CUSR

CHAMPAIGN-URBANA SPECIAL RECREATION

PROVIDING QUALITY PROGRAMS FOR INDIVIDUALS WITH SPECIAL NEEDS

2022

SUMMER GUIDE

CHAMPAIGN PARK DISTRICT

URBANA PARK DISTRICT

CUSR IS A JOINT PROGRAM BETWEEN CHAMPAIGN & URBANA PARK DISTRICTS

CUSR | CHAMPAIGN-URBANA SPECIAL RECREATION

OUR MISSION

To provide quality recreational programs and services for Champaign-Urbana residents with disabilities.

OUR VISION

To create a diverse, dynamic, and inclusive community that provides opportunities for people of all abilities.

INVITE US TO SPEAK

CUSR staff members are knowledgeable in many disability-related issues and topics. Let us talk to your group about the Americans with Disabilities Act, integration, and the future of special recreation. An overview of CUSR's mission, trends in recreation, and many other topics are available to you with a simple phone call. Call the CUSR office at 217-819-3980 to schedule.

CUSR

CUSR Center
2212 Sangamon Dr.
Champaign, IL 61821

Office Hours:
Mon-Fri, 8am-5pm
Office Closed:
May 30 and July 4

Phone: 217-819-3980
Fax: 217-819-3990 | 711 Relay
E-Mail: cusr@champaignparks.org
Website: cuspecialrecreation.org

Inclusive Programs through CUSR

CUSR and its member park districts believe that all individuals should be provided with leisure opportunities that allow for performance at their highest level of ability. We understand that not every person who has a special need desires CUSR programming. In cooperation with the Champaign Park District and the Urbana Park District, CUSR staff will be happy to assist and advise any resident who is interested in participating in local park district programs. CUSR will provide the type of support deemed necessary for successful participation. Support may include training with the park district staff members, consultation with the individual and the individual's family members, and the assistance of a support staff member. CUSR provides all inclusion services at no cost to the individual. For more information, please contact CUSR.

Program History

CUSR is an intergovernmental cooperative made up of the Champaign and Urbana Park Districts, founded in 1985. CUSR provides year-round leisure and recreation opportunities for children and adults with disabilities. Our mission is to enhance participants' abilities in enjoyable recreational, leisure, and social settings. CUSR participants explore new areas of interest, make new acquaintances, and learn lifetime leisure skills. Our services include inclusive and cooperative programs, special events, after school programs, overnights, trips, Special Olympics, summer day camps, and much more.

Americans with Disabilities Act (ADA)

CUSR complies with the Americans with Disabilities Act (ADA) which prohibits discrimination on the basis of a disability. CUSR will make reasonable accommodations in recreation programs to enable participation by an individual with a disability who meets essential eligibility requirements. The recreation programs offered by CUSR will be available in the most integrated setting appropriate for each individual. If you have any questions regarding the ADA, or believe you have been unfairly discriminated against by CUSR, please contact CUSR at 217-819-3980.

CUSR
SUMMER
2022

what's inside

Programs may change based on recommendations to prevent the spread of COVID-19.

CUSR STAFF

Jameel Jones
DIRECTOR OF RECREATION

Grace Tissier, CTRS
CUSR MANAGER

Carlie Provow, CTRS
YOUTH & TEEN COORDINATOR

Amanda Carrington
CUSR RECEPTIONIST

Nikiaya Brandon
ADULT PROGRAM & EVENT COORDINATOR

Christina Mott
ATHLETICS & VOLUNTEER COORDINATOR

EMERGENCY CONTACT

Youth & Teen Programs | Cell: 217-369-9185
Adult Programs | Cell: 217-369-3496
Athletics Programs | Cell: 217-369-8758

PROGRAM CELL PHONE POLICY

CUSR cell phone numbers are to be used for **emergencies only**. Per our policy, these phones will only be on an hour before a program until the end of the program. If you need to reach a coordinator between the hours of 8:00am and 5:00pm, Monday thru Friday, please call the CUSR Center.

TABLE OF CONTENTS

Summer Youth Programs 5
Preschool Special Events..... 6
Youth & Teen Special Events 6
Youth & Teen Programs 7
Adult Programs..... 8
Special Olympics..... 12
Athletics 16
Registration Form..... 17
Waiver and Release..... 18
Special Olympic Application 19
CUSR Information..... 21
Summer Calendars..... 24

PROGRAM LOCATIONS

CHAMPAIGN

Champaign-Urbana Special Recreation Center
2212 Sangamon Dr. / 217-819-3980

Dexter Field
900 Kenwood Rd.

Dodds Park 3 Plex
1501 N. Mattis Ave.

Old Orchard Lanes and Links
901 N. Dunlap Ave. Savoy, IL

HOMER

Healing Horse Stables
2455 CR1050 N

SUMMER

REGISTRATION

A CUSR registration form must be used. You may register for CUSR programs at these locations:

CUSR Center
2212 Sangamon Drive, Champaign

Leonhard Recreation Center
2307 Sangamon Drive, Champaign

Douglass Community Center
512 E. Grove Street, Champaign

Springer Cultural Center
301 N. Randolph Street, Champaign

REGISTRATION SITES MAY BE CLOSED.
Register online at cuspecialrecreation.org

PAYMENT

Full payment must be received upon registration unless specific arrangements have been made with the CUSR office. Registrations will not be processed if a fee balance remains from a previous season. Registrations are accepted in person at the locations listed to the left, through mail, online, and by fax (217-819-3990). When faxing, please include credit card information so we may process the registration. Coordinators and program leaders MAY NOT receive payment or registration forms at programs. CUSR does not prorate for late registration. Exceptions may be made for people who are new to the community.

NON-RESIDENT POLICY

To ensure more individuals have access to the CUSR programs of their choice, there is a policy for all those non-residents whom do not pay taxes into Champaign or Urbana Park District. Non-residents have the option to pay $50 for a year's privilege to register at resident rates. This charge is yearly starting from the time initially paid. This fee does not include access to scholarships, which are reserved for tax-paying residents of the Champaign and Urbana Park District.

CTRS-Certified Therapeutic Recreation Specialist

This certification demonstrates that each of these individuals, through education, experience, and passing a knowledge-based examination, has met the minimum requirements for practice in therapeutic recreation. The national exam for Therapeutic Recreation Specialists is based on knowledge from the National Job Analysis Study for Therapeutic Recreation which defines the important skills and knowledge necessary for minimum competency in the therapeutic recreation practice.

CUSR employs experienced professionals who understand the level of skill, both physical and mental, needed to participate fully and safely in the programs they plan. Therefore, CUSR reserves the right to determine if a program is suitable for an individual. Staff may serve as a resource to suggest alternate programming.

Medication

At times, participants may require assistance taking medication during programs. If the participant is unable to self-medicate or take the medication prior to or after the program, CUSR requires additional paperwork, and pre-packaged medication must be delivered to our office prior to the program.

CUSR Transportation

Our door–to–door routes have been temporarily suspended due to the spread of COVID-19.

All residents of Champaign-Urbana are important to us! If you are new to the area, Champaign-Urbana Special Recreation invites you to come discover the programs and events for you and your family. Throughout the year, we provide a large variety of educational, social, recreational, and sports activities for all ages and abilities. To learn more about what we have to offer, call 217-819-3980 and we will be happy to explain any program or service. As a potential program participant, we would like to meet with you and your family!

SUMMER YOUTH PROGRAM

All programs are subject to modification or cancellation based on COVID-19 recommendations from health officials and the Restore Illinois Plan.

Join the fun for 2022! Old and new friends make for a great summer. There will be games, crafts, sports, cooking, swimming, field trips, and many more fun times! CUSR Summer Youth Program offers a safe and structured environment to explore, expand, and enjoy. We are staffed with well-trained, outgoing individuals to make this summer the best ever. A 1:4 staff to participant ratio is maintained as often as possible. The CUSR Summer Youth Program is open to any individual who has a disability. *Single-day morning option will be available based on Summer School schedules. Please call the office for more information.*

GOALS: *Learn new skills, increase independence, increase peer interaction, socialization, motor functioning and development, and community awareness.*

CUSR Summer Youth Program

Ages 6-High School Graduate

Date	Full Day Program ID	Half Day Program ID
5/31- 6/3	122501-01F	122501-01H
6/6-6/10	122501-02F	122501-02H
6/13-6/17	122501-03F	122501-03H
6/20-6/24	122501-04F	122501-04H
6/27-7/1	122501-05F	122501-05H
7/5-7/8*	122501-06F	122501-06H
7/11-7/15	122501-07F	122501-07H
7/18-7/22	122501-08F	122501-08H
7/25-7/29	122501-09F	122501-09H
8/1-8/5	122501-10F	122501-10H

*NO PROGRAM JULY 4**

Day: Monday-Friday
Time: Full Day: 7:30am-5:30pm
Half Day: 12-5:30pm
Location: CUSR Center
Fee (R/NR): Full Day: $177/$265.50 per week
$131/$196.50 per week
Max: 10
Deadline: 2 weeks prior to start of session
NO TRANSPORTATION

Payment Info for CUSR Summer Youth Program

We understand that it may be difficult to pay all costs up front. Because of this, we require a $10 non-refundable deposit per child per session to hold a spot. The remainder will be due two weeks before each session begins.

