

# West Loop Summer Camp



## Week-Long Camps- 2022

POW! camps are active, structured and fun! Many of them are theme-based and age / grade specific. 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!

POW! camps are active and include several training classes regardless of the theme. Camp days will include board games, dance parties, art, scavenger hunts and more. Parents need to send campers with a lunch and two snacks.



**9AM TO 3:30PM**  
DROP OFF AT  
8:00AM



**PACK LUNCHES**  
AND 2 SNACKS

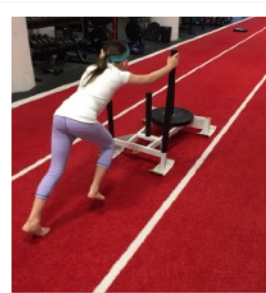
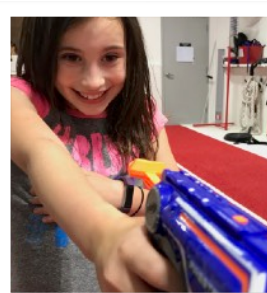


**NO CELL PHONES**  
DURING OUR  
PROGRAMMING  
KIDS CAN NOT BE  
ON THEIR DEVICES.

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WEST LOOP SINCE 2001

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CLASSES | BIRTHDAY PARTIES | CAMPS | EVENTS



## REGULAR PRICE , \$400/WK

**Early Bird**  
til 3/31

**25% OFF WEEK**  
**LONG CAMP**

\$100 Deposit  
Required at Booking

**Early Bird**  
til 4/30

**20% OFF WEEK**  
**LONG CAMPS**

\$100 Deposit  
Required at Booking

**Early Bird**  
til 5/15

**15% OFF WEEK**  
**LONG CAMPS**

\$100 Deposit  
Required at Booking

## SUMMER CAMP SCHEDULE

Week of:	Grade in 22-23	Camp Theme
June 20	1st-3rd	Pee Wee : Fit Kid Camp
	3rd-8th	Fit Kid Camp & Games
June 27	3rd-8th	Fit Kid Camp & Games
	8th-12th	Parisi Elite Teen Speed & Sports Performance
July 4	————	NO CAMPS
July 11	4th-8th	Nerf Skills & Sports Conditioning
	8th-12th	Teen Camp - Growing Up Chicago*
July 18	3rd-8th	Fit Kid Camp & Games
	5th-10th	Boxing & Muay Thai Camp
July 25	1st-3rd	Pee Wee : Fit Kid Camp
	4th - 8th	Parisi Youth Speed Sports Performance
Aug 1	8th-12th	Teen Camp - Growing Up Chicago
	Aug 8	3rd-8th
		4th - 8th
Aug 15	1st-3rd	Pee Wee : Fit Kid Camp
	3rd-8th	Fit Kid Camp & Games
Aug 22	3rd-8th	Fit Kid Camp & Games

\* Teen Camps have different logistics than all other programs. Kids will be walking the city exploring communities and the downtown area. Metra Card required. Parents will be asked to reimburse POW/Coaches if a child arrives without a Metra card. \$50.00 excursion fee for field trips- paid 2 weeks before camp starts.

### Cost and Early Bird Discounts

All bookings being taken over the phone or via email. Discounts to be applied by office.

Discounts %	Amount \$400	DISCOUNT TIL	Deposit * at time of booking	Final Payment DUE	CANCEL FOR REFUND
25%	\$100	until March 31st	\$100	by April 30th	BY 4/15
20%	\$80	April 1 - April 30th	\$100	by May 15	BY 4/30
15%	\$60	May 1 to May 15th	\$100	by June 1st	BY 5/15

No refunds on deposits or full payments on camp after May 15, 2022. Changes will be allowed, or a transfer to another family member (not a friend ) if space is available.

0%	X	May 16- June 1 thru summer regular price	X	must pay in full	No cancels or credit
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\$50.00 Field Trip fee for Teen Camp: Growing Up Chicago will be charged 2 weeks before it begins: June 27th or July 18th.



