

# CAMPS & CLASSES 2016

## SUMMER

### SUMMER: CAMPS

(attend every day for a full week)

**FOUNDATION TENNIS** : Rallying, serving, volleying and match play.

**Ages:** 5-8 yrs / 8-11 yrs  
**Dates:** June 27-July 1  
**Time(s):** 9am-12:30pm  
**Location(s):** Grove Ave Tennis Courts  
**Price:** \$205

**Ages:** 5-8 yrs / 8-11 yrs  
**Dates:** August 22-August 25  
**Time(s):** 4pm-5:30pm / 5:30pm-7pm  
**Location(s):** Grove Ave Tennis Courts  
**Price:** \$120

**DEVELOPMENT TENNIS** : Placement, power and match play.

**Ages:** 8-10 yrs / 11-14 yrs  
**Dates:** June 27-June 30  
**Time(s):** 4pm-5:30pm / 5:30pm-7pm  
**Location(s):** Grove Ave Tennis Courts  
**Price:** \$120

**LACROSSE CAMP:** *Cradling, scooping, passing, receiving and game play*

**Ages:** 5-8 yrs / 9-14 yrs  
**Dates:** August 22-August 26  
**Time(s):** 9am-12:30pm  
**Location(s):** Myrtle Park  
**Price:** \$185

# METUCHEN

## SPORTS CAMPS & CLASSES

In association with Metuchen Recreation Department



### Register today:

- Summer Registration Open
- Summer Schedules Listed Online
- Weekly Classes
- Summer & School Vacation Camps

### Camp & Class Details:

- Ages 3 to 14
- All Abilities.
- Daytime & Evening Classes
- Boys & Girls

# METUCHEN CAMPS & CLASSES 2016

## SUMMER

### SUMMER: WEEKLY CLASSES

(attend one class every week for up to 7 weeks)

**Dates:** Thursdays, June 30 to August 11  
**Location(s):** Vidas Park  
**Price:** \$139

### PARENT & ME-SPORTS: *With a little help, children play up to 6 sports*

**Ages:** 2-3 yrs  
**Times:** 9:30am-10:15am

### TOTAL SPORTS SQUIRTS: *T-Ball, flag-football, soccer & much more!*

**Ages:** 3-5 yrs  
**Times:** 10:30am-11:30am

### T-BALL SQUIRTS: *Hitting, throwing, running the bases and game play*

**Ages:** 3-5 yrs  
**Times:** 11:30am-12:30pm

### TENNIS: *Rallying, serving, volleying and match play*

**Dates:** Saturdays, July 2 to August 6  
**Location(s):** Grove Ave Tennis Courts  
**Price:** \$125

**Ages:** 5-8 yrs  
**Times:** 9:00am-10:00am

**Ages:** 8-10 yrs  
**Times:** 10:00am-11:00am

**Ages:** 11-14 yrs  
**Times:** 11:00am-12:00pm

### Feedback!

**We want to hear from you!**  
 Let us know how we're doing by following the steps below:

Log onto [www.USSportsInstitute.com](http://www.USSportsInstitute.com)  
 Click Parents on the menu  
 Click Feedback  
 Fill out the form!

### Ability Levels

To make finding the right class easier USSI has created new program levels for 2016:

Introduction  
 Foundation  
 Development  
 Advanced  
 Performance

### Don't Miss Out!

Most program prices increase three weeks before the start date.

Register before the price jump & save up to 20%

### Senior Squirts

Experience a new level of programming this year with our Senior Squirts range.

All Senior Squirts curriculums aim to provide a platform for your child to progress and succeed with their chosen sport.

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### SUMMER: CAMPS

(attend every day for a full week)

### SOCCER CAMP: *Dribbling, passing, shooting, tournaments and more!*

**Ages:** 5-11 yrs  
**Dates:** July 11-July 15  
**Time(s):** 9:00am-12:30pm  
**Location(s):** Myrtle Park  
**Price:** \$185

### MULTI SPORTS CAMP: *Play 15 different sports from around the world!*

**Ages:** 5-11 yrs  
**Dates:** August 8-August 12  
**Time(s):** 9am-4pm / 9am-12:30pm / 1pm-4pm  
**Location(s):** Myrtle Park  
**Price:** Full day: \$215  
 Morning: \$185  
 Afternoon: \$135

### TOTAL SPORTS SQUIRTS: *T-Ball, flag-football, soccer & much more!*


**Ages:** 3-5 yrs  
**Dates:** August 8-August 12  
**Time(s):** 4:30pm-5:30pm  
**Location(s):** Myrtle Park  
**Price:** \$105

### Connect with us!

Connect with us to hear all about our programs, receive special offers and discounts, and enter competitions to win great prizes.



 [USSportsInstitute.com](http://USSportsInstitute.com)

 (866) 345-BALL



**US SPORTS**  
*institute*