

Spring-12



KIDS FIRST SPORTS SAFETY INC.

www.kidsfirstsports.net

630-257-5438

Age Group: Kids First Higher Standards (6-14 year olds)

Winfield Park District

630-653-3811

www.winfieldparkdistrict.com

Locations: Winfield Park District Gym, Fields

Address: 0 N 020 County Farm Road

Programs

New Adult Volleyball: Apr. 12-May 10, May 17-June 14
Volleyball: Apr. 12-May 10, May 17-June 14
Soccer: Apr. 28-May 26
New Adult Tennis: May 5-June 2
Tennis: May 5-June 2

-Rain cancellations: time equally added to remaining days of program-

Sign-up Today!

Lower Prices – Quality Programs & Camps

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

Program & Camp Descriptions

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: Winfield Park District

Kids First Volleyball Program

Who: Adults (15 YEARS +)

Sessions: 5

When: Adults Thursdays: Apr. 12-May 10 (Series 1)
May 17-June 9 (Series 2)

Time: 8:15pm – 9:15pm

Boys & Girls THURSDAYS: Apr. 12-May 10 (Series 1)
May 17-June 9 (Series 2)

Time: 4:15pm – 5:15pm 9-14 year olds (4th – 8th Graders)

Where: Winfield Park District Gym

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 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: Winfield Park District

Kids First Soccer (Fundamentals) Program

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

Sessions: 5

When: Saturdays: Apr. 28 – May 26

Time: 9:00pm-10:00pm (6-8 yr. olds)
10:00pm-11:00pm (9-14 yr. olds)

Where: Winfield Park District Field (PRAIRIE TRAIL PARK)

Instructor: Staff from Kids First Sports Safety, Inc.

Cost: \$59

Min./Max.: 8/24



Safe

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

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: **Winfield Park District**
Kids First Tennis Program

Who: Adults, Boys & Girls ages 8-14 separated within the program

Sessions: 5

When: **Saturdays: May 5-June 2**

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

Where: **Winfield Park District- Tennis Courts**

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

Cost: \$69

Min./Max. 6/24



Major Fun

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Sign-up Today!
