

# Fall-2011



KIDS FIRST SPORTS SAFETY INC.

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

630-257-5438

Age Groups: **STEPS** 4-6 year olds; **Higher Standards** 6-15 year olds

## Fall-11 Downers Grove Park District

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

630-960-7250

\*(Recreation Center) \*\*(Suburbanite Bowl) \*\*\*(Lincoln Center) \*\*\*\*(Washington Park) \*\*\*\*\*(McCollum Park)  
\*\*\*\*\* (Sterling North/Bending Oaks Park)

## Programs & Camps

|   |
|---|
| <b>Flag Football Skills Program: Sept. 6-Oct. 4</b>                               |
| <b>Flag Football League Program: Sept. 10-Oct. 15</b>                             |
| <b>Flag Football Games Only: Oct. 22-Nov. 12</b>                                  |
| <b>Lacrosse Program: Sept. 8-Oct. 13</b>  |
| <b>Bowling Program: Sept. 10-Oct. 8, Oct. 15-Nov. 12, Nov. 19-Dec. 17</b>         |
| <b>Tennis Program: Sept. 10-Oct. 15</b>   |
| <b>Soccer Program: Sept. 10-Oct. 15</b>   |
| <b>Volleyball Program: Sept. 14-Oct. 12, Oct. 19-Nov. 16, Nov. 30, Dec. 7, 14</b> |
| <b>Dodge Ball Program: Sept. 14-Oct. 12, Oct. 19-Nov. 16, Nov. 30, Dec. 7, 14</b> |
| <b>Basketball Program: Sept. 17-Oct. 15, Oct. 22-Nov. 19</b>                      |
| <b>Holiday Bowling Camp: Dec. 19-22, Jan. 2-5</b>                                 |
| <b>Holiday Dodge Ball Camp: Dec. 19-22, Jan. 2-5</b>                              |
| <b>Holiday Basketball Camp: Dec. 19-22</b>  |
| <b>Holiday Flag Football Camp: Dec. 26-29</b>                                     |

## STEPS Programs & Camps

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|--|
| <b>Soccer Program: Sept. 10-Oct. 15</b>                      |
| <b>Kick Ball Program: Sept. 12-Oct. 10, Oct. 17-Nov. 14</b>  |
| <b>Basketball Program: Sept. 17-Oct. 15, Oct. 22-Nov. 19</b> |

## Sign-up Now!

[www.kidsfirstsports.net](http://www.kidsfirstsports.net) ph: 630-257-5438 [staff@kidsfirstsports.net](mailto:staff@kidsfirstsports.net)

# Program & Camp Descriptions

**Kids First FLAG FOOTBALL Skills Program!!** – This Fun new program involves player competition for 5 full weeks through drills. Training includes: passing, catching, running with the ball, blocking, tackle preparation, center snapping, punting, & kicking. Age Group winners of drills will be posted on the Kids First web site. Kids Love It!

Registration at **Downers Grove Park District**  
**Kids First Flag Football Skills Program** \*\*\*Fundamentals\*\*\*

Who: Boys & Girls ages 6-7, 8-10, 11-14 separated by age  
 Sessions: 5 (Outside Activity)  
 When: **Tuesdays: Sept. 6<sup>th</sup> – Oct. 4<sup>th</sup>**

Note: Participants are eligible for Kids First Games Only in Oct.

