



Senior Soccer Squirts

Total Sports Squirts - Ages 5 -7

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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!

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 – Ages 5 - 7

	Date:	Day:	Time:	Location:
Summer Session:	July 10 – Aug 14	Wednesday	5:45 p.m. – 6:30 p.m.	Burr Farms Field

Senior Squirts Multi Sports – Ages 5 - 7

	Date:	Day:	Time:	Location:
Spring Session:	April 26 – June 14	Friday	5:30 p.m. – 6:30 p.m.	Luciano Field

	Date:	Day:	Time:	Location:
Summer Session:	July 7 – August 11	Sundays	11:15 a.m. – 12:00 p.m.	Luciano Field

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 class is still on. There are no make-ups or refunds due to inclement weather.

Drop off and Pick up

Please pick up and drop off your child at the designated location. 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.

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.