LSF ACADEMY - BASKETBALL

Basketball is a great way to instill confidence, team work, and discipline all the while making new friends. Children will improve their endurance, balance and hand-eye coordination, agility among other skills in this comprehensive program.

BITTY BASKETBALL (3 years old-Kindergarten)

An entry-level class that is intended to provide bitty ballers with foundational skills around hand-eye coordination, ball handling, parts of the court and the value of teamwork. This class is very play based, as we focus on skill development through fun drills and games.
Thursdays 4-4:45pm & Sundays 10-10:45am

YOUTH BASKETBALL (1st-3rd Grade)

This program is designed to get you prepared for the next level. Whether your goal is to learn the sport, strength skills or tryout for an upcoming basketball season or AAU team, fundamentals of dribbling, shooting, passing and conditioning will be emphasized in this challenging program. Players will also be introduced to the rules and strategy of the game and better understand spacing on the court.
Thursdays 5-5:45pm & Sundays 11-11:45pm

PRIVATE BASKETBALL TRAINING

Private training can be geared for players who need more individualized attention, have trouble staying on task in group classes or have specific goals to achieve. Private training allows for instructors to personalize goals and objective specific to the player. Lessons are skill-based, focusing on developing individual skill set (dribbling, shooting, passing, strategy and more), starting at where the player currently is and helping to sharpen and develop skills set to maximize his/her ability on the basketball court. Private trainings do not follow class sessions; however, most maintain a weekly standing time with their instructor. Lessons will be held in the gym.

Individual Lessons

PRIVATE LESSONS

45 min	60 min
$63	$93

SEMI-PRIVATE LESSONS*

45 min	60 min
$48	$60

Session Dates:

Fall: Aug 24-Nov 1
(No class Sept 7)
Winter I: Nov 2-Sun Jan 10
(No class on Nov 26, Dec 24, 25 & 21, Jan 1)
Winter II: Jan 11-March 21
Spring: March 22-May 30

Pricing:

Bitty Basketball
$350 member
Youth & Junior Basketball
$380 member
Services paid for with credit or debit card will incur a 4% convenience fee.

Registration:

Please enroll online at MyLSF.net or on the MyLSF app.

Prices listed are for current LSF members. 24-hour notice is required for all cancellations via email to KidsEvents@LakeshoreSF.com and the instructor.

For additional information contact:

773.770.2425

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