



SQUIRTS CLASSES

Ages 3-7 ♦ Boys & Girls

LEONIA

In Association with Leonia Recreation Department



USA's Soccer Squirts® is the original age 3-7 soccer class. Often imitated, never duplicated; learn the game in a safe, fun environment with professional coaches.



Soccer Squirts® learn the fundamentals of soccer through a program of structured activities and fun based games designed to stimulate a child's imagination and develop motor skills.



- ♦ Boundaries/exploration
- ♦ Movement with the ball
- ♦ Changing direction
- ♦ Changing speeds
- ♦ Passing
- ♦ Control
- ♦ Shooting
- ♦ Spatial awareness



Want to try a bunch of different sports? Sports Squirts® is the answer as it allows children to experience a new sport during each week of the program.



Sports Squirts® will sample: Lacrosse, Soccer, Hockey, Basketball, T-Ball, Parachute games and more, all in a safe, structured & fun environment with particular focus on hand/eye coordination, movement, balance & spacial awareness.



- ♦ Soccer
- ♦ Basketball
- ♦ Lacrosse
- ♦ T-Ball
- ♦ Hockey
- ♦ Parachute

WINTER 2012 LISTINGS

Code	Day	Date	Time	Age	Fee
SOCCER SQUIRTS					
SQ11002	Thu	1/26 – 3/15	3:30 PM – 4:30 PM	3 to 5	\$125
SPORTS SQUIRTS					
SP11003	Thu	1/26 – 3/15	4:30 PM – 5:30 PM	3 to 5	\$125

Classes take place at: Leonia Recreation Center

Class consists of 7 x 1 hr sessions

Please note this is an indoor class

Please note there will be a miss date February, 22

HOW TO REGISTER

Online at: www.USSportsInstitute.com

By Phone: (732) 563 2520

*By Mail to: US Sports Institute,
12 Maiden Lane, Suite 3,
Bound Brook, NJ 08805

*A printable registration form can be found online.



UnitedSoccerAcademy.com

CALL TODAY
866-345-BALL

USSportsInstitute.com

