

Fall-11



KIDS FIRST SPORTS SAFETY INC.

www.kidsfirstsports.net

630-257-5438

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

Fall-11 Brookfield Recreation Department

708-485-1527

Locations: JC/Ehlert Park, North Riverside Recreation Fields

Programs & Camps

Tennis: Sept. 10-Oct. 15
Golf: Sept. 10-Oct. 15
Flag Football: Sept. 17-Oct. 22
Cheerleading: Sept. 17-Oct. 22
Soccer: Sept. 17-Oct. 15, Oct. 20-Nov. 17
Girls Softball: Sept. 22-Oct. 20
Tumbling & Gymnastics: Oct. 10-Nov. 14, Nov. 21-Dec. 19
Volleyball: Oct. 11-Nov. 8, Nov. 15-Dec. 13
Dodge Ball: Oct. 11-Nov. 8, Nov. 15-Dec. 13
Basketball: Oct. 15-Nov. 19, Dec. 3-17
Holiday Basketball: Dec. 20-23
Holiday Volleyball: Dec. 27-30
Blast Ball: Jan. 7-Feb. 4, Feb. 11-Mar. 10
Baseball: Jan. 7-Feb. 4, Feb. 11-Mar. 10

Rain cancellations: time equally added to remaining days of camp

Sign-up Now!

Find: Kids First Banner

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

Program & Camp Descriptions

Kids First Tennis

A Racket Full of FUN! Tennis games & instruction daily taught by experienced coaches to share the love for the game. Tennis Program challenges beginners to advanced players through competitive singles & doubles matches. **Kids Love It!!!**

Program offers: Individual Skill Contests, Championship Tennis Matches, drills that develop skills. **PLUS techniques on:** hand & arm placement, ball spins, speed & quickness, body balance, first step directional movements, tennis safety awareness and sportsmanship.

Registration at **Brookfield Recreation**

Kids First Tennis Program

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

Sessions: 6

When: **Saturdays: Sept. 10-Oct. 15**

Time: **Tennis-1:** 9:00am – 10:30am 6-8 year olds

Tennis-2: 10:30am – 12:00pm 9-14 year olds

Where: **JC Ehlert Park Tennis Courts**

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

Cost: \$65

Min./Max. 6/18



Major Fun

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

Kids First: Golf Fundamentals

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.

Registration at **Brookfield Recreation**

Kids First Golf Fundamentals Program

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

Sessions: 6

When: **Saturdays: Sept. 10– Oct. 15**

HS-Golf: 9:30am- 10:45am 6-8 year olds (1st - 3rd Graders)

HS-Golf: 9:30am- 10:45am 9-14 year olds (4th – 8th Graders)

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

Where: **Brookfield Recreation- JC/Ehlert Park**

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

How Much: \$59

Min./Max.: 8/20

*golf clubs required



Quality Golf Program

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

Kids First Flag Football League Program

includes Kids First T-shirt

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!!!

Co/Op Registration at **Brookfield Recreation, North Riverside Recreation**

Kids First Flag Football League Program

Boys & Girls ages 6-8, 9-14

Sessions: 6

When: **Saturdays: Sept. 17-Oct. 22**

Time: 9:00am – 10:15am 6-8 year olds

10:15am – 11:30am 9-14 year olds

Where: **North Riverside Recreation Park**

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

Cost: \$69

Min./Max. 8/38



Fundamentals

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

Kids First Cheerleading

includes Kids First T-shirt

Cheerleader Action!! If your child dreams of being on the cheerleading squad then this program is perfect. Experienced Coaches will focus on the sport by teaching cheerleading **skills** that our **FUN, safe and fundamental**. Cheerleading drills set to music!!

Program offers: Cheerleading Skills Contest & Championship Team Competition. PLUS FUN competitive drills to enhance cheerleading techniques, body balance movements, timing, rhythm, pompom bebop dance, jumps, stunts, cheers, rah-rah awareness and sportsmanship. Last day of the program features a competitive cheer challenge contest. -Girls love it. Parents bring your cameras!

