



Basketball 4All Academy

2024 Spring Practice Schedule | April 1st - June 30th

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TIME
6:30							6:30
6:45							6:45
7:00							7:00
7:15		7-8am Elite Workout Skills & Shooting GORAN		7-8am Elite Workout Skills & Shooting GORAN			7:15
7:30							7:30
7:45							7:45
8:00							8:00
8:15							8:15
8:30							8:30
8:45							8:45
9:00						9-10:15am	9:00
9:15						9-10:15am	9:15
9:30						Mini Ball Co-ed Grades 4, 3 & 2	9:30
9:45						U11/U10 Boys Grades 5 & 4	9:45
10:00							10:00
10:15						10:15-11:30am	10:15
10:30						10:15-11:30am	10:30
10:45						U12/U11 Girls Academy Grades 7, 6 & 5	10:45
11:00						U14/13 Develop Girls Grades 9 & 8	11:00
11:15							11:15
11:30						11:30am-1pm	11:30
11:45						11:30am-1pm	11:45
12:00						U12/U13 Boys Advance Grades 6 & 7 (Gr. 7 late DOB)	12:00
12:15						U13/U12 Boys Develop Grades 7 & 6	12:15
12:30							12:30
12:45							12:45
13:00							13:00
13:15							13:15
13:30							13:30
13:45							13:45
14:00							14:00
14:15							14:15
14:30							14:30
14:45							14:45
15:00							15:00
15:15							15:15
15:30	3:30-4:45pm	3:30-4:30pm	2:45-3:45pm Elite Workout Shooting	3:30-4:30pm	3:30-5pm		15:30
15:45							15:45
16:00	U16/15 Elite Boys Grades 10 & 9	U16/15 Elite Boys Grades 10 & 9	4-5:15pm	U17/16 Elite Girls Grades 11,10 & 9	U17/16 Elite Girls Grades 11,10 & 9		16:00
16:15	U14/U13 Develop Boys Grades 9 & 8	U17/16 Elite Girls Grades 11,10 & 9	4-5:15pm	4-5:15pm			16:15
16:30		4:30-5:15pm Elite Workout Strength & Condition	U12/U13 Boys Advance Grades 6 & 7	U13/U12 Boys Develop Grades 7 & 6	4:30-5:15pm Elite Workout Strength & Condition		16:30
16:45	4:45-6pm						16:45
17:00		5:15-6:30pm	5:15-6:30pm	5:15-6:30pm	5:15-6:30pm	5-6:30pm	17:00
17:15	U12/U13 Boys Advance Grades 6 & 7	5:15-6:30pm	5:15-6:30pm	5:15-6:30pm	5:15-6:30pm	5-6:30pm	17:15
17:30		U12/U11 Girls Academy Grades 7, 6 & 5	Mini Ball Co-ed Grades 4, 3 & 2	U11/U10 Boys Grades 5 & 4	U12/U11 Girls Academy Grades 7, 6 & 5	U14/U13 Develop Boys Grades 9 & 8	17:30
17:45		U11/U10 Boys Grades 5 & 4			U14/13 Develop Girls Grades 9 & 8	U12/U13 Boys Advance Grades 6 & 7 (Gr. 7 late DOB)	17:45
18:00	6-7:15pm						18:00
18:15		6:30-8pm	6:30-7:45pm	6:30-7:45pm			18:15
18:30	U13/U12 Boys Develop Grades 7 & 6	6:30-8pm					18:30
18:45							18:45
19:00		U12/U13 Boys Advance Grades 6 & 7 (Gr. 7 late DOB)	U16/15 Elite Boys Grades 10 & 9	U14/U13 Develop Boys Grades 9 & 8	6:30-8pm Church Activity	6:30-8pm	19:00
19:15	7:15-8:30pm	U14/U13 Develop Boys Grades 9 & 8				U16/15 Elite Boys Grades 10 & 9	19:15
19:30	U17/16 Elite Girls Grades 11,10 & 9						19:30
19:45	U14/13 Develop Girls Grades 9 & 8						19:45
20:00			7:45-8:45pm Elite Workout Strength & Condition				20:00
20:15						8-9pm Elite Workout Shooting	20:15
20:30							20:30
20:45							20:45
21:00							21:00
21:15							21:15
21:30							21:30
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TIME