

Fall-11



KIDS FIRST SPORTS SAFETY INC.

www.kidsfirstsports.net

630-257-5438

Kids First Age Groups: STEPS (4-6 year olds), Higher Standards (6-14 year olds)

Fall-11 North Riverside Recreation

www.northriverside-il.gov

708-442-5515

Locations: *North Riverside Recreation Fields, **Gymnasium, ***JC/Ehlert Park

Programs & Camps

Tennis: Sept. 17-Oct. 15
Flag Football: Sept. 17-Oct. 22
Cheerleading: Sept. 17-Oct. 22
Soccer: Sept. 17-Oct. 15, Oct. 20-Nov. 17
Girls Softball: Sept. 22-Oct. 20
Tumbling & Gymnastics: Oct. 10-Nov. 14, Nov. 21-Dec. 19
Volleyball: Oct. 11-Nov. 8, Nov. 15-Dec. 13
Dodge Ball: Oct. 11-Nov. 8, Nov. 15-Dec. 13
Basketball: Oct. 15-Nov. 19, Dec. 3-17
Holiday Basketball: Dec. 20-23
Holiday Volleyball: Dec. 27-30
Blast Ball: Jan. 7-Feb. 4, Feb. 11-Mar. 10
Baseball: Jan. 7-Feb. 4, Feb. 11-Mar. 10

Rain cancellations: time equally added to remaining days of camp

Sign-up Now!

Find: Kids First Banner

Questions: www.kidsfirstsports.net ph: 630-257-5438 staff@kidsfirstsports.net

Program & Camp Descriptions

Kids First Tennis

A Racket Full of FUN! Tennis games & instruction daily taught by experienced coaches to share the love for the game. Tennis Program challenges beginners to advanced players through competitive singles & doubles matches. **Kids Love It!!!**

Program offers: Individual Skill Contests, Championship Tennis Matches, drills that develop skills. **PLUS techniques on:** hand & arm placement, ball spins, speed & quickness, body balance, first step directional movements, tennis safety awareness and sportsmanship.

Registration at **North Riverside Recreation Kids First Tennis Program**

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

Sessions: 5

When: **Saturdays: Sept. 17-Oct. 15**

Time: **Tennis-1:** 9:00am – 10:30am 6-8 year olds

Tennis-2: 10:30am – 12:00pm 9-14 year olds

Where: **North Riverside Recreation Tennis Courts**

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

Cost: \$65

Min./Max. 6/18



*****Major Fun*****

www.kidsfirstsports.net ph: 630-257-5438 staff@kidsfirstsports.net

Kids First Flag Football League Program

includes Kids First T-shirt

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!!!

Registration at **North Riverside Recreation**

Kids First Flag Football League Program

Boys & Girls ages 6-8, 9-14

Sessions: 6

When: **Saturdays: Sept. 17-Oct. 22**

Time: 9:00am – 10:15am 6-8 year olds

10:15am – 11:30am 9-14 year olds

Where: **North Riverside Recreation Park**

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

Cost: \$69

Min./Max. 8/38



*****Fundamentals*****

www.kidsfirstsports.net ph: 630-257-5438 staff@kidsfirstsports.net

Kids First Cheerleading

includes Kids First T-shirt

Cheerleader Action!! If your child dreams of being on the cheerleading squad then this program is perfect. Experienced Coaches will focus on the sport by teaching cheerleading **skills** that our **FUN, safe and fundamental**. Cheerleading drills set to music!!

Program offers: **Cheerleading Skills Contest & Championship Team Competition. PLUS FUN** competitive drills to enhance cheerleading techniques, body balance movements, timing, rhythm, pompom bebop dance, jumps, stunts, cheers, rah-rah awareness and sportsmanship. Last day of the program features a competitive cheer challenge contest. -Girls love it. Parents bring your cameras!



Fundamentals

Registration at **North Riverside Recreation Kids First Cheerleading**

Who: Girls ages 6-8, 9-14

Sessions: 6

When: **Saturdays: Sept. 17 – Oct. 22**

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

Where: **North Riverside Recreation Park**

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

Cost: \$69

Min./Max. 8/38

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Kids First Soccer

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

Plus: Soccer ball handling, headers, goalie positioning; concluding with a championship soccer game.

Registration at **North Riverside Recreation Kids First Soccer Fundamentals Program**

Who: Boys & Girls ages 4-5, 6-8, 9-14 separated by age.

Sessions: 5

When: **Saturdays: Sept. 17 – Oct. 15 (Series 1)**

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

Where: **North Riverside Recreation Park**

When: **Thursdays: Oct. 20 – Nov. 17 (Series 2)**

Time: **STEPS Soccer-1:** 4:00pm – 5:00pm 3-5 year olds
Soccer-2: 5:00pm – 6:00pm 6-8 year olds
Soccer-3: 6:00pm – 7:00pm 9-14 year olds

Where: **North Riverside Recreation Gymnasium**

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

Cost: \$55

Min./Max.: 8/20

www.kidsfirstsports.net ph: 630-257-5438 staff@kidsfirstsports.net



Fundamentals

Kids First Girls Softball– *It's a HIT!* Instruction & Games! This program challenges all players through fun competitive softball drills and games that will maximum player potential.

