

# Winter/Spring-12



KIDS FIRST SPORTS SAFETY INC.

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

630-257-5438

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

**Leyden Township Recreation Department**

**847-451-5144**

\*(Leyden Township Rec. Dept. Gymnasium), \*(Algonquin/Forest Middle School),

## Programs & Camps

<b>Holiday Tumbling/Gymnastics: Dec. 27-30 – IN OUR CURRENT BROCHURE</b>
<b>Holiday Volleyball: NOT RUNNING</b>
<b>Holiday Basketball: NOT RUNNING</b>
<b>Basketball: Sat., April 14-May 12, May 26-June 23; 1-2p; 10-14 years old</b>
<b>Tumbling/Gymnastics: Sat. Feb 11-March 17, March 31-May 5, May 19-June 23; 3-6 yrs 10-10:45a &amp; 7-14 years 10:45a-11:30a</b>
<b>Volleyball: NOT RUNNING</b>
<b>Dodge Ball: NOT RUNNING</b>
<b>Flag Football: NOT RUNNING</b>
<b>New Balloon Ball: Sat., May 26-June 23, 2-3p</b>
<b>Blast Ball: Sat. April 14-May 12; 2-3p</b>
<b>Tee-Stand Baseball: NOT RUNNING</b>
<b>Soccer: NOT RUNNING</b>
<b>Tennis: Sat. NOT RUNNING</b>
<b>Volleyball League: Thurs., Feb. 9-Mar. 8, Mar. 22-Apr. 19, May 3-May 31; 5-6:15p; 10-14 years old</b>

## Sign-up Now!

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# Program & Camp Descriptions

## Kids First Holiday Tumbling & Gymnastics Camp

**Tumble into the Holidays!** STEPS & Higher Standards Tumbling & Gymnastics are excellent ways to start your child on their way to balance and coordination.

**This Camp:** The instructor covers more moves on a daily basis giving kids quicker muscle memory; from somersaults to flip-flops and walkovers. Also, the Coach will instill confidence and starting points that develop gymnastics skills that will last a lifetime. Each drill will focus on body formation and balance- PLUS it's great exercise! Concluding the camp will feature a gymnastics challenge contest. (Bring your cameras)



\*\*\*Coordination with Fun\*\*\*

Registration at: **Leyden Township Rec. Dept.**  
**Kids First Holiday Tumbling & Gymnastics Camp**  
Who: Boys & Girls ages 3-4, 5-6, 7-8, 9-14  
What: 4  
When: **Tuesday-Friday Dec. 27-30 – IN OUR CURRENT FALL/WINTER BROCHURE**

Time: **STEPS-1: 3-5 year olds 11:00am—12:00Pm**  
**HS -1:6-12 year olds 12:00PM-1:00PM**

Where: **Leyden Township Rec. Dept. Gym**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
How Much: \$42  
Min./Max.: 6/15

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## Kids First Holiday Volleyball Camp

**Holiday Volleyball!** Games and Instruction each day- Players practice at the start of each session leading to competitive volleyball games. Excellent Coaches prepare the players to succeed through the teachings of volleyball drills that *will* increase **SKILLS & SAFETY** through Fundamentals. **Kids will Love It!**



Registration at: **Leyden Township Rec. Dept.**  
**Kids First Holiday Volleyball Camp**  
Who: Boys & Girls ages 6-8, 9-14 separated within the Program  
Sessions: 4  
When: **Tuesday-Friday: Dec. 20-23**

Time: 9:30am – 10:30am 6-8 year olds  
10:30am – 11:30am 9-14 year olds

Where: **Leyden Township Rec. Dept. Gym**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
How Much: \$42  
Min./Max.: 8/20

**NOT RUNNING**

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## Kids First Holiday Basketball Camp

**Holiday Basketball is fundamental!** Basketball Games & Preparation; Players will be fulfilled with new basketball *skills* and *safety* to make them game ready. *Kids Love It!*

**Camp 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.

Registration at: **Leyden Township Rec. Dept.**

**Kids First Holiday Basketball Camp**

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

Sessions: 4

When: **Tuesday-Friday: Dec. 27-30**

Time: 9:30am – 10:30am 4-5 year olds

10:30am – 11:30am 6-8 year olds (1<sup>st</sup> -3<sup>rd</sup> Graders)

11:30am – 12:30pm 9-14 year olds (4<sup>th</sup> – 8<sup>th</sup> Graders)