Pee Wee	Fit Kid	Nerf	Boxing/ Muay Thai	Parisi Youth	Parisi ELITE	Growing UP Chicago
<b>1st - 3rd</b>	<b>3rd to 8th</b>	<b>4th-8th</b>	<b>5th-10th</b>	<b>4th-8th</b>	<b>8th-12th</b>	<b>8th-12th</b>
6/20	6/20	7/11	7/18	7/25	6/27	7/25
7/25	6/27			8/8		8/8
8/15	7/18					
	8/8					
	8/15					
	8/22					

## CAMP GENERAL SCHEDULE

Pee Wee Fit Kids	Fit Kid & Games	Nerf Skills & Sports Conditioning	Boxing & Kickboxing	Youth Speed & Sports Performance	TEEN Elite Speed & Sports Performance
1st-3rd	3rd to 8th	4th-8th	5th-10th	4th - 8th	8th-12th
Active Games POW! Class	POW! Class	POW! Class	Boxing Class	Parisi Class	Parisi Strength
Snack Park	Park	Park	KickBoxing Class	Snack	Snack
Quiet Games	Snack	Snack Nerf Game	Snack	Lecture Series	Lecture Series: Nutrition, Mental Strength, Etc
Lunch	Active Games Lunch	Lunch	Outdoor	Outdoor	Parisi Speed Mechanics
Art	Art Board Games	Nerf Game	Lunch	Lunch	Lunch
POW! Class	Outdoor Time	Outdoor Time	KickBoxing Class	Parisi Class	Parisi Outdoor
Outdoor Time	POW! Class	POW! Class	Active Games	Games	Games
Games Snacks	Games Snacks	Games Snacks	POW! Class Games /Snack	Parisi Class Snack	Snack & Mobility

**312.829.7699**



**KATALIN@POWKICKBOXING.COM**

# POW! CAMPS AT-A-GRADE-GLANCE

1st Grade	3rd Grade	5th Grade	6th Grade	7th Grade	8th Grade	9th-12th High School
6/20 - Pee Wee Fit Kid	6/20 - Pee Wee Fit Kid	6/20 - Fit Kid	6/20 - Fit Kid	6/20 - Fit Kid	6/20 - Fit Kid	6/27 Elite Performance & Speed
	6/27 - Fit Kid	6/27 - Fit Kid	6/27 - Fit Kid	6/27 - Fit Kid	6/27 Elite Parisi	
	7/18 - Fit Kid				6/27 - Fit Kid	7/11 - Teen Growing Up Chicago
7/25 - Pee Wee Fit Kid	7/25 - Pee Wee Fit Kid	7/11 - Nerf Skill & Sports Conditioning	7/11 - Nerf Skill & Sports Conditioning	7/11 - Nerf Skill & Sports Conditioning	7/11 - Nerf Skill & Sports Conditioning	7/18 - Boxing & Muay Thai
	8/8 - Fit Kid	7/18 - Boxing and Muay Thai	7/18 - Boxing and Muay Thai	7/18 - Boxing and Muay Thai	7/11 Teen Camp Growing Up Chicago	
	8/15 - Pee Wee Fit Kid					8/1 - Teen Growing Up Chicago
8/15 - Pee Wee Fit Kid	8/22 - Fit Kids	7/18 - Fit Kid	7/18 - Fit Kid	7/18 - Fit Kid	7/18 - Boxing and Muay Thai	
	4th Grade					
	6/20 - Fit Kid	7/25 - Parisi Sports Performance	7/25 - Parisi Sports Performance	7/25 - Parisi Sports Performance	7/18 - Fit Kid	
	6/27 - Fit Kid					
	7/11 - Nerf	8/8 - Parisi Sports Performance	8/8 - Parisi Sports Performance	8/8 - Parisi Sports Performance	7/25 - Parisi Sports Performance	
	7/18 - Boxing/ Muay Thai					
	7/18 - Fit Kid	8/8 - Fit Kid	8/8 - Fit Kid	8/8 - Fit Kid		8/1 Teen Growing Up Chicago
	7/25 - Fit Kid					
	8/8 - Parisi Perf	8/15 - Fit Kid	8/15 - Fit Kid	8/15 - Fit Kid	8/8 - Parisi Sports Performance	
	8/8 - Fit Kid					8/8 - Fit Kid
	8/15 - Fit Kid	8/22 - Fit Kid	8/22 - Fit Kid	8/22 - Fit Kid		8/15 - Fit Kid
	8/22 - Fit Kids					8/22 - Fit Kid

# TEEN CAMP, GROWING UP CHICAGO - 8TH-12TH



To understand Chicago, a person must experience it. Even native Chicagoans sometimes need to step back to really understand their home. At POW!, we pride ourselves on 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 & grit system that makes Chicago the greatest city in the world. Campers will pound the pavement to navigate within various neighborhoods.

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. 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, a seasoned instructor and CPS 8th grade teacher. There is an **additional \$50 charge for field trips and entrance fees**. This will be collected 2 weeks before the camp date starts. Camp agenda is different than in past years, with some key overlapping topics and adventures.

