yoga

Ages 15+

In this class, we will study Bruce Lee's Jun Fan Kickboxing. We will also explore staff, single stick, and double-stick work from the Filipino Martial Arts, focusing on developing bilateral movement, rhythm, and coordination. During each class, we will explore Yoga movement and Soto Zen meditation. This class is designed for self-defense, increased strength, balance, flexibility, and mindfulness development. No previous martial arts or yoga experience is required for this class.

Min 5; Max 16

Location: Lincoln Leisure Center

Day: Tuesdays

Dates: 4/7-5/26

Time: 5:30-6:45PM

Fee: \$50

Chip, Putt, Drive – Golf Experience

Ages 12+

Grab your clubs and let's play! We will first spend 4 weeks at BloNo Pizza learning and practicing our driving skills and then spend 2 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 10

Golf Skills	Day	Time	Dates	Location	Fee
Driving & Swinging	T	5:30-6:30PM	4/7-4/28	BloNo Pizza Company	\$24
Chipping & Putting	T	5:30-6:30PM	5/5-5/12	Prairie Vista Golf Course	\$24

SOAR Sensory Skate

Ages 8+

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

Min 4; Max 10

Location: Bloomington Ice Center

Day: Sundays

Dates: 1/11-3/8 (Not 2/22)

Time: 2:00-2:30 PM

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: 5/6-5/27

Time: 5:30-6:30PM

Fee: \$16



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

Min 5; Max 10

Location: Miller Park Zoo (Front Entrance)

Day: Fridays

Dates: 2/20, 3/20, 4/17, and 5/15

Time: 1:00-2:30 PM

Fee: \$48



DAYTIME HANGOUT

Daytime Hangout

Ages 22+

Join SOAR's hangout, where you can come and go freely. Enjoy games, movies, crafts, chatting, and more. Stay the whole time or just drop in! Bring lunch if you plan to stay the whole time. Two sessions are available, or drop-in daily for \$7.

Min 4; Max 12

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

Session	Day	Time	Dates	Fee
Session 1	M	10:00AM-2:00PM	2/2-2/23	\$28
Session 2	M	10:00AM-2:00PM	4/6-4/27	\$28



CULTURAL ARTS

Winter Wonderland

Ages 14+

Step into a cozy winter wonderland and get creative! In this hands-on program, you'll make a variety of festive crafts inspired by the magic of the season. From snowy scenes to sparkling decorations, each project will bring out your creativity while adding a touch of winter cheer.

Min 6; Max 14

Location: Lincoln Leisure Center

Day: Mondays

Dates: 2/9-3/2

Time: 6:00-7:00PM

Fee: \$24



Colorful Threads

Ages 14+

Yarn isn't just for crocheting! In this program, we'll explore fun and creative ways to work with yarn to make colorful and unique projects. No experience needed, just bring your imagination and enjoy a relaxing, hands-on crafting experience.

Min 6; Max 14

Location: Lincoln Leisure Center

Day: Mondays

Dates: 2/9-3/2

Time: 7:10-8:10PM

Fee: \$24



Textures in Bloom

Ages 14+

Discover the lively essence of spring with textured art! Play with various materials and methods to create vibrant, tactile artworks inspired by the season's colors and forms.

Min 6; Max 14

Location: Lincoln Leisure Center

Day: Mondays

Dates: 3/9-3/30

Time: 6:00-7:00PM

Fee: \$24



Color Me Spring

Ages 14+

Shake off the winter blues and get crafty with all things spring! This program is all about creating colorful, seasonal projects that highlight flowers, sunshine, and the fresh feel of springtime. Enjoy experimenting with different materials and techniques while making bright, cheerful crafts to take home. It's the perfect way to welcome the season with creativity and fun!

Min 6; Max 14

Location: Lincoln Leisure Center

Day: Mondays

Dates: 3/9-3/30

Time: 7:10-8:10PM

Fee: \$24



Garden & Crafts

Ages 14+

Welcome spring with a mix of gardening and creativity! Each week, we'll spend time outdoors caring for the planters and then head inside for a fun, garden-inspired craft. Watch the garden come to life while making your own creations to take home!

