

West Loop Summer Camp



Week-Long Camps

POW! camps are active, structured and fun! Many of them are theme-based and age groups are separated for many of the activities. Weather permitting, camps will also include plenty of outdoor time. By offering a variety of programming that reflects POW!'s signature values, we're proud to create lasting memories for our campers and offer children all across the West Loop, Wicker Park, Pilsen, West Town and beyond a place to stay active during the summer! Camps can be purchased as single week long programs or the entire summer. Unlimited summer access includes all 8 weeks of camp programming.

2020 PRICING

NON-MEMBER
 REGULAR PRICE , \$400/WK
 TEEN CAMP , \$250
 UNLIMITED, \$2800
 SINGLE DAY, \$85

POW! GYM MEMBER
 REGULAR PRICE , \$350/WK
 TEEN CAMP , \$225
 UNLIMITED, \$2500
 SINGLE DAY, \$75

**Early Bird
 til 3/15**

**25% OFF WEEK
 LONG CAMPS**

\$300/WK
 \$187/TEEN WK

\$2000/UNLIMITED

**Early Bird
 til 4/15**

**20% OFF WEEK
 LONG CAMPS**

\$320/WK
 \$200/TEEN WK

\$2200/UNLIMITED

**Early Bird
 til 5/15**

**15% OFF WEEK
 LONG CAMPS**

\$340/WK
 \$212/TEEN WK

\$2500/UNLIMITED



8AM TO 5PM
 GREAT FOR
 WORKING
 PARENTS



**PACK LUNCHES
 AND 2 SNACKS**



NO CELL PHONES
 DURING OUR
 PROGRAMMING
 KIDS CAN NOT BE
 ON THEIR DEVICES.

POW!kids

WEST LOOP SINCE 2001

312.829.7699 • POWKidsChicago.com
 CLASSES | BIRTHDAY PARTIES | CAMPS | EVENTS

GENERAL FORMAT

9:30AM-4:30PM STRUCTURED PROGRAMMING

3 WORKOUT/SKILL CLASSES / DAY

3 MEAL TIMES /DAY

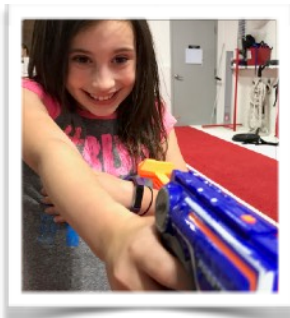
DAILY OUTDOOR TIME

CREATIVE QUIET TIME / DAY

BOARD GAMES, WALKING FIELD TRIPS & MOVIES /WEEK



Week of:	Age	Camp Theme
June 22nd	7-9 yrs	Sports & Speed Conditioning
June 22nd	10-15 yrs	Parisi Speed, Strength & Sports Performance
June 29th	BREAK NO CAMPS	
July 6th		
July 13	8-13yrs	Nerf Skills & Drills
July 20	8-13 yrs	Boxing & Martial Arts Conditioning
July 20	7th-10th grade	NEW! Teen Camp- Growing Up Chicago
July 27	BREAK NO CAMPS	
Aug 3	7-9 yrs	Sports & Speed Conditioning
Aug 3	10-15 yrs	Parisi Speed, Strength & Sports Performance
Aug 10	7-9 yrs	Fit Kids: Fitness and Active Games
Aug 10	9-12 yrs	Fit Kids: Fitness and Active Games
Aug 10	7th-10th grade	NEW! Teen Camp- Growing Up Chicago
Aug 17	7-9 yrs	Fit Kids: Fitness and Active Games
Aug 17	9-12 yrs	Fit Kids: Fitness and Active Games
Aug 24	7-9 yrs	Fit Kids: Fitness and Active Games
Aug 24	9-12 yrs	Fit Kids: Fitness and Active Games
Aug 31	7-9 yrs	Sports & Speed Conditioning
Aug 31	9-12 yrs	Sports & Speed Conditioning



TEEN CAMP, GROWING UP CHICAGO 13+ YRS



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: Chicago: 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: Chicago, 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.

