



# WINTER SKATING 2023 ON AND OFF ICE CLASSES

**9 Week Session  
January 9—March 18, 2023**

Registration Dates:

November 5: All skaters currently enrolled.

December 9—New Niles Residents

December 12—New Skaters/Open Registration

**\$5.00 Off for registration completed on or before 1/3/2023**

**\*No classes 2/8/2023 through 2/13/2023\***



## 2023 Winter Session

The Winter Session **registration begins 11/5 for current program skaters, 12/9 for New Niles Residents, and 12/12 for New Non-residents. Registration ends on January 3.** There is a \$5.00 discount for anyone who registers by January 3, 2023. **Classes are 9 weeks. Skaters are encouraged to register for our Spring Ice Show.**

The Winter session **starts on January 9 and ends on March 18.**

**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 2/8 through 2/13.



Program Title	Code	Se	Day	Time	Res Fee	Non-Res
Ages 3-5 Parent/Tot	133001	02	Thurs	6:25-6:55 p.m.	\$113.00	\$136.00
Tot Beginner	133000	02	Thurs	5:35p.m.-6:05p.m.	\$113.00	\$136.00
Tot Beginner	133000	04	Sat	11:50a.m.-12:20p.m.	\$113.00	\$136.00
Tot 1/Snow Plow Sam 1	133001	04	Thurs	5:35p.m.-6:05p.m.	\$113.00	\$136.00
Tot 1/Snow Plow Sam 1	133001	06	Sat	11:50a.m.-12:20p.m.	\$113.00	\$136.00
Tot 2/ Snowplow Sam 2	133002	04	Thurs	5:35p.m.-6:05p.m.	\$113.00	\$136.00
Tot 2/ Snowplow Sam 2	133002	02	Sat	11:50a.m-12:20p.m.	\$113.00	\$136.00
Tot 3/ Snowplow Sam 3	133003	04	Thurs	5:35p.m.-6:05p.m.	\$113.00	\$136.00
Tot 4/ Snowplow Sam 4	133004	04	Thurs	5:35p.m.-6:05p.m.	\$113.00	\$136.00
Ages 6-13 Beginner	133100	04	Thurs	6:25-6:55 p.m.	\$113.00	\$136.00
Beginner	133100	05	Sat	11:50am-12:20pm	\$113.00	\$136.00
Pre Alpha 1/ Basic 1	133101	02	Thurs	5:35-6:05 p.m.	\$113.00	\$136.00
Pre Alpha 1/ Basic 1	133101	04	Sat	11:10a.m.-11:40a.m.	\$113.00	\$136.00
Pre Alpha 1/ Basic 1	133101	01	Mon.	5:20-5:50 p.m.	\$113.00	\$136.00

Pre Freeskate	133201	03	Mon	4:40-5:20pm.	\$144.00	\$169.00
Pre Freeskate	133201	05	Thurs	6:15-6:55pm.	\$144.00	\$169.00
Freestyle 1/ Freeskate 1	133201	02	Mon	4:40-5:20pm.	\$144.00	\$169.00
Freestyle 2/ Freeskate 2	133202	02	Mon	4:40-5:20pm.	\$144.00	\$169.00
Freestyle 3/ Freeskate 3	133203	02	Mon	4:40-5:20pm.	\$144.00	\$169.00
Freestyle 4/ Freeskate 4	133204	01	Mon	4:40-5:20pm.	\$144.00	\$169.00
Freestyle 5/ Freeskate 5	133204	01	Mon	4:40-5:20pm.	\$144.00	\$169.00
Freestyle 6/ Freeskate 6	133206	01	Mon	4:40-5:20pm.	\$144.00	\$169.00

Pre Alpha 2/ Basic 2	133102	02	Thurs	6:25-6:55 p.m.	\$113.00	\$136.00
Pre Alpha 2/ Basic 2	133102	01	Mon	5:20-5:50 p.m.	\$113.00	\$136.00
Pre Alpha 2/ Basic 2	133102	03	Sat	11:40a.m.-12:10p.m	\$113.00	\$136.00
Alpha 1/ Basic 3	133103	02	Thurs	6:15 p.m.-6:55p.m.	\$144.00	\$169.00
Alpha 1/ Basic 3	133103	03	Sat	11:05a.m.-11:45a.m.	\$144.00	\$169.00
Alpha 2/ Basic 4	133104	02	Thurs	6:15p.m.-6:55p.m.	\$144.00	\$169.00
Alpha 2/ Basic 4	133104	03	Sat	11:05.m.-11:45a.m	\$144.00	\$169.00
Beta 1/ Basic 5	133105	02	Thurs	5:35p.m.-6:15p.m.	\$144.00	\$169.00
Beta 1/ Basic 5	133105	03	Sat	11:05a.m.-11:45a.m.	\$144.00	\$169.00
Beta 2/ Basic 5	133106	02	Thurs	5:35p.m.-6:15p.m.,	\$144.00	\$169.00
Beta 2/ Basic 5	133106	03	Sat	11:05a.m.-11:45a.m.	\$144.00	\$169.00
Gamma/ Basic 6	133107	02	Thurs	6:15p.m.-6:55p.m.	\$144.00	\$169.00
Delta/ Basic 6	133108	02	Thurs	6:15-6:55 p.m.	\$144.00	\$169.00

