

# Winter-12



KIDS FIRST SPORTS SAFETY INC.

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

630-257-5438

Age Groups: STEPS 3-4, 5-6 year olds; Higher Standards 6-14 year olds

## Winter-12 Naperville Park District

[www.napervilleparks.org](http://www.napervilleparks.org)

630-848-5000

\*(Brookdale), (Brunswick Zone), (Frontier Park), (Patterson), (Lincoln Jr.), (Nike Park), (Ranch View), (Madison), (Commissioners)

## Programs & Camps

<b>B</b> Holiday Bowling: M-Th. Dec. 19-22, T-F. Jan. 3-6
<b>P</b> Holiday Baseball: M-F. Dec. 19-23
<b>B</b> Holiday Volleyball: M-Th. Dec. 19-22, T-F. Jan 3-6
<b>B</b> Holiday Dodge Ball: M-Th. Dec. 19-22, T-F. Jan 3-6
<b>P</b> Holiday Flag Football: Tu.-F. Dec. 27-30
<b>P</b> Holiday Badminton: Tu.-F. Dec. 27-30
<b>B</b> New Basketball: Sat: Jan. 7-Feb. 4; Feb. 11-Mar. 10
<b>B</b> New Badminton: Sat: Jan. 7-Feb. 4; Feb. 11-Mar. 10
<b>B</b> Volleyball: Tu: Jan. 10-Feb. 7; Feb. 14-Mar. 13, Mar. 20-Apr. 24
<b>B</b> Dodge Ball: Tu: Jan. 10-Feb. 7; Feb. 14-Mar. 13, Mar. 20-Apr. 24
<b>R</b> Baseball Fundamentals: Sun: Jan. 22-Feb. 19, Feb. 26-Mar. 25

**Sign-up Now!**

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# Program & Camp Descriptions

## Kids First Holiday Bowling Camp

**BOWL thru the Holiday!** Have Fun and Bowl... Games and instruction daily... Experienced Coaches challenge bowlers' through competitive and fun drills that develop skills and higher scores.

**Camp Teaches:** Individual **bowling matches & Team Games. Plus** Bowlers' learn: body balance, follow through, ball locations, spins, lane symbols, ball speeds, scoring, practice tips, safety awareness and sportsmanship. **Kids Love It!**

Registration at **Naperville Park District**  
**Kids First Holiday Bowling Camp**

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

When: **Monday- Thursday: Dec. 19 – 22 (Series 1)**  
**Tuesday- Friday: Jan. 3 – 6 (Series 2)**

Time: 10:00am – 1:00pm 6-8, 9-14 year olds

Where: **Brunswick Zone** Aurora Rd. Naperville (8 year running)  
Min./Max.: 8/40  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$99



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

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## Kids First Holiday Baseball Camp

**Christmas Hit!** Combining Baseball Instruction with Games! This camp has a fun approach to learning the game of baseball. Experienced Coaches prepare players through position demonstrations that help them understand how the game is played.

**Baseball Camp teaches:** Position training, batting techniques, body balance, throwing, fielding, first step directional movements, pitching, base running and sportsmanship. The baseball camp concludes with a Championship Game.

Registration at **Naperville Park District**  
**Kids First Holiday Baseball Camp**

Who: Boys & Girls Ages (6-8), (9-14)  
Sessions: 5

When: **Monday - Friday: Dec. 19-23**

Time: 9:00am – 10:15am (6-8 year olds)  
10:15am – 11:30am (9-14 year olds)

Where: **Patterson Elementary School**  
Instructors: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$65  
Min./Max. 6/40



\*\*\*It's a Hit\*\*\*

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## Kids First Holiday Volleyball Camp

**Holiday Volleyball!!!** Games and Instruction each day- Players are taught volleyball skills: bumping, setting, spiking by a certified Kids First Coach who demonstrates proper techniques. Games are played each session leading towards a championship game on the last day. This volleyball camp *will* increase **SKILLS & SAFETY** through Fundamentals. **Kids will Love It!**

Registration at **Naperville Park District**  
**Kids First Holiday Volleyball Camp**  
Who: Boys & Girls ages 6-8, 9-14  
Sessions: 4  
When: **Monday-Thursday: Dec. 19-22 (Series 1)**  
**Tuesday- Friday: Jan. 3 – 6 (Series 2)**



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

**Time:** 9:00am – 10:00am 6-8 year olds  
10:00am – 11:00am 9-14 year olds

Where: **Brookdale School**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
How Much: \$53  
Min./Max.: 8/24

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## Kids First Holiday Dodge Ball Camp

**Holiday Dodge it! 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 **Naperville Park District**  
**Kids First Holiday Dodge Ball Camp**  
Who: Boys & Girls ages 7-9, 10-14 separated within the Camp  
Sessions: 4  
When: **Monday- Thursday: Dec. 19 – 22 (Series 1)**  
**Tuesday- Friday: Jan. 3 – 6 (Series 2)**



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

**Time:** 11:00am –12:00pm 7-9 year olds  
12:00pm-1:00pm 10-14 year olds

Where: **Brookdale School**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$53  
Min./Max. 8/40

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## Kids First Holiday Flag Football Camp

**Holiday Touchdown!! Kids First Instructor** raises the skill and excitement level for the campers by using 75% of the camp playing Flag Football Games and 25% preparing the players fundamentals of the sport. A championship Flag Football Game will be played on the last day- Parents bring your cameras. **Kids Love It!**

**Certified Coaches Teach:** skill positions training, techniques on speed & quickness, body balance, first step directional movements, football safety awareness and sportsmanship.

