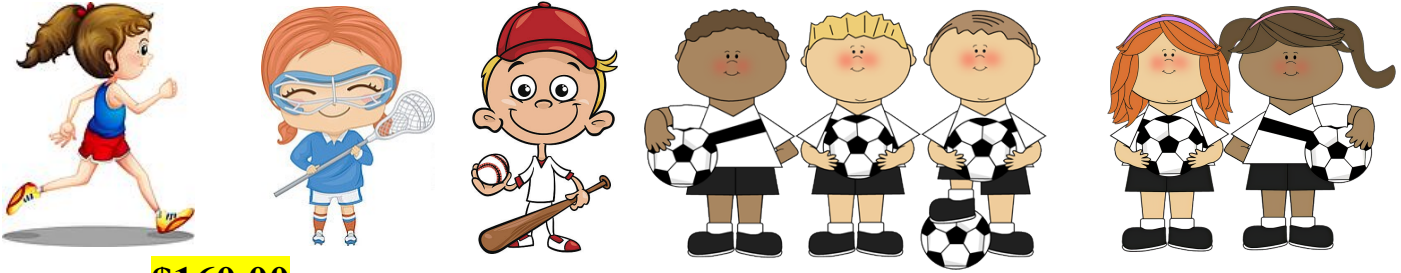


FALL Squirts Programs For Children 2 - 6 years old

SPONSORED BY WEST MILFORD COMMUNITY SERVICES & RECREATION



Cost: **\$160.00** per child (non residents add \$10)

Dates: **Thursdays, September 14 – October 26 (Outside while light permits, then inside in gym)**

Multi Sports 4:30 – 5:20 pm Ages 3-4

Children have the opportunity to experience a variety of sports throughout their program. Each session may include T-Ball, Lacrosse, Soccer, Track & Field. All sports are taught in a safe, structured and fun learning environment designed to ensure learning and most importantly: Fun, Fun, Fun!!

Senior Squirts Multi Sports 5:30 – 6:20 pm Ages 4-6

This class is the perfect stepping stone for children who have graduated from Squirts Multi Sports or for children looking for their first ever sports experience. Players will learn key skills in a variety of sports, which may include T-Ball, Lacrosse, Soccer, Track & Field.

Dates: **Sundays, September 17 – October 29** **Location:** **WM Recreation Center Field (inside if inclement weather)**

Senior Soccer Squirts 9:00 – 9:50 am Ages 4-6

The US Sports Institute Senior Soccer Squirts program give players the opportunity to learn the principles of attacking, defending and passing, and will be encouraged to apply these skills to game scenarios. Soccer-Senior Squirts is appropriate for players graduating from USSIF's Soccer Squirts program or for children looking for their first ever soccer experience! Parents must remain at program.

Soccer Squirts 10:00 – 10:50 am Ages 3-4

The US Sports Institute's Soccer Squirts program is the original age 3 - 5 Soccer class for boys and girls. They will learn the fundamental skills of soccer, including dribbling, passing, shooting and defending. Soccer Squirts classes are taught through structured activities, fun games, and scrimmages and are designed to ensure learning, and most importantly, Fun, Fun, Fun! Parents must remain at program.

Soccer Squirts Parent & Me 11:00 am – 11:50 am Ages 2-3

Parent & Me Soccer Squirts is a fun and positive introduction to soccer for young children with a helping hand from Mom or Dad! With a parent participating by their side, kids will have fun learning the fundamental skills of soccer through a program of structured activities and fun based games. Each session focuses on maximizing participation and learning through a variety of fun games designed to stimulate a child's imagination and develop motor skills. This is an excellent opportunity for you to spend quality time together while easing your child into social situations with support and confidence

To Register:

Go online to www.westmilford.org. Click on Community Services & Recreation, then **“REGISTER HERE FOR PROGRAMS”**. Look for “2023 FALL PROGRAMS”. If you need assistance call the Recreation Office at 973-728-2860. Monday-Friday, 8:30am-4:30pm.