NUT FREE | CUSR IS NUT FREE

PRESCHOOL SPECIAL EVENT

Story Time Fun

NEW!

Ages 3-5

Come on everyone! Gather around for Story Time Fun! We will read a handful of entertaining children's books, create a themed craft, or play a themed game & enjoy a special treat together! A parent/Guardian must be present during program.

GOALS: *Increase socialization, peer interaction, and improve fine motor skills.*

Date	Day	Program ID
June 18	Saturday	122502-01
July 23	Saturday	122502-02
August 20	Saturday	122502-03

Time: 11:30am-1pm
Location: CUSR Center
Fee (R/NR): $20/$30
Min/Max: 4/8
Deadline: 1 week prior to program

YOUTH & TEEN SPECIAL EVENTS

Star Wars Day Celebration

Ages 6-22

Party we will have. Fun it will be! Join us to celebrate Star Wars Day! We will enjoy pizza, snacks and engage in multiple Star Wars themed activities. Wear your favorite Star Wars gear & may the fourth be with you!

GOALS: *Increase socialization, peer interaction, and build new friendships.*

Date	Day	Program ID
May 4	Wednesday	122503-01

Time: 5:30-7:30pm
Location: CUSR Center
Fee (R/NR): $25/$37.50
Min/Max: 4/8
Deadline: April 27
No Door-to-Door Transportation

Parents' Night Out

Ages 5-22

Take a night off while the kids enjoy a fun night with their friends from CUSR. Participants will enjoy a pizza dinner, make crafts, play games, and end the night watching a movie. Pizza and snacks provided.

GOALS: *Improve verbal and social skills, build new friendships, and gain self-confidence and independence.*

Date	Day	Program ID
June 17	Friday	122504-01
August 12	Friday	122504-02

Time: 6-8pm
Location: CUSR Center
Fee (R/NR): $30/$40
$10 per additional child from same household.
Min/Max: 4/8
Deadline: 1 week prior to program
No Door-to-Door Transportation

All programs are subject to modification or cancellation based on COVID-19 recommendations from health officials and the Restore Illinois Plan.

All programs are subject to modification or cancellation based on COVID-19 recommendations from health officials and the Restore Illinois Plan.

Sensory Friendly Swimming

Ages 0-22 with parent or guardian

Enjoy family fun and sensory friendly swimming at Sholem Aquatic Center! Sholem has various special sensory considerations and a water wheelchair. Please bring extra money for concessions.

GOALS: *Learn new skills, increase peer interaction, socialization, motor functioning and development.*

Dates	Day	Time
June 3	Friday	9-11:15am
July 8	Friday	9-11:15am
August 5	Friday	9-11:15am

Location: Sholem Aquatic Center
Fee (R/NR): $6/$9 Sholem Entry Fee – pay at door
No Door-to-Door Transportation

Therapeutic Horseback Riding

Ages 5-35

SCHOLARSHIPS & PAYMENT PLANS AVAILABLE

Dreaming of riding horses and learning how to care for them? At Healing Horse Stables you will learn riding skills through an hour-long lesson including various exercises and activities from a P.A.T.H. (Professional Association of Therapeutic Horsemanship) certified instructor. You will also have a ground lesson where you will learn how to groom and saddle a horse.

GOALS: *Increase in concentration and balance, improved coordination, gross motor skills, improve overall orientation and body awareness, muscle tone, posture, flexibility, increase of knowledge about horses and riding, improved emotion well-being, and forming a connection with a non-judgmental being.*

Date	Time	Program ID
July 9-30	10am-12pm	122506-01

Day: Saturday
Location: Healing Horse Stables, 2455 CR 1050 N Homer, IL
Fee (R/NR): $191/$286.50
Min/Max: 4/8
Deadline: July 2
Transportation: No Transportation will be offered for this program
No Door-to-Door Transportation

NOTE: Closed-toed gym shoes are required and no high heels. Due to safety concerns, you will not be able to participate in improper footwear. Cowboy boots are welcome! Long pants are highly recommended to protect your legs from the saddle and horse.
Bring a water bottle each week!
**There is a weight limit of 250 lbs.

Join our email list! Please provide email address on the registration form.

ADULTS SUNDAY

Craft Time

NEW!

Ages 16+

Get creative find your inner artist! You will learn great techniques and take your projects home with you to enjoy!

GOALS: *Promote creativity and self-confidence.*

Date	Craft	Program ID
June 26	Beach & Sunset Painting	122507-01
July 24	Collages	122507-02

Day: Sunday
Time: 4-5pm
Location: CUSR Center
Fee(R/NR): $14/$21
Min/Max: 4/15
Deadline: 1 week prior to program
No Door-to-Door Transportation

SCHOLARSHIPS AVAILABLE

FOR IN-DISTRICT RESIDENTS

CUSR provides a scholarship policy to reduce certain fees and charges. Scholarship applications are not guaranteed and are based on available funds, program registration, or choice of program location. Early applications are given priority. Please apply 3-4 weeks before the program start date. Applications are available at the CUSR office and can be mailed upon request. Need is the primary criteria upon which scholarship applicants are considered.

All programs are subject to modification or cancellation based on COVID-19 recommendations from health officials and the Restore Illinois Plan.

ADULTS' DAY-IN PROGRAM

Ages 19+

Let us fill your day with fun crafts, games, and activities, while also hanging out with friends and experiencing new things within our community. Why stay at home when you can be in the fun zone!

GOALS: *Promotes healthy relationships, problem solving skills, and social engagement.*

Date	Fee(R/NR)	Program ID
May 2-27*	$210/$315	122508-01
June 1-29	$210/$315	122508-02
July 1-29*	$194/$293	122508-03
August 1-31	$210/$315	122508-04

**NO PROGRAM MAY 30 OR JULY 4*

Day: Mondays/Wednesdays/Fridays
Time: 8-11am
Location: CUSR Center
Min/Max: 6/10
Deadline: 1 week prior to program
No Door-to-Door Transportation

ADULTS MONDAY

Big Screen Movie Night

NEW!

Ages 16+

We're bringing the movie theater to CUSR Center! Enjoy buttery popcorn and a fun flick with friends as we show films on our large projector screen for all to see.

GOALS: *Enhance socialization with peers, increase listening and comprehension skills.*

Date	Program ID
May 2	122509-01
June 6	122509-02

Day: Monday
Time: 6-8pm
Location: CUSR Center
Fee (R/NR): $38/$57
Min/Max: 4/15
Deadline: 1 week prior to program
No Door-to-Door Transportation

Dance Sensation

NEW!

Ages 17+

Whether you are a dance pro or just want to dance the night away with friends, this program is for you! Learn some new dances to some of your favorite tunes or teach us some moves. Either way, you won't want to miss this dance party! Light refreshments will be served.

GOALS: *Promote creativity and social skills.*

Date	Program ID
May 9	122511-01
August 15	122511-02

Day: Monday
Time: 6-8pm
Location: CUSR Center
Fee (R/NR): $19/$28.50
Min/Max: 4/15
Deadline: 1 week prior to program
No Door-to-Door Transportation

Join our email list! Please provide email address on the registration form.

ADULTS TUESDAY

Musical Theatre

CUSR's "A Night of Seuss Cabaret"

Ages 18+

Calling all singers, dancers, and actors of all theater experience levels! Debra Myers of Sounds of Music Studio is back to direct "A Night of Seuss Cabaret", Join us as we learn some selections from *Seussical the Musical* and write our own original script. This course will end with a final cabaret performance for your family and friends.

GOALS: *Enhance socialization with peers, increase knowledge of singing techniques, and build self-confidence.*

Date	Program ID
May 3-June 25	122510-01

Day/Time: Tuesday: 5:30-7pm; Saturday: 12:30-2pm
Location: CUSR Center
Performance: Sun, June 26 at 2pm (1pm call time)
Fee(R/NR): $105/$157.50
Min/Max: 6/15
Deadline: 1 week prior to program
No Door-to-Door Transportation

All programs are subject to modification or cancellation based on COVID-19 recommendations from health officials and the Restore Illinois Plan.

