Time to register for the Summer 2020 Leisure/Recreation programs offered by LINK LEISURE SERVICES!

We will provide a variety of seasonal activities that promote independent leisure lifestyles.

Please read through this brochure carefully and make yourself familiar with Link’s registration and program guidelines!

**LINK LEISURE HOTLINE**

For program information, updates, and weather related cancellations, utilize the Link Leisure Hotline!

Individual calls will not be made to participants!

**Call: 262-8888 Option #4**

**After 4:30 pm!**

**LINK ASSOCIATES WEBSITE:**

For more information about Leisure Services, log onto Link’s website at:

[www.linkassociates.org](http://www.linkassociates.org)

To locate Leisure Services information:

*Click on Services on the homepage

*Click on Leisure Services

Leisure Hotline Updates can be found on the Home Page under Information.
ACKNOWLEDGEMENTS

Link Associates Leisure Services would like to thank the following:

- West Des Moines Parks and Recreation
  Funding Support & Facility Usage

- Special Olympics - Athletic opportunities and Trainings

- Animal Rescue League of Iowa for Critter Camp

- Clive Aquatic Center - Use of Facilities

- United Way of Central Iowa - Funding Support

- New Horizons Academy - Funding Support

- Warrior Run Golf Course - Use of Facilities and Instruction

- Valley Community Center - Use of Facilities

- Clive Aquatic Center - Use of Facilities

- Knights of Columbus - Funding Support

- Walnut Creek YMCA - Use of Facilities

- University of Iowa Therapeutic Recreation Program

- Erick Sims of E.D.J.E Productions - DJ Services

- Krave Gym - Use of Facilities and Instruction

- Sportsplex West - Use of Facilities

- Meredith Corporation - Funding Support

The many Volunteers that help make our programs successful; we couldn’t do it without you!!
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>S.O. State Softball</td>
</tr>
<tr>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>Gym Class Heroes Session 2 3:00 pm – 4:00 pm  (Instructor Choice)</td>
<td>Golf 3:00 pm – 5:00 pm</td>
<td>Gym Class Heroes Session 2 3:00 pm – 4:30 pm</td>
<td>S.O. Flag Football 5:30 pm – 6:30 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S.O. Volleyball Assessments 5:30 pm – 6:30 pm</td>
<td>Pool Party: Ode to Summer 7:30 pm – 9:30 pm</td>
<td>Spiners: Iowa Cubs Game 6:00 pm – 11:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>Gym Class Heroes Session 2 3:00 pm – 4:00 pm  (Yoga)</td>
<td>Golf 3:00 pm – 5:00 pm</td>
<td>Gym Class Heroes Session 2 3:00 pm – 4:30 pm</td>
<td>Spiners: Girls Night  - Axe Throwing 6:30 pm – 9:00 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S.O. Volleyball 5:30 pm – 7:30 pm</td>
<td>CAC: Cross Stitch 6:00 pm – 7:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td>Gym Class Heroes Session 2 3:00 pm – 4:00 pm  (Instructor Choice)</td>
<td>Golf 3:00 pm – 5:00 pm</td>
<td>Gym Class Heroes Session 2 3:00 pm – 4:30 pm</td>
<td>Spiners: Iowa State Fair 6:00 pm – 10:00 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S.O. Volleyball 5:30 pm – 7:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td>No Gym Class Heroes</td>
<td>Golf 3:00 pm – 5:00 pm</td>
<td>No Gym Class Heroes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S.O. Volleyball 5:30 pm – 7:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No Gym Class Heroes</td>
<td>No Gym Class Heroes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Leisure Office Contact Information ........................................... 2
General Information about Activities .................................... 3-4
New Programs & Special Events ........................................... 5-6
River City Spinners ............................................................... 8-11
Day Trip Club Travel ............................................................. 12-13
Overnight Club Travel ............................................................ 14
Community Art Connection .................................................... 15-16
Fun & Fitness ............................................................................. 17-18
Special Olympics Athletics ...................................................... 19-20
May Calendar ........................................................................... 21
June Calendar ........................................................................... 22
July Calendar ............................................................................ 23
August Calendar ........................................................................ 24
Acknowledgements .................................................................. 25
Participant Contact Information Form .................. Center Insert
Registration Form ................................................................. Center Insert

Link Associates:

1452 29th Street
West Des Moines, IA 50266
(515) 262-8888
Fax (515) 225-1631
Leisure Services’ Mission Statement:
Providing opportunities for individuals with disabilities to achieve an independent and healthy leisure lifestyle.

Leisure Office Contact Information:

**Adria Smith, CTRS**
Leisure Services Manager/Volunteer Coordinator  
(515) 262-8888 ext 207  
asmith@linkassociates.org

**Claire Sumner, RT**
Leisure Services Specialist  
(515) 262-8888 ext 239  
chanson@linkassociates.org

**Paige Norland, CTRS**
Leisure Services Specialist  
(515) 262-8888 ext 435  
pnorland@linkassociates.org

MAILING ADDRESS:
Link Associates  
1452 29th Street  
West Des Moines, IA 50266  
Fax Number: (515) 225-1631

Website: www.linkassociates.org

Due to the large number of Link Leisure Times’ participants and programs, the Leisure Department staff is not always available during office hours. We will respond to questions and concerns as quickly as possible.

