



North Shore Basketball Academy @ Montroyal

www.northshorebasketballacademy.com

Come join Head Coach, Ryan Lenarduzzi of North Shore Basketball Academy this fall to have fun, get fit and learn some skills!

Jr. Skills Academy @ Montroyal (Gr. K-3)

Jr. Skills Academy helps participants develop the foundational skills of both basketball and physical literacy. Sessions will take participants through a series of fun, games-based activities that focus on basketball fundamentals (dribbling, passing and shooting) and movement skills (running, jumping and throwing). Throughout the program, participants will learn about core life-skills like positivity, sportsmanship, teamwork and respect. Age appropriate balls and hoops are used to maximize participant success. Each participant receives a North Shore Basketball Academy T-Shirt.

Time: Thursdays from 12:20-12:55pm (Lunch Break)

Dates: Sept 20-Nov 29 (11 Sessions)

Price: \$120+GST (Includes T-Shirt)

Location: Gym

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