ADULTS WEDNESDAY

Karaoke Night!

Ages 14+

80s, 90s, early 2000s — let's sing our way through the decades with karaoke! If you've got some awesome dance moves, don't be shy, you can bust those out too!

GOALS: *Enhance socialization with peers and cultural awareness.*

Date	Program ID
May 18	122531-01
June 15	122531-02

Day: Wednesday
Time: 6-8pm
Location: CUSR Center
Fee(R/NR): $14/$21
Min/Max: 4/15
Deadline: 1 week prior to program
No Door-to-Door Transportation

The Vocapellas

NEW!

Ages 18+

Do you love to sing? Join the Vocapellas group and sing today's hits and more in different styles and arrangements. You will be taught in a 7-week course that will end in a performance for your family and friends.

GOALS: *Increase socialization skills, turn-taking skills, and self-confidence.*

Date	Program ID
June 22-Aug 3	122513-01

Day: Wednesday
Time: 5:30-7:30pm
Location: CUSR Center
Performance: Aug 3 at 6pm
Fee(R/NR): $89/133.50
Min/Max: 4/15
Deadline: 1 week prior to program
No Door-to-Door Transportation

Stay connected with CUSR online:
Facebook.com/CUSpecialRec

ADULTS THURSDAY

Chillin' at CUSR

Ages 16+

Fill the evening with a night of cards, Wii video games, board games, and more. Snacks are included.

GOALS: *Enhance socialization with peers and turn-taking skills.*

Date	Program ID
May 12	122512-01
June 2	122512-01
August 4	122512-01

Day: Thursday
Time: 6-8pm
Location: CUSR Center
Fee(R/NR): $18/$27
Min/Max: 4/15
Deadline: 1 week prior to program
No Door-to-Door Transportation

Game Night

Ages 14+

There's nothing wrong with a little friendly competition. Join us for a good ol' fashioned Game Night. CUSR will provide the games, you just bring your game face!

GOALS: *Enhance socialization with peers, increase turn-taking and decision making skills.*

Date	Program ID
July 7	122514-01
Aug 25	122514-02

Day: Thursday
Time: 6-7:30pm
Location: CUSR Center
Fee(R/NR): $17/$25.50
Min/Max: 4/15
Deadline: 1 week prior to program
No Door-to-Door Transportation

All programs are subject to modification or cancellation based on COVID-19 recommendations from health officials and the Restore Illinois Plan.

ADULTS FRIDAY

Chef Club NEW!

Ages 16+

Want to learn how to cook or brush up on the cooking skills that you do have? This is the perfect program for you. This season we will focus on ethnic cuisine recipes. Put your aprons on and get your stomachs ready for some great food to cook and enjoy!

GOALS: *Promote coordination and motor skills.*

Date	Theme	Program ID
May 27	Soul Food Cuisine	122515-01
June 24	Mexican Cuisine	122515-02
July 29	Asian Cuisine	122515-03
August 26	Italian Cuisine	122515-04

Day: Friday
Time: 6-8pm
Location: Phillips Recreation Center
Fee(R/NR): $22/$33
Min/Max: 4/10
Deadline: 1 week prior to program
No Door-to-Door Transportation

Bingo: Family & Friends Edition NEW!

All Ages

It's time for some group bonding! This is your chance to win fun prizes and dress to the theme of the bingo night. Pick your best 2-5 bingo players and create an all-star team! What a night!

GOALS: *Enhance socialization with peers and turn-taking skills.*

Date	Spotlight	Program ID
May 20	Marvel	122517-01
June 10	Decade Night	122517-02
July 8	Hollywood	122517-03
August 12	Fighting Illini	122517-04

Day: Friday
Time: 6-8pm
Location: CUSR Center
Fee(R/NR): $19/$28.50
Min/Max: 10/25
Deadline: 1 week prior to program
No Door-to-Door Transportation

ADULTS SATURDAY

Nature's University NEW!

Ages 16+

Ever been curious about where our animal friends come from, how they live, or what they eat? This is the perfect program for you! Visit with live animals and learn about their lifestyles and habitats.

GOALS: *Enhance socialization with peers, increase listening and comprehension skills.*

Date	Animal	Program ID
May 14	Owls	122516-01
August 13	Reptiles	122516-02

Day: Saturday
Time: 3-4pm
Location: CUSR Center
Fee(R/NR): $7/$10.50
Min/Max: 4/15
Deadline: 1 week prior to program
No Door-to-Door Transportation

The Birthday Club NEW!

Ages 16+

Every day is someone's birthday and we are throwing you a party! We will have games, cupcakes, and goodies bags for everyone that has had a birthday this year. Sign up to enjoy your birthday party!

GOALS: *Meet new people enhance socialization. Promotes independence.*

Date	Program ID
June 25	122518-01
August 20	122518-02

Day: Saturday
Time: 3-5pm
Location: CUSR Center
Fee (R/NR): $26/$39
Min/Max: 4/15
Deadline: 1 week prior to program
No Door-to-Door Transportation
Door-to-Door Transportation Fee: $10

All programs are subject to modification or cancellation based on COVID-19 recommendations from health officials and the Restore Illinois Plan.

MAY & JUNE
SPECIAL EVENTS

Ice Cream Social

NEW!

Ages 16+

We all scream for ice cream! If you love ice cream and great conversation this is just right for you. Eat different varieties and combinations of ice cream sundaes with friends.

GOALS: *Enhance socialization with peers.*

Date	Program ID
May 29	122519-01

Day: Sunday
Time: 2-3:30pm
Location: CUSR Center
Fee(R/NR): $18/$27
Min/Max: 4/15
Deadline: 1 week prior to program
No Door-to-Door Transportation

Swim 'n Shady

NEW!

Ages 16+

Take a plunge in the cool waters of relaxation. We will swim, then enjoy Jimmy John's for lunch afterward. The meal is included in the fee.

GOALS: *Enhance social skills with peers and community members.*

Date	Program ID
June 12	122520-01

Day: Sunday
Time: 12-2pm
Location: Meet at Crystal Lake Park Family Aquatic Center, Urbana
Fee (R/NR): $40/$60
Min/Max: 4/10
Deadline: 1 week prior to program
No Door-to-Door Transportation

Tie-Dye Party

Ages 14+

Time to get creative! Join in on the fun of crazy patterns, colors, and designs as we tie-dye some new summer fashion pieces.

GOALS: *Promote creativity and social engagement.*

Date	Program ID
June 28	122521-01

Day: Tuesday
Time: 6-7:30pm
Location: CUSR Center
Fee(R/NR): $20/$30
Min/Max: 4/15
Deadline: 1 week prior to program
No Door-to-Door Transportation

All programs are subject to modification or cancellation based on COVID-19 recommendations from health officials and the Restore Illinois Plan.

CUSR TRANSPORTATION

Our door–to–door routes have been temporarily suspended due to the spread of COVID-19.

JULY & AUGUST
SPECIAL EVENTS

The 'Que NEW!

Ages 16+

It's time for some summer fun! Enjoy great music, games, and good ol' BBQ with friends.

GOALS: *Promote healthy relationships, problem-solving skills, and social engagement.*

Date	Program ID
July 9	122522-01

Day: Saturday
Time: 5-7pm
Location: CUSR Center
Fee (R/NR): $47/$70.50
Min/Max: 6/15
Deadline: 1 week prior to program
No Door-to-Door Transportation

County Fair

Ages 20+

Funnel cakes, lemon shake-ups, and rides, oh my! Let's cruise around the Champaign County fair and enjoy great fair food and rides. Food and rides are covered in the fee. Transportation provided to the fair grounds. Pick up and drop off at CUSR. Please bring money for souvenirs. Must be able to walk long distances.

GOALS: *Enhance social skills with peers and community members.*

Date	Program ID
July 28	122524-01

Day: Thursday
Time: 1-4pm
Location: Meet at CUSR Center
Fee(R/NR): $52/$78
Min/Max: 4/10
Deadline: 1 week prior to program
No Door-to-Door Transportation

CUSR Staycation NEW!

Ages 21+

Welcome to the CUSR Resort of fun and excitement! We will start our event by swimming at Sholem Aquatic Center, followed by a fun dinner at Jupiter's, and then end the night in our PJs with a movie, snacks, and games. After the sleepover, we'll wake up to a waffle bar!