*We thank you for your patience!*
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Gym Class Heroes Session 2 (Instructor Choice) 3:00 pm – 4:40 pm</td>
<td>Gym Class Heroes Session 2 3:00 pm – 4:30 pm</td>
<td>Gym Class Heroes Session 2 3:00 pm – 4:30 pm</td>
<td>Creepy Crawlers 5:30 pm – 7:30 pm</td>
<td>Creepy Crawlers 5:30 pm – 7:30 pm</td>
<td>Spinners: Yankee Doodle Pops 6:30 pm – 10:30 pm</td>
</tr>
<tr>
<td>6</td>
<td>Gym Class Heroes Session 2 (Instructor Choice) 3:00 pm – 4:40 pm</td>
<td>Gym Class Heroes Session 2 3:00 pm – 4:30 pm</td>
<td>Gym Class Heroes Session 2 3:00 pm – 4:30 pm</td>
<td>Creepy Crawlers 5:30 pm – 7:30 pm</td>
<td>Creepy Crawlers 5:30 pm – 7:30 pm</td>
<td>S.O. Softball Districts</td>
</tr>
<tr>
<td>7</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
</tr>
<tr>
<td>8</td>
<td>Gym Class Heroes Session 2 (Yoga) 6:00 pm – 7:00 pm</td>
<td>Gym Class Heroes Session 2 (Instructor Choice) 3:00 pm – 4:30 pm</td>
<td>Gym Class Heroes Session 2 3:00 pm – 4:30 pm</td>
<td>Creepy Crawlers 5:30 pm – 7:30 pm</td>
<td>Creepy Crawlers 5:30 pm – 7:30 pm</td>
<td>Spinners: Yankee Doodle Pops 6:30 pm – 10:30 pm</td>
</tr>
<tr>
<td>9</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
</tr>
<tr>
<td>10</td>
<td>Creepy Crawlers 5:30 pm – 7:30 pm</td>
<td>Creepy Crawlers 5:30 pm – 7:30 pm</td>
<td>Creepy Crawlers 5:30 pm – 7:30 pm</td>
<td>Creepy Crawlers 5:30 pm – 7:30 pm</td>
<td>Creepy Crawlers 5:30 pm – 7:30 pm</td>
<td>Spinners: Yankee Doodle Pops 6:30 pm – 10:30 pm</td>
</tr>
<tr>
<td>11</td>
<td>S.O. Softball Districts</td>
<td>S.O. Softball Districts</td>
<td>S.O. Softball Districts</td>
<td>S.O. Softball Districts</td>
<td>S.O. Softball Districts</td>
<td>S.O. Softball Districts</td>
</tr>
<tr>
<td>12</td>
<td>0x0000</td>
<td>0x0000</td>
<td>0x0000</td>
<td>0x0000</td>
<td>0x0000</td>
<td>0x0000</td>
</tr>
<tr>
<td>13</td>
<td>Gym Class Heroes Session 2 (Tennis) 3:00 pm – 4:30 pm</td>
<td>Gym Class Heroes Session 2 3:00 pm – 4:30 pm</td>
<td>Gym Class Heroes Session 2 3:00 pm – 4:30 pm</td>
<td>Creepy Crawlers 5:30 pm – 7:30 pm</td>
<td>Creepy Crawlers 5:30 pm – 7:30 pm</td>
<td>S.O. Softball Districts</td>
</tr>
<tr>
<td>14</td>
<td>Gym Class Heroes Session 2 (Instructor Choice) 3:00 pm – 4:00 pm</td>
<td>Gym Class Heroes Session 2 3:00 pm – 4:30 pm</td>
<td>Gym Class Heroes Session 2 3:00 pm – 4:30 pm</td>
<td>Creepy Crawlers 5:30 pm – 7:30 pm</td>
<td>Creepy Crawlers 5:30 pm – 7:30 pm</td>
<td>S.O. Softball Districts</td>
</tr>
<tr>
<td>15</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
</tr>
<tr>
<td>16</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
</tr>
<tr>
<td>17</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
</tr>
<tr>
<td>18</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
</tr>
<tr>
<td>19</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
</tr>
<tr>
<td>20</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
</tr>
<tr>
<td>21</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
</tr>
<tr>
<td>22</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
</tr>
<tr>
<td>23</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
</tr>
<tr>
<td>24</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
</tr>
<tr>
<td>25</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
</tr>
<tr>
<td>26</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
</tr>
<tr>
<td>27</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
</tr>
<tr>
<td>28</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
</tr>
<tr>
<td>29</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
</tr>
<tr>
<td>30</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
</tr>
<tr>
<td>31</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
<td>Golf</td>
<td>3:00 pm – 5:00 pm</td>
<td>S.O. Softball 6:00 pm – 8:30 pm</td>
</tr>
</tbody>
</table>

**July 2020**

- **Club Travel:** Honey Creek, IA
  - Day 1: Arrive at 1:00 pm
  - Day 2: Arrive back 3:00 pm
  - Day 3: Club Travel, Honey Creek, IA

- **Special Olympics Volleyball & Flag Football:** Apply today to register.

- **Last Day to Register for Special Olympics Volleyball & Flag Football:** Club Travel, Honey Creek, IA
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1</strong></td>
<td><strong>Gym Class Heroes Session 1</strong>&lt;br&gt;3:00 pm – 4:00 pm&lt;br&gt;<strong>(Pound Fitness)</strong>&lt;br&gt;Special Olympic Softball physicals due</td>
<td><strong>2</strong></td>
<td><strong>S.O. Softball Assessments</strong>&lt;br&gt;6:00 pm – 7:00 pm</td>
<td><strong>3</strong></td>
<td><strong>Gym Class Heroes Session 1</strong>&lt;br&gt;3:00 pm – 4:30 pm</td>
<td><strong>4</strong></td>
</tr>
<tr>
<td><strong>5</strong></td>
<td><strong>Spinners: Guys Night - Fishing</strong>&lt;br&gt;6:00 pm – 8:30 pm</td>
<td><strong>6</strong></td>
<td><strong>7</strong></td>
<td><strong>8</strong></td>
<td><strong>Gym Class Heroes Session 1</strong>&lt;br&gt;3:00 pm – 4:00 pm&lt;br&gt;<strong>(Yoga)</strong></td>
<td><strong>9</strong></td>
</tr>
<tr>
<td><strong>10</strong></td>
<td><strong>Gym Class Heroes Session 1</strong>&lt;br&gt;3:00 pm – 4:30 pm&lt;br&gt;Spinners: Paintball&lt;br&gt;6:00 pm – 9:30 pm</td>
<td><strong>11</strong></td>
<td><strong>Camping Club</strong>&lt;br&gt;6:00 pm – 7:30 pm</td>
<td><strong>12</strong></td>
<td><strong>Camping Club Overnight</strong>&lt;br&gt;Drop off at 3:30 pm&lt;br&gt;Night 1</td>
<td><strong>13</strong></td>
</tr>
<tr>
<td><strong>14</strong></td>
<td><strong>Camping Club Overnight</strong>&lt;br&gt;Pick up: 10 am</td>
<td><strong>15</strong></td>
<td><strong>Gym Class Heroes Session 1</strong>&lt;br&gt;3:00 pm – 4:00 pm&lt;br&gt;(Tai-Chi)&lt;br&gt;Self Defense Class&lt;br&gt;6:30 pm – 8:00 pm</td>
<td><strong>16</strong></td>
<td><strong>S.O. Softball</strong>&lt;br&gt;6:00 pm – 8:30 pm</td>
<td><strong>17</strong></td>
</tr>
<tr>
<td><strong>19</strong></td>
<td></td>
<td><strong>20</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>21</strong></td>
<td><strong>Gym Class Heroes Session 1</strong>&lt;br&gt;3:00 pm – 4:00 pm&lt;br&gt;(Cardio Dance)&lt;br&gt;Spinners: Movie Night&lt;br&gt;6:00 pm – 9:30 pm</td>
<td><strong>22</strong></td>
<td><strong>S.O. Softball</strong>&lt;br&gt;6:00 pm – 8:30 pm</td>
<td><strong>23</strong></td>
<td><strong>Gym Class Heroes Session 1</strong>&lt;br&gt;3:00 pm – 4:30 pm</td>
<td><strong>24</strong></td>
</tr>
<tr>
<td><strong>25</strong></td>
<td><strong>26</strong></td>
<td><strong>27</strong></td>
<td><strong>Club Travel: Spook Cave McGregor, Iowa</strong>&lt;br&gt;8:00 am – 8:30 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
GENERAL INFORMATION

Registration Forms
All forms must be completed on both sides prior to participation. Incomplete forms will be returned. Pre-registration is required for all Link Leisure activities.

*ON SITE REGISTRATIONS WILL NOT BE ACCEPTED!!*

Information collected from registration forms is used to enhance individual program needs, ensure expedient medical attention if required, and demonstrate merits of leisure programming to funding sources.

Spinners, Club Travel, Community Art Connection
Registrations for these activities will be accepted according to individual needs in the following priority on a first come/first served basis:

1. Individuals living alone, with parents or independent of scheduled support
2. Individuals with 2-30 hours per week of SCL support.
3. Individuals with 31-90 hours per week of SCL support.*
4. Individuals with 91-167 hours per week of SCL support.*
   *Support verification may be required

Consent and Waiver Forms
EVERYONE registering for activities must complete these forms. All consent and waiver forms received during this brochure period will be good through December 31, 2020. Registrants will be ineligible for participation without these forms on file.

Confirmation for Participation
Activity Confirmation Invoices* will be sent to you once your registration is processed. The invoice includes the total amount of payment for activities, payable to Link Leisure Services. (This includes late payments from prior brochures.)

*It is the responsibility of the individual, guardian, care-provider, staff, or payee, receiving the invoice to relay all necessary information to the participant.

