



SUMMER SKATING ON AND OFF ICE CLASSES

9 Week Session

**June 14th through August 14th
2021**

Limited registrations being accepted.

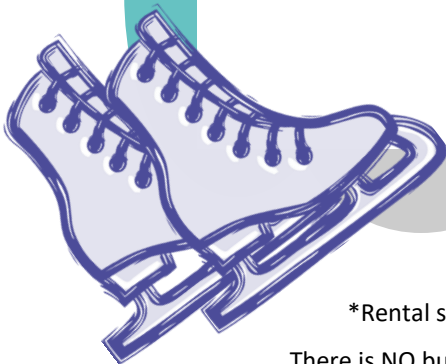
Registration Dates:

Niles Resident and All Team IceLand Members: May 24

Returning Skaters from the 2021 Spring Session: May 26

New Non Residents: June 1

***No classes 7-2-21 or 7-5-21.**



*Rental skates will not be available as normal. Please see page 3 for more details.

There is NO buy one class get one half off until further notice. Sorry for any inconvenience.



There is NO buy one class get one half off until further notice. Sorry for any inconvenience.



2021— Evening Classes— Summer Session—9 Weeks

The 9 Week Summer Session registration begins May 24 for those skaters enrolled in the Spring Session and on June 1 for new skaters.

The 9 Week Summer Session starts June 15 and ends August 12.

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

Program Title	Code	Sec	Day	Time	Res	Non-Res
Ages 3-6 Parent/Tot	333011	06	Tues	5:15-5:45pm	\$108.00	\$130.00
Parent/Tot	333011	05	Thurs	6pm-6:30pm	\$108.00	\$130.00
Tot 1 (Ages 4 to 6)	333011	02	Tues	5:15-5:45pm	\$88.00	\$110.00
Tot 1 (Ages 4 to 6)	333011	01	Thurs	5:15-5:45pm	\$88.00	\$110.00
*For skaters who have completed Parent/tot & can skate on their own.						
Tot 2/3 Snowplow Sam 2	333012	02	Tues	5:15-5:45pm	\$88.00	\$110.00
Tot 2/3 Snowplow Sam 2	333012	01	Thurs	5:15-5:45pm	\$88.00	\$110.00
Ages 6-12 Parent/Beginner	333111	04	Tues	6pm-6:30pm	\$108.00	\$130.00
Parent/Beginner	333111	03	Thurs	5:15-5:45pm	\$108.00	\$130.00
Pre Alpha 1/Basic 1	333111	02	Tues	5:15-5:45pm	\$88.00	\$110.00
Pre Alpha 1/Basic 1	333111	01	Thurs	5:15-5:45pm	\$88.00	\$110.00
For skaters who have completed Parent/Beginner or Beginner & can skate on their own.						
Pre Alpha 2/Basic 2	333112	02	Tues	5:15-5:45pm	\$88.00	\$110.00
Pre Alpha 2/Basic 2	333112	01	Thurs	5:15-5:45pm	\$88.00	\$110.00
*Must have instructor permission.						
Alpha 1-2/ Basic 3-4	333113	02	Tues	6pm-6:40pm	\$117.00	\$140.00
Alpha 1-2 /Basic 3/4	333113	01	Thurs	6pm-6:40pm	\$117.00	\$140.00
Beta 1/2 / Basic 5/6	333115	02	Tues	6pm-6:40pm	\$117.00	\$140.00
Beta 1/2 Basic 5/6	333115	01	Thurs	6pm-6:40pm	\$117.00	\$140.00
Gamma/Delta /Basic 6/ Pre FS	333117	02	Tues	6pm-6:40pm	\$117.00	\$140.00
Gamma/Delta/Basic 6/ Pre FS	333117	01	Thurs	6pm-6:40pm	\$117.00	\$140.00

REGISTRATION OPENS May 24 for those currently enrolled in the Spring Session. On June 1 registration will be open to new skaters.

The only way to register is through e-mail.

E-mail registration to

Aforbes@niles-parks.org

Registrations must include a completed registration form, covid-19 waiver, and payment.

There are no refunds or exchanges once a registration is processed.



Rental skates available if need. Please see additional document.

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

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



There is NO buy one class get one half off until further notice. Sorry for any inconvenience.



SUMMER SKATING ON AND OFF ICE CLASSES— DAYTIME CLASSES

Off Ice Conditioning/Jump Class Freestyle Levels

Res: \$117.00
TI Gold: \$127.00
Non Res: \$140.00

Wednesday 9:10am-9:50am
Code:333119-09

Pre Alpha 2/Alpha/Beta/Gamma/Delta Classes

Res: \$117.00
TI Gold: \$127.00
Non Res: \$140.00

Wednesdays 9:10am-9:50am
Code:333119-01

Off Ice Technique Class/Training Pre Alpha thru Delta Levels

Res: \$104.00
TI Gold: \$114.00
Non Res: \$125.00

Mondays 9:10am-9:50am
Code: 333119-06

***No class 7-5-21**

Freestyle Level Power Class—On Ice

Res: \$104.00
TI Gold: \$114.00
Non Res: \$125.00

Mondays 9:10am-9:50am
Code: 333119-02

***No Class 7-5-21**



Ballet for Skaters Level 1

Res: \$176.00
TI Gold: \$186.00
Non Res: \$211.00

Wednesday 10am-11am
Code: 333209-01



Ballet for Skaters Level 2

Res: \$156.00
TI Gold: \$166.00
Non Res: \$187.00

Fridays 10am-11am
Code: 333209-02

***No class 7-2-21**

Floor Barre for Skaters All Levels

Res: \$156.00
TI Gold: \$166.00
Non Res: \$187.00

Mondays 10am-11am
Code: 333209-03

***No class 7-5-21**

Stretch It Out Class—Off Ice

After a long week of skating this stretch class will help to stretch and relax muscles in order to perform well when it starts all over again on Monday. This will be great for those skaters who are skating several days a week.

