



WINTER 2022 FRIDAY GRASSHOPPERS

SESSION DETAILS	DATE	TIME
SESSION 1 <ul style="list-style-type: none">• Introduction to basketball part 1• @ St. Kateri	Friday February 4th, 2022	4:30-5:10 pm
SESSION 2 <ul style="list-style-type: none">• Introduction to basketball part 2• @ St. Kateri	Friday February 11th, 2022	4:30-5:10 pm
SESSION 3 <ul style="list-style-type: none">• Functional Movements Part 1• @ St. Kateri	Friday February 18th, 2022	4:30-5:10 pm
SESSION 4 <ul style="list-style-type: none">• Functional Movements Part 2• @ St. Kateri	Friday February 25th, 2022	4:30-5:10 pm
SESSION 5 <ul style="list-style-type: none">• Introductory Skill Development• @ St. Kateri	Friday March 4th, 2022	4:30-5:10 pm



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SESSION DETAILS	DATE	TIME
SESSION 6 <ul style="list-style-type: none">• Introductory Skill Development• @ St. Kateri	Friday March 18th, 2022	4:30-5:10 pm
SESSION 7 <ul style="list-style-type: none">• Team & Individual competitions• @ St. Kateri	Friday March 25th, 2022	4:30-5:10 pm
SESSION 8 <ul style="list-style-type: none">• Team & Individual competitions• @ St. Kateri	Friday April 1st, 2022	4:30-5:10 pm