PAYMENTS ARE DUE MAY 29TH, 2020

Waiting Lists
Waiting lists will be established for each activity. You will not be responsible for payment of activities that you are on the waiting list for until you receive confirmation for participation.

Staffing Assistance
If 3 or more individuals from the same residence are attending an activity, accompanying staff must remain at the activity site. Staff is also required for any participant requiring special assistance and/or one-on-one support. If staff will be accompanying a participant to a ticketed event the staff must pay the fee by the deadline.
General Information

REGISTRATION PROCESSING BEGINS: APRIL 3RD, 2020

Program Times
We ask that you please adhere to times posted for activities. Activities are often scheduled back to back and we are unable to provide supervision prior to or after an activity. For the safety of your family member or person served, PLEASE DO NOT drop off any earlier than 5 minutes prior to an activity and pick up promptly at the scheduled conclusion. Please make sure transportation is arranged prior to the activity. Phone service may not be available at each activity.

Program Fees
Program registration fees vary for each program. Individuals will be charged for each activity or program that they are registered and confirmed for, according to the registration fees indicated in the Leisure Times brochure. Send no money with your registration, you will be billed! Payment schedules may be arranged on an individual basis by contacting the Link Leisure Department. If staff will be accompanying a participant to a ticketed event the staff must pay by the following date.

PAYMENTS ARE DUE MAY 29TH, 2020

Transportation
Individuals who register for Spinners, Club Travel and/or Special Events and who receive 0-30 hours of SCL support, live alone or have no means of transportation, except mass transit, are eligible for transportation. Contact the Leisure Department at 262-8888 when you receive your confirmation letter to request transportation. Transportation services are limited and available on a first come first served basis. The cost for transportation is $8 round trip or $5 one-way. Once transportation is confirmed you are responsible for payment unless proper cancellation notice is given. In the event an unconfirmed/unscheduled ride is provided for take home, you will be billed $25.00.

Cancellation Policy
If a participant is unable to attend any program activity, they must contact the Leisure Department at 262-8888 no later than NOON 2 BUSINESS DAYS PRIOR to the activity. If proper notice is not received, the participant risks losing all pre-paid fees for the activity. Failure to give proper notice of cancellations 2 times in the same brochure period will result in removal of the individual’s name from all scheduled activities in that brochure period. Registration fees in this situation are non-refundable! Extended trips may have a different cancellation policy. Please see the specific brochure activity for any cancelation policy changes or updates. We do not receive messages left on the Leisure Hotline; you must dial a direct extension.

Special Olympics (SO) Athlete Forms
Physicals and releases must be updated every three years.
Anyone interested in competing in ANY Special Olympic events must complete an “Iowa Special Olympics Physical & Release Form” prior to participation. Please check with the Leisure Department to verify your forms are current and on file.

Volunteer Opportunities
Volunteer opportunities are identified throughout the brochure. No matter what your special talents, interests and schedules are, you can help change someone’s life at Link. If you share our commitment to the continued well being of our participants and community, consider becoming a Link volunteer! Please contact Adria Smith, the Volunteer Coordinator at 262-8888 ext 207 or asmith@linkassociates.org
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Gym Class Heroes Session 1</td>
<td>No Gym Class Heroes</td>
<td>No Gym Class Heroes</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3:00 pm – 4:30 pm</td>
<td>5:30 – 6:30 pm</td>
<td>5:30 – 6:30 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>10</td>
<td></td>
<td>Club Travel: Colorado Springs, CO</td>
<td>Club Travel: Colorado Springs, CO</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Day 5</td>
<td>Day 2</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Arrive at Pella, Iowa 7:00 pm</td>
<td>Depart at 6:00 am Day 1</td>
</tr>
<tr>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Special Olympics Summer Games</td>
<td>Special Olympics Summer Games</td>
<td>Office Closed</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Track &amp; Field</td>
<td>Track &amp; Field</td>
<td>Holiday</td>
</tr>
<tr>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Camping Club</td>
<td>Camping Club</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>6:00 pm - 7:30 pm</td>
<td>6:00 pm - 7:30 pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Spinners: Coopers on 5th</td>
<td>Spinners: Coopers on 5th</td>
<td>Spinning on 5th</td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Last day to register for Special Olympic Softball</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Special Olympic Athletics

S.O. Flag Football  

Punt, pass and kick...try this new Special Olympics Flag Football program. This program gives athletes of all ability levels the chance to play America’s favorite fall game. It is the newest state competition! Flag football is a 5-on-5 non-contact sport played by both male and female athletes. When played as a Unified Sport, teams are made up of athletes with and without intellectual disabilities. We will have a total of two football teams, with a competition in Cedar Rapids – more information to come!

All participants need to have a Special Olympic physical by July 30th and be registered by July 31st to be able to participate

Limited to 19 Participants

PROGRAM REGISTRATION FEE: $30.00
TIME: 5:30 pm - 6:30 pm
DATE: Starts Friday, August 7th – Weekly until September Competition
COST: Registration Fee Only
PLACE: Sportsplex 890 SE Olson Dr., Waukee, IA 50263

S.O. Bowling  

**NOTE NEW PRACTICE LOCATION**

Let’s go bowling and have fun! Bowlers will bowl two games per practice to prepare for the Special Olympics District competition in October. Bowlers will be split in three groups by last name so we can better assist the athletes. S.O. physicals are due by September 8th, 2020 or you will NOT be able to participate.

Bowling times are as follows:

- Last names beginning with A-D will bowl from 4:30 – 5:45 pm
- Last names beginning with E-L will bowl from 6:00 – 7:15 pm
- Last names beginning with M-Z will bowl from 7:30 – 8:45 pm

Please arrive 15 minutes early to get your shoes and find your lane assignment. Bowling will begin promptly at 4:30, 6:00, or 7:30 pm. Arriving late results in missing frames/games, and bowlers are NOT able to make up frames. Future practice dates along with competition dates will be given to the participants on their first practice, Tuesday September 22nd.

Must be signed up by September 10th, 2020 to participate. New participants must have a ten-game average turned into the Leisure Department no later than September 8th, 2020, in order to participate in Special Olympics Competition.

PROGRAM REGISTRATION FEE: $30.00
TIME:  See above for specific times determined on your last name
DATE: Starts Tuesday, September 22nd
COST: Registration Fee Only
PLACE: Air Lanes; 4200 Fleur Dr, Des Moines
**Camping Club**

Pack your bags you’re going camping! Transform yourself into a nature enthusiast by acquiring all the knowledge of camping through this three-part series class. In this class, we will cover camping skills, safety in the outdoors, setting up a tent, making a fire, and outdoor cooking. Each week we will learn outdoor skills to prepare for a weekend overnight camping experience on Friday, June 12th through Sunday, June 14th. No matter what your background is, from never having camped before, to the most experienced nature enthusiast, you’ll be sure to have a blast!

The overnight camping stay will be June 12th – June 14th at the PRAIRIE FLOWER RECREATION AREA CAMPGROUND we have reserved a group loop (site 0251, OX-E) with multiple campsites, electric hookup, and an open sided shelter. We will provide tents and food, but don’t forget to bring along your own sleeping bag and pillow. We will meet at Link Associates at 3:30 pm on Friday, June 12th and participants are required to make arrangements to be picked up at 10:00 am on Sunday, June 14th at Link Associates. Transportation will be provided to the campground.

