

West Loop Summer Camp



Week-Long Camps- 2023

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 small in size. Our larger camps only allow 20 kids in a group, to maintain structure. Campers participate in several training classes each day regardless of the theme. Camp days will include a combination of board games, dance parties, art, scavenger hunts, and more.



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



SEND A LUNCH
AND 2 SNACKS

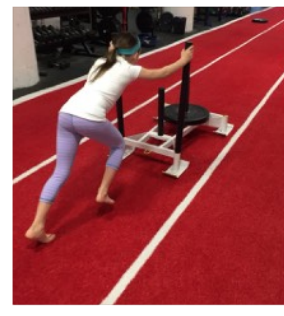


NO CELL PHONES
DURING OUR
PROGRAMMING
KIDS CAN NOT BE
ON THEIR DEVICES.

POW!kids

WEST LOOP SINCE 2001

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



PRICING

**REGULAR
PRICE**

**\$425/WEEK
\$3000/SUMMER**

\$500 Deposit
Required at Booking

**Early Bird
til 3/31**

**25% OFF
WEEK-LONG &
UNLIMITED CAMP**

\$100 Deposit
Required at Booking

**Early Bird
til 4/30**

**15% OFF
WEEK-LONG &
UNLIMITED CAMP**

\$100 Deposit
Required at Booking

Week of:	Grade in 23-24	POW! GYM Camp Theme
June 12	1st-3rd	Pee Wee : Fit Kid Camp
June 12	3rd-8th	Fit Kid Camp & Games
June 19	3rd-8th	Sports Conditioning
June 26	3rd-9th	Boxing & Conditioning Camp **
July 3	————	NO CAMPS
July 10	1st-3rd	Pee Wee : Fit Kid Camp
July 10	3rd-8th	Nerf Skills & Sports Conditioning
July 17	1st-3rd	Pee Wee : Fit Kid Camp
July 17	3rd-8th	Sports Conditioning
July 24	3rd-8th	Nerf Skills & Sports Conditioning
July 24	8th-12th	Teen Camp - Growing Up Chicago*
July 31	3rd-8th	Fit Kid Camp & Games
Aug 7	1st-3rd	Pee Wee : Fit Kid Camp
Aug 7	3rd-9th	Muay Thai & Conditioning**
Aug 14	1st-3rd	Pee Wee : Fit Kid Camp
Aug 14	3rd-8th	Fit Kid Camp & Games

***Ventra Cards are required for *all* Teen Camps. Kids will be walking the city exploring communities and the downtown area using public transportation.** \$50.00 excursion fee for field trips. Must be paid 2 weeks before camp starts.

** Required striking gear, not included in the camp fee.



Early Bird Pricing



Week Long Camps Monday through Friday, 8am -4pm

*Read camp payment policies before purchasing

Discounts %	Total Amount \$425	Discount Expiration Dates	Deposit Per Each Camp Week	Final Payment Due
25%	\$318.75	until March 31st	\$100	by May 1st
20%	\$340	April 1 - April 30th	\$100	by May 30th

- **Deposits are non-refundable.**
- **Partial refunds will only be given until May 1st, 2023. The refund issued will be the cost of the camp minus the deposit (early camp \$318.75- \$100 (deposit) = \$218.75 refund by 5/1/23).**
- Changes to your reservation will be allowed if space is available for the desired week.
- All deposits & camp purchases must indicate the week(s) you are enrolling your camper.
- Sibling discounts are available, but early-bird pricing is your best option. If purchased after May 1st for multiple kids, a 15% discount is available.
- Camps purchased after May 1st, 2023 require full payment.
- Payment plans were available for up to 3 or more camp week reservations or unlimited camp access.

Unlimited Summer Camps Monday through Friday

*Must still reserve the weeks **Only 15 Unlimited Summer Camps Enrollments Available

Discounts %	Amount \$3000	Discount Expiration Dates	Deposit at time of booking	Final Payment DUE
25%	\$2250	until March 31st	\$500	by May 1st
20%	\$2400	April 1 - April 30th	\$500	by May 30th

- **Deposits are non-refundable.**
- Partial refunds will only be given until May 1st, 2023. The refund issued will be the cost of the camp minus the deposit. (early bird camp price \$2250- \$500 (deposit) = \$1750.00 refund by 5/1/23).
- Changes to your reservation will be allowed if space is available for the desired week.
- All deposits & camp purchases must indicate the week you are enrolling your camper.
- Sibling discounts are available, but early bird pricing is a better deal. If purchased after May 1st for multiple kids, a 15% discount is available.
- Camps purchased after May 1st, 2023 require full payment.
- Payment plans were available.
- Unlimited camp is only a value for families with kids in 3rd to 8th grade.
- Parents must indicate which weeks and themes they want their child enrolled in.

New This Year



POW! Parent Perks



Week Long Open Gym Access (no classes). Available for parents whose kids are enrolled in the same week.

\$35
Per Week

Week Long Open Gym & Unlimited Classes, Full Access. Available for parents whose kids are enrolled in the same week.

