



FREE PREVIEW of EVO At-Home Workouts with EVOLUTION Basketball



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Join our Skills Sessions This Thursday and Sunday (Apr. 30 & May 3), a free preview into our spring sessions that have been receiving fantastic feedback!

EVOLUTION Basketball offers live, daily, at home Skills & Drills Workouts, Performance Training & Conditioning workouts to our team players at the convenience of their own home. During these workouts, players are working hard, staying active, improving their game, having fun and competing in a virtual environment with players & teammates at home during sessions run throughout the week and weekend!

Thursday, April 30th

| 3p-3:45p | Group Skills & Drills Led by Coach Mark (Grades 3-6)

| 4p-4:45p | Advanced Skills & Drills Led by Coach Greg (Grades 7-12)

Join Zoom Meeting

<https://us02web.zoom.us/j/928112458?pwd=S09VYWpQK3Zna1doa1BBTnRlMjR1Zz09>

Meeting ID: 928 112 458

Password: 123454

Sunday, May 3rd

| 10a-10:45a | Group Skills & Drills Led by Coach Mark (All Grades)

| 10:45a--11:15a | Offensive Attack with Shooting with Coach Mark (All Grades)

Join Zoom Meeting

<https://us02web.zoom.us/j/583713460?pwd=Nm1VYS9xdTNKUIY3MnZZZ1Z4WUJ1dz09>

Meeting ID: 583 713 460

Password: 123457

Thursday and Sunday sessions are free, but you can sign up for the rest of the month of May via the following link! Before participating, please read more about the program and safety precautions and our ***fine print*** all families should be aware of regarding these online workouts. \$40 per family, open to players/siblings, and includes at home Conditioning workouts, open to players and parents!

<http://evolutionhoops.leagueapps.com/camps/1604593-evo-hoops---online-at-home-workouts-may>

Classes can be completed indoors or outdoors, with or without a hoop, rain or shine!

What you need:

a solid Wi-Fi / Internet connection

a Verified Zoom account (username must include player or parent first & last name)

water/beverage

5'-10' of space

Not mandatory, but we sometimes incorporate:

a basketball (or 2)

a basketball hoop

a tennis ball

a cone (or something to hold)

a folding chair (or something to move around)

Any questions or concerns, please let us know at Family@evohoops.com!

Hope to see you there!!

EVOLUTION Coaches & Staff

family@evohoops.com

If you have any problems accessing these classes or have any questions please feel free to call the Recreation Office at (781) 897-5805 or e-mail:

Rory at rlindstrom@cityofwoburn.com or

Brian at bnagle@cityofwoburn.com

We hope all of our Woburn Rec families are staying safe and healthy during these uncertain times! If anyone needs anything or has any questions regarding upcoming program feel free to reach out to the Woburn Recreation Office. We are looking forward to offering more online programs for everyone during these times. If anyone has any suggestions for programs feel free to send them to us!

Take care!

Woburn Recreation Department

Woburn Recreation | www.woburnrec.com

