



FACEBOOK LIVE SPORTS CLASSES

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TOT GYM CLASSES: AGES 3-6

FUN WITH BASEBALL (AGES 3-6)

Monday, June 1 • 10:30-11:00AM

Featuring Coach Sam & Coach Matt!

Join Coach Sam and Coach Matt for an interactive, energizing and fun sports class. Coaches will show the kids some baseball fundamentals and then incorporate them into games.

Equipment Needed: Glove (optional), Baseball, Something to simulate bases & a bat, Floor Markers

MOVEMENT & GAMES (AGES 3-6)

Tuesday, June 2 • 1:00-1:20PM

Featuring Coach Nick!

Join us for an interactive & energizing gym class. Coach Nick will make sure the kids are getting in a great workout while having fun!

Equipment Needed: Towel or Yoga Mat, Soccer Ball (or any ball) and 6-8 Floor Markers

FUN WITH FOOTBALL (AGES 3-6)

Friday, June 5 • 10:30-11:00AM

Featuring Coach Sam & Coach Matt!

Coach Sam and Matt are back again with another fun and interactive class. Bring a football as they are going to show fundamentals and play games!

Equipment Needed: Football and 6-8 Floor Markers



YOUTH SKILLS CLASSES: AGES 7-11

BASKETBALL SKILLS (AGES 7-11)

Wednesday, June 3 • 4:00-4:25PM

Featuring Coach Sam

Coach Sam will take the kids through a different variety of drills to improve their dribbling skills. Stationary movement and two ball dribbling will all be incorporated.

Equipment Needed: 2 Basketballs & 6-8 Floor Markers

BASEBALL FIELDING (AGES 7-11)

Thursday, June 4 • 4:00-4:20PM

Featuring Coach Matt

Coach Matt will show you some fundamentals and drills you can work on while you're at home! He will add in some fun games to put your skills to the test!

Equipment Needed: Glove and Baseball



INSTAGRAM LIVE

@stormbasketball2020

BASKETBALL BALL HANDLING & FOOTWORK (GRADES 4-8)

Friday, June 5 • 4:00-4:30PM • Featuring Coach Eddie

This workout will focus on ball handling and shielding your defender/retreat dribbling!

Equipment Needed: 2 Basketballs & 3 Floor Markers



WANT TO HELP OUR COACHES?

Hot Shots Sports has become a leader in youth sports programming because of our talented, kind and caring coaches. These classes are free. However, if you would like to make a \$5 donation, all money received will help us ensure that our coaches are taken care of during this uncertain time. Every dollar helps!

Donate through Venmo: @hot-shots-sports (to verify, last 4 of phone number is 6682)