NERF SKILLS & DRILLS 8-13 YRS



Nerf Skills & Drills Camp

RISE-YOUTH
NERF WARS

July 13-17
8-13 yrs
\$400/wk
8am-5pm

POW! GYM

TRAINING CHICAGO SINCE 2001

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

POW! Camps are filled with dynamic and active full days (8:00am - 5:00pm) . We find a way to keep kids moving. Nerf Week will lead several structured movement classes each day that combine target shooting with nerf guns while running and jumping. Campers will practice various nerf skills into challenges. POW! provides single shot nerf guns for safety, however during battle days, kids are allowed to bring their own nerf guns and ammo that will safely stored until the appropriate training time. Safety equipment is worn and rules of engagement are followed.

Some of these nerf skills events will occur inside and others may be at Mercy Soccer Field. Aside from the daily nerf events, the

kids will still participate in art, park time, daily workouts, art projects and reading. Our program is structured and we make sure the kids get the right balance of physical activity, structured play, down time and rest. Kids will be divided into teams throughout the day. We also take field trips to the park.



POW!kids

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CLASSES | BIRTHDAY PARTIES | CAMPS | EVENTS

PARISI SPEED, STRENGTH & PERFORMANCE 10-15YRS



CHICAGO PARISI SPEED SCHOOL
SPORTS PERFORMANCE SUMMER CAMP

WEEKS OF:
JUNE 22ND
AUGUST 3RD
AUGUST 31ST

Sports & Speed Conditioning
Ages 7-9 yrs
Ages 9-12 yrs
Parisi Speed, Strength & Sports Performance
Ages 10-15 yrs

8AM TO 5PM

POW!kids
HOME OF THE
PARISI SPEED SCHOOL CHICAGO
312.829.7891 • 318 S Racine Ave • ParisiChicago.com

This camp will build the young athlete as a whole. Aside from following Parisi's Signature training program we will invest time in enhancing each child's character, athletic intellect and leadership skills. Camp week will be filled with athletic training, nutrition lessons, education in anatomy, athletic testing and yoga. Training is never just about the workout. This immersive experience will help young athletes understand the meaning behind peak performance. Our athletes will enjoy 3 structured workouts a day.

The week will begin with athletic testing. Each day will teach lessons intended to influence every camper's athletic perspective and habits. POW! and Parisi pride themselves on building more confident, fit and healthier students.

Week-long camps will lead kids through the following class topics:
Strength, Linear Speed, Jump Training, Multi-Directional Speed, Mobility, Flexibility

SPORTS & SPEED PERFORMANCE 7-9 & 9-12 YRS



These young elementary aged kids will have an opportunity to experience the foundation of the Parisi Speed School training methods along with fun sports conditioning games. This week long program includes a full day that allows drop off at 8am and pick up at 5pm. In the spirit of true summer camp, POW! Kids will balance out training sessions with arts projects, park time, board games, social activities, dance parties and more.

Training sessions will be scheduled to feature a variety of speed and agility training lessons. Kids are expected to arrive with packed food for their 3 structured meal

times, a book and water bottle. Each week will also explore our community with a walking field trip to our neighborhood parks.

BOXING & MARTIAL ARTS CONDITIONING 8-13YRS

**BOXING &
MARTIAL ARTS
CONDITIONING CAMP**

**JULY
20-24**

WEEK-LONG CAMP

MONDAY TO FRIDAY
8AM TO 5PM
8-12 YRS OLD
\$400/WK

POWGYMCHICAGO.COM
312.829.7699



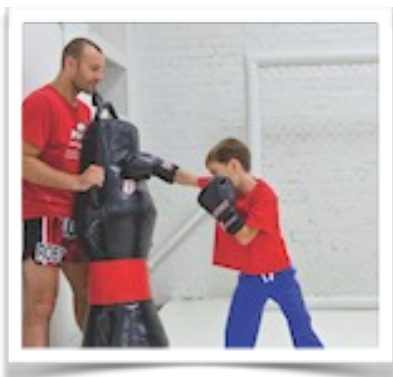
Camps at POW! are first and foremost - A BLAST!! We make everything fun and dynamic. POW!'s week-long, full day (8:00am-5:00pm) camp includes boxing & martial arts classes. This unique training experience that will build confidence and teach valuable skills. The goal is to give the kids exposure to a wide range of martial arts techniques and self-defense.

Kids will take classes in boxing, muay thai/kickboxing, self-defense, judo, tumbling,

and of course overall fitness. We will also teach the children about martial arts history and offer various art assignments and creative writing assignments. Our goal is that the children leave with a better understanding of how to become a disciplined person with excellent mental focus. Most of the martial arts at POW! focuses on the functional application of self-defense or the combat sports. This week long camp will also improve your child's fitness level and overall coordination.

