

# LIL' HOOPSTERS



## An Exciting Introduction to Basketball for Children Ages 3–6 Years

Lil' Hoopsters is a child development program based around the game of basketball that encourages children to advance their skills on & off the court. This program introduces children to basketball focusing on the essentials of the game, including: dribbling, passing, (court) positioning, shooting and teamwork. Our experienced and enthusiastic coaching staff utilize imaginative games that increase a child's confidence and skill, while enjoying a fun, fast-paced class environment.

## WINTER #1 SESSION October 30–January 20

10 weeks, Tuesdays 9 weeks  
Class Holiday:  
November 20-25  
December 25-January 1

### SANTA ROSA FACILITY SCHEDULE

3215 Coffey Lane, Santa Rosa

| Class Name and Age Range | Friday | Saturday         | Sunday  |
|--------------------------|--------|------------------|---------|
| Dribblers (3 Years)      | N/O    | 8:45am           | 9:45am  |
| Dunkers (4 Years)        | N/O    | 9:45am           | 8:45am  |
| Ballers (5–6 Years)      | N/O    | 10:45am, 11:45am | 10:45am |

#### DRIBBLERS [3 YRS]

The Dribblers curriculum is designed to introduce children to the game of basketball in an exciting non-competitive environment. Children are instructed in basic basketball objectives, passing techniques and basketball fundamentals while building spatial awareness, social skills and working on their listening skills. Parent participation is required.

#### DUNKERS [4 YRS]

Dunkers classes are fun, fast-paced and introduce children to team play. The Dunkers class curriculum instructs on basketball fundamentals with a focus on coordination and teamwork. Children are instructed in movement patterns and positioning throughout each class. These skills will then be applied during scrimmage games on the court in the last few classes of the session.

#### BALLERS [5–6 YRS]

The Ballers class curriculum focuses on positioning and further development of fundamental basketball skills. Children are instructed in shooting, passing and defensive techniques using our six-foot hoops. While learning new game concepts children are challenged each class in an instructor led scrimmage game. This is the highest level of our Lil' Hoopsters program and is designed for children who are ready for a challenge and preparing to enter recreational basketball.

Classes will be offered in Santa Rosa facility



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