

# 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

## Winter/Spring-12 Romeoville Recreation Department

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

815-886-6222

Romeoville Recreation Department Locations: \*Gymnasium, \*\*Tennis Court, \*\*\*Field

### Programs & Camps

#### Higher Standards & STEPS

#### Winter

<b>Soccer:</b> Th. Jan. 19-Feb. 16, Feb. 23-Mar. 22, M-F. Spring Break 26-30
<b>Basketball:</b> F. Jan. 20-Feb. 17, Feb. 24-Mar. 23, M-F. Spring Break 26-30
<b>Pre-Season Baseball:</b> Sa. Jan. 21-Feb. 18, Feb. 25-Mar. 24, M-F. Spring Break 26-30
<b>Multi-Sports:</b> M. Jan. 23-Feb. 20, Feb. 27-Mar. 26
<b>Blast Ball:</b> M. Jan. 23-Feb. 20, Feb. 27-Mar. 26
<b>Badminton:</b> M. Jan. 23-Feb. 20, Feb. 27-Mar. 26
<b>Tumbling/Gymnastics:</b> Tu. Jan. 24-Feb. 21, Feb. 28-Mar. 27
<b>Kick Ball:</b> Tu. Jan. 24-Feb. 21
<b>Tee Stand Baseball:</b> Tu. Jan. 24-Feb. 21, Feb. 28-Mar. 27
<b>Volleyball:</b> W. Jan. 25-Feb. 22, Feb. 29-Mar. 28, M-F. Spring Break 26-30
<b>Dodge Ball:</b> W. Jan. 25-Feb. 22, Feb. 29-Mar. 28
<b>Bowling:</b> Sa. Feb. 18-Mar. 17, Mar. 24-Apr. 21
<b>Cheerleading:</b> Tu. Feb. 28-Mar. 27

#### Spring

<b>Spring Break Bowling:</b> M-F. Mar. 26-30
<b>Tumbling/Gymnastics:</b> Tu. Apr. 3-May 1, May 8-June 5
<b>Flag Football League:</b> Sa. Apr. 14-May 19
<b>Soccer:</b> Sa. Apr. 14-May 19
<b>Multi-Sports:</b> M. Apr. 9-May 7, May 14-June 11
<b>Blast Ball:</b> M. Apr. 9-May 7
<b>Baseball:</b> W. Apr. 11-May 9
<b>Lacrosse:</b> W. Apr. 11-May 9
<b>Tennis:</b> Sa. Apr. 28-May 26
<b>Volleyball League:</b> Sa. May 28-June 25
<b>Basketball League:</b> Sa. May 28-June 25

**Sign-up Now!**

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

# Winter Program & Camp Descriptions

## 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 be challenged to increase soccer **SKILLS & SAFETY through Fundamentals**. **Plus:** first step directional movements, ball handling, headers, goalie positioning, and sportsmanship, concluding with a championship soccer game.

Registration at: **Romeoville Recreation Department**  
**Kids First Soccer (Fundamentals) Program**  
Who: Boys & Girls ages 4-5, 6-8, 9-14, separated by age.  
Sessions: 5  
When: **Thursdays: Jan. 19-Feb. 16 (Series 1)**  
**Thursdays: Feb. 23-Mar. 22 (Series 2)**  
**Monday-Friday Spring Break: Mar. 26-30 (Series 3)**



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

Time: 4:30pm-5:30pm (4-5 yr. olds)  
5:30pm-6:30pm (6-10 yr. olds)

Time: **Mar. 26-30 Spring Break** 9:00am-9:45am (4-5 yr. olds)  
9:45am-10:45am (6-8 yr. olds)  
10:45am-11:45am (9-14 yr. olds)

Where: **Romeoville Recreation Department Gym**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$52  
Min./Max.: 8/24

