

Winter/Spring-12



KIDS FIRST SPORTS SAFETY INC.

www.kidsfirstsports.net

630-257-5438

Age Groups: **STEPS** 3-5 year olds; **Higher Standards** 6-14 year olds

Brookfield Recreation Department

708-485-1527

Locations: **JC/Ehlert Park, North Riverside Recreation Fields**

Programs & Camps

Blast Ball: Sat. Jan. 14-Feb.11, Feb. 18-Mar. 17
T-Ball Baseball: Sat. Jan. 14-Feb.11, Feb. 18-Mar. 17
Volleyball: Wed. Jan. 18-Feb. 15, Feb. 22-Mar. 21
Dodge Ball: Wed. Jan. 18-Feb. 15, Feb. 22-Mar. 21
Basketball/Spring Break: Thur. Jan. 19-Feb. 16, Mon.-Fri. Mar. 26-30
Spring Break/ Soccer: Mon.-Fri. Mar. 26-30, Sat. Apr. 28-May 26
Flag Football League: Sat. Apr. 14-May 19
Baseball: Tues. Apr. 17-May 15
New Tennis League: Sat. Apr. 28-May 26
Golf: Sat. May 5-26
New May Games Track & Field: Sat. May 5-26

-Rain cancellations: time equally added to remaining days of program-

Sign-up Now!

www.kidsfirstsports.net ph: 630-257-5438 staff@kidsfirstsports.net

Low Costs-High Quality

Program & Camp Descriptions

Kids First STEPS Blast Ball

Batter UP! Blast Ball is the introduction to baseball for 3-6 year olds. The game is very safe, played with a soft bat and ball, no glove is needed. Each player bats once an inning and no scores are kept. Blast Ball consists of one base and it makes a "honking" noise when a player steps on it.

Major League Baseball recognized Blast Ball as part of its campaign to promote the resurgence of baseball at the grass-roots level. (Bring your cameras). **Kids Love It!**

Registration at: **Brookfield Recreation Department**
Kids First STEPS Blast Ball Program

Quality Beginners Sport

Who: Boys & Girls ages 4-5

Sessions: 5

When: **Saturdays: Jan. 14-Feb. 11 (Series 1)**
Feb. 18-Mar. 17 (Series 2)

Time: 4:00pm – 5:00pm 4-5 year olds

Where: **North Riverside Recreation Department Gym**

Instructor: Staff from **Kids First Sports Safety, Inc.**

Cost: \$52

Min./Max. 8/24

Kids First: www.kidsfirstsports.net - 630-257-5438 - staff@kidsfirstsports.net

Kids First T-Ball Baseball Program

Baseball it's a HIT! Instruction & Games! Kids First is offering two baseball program series teaching different baseball drills in each. Kids will understand the game of baseball through fundamentals. Players learn how to step catch & throw at different fielding positions. Plus: Batting is taught from a Tee-Stand, followed by coach-pitch making kids feel comfortable swinging the bat and hitting the ball. Baseball games are played once the players are ready. **Kids Love It!**

Registration at: **Brookfield Recreation Department**

Kids First - T-Ball, Baseball Program

Who: Boys & Girls ages 6-7, 8-11

Sessions: 5

When: **Saturdays: Jan. 14-Feb. 11 (Series 1)**
Feb. 18-Mar. 17 (Series 2)

Time: 5:00pm – 6:00pm 6-9 year olds

Where: **North Riverside Recreation Department Gym**

Instructor: Staff from **Kids First Sports Safety, Inc.**

Cost: \$52

Min./Max. 6/24



Catch the Fever

www.kidsfirstsports.net ph: 630-257-5438 staff@kidsfirstsports.net

Kids First Volleyball

Volleyball Let's Play It! Fun and Instructional Program prepare players to succeed in volleyball. Excellent Coaches plan strategic, FUN preparation drills and games that *will* increase **SKILLS & SAFETY** through Fundamentals. Kids Love It!!!

Program offers: Volleyball Skills Challenge Contest & Championship Volleyball game. PLUS competitive drills for skills training: serving, bumping, setting, spiking, techniques on speed & quickness, body balance, first step directional movements, volleyball safety awareness and sportsmanship.



Fundamentals

Registration at Brookfield Recreation Department

Kids First Volleyball Program

Who: Boys & Girls ages 6-8, 9-14

Sessions: 5

When: **Wednesdays: Jan. 18– Feb. 15 (Series 1)**
Feb. 22 – Mar. 21 (Series 2)

Time: 4:15pm – 5:15pm 6-8 year olds
5:15pm – 6:15pm 9-14 year olds

Where: North Riverside Recreation Department Gym

Instructor: Staff from Kids First Sports Safety, Inc.