\$75
Per Week

Unlimited Summer Membership includes classes & open gym. Available for parents with kids attending 3 or more week long camps.
*no refunds, no transfers, no suspension

\$500
Begins: 6/12
Ends: 8/18

Pre-registration is required for all classes. All combat classes require appropriate gear. Combat Equipment Sold Separately

Parisi Peak Performance Academy

These 3-hour intensive camps, are tailored to your athlete's specific needs and are built for 2-6 focused athletes. These can also be booked by a group of athletes that know each other. This is an affordable way to get your athlete personalized training. Last-minute enrollment will not be accepted as each academy will be specifically designed for the athletes. An athlete evaluation is preferred for each kid attending these camps, though not required. If you are new to the Parisi program, please book your athlete evaluation separately (\$50 purchase).

Speed & Injury Mitigation

Separate Booking for College / High School / Junior High

Performance Training & Mobility

Separate Booking for College / High School / Junior High

Jump Training & Injury Mitigation

Separate Booking for College / High School / Junior High

Strength Training Fundamentals & Weight Room Etiquette

Junior High / High School

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

Enroll your kids in a full day of athletic-driven play at POW!, with drop-off beginning at 8:00 am. Kids 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 bring a packed lunch, two snacks (morning & afternoon), and a refillable 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 3:30 pm. We suggest packing a book for quiet time. Trading cards are not allowed at POW! Gym.

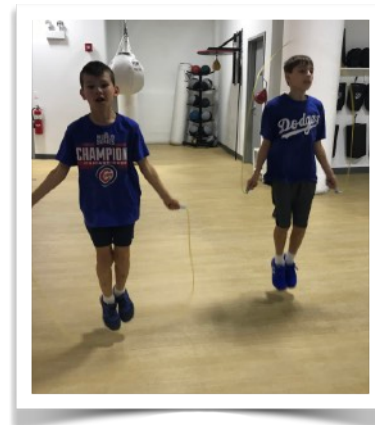
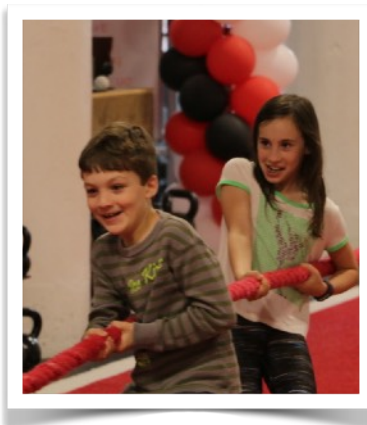
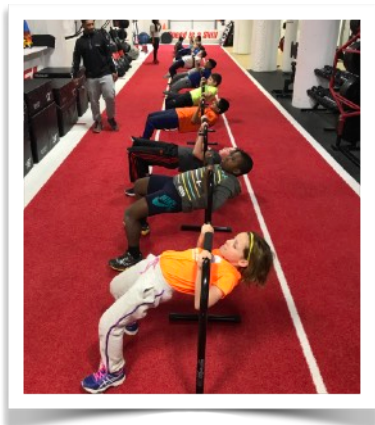


FIT KID CAMP & GAMES - 3rd to 8th

Enroll your kid in a full day of athletic-driven play at POW! They will participate in active games such as; 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 8:00 am, our structured programming starts at 9:00 am.

All children must bring a packed lunch, two snacks (morning & afternoon), and a refillable water bottle. If you send any electronic devices, POW! is not responsible for them. Electronic devices will not be permitted during our structured activities.



BOXING & MUAY THAI CAMP 3rd-9th

Camps at POW! is first and foremost - A BLAST!! We make everything fun and dynamic. POW! Gym's Boxing & Muay Thai camps include a week dedicated to learning boxing and another separate week dedicated to learning Muay Thai and self-defense classes. This year we are offering two different combat sports camps. Boxing and Muay Thai each have their week.

Through this unique training experience, your kids will build confidence and teach valuable skills relating to combat sports. Each class will break down the technique, purpose, and application of each exercise or movement. Physical training, flexibility, and conditioning will be incorporated into the Boxing and Muay Thai classes during their separate weeks. We will also teach the children about martial arts values and the foundation of self-defense. Our goal is that the children leave with a better understanding of how to become disciplined people with excellent mental focus. This week-long camp aims to improve your children's fitness, coordination, and listening skills.

Combat equipment is not included in the price of the camp. Muay Thai camp requires shin guards, gloves, wraps, and a mouthpiece. Boxing camp requires gloves, wraps, and a mouthpiece. Equipment is sold separately at our Pro Shop.



NERF SKILLS & CONDITIONING 3rd-8th

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 in 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.



SPORTS CONDITIONING - 3rd-8th

The Sports Conditioning camp will challenge young athletes as a whole. Aside from participating in two sports performance training sessions each day, the campers will also play several outdoor games. Campers will be presented with choices like kickball, tag, capture the flag, soccer tag, flag football, or gaga ball. Other days may incorporate enhancing each child's character, athletic intellect, and leadership skills. The camp week will be filled with athletic training and youth yoga and mobility.

