



# PLAY BALL WITH PARISI

Basketball Clinic for grades 5-12 at Sinking Spring Family YMCA

**OCTOBER 27 – DECEMBER 3**

**5th-8th Grade | Mondays, 5:30 – 7:00 PM**

**9th-12th Grade | Wednesdays, 5:30 – 7:00 PM**

## Each session includes...

45 minutes of training with Avory Cole, Parisi Speed School Lead Performance Coach, on proper active dynamic warm up, speed, agility, and strength training for basketball athletes.

45 minutes of play, coached by YMCA Youth Basketball Coaches Kendall Bossler and/or Zach Zimmel, helping you to improve your skills and have fun!

**\$40** per session

**\$200** for all six sessions

Please call 610-678-0484 or email [jbushkie@ymca-berkscounty.org](mailto:jbushkie@ymca-berkscounty.org) for more information.