

MEMBER WEEKLY CLASS SCHEDULE (as of February 5, 2024)

Track Training Color indicated next to sessions.

- LEVEL 1 – Little Ballers (Yellow): For 5-7 years olds – Getting ready for Beginner Sessions
- LEVEL 2 – Beginner (Orange): Introduction to Fundamental Basketball Skills, Rules and Terminology
- LEVEL 3 – Intermediate (Green): These are the “How-To” Sessions. Fundamental Skills with movement, Rules and Terminology
- LEVEL 4 – Game Day (Blue): Intermediate to Advanced Players - Game Situational Skills building a players Basketball IQ
- LEVEL 5 – Advanced (Red): Advanced Players – Continuing to Build a players Basketball IQ. Advanced Skills

MONDAY	
GYM 1 4:00 pm – Little Baller – Ball Handling & Basics ● 5:00 pm – Basic Ball Handling & Triple Threat Series ● 6:00 pm – Intermediate Ball Handling ● 7:00 pm –	GYM 2 4:00 pm – 5:00 pm – Intermediate Ball Handling ● 6:00 pm – Game Day/Advanced Ball Handling ●● 7:00 pm –
TUESDAY	
GYM 1 4:00 pm – 5:00 pm – Beginner Shooting & Scoring ● 6:00 pm – Intermediate Shooting & Scoring ● 7:00 pm –	GYM 2 4:00 pm – 5:00 pm – Intermediate Shooting & Scoring ● 6:00 pm – Game Day/Advanced Off the Catch Offense ●● 7:00 pm –
WEDNESDAY	
GYM 1 4:00 pm – 5:00 pm – Basic Ball Handling & Triple Threat Series ● 6:00 pm – Intermediate Ball Handling ● 7:00 pm –	GYM 2 4:00 pm – 5:00 pm – Intermediate Ball Handling ● 6:00 pm – Post Player Development ●●●● 7:00 pm –
THURSDAY	
GYM 1 4:00 pm – 5:00 pm – Basic Defensive Skills & Conditioning ● 6:00 pm – Intermediate – Boxing Out/Rebounding ● 7:00 pm –	GYM 2 4:00 – 5:00 pm – Intermediate Defensive Skills & Conditioning ● 6:00 pm – Game Day/Advanced Ball Handling ●● 7:00 pm –
FRIDAY	
GYM 1 4:00 pm – Little Ballers – Basketball Basics ● 5:00 pm – Beginner Offensive Skills Development ● 6:00 pm – Game Day/Advanced Guard Skills Development ●● 7:00 pm –	GYM 2 4:00 pm – 5:00 pm – Intermediate Offensive Skills Development ● 6:00 pm – Middle School Skills Development ● 7:00 pm –
SATURDAY	
GYM 1 8:30 am – 9:30 am – Beginner Basketball Basics (Basketball IQ) ● 10:30 am – Intermediate Basketball Basics (Basketball IQ) ● 11:30 am – GDA Basketball Basics (Basketball IQ) ●●	GYM 2 8:30 am – WS - Boot Camp (1 st hour - Conditioning) 9:30 am – WS - Boot Camp (2 nd hour - Basketball Skills) 10:30 am – Middle School Skills Development ●
SUNDAY	
GYM 1 8:30 am – 9:30 am – Beginner Skills Development ● 10:30 am – Intermediate Skills Development ● 11:30 am – Middle School Skills Development ●	GYM 2 8:30 am – 9:30 am – 10:30 am – 11:30 am –

*NOTES: WS Boot Camp is a 4-week, 2-hour workshop. Please check Boot Camp Schedule.