## **Week of July 11th: The Light & Dark Side of Chicago**

No matter where you travel in the world, Chicago has a reputation for its spectacular art and architecture, but also its nefarious past. Oddly, Chicago is infamous for its dark side including its seedy underbelly of corruption that still haunts its legacy today. In the early 1900's, Chicago became the fastest growing city in the world, growing from 300,000 in population to 1.7 million. Teens will explore not only the amazing light side of our fine city's growth, but its dark side. They will learn about the history of organized crime that brought our Windy City renowned attention, but also its haunted buildings whose ghosts to this day still make themselves known to many travelers and residents. This week teens will travel through parts of the city exploring the beauty above the payment which is defined by both old and new school architecture. Then travel below the payment to discover Lower Wacker Drive, the many confirmed haunted buildings and where the infamous Al Capone built part of his empire.

## **Week of August 1st: The Natural Wonders of Chicago**

So many Chicagoans do not realize how the City's natural wonders have framed its success. With all the hustle and bustle of city life, we often forget how blessed we are to have so many green spaces open for free to the public. During this week we will explore how our river and lake have framed our skyline, many of our industries and economy. This week will be filled with exploring the city from many vantage points including our beaches, rivers, pier, docks and elevated views. Campers will also sample some of the pizzas that initiated our City's reputation for being the originators of pizza pie.

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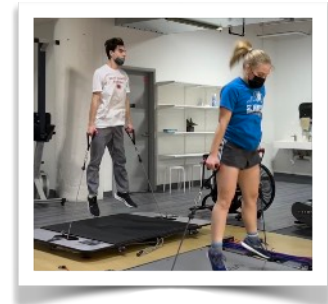
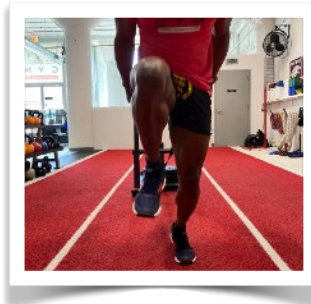
CLASSES | BIRTHDAY PARTIES | CAMPS | EVENTS

# ELITE TEEN SPEED & PERFORMANCE - 8TH-12TH

## Week of June 27th

Our Elite Sports Performance program is focused on taking athletically ambitious high schoolers and elevating their overall athletic IQ. This week-long camp offers an immersion-like experience. Athletes dedicate this week to learning how to maximize their potential and understand what it takes to create a year long strategy to reach their goals. At this level, programming aligns with strength and mechanical foundation while giving various progressions and regressions to promote enhanced athletic performance. This program refines athletes' skills to maximize strength, aerobic capacity and sport performance. During this week athletes will learn about logging their food, dialog about mental toughness and various types of recovery strategies to work into their routine. Athletes should be prepared to train and be focused. See sample agenda below.

- **Linear Speed:** Parisi's signature straight-ahead acceleration and top-speed running techniques.
- **Multi-Directional Speed:** Agility and ability to decelerate and move in any direction quickly.
- **Upper and Lower Body Strength:** Strength training exercises for muscle development and injury prevention.



## GENERAL ELITE SPEED & PERFORMANCE SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CAMP DETAILS</b>	PARISI CLASS	PARISI STRENGTH- SQUAT FOCUS	PARISI VERTIMAX- JUMP MECHANICS	PARISI STRENGTH- HIP HINGE FOCUS	PARISI CLASS
8TH-12TH GRADERS	ATHLETIC TESTING	SCIENCE OF 1ST STEP	PARISI VERTIMAX- JUMP MECHANICS	SNACK/MOBILITY	PARISI CLASS
★ MUST BE DEDICATED TO THEIR ATHLETIC IMPROVEMENT	SNACK/NUTRITION LECTURE	SNACK/MUSCLE ANATOMY LECTURE	SNACK/BEING MENTALLY TOUGH	PARISI OUTDOOR TIME	SNACK/NUTRITION RECAP
★ MUST PACK ENOUGH WATER & FOOD FOR THE DAY	SPEED MECHANICS	ACCELERATION STARTS: 40/60YD	PARISI OUTDOOR TRAINING	LUNCH	FIELD TRIP
★ MUST BRING CLEAN INDOOR & OUTDOOR SHOES	LUNCH	LUNCH	LUNCH	LEADERSHIP TRAINING	FIELD TRIP
★ SCHEDULE SUBJECT TO CHANGE	OUTDOOR TRAINING/GAMES	SCIENCE OF 1ST STEP	SPEED MECHANICS	SPEED MECHANICS	FIELD TRIP
	STRENGTH TRAINING MECHANICS	OUTDOOR TRAINING/GAMES	RECOVERY FOR ATHLETES	UPDATE NUTRITION LOGS SNACKS	FIELD TRIP
	SNACKS / BEING COACHABILITY	SNACKS MOBILITY	UPDATE NUTRITION LOGS SNACKS		

