

# 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 years old-Kindergarten)**

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.  
Tuesday or Thursday 4-4:45pm, Sunday 10-10:45am

## **YOUTH BASKETBALL (1st-3rd Grade)**

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.  
Tuesday or Thursday 4:45-5:45pm, Sunday 11am-12pm or 1-2pm

## **JUNIOR (4th-7th Grade)**

3 vs 3 half-court basketball with our coach on the court to referee and help refine skills. There will still be instructional moments, but the focus is on the game!. Players will also play scrimmages to focus on offense and defense strategy as well as court awareness.  
Tuesday or Thursday 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 objective 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.

## **Individual Lessons**

### **PRIVATE LESSONS**

45 min    60 min

\$53        \$70

### **SEMI-PRIVATE LESSONS\***

45 min    60 min

\$42        \$55

\*Price is per child

## **Session Dates:**

**FALL: Sept 5 - Nov 12**

*(No class Sept 4-8)*

**WINTER I: Nov 13 - Feb 4**

*(No class Nov 23, Dec 25 - Jan 5)*

**WINTER II: Feb 5 - Apr 14**

*(No class Mar 21)*

**SPRING: Apr 15 - Jun 23**

*(No class May 27)*

## **Pricing:**

**Bitty Basketball**

\$320 member

**Youth & Junior Basketball**

\$350 member

*Services paid for with credit or debit card will incur a 4% convenience fee.*

## **Registration:**

Please enroll online at MyLSF.net or on the MyLSF app.

Prices listed are for current LSF members. 24-hour notice is required for all cancellations via email to KidsEvents@LakeshoreSF.com and the instructor.

For additional information contact:

**773.770.2425**

KidEvents@LakeshoreSF.com