

# Recently Added!

## Basketball Skills & Scrimmages

The program will focus on fundamental skills with emphasis on skill development, teamwork, and enjoying basketball. Scrimmage games will be included in each practice. For Girls in Grades 4 - 6, All levels welcome.

**Dates:** 4/24 – 5/15     **Time:** 5:30-6:30pm

**Grades:** 4-6     **Cost:** \$15

**Location:** Library Park

Scoops clinics are designed to ensure the game of lacrosse is learned the right way, the fun way. At Scoops, our goal is simple, we help kids to be better players, teammates, and individuals on and off the field. Our secret, we have fun while learning the fundamentals. Like tons and tons of fun.

Scoops Lacrosse will be running a 5-week super cool spring lacrosse clinic open to boys and girls ages 3-8, Scoops Clinics are designed for kids who are interested in learning as well as continuing their development of lacrosse. Kids will be broken into different groups based on age and/or skill levels. Most importantly, Scoops Clinics are designed for maximum amounts of fun, confidence building, and pure lacrawsomeness.

The only equipment necessary is a lacrosse stick. We are pad free at Scoops. At Scoops, we like to say, it's sticks and smiles, and if you bring your stick, we'll deliver the smile.

## Youth Judo & Jujitsu

Learn how to use throws and take downs and ground work to stop someone trying to hurt you. You will learn how to fall to protect yourself and techniques to control your opponent. A fun effective and informative class. Instructed by Sensei Ed Melaugh

**Dates:** 2/7 – 3/13     **Time:** 5:00-5:50pm

**Grades:** 3-6     **Cost:** \$150

**Location:** New England Small Circle Jujitsu



## Scoops Lacrosse Spring Clinic

**Days:** Sunday's

**Dates:** 4/28 – 6/2/24 \*No Class 5/26

**Time:** 9:00-10:00am

**Ages:** Boys & Girls 3 - 8

**Cost:** \$150

**Location:** Shamrock Elementary School Field

## Youth Climbing @ Central Rock Gym

Our youth climbing clinic is a great first step for younger participants interested in learning about the sport of climbing in a fun, low-stress environment. In this program, the coaches will introduce our participants to the skills and concepts that climbers need to build a solid foundation for climbing growth. The youth clinic strives to open the door for youth climbers to become comfortable in the gym and make lasting friendships. The coaches will use a mix of climbing instruction and team-building games to facilitate each practice.

**Session 2:** 4/7-6/9/24

**Time:** 11:30am – 1:30pm

**Location:** Central Rock Gym

10 Adam Road, Stoneham MA

**Ages:** 7-12

**Cost:** \$300