Program teaches: Hitting, Fielding, Pitching, and Running the bases. Games will be played throughout the program, concluding with a championship game.

Registration at **North Riverside Recreation**

Kids First Girls Softball

Who: Girls 9-14 yr. olds

Sessions: 5

When: **Thursdays: Sept. 22-Oct. 20**



*****Fundamentals*****

Girls Softball-1: 5:00pm – 6:15pm 9-14 year olds

Where: **North Riverside Recreation Park**

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

Cost: \$59

Min./Max. 8/24

www.kidsfirstsports.net ph: 630-257-5438 staff@kidsfirstsports.net

Kids First Tumbling & Gymnastics Program

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 **North Riverside Recreation**

Kids First Tumbling & Gymnastics Program

Who: Boys & Girls ages 3-6, 7-12

Sessions: 5

When: **Mondays: Oct. 10-Nov. 14 (Series 1)**
Nov. 21-Dec. 19 (Series 2)



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

STEPS-1: 3-6 year olds 5:00pm—5:45pm

HS -2: 7-12 year olds 5:45pm—6:30pm

Where: **North Riverside Recreation Gymnasium**

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

Cost: \$55

Min./Max.: 6/15

www.kidsfirstsports.net ph: 630-257-5438 staff@kidsfirstsports.net

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.

Registration at **North Riverside Recreation**
Who: Boys & Girls ages 7-12 separated within the Program
Kids First Volleyball Program

Sessions: 5

When: ***Tuesdays: Oct. 11-Nov. 8 (Series 1)**
Nov. 15-Dec. 13 (Series 2)

Time: 4:30pm – 5:30pm 7-12 year olds

Where: **North Riverside Recreation Gymnasium**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$59
Min./Max.: 8/30



Fundamentals

www.kidsfirstsports.net ph: 630-257-5438 staff@kidsfirstsports.net

Kids First Dodge Ball

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 **North Riverside Recreation**
Kids First Dodge Ball Program

Who: Boys & Girls ages 8-12

Sessions: 5

When: ***Tuesdays: Oct. 11-Nov. 8 (Series 1)**
Nov. 15-Dec. 13 (Series 2)

Time: 5:30pm – 6:30pm 8-12 year olds

Where: **North Riverside Recreation Gymnasium**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$59
Min./Max.: 8/30

Super Safe Dodge Balls



www.kidsfirstsports.net ph: 630-257-5438 staff@kidsfirstsports.net

Kids First Basketball

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 **North Riverside Recreation**
Kids First Basketball (Fundamentals) Program
Who: Boys & Girls ages 4-5, 6-10 separated within the Program

When: **Saturdays: Oct. 15-Nov. 19 (Series 1) Sessions: 5**
Dec. 3-17 (Series 2) Sessions: 3

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

Where: **North Riverside Recreation Gymnasium**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$59-Series 1 / \$29-Series 2
Min./Max. 6/24



Fundamentals

www.kidsfirstsports.net ph: 630-257-5438 staff@kidsfirstsports.net

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 **North Riverside Recreation**

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. 20-23**

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: **North Riverside Recreation Gymnasium**

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

Cost: \$39

Min./Max. 6/24

www.kidsfirstsports.net ph: 630-257-5438 staff@kidsfirstsports.net



Fundamentals

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 **North Riverside Recreation**

Kids First Holiday Volleyball Camp

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

Sessions: 4

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

Time: **Volleyball-1:** 9:30am – 10:30am 6-8 year olds

Volleyball-2: 10:30am – 11:30am 9-14 year olds

Where: **North Riverside Recreation Gymnasium**

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

Cost: \$39

Min./Max.: 8/24

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Fundamentals

Kids First STEPS Blast Ball

Where's 1st BASE! Blast Ball is the introduction to baseball for 4-5 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 **North Riverside Recreation**

Kids First STEPS Blast Ball Program

Who: Boys & Girls ages 4-5

Sessions: 5

When: **Thursdays: Jan. 7-Feb. 4 (Series 1)**

Feb. 11-Mar. 10 (Series 2)

Time: **STEPS Blast Ball-1:** 9:15am – 10:00am 4-5 year olds

Where: **North Riverside Recreation Gymnasium**

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

Cost: \$55

Min./Max. 8/24

Kids First: www.kidsfirstsports.net - 630-257-5438 - staff@kidsfirstsports.net



Quality Beginners Sport

Kids First Tee-Stand Baseball

Stand-Up for Baseball!! *It's a HIT!* [Instruction & Games!](#) This program prepares kids to 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 **North Riverside Recreation**
Kids First Tee-Stand Baseball Program

Who: Boys & Girls ages 6-8

Sessions: 5

When: **Thursdays: Jan. 7-Feb. 4 (Series 1)**
Feb. 11-Mar. 10 (Series 2)

Time: **Higher Standards Tee-Ball-1: 10:00am – 11:00am 6-8 year olds**

Where: **North Riverside Recreation Gymnasium**

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

Cost: \$55

Min./Max. 8/24



*****Catch ON*****

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Sign-up Now!