



Varsity Hoops Skills Training

All training sessions are held in the Pavilion.



All training held from 4-4:30 p.m.

\$30 (M), \$40 (NMCM), \$50 (NM)

SPEED & AGILITY/DEFENSE

Learn how to improve your footwork to respond quicker on defense and offense. Improve your speed, agility, jumping ability, and your first step during this class, and take your game to a new level.

Grades 4-6, T/TH

July 1-29 (pc: 501102);
October 5-28 (pc: 501104)

Grades 7-10, M/W

July 5-28 (pc: 501103);
October 4-27 (pc: 501105)

SKILL POSITION - SHOOTING & SCORING

Get more prepared for game situations in the position you typically play. All of the Big Men will work together with one coach, while all the guards and forwards will work together with another coach as each group focuses on developing specific skills related to their position.

Grades 4-6, T/TH

August 3-19 (no class 8/24, 8/26, 8/31) (pc: 500103);
November 2-30 (no class 11/25) (pc: 500106)

Grades 7-10, M/W

August 2-18 (no class 8/23, 8/25, 8/30) (pc: 500104);
November 1-29 (pc: 500107)

BALL HANDLING & PASSING

Learn how to handle the ball more effectively and efficiently, while dribbling and passing with a purpose. This class is targeted at handling the ball under pressure, during traps, and double teams. Learn new moves and develop your "off" hand. Create more assists and lower your team's turnovers by setting your teammates up to succeed.

Grades 4-6, T/TH

September 7-30 (pc: 499104);
December 2-23 (pc: 499107)

Grades 7-10, M/W

September 8-29 (pc: 499105);
December 1-22 (pc: 499108)

Space is limited. Registration deadline is one week prior to each class.

Key: (M)=Member, (NMCM)=Non-Member Child of Member, (NM)=Non-Member

Sign up today at the Concierge Desk, or call (425) 885-5566.

For more information, please e-mail: pavilion@proclub.com.

PRO
Sports Club

Updated: 5/11/2010