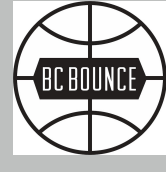




BC bounce
Winter 1 Session
November 22 to February 19
10 weeks
Practice - Games Session



Session	Date	Grade Level	Time	Cost
Winter 1 Session Mon - Sat	Nov 22 to Feb 19 Games are short sided games	Kindergarten to Grade 3 COED	4:00 to 5:00	245.00+GST
		Gr 4 to Gr 6 BOYS	5:00 to 6:00	245.00+GST
	4 weeks of practice - games 6 weeks Games only	Gr 7 to Gr 9 BOYS	6:00 to 7:00	255.00+GST
Winter 1 Session Wed - Fri	Nov 24 to Feb 18	Kindergarten to Gr 4 COED	4:00 to 5:00	245.00+GST
		Gr 4 to 8 GIRLS 2 divisions Gr 4 to Gr 5 Gr 6 to Gr 8	5:00 to 6:00	245.00+GST
	This session for players wanting to work in a more competitive atmosphere The session will be run more like a team practice	Gr 6 to Gr 8 Middle School BOYS Players have to have been part of BC Bounce in past programs or play for school or club teams	6:00 to 7:00	255.00+GST
Monday and Wednesday are Instructional Practices Friday and Saturday are game days - unless indicated otherwise There is a limit of 40 per session				
The skill session will be in a station format with a different skill taught at each station Each day will start with a skill based warmup Each station will be approximately 10 minutes long Skills will include shooting, layup, dribbling and passing as well as an agility station				
Any Girls wishing to compete in any session with the boys programs can sign up for that particular session				
NOT IN SESSION Christmas break December 13 to January 2 Startup Monday, January 3				



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NOT IN SESSION
Christmas Break
December 13 to Jan 2
Startup after break Monday, January 3