



SPORTS

SPRING WEEKLY CLASSES

MOUNTAIN LAKES RECREATION

2025 SPRING CLASS SCHEDULE

All programs take place in Mountain Lakes, NJ
Spring programs start in April
Weekly classes take place once a week for 40-50 mins for 8 weeks
More details, full schedule and pricing online

TENNIS: *Sundays, 4/27/25-6/22/25*

- Age 3-5: Squirts, 8:30am OR 10:40am
- Age 5-8: Beginner/Intermediate, 9:20am, 11:30am or 1:00pm
- Age 8-11: Beginner/ Intermediate, 2:00pm-2:50pm
- Age 8-11: Intermediate, 3:00pm-3:50pm
- Age 11-14: Intermediate, 4:00pm-4:50pm

SOCCER: *Saturdays, 4/26/25-6/21/25*

- Age 3-4.5: Squirts, 2:00pm OR 2:50pm
- Age 4-5.5: Squirts, 3:40pm - 4:25pm
- Age 6-8.0: Skills & Scrimmage, 4:30pm - 5:20pm

MULTI-SPORTS: *Thursdays, 4/17/25-6/12/25*

- Age 3-4.5: Squirts, 3:30pm OR 5:10pm
- Age 4-5.5: Squirts, 4:20pm OR 6:00pm

FLAG FOOTBALL: *Tuesdays 4/15/25-6/10/25*

- Age 3-4.5: USG Flag Football, 3:30pm OR 4:20pm
- Age 4-5.5: NFL Flag Football, 5:10pm - 5:55pm
- Age 5-7: NFL Flag Football, 6:00pm-6:45pm

PARENT & ME: *Thursdays, 4/17/25-6/12/25*

- Age 1.5-2.5: SOCCER - Parent & Me, 3:30pm-4:10pm
- Age 2-3.5: SOCCER - Parent & Me, 4:15pm-4:55pm
- Age 2-3.5: MULTI SPORTS - Parent & Me, 5:00pm-5:40pm

**WEEKLY CLASSES
AGE 18 MONTHS TO 14.5**

**Summer Schedules Online Now
More Sports Options Available**

SCAN TO VIEW
SCHEDULES & REGISTER



**REGISTER TODAY AT
USASPORTGROUP.COM**

NEED HELP? CONTACT US TODAY

866 345-BALL