Cost: \$52

Min./Max.: 8/30

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Kids First Dodge Ball

Dodge This! Dodge Ball Games every day ending with a competitive Championship Game on the last day. This Fun moving sport will provide team competition and individual challenge matches on the court. Kids will have a blast running, throwing, dodging and ducking their way to victory; while getting their bodies in shape. Kids Love It!

Registration at Brookfield Recreation Department

Kids First Dodge Ball Program

Who: Boys & Girls ages 7-11 separated by age

Sessions: 5

When: **Wednesdays: Jan. 18– Feb. 15 (Series 1)**
Feb. 22 – Mar. 21 (Series 2)

Time: 6:15pm – 7:15pm 7-11 year olds

Where: North Riverside Recreation Department Gym

Instructor: Staff from Kids First Sports Safety, Inc.

Cost: \$52

Min./Max.: 8/24



Super Safe Dodge Balls

www.kidsfirstsports.net ph: 630-257-5438 staff@kidsfirstsports.net

Kids First Basketball

I've Got Game! Basketball Program is fundamental! Basketball games & preparation; Parents have called **Kids First Sports Safety Mandatory** before playing the most injury prone youth sport. Players will be fulfilled with new basketball **skills** and **safety** to make them game ready. **Kids Love It!**

Program offers: Skills Contest & Championship Basketball game. **PLUS** techniques on Shooting, Dribbling, Passing, speed & quickness, body balance, first step directional movements, floor spacing, basketball safety awareness and sportsmanship.

Registration at: **Brookfield Recreation Department**
Kids First Basketball (Fundamentals) Program
Who: Boys & Girls ages 4-5, 6-8, 9-14 separated within the Program
Sessions: 5
When: **Thursdays: Jan. 19-Feb. 16**



Awesome Fun

Time: 4:00pm – 4:45pm 4-5 year olds
4:45pm – 5:45pm 6-8 year olds (1st -3rd Graders)
5:45pm – 6:45pm 9-14 year olds (4th – 8th Graders)

Time: Mar. 26-30 Spring Break 9:00am-9:45am (4-5 yr. olds)
9:45am-10:45am (6-8 yr. olds)
10:45am-11:45am (9-14 yr. olds)

Where: **North Riverside Recreation Department Gym**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$52
Min./Max. 6/24

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Kids First Soccer

Soccer See The Goal! Feel the excitement of scoring a goal! **Soccer Games Daily with instruction-** Kids will have plenty of fun with **Kids First** experienced coaches teaching soccer game techniques that give kids confidence & **skills**. Excellent Coaches will combine body balance & speed drills with FUN preparation soccer drills, making this program ideal for beginners to advanced players.

In addition, kids will enjoy being competitively challenged to increase soccer **SKILLS & SAFETY** through **Fundamentals**. **Plus:** first step directional movements, ball handling, headers, goalie positioning, and sportsmanship, were concluding with a championship soccer game.

Registration at: **Brookfield Recreation Department**
Kids First Soccer (Fundamentals) Program
Who: Boys & Girls ages 4-5, 6-12, separated by age.
Sessions: 5

When: **Monday-Friday Spring Break: Mar. 26-30 (Series 1)**
Saturdays: Apr. 28-May 26 (Series 2)

Time: Mar. 26-30 Spring Break 12:00pm-12:45pm (4-5 yr. olds)
12:45am-1:45pm (6-12 yr. olds)

Time: Apr. 28-May 26 9:00am-9:45am (4-5 yr. olds)
9:45am-10:45am (6-12 yr. olds)

Where: **North Riverside Recreation Department Gym - Mar. 26-30 Spring Break**
JC/Ehlert Park- Apr. 28-May 26

Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$52
Min./Max.: 8/24



Safe Quality Program

www.kidsfirstsports.net ph: 630-257-5438 staff@kidsfirstsports.net

Kids First: Spring Flag Football League

6 Week Season of FLAG FOOTBALL! - Combining preparation with games. The entire League will focus on **SAFETY & SKILLS** preparation for the first 2 weeks & prior to games. **Flag Football Games** will be played for 55 minutes starting week 3 with Players assigned to a Flag Football Team. Players will keep same team assignment week 5 & 6. The **Flag Football Game** consists:

1. Thousand 5 rush	3. 80 by 30 yard field, 2 end zones
2. One middle of field first down	4. Everyone Plays

Week 1, 2: Players learn football through fundamentals and experience individual and team competitive drills to develop **Skills**.

Week 3, 4: **Football Games Begin...** Coaches prepare football plays in huddles, kids gain confidence in making a play safely & skillfully.

Week 5: **Kids First Flag Football Championship** tune-up game.

Week 6: **Kids First Championship Flag Football Game**. Parents bring cameras
Kids Love It!