Higher Standards-FFS-1: 4:15pm – 5:15pm 6-7 year olds (1<sup>st</sup> – 2<sup>nd</sup> Graders)  
 Higher Standards-FFS-2: 5:15pm – 6:15pm 8-10 year olds (3<sup>rd</sup> – 5<sup>th</sup> Graders)  
 Higher Standards FFS-3: 6:15pm – 7:15pm 11-14 year olds (6<sup>th</sup> – 8<sup>th</sup> Graders)

|                                |                                      |
|--------------------------------|--------------------------------------|
| 1. Downers Grove Park District | 3. Instructor: Staff from Kids First |
| 2. How Much: \$59              | 4. Min./Max 10/80                    |

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**Kids First: Flag Football League Program** includes: Kids First T-shirt  
 6 Weeks: Sept. 10-Oct. 15



**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 **Downers Grove Park District**  
**Kids First Flag Football League Program** \*\*\*Safe Quality Program\*\*\*

Who: Boys & Girls ages 6-8, 9-14 *All Players will be challenged*  
 Sessions: 6 (Outside Activity)  
 When: **Saturdays: Sept. 10– Oct. 15**

Football-1: 9:00am – 10:15am 6-8 year olds (1<sup>st</sup> – 3<sup>rd</sup> Graders)  
 Football-2: 10:15am – 11:30am 9-14 year olds (4<sup>th</sup> – 8<sup>th</sup> Graders)

|                                      |                                      |
|--------------------------------------|--------------------------------------|
| 1. Downers Grove Park District Field | 3. Instructor: Staff from Kids First |
| 2. How Much: \$75 incl. T-Shirt      | 4. Min./Max 10/80                    |

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## Kids First Flag Football- Games Only

Oct. 22-Nov. 12



*Kids First: Flag Football Games- Starting in October  
Players trained by Kids First Staff are eligible  
4 weeks of Flag Football Games will start concluding the Sept. Flag Football League Program*

**4 Week Season of FLAG FOOTBALL Games!!** – Players will be assigned to a team the first two weeks of the season, team assignments will remain the same starting week 3 the championship game will be week 4.

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                   |

Registration at **Downers Grove Park District**

Kids First [Flag Football Games](#)

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

Who: Boys & Girls ages 6-7, 8-10, 11-14 separated by age

Sessions: 4 (Outside Activity)

When: **Saturdays: Oct. 22– Nov. 12**

Note: concludes 6 wk Flag Football League Program- Games played in all safe weather conditions.

Higher Standards-FGO-1: 9:00am – 10:15am 6-8 year olds (1<sup>st</sup> – 3<sup>rd</sup> Graders)

Higher Standards-FGO-2: 10:15am – 11:30am 9-14 year olds (4<sup>th</sup> – 8<sup>th</sup> Graders)

|                                       |   |
|---------------------------------------|---|
| 1. <b>Downers Grove Park District</b> | 3. <b>Instructor: Staff from Kids First</b> |
| 2. <b>How Much: \$49</b>              | 4. <b>Min./Max 10/80</b>                    |

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## Kids First Lacrosse Fundamentals Program

Sept. 8 – Oct. 13



**Lacrosse- Raise a Stick!** Lacrosse is a fast pace game that challenges physical shape and learn a variety of skills such as eye-hand-stick

players to get into great coordination.

Excellent Coaches will focus on teaching lacrosse skills, while learning: lacrosse techniques, player positions, body balance, and first step directional movements. Plus: Practice techniques, stick handling, shooting, understanding goal keepers, game awareness, and concludes with a championship lacrosse match.

**Downers Grove Park District**

Kids First [Lacrosse Fundamentals Program](#)

\*\*\*Bring your own equipment\*\*\*

Who: Ages 9-16

Sessions: 6

When: **Thursdays: Sept. 8 – Oct. 13 outside Activity**

Lacrosse-1: 5:30pm – 6:45pm

Note: **Equipment is optional for first session**

Where: **Downers Grove Field**

Register: **Downers Grove Park District**

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

How Much: **\$69**

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## Kids First Bowling Program (Series 1, 2, 3)

\*Series 1: Saturdays: Sept. 10-Oct. 8

\*\*Series 2: Saturdays: Oct. 15-Nov. 12

\*\*\*Series 3: Saturdays: Nov. 19-Dec. 17



**Let's Bowl!!** Have a *Ball* with more strikes and spares!! Combining Experienced Coaches challenge bowlers' through competitive and fun scores.

