



MIDLOTHIAN BASKETBALL ACADEMY

FUN FAST BASKETBALL



MIDLOTHIANBASKETBALLACADEMY@GMAIL.COM

AT MIDLOTHIAN BASKETBALL ACADEMY OUR GOAL IS TO DEVELOP THE SKILLS, ABILITIES AND MINDSET OF OUR YOUNG ATHLETES. THE FOCUS ISN'T ON WINNING OR LOSING BUT IN REALISING INNER POTENTIAL, ACHIEVING GOALS AND ENJOYING THE BENEFITS OF AN ACTIVE LIFESTYLE.

COURSE AIMS

- LEARN THE BENEFITS OF TEAM WORK AND COMMUNICATION
- WORK ON FUNDAMENTAL MOTOR SKILLS
- IMPROVE BALANCE, COORDINATION AND AGILITY
- MASTER BASIC GAME SPECIFIC SKILLS
- ENCOURAGE A BALANCED, ACTIVE LIFESTYLE



**TO BOOK YOUR SPOT
EMAIL US AT:
MIDLOTHIANBASKETBALLACADEMY
@GMAIL.COM**

DAYS: FRIDAY
AGE GROUP: 13:00 - 13:45 P3 - P5
14:00 - 14:45 P6 - P7

VENUE:
GLENCORSE CENTRE
4 FIRTH RD, AUCHENDINNY, EH26 0QZ

COURSE FEES:
£4 PER SESSION

SESSIONS START 21ST APRIL!

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