One goal of our coaches is to positively influence every camper's athletic perspective and habits. POW! and Parisi pride themselves on building more confident, fit, and healthier students. Camp will also mix art projects, park time, board games, social activities, dance parties, and more. Week-long camps will lead kids through the following training class topics: Strength Fundamental, Speed, Jump Training, and Mobility.



Sample Schedules

This is an example of how we structure our days. This is not an exact reflection of each day of camp. But it includes our activity blocks.

Pee Wee Fit Kid 1st-3rd	Fit Kid & Games 3rd-8th	Nerf Skills & Conditioning 3rd-8th	Boxing.Muay Thai 3rd-9th	Sports Performance 3rd-8th
Active Games	Active Games	Track/Obstacle Course Class	Combat Technique Class	Speed Fundamentals Class
Snack/Park	Snack/Park	Snack/Park	Snack/Park	Snack/Park
Art Project	Track Class	Nerf Game	Park	Board Games
Lunch	Lunch	Lunch	Lunch	Lunch
Pee Wee Fitness Class	Art/Outdoor Time/ Community Service	Nerf /Obstacle Course Shooting	Boxing/Muay Thai Class	Circuit Training
Outdoor Time/ Community Service	Interactive Fitness Game	Outdoor Time	Board Games	Outdoor Training (sport based)
Board Games	Board Games	Board Games	POW Class	POW Class/ Interactive Fitness Game
Snack/Pack Up	Snack/Pack Up	Snack/Pack Up	Snack/Pack Up	Snack/Pack Up

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



To understand Chicago, a person must experience it. Even native Chicagoans sometimes need to step back to 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. The camp agenda is different than in past years, with some key overlapping topics and adventures.

Week of July 24th: 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 1900s, 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's 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.

Sample Day 1	Introduction to the Light Side of Chicago	Burnham's Influence on the City and The Grid System
Sample Day 2	Introduction to the Dark Side of Chicago.	18th Amendment's Impact on the Dark Side of Chicago
Sample Day 3	The Spooky & Dark Side of Chicago.	Haunted Chicago
Sample Day 4	The Light and Dark Side from the River's Eye	Architectures' Impact on City Culture
Sample Day 5	Where the light and dark side meets	Lower Wacker to Buckingham Fountain

PARISI PEAK PERFORMANCE ACADEMIES

3 hours | \$99 per athlete | 2-6 athletes

Parisi Peak Performance Academy

These 3-hour intensives are tailored to your athlete's specific needs. They are built for 2-6 focused athletes. These can also be booked by a group of athletes that know each other. This is an affordable way to get your athlete personalized training. Last-minute enrollment will not be accepted as each academy will be specifically designed for the athletes. It is preferred that we have an evaluation for every athlete attending. If you are new to the Parisi program, please book those separately. It is \$50 and part of our formal onboarding of each athlete.

Speed & Injury Mitigation

Separate Booking for College / High School / Junior High

Performance Training & Mobility

Separate Booking for College / High School / Junior High

Jump Training & Injury Mitigation

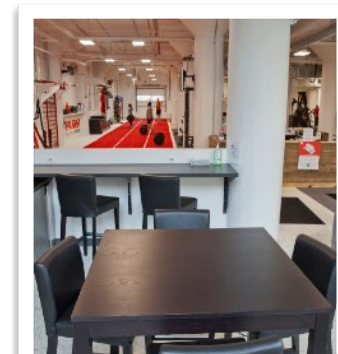
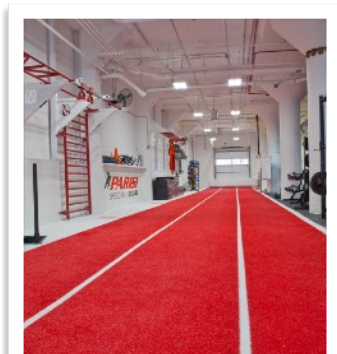
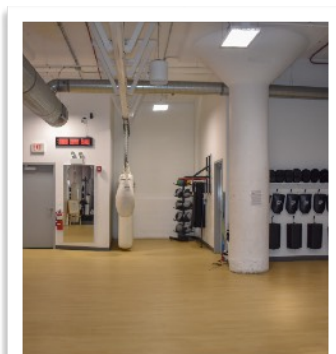
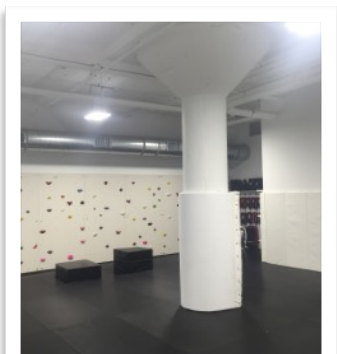
Separate Booking for College / High School / Junior High

Strength Training Fundamentals & Weight Room Etiquette

Junior High / High School



OUR SPACE



POLICES

Policies, Please Read Carefully:

- 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 single week-long camps.
- Kids may not share week-long camps.
- No payment plans for single 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.
- Parents are responsible for packing lunches and snacks.
- 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 outside 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, and lack of compliance with safety rules/instructions. If the POW! staff feels they are unable to understand**

POW!kids

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CLASSES | BIRTHDAY PARTIES | CAMPS | EVENTS