# BOXING & MUAY THAI CAMP - 5th-10th

## Week of July 18th

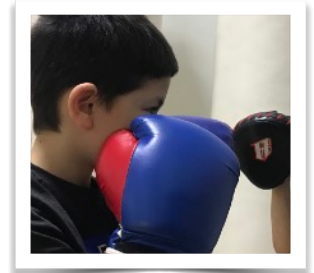
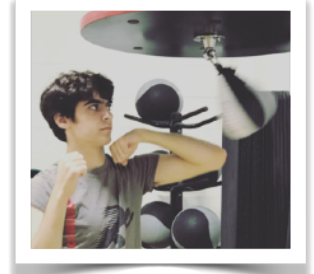
Camps at POW! is first and foremost - A BLAST!! We make everything fun and dynamic. POW!'s week-long, full-day camp includes boxing & Muay Thai classes. This unique training experience that will build confidence and teach valuable skills. The goal is to give the kids exposure to a wide range of techniques and even basic self-defense.

Kids will take classes in boxing, MuayThai/kickboxing, self-defense and fitness. Classes will be broken down by technique and drilling/application segments. Physical training, flexibility and conditioning will be incorporated into the boxing and muay thai classes. We will also teach the children about martial arts values. Our goal is that the children leave with a better understanding of how to become a disciplined people with excellent mental focus. This week-long camp will also improve your child's fitness level and overall coordination.

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

### CAMP GENERAL SCHEDULE

Pee Wee Fit Kids 1st-3rd	Fit Kid & Games 3rd to 8th	Nerf Skills & Sports Conditioning 4th-8th	Boxing & Kickboxing 5th-10th	Youth Speed & Sports Performance 4th - 8th	 TEEN Elite Speed & Sports Performance 8th-12th
Active Games POW! Class	POW! Class	POW! Class	Boxing Class	Parisi Class	Parisi Strength
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Outdoor Time	POW! Class	POW! Class	Active Games	Games	Games
Games Snacks	Games Snacks	Games Snacks	POW! Class Games /Snack	Parisi Class Snack	Snack & Mobility



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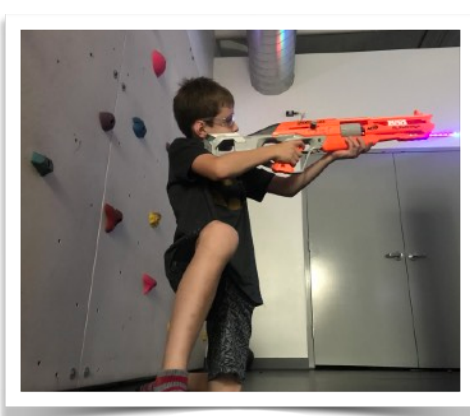
CLASSES | BIRTHDAY PARTIES | CAMPS | EVENTS

# NERF SKILLS & DRILLS - 4th-8th

## Week of July 11th

POW! Camps are filled with dynamic and active full days. We find a way to keep kids moving. Nerf Week will lead several structured movement classes each day that combines 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 be 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, downtime and rest. Kids will be divided into teams throughout the day. We also take field trips to the park.



# PARISI YOUTH SPEED & PERFORMANCE - 4th-8th

## Weeks of July 25th and August 8th

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. The camp week will be filled with athletic training, nutrition lessons and mobility. Training is never just about the workout.

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. Camp will offer sessions with art projects, park time, board games, social activities, dance parties and more. Week-long camps will lead kids through the following class topics: Strength, Linear Speed, Jump Training, Multi-Directional Speed, Mobility.