Min 6; Max 14

Location: Lincoln Leisure Center

Day: Mondays

Dates: 4/6-4/27

Time: 6:00-7:00PM

Fee: \$24

Pixel Perfect

Ages 14+

Get creative with colorful Perler beads! In this fun, hands-on program, you'll design and fuse your own bead art using patterns or your imagination. This activity is perfect for anyone who loves crafting, relaxing, and making something unique to take home!

Min 6; Max 14

Location: Lincoln Leisure Center

Day: Mondays

Dates: 4/6-4/27

Time: 7:10-8:10PM

Fee: \$24



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 multisensory 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: 2/3-3/10

Time: 6:00-7:00PM

Fee: \$60



TEEN & ADULT NIGHT OUT PROGRAMS

Friday Night Out

Ages 18-26

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.

The time of the program can vary each month depending on the chosen activity.

Min 6; Max 12

Location: Various Locations

Day: Fridays

Dates: 2/6, 3/6, 4/3 & 5/1

Time: 6:00-8:00PM

Fee: \$30



Let's Get Out

Ages 27+

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.

The time of the program can vary each month depending on the chosen activity.

Min 6; Max 12

Location: Various Locations

Day: Fridays

Dates: 2/20, 3/13, 4/10 & 5/8

Time: 6:00-8:00PM

Fee: \$30



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 12

Location: Miller Park Pavilion, Lower Level

Day	Time	Dates	Fee
M	11:30AM-1:00PM	3/2-3/23	\$36
M	11:30AM-1:00PM	4/27-5/18	\$36

Sandwiches & Sides

Ages 14+

Learn how to make delicious sandwiches and tasty sides in this hands-on cooking class! Each week, you'll explore different fillings, breads, and flavor combinations, plus easy side dishes to complete your meal. 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 12

Location: Miller Park Pavilion, Lower Level

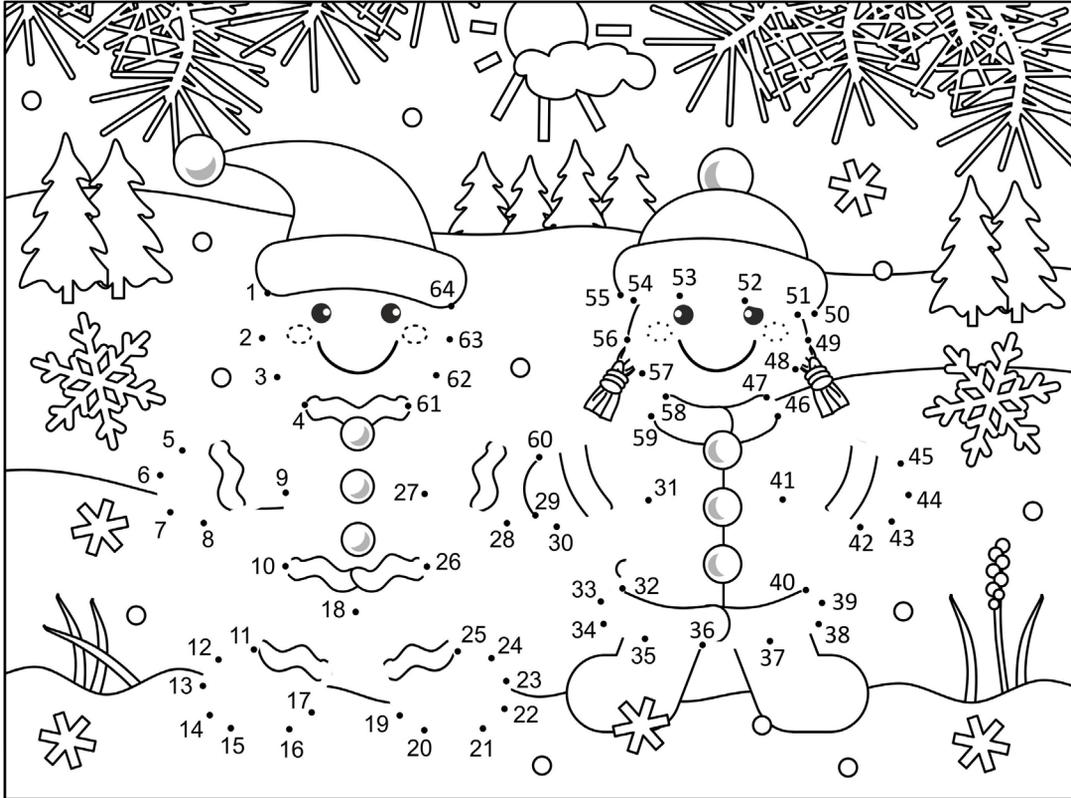
Day: Wednesdays

Dates: 3/4-4/8

Time: 6:00-7:30PM

Fee: \$48

WINTER CONNECT THE DOTS



ONCE THE DOTS ARE CONNECTED, FEEL FREE TO COLOR THE PICTURE!

