

2020 Fall Session

The Fall Session **registration begins September 14 and ends on September 28.** There is a \$5.00 discount for anyone who registers before September 28. **Monday, Wednesday, Thursday and Friday classes are 10 weeks. Tuesday classes are 11 weeks. Saturday classes are 9 weeks.** The fall session **starts on October 5 and ends December 20th.**

IMPORTANT: It is very important for you to register during the designated registration period. This will help insure your skater gets a spot in the appropriate class and that classes are not overcrowded or cancelled.

IceLand does not pro-rate fees for missed classes. **No Make-Ups for missed classes. No refunds for any reason.**

There will be NO classes on 10/31, 11/1, and 11/23-11/29.

Program Title	Code	Sec	Day	Time	Res	Non-Res
Ages 3-5						
Parent/Tot	433011	01	Thurs	6:25-6:55 p.m.	\$115.00	\$139.00
Parent/Tot	433011	15	Sat	11:45-12:15 a.m.	\$105.00	\$126.00
Tot 2/ Snowplow Sam 2	433012	02	Thurs	6:25-6:55 p.m.	\$115.00	\$139.00
Tot 2/ Snowplow Sam 2	433012	01	Sat	11:45am – 12:15 p.m.	\$105.00	\$126.00
Tot 3/ Snowplow Sam 3	433013	02	Thurs	6:25-6:55 p.m.	\$115.00	\$139.00
Tot 3/ Snowplow Sam 3	433013	03	Sat	11:45am – 12:15 p.m.	\$105.00	\$126.00
Tot 4/ Snowplow Sam 4	433014	02	Thurs	6:25-6:55 p.m.	\$115.00	\$139.00
Tot 4/ Snowplow Sam 4	433014	03	Sat	11:45am – 12:15 p.m.	\$105.00	\$126.00
Ages 6-10						
Parent/Beginner	433111	05	Thurs	6:25-6:55 p.m.	\$115.00	\$139.00
Parent/Beginner	433111	07	Sat	11:45-12:15 a.m.	\$105.00	\$126.00
Pre Alpha 1/ Basic 1	433111	02	Thurs	5:35-6:05 p.m.	\$115.00	\$139.00
Pre Alpha 1/ Basic 1	433111	03	Sat	10:25-10:55 a.m.	\$105.00	\$126.00
Pre Alpha 2/ Basic 2	433112	02	Thurs	6:25-6:55 p.m.	\$115.00	\$139.00
Pre Alpha 2/ Basic 2	433112	03	Sat	11:45am-12:15 pm	\$105.00	\$126.00
Alpha 1/ Basic 3	433113	02	Thurs	5:35-6:15 p.m.,	\$146.00	\$171.00
Alpha 1/ Basic 3	433113	03	Sat	11:10-11:40am	\$105.00	\$126.00
Alpha 1/ Basic 3	433113	01	Mon	5:10-5:50 p.m.	\$146.00	\$171.00
Alpha 2/ Basic 4	433114	02	Thurs	5:35-6:15 p.m.,	\$146.00	\$171.00
Alpha 2/ Basic 4	433114	03	Sat	11:10-11:40am	\$105.00	\$126.00
Alpha 2/ Basic 4	433114	01	Mon	5:10-5:50 p.m.	\$146.00	\$171.00
Beta 1/ Basic 5	433115	02	Thurs	5:35-6:15 p.m.,	\$146.00	\$171.00
Beta 1/ Basic 5	433115	03	Sat	11:10-11:40am	\$105.00	\$126.00
Beta 1/ Basic 5	433115	01	Mon	5:10-5:50 p.m.	\$146.00	\$171.00
Beta 2/ Basic 5	433116	02	Thurs	5:35-6:15 p.m.,	\$146.00	\$171.00
Beta 2/ Basic 5	433116	03	Sat	11:10-11:40am	\$105.00	\$126.00
Beta 2/ Basic 5	433116	01	Mon	5:10-5:50 p.m.	\$146.00	\$171.00
Gamma/ Basic 6	433117	02	Thurs	5:35-6:15 p.m.,	\$146.00	\$171.00
Gamma/ Basic 6	433117	03	Sat	11:10-11:40am	\$105.00	\$126.00
Gamma/ Basic 6	433117	01	Mon	5:10-5:50 p.m.	\$146.00	\$171.00
Delta/ Basic 6	433118	02	Thurs	5:35-6:15 p.m.,	\$146.00	\$171.00
Delta/ Basic 6	433118	03	Sat	11:10-11:40am	\$105.00	\$126.00
Delta/ Basic 6	433118	01	Mon	5:10-5:50 p.m.	\$146.00	\$171.00
LTS Practice Session (This is a practice session. No Instruction is provided)	433209	07	Sat	10:35-11:05a.m.	\$68.00	\$68.00
Homeschool Skating Class	433209	08	Tues	11:00-11:45am	\$161	\$192
Homeschool Skating Class	433209	09	Fri	11:00-11:45am	\$147	\$175

