

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.

Wednesday 4-4:45pm or Sunday 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.

Wednesday 4:45-5:45pm or Sunday 11-12pm

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.

Wednesday 5:45-6:45pm or Sunday 12-1pm

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.

PRIVATE LESSONS

| | 45 min | 60 min |
|---------------------------|--------|--------|
| Individual Session | \$53 | \$70 |
| 6 pack | \$304 | \$408 |
| 12 pack | \$581 | \$792 |

SEMI-PRIVATE LESSONS*

| | 45 min | 60 min |
|---------------------------|--------|--------|
| Individual Session | \$42 | \$55 |
| 6 pack | \$240 | \$318 |
| 12 pack | \$456 | \$612 |

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

*Price is per child

Session Dates:

FALL Sep 5 - Nov 14

WINTER I Nov 15 - Feb 6

Winter break Dec 18 - Jan 2

Pricing:

Bitty Basketball

\$270 member

Youth & Junior Basketball

\$300 member

Registration:

Please enroll online at MyLSF.net or on the MyLSF app. *Services paid for with credit or debit card will incur a 4% convenience fee.*

Please note:

Prices listed are for current LSF members.

For additional
information contact:

773.770.2425

KidEvents@LakeshoreSF.com