The primary focus of this week-long camp is to give the kids a unique training experience using the the combat sports & martial arts. We will spend a couple sessions over the differentiating between defenses that apply to a bullying situation on school property and those that happen in an uncontrolled environment. We will also discuss bullying and help kids to better understand how to response when someone is mean verse bullying them.

Kids must have equipment for this class: boxing gloves and wraps are required. These are sold in the Pro Shop.



Fit Kids: Fitness & Active Games 7-9 YRS & 9-12 YRS



POW! KIDS CHICAGO SUMMER 2020

FIT KIDS: FITNESS & ACTIVE GAME

ages 7-9 yrs and 9-12 yrs
ages 7-9 yrs and 9-12 yrs

AUGUST 10-14
AUGUST 17-21

\$400/week Non-member pricing
\$350/week member pricing
\$85/single day

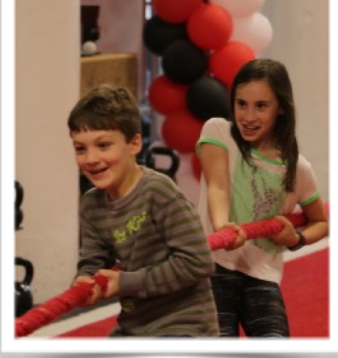
POW! GYM
TRAINING CHICAGO SINCE 2001

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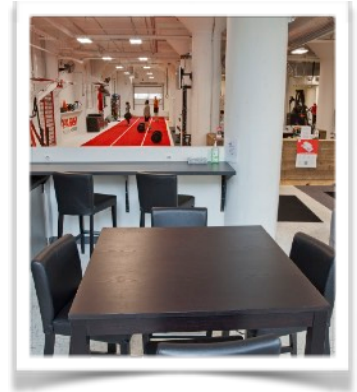
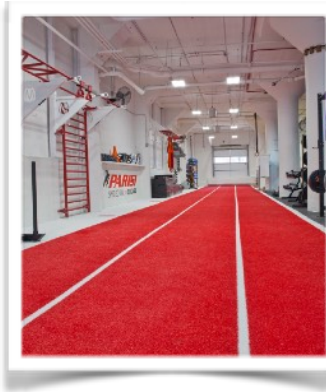
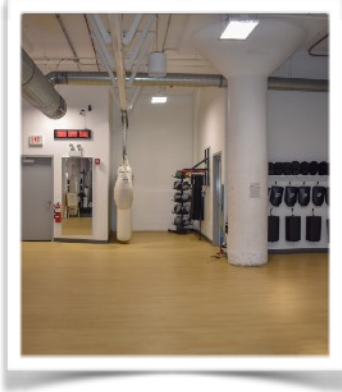
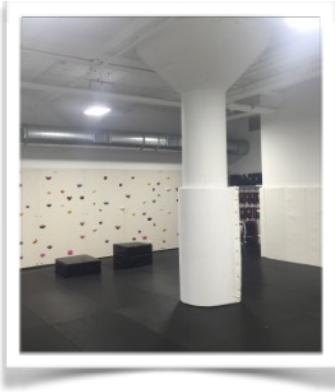
Enroll your kid in a full day (8:00am-5:00pm) of athletic driven play at POW! They will participate in an active games like agility course training, dance freeze party, team charades, youth boxing, group story writing, relay training, and more!

Kids will experience park time each day, neighborhood walking field trips, board games, team challenges, reading sessions and art time. POW! excels at creating a day filled with structure and purpose. While camp drop offs can be at 8am, our structured programming starts at 9:30am.

All children must come with a packed lunch, morning and afternoon snacks and a water bottle. If you send any electronic devices - POW! is not responsible for them. Devices will not be permitted during our structured activities.



OUR SPACE



POLICES

Policies, Please Read Carefully:

- ▶ If purchasing after May 15th, regular pricing with sibling discount available.
- ▶ Sibling discounts do not apply and 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 for camps. No Exceptions.
- ▶ If you are looking for unlimited access for the summer, contact us directly since we have special discounts for UNLIMITED SUMMER ACCESS.
- ▶ 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. 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.

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CLASSES | BIRTHDAY PARTIES | CAMPS | EVENTS