



HOOPS4HEALTH[®]



Personal and Small Group Training

No matter what your age or skill level our Personal and Small Group Training will improve your game guaranteed. Our program is custom designed to each player's needs.

Program Information

We work on the fundamentals. Training includes offensive and defensive parts of the game. Basketball IQ. Real Game scenarios. Basic to advanced skill sets and moves. Conditioning. Basketball mentality gears towards sportsmanship, communication, teamwork, focus, nutrition, and discipline.

Training Session Info

Sessions are 1hr. For all ages and skill levels. Custom designed training. Pick your own coach. Pick the schedule that works best for you.

How it Works

When you sign up for training you will be prompted to select your desired trainer from any of the Hoops4Health staff. Then you will be contacted to set up a schedule. Training must be booked with a 24hr notice. Cancellation policy is 4 hours with a full refund. No refund for less than a 4hr notice. If you want us to come to you we can. A \$10-\$30 travel cost will be added depending on the distance.

Sign Up Options / Cost

Private Training (1 on 1) Packages

1 Participant

One Session: \$110

Five Sessions: \$515

Ten Sessions: \$985

Small Group (2-6) players Packages

2 Participants

One Session: \$55

Five Sessions: \$250

Ten Sessions: \$455

3-6 Participants

One Session: \$45

Five Sessions: \$205

Ten Sessions: \$385

www.hoops4health.com

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