Program	Code	Sec	Day	Time	Res Fee	Non-Res
Pre-FS/ Freeskate	433211	04	Mon	5:10 -5:50 p.m..	\$146.00	\$171.00
Freeskate 1/ Freestyle 1	433211	02	Mon	5:10 - 5:50 p.m.	\$146.00	\$171.00
Freeskate2/ Freestyle 2	433212	02	Mon	5:10-5:50 p.m.	\$146.00	\$171.00
Freeskate3/ Freestyle 3	433213	02	Mon	5:10-5:50 p.m.	\$146.00	\$171.00
Freeskate 4/ Freestyle 4	433214	02	Mon	5:10-5:50 p.m.	\$146.00	\$171.00
Freeskate 5/ Freestyle 5	433215	01	Mon	5:10-5:50 p.m.	\$146.00	\$171.00

Specialty Classes

Power & Style Delta-Freestyle Levels	433119	06	Mon	4:40-5:10 p.m.	\$100.00	\$124.00
Freestyle Off Ice Conditioning	433119	03	Wed	5-5:45 p.m.	\$147.00	\$175.00
Ballet Level 2	433119	08	Mon	5:20-6:20pm	\$191.00	\$232.00
Ballet Level 1	433119	02	Wed	5:45-6:30pm	\$147.00	\$175.00
PA-Delta Power	433119	01	Wed	5-5:30pm	\$100.00	\$124.00
High Power & Style	433119	12	Sat	9:15-9:45 a.m.	\$100.00	\$124.00
Learn to Skate Off Ice Conditioning	433119	04	Thurs	6:20-7 p.m.	\$131.00	\$156.00
Jump Workshop—L1 (FS 3-5 No Axel)	433119	13	Fri	5:10-6:15 p.m.	\$194.00	\$232.00
Jump Workshop—L2 (FS 5 & Up With Axel)	433119	14	Fri	5:10-6:15 p.m.	\$194.00	\$232.00
Spin Workshop	433119	16	Sat	9:50-10:30am	\$118.00	\$141.00
Ballet Floor Bar (Permission from Skating Director Required)	433119	07	Sat	10:40-11:40 a.m.	\$175.00	\$209.00
Get An Edge Hockey Skating Skills	433209	01	Tues	6:10-6:55pm	\$161.00	\$192.00
ZOOM Ballet L1 (This class is not in person)	433209	02	Sun	9-9:40am	\$146.00	\$171.00
ZOOM Ballet L2 (This class is not in person)	433209	03	Sun	8-8:40am	\$146.00	\$171.00

Registration is only complete when a Covid-19 Waiver is received.

IceLand Ice Arena
8435 W. Ballard Road
Niles, IL 60714

Phone: (847) 297-8010
Fax: (847) 298-5768
www.niles-parks.org





IceLand Program Registration Form

Primary Household Contact:

Address: _____ Last Name _____ First Name _____

City: _____ State: _____ Zip: _____ Email: _____

Home Phone: (_____) _____ - _____ Work/Cell Phone: (_____) _____ - _____

Program Code	Sec.	Program Title	Day	Fee	Registrant's First & Last Name	Age- M/F	Birth Date
				\$			
				\$			
				\$			
				\$			

All Registration must be done by email to:
Aforbes@yahoo.com

Phone: (847) 297-8010

Payment Method:
☐ Cash

☐ Check

☐ Visa

☐ Master Card

☐ Discover Card

\$ _____ Total Fees For Further Information, Please Call (847) 297-S010.

Credit Card Information

Name: _____ Exp. Date: ____/____

Signature: _____ Amt.: \$ _____.

