



2025-2026

BASKETBALL TRAINING



Come train at North Jersey's premiere basketball training facility – Northvale! Superdome's Elite trainers and coaches are some of the most experienced, highly regarded professionals in the industry.

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 \$265

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

Grades 5-8 – Wednesdays, 4:00 - 5:00pm 8 weeks \$265

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

Grades 1-4 – Saturdays, 9:00 - 10:00am 8 weeks \$265

Fall I	Sept 6 th - Oct 25 th	Winter II	Feb 28 th - April 18 th
Fall II	Nov 1 st - Dec 20 th	Spring	April 25 th - June 13 th
Winter I	Jan 3 rd - Feb 21 st		

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 \$265

Fall I	Sept 1 st - Oct 20 th	Winter II	Feb 23 rd - April 13 th
Fall II	Oct 27 th - Dec 15 th	Spring	April 20 th - June 8 th
Winter I	Dec 29 th - Feb 16 th		

Grades 5-8 – Mondays, 4:00 - 5:00pm 8 weeks \$265

Fall I	Sept 1 st - Oct 20 th	Winter II	Feb 23 rd - April 13 th
Fall II	Oct 27 th - Dec 15 th	Spring	April 20 th - June 8 th
Winter I	Dec 29 th - Feb 16 th		

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 \$265

Fall I	Sept 4 th - Oct 23 rd	Winter II	Feb 26 th - April 16 th
Fall II	Oct 30 th - Dec 18 th	Spring	April 23 rd - June 11 th
Winter I	Jan 1 st - Feb 19 th		

Grades 5-8 – Thursdays, 4:00 - 5:00pm 8 weeks \$265

Fall I	Sept 4 th - Oct 23 rd	Winter II	Feb 26 th - April 16 th
Fall II	Oct 30 th - Dec 18 th	Spring	April 23 rd - June 11 th
Winter I	Jan 1 st - Feb 19 th		

Grades 2-4 - Saturdays, 10:00 - 11:00am 8 weeks \$265

Fall I	Sept 6 th - Oct 25 th	Winter II	Feb 28 th - April 18 th
Fall II	Nov 1 st - Dec 20 th	Spring	April 25 th - June 13 th
Winter I	Jan 3 rd - Feb 21 st		

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 3-4 | Youth Basketball Ages 5-7



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!



2025-2026

BASKETBALL TRAINING

REGISTER TODAY AT
[SUPERDOMESPORTS.COM/REGISTER](https://superdomesports.com/register)



Participant's Name _____	Age _____	Grade _____	Class _____
Day _____	Time _____	<input type="checkbox"/> Fall I <input type="checkbox"/> Fall II <input type="checkbox"/> Winter I <input type="checkbox"/> Winter II <input type="checkbox"/> Spring	FEE: _____

Participant's Name _____	Age _____	Grade _____	Class _____
Day _____	Time _____	<input type="checkbox"/> Fall I <input type="checkbox"/> Fall II <input type="checkbox"/> Winter I <input type="checkbox"/> Winter II <input type="checkbox"/> Spring	FEE: _____

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Day _____	Time _____	<input type="checkbox"/> Fall I <input type="checkbox"/> Fall II <input type="checkbox"/> Winter I <input type="checkbox"/> Winter II <input type="checkbox"/> Spring	FEE: _____

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Day _____	Time _____	<input type="checkbox"/> Fall I <input type="checkbox"/> Fall II <input type="checkbox"/> Winter I <input type="checkbox"/> Winter II <input type="checkbox"/> Spring	FEE: _____

Participant's Name _____	Age _____	Grade _____	Class _____
Day _____	Time _____	<input type="checkbox"/> Fall I <input type="checkbox"/> Fall II <input type="checkbox"/> Winter I <input type="checkbox"/> Winter II <input type="checkbox"/> 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 superdomesports.com/waivers