Registration at **Naperville Park District**  
**Kids First Holiday Flag Football Camp**  
Who: Boys & Girls ages 6-8, 9-14  
Sessions: 4 (inside Activity)  
When: **Tuesday - Friday: Dec. 27 - 30**  
Time: 9:00am – 10:15am 6-8 year olds  
10:15am – 11:30pm 9-14 year olds



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

Where: **Patterson Elementary School**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$55  
Min./Max. 10/60

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## Kids First Holiday Badminton Camp

**Badminton Anyone!** Now this is **FUN!** This instructional **Camp** prepares players to succeed in badminton. Excellent Coaches plan strategic, preparation drills and games that *will* increase **SKILLS** through Fundamentals.

**Badminton Camp Teaches:** 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, and doubles match. **Kids Love It!**

Registration at: **Naperville Park District**  
**Kids First Holiday Badminton Camp**  
Who: Boys & Girls ages 9-15  
Sessions: 4  
When: **Tuesday-Friday: Dec. 27-30**  
Time: 12:00pm – 1:15pm 9-15 year olds



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

Where: **Patterson Elementary School**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$55  
Min./Max. 6/28  
Kids First Provides: Rackets, Birdies

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## Kids First Basketball (Fundamentals) Program

**I've Got Game!** This 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 **Naperville Park District**

**Kids First Basketball (Fundamentals) Program**

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

Sessions: 5

When: **Saturdays: Jan. 7-Feb. 4 (Series 1)**  
**Feb. 11-Mar. 7 (Series 2)**

Time: **STEPS Basketball-1:** 9:15am – 10:00am 4-5 year olds  
**Basketball-2:** 10:00am – 11:00am 6-8 year olds  
**Basketball-3:** 11:00am – 12:00pm 9-14 year olds

Where: **Brookdale School Gym**

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

Cost: \$63

Min./Max. 6/24



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

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## Kids First Badminton Program

**Badminton Anyone!** Now this is **FUN**

Badminton drills and games are played each session as Coaches teach proper fundamentals making the games fun and competitive. These instructional **programs** prepare players to succeed in badminton. **Kids Love It!!!**

**Programs offer: Badminton Skills Challenge Contest & Championship** Badminton games. **PLUS** preparation training such as: hand grips, racket positioning, serving, body balance, and first step directional movements for this fast & quickly paced game.

**Kids First** instructor raises the **SKILL & EXCITEMENT LEVEL** for the players using approximately 25% of the time devoted to fundamentals; 75% dedicated to games.

Registration at **Naperville Park District**

**Kids First Badminton Program**

Who: Boys & Girls ages 8-14 separated by age

Sessions: 5

When: **Saturdays: Jan. 7-Feb. 4 (Series 1)**  
**Feb. 11-Mar. 7 (Series 2)**

Time: **Badminton-1:** 12:15pm – 1:15pm 8-14 year olds

Where: **Brookdale School Gym**

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

Cost: \$63

Min./Max. 6/24



\*\*\*Swinging Good Time\*\*\*

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## Kids First Volleyball

**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.



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

Registration at **Naperville Park District**  
**Kids First Volleyball Program**

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

Sessions: 5

When: **Tuesdays: Jan. 10– Feb. 7 (Series 1)**  
**Feb. 14 – Mar. 13 (Series 2)**  
**Mar. 20-Apr. 24 (off 3/27) (Series 3)**

**Time:** 4:15pm – 5:15pm 6-8 year olds  
5:15pm – 6:15pm 9-14 year olds

Where: **Brookdale School Gym**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$65  
Min./Max.: 8/30

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## Kids First Dodge Ball Program

**Dodge This! Dodge Ball Games** every day 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 **Naperville Park District**  
**Kids First Dodge Ball Program**

Who: Boys & Girls ages 7-9, 10-14 separated by age

Sessions: 5

When: **Tuesdays: Jan. 10– Feb. 7 (Series 1)**  
**Feb. 14 – Mar. 13 (Series 2)**  
**Mar. 20-Apr. 24 (off 3/27) (Series 3)**

**Time:** 6:15pm – 7:15pm 7-9 year olds **Court 1**  
6:15pm – 7:15pm 10-14 year olds **Court 2**

Where: **Brookdale School Gym**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$65  
Min./Max.: 8/24



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

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## Kids First Baseball Fundamentals Program

Baseball preparation *it's a HIT!* Fundamental instruction for Games! This program prepares and challenges all players through fun competitive baseball drills to develop skills that will maximum player potential: Players experience: Batting, fielding, pitching, base running, and throwing, through proven baseball techniques.

Parents have call Kids First baseball mandatory for **fundamentals, safety, and skills** training.  
**Kids Love It!!**

**Program teaches:** Batting, fielding, pitching, base running, and throwing, through proven baseball techniques. Body balance, and first step directional movements will aid in strengthening their play in the field and in the batters box.

Registration at: **Naperville Park District**  
**Kids First Baseball (Fundamentals) Program**

Who: Boys & Girls ages 7-9, 10-12

Sessions: 5

When: \*Sundays: **Jan. 23 – Feb. 20** (Indoor Activity)  
**Feb. 27 – Mar. 27** (Indoor Activity)

Time: 1:00pm—2:30pm (7-9 year olds)  
2:30pm—4:00pm (10-12 year olds)

Where: **Ranch View Elementary School Gym**

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

Cost: \$65

Min./Max Kids: 8/38



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

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