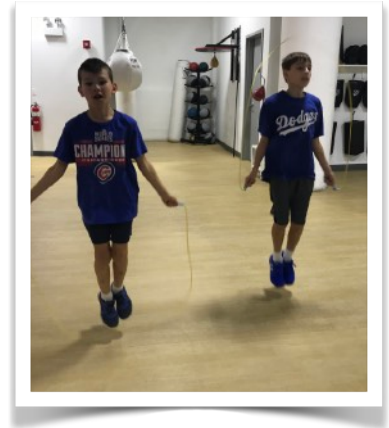
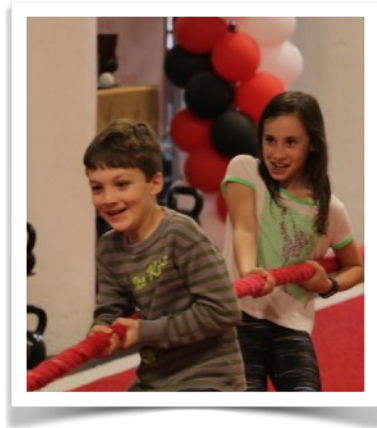
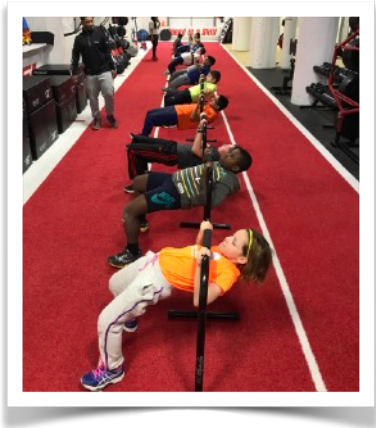
# FIT KID CAMP & GAMES - 3rd to 8th

Weeks of
6/20
6/27
7/18
8/8
8/15
8/22

Enroll your kid in a full day of athletic driven play at POW! They will participate in active games including agility course training, dance freeze party, team charades, 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 8:00am, our structured programming starts at 9:00am.

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.



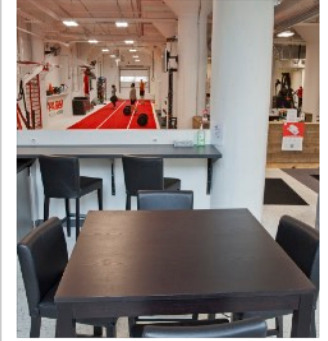
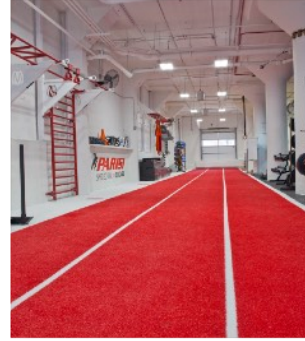
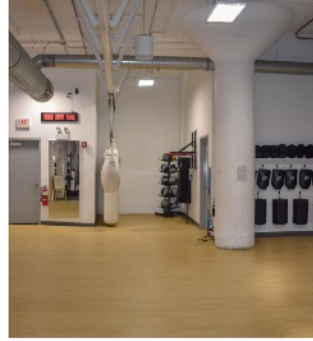
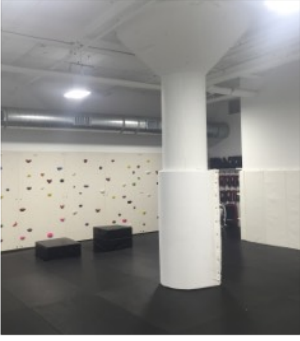
# PEE WEE : FIT KID CAMP - 1st to 3rd

## Weeks of June 20th , July 25th , August 15th

Enroll your kids in a full day of athletic-driven play at POW! Drop off begins at 8:00am. They will participate in an active POW Play Date, including activities such as agility course training, dance parties, improv games, group story/writing, walks through the neighborhood, scavenger hunts, relay races and more! 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 and kids will not be allowed to use them until the camp day ends at 3:30pm. We suggest packing a book for quiet time.



## OUR SPACE



## POLICES

### Policies. Please Read Carefully:

- If purchasing after May 15th, regular pricing with sibling discount is always available. No double discounts are allowed.
- Sibling discounts do not apply to early bird discounts.
- For regular-priced camps, siblings receive a 15% discount. The front desk must apply a discount.
- There are NO REFUNDS for early bird pricing for camps after the designated date. Please review the above.
- If you are looking for unlimited access for the summer, contact us directly since we have special discounts for UNLIMITED SUMMER ACCESS. However, you must book the weeks desired.
- No payment plans for week-long camps.
- Kids may not share week-long camps.
- Missed camp days due to illness or travel **can not** be used for other summer camp days. Refunds will not be given for single days missed.
- 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 retroactively once camps are purchased.
- Do not purchase camps for your child if they do not meet the minimum age/grade requirements.
- **If your child is unable to follow our rules both inside and out of the building they may be expelled from the camp program. This includes: being disrespectful to any staff or fellow camper. Examples of this include: hitting, pushing, fighting, running off, lack of compliance with safety rules/instructions. If the POW! staff feels they are unable to understand our rules they will no longer be able to attend. In these situations, refunds for that week will not be given. Refunds will be given to future camps that have not begun.**

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