Hot Shots Sports

Zoom Sports Classes – June 2020

Class link for all Zoom classes will be sent the day before the first class. Equipment needed for each week will be outlined in this welcome email. Participants should be creative with equipment if you do not have the exact items, for example, cardboard can be cut out to make a base for baseball, and a broom can be used as a hockey stick for multi-sport classes!

Tot Classes (Ages 2-6)

Adult Tot Sports (Ages 2-4) – 920301-01

Wednesdays 6/3, 6/10, 6/17, 6/24 (4 weeks); 10:30-11:00AM
Session Fee: R $32/NR 40
Equipment needed: Basketball, Soccer Ball, Multi-purpose ball (varies each week), 4-6 Place Markers
Sport instruction is provided to help guide your child through an introduction to various sports. Class will also include games and challenges working on balance and movement. Parent participation is required.

Sports Enrichment (Ages 3-6) – 920301-03

Mondays 6/1, 6/8, 6/15, 6/22 (4 weeks); 10:30-11:00AM
Session Fee: R $32/NR 40
Equipment needed: 4-6 Place Markers, Ball (any kind)
This class is filled with fun activities and sports! Children will include games and challenges to work on balancing, jumping, movements, as well as introducing sports skills such as kicking, throwing and catching.

Sports and More (Ages 3-6)

920301-05:

Tuesdays 6/2, 6/9, 6/16, 6/23 (4 weeks); 10:30-11:00AM

920301-06:

Thursdays 6/4, 6/11, 6/18, 6/25 (4 weeks); 3:15-3:45PM
Session Fee: R $32/NR 40
Equipment needed: Basketball, Soccer Ball, Baseball, Multi-purpose ball (varies each week), 4-6 Place Markers
Children will be introduced to the fundamentals of sports including basketball, soccer, and t-ball. Class will be active and fun, with games and challenges working on balancing, jumping, and movement.

Tots Movement (Ages 3-6) – 920301-02

Tuesdays 6/2, 6/9, 6/16, 6/23 (4 weeks); 3:00-3:30PM
Session Fee: R $32/NR 40
Equipment needed: 4-6 Place Markers, Ball (any)
Children are introduced to age-appropriate exercises specifically designed for balance and coordination of their large muscle groups. Through basic movement, participants experience their world in a whole new way and begin to understand how their bodies work.

Pee Wee Soccer (Ages 3-6) – 920301-04

Wednesdays 6/3, 6/10, 6/17, 6/24 (4 weeks); 1:00-1:30PM
Session Fee: R $32/NR 40
Equipment needed: Soccer Ball, 4-6 Place Markers
This class is designed to increase balance, body awareness, motor skills, and make soccer fun. Players will work on ball touches and controlling the ball. Class will work on balance and movements through games and challenges.

Lil' Dribblers (Ages 3-6) – 920301-07

Thursdays 6/4, 6/11, 6/18, 6/25 (4 weeks); 1:00-1:30PM
Session Fee: R $32/NR 40
Equipment needed: Basketball, 4-6 Place Markers, Tall Cone and flat cone (or something to simulate these)
The Lil' Dribblers Basketball program will focus on training balance, body awareness, motor skills, hand eye coordination, and the ability to follow directions. Dribbling skills will be developed as well as body positioning on offense and defense.

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Youth Skills Classes (Ages 6-13)

Total Sports (Ages 6-9) – 920301-08

Mondays 6/1, 6/8, 6/15, 6/22 (4 weeks); 3:00-3:30PM
Session Fee: R $32/NR 40
Equipment needed: Basketball, Soccer Ball, Baseball, Multi-purpose ball (varies each week), 4-6 Place Markers
Children will be introduced to the fundamentals of sports including basketball, soccer, and t-ball. Class will be active and fun, with games and challenges working on balancing, jumping, and movement.

Double Play: Soccer & Basketball (Ages 6-9) 920301-10

Thursdays 6/4, 6/11, 6/18, 6/25 (4 weeks); 10:30-11:00AM
Session Fee: R $32/NR 40
Equipment needed: Basketball, Soccer Ball, 6-8 Floor Markers
Play both of your favorites sports each week! This class will introduce fundamentals of each sport, along with emphasizing physical endurance and fitness.

Hockey Fundamentals (Ages 6-9) – 920301-12

Fridays 6/5, 6/12, 6/19, 6/26 (4 weeks); 11:30AM-12:00PM
Session Fee: R $32/NR 40
Equipment needed: Hockey Stick, Ball or Puck, 6-8 Floor Markers
Learn the essential skills needed to be successful in youth hockey! Class will focus on stickhandling, passing and shooting. Physical endurance and fitness will also be emphasized.

Fitness, Speed and Agility (Ages 7-11) – 920301-13

Mondays 6/1, 6/8, 6/15, 6/22 (4 weeks); 4:00-4:30PM
Session Fee: R $32/NR 40
Equipment needed: 6-8 Floor Markers, Ball (any kind)
This class is designed to improve overall coordination and athleticism. Drills and activities are aimed to improve speed, endurance, explosive power and reaction time.

Baseball 101 (Ages 7-11) -920301-09

Tuesdays 6/2, 6/9, 6/16, 6/23 (4 weeks); 4:00-4:30PM
Session Fee: R $32/NR 40
Equipment needed: Baseball Glove, 1-5 Baseballs, 1-5 Softer balls (socks work great), Tee (or waist high surface), Bat, 4-6 Place Markers, Flat base
This class gives players an introduction to baseball through drills to enhance technique and form. Children will learn throwing mechanics, batting stance, bat positioning, fielding, and positioning for fly balls. Physical endurance and fitness will also be emphasized.

Soccer 101 (Ages 7-11) – 920301-11

Wednesdays 6/3, 6/10, 6/17, 6/24 (4 weeks); 4:00-4:30PM
Session Fee: R $32/NR 40
Equipment needed: Soccer Ball, 4-6 Place Markers
Players are introduced to the fundamentals of soccer such as foot skills, offensive moves, defensive moves, and keeping/controlling the ball. Physical endurance and fitness are emphasized while touching the ball.

Advanced Basketball Skills (Ages 9-13) 920301-16

Wednesday's; 6/3, 6/10, 6/17, 6/24 (4 weeks); 3:15-3:45PM
Session Fee: R $32/NR 40
Equipment needed: 2 Basketballs, 4-6 Place Markers
Work on individual skills and improve on ball handling, footwork and conditioning. This class is for the more advanced player that has already developed some fundamental skills.

Basketball Ball Handling & Footwork (Ages 7-11) 920301-14

Thursdays 6/4, 6/11, 6/18, 6/25 (4 weeks); 4:00-4:30PM

920301-15

Fridays 6/5, 6/12, 6/19, 6/26 (4 weeks); 5:00-5:30PM
Session Fee: R $32/NR 40
Equipment needed: 2 Basketballs, 4-6 Place Markers
Players will focus on ball handling drills using both one and two basketballs, as well as beating a defender off the dribble. Footwork will be emphasized through both offensive and defensive positioning drills.