Registration at **Brookfield Recreation Department**

Kids First Spring Flag Football League Program

Who: Boys & Girls ages 6-8, 9-14

Sessions: 6

When: **Saturday: Apr. 14 – May 19**

Time: 9:00am – 10:15am 6-8 year olds
10:15am – 11:30am 9-14 year olds

Where: **JC/Ehlert Park**

Instructor: Staff from **Kids First Sports Safety, Inc.**

Cost: \$69

Min./Max. 8/38

Safe Football Fundamentals

www.kidsfirstsports.net ph: 630-257-5438 staff@kidsfirstsports.net

Kids First Baseball

Let's hit it!

Kids First Certified Coaches offer a Baseball program that teaches kids through the season.

Baseball: Player safety & fundamentals preparation, individual Baseball skills, techniques on: fielding, hitting, throwing, running; Plus- game rules and sportsmanship during the baseball season.

Registration at: **Brookfield Recreation Department**

Kids First: Baseball Program

Who: Boys & Girls ages 4-5, 6-10

Sessions: 5

When: **Tuesdays: Apr. 17-May 15**

Time: 5:00pm – 6:00pm (4-5 yr. olds)
6:00pm – 7:00pm (6-10 yr. olds)

Where: **JC/Ehlert Park**

Instructor: Staff from **Kids First Sports Safety, Inc.**

Cost: \$52

Min./Max.: 8/24



(Safety & Fundamentals)

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New- Kids First Tennis League

Team & Individual Games Played! Experience the competition of **TENNIS! It's Fun**. Tennis League program challenges beginners to advanced players through competitive instructional drills, including singles & doubles matches. **Kids Love It!!!**

League instructs: Individual **Skills Contest & Championship Tennis Matches**. **PLUS** racket skill positions training, techniques on ball spins, speed & quickness techniques, body balance, first step directional movements, tennis safety awareness and sportsmanship.

Registration at **Brookfield Recreation Department**
Kids First Tennis Program

Who: Boys & Girls ages 6-8, 9-14 separated within the Camp

Sessions: 5

When: **Saturdays: Apr.28-May 26**

Time: 9:00 am – 10:30 am (6-8 year olds)
10:30 am -12:00 pm (9-14 year olds)

Where: **JC/Ehlert Park- Tennis Courts**

Instructor: Staff from **Kids First Sports Safety, Inc.**

Cost: \$69

Min./Max. 6/24



*****Major Fun*****

www.kidsfirstsports.net ph: 630-257-5438 staff@kidsfirstsports.net

Kids First Golf

Wow What a Hit! Feel the excitement of striking the golf ball better than you ever imagined! This new instructional program challenges all golfers to play consist golf.

Experienced coaches teach valuable golf instruction on the following: Hand grips, feet position, body balance, head-eye-shoulder positioning, putting, and chipping, short irons, long irons, T-shots, woods, and golf etiquette. A championship golf skills challenge will conclude the program.

Brookfield Recreation Department
Kids First Golf Fundamentals Program

Who: Boys & Girls ages 6-8 & 9-12

Sessions: 4

When: **Saturdays: Saturdays: May 5-28**

Time: 9:00am-10:00am 4-5 year olds
10:00am- 11:00am 6-8 year olds (1st - 3rd Graders)
10:00am- 11:00am 9-12 year olds (4th – 6th Graders)



*****Quality Golf Program*****

*rain cancellations: time equally added to remaining days of program.

Where: **JC/Ehlert Park**

Registration: **Brookfield Recreation Department**

Instructor: Staff from **Kids First Sports Safety, Inc.**

Cost: \$39

Min./Max.: 8/20

*golf clubs required

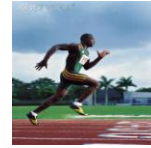
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New- Kids First May Games Track & Field

Run with a SMILE!

Speed, Quickness, Agility Program thru Track & Field Events

Excellent Coaches will focus on teaching sprints, hurdles, jumps, distance running, and throws in way.



a safe and fundamental

The program consists of **Body Balance Techniques**; **speed, quickness** and **agility** drills, producing a quicker, **safer** more powerful performer.

A wide variety of timed events will take place during each session, concluding with an event **Championship Series** on the final day. **Kids Love It!**

Registration at **Brookfield Recreation Department**

Kids First Track & Field Program

Who: Boys & Girls ages 5-6, 7-9, 10-14

Sessions: 4

When: **Saturdays: May 5-28**

*****WOW its Fast*****

Track & Field-1: 9:00am – 10:00am (5-6 yr. olds)

Track & Field-2: 10:00am – 11:00am (7-9 yr. olds)

Track & Field-3: 11:00am – 12:00pm (10-14 yr. olds)

Rain cancellations: time equally added to remaining days of camp.

Where: **JC/Ehlert Park**

Instructor: Staff from **Kids First Sports Safety, Inc.**

Cost: \$39

Min./Max. 6/28

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