**PROGRAM REGISTRATION FEE:** $60.00  
**TIME:** 6:00 pm – 7:30 pm  
**DATE:** Thursday, May 28th - Meet at Link Associates  
Thursday, June 4th - Meet at Link Associates  
Thursday, June 11th – Meet at Link Associates  
Friday, June 12th – Meet at Link Associates at 3:30 pm  
Sunday, June 14th – Pick up at Link Associates at 10:00 am  
**COST:** Registration Fee Only  
**MEETING PLACE:** Link Associates; 1452 29th St., WDM

Limited to 12 Participants
NEW PROGRAMS & SPECIAL EVENTS

Play With Clay 🎨

Come show your artsy side and enjoy a fun, hands on activity. Create earrings, keychains, or other pieces of artwork out of air dry molding clay. In the first class we will design and mold our clay creations. The second class will be dedicated to decorating our fantastic artwork! Come ready to play with some clay!

PROGRAM REGISTRATION FEE: $5.00
TIME: 6:00 pm - 7:00 pm
DATE: Monday, June 29th & Monday, July 6th
COST: Registration Fee Only
MEETING PLACE: Link Associates; 1452 29th St., WDM

Limited to 15 Participants

Creepy Crawlers 🐛

Join us for a multi-class series to explore creepy crawlers from the natural world! This will be a hands-on participation class with live animals and exploration.

Session 1: Praying Mantis - Learn about habitat, diet, while watching eggs hatch and grow.

Session 2: Green Anoles Lizard - Habitat building

Session 3: Green Anoles Lizard - Care tips, feeding, and finish up habitat building.
*Everyone will receive a Green Anole Lizard to care for at home. We will provide food, habitat, and care sheet in this class. These are low maintenance animals to care for and will be an easy addition to your home.

Session 4: Heading out to explore and hike. Everyone will get to find some of natures creepy crawlers and investigate with magnifying cups.

PROGRAM REGISTRATION FEE: $40.00
TIME: 5:30 pm - 7:30 pm
DATE: Thursday, July 9th, 16th, July 23rd, and July 30th
COST: Registration Fee Only
MEETING PLACE: Link Associates; 1452 29th St., WDM

Limited to 10 Participants
NEW PROGRAMS & SPECIAL EVENTS

SPECIAL OLYMPICS ATHLETICS

Anyone interested in competing in ANY Special Olympic events must complete an “Iowa Special Olympics Physical” prior to participation. Physicals must be updated every three years. The fees charged for Link Leisure Special Olympics are to participate through Leisure Services. These fees cover facility rentals, charter buses, equipment, uniforms, banquet, and t-shirts. If you have questions regarding these fees please contact the Leisure Office.

REGISTRATION PROCESSING BEGINS: APRIL 3RD, 2020

S.O. Softball 🎭

It’s time to break out the bats and balls because it’s SOFTBALL SEASON! We will be covering all the basics of softball such as: fielding, hitting, running the bases, catching and throwing. Teams will also be scrimmaging in preparation for the Special Olympics Iowa Softball tournaments. Please remember to bring your softball glove with you to every practice; if you don’t have a glove please let us know. Athletes are more than welcome to bring their own bats or helmets also but please write your name on them so they don’t get mixed up with the team equipment. Participants will practice Tuesday evenings starting on Tuesday, June 9th either from 6:00 - 7:15 pm or 7:15 - 8:30 pm. Districts competition is July 11th and State competition is August 1st. More information on those competitions to follow.

Physicals will be due by June 1st, 2020 or you will NOT be able to participate. Last day to register for softball will be on May 29th, 2020. NEW participants must attend a mandatory assessment session on Monday, June 2nd from 6:00 - 7:00 pm.

PROGRAM REGISTRATION FEE: $30.00
TIME: 6:00 pm - 8:30 pm
DATE: Assessments for NEW participants on June 2nd, 2020 [see above]
COST: Registration Fee Only
PLACE: Savage Fields, 2601 Hubbell Avenue, Des Moines

S.O. Volleyball 🎢

Dig out your kneepads and get ready for another great season of Special Olympics Volleyball! Our volunteers will be teaching you the basics, and helping you to strengthen your skills to get you ready for the Special Olympics competition in October. This program is for all skill levels! Whether you are brand new or have been playing for years, there is a spot for you! Physicals will be due by July 30th or you will NOT be able to participate.

NEW participants must attend a mandatory assessment session on August 3rd from 5:30-6:30 pm. All participants need to be registered by July 31st to be able to participate.

PROGRAM REGISTRATION FEE: $30.00
TIME: 5:30 pm - 7:30 pm
DATE: Assessments for NEW participants on August 3rd, 2020 (see above)
COST: Registration Fee Only
PLACE: Valley Community Center; 4444 Fuller Road, West Des Moines
Fun & Fitness

Self-Defense Class

No matter your age, gender, or level of expertise, everyone deserves to improve their security! While the goal is to always avoid conflict in the first place, this self-defense class will give you the ability to protect yourself and be confident in situations where you find yourself vulnerable. Come join us as we learn new skills on how to protect ourselves and use strength that is within each and every one of us! You’ll leave this class feeling protected and confident in your abilities of self-defense. We will be meeting at Cobra in Ankeny, so be sure to be on time, as we start right at 6:30 pm.

PROGRAM REGISTRATION FEE: $25.00
TIME: 6:30 pm - 8:00 pm
DATE: Monday, June 15th
COST: Registration fee only
MEETING PLACE: Cobra; 110 N. Ankeny Blvd., Suite

Limited to 20 participants

Golf

Are you ready for a time you will never FORE get? Come join us at Warrior Run Golf Course (3809 North Ave., Norwalk) for a chance to learn the game and perfect your swing! We will practice on the driving range, putting green, and chipping the ball. Clubs will be provided, but remember to stay hydrated during the hot summer days!

If you plan to meet at the Warrior Run Golf Course, please arrange to be there from 3:30 pm – 4:30 pm.

Rides are limited, please call in advance for those meeting at Link Associates. Arrive no later than 3:00 pm, and pick up time will be at 5:00 pm.

PROGRAM REGISTRATION FEE: $40.00
TIME: 3:00 pm - 5:00 pm
DATE: Tuesdays - Starting July 7th through August 25th
COST: Registration Fee Only
MEETING PLACE: Link Associates -1452 29th St.

Limited to 10 participants
Pool Party - Ode to Summer

Bring your swimwear, sandals, and towel for a night of swimming fun at the Clive Aquatic Center. Enjoy a private swimming experience, as we have the entire aquatic center rented just for us! The Clive Aquatic Center has an outdoor water park with water slides, a lazy river, and a leisure pool. Dinner will also be provided with pizza and pop! Come ready to swim your heart out with friends and bring your best swimming tricks!

*Incase of bad weather - pool party rain date is August 6th (same time as below)

PROGRAM REGISTRATION FEE: $12.00
TIME: 7:30 pm - 9:30 pm
DATE: Tuesday, August 4th
COST: Registration Fee Only
MEETING PLACE: Clive Aquatic Center; 1801 NW 114th St., Clive
NEW PROGRAMS & SPECIAL EVENTS

RIVER CITY SPINNERS

PROGRAM DESCRIPTION: A social group for adults with mild intellectual and/or physical disabilities, who may be socially isolated within our community. Participants must exhibit good social behavior, have no major medical concerns, and display appropriate behavior toward property, themselves, and others. Social activities are scheduled three to four times per month. (Participants requiring medication during the event, must bring only necessary dosage and it must be labeled with medication name, dosage, and directions.) Staff to participant ratio is 1:6 or 1:7. Ratios of 1:1 or 1:2 are not available.

Limited to 12 people per activity unless otherwise specified.

Wednesday, May 20th: Signature Nails
Whose little piggy’s need a scrubbin’?! A pedicure is sure to get you giggling, but once the giggles and scrubbing are finished your feet are going to be ready for summer! Don’t miss this night out treating yourself to a pedicure with friends!