Card Number: _____ - _____ - _____ - _____

ICE-SKATING PROGRAM WAIVER & RELEASE

IMPORTANT INFORMATION

The Niles Park District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The Niles park District 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 this program must recognize that there is an inherent risk of injury when choosing to participate in recreational activities. You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for ice-skating activities. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

WARNING OF RISK

Ice-skating is intended to challenge and engage the physical, mental and emotional resources of the participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury, including but not limited to head injury, neck or back injury, wrist and ankle fractures, and other orthopedic injuries to limbs and joints. All hazards and dangers cannot be foreseen. The very nature of ice- skating is risky, including but not limited to slip and falls, colliding with other players of varying degrees of skill (including being struck from behind), tripping on irregular ice surfaces, cuts from skate blades, inadequate or defective equipment, ill-fitting skates, failure in supervision or instruction, horseplay, carelessness, poor technique, poor conditioning, rule violations, striking a stationary object, premises defects outside the rink, and all other risks inherent to the sport of ice-skating. In this regard, it must be recognized that it is impossible for the Niles Park District 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 the above identified 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 all these programs/activities against the Niles Park District, including its officials, agents, volunteers and employees (here-in after collectively referred as "District"). I do hereby fully release and forever discharge the District 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. If registering on-line or via fax, your on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature. Additionally, by signing this form, I am certifying that I qualify for the rate charged (i.e. If resident rate was charged, I am/my children are residents of the Niles Park District). If this is proven untrue, I realize that my park district privileges may be suspended or revoked. Photos are periodically taken of participants in a class, during a special event or at the District's parks. Please be aware that these photos are for Park District use only and may be used in the District's publications.

I have read and fully understand the above important, warning or risk, assumption of risk and waiver and release of all claims. PARTICIPATION WILL BE DENIED if the signature of adult participation or parent/guardian and date are not on this waiver.

NO REFUNDS issued after start of session. NO MAKE-UPS for missed classes.

Signature: _____

Date: _____

Staff Initials: _____

Regarding Entering and Exiting the Facility

Entering and Exiting the Facility



- Skaters must come dressed to skate with skates already on. Skaters will need hard guards.
- Skaters will enter the facility at the main entrance of the building and should line up on the west side of the door spaced 6ft apart.
- Parents/Guardians and spectators are not allowed inside the facility until further notice.
- Skaters should be dropped off at the assigned entrance no more than 5 minutes before their scheduled session. Parents may wait in the drop off area outside with skaters age 10 and under so long as the parent is also wearing a face covering.
- Parents/Guardians who arrive to pick up their skater more than 5 minutes before the scheduled departure should remain in their cars. Skaters will exit out the assigned exit after their session has ended. Anyone waiting to pick up a skater at the exit MUST be wearing a face covering.
- Skaters will exit the facility in the back parking lot from the Northeast (scoreboard end) corner exit. This door faces the back parking lot and is marked "EXIT".

Ron's Skate Shop

847-205-9595
1730 Pfingston Rd.
Northbrook, IL.
60062

Regarding Rental Skates

Please see the new rental skate agreement if you must rent skates. It is recommended at this time that you purchase skates. We do recommend 2 places to purchase skates that are reputable and fit your skater appropriately. Both are by appointment only. Please call ahead.

Rainbo Sports

224-235-4764
2665 Shermer Rd.
Northbrook, IL.
60062

Live Barn Video Streaming Newly Available at IceLand

While at this time parents and spectators are not being admitted into the facility, we now have a way for you to stay connected to your skater and observe sessions. During our closure Live Barn was installed in our facility. This is a live-stream subscription feed designed for hockey games. Live Barn will be active at IceLand for now, and you can purchase a subscription to get access to the feed. Check it out at www.livebarn.com. If you chose to subscribe, you can use our facility promo code to save 10% on your subscription.

Niles IceLand Promo Code

95ee-be54

Additional Important Information

- All skaters must provide a signed copy of our Covid-19 Waiver for each participant.
- There is NO buy one class get one half off until further notice. Sorry for any inconvenience.
- There will be no refunds for any reason.
- There will be no make-up classes for any reason.
- Skaters should be able to use the restroom on their own.
- Facemasks will be required for all who enter the facility.
- Masks must be worn at all times while in the building including while on the ice.
- Skaters will be required to use hand sanitizer upon entering the building. We encourage skaters to bring their own supply.
- Skaters may not enter the facility until 5 minutes before their scheduled session and are required to exit the building immediately after their session. Attendance will be taken upon entry.
- Skaters must enter the facility with skates on, ready to get on the ice. Skaters will be allowed to bring their own water bottle in small bags to be brought to the ice with other items such as tissues, skate guards, cell phones, etc. No skate bags will be allowed in the building.
- Skaters must abide by all signage regarding entering and exiting the building in the assigned areas.
- Parents will not be allowed in the building during Phase 4. Skaters age 10 and under may be dropped off at the assigned entrance so long as the parent is also wearing a mask. Parent can then pick their skater up outside of the building at the assigned exit.
- Markings will be displayed in six foot increments to allow for safe social distancing outside and upon entry to the building.
- No locker rooms or benches will be available for use. Participants are encouraged not to touch any surfaces.
- Water fountains will NOT be available. Concession stand will NOT be open.
- We encourage skaters to use the bathroom before coming to the rink, however the bathrooms will be available and cleaned on a regular basis. One person will be allowed in at a time. Skaters must use hand sanitizer before entering the bathrooms and wash hands for at least 30 seconds prior to exiting the bathroom.
- Skaters may not share any items.
- Individuals will be asked to leave the facility if they: attempt to enter with more than their water bottle and small ice bag, display a temperature of 100.4 Degrees Fahrenheit, exhibit symptoms of Covid-19, do not practice social distancing, remove their face covering or loiter in the facility in non-designated areas.



