

**2025**  
**REDDOT BASKETBALL**  
**TRAINING**  
**SCHEDULE**

**YOUTH BEGINNER.....P2-4**

**TEENAGER BEGINNER.....P5**

**YOUTH/TEENAGER ELITE.....P6-7**

**YOUTH ENLIGHTENMENT.....P8**

**CALL/TEXT: +1 (289)380-3797**

**CONTACT NOW**  
**GET A FREE TRIAL CLASS**



# 2025 **REDDOT** TRAINING SCHEDULE

## **YOUTH GROUP TRAINING**

**LOCATION: UNIT 6 -7634 WOODBINE AVE**

**TUE**

**4:30-6:00PM**

**WED**

**4:30-6:00PM**

**AGE 8-12**

- **BEGINNER LEVEL**
- **MAXIMUM 12 STUDENTS**
- **PRO COACH**
- **SCRIMMAGES**
- **SKILL ASSESSMENTS**



**REDDOT**  
BASKETBALL



# 2025 **REDDOT** TRAINING SCHEDULE

## YOUTH GROUP TRAINING

**LOCATION: 223 RIVIERA DR**

<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
<b>4:30-6PM</b>	<b>6-7:30PM</b>	<b>6-7:30PM</b>	<b>6-7:30PM</b>	<b>4:30-6PM</b> <b>6-7:30PM</b>	<b>1:30-3PM</b> <b>3-4:30PM</b> <b>4:30-6PM</b>	<b>1:30-3PM</b> <b>3-4:30PM</b> <b>4:30-6PM</b>

**AGE 8-12**

- **BEGINNER LEVEL**
- **MAXIMUM 12 STUDENTS**
- **PRO COACH**
- **SCRIMMAGES**
- **SKILL ASSESSMENTS**





# 2025 **REDDOT** TRAINING SCHEDULE YOUTH GROUP TRAINING

**LOCATION: 2330 MIDLAND AVE, SCARBOROUGH**

<b>WED</b>	<b>SAT</b>
<b>7:30-9:00PM</b>	<b>3:00-4:30PM</b> <b>4:30-6:00PM</b>

**AGE 8-12**

- **BEGINNER LEVEL**
- **MAXIMUM 12 STUDENTS**
- **PRO COACH**
- **SCRIMMAGES**
- **SKILL ASSESSMENTS**





# 2025 **REDDOT** TRAINING SCHEDULE

## TEENAGER GROUP TRAINING

**LOCATION: UNIT 6- 7634 WOODBINE AVE**

<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>SAT</b>
<b>4:30- 6PM</b>	<b>7:30-9PM</b>	<b>6- 7:30PM</b>	<b>7:30-9PM</b>	<b>1:30-3PM</b>

**AGE 12-15**

- **FUNDAMENTAL BEGINNER LEVEL**
- **SCRIMMAGES** • **SKILL DEVELOPMENT**
- **SKILL ASSESSMENTS** • **PHYSICAL CONDITIONING**





# 2025 **REDDOT** TRAINING SCHEDULE

## YOUTH ELITE GROUP TRAINING

**LOCATION: UNIT 6- 7634 WOODBINE AVE**

MON	THU	FRI	SAT
<b>U14</b> 6-7:30PM COACH: JOE	<b>U14</b> 6-7:30PM COACH: DANE	<b>U12</b> 4:30-6PM COACH: MICHAEL <b>U14/U16</b> 6-7:30PM COACH: DANE	<b>U12</b> 4:30-6PM COACH: DESMOND <b>U14/U16</b> 6-7:30PM COACH: DESMOND

**U10:** AGED 9-10   **U12:** AGED 11-12   **U14:** AGED 13-14   **U16:** AGED 15-16

- AGE-SPECIFIC CLASSES
- SPECIALIZED TRAINING METHODS
- GAME-READY SKILLS
- SCRIMMAGE
- SKILL ASSESSMENTS
- LED BY PRO PLAYERS AND CERTIFIED COACHES





# 2025 **REDDOT** TRAINING SCHEDULE YOUTH ELITE GROUP TRAINING

**LOCATION: 223 RIVIERA DR**

MON	TUE	WED	THU	FRI
<b>U12</b> 6-7:30PM COACH: MICHAEL	<b>U10</b> 6-7:30PM COACH: MICHAEL  <b>U10</b> 7:30-9PM COACH: JOE	<b>U10</b> 7:30-9PM COACH: DESMOND	<b>U14</b> 7:30-9PM COACH: JOE	<b>U12</b> 7:30-9PM COACH: JOE
<b>U10: AGED 9-10 U12: AGED 11-12 U14: AGED 13-14 U16: AGED 15-16</b>				

- AGE-SPECIFIC CLASSES
- SPECIALIZED TRAINING METHODS
- GAME-READY SKILLS
- SCRIMMAGE
- SKILL ASSESSMENTS
- LED BY PRO PLAYERS AND CERTIFIED COACHES





# 2025 **REDDOT** TRAINING SCHEDULE YOUTH ENLIGHTENMENT TRAINING

**LOCATION: 223 RIVIERA DR**

<b>TUE</b>	<b>WED</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
<b>4:30- 6PM</b>	<b>4:30- 6PM</b>	<b>4:30- 6PM</b>	<b>10- 11:30AM</b>	<b>10- 11:30AM</b>

- **AGE 5-7**
- **BEGINNER LEVEL**
- **3-6 STUDENTS GROUP**
- **SKILLS & COMPETITION**

