


TEEN SUMMER CAMP

Growing Up Chicago

AN ACTIVE, ADVENTURE BASED CAMP

JULY 20-24
AUGUST 10-14

\$250 WEEK LONG CAMP, 8AM-5PM
13+ YEARS / SINGLE DAYS \$85 / LIMITED SPACES

POW!  GYM

TRAINING CHICAGO SINCE 2001

312.829.7699 - KATALIN@POWKICKBOXING.COM

A black and white photograph of a Chicago skyline, featuring a prominent skyscraper with a pointed top, likely the Willis Tower. The building is reflected in the water of a river or lake. In the foreground, a small boat is visible on the water. The overall scene is a classic view of the city from the water.

GROWING UP CHICAGO...TEEN CAMP

To understand Chicago, a person must experience it. Even native Chicagoans sometimes need to step back to really understand their home. At POW! Kids, we pride ourselves in our hands-on, structured, active curricula. POW! takes this approach with immersive learning, exploring the streets of Chicago.

This camp is best for teens who love Chicago and want to know more about it through actually living it. Rain or shine, our teens will trample the city and use the CTA for scavenger hunts in classic Chicago locales, to gaze at world class art, dialog about pizza comparisons and even dive into the grid system that makes Chicago the greatest city in the world. And of course, these camps will offer a daily workout because POW! builds confident, fit, safe and healthy people.

Owner, Katalin Rodriguez Ogren, a native-Chicagoan, who grew up on Chicago Ave and Wells with her brothers, created this camp for the independent, curious, and active teenager. Campers will experience what it means to be a city-kid. This week long camp will begin at POW! Gym in the West Loop where they will start their day with a workout. Kids will then be led through the city exploring various topics like art, architecture, history, sports, culture and food. Teens will navigate the city while using public transportation, led by Lead Instructor Anya Zamiar.

WEEK OF JULY 20TH-24TH

THE CITY WITH BIG SHOULDERS

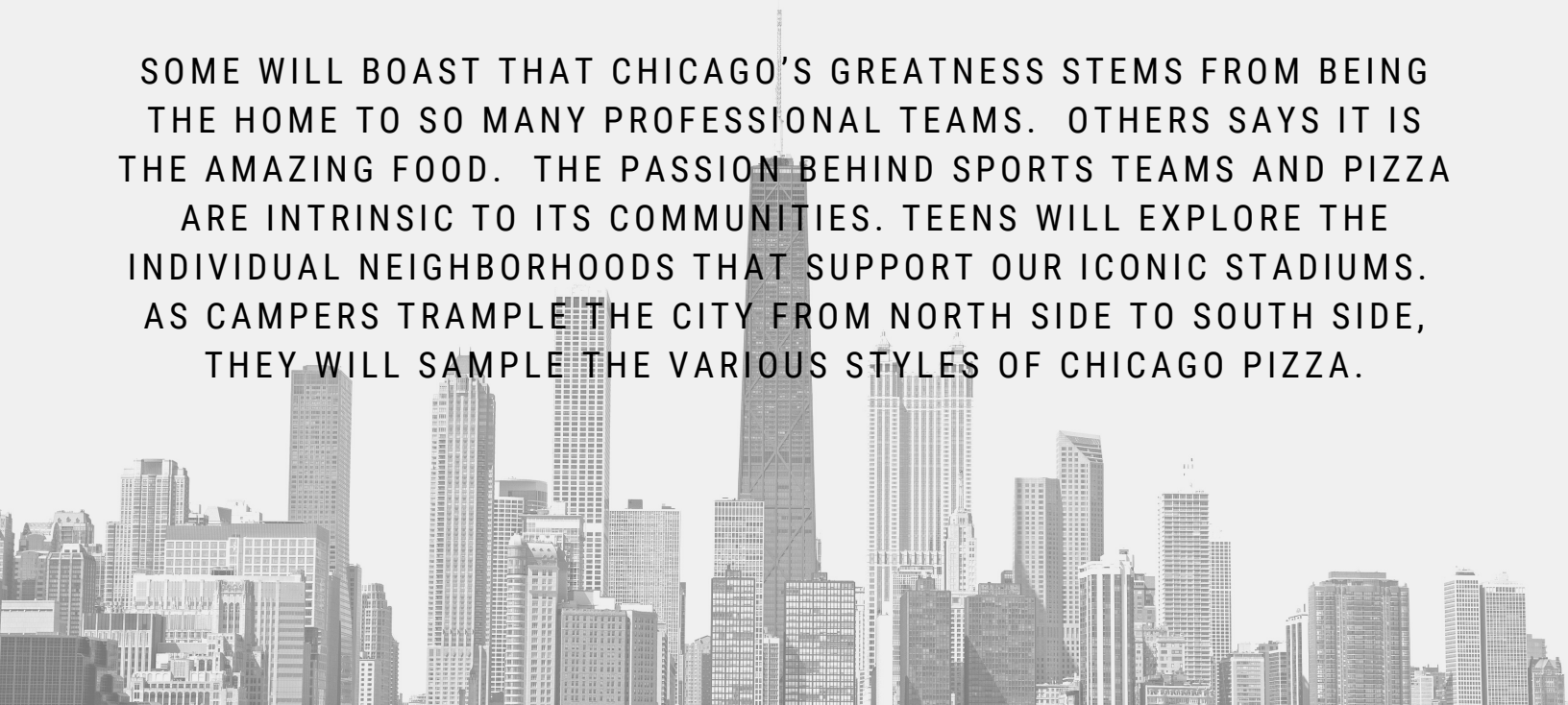
THROUGH ADVENTURE BASED EXPLORATION OF THE CITY, CAMPERS WILL ACCIDENTALLY LEARN WHAT MAKES GROWING UP 'CHICAGO' SUCH A GIFT. CHICAGO HAS A UNIQUE VIBE BUILT IN ITS CULTURAL CENTERS LIKE ART, MUSIC AND ARCHITECTURE. TEENS WILL EXPLORE THE CORNERSTONES THAT MAKE CHICAGO'S ART SCENE ONE OF THE BEST IN THE WORLD. AFTER OBSERVING EXAMPLES OF ART, MUSIC AND ARCHITECTURE AROUND THE CITY, TEENS WILL GROW A NEW APPRECIATION FOR CHICAGO'S INFLUENCE ON THE WORLD.

