

Manalapan Parks and Recreation is proud to offer

SPORTS SQUIRTS

In association with US Sports Institute



For more information, visit:

USsportsInstitute.com

US Sports Institute enables each camper to grow in an atmosphere that promotes integrity, self-esteem, positive values and good sportsmanship.

USSI is dedicated to delivering quality outdoor programs, where children will not only have great fun but also learn that “character” really counts!

For resident children, ages 2 through 5

Parent & Me Squirts (ages 2-3)

This program is designed to introduce children to a variety of sports, games and group activities all with the help of Mom or Dad. The progressive curriculum enables you and your child to work together to learn the key skills and techniques in each sport. Games are designed to encourage learning, develop gross motor skills and promote social interaction.

Time: 3:00-3:45 p.m. OR 4:00 – 4:45 p.m.

Fee: \$79.00 per child/ per session

Total Sports Squirts (ages 3-5)

This program is ideal for the child who wants to try their hand at a little of everything, allowing children to experience a new sport in each session of the program. All sports are presented in a positive and relaxed environment with an emphasis on participation, interaction and communication.

Time: 3:00 – 4:00 p.m. OR 4:00 – 5:00 p.m.

Fee: \$105.00 per child/ per session

Like us on Facebook!



Where: Manalapan Recreation Center

Date: Mondays, April 15-June 3

Open to Manalapan/Englishtown residents only!

No program May 27.

\$5 sibling discount available.

Space is limited to ensure a quality program.

A minimum of 6 participants required per class.



It is recommended that appropriate clothing for sporting activities and sneakers be worn.

Program will be canceled if minimum registration numbers are not met.

Register with credit card online at <https://register.communitypass.net/manalapan>

Or go to WWW.MTNJ.ORG for mail-in registration.

Go to WWW.USsportsInstitute.com for program information.

Call (732)446-8355 for registration information



Mayors Wellness Campaign
Put your community in motion.

Manalapan Recreation Keeps You Fit For Life!