

# Fall-11



KIDS FIRST SPORTS SAFETY INC.

[www.kidsfirstsports.net](http://www.kidsfirstsports.net)

630-257-5438

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

## Fall-11 Des Plaines Park District

[www.desplainesparks.org](http://www.desplainesparks.org)

847-391-5711

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

## Programs & Camps

<b>Tumbling/Gymnastics: Tues: Aug. 9– Sept. 13</b>
<b>Tumbling/Gymnastics: Tues: Sept. 20– Oct. 25</b>
<b>Tumbling/Gymnastics: Tues: Nov. 1– Dec. 13 (off 11/22)</b>
<b>Flag Football: Sept. 6-Oct. 11, Sept. 10-Oct. 15</b>
<b>Tennis: Sept. 10-Oct. 15</b>
<b>Dodge Ball: Sept. 15-Oct. 13 (Series 1), Oct. 20-Nov. 17 (Series 2)</b>
<b>Basketball: Oct. 22-Nov. 19 (Series 1), Dec. 3-Jan. 14 (off 12/24, 12/31)</b>
<b>Holiday Tumbling/Gymnastics: Dec. 19-23</b>
<b>Holiday Basketball: Dec. 27-30</b>

## Sign-up Now!

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

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# Program & Camp Descriptions

## 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)



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

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: Aug. 9-Sept. 13 (Series 1)

Sept. 20-Oct. 25 (Series 2)

Nov. 1-Dec. 13 (Series 3) (off 11/22)

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 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!!!



\*\*\*Fundamentals\*\*\*

Registration at Des Plaines Park District

Kids First Flag Football League Program

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

Sessions: 6

2 Program Options:

When: Tuesdays: Sept. 6-Oct. 11

Time: 5:30pm – 6:45pm 6-10 year olds

Where: Algonquin/Forest Field

Saturdays: Sept. 10-Oct. 15

Sat. Time: 9:00am – 10:15pm 6-8 year olds

10:15am – 11:30am 9-14 year olds

Where: Algonquin/Forest Field

Instructor: Staff from Kids First Sports Safety, Inc.

Cost: \$75

Min./Max. 8/30

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## Kids First Tennis Program

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

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

Cost: \$75

Min./Max. 6/18



**\*\*\*Major Fun\*\*\***

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## 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 8-13

Sessions: 5

When: **Wednesdays: Sept. 14-Oct. 12; Oct. 19-Nov. 16**

Time: **HS Dodge Ball-1:** 5:30pm – 6:45pm 8-13 year olds

Where: **Des Plaines Park District- Gym**

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

Cost: \$59

Min./Max.: 8/24

**\*\*\*Super Safe Dodge Balls\*\*\***



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## Kids First Basketball (Fundamentals) Program

**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 **Des Plaines Park District**

**Kids First Basketball (Fundamentals) Program**

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

Sessions: 5

When: **Saturdays: Oct. 22 – Nov. 19 (Series 1), Dec. 3-Jan. 14 (off 12/24, 12/31) (Series 2)**

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: **Prairie Lakes Gym**

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

Cost: \$59

Min./Max. 6/24



**\*\*\*Fundamentals\*\*\***

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## Kids First Holiday Tumbling & Gymnastics Camp

**Tumble into the Holidays!!! STEPS & Higher Standards Tumbling & Gymnastics** are excellent ways to start your child on their way to balance and coordination.

**This Camp:** The instructor covers more moves on a daily basis giving kids quicker muscle memory; from somersaults to flip-flops and walkovers. Also, the Coach 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 camp will feature a gymnastics challenge contest. **(Bring your cameras)**

Registration at **Des Plaines Park District**  
**Kids First Tumbling & Gymnastics Camp**

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

When: **Monday-Friday Dec. 19-23**

Time: **STEPS-1:** 3-4 year olds 9:30am—10:15am  
**STEPS-1:** 5-6 year olds 10:15am—11:00am  
**HS -1:** 7-8 year olds 11:00am—11:45am  
**HS & Adv.-1:** 9-14 year olds 11:45am—12:30pm

Where: **West Park Field House**

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

Cost: \$49

Min./Max.: 6/15



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

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## 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.

Registration at **Des Plaines Park District**  
**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. 27-30**

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: **Prairie Lakes Gym**

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

Cost: \$45

Min./Max. 6/24



\*\*\*Fundamentals\*\*\*

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