Niles Park District

Fitness, Family and Fun

Spring Skating 2023 On and Off Ice Classes

8/9/10 Week Session
March 20-June 3, 2023

Registration Dates:

March 1: All skaters currently enrolled.

March 5—New Niles Residents

March 10—New Skaters/Open Registration

$5.00 Off for registration completed on or before 3/15/2023

No classes 5/1/23 to 5/8/23 or 5/26/23 to 5/29/23.

Spring Session—Class Descriptions

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.

Beginner Ballet—Monday—Ages 4 to 11 years, - Open to all skaters.
This beginner ballet class is for those skaters who are relatively new to ballet class. Learning how to behave in class, ballet terminology, rhythm, patterns, and coordination will be emphasized. The connections to how ballet applies to skaters will also be presented.

Ballet Level 1 – Ballet Level 1-Wednesday —Skater must have permission to participate in this class.
Skating Directors permission required.
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. This class is geared towards figure skaters and the connections between ballet and skating will be presented.

Ballet Level 2 – Ballet Level 2– Friday—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. The connections between ballet and skating will be emphasized.

Off Ice Conditioning for Skaters – Saturday- Learn to Skate Level and Freestyle Level
Skating Directors permission required.
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.

Jump Workshop— Friday— 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 on ice portion to the class for the Spring Session. 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 Freeskate 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.

2023— 8/9/10 Week Spring Session

The 8/9/10 Week Spring Session **registration begins March 1 for those currently in classes, March 5 for new Niles residents, March 10 for new skaters.** There is a $5.00 discount for anyone who registers by March 15.

The 8/9/10 Week Spring Session starts March 20 and ends June 3. *There will be no classes on May 1-8 and May 26-29.*

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 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.**

Program Title	Code	Sec	Day	Time	Res	Non-Res
Ages 3-6						
Parent/Tot	233000	06	Thurs	6:25-6:55pm	$124.00	$150.00
Tot Beginner	233000	07	Thurs	5:35-6:05pm	$124.00	$150.00
Tot Beginner	233000	04	Sat	11:50am-12:20pm	$113.00	$136.00
Tot 1/ Snowplow Sam 1	233001	04	Thurs.	5:35-6:05pm	$124.00	$150.00
Tot 1/ Snowplow Sam 1	233001	06	Sat	11:50am-12:20pm	$113.00	$136.00
Tot 2/ Snowplow Sam 2	233002	04	Thurs	5:35-6:05pm	$124.00	$150.00
Tot 2/ Snowplow Sam 2	233002	05	Sat	11:50am-12:20pm	$113.00	$136.00
Tot 3 Snowplow Sam 3	233003	04	Thurs	5:35-6:05pm	$124.00	$150.00
Tot 4/ Snowplow Sam 4	233004	04	Thurs	5:35-6:05pm	$124.00	$150.00
Ages 6-12						
Beginner	233100	04	Thurs	6:25-6:55 pm	$124.00	$150.00
Beginner	233100	05	Sat	11:05am-11:35am	$113.00	$136.00
Beginner	233100	06	Sat	.11:50-12:20pm	$113.00	$136.00
Pre Alpha 1/Basic 1	233101	01	Mon	4:40-5:10pm	$103.00	$124.00
Pre Alpha 1/Basic 1	233101	02	Thurs	5:35-6:05pm	$124.00	$150.00
Pre Alpha 1/Basic 1	233101	04	Sat	11:10am-11:40pm	$113.00	$136.00
Pre Alpha 2/Basic 2	233102	02	Mon	4:40-5:10pm	$103.00	$124.00
Pre Alpha 2/Basic 2	233102	03	Thurs	6:25-6:55pm	$124.00	$150.00
Pre Alpha 2/Basic 2	233102	04	Sat	11:50am-12:20pm	$113.00	$136.00
Alpha 1/ Basic 3	233103	02	Thurs	6:15-6:55pm	$158.00	$185.00
Alpha 1/Basic 3	233103	03	Sat	11:05-11:45am	$144.00	$169.00
Alpha2/Basic 4	233104	02	Thurs	6:15-6:55pm	$158.00	$185.00
Alpha2/Basic 4	233104	03	Sat	11:05-11:45am	$144.00	$169.00
Beta 1 / Basic 5	233105	02	Thurs	5:35-6:15pm	$158.00	$185.00
Beta 1 / Basic 5	233105	03	Sat	11:05-11:45am	$144.00	$169.00
Beta 2 / Basic 5	233106	02	Thurs	5:35-6:15pm	$158.00	$185.00
Beta 2 / Basic 5	233106	03	Sat	11:05-11:45am	$144.00	$169.00
Gamma/Basic 6	233107	02	Thurs	6:15-6:55pm	$158.00	$185.00
Delta/Basic 6	233108	02	Thurs	6:15-6:55pm	$158.00	$185.00
Freestyle Classes						
Pre-FS/Pre-Freeskate	233201	04	Thurs	6:15-6:55pm	$153.00	$180.00

Specialty Classes

Freestyle/FS1 & Up Power	233109	06	Sat	10:30-11:00am	$97.00	$120.00
Alpha-FS1 Power	233109	01	Mon	4:40-5:10pm	$87.00	$108.00
Beg. Ballet	233209	07	Mon	4:40-5:25pm	$159.00	$190.00
Ballet L2	233209	09	Fri	5:45-6:45pm	$190.00	$227.00
Ballet L1	233209	10	Wed	4:55-5:35pm	$159.00	$190.00
Jump Workshop—L1 (FS 3-5 No Axel)	233209	05	Fri	5:10-5:40 pm - Ice Only	$97.00	$120.00
Jump Workshop—L2 (FS 5 & Up With Axel)	233209	06	Fri	5:10-5:40 pm - Ice Only	$97.00	$120.00
Spin Workshop—Beg (Delta)	233209	12	Sat	9:40-10:20 am	$128.00	$153.00
Spin Workshop—L1 (Pre-FS-FS 3)	233209	13	Sat	9:40-10:20 am	$128.00	$153.00
Spin Workshop—L2 (FS 4 and Up)	233209	14	Sat	9:40-10:20 am	$128.00	$153.00
Freestyle Off Ice Conditioning	233109	08	Sat.	11:10-12:10pm	$190.00	$227.00

No classes May 1-8 and May 26-29.

Monday classes run for 8 weeks

Friday and Saturday classes run for 9 weeks.

Wednesday and Thursday classes run for 10 weeks.

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

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

Niles Park District
Fitness, Family and Fun

REGISTRATION OPENS March 1 for those currently enrolled in class and March 5 for Niles residents. On March 10 registration will be open to new skaters.

Please note that all skaters participating in the 2023 Spring Ice show MUST also be enrolled in at least one class.

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

IceLand does not accept online registrations.

Rental skate fee is $3.00 per class per pair.

IceLand Program Registration Form

Primary

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
				$			
				$			
				$			
				$			
				$	**Total Fees**		

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

All Registration must be done in person or by email to:

Aforbes@niles-parks.org

Phone: (847) 297-8010

Payment Method:

› Cash

² Check

² Visa

¶ Master Card

¶ Discover Card

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:** _____