

1 on 1 BASKETBALL SKILLS TRAINING

WITH
**TYLER LUNDEEN,
PERSONAL
TRAINER**

**1 on 1 BASKETBALL
SKILLS TRAINING
OPEN TO ALL AGES!**

- PROPER SHOOTING MECHANICS
- FOOTWORK
- DRIBBLING
- PASSING
- DEFENSE
- RECEIVING A PASS
- OFFENSIVE & DEFENSIVE REBOUNDING
- SHOOTING WITH PROPER FOOTWORK
- PICK & ROLL
- PICK & POP
- POSTING UP
- COMING OFF A PICK (CURL & FLARE)
- FAST BREAK

COST FOR 5 SESSIONS
MEMBERS \$125 & NON-MEMBERS \$145
COST FOR 10 SESSIONS
MEMBERS \$220 & NON-MEMBERS \$250



FIVE POINTS
WASHINGTON

SIGN UP AT THE FRONT DESK. FOR MORE QUESTIONS CONTACT JOY GROVE AT joyg@fivepointswashington.org or call 444-8222 www.fivepointswashington.org

