

Spring Sports Programs

Tinton Falls Recreation Dept

All programs take place at Liberty Park II
1420 West Park Avenue, Tinton Falls

In partnership with the
US Sports Institute



Class Code	Class Type	Day	Date	Time	Age	Price
QLS54941	Squirts Lacrosse	Saturday	4/14/2018 - 6/9/2018	9:30am to 10:30am	4 to 5	\$154
RLS54533	Senior Squirts Lacrosse	Saturday	4/14/2018 - 6/9/2018	10:30am to 11:30am	5 to 6	\$154
LFO53571	Foundation Lacrosse	Saturday	4/14/2018 - 6/9/2018	11:30am to 12:30pm	6 to 8	\$154
QMS53961	Squirts Multi Sports	Monday	4/16/2018 - 6/4/2018	4:00pm to 5:00pm	3 to 5	\$134
QMS53962	Squirts Multi Sports	Monday	4/16/2018 - 6/4/2018	5:00pm to 6:00pm	3 to 5	\$134
RMS53937	Senior Squirts Multi Sports	Monday	4/16/2018 - 6/4/2018	6:00pm to 7:00pm	5 to 7	\$134

SQUIRTS LACROSSE: The perfect introduction to the nation's fastest growing sport! Each session will focus on a new skill including scooping, throwing, catching, & more.

SENIOR SQUIRTS LACROSSE: Focusing on a different skill each week, this program teaches players the basics of lacrosse including scooping, throwing, cradling, & more.

FOUNDATION LACROSSE: Designed for beginners, this program focuses on developing basic lacrosse skills in a fun, low pressure environment.



SQUIRTS MULTI SPORTS: Learn and play a variety of sports throughout the program including lacrosse, soccer, t-ball, and track & field!

SENIOR SQUIRTS MULTI SPORTS: Players will learn key skills through small-sided scrimmages in sports such as lacrosse, soccer, t-ball, and track & field!



Community Parent & Group Discount Program

Want to go to class for free? Well this is the way!
Visit our website for full details.

 USsportsInstitute.com
 (866) 345-BALL

Summer Sports Programs

Tinton Falls Recreation Dept

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Class Code	Class Type	Day	Date	Time	Age	Price
QMP54441	Parent & Me Multi Sports Squirts	Saturday	6/30/2018 - 8/4/2018	9:30am to 10:30am	2 to 3	\$110
QMS55088	Squirts Multi Sports	Saturday	6/30/2018 - 8/4/2018	9:30am to 10:30am	3 to 5	\$110
QMS55089	Squirts Multi Sports	Saturday	6/30/2018 - 8/4/2018	10:30am to 11:30am	3 to 5	\$110
RMS54551	Senior Squirts Multi Sports	Saturday	6/30/2018 - 8/4/2018	10:30am to 11:30am	5 to 7	\$110
RMS54552	Senior Squirts Multi Sports	Saturday	6/30/2018 - 8/4/2018	11:30am to 12:30pm	5 to 7	\$110
QMP54442	Parent & Me Multi Sports Squirts	Saturday	6/30/2018 - 8/4/2018	11:30am to 12:30pm	2 to 3	\$110
MCA53870	Multi Sports Camp	Mon-Fri	6/25/2018 - 6/29/2018	9:00am to 12:30pm	5 to 11	\$169
MCA53871	Multi Sports Camp	Mon-Fri	6/25/2018 - 6/29/2018	9:00am to 3:00pm	5 to 11	\$199
SCA54671	Soccer Camp	Mon-Fri	8/20/2018 - 8/24/2018	9:00am to 12:30pm	5 to 14	\$169
SCA54672	Soccer Camp	Mon-Fri	8/20/2018 - 8/24/2018	9:00am to 3:00pm	5 to 14	\$199

PARENT & ME MULTI SPORTS: Try out a variety of sports with a helping hand from Mom or Dad! Sports covered include soccer, lacrosse, t-ball, & more.

SQUIRTS MULTI SPORTS: Learn and play a variety of sports throughout the program including lacrosse, soccer, t-ball, and track & field!

SENIOR SQUIRTS MULTI SPORTS: Players will learn key skills through small-sided scrimmages in sports such as lacrosse, soccer, t-ball, and track & field!

MULTI SPORTS CAMP: Try a variety of sports at USSI's flagship Multi Sports Camp. Learn to play sports like soccer, hockey, disc golf, handball & more!

SOCCER CAMP: Learn and develop your skills in dribbling, passing, shooting, defending, stealing, and more! Participants are separated by age and ability.



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