

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

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 18+)

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
240104-A1	Adults	9/14-10/12	W	7-8 pm	\$59	\$77
240104-B1	Adults	10/19-11/16	W	7-8 pm	\$59	\$77
Games Only						
240104-C1	Adults	11/30-12/14	W	7-8 pm	\$29	\$38

Instructor: Staff from Kids First Sports Safety, Inc.

Note: 2nd & 3rd 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	
240105-A1	Adults	9/17-10/15	Sa	1:30-3 pm	\$69	\$90	Series 2
220103-B1	6-8	10/22-11/19	Sa	12-1:30 pm	\$69	\$90	
220103-B2	9-14	10/22-11/19	Sa	12-1:30 pm	\$69	\$90	Games Only
240105-B1	Adults	10/22-11/19	Sa	1:30-3 pm	\$69	\$90	
220103-C1	6-8	12/3-12/14	Sa	12-1:30 pm	\$35	\$45	Games Only
220103-C2	9-14	12/3-12/14	Sa	12-1:30 pm	\$35	\$45	
240105-C1	Adults	12/3-12/14	Sa	1:30-3 pm	\$69	\$90	

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	
220104-A1	6-8	10/22-11/19	Sa	10-11 am	\$59	\$77	Series 1
220104-A2	9-14	10/22-11/19	Sa	11-12 pm	\$59	\$77	
240106-A1	Adults	10/22-11/19	Sa	12-1 pm	\$59	\$77	
220104-B1	6-8	12/3-12/17	Sa	10-11 am	\$29	\$38	Games Only
220104-B2	9-14	12/3-12/17	Sa	11-12 pm	\$29	\$38	
240106-B1	Adults	12/3-12/17	Sa	12-1 pm	\$29	\$38	

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	
220105-A1	4 - 5	9/10-10/8	Sa	9-10 am	\$59	\$77	Series 1
220105-A2	6- 8	9/10-10/8	Sa	10-11 am	\$59	\$77	
220105-A3	9 -14	9/10-10/8	Sa	11 - 12 pm	\$59	\$77	
Rain out date: 10/15 if necessary							
220105-B1	4 - 5	10/22-11/19	Sa	9-10 am	\$59	\$77	Indoors Series 2
220105-B2	6- 8	10/22-11/19	Sa	10-11 am	\$59	\$77	
220105-B3	9 -14	10/22-11/19	Sa	11 - 12 pm	\$59	\$77	
220105-C1	4 - 5	12/3-12/17	Sa	9-10 am	\$29	\$35	Games Only
220105-C2	6- 8	12/3-12/17	Sa	10-11 am	\$29	\$38	
220105-C3	9 -14	12/3-12/17	Sa	11 - 12 pm	\$29	\$38	

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	Series 1
220106-A2	9-14	10/18-11/15	Tu	6-7 pm	\$59	\$77	
240107-A1	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	Games Only
220106-B2	9-14	11/29-12/13	Tu	6-7 pm	\$29	\$38	

240107-B1	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
320106-A2	9-14	1/10-2/7	Tu	6-7 pm	\$59	\$77
240115-A1	Adults	1/10-2/7	Tu	7-8 pm	\$59	\$77

Series 2

Instructor: Staff from Kids First Sports Safety, Inc.

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

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

Instructor: Staff from Kids First Sports Safety, Inc.

Note: Wear gym shoes and Parents bring your cameras!

Kids First – “Holiday” Bowling Camp

Vito’s & 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
220303-A2	9-14	12/26-12/30	M-F	12-1:30 pm	\$69	\$89

Instructor: Staff from Kids First Sports Safety, Inc.

Note: Includes shoe rental.