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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: **Romeoville Recreation Department**  
**Kids First Basketball (Fundamentals) Program**  
Who: Boys & Girls ages 4-5, 6-8, 9-14 separated within the Program  
Sessions: 5  
When: **Fridays: Jan. 20-Feb. 17 (Series 1)**  
**Fridays: Feb. 24-Mar. 23 (Series 2)**



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

Time: 4:00pm – 4:45pm 4-5 year olds  
4:45pm – 5:45pm 6-8 year olds (1<sup>st</sup> -3<sup>rd</sup> Graders)  
5:45pm – 6:45pm 9-14 year olds (4<sup>th</sup> – 8<sup>th</sup> Graders)

Time: **Mar. 26-30 Spring Break** 9:00am-10:00am (6-8 yr. olds)  
10:00am-11:00am (9-14 yr. olds)  
10:45am-11:45am (4-5 yr. olds)

Where: **Romeoville Recreation Department Gym**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$52  
Min./Max. 6/24

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## Kids First Pre-Season Baseball Training Program

Let's hit it!

**Kids First** Certified Coaches offer a pre-season Baseball training program to properly prepare kids for the upcoming season.

**Baseball Training includes:** Player safety & fundamentals preparation, individual Baseball skills, techniques on: fielding, hitting, throwing, running; Plus- game rules and sportsmanship.

Registration at: **Romeoville Recreation Department**

**Kids First: Pre-Season Baseball Training Program**

Who: Boys & Girls ages 4-5, 6-10

Sessions: 5

When: **Saturdays: Jan. 21-Feb. 18**

**Saturdays: Feb. 25-Mar. 24**

**Spring Break Monday-Friday: Mar. 26-30**



(Safety & Fundamentals)

**Time:** 12:00pm – 1:00pm (4-5 yr. olds)

1:00pm – 2:00pm (6-10 yr. olds)

Where: **Romeoville Recreation Department Gym**

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

Cost: \$52

Min./Max.: 8/24

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## Kids First Multi-Sports



**Multiple Sports** (Soccer, Basketball, T-Ball/Blast Ball, Kick Ball, Dodge Ball)

**Kids First:** Multi-Sports Development camp offers an introduction of different sports and games each day. Each child goes through a variety of running, jumping, and game drills that gets the kids cheering throughout these fun and rewarding sports.

A certified **Kids First** Coach will generate child sports interest to include: Kids coordination and balance, sports awareness, ball control, starting points, fun competitive sports drills, sharing & listening skills, game rules, game rewards, game challenge contests. **Kids Love It!**

Registration at: **Romeoville Recreation Department**

**Kids First Multi-Sports Camp**

Who: Boys & Girls ages 4-5, 6-11

Sessions: 5

When: **Mondays: Jan. 23-Feb. 20**

**Mondays: Feb. 27-Mar. 26**

\*\*\*Fun\*\*\*

**Time:** 3:15pm – 4:15pm 4-5 year olds

4:15pm – 5:15pm 6-11 year olds

Where: **Romeoville Recreation Department Gym**

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

Cost: \$52

Min./Max.: 6/24

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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: **Romeoville Recreation Department**  
**Kids First STEPS Blast Ball Program**

Who: Boys & Girls ages 4-5, 6-7

Sessions: 5

When: **Mondays: Jan. 23-Feb. 20**

**Mondays: Feb. 27-Mar. 26**

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

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

Where: **Romeoville Recreation Department Gym**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$52  
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 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!**

**Program offers:** 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: **Romeoville Recreation Department**  
**Kids First Badminton Program**

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

Sessions: 5

When: **Mondays: Jan. 23-Feb. 20**

**Mondays: Feb. 27-Mar. 26**

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

Where: **Romeoville Recreation Department Gym**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$52  
Min./Max. 6/24



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

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## 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)



