

JOIN US FOR SOME WINTER FUN! REGISTER TODAY!

WINTER PROGRAMS

Youth with an Intellectual Disability or Autism

Learn to Skate

Calling all future NEDSRA figure skaters! Are you interested in learning how to skate? Join NEDSRA and the Bensenville Park District as we learn how to figure skate. The lessons will start with the basics of how to stand up and balance on the ice; to gracefully gliding across the ice. Please dress in athletic winter clothes. Skate rental is available at the rink. **Note to Parents: The time of the program allows 10 minutes to put on ice skates. The lesson will begin promptly at 4:40pm. (LM)**

Age	Day	Dates	Time	Res. Fee	Code
6 - 16	W	1/10 - 2/7	4:30pm - 5:30pm	\$88	W180166

Location: The Edge
735 E. Jefferson, Bensenville
630-766-8888

Registration deadline: Dec 28

Busy Bodies

Keep your body busy this winter with this fun, energetic program! Busy Bodies will focus on improving your health and well-being. Each week you will work on learning how to stay active in fun ways. You will play various games and activities that incorporate cardio, strengthening, and conditioning exercises. At the end of the season, you have a chance to compete in a NEDSRA Ninja Warrior Course! **For even more healthy fun, register for Cooking Crew that meets immediately following. Please wear gym shoes, comfortable athletic clothing and bring a water bottle. (LM)**

Age	Day	Dates	Time	Res. Fee	Code
6 - 18	TU	1/16 - 2/27	4:30pm - 5:30pm	\$39	W180112

Location: Club Fitness, Addison

Cooking Crew

Be a part of our healthy Cooking Crew! We will have some fun and learn how to make healthy appetizers, dinners, and desserts. Improve your kitchen safety skills, and while you enjoy what you made, work on your table etiquette. **Register for Busy Bodies which meets right before this program to make your Tuesdays even healthier. Meet at NEDSRA. (LM)**

Age	Day	Dates	Time	Res. Fee	Code
6 - 18	TU	1/16 - 2/27	5:30pm - 6:45pm	\$69	W180121

Metra Lunch Club

Spend your Saturday afternoons with us on the train traveling to new places for lunch! We will ride the train from Lombard to a local community and explore the town after lunch. Train ticket and lunch are included. **The theme for this season is breakfast food. Meet at NEDSRA. (CC)**

Age	Day	Dates	Time	Res. Fee	Code
8 - 16	SA	3/3 - 3/24	10:45am - 3:15pm	\$145	W182600

March 3rd: Egg Harbor in Geneva
March 10th: Euro Crepes in Glen Ellyn
March 17th: OMG! Café in Wheaton
March 24th: Briana's Pancake Café in Elburn

Registration deadline: Feb 16



SCHOOL DAYS OUT PROGRAMS

Spend your day off school with NEDSRA!
Youth with an Intellectual Disability, Physical Disability or Autism

Enchanted Castle & Ice Cream

Spend your day off from school with NEDSRA at Enchanted Castle! It will be a fun-filled day with arcade games and laser tag. Take a break from the arcade games and enjoy some pizza for lunch. After Enchanted Castle, we will head back to NEDSRA for a sundae bar. **Games, lunch, and ice cream are included. Meet at NEDSRA. (TL)**
Location: Meet at NEDSRA

Age	Day	Date	Time	Res. Fee	Code
4 - 18	M	1/15	9:00am - 3:30pm	\$50	W180162

Bears, Burgers, and Bowling

We will start the day at Build-A-Bear Workshop, choosing your bear and bringing it to life. Then we will head to Fuddruckers for lunch. We will finish the afternoon with bowling at Wood Dale Bowl. **Lunch, bowling, and a bear are included. Meet at NEDSRA. (TL)**

Age	Day	Date	Time	Res. Fee	Code
4 - 18	M	2/19	9:00am - 3:30pm	\$65	W180163

Registration deadline: Feb 2

Tie-Dye Party

Celebrate the day off by Tie-Dyeing a shirt and another item provided by NEDSRA. We will create tie-dye crayons, bead ornaments, a rainbow snack and play color games. **Please bring a sack lunch. Meet at NEDSRA. (LM)**

Age	Day	Date	Time	Res. Fee	Code
4 - 18	F	3/2	9:00am - 3:30pm	\$40	W180164

Registration deadline: Feb 16

Call today to learn more!

630-620-4500

Or visit NEDSRA.org!