GOALS: *Promote independence and social skills.*

Date	Program ID
August 6-7	122523-01

Day: Saturday-Sunday
Time: 3pm Saturday through 9:30am Sunday
Location: CUSR Center
Fee (R/NR): $189/$283.50
Min/Max: 5/8
Deadline: 1 week prior to program
No Door-to-Door Transportation

Prom NEW!

Ages 16+

Dress to impress and dance the night away at CUSR Prom, a night of royalty for all kings and queens. Catered food will be provided.

GOALS: *Promote socialization, coordination, and motor skills.*

Date	Program ID
August 27	122525-01

Day: Saturday
Time: 6-8pm
Location: CUSR Center
Fee (R/NR): $50/$75
Min/Max: 6/15
Deadline: 1 week prior to program
No Door-to-Door Transportation

Join our email list! Please provide email address on the registration form.

All programs are subject to modification or cancellation based on COVID-19 recommendations from health officials and the Restore Illinois Plan.

SPECIAL OLYMPICS

Mustangs

Special Olympics Illinois provides year-round sports training in a variety of Olympic-type sports for youth, teens and adults with intellectual disabilities who are 8 years of age or older. ***CUSR supports the mission of Special Olympics Illinois through participation in the following sports:***

- AQUATICS
- BASKETBALL
- BOWLING
- POWER LIFTING
- SOFTBALL
- SOCCER SKILLS
- TRACK & FIELD
- VOLLEYBALL
- YOUNG ATHLETES

Special Olympics

IMPORTANT SPECIAL OLYMPIC DATES

Due to Covid-19, dates of events have not been determined at this time. We will notify participants of any updates as they become available.

TBD Spring Games in Warrensburg, Illinois
TBD Summer Games in Bloomington, Illinois
TBD Softball Districts in (TBA)
TBD Bowling Districts in Champaign, Illinois

CRITERIA FOR PARTICIPATION

All Special Olympics athletes must have a current, completed Application for Participation in Illinois Special Olympics form on file with the Athletics Coordinator at CUSR. This form has four sections:

1. **Athlete Information**
2. **Parent / Guardian Authorization & Medical Authorization**
3. **Health Insurance and Emergency Information**
4. **Medical Clearance *Must be completed by Physician**

Applications for Participation in Illinois Special Olympics are valid for 3 years based on the earliest signed date on the medical application form. Anyone interested in participating, starting a new sport, or volunteering, please contact Christina Mott at christina.mott@champaignparks.org or 217-819-3864.

SPECIAL OLYMPICS

All programs are subject to modification or cancellation based on COVID-19 recommendations from health officials and the Restore Illinois Plan. Masks will be required.

Softball

Ages 13+

Spend this season working on the fundamentals for our Mustang Softball Team! Practices will focus on the basic skills of hitting, fielding, throwing, and sportsmanship. Competitions with other area teams and Special Olympics will depend on current safety guidelines and TBA. All athletes must have a current Special Olympics Medical Application on file with CUSR by June 25; Medical Applications must be valid through September 10.

GOALS: *Increase gross motor coordination and improve team building and sportsmanship skills.*

Date	Day	Program ID
May 4-July 20	Wednesday	122526-01

Time: 4:30-5:30pm
Location: Dexter Field
Fee (R/NR): $65/$97.50
Min/Max: 12/16
Deadline: April 27
No Door-to-Door Transportation

Mustang Bowling

Ages 13+

Practice your bowling skills this summer! Competitions with other area teams and Special Olympics will depend on current safety guidelines and will be TBA. All participants need to have a current Special Olympics Medical Application on file with CUSR by July 25; Medical Applications must be valid through December 3.

GOALS: *Learn and practice bowling rules and etiquette, increase gross motor coordination, improve bowling and sportsmanship skills.*

Date	Day	Program ID
June 6-August 29*	Monday	122528-01

**NO PROGRAM JULY 4*

Time: 4-5pm
Location: Old Orchard Lanes and Links
Fee (R/NR): $108/$162
Min/Max: 6/12
Deadline: May 30
No Door-to-Door Transportation

Volleyball

Ages 13+

Learn the basic skills of volleyball or improve your skills. Players on this team will develop their serving, passing, and hitting skills. We will work on skills for both Modified and Traditional volleyball. Competitions with other area teams and Special Olympics will depend on current safety guidelines and TBA. Athletes need to have a valid Special Olympics Medical Application on file with CUSR by July 25; Medical Applications must be valid through October 30.

GOALS: *Increase gross motor coordination, improve team cooperation skills and gain knowledge of rules of the game and individual volleyball skills.*

Date	Day	Program ID
June 28-October 18*	Tuesday	122527-01

**NO PROGRAM SEPT 6*

Time: 5:30-7pm
Location: CUSR Center
Fee (R/NR): $70/$105
Min/Max: 8/12
Deadline: June 21
No Door-to-Door Transportation

ATHLETICS

All programs are subject to modification or cancellation based on COVID-19 recommendations from health officials and the Restore Illinois Plan. Masks will be required.

Mustang Open Gym

Ages 16+

Want to shoot some hoops but team sports aren't really your thing? Want a chill place to just curl up with a book or grab some markers and color? Come hang out at Mustangs open gym! Shoot hoops in the gym, play one of our giant board games, or hang in the activity room and socialize with your buds!

GOALS: *Improve verbal and social skills, build new friendships, and gain self-confidence and independence.*

Date	Day	Program ID
May 7	Saturday	122529-01
May 21	Saturday	122529-02
June 4	Saturday	122529-03
June 18	Saturday	122529-04
July 2	Saturday	122529-05
July 16	Saturday	122529-06
August 6	Saturday	122529-07
August 20	Saturday	122529-08

Time: 9-11am
Location: CUSR Center
Fee (R/NR): $5/$7.50
Min/Max: 8/12
Deadline: 1 week prior to program
No Door-to-Door Transportation

Tennis Skills NEW!

Ages 13+

Grab a racket and a neon green ball and go for it. We will practice all of the fundamental skills involved with learning how to play tennis. From how to hold a racket to how to serve we will get you on the road to Wimbledon!

Date	Day	Program ID
May 16-July 11	Monday	122505-01

**NO PROGRAM MAY 30 OR JULY 4*

Time: 6-7pm
Location: Lindsay Courts in Centennial Park
Fee (R/NR): $44/$66
Min/Max: 4/8
Deadline: May 9
No Door-to-Door Transportation

C-U Kiwanis Tom Jones Challenger League

Ages 6-21

The Challenger League is a cooperative program between C-U Kiwanis Club and CUSR. The league gives players with physical and/or intellectual disabilities the opportunity to play the game of baseball. Uniforms, caps, and equipment are provided for the games. Players either hit from a tee or swing at a pitched ball and are assisted by coaches, volunteers, and "buddies".

Please note that this is not a CUSR-run program. We only take registration. All questions regarding practices/games need to be directed to Tom Grey at 217.377.2998.

Date	Program ID
May 3-June 25	422536-01

Day: Tuesday evenings & Saturday mornings
Time: 6-9pm
Location: Ambucs Park, Urbana
Fee (R/NR): $25
Deadline: March 28
No Door-to-Door Transportation

Fit Club

Ages 14+

Fit Club combines nutrition, fitness, and friendship! At this program we will meet weekly to talk healthy lifestyle tips, exercise, and nutrition. We will prepare a healthy snack, share a recipe to take home and try, as well as do a short exercise routine. Participants will be encouraged to share ideas and tips with other participants and be supportive of one another's health goals and progress. We hope to help you all reach your goals and feel good!

GOALS: *Increase knowledge of nutrition and exercise techniques, improve physical health and fitness, gain self-confidence, and build friendships.*

Date	Day	Program ID
June 7-July 26	Tuesday	122530-01

Time: 3-3:40pm on Zoom
Fee (R/NR): $20/$30
Min/Max: 4/10
Deadline: May 31
No Door-to-Door Transportation

CUSR
Champaign-Urbana Special Recreation

REGISTRATION FORM

ALL INFORMATION BELOW MUST BE COMPLETED FOR FORM TO BE PROCESSED.
ANY FORM NOT COMPLETELY FILLED OUT WILL BE RETURNED TO PARTICIPANT.

MAIL CUSR • 2212 Sangamon Dr., Champaign, IL 61821
FAX 217-819-3990 ONLINE cuspecialrecreation.org
QUESTIONS (phone) 217-819-3980 • 711 Relay

PARTICIPANT NAME _____

ADDRESS _____ **PHONE (H)** _____

_____ **PHONE (W)** _____

CITY _____ **ZIP** _____

BIRTHDATE _____ **AGE** ___ **SEX** ___ **SHIRT SIZE** ___ **EMAIL** _____

PRIMARY DISABILITY _____

PROGRAM NAME	CODE	PICK UP POINT	TRANSPORT CODE	FEE
1.				
2.				
3.				
4.				
5.				