Games and instruction...  
drills that develop skills and higher

Program Offers: Individual **championship matches** & **Team Championships**. Plus Bowlers' learn: body balance, follow through, ball locations, spins, lane symbols, ball speeds, scoring, practice tips, safety awareness and sportsmanship. **Kids Love It!**

Downers Grove Park District

Kids First: [Bowling \(Fundamentals\) Program](#)

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

Who: Boys & Girls ages 6-8, 9-15 separated within the Program

Sessions: 5

When: \*Saturdays: Sept. 10-Oct. 8 (Series 1)

\*\*Saturdays: Oct. 15-Nov. 12 (Series 2)

\*\*\*Saturdays: Nov. 19-Dec. 17 (Series 3)

Bowling-1: 12:00pm -1:30pm 6-8 year olds (1<sup>st</sup> - 3<sup>rd</sup> Graders)

Bowling-1: 12:00pm -1:30pm 9-15 year olds (4<sup>th</sup> - 9<sup>th</sup> Graders)

Where: [Suburbanite Bowl](#) (201 Ogden Ave.- Westmont)

Registration: [Downers Grove Park District](#)

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

How Much: \$65 Program

Includes: [Ball & Shoe Rental](#)

Min./Max.: 8/30

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## Kids First Tennis Program

Saturdays: Sept. 10- Oct. 15



**A Racket Full of FUN!** Tennis games & instruction daily taught by experienced Program challenges beginners to advanced players through competitive singles

coaches to share the love for the game. Tennis & 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.

Downers Grove Park District

Kids First [Tennis Program](#)

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

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

Sessions: 6

When: Saturdays: Sept. 10 - Oct. 15

| <u>Code#</u> | <u>Date</u>      | <u>Age</u> | <u>Program</u> | <u>Time</u>    |
|--------------|------------------|------------|----------------|----------------|
| #TP1         | Sept. 10-Oct. 15 | 6-8        | Tennis         | 9:00am-11:00am |
| #TP2         | Sept. 10-Oct. 15 | 9-14       | Tennis         | 11:00am-1:00pm |

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

Where: [Downers Grove Tennis Courts](#)

Register: [Downers Grove Park District](#)

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

How Much: \$89

Min./Max. 6/18

[www.kidsfirstsports.net](http://www.kidsfirstsports.net) ph: 630-257-5438 [staff@kidsfirstsports.net](mailto:staff@kidsfirstsports.net)

## Kids First Soccer Fundamentals Program

Saturdays: Sept. 10 – Oct. 15



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

goal! **Soccer Games Daily with instruction-** Kids will teaching soccer game techniques that give kids

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.

Downers Grove Park District

\*\*\*Safe Quality Program\*\*\*

Kids First Soccer Fundamentals Program

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

Sessions: 6

When: Saturdays: Sept. 10– Oct. 15

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

Higher Standards Soccer-1: 10:00am – 11:00am 6-8 year olds

Higher Standards Soccer-2: 11:00am – 12:00pm 9-14 year olds

Where: Downers Grove Park District Field

Registration: Downers Grove Park District

Instructor: Staff from Kids First Sports Safety, Inc.

How Much: \$65

Min./Max.: 8/20

[www.kidsfirstsports.net](http://www.kidsfirstsports.net) ph: 630-257-5438 [staff@kidsfirstsports.net](mailto:staff@kidsfirstsports.net)

## Kids First Volleyball Program (Series 1, 2, & Games Only)

Sept. 14-Oct. 12 (Series 1)

Oct. 19-Nov. 16 (Series 2)

Nov. 30, Dec. 7, 14 (Games Only)



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

Excellent Coaches  
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.

Note: Each series teaches different volleyball drills.