PROGRAM REGISTRATION FEE: $5.00
TIME: 6:00 pm - 8:30 pm
COST: $35; pay when confirmed
MEETING PLACE: Link Associates -1452 29th St., WDM

Tuesday, May 26th: Coopers on 5th Restaurant
Come join us for a night out in the historic Valley Junction. We will be enjoying some American “Classy Comfort” cuisine at a quaint restaurant that is well known in the area. Bring your appetite and enjoy conversation around the table with new and old friends.

PROGRAM REGISTRATION FEE: $5.00
TIME: 6:00 pm - 8:30 pm
COST: $35; pay when confirmed
MEETING PLACE: Link Associates -1452 29th St., WDM

Friday, June 5th: Guys Night - Fishing
A bad day of fishing beats a good day of anything else! Come join us for a guys night full of fishing at Jester Park. No need to bring bait or poles. We have that covered, so you can just come ready to reel in a big one!

PROGRAM REGISTRATION FEE: $5.00
TIME: 6:00 pm – 8:30 pm
COST: $3; pay when confirmed
MEETING PLACE: Link Associates -1452 29th St., WDM
Fun and Fitness

REGISTRATION PROCESSING BEGINS: APRIL 3RD, 2020

Gym Class Heroes - Session 1

This program will offer you new and exciting ways to stay fit and keep you moving. On each Monday, join us at Link Associates Leisure Department from 3:00 pm – 4:00 pm for a workout you won’t forget. We will try it all: yoga, pound fitness, dance aerobics, pilates, stepping class, strength training, tai-chi, nutrition info, and power walking.

On Wednesday’s, we will head out to different locations around town including, but not limited to Krave Gym, Walnut Creek YMCA, Grays Lake, and Water Works Park from 3:00 pm – 4:30 pm, where we will continue our fitness by trying classes, basketball, cardio machines, weight machines, swimming and walking. This new program will not only keep you moving but also make you feel accomplished!

We will begin Monday, May 11th and go through Wednesday, June 24th

PROGRAM REGISTRATION FEE: $25.00
TIME: Mondays 3:00 pm – 4:00 pm
       Wednesdays 3:00 pm – 4:30 pm
DATE: See description above
COST: Registration Fee Only
MEETING PLACE: Link Associates-1452 29th St.

Limited to 10 Participants

Gym Class Heroes - Session 2

This program is the second session for the above description. We will offer you new and exciting ways to stay fit and keep you moving for 8 weeks. You are welcome to sign up for one or both of the sessions!

We will begin Monday, June 29th and go through Wednesday, August 19th

PROGRAM REGISTRATION FEE: $25.00
TIME: Mondays 3:00 pm – 4:00 pm
       Wednesdays 3:00 pm – 4:30 pm
DATE: See description above
COST: Registration Fee Only
MEETING PLACE: Link Associates-1452 29th St.

Limited to 10 Participants
NEW PROGRAMS & SPECIAL EVENTS

Community Art Connection

Wednesday, July 29th: Shrinky Dinks

Get ready for a hugely popular craft from the 80’s! Design these plastic pieces however you want and then watch them shrink in the oven! This activity is enjoyable for all levels of crafters. Bring your creativity and see what fun items you can make!

PROGRAM REGISTRATION FEE: $5.00
TIME: 6:00 pm – 7:00 pm
COST: Registration Fee only
MEETING PLACE: Link Associates - 1452 29th St, WDM

Limited to 25 Participants

Tuesday, August 11th: Cross Stitch

In this class we will take you through the basics of cross stitch: Reading the pattern, selecting materials, threading the needle, and of course, the stitching itself. Cross stitch can be a calming craft activity to learn. This class will be a great starter class to discover a new hobby.

PROGRAM REGISTRATION FEE: $5.00
TIME: 6:00 pm – 7:30 pm
COST: Registration Fee only
MEETING PLACE: Link Associates - 1452 29th St., WDM

Limited to 15 Participants
Wednesday, June 10th: Paintball

Wear your fastest shoes and get ready to dodge some paintballs! Archery Field and Sports in Altoona provides all the equipment you will need to play paintball. The outside paintball fields provide enough space to run, hide, and shoot paintballs at all of your friends. All you have to bring is yourself, a good attitude, and closed toe shoes! You’ll finish the game with flying colors!

*Reminder to wear closed toe shoes, and clothing that can get stained with paint

PROGRAM REGISTRATION FEE: $5.00  
TIME: 6:00 pm – 9:30 pm  
COST: $40; pay when confirmed  
MEETING PLACE: Link Associates - 1452 29th St., WDM

Thursday, June 18th: Civic Center - Wicked

Wicked is a Broadway sensation that looks at what happened in the Land of Oz from a different angle. Long before Dorothy arrives, there is another young woman, born with emerald green skin that possesses an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular, their rivalry turns into the unlikeliest of friendships. Until the world decides to call one “good” and the other one “WICKED”.

*Sponsored in part by the Meredith Corporation

PROGRAM REGISTRATION FEE: $5.00  
TIME: 6:30 pm - 11:00 pm  
COST: $29; pay when confirmed  
MEETING PLACE: Link Associates - 1452 29th St., WDM

Monday, June 22nd: Movie Night

3… 2… 1… Action! Grab your popcorn and drink of choice and join us for a movie on the big screen. Whether it’s a thriller, romantic comedy or Disney movie, you are sure to have a fun night out at the theater.

PROGRAM REGISTRATION FEE: $5.00  
TIME: 6:00 pm - 9:30 pm  
COST: $12: Bring money for concessions  
MEETING PLACE: Link Associates - 1452 29th St., WDM
River City Spinners

Thursday, July 2nd: Yankee Doodle Pops

Going to a concert on a nice summer night... What more could you ask for? Yankee Doodle Pops is Iowa’s largest single-day concert event! Their patriot concert ends with a fireworks show over the Des Moines skyline.

PROGRAM REGISTRATION FEE: $5.00
TIME: 6:30 pm – 10:30 pm
COST: Registration Fee Only
MEETING PLACE: Link Associates -1452 29th St., WDM

Friday, July 10th: Salsa Dancing

Join us for this energetic latin dance class. Salsa dance is a fun form of cardio and makes for a great workout for your hips, legs, and glutes. Make sure you wear clothes you can move and dance in. There is no experience needed when trying out this beginner class!

PROGRAM REGISTRATION FEE: $5.00
TIME: 6:00 pm – 8:00 pm
COST: $13; pay when confirmed
MEETING PLACE: Link Associates -1452 29th St., WDM

Monday, July 13th: Adventureland

Whether you are into the thrill of the loops of the high-speed Monster or the view of Altoona from the top of the ferris wheel, you are sure to enjoy a day at Iowa’s famous theme park. Be sure to bring money if you plan on purchasing any snacks from the many concession options the park has to offer.

PROGRAM REGISTRATION FEE: $5.00
TIME: 5:30 pm – 9:30 pm
COST: $48; bring money for concessions
MEETING PLACE: Link Associates -1452 29th St., WDM

Wednesday, July 22nd: Firebirds Wood Fired Grill

Do you like burgers, seafood, salad? Maybe even pasta? Well, you are in luck! Firebirds has it all, even for the picky eaters! They are known for their scratch kitchen, bold flavors, and inviting atmosphere. Join us for a delicious dinner and even better company! Come hungry!

