



2026-2027

BASKETBALL TRAINING



Elite Group Training

Weekly sessions with high school and college trainers and coaches, giving your player that extra edge to supplement their existing Club and school efforts. These highly technical sessions will ensure they rise to the top.

Dribble, Shoot & Score

Players will build confidence while learning essential basketball techniques, including dribbling, passing, shooting, and defensive positioning. Older players will take their game to the next level with a focus on advancing skills, improving technique, and fostering a deeper understanding of the game.

Grades 1-4 – Wednesdays, 4:00 - 5:00pm 8 weeks \$299

Fall I	Sept 2 - Oct 21	Winter II	Feb 24 - April 14
Fall II	Oct 28 - Dec 16	Spring I	April 21 - June 9
Winter I	Dec 30 - Feb 17		

Grades 5-8 – Wednesdays, 4:00 - 5:00pm 8 weeks \$299

Fall I	Sept 2 - Oct 21	Winter II	Feb 24 - April 14
Fall II	Oct 28 - Dec 16	Spring I	April 21 - June 9
Winter I	Dec 30 - Feb 17		

Grades 1-4 – Saturdays, 10:00 - 11:00am 8 weeks \$299

Fall I	Sept 5 - Oct 24	Winter II	Feb 27 - Apr 17
Fall II	Oct 31 - Dec 19	Spring I	April 24 - June 12
Winter I	Jan 2 - Feb 20		

Basketball Skills

This class emphasizes individual growth, team collaboration, and the joy of basketball, creating a rewarding experience for athletes at all skill levels.

Grades 1-4 – Mondays, 4:00 - 5:00pm 8 weeks \$299

Fall I	Aug 31 - Oct 19	Winter II	Feb 22 - April 12
Fall II	Oct 26 - Dec 14	Spring I	April 19 - June 7
Winter I	Dec 28 - Feb 15		

Grades 5-8 – Mondays, 4:00 - 5:00pm 8 weeks \$299

Fall I	Aug 31 - Oct 19	Winter II	Feb 22 - April 12
Fall II	Oct 26 - Dec 14	Spring I	April 19 - June 7
Winter I	Dec 28 - Feb 15		

Shooting & Scoring

Boost basket-scoring ability. Learn a variety of shooting techniques, positioning vs. defenders and more for success in the offensive end of the field.

Grades 2-4 – Thursdays, 4:00 - 5:00pm 8 weeks \$299

Fall I	Sept 3 - Oct 22	Winter II	Feb 25 - April 15
Fall II	Oct 29 - Dec 17	Spring I	April 22 - June 10
Winter I	Dec 31 - Feb 18		

Grades 5-8 – Thursdays, 4:00 - 5:00pm 8 weeks \$299

Fall I	Sept 3 - Oct 22	Winter II	Feb 25 - April 15
Fall II	Oct 29 - Dec 17	Spring I	April 22 - June 10
Winter I	Dec 31 - Feb 18		

Grades 2-4 - Saturdays, 10:00 - 11:00am 8 weeks \$299

Fall I	Sept 5 - Oct 24	Winter II	Feb 27 - Apr 17
Fall II	Oct 31 - Dec 19	Spring I	April 24 - June 12
Winter I	Jan 2 - Feb 20		

Private Basketball Training

Private basketball training offers personalized coaching tailored to an individual's strengths and areas for improvement, enabling faster skill development. It provides focused attention on technique, strategy, and conditioning, which can be harder to achieve in group settings.

1-on-1 and semi-private training available.
Call (201) 444-7660 to learn more.

Intro to Basketball Ages 3-6 | Youth Basketball Ages 5-7 Intramural Basketball Ages 4-6 & 7-10



Nothing beats basketball for your child's first exposure to group sports, agility, balance, playing sports with others, and taking instruction from coaches! Intro to Basketball is for the little ones brand new to the sport, while Youth Basketball step up a notch in terms of training and development while keeping it fun and enjoyable!



See our website or Rising Stars flyer for the latest dates and times!



2026-2027

BASKETBALL TRAINING

REGISTER TODAY AT
NORTHVALE.SUPERDOMESPORTS.COM



Participant's Name _____	Age _____	Grade _____	Class _____
Day _____	Time _____	☐ Fall I ☐ Fall II ☐ Winter I ☐ Winter II ☐ Spring	FEE: _____

Participant's Name _____	Age _____	Grade _____	Class _____
Day _____	Time _____	☐ Fall I ☐ Fall II ☐ Winter I ☐ Winter II ☐ Spring	FEE: _____

Participant's Name _____	Age _____	Grade _____	Class _____
Day _____	Time _____	☐ Fall I ☐ Fall II ☐ Winter I ☐ Winter II ☐ Spring	FEE: _____

Participant's Name _____	Age _____	Grade _____	Class _____
Day _____	Time _____	☐ Fall I ☐ Fall II ☐ Winter I ☐ Winter II ☐ Spring	FEE: _____

Participant's Name _____	Age _____	Grade _____	Class _____
Day _____	Time _____	☐ Fall I ☐ Fall II ☐ Winter I ☐ Winter II ☐ Spring	FEE: _____

TOTAL: _____

Parent's Name _____

Address _____ City _____ State _____ Zip _____

Email Address _____ Home Phone _____ Cell Phone _____

☐ Mastercard ☐ Visa ☐ American Express ☐ Discover ☐ Check ☐ Cash

Card Number: _____ Expiration Date _____ Security Code _____

Billing Address _____ Zip _____

Cardholder Name _____ Cardholder Signature _____

Make checks payable to "Superdome Sports" and mail to the address below.

Each player must submit a completed online waiver prior to play. Available at northvale.superdomesports.com/waivers-forms