



Senior Soccer Squirts

Senior Squirts Multi Sports - Fall Session

www.ussportsinstitute.com



Welcome to the Westport Parks and Recreation and **US Sports Institute Total Sports Squirts Program**. The Total Sports Squirts is ideal for the child who wants to try a little of everything. Activities include soccer, basketball, hockey, lacrosse, t-ball, flag football, and movement & coordination. All sports are developed through a series of games and activities designed to ensure learning and most importantly: Fun! Fun! Fun!

Senior Soccer Squirts

Learn the fundamental skills of soccer through a program of structured activities; fun based games, and scrimmages. Each Soccer Squirts session focuses on maximizing participation and learning through a variety of fun games designed to stimulate a child's imagination and develop motor skills. The Soccer Squirts program is ideal for any child just starting out in the world of soccer. As with all Squirts programs, the emphasis is on safety, fun and learning. For more information, www.ussportsinstitute.com

Senior Squirts Multi Sports

Sports Squirts programs allow children ages 5 to 7 to a variety of sports such as soccer, basketball, lacrosse, hockey and T-Ball. All classes will take place in a safe, structured environment which is sure to encourage learning and skill development. Games and drills are designed to capture each child's imagination. Whether it is trying to find Nemo, sending Shrek into a spin or capturing jellyfish with Sponge Bob Square Pants, there's fun to be had by all. All activities promote hand-eye coordination. For more information, www.ussportsinstitute.com

General Program Information

The Sports Squirts programs are available to boys and girls ages 5 - 7. As with all Squirts programs, the emphasis is on safety, fun, and learning. All sports are presented in a positive and relaxed environment with an emphasis on participation, interaction, and communication. Hand-eye coordination along with movement and balance are the focus of this program.

Senior Soccer Squirts

Fall Session:

Sept. 16 – Oct. 28

Monday 4pm – 5pm

Ages: 5 – 7

Senior Squirts Multi Sports

Fall Session:

Sept. 20 – Oct. 25

Friday 4:00 p.m. – 5:00 p.m.

Ages: 5 – 7

Location: Compo Beach Field (*no Westport beach emblem needed*)

What to bring?

Attire should be comfortable clothing such as, shorts or sweatpants, T-shirt or sweatshirt and sneakers and socks. Please bring a sweatshirt or warm-up jacket for cool weather. Bring plenty of water or sports drink.

Rain Days

This program is an outdoor program and does not have any indoor facilities. Any day the fields might be unplayable due to rain, it is up to you to call the cancellation line at the Parks and Recreation Office, **(203) 341-5074** to find out if the program is still on. You may also check **Twitter @westportparkrec and our Facebook "Westport Parks and Recreation" for cancellation updates**. There are no make-ups or refunds due to inclement weather.

Drop off and Pick up

Please make sure you drop off and pick up your child at the Compo Beach Field. Staff will be available 15 minutes prior to start time to receive participants. Late pick-ups will not be tolerated and could result in the participant being suspended from the program. Please obey all traffic and parking regulations to avoid being ticketed.

General Rules

- All participants are expected to respect each other and all staff. Discipline problems will not be tolerated and are grounds for immediate dismissal with no refund.
- At the end of each day, please be sure to pick up all personal belongings. There is no lost and found.

The Westport Parks and Recreation Department wants this to be an enjoyable experience for all participants. Please take the time to read this information with your child before they attend the program.