Res: \$104.00
TI Gold: \$114.00
Non Res: \$125.00

Fridays 9:10am-9:50am
Code: 333209-04

***No class 7-2-21**

Friday Funday Class—On Ice- 9:10am-9:50am

You have worked hard all week. Now come out to class for a little fun. Skaters will learn about different aspects of skating, play games, use props, etc.

Res: \$104.00
TI Gold: \$114.00
Non Res: \$125.00
Fridays 9:10-9:50am
Code: 333209-09

**Alpha through Delta
Pre Freestyle -FS 3**

***No class 7-2-21**



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 10 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 about 3 minutes 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".

Purchasing Skates/Rental Skates

We do recommend Rainbo Sports to purchase skates that are reputable and fit your skater appropriately.

Please call to make an appointment.

To rent skates you must complete the rental agreement and send it in with your class registration. Rental fee will be for the full session.

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

- 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 while in the building.
- Skaters are asked to use hand sanitizer before entering the building. We encourage skaters to bring their own supply.
- Skaters may not enter the facility until 10 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, unless they have rented skates. 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, cell phones, etc. No skate bags will be allowed in the building. All items will be placed at least 6ft. apart.
- 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 20 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.

Summer Session—Class Descriptions

Parent and Tot Class - Children Ages: 3 to 6 + 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.

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: 7 to 12 + 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 – Ballet Level 1— (Wed.) 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 – Freestyle Level (Wed.) Learn to Skate Level (Mon.)

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 your skating to a new level! – Freestyle Level Skaters (Mon.)

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 – Ballet Level 2 (Fri.) 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—(Mon.) - 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.

Floor Barre is a cross training workout that improves skater's 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 athlete's body.

Student must receive permission from the Skating Director to participate in this class.

Friday Funday—(Fri.) Alpha-Delta Level and Pre Freestyle to Freestyle 3

Come out to have some fun on the ice. This class is going to be different each week. Skaters will try interpretive skating, opposite day, relay races, on ice soccer, skating with props, and other fun things on ice. This is not a technique class.

Tot 1— Age: 3-6—Skaters must have completed parent/tot class or tot beginner class

Skaters should be able to skate on their own. This class will focus on the very basics of skating. Skills included will be falling down, getting up, marching in place, marching while moving, forward dips, and introductory two foot glides. Skaters will be on the ice for all classes. Please note that only the athletes are allowed in the facility. Your child should be comfortable participating on their own. They must be able to use the rest room on their own.

Tot 2/3 Combined—Ages 4-6—Skaters must have completed Tot 1 class.

Skater must be able to skate on their own. This class will build on the skills from tot one. Skills to be introduced will be advanced two foot glides, one foot glides, forward swizzles moving, beginning backward swizzles, scooter pushes, and beginning snowplow stops.

Pre Alpha 1/Basic 1—Age: 6-12—Skaters must have completed parent/beginner class or beginner class

Skaters should be able to skate on their own. This class will focus on the very basics of skating. Skills included will be falling down, getting up, marching in place, marching while moving, forward dips, introductory two foot glides and one foot glides, and beginning backward skating. . Skaters will be on the ice for all classes. Please note that only the athletes are allowed in the facility. Your child should be comfortable participating on their own. They must be able to use the rest room on their own.

Pre Alpha 2/ Basic 2—Ages 6 and Up—Skaters must have completed Pre Alpha 1 class

Skaters will continue to practice the basics of skating such as two foot glides, one foot glides, scooter pushes, forward and backward swizzles, alternating pumps, one foot snowplow stops, and stroking. They will also start backward two foot glides, backward one foot glides, and beginning backward alternating pumps.

Alpha 1/2—Basic 3/4 Combined—Ages 6 and up—Skaters must have completed Pre-Alpha 2 Class

Skaters will be learning forward crossovers, stroking, snowplow stops, introductory forward pivot, backward swizzle, backward alternating pumps, as well as perfecting skills from the previous level.

Beta 1/2—Basic 5/6 Combined Class—Ages 6 and up—Skaters must have completed Alpha 2 Class

Gamma/Delta—Basic 6/Pre Freeski Combined—Ages 6 and Up—Skaters must have completed Beta 2 Class



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



IceLand Program Registration Form

Primary Household Contact:

Last Name

First Name

Address: _____

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@niles-parks.org Phone: (847) 297-8010	Payment Method: › Cash ² Check ² Visa ¶ Master Card ¶ Discover Card	Total Fees For Further Information, Please Call (847) 297-8010.
	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: _____



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 4 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 5 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 ten (10) 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 groups of 25 participants.

- Players may not share equipment. All players must bring their own equipment.

- Masks and other face coverings are mandatory.

- 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 _____