

# Winter Sports Classes

**Youth Basketball Clinic, Short Sports ( 5-7 yrs )**

**Fee: \$100 members \$120 non members**

Focus: Fundamentals of the game; dribbling, shooting, passing, defense and rebounding taught on the mini 8 1/2 foot hoops.



Class Day	Dates	Time
Mondays	1/9-2/27	3:45-4:45pm



**Youth Basketball Clinic, Jr. Basketball ( 8-10 years )**

**Fee: \$100 members \$120 non members**

Focus: Fundamentals of the game, dribbling, shooting, passing, defense and rebounding. Players will learn through instruction with 5 vs. 5 play. Hoops are short sport basketball height.

Class Day	Dates	Time
Tuesdays	1/10-2/28	3:45-4:45pm

**Youth Basketball Clinic, Big Timers (11-13yrs)**

**Fee: \$100 members \$120 non members**

Work on basketball fundamentals, strength and conditioning, and implementing offensive & defensive strategies. For those who have an interest in playing basketball at school or in local leagues.

Class Day	Dates	Time
Fridays	1/13-2/24	3:45-4:45pm

**Middle / High School NEXT level basketball development & training ( 12-17yrs )**

This private or semi-private training program prepares young athletes for the NEXT level of their game so they are ready to compete and stay ahead. Improve your basketball skills, teamwork, and sportsmanship. Chose any two days a week for one month. Contact Mike Allen Sports to schedule 408.279.4123 or [www.mikeallensports.com](http://www.mikeallensports.com)

Class Day	Total Training Hours	Cost
Mon, Wed, Fri	24 per month	\$325/\$350
Saturdays	13.5 per month	\$225/\$250
Sunday	16 per month	\$280/\$300

# BASKETBALL



# Winter Classes Continued

**Spikers Volleyball (8-14 yrs ) Fee: \$100 members \$120 non members**

Focus: Spikers Volleyball will concentrate on the fundamentals of volleyball with strength and conditioning, setting, blocking, digging, passing and serving. We will also focus on team and league play.

Class Day	Dates	Time
Thursdays	1/12-2/23	3:45-4:45



**Multi-Sports Class (6-13) Fee: \$100 members \$120 non members**

In this structured program you'll learn sports such as basketball, volleyball, floor hockey, dodge ball, kickball, fitness relays and scooter ball. Each week we will switch sports. The last day of the session we'll take on Sports Challenges in each sport.

Class Day	Dates	Time
Wednesdays	1/11-2/22	3:45-4:45

**Parent/Child Multi-Sports Class (18m-4yrs) Fee: \$70 members \$90 non members**

Try a variety of indoor sports such as basketball, floor hockey, bowling, scooter play, balance beams, etc. Develop gross motor skills, hand-eye coordination, and socialization skills. The last fifteen minutes of class will be devoted to a Fitness Challenge and Story time. This class requires parent participation. Please wear comfortable athletic clothing and gym shoes. ( no black soled shoes allowed ).

Class Day	Dates	Time
Friday	1/13-2/24	10:30-11:15

**Private Group Basketball Training Packages ( ages 10+ )**

Interested in improving your game? Schedule your private lessons with the Coaching staff of Mike Allen Sports and improve your overall game, or focus on areas of weakness.

Details: [www.mikeallensports.com/group\\_training.html](http://www.mikeallensports.com/group_training.html)



Online Registration at [www.mikeallensports.com](http://www.mikeallensports.com)  
For More Information Contact Coach Mike Allen at 408.279.4123

**\*All classes are held at the Los Gatos JCC  
14855 Oka Road Los Gatos, 95032**