

ALABAMA BASKETBALL ACADEMY - www.alabamabasketballacademy.com

2011 JUNE-JULY SKILL DEVELOPMENT SCHEDULE

JUNE 6 - AUGUST 5, 2011 (24 workouts)

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:30A	BEGINNING BASKETBALL GRADES 1-3	PERSONAL TRAINING	BEGINNING BASKETBALL GRADES 1-3	BEGINNING BASKETBALL GRADES 1-3	PERSONAL TRAINING		
9:30-10:30A	BEGINNING BASKETBALL GRADES 4-6	PERSONAL TRAINING	BEGINNING BASKETBALL GRADES 4-6	BEGINNING BASKETBALL GRADES 4-6	PERSONAL TRAINING		
10:30-11:30A	ADVANCED BASKETBALL SKILLS GRADES 4-6	PERSONAL TRAINING	ADVANCED BASKETBALL SKILLS GRADES 4-6	ADVANCED BASKETBALL SKILLS GRADES 4-6	PERSONAL TRAINING		
1:00-2:00P	GIRLS ADVANCED SKILL DEVELOPMENT GRADES 6-8	PERSONAL TRAINING	GIRLS ADVANCED SKILL DEVELOPMENT GRADES 6-8	GIRLS ADVANCED SKILL DEVELOPMENT GRADES 6-8			
2:00-3:00P	GIRLS HIGH SCHOOL SKILLS AND CONCEPTS	PERSONAL TRAINING	GIRLS HIGH SCHOOL SKILLS AND CONCEPTS	GIRLS HIGH SCHOOL SKILLS AND CONCEPTS			
3:00-4:00P	BOYS ADVANCED SKILL DEVELOPMENT GRADES 6-8	PERSONAL TRAINING	BOYS ADVANCED SKILL DEVELOPMENT GRADES 6-8	BOYS ADVANCED SKILL DEVELOPMENT GRADES 6-8			
4:00-5:00P	BOYS HIGH SCHOOL SKILLS AND CONCEPTS	PERSONAL TRAINING	BOYS HIGH SCHOOL SKILLS AND CONCEPTS	BOYS HIGH SCHOOL SKILLS AND CONCEPTS			
CONTACT: SCOTT STAPLER			Personal Training - \$75/hour				
256.604.0101			Skill Development Group Packages - 12 workouts - \$285, 16 workouts - \$340, 20 workouts - \$400				
scott@ababball.com			Family Discount - 10% off 2nd child				
*** PLEASE NOTE -- There will be NO workouts July 4-9.							