



SQUIRTS CLASSES

Ages 3-5 ♦ Boys & Girls

LONG HILL TWP

In Association with Long Hill Twp Recreation Department



T-Ball Squirts® is a great way to introduce young boys and girls to the exciting games of baseball and softball.



T-Ball Squirts® sessions take place in a safe, structured environment. Core components of the game are taught through a series of games and activities designed to capture the imagination of all players.



- ♦ Throwing
- ♦ Hitting
- ♦ Pitching
- ♦ Catching
- ♦ Base Running
- ♦ Fielding

Players may bring their own glove although it is not mandatory. Age appropriate equipment is provided.



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

SPRING 2012 LISTINGS

Code	Day	Date	Time	Age	Fee
T-Ball Squirts					
TB11599	Mon	4/16 – 6/4	1:00 PM – 2:00 PM	3 to 5	\$119
Sports Squirts					
SP11600	Tue	4/17 – 5/29	1:00 PM – 2:00 PM	3 to 5	\$119

Classes take place at: Riverside Recreation Park

Class consists of 7x1 hr sessions
 Make up classes will take place after the last scheduled session
 Please note there will be a miss date on 5/28

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.

The **#1** name in children's sport provision
 Often imitated - never duplicated

CALL TODAY
866-345-BALL

USSportsInstitute.com

