

**New this year- Kids First Adds Adult Programs combining exercise with sports**

**Kids First–Tennis** (Age 6-14)

Centennial Park-Tennis Courts & Covington North \*\*\*-Tennis Court Mn8/Mx18

Serve it! Experience the competition of Tennis! This Program offers racket skill positions training, techniques on ball spins, speed & quickness techniques, body balance, first step directional movements, safety awareness & sportsmanship. Players will have daily skills contest and a championship tennis match.

Class#	Age	Date	Day	Time	R	NR
220101-A1	6-8	9/10-10/15	Sa	9-11 am	\$98	\$127
220101-A2	9-14	9/10-10/15	Sa	11-1 pm	\$98	\$127
xxxxxx-A3	Adults	9/10-10/15	Sa	1-3 pm	\$98	\$127

Instructor: Staff from Kids First Sports Safety, Inc.

Note: Bring your own racquet. Rain cancellations: time equally added to remaining days of program. On \*\*\*9/24 class will be held at Covington North Tennis Court (Auburn Rd & Covington Dr).

**Kids First-Volleyball** (Ages 6 – 14)

River Valley-Gym3 & Old Quarry Small Gym Mn8/Mx20

Spike it! Fun & instructional Program offers competitive drills for skills training: serving, bumping, setting, spiking, speed & quickness training, body balance, leading to games & concludes with a championship game

Class#	Age	Date	Day	Time	R	NR	
220102-A1	6-8	9/14-10/12	W	5-6 pm	\$59	\$77	Series 1
220102-A2	9-14	9/14-10/12	W	6-7 pm	\$59	\$77	
xxxxxx-A3	Adults	9/14-10/12	W	7-8 pm	\$59	\$77	
220102-B1	6-8	10/19-11/16	W	5-6 pm	\$59	\$77	Series 2
220102-B2	9-14	10/19-11/16	W	6-7 pm	\$59	\$77	
xxxxxx-B3	Adults	10/19-11/16	W	7-8 pm	\$59	\$77	
220102-C1	6-8	11/30-12/14	W	5-6 pm	\$29	\$38	Series 3 Games Only
220102-C2	9-14	11/30-12/14	W	6-7 pm	\$29	\$38	
xxxxxx-C3	Adults	11/30-12/14	W	7-8 pm	\$29	\$38	

Instructor: Staff from Kids First Sports Safety, Inc.

Note: 2<sup>nd</sup> & 3<sup>rd</sup> Series will be held at Old Quarry Small Gym

**Kids First-Bowling** (Ages 6-14)

Lemont Lanes/Lemont Mn8/Mx24

FUN Bowling! This Program offers individual bowling matches and team games. Bowlers learn body balance; follow through, ball locations, spins, lane symbols, ball speeds, plus last day championship.

Class#	Age	Date	Day	Time	R	NR	
220103-A1	6-8	9/17-10/15	Sa	12-1:30 pm	\$69	\$90	Series 1
220103-A2	9-14	9/17-10/15	Sa	12-1:30 pm	\$69	\$90	
xxxxxx-A3	Adults	9/17-10/15	Sa	1:30-3 pm	\$69	\$90	
220103-B1	6-8	10/22-11/19	Sa	12-1:30 pm	\$69	\$90	Series 2
220103-B2	9-14	10/22-11/19	Sa	12-1:30 pm	\$69	\$90	
xxxxxx-B3	Adults	10/22-11/19	Sa	1:30-3 pm	\$69	\$90	

<b>220103-C1</b>	6-8	12/3-12/14	Sa	12-1:30 pm	\$35	\$45
<b>220103-C2</b>	9-14	12/3-12/14	Sa	12-1:30 pm	\$35	\$45
xxxxxx-C3	Adults	12/3-12/14	Sa	1:30-3 pm	\$69	\$90

Games Only

Instructor: Staff from Kids First Sports Safety, Inc.

Note: Includes shoe rental.

### Kids First-Basketball (Ages 6-14)

Core-Gym 2

Mn6/Mx24

I've got game!! This Program will focus on techniques on shooting, dribbling, passing, speed & quickness, body balance, first step directional movements, floor spacing, basketball safety awareness and sportsmanship. Players will have daily skills contest and a championship game at the conclusion of program.

Class#	Age	Date	Day	Time	R	NR
<b>220104-A1</b>	6-8	10/22-11/19	Sa	10-11 am	\$59	\$77
<b>220104-A2</b>	9-14	10/22-11/19	Sa	11-12 pm	\$59	\$77
xxxxxx-A3	Adults	10/22-11/19	Sa	12-1 pm	\$59	\$77
<b>220104-B1</b>	6-8	12/3-12/17	Sa	10-11 am	\$29	\$38
<b>220104-B2</b>	9-14	12/3-12/17	Sa	11-12 pm	\$29	\$38
xxxxxx-B3	Adults	12/3-12/17	Sa	12-1 pm	\$29	\$38
<b>320104-A1</b>	6-8	1/7-2/4	Sa	10-11 am	\$59	\$77
<b>320104-A2</b>	9-14	1/7-2/4	Sa	11-12 pm	\$59	\$77
xxxxxx-A3	Adults	1/7-2/4	Sa	12-1 pm	\$59	\$77

Series 1

Games Only

Series 2

Instructor: Staff from Kids First Sports Safety, Inc.

### Kids First Soccer (Ages 4-14)

Centennial Park -Soccer Field #1, Core-Gym 3

Take a soccer break! Experienced coaches teach ball handling, passing, kicking, punting, goalie positioning through fun competitive drills that is fundamental. Soccer games & championship conclude the Program.

