

## SUMMER, 2012

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### **Kids First Sport Camps (Ages 6-14)**

#### **Centennial Park & Core Gym**

New Low Camp Fee: \$109 five 3 hour sessions

New Low Program Fee: \$45 four 1 hour sessions

#### **Kids First Tennis - Centennial Park – Tennis Courts**



Serve it! Experience the competition of Tennis! This camp offers racket skill positions training, techniques on ball spins, speed & quickness techniques, body balance, first step directional movements, safety awareness & sportsmanship. Players will have daily skills contest and a championship tennis match.

<b>Class#</b>	<b>Age</b>	<b>Date</b>	<b>Day</b>	<b>Time</b>	
101420A	6 – 8	6/4-6/8	M-F	9-12	Mn6/Mx18
101420B	9 – 14	6/4-6/8	M-F	9-12	
101420C	6 – 8	6/11-6/15	M-F	9-12	Mn6/Mx18
101420D	9 – 14	6/11-6/15	M-F	9-12	
101420E	6 – 8	7/30-8/3	M-F	9-12	Mn6/Mx18
101420F	9 – 14	7/30-8/3	M-F	9-12	
101420G	6 – 8	8/6-8/10	M-F	9-12	Mn6/Mx18
101420H	9 – 14	8/6-8/10	M-F	9-12	

#### **Kids First Volleyball - Core - gym**



Spike it! Fun & instructional camp offers competitive drills for skills training: serving, bumping, setting, spiking, speed & quickness training, body balance, leading to games & concludes with a championship game.

<b>Class#</b>	<b>Age</b>	<b>Date</b>	<b>Day</b>	<b>Time</b>
101419A	6 – 8	6/11-6/15	M-F	9-12
101419B	9 – 14	6/11-6/15	M-F	9-12
101419C	6 – 8	7/9-7/13	M-F	9-12
101419D	9 – 14	7/9-7/13	M-F	9-12
101419E	6 – 8	6/5-6/26	Tu.	5-6
101419F	9 – 14	6/5-6/26	Tu.	6-7

#### **Kids First Flag Football - Centennial Park (Plateau – Southwest corner/field west of “CORE”)**



Touchdown! Are you ready for some football? This camp offers skill positions training, techniques on passing, catching, blocking, speed & quickness, body balance, plus flag football games & a championship game.

<b>Class#</b>	<b>Age</b>	<b>Date</b>	<b>Day</b>	<b>Time</b>
101416A	6 – 8	6/11-6/15	M-F	9-12
101416B	9 – 14	6/11-6/15	M-F	9-12
101416C	6 – 8	6/9-6/30	Sa.	3-4
101416D	9 – 14	6/9-6/30	Sa.	4-5



### **Kids First Bowling** –Lemont Lanes – Vito’s & Nick’s 1015 State Street

Bowl thru the Heat! This camp offers individual bowling matches and team games. Bowlers learn body balance; follow through, ball locations, spins, lane symbols, ball speeds, plus last day championship.

<b>Class#</b>	<b>Age</b>	<b>Date</b>	<b>Day</b>	<b>Time</b>
<b>101421A</b>	6 – 8	6/18-6/22	M-F	11-2
<b>101421B</b>	9 – 14	6/18-6/22	M-F	11-2
<b>101421C</b>	6 – 8	7/9-7/13	M-F	11-2
<b>101421D</b>	9 – 14	7/9-7/13	M-F	11-2



### **Kids First Basketball - Core - gym**

I’ve got game! This camp will focus on techniques on shooting, dribbling, passing, speed & quickness, body balance, first step directional movements, floor spacing, basketball safety awareness and sportsmanship. Players will have daily skills contest and a championship game at the conclusion of camp.

<b>Class#</b>	<b>Age</b>	<b>Date</b>	<b>Day</b>	<b>Time</b>
<b>101415A</b>	6 – 8	6/18-6/22	M-F	9-12
<b>101415B</b>	9 – 14	6/18-6/22	M-F	9-12
<b>101415C</b>	6 – 8	7/16-7/20	M-F	9-12
<b>101415D</b>	9 – 14	7/16-7/20	M-F	9-12
<b>101415E</b>	6 – 8	6/9-6/30	Sa.	9-10
<b>101415F</b>	9 – 14	6/9-6/30	Sa.	10-11
<b>101415G</b>	6 – 8	7/14-8/4	Sa.	9-10
<b>101415H</b>	9 – 14	7/14-8/4	Sa.	10-11

# ***New***

### **Kids First Track & Field - Centennial Park (Plateau – Southwest corner/field west of “CORE”)**

Run with a smile! Speed, quickness, and agility camp through Track & Field events. Excellent coaches teach sprinting, jumping, running and throws in a safe and fundamental manner. Great competition events.

<b>Class#</b>	<b>Age</b>	<b>Date</b>	<b>Day</b>	<b>Time</b>
<b>101422A</b>	6 – 8	6/26-6/30	M-F	9-12
<b>101422B</b>	9 – 14	6/26-6/30	M-F	9-12
<b>101422C</b>	6 – 8	7/23-7/27	M-F	9-12
<b>101422D</b>	9 – 14	7/23-7/27	M-F	9-12
<b>101422E</b>	6 – 8	7/14-8/4	Sa.	12-1
<b>101422F</b>	9 – 14	7/14-8/4	Sa.	1-2



### **Kids First Soccer - Centennial Park – Soccer Field**

Take a soccer break! Experienced coaches teach ball handling, passing, kicking, punting, goalie positioning through fun competitive drills that is fundamental. Soccer games & championship conclude the camp.

<b>Class#</b>	<b>Age</b>	<b>Date</b>	<b>Day</b>	<b>Time</b>
<b>101417A</b>	6 – 8	7/9-7/13	M-F	9-12
<b>101417B</b>	9 – 14	7/9-7/13	M-F	9-12
<b>101417C</b>	6 – 8	7/30-8/3	M-F	9-12
<b>101417D</b>	9 – 14	7/30-8/3	M-F	9-12
<b>101417E</b>	6 – 8	6/9-6/30	Sa.	12-1
<b>101417F</b>	9 – 14	6/9-6/30	Sa.	1-2



### **Kids First Badminton**

Badminton Anyone! This fun Camp will focus on teaching badminton game techniques for handling the racket, directing the birdie, playing with a partner and being part of a team. Games are played throughout the camp and conclude with a championship singles, doubles match. Kids Love it!

<b>Class#</b>	<b>Age</b>	<b>Date</b>	<b>Day</b>	<b>Time</b>
<b>320115A</b>	8-10	8/6-8/10	M-F	9-12
<b>320115B</b>	11-15	8/6-8/10	M-F	9-12
<b>320115C</b>	8-10	8/11-9/1	Sa.	9-10
<b>320115D</b>	11-15	8/11-9/1	Sa.	10-11

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

Notes: Bring a water bottle each day.

Refunds: No refunds will be issued after a class has begun.