



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*;

SUMMER PROGRAMS

Soccer Squirts

Who: Ages 2-3 (Parent & Me): 8:30-9:20am

Ages 3-5 (Squirts): 9:30-10:20am

Ages 5-6 (Sr. Squirts): 10:30-11:20am

Ages 3-5 (Squirts): 11:30am-12:20pm

Where: Panther Park LOWER Field

Dates: Saturdays, July 9th-August 13th

Fee: \$145/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.

Multi-Sports Squirts

Who: Ages 2-3 (Parent & Me): 5:00-5:50pm

Ages 3-5 (Squirts): 6:00-6:50pm

Ages 5-6 (Sr. Squirts): 7:00-7:50pm

Where: Panther Park LOWER Field

Dates: Wednesdays, July 6th-August 10th

Fee: \$145/child

Description: Multi-Sports Squirts allows children to experience a variety of sports throughout the program. Our professional coaches ensure that children are engaged in fun, inclusive activities, in a positive learning environment. Players will have the opportunity to try Lacrosse, Soccer, T-Ball, & Track & Field

REGISTRATION IS DONE THROUGH USSI,

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