



# SPORTS

## FALL WEEKLY CLASSES

### MOUNTAIN LAKES RECREATION

#### WEEKLY CLASSES AGE 1.5 - 14.5

Winter Schedules Online Soon  
More Sports Options Available

SCAN TO VIEW  
SCHEDULES & REGISTER



REGISTER TODAY AT  
[USASPORTGROUP.COM](http://USASPORTGROUP.COM)

NEED HELP? CONTACT US TODAY

866 345-BALL

## 2025 FALL SCHEDULE

All programs take place in Mountain Lakes, NJ

Spring programs start in September

Weekly classes take place once a week for 40-50 mins

More details, full schedule and pricing online

### **TENNIS:** *Sundays, 9/14 - 11/02*

Age 3-5: Squirts, 8:30am OR 10:15am

Age 5-8: Beginner/Intermediate, 9:20am, 11:10am, 1:00pm

Age 8-11: Beginner/ Intermediate, 2:00pm-2:50pm

Age 8-11: Intermediate, 3:00pm-3:50pm

Age 11-14.5: Intermediate, 4:00pm-4:50pm

### **MULTI-SPORTS:**

*Thursdays, 9/11 - 10/2*

Age 3-4.5: Squirts, 3:30pm OR 4:20pm

Age 4-5.5: Squirts, 5:10pm - 5:55pm

*Saturdays, 9/13 - 11/01*

Age 1.5-2.5: Parent & Me, 8:30am - 9:10am

Age 2-3.5: Parent & Me, 9:15am - 9:55am

### **SOCCKER:** *Saturdays, 9/13 - 11/01*

Age 1.5-2.5: Parent & Me, 10:45am - 11:25am

Age 2-3.5: Parent & Me, 10:00am - 10:40am

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

### **FLAG FOOTBALL:** *Tuesdays, 9/16 - 10/28*

Age 3-4.5: Squirts, 3:30pm OR 4:20pm

Age 4-5.5: NFL Flag Football, 5:10pm - 5:55pm