PROGRAM REGISTRATION FEE: $5.00
TIME: 6:00 pm - 8:30 pm
COST: $25; pay when confirmed
MEETING PLACE: Link Associates -1452 29th St., WDM
COMMUNITY ART CONNECTION

PROGRAM DESCRIPTION: Community Art Connection (CAC) is a program designed to introduce participants to a variety of leisure time alternatives. Speakers are scheduled to present information and/or a hands-on experience for the topic they are addressing. Come view, listen to, and experience a new leisure option.

REGISTRATION PROCESSING BEGINS: APRIL 3RD, 2020

Wednesday, May 27th: Pour Paint

Acrylic paint pouring is a mesmerizing art technique. Best of all, it doesn’t require much technique! After pouring paint it will glide along your canvas as you tilt and swirl it to create one of a kind designs! Go with the flow and join us with a night full of pour painting!

PROGRAM REGISTRATION FEE: $5.00
TIME: 6:00 pm – 7:00 pm
COST: Registration Fee only
MEETING PLACE: Link Associates -1452 29th St., WDM

Limited to 15 Participants

Thursday, June 25th: Pom-Pom Creations

In this class you will be introduced to all things pom-poms! You may be a pom-pom professional, but for those of you who aren’t it won’t take long before you are a master pom-pom! This fun new hobby can easily be made into a gift or to add some decoration to your life! For this activity we will get to choose which fun pom-pom design you would like to do! Bring your creativity and we’ve got the yarn!

PROGRAM REGISTRATION FEE: $5.00
TIME: 6:00 pm – 8:00 pm
COST: Registration Fee only
MEETING PLACE: Link Associates -1452 29th St., WDM

Limited to 15 Participants
OVERNIGHT CLUB TRAVEL

PROGRAM DESCRIPTION: A program designed for adults with mild intellectual disabilities and/or physical disabilities who may be socially isolated within our community, and want to travel one weekend day each month to a new destination in Iowa and the Midwest. Travelers must exhibit good social behavior, have no major medical concerns, and display appropriate behavior toward property, themselves, and others. There are a variety of trips planned, so choose the one (or all) that appeals to you and make your reservation now!

We will meet, depart from, and arrive back at Link Associates – 1452 29th St.
Limited to 12 people per activity unless otherwise noted.

REGISTRATION PROCESSING BEGINS: APRIL 3RD, 2020

Friday, July 24th - Sunday, July 26th: Honey Creek Resort

It’s time for a beach get-away weekend on Rathbun Lake in Honey Creek, Iowa. Please arrive at 1:00 pm at Link Associates for check-in. We will depart from Link at 2:00 pm on a charter bus to head to Honey Creek Resort. This weekend will be packed full of exciting resort activities. We will enjoy plenty of beach time along with their indoor water park, nature hikes, golf, nature crafts, geocaching, star gazing, telescope sun gazing, and disc golf. Honey Creek Resort also has several on site restaurants we can choose from over the weekend. On Sunday we will return to Link Associates at 3:00 pm. Be sure to bring plenty of sunscreen, and bug spray. A packing list will be provided once you are confirmed for this trip.

*Must meet qualifications to attend this program, as participant must have community alone time to attend. Must be able to be alone overnight in hotel with roommate of same gender. Participants will have own bed, but must share a room. This trip has a chaperone ratio of 1:5, and all medications must be prepackaged and labeled.

*All Inclusive trip with the exclusion of snacks and souvenirs

*Additional waiver must be filled out prior to attending. If confirmed, a waiver will be sent with confirmation letter.

*No transportation available-must be able to meet at Link Associates and be picked up.

Cancelation Policy: You must cancel at least 14 business days in advance. If proper notice is not received, the participant will lose all pre-paid fees for the activity. No refunds due to weather delays or cancelations.

PROGRAM REGISTRATION FEE: $680 (fee covers; admission, hotel, transport, and meals)
TIME: Friday, July 24th (meet at 1:00 pm) - Sunday, July 26th (arrive back at 3:00 pm)
COST: Registration Fee Only; Bring money for souvenirs and snacks
MEETING PLACE: Link Associates - 1452 29th St., WDM
Monday, July 27th: Van Dee’s Ice Cream Shoppe

I scream, you scream, we all scream for ice cream! Join us for an evening of sweet treats at Van Dee’s Ice Cream Shoppe. Van Dee’s ice cream has been a fixture in the Johnston community since the 1950’s, and are well known for their “big chipper” ice cream sandwich, and homemade waffle cones. With so many ice cream flavors from cotton candy to black raspberry to choose from, it is hard to go wrong at Van Dee’s.

**PROGRAM REGISTRATION FEE:** $5.00  
**TIME:** 6:00 pm - 8:00 pm  
**COST:** $10, pay when confirmed  
**MEETING PLACE:** Link Associates - 1452 29th St., WDM

Wednesday, August 5th: Iowa Cubs Game

Come join leisure to root, root, root for the home team at Principal Park! The Iowa Cubs have been playing for over 50 years. If you haven’t seen them hit a homerun, this may be your chance! Enjoy some peanuts and cracker jacks this summer while watching America’s pastime.

**PROGRAM REGISTRATION FEE:** $5.00  
**TIME:** 6:00 pm – 11:00 pm  
**COST:** $12; bring money for concessions and souvenirs  
**MEETING PLACE:** Link Associates - 1452 29th St., WDM

Thursday, August 13th: Girls Night - Axe Throwing

Attention all girls! It is not axe-ident that you are reading this. Join us for a night out at Lumbar Axe in Des Moines. Lumbar Axe is known for their safe, fun-filled environment with a lively atmosphere. You will learn the basics of axe throwing and then practice with some fun and competitive games! Sounds axe-citing!

*Reminder to wear closed toe shoes only*

**PROGRAM REGISTRATION FEE:** $5.00  
**TIME:** 6:30 pm – 9:00 pm  
**COST:** $28, pay when confirmed  
**MEETING PLACE:** Link Associates - 1452 29th St., WDM

Thursday, August 20th: State Fair

It is always a great time at the Iowa State Fair! Come join us as Spinner’s goes and sees what all the fair has to offer. From farm animals, rides, and many entertainment options you are sure to have a fun time!

**PROGRAM REGISTRATION FEE:** $5.00  
**TIME:** 6:00 pm – 10:00 pm  
**COST:** $9; bring money for concessions  
**MEETING PLACE:** Link Associates - 1452 29th St., WDM
DAY TRIP

CLUB TRAVEL

PROGRAM DESCRIPTION: A program designed for adults with mild intellectual disabilities and/or physical disabilities who may be socially isolated within our community, and want to travel one weekend day each month to a new destination in Iowa and the Midwest. Travelers must exhibit good social behavior, have no major medical concerns, and display appropriate behavior toward property, themselves, and others. There are a variety of trips planned, so choose the one (or all) that appeals to you and make your reservation now!

We will meet, depart from, and arrive back at Link Associates – 1452 29th St. Limited to 12 people per activity unless otherwise noted.

We will meet, depart from, and arrive back at Link Associates – 1452 29th St. Limited to 12 people per activity unless otherwise noted.

REGISTRATION PROCESSING BEGINS: APRIL 3RD, 2020

Saturday, May 9th: Tulip Time - Pella, Iowa

Don’t forget to smell the roses! Oops, I mean tulips! Join us for an adventure to Pella, Iowa as we visit the well-known Tulip Time Festival! We will experience the transformation of the town into a Dutch colony. The day will be spent looking at tulips, vendors, and different shops. We will take a narrated open-air wagon wide through the town as we learn about Pella’s history and see all of the beautiful sights. After the wagon ride, we will eat a delicious traditional Dutch meal and go get ourselves some yummy treats from the bakery! To end the exciting day, we will watch the parade featuring floats, marching bands, and Dutch costumes!