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

Registration at: **Romeoville Recreation Department**

**Kids First Tumbling & Gymnastics Program**

Who: Boys & Girls ages 3-4, 5-6, 7-8, 9-14

Sessions: 5

When: **Tuesdays: Jan. 24-Feb. 21 (Series 1)**  
**Feb. 28-Mar. 27 (Series 2)**

**STEPS-1:** 3-4 year olds 4:30pm—5:15pm

**STEPS-1:** 5-6 year olds 5:15pm—6:00pm

**HS -1:** 7-8 year olds 6:00pm—6:45pm

**HS & Adv.-1:** 9-14 year olds 6:45pm—7:30pm

Where: **Romeoville Recreation Department Gym**

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

Cost: \$52

Min./Max.: 6/15

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## Kids First STEPS Kick Ball Program

Playing Baseball by kicking! Kick Ball is the most active game for 4 – 6 year olds.

Excellent Coaches set up a baseball diamond that includes a first base bag that honks. The game of baseball is played with a super soft dodge ball, no glove is needed. Each player kicks the ball once an inning and no scores are kept. Kids love chasing the dodge ball, throwing it, ducking it, running the bases, cheering for their teammates and playing the game.

**Kids First Sports Safety**, recognizes Kick 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: **Romeoville Recreation Department**

**Kids First: STEPS Kick Ball Program**

Who: Boys & Girls ages 4-6

Sessions: 5

When: **Tuesdays: Jan. 24-Feb. 21**

Time: 4:00pm – 4:45pm (4-6 yr. olds)

Where: **Romeoville Recreation Department Gym**

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

Cost: \$52

Min./Max.: 8/18

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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: **Romeoville Recreation Department**

**Kids First - T-Ball, Baseball Program**

Who: Boys & Girls ages 6-7, 8-11

Sessions: 5

When: **Tuesdays: Jan. 24-Feb. 21 (Series 1)**

**Tuesdays: Feb. 28-Mar. 27 (Series 2)**

**Time:** 4:45pm – 5:45pm (6-7 yr. olds)

5:45pm - 6:45pm (8-11 yr. olds)

Where: **Romeoville Recreation Department Gym**

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

Cost: \$52

Min./Max. 6/24



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

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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: **Romeoville Recreation Department**

**Kids First Volleyball Program**

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

Sessions: 5

When: **Wednesdays: Jan. 25– Feb. 22 (Series 1)**

**Wednesdays: Feb. 29-Mar. 28 (Series 2)**

**Spring Break Monday-Friday: Mar. 26-30 (Series 3)**

**Time:** 4:15pm – 5:15pm 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)

**Spring Break Time:** 2:00pm – 3:00pm 6-8 year olds (1<sup>st</sup> – 3<sup>rd</sup> Graders)

3:00pm – 4:00pm 9-14 year olds (4<sup>th</sup> – 8<sup>th</sup> Graders)

Where: **Romeoville Recreation Department Gym**

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

Cost: \$52

Min./Max.: 8/30



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

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## 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: **Romeoville Recreation Department**  
**Kids First Dodge Ball Program**  
Who: Boys & Girls ages 7-9, 10-14 separated within the Program  
Sessions: 5  
When: **Wednesdays: Jan. 25– Feb. 22 (Series 1)**  
**Wednesdays: Feb. 29-Mar. 28 (Series 2)**



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

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

Where: **Romeoville Recreation Department Gym**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$52  
Min./Max.: 8/24

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## Kids First Bowling

**Bowling!** Have a *Ball* with more strikes and spares! Combining Games and instruction... Experienced Coaches challenge bowlers' through competitive and fun drills that develop skills and higher scores.

**Program Offers:** Individual **championship matches & Team Championships.** 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: **Romeoville Recreation Department**  
**Kids First: Bowling (Fundamentals) Program**  
Who: Boys & Girls ages 6-8, 9-14 separated within the Program  
Sessions: 5  
When: **Saturdays: Feb. 18-Mar. 17 (Series 1)**  
**Saturdays: Mar. 24-Apr. 21 (Series 2)**



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

**Time:** 12:00pm –1:30pm 6-8 year olds (1<sup>st</sup> – 3<sup>rd</sup> Graders)  
12:00pm –1:30pm 9-14 year olds (4<sup>th</sup> – 8<sup>th</sup> Graders)

