



# SUMMER SKATING ON AND OFF ICE CLASSES

**June 17th through August 9th  
2024**

**\*Limited registrations being accepted.\***

**Registration Dates:**

**Niles Residents, All Team IceLand Members: May 7**

**Returning Skaters from the 2024 Spring Session: May 13**

**New Non Residents: May 31**

**\*No classes 7/2 to 7/5\***



Buy one class get one half off applies to the specialty classes only.



**2024— Evening Classes— Summer Session—7 Weeks**

The 7 Week Summer Session **registration begins May 7 for Niles Residents and team IceLand Members. May 13 for those skaters enrolled in the Spring Session and on May 31 for new skaters. There is a \$5.00 discount for those skaters who register on or before June 3, 2024.**

The summer session evening classes are 7 weeks. Classes begin June 17th.

**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

Program Title	Code	Sec	Day	Time	Res	Non-Res
Ages 3-6 Tot Beginner	333011	06	Tues	5:15-5:45pm	\$94.00	\$118.00
Parent/Tot	333011	05	Thurs	6pm-6:30pm	\$94.00	\$118.00
Tot 1 (Ages 4 to 6)	333011	02	Tues	5:15-5:45pm	\$94.00	\$118.00
Tot 1 (Ages 4 to 6)	333011	01	Thurs	5:15-5:45pm	\$94.00	\$118.00
*For skaters who have completed Parent/tot & or Tot Beginner and can skate on their own.						
Tot 2/3 Snowplow Sam 2	333012	02	Tues	5:15-5:45pm	\$94.00	\$118.00
Tot 2/3 Snowplow Sam 2	333012	01	Thurs	5:15-5:45pm	\$94.00	\$118.00
Ages 6-12 Beginner	333111	04	Tues	6pm-6:30pm	\$94.00	\$118.00
Beginner	333111	03	Thurs	5:15-5:45pm	\$94.00	\$118.00
Pre Alpha 1/Basic 1	333111	02	Tues	5:15-5:45pm	\$94.00	\$118.00
Pre Alpha 1/Basic 1	333111	01	Thurs	5:15-5:45pm	\$94.00	\$118.00
Pre Alpha 2/Basic 2	333112	02	Tues	5:15-5:45pm	\$94.00	\$118.00
Pre Alpha 2/Basic 2	333112	01	Thurs	5:15-5:45pm	\$94.00	\$118.00
Alpha 1-2/ Basic 3-4	333113	02	Tues	6pm-6:40pm	\$123.00	\$145.00
Alpha 1-2 /Basic 3/4	333113	01	Thurs	6pm-6:40pm	\$123.00	\$145.00
Beta 1/2 / Basic 5/6	333115	02	Tues	6pm-6:40pm	\$123.00	\$145.00
Beta 1/2 Basic 5/6	333115	01	Thurs	6pm-6:40pm	\$123.00	\$145.00
Freestyle 1, 2, and 3	333117	02	Tues	6pm-6:40pm	\$123.00	\$145.00
Gamma/Delta/Basic 6/ Pre FS	333117	01	Thurs	6pm-6:40pm	\$123.00	\$145.00

**REGISTRATION OPENS May 7 for Niles Residents & Team IceLand members, May 13 for those currently enrolled in the 2024 Spring Session.**

**On May 31 registration will be open to new non-resident skaters.**

**Registration is through e-mail to [Aforbes@niles-parks.org](mailto:Aforbes@niles-parks.org) or In Person at IceLand ONLY.**

**E-mail registration to [Aforbes@niles-parks.org](mailto:Aforbes@niles-parks.org) Registrations must include a completed registration form and payment.**

**NO REFUNDS issued after start of session.**

**NO MAKE-UPS for missed classes.**

**\*No classes 7/2 to 7/5.\***

**Rental skates are available. You will rent each day that you arrive at class. Class rental fee is \$3.00 per week.**



Buy one class get one half off applies to the specialty classes only.



# SUMMER SKATING OFF ICE SPECIALTY

**\*No classes July 2 to July 5. \***



## Off Ice Conditioning/Jump Class- 7 Weeks—Off Ice Freestyle Levels

**Res: \$155.00**  
**TI Gold: \$165.00**  
**Non Res: \$200.00**

**Wednesday 10am-11am**  
**Code:333119-09**

## Ballet for Skaters Level 1- 7 Weeks—Off Ice

**Res: \$155.00**  
**TI Gold: \$165.00**  
**Non Res: \$200.00**

**Wednesday 10am-11am**  
**Code: 333209-01**

## Ballet for Skaters Level 2—7 Weeks—Off Ice

**Res: \$155.00**  
**TI Gold: \$165.00**  
**Non Res: \$200.00**

**Fridays 10am-11am**  
**Code: 333209-02**

## Floor Barre for Skaters All Levels-8 Weeks—Off Ice

**Res: \$174.00**  
**TI Gold: \$184.00**  
**Non Res: \$216.00**

**Mondays 10am-11am**  
**Code: 333209-03**

**E-mail registration to**  
**[Aforbes@niles-parks.org](mailto:Aforbes@niles-parks.org)**  
**Registrations must include a completed**  
**registration form and payment.**



## 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. The parent and child must wear skates.

### 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.)

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.

### 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.

**\*No classes 7/2 to 7/5.\***

**E-mail registration to  
Aforbes@niles-parks.org  
Registrations must include a completed  
registration form and payment.**



# IceLand Program Registration Form



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

Last Name

First Name

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Work/Cell Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ School: \_\_\_\_\_

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> › Cash ² Check ² Visa ¶ Master Card ¶ Discover Card	<b>Total Fees</b> \$ _____
	<b>Credit Card Information</b> Name: _____ Exp. Date: ____/____ Signature: _____ Amt.: \$ _____ Card Number: _____ - _____ - _____	

For Further Information, Please Call (847) 297-8010.

E-mail this registration form to  
**Aforbes@niles-parks.org**  
 Registrations must include a completed registration form and payment.

## 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. \*No classes 7/2 to 7/5\***

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Staff Initials: \_\_\_\_\_