

USSI Sports Classes ~ Grades K-3

Online registration available via Community Pass.

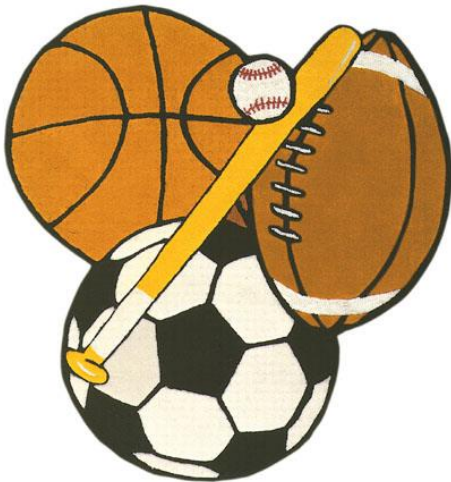
Class	Instructor	Day/Time	Gr	Fee
Basketball Senior Squirts	USSI	Wed 4:30-5:30 pm 5:30-6:30 pm	1-2	\$149
Foundation Basketball	USSI	Wed 6:30-7:30 pm	2-3	\$149
Foundation Lacrosse	USSI	Thu 5:30-6:30 pm	2-3	\$169
Lacrosse Senior Squirts	USSI	Thu 4:30-5:30 pm	K-1	\$169
Soccer Senior Squirts	USSI	Fri 4:30-5:30 pm Sun 11:00am-Noon	K-2	\$169 \$169
T-Ball Senior Squirts	USSI	Tues 5:30-6:30 pm	K-1	\$169
Track & Field Squirts	USSI	Sat 2:30-3:30pm	K-1	\$169
Track & Field Senior Squirts	USSI	Sat 3:30- 4:30 pm	2-3	\$169

• *Session Dates:*

- Tuesdays- April 23, 30, May 7, 14, 21, 28, June 4, 11
- Wednesdays – April 24, May 1, 8, 15, 22, 29, June 5, 12
- Thursdays – April 25, May 2, 9, 16, 23, 30, June 6, 13
- Fridays – April 26, May 3, 10, 17, 24, 31, June 7, 14
- Saturdays – April 13, 27, May 4, 11, 18, June 1, 8, 15
- Sundays – April 14, 28, May 5, 12, 19, June 2, 9, 16

• *Non-residents may for an additional \$20 fee per program, space permitting.*

• *No Classes: April 20, 21 or May 25, 26*



Class Descriptions

BASKETBALL SENIOR SQUIRTS (Grades K-1): Program for those graduating from Squirts Basketball or looking for their first basketball experience. Development of teamwork while improving skills. **Location: Community Pool Basketball Courts.**

FOUNDATION BASKETBALL (Grades 2-3): Intro for beginners and those with some experience to the fundamentals of basketball. Develop an understanding of teamwork within the game, while improving dribbling, passing and shooting skills. **Location: Community Pool Basketball Courts.**

FOUNDATION LACROSSE (Grades 2-3): Introduce the fundamentals of lacrosse to beginners and those with some experience. Coaches cover different topics and themes each session, including scooping, passing, catching, cradling, and shooting. **Location: Municipal Tennis Court Complex.**

LACROSSE SENIOR SQUIRTS (Grades K-1): The perfect program for players graduating from Squirts Lacrosse or for children looking for their first lacrosse experience. Each session will focus on developing a particular skill. **Location: Municipal Tennis Court Complex.**

SOCCER SENIOR SQUIRTS (Grades K-2): Program for those graduating from Soccer Squirts or looking for their first soccer experience. Focus is on developing a particular skill or technique. **Location: Municipal Tennis Court Complex or Grove Terrace Field.**

T-BALL SENIOR SQUIRTS (Grades K-1): Focus on learning the rules and developing skills in hitting, throwing, base running and fielding. Each session, players apply skills learned in a scrimmage. Players provide their own glove. **Location: Municipal Tennis Court Complex.**

TRACK & FIELD SENIOR SQUIRTS (Grades 1-3): Track & Field Senior Squirts is the perfect introduction to Track & Field for your young athlete. Each session will focus on a different aspect of the game including throwing (javelin & discus), jumping (long jump, high jump, triple jump), sprinting, distance running, and more! **Location: Grove Terrace Field.**