Would you like to make a donation to the CUSR scholarship fund? $5.00 $10.00 Other_____

Fee Waiver/Scholarship applied for? _____ NO _____ YES (If yes, please attach)

PARENT/GUARDIAN _____ **PHONE (H)** _____ **PHONE (C)** _____

EMERGENCY NAME _____ **PHONE (H)** _____ **PHONE (C)** _____

DOCTOR'S NAME _____ **PHONE** _____

PREFERRED HOSPITAL _____

CUSR may use pictures and videos taken at programs for publicity purposes. Is this okay? _____ Yes _____ No

List Medications: _____

List Allergies: _____

List Dietary Restrictions: _____

List Special Needs/Assistance Necessary: _____

Please circle all that apply: Wheelchair: manual/electric Nonverbal Sign Language Close Supervision
Seizures Cane/Walker Atlantoaxial Subluxation Condition

SEE BACK OF FORM FOR CREDIT CARD PAYMENT INFORMATION

Participant's name _____

Participant's signature* _____ Date* _____

(18+ YEARS OR PARENT/GUARDIAN)

* Participation can be denied if the signature of adult participant or parent/guardian and date are not on this waiver.
Please call 217.819.3980, if you require special accommodations.

Important Information

CUSR is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. CUSR continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for the CUSR programs/activities must recognize that there is an inherent risk of injury when choosing to participate in recreational activities/ programs. You are solely responsible for determining if you or your minor child/ward are physically fit and/or skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way, or recently suffered illness, injury, or impairment, to consult a physician before undertaking any physical activity.

Warning of Risk

Recreational activities/programs are intended to challenge and engage the physical, mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational activity/ program. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and all other circumstances inherent to indoor and outdoor recreational activities/ programs exist. In this regard, it must be recognized that it is impossible for CUSR to guarantee absolute safety.

Waiver and Release of all Claims and Assumption of Risk

Please read this form carefully and be aware that in signing up and participating in CUSR programs/activities, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with said programs/activities (including transportation services/vehicle operation, when provided). I recognize and acknowledge that there are certain risks of physical injury to participants in these programs/activities, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in these program/activities against CUSR and Champaign and Urbana Park Districts, including their respected officials, officers, employees, and volunteers (hereinafter collectively referred as "CUSR"). I do hereby fully release and forever discharge CUSR from any and all claims for injuries, damages, or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with these programs/activities. I have read and understand the above important information, warning of risk, assumption of risk and waiver and release of all claims.

Photographs

The CUSR/Park District occasionally takes photographs or video of participants for promoting/advertising our programs, services, events, activities, and facilities in our brochures, website or agency social media, and other promotional avenues. By registering for, participating in or attending CUSR/Park District programs, events, or other activities, the participant (or parent/guardian of a minor participant) irrevocably agrees to the use and distribution by the CUSR/ Park District of his or her image (or of his minor child/ward) in photographs, video recordings, and any other electronic reproductions of such programs, events and activities for any purpose without inspection or approval and without compensation, rights to royalties or any other consideration now and in the future.

PLEASE SEE FRONT SIDE FOR WAIVER.
THE WAIVER MUST BE SIGNED BEFORE YOUR REGISTRATION MAY BE PROCESSED

Please make checks payable to CUSR. Complete below when using VISA/MasterCard

Account Number _____

3-4 Digit CCID# (on back of card) _____ Expiration Date _____

Authorized Signature _____ Charge Amount _____

Athlete Medical Form – **HEALTH HISTORY**

(To be completed by the athlete or parent/guardian/caregiver and brought to exam)

Special Olympics Illinois

Medical Form Valid for 3 years from date of medical professional's signature

Region _____ **Primary Agency Name**_____ **Secondary Agency Name** _____

Name of person completing form:_____ **Relationship to Athlete** _____

Phone____-____-_____ **Email Address** _____ **Date Completed** _____

If individual is a new athlete, has turned 18 since their last Medical Form submission or has a change in their guardianship status then a Special Olympics Illinois Consent Form must be submitted with the Medical Form.

ATHLETE INFORMATION

Athlete Last Name:_____ **Athlete First Name:**_____

Preferred Name: _____ **Athlete Date of Birth** (mm/dd/yyyy): _____

Athlete Gender Identity: ☐ **Female** ☐ **Male** ☐ **Other**

Athlete Ethnicity/Race:

☐ **Asian** ☐ **American Indian/Alaskan Native** ☐ **Black/African American**

☐ **Hispanic/Latino** ☐ **Native Hawaiian/Other Pacific Islander** ☐ **White**

☐ **Two or More Races** ☐ **Other** ☐ **Prefer Not to Answer**

If a new athlete, has athlete ever been convicted or charged with a criminal offense other than minor traffic violations? ☐ **No** ☐ **Yes**

If a currently registered athlete, in the past 3 years has athlete been convicted or charged with a criminal offense other than minor traffic violations? ☐ **No** ☐ **Yes** *If the answer to either question is Yes, Special Olympics Illinois may require additional information from the athlete or responsible parent/guardian.*

Athlete Mailing Address: Street _____ **City:** _____ **State:** _____ **Zip:** _____

Athlete Email Address: _____ **Athlete Phone Number:** _____-_____-_____

Athlete Employer (if applicable): _____

Name of Athlete's Primary Physician / Health Provider: _____

PARENT / GUARDIAN INFORMATION

Athlete ☐ **is or is** ☐ **not their own guardian (Please mark appropriate box)**

The following information is for the ☐ **Parent or** ☐ **Guardian of the athlete listed above.**

Last Name:_____ **First Name:** _____

Mailing Address (if different than athlete's):

Street: _____ **City:** _____ **State:** _____ **Zip:** _____

Email Address: _____ **Phone Contact Number:** _____-_____-_____

EMERGENCY CONTACT INFORMATION (Must list at least one emergency contact)

Emergency Contact Person #1: Name _____ **Phone:** _____-_____-_____

Emergency Contact Person #2: Name _____ **Phone:** _____-_____-_____

Athlete Medical Form – **PHYSICAL EXAM**

(To be completed by a Licensed Medical Professional qualified to conduct exams & prescribe medications)

Athlete's First and Last Name: _____

MEDICAL PHYSICAL INFORMATION

(To be completed by a Licensed Medical Professional qualified to conduct physical exams and prescribe medications)

Height	Weight	BMI *(optional)*	Temperature	Pulse	O_2Sat	Blood Pressure (in mmHg)		Vision
cm	kg	BMI	C			BP Right:	BP Left:	Right Vision 20/40 or better No Yes N/A
in	lbs	Body Fat %	F					Left Vision 20/40 or better No Yes N/A

Right Hearing (Finger Rub)	☐ Responds	☐ No Response	☐ Can't Evaluate	
Left Hearing (Finger Rub)	☐ Responds	☐ No Response	☐ Can't Evaluate	
Right Ear Canal	☐ Clear	☐ Cerumen	☐ Foreign Body	
Left Ear Canal	☐ Clear	☐ Cerumen	☐ Foreign Body	
Right Tympanic Membrane	☐ Clear	☐ Perforation	☐ Infection	☐ NA
Left Tympanic Membrane	☐ Clear	☐ Perforation	☐ Infection	☐ NA
Oral Hygiene	☐ Good	☐ Fair	☐ Poor	
Thyroid Enlargement	☐ No	☐ Yes		
Lymph Node Enlargement	☐ No	☐ Yes		
Heart Murmur (supine)	☐ No	☐ 1/6 or 2/6	☐ 3/6 or greater	
Heart Murmur (upright)	☐ No	☐ 1/6 or 2/6	☐ 3/6 or greater	
Heart Rhythm	☐ Regular	☐ Irregular		
Lungs	☐ Clear	☐ Not clear		
Right Leg Edema	☐ No	☐ 1+ ☐ 2+	☐ 3+	☐ 4+
Left Leg Edema	☐ No	☐ 1+ ☐ 2+	☐ 3+	☐ 4+
Radial Pulse Symmetry	☐ Yes	☐ R>L	☐ L>R	
Cyanosis	☐ No	☐ Yes, describe		
Clubbing	☐ No	☐ Yes, describe		

