

ADULT Soccer Class (Ages 25+) **(NEW)**



Did you play Soccer back in High School or College but have not laced up the boots in a while? Looking to join a league or get back into the game but don't know where to start? DTS is offering a NEW soccer class specifically geared towards adults!

This class is recommended for adults looking to refresh their basic skills & abilities, knowledge of the game & to shake off the rust! All men & women ages 25 & older are encouraged to participate.

The training sessions will focus on the basics:

Dribbling/ Foot Skills
Proper Striking Technique
Passing & Receiving & more!

*The class will include small sided games & scrimmages during each training session.

Session #2 - Winter Classes:

\$200: Mondays - 7:00pm-8:00pm – January 23rd, 30th, February 6th, 13th, 20th, 27th, March 6th, 13th

All classes are held at **Soccer Centers** (300 Memorial Drive) in Somerset, NJ just a half mile off exit 12 off of Route 287. For more information about Soccer Centers visit www.SoccerCenters.com.

Cost - \$200 Per Player

Make checks payable to "Soccer Centers". Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department. When signing up for more than one session or child, separate checks and registration forms are required.

Three ways to register!

- 1) In person at the Bridgewater Recreation Department (Municipal Building – 100 Commons Way - Bridgewater) 9am to 5pm Monday to Thursday 8am to 5pm Fridays,
- 2) Drop registration off in the "REC" mail slot located on Municipal grounds before or after office hours
- 3) Via postal service.

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2019 Winter - Adult Soccer Class

\$200 Checks payable to "Soccer Centers"

Last Name (Participants)		First Name		Gender	
Mailing Address		Town		State	Zip
Home #		Cell # Parent		Work # Parent	
Email Address		Age & Date of Birth		Session # & Day & Time	

If the participant has individualized needs due to a disability, please check the following and someone will contact you regarding reasonable accommodations. ☐ **Yes, I will need to be notified regarding special considerations for my child.**

This is a contact sport. Injuries may occur. Please note that Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before the child participates. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.

Parent/Guardian Signature

____/____/____
Date

Bridgewater Recreation Department 100 Commons Way – Bridgewater, NJ 08807 (908) 725-6373
office hours 9am to 5pm Monday to Thursday 8am to 5pm Fridays www.bridgewaternj.gov