



Location:  
Basin Recreation  
Fieldhouse Gym  
Newpark Town Center  
1388 Center Drive  
Park City, UT 84098

Six 1-Hour Sessions  
Tue & Thu  
Nov 3, 5, 10, 12,  
17, & 19  
4:00-5:00 pm

Cost: \$90  
(Free t-shirt & certificate)  
Registration Deadline:  
Oct 30, 2020

STRETCH-N-GROW OF UTAH  
WASATCH FAMILY FITNESS  
IN PARTNERSHIP WITH  
BASIN RECREATION FIELD HOUSE

# STRETCH-N-GROW

## ROOKIE BASKETBALL I & II

### AGES 3-6

**Rookie Basketball I:** Our introductory level. Your child will have 'exer-citing' fun learning key skills of basketball, including bouncing, dribbling, passing, shooting, and basic rules of the game while building stamina, agility, confidence, self-esteem and an understanding of team work concepts. Full aerobic workout with warm up, cool down and silly stretches for fun, all designed around preschool motor skill levels.

**Rookie Basketball II:** Level II takes up where I leaves off, reiterates key skills development, but also provides more emphasis on rules of the game, teamwork, court position, and offense and defense in scrimmages. Both levels are taught by Certified Youth Fitness Coaches with CPR and Security Clearance.

Want to receive 5.0% back on any one program? Simply complete one of the following:

- Refer a friend and they sign up
- Enroll a second child

Sign Up: <https://wasatchfamilyfitness.com/classes>



Questions:

Call: 435) 658-9999 or email:  
[sngoffice@wasatchfamilyfitness.com](mailto:sngoffice@wasatchfamilyfitness.com)