Pre-School Programs

Parent and Me Sports Squirts

The Parent & Me Multi Sports Squirts program allows children to try a variety of sports with a helping hand from Mom or Dad! Ease your child into social situations with support and confidence as you engage in fun sports activities and games together.  Location: RCC Field 2  Instructor: US Sports Institute Staff

Activity: 52108-2  7 classes
Times: 1:30-2:20pm  Fee: $160.00
Ages: 2-3

Track and Field Senior Squirts

Senior Squirts Track & Field is the perfect introduction to Track & Field for your young athlete. Each session will focus on a different aspect of the game including throwing (javelin & discus), jumping (long jump, high jump, triple jump), sprinting, distance running, and more!  Location: RCC Field 2  Instructor: US Sports Institute Staff

Activity: 52203-1  7 classes
Times: 3:30-4:20pm  Fee: $160
Ages: 5-7

Soccer Squirts

USSI’s Soccer Squirts is the perfect introduction to the most popular sport in the world! Boys and girls ages 3-4 will learn the fundamental skills of soccer, including dribbling, passing, shooting and defending. Soccer Squirts classes are taught through structured activities, fun games, and scrimmages and are designed to ensure learning and most importantly: fun, fun, fun! Location: RCC Field 2  Instructor: US Sports Institute Staff

Activity: 52108-4  7 classes
Times: 9:00-9:50am  Fee: $160
Ages: 3-4  No class: 5/29
Multi Sport Squirts

USSI's Multi Sports Squirts program allows children aged 3-4 to experience a variety of sports throughout their program. It is the perfect introduction to athletics for your future sports star! All sports are taught in a safe, structured and fun learning environment. Each session is comprised of a series of games and activities designed to ensure learning and most importantly: fun, fun, fun! Participants will have the opportunity to experience Lacrosse, Soccer, T-Ball, and Track & Field. Location: RCC Field 2  Instructor: US Sports Institute Staff

Track and Field Senior Squirts

Senior Squirts Track & Field is the perfect introduction to Track & Field for your young athlete. Each session will focus on a different aspect of the game including throwing (javelin & discus), jumping (long jump, high jump, triple jump), sprinting, distance running, and more! Location: RCC Field 2  Instructor: US Sports Institute Staff

Kempo Karate – In Person class

Kempo Karate originates from the Shaolin Temple; this style of karate teaches basic blocks, strikes, forms, combinations, and self-defense techniques. This is a wonderful way to help your child with confidence, discipline, and balance. The instructor is Redding’s own June Fagan, who has studied karate for over 40 years and is a 5th degree black belt. She now studies with 7th degree blackbelts from Fred Villari’s of Fairfield. Class will be held outside at the RCC with an inside location if needed.

Register online at www.townofreddingct.org. Use P&R pull down menu and click online registration. You may also register with regular program registration forms dropping of forms off at the RCC drop box or by faxing forms to (203)938-1071.

Any questions or problems registering, please call the Park and Rec office at 203-938-2551.
Spring Tennis Lessons

**Level: Ages 10 – 13 will have all levels and will split the court as per the level of participants.**

**Class Descriptions:**

**Pee Wees:** Focus is on development of hand-eye coordination in fun game situations.

**Beginner/Advanced Beginner Juniors:** Focus is on forehand, backhand, volley, and serves in game situations.

**Low Intermediate:** Player is starting to keep the ball in play, learning to serve, can volley, and learning court positioning.

**Intermediate:** Player can keep the ball in play, can hit with some spin, can serve, volley, and rally consistently.

### Junior Tennis Camps on Saturday, April 24 – May 22

(5-week session; No class on May 29) Rain date: June 5th

- **52122-4**
  - Ages: 5 – 8, 9 – 12, 13 – 16
  - Cost: $175
  - Time: 9:30 – 11:30 am
  - Beginner/Advanced Beginner
  - Low Intermediate/Intermediate

Players is introduced to forehand, backhand, serve and volley with drills, games and game situations. Children should bring nut free snack every day.

**Bring own racquet or racquets available for sale through instructors.**

### Location: Redding Elementary School Tennis Courts

Quick Start red balls will be used for Pee Wees. Orange balls will be used with younger junior players while the more advanced 10 and under juniors will use the green dot ball. For more information regarding 10 and under tennis play format, please visit [www.10andUnderTennis.com](http://www.10andUnderTennis.com). Fairfield County Tennis will sell 21”, 23”, and 25” tennis racquets. Price per racquet: $30 each.

Registration is available at www.townofreddingct.org. Registration form and payment can also be mailed to P.O. Box 1071, Redding, CT 06875; faxed with credit card information to 203-938-1071 or dropped in the green mailbox outside the RCC

**Weather Cancellation Line:** 203-938-5036