



# Basketball 4All Academy

2026 Winter Practice Schedule | January 5th - March 15th

| TIME  | MONDAY               | TUESDAY                               | WEDNESDAY                             | THURSDAY                              | FRIDAY               | SATURDAY                              | TIME  |
|-------|----------------------|---------------------------------------|---------------------------------------|---------------------------------------|----------------------|---------------------------------------|-------|
| 6:30  |                      |                                       |                                       |                                       |                      |                                       | 6:30  |
| 6:40  |                      |                                       |                                       |                                       |                      |                                       | 6:40  |
| 6:50  |                      |                                       |                                       |                                       |                      |                                       | 6:50  |
| 7:00  |                      |                                       |                                       |                                       |                      |                                       | 7:00  |
| 7:10  |                      |                                       |                                       |                                       |                      |                                       | 7:10  |
| 7:20  |                      | 7-8 am<br>Elite Workout               |                                       | 7-8 am<br>Elite Workout               |                      |                                       | 7:20  |
| 7:30  |                      |                                       |                                       |                                       |                      |                                       | 7:30  |
| 7:40  |                      |                                       |                                       |                                       |                      |                                       | 7:40  |
| 7:50  |                      |                                       |                                       |                                       |                      |                                       | 7:50  |
| 8:00  |                      |                                       |                                       |                                       |                      |                                       | 8:00  |
| 8:10  |                      |                                       |                                       |                                       |                      |                                       | 8:10  |
| 8:20  |                      |                                       |                                       |                                       |                      |                                       | 8:20  |
| 8:30  |                      |                                       |                                       |                                       |                      |                                       | 8:30  |
| 8:40  |                      |                                       |                                       |                                       |                      |                                       | 8:40  |
| 8:50  |                      |                                       |                                       |                                       |                      |                                       | 8:50  |
| 9:00  |                      |                                       |                                       |                                       |                      | 9-10:20 am                            | 9:00  |
| 9:10  |                      |                                       |                                       |                                       |                      | U11/10 Boys<br>Gr. 5/4                | 9:10  |
| 9:20  |                      |                                       |                                       |                                       |                      | 9-10:20 am                            | 9:20  |
| 9:30  |                      |                                       |                                       |                                       |                      | Mini Ball<br>U9/8 Co-ed<br>Grades 3/2 | 9:30  |
| 9:40  |                      |                                       |                                       |                                       |                      |                                       | 9:40  |
| 9:50  |                      |                                       |                                       |                                       |                      |                                       | 9:50  |
| 10:00 |                      |                                       |                                       |                                       |                      |                                       | 10:00 |
| 10:10 |                      |                                       |                                       |                                       |                      |                                       | 10:10 |
| 10:20 |                      |                                       |                                       |                                       |                      | 10:20-11:40 am                        | 10:20 |
| 10:30 |                      |                                       |                                       |                                       |                      |                                       | 10:30 |
| 10:40 |                      |                                       |                                       |                                       |                      |                                       | 10:40 |
| 10:50 |                      |                                       |                                       |                                       |                      |                                       | 10:50 |
| 11:00 |                      |                                       |                                       |                                       |                      | U13/U12 Girls<br>Gr. 8/7              | 11:00 |
| 11:10 |                      |                                       |                                       |                                       |                      | U11/10 Girls<br>Gr. 6/5               | 11:10 |
| 11:20 |                      |                                       |                                       |                                       |                      |                                       | 11:20 |
| 11:30 |                      |                                       |                                       |                                       |                      |                                       | 11:30 |
| 11:40 |                      |                                       |                                       |                                       |                      |                                       | 11:40 |
| 11:50 |                      |                                       |                                       |                                       |                      | 11:40am-1pm                           | 11:50 |
| 12:00 |                      |                                       |                                       |                                       |                      |                                       | 12:00 |
| 12:10 |                      |                                       |                                       |                                       |                      |                                       | 12:10 |
| 12:20 |                      |                                       |                                       |                                       |                      | U13 Boys<br>Gr. 7                     | 12:20 |
| 12:30 |                      |                                       |                                       |                                       |                      | U12 Boys<br>Gr. 6                     | 12:30 |
| 12:40 |                      |                                       |                                       |                                       |                      |                                       | 12:40 |
| 12:50 |                      |                                       |                                       |                                       |                      |                                       | 12:50 |
| 13:00 |                      |                                       |                                       |                                       |                      |                                       | 13:00 |
| 13:10 |                      |                                       |                                       |                                       |                      |                                       | 13:10 |
| 13:20 |                      |                                       |                                       |                                       |                      |                                       | 13:20 |
| 13:30 |                      |                                       |                                       |                                       |                      |                                       | 13:30 |
| 13:40 |                      |                                       |                                       |                                       |                      |                                       | 13:40 |
| 13:50 |                      |                                       |                                       |                                       |                      |                                       | 13:50 |
