

TOTAL SPORTS SQUIRTS- PARENT & ME

Fall 2016

(AGES 2-3)

The US Sports Institute's Parent & Me Total Sports Squirts program introduces children aged 2-3 years to a variety of sports, games, and group activities, with a helping hand from Mom or Dad! Each day your coach will lead you and your child through a series of fun games and activities, designed to encourage learning, develop gross motor skills, and promote social interaction. The Total Sports Squirts program is ideal for any child just starting out in the world of sport. As with all Squirts programs, the emphasis is on safety, fun and learning.

Fridays: September 23- November 4

Where: Borough Hall Field

Time: 9:30-10:15 am



Fee: \$125 per child

Register at Borough Hall or mail to Recreation Department, 1385 Route 22 East, Mountainside, NJ 07092.

Make checks payable to *Mountainside Recreation Department.*

www.mountainside-nj.com or register online at www.communitypass.net

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First name _____ Last name _____

Street _____

Home phone _____ Parent Cell phone _____

Email _____

Medical Limitations _____

Date of birth _____ Male Female

My child has been examined by a physician, and to the best of my knowledge is physically fit to participate in a tennis program. Permission is hereby granted to engage in this activity. The Borough of Mountainside, employees, or coaches will not be liable for any injury from this activity. Players are responsible for their own transportation to and from the program. **I understand that state law requires my child to wear protective eyewear that meets national standards during this activity if he/she normally wears corrective eyeglasses.** I give my permission for my child to be photographed, and for the photographs to be used in Recreation Department materials.

Parent's authorization _____

**Mountainside Recreation Department
(908) 232-0015**

Fee paid: _____