



## WINTER/SPRING 2017 SCHEDULE

Basketball Court							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>10-10:50am</b>						<b>Level 3:</b> Dribble/Shoot	<b>3-on-3 League</b>  Jr. League (3:30-5pm)  HS Premier (5-6:30pm)  HS Elite (6:30-8pm)
<b>11-11:50am</b>						<b>Level 2:</b> Dribble/Shoot	
<b>12-12:50pm</b>						<b>Level 1:</b> Dribble/Shoot	
<b>4-4:50pm</b>	<b>Level 1:</b> Gun Shooting	<b>Level 1:</b> Dribbling	<b>Level 1:</b> Offensive Moves	<b>Level 1:</b> Offensive Concepts	<b>Level 1:</b> Gun Shooting		
<b>5-5:50pm</b>	<b>Level 2:</b> Gun Shooting	<b>Level 2:</b> Dribbling	<b>Level 2:</b> Offensive Moves	<b>Level 2:</b> Offensive Concepts	<b>Level 2:</b> Gun Shooting		
<b>6-6:50pm</b>	<b>Level 3:</b> Gun Shooting	<b>Level 3:</b> Dribbling	<b>Level 3:</b> Offensive Moves	<b>Level 3:</b> Offensive Concepts	<b>Level 3:</b> Gun Shooting		

Strength & Conditioning						
	Mon	Tue	Wed	Thu	Fri	Sat
<b>11-11:50am</b>						Youth Strength
<b>12-12:50pm</b>						Youth Strength
<b>4-4:50pm</b>	Youth Jump	Youth SAQ	Youth Strength	Youth Jump	Youth SAQ	
<b>5-5:50pm</b>	Youth Jump	Youth SAQ	Youth Strength	Youth Jump	Youth SAQ	

### **Small Group Classes:**

Level 1 = ages 9-13 (beginner level)

Level 2 = ages 12-14 (intermediate level)

Level 3 = ages 13-17 (intermediate/advanced level)

### **3-on-3 League:**

Jr. League = ages 9-13

High School Premier = ages 12-14

High School Elite = ages 13-17

*\*Jan.10 – March 12, 2017*