

Term 2 2024
DATE: April 29 - July 7

JOFLOW BASKETBALL FACILITY (G23/320B ANNANGROVE RD ROUSE HILL)

MON	TUE	WED	THU	FRI
Course I- Level 1 & Level 2 7-9 yrs old 4:30pm-5:30pm	Course I- Level 1 & Level 2 10-12 yrs old 4:30pm-5:30pm	Course I- Level 1 & Level 2 7-9 yrs old 4:30pm-5:30pm	Course I- Level 1 & Level 2 10-12 yrs old 4:30pm-5:30pm	
Course I (Refresher) 8-12 yrs old 5:30pm-7:00pm	Course I (Refresher) 12-16 yrs old 5:30pm-7:00pm	Course I (Refresher) 8-12 yrs old 5:30pm-7:00pm	Course I (Refresher) 12-16 yrs old 5:30pm-7:00pm	
Course II, Level 4 8-12 yrs old 5:30pm-7:00pm	Course II, Level 4 12-16 yrs old 5:30pm-7:00pm	Course II, Level 4 8-12 yrs old 5:30pm-7:00pm	Course II, Level 4 12-16 yrs old 5:30pm-7:00pm	
		Court Booking 7pm-8pm		

SAT	SUN
Course I- Level 1 & 2 7-12 yrs old 9am-10am	Course I- Level 1 & 2 7-12 yrs old 10am-11am
Course I (Refresher) 8-12 yrs old 10am-11:30am	Course I (Refresher) 8-12 yrs old 11am-12:30pm
Course II, Level 4 10-16 yrs old 11:30am-1pm	Course II, Level 4 10-16 yrs old 12:30am-2pm
Course I (Refresher) 12-16 yrs old 11:30am-1pm	Course I (Refresher) 12-16 yrs old 12:30am-2pm

PLEASE REGISTER @ <https://joflowbasketball.com/collections/academy> OR
 CONTACT US @ JOFLOWBASKETBALL.INQUIRIES@GMAIL.COM

Term 2 2024

DATE: April 29 - June 7

JOFLOW BASKETBALL CENTRE (UNIT 8 / 360 VARDYS RD, KINGS PARK NSW 2148)

MON	TUE	WED	THU	FRI
Course I- Level 1 & Level 2 7 to 12 yrs old 5:30pm-6:30pm	Course I- Level 1 & Level 2 7 to 12 yrs old 5:30pm-6:30pm	U11 & U12 Team Training 4:30pm-6:45pm	Little Ballers 5-8 yrs. Old 4:30pm-5:30pm	Game Play Development 5:30pm-8:30pm
Course I (Refresher) 7-12 yrs. Old 5:30pm-7:00pm	Course I (Refresher) 7-12 yrs. Old 5:30pm-7:00pm	U13 & U14 Team Training 6:45 pm-9pm	U9/U10 Team Training 4:30pm-6pm	
Course II, Level 4 5:30pm-7pm	Course II, Level 4 5:30pm-7pm		Team-Based Training (Non-Local Comp Team Members) 6pm-8pm	
Social Runs 7pm-8:30pm	Social Runs 7pm-8:30pm			

SAT	SUN
U15 & U16 Team Training 8am-10:15am	Course I- Level 1 & 2 7-12 yrs old 10:00am-11:00am
U17, U18 & U22 Team Training 10:15am-12:30pm	Course I (Refresher) 10-16 yrs old 10:00am-11:30am
Course I- Level 1 & 2 7-12 yrs old 12:30pm-1:30pm	Course II, Level 4 10-16 yrs old 10:00am-11:30am
Course I (Refresher) 10-16 yrs old 12:30pm-2pm	Melbourne Training u12s&u14s
Course II, Level 4 10-16 yrs old 12:30pm-2pm	
U14s-u18s GIRLS Team Training 2pm-3:30pm	
Joflow Monthly Meetings 4pm onwards Local Comp Teams (1st of every month) Joflow Coaches (2nd of every month) Interstate Teams (3rd of every month) Academy (4th of every month)	

PLEASE REGISTER @ <https://joflowbasketball.com/collections/academy> OR

CONTACT US @ JOFLOWBASKETBALL.INQUIRIES@GMAIL.COM