SPRING WORD SEARCH

B	U	B	L	O	S	S	O	M	I	R	L	W	E
L	E	B	U	T	T	E	R	F	L	Y	X	N	Q
O	R	U	G	U	K	L	Y	C	X	R	I	R	T
O	H	Q	A	L	P	F	W	C	X	H	D	A	V
M	G	G	Z	I	J	R	T	P	S	D	A	I	A
M	T	R	R	P	E	F	B	N	G	H	E	N	P
T	B	V	A	E	G	D	U	X	R	J	Q	O	R
J	K	G	S	S	E	S	A	H	O	T	D	K	I
X	L	E	S	T	S	N	Y	F	W	R	H	X	L
R	A	I	N	B	O	W	V	F	F	M	F	A	A
T	T	I	R	O	B	I	N	S	I	O	Y	X	W
K	Y	B	M	L	E	V	X	A	T	T	D	Q	S
P	T	U	I	G	B	D	J	I	O	W	A	I	C
Z	R	D	U	M	B	R	E	L	L	A	F	B	L

APRIL
 RAINBOW
 BLOOM
 GROW
 BUTTERFLY
 BLOSSOM
 DAFFODIL
 BUD
 GRASS
 ROBIN
 GREEN
 THAW
 TULIP
 UMBRELLA
 SUNSHINE
 RAIN

YOUTH PROGRAMS

SOAR for Starters

Ages 4-7

Perfect for our youngest SOAR participants, this program offers a fun introduction to all the activities SOAR has to offer. A variety of activities, including games, music, dance, fitness, crafts, and social activities, will be provided. Be sure to wear clothes you can be active in and don't mind getting a little messy!

Min 4; Max 8

Location: Lincoln Leisure Center

Day: Saturdays

Dates: 2/7, 2/21, 3/21, 3/28, 4/18, 4/25 & 5/2

Time: 9:00-10:00AM

Fee: \$45



Snack Attack

Ages 8-18

Calling all snack lovers! Join us for a flavor-filled adventure where we'll whip up tasty treats, play snack-themed games, and munch on our creations. It's the ultimate snack time party!

Min 6; Max 12

Location: Lincoln Leisure Center

Date: Saturday, February 7

Time: 10:30AM-12:00PM

Fee: \$8



Sensory Makers

Ages 8-18

Join us for an interactive program where participants design and build their own sensory toys with different textures, colors, and materials. Through guided activities, they'll learn how sensory play enhances focus, relaxation, and creativity.

Min 6; Max 12

Location: Lincoln Leisure Center

Date: Saturday, February 21

Time: 10:30AM-12:00PM

Fee: \$8



It's a (Pizza) Party!

Ages 8-18

Who's hungry? Join us for a pizza-filled celebration where you'll create your own personal pizza with all your favorite toppings, play games, and hang out with friends. It's all about food, fun, and a slice of good times!

Min 6; Max 12

Location: Lincoln Leisure Center

Date: Saturday, March 21

Time: 10:30AM-12:00PM

Fee: \$8



Hoppy Hands

Ages 8-18

Hop into a world of fun and creativity! Get your hands busy making colorful eggs and bright spring decorations that sparkle with your own unique style.

Min 6; Max 12

Location: Lincoln Leisure Center

Date: Saturday, March 28

Time: 10:30AM-12:00PM

Fee: \$8



Dough It Yourself

Ages 8-18

Get ready to twist, roll, and create! In this fun program, we'll make soft, salty pretzels from scratch and then switch gears to create our very own colorful playdough to take home. A mix of tasty fun and hands-on creativity!

