

# BEGINNING BASKETBALL

**GRADES K-3** | TUESDAYS, OCTOBER 2-NOVEMBER 20 | 3:10-4:10



8 weeks each

Learn the basics with this fun class! We will improve skills with drills, shooting practice, and friendly competitions within the skills. We will work up to including some scrimmages to develop endurance and provide practice in game situations. Kids will be divided by skill level for scrimmages.

In addition to basketball skills, kids learn coordination, confidence and teamwork. Drills will encompass ball handling, footwork, eye-hand coordination, and shooting skills.

Classes coached by a Certified Personal Trainer and experienced Coach.

# ADVANCED BASKETBALL

**GRADES 2-5** | THURSDAYS, OCTOBER 4-DECEMBER 6 | 3:10-4:10

This class is designed to improve skills and provide a great amount of scrimmage time for those students with previous basketball experience. Students enrolling in this class should already have these skills:

- Be able to dribble the ball for at least 60 consecutive seconds while moving and without a travel or double-dribble
- Be able to shoot a ball up to a 10-foot regulation hoop
- Have game experience and be ready for lengthy game play

We will mix and match teams over the 8 weeks of class. Come prepared to play hard, improve skills, develop great sportsmanship, and have fun!



NO Class 10/25,  
11/22

Earlybird registration until 9/24: \$100, starting 9/25: \$110

Register online at:

<http://sports.bluesombrero.com/hardcorefitness>