



**“Teaching the Fundamentals
while promoting a Healthy Lifestyle”**

For All Ages and Skill Levels
Celebrating 15 Years

FALL PROGRAMS

BULLDOGS TRAVEL - GRADES 2-11

NORTH SHORE COUNTRY DAY SCHOOL
GIRLS FEEDER - GIRLS GRADES 3-8

3 ON 3 LEAGUE - GRADES K-8

3 ON 3 ACADEMY - AGES 5-14

3 ON 3 “PICK UP” - AGES 5-14

MINI BALLERS - AGES 2-3

TOT BALLERS - AGES 3-5

LITTLE BALLERS - AGES 5-7

GIRLS SKILLS TRAINING - AGES 7-11

ELITE SKILLS TRAINING - AGES 12-14

ALL STAR SPORTS CAMP - AGES 7-11

HOLIDAY AND SCHOOL DAY
OFF CAMPS - AGES 5-14

PERSONAL AND GROUP TRAINING
- ALL AGES



HOOPS4HEALTH.COM