PROGRAM REGISTRATION FEE: $10.00
TIME: 9:00 am - 5:00 pm
COST: $25; (includes lunch and snack) - bring money for souvenirs
MEETING PLACE: Link Associates - 1452 29th St., WDM
Saturday, June 27th: Spook Cave - McGregor, Iowa

Come join us for a day full of exploring and learning all what nature can do. Experience Spook Cave’s unique and fun underground boat tour! As your boat enters the cave, your guide will explain the discovery, development and history of the natural limestone cave and area. View stalactites and other natural formations with plenty of photo opportunities.

The slow processes of nature have been developing the cave near McGregor for centuries and centuries, but it was opened suddenly by man. These beauties are now available to the public. Guided boat tours tell about the discovery and development of the cave. Formations are also pointed out and described. No walking involved, fully lighted, out of the weather and always 47 degrees. We will enjoy all that Spook Cave has to offer along with enjoying lunch out at a restaurant. Bring a light jacket, as the cave can be chilly!

**PROGRAM REGISTRATION FEE:** $10.00  
**TIME:** 8:00 am – 8:30 pm  
**COST:** $40 (includes lunch, dinner, and admission) bring money for souvenirs  
**MEETING PLACE:** Link Associates - 1452 29th St., WDM

Saturday, August 15th: Matchstick Museum - Gladbrook, IA

Isn’t it crazy that such a small item can be used to create life size works of art? Come see what Patrick Acton was able to create with nearly 7 million ordinary, wooden matchsticks. Art pieces include a true scale model of the USS Iowa battleship and a 12-foot, lighted model of the United States Capitol. Before heading to the museum, we will enjoy lunch at Spanky’s restaurant which is a small-town favorite. Be sure to join us for this one of a kind museum experience.

**PROGRAM REGISTRATION FEE:** $10.00  
**TIME:** 10:30 am – 5:00 pm  
**COST:** $30 (includes lunch, and admission) - bring money for snacks/souvenirs  
**MEETING PLACE:** Link Associates - 1452 29th St., WDM
PHOTO CONSENT

I grant permission for photographs, testimonials, and/or video tapes as a participant to be used by Leisure Services sponsoring agencies for the purpose of education, program promotion, and public relations (i.e. Link slide presentations, pictures on display boards, brochures, website, Link social media, television, radio, or any other form of media. Photos, videos, and/or other publications may be used in print or electronic media. I understand that photos, videos, and/or other publications may be used in print or electronic media. I understand that photos, videos, and/or other publications may be used in print or electronic media. I understand that photos, videos, and/or other publications may be used in print or electronic media.

Activity Totals:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iowa State Fair ($14.00)</td>
<td></td>
</tr>
<tr>
<td>Firebird Wood Fired Grill ($30.00)</td>
<td></td>
</tr>
<tr>
<td>Salsa Dancing ($18.00)</td>
<td></td>
</tr>
<tr>
<td>Yankee Doodle Pops ($5.00)</td>
<td></td>
</tr>
<tr>
<td>Bowling ($30.00)</td>
<td></td>
</tr>
<tr>
<td>Iowa Cubs Game ($17.00)</td>
<td></td>
</tr>
<tr>
<td>Movie Night ($17.00)</td>
<td></td>
</tr>
<tr>
<td>Flag Football ($30.00)</td>
<td></td>
</tr>
<tr>
<td>Pool Party – Ode to Summer ($12.00)</td>
<td></td>
</tr>
<tr>
<td>Van Dee’s Ice Cream Shoppe ($15.00)</td>
<td></td>
</tr>
<tr>
<td>Signature Nails ($40.00)</td>
<td></td>
</tr>
<tr>
<td>Honey Creek Resort ($680)</td>
<td></td>
</tr>
<tr>
<td>Play with Clay ($5.00)</td>
<td></td>
</tr>
<tr>
<td>Matchstick Museum ($40.00)</td>
<td></td>
</tr>
<tr>
<td>Spook Cave ($50.00)</td>
<td></td>
</tr>
<tr>
<td>Shrinky Dinks ($5.00)</td>
<td></td>
</tr>
<tr>
<td>Cross Stitch ($5.00)</td>
<td></td>
</tr>
<tr>
<td>Pom-Pom Creations ($5.00)</td>
<td></td>
</tr>
<tr>
<td>Tulip Time ($35.00)</td>
<td></td>
</tr>
<tr>
<td>Matchstick Museum ($40.00)</td>
<td></td>
</tr>
<tr>
<td>Cross Stitch ($5.00)</td>
<td></td>
</tr>
<tr>
<td>Shrinky Dinks ($5.00)</td>
<td></td>
</tr>
<tr>
<td>Spook Cave ($50.00)</td>
<td></td>
</tr>
<tr>
<td>Flag Football ($30.00)</td>
<td></td>
</tr>
<tr>
<td>Bowling ($30.00)</td>
<td></td>
</tr>
<tr>
<td>Bowling ($30.00)</td>
<td></td>
</tr>
<tr>
<td>Bowling ($30.00)</td>
<td></td>
</tr>
<tr>
<td>Bowling ($30.00)</td>
<td></td>
</tr>
<tr>
<td>Bowling ($30.00)</td>
<td></td>
</tr>
<tr>
<td>Bowling ($30.00)</td>
<td></td>
</tr>
<tr>
<td>Bowling ($30.00)</td>
<td></td>
</tr>
</tbody>
</table>

T-Shirt Size ________

Birth date _______________ Age __________ Sex ________ Email ____________________________________________

ADDRESS_________________________________________________________________________ Zip Code___________

PARTICIPANT’S NAME______________________________________________ PHONE #___________________________

If you would like a copy of this release please call the Leisure Department at 515-262-8888

PHOTO CONSENT

_________________________
_________________________
_________________________
_________________________

PHOTO CONSENT, WAIVER AGREEMENT:

I hereby agree to hold harmless Link Associates, it agents, officers, board members, volunteers and employees from any and all liability for personal injuries or damages I may hereafter sustain while participating in traveling to and from observing the sponsored activities. The individuals listed above have my permission to participate in the listed programs.

In consideration of your acceptance of my participation, I hereby, for myself, my heirs, executors and administrators, waive any and all rights and claims for damages I may now or hereafter have against the Leisure Services Program, Link Associates, Dowling Schools, Warrior Run Golf Course, Valley Community Center, MVP Sports, Ankeny, Urbandale, West Des Moines, & Des Moines Parks and Recreation, Bowlerama, YMCA or any of the afore-mentioned subsidiaries, affiliates, employees or agents for any and all injuries suffered by me in said programs/activities for the period of January 1, 2020- December 31, 2020. I certify that I have full knowledge of the risks involved in leisure/recreation activities and that I am physically fit and have no medical or physical conditions that prevent my participation.

I (participant and/or guardian) have read and understand the Leisure Times brochure and Registration form. By signing this form, I understand and agree with the Photo Consent Agreement and the Hold Harmless, Waiver Agreement.

THIS FORM MUST BE SIGNED IN ORDER TO PROCESS YOUR REGISTRATION!
PHOTO CONSENT

This form is for Leisure Services programs only.

I hereby give permission for Leisure Services to use my photograph (s) for the purpose of education, program promotion, and public relations (i.e. Link slide presentations, pictures on display boards, brochures, website, Link social media, etc.)

I understand that a photo may be used in emergency purposes. If participating in Special Olympics, I am aware and in agreement, for all Special Olympics events i.e. practices, scrimmages, competitions, etc. Link Associates will adhere to the Special Olympics photo consent policy.

