



Cedar Grove Recreation, in conjunction with US Sports Institute;

FALL PROGRAMS

Track & Field: Squirts

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

Ages 4-6 (Squirts): Mondays 5:00-5:50pm

Where: Community Park -- **Dates:** Sept. 11th-Oct. 23rd -- **Fee:** \$175.00/child

Soccer: Parent & Me, Squirts & Senior Squirts (WEDNESDAY OR SATURDAY)

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

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

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

Ages 5-6 (Seniors): Wednesdays 5:00-5:50pm

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

Ages 3-4 (Squirts): Saturdays 9:30-10:20am

Ages 4-5 (Squirts): Saturdays 10:30-11:20am

Ages 5-6 (Seniors): Saturdays 11:30a-12:30pm

Where: Community Park -- **Dates:** Wed; Sept. 13th-Oct. 25th or Sat; Sept. 16th-Nov. 4th

Fee: Wednesdays \$175.00/child; Saturdays \$195.00/child

T-Ball: Parent & Me, Squirts & Senior Squirts

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

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

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

Ages 5-6 (Seniors): Fridays 5:00-5:50pm

Where: Community Park -- **Dates:** Sept. 15th-Oct.27th -- **Fee:** \$175.00/child

Multi-Sports: Parent & Me and Squirts

Ages 3-4 (Squirts): Saturdays 8:30-9:20am OR 10:30-11:20am

Ages 2-3 (Parent & Me): Saturdays 9:30-10:20am OR 11:30am-12:20pm

Where: Community Park -- **Dates:** Sept. 16th-Nov. 4th -- **Fee:** \$195.00/child

LATE FALL PROGRAMS

NFL Flag Football (Coed): Includes belt & reversible NFL brand shirt

Ages 5-6: Saturdays 10:00-10:50am

Ages 7-8: Saturdays 11:00-11:50am

Ages 9-10: Saturdays 12:00-12:50pm

Ages 11-12: Saturdays 1:00-1:50pm

Where: Panther Park -- **Dates:** Nov. 18th-Dec. 16th -- **Fee:** \$150.00/child

Soccer: Squirts & Senior Squirts

Ages 3-4 (Squirts): Sundays 10:00-10:50am OR 11:00-11:50am

Ages 5-6 (Seniors): Sundays 10:00-10:50am

Where: Lower Panther Park -- **Dates:** Nov. 19th-Dec. 10th -- **Fee:** \$110.00/child

REGISTRATION IS DONE THROUGH USSI,

<https://usasportgroup.com/recreation/963-cedar-grove-recreation-cedar-grove-nj>