

# AMSC PRESENTS

APPROVED FOR DISTRIBUTION  
Matawan-Aberdeen Region  
Authorized Sign

## FRIDAY NIGHT FUTBOL

### 6 WEEKS FRIDAYS APRIL 10-MAY 15

The Recreation Program will have a new and improved format this spring. Each weekly session will be 1 hour and 25 minutes long including break time!

**First 30 minutes: Skill-based training led by a professional trainer from Strykers Soccer**  
**Game play: Run by volunteer coaches and referees**

<b>KINDERGARTEN &amp; 1<sup>ST</sup> GRADE</b>	<b>Training: 5:00 - 5:30 / Games: 5:35 - 6:20</b>
<b>2<sup>ND</sup> - 4<sup>TH</sup> GRADE</b>	<b>Training: 5:45 - 6:15 / Games: 6:30 - 7:15</b>
<b>5<sup>TH</sup> - 8<sup>TH</sup> GRADE</b>	<b>Training: 6:45 - 7:15 / Games: 7:25 - 8:10</b>

## PARENT & ME / KICKSTART

We are also excited to offer Parent and Me and Kickstart programs  
6 week program - 45 minute sessions Led by a Strykers Soccer trainer

Program format will be similar to the fall season  
Parent and me- Birthdates from 10/1/2021- 9/30/2022  
Kickstart- Birthdates from 10/1/2020- 9/30/2021

<b>PARENT &amp; ME</b>	<b>Training: 5:30-6:15</b>
<b>KICKSTART</b>	<b>Training: 6:30-7:15</b>

**SPRING REC SOCCER:**

**\$125 PER PLAYER**

**PARENT AND ME / KICKSTART:**

**\$50 PER PLAYER**

**WWW.AMSOCCER.ORG**

