

Winter-Spring-12



KIDS FIRST SPORTS SAFETY INC.

www.kidsfirstsports.net

630-257-5438

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

Winter-Spring-12 Woodridge Park District

www.woodridgeparks.org

630-353-3300

Locations: *Jefferson Junior High School (Woodridge), **Community Park (Woodridge),
Vito & Nicks (Lemont), *4-Lakes Village (Lisle)

Higher Standards Programs & Camps

Holiday Bowling: M-Fri. Dec. 19-23, Tues.-Fri. Dec. 27-30
Holiday Flag Football: M-Thur. Dec. 19-23
Holiday Volleyball: M-Thur. Dec. 19-23
Holiday Basketball: Tues.-Fri. Dec. 27-30
Pre-Season Baseball: Sat. Jan. 7-Feb. 4
Bowling: Sat. Jan. 7-Feb. 4, Feb. 11-Mar. 10
Volleyball: Mon. Jan. 9-Feb. 13 (off 1/16), Feb. 20-Mar. 19, Apr. 2-30
Dodge Ball: Tues. Jan. 10-Feb. 7, Feb. 14-Mar. 13, Mar. 20-Apr. 24 (off 3/27)
Basketball: Wed. Jan. 11-Feb. 8, Feb. 15-Mar. 14
Spring Break Volleyball: Mon.-Fri. Mar. 26-30
Spring Break Baseball: Mon.-Fri. Mar. 26-30
Spring Break Basketball: Mon.-Fri. Mar. 26-30
Spring Break Bowling: Mon.-Fri. Mar. 26-30
Lacrosse: Tues. Apr. 3-May 1, May 8-June 5
Baseball: Mon. Apr. 9-May 7
Spring Flag Football League: Sat. Apr. 14-May 19
Golf: Sat. Apr. 14-May 12
Volleyball League: Sat. Apr. 28-May 26
Tennis League: Sat. Apr. 28-May 26

STEPS Programs & Camps

Blast Ball: Sat. Jan. 14-Feb. 11, Feb. 18-Mar. 17
Baseball: Tues. Apr. 9-May 7 see Higher Standards description
Golf: Sat. Sat. Apr. 14-May 12 see Higher Standards description

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

Sign-up Now!



Kids First Sports Safety, Inc. is honored to have the opportunity to train youth sports athletes in the Fox Valley community with the support of Fox Valley Park District & Sports Complex Operations.

Kids First Certified Coaches are the difference maker when it comes to teaching athletes sports fundamentals, Safety, and skills in the sport of their choosing. Special pricing is now being offered by Kids First; Sign-up for your camp today.



New Basketball Coaches Clinic

Senior level Kids First Certified Coach will present a power point presentation at Fox Valley Vaughan Center.

Free Basketball Coaches Clinic for volunteer coaches.

Power Point Presentation covers basketball practice drills, pro-actively demonstrated with participants during the clinic.

Volunteer Coaches Benefit by their use of time, organization, and control during basketball practices and games. Moreover, in teaching basketball fundamentals, skills, and safety; Kids will benefit greatly throughout the season.

Registration at: **Fox Valley- Vaughan**
Kids First: Basketball Coaches Clinic

(Safety & Fundamentals)

Who: Volunteer Coaches

Sessions: 1

When: **Wednesday Dec. 7**

Time: 6:30pm – 8:30pm (Adults)

Coaches Clinic Cost: \$11/hr. participant 2 hour min. 22 coach min. (Paid by Park District)

Where: **Vaughan Center**

Instructor: **Kids First Senior Level Certified Coach**

Cost: Free

Min./Max.: 22/44

Power Point Presentation

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



Basketball Players: Safety Certification

Kids First Certified Coaches prepare players by providing hands-on safety preparation that pro-actively reduces child injuries. Further, Players will be taught how to prepare their bodies to withstand physical contact to play this sport by using a Kids First checklist process.

Basketball Player Safety Certification assists Volunteer Basketball Coaches in the following areas:

- Safer players
- Body preparation safety standards
- Provides a starting point for volunteer coaches
- Brings more parents & kids into a safer Basketball league
- Enhances Pre-Season Basketball sports training

Safety Certification Cost: \$11/participant 1.50 hours (Paid by Park District)

Registration at: **Fox Valley- Vaughan** (Safety & Fundamentals)

Kids First: Basketball Player Safety Certification

Who: Basketball Players

Sessions: 1

When: **Saturday Dec. 10**

Time: 9:00am – 10:30am (6-9 yr. olds)
10:30am – 11:20:00pm (10-14 yr. olds)

Where: **Vaughan Center**

Instructor: **Kids First Senior Level Certified Coach**

How Much: Free

Min./Max.: 2/44

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



Basketball Player: Evaluation

Kids First Certified Coaches evaluate individual Basketball players through a series of selected drills (1-4 rating) to establish fair and balanced teams for league play.

