

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

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

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

WED	SAT
7:30-9:00PM	3:00-4:30PM 4:30-6:00PM

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

TUE	WED	THU	SAT
7:30-9PM	6- 7:30PM	7:30-9PM	1:30-3PM

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

THU	FRI	SAT	SUN
U14 6-7:30PM COACH: DANE	U12 4:30-6PM COACH: MICHAEL U14/U16 6-7:30PM COACH: DANE	U12 4:30-6PM COACH: DESMOND U14/U16 6-7:30PM COACH: DESMOND	HIGH PERFORMANCE TRAINING 2-3:30PM REP PLAYERS ONLY

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	FRI
U14 6-7:30PM COACH: JOE	U10 6-7:30PM COACH: MICHAEL	U10 7:30-9PM COACH: DESMOND	U12 7:30-9PM COACH: JOE
U12 6-7:30PM COACH: MICHAEL	U10 7:30-9PM COACH: JOE		

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 ENLIGHTENMENT TRAINING

LOCATION: 223 RIVIERA DR

TUE	WED	FRI	SAT	SUN
4:30- 6PM	4:30- 6PM	4:30- 6PM	10- 11:30AM 11:30 -1 PM	10- 11:30AM 11:30 -1 PM

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

