

# West Loop Summer Camp



## Week-Long Camps- 2024

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 3:15PM**

Early Drop off  
8:00am

Pick up by 4:00pm



**SEND A LUNCH  
AND 2 SNACKS**



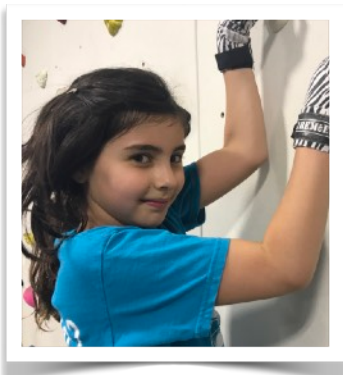
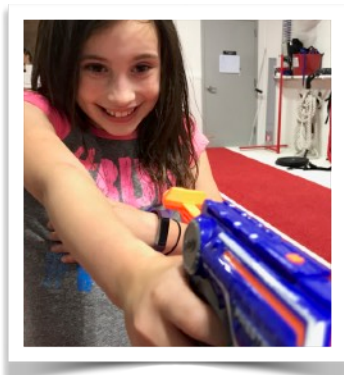
**NO CELL PHONES**

During our  
scheduled

**POW!kids**

WEST LOOP SINCE 2001

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CLASSES | BIRTHDAY PARTIES | CAMPS | EVENTS



## Pricing & Special Offers

**REGULAR  
PRICE**

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

**Early Bird  
til 3/30**

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

**Early Bird  
til 4/30**

**20% OFF  
WEEK-LONG &  
UNLIMITED CAMP**

# POW! GYM SUMMER CAMP 2024

WEEK OF	GRADE IN 24-25	POW! GYM CAMP THEME	OPENINGS
June 10	1st - 3rd	Pee Wee : Fit Kid Camp	15
June 10	3rd - 8th	Fit Kid Camp & Games	15
June 17	3rd - 8th	Sports Conditioning	20
June 24	3rd - 8th	Fit Kid Camp & Games	20
July 1	---	NO CAMPS	
July 8	1st - 3rd	Pee Wee : Fit Kid Camp	15
July 8	3rd - 8th	Nerf Skills & Sports Conditioning	15
July 15	1st - 3rd	Pee Wee : Fit Kid Camp	15
July 15	3rd - 8th	Sports Conditioning	15
July 15	8th - 12th	Teen Camp - Growing Up Chicago*	12
July 22	3rd - 8th	Nerf Skills & Sports Conditioning	20
July 29	3rd - 8th	Fit Kid Camp & Games	20
Aug 5	1st - 3rd	Pee Wee : Fit Kid Camp	15
Aug 5	3rd - 9th	Sports Conditioning	15
Aug 12	1st - 3rd	Pee Wee : Fit Kid Camp	20
Aug 12	3rd - 8th	Fit Kid Camp & Games	20

## 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	Sports Performance 3rd-8th
Active Games	Active Games	Track/Obstacle Course	Speed Fundamentals Class
Snack/Park	Snack/Park	Snack/Park	Snack/Park
Art Project	Track Class	Nerf Skills	Board Games
Lunch	Lunch	Lunch	Lunch
Pee Wee Fitness Class	Art/Outdoor Time/ Community Service	Nerf /Obstacle Course Shooting	Circuit Training
Outdoor Time/Community Service	Board Games	Outdoor Time	Outdoor Training (sport based)
Board Games	Fitness Games	Board Games	Fitness Game
Snack/Pack Up	Snack/Pack Up	Snack/Pack Up	Snack/Pack Up



# Early Bird Pricing



## POW! Summer Camp Pricing- 2024

**OPTION 1: Week Long Camp Monday through Friday, 9am to 3:15pm**  
(drop off starts at 8am, pick up by 4:00pm)

Discounts %	Regular price \$425	Early Bird Discount Available
25%	\$318.75	until March 30th
20%	\$340.00	April 1 - April 30th

Reach out directly for payment plans.

