

April Class Schedule--Click Times to Register

Class	Description of Class	Grade	Skill Level	Mondays April 2nd-23rd	Tuesdays April 3rd-24th	Thursdays April 5th-26th
Hoop School	Created to teach basketball fundamentals to players of all skill levels and the best class to start with for beginning and intermediate players. Learn proper shooting form, footwork, layups, passing, along with more advanced transition drills and scrimmages each day. Develop your skills while having FUN in a competitive "team" atmosphere. Hoop Height: Pre-K 3's=4", Pre-K 4's=6", K-1st grade= 8.5", 2nd grade and up 10"	Pre-K 3's Coed Pre-K 4's Coed	Beginning to Intermediate	4:00-4:30pm 4:30-5:00pm	4:00-4:30pm	4:00-4:30pm
Hoop School	Created to teach basketball fundamentals to players of all skill levels and the best class to start with for beginning and intermediate players. Learn proper shooting form, footwork, layups, passing, along with more advanced transition drills and scrimmages each day. Develop your skills while having FUN in a competitive "team" atmosphere. Hoop Height: Pre-K 3's=4", Pre-K 4's=6", K-1st grade= 8.5", 2nd grade and up 10"	K-1st Grade Coed 2nd-3rd Grade Coed	Beginning to Intermediate	5:00-5:45pm 5:45-6:30pm	4:30-5:15pm 5:15-6:00pm	4:30-5:15pm 5:15-6:00pm
Hoop School	Created to teach basketball fundamentals to players of all skill levels and the best class to start with for beginning and intermediate players. Learn proper shooting form, footwork, layups, passing, along with more advanced transition drills and scrimmages each day. Develop your skills while having FUN in a competitive "team" atmosphere. Hoop Height: Pre-K 3's=4", Pre-K 4's=6", K-1st grade= 8.5", 2nd grade and up 10"	4th-6th Grade Coed	Beginning to Intermediate	6:30-7:30pm	5:00-6:00pm	
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Ballhandling & Shooting	Learn how to handle the ball with confidence with a variety of stationary and transition ballhandling drills. Improve shooting form to become a more consistent shooter. Will learn lots of new drills for ballhandling and game speed shooting drills.	1st-3rd Grade Coed 4th-7th Grade Coed	All Skill Levels	5:00-6:00pm 6:00-7:00pm	6:00-7:00pm 8:00-9:00pm	6:00-7:00pm 8:00-9:00pm
Ballhandling Bootcamp	Faced paced ballhandling workout to challenge your skills, learn new drills to add to your daily workout and push the limits. Intense pace but open to all skill levels.	2nd-8th Grade Coed	Intermediate & Up	4:30-5:00pm	7:30-8:00pm	9:00-9:30pm
Shooting Lab	Learn proper shooting form, footwork and how to catch the ball "ready" to shoot for a quicker release. Lots of shooting repetition but no defense so this is a great class to improve shooting form and consistency.	3rd-6th Grade Coed	Beginning to Intermediate	4:00-5:00pm	5:00-6:00pm	4:00-5:00pm
Elite Scoring Clinic	Designed to simulate a college scoring practice and take your footwork & ball skills to an elite level. Learn how to create your own shot, beat a second defender and improve consistency with elite 3 vs. 1 moves vs. live defense.	5th-8th Grade Coed	Advanced to Elite Players	7:00-8:00pm	4:00-5:00pm	7:00-8:00pm
Lights Out	Shooting competitions! Shoot the ball from various spots on the court off the dribble & from a pass. See if you have what it takes to be the champion each night!	2nd-8th Grade Coed	All Skill Levels	7:30-8:00pm	7:00-7:30pm	9:00-9:30pm
Skills & Scrimmage Clinic	30 Minutes of drills: shooting, ballhandling & 1 vs. 1 moves followed by 30 minutes of live scrimmage time. 3 vs. 3 and 4 vs. 4 to let each player get lots of touches and opportunities to work on scoring in a live game.	4th-8th Grade Coed	Intermediate & Up	5:00-6:00pm	6:00-7:00pm	
Elite Small Group	Improve your 1 vs. 1 moves, finishing at the basket, passing, ballhandling, footwork and basketball IQ. Class will do team style drills with live scrimmages each day.	3rd-5th Grade Coed	Intermediate & Up	6:15-7:00pm		5:00-5:45pm
Basketball 4 Beginners	Learn the basics so you can play in a league, attend tryouts or advance to a more challenging class. Focus will be on basic basketball fundamentals: ballhandling, layups, passing, form shooting and some of the more popular team style drills.	3rd-7th Grade Coed	Beginners Only	8:00-9:00pm		4:00-5:00pm
Cardio & Core	Get ready to be pushed to the limit to build endurance on the court. Tons of conditioning drills mixed with body weight core exercise and a basketball.	2nd-8th Grade Coed	All Skill Levels	7:30-8:00pm	7:00-7:30pm	9:00-9:30pm
Speed, Agility & Transition	Improve your speed, agility and body control to gain an advantage over your opponent. Drills aim to help you become a better scorer, cutter and defender in the half court and in transition. We will incorporate tons of ballhandling. All drills are basketball specific.	3rd-6th Grade Coed	All Skill Levels	7:00-8:00pm	6:00-7:00pm	
Girls High School	Created to simulate a DI college practice to help you get ready for the next level. Players will compete in college style drills at an intense level. Improve your scoring, 1 vs. 1 moves, transition game, rebounding, defense, and Basketball IQ in a competitive setting. This class is for competitive high school players.	Girls High School	Advanced to Elite	8:00-9:00pm	4:00-5:00pm	
Boys High School	Created to simulate a DI college practice to help you get ready for the next level. Players will compete in college style drills at an intense level. Improve your scoring, 1 vs. 1 moves, transition game, rebounding, defense, and Basketball IQ in a competitive setting. This class is for competitive high school players.	Boys High School	Advanced to Elite	9:00-10:00pm	9:00-10:00pm	
Spring League	Competitive Spring League on Thursday Nights. 3 Divisions: 3rd-4th Grade, 5th-6th Grade, 7th-8th Grade. All Divisions are Coed. No practices--just games led by Cindy Martin & staff as your coaches! Each player will play one game per night.	3rd-8th Grade Coed	Intermediate & Up			6:00-9:00pm
Skill Level	Description of Skill Level to help you find the right class at Elevate Basketball Academy					
Beginning	New to Elevate Basketball Academy, new to basketball skills training classes. Just learning the basic fundamentals.					
Intermediate	Has taken skills training classes and has played in a league. Average ballhandling skills.					
Advanced	Has taken skills training classes, played in a competitive league and on an organized team. Good ballhandling skills.					
Elite	Playing on AAU/Travel or School Team. Has taken skills training classes. Great ballhandling skills. High School potential.					



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