The evaluations assist League Directors in the following areas:

- Talent levels
- Geographical territory assignments
- League drafts
- Pre-assigned teams
- Avoids favoritism
- League organization
- Time saver

Player Evaluation Cost: \$11/participant 1.25 hours (Paid by Park District)

Registration at: **Fox Valley- Vaughan** (Safety & Fundamentals)

Kids First: Basketball Player Evaluation

Who: Basketball Players

Sessions: 1

When: **Saturday Dec. 10**

Time: 1:00pm – 2:15pm (6-9 yr. olds)
2:30pm – 3:45pm (10-14 yr. olds)

Where: **Vaughan Center**
Instructor: **Kids First Senior Level Certified Coach**
How Much: Free
Min./Max.: 22/44

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



Safety Referees

Kids First Certified Coaches referee youth sports games through organized leagues.

The normal referee duties apply per sport. **Kids First** Safety Referees are trained to watch player safety concerns during a game & quickly convey to the player safety corrections.

The **Kids First** Safety Referees assist League Directors in the following areas:

- Safer players
- Less injuries
- Greater understanding of body balance
- Players purpose during a play
- Specifically trained Referees per league specifications
- One point of contact with **Kids First** Safety Referees
- Time saver

Safety Referee Cost: TBD (Paid by Park District)

Kids First Safety Referees:

Flag Football
Tackle Football
Baseball
Softball
Basketball
Soccer
Volleyball

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

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 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: **Woodridge Park District**
Kids First Holiday Bowling Camp

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

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

Sessions: 5

Cost: \$69

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

Sessions: 4

Cost: \$59

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

Where: **Vito's & Nick's Bowl & Pizza – State Street - Lemont**

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

Includes: **Ball & Shoe Rental**

Min./Max.: 8/24



Fundamentals

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

Kids First Holiday Flag Football Camp

Holiday Touchdown! Kids First Instructors 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!**

Camp offers: skill positions training, techniques on speed & quickness, body balance, first step directional movements, football safety awareness and sportsmanship.

Registration at: **Woodridge Park District**
Kids First Holiday Flag Football Camp

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

Sessions: 5 (**inside Activity**) [Players have Fun & our challenged](#)

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

Time: 9:00am – 10:00am 6-8 year olds (1st – 3rd Graders)
10:00am – 11:00pm 9-14 year olds (4th – 8th Graders)

Where: **Jefferson Jr. High School**

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

Cost: \$59

Min./Max. 6/24



Major Fun

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

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: **Woodridge Park District**
Kids First Holiday Volleyball Camp
Who: Boys & Girls ages 6-8, 9-14 separated within the Program
Sessions: 5
When: **Monday-Friday: Dec. 19-23**



Time: 11:30am – 12:30pm 6-8 year olds
12:30pm – 1:30pm 9-14 year olds

Where: **Jefferson Jr. High School**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$59
Min./Max.: 8/20

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: **Woodridge Park District**
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. 27-30**



*****Awesome Fun*****

Time: 9:00am – 10:00am 4-5 year olds
10:00am – 11:00am 6-8 year olds (1st -3rd Graders)
11:00am – 12:00pm 9-14 year olds (4th – 8th Graders)

Where: **Jefferson Jr. High School Gym**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$52
Min./Max. 6/24

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

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: **Woodridge Park District**
Kids First: Pre-Season Baseball Training Program
Who: Boys & Girls ages 4-5, 6-10
Sessions: 5
When: **Saturdays: Jan. 7-Feb. 4**



(Safety & Fundamentals)

Time: 12:00pm – 1:00pm (4-5 yr. olds)
1:00pm – 2:00pm (6-10 yr. olds)

Where: **Jefferson Jr. High School Field**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$65
Min./Max.: 8/24

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

Kids First Winter Bowling Program

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. Bowlers' learn: body balance, follow through, ball locations, spins, lane symbols, ball speeds, scoring, practice tips, safety awareness and sportsmanship. The last session is the bowling championship.