Bowel Sounds	☐ Yes	☐ No			
Hepatomegaly	☐ No	☐ Yes			
Splenomegaly	☐ No	☐ Yes			
Abdominal Tenderness	☐ No	☐ RUQ	☐ RLQ	☐ LUQ	☐ LLQ
Kidney Tenderness	☐ No	☐ Right	☐ Left		
Right upper extremity reflex	☐ Normal	☐ Diminished	☐ Hyperreflexia		
Left upper extremity reflex	☐ Normal	☐ Diminished	☐ Hyperreflexia		
Right lower extremity reflex	☐ Normal	☐ Diminished	☐ Hyperreflexia		
Left lower extremity reflex	☐ Normal	☐ Diminished	☐ Hyperreflexia		
Abnormal Gait	☐ No	☐ Yes, describe below			
Spasticity	☐ No	☐ Yes, describe below			
Tremor	☐ No	☐ Yes, describe below			
Neck & Back Mobility	☐ Full	☐ Not full, describe below			
Upper Extremity Mobility	☐ Full	☐ Not full, describe below			
Lower Extremity Mobility	☐ Full	☐ Not full, describe below			
Upper Extremity Strength	☐ Full	☐ Not full, describe below			
Lower Extremity Strength	☐ Full	☐ Not full, describe below			
Loss of Sensitivity	☐ No	☐ Yes, describe below			

SPINAL CORD COMPRESSION & ATLANTO-AXIAL INSTABILITY (AAI) *(Select one)*

☐ **Athlete shows NO EVIDENCE of neurological symptoms or physical findings associated with spinal cord compression or atlanto-axial instability.**

OR

☐ **Athlete has neurological symptoms or physical findings that could be associated with spinal cord compression or atlanto-axial instability and must receive an additional neurological evaluation to rule out additional risk of spinal cord injury prior to clearance for sports participation.**

ATHLETE CLEARANCE TO PARTICIPATE (*TO BE COMPLETED BY EXAMINER ONLY*)

Licensed Medical Examiners: It is recommended that the examiner review items on the medical history with the athlete or their guardian, prior to performing the physical exam. If an athlete needs further medical evaluation please make a referral below and second physician for referral should complete page 4.

☐ **This athlete is ABLE to participate in Special Olympics sports without restrictions.**

☐ **This athlete is ABLE to participate in Special Olympics sports WITH restrictions. Describe →** _____

☐ **This athlete MAY NOT participate in Special Olympics sports at this time & MUST be further evaluated by a physician for the following concerns:**

- ☐ Concerning Cardiac Exam
- ☐ Concerning Neurological Exam
- ☐ Other, please describe:
- ☐ Acute Infection
- ☐ Stage II Hypertension or Greater
- ☐ O_2 Saturation Less than 90% on Room Air
- ☐ Hepatomegaly or Splenomegaly

Additional Licensed Examiner's Notes and Recommended (but not required) Follow-up:

- ☐ Follow up with a cardiologist
- ☐ Follow up with a vision specialist
- ☐ Follow up with a podiatrist
- ☐ Follow up with a neurologist
- ☐ Follow up with a hearing specialist
- ☐ Follow up with a physical therapist
- ☐ Follow up with a primary care physician
- ☐ Follow up with a dentist or dental hygienist
- ☐ Follow up with a nutritionist
- ☐ Other/Exam Notes:

	Name:
	E-mail:
Signature of Licensed Medical Examiner Exam Date	Phone: - -

Athlete Medical Form – **MEDICAL REFERRAL FORM**

(To be completed by a Licensed Medical Professional only if referral is needed)

Athlete's First and Last Name: _____

This page only needs to be completed and signed if the physician on page three does not clear the athlete and indicates further evaluation is required.

Athlete should bring the previously completed pages to the appointment with the specialist.

Examiner's Name:_____

Specialty:_____

I have been asked to perform an additional athlete exam for the following medical concern(s) - *Please describe:*

- ☐ Concerning Cardiac Exam
- ☐ Acute Infection
- ☐ O_2 Saturation Less than 90% on Room Air
- ☐ Concerning Neurological Exam
- ☐ Stage II Hypertension or Greater
- ☐ Hepatomegaly or Splenomegaly
- ☐ Other, please describe:

In my professional opinion, this athlete MAY now participate in Special Olympics sports (indicate restrictions or limitations below):

☐ **Yes** ☐ **Yes, but with restrictions** ***(list below)*** ☐ **No**

Additional Examiner Notes/Restrictions:

Examiner E-mail: _____

Examiner Phone: _____

Examiner's Signature	**Date**

CUSR INFORMATION

Program Cancellation Policy

All registration cancellations must be made at least one week prior to the start of the program in order to receive a full refund. For programs with cancellation dates listed, registration must be canceled no later than the specified date to receive a full refund. Any program cancellations after the one week deadline will receive NO refund. A $5 service charge will be deducted from all refunds.

Inclement Weather Policy

If inclement weather occurs, CUSR may still decide to hold programs. If the weather turns dangerous, CUSR will call participants prior to the start of the program to cancel the program. If you are unsure whether a program will meet due to inclement weather, call CUSR. Missed programs due to weather may be made up the week after the end of the program season. Credit is given for additional cancellations.

Late Pick-Up Policy

In order to be fair to our participants and program leaders, CUSR has enacted a late pick-up policy. The first time a participant is not picked up within a 5 minute grace period, a written warning will be handed out. For each minute following the grace period, a fee of $1/ per minute will be charged to the parent or guardian. Registration for other programs will not be accepted until all outstanding late fees are paid. Thank you for helping us to respect others through punctual pick-ups.

Program Scholarships

Because some residents are unable to participate in recreation programs due to economic hardship, CUSR provides a scholarship policy to reduce certain fees and charges. Scholarship applications are not guaranteed and are based on available funds, program registration, or choice of program location. Early applications are given priority. Please apply 3-4 weeks before the program start date. Applications are available at the CUSR office and can be mailed upon request. Need is the primary criteria upon which scholarship applicants are considered. Scholarships are not available for transportation and specifically identified programs. For more information, call 217-819-3980 . **Payment plans available to all. ALL monies owed must be paid prior to next season registration accepted.**

Satisfaction Guaranteed

CUSR constantly strives to provide participants with high quality recreation programs, activities, and events. To encourage first-time participation, as well as repeat participation, CUSR has a refund policy highlighted by a satisfaction guarantee. This special refund policy provides us with timely feedback about dissatisfaction regarding our services. If you are not completely satisfied, tell us, and we will either invite you to repeat the class at no charge, allow you a credit that can be applied to another program, or issue you a refund. A refund will be granted if you were dissatisfied with the experience due to circumstances under CUSR's control. If you are not satisfied, we kindly ask you to give us your input or ideas for improvement. Requests for the above mentioned options must be made before the midpoint of the program or within two weeks of a single meeting activity. All refund requests must be submitted on the Satisfaction Refund Request form and turned into CUSR. A $5 service charge will be deducted from all refunds. Satisfaction Guarantee does not apply to trips and special events with prepaid admissions and tickets.

Extreme Temperature Policy

Hot temperatures (for outdoor programs) at program time: 100°F actual temperature; heat index of 110°F or more constitutes canceling program due to unsafe conditions.

Cold temperatures (for all programs) at program time: 2°F actual temperature; -30°F or below wind chill constitutes canceling program due to unsafe conditions.

Participant Expectations

1. Participants need to wear appropriate attire for program participation (i.e. for athletic/fitness programs comfortable clothing and tennis shoes must be worn). If you have questions about the type of attire participants should wear for a particular program, please contact our office.
2. Participants need to have clean, dry clothing.
3. No bowel/bladder problems upon arrival at the transportation location or program. (If this is a concern, extra clean clothing, clean-up supplies and Depend garments (or similar items) must be sent with the participant).
4. Participants need to pay attention to body odor and overall appearance (clean hair, face, teeth, hands, etc.). CUSR staff will also be consistent in stressing personal hygiene while participants are in our programs and will not return participants at the end of a program in an unclean manner.

CUSR INFORMATION

CONTINUED

Discipline

A caring, positive approach will be used regarding discipline. CUSR reserves the right to dismiss participants. Each situation will be evaluated on its own merit.

Behavior Code

CUSR promotes the concept of "Equal Fun For Everyone" and strives to accomplish this belief through our program goals. However, certain rules are necessary to ensure everyone's safety and enjoyment.

CUSR participants are expected to exhibit appropriate behavior at all times. The CUSR behavior code states that participants shall show respect to all participants and staff, refrain from using foul language, refrain from causing bodily harm, and show respect to equipment, supplies, and facilities. Additional policies may be developed for specific programs and camps.

Insurance

Individual accident liability insurance is not provided by CUSR.

