FALL SPORTS CLASSES
Ages 2-7 • Boys & Girls
MONTCLAIR
In association with Montclair State University

FALL 2014 LISTINGS
All programs take place at the Student Recreation Center

<table>
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<th>Code</th>
<th>Day</th>
<th>Date</th>
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<th>Age</th>
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<td>TB24050</td>
<td>Sun</td>
<td>9/21</td>
<td>9:00 AM − 10:00 AM</td>
<td>3 to 5</td>
<td>$155</td>
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<tr>
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15% SCHOOL DISCOUNT:
Use coupon code FALLSCHFLYER14
Code is valid between September 3 – September 14
Code only valid on weekly programs listed. 

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

Pre-Academy Soccer
ages 5-7

The path to becoming a real soccer player; Pre-Academy is the ideal step for players that have graduated United Soccer Academy’s Soccer Squirts.

Players are introduced to the basic techniques of dribbling, passing and shooting through structured exercises and fun, small-sided scrimmages. Classes are designed to provide a platform that teaches players the skills to progress on to our specialist soccer programs.

Dribbling • Turns & Moves • Footwork
Developmental Fours • Small-sided Games

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

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

(866) 345-BALL
USsportsInstitute.com

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