



OPEN GROUP BASKETBALL INSTRUCTION at OPS DUPONT

Group sessions focus on overall skill development of shooting, ball-handling, defense and scoring, as well as different footwork combinations with the ball in the player's hands.

We will include fundamental aspects of ball-handling that players will need in order to be more effective with their feet and to understand how to create angles in order to get by a defender. We want players to understand how to create, maintain and attack in space.

PRICING AND SCHEDULE

- \$20 per workout
 - \$200 per month
- *25% off for OPS Fitness Club members*

December 1st - December 18th Schedule:

Monday - Thursday

- Times: 5:30-6:30 p.m. (Grades 3-5) & 6:30-7:30 p.m. (Grade 6-8)
- *NO CLASSES Monday, Dec. 6 & Monday, Dec. 13*

Friday

- Times: 5:30-6:30 p.m. (Grades 3-8)

Saturday

- Times: 9-10 a.m. (Grade 3-5) & 10-11 a.m. (Grades 6-8)

Holiday Hours! December 20th - December 30th

Monday - Thursday

- Times: 9:30-10:30 a.m. (Grades 3-5) & 10:30-11:30 a.m. (Grades 6-8)

**NO CLASSES Monday, Dec. 27 and Tuesday, Dec. 28*

Signup at OptimumPerformanceSports.com/schedule/ or by using the mindbody app!

Questions? Contact us at 260-479-2720 or Kbloom@lhn.net