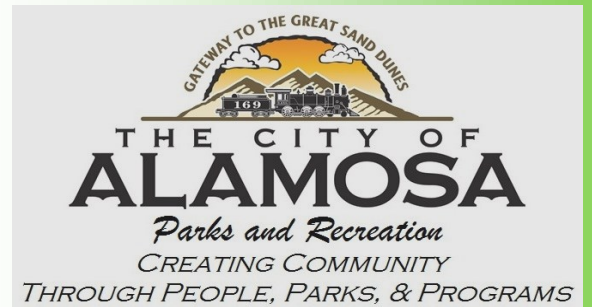


# 1st Annual Basketball Development



## Program 16-18 Age Group

### Strength & Development

Teens ages 16-18 are invited to our strictly skill-building, strength, and development sessions with Alamosa Parks & Recreation staff. There are no teams or games in this program; just sessions focused on individual weight training, cardio, and basketball IQ!

There will be 12 sessions and a T-shirt included for the low price of \$45. Sign up today; spots are limited to ensure effective coach to player ratios.



Registration: March 13 -  
June 3

Dates: June 4- July 23

No sessions July 4th & July  
11th

16-18 Year Old

Tuesday & Thursday  
10:30am - 11:50am



**Mandatory Parent Orientation Meeting**

**Monday, June 3rd 7:30pm**