

Medinah SUMMER, 2012

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Kids First Sport Camps (Ages 6-14)

Thorndale Recreation Center, Field, Tennis Courts

New Low Camp Fee: \$75R/\$85NR five 2 hour sessions

New Low Program Fee: \$39R/\$49NR four 1 hour sessions



Kids First Tennis - Tennis Courts

Serve it! Experience the competition of Tennis! This camp 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	
	6 – 8	6/4-6/8	M-F	9-11	Mn6/Mx18
	9 – 14	6/4-6/8	M-F	9-11	
	6 – 8	6/11-6/15	M-F	9-11	Mn6/Mx18
	9 – 14	6/11-6/15	M-F	9-11	
	6 – 8	7/30-8/3	M-F	9-11	Mn6/Mx18
	9 – 14	7/30-8/3	M-F	9-11	
	6 – 8	8/6-8/10	M-F	9-11	Mn6/Mx18
	9 – 14	8/6-8/10	M-F	9-11	



Kids First Volleyball – Thorndale Recreation Center - gym

Spike it! Fun & instructional camp 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
	6 – 8	6/11-6/15	M-F	9-11
	9 – 14	6/11-6/15	M-F	9-11
	6 – 8	7/9-7/13	M-F	9-11
	9 – 14	7/9-7/13	M-F	9-11
	6 – 8	6/5-6/26	Tu.	5-6
	9 – 14	6/5-6/26	Tu.	6-7



Kids First Flag Football - Thorndale Recreation Center - field

Touchdown! Are you ready for some football? This camp offers skill positions training, techniques on passing, catching, blocking, speed & quickness, body balance, plus flag football games & a championship game.

Class#	Age	Date	Day	Time
	6 – 8	6/11-6/15	M-F	9-11
	9 – 14	6/11-6/15	M-F	9-11
	6 – 8	6/9-6/30	Sa.	3-4
	9 – 14	6/9-6/30	Sa.	4-5



Kids First Cheerleading - Thorndale Recreation Center - *field*

Do you have the spirit to become a cheerleader? Join the Medinah Cheerleading squad for a week and experience this energetic camp! Certified coaches will focus on the fundamentals of this sport by teaching skills that are safe and fun. Cheers will be choreographed with music.

This camp offers fun, competitive drills to enhance cheerleading techniques, body balance movements, timing, rhythm, pompom bebop dance, jumps, stunts, cheers, rah-rah awareness and sportsmanship. The last day of camp we will compete in a cheer challenge contest! Please visit www.kidsfirstsports.net for additional information.

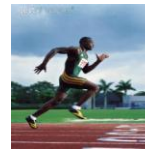
Class#	Age	Date	Day	Time
	6 – 8	6/11-6/15	M-F	9-11
	9 – 14	6/11-6/15	M-F	9-11
	6 – 8	6/9-6/30	Sa.	3-4
	9 – 14	6/9-6/30	Sa.	4-5



Kids First Basketball - Thorndale Recreation Center - *gym*

I've got game! This camp 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 camp.

Class#	Age	Date	Day	Time
	6 – 8	6/18-6/22	M-F	9-11
	9 – 14	6/18-6/22	M-F	9-11
	6 – 8	7/16-7/20	M-F	9-11
	9 – 14	7/16-7/20	M-F	9-11
	6 – 8	6/9-6/30	Sa.	9-10
	9 – 14	6/9-6/30	Sa.	10-11
	6 – 8	7/14-8/4	Sa.	9-10
	9 – 14	7/14-8/4	Sa.	10-11



Kids First Track & Field - Thorndale Recreation Center - *field*

Run with a smile! Speed, quickness, and agility camp through Track & Field events. Excellent coaches teach sprinting, jumping, running and throws in a safe and fundamental manner. Great competition events.

Class#	Age	Date	Day	Time
	6 – 8	6/26-6/30	M-F	9-11
	9 – 14	6/26-6/30	M-F	9-11
	6 – 8	7/23-7/27	M-F	9-11
	9 – 14	7/23-7/27	M-F	9-11
	6 – 8	7/14-8/4	Sa.	12-1
	9 – 14	7/14-8/4	Sa.	1-2



Kids First Soccer - Thorndale Recreation Center - *field*

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 camp.

Class#	Age	Date	Day	Time
	6 – 8	7/9-7/13	M-F	9-11
	9 – 14	7/9-7/13	M-F	9-11
	6 – 8	7/30-8/3	M-F	9-11
	9 – 14	7/30-8/3	M-F	9-11
	6 – 8	6/9-6/30	Sa.	12-1
	9 – 14	6/9-6/30	Sa.	1-2



Kids First Badminton Thorndale Recreation Center - *gym*

Badminton Anyone! This fun Camp 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 camp and conclude with a championship singles, doubles match. Kids Love it!

Class#	Age	Date	Day	Time
	8-10	8/6-8/10	M-F	9-11
	11-15	8/6-8/10	M-F	9-11
	8-10	8/11-9/1	Sa.	9-10
	11-15	8/11-9/1	Sa.	10-11

New

Kids First Balloon Ball Thorndale Recreation Center - *gym*

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. Game created by Kids First.

Class#	Age	Date	Day	Time	Cost
	3-4	7/23-7/27	M-F	9-10	\$45
	5-6	7/23-7/27	M-F	10-11	\$45
	3-4	8/4-8/25	Sa.	9-10	\$39
	5-6	8/4-8/25	Sa.	10-11	\$39

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

Notes: Bring a water bottle each day.

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