I understand that my photograph (s) may be published in leisure program materials i.e. brochures and Registration forms. By signing this form, I understand and agree with the Photo Consent Agreement and the Hold Harmless, Consent, and Waiver Agreement.

I grant permission for photographs, testimonials, and/or video tapes as a participant to be used by Leisure Services sponsoring agencies for the purpose of education, program promotion, and public relations, (i.e. Link slide presentations, pictures on display boards, brochures, website, Link social media, etc.).

I hereby agree to hold harmless Link Associates, its agents, officers, board members, volunteers and employees from any and all liability for personal injuries or damages I may hereafter sustain while participating in traveling to and from, or from observing the sponsored activities.

The individuals listed above have my permission to participate in the listed programs. I hereby agree to hold harmless Link Associates, its agents, officers, board members, volunteers and employees from any and all liability for personal injuries or damages I may hereafter sustain while participating in traveling to and from, or from observing the sponsored activities.

Registration accepted on a first come first served basis. Please refer to brochure for program times, dates, and costs.

Registrations accepted on a first come first served basis. Please refer to brochure for program times, dates, and costs.

REGISTRATION PROCESSING BEGINS: April 3, 2020

SEND NO MONEY WITH YOUR REGISTRATION. CONFIRMATION LETTERS WILL BE SENT OUT ONCE YOUR REGISTRATION IS PROCESSED.

Mail to: Link Associates, 1452 29th Street, West Des Moines, IA 50266

REGISTRATION 2020 PROGRAM REGISTRATION
PARTICIPANT CONTACT INFORMATION

Summer 2020

REGISTRATION PROCESSING BEGINS: April 3rd, 2020

Name: __________________________________________ Phone: __________

Behaviors to encourage____________________________________________________

Behaviors to discourage_____________________________________________________

Health & behavior concerns that may affect participation__________________________________________________________

Do you currently have a recreation, leisure, or community integration goal: ____Yes ____No

If yes, what is your current goal? ___________________________________________

EMERGENCY CONTACT INFORMATION

Residential Provider: _____________________________________ Phone: _______________

Agency Supervisor: ______  Emergency Cell: _____________________

Case Manager: ___________ Phone: ___________________________ Email: _______________

Payee: _______________ Address: ______________________________________ Email: _____________________

1. EMERGENCY CONTACT PERSON – Evening and Weekend

Name: ________________________________________ Phone: ________________________________________

Address: ______________________________________________________________________________________

Relationship to Client: __________________________________________________ Email: ___________________

2. EMERGENCY CONTACT PERSON – Evening and Weekend

Name: ___________________________ Phone: ________________________________________

Address: ______________________________________________________________________________________

Relationship to Client: __________________________________________________ Email: ___________________

Physician Name: __________________________________________ Phone: ___________________________

Hospital Preference: ____________________________________________

PROGRAM EVALUATION DATA

The following information is required for program evaluation purposes and funding proposals for the continuation of Leisure Services. This information is also necessary to inform our staff of the individuals enrolled, so that they may better structure activities. This information will be kept confidential and will only be available to Leisure Services personnel.

Place a (X) by the participant's primary disability:

1. ___________Autism
2. ___________Cerebral Palsy
3. ___________Diagnosed Mental Illness
4. ___________Emotional/Behavioral Disorder
5. ___________ID Mild
6. ___________ID Moderate
7. ___________ID Severe
8. ___________ID Profound
9. ___________Physical Disability
10. ___________Seizure Disorder
11. ___________Wheelchair Assistance

Place a (X) by the participant's secondary disability:

1. ___________Autism
2. ___________Cerebral Palsy
3. ___________Emotional/Behavioral Disorder
4. ___________ID Mild
5. ___________ID Moderate
6. ___________ID Severe
7. ___________ID Profound
8. ___________Physical Disability

Place a (X) by the participant's current living arrangement:

1. ___________Independent (individuals with NO scheduled support)
2. ___________Independent (individuals living with family with no support)
3. ___________Individuals with 2-30 hours SCL support per week
4. ___________Individuals with 31-90 hours SCL support per week
5. ___________Individuals with 91-167 hours SCL support per week
6. ___________Individuals with 24 hours of support per day
7. ___________Native Hawaiian
8. ___________Native Indian/Aleaskan
9. ___________African American/Black
10. ___________Hispanic
11. ___________Caucasian/White

Place a (X) by the participant’s ethnic group:

1. ___________Asian
2. ___________African American/Black
3. ___________Native Hawaiian
4. ___________Native Indian/Aleaskan
5. ___________Hispanic
6. ___________Caucasian/White

Place a (X) by the participant’s primary disability:

1. ___________Autism
2. ___________Cerebral Palsy
3. ___________Emotional/Behavioral Disorder
4. ___________ID Mild
5. ___________ID Moderate
6. ___________ID Severe
7. ___________ID Profound
PARTICIPANT CONTACT INFORMATION

REGISTRATION PROCESSING BEGINS: April 3rd, 2020

Name: __________________________________ Phone: ______________
Behaviors to encourage: ____________________________________________
Behaviors to discourage: ____________________________________________
Health &/or behavior concerns that may affect participation:

Do you currently have a recreation, leisure, or community integration goal: ____Yes  ____No

If yes, what is your current goal?: ______________________________________

EMERGENCY CONTACT INFORMATION

Residential Provider: ___________________________________________ Phone: ______________
Agency Supervisor: ____________________________ Phone: ______________
Case Manager: ___________________________________________ Phone: ______________
Agency Supervisor: ____________________________ Email: ______________

1. EMERGENCY CONTACT PERSON – Evening and Weekend

Name: ________________________________________ Phone: ________________________________________
Address: ______________________________________________________________________________________
Relationship to Client: ____________________________ Email: ______________

2. EMERGENCY CONTACT PERSON – Evening and Weekend

Name: ________________________________________ Phone: ________________________________________
Address: ______________________________________________________________________________________
Relationship to Client: ____________________________ Email: ______________

Physician Name: ___________________________________________ Phone: ___________________________
Hospital Preference: ____________________________________________

PROGRAM EVALUATION DATA

The following information is required for program evaluation purposes and funding proposals for the continuation of Leisure Services. This information is also necessary to inform our staff of the individuals enrolled, so that they may better structure activities. This information will be kept confidential and will only be available to Leisure Services personnel.

Place a (X) by the participant's primary disability:

_____Developmental Disability
_____Autism
_____Wheelchair Assistance
_____Borderline
_____Cerebral Palsy
_____Diagnosed Mental Illness
_____ID Mild
_____Visually Impaired
_____None Reported
_____ID Moderate
_____ID Severe

Place a (X) by the participant's secondary disability:

_____Autism
_____Emotional/Behavioral Disorder
_____Other

Place a (X) by the participant's current living arrangement:

_____Independent (individuals with NO scheduled support)
_____Independent (individuals living with family with no support)
_____Individuals with 2-30 hours SCL support per week
_____Individuals with 31-90 hours SCL support per week
_____Individuals with 91-167 hours SCL support per week
_____Individuals with 24 hours of support per day

Place a (X) by the participant's ethnic group:

_____Independent (individuals with NO scheduled support)
_____Independent (individuals living with family with no support)
_____Individuals with 2-30 hours SCL support per week
_____Individuals with 31-90 hours SCL support per week
_____Individuals with 91-167 hours SCL support per week
_____Individuals with 24 hours of support per day

_____Asian
_____African-American/Black
_____Native Indian/Alaskan
_____Native Hawaiian

_____Other