

Summer-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

Blast Ball: Sa. June 9-30
Baseball: Sa. June 9-30
Tumbling/Gymnastics: Tu. June 12-July 24 (off 7/3), Aug. 7-Sept. 11
New Balloon Ball: Th. June 14-July 12 (off 7/5)
Dodge Ball: Th. June 14-July 12 (off 7/5)
Soccer: Sa. July 7-28
Tennis: Sa. Aug. 11-Sept. 1

Camps

Tennis: M-F. June 11-15, July 9-13, Aug. 6-10
Baseball: M-F. June 11-15, July 9-13
Volleyball: M-F June 18-22
Soccer: M-F June 18-22, July 23-27
Flag Football: M-F June 25-29, July 16-20
Track & Field: M-F July 30-Aug. 3
New Balloon Ball: M-F Aug. 6-10
Badminton: M-F Aug. 6-10

Sign-up Today!

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

Program Descriptions

Kids First STEPS Blast Ball Program

Batter UP! Blast Ball is the introduction to baseball for 4-7 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, 6-7

Sessions: 4

When: **Saturdays: June 9-30**

Time: 9:00am – 10:00am 4-5 year olds

Where: [Algonquin/Forest Middle School Field](#)

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

Cost: \$45

Min./Max. 8/24



Quality Beginners Sport

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

Sign-up Today!

Kids First Baseball (Fundamentals) Program

Batter up, it's a HIT! This program challenges all players through fun competitive baseball drills and games that will maximum player potential: Parents have called [Kids First](#) baseball mandatory for **fundamentals**, **safety**, and **skills** training. [Kids Love It!](#)

Baseball Program teaches: Position training, batting techniques, body balance, throwing, fielding, first step directional movements, pitching, base running and sportsmanship. The baseball camp & program concludes with a Championship Game.

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

[Kids First Baseball \(Fundamentals\) Program](#)

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

Sessions: 4

When: **Saturdays: June 9-30**

Time: 10:00am-11:00am (6-8 year olds)
11:00am-12:00pm (9-12 year olds)

Where: [Algonquin/Forest Middle School Field](#)

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

Cost: \$45

Min./Max. 6/24



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

Sign-up Today!

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
Sessions: 6
When: Tuesdays: June 12-July 24 (off 7/3) (Series 1)
Aug. 7-Sept. 11 (Series2)



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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New Kids First STEPS Balloon Ball Program

Catch on! Balloon Ball is played like soccer with kids being allowed to pick up the ball and run with it, or throw it, or kick it in one of the two goals for a score.

The action is a bit faster, with fewer rules than soccer so kids are not being corrected as much in this new fast pace game. Kids will be taught coordination and balance along with the importance of exercise that their bodies need. Kids just love this new game that was created by Kids First.

Registration at: Des Plaines Park District
Kids First: STEPS Balloon Ball Program
Who: Boys & Girls ages 3-5
Sessions: 4
When: Thursdays: June 14-July 12 (off 7/5)

Fun & Exciting

Time: 4:15pm – 5:15pm 3-5 year olds

Where: Prairie Lakes Community Center
Instructor: Staff from Kids First Sports Safety, Inc.
Cost: \$45
Min./Max.: 8/24

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Sign-up Today!

Kids First Dodge Ball Program

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 7-9, 10-14
Sessions: 4
When: **Thursdays: June 14-July 12 (off 7/5)**



Super Safe Dodge Balls

Time: 4:15pm – 5:15pm 7-9 year olds
5:15pm – 6:15pm 10-14 year olds

Where: **Prairie Lakes Community Center**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$45
Min./Max.: 8/24

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Sign-Up Today!

Kids First Soccer Program

Take a SOCCER Break! 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**. The Program will combine body balance & speed drills with FUN preparation soccer drills, making this an ideal experience for beginners to advanced players.

In addition, kids will enjoy being competitively challenged to increase soccer **SKILLS & SAFETY** through **Fundamentals**. This instructional program also includes: ball handling, passing, goalie positioning, and sportsmanship, concluding with a championship soccer game.