Registration at: **Woodridge Park District**
Kids First: Bowling (Fundamentals) Program
Who: Boys & Girls ages 6-8, 9-14 separated within the Program
Sessions: 5
When: **Saturdays: Jan. 7-Feb. 4 (Series 1)**
Saturdays: Feb. 11-Mar. 10 (Series 2)



Major Fun

Time: 12:00pm –1:30pm 6-8 year olds (1st – 3rd Graders)
12:00pm –1:30pm 9-14 year olds (4th – 8th 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: \$69
Includes: **Ball & Shoe Rental**
Min./Max.: 8/24

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

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. Plus, volleyball skills challenge contest & championship volleyball game. **PLUS:** serving, bumping, setting, spiking, techniques on speed & quickness and body balance.

Registration at: **Woodridge Park District**
Kids First Volleyball Program

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

Sessions: 5

When: **Mondays: Jan. 9– Feb. 13 (Series 1) (off 1/16)**
Mondays: Feb. 20 – Mar. 19 (Series 2)
Mondays: Apr. 2- 30 (Series 3)

Time: 6:30pm – 7:30pm 6-8 year olds (1st – 3rd Graders)
7:30pm – 8:30pm 9-14 year olds (4th – 8th Graders)

Where: **Jefferson Jr. High School**

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

Cost: \$65

Min./Max.: 8/30



Fundamentals

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

Kids First Dodge Ball Program

Dodger Rodger! 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: **Woodridge Park District**
Kids First Dodge Ball Program

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

Sessions: 5

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

Time: 6:30pm – 7:30pm 7-9, year olds
7:30pm - 8:30pm 10-14 year olds

Where: **Jefferson Jr. High School- Gym**

Min./Max.: 8/24

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

Cost: \$59



Super Safe Dodge Balls

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

Kids First Basketball (Fundamentals) Program

Hoop it up! Basketball program is fundamental with preparation & games. Players will be fulfilled with new basketball *skills* and *safety* to make them game ready. Players are taught techniques on Shooting, Dribbling, Passing, speed & quickness, body balance, first step directional movements, and floor spacing; Championship game concludes each program.

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: Woodridge Park District

Kids First Basketball (Fundamentals) Program

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

Sessions: 5

When: Wednesdays: Jan. 11-Feb. 8 (Series 1)

Wednesdays: Feb. 15-Mar. 14 (Series 2)



Awesome Fun

Time: 6:30pm – 7:30pm 6-8 year olds (1st -3rd Graders)
7:30pm – 8:30pm 9-14 year olds (4th – 8th Graders)

Where: Jefferson Jr. High School Gymnasium

Instructor: Staff from Kids First Sports Safety, Inc.

Cost: \$65

Min./Max. 6/24

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

Kids First Spring Break Volleyball Camp

Spring into 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: Woodridge Park District

Kids First Spring Break Volleyball Camp

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

Sessions: 5

When: When: Monday-Friday: Mar. 26-30



Awesome Fun

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

Where: Jefferson Jr. High School

Instructor: Staff from Kids First Sports Safety, Inc.

Cost: \$49

Min./Max.: 8/20

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

Kids First Spring Break Baseball Camp

Baseball! It's a HIT! instruction & Games! This camp challenges all players through fun competitive baseball drills and games that will maximum player potential: Parents have call Kids First baseball mandatory for **fundamentals, safety, and skills** training. Kids Love It!!

Camp Offers: Baseball Skills Competition: Hitting, Fielding, Running & **Championship** Baseball Game. **PLUS-** position training, batting techniques, body balance, throwing, fielding, first step directional movements, pitching, base running and sportsmanship.

Registration at: **Woodridge Park District**

Kids First Spring Break Baseball Camp

Who: Boys & Girls ages 6-8, 9-12

Sessions: 5 (Indoor Activity)

When: **Monday – Friday: Mar. 26 – 30**



Fundamentals

Time: 11:00am —12:00pm 6-8 year olds
12:00pm —1:00pm 9-12 year olds

Where: **Jefferson Jr. High School- Gym**

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

Cost: \$49

Min./Max. 6/28

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

Kids First Spring Break Basketball Camp

Spring to the basket! 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: **Woodridge Park District**