Downers Grove Park District

\*\*\*Super Fun\*\*\*

Kids First Volleyball Program

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

Sessions: 5

When: Wednesdays: Sept. 14– Oct. 12 (Series 1)

Wednesdays: Oct. 19 – Nov. 16 (Series 2)

Wednesdays: Nov. 30, Dec. 7, 14 (Games Only)

Higher Standards VB: 4:30pm – 5:30pm 6-8 year olds (1<sup>st</sup> – 3<sup>rd</sup> Graders)

Higher Standards VB: 5:30pm – 6:30pm 9-14 year olds (4<sup>th</sup> – 8<sup>th</sup> Graders)

Where: Downers Grove Recreation Center

Register: Downers Grove Park District

Instructor: Staff from Kids First Sports Safety, Inc.

How Much: \$59 Series 1 & 2; \$29 (Games Only)

Min./Max.: 8/30

[www.kidsfirstsports.net](http://www.kidsfirstsports.net) ph: 630-257-5438 [staff@kidsfirstsports.net](mailto:staff@kidsfirstsports.net)

## Kids First Dodge Ball Program (Series 1, 2, & Games Only)

Sept. 14-Oct. 12 (Series 1)  
Oct. 19-Nov. 16 (Series 2)  
Nov. 30, Dec. 7, 14 (Games Only)



**Dodger Dodger!! Dodge Ball Games** every session ending with a Game on the last day. This Fun moving sport will provide team competition 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!!!**

competitive Championship and individual challenge

Downers Grove Park District

Kids First [Dodge Ball Program](#)

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

Who: Boys & Girls ages 8-10, 11-14 separated within the Program

Sessions: 5

When: **Wednesdays: Sept. 14 – Oct. 12 (Series 1)**

**Wednesdays: Oct. 19 – Nov. 16 (Series 2)**

**Wednesdays: Nov. 30, Dec. 7, 14 (Games Only)**

**Higher Standards DB: 6:30pm – 7:30pm 8-10 year olds**

**Higher Standards DB: 7:30pm – 8:30pm 11-14 year olds**

Where: **Downers Grove Recreation Center**

Register: **Downers Grove Park District**

Min./Max.: 8/40

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

How Much: **\$59 Series 1 & 2; \$29 (Games Only)**

[www.kidsfirstsports.net](http://www.kidsfirstsports.net) ph: 630-257-5438 [staff@kidsfirstsports.net](mailto:staff@kidsfirstsports.net)

## Kids First Basketball (Fundamentals) Program

Saturdays: Sept. 17-Oct. 15 (Series 1)

Saturdays: Oct. 22-Nov. 19 (Series 2)



**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.

Downers Grove Park District

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

\*\*\*Awesome Fun\*\*\*

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

Sessions: 5

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

**\*\*Saturdays: Oct. 22 – Nov. 19 (Series 2)**

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

**Higher Standards Basketball-1: 10:00am – 11:00am 6-8 year olds (1<sup>st</sup>-3<sup>rd</sup> Graders)**

**Higher Standards Basketball-2: 11:00am – 12:00pm 9-14 year olds (4<sup>th</sup> – 8<sup>th</sup> Graders)**

Where: **Downers Grove Recreation Center**

Register: **Downers Grove Park District**

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

How Much: \$59

Min./Max. 6/24

[www.kidsfirstsports.net](http://www.kidsfirstsports.net) ph: 630-257-5438 [staff@kidsfirstsports.net](mailto:staff@kidsfirstsports.net)

## Kids First Holiday Bowling Camp

Dec. 19-22

Jan. 2-5



Coaches

**BOWL thru the Holiday!!** Have Fun and Bowl... Games and instruction daily... Experienced challenge bowlers' through competitive and fun drills that develop skills and higher scores.

