

PARK RIDGE PRESCHOOL FALL SPORTS 2016

In association with Park Ridge Recreation Department

Only Residents, those attending preschool in Park Ridge, or those sponsored by a resident are eligible.



Register today:

- Registration Open
- Schedules Listed Online
- Weekly Classes
- Age 2-5
- All Abilities, Boys & Girls

Total Sports—Parent & Me:

- Social Interaction
- Movement & Coordination

Total Sports Squirts :

- Experience 7 sports!
- Fun Games & Scrimmages

Soccer Squirts:

- Dribbling & Control
- Scoring & Scrimmaging



Specific program details can be found online at www.USsportsInstitute.com

 **USsportsInstitute.com**

 (866) 345-BALL

FALL

PARENT & ME CLASSES

Ages: 2-3 yrs
Date: Starting the week of Sept 19
Day & Time: Mondays, 2:30pm-3:15pm (Total Sports)
 Thursdays, 1pm-1:45pm (Soccer)
Location: Colony Field
Price: \$139 (7 week programs)

Parent participation is required in Parent & Me classes

TOTAL SPORTS SQUIRTS

Ages: 3-5 yrs
Date: Starting the week of Sept 19
Day & Time: Mondays, 4:30pm-5:30pm
Location: Colony Field
Price: \$139 (7 week programs)

SOCCER SQUIRTS

Ages: 3-4 yrs
Date: Starting the week of Sept 19
Day & Time: Mondays, 3:30pm-4:30pm
 Thursdays, 1pm-2pm
Location: Colony Field
Price: \$139 (7 week programs)

Children entering Kindergarten in September 2016 are **NOT** eligible for the SOCCER program

MORE INFORMATION

WHAT TO BRING

Clothing & Footwear: Please dress you child appropriately for the weather. Sneakers are preferred.
Equipment: All equipment is provided.
Drink: Please provide plenty of fluid for your child.

Did you know...

We only employ professional coaches that possess **both** the appropriate sports certification and coaching experience.
 The qualification is nothing without the experience!

Ability Levels

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

Introduction
 Foundation
 Development
 Advanced
 Performance

Feedback!

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

Log onto www.USsportsInstitute.com
 Click Parents on the menu
 Click Feedback
 Fill out the form!

Question?

Visit our website to find full program descriptors and town schedules.
 Our knowledgeable staff are also available via phone or live chat 7 days a week!
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US SPORTS
 institute