



WHERE
KIDS COME
TO PLAY
AND LEARN

LSF ACADEMY

LSF BASKETBALL

LEARN TO BALL: INTRO TO BASKETBALL

An entry-level class that is intended to provide ballers with foundational skills around hand-eye coordination, ball handling, parts of the court and the value of teamwork. This class is very play based, as we focus on skill development through fun games. This class serves as a basis for all future development on the court.

Ages: 3-5 yrs

Tues: 4:15-5pm or **Wed:** 4:15-5pm

LEVEL 1: HOT SHOTS

In this first of two levels, your player will master parts of the court, strengthen ball handling skills and be introduced to multiple styles of dribbling. We'll introduce game strategy through basic offensive and defensive drills.

Ages: 6-8 yrs

Tues: 5-6pm or **Wed:** 5-6pm

LEVEL 2: BALLERS

In this second level, your player will further develop his or her skills by focusing on speed, strategy and ball handling. We'll play scrimmages to focus on offense and defense, while determining the best fit in position for your player.

Ages: 8-10 yrs

Fri: 4-5pm

LSF DANCE

LEARN TO DANCE: INTRO TO DANCE

Get movin' and groovin' with LSF! Learn the basics of dance through games, music and activities! We'll introduce basic steps of ballet, jazz and modern styles with a focus on stretching, technique and creative movement.

Ages: 3-5 yrs

Wed: 3-3:45pm

LEVEL 1: TAP & BALLET

This introductory class is perfect for the kiddos out there who want learn the foundation of ballet and tap. Students will be guided through the basics of these two dance styles and gain strength, coordination, grace, musicality, and rhythm along the way. The focus is learning something new in a positive and fun classroom environment. No previous experience needed. *Ballet & tap shoes are suggested.*

Ages: 6-10 yrs

Wed: 3:45-4:30pm

Session Dates:

FALL

SEP 18 - NOV 22

\$160 member

\$216 non-members

WINTER

NOV 13 - FEB 1

\$200 member

\$270 non-members

Registration:

Please enroll online at
www.MyLSF.net

Please note:

Guests may only participate for
10 weeks or **1 session** term

For additional
information contact:

773.770.2422

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