Camp Offers: Individual **bowling matches** & **Team Games**. Plus Bowlers' learn: body balance, follow through, ball locations, spins, lane symbols, ball speeds, scoring, practice tips, safety awareness and sportsmanship. **Kids Love It!**

Downers Grove Park District

Kids First [Holiday Bowling Camp](#)

\*\*\*Fun Quality Camps\*\*\*

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

What: 4 Sessions

When: \*Monday- Thursday: Dec. 19 – 22

\*\*Monday- Thursday: Jan. 2 – 5

Bowling: 9:00am –10:30am 6-8 year olds (1<sup>st</sup> – 3<sup>rd</sup> Graders)

Bowling: 9:00am –10:30am 9-14 year olds (4<sup>th</sup> – 8<sup>th</sup> Graders)

Where: **Suburbanite Bowl** (201 Ogden Ave.- Westmont)

Registration: **Downers Grove Park District**

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

How Much: \$59 Program

Includes: **Ball & Shoe Rental**

Min./Max.: 8/30

[www.kidsfirstsports.net](http://www.kidsfirstsports.net) ph: 630-257-5438 [staff@kidsfirstsports.net](mailto:staff@kidsfirstsports.net)

## Kids First Holiday Dodge Ball Camp

Dec. 19-22

Jan. 2-5



Championship Game challenge matches on victory; while getting

**Holiday Dodge it!! Dodge Ball Games** every session ending with a competitive on the last day. This Fun moving sport will provide team competition and individual the court. Kids will have a blast running, throwing, dodging and ducking their way to their bodies in shape. **Kids Love It!!!**

Downers Grove Park District

Kids First [Holiday Dodge Ball Camp](#)

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

Who: Boys & Girls ages 8-10, 11-14 separated within the Camp

What: 4 sessions (inside Activity) [Players have Fun & our challenged](#)

When: \*Monday - Thursday: Dec. 19 – 22

\*\*Monday – Thursday: Jan. 2-5

Higher Standards-DB: 9:00am – 10:30am 8-10 year olds (3<sup>rd</sup> – 5<sup>th</sup> Graders)

Higher Standards-DB: 10:30am – 12:00pm 11-14 year olds (6<sup>th</sup> – 8<sup>th</sup> Graders)

Where: **Downers Grove Recreation Center**

Register: **Downers Grove Park District**

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

How Much: \$49

Min./Max. 8/40

[www.kidsfirstsports.net](http://www.kidsfirstsports.net) ph: 630-257-5438 [staff@kidsfirstsports.net](mailto:staff@kidsfirstsports.net)

## Kids First Holiday Basketball Camp

Dec. 19 – 22



**Holiday Basketball- I've Got Game!!** Basketball fundamental training with competitive drills in

games played every day. This Holiday Camp combines developing a more complete player!!

**Camp offers:** Skills Contest & Championship Basketball game. PLUS techniques on Shooting, Dribbling, Passing,

**Downers Grove Park District**

**Kids First [Holiday Basketball Camp](#)**

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

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

**Sessions:** 4

*[Players have Fun & our challenged](#)*

**When:** Monday - Thursday: Dec. 19 - 22

**Higher Standards:** 9:00am – 10:30am 6-8 year olds (1<sup>st</sup> – 3<sup>rd</sup> Graders)

**Higher Standards:** 10:30am – 12:00pm 9-14 year olds (4<sup>th</sup> – 8<sup>th</sup> Graders)

**Where:** Downers Grove Recreation Center

**Register:** Downers Grove Park District

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

**How Much:** \$49

**Min./Max.** 6/24

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## Kids First Holiday Flag Football Camp

Dec. 26-29



**Holiday Touchdown!! Kids First Instructors** raises the skill and excitement level for the campers by using 75% of the camp playing Flag Football Games and 25% preparing the players fundamentals of the sport. A championship Flag Football Game will be played on the last day- Parents bring your cameras. **Kids Love It!**

**Camp offers:** skill positions training, techniques on speed & quickness, body balance, first step directional movements, football safety awareness and sportsmanship.