Co/Op Registration at **Brookfield Recreation, North Riverside Recreation**

Kids First Cheerleading

Who: Girls ages 6-8, 9-14

Sessions: 6

When: **Saturdays: Sept. 17 – Oct. 22**

Time: 9:00am – 10:15pm 6-8 year olds

10:15am – 11:30am 9-14 year olds

Where: **North Riverside Recreation Park**

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

Cost: \$69

Min./Max. 8/38



Fundamentals

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

Kids First Soccer

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

Plus: Soccer ball handling, headers, goalie positioning; concluding with a championship soccer game.

Co/Op Registration at **Brookfield Recreation, North Riverside Recreation**
Kids First Soccer Fundamentals Program

Who: Boys & Girls ages 4-5, 6-8, 9-14 separated by age.

Sessions: 5

When: **Saturdays: Sept. 17 – Oct. 15 (Series 1)**

Time: **STEPS Soccer-1:** 9:00am – 10:00am 4-5 year olds

Soccer-2: 10:00am – 11:00am 6-8 year olds

Soccer-3: 11:00am – 12:00pm 9-14 year olds

Where: **North Riverside Recreation Park**

When: **Thursdays: Oct. 20 – Nov. 17 (Series 2)**

Time: **STEPS Soccer-1:** 4:00pm – 5:00pm 3-5 year olds

Soccer-2: 5:00pm – 6:00pm 6-8 year olds

Soccer-3: 6:00pm – 7:00pm 9-14 year olds

Where: **North Riverside Recreation Gymnasium**

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

Cost: \$55

Min./Max.: 8/20



*****Fundamentals*****

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

Kids First Girls Softball– *It's a HIT!* [Instruction & Games!](#) This program challenges all players through fun competitive softball drills and games that will maximum player potential.

Program teaches: Hitting, Fielding, Pitching, and Running the bases. Games will be played throughout the program, concluding with a championship game.

Co/Op Registration at **Brookfield Recreation, North Riverside Recreation**
Kids First Girls Softball

Who: Girls 9-14 yr. olds

Sessions: 5

When: **Thursdays: Sept. 22-Oct. 20**



*****Fundamentals*****

Girls Softball-1: 5:00pm – 6:15pm 9-14 year olds

Where: **North Riverside Recreation Park**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$59
Min./Max. 8/24

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

Kids First Tumbling & Gymnastics Program

It's FUN!!! STEPS & Higher Standards Tumbling & Gymnastics are excellent ways to start your child on their way to balance and coordination.

Each program within our tumbling & gymnastics series will cover more moves, from somersaults to flip-flops and walkovers. Instructors will instill confidence and starting points that develop gymnastics skills that will last a lifetime. Each drill will focus on body formation and balance- PLUS it's great exercise! Concluding the program will feature a gymnastics challenge contest. **(Bring your cameras)**

Co/Op Registration at **Brookfield Recreation, North Riverside Recreation**
Kids First Tumbling & Gymnastics Program

Who: Boys & Girls ages 3-6, 7-12

Sessions: 5

When: **Mondays: Oct. 10-Nov. 14 (Series 1)**
Nov. 21-Dec. 19 (Series 2)



*****Coordination with Fun*****

STEPS-1: 3-6 year olds 5:00pm—5:45pm

HS -2: 7-12 year olds 5:45pm—6:30pm

Where: **North Riverside Recreation Gymnasium**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$55
Min./Max.: 6/15

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

Co/Op Registration at **Brookfield Recreation, North Riverside Recreation**

Who: Boys & Girls ages 7-12 separated within the Program

Kids First Volleyball Program

Sessions: 5

When: ***Tuesdays: Oct. 11-Nov. 8 (Series 1)**
Nov. 15-Dec. 13 (Series 2)

Time: 4:30pm – 5:30pm 7-12 year olds

Where: **North Riverside Recreation Gymnasium**

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

Cost: \$59

Min./Max.: 8/30

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

Kids First Dodge Ball

Dodger Dodger! **Dodge Ball Games** every session 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!!!**

Co/Op Registration at **Brookfield Recreation, North Riverside Recreation**

Kids First Dodge Ball Program

Who: Boys & Girls ages 8-12

Sessions: 5

When: ***Tuesdays: Oct. 11-Nov. 8 (Series 1)**
Nov. 15-Dec. 13 (Series 2)

Time: 5:30pm – 6:30pm 8-12 year olds

Where: **North Riverside Recreation Gymnasium**

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

Cost: \$59

Min./Max.: 8/30

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

Super Safe Dodge Balls



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.

