



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Basketball Fundamentals

4th-9th Grades
Cooper Street Branch

Goal: To motivate, educate and provide knowledge of fundamental basketball in a fun and positive environment.

Try it for Free, January 14th 10:30a-12p
(4th-9th grades all at same time)

When: Saturdays

Time: **4th & 5th Grade** 9-10:30am

6th-9th Grade 10:30am-12:00pm

Where: Cooper Street YMCA
7120 S. Cooper St.
Arlington, TX 76001
817-419-9629

Dates: January 21, 28, February 4, 11, 18, 25

Cost: \$60 for the 6 week session

Registration Deadline: January 21

Limited space

Contact: Jeremy Thomas
817-419-9629 x210
jeremyt@ymca-arlington.org

Fundamentals Taught	
Passing	Free Throws
Shooting	Man-to-Man Defense
Fast Break	3-2 Defense
Lay-Ups	2-3 Defense



Must wear basketball shoes, basketball shorts, t-shirt or jersey. Water and sweat towels are recommended.

The YMCA's Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.