

Lemont WINTER/SPRING, 2012
YOUTH SPORTS

Kids First Sports Safety, Inc. www.kidsfirstsports.net 1-630-257-5438
--

Kids First-Basketball (Ages 6-14)

Core-Gym 2

Mn6/Mx24

Hoop it up! Basketball program is fundamental with preparation & games. Players will be fulfilled with new basketball *skills* and *safety* to make them game ready. Players are taught techniques on Shooting, Dribbling, Passing, speed & quickness, body balance, first step directional movements, and floor spacing; Championship game concludes each program.

Class#	Age	Date	Day	Time	R	NR	
320104-A1	6-8	1/7-2/4	Sa	10-11 am	\$59	\$77	Series 2
320104-A2	9-14	1/7-2/4	Sa	11-12 pm	\$59	\$77	
320104-B1	6-8	2/11-3/10	Sa	10-11 am	\$59	\$77	Series 3
320104-B2	9-14	2/11-3/10	Sa	11-12 pm	\$59	\$77	
320104-C1	6-8	3/26-3/30	M-F	10-11 am	\$59	\$77	Spring Break
320104-C2	9-14	3/26-3/30	M-F	11-12 pm	\$59	\$77	

Instructor: Staff from Kids First Sports Safety, Inc.

Kids First-Volleyball (Ages 6 – 14)

Old Quarry Small Gym Mn6/Mx20

Volleyball Let's Play It! Fun and Instructional program prepare players to succeed in volleyball. Excellent Coaches plan strategic, FUN preparation drills and games that *will* increase *SKILLS & SAFETY* through Fundamentals. Plus, volleyball skills challenge contest & championship volleyball game. PLUS: serving, bumping, setting, spiking, techniques on speed & quickness and body balance.

Class#	Age	Date	Day	Time	R	NR	
320102-A1	6-8	1/11-2/8	W	5-6 pm	\$59	\$77	Series 1
320102-A2	9-14	1/11-2/8	W	6-7 pm	\$59	\$77	
320102-B1	6-8	2/15-3/14	W	5-6 pm	\$59	\$77	Series 2
320102-B2	9-14	2/15-3/14	W	6-7 pm	\$59	\$77	
320102-C1	6-8	3/21-4/25	W	5-6 pm	\$59	\$77	Series 3
320102-C2	9-14	3/21-4/25	W	6-7 pm	\$59	\$77	

Instructor: Staff from Kids First Sports Safety, Inc.

Note: Off 3/28

Kids First-Bowling (Ages 6-14)

Lemont Lanes/Lemont

Mn6/Mx18

Bowling! Have a *Ball* with more strikes and spares! Combining Games and instruction... Experienced Coaches challenge bowlers' through competitive, fun drills that develop skills and higher scores. Bowlers' learn: body balance, follow through, ball locations, spins, lane symbols, ball speeds, scoring, practice tips, safety awareness and sportsmanship. The last session is the bowling championship.

Class#	Age	Date	Day	Time	R	NR	
320103-A1	6-8	1/14-2/11	Sa	12-1:30 pm	\$69	\$90	Series 1
320103-A2	9-14	1/14-2/11	Sa	12-1:30 pm	\$69	\$90	
320103-B1	6-8	2/18-3/17	Sa	12-1:30 pm	\$69	\$90	Series 2
320103-B2	9-14	2/18-3/17	Sa	12-1:30 pm	\$69	\$90	
320103-C1	6-8	3/24-4/21	Sa	12-1:30 pm	\$69	\$90	Series 3
320103-C2	9-14	3/24-4/21	Sa	12-1:30 pm	\$69	\$90	

Instructor: Staff from Kids First Sports Safety, Inc.

Note: Includes shoe rental.

Kids First Badminton (Ages 6-14)

New

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
320115-A1	6-8	5/1-5/29	Tu	5-6 pm	\$59	\$77
320115-A2	9-14	5/1-5/29	Tu	6-7 pm	\$59	\$77

Instructor: Staff from Kids First Sports Safety, Inc.

Kids First Spring Flag Football League (Ages 6-14)

Centennial Park – Field #2 Mn8/Mx24

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.

