



Township of Cedar Grove  
Recreation Department  
525 Pompton Ave. Cedar Grove, NJ 07009  
(973) 239-1410 x220



**Cedar Grove Recreation, in conjunction with US Sports Institute;**

## **SPRING PROGRAMS**

### **Soccer Squirts**

Who: Ages 2-3 (Parent & Me): 4:00-4:50pm

Ages 3-5 (Squirts): 4:00-4:50pm

Ages 3-5 (Squirts): 5:00-5:50pm

Where: Community Park

Dates: Tuesdays – September 14<sup>th</sup> – October 26<sup>th</sup>

Fee: \$157/child

**Description:** Participants will learn the fundamental skills of soccer, including dribbling, passing, shooting and defending. Players will be taught through structured activities, fun games, and scrimmages.

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### **T-Ball Squirts**

Who: Ages 3-5 (Squirts): 4:00-4:50pm

Ages 5-7 (Sr. Squirts): 5:00-5:50pm

Where: Community Park

Dates: Fridays – September 17<sup>th</sup> – October 29<sup>th</sup>

Fee: \$157/child

**Description:** Utilizing fun games and activities, players will develop their skills in hitting, throwing and fielding. At the end of each session participants will apply these skills into a scrimmage.

**REGISTRATION IS DONE THROUGH USSI,**

<https://usasportgroup.com/orgs/?oid=963>