Co/Op Registration at **Brookfield Recreation, North Riverside Recreation**

Kids First Basketball (Fundamentals) Program

Who: Boys & Girls ages 4-5, 6-10 separated within the Program

When: **Saturdays: Oct. 15-Nov. 19 (Series 1) Sessions: 5**
Dec. 3-17 (Series 2) Sessions: 3

Time: **STEPS Basketball-1:** 9:15am – 10:00am 4-5 year olds
Basketball-2: 10:00am – 11:00pm 6-10 year olds

Where: **North Riverside Recreation Gymnasium**

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

Cost: \$59-Series 1 / \$29-Series 2

Min./Max. 6/24

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



Fundamentals

Kids First Holiday Basketball Camp

Holiday Basketball is fundamental!! Basketball Games & Preparation; Players will be fulfilled with new basketball **skills** and **safety** to make them game ready. **Kids Love It!**

Camp 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.

Co/Op Registration at **Brookfield Recreation, North Riverside Recreation**
Kids First Holiday Basketball Camp

Who: Boys & Girls ages 4-5, 6-8, 9-14 separated within the Program

Sessions: 4

When: **Tuesday-Friday: Dec. 20-23**

Time: **STEPS Basketball-1:** 9:15am – 10:00am 4-5 year olds

Basketball-2: 10:00am – 11:00am 6-8 year olds

Basketball-3: 11:00am – 12:00pm 9-14 year olds

Where: **North Riverside Recreation Gymnasium**

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

Cost: \$39

Min./Max. 6/24

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



Fundamentals

Kids First Holiday Volleyball Camp

Holiday Volleyball!!! Games and Instruction each day- Players practice at the start of each session leading to competitive volleyball games. Excellent Coaches prepare the players to succeed through the teachings of volleyball drills that will increase **SKILLS & SAFETY** through Fundamentals. **Kids will Love It!!!**

Co/Op Registration at **Brookfield Recreation, North Riverside Recreation**

Kids First Holiday Volleyball Camp

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

Sessions: 4

When: **Tuesday-Friday: Dec. 27-30**

Time: **Volleyball-1:** 9:30am – 10:30am 6-8 year olds

Volleyball-2: 10:30am – 11:30am 9-14 year olds

Where: **North Riverside Recreation Gymnasium**

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

Cost: \$39

Min./Max.: 8/24

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Fundamentals

Kids First STEPS Blast Ball

Where's 1st BASE! Blast Ball is the introduction to baseball for 4-5 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!**

Co/Op Registration at **Brookfield Recreation, North Riverside Recreation**

Kids First STEPS Blast Ball Program

Who: Boys & Girls ages 4-5

Sessions: 5

When: **Thursdays: Jan. 7-Feb. 4 (Series 1)**

Feb. 11-Mar. 10 (Series 2)

Time: **STEPS Blast Ball-1:** 9:15am – 10:00am 4-5 year olds

Where: **North Riverside Recreation Gymnasium**

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

Cost: \$55

Min./Max. 8/24

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



Quality Beginners Sport

Kids First Tee-Stand Baseball

Stand-Up for Baseball!! *It's a HIT!* [Instruction & Games!](#) This program prepares kids to 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!!**



Catch ON

Co/Op Registration at **Brookfield Recreation, North Riverside Recreation**

Kids First Tee-Stand Baseball Program

Who: Boys & Girls ages 6-8

Sessions: 5

When: **Thursdays: Jan. 7-Feb. 4 (Series 1)**
Feb. 11-Mar. 10 (Series 2)

Time: **Higher Standards Tee-Ball-1: 10:00am – 11:00am 6-8 year olds**

Where: **North Riverside Recreation Gymnasium**

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

Cost: \$55

Min./Max. 8/24

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

Sign-up Now!