Class#	Age	Date	Day	Time	R	NR
<b>220105-A1</b>	4 - 5	9/10-10/8	Sa	9-10 am	\$59	\$77
<b>220105-A2</b>	6- 8	9/10-10/8	Sa	10-11 am	\$59	\$77
<b>220105-A3</b>	9 -14	9/10-10/8	Sa	11 - 12 pm	\$59	\$77
xxxxxx-A4	Adults	9/10-10/8	Sa	12-1 pm	\$59	\$77

Series 1

Rain out date: 10/15 if necessary

<b>220105-B1</b>	4 - 5	10/22-11/19	Sa	9-10 am	\$59	\$77
<b>220105-B2</b>	6- 8	10/22-11/19	Sa	10-11 am	\$59	\$77
<b>220105-B3</b>	9 -14	10/22-11/19	Sa	11 - 12 pm	\$59	\$77
xxxxxx-B4	Adults	10/22-11/19	Sa	12-1 pm	\$59	\$77
<b>220105-C1</b>	4 - 5	12/3-12/17	Sa	9-10 am	\$29	\$35
<b>220105-C2</b>	6- 8	12/3-12/17	Sa	10-11 am	\$29	\$38
<b>220105-C3</b>	9 -14	12/3-12/17	Sa	11 - 12 pm	\$29	\$38
xxxxxx-C4	Adults	12/3-12/17	Sa	12-1 pm	\$29	\$38

Indoors Series 2

Games Only

Instructor: Staff from Kids First Sports Safety, Inc.

Note: Series 1 Rain Out Date is 10/15 if necessary. Series 2 & Games Only will be at the Core-gym 3.

Refunds: No refunds will be issued after a class has begun.

**New****Kids First Badminton**

Old Quarry – Small Gym

Badminton Anyone!! This fun Program will focus on teaching badminton game techniques for handling the racket, directing the birdie, playing with a partner and being part of a team. Games are played throughout the program and conclude with a championship singles, doubles match. Kids Love it!

Class#	Age	Date	Day	Time	R	NR	
220106-A1	6-8	10/18-11/15	Tu	5-6 pm	\$59	\$77	<b>Series 1</b>
220106-A2	9-14	10/18-11/15	Tu	6-7 pm	\$59	\$77	
xxxxxx-A3	Adults	10/18-11/15	Tu	7-8 pm	\$59	\$77	
220106-B1	6-8	11/29-12/13	Tu	5-6 pm	\$29	\$38	<b>Games Only</b>
220106-B2	9-14	11/29-12/13	Tu	6-7 pm	\$29	\$38	
xxxxxx-A3	Adults	11/29-12/13	Tu	7-8 pm	\$29	\$38	
320106-A1	6-8	1/10-2/7	Tu	5-6 pm	\$59	\$77	<b>Series 2</b>
320106-A2	9-14	1/10-2/7	Tu	6-7 pm	\$59	\$77	
xxxxxx-A3	Adults	1/10-2/7	Tu	7-8 pm	\$59	\$77	

Instructor: Staff from Kids First Sports Safety, Inc.

**NOTE: NO SCHOOL ON 12/27 & 1/3 SO WE CAN NOT USE SCHOOL****NEED ALTERATIVE – LIKE START AFTER THE NEW YEAR???? Note: time/date changes****Kids First-“Holiday” Volleyball Camp**

Core-Gym3

Mn8/Mx20

GAME POINT! Camp teaches serving, bumping, setting, throughout with games daily, & concludes with a championship game.

Class#	Age	Date	Day	Time	R	NR
220301-A1	6-8	12/26-12/30	M-F	9-10:15 am	\$59	\$77
220301-A2	9-14	12/26-12/30	M-F	10:15-11:30 am	\$59	\$77
xxxxxx-A3	Adults	12/26-12/30	M-F	11:30-12:45 pm	\$59	\$77

Instructor: Staff from Kids First Sports Safety, Inc.

**Kids First-“Holiday” Flag Football Camp (Ages 6-14)**

Core-Gym2

Mn8/Mx24

Holiday Touchdown! This camp offers football skill positions training, techniques on speed and quickness, body balance, first step directional movements, safety awareness and sportsmanship. A championship game will be played on the last day.

Class#	Age	Date	Day	Time	R	NR
220302-A1	6-8	12/26-12/30	M-F	9-10:15 am	\$59	\$77
220302-A2	9-14	12/29-12/30	M-F	10:15-11:30 am	\$59	\$77
xxxxxx-A3	Adults	12/29-12/30	M-F	11:30-12:45 pm	\$59	\$77

Instructor: Staff from Kids First Sports Safety, Inc.

Note: Wear gym shoes and Parents bring your cameras! **Note: price change****Kids First – “Holiday” Bowling Camp**

Vito’s &amp; Nick’s Bowling Alley on State Street, Lemont Mn8/Mx24

Bowl through the Holiday! Have fun and bowl; games and instruction daily. Experienced coaches challenge bowlers through competitive drills that develop skills and higher scores. Bowlers experience individual bowling matches and team games.

Class#	Age	Date	Day	Time	R	NR
220303-A1	6-8	12/26-12/30	M-F	12-1:30 pm	\$69	\$89

<b>220303-A2</b>	9-14	12/26-12/30	M-F	12-1:30 pm	\$69	\$89
xxxxxx-A3	Adults	12/26-12/30	M-F	1:30-3 pm	\$69	\$89

Instructor: Staff from Kids First Sports Safety, Inc.  
Note: Includes shoe rental.

### 5.5.11

Hi Morgan,

**We changed our format hopefully for the last time. Please review & let me know of any changes. Also, on the Badminton classes you are offering, Tuesdays during the day will not work out during school session. You need to let me know the times for this in the evening. Those in **RED** & **GREEN** have to be changed.**

I await your response,

Toni~~~~~