

River Vale Recreation Department
Spring/Summer 2017

SOCCER - PARENT & ME SQUIRTS (age 2 to 3): With a parent participating by their side, this program will stimulate a child's imagination, develop motor skills and encourage social interaction. In this class children will learn basic soccer skills, including dribbling, shooting, and passing.

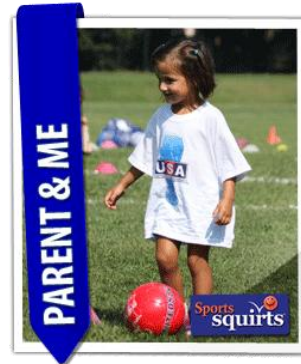
River Vale Online Squirts Schedule: <https://goo.gl/oal89i>
Visit USsportsInstitute.com or call (732) 563-2520

SPRING CLASSES

Dates: April 25 - June 13
Details: 8 weekly classes
Tuesdays
5:00pm - 6:00pm

SUMMER CLASSES

Dates: June 26 - August 7
Details: 7 weekly classes
Mondays
5:00pm - 6:00pm



SOCCER SQUIRTS (age 3 to 5): 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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SPRING CLASSES

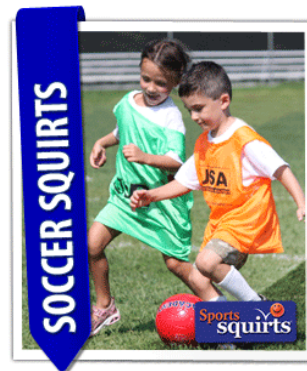
Dates: April 25 - June 13
Details: 8 weekly classes
Tuesdays
4:00pm - 5:00pm, 6:00pm - 7:00pm

SUMMER CLASSES

Dates: June 26 - August 7
Details: 7 weekly classes
Mondays
4:00pm - 5:00pm, 6:00pm - 7:00pm

SUMMER CAMP

Dates: August 28 - September 1
Details: Monday to Friday
4:30pm - 5:30pm



TOTAL SPORTS - PARENT & ME SQUIRTS (age 2 to 3): With a parent participating by their side, this program will stimulate a child's imagination, develop motor skills and encourage social interaction. Children will experience a different sport within each class, including soccer, lacrosse, T-ball, basketball, floor hockey and flag football.

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Visit USsportsInstitute.com or call (732) 563-2520

SPRING CLASSES

Dates: April 20 - June 8
Details: 8 weekly classes
Thursdays
10:30am - 11:30am

SUMMER CLASSES

Dates: June 29 - August 10
Details: 7 weekly classes
Thursdays
9:00am - 10:00am



TOTAL SPORTS SQUIRTS (age 3 to 5): Participants have the opportunity to experience Lacrosse, Soccer, Basketball, T-Ball, Floor Hockey & Flag Football. All sports are taught in a safe, structured and fun learning environment.

River Vale Online Squirts Schedule: <https://goo.gl/oal89i>

Visit USsportsInstitute.com or call (732) 563-2520

SPRING CLASSES

Dates: April 20 - June 8
Details: 8 weekly classes
Thursdays
9:15am - 10:15am, 1:15pm - 2:15pm

SUMMER CLASSES

Dates: June 29 - August 10
Details: 7 weekly classes
Thursdays
10:00am - 11:00am, 11:00am - 12:00pm

SUMMER CAMP

Dates: August 21 - August 25
Details: Monday to Friday
4:30pm - 5:30pm



SPRING BREAK: MULTI SPORTS CAMP (age 5 to 11): Players will have the opportunity to experience up to 4 different sports each day. Sports included: Baseball, Basketball, Cricket, Flag Football, Hockey, Handball, Lacrosse, Soccer, Rugby and more!

During the morning players will focus on developing their technique and skills within each sport, and gain a basic understanding of playing a scrimmage. Towards the end of the day, players will focus on small sided scrimmages in a tournament environment that encourages good sportsmanship and teamwork.

River Vale Online Camps Schedule: <https://goo.gl/0snDwg>
Visit USsportsInstitute.com or call (732) 563-2520



SPRING CLASSES

Dates: April 10 – April 13
Details: Monday to Thursday
9:00am - 4:00pm
9:00am - 12:30pm
1:00pm - 4:00pm
(Early drop off at 8:00 am available)

SOCCER - CAMP (age 5 to 14): Players receive soccer instruction at a level that will both challenge them and ensure they have a fantastic experience at camp.

Our professional, qualified coaches will cover different topics and themes each day. Ample scrimmage time will ensure players have the opportunity to put these new skills into practice.

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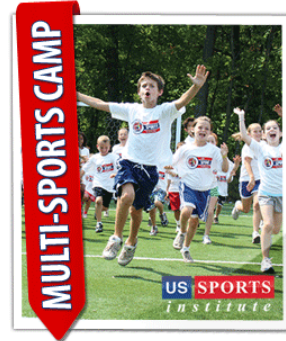
SUMMER CAMP

Dates: August 28 – September 1
Details: Monday to Friday
9:00am - 4:00pm
9:00am - 12:30pm
1:00pm - 4:00pm

MULTI SPORTS – CAMP (age 5 to 11): Players will have the opportunity to experience up to 4 different sports each day. Sports included: Baseball, Basketball, Cricket, Flag Football, Hockey, Handball, Lacrosse, Soccer, Rugby and more!

During the morning players will focus on developing their technique and skills within each sport, and gain a basic understanding of playing a scrimmage. The afternoon will focus on small sided scrimmages in a tournament environment that encourages good sportsmanship and teamwork.

River Vale Online Camps Schedule: <https://goo.gl/0snDwg>
Visit USsportsInstitute.com or call (732) 563-2520



SUMMER CAMP

Dates: August 21 – August 25
Details: Monday to Friday
9:00am - 4:00pm
9:00am - 12:30pm
1:00pm - 4:00pm

FLAG FOOTBALL SQUIRTS (age 4-5): Focusing on developing an understanding of how to scrimmage, players will improve their skills in passing, receiving and deflagging. Children will also be encouraged to implement offensive and defensive plays.

All Senior Squirts curriculums create an environment which allows players to develop and progress within sport.

River Vale Online Squirts Schedule: <https://goo.gl/Wk8LKn>
Visit USsportsInstitute.com or call 732-563-2520



SPRING CLASSES

Dates: April 24 – June 12
Details: 7 Weekly Classes
Mondays
1:15pm - 2:15pm