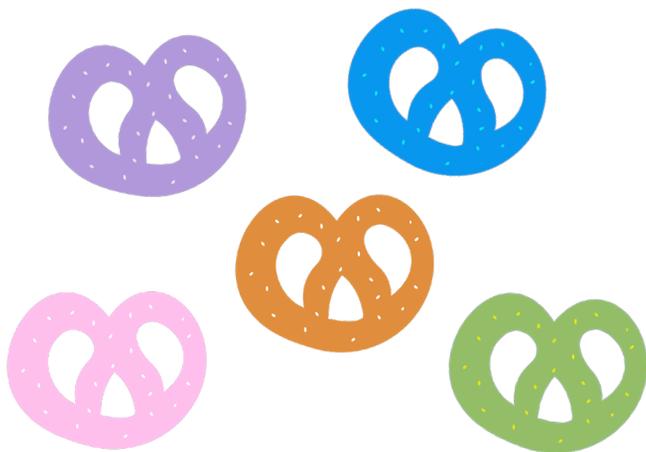
Min 6; Max 12

Location: Lincoln Leisure Center

Date: Saturday, April 18

Time: 10:30AM-12:00PM

Fee: \$8



Explore with SOAR

Ages 8-18

Spend your Saturday morning exploring and playing at your own pace! This activity offers a little bit of everything: crafts, puzzles, board games, gym activities, sensory play, and a variety of fun toys to try out. This program is all about free choice, creativity, and fun with friends!

Min 6; Max 12

Location: Lincoln Leisure Center

Date: Saturday, April 25

Time: 10:30AM-12:00PM

Fee: \$8

Glow Catchers

Ages 8-18

Let your creativity shine in a fun, hands-on workshop where you'll design your own colorful suncatchers. Using bright materials and playful patterns, you'll create art that lights up any window. Bring home a piece that catches the sun, and everyone's eye!

Min 6; Max 12

Location: Lincoln Leisure Center

Date: Saturday, May 2

Time: 10:30AM-12:00PM

Fee: \$8

SPECIAL EVENTS

Valentine's Dance

Ages 12+

Get ready for an evening filled with music, dancing, and fun with friends! Enjoy tunes from our live DJ, light refreshments, and a festive atmosphere. Dress casually, but don't forget to wear red or pink to show your Valentine's spirit!

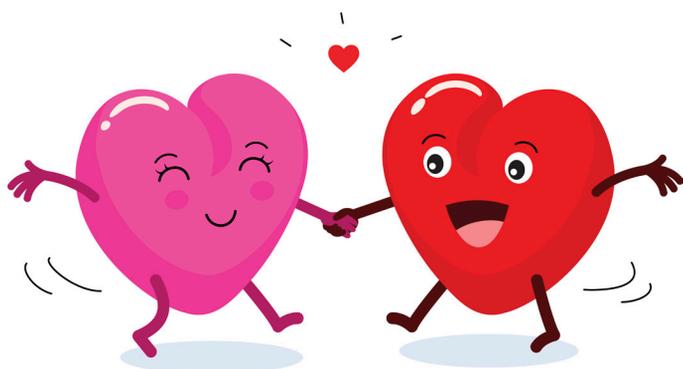
Min 20; Max 100

Location: Miller Park Pavilion, Main Level

Date: Thursday, February 5

Time: 6:00-8:00PM

Fee: \$10



Open Mic Night

Ages 12+

Take your talent to center stage! Any form of art you want to showcase — music, comedy or dance. Spend the evening performing or just hanging out with us!

Min 10; Max 20

Location: Normal Community Activity Center

Date: Tuesday, February 17

Time: 6:30-8:00PM

Fee: \$10



Dinosaur World Live!

Ages 12+

Join us at the Bloomington Center for the Performing Arts for Dinosaur World Live! and experience a fascinating journey back to the age of dinosaurs. Watch incredibly life-like creatures take the stage. This engaging performance blends education and entertainment, offering an up-close look at some of the most remarkable animals to ever walk the earth

Min 6; Max 12

Location: Bloomington Center for the Performing Arts

Date: Sunday, February 22

Time: 2:30-4:30PM

Fee: \$40



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: Tuesday, March 17

Time: 6:00-7:30PM

Fee: \$12



Spa Night

Ages 12+

Take a break and pamper yourself! Enjoy a mini manicure, a soothing face mask, and create your very own bath scrub to take home. Perfect for a little self-care and creativity in one relaxing session.

Min 5; Max 10

Location: Miller Park Pavilion, Lower Level

Date: Thursday, February 26

Time: 6:00-7:30PM

Fee: \$12

Cricut 101

Ages 14+

Ready to try something creative? Come learn the basics of Cricut crafting! You'll explore the tools, materials, and devices you need to get started and make a fun project you can take home to show off.

