



Summer Online Basketball Training: from beginner to advanced, Rep/ travel team players should contact our office for participation code to advanced sessions.

Program Options

| Number of Times Per Week | Go By the Day/Week | Sign-up for Summer (save up to \$150) | Specialty Clinics |
|--------------------------|-------------------------------------|---------------------------------------|---|
| 1 | Saturdays (5weeks, commitment) \$75 | Saturdays (10weeks, commitment) \$120 | 5 weeks - \$100 - Shooting (net required), - Post Play, - Fitness/Conditioning |
| 2 | Tues, Thurs - \$30 | Tues, Thurs - \$240 | Take any two specialties -5 weeks - \$150 |
| 3 | Mon, Wed, Fri - \$45 | Mon, Wed, Fri - \$340 | Take all 3 specialties – 5 weeks \$200 |
| 5 | Mon – Friday - \$75 | Mon – Friday - \$525 | n/a |

Program Features

- ❖ New workouts each week
- ❖ For children and youth grades 1 to 10
- ❖ Professional coaching
- ❖ Live classes
- ❖ Vacation makeup classes
- ❖ Payment plans available
- ❖ FREE TRIAL for new players, take 2 sessions on us, email info@monarchsbasketball.ca to start your free trial



Weekly Schedule

SUMMER ONLINE TRAINING PROGRAM

JUNE 22 - AUGUST 30, 2020

ALL SESSIONS WILL BE ONLINE USING THE ZOOM PLATFORM

| Grade | Gender | Day | Date/Time | Duration | Cost |
|--------------|--------|-------------|--|----------------------|----------|
| Grades 1 - 4 | Boys | Mon-Fri | | 5X/Week for 10 weeks | \$525.00 |
| | Boys | Mon/Wed/Fri | 10am-11am (Jun 22 - Aug 28) | 3X/Week for 10 weeks | \$340.00 |
| | Boys | Tue/Thu | | 2X/Week for 10 weeks | \$240.00 |
| | Boys | Sat | | 1X/Week for 10 weeks | \$120.00 |
| | Boys | Sat | 10am-11am or 12pm-1pm (Jun 27-Aug 29 or Jun 27-Jul 25) | 1X/Week for 5 weeks | \$75.00 |
| | Boys | Mon-Fri | | 5X/Week for 1 week | \$75.00 |
| | Boys | Mon/Wed/Fri | 10am-11am (Jun 22 - Aug 28) | 3X/Week for 1 week | \$45.00 |
| | Boys | Tue/Thu | | 2X/Week for 1 week | \$30.00 |
| Grades 2 - 5 | Girls | Mon-Fri | | 5X/Week for 10 weeks | \$525.00 |
| | Girls | Mon/Wed/Fri | | 3X/Week for 10 weeks | \$340.00 |
| | Girls | Tue/Thu | | 2X/Week for 10 weeks | \$240.00 |
| | Girls | Mon-Fri | 11am-12pm (Jun 22 - Aug 28) | 5X/Week for 1 week | \$75.00 |
| | Girls | Mon/Wed/Fri | | 3X/Week for 1 week | \$45.00 |
| | Girls | Tue/Thu | | 2X/Week for 1 week | \$30.00 |
| Grades 5 - 8 | Boys | Mon-Fri | | 5X/Week for 10 weeks | \$525.00 |
| | Boys | Mon/Wed/Fri | 1pm-2pm (Jun 22 - Aug 28) | 3X/Week for 10 weeks | \$340.00 |
| | Boys | Tue/Thu | | 2X/Week for 10 weeks | \$240.00 |
| | Boys | Sat | | 1X/Week for 10 weeks | \$120.00 |
| | Boys | Sat | 11am-12pm or 1pm-2pm (Jun 27-Aug 29 or Jun 27-Jul 25) | 1X/Week for 5 weeks | \$75.00 |
| | Boys | Mon-Fri | | 5X/Week for 1 week | \$75.00 |
| | Boys | Mon/Wed/Fri | 1pm-2pm (Jun 22 - Aug 28) | 3X/Week for 1 week | \$45.00 |
| | Boys | Tue/Thu | | 2X/Week for 1 week | \$30.00 |



MONARCHS SUMMER "SPECIALTY CLINICS" 2020
 (SHOOTING CLINIC/POST MOVES CLINIC/FITNESS & CONDITIONING)

| | | | | | |
|---------------|-------|-------------|--|---------------------|----------|
| Grades 3 - 6 | Boys | Mon/Wed/Sun | Jun 22 - Jul 26 (Mon/Wed 6pm-7pm, Sun 2pm-3pm) | 3X/Week for 5 weeks | \$200.00 |
| | | | | 2X/Week for 5 weeks | \$150.00 |
| | | | | 1X/Week for 5 weeks | \$100.00 |
| Grades 3 - 6 | Girls | Tue/Thu/Sun | Jun 22 - Jul 26 (Tue/Thu 6pm-7pm, Sun 1pm-2pm) | 3X/Week for 5 weeks | \$200.00 |
| | | | | 2X/Week for 5 weeks | \$150.00 |
| | | | | 1X/Week for 5 weeks | \$100.00 |
| Grades 7 - 10 | Boys | Mon/Wed/Sun | Jun 22 - Jul 26 (Mon/Wed 7pm-8pm, Sun 2pm-3pm) | 3X/Week for 5 weeks | \$200.00 |
| | | | | 2X/Week for 5 weeks | \$150.00 |
| | | | | 1X/Week for 5 weeks | \$100.00 |
| Grades 7 - 10 | Girls | Tue/Thu/Sun | Jun 22 - Jul 26 (Tue/Thu 7pm-8pm, Sun 1pm-2pm) | 3X/Week for 5 weeks | \$200.00 |
| | | | | 2X/Week for 5 weeks | \$150.00 |
| | | | | 1X/Week for 5 weeks | \$100.00 |