



Ball out this Winter with GRIT!

Thursdays After School @ Primary Prep Gym

Whether you're interested in trying out basketball for the first time or are looking to improve your skills, the GRIT ***Intro to Basketball*** program is a great way to improve your game, be active, and have fun!

Join our Winter program to develop your skills in a fun and positive environment, and start ballin' out today!

The GRIT ***Intro to Basketball*** program includes skill-building fundamental exercises, games, shooting tips, mini-contests and more!

Young players will learn:

- Game Basics (how to play the game)
- Core Skills (dribbling, defense, passing, shooting)
- Mental Strategies (values needed to play as a team)
- Conditioning (speed, agility, quickness, stamina, coordination)
- Modified, age-appropriate gameplay

Register Here

WINTER SEMESTER 2022

Full Semester Every Thursday
Feb 3rd to Apr 7th
10 classes / \$300

Times: 3:00 - 4:00pm 3rd - 5th Grade
4:00 - 5:00pm 6th - 8th Grade *



Registration required prior to Jan 31st . Click [here](#) or use the QR code to register.

Note: 6th-8th Graders for the 4pm class will need to sign up for 1 hour of Primary Prep aftercare if not in another after-school program before the class.

**Due to Covid-19 precautions all coaches are all vaccinated and masks are mandatory for all coaches and participants.*