Kids First Spring Break Basketball Camp

Who: Boys & Girls ages 4-5, 6-8, 9-13 separated within the Program

Sessions: 5

When: **Monday-Friday: Mar. 26-30**



Awesome Fun

Time: 1:00pm – 2:00pm 4-5 year olds
2:00pm – 3:00pm 6-8 year olds (1st -3rd Graders)
3:00pm – 4:00pm 9-13 year olds (4th – 7th Graders)

Where: **Jefferson Jr. High School Gym**

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

Cost: \$49

Min./Max. 6/24

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

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: **Woodridge Park District**
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 (1st – 3rd Graders)
12:00pm –1:30pm 9-14 year olds (4th – 8th Graders)

Where: **Vito's & Nick's Bowl & Pizza – State Street - Lemont**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$79
Includes: **Ball & Shoe Rental**
Min./Max.: 8/24

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

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: **Woodridge Park District**
Kids First Lacrosse Fundamentals Program
Who: Ages 9-15
Sessions: 5
When: **Tuesdays: Apr. 3- May 1**
Tuesdays: May 8- June 5



*****Fundamentals*****

Time: 5:30pm – 6:45pm

Where: **Jefferson Jr. High School- Soccer Field**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$65
Equipment: Kids first will provide equipment to participants that need it

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

Kids First 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 **Woodridge Park District**

Kids First: Baseball Training Program

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

Sessions: 5

When: **Mondays Apr. 9-May 7**

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

Where: **Jefferson Jr. High School Field**

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

Cost: \$59

Min./Max.: 8/24



(Safety & Fundamentals)

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

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!

Registration at **Woodridge Park District**

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 (1st – 3rd Graders)
10:15am – 11:30am 9-14 year olds (4th – 8th Graders)

Where: **Jefferson Jr. High School- Soccer Field**

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

Cost: \$75

Min./Max. 8/38



Safe Football Fundamentals

Kids First: Golf Fundamentals

Wow What a Hit! Feel the excitement of striking the golf ball better than you ever imagined! This new instructional program challenges all golfers to play consist golf.

Experienced coaches teach valuable golf instruction on the following: Hand grips, feet position, body balance, head-eye-shoulder positioning, putting, and chipping, short irons, long irons, T-shots, woods, and golf etiquette. A championship golf skills challenge will conclude the program.

Registration at **Woodridge ark District**
Kids First Golf Fundamentals Program
Who: Boys & Girls ages 4-5, 6-8 & 9-12
Sessions: 5
When: **Saturdays: Saturdays: Apr. 14-May 12**



Quality Golf Program

Time: 8:30am-9:30am 4-5 year olds
9:30am- 10:30am 6-8 year olds (1st - 3rd Graders)
10:30am- 11:30am 9-12 year olds (4th - 6th Graders)

*rain cancellations: time equally added to remaining days of program.

Where: **Jefferson Jr. High School Field**
Instructor: Staff from **Kids First Sports Safety, Inc.**
Cost: \$59
Min./Max.: 8/20
*golf clubs required

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

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 **Woodridge Park District**
Kids First Volleyball League Program
Who: Boys & Girls ages 9-14
Sessions: 5
When: **Saturdays: Apr. 28-May 26**



Super Fun

Time: 9:00am - 10:15am 6-8 year olds (1st - 3rd Graders)
10:15am - 11:30am 9-14 year olds (4th - 8th Graders)

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

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 **Woodridge Park District**
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: **Woodridge Park District- Tennis Courts**

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

Cost: \$69

Min./Max. 6/24



Major Fun

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

STEPS Program & Camp Descriptions

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 [Woodridge Park District](#)
[Kids First STEPS Blast Ball Program](#)

Quality Beginners Sport

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

Sessions: 5

When: **Saturdays: Jan. 14-Feb. 11 (Series 1)**
Saturdays: Feb. 18-Mar. 17 (Series 2)

Time: 9:00am – 9:45am 4-5 year olds
9:45am – 10:30am 6-7 year olds

Where: [Woodridge Park District All Purpose Room](#)

Instructor: Staff from [Kids First Sports Safety, Inc.](#)

How Much: \$59

Min./Max. 8/24

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

Kids First Pre-Season Baseball Training Program

Mondays: Apr. 9- May 7



Pre-Season Baseball Training Program

Let's hit it! See Description in Higher Standards

Kids First: Golf Fundamentals Program

Saturdays: Apr. 14-May 12



Let's strike it! See Description in Higher Standards

Sign-up Now!
