

**The Town of Sundre
Basketball Fundamental & Skills Development Program
For
Boy's & Girl's Age 6-13**



What skills will my child learn?

Ball handling – dribbling – defensive position & footwork – passing – shooting mechanics – floor spacing – boxing out & rebounding

Where - Sundre Community Centre Gym - **Program Length** -12 Saturday sessions

Start & End Date - January 9th-March 26th - **START-TIME** -10:00am-12:00 noon

PROGRAM COST- \$150/individual

REGISTRATION – Darline at 403-638-2042 or email darline.d@sundre.com

NOTE: SPACE IS LIMITED AND REGISTRATION IS ON A FIRST SIGN-UP BASIS. GAMES MAYBE SCHEDULE on FRIDAY NIGHT'S IN THE EVENT OF A CONFLICT IN SCHEDULE.

The Town of Sundre Co-ed Adult and Youth Recreational Basketball & Volleyball League



The Sundre Co-ed Volleyball League is a non-competitive league that encourages fun and social interaction while promoting physical fitness.

Where - Sundre Community Centre - **PROGRAM LENGTH** - 12 Sunday sessions

START & END DATE - January 10th-March 27th

START TIME - Youth Co-ed League 11:00am-2:00pm - Adult Co-ed League 3:00-7:00pm

PROGRAM COST – Youth’s \$250.00/team - Adult’s \$350.00/team - individual/\$50

REGISTRATION – Darline at 403-638-2042 or email darline.d@sundre.com

The Sundre Co-ed Basketball League is also a non-competitive league for enthusiasts who love the game and is looking for physical fitness in a social environment.

WHERE - Sundre Community Centre - **PROGRAM LENGTH** - 12 Saturday sessions

START & END DATE - January 9th-March 26th - **START-TIME** – 4:00-8:00PM

PROGRAM COST - Adult’s \$350.00/team - individual/\$50

REGISTRATION – Darline at 403-638-2042 or email darline.d@sundre.com

NOTE: 7 PLAYERS/TEAM MAXIMUM AND SPACE IS LIMITED REGISTRATION IS ON A FIRST SIGN-UP BASIS. GAMES MAYBE SCHEDULE on FRIDAY NIGHT’S IN THE EVENT OF A CONFLICT IN SCHEDULE.