



POST UP with the OPS Basketball Academy this SPRING!

Learn how to dominate the paint with POST UP series. Training sessions will feature detailed drills to learn proper post footwork, skilled finishing techniques at the basket and positioning to secure every rebound. Players will also be introduced to 30 minutes of vertical jump and agility training each week.

SCHEDULE: Monday 6:30 - 8:00pm (4/18 - 5/23)

PRICE: \$160 - 6 sessions or \$30 single session

OPS Fitness Club members receive 25% off!

AGES: Boys and Girls grades 6-12

Sign-up online at
optimumperformancesports.com/schedule/ or by
scanning the QR code