Where: **Vito's & Nick's Bowl & Pizza – State Street - Lemont**  
(8 years of Kids First Bowling)  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$65  
Includes: **Ball & Shoe Rental**  
Min./Max.: 8/24

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## Kids First Cheerleading

**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!

Registration at: **Romeoville Recreation Department**

**Kids First Cheerleading Program**

Who: Girls ages 5-6, 7-8, 9-14

Sessions: 5

When: **Tuesdays: Feb. 28-Mar. 27**



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

**Time:** 4:30pm – 5:15pm 5-6 year olds

5:15pm – 6:15pm 7-8, 9-14 year olds

Where: **Romeoville Recreation Department Gym**

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

Cost: \$52

Min./Max. 8/40

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# Spring Program & Camp Descriptions

## Kids First Spring Break Bowling Camp

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

**Camp Offers:** 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: **Romeoville Recreation Department**  
**Kids First Spring Break Bowling Camp**  
Who: Boys & Girls ages 6-8, 9-14 separated within the Camp  
Sessions: 5  
When: **Monday- Friday: Mar. 26-30**



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

**Time:** 12:00pm –1:30pm 6-8 year olds (1<sup>st</sup> – 3<sup>rd</sup> Graders)  
12:00pm –1:30pm 9-14 year olds (4<sup>th</sup> – 8<sup>th</sup> Graders)

Where: **Vito's & Nick's Bowl & Pizza – State Street - Lemont**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$65  
Includes: **Ball & Shoe Rental**  
Min./Max.: 8/24

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## 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: **Romeoville Recreation Department**  
**Kids First Tumbling & Gymnastics Program**  
Who: Boys & Girls ages 3-4, 5-6, 7-8, 9-14  
Sessions: 5  
When: **Tuesdays: Apr. 3-May 1 (Series 1)**  
**May 8-June 5 (Series 2)**



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

**STEPS-1:** 3-4 year olds 4:30pm—5:15pm  
**STEPS-1:** 5-6 year olds 5:15pm—6:00pm  
**HS -1:** 7-8 year olds 6:00pm—6:45pm  
**HS & Adv.-1:** 9-14 year olds 6:45pm—7:30pm

Where: **Romeoville Recreation Department Gym**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$52  
Min./Max.: 6/15

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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: **Romeoville Recreation Department**

**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: **Romeoville Recreation Department Field**

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

Cost: \$65

Min./Max. 8/38

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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: **Romeoville Recreation Department**

**Kids First Soccer (Fundamentals) Program**

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

Sessions: 6

When: **Saturdays: Apr. 14 – May 19**

**Time:** 12:00pm-12:45pm (4-5 yr. olds)  
12:45pm-1:45pm (6-8 yr. olds)  
1:45pm-2:45pm (9-14 yr. olds)

Where: **Romeoville Recreation Department Field**

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

Cost: \$59

Min./Max.: 8/24



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

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## Kids First Multi-Sports



**Multiple Sports (Soccer, Basketball, T-Ball/Blast Ball, Kick Ball, Dodge Ball)**

**Kids First:** Multi-Sports Development camp offers an introduction of different sports and games each day. Each child goes through a variety of running, jumping, and game drills that gets the kids cheering throughout these fun and rewarding sports.

A certified **Kids First** Coach will generate child sports interest to include: Kids coordination and balance, sports awareness, ball control, starting points, fun competitive sports drills, sharing & listening skills, game rules, game rewards, game challenge contests. **Kids Love It!**

Registration at: **Romeoville Recreation Department**  
**Kids First Multi-Sports Camp**

\*\*\*Fun\*\*\*

Who: Boys & Girls ages 4-5, 6-11

Sessions: 5

When: **Mondays: Apr. 9 – May 7**

**Mondays: May 14 – June 11**

**Time:** 3:15pm – 4:15pm 4-5 year olds

4:15pm – 5:15pm 6-11 year olds

Where: **Romeoville Recreation Department Gym**

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

Cost: \$52

Min./Max.: 6/24

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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: **Romeoville Recreation Department**

