



## **February Basketball Skills and Drills Description and Schedule**

A monthly (4 sessions, once a week) program designed to develop better basketball players by focusing on the fundamentals while having a ton of fun!

Non-league format. 45 minute sessions. 15 players per session. Sports attire required. Equipment provided.

**Price: Member: \$20**

**Non-member: \$40**

### **\*Toddler (Ages 2-4): Jersey Not Required**

*Thursdays: starting 2-7-19 @5p-5:45p & 5:45p-6:30p*

### **\*Youth (Ages 4-6): Jersey Optional (\$10), Scrimmage Based**

*Tuesdays: starting 2-5-19 @5p-5:45p & 5:45p-6:30p*

*Saturdays: starting 2-9-19 @9:45a-10:30a*

### **\*Youth (Ages 6-8): Jersey Optional (\$10), Scrimmage Based**

*Thursdays: starting 2-7-19 @6:30p-7:15p*

### **\*Youth (Ages 9-12): Jersey Required (\$10), Scrimmage Based**

*Thursdays: starting 2-7-19 @7:15p-8p*

*\*Ages 2-4: Staff led, Parent Help*

*\*Ages 4-6: Instruction and scrimmage based. Staff Led, Parent Help*

*\*Ages 6-8: Instruction and scrimmage based. Staff Led, Parent Volunteers*

*\*Ages 9-12: Instruction and scrimmage based. Staff Led, Parent Volunteers/Coaches*

## **February Soccer Skills and Drills Description and Schedule**

A monthly (4 sessions, once a week) program designed to improve basic fundamentals for soccer. Passing, dribbling and kicking while meeting new friends and having fun!

Non-league format. 45 minute sessions. 15 players per session. Sports attire required. Equipment provided.

**Price: Member \$20**

**Non-member \$40**

### **\*Toddler (Ages 2-4): Jersey Not Required**

*Tuesdays: starting 2-5-19 @1p-1:45p*

*Saturdays: starting 2-9-19 @9a-9:45a*

*\*Ages 2-4: Staff led, Parent Help*