Min 2; Max 6

Location: Lincoln Leisure Center

Day	Time	Date	Fee
TH	5:30-7:30PM	4/2 & 4/9	\$20
TH	5:30-7:30PM	5/7 & 5/14	\$20



Mocktails & Masterpieces

Ages 22+

Sip, paint, and socialize! Create your own masterpiece with a guided paint-by-number or let your creativity flow with free paint on canvas. While you paint, mix and enjoy delicious mocktails and spend time with friends in a fun, relaxed atmosphere. No experience needed—just bring your imagination!

Min 6; Max 12

Location: Miller Park Pavilion, Lower Level

Date: Tuesday, April 14

Time: 5:00-6:30PM

Fee: \$15



Spring Formal

Ages 12+

Get ready for a sparkling evening at SOAR's Spring Formal: Dancing Under the Stars! Dress to impress and dance the night away to music from our live DJ while enjoying a magical, starry-night atmosphere. A light dinner will be served to make the night even more special.

Capture the memories with our professional photographer, who will be available for individual and group photos. Each participant will receive one complimentary photo, and additional group or friend photos can be purchased for just \$5 per person—please bring cash for any extra photos. Dress code is formal, so come ready to shine and make it a night to remember!

Min 20; Max 100

Location: Miller Park Pavilion, Main Level

Date: Friday, April 17

Time: 6:30-9:00PM

Fee: \$20



MILES OF 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 March 13. We will have very limited extras available for purchase on race day. Please don't bring any pets.

Location: White Oak Park (Check-in inside the White Oak Park Community Room)

Date: Saturday, April 11

Time: Registration begins at 8:00AM;
Race begins at 9:00AM

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

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BBQ in the Park

Ages 12+

Join us for a fun-filled evening at the park! Enjoy classic yard games, delicious hot dogs, tasty sides, and a sweet dessert to finish. Come hungry, come ready to play, and make the most of a perfect day outdoors!

Min 10; Max 20

Location: Hike Haven

Date: Tuesday, May 5

Time: 5:30-7:30PM

Fee: \$12

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 40

Location: The Den at Fox Creek

Date: Saturday, May 9

Time: 10:00-11:30AM

Fee: \$15



PJs & Popcorn

Ages 14+

Wear your favorite pajamas and join us for a cozy night of fun! We'll watch a movie, munch on popcorn, and relax with friends. The movie title will be shared closer to the program date.

Min 10; Max 20

Location: Lincoln Leisure Center

Date: Monday, May 11

Time: 6:00-8:00PM

Fee: \$8



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 19

Time: 6:00-7:15PM

Fee: \$8



St. Louis Zoo

Ages 16+

Spend the day exploring the St. Louis Zoo! See animals from around the world, enjoy lunch with friends, and take time to visit your favorite exhibits. Be sure to wear comfortable shoes and dress for the weather!

Min 4; Max 8

Location: Drop off/pick up at Lincoln Leisure Center

Date: Saturday, May 30

Time: 8:00AM-5:00PM

Fee: \$25



Saint Louis Zoo

Animals Always®



February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SO Swim Sensory Skate 1	Daytime Hangout 2	Music Experience 3		Valentine's Dance 5	Friday Night Out 6	SOAR for Starters Snack Attack Youth Sports FUNDamentals 7
SO Swim Sensory Skate 8	Daytime Hangout Recreational Bowling Cardio Fitness Yoga and Grooves Winter Wonderland Colorful Threads 9	SO Winter Games Daytime Gym Music Experience 10	SO Winter Games Valentine's Bingo 11	SO Winter Games 12		Youth Sports FUNDamentals 14
SO Swim Sensory Skate 15	Daytime Hangout Recreational Bowling Cardio Fitness Yoga and Grooves Winter Wonderland Colorful Threads 16	Daytime Gym Open Mic Night Music Experience 17			ZOOper Fridays Let's Get Out 20	SOAR for Starters Sensory Makers Youth Sports FUNDamentals 21
SO Swim Dinosaur World Live! 22	Daytime Hangout Recreational Bowling Cardio Fitness Yoga and Grooves Winter Wonderland Colorful Threads 23	Daytime Gym Music Experience 24	Seat to SOAR 25	Spa Night 26		Youth Sports FUNDamentals Polar Plunge 28