Where: **Leyden Township Rec. Dept. Gym**

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

How Much: \$42

Min./Max. 6/24



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

**NOT RUNNING**

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## Kids First Basketball (Fundamentals) Program

**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.

Registration at: **Leyden Township Rec. Dept.**

**Kids First Basketball (Fundamentals) Program**

Who: Boys & Girls ages 10-14

Sessions: 5

When: **SATURDAYS : APRIL 14 – MAY 12 (Series 1)**  
**MAY 26 – JUNE 23 (Series 2)**

Time:

**1:00PM – 2:00PM 10-14 year olds**

Where: **Leyden Township Rec. Dept. Gym**

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

Cost: \$49

Min./Max. 6/24



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

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## Kids First Tumbling & Gymnastics

It's FUN! STEPS & Higher Standards Tumbling & Gymnastics are excellent ways to start your child on their way to balance and coordination.

Each program within our tumbling & gymnastics series will cover more moves, from somersaults to flip-flops and walkovers. Instructors will instill confidence and starting points that develop gymnastics skills that will last a lifetime. Each drill will focus on body formation and balance- PLUS it's great exercise! Concluding the program will feature a gymnastics challenge contest. (Bring your cameras)

Registration at: Leyden Township Rec. Dept  
Kids First Tumbling & Gymnastics Program

Who: Boys & Girls ages 3-6, 7-14

What: 6

When: Saturdays: FEBRUARY 11-MARCH 17 (Series 1)  
MARCH 31-MAY 5 (Series 2)  
MAY 19-JUNE 23 (Series 3)



\*\*\*Coordination with Fun\*\*\*

Time: STEPS-1: 3-6 year olds 10:00am—10:45am  
HS -1: 7-14 year olds 10:45am-11:30am

Where: Leyden Township Rec. Dept Gym

Instructor: Staff from Kids First Sports Safety, Inc.

Cost: \$59

Min./Max.: 6/15

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## Kids First Volleyball Program

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. 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.

Registration at: Leyden Township Rec. Dept  
Kids First Volleyball Program

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

Sessions: 5

When: THURSDAYS: FEBRUARY 9-MARCH 8 (Series 1)  
MARCH 22-APRIL 19 (Series 2)



\*\*\*Fundamentals\*\*\*

Time: 5:15pm-6:15pm 6-8 year olds (1<sup>st</sup> – 3<sup>rd</sup> Graders)  
5:15pm – 6:15pm 9-14 year olds (4<sup>th</sup> – 8<sup>th</sup> Graders)

Where: Leyden Township Rec. Dept Gym

Instructor: Staff from Kids First Sports Safety, Inc.

Cost: \$49

Min./Max.: 8/30

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**NOT RUNNING**

## Kids First Dodge Ball Program

**Dodger Dodger! Dodge Ball Games** every session 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!**

Registration at: **Leyden Township Rec. Dept**  
**Kids First Dodge Ball Program**

Who: Boys & Girls ages 7-9, 10-14 separated within the Program

Sessions: 5

When: **Wednesdays: Jan. 18– Feb. 15 (Series 1)**

**Wednesdays: Feb. 22-Mar. 21 (Series 2)**



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

**Time:** 6:15pm – 7:15pm 7-8, 9-14 year olds

**Where:** **Leyden Township Rec. Dept Gym**

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

**Cost:** \$49

**Min./Max.:** 8/24

**NOT RUNNING**

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## Kids First: Spring Flag Football League

**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!**



\*\*\*Safe Football Fundamentals\*\*\*

Registration at: **Leyden Township Rec. Dept**

**Kids First Spring Flag Football League Program**

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

Sessions: 6

When: **Saturday: Apr. 14 – May 19**

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

**Where:** **Leyden Township Rec. Dept Field**

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

**Cost:** \$63

**Min./Max.** 8/38

**NOT RUNNING**

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## New Kids First STEPS Balloon Ball

**Catch on!** Balloon Ball is played like soccer with kids being allowed to pick up the ball and run with it, or throw it, or kick it in one of the two goals for a score.

The action is a bit faster, with fewer rules than soccer so kids are not being corrected as much in this new fast pace game. Kids will be taught coordination and balance along with the importance of exercise that their bodies need. Kids just love this new game that was created by Kids First.

