

# Winter/Spring-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** 5-14 year olds

**Oakbrook Terrace Park District**

**630-574-0420**

\*(Fitness Center) \*\*(Fitness Center Baseball Diamond)

## Programs & Camps

<b>Basketball: M. Jan. 9-Feb. 6, Feb. 13-Mar. 12</b>
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<b>Dodge Ball: F. Jan. 13-Feb. 10, Feb. 17-Mar. 16</b>
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**Sign-up Now!**

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

**Low Costs-High Quality**

# Program & Camp Descriptions

## Kids First Basketball

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

**PLUS:** techniques on shooting, dribbling, passing, speed & quickness, body balance, first step directional movements, floor spacing, basketball safety awareness and sportsmanship. Each camp or program concludes with a championship game- Kids Love It.

Registration at **Oakbrook Terrace Park District**  
**Kids First Basketball**

Who: Boys & Girls ages 4-5, 6-11 separated within the Program

Sessions: 5

When: **Mondays Jan. 9-Feb. 6**

**Mondays: Feb. 13-Mar. 12**

**Time:** 4:15pm – 5:15pm 4-5 year olds  
4:15pm – 5:15pm 6-11 year olds

Where: **Oakbrook Terrace Park District Gym**

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

Cost: \$55

Min./Max. 6/20



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

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## Kids First Dodge Ball

**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 **Oakbrook Terrace Park District**  
**Kids First Dodge Ball Program**

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

Sessions: 5

When: **Fridays: Jan. 13– Feb. 10 (Series 1)**

**Feb. 17 – Mar. 16 (Series 2)**

**Time:** 4:15pm – 5:15pm 7-9 year olds  
5:15pm – 6:15pm 10-14 year olds

Where: **Oakbrook Terrace Park District Gym**

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

Cost: \$55

Min./Max.: 8/20



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

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