## OPTION 2: 3 Days of Camp

**\$290 per child.** 3 days must be within the same week and may not be split over multiple weeks. Must choose the 3 days at time of booking.

## OPTION 3: Unlimited Summer Camp

Discounts %	Amount \$3000	Early Bird Discount Available
25%	\$2250	until March 31st
20%	\$2400	April 1 - April 30th

- **No refunds on early bird pricing.**
- Changes to your reservation will be allowed if space is available for the desired week.
- All camp purchases must indicate the week you are enrolling your camper.
- Sibling discounts available, but early bird pricing is a better deal. If purchasing after May 1st for multiple kids, a 15% discount is available.
- Payment plans available for 3 or more camp week reservations or unlimited camp access.

## Summer Camp Pricing Overview

<b>Week Long Camp</b> Must choose the week(s) upon booking.	\$425	Early Bird Specials Available
<b>Unlimited Summer Access</b> Only available for kids in 3rd-8th grade. Must choose the weeks you want your child enrolled. Purchases cannot be shared between siblings.	\$3000	Early Bird Specials Available
<b>3 Day Camp Week</b> Choose any 3 days of the week. Must be 3 days within the same week. These can not be 3 days spread out over the summer.	\$290	

## 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 activities ends at 3:15 pm. We suggest packing a book for quiet time. Trading cards are not allowed at POW! Gym.

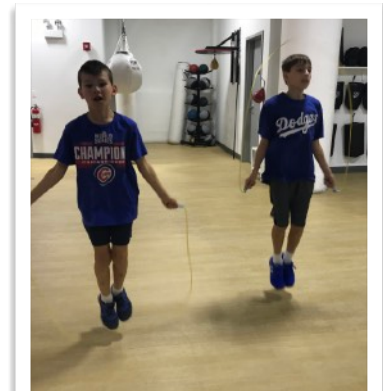
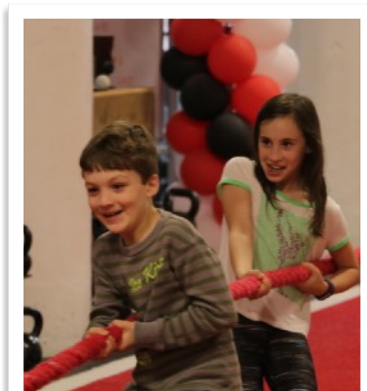
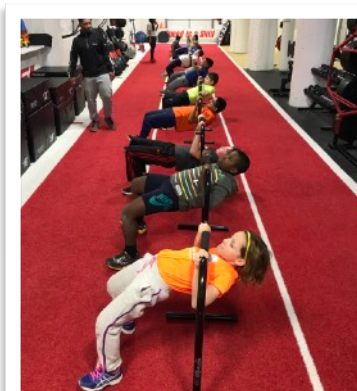


## FIT KID CAMP & GAMES - 3rd to 8th

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.

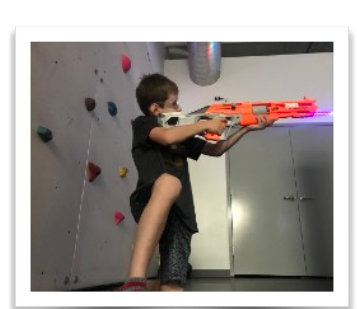
All children must bring a packed lunch, two snacks (morning & afternoon), and a refillable water bottle. If you send any electronic devices, POW! is not responsible for them. Electronic devices will not be permitted during our structured activities.



## 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 combine 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.



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



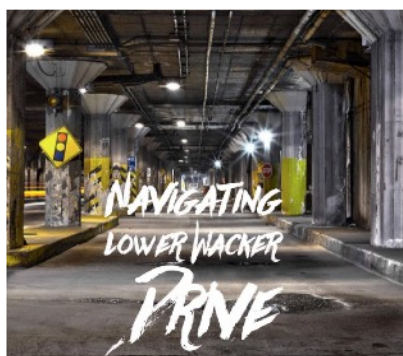
To understand Chicago, a person must experience it. Even native Chicagoans sometimes need to step back to understand their home. At POW!, we pride ourselves on our hands-on, structured, active curricula. POW! takes this approach with immersive learning, exploring the streets of Chicago.

