

LSF ACADEMY WINTER 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.

KIDS BASKETBALL (4-6 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.

YOUTH BASKETBALL (7-10 YEARS)

This program is designed to get you prepared for the next level. Whether your goal is to learn the sport, strengthen skills or tryout for an upcoming basketball season, fundamentals of dribbling, shooting, passing, free throws and zones 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.

TEEN BASKETBALL (11-17 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 scrimmage to focus on offense and defense.

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.

Saturdays, January 16-March 20

Kids Basketball (ages 4-6) 9-9:45am

Youth Basketball (ages 7-10) 10-11am

Teen Basketball (ages 11-17) 11am-12pm

LSF Family Member Price: \$210

Non-Member Price: \$310

24-hour notice required for all cancellations via email

PRIVATE LESSONS

	45 min	60 min
Individual Session	\$48	\$58
6 pack	\$276	\$336
12 pack	\$528	\$648

SEMI-PRIVATE LESSONS*

	45 min	60 min
Individual Session	\$37	\$45
6 pack	\$210	\$258
12 pack	\$396	\$492

**Price is per child*

Please note: Prices listed are for current LSF members. Non-Members may participate in one session of group classes or 5 private or semi private lessons per year. Non-member prices are \$20 more per lesson for privates and semi-privates.

**Register online at MYLSF.net
or via the MyLSF app
ICKids@LakeshoreSF.com**