



Soccer Squirts Squirts Multi Sports Ages 3 - 5

www.ussportsinstitute.com



General Program Information - For more information, www.ussportsinstitute.com

Welcome to the Westport Parks and Recreation **US Sports Institute Sports Squirts and Soccer Squirts Program**. Children ages 3 – 5 will have the opportunity to learn specific soccer skills in the Soccer Squirts as well as to be introduced to multiple types of sports in our Total Sports Squirts. Both of the Squirts programs are ideal for the child who wants to try their hand at a little of everything and is just starting out in the world of sport. 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.

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.

Squirts Multi Sports

Sports Squirts programs allow children ages 3 to 5 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.

Soccer Squirts

	Date:	Day:	Time:	Location:
Spring Session:	April 28 – June 23	Sunday	3:00 - 4:00 p.m. 4:00 – 5:00 p.m.	Luciano Field
Summer Session:	July 10 – Aug. 14	Wednesday	4:15 – 5:00 p.m. 5:00 – 5:45 p.m.	Luciano Field

Squirts Multi Sports

	Date:	Day:	Time:	Location:
Spring Session:	April 26 – June 14	Friday	3:00 – 4:00 p.m.	Luciano Field
	April 26 – June 14	Friday	4:30 – 5:30 p.m.	Luciano Field
Summer Session	July 7 – Aug. 11	Sunday	9:45 – 10:30 a.m. 10:30 – 11:15 a.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. Please obey all traffic and parking regulations to avoid being ticketed.
*For the summer session of Total Sports Squirts drop off and pick up will be at PJ Romano Field at Saugatuck School. Please make sure you park and walk to pick up your child.

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.