

# PRD Fall Menu



RECREATION

## Sports & Activities

### USSI Sports | Ages 2-5; Ages 5-11

Weekly Sunday Classes, 9/18-11/6 at Grover Park for ages 2-5 (times vary); Schools Out Camps 9/26, 10/5, 10/10, & 11/10-11/11 from 9am-12pm for ages 5-11; Register under "2022 Fall Youth Sports Programs"

### Kids Running Fridays | Grades K-5

Fridays, 9/16-10/28 from 5pm-6pm at Smoyer Park; Register under "2022 Fall Youth Sports Programs." Waitlist only.

### Basketball Clinics | Grades 4-9

Tuesday, 9/27 & Thursday, 9/29; Girls: 4pm-5pm; Boys 5:15pm-6:15pm at Grover Park with Coach Kamau Bailey; Register under "2022 Fall Youth Sports Programs"

### Tennis Clinics | Grades K-8

Taking place at the end of October; More info coming soon! NEW PROGRAM with PHS Varsity Coach, Sarah Hibbert and staff

### Adult Chair Fitness | Ages 18+

Tuesdays, Thursdays, and Saturdays, 9/20-10/29 from 11:15am-12:15pm in the Community Room at CP Pool; Register under "2022 Fitness Classes"

### Princeton Empowerment | Grades 5-7

Wednesdays, 9/21-11/2 (No class 10/5) from 4pm-5:15pm in the Community Room at CP Pool; Register under "2022 Fall Youth Activities"

### Teens & Adults Adaptive Yoga | Ages 13+

In collaboration with Princeton Special Sports & Programs and Montgomery Recreation; Sundays, 10/9, 10/16, 10/23 from 10am-10:30am in the Community Room at CP Pool; Register under "2022 Adaptive Recreation Activities"

### Kids Adaptive Yoga | Ages 7-12

Tuesdays, 10/11, 10/18, 10/25 from 5pm-5:30pm in the Community Room at CP Pool; Register under "2022 Adaptive Recreation Activities"

### Rhythm Works Integrative Dance | Ages 2-12

In collaboration with Plainsboro Township Recreation; Every other Sunday 9/25-12/4 in the Community Room at CP Pool; Times vary; Registration: [plainsboronj.com/603/Parks-and-Recreation](https://plainsboronj.com/603/Parks-and-Recreation)

### Dillon Youth Basketball League

Registration begins in October! Info coming soon!

## More Info

### Register Here

[register.communitypass.net/princeton](https://register.communitypass.net/princeton)

Visit [princetonrecreation.com](https://princetonrecreation.com) for more information on all PRD programs.

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**Thank you to Send Hunger Packing Princeton (SHUPP)  
for providing snacks/water for youth program participants this summer!**