WEEK OF AUGUST 10TH-14TH

THE CITY OF THE CENTURY

CHICAGO IS KNOWN WORLD WIDE FOR MANY THINGS. IF YOU HAVE EVER TRAVELLED ABROAD WEARING A CHICAGO SPORTS JERSEY, YOU KNOW THAT OUR BEARS, CUBS, WHITE SOX, BLACKHAWKS AND BULLS WILL PROMPT CONVERSATION FROM ADMIRING FANS WHEREVER YOU GO. AND IF SPORTS DO NOT ECHO IN YOUR PRESENCE, JUST MENTIONING CHICAGO PIZZA WILL GET A CONVERSATION ROLLING. THIS WEEK WILL FOCUS ON THE CULTURE OF FOOD AND SPORTS.

SOME WILL BOAST THAT CHICAGO'S GREATNESS STEMS FROM BEING THE HOME TO SO MANY PROFESSIONAL TEAMS. OTHERS SAYS IT IS THE AMAZING FOOD. THE PASSION BEHIND SPORTS TEAMS AND PIZZA ARE INTRINSIC TO ITS COMMUNITIES. TEENS WILL EXPLORE THE INDIVIDUAL NEIGHBORHOODS THAT SUPPORT OUR ICONIC STADIUMS. AS CAMPERS TRAMPLE THE CITY FROM NORTH SIDE TO SOUTH SIDE, THEY WILL SAMPLE THE VARIOUS STYLES OF CHICAGO PIZZA.



TEEN SUMMER CAMP

Growing Up Chicago

\$250 WEEK LONG CAMP, 8AM-5PM

EARLY BIRD PRICING

25% OFF TIL 3/15

20% OFF TIL 4/15

15% OFF TIL 5/15

SINGLE DAYS \$85/DAY

- IF PURCHASING AFTER MAY 15TH, REGULAR PRICING WITH SIBLING DISCOUNT AVAILABLE.
- NO OTHER DISCOUNT CAN BE APPLIED TO ANY OF THE EARLY BIRD OFFERS.
- FOR REGULAR PRICED CAMPS, SIBLINGS RECEIVE A 10% DISCOUNT WHEN ATTENDING THE SAME CAMP, MUST CONTACT US TO RECEIVE THIS DISCOUNT.
- THERE ARE NO REFUNDS FOR EARLY BIRD PRICING. NO EXCEPTIONS.
- NO PAYMENT PLANS FOR WEEK-LONG CAMPS.
- KIDS MAY NOT SHARE WEEK-LONG CAMPS.
- MISSED CAMP DAYS DUE TO ILLNESS CAN BE USED FOR OTHER SUMMER CAMP DAYS IF SPACE IS AVAILABLE.
- REFUNDS WILL NOT BE GIVEN FOR SINGLE DAYS MISSED.
- YOU CAN CHANGE YOUR CAMP WEEK, WITH NOTICE 7 DAYS AHEAD OF TIME, BUT WILL NOT RECEIVE A REFUND.
- CAMP WEEKS CAN NOT BE SAVED FOR THE FOLLOWING YEAR IF YOU ARE UNABLE TO ATTEND AND THEY MAY NOT BE USED FOR DAY OFF CAMPS DURING THE SCHOOL YEAR.
- NO DISCOUNTS CAN BE APPLIED RETRO-ACTIVELY ONCE CAMPS ARE PURCHASED.
- DO NOT PURCHASE CAMPS FOR YOUR CHILD IF THEY DO NOT MEET THE MINIMUM AGE REQUIREMENTS.

CAMP POLICIES

POW!  GYM

TRAINING CHICAGO SINCE 2001

312.829.7699 • POWGymChicago.com • 310 S Racine, 1st Floor, Chicago, IL 60607