

# CAPITAL CITY HOOPS WINTER TRAINING SCHEDULE

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
		1	2	3	4	5	
6	7	8	9	10	<b>Practice Day North Side:</b> 2pm – 3pm: <b>Jr. HOOPERS 5 – 9 years</b> 3pm – 4pm: <b>FOUNDATION - Girls 10 - 17 years old</b> 4pm – 5pm: <b>FOUNDATION - Boys 10 – 17 years old</b>  <b>Location: Dunluce Elementary School 11735 162 Avenue NW</b>	11	12
13	14	15	16	17	<b>Practice Day North Side:</b> 2pm – 3pm: <b>Jr. HOOPERS 5 – 9 years</b> 3pm – 4pm: <b>FOUNDATION - Girls 10 - 17 years old</b> 4pm – 5pm: <b>FOUNDATION - Boys 10 – 17 years old</b>  <b>Location: Dunluce Elementary School 11735 162 Avenue NW</b>	18	19
20	21	22	23	24	<b>Practice Day North Side:</b> 2pm – 3pm: <b>Jr. HOOPERS 5 – 9 years</b> 3pm – 4pm: <b>FOUNDATION - Girls 10 - 17 years old</b> 4pm – 5pm: <b>FOUNDATION - Boys 10 – 17 years old</b>  <b>Location: Dunluce Elementary School 11735 162 Avenue NW</b>	25	26
27	28	29	30	31			

**Jr. HOOPERS**

Co-ed introductory basketball training for kids between 5 and 9 years old or between KG to grade 4.

**FOUNDATION – GIRLS ONLY**

These training sessions are for both beginner and intermediate level players between 10 and 17 years old.

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# CAPITAL CITY HOOPS WINTER TRAINING SCHEDULE

February 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					<b>Practice Day North Side:</b> 1 2pm – 3pm: Jr. HOOPERS 5 – 9 years 3pm – 4pm: FOUNDATION - Girls 10 - 17 years old 4pm – 5pm: FOUNDATION - Boys 10 – 17 years old  <b>Location: Ecole Pere Lacombe 10715 131A Avenue NW</b>	2
3	4	5	6	7	<b>Practice Day North Side:</b> 8 2pm – 3pm: Jr. HOOPERS 5 – 9 years 3pm – 4pm: FOUNDATION - Girls 10 - 17 years old 4pm – 5pm: FOUNDATION - Boys 10 – 17 years old  <b>Location: Dunluce Elementary School 11735 162 Avenue NW</b>	9
10	11	12	13	14		15
17	18	19	20	21	<b>Practice Day North Side:</b> 22 2pm – 3pm: Jr. HOOPERS 5 – 9 years 3pm – 4pm: FOUNDATION - Girls 10 - 17 years old 4pm – 5pm: FOUNDATION - Boys 10 – 17 years old  <b>Location: Ecole Pere Lacombe 10715 131A Avenue NW</b>	23
24	25	26	27	28		

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# CAPITAL CITY HOOPS WINTER TRAINING SCHEDULE

March 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					<b>Practice Day North Side:</b> 1 2pm – 3pm: <b>Jr. HOOPERS 5 – 9 years</b> 3pm – 4pm: <b>FOUNDATION - Girls 10 - 17 years old</b> 4pm – 5pm: <b>FOUNDATION - Boys 10 – 17 years old</b>  <b>Location: Ecole Pere Lacombe 10715 131A Avenue NW</b>	2
3	4	5	6	7	<b>Practice Day North Side:</b> 8 2pm – 3pm: <b>Jr. HOOPERS 5 – 9 years</b> 3pm – 4pm: <b>FOUNDATION - Girls 10 - 17 years old</b> 4pm – 5pm: <b>FOUNDATION - Boys 10 – 17 years old</b>  <b>Location: Dunluce Elementary School 11735 162 Avenue NW</b>	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

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# CAPITAL CITY HOOPS WINTER TRAINING SCHEDULE

April 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	1	2	3	4	<b>Practice Day North Side:</b> 2pm – 3pm: <b>Jr. HOOPERS 5 – 9 years</b> 3pm – 4pm: <b>FOUNDATION - Girls 10 - 17 years old</b> 4pm – 5pm: <b>FOUNDATION - Boys 10 – 17 years old</b>  <b>Location: Ecole Pere Lacombe 10715 131A Avenue NW</b>	5	6
7	8	9	10	11	<b>Practice Day North Side:</b> 2pm – 3pm: <b>Jr. HOOPERS 5 – 9 years</b> 3pm – 4pm: <b>FOUNDATION - Girls 10 - 17 years old</b> 4pm – 5pm: <b>FOUNDATION - Boys 10 – 17 years old</b>  <b>Location: Ecole Pere Lacombe 10715 131A Avenue NW</b>	12	13
14	15	16	17	18		19	20
21	22	23	24	25	<b>Practice Day North Side:</b> 2pm – 3pm: <b>Jr. HOOPERS 5 – 9 years</b> 3pm – 4pm: <b>FOUNDATION - Girls 10 - 17 years old</b> 4pm – 5pm: <b>FOUNDATION - Boys 10 – 17 years old</b>  <b>Location: Ecole Pere Lacombe 10715 131A Avenue NW</b>	26	27
28	29	30					

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# CAPITAL CITY HOOPS WINTER TRAINING SCHEDULE

May 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
			1	2	<b>Practice Day North Side:</b> 2pm – 3pm: Jr. HOOPERS 5 – 9 years 3pm – 4pm: FOUNDATION - Girls 10 - 17 years old 4pm – 5pm: FOUNDATION - Boys 10 – 17 years old Location: Ecole Pere Lacombe 10715 131A Avenue NW	3	4
5	6	7	8	9	<b>Practice Day North Side:</b> 2pm – 3pm: Jr. HOOPERS 5 – 9 years 3pm – 4pm: FOUNDATION - Girls 10 - 17 years old 4pm – 5pm: FOUNDATION - Boys 10 – 17 years old Location: Ecole Pere Lacombe 10715 131A Avenue NW	10	11
12	13	14	15	16		17	18
19	20	21	22	23	<b>Practice Day North Side:</b> 2pm – 3pm: Jr. HOOPERS 5 – 9 years 3pm – 4pm: FOUNDATION - Girls 10 - 17 years old 4pm – 5pm: FOUNDATION - Boys 10 – 17 years old Location: Dunluce Elementary School 11735 162 Avenue NW	24	25
26	27	28	29	30	<b>Practice Day North Side:</b> 2pm – 3pm: Jr. HOOPERS 5 – 9 years 3pm – 4pm: FOUNDATION - Girls 10 - 17 years old 4pm – 5pm: FOUNDATION - Boys 10 – 17 years old Location: Dunluce Elementary School 11735 162 Avenue NW	31	

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# CAPITAL CITY HOOPS WINTER TRAINING SCHEDULE

June 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6	<b>Practice Day North Side:</b> 2pm – 3pm: <b>Jr. HOOPERS 5 – 9 years</b> 3pm – 4pm: <b>FOUNDATION - Girls 10 - 17 years old</b> 4pm – 5pm: <b>FOUNDATION - Boys 10 – 17 years old</b>  <b>Location: Ecole Pere Lacombe 10715 131A Avenue NW</b>	7 8
9	10	11	12	13		14 15
16	17	18	19	20		21 22
23	24	25	26	27		28 29
30						

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