Registration at: **Des Plaines Park District**
Kids First Soccer Program
Who: Boys & Girls ages 6-8, 9-14 separated by age.
Sessions: 4
When: **Saturdays: July 7-28**



Major Fun Camp

Time: 9:00am – 10:00am (6-8 yr. olds)
10:00am – 11:00am (9-14 yr. olds)

Where: **Algonquin/Forest Middle School Field**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$49
Min./Max.: 8/24

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

Sign-Up Today!

Kids First Tennis (Fundamentals) Program

Serve IT! Experience the competition of **TENNIS! It's Fun**. Certified Coaches teach the skills of tennis through a tennis process that is easy to learn the game. Tennis program challenges beginners to advanced players through competitive instructional drills, including singles & doubles matches. **Kids Love It!**

Program offers: Individual **skills contest & championship tennis matches**. **PLUS** racket grips, 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 (Fundamentals) Program

Who: Boys & Girls Ages (6-8), (9-14)

Sessions: 4

When: **Saturdays: Aug. 11-Sept. 1**

Time: 9:00am-11:00am (6-8 year olds)
11:00am-1:00pm (9-14 year olds)

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

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

Cost: \$69

Min./Max. 6/28



*****Fundamentals*****

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

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Camp Descriptions

Kids First Tennis (Fundamentals) Camp

Serve IT! Experience the competition of **TENNIS! It's Fun**. Certified Coaches teach the skills of tennis through a tennis process that is easy to learn the game. Tennis camp challenges beginners to advanced players through competitive instructional drills, including singles & doubles matches. **Kids Love It!**

Camp offers: Individual **skills contest & championship tennis matches**. **PLUS** racket grips, 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 (Fundamentals) Camp

Who: Boys & Girls Ages (6-8), (9-14)

Sessions: 5

When: **Monday-Friday: June 11-15 (Series 1)**

July 9-13 (Series 2)

Aug. 6-10 (Series 3)



Fundamentals

Time: 9:00am-12:00pm (6-8, 9-14 year olds)

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

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

Cost: \$109

Min./Max. 6/28

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Kids First Baseball (Fundamentals) Camp

Batter up, it's a HIT! This camp challenges all players through fun competitive baseball drills and games that will maximum player potential: Parents have called **Kids First** baseball mandatory for **fundamentals, safety,** and **skills** training. **Kids Love It!**

Baseball Camp teaches: Position training, batting techniques, body balance, throwing, fielding, first step directional movements, pitching, base running and sportsmanship. The baseball camp & program concludes with a Championship Game.

Registration at: **Des Plaines Park District**

Kids First Baseball (Fundamentals) Camp

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

Sessions: 5

When: **Monday-Friday: June 11-15 (Series 1)**

July 9-13 (Series 2)



It's a Hit

Time: 9:00am-12:00pm (6-8, 9-14 year olds)

Where: **Algonquin/Forest Middle School Field**

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

Cost: \$109

Min./Max. 6/40

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

Sign-up Today!

Kids First Volleyball (Fundamentals) Camp

Spike IT! Fun and instructional camp 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!**

Camp 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.

Registration at: **Des Plaines Park District**
Kids First Volleyball (Fundamentals) Camp

Who: Boys & Girls Ages (6-8), (9-14)

Sessions: 5

When: **Monday-Friday: June 18-22**

Time: 9:00am-12:00pm (6-8, 9-14 year olds)

Where: **Prairie Lakes Community Center**

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

Cost: \$109

Min./Max. 6/40



Fundamentals

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

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Kids First Soccer Camp

Take a SOCCER Break! 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*. The Camp will combine body balance & speed drills with FUN preparation soccer drills, making this Camp ideal for beginners to advanced players.

In addition, kids will enjoy being competitively challenged to increase soccer **SKILLS & SAFETY** through **Fundamentals**. This instructional camp also includes: ball handling, passing, goalie positioning, and sportsmanship, concluding with a championship soccer game.

Registration at: **Des Plaines Park District**

Kids First Soccer Camp

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

Sessions: 5

When: **Monday-Friday: June 18-22 (Series 1)**
July 23-27 (Series 2)

Time: 9:00am – 12:00pm (6-8, 9-14 yr. olds)

Where: **Algonquin/Forest Middle School Field**

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

Cost: \$109

Min./Max.: 8/24



Major Fun Camp

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

Sign-Up Today!

