



BREAKFAST CLUB

Shooting workouts for players looking to gain an edge during the season. Sessions will break down different shooting actions and footwork to build confidence during the basketball season.

SWISH CLUB

Players will receive shooting instruction and detailed breakdowns on how to become a better, more consistent shooter. Session will take players through a detailed form shooting workout that will track shot attempts and makes at each lesson. As the players improve their shooting percentage, they will be given new challenges to complete.

PRICING AND SCHEDULE

- \$20 drop-in to Breakfast Club or Swish Club
- \$100 monthly fee for all sessions of Breakfast Club or Swish Club
**25% off for OPS Fitness Club members*
- Open to boys and girls in Grades 6-8

BREAKFAST CLUB December 1st- December 18th Schedule:

Monday & Wednesday

- Times: 6-7 a.m. & 7-8 a.m.

Saturday

- Time: 8-9 a.m.

SWISH CLUB December 1st-December 18th Schedule:

Tuesday & Thursday

- Time: 7:30-8:30 p.m.

Saturday

- Time: 11 a.m. - noon

Holiday Hours! December 20th - December 30th

Monday thru Thursday

Breakfast Club

- Time: 8:30-9:30 a.m.

Swish Club

- Times: 1-2 p.m.

**NO CLASSES 12/27 & 12/28*

Sign-up at optimumperformancesports.com/schedule/ or by using the mindbody app!