Dishonored Checks

A $25 service charge will be assessed on all checks returned by the bank for any reason.

Emergency Contacts

Emergency phone numbers may be used for reasons other than an actual emergency situation. If staff needs to communicate any unforeseen change(s) of plans, transportation schedule adjustments, etc., and neither parent/guarding can be reached, the emergency contact is our only source to call. Please help us reduce any anxiety created with these calls by letting your designated "emergency contact" know that they may be called for other situations. Your assistance is appreciated.

Atlanto-Axial Subluxation

Individuals with Downs Syndrome are at risk of having a condition known as Atlanto-Axial Subluxation. CUSR must have a doctor's written note on file stating a participant is free of the instability if he/she wishes to participate in programs that may cause undue stress upon the neck. Please take this into consideration when registering and inform staff if the condition is present.

CUSR Transportation

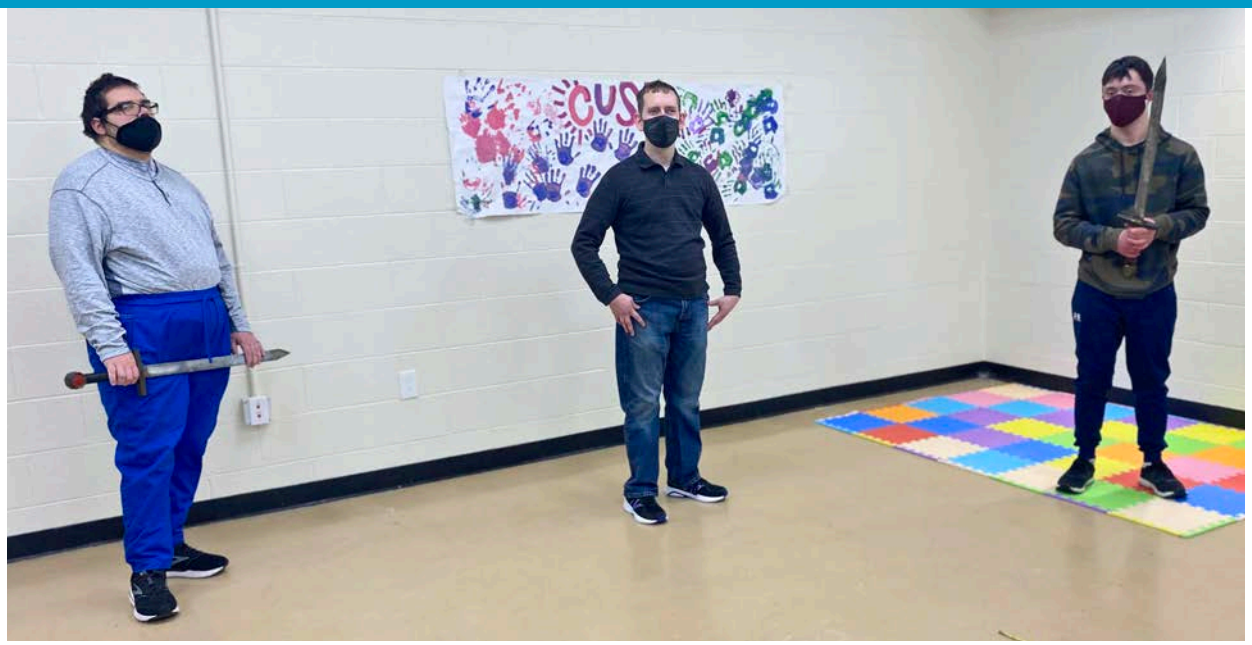
Our door–to–door routes have been temporarily suspended due to the spread of COVID-19.

Transportation Policy/Safety Procedures

1. Transportation must be requested at least 48 hours prior to the program date. If transportation is requested with less than 48 hours from program date, there is no guarantee transportation will be available. NO transportation request at the time of the program will be accepted.
2. A minimum of two participants must register for transportation in order for it to run.
3. Transportation is provided from YOUR home back to YOUR home. We will not pick up or drop off at any other sites.
4. CUSR staff will wait a maximum of **5 minutes** past your pickup time due to a demanding van schedule. If you miss your pickup time, we will not return to pick you up. It is your responsibility to find transportation to the program if you miss your pickup time.
5. CUSR transports in-district participants only.
6. Transportation will only be provided for those who sign up and pay for the service at the beginning of the program. We will not provide transportation for anyone mid-season that is not on the transportation roster at the beginning of the program.
7. Persons unable to be in a house alone should have someone meet the van at the designated time of return.
8. If needed, the CUSR driver will assist participants to and from their homes, but driveways and walkways must be clear of debris and obstacles.
9. All passengers must be sitting in seats or wheelchairs with belts securely fastened in the correct manner or the driver will not move the vehicle.
10. CUSR staff is responsible for determining whether or not a participant can be transported safely.
11. Persons riding in Amigo-type wheelchairs or strollers must transfer into a vehicle seat and use a seat belt.

CUSR reserves the right to refuse to transport individuals. These policies have been developed to ensure safety of everyone riding in CUSR vehicles.

THANK YOU TO OUR PROGRAM PARTNERS



Best Buddies
Black Dog Smoke & Ale House
Body N' Sole
Chemical Maintenance Inc.
Community Choices
CU-Able
C-U Autism Network
Developmental Services Center (DSC)
Down Syndrome Network
Healing Horse Stables
Hudson Pharmacy Group, Inc
P.A.C.E.
Smile Doctors
Special Olympics Illinois
Stephens Family YMCA
Style & Grace Salon

CUSR Picture Request

Do you have some great pictures of programs or events? Please email them to cusr@champaignparks.org or bring electronic files to CUSR Center.

Follow us on Facebook

To stay connected to all the happenings, find us on Facebook and see what's going on! Facebook.com/CUSpecialRec

Program Ideas

Do you want to try out a new food place? Have you wanted to see a play or hear live music at a new venue? We are always looking for new ways to learn, grow, and play! If you have a new idea for a program let us know by calling 217-819-3980 or emailing cusr@champaignparks.org.

MAY 2022

CUSR CHAMPAIGN-URBANA SPECIAL RECREATION
QUALITY PROGRAMS FOR INDIVIDUALS WITH SPECIAL NEEDS
217-819-3980 cusr@champaignparks.org

SUN	MON	TUE	WED	THU	FRI	SAT
1 - AQUATICS - TRACK AND FIELD	**2** - ADULTS' DAY-IN - AFTER SCHOOL - BIG SCREEN MOVIE NIGHT	**3** - AFTER SCHOOL - MUSICAL THEATER - SUPERHERO SKILLS	**4** - ADULTS' DAY-IN - STAR WARS DAY CELEBRATION - AFTER SCHOOL - SOFTBALL	**5** - AFTER SCHOOL	**6** - ADULTS' DAY-IN - AFTER SCHOOL	**7** - OPEN GYM - MUSICAL THEATER
8	**9** - ADULTS' DAY-IN - AFTER SCHOOL - DANCE SENSATION	**10** - AFTER SCHOOL - MUSICAL THEATER - SUPERHERO SKILLS	**11** - ADULTS' DAY-IN - AFTER SCHOOL - SOFTBALL	**12** - AFTER SCHOOL - CHILLIN' AT CUSR	**13** - ADULTS' DAY-IN - AFTER SCHOOL	**14** - MUSICAL THEATER - NATURE'S UNIVERSITY - SPRING GAMES
16 - AQUATICS - TRACK AND FIELD	**16** - ADULTS' DAY-IN - AFTER SCHOOL - TENNIS SKILLS	**17** - AFTER SCHOOL - MUSICAL THEATER - SUPERHERO SKILLS	**18** - ADULTS' DAY-IN - AFTER SCHOOL - SOFTBALL - KARAOKE NIGHT!	**19** - AFTER SCHOOL	**20** - ADULTS' DAY-IN - AFTER SCHOOL - FAMILY BINGO	**21** - OPEN GYM - MUSICAL THEATER
22 - AQUATICS - TRACK AND FIELD	**23** - ADULTS' DAY-IN - TENNIS SKILLS	**24** - MUSICAL THEATER - SUPERHERO SKILLS	**25** - ADULTS' DAY-IN - SOFTBALL	**26**	**27** - ADULTS' DAY-IN - CHEF CLUB	**28** - MUSICAL THEATER
29 - ICE CREAM SOCIAL	**30** CLOSED	**31** - SUMMER YOUTH PROGRAM - MUSICAL THEATER				

JUNE

2022

CUSR CHAMPAIGN-URBANA SPECIAL RECREATION
QUALITY PROGRAMS FOR INDIVIDUALS WITH SPECIAL NEEDS
217-819-3980 cusr@champaignparks.org

