

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

Des Plaines Park District

www.desplainesparks.org

847-391-5711

*(West Park Field House), **(Algonquin/Forest Middle School), ***(Prairie Lakes Community Center)

Programs & Camps

Tumbling/Gymnastics: Tues. Jan. 17-Feb. 21, Mar. 6-Apr. 10, May 1-June 5
Dodge Ball: Tues. Jan. 17-Feb. 14, Feb. 21-Mar. 20
Blast Ball: Wed. Feb. 29-Mar. 28
T-Ball- Baseball: Wed. Feb. 29-Mar. 28
Spring Break/Soccer: M-F. Mar. 26-30, Sat. Apr. 28- May 26
Flag Football: Sat. Apr. 14-May 19
New Tennis League: Sat. Apr. 28- May 26
New Volleyball League: Sat. Apr. 28-May 28
New May Games Track & Field: Sat. May 5-28

Sign-up Now!

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

Program & Camp Descriptions

Kids First Tumbling & Gymnastics

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)

Registration at: Des Plaines Park District
Kids First Tumbling & Gymnastics Program

Who: Boys & Girls ages 3-4, 5-6, 7-8, 9-14

What: 6

When: Tuesdays: Jan 17-Feb. 21 (Series 1)

Tuesdays: Mar. 6-Apr. 10 (Series2)

Tuesdays: May 1-June 5 (Series 3)



Coordination with Fun

Time: STEPS-1: 3-4 year olds 5:30pm—6:15pm

STEPS-1: 5-6 year olds 6:15pm—7:00pm

HS -1: 7-8 year olds 7:00pm—7:45pm

HS & Adv.-1: 9-14 year olds 7:45pm—8:30pm

Where: West Park Field House

Instructor: Staff from Kids First Sports Safety, Inc.

Cost: \$59

Min./Max.: 6/15

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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: Des Plaines Park District

Kids First Dodge Ball Program

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

Sessions: 5

When: Tuesdays: Jan 17-Feb. 14 (Series 1)

Tuesdays: Feb. 21-Mar. 20 (Series2)



Super Safe Dodge Balls

Time: 5:30pm – 6:30pm 6-8 year olds

6:30pm – 7:30pm 9-14 year olds

Where: Prairie Lakes Community Center

Instructor: Staff from Kids First Sports Safety, Inc.

Cost: \$59

Min./Max.: 8/20

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Kids First STEPS Blast Ball Program

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: [Des Plaines Park District](#)
[Kids First STEPS Blast Ball Program](#)

Who: Boys & Girls ages 4-5

Sessions: 5

When: **Wednesdays: Feb. 29-Mar. 28**

Time: 5:30pm – 6:15pm 4-5 year olds

Where: [Prairie Lakes Community Center](#)

Instructor: Staff from [Kids First Sports Safety, Inc.](#)

Cost: \$59

Min./Max. 8/24

Quality Beginners Sport

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

Kids First Pre-Season Baseball Training

Let's hit it!

Kids First Certified Coaches offer a pre-season Baseball training program to properly prepare kids for the upcoming season.

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

Registration at: [Des Plaines Park District](#)

Kids First: [Pre-Season Baseball Training Program](#)

Who: Boys & Girls ages 6-10

Sessions: 5

When: **Wednesdays: Feb. 29-Mar. 28**

Time: 6:15pm – 7:15pm (6-10 yr. olds)

Where: [Prairie Lakes Community Center](#)

Instructor: Staff from [Kids First Sports Safety, Inc.](#)

Cost: \$59

Min./Max.: 8/24



(Safety & Fundamentals)

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Kids First Soccer (Fundamentals) Program

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: **Des Plaines Park District**
Kids First Soccer (Fundamentals) Program

Who: Boys & Girls ages 4-5, 6-8, 9-14, 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 9:00am-9:45am (4-5 yr. olds)
9:45am-10:45am (6-8 yr. olds)
10:45am-11:45am (9-14 yr. olds)

Time: Apr. 28-May 26 4:30pm-5:30pm (4-5 yr. olds)
5:30pm-6:30pm (6-10 yr. olds)

Where: **Prairie Lakes Community Center - Mar. 26-30 Spring Break**
Algonquin/Forest Middle School- Apr. 28-May 26

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

Cost: \$59

Min./Max.: 8/24

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Safe Quality Program

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 **Des Plaines Park District**
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 (1st – 3rd Graders)
10:15am – 11:30am 9-14 year olds (4th – 8th Graders)

Where: **Algonquin/Forest Middle School**

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

Cost: \$75

Min./Max. 8/38

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Safe Football Fundamentals

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 **Des Plaines Park District**
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: **Des Plaines Park District- Tennis Courts**

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

Cost: \$69

Min./Max. 6/24



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

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New- Kids First Volleyball League

Team Volleyball Games played! This new way of league play comes with the first week of volleyball instruction followed by 4 weeks of volleyball games and concludes with a Championship game. Players will be assigned teams the first 3 weeks, followed by same team assignments week 4 & 5. Players will experience various volleyball positions and roles for their respective teams. This concept has produced winning teams without elementary and High Schools. **Kids Love It!**

Registration at **Des Plaines Park District**
Kids First Volleyball League Program

Who: Boys & Girls ages 9-14

Sessions: 5

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

Time: 9:00am – 10:15am 6-8 year olds (1st – 3rd Graders)
10:15am – 11:30am 9-14 year olds (4th – 8th Graders)

Where: **Prairie Lakes Community Center**

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

Cost: \$65

Min./Max.: 8/30



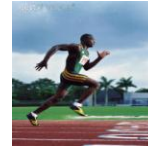
*****Super Fun*****

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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 a safe and fundamental way.

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!**

Des Plaines Park District
Kids First Track & Field Program

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

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

Sessions: 4

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

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: **Algonquin/Forest Middle School**

Register: **Des Plaines Park District**

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

Cost: \$49

Min./Max. 6/28

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