March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SO Swim Sensory Skate 1	Recreational Bowling Lunch Bunch I Cardio Fitness Yoga and Grooves Winter Wonderland Colorful Threads 2	Daytime Gym Music Experience Dance to SOAR! 3	Sandwiches & Sides SO Soccer 4		Friday Night Out 6	
SO Swim Sensory Skate 8	Recreational Bowling Lunch Bunch I Cardio Fitness Yoga and Grooves Textures in Bloom Color Me Spring 9	Music Experience Run Club Dance to SOAR! 10	Sandwiches & Sides SO Soccer 11	SO Track 12	Let's Get Out State Basketball 13	State Basketball 14
SO Swim State Basketball 15	Recreational Bowling Lunch Bunch I Cardio Fitness Yoga and Grooves Textures in Bloom Color Me Spring 16	Luck of the Irish Bingo Run Club Dance to SOAR! 17	Sandwiches & Sides SO Soccer 18	SO Track 19	ZOOper Fridays 20	SOAR for Starters It's a (Pizza) Party 21
SO Swim 22	Recreational Bowling Lunch Bunch I Cardio Fitness Yoga and Grooves Textures in Bloom Color Me Spring 23	Run Club Dance to SOAR! 24	Sandwiches & Sides SO Soccer 25	SO Track 26		SOAR for Starters Hoppy Hands SO Region Swim Competition 28
	Recreational Bowling Daytime Hangout Cardio Fitness Yoga and Grooves Textures in Bloom Color Me Spring 29	Run Club 31				

April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Sandwiches & Sides SO Soccer	SO Track Cricut 101	Friday Night Out <i>(office closed)</i>	Youth Soccer FUNdamentals
			1	2	3	4
	Daytime Hangout Recreational Bowling Cardio Fitness Yoga and Grooves Garden and Craft Pixel Perfect t	Run Club Martial Arts & Yoga Chip, Putt, Drive Golf Experience	Sandwiches & Sides SO Soccer	SO Track Cricut 101	Let's Get Out	Youth Soccer FUNdamentals Miles of Smiles
5	6	7	8	9	10	11
	Daytime Hangout Recreational Bowling Cardio Fitness Yoga and Grooves Garden and Craft Pixel Perfect	Mocktails & Master Pieces Run Club Martial Arts & Yoga Chip, Putt, Drive Golf Experience	SO Soccer	SO Track	Spring Formal	SOAR for Starters Youth Soccer FUNdamentals Dough it Yourself
12	13	14	15	16	17	18
	Daytime Hangout Recreational Bowling Cardio Fitness Yoga and Grooves Garden and Craft Pixel Perfect	Martial Arts & Yoga Chip, Putt, Drive Golf Experience	SO Soccer	SO Track		SOAR for Starters Explore with SOAR Youth Soccer FUNdamentals SO Region Soccer Tournament
19	20	21	22	23	24	25
	Daytime Hangout Recreational Bowling Lunch Bunch II Cardio Fitness Yoga and Grooves Garden and Craft Pixel Perfect SO Unified Tennis	Martial Arts & Yoga Chip, Putt, Drive Golf Experience		SO Track		
26	27	28	29	30		

May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31					Friday Night Out	SOAR for Starters Glow Catchers
3	Lunch Bunch II SO Unified Tennis	BBQ in the Park Martial Arts & Yoga Chip, Putt, Drive Golf Experience	Recreational Bocce	Cricut 101	Let's Get Out	Mother's Day Brunch
10	Lunch Bunch II PJs & Popcorn SO Unified Tennis	Martial Arts & Yoga Chip, Putt, Drive Golf Experience	Recreational Bocce	Cricut 101	ZOOper Fridays	
17	Lunch Bunch II SO Unified Tennis	Martial Arts & Yoga Let's Plant Flowers	Recreational Bocce			
24	Memorial Day <i>(office closed)</i>	SO Softball Assesment Night Martial Arts & Yoga	Recreational Bocce			Saint Louis Zoo

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. **SOAR Hotline: (309) 434-2386.**



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REGISTRATION FOR WINTER/SPRING 2026 OPENS ON JANUARY 8!



MILES OF SMILES

5K & SCHOLARSHIP FUNDRAISER

WHITE OAK PARK
APRIL 11



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