



# ASPIRE

# Summer Skating

# Camp

June 15, 2021 to August 12, 2021

9 Weeks of Training Available

Camp meets on Tuesdays and Thursdays

*Registration Opens April 26, 2021 for residents and Team IceLand Members. Open registration on May 3, 2021.*



**Aspire Cohort—A—FS 4/  
Freeskate 4 and Up**

*\*Landing Loops and Flips Consistently.*

7:30am—Check in

7:40am—Group Warm-up

8:20am—Freestyle Session

9:30am—Off Ice Class 1

10:30—Video Review/Projects

11am-11:30 Lunch

11:40-On Ice Classes

12:50pm—Off Ice Class 2

2pm—End of Day

**Aspire Cohort—B—  
Passed ISI Alpha/LTS USA  
Basic 4 through FS 3/  
Freeskate 3**

8:45am—Check in

9am—Group Warm-up

9:30am—Off Ice Class

10:40— Freestyle Session

11:40—On Ice Class

12:45—Lunch

1:20pm—Video Review/  
Projects

2pm—End of Day

*Aspire to exceptional Character Development!*

*Aspire to work harder each day!*

*Aspire to set, plan, and reach goals!*

*Aspire to do small things each day to be a better skater  
and person!*

*Aspire to encourage and motivate fellow skaters!*

*Aspire to improve!*



Schedule and activities subject to change.

Levels subject to adjustment based on enrollment.

June 15, 2021 to August 12, 2021

9 Weeks of Training Available

Camp meets on Tuesday and Thursday



*Registration Opens April 26, 2021 for Niles residents and Team IceLand Members. Open registration on May 3, 2021.*



### Included Sessions

- Group warm-up each day
- 1 HR Freestyle
- Power
- Ballet
- Conditioning
- Jump Class
- Spin Class
- On Ice Specialty Classes include edge class, ice dance techniques, interpretive skating, composition, and figures.
- Video Review/Important Skating Information
- Cohort A Off Ice Additional Specialty Classes, spin, yoga, and dance.

Additionally, an important part of camp will include character development and emphasis on:

- A—Attitude**
- S—Sportsmanship**
- P—Perseverance**
- I—Integrity**
- R—Respect**
- E—Effort**

Schedule and activities subject to change.

Levels subject to adjustment based on enrollment.

Camper minimum per cohort: 8—Max. 25



**Registration Opens April 26, 2021 for residents and Team IceLand Members. Open registration on May 3, 2021.**



**Fees**

4, 6, and 8 week packages are available.

- \$300.00 non-refundable deposit due at the time of registration.
- Additional weekly payments will be taken on the Monday before the week of attendance. Credit card must be kept on file.
- Before and after care available for an additional fee. Pre-registration required. Fee per day below:
  - Before Care 7am-9am Res. \$10.00 Non. Res. \$13.00
  - After Care 4pm-6pm Res. \$10.00 Non. Res. \$13.00

**Aspire Cohort A—Freestyle 4 and Up**

<b>Resident Fee:</b>
<b>4 Weeks: \$600.00</b>
<b>6 Weeks: \$800.00</b>
<b>8 Weeks: \$992.00</b>

<b>Team IceLand Gold:</b>
<b>4 Weeks: \$610.00</b>
<b>6 Weeks: \$810.00</b>
<b>8 Weeks: \$ 1002.00</b>

<b>Non-Resident:</b>
<b>4 Weeks: \$680.00</b>
<b>6 Weeks: \$924.00</b>
<b>8 Weeks: \$1152.00</b>

**Aspire Cohort B—Freestyle 3 to Passed Alpha**

<b>Resident Fee:</b>
<b>4 Weeks: \$450.00</b>
<b>6 Weeks: \$600.00</b>
<b>8 Weeks: \$700.00</b>

<b>Team IceLand Gold:</b>
<b>4 Weeks: \$460.00</b>
<b>6 Weeks: \$610.00</b>
<b>8 Weeks: \$710.00</b>

<b>Non-Resident:</b>
<b>4 Weeks: \$500.00</b>
<b>6 Weeks: \$650.00</b>
<b>8 Weeks: \$750.00</b>

*\*Additional programming and freestyle sessions will be available for purchase on Mondays, Wednesdays, Fridays, and Saturdays to complete your skater's training program.\**



Schedule and activities subject to change.  
Levels subject to adjustment based on enrollment.



## What your skater will need for camp/ training:



- OPEN TOED SHOES ARE NOT ALLOWED AT ICELAND EVER.
- Lunch & Snack—Skaters should pack a lunch each day. There is no guarantee the concession stand will be open.
- Water Bottle
- Skates
- Proper skating attire for Ice Skating. (No Jeans or Shorts allowed on the ice.)
- Extra Jacket
- Well-constructed gym shoes that tie, for outside activities, no sandals.  
Cross training shoes are suggested. Flat shoes with no support will cause injuries.
- Socks
- Exercise mat
- Small towel
- Jump rope (Plastic, workout type jump rope)
- Skate Spinner for off ice class.
- Skating program music for practice time. (If the skater has a program)
- Snacks and Drinks
- Sunscreen for activities outside.
- Special items for theme days. Information to come.
- Ballet slippers (optional)
- Jazz Shoes (optional)
- Skaters may bring cell phones with them. These must remain in their bags for the duration of camp. If there is an emergency please call the rink directly at 847-297-8010.

**\*Any skater without proper shoes or skating attire will not be allowed to participate in activities for their safety.**

Schedule and activities subject to change.  
Levels subject to adjustment based on enrollment.





# 2021 ASPIRE Camp Program Registration Form



Primary Household Contact: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ email: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Work Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Program Code	Sec.	Program Title	Weeks	Fee	Registrant's First & Last Name	Age	Birth Date
		ASPIRE CAMP		\$			
				\$	<b>Total Fees</b>		

All Registration must be sent by e-mail to:

Aforbes@niles-parks.org

**IceLand Ice Arena**

8435 W. Ballard Road

Niles, IL 60714

## Credit Card Information

Name: \_\_\_\_\_ Exp. Date: \_\_\_\_/\_\_\_\_

Signature: \_\_\_\_\_ Amt.: \$\_\_\_\_\_

Card Number: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

### ASPIRE Summer Camp Session: 6/14 to 8/14

- Registration Begins May 3, 2021.
- \$300.00 Non-Refundable deposit due at time of registration.
- Additional weekly payments will be processed on the Monday before the week of attendance. Credit card must be kept on file.
- Skaters must participate in 4, 6, or 8 weeks of camp.
- 10% Discount for second child registered from immediate family for the same weeks in the ASPIRE Camp.
- Skaters must choose their weeks at the time of registration.
- No refunds or make-ups for missed days or weeks.

### ASPIRE A Cohort—FS 4 and Up

4 Week Cohort A—Code# 333221—01

6 Week Cohort A—Code# 333221-02

8 Week Cohort A—Code# 333221-03

### ASPIRE B Cohort—Alpha through FS 3

4 Week Cohort B—Code# 333221-04

6 Week Cohort B—Code# 333221-05

8 Week Cohort B—Code# 333221-06

Please circle the weeks which your child will be attending camp.

**Tues/Thurs**

**Week 1** 6/15 and 6/17

**Week 2** 6/22 and 6/24

**Week 3** 6/29 and 7/1

**Week 4** 7/6 and 7/8

**Week 5** 7/13 and 7/15

**Week 6** 7/20 and 7/22

**Week 7** 7/27 and 7/29

**Week 8** 8/3 and 8/5

**Week 9** 8/10 and 8/12



# 2021 ASPIRE Camp Program Waiver



## 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 \_\_\_\_\_