Parent and Tot Class - Children Ages: 3 to 5 + an adult

This class is designed for pre-schoolers accompanied by an adult. Instructional time is 30 minutes. Under the guidance of one of our very qualified staff, children and parents will learn the basics of skating through games, songs, and having fun. Class weeks 1 & 2 will take place first off ice and then move on ice. Beginning week 3, skaters will be on ice only.

At this time we are encouraging Tot 1 skaters to also use this class as an option for class. A parent or other adult must accompany these skaters and skate during the class. This is the only way a parent will be allowed in the facility with the skater.

Parent and Beginner Class - Children Ages: 6 to 10 + an adult

This class is designed for new skaters accompanied by an adult. Instructional time is 30 minutes. Under the guidance of one of our very qualified staff, children and parents will learn the basics of skating. Class weeks 1 & 2 will take place first off ice in skates and then move on ice. Beginning week 3, skaters will be on ice only. A parent or other adult must accompany these skaters and skate during the class. This is the only way a parent will be allowed in the facility with the skater.

Ballet Level 1 – (Wed.) Ballet Level 1 ZOOM (Sun.) Open to anyone who has never taken ballet before or has little experience in ballet or floor barre.

Basic ballet skills, terminology, rhythm, and coordination are taught, practiced, and developed through creative movement, music, and mime in a supportive and supervised environment. Taking ballet more than once a week is very beneficial to all skaters.

Off Ice Conditioning for Skaters – Learn to Skate Level (Thursdays) and Freestyle Level (Wednesdays)

Skaters need more than just on ice training. Off ice conditioning is vital to a good on ice performance. The focus of this class will be on core strength, stability, balance, explosive power, flexibility, and off ice jump technique. Students will participate in a challenging workout that should help improve their on ice performance. Skaters must have a good pair of cross training shoes, a jump rope, an exercise mat, and water.

Power Skating-Take you're skating to a new level! – Pre-Alpha thru Delta (Wed.), Delta to Freestyle (Mon.), High Power FS 4 & Up (Sat.)

This class focuses on improving edge quality and power while developing artistry and presentation. Each class will have a different focus. All aspects of skating will be explored; edges, turns, endurance, strength, and control. Aerobic and anaerobic systems will be put to the test each week. Exercises and drills may be performed to music.

Ballet Level 2 – (Mon.) Ballet Level 2 ZOOM (Sun.) Must have permission from the Skating Director

It is well known that figure skating and ballet are closely related and compliment each other. All aspects of off ice dance class and techniques apply directly to figure skating techniques. By perfecting positions and balance off the ice in dance class, on ice performance can benefit greatly. Add in the artistry of dance and a complete on ice package should be within the reach of any dedicated skater. Taking ballet more than once a week is very beneficial to all skaters.

Floor Barre (Sat.) Must have permission from the Skating Director

Floor Barre is a cross training workout that improves skaters' strength and flexibility, with an emphasis on skeletal and muscular alignment necessary for on and off ice maneuvers. It will help improve your spins and spiral positions while increasing muscular strength necessary for bigger and higher jumps. This full body workout also increases core strength and tones the athletes' body. Student must receive permission from the Skating Director to participate in this class.

Jump Workshop— (Fri.) Age: Any—Must have passed ISI Freestyle 3 and above.

Level 1: FS 3-5 (No Axel). Level 2: FS 5 & Up (With Axel).

Skating Directors permission required.

This class will focus only on jump drills and jump techniques. There will be an off ice and on ice portion to the class that will compliment one another. Skaters must attend both portions of the class. Skaters may be divided by ability level. Enrollment is at the discretion of the skating director.

