



WHERE
KIDS COME
TO PLAY
AND LEARN

LSF ACADEMY - BASKETBALL

Basketball is a great way to instill confidence, team work, and discipline all the while making new friends. Children will improve their endurance, balance and hand-eye coordination, agility among other skills in this comprehensive program.

BITTY BASKETBALL (3-5 YEARS)

An entry-level class that is intended to provide bitty 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 drills and games. **Sunday from 10-10:45am**

YOUTH BASKETBALL (6-9 YEARS)

This program is designed to get you prepared for the next level. Whether your goal is to learn the sport, strength skills or tryout for an upcoming basketball season or AAU team, fundamentals of dribbling, shooting, passing and conditioning will be emphasized in this challenging program. Players will also be introduced to the rules and strategy of the game and better understand spacing on the court. **Saturday from 12-1pm or Sunday from 10:45-11:45am**

JUNIOR BASKETBALL (10-13 YEARS)

A continuation of youth basketball, this program will prepare each player for the next level by focusing on the development of ball handling, shooting, passing and conditioning with an emphasis on speed and agility enhancements. Players will also play scrimmages to focus on offense and defense strategy as well as court awareness. **Saturday from 1-2 pm or Sunday from 11:45-12:45pm**

PRIVATE BASKETBALL TRAINING

Private training can be geared for players who need more individualized attention, have trouble staying on task in group classes or have specific goals to achieve. Private training allows for instructors to personalize goals and objectives specific to the player. Lessons are skill-based, focusing on developing individual skill set (dribbling, shooting, passing, strategy and more), starting at where the player currently is and helping to sharpen and develop skills set to maximize his/her ability on the basketball court. Private trainings do not follow class sessions; however, most maintain a weekly standing time with their instructor. Lessons will be held in the gym.

	30 min	45 min	60 min
Individual Session	\$38	\$52	\$70
6 pack	\$216	\$300	\$408
12 pack	\$408	\$576	\$720

*24-hour notice is required for all cancellations via email to KidEvents@LakeshoreSF.com and the instructor.

Session Dates:

WINTER I

NOV. 12 - FEB 3
(NO CLASS 12/22-12/30)

WINTER II

FEB 4-APR 14

\$200 member

\$270 non-members

Registration:

Please enroll online at www.MyLSF.net

Please note:

Guests may only participate for **ONE session** term or 5 private sessions

For additional
information contact:

773.770.2418

KidEvents@LakeshoreSF.com



LSF ACADEMY - DANCE

Dance is the foundation of an active lifestyle! Give your child an opportunity to build social strength, improve posture and range of motion and stimulate creativity. Dance is a great alternative to team sports and most importantly, dance is FUN!

TINY DANCERS (3-5 YEARS)

This is a creative movement class that promotes self-esteem and self-discipline in an environment where children learn through games, storytelling and imagination. Through exploration children experience concepts of rhythm, shapes, levels and different qualities of movement. Children are highly encouraged to wear leotards, tights, and ballet slippers. **Wednesdays from 4-4:30PM**

JUNIOR BALLET & TAP (6-10 YEARS)

This is an introductory class to the foundation and discipline of ballet and tap. Students will be guided through the basic arm and feet positions, alignment, and body placement of these two dance styles to gain strength, coordination, technique, musicality, and rhythm. Students will gain self-confidence in a positive and supportive classroom environment. No previous experience needed. Ballet slippers, tights, leotard, & tap shoes are strongly encouraged. **Wednesdays from 4:30-5:15pm**

INTRO TO DANCE: PARENT & TOT (18 MONTHS - 3 YEARS)

This class is designed for even the youngest of dancers to move with mom or pop! This creative movement class emphasizes rhythm, stretching, coordination, listening and developmental skills through song and dance. A parent/guardian must participate in the class. Participants can wear ballet slippers or dance barefoot with comfortable clothing. **Sundays from 9:00-9:30AM**

Session Dates:

WINTER I

NOV. 12 - FEB 3
(NO CLASS 11/21, 12/23-12-30)

WINTER II

FEB 4-APR 14

Pricing:

\$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:

773.770.2418

KidEvents@LakeshoreSF.com