SUN	MON	TUE	WED	THU	FRI	SAT
			1 - SUMMER YOUTH PROGRAM - ADULTS' DAY-IN - SOFTBALL	**2** - SUMMER YOUTH PROGRAM - CHILLIN' AT CUSR	**3** - SUMMER YOUTH PROGRAM - ADULTS' DAY-IN - SENSORY FRIENDLY SWIMMING	**4** - OPEN GYM - MUSICAL THEATER
5	**6** - SUMMER YOUTH PROGRAM - ADULTS' DAY-IN - MUSTANG BOWLING - BIG SCREEN MOVIE NIGHT - TENNIS SKILLS	**7** - SUMMER YOUTH PROGRAM - FIT CLUB - MUSICAL THEATER	**8** - SUMMER YOUTH PROGRAM - ADULTS' DAY-IN - SOFTBALL	**9** - SUMMER YOUTH PROGRAM	**10** - SUMMER YOUTH PROGRAM - ADULTS' DAY-IN - FAMILY BINGO	**11** - MUSICAL THEATER
12 - SWIM 'N SHADY	**13** - SUMMER YOUTH PROGRAM - ADULTS' DAY-IN - MUSTANG BOWLING - TENNIS SKILLS	**14** - SUMMER YOUTH PROGRAM - FIT CLUB - MUSICAL THEATER	**15** - SUMMER YOUTH PROGRAM - ADULTS' DAY-IN - SOFTBALL - KARAOKE NIGHT!	**16** - SUMMER YOUTH PROGRAM	**17** - SUMMER YOUTH PROGRAM - ADULTS' DAY-IN - PARENTS' NIGHT OUT	**18** - OPEN GYM - STORY TIME FUN - MUSICAL THEATER - SUMMER GAMES
19	**20** - SUMMER YOUTH PROGRAM - ADULTS' DAY-IN - MUSTANG BOWLING - TENNIS SKILLS	**21** - SUMMER YOUTH PROGRAM - FIT CLUB - MUSICAL THEATER	**22** - SUMMER YOUTH PROGRAM - ADULTS' DAY-IN - SOFTBALL - THE VOCAPELLAS	**23** - SUMMER YOUTH PROGRAM	**24** - SUMMER YOUTH PROGRAM - ADULTS' DAY-IN - CHEF CLUB	**25** - MUSICAL THEATER - THE BIRTHDAY CLUB
26 - CRAFT TIME - MUSICAL THEATER PERFORMANCE	**27** - SUMMER YOUTH PROGRAM - ADULTS' DAY-IN - MUSTANG BOWLING - TENNIS SKILLS	**28** - SUMMER YOUTH PROGRAM - FIT CLUB - TIE-DYE PARTY - VOLLEYBALL	**29** - SUMMER YOUTH PROGRAM - ADULTS' DAY-IN - SOFTBALL - THE VOCAPELLAS	**30** - SUMMER YOUTH PROGRAM		

JULY

2022

CUSR CHAMPAIGN-URBANA SPECIAL RECREATION
QUALITY PROGRAMS FOR INDIVIDUALS WITH SPECIAL NEEDS
217-819-3980 cusr@champaignparks.org

SUN	MON	TUE	WED	THU	FRI	SAT
					1 - SUMMER YOUTH PROGRAM - ADULTS' DAY-IN	**2** - OPEN GYM
3	**4** CLOSED	**5** - SUMMER YOUTH PROGRAM - FIT CLUB - VOLLEYBALL	**6** - SUMMER YOUTH PROGRAM - ADULTS' DAY-IN - SOFTBALL - THE VOCAPELLAS	**7** - SUMMER YOUTH PROGRAM - GAME NIGHT	**8** - SUMMER YOUTH PROGRAM - ADULTS' DAY-IN - SENSORY FRIENDLY SWIMMING - FAMILY BINGO	**9** - THERAPEUTIC HORSEBACK RIDING
10	**11** - SUMMER YOUTH PROGRAM - ADULTS' DAY-IN - MUSTANG BOWLING - TENNIS SKILLS	**12** - SUMMER YOUTH PROGRAM - FIT CLUB - VOLLEYBALL	**13** - SUMMER YOUTH PROGRAM - ADULTS' DAY-IN - SOFTBALL - THE VOCAPELLAS	**14** - SUMMER YOUTH PROGRAM	**15** - SUMMER YOUTH PROGRAM - ADULTS' DAY-IN	**16** - OPEN GYM - THERAPEUTIC HORSEBACK RIDING
17	**18** - SUMMER YOUTH PROGRAM - ADULTS' DAY-IN - MUSTANG BOWLING	**19** - SUMMER YOUTH PROGRAM - FIT CLUB - VOLLEYBALL	**20** - SUMMER YOUTH PROGRAM - ADULTS' DAY-IN - SOFTBALL - THE VOCAPELLAS	**21** - SUMMER YOUTH PROGRAM	**22** - SUMMER YOUTH PROGRAM - ADULTS' DAY-IN	**23** - STORY TIME FUN - THERAPEUTIC HORSEBACK RIDING
24 - CRAFT TIME **31**	**25** - SUMMER YOUTH PROGRAM - ADULTS' DAY-IN - MUSTANG BOWLING	**26** - SUMMER YOUTH PROGRAM - FIT CLUB - VOLLEYBALL	**27** - SUMMER YOUTH PROGRAM - ADULTS' DAY-IN - THE VOCAPELLAS	**28** - SUMMER YOUTH PROGRAM - COUNTY FAIR	**29** - SUMMER YOUTH PROGRAM - ADULTS' DAY-IN - CHEF CLUB	**30** - THERAPEUTIC HORSEBACK RIDING

AUGUST 2022

CUSR CHAMPAIGN-URBANA SPECIAL RECREATION
QUALITY PROGRAMS FOR INDIVIDUALS WITH SPECIAL NEEDS
217-819-3980 cusr@champaignparks.org

SUN	MON	TUE	WED	THU	FRI	SAT
	1 - SUMMER YOUTH PROGRAM - ADULTS' DAY-IN - MUSTANG BOWLING	2 - SUMMER YOUTH PROGRAM - VOLLEYBALL	3 - SUMMER YOUTH PROGRAM - ADULTS' DAY-IN - THE VOCAPELLAS	4 - SUMMER YOUTH PROGRAM - CHILLIN' AT CUSR	5 - SUMMER YOUTH PROGRAM - ADULTS' DAY-IN - SENSORY FRIENDLY SWIMMING	6 - OPEN GYM - CUSR STAYCATION
7 - CUSR STAYCATION	8 - ADULTS' DAY-IN - MUSTANG BOWLING	9 - VOLLEYBALL	10 - ADULTS' DAY-IN	11	12 - ADULTS' DAY-IN - PARENTS' NIGHT OUT - FAMILY BINGO	13 - NATURE'S UNIVERSITY
14	15 - ADULTS' DAY-IN - MUSTANG BOWLING - DANCE SENSATION	16 - VOLLEYBALL	17 - ADULTS' DAY-IN	18	19 - ADULTS' DAY-IN	20 - STORY TIME FUN - OPEN GYM - THE BIRTHDAY CLUB
21	22 - ADULTS' DAY-IN - MUSTANG BOWLING	23 - VOLLEYBALL	24 - ADULTS' DAY-IN	25 - GAME NIGHT	26 - ADULTS' DAY-IN - CHEF CLUB	27 - CUSR PROM
28	29 - ADULTS' DAY-IN - MUSTANG BOWLING	30 - VOLLEYBALL	31 - ADULTS' DAY-IN			

CUSR
Champaign-Urbana Special Recreation

CUSR CENTER
2212 Sangamon Dr, Champaign, IL 61821

www.cuspecialrecreation.org
cusr@champaignparks.org

TIME TO GET YOUR

CUSR

APPAREL & GEAR

T-SHIRTS, SWEATSHIRTS, POLOS, BAGS, COOLERS, AND MORE!

PLEASE VIEW ALL CUSR APPAREL & GEAR AT
www.cuspecialrecreation.org

To place an order, please complete the order form and return it to CUSR Center. **All payments must be made at the time of the order by cash or check.** Check payments can be made out to "CUSR". CUSR will place all orders on the last Friday of each month and will notify buyers when their items are ready to be picked up from **CUSR Center, 2212 Sangamon Dr, Champaign, IL.**

Questions? **Please contact CUSR** at **217-819-3980**
or **CUSR@champaignparks.org**

CUSR
Champaign-Urbana Special Recreation