Spin Workshop— (Sat.) Age: Any—Must have passed ISI Freestyle 3 and above.

Skating Directors permission required.

This class will focus only on spin entrances, exits, balance, and positions. Skater should be able to do clean forward and backward spins. Features will be introduced. Enrollment is at the discretion of the skating director.

Motivation Monday ZOOM Class—(Mon.) - Age: Any—Must have some experience in off ice classes like conditioning, ballet, floor barre, yoga, jump, etc.

WAKE UP, BE MOTIVATED, & GET MOVING on Mondays. All different off ice training techniques will be shared during this weekly class to get your week started.

Learn to Skate Practice Sessions—(Sat.) -Age: Any— Must be in a Learn to Skate Class or have a Niles IceLand Staff Coach to register for these sessions.

Skaters who will practice alone must be in the Tot3 level or higher but not over the Pre Freestyle Level.

This is an unsupervised practice session for those skaters in our program, Skaters with private IceLand staff coaches may have private lessons during this time.

Homeschooling Skating Class—(Tues or Fri) - Age: 5-14

Calling all homeschoolers! We are now offering a multi-level skating class for beginners and skaters working on skating basics. We're here for you during the day to help you learn to skate, get in some exercise, and have some fun with other homeschoolers! You will receive a 30 minute class with an instructor and 15 minutes of free time.



COVID 19 GUIDELINES AND WAIVER AND RELEASE OF ALL CLAIMS

Please read this form carefully and be aware that in signing up and participating in this program you will be waiving and releasing all claims for injuries, illnesses and damages including COVID related symptoms while participating in this program.

Guidelines

The following guidelines shall apply to all Niles Park District activities while the State of Illinois remains in Phase 3 of Governor Pritzker's Restore Illinois program. The guidelines may be amended or updated from time to time by email notification based upon directives from State or local government or public health officials, guidance from other organizations or other events. New guidelines will be provided, and will be binding on all participants, upon the entry into Phase 4 of the Restore Illinois program. All participants must agree to comply with these or any other guidelines issued by the Niles Park District.

- Any participant who is experiencing any COVID-19 symptoms, including but not limited to fever, aches or respiratory issues, are prohibited from participating in any Niles Park District activities.
- Any participant who has been exposed to anyone having the COVID-19 virus or displaying symptoms of the COVID-19 virus, may not participate in any Niles Park District activities until they have been quarantined for at least fourteen (14) days without exhibiting any COVID-19 symptoms.
- Any participant who learns they have contracted the COVID-19 virus after participating in any Niles Park District activity and who may have exposed other participants must notify the Niles Park District immediately.
- All Niles Park District activities will be limited to 10 or fewer participants.
- Players may not share equipment. All players must bring their own equipment.
- Masks and other face coverings are encouraged when appropriate.
- Practice activities shall be conducted in a manner reasonably designed to maintain social distancing where possible.
- All participants should bring hand sanitizer to each activity. Sanitizer should be applied at the beginning, the end, and periodically during activities.
- Participants should refrain from touching their faces during activities.
- Participants must clean up after themselves at the end of the activity.
- Participants may not consume snacks during the activity.



Covid 19- Waiver



- 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 of result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have as a result of participating in all these programs/activities against the Niles Park District, including its officials, agents, volunteers and employees (here-in after collectively referred as the "District").
- I have read the COVID guidelines above and agree to comply with guidelines as they may be amended from time to time.
- I acknowledge the risk to have contact with individuals, who may have been exposed to and/or have been diagnosed with COVID-19 and it is impossible to eliminate the risk that the participant could be exposed to and/or become infected through contact or close proximity with an individual with COVID-19.
- I do hereby fully release and forever discharge the District from any and all claims for injuries, damages, sickness, illness or loss that my minor child/ward or I may have which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with any programs or activities.
- If registering on-line or via fax your on-line facsimile signature shall substitute for and have the same legal effect as an original form signature.
- Additionally by signing this form, I am certifying that I qualify for the rate charged (i.e. If resident rate was charged, I am/my children are residents of the Niles Park District). If this is proven untrue, I realize that my park district privileges may be suspended or revoked.
- Photos are periodically taken of participants in a class, during a special event or at the District's parks. Please be aware that these photos are for Park District use only and may be used in the District's publications.
- I have read and fully understand the above warning or risk assumption of risk and waiver and release of all claims.

PLEASE PRINT Participant's Name

Participant's Signature _____ (18 years or older or Parent/Guardian)

DATE _____