



# STATE COLLEGE YMCA

## Personal Basketball Lessons Request Form

**Contact:**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

**Participant Information:**

Name: \_\_\_\_\_ Age: \_\_\_\_\_

**Private Training Information:**

- Monday - 10:00 AM - 12:30 PM
- Wednesday - 10:00 AM - 12:30 PM
- Friday - 10:00 am - 12:30 PM

Trainings will run for ONE HOUR only for ages 10 and up.

**Pricing:**

- One session: \$35.00
- Four Sessions: \$120.00

Personal basketball training lessons are available with Jaden Mitchell - a College Basketball Player. Personal basketball training sessions are designed to help players improve their skills through drills and exercises. Skills covered include shooting, dribbling, finishing, and footwork.

Jaden will contact you as soon as you have filled out a form and he has looked over his schedule. PLEASE DO NOT register or pay for any sessions until you have discussed your sessions with your trainer.

For more information, contact Josh Cone, Health and Wellness Director, at [jcone@ymcaocc.org](mailto:jcone@ymcaocc.org)