Kids First Flag Football (Fundamentals) Camp

Touchdown! Are you ready for some **FOOTBALL!** Flag Football Games & Preparation; Parents have called **Kids First Sports Safety Mandatory** before playing tackle football. Excellent Coaches plan strategic, FUN preparation drills and games that *will* increase **skills & safety** through fundamentals.

Camp offers: Punt-Pass-Kick Contest & Championship Flag Football game. **PLUS** skill positions training, techniques on passing, catching, blocking, speed & quickness, body balance, first step directional movements, football safety awareness and sportsmanship. **Kids Love It!**

Registration at: **Des Plaines Park District**
Kids First Flag Football (Fundamentals) Camp

Who: Boys & Girls Ages (6-8), (9-14)
Sessions: 5

When: **Monday-Friday: June 25-29 (Series 1)**
July 16-20 (Series 2)

Time: 9:00am-12:00pm (6-8, 9-14 year olds)

Where: **Algonquin/Forest Middle School Field**
Instructors: Staff from **Kids First Sports Safety, Inc.**
Cost: \$109
Min./Max. 6/40



Fundamentals

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

Sign-Up Today!

New- Kids First Track & Field (Fundamentals) Camp

Run with a SMILE! One hour a day camp:
Speed, Quickness, Agility Camp thru Track & Field Events

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

The camp 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 day, concluding with an event **Championship Series** on the final day. **Kids Love It!**

Registration at: **Des Plaines Park District**
Kids First Track & Field (Fundamentals) Camp

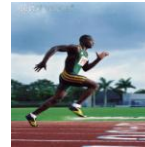
Who: Boys & Girls ages 5-6, 7-9, 10-14
Sessions: 5

When: **Monday-Friday: July 30-Aug. 3**

Time: 9:00am – 10:00am (5-6 yr. olds)
10:00am – 11:00am (7-9 yr. olds)
11:00am – 12:00pm (10-14 yr. olds)

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

Where: **Algonquin/Forest Middle School Field**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$59
Min./Max. 8/30



WOW its Fast

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New Kids First STEPS Balloon Ball Camp

Catch on! Balloon Ball is played like soccer with kids being allowed to pick up the ball and run with it, or throw it, or kick it in one of the two goals for a score.

The action is a bit faster, with fewer rules than soccer so kids are not being corrected as much in this new fast pace game. Kids will be taught coordination and balance along with the importance of exercise that their bodies need. Kids just love this new game that was created by Kids First.

Registration at: **Des Plaines Park District**

*****Fun & Exciting*****

Kids First: STEPS Balloon Ball Camp

Who: Boys & Girls ages 3-4, 5-6

Sessions: 5

When: **Monday-Friday: Aug. 6-10**

Time: 9:00am – 10:00am 3 & 4 year olds
10:00am – 11:00am 5 & 6 year olds

Where: **Prairie Lakes Community Center**

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

Cost: \$55

Min./Max.: 8/24

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

Sign-up Today!

Kids First Badminton Camp

Badminton Anyone! Now this is **FUN!** This instructional **Camp** prepares players to succeed in badminton. Excellent Coaches plan strategic, preparation drills and games that *will* increase *skills* through Fundamentals. **Kids Love It!**

Camp offers: **Badminton Skills Challenge Contest & Championship Badminton games. PLUS** preparation training such as: hand grips, racket positioning, serving, body balance, and first step directional movements for this fast & quickly paced game.

Kids First instructor raises the **SKILL & EXCITEMENT LEVEL** for the players using approximately 25% of the time devoted to fundamentals; 75% dedicated to games.

Registration at: **Des Plaines Park District**

Kids First Badminton Camp

Who: Boys & Girls ages 8-15

Sessions: 5

When: **Monday-Friday: Aug 6-10**



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

Time: 11:30am – 1:00am 8-15 year olds

Where: **Prairie Lakes Community Center**

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

Cost: \$69

Min./Max. 6/40

Kids First Provides: Rackets, Birdies

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