



BARRY AND FLORENCE
FRIEDBERG
JEWISH COMMUNITY CENTER

Youth Basketball Clinic

Grades k-4



10 week program
Registration Starts October 1
Clinic Begins Saturday, October 24

Clinic Dates: October 24 – January 16 (January 9 & 16 are Mini Games)

Session 1: 9:00–10:30 am
Session 2: 10:30 am–12:00 pm

Basketball Biomechanics (BB) will host this action packed clinic. This clinic is designed to help take game play to the next level. Basketball Biomechanics will help maximize your skill acquisition, improve game performance and help prevent injury by interplaying innovative shooting and movement.

Skills Learned: Ball Handling, Shooting, Footwork, Game Play, Speed & Agility, Defense and Conditioning

Fee \$250; Member, \$150

Please note: Clinic dates are subject to change due to inclement weather, closures, gymnasium issues and actual number of participants.

**For more information please contact Michael Francis, Sports Coordinator
at 516-634-4172 or sports@friedbergjcc.org**