Registration at: **Leyden Township Rec. Dept.**  
**Kids First: STEPS Balloon Ball Program**

**\*\*\*Fun & Exciting\*\*\***

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

Sessions: 5

When: **SATURDAYS, MAY 26 – JUNE 23**

Time: **2:00PM – 3:00PM 3 & 4 year olds**

**2:00PM – 3:00PM 5 & 6 year olds**

Where: **Leyden Township Rec. Dept Gym**

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

How Much: \$49

Min./Max.: 8/20

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## Kids First STEPS Blast Ball Program

**Batter UP!** Blast Ball is the introduction to baseball for 3-6 year olds. The game is very safe, played with a soft bat and ball, no glove is needed. Each player bats once an inning and no scores are kept. Blast Ball consists of one base and it makes a “honking” noise when a player steps on it.

Major League Baseball recognized Blast Ball as part of its campaign to promote the resurgence of baseball at the grass-roots level. (Bring your cameras). **Kids Love IT!**

Registration at: **Leyden Township Rec. Dept**  
**Kids First STEPS Blast Ball Program**

**\*\*\*Quality Beginners Sport\*\*\***

Who: Boys & Girls ages 4-5

Sessions: 5

When: **Saturdays: Apr. 14-May 12**

Time: **2:00PM – 3:00PM 4-5 year olds**

Where: **Leyden Township Rec. Dept Gym**

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

Cost: \$49

Min./Max. 8/24

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

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## Kids First T-Ball Baseball Program

**Baseball it's a HIT! Instruction & Games!** Kids First is offering two baseball program series teaching different baseball drills in each. Kids will understand the game of baseball through fundamentals. Players learn how to step catch & throw at different fielding positions. Plus: Batting is taught from a Tee-Stand, followed by coach-pitch making kids feel comfortable swinging the bat and hitting the ball. Baseball games are played once the players are ready. **Kids Love It!**

Registration at: **Leyden Township Rec. Dept**  
**Kids First - T-Ball, Baseball Program**  
Who: Boys & Girls ages 6-11  
Sessions: 5  
When: **Saturdays: Apr. 28-May 26**

Time: 10:15pm – 11:15pm (6-11 yr. olds)

Where: **Leyden Township Rec. Dept Gym**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$49  
Min./Max. 6/24



\*\*\*Catch the Fever\*\*\*

**NOT RUNNING**

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## Kids First Soccer (Fundamentals) Program

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

**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.

Registration at: **Leyden Township Rec. Dept.**  
**Kids First Soccer (Fundamentals) Program**  
Who: Boys & Girls ages 4-5, 6-8, 9-14, separated by age.  
Sessions: 5  
When: **Saturdays: May 5-June 2**

Time: 12:30pm-1:15pm (4-8 yr. olds)

1:30pm-2:30pm (9-14 yr. olds)

Where: **Leyden Township Rec. Dept. Gym**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$49  
Min./Max.: 8/24



\*\*\*Safe\*\*\*

**NOT RUNNING**

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## Kids First Tennis

**Serve IT!** Experience the competition of **TENNIS! It's Fun.** Tennis Program challenges beginners to advanced players through competitive instructional drills, including singles & doubles matches. **Kids Love It!**

**Program offers:** Individual **Skills Contest & Championship Tennis Matches.** **PLUS** racket skill positions training, techniques on ball spins, speed & quickness techniques, body balance, first step directional movements, tennis safety awareness and sportsmanship.

**Kids First** Instructor raises the **SKILL & EXCITEMENT LEVEL** for the players using preparation time devoted to fundamentals, Safety, Speed, and fitness leading to games.

Registration at: **Leyden Township Rec. Dept.**  
**Kids First Tennis Program**

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

Sessions: 5

When: **Saturdays: May 5-June 2**

**Time:** 9:30 am – 11:00 am (6-8 year olds)  
11:00 am -12:30 pm (9-14 year olds)

Where: **Leyden Township Rec. Dept. Tennis Courts**

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

Cost: \$63

Min./Max. 6/24



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

**NOT RUNNING**

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## Kids First Volleyball League

**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. **Kids Love It!**

Registration at: **Leyden Township Rec. Dept.**

**Kids First Volleyball League Program**

Who: Boys & Girls ages 10-14

Sessions: 5

When: **THURSDAYS :**

**S1(FEBRUARY 9 – MARCH 8)**

**S2(MARCH 22 – APRIL 19)**

**S3(MAY 3 – MAY 31)**

**Time: 5:00PM-6:15PM (10-14 YEARS OLD)**

Where: **Leyden Township Rec. Dept. Gym**

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

Cost: \$59

Min./Max.: 8/30



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

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