Class#	Age	Date	Day	Time	R	NR
321110-A1	6-8	4/14-5/19	Sa	9-10:15 am	\$69	\$81
321110-A2	9-14	4/14-5/19	Sa	10:15-11:30 am	\$69	\$81

Instructor: Staff from Kids First Sports Safety, Inc.

Note: Wear rubber spikes or gym shoes and Parents bring your cameras! Rain make-up date: 5/26

Kids First Volleyball League (Ages 9-14)



New

Core Gym 2 Mn8/Mx36

Team Volleyball Games played! This new way of league play comes with the first week of volleyball instruction followed by 4 weeks of volleyball games and concludes with a Championship game. Players will be assigned teams the first 3 weeks, followed by same team assignments week 4 & 5. Players will experience various volleyball positions and roles for their respective teams. This concept has produced winning teams without elementary and High Schools

Class#	Date	Day	Time	R	NR
321111-A1	5/26-6/23	Sa	9-10:15 pm	\$69	\$89

Instructor: Staff from Kids First Sports Safety, Inc.

Kids First–Tennis (Ages 6-14)

Centennial Park-Tennis Courts Mn6/Mx18



A Racket Full of FUN! Tennis games & instruction daily taught by experienced coaches to share the love for the game. Participants compete in competitive singles & doubles matches, skill contests, & championships. Plus, drills that develop skills, **Including:** hand & arm placement, ball spins, speed & quickness, body balance, first step directional movements, tennis safety awareness and sportsmanship.

Class#	Age	Date	Day	Time	R	NR
320101-A1	6-8	4/28-5/26	Sa	9-11 am	\$98	\$127
320101-A2	9-14	4/28-5/26	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.

ADULT SPORTS PROGRAMS



Tennis (Age 18+)

Centennial Park-Tennis Courts

Mn6/Mx18

A Racket Full of FUN! Tennis games & instruction daily taught by experienced coaches to share the love for the game. Participants compete in competitive singles & doubles matches, skill contests, & championships. Plus, drills that develop skills, **Including:** hand & arm placement, ball spins, speed & quickness, body balance, first step directional movements, tennis safety awareness and sportsmanship.

Class#	Day	Date	Time	R	NR
340103-A1	Sa	4/28-5/26	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.

Volleyball (Ages 18+)

Old Quarry Small Gym Mn6/Mx20

Volleyball Let's Play It! Fun and Instructional program prepare players to succeed in volleyball. Excellent Coaches plan strategic, FUN preparation drills and games that *will* increase **SKILLS & SAFETY** through Fundamentals. Plus, volleyball skills challenge contest & championship volleyball game. PLUS: serving, bumping, setting, spiking, techniques on speed & quickness and body balance.

Class#	Day	Date	Time	R	NR
340104-A1	W	1/11-2/8	7-8 pm	\$59	\$77
340104-B1	W	2/15-3/14	7-8 pm	\$59	\$77
340104-C1	W	3/21-4/25	7-8 pm	\$59	\$77

Note: No class 3/28

Bowling (Ages 18+)

Lemont Lanes/Lemont

Mn6/Mx18

Bowling! Have a *Ball* with more strikes and spares! Combining Games and instruction... Experienced Coaches challenge bowlers' through competitive, fun drills that develop skills and higher scores. Bowlers' learn: body balance, follow through, ball locations, spins, lane symbols, ball speeds, scoring, practice tips, safety awareness and sportsmanship. The last session is the bowling championship.

Class#	Day	Date	Time	R	NR
340105-A1	Sa	1/14-2/11	1:30-3 pm	\$69	\$90
340105-B1	Sa	2/18-3/17	1:30-3 pm	\$69	\$90
340105-C1	Sa	3/24-4/21	1:30-3 pm	\$69	\$90

Instructor: Staff from Kids First Sports Safety, Inc.

Note: Includes shoe rental.

Badminton (Ages 18+)

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#	Day	Date	Time	R	NR
340115-A2	Tu	5/1-5/29	7-8 pm	\$59	\$77

Instructor: Staff from Kids First Sports Safety, Inc.