**Downers Grove Park District**

**Kids First [Holiday Flag Football Camp](#)**

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

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

**What:** 4 sessions (inside Activity)

*[Players have Fun & our challenged](#)*

**When:** Monday - Thursday: Dec. 26 - 29

**Higher Standards:** 9:00am – 10:30am 6-8 year olds (1<sup>st</sup> – 3<sup>rd</sup> Graders)

**Higher Standards:** 10:30am – 12:00pm 9-14 year olds (4<sup>th</sup> – 8<sup>th</sup> Graders)

**Where:** Downers Grove Recreation Center

**Register:** Downers Grove Park District

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

**How Much:** \$49

**Min./Max.** 6/24

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# STEPS Program & Camp Descriptions

## Kids First STEPS Soccer Fundamentals Program

Saturdays: Sept. 10 – Oct. 15



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

goal! **Soccer Games Daily with instruction-** Kids will teaching soccer game techniques that give kids

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.

Downers Grove Park District

\*\*\*Safe Quality Program\*\*\*

Kids First STEPS Soccer Fundamentals Program

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

Sessions: 6

When: Saturdays: Sept. 10 – Oct. 15

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

Where: Downers Grove Park District Field

Registration: Downers Grove Park District

Instructor: Staff from Kids First Sports Safety, Inc.

How Much: \$65

Min./Max.: 8/20

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## Kids First STEPS Kick Ball Program (Series 1, 2)

Sept. 12-Oct. 10

Oct. 17-Nov. 14

**Playing Baseball by kicking!** Kick Ball is the most active game for 3 – 6 year olds.

Excellent Coaches set up a baseball diamond that includes a first base bag that honks. The game of baseball is played with a super soft dodge ball, no glove is needed. Each player kicks the ball once an inning and no scores are kept. Kids love chasing the dodge ball, throwing it, and playing the game.

Kids First Sports Safety, recognizes Kick Ball as part of its campaign to promote the resurgence of baseball at the grass-roots level. (Bring your cameras). Kids Love IT!

Downers Grove Park District

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

Kids First: STEPS Kick Ball Program

Who: Boys & Girls ages 3-4, 5-6 separated within the program

Sessions: 5

When: \*Mondays: Sept. 12 – Oct. 10, (Series 1) Outdoors

\*\*Mondays: Oct. 17 – Nov. 14 (Series 2) Indoors

STEPS Kick Ball-1: 4:15pm – 5:15pm 3 & 4 year olds

STEPS Kick Ball-2: 5:15pm – 6:15pm 5 & 6 year olds

Where: Downers Grove Recreation Center

Registration: Downers Grove Park District

Instructor: Staff from Kids First Sports Safety, Inc.

How Much: \$59

Min./Max.: 8/20

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## Kids First STEPS Basketball Program (Series 1, 2)

Sept. 17-Oct. 15 (Series 1)

Oct. 22-Nov. 19 (Series 2)



**Pre-Basketball Players: Kids learn**

**Basketball as a means to develop child interest & coordination!!**

**Kids First Instructors** present the proper starting points of the game of basketball that brings smiles, enthusiasm, and interest to kids. This fun multiple series program will cover a series of games to develop basketball skills, Body balance, basketball awareness, ball control, sharing & listening skills; Plus: game rules, game rewards, game challenge contests. **Kids Love It!**

**Downers Grove Park District**

**\*\*\*Quality Beginners Program\*\*\***

**Kids First- STEPS Basketball Program**

**Who: Boys & Girls ages 4-5**

**Sessions: 5 (Indoor Activity)**

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

**Saturdays: Oct. 22 – Nov. 19 (Series 2)**

**STEPS Basketball-1: 9:00pm—10:00pm 4 – 5 year olds**

**Where: Downers Grove Recreation Center**

**Register: Downers Grove Park District**

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

**How Much: \$59**

**Min./Max.: 8/20**

**[www.kidsfirstsports.net](http://www.kidsfirstsports.net) ph: 630-257-5438 [staff@kidsfirstsports.net](mailto:staff@kidsfirstsports.net)**

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