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 15th: The Light & Dark Side of Chicago

No matter where you travel in the world, Chicago has a reputation for its spectacular art & architecture, but also its nefarious past. Chicago is infamous for its dark side including its seedy underbelly of corruption that still haunts its legacy today. 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 and its haunted buildings. Teens will travel through parts of the city exploring the beauty above the pavement which is defined by both old and new school architecture. Then travel below the pavement to discover Lower Wacker Drive, the many confirmed haunted buildings and where the infamous Al Capone built part of his empire. This exploration will be done by learning Chicago's public transit & grid system. Anya Zamiar, CPS Teacher will accompany and lead the teens through a week of city adventures.



# 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 are booked by a group of athletes that generally know each other. This is an affordable way to get your athlete personalized training. Evaluation and assessment can be built into the academies. Each academy is designed based on the athletes, the numbers of days and the goals of the group. Sessions will include sport specific drills in the speed application modules of the program.

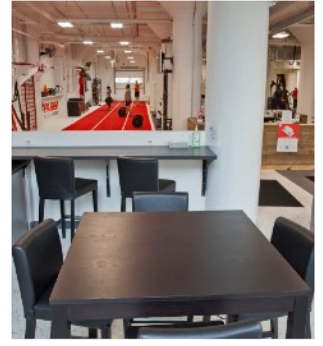
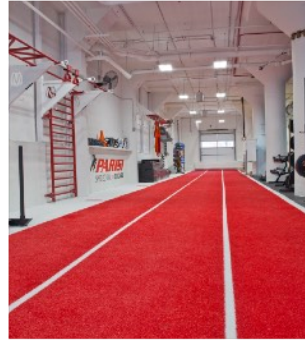
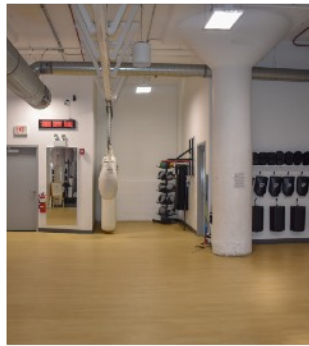
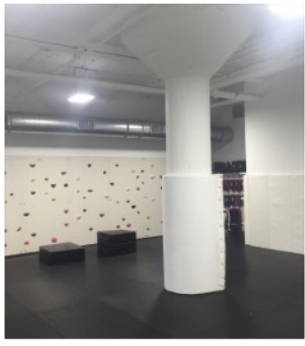
**Speed / Jump Training & Injury Mitigation-** Speed & jump training will be focused don't he areas on need for that athletes. Assessments will assist in creating programs. All athletes will participate in injury migration strategies.

**Strength Training Fundamentals & Weight Room Etiquette** - Great for junior high school & high school athletes. Can incorporate Olympic Lifting fundamentals if athletes already has solid grasp of strength training fundamentals.

**Combat Sports & Performance Training** - This academy will include combat sport specific skill training, along with speed and strength for fighters.



# OUR SPACE



## 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.
- ▶ If you are looking for unlimited access for the summer, contact us directly for UNLIMITED SUMMER ACCESS. However, you must book the weeks desired.
- ▶ No payment plans for single week-long camps.
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- ▶ 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.
- ▶ Our camp program includes walking field trips daily. We visit the Skinner Park and Whitney Young campus for playful activities, scavenger hunts and walks.
- ▶ Parents will see the daily agenda posted every morning when they arrive for drop off.
- ▶ Campers must be signed in every morning and signed out at pick up time.
- ▶ 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 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. 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.**

**POW!kids**

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