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

**Kids First STEPS Blast Ball Program**

Who: Boys & Girls ages 4-5, 6-7

Sessions: 5

When: **Mondays: Apr. 9 – May 7**

**Mondays: May 14 – June 11**

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

Where: **Romeoville Recreation Department Gym**

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

Cost: \$52

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 Baseball

### Let's hit it!

**Kids First** Certified Coaches offer a Baseball program that teaches kids through the season.

**Baseball:** Player safety & fundamentals preparation, individual Baseball skills, techniques on: fielding, hitting, throwing, running; Plus- game rules and sportsmanship during the baseball season.

Registration at: **Romeoville Recreation Department**

**Kids First: Baseball Program**

Who: Boys & Girls ages 4-5, 6-10

Sessions: 5

When: **Wednesdays Apr. 11-May 9**



(Safety & Fundamentals)

**Time:** 5:00pm – 6:00pm (4-5 yr. olds)  
6:00pm – 7:00pm (6-10 yr. olds)

Where: **Romeoville Recreation Department Field**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$52  
Min./Max.: 8/24

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## Kids First Lacrosse Fundamentals Program

**Lacrosse- Raise a Stick!** Lacrosse is a fast pace game that challenges players to get into great physical shape and learn a variety of skills such as eye-hand-stick coordination.

**Excellent Coaches** will focus on teaching lacrosse skills, while learning: lacrosse techniques, player positions, body balance, and first step directional movements. Plus: Practice techniques, stick handling, shooting, understanding goal keepers, game awareness, and concludes with a championship lacrosse match.

Registration at: **Romeoville Recreation Department**

**Kids First Lacrosse Fundamentals Program**

Who: Ages 9-15

Sessions: 5

When: **Wednesdays: Apr. 11- May 9**



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

**Time:** 5:30pm – 6:45pm

Where: **Romeoville Recreation Department Field**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$59  
Equipment: Kids first will provide equipment to participants that need it

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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: **Romeoville Recreation Department**  
**Kids First Tennis Program**  
Who: Boys & Girls ages 6-8, 9-14 separated within the Camp  
Sessions: 5  
When: **Saturdays: Apr.28-May 26**

**Time:** 9:00 am – 10:30 am (6-8 year olds)  
10:30 am -12:00 pm (9-14 year olds)

Where: **Romeoville Recreation Department- Tennis Courts**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$69  
Min./Max. 6/24



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

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

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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 **Romeoville Recreation Department**  
**Kids First Volleyball League Program**  
Who: Boys & Girls ages 9-14  
Sessions: 5  
When: **Saturdays: May 28 – June 25**

**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: **Romeoville Recreation Department Gym**  
Instructor: Staff from **Kids First Sports Safety, Inc.**  
Cost: \$62  
Min./Max.: 8/30



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

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

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## Kids First Basketball League

**Hoop it up!** Basketball league with fundamental instruction by Kids First Certified Coaches. Basketball preparation prior to games include: techniques on Shooting, Dribbling, Passing, speed & quickness, body balance, first step directional movements, and floor spacing.

Games are played each session, concluding with a championship game on the last day. Players will be placed on teams throughout the program with same team assignments for sessions 4 & 5. Get your game on!

Registration at **Romeoville Recreation Department**

**Kids First Basketball League**

Who: Boys & Girls ages 5-6, 7-9, 10-14 separated within the Program

Sessions: 5

When: **Saturdays: May 28-June 25**

**Time:** 9:00am – 10:15am (5-6 yr. olds)  
10:15am – 11:30am (7-9 yr. olds)  
11:30am – 12:45am (10-14 yr. olds)

Where: **Romeoville Recreation Department Gym**

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

Cost: \$62

Min./Max. 6/24



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

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

**Sign-up Now!**

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