

OPS

BASKETBALL

Jr. OPS

Jr. OPS brings the whole family to the gym! Jr. OPS participants will learn the fundamentals of the game in a fun family friendly environment on the court.

- Open to K-2 Grade athletes
- Participants must be joined in class by at least one family member (parent, grandparent, older sibling, guardian)
- Rims lowered to 8ft to help players properly learn shooting form and help them make more shots!

When: Wednesday nights from 5:30 to 6:30 starting 1/12 and ending on 2/16

Where: OPS Dupont (10106 E. Dupont Circle Dr.)

Registration: \$20 per session or \$100 for all 6 weeks.

Online sign-ups coming soon.

Visit OptimumPerformanceSports.com for updates!