| 14:00 |                      |                                       |                                       |                                       |                      |                                       | 14:00 |
| 14:10 |                      |                                       |                                       |                                       |                      |                                       | 14:10 |
| 14:20 |                      |                                       |                                       |                                       |                      |                                       | 14:20 |
| 14:30 |                      |                                       |                                       |                                       |                      |                                       | 14:30 |
| 14:40 |                      |                                       |                                       |                                       |                      |                                       | 14:40 |
| 14:50 |                      |                                       |                                       |                                       |                      |                                       | 14:50 |
| 15:00 |                      |                                       |                                       |                                       |                      |                                       | 15:00 |
| 15:10 |                      |                                       |                                       |                                       |                      |                                       | 15:10 |
| 15:20 |                      |                                       |                                       |                                       |                      |                                       | 15:20 |
| 15:30 | 3:30-5 pm            | 3:30-5 pm                             | 3:30-5 pm                             | 3:30-5 pm                             | 3:30-5 pm            |                                       | 15:30 |
| 15:40 |                      |                                       |                                       |                                       |                      |                                       | 15:40 |
| 15:50 |                      |                                       |                                       |                                       |                      |                                       | 15:50 |
| 16:00 |                      |                                       |                                       |                                       |                      |                                       | 16:00 |
| 16:10 | HS Girls<br>Gr. 9-12 | HS Girls<br>Gr. 9-12                  | U13 Boys<br>Gr. 7                     | U14 Boys<br>Gr. 8-12                  | HS Girls<br>Gr. 9-12 |                                       | 16:10 |
| 16:20 |                      |                                       | U12 Boys<br>Gr. 6                     |                                       |                      |                                       | 16:20 |
| 16:30 |                      |                                       |                                       |                                       |                      |                                       | 16:30 |
| 16:40 |                      |                                       |                                       |                                       |                      |                                       | 16:40 |
| 16:50 |                      |                                       |                                       |                                       |                      |                                       | 16:50 |
| 17:00 | 5-6:30 pm            | 5-6:30 pm                             | 5-6:30 pm                             | 5-6:30 pm                             | 5-6:30 pm            |                                       | 17:00 |
| 17:10 |                      |                                       |                                       |                                       |                      |                                       | 17:10 |
| 17:20 |                      |                                       |                                       |                                       |                      |                                       | 17:20 |
| 17:30 |                      |                                       |                                       |                                       |                      |                                       | 17:30 |
| 17:40 |                      |                                       |                                       |                                       |                      |                                       | 17:40 |
| 17:50 | U13 Boys<br>Gr. 7    | U11/10 Boys<br>Gr. 5/4                | U11/10 Boys<br>Gr. 5/4                | U14/13 Girls<br>Gr. 8/7               | U13 Boys<br>Gr. 7    |                                       | 17:50 |
| 18:00 | U12 Boys<br>Gr. 6    | Mini Ball<br>U9/8 Co-ed<br>Grades 3/2 | Mini Ball<br>U9/8 Co-ed<br>Grades 3/2 | U12/11 Girls<br>Gr. 6/5               | U12 Boys<br>Gr. 6    |                                       | 18:00 |
| 18:10 |                      |                                       |                                       |                                       |                      |                                       | 18:10 |
| 18:20 |                      |                                       |                                       |                                       |                      |                                       | 18:20 |
| 18:30 | 6:30-8 pm            | 6:30-8 pm                             | 6:30-8 pm                             |                                       |                      |                                       | 18:30 |
| 18:40 |                      |                                       |                                       |                                       |                      |                                       | 18:40 |
| 18:50 |                      |                                       |                                       |                                       |                      | 6:30-7:30 pm<br>Elite Workout         | 18:50 |
| 19:00 |                      |                                       |                                       |                                       |                      |                                       | 19:00 |
| 19:10 |                      |                                       |                                       |                                       |                      |                                       | 19:10 |
| 19:20 | HS Boys<br>Gr. 8-12  | U14/13 Girls<br>Gr. 8/7               | U14 Boys<br>Gr. 8-12                  | 6:30-8 pm<br>OASIS CHURCH<br>ACTIVITY |                      |                                       | 19:20 |
| 19:30 |                      | U12/11 Girls<br>Gr. 6/5               |                                       |                                       |                      |                                       | 19:30 |
| 19:40 |                      |                                       |                                       |                                       |                      |                                       | 19:40 |
| 19:50 |                      |                                       |                                       |                                       |                      |                                       | 19:50 |
| 20:00 |                      |                                       |                                       |                                       |                      |                                       | 20:00 |
| 20:10 |                      |                                       |                                       |                                       |                      |                                       | 20:10 |
| 20:20 |                      |                                       | 8-9 pm<br>Elite Workout               |                                       |                      |                                       | 20:20 |
| 20:30 |                      |                                       |                                       |                                       |                      |                                       | 20:30 |
| 20:40 |                      |                                       |                                       |                                       |                      |                                       | 20:40 |
| 20:50 |                      |                                       |                                       |                                       |                      |                                       | 20:50 |
| 21:00 |                      |                                       |                                       |                                       |                      |                                       | 21:00 |
| 21:10 |                      |                                       |                                       |                                       |                      |                                       | 21:10 |
| 21:20 |                      |                                       |                                       |                                       |                      |                                       | 21:20 |
| 21:30 |                      |                                       |                                       |                                       |                      |                                       | 21:30 |
| TIME  | MONDAY               | TUESDAY                               | WEDNESDAY                             | THURSDAY                              | FRIDAY               | SATURDAY                              | TIME  |