



FALL SPORTS CLASSES

Ages 2-5 • Boys & Girls

RIVER EDGE

In association with River Edge Recreation Department



USA's Soccer Squirts is the perfect soccer class for boys and girls age 3 to 5. Often limited, never duplicated; learn the game through a series of fun based games and scrimmages.

Each session focuses on maximizing participation and learning the fundamental skills of soccer through a variety of fun structured activities, all designed to stimulate a child's imagination and develop motor skills.

Boundaries & Exploration • Movement with the ball
Control • Passing • Shooting



T-Ball Squirts is a great way to introduce your young sluggers to the exciting game of baseball and softball! Focus is on the fundamental skills of the game; hitting, throwing, catching and running the bases.

Using safe and developmentally appropriate equipment, core components of T-Ball are learned through a series of fun games and activities designed to reinforce fundamental skills and incorporate game situations.

Hitting • Running the bases • Fielding / Catching
Field Positioning • Team Work



Want to try a variety of sports? The Total Sports Squirts program is ideal for the child who wants to try their hand at a little of everything, allowing children to experience a new sport in each session of the program.

Participants have the opportunity to try lacrosse, soccer, basketball, t-ball, floor hockey, parachute games and more, in a safe, fun and structured environment.

Soccer • Basketball • Lacrosse
T-Ball • Hockey



The US Sports Institute's Parent & Me Sports Squirts programs have been designed to introduce children aged 2-3 years old to a variety of sports, games and group activities, all with the help of Mom or Dad!

All our progressive curriculums enable you and your child to work together to learn the key skills and techniques in each sport. Parent & Me classes are offered in Total Sports Squirts and Soccer Squirts.

Movement & Coordination - Spatial Awareness - Gross Motor Skills
Sport Specific Technique - Balance

FALL 2014 LISTINGS

All programs take place at River Edge Memorial Park

| Code | Day | Date | Time | Age | Fee |
|------|-----|------|------|-----|-----|
|------|-----|------|------|-----|-----|

Soccer Squirts

| | | | | | |
|---------|-----|------------|-----------------|--------|-------|
| SQ24157 | Fri | 9/19-10/24 | 4:00 PM-5:00 PM | 3 to 5 | \$115 |
| SQ24166 | Fri | 9/19-10/24 | 5:15 PM-6:15 PM | 3 to 5 | \$115 |

Total Sports Squirts

| | | | | | |
|---------|-----|------------|-----------------|--------|-------|
| SP24171 | Thu | 9/18-10/23 | 4:00 PM-5:00 PM | 3 to 5 | \$115 |
| SP24175 | Thu | 9/18-10/23 | 5:00 PM-6:00 PM | 3 to 5 | \$115 |

T-Ball Squirts

| | | | | | |
|---------|-----|------------|-----------------|--------|-------|
| TB24182 | Mon | 9/22-10/27 | 4:00 PM-5:00 PM | 3 to 5 | \$115 |
| TB24183 | Mon | 9/22-10/27 | 5:00 PM-6:00 PM | 3 to 5 | \$115 |

Total Sports Squirts Parent and Me

| | | | | | |
|---------|-----|------------|-----------------|--------|-------|
| PM24184 | Mon | 9/22-10/27 | 4:00 PM-4:50 PM | 2 to 3 | \$115 |
| PM24185 | Mon | 9/22-10/27 | 5:00 PM-5:50 PM | 2 to 3 | \$115 |

September 3rd the cost of these classes will increase to \$140. Please register early to avoid incurring the late fee.

EARLY BIRD 10% DISCOUNT:

Use coupon code **FALLEB14**

See online for terms & conditions



(866) 345-BALL
USsportsInstitute.com