**Registration  
accepted in person at IceLand  
or through e-mail to  
Aforbes@niles-parks.org  
only.**

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

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



**Skaters in the Winter and Spring Session are  
eligible for the 2023 Spring Ice Show,  
"Take a Spin Around Town!"**



# Specialty Classes



## Power and Style—Freestyle Levels

**9 Weeks**  
133209-01  
Saturdays  
10:30am-11am  
Res. \$97.00  
Non Res. \$120.00

## Freestyle Off Ice Conditioning—FS 2 and Above

**9 Weeks**  
133109-07  
Thursdays  
6:10-6:55p.m.  
Res. \$128  
Non Res. \$153

## Alpha thru Freestyle 1 Power

133109-06  
**9 Weeks**  
Mondays  
5:20-5:50p.m.  
Res. \$97  
Non Res. \$120

## Pre Alpha through FS 1 Off Ice Conditioning

133109-04  
**9 Weeks**  
Mondays  
5:55p.m.-6:35p.m.  
Res. \$128  
Non Res. \$153

## Ballet Beginner Level

133209-09  
**9 Weeks**  
Monday  
4:40-5:25p.m.  
Res. \$143.00  
Non Res. \$171.00

## Ballet Level 1

133209-07  
**9 Weeks**  
Monday  
5:30-6:30p.m.  
Res. \$190  
Non Res. \$227

## Inter/Adv Ballet Level 2—Permission required.

133209-08  
**9 Weeks**  
Wednesdays  
5:10-6:10p.m.  
Res. \$190  
Non Res. \$227

## Floor Barre—Permission required.

133209-12  
**9 Weeks**  
Saturdays  
10:30-11:30am  
Res. \$190  
Non Res. \$227

## Jump Workshop—Level 1—Pre Fs through Freestyle 4

133209-05  
**9 Weeks**  
Fridays  
5:10-5:40p.m. On ice  
5:45-6:15p.m. Off ice  
Res. \$190  
Non Res. \$227

## Jump Workshop—Level 2—Passed Freestyle 4 & Up

133209-06  
**9 Weeks**  
Fridays  
5:10-5:40p.m. On ice  
5:45-6:15p.m. Off ice  
Res. \$190  
Non Res. \$227

## Spin Workshop—Beg, Level 1 & Level 2

133209-10, 133209-03, 133209-04  
**9 Weeks**  
Saturdays  
9:40-10:20 am  
Res. \$128  
Non Res. \$153

## Friday Night Dance Party

133209-11  
**9 Weeks**  
Friday  
6:20-7:20p.m.  
Res. \$190  
Non Res. \$227

## ASPIRE Training—Gamma—Freeskate 6

133109-02  
**9 Weeks**  
Saturday  
10:30am-12:45p.m.  
Res. \$380.00  
Non Res. \$440.00

### **\*SPECIALTY CLASS OFFER\***

**BUY ONE—GET ONE 1/2 OFF OF THE LOWER PRICED CLASS FOR THE SAME SKATER.**  
**APPLIES TO NILES RESIDENTS AND TEAM ICELAND GOLD CLUB MEMBERS ONLY.**

***\*OFFER DOES NOT APPLY TO THE ASPIRE TRAINING.\****



# 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
				\$			
				\$			
				\$			
				\$			

<b>All Registration must be done by email to:</b>  <b>Aforbes@niles-parks.org</b>  Phone: (847) 297-8010	<b>Payment Method:</b> <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Visa <input type="checkbox"/> Master Card <input type="checkbox"/> Discover Card	\$ _____ <b>Total Fees</b> For Further Information, Please Call (847) 297-8010.
	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;"><b>Credit Card Information</b></p> <p>Name: _____ Exp. Date: ____/____</p> <p>Signature: _____ Amt.: \$ _____</p> <p>Card Number: _____ - _____ - _____</p> </div>	

## 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: \_\_\_\_\_



### **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.

### **Ballet Level 1 – Ballet Level 1—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 and Freestyle Level**

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! – Alpha through FS 1 and Freestyle Level**

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—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—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— Age: Any—Must have passed ISI Freestyle 1 and above.**

**Level 1: FS 1-5 (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— Age: Any—Low—Alpha through Delta levels, Intermediate - Pre Freeski through Passed FS 3 levels, High—Passed Freestyle 4 and above levels or permission from the skating director.**

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.

### **ASPIRE Training—Age: Any—Gamma through Freeski 6**

The U.S figure Skating ASPIRE program is a bridge between learn to skate group classes and U.S. Figure Skating membership. Through the development of athleticism and artistry, skaters build a solid skill foundation that drives success on and off the ice.

At IceLand we will be using the ASPIRE program to create cohorts that will develop together to greater character development, skill development, and skating knowledge as a team. Having skaters who all ASPIRE to greater skating development will help be motivational by working in a team atmosphere, training more than they have in the past or to train harder, develop a more advanced understanding of skating and its different disciplines and their connections to one another.

- Skaters in the Gamma through FS 6 level are eligible to participate.
- Cohort will be Saturdays and will include power class, a second on ice class, and an off ice class each week.
- Participation in all aspects of the cohort is mandatory. No exceptions.

#### **Who should participate?**

Skaters who ASPIRE to develop great skating skills, get stronger athletically, learn more, gain more skating knowledge, have a team to train with, support and be supported by fellow skaters and coaches while training, begin competing or compete at higher levels, and be surrounded by others who want to do the same.