

Summer-12



KIDS FIRST SPORTS SAFETY INC.

www.kidsfirstsports.net

630-257-5438

Age Groups: **STEPS** 3-4, 5-6 year olds; **Higher Standards** 5-14 year olds

Fox Valley Park Districts-Eola

www.foxvalleyparkdistrict.org

630-907-9600

*(Eola Center) **(Stuart Sports Complex) ***(Vaughan Center)

Camps

Badminton Camp: July 9-13
Dodge Ball Camp: July 23-27

Sign-up Today!

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

Camp Descriptions

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.

Fox Valley Park District

Kids First Badminton Camp

Who: Boys & Girls ages 7-14

Sessions: 5

When: **Monday-Friday: July 9-13**

Badminton-1: 9:00am-12:00pm (7-8 year olds)

Badminton-1: 9:00am-12:00pm (9-14 year olds)

Where: **Eola Gymnasium**

Register: **Fox Valley Park District**

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

How Much: \$109

Min./Max. 6/32

Kids First Provides: Rackets, Birdies



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

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Kids First Dodge Ball Camp

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!

Fox Valley Park District

Kids First Dodge Ball Camp

Who: Boys & Girls ages 7-14 separated within the Camp

Sessions: 5

When: **Monday-Friday: July 23-27 (Series 1), Aug. 4-8 (Series 2)**

Dodge Ball-1: 9:00am-12:00pm (7-8 year olds)

Dodge Ball-1: 9:00am-12:00pm (9-14 year olds)

Where: **Fox Valley Park District- Eola Gymnasium**

Register: **Fox Valley Park District**

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

Cost: \$109

Min./Max.: 8/40



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

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