

2025 WINTER TRAINING SCHEDULE

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YOUTH ENLIGHTENMENT..... PAGE 10

TEXT/CALL: +1(289)380-3797

**CONTACT NOW
GET A FREE TRIAL CLASS**

REDDOT 2025 WINTER SCHEDULE YOUTH GROUP TRAINING

LOCATION: UNIT 6 - 7634 WOODBINE AVE

TUESDAY	WEDNESDAY	THURSDAY
4:30-6:00PM	4:30-6:00PM	4:30-6:00PM

AGE 8-12

- **BEGINNER LEVEL**
- **MAXIMUM 12 STUDENTS**
- **PER COACH**
- **SCRIMMAGES**
- **SKILL ASSESSMENTS**



REDDOT 2025 WINTER SCHEDULE YOUTH GROUP TRAINING

LOCATION: 223 RIVIERA DR

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 ~ 7:30PM	6:00 ~ 7:30PM	6:00 ~ 7:30PM	6:00 ~ 7:30PM	1:30 ~ 3:00PM 3:00 ~ 4:30PM 4:30 ~ 6:00PM	1:30 ~ 3:00PM 3:00 ~ 4:30PM 4:30 ~ 6:00PM

AGE 8-12

- **BEGINNER LEVEL**
- **MAXIMUM 12 STUDENTS**
- **PER COACH**
- **SCRIMMAGES**
- **SKILL ASSESSMENTS**



REDDOT 2025 WINTER SCHEDULE YOUTH GROUP TRAINING

LOCATION: 2330 MIDLAND AVE, SCARBOROUGH

WED	FRI	SAT
7:30-9:00PM	7:30-9:00PM	3:00 ~ 4:30PM 4:30 ~ 6:00PM

AGE 8-12

- **BEGINNER LEVEL**
- **MAXIMUM 12 STUDENTS**
- **PER COACH**
- **SCRIMMAGES**
- **SKILL ASSESSMENTS**



REDDOT 2025 WINTER SCHEDULE TEENAGER GROUP TRAINING

LOCATION: 7634 WOODBINE AVE

MON	TUE	WED	THUR	SAT
4:30 ~ 6:00PM	7:30 ~ 9:00PM	6:00 ~ 7:30PM	7:30 ~ 9:00PM	1:30 ~ 3:00PM

AGE 12-15

- FUNDAMENTAL BEGINNER LEVEL
- SCRIMMAGES • SKILL DEVELOPMENT
- PHYSICAL CONDITIONING • SKILL ASSESSMENTS



REDDOT 2025 WINTER SCHEDULE

AGED 15-17 TEENAGER GROUP TRAINING

LOCATION: 7634 WOODBINE AVE

TUE	WED	THUR	SAT
7:30 ~ 9:00PM	6:00 ~ 7:30PM	7:30 ~ 9:00PM	1:30 ~ 3:00PM

AGE 15-17

- FUNDAMENTAL BEGINNER LEVEL
- SCRIMMAGES • SKILL DEVELOPMENT
- PHYSICAL CONDITIONING • SKILL ASSESSMENTS



REDDOT 2025 WINTER SCHEDULE TEENAGER GROUP TRAINING

LOCATION: 2330 MIDLAND AVE, SCARBOROUGH

WED	FRI	SAT
7:30-9:00PM	7:30-9:00PM	3:00 ~ 4:30PM 4:30 ~ 6:00PM

AGE 12-15

- FUNDAMENTAL BEGINNER LEVEL
- SCRIMMAGES · SKILL DEVELOPMENT
- PHYSICAL CONDITIONING · SKILL ASSESSMENTS



REDDOT 2025 WINTER SCHEDULE

YOUTH ELITE GROUP TRAINING

LOCATION: UNIT 6-7634 WOODBINE AVE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
U14 6:00 ~ 7:30PM COACH: JOE	U10 6:00 ~ 7:30PM COACH: DANE	U16 6:00 ~ 7:30PM COACH: JOE	U14 6:00 ~ 7:30PM COACH: DANE	U12 4:30 ~ 6:00PM COACH: MICHAEL U14/U16 6:00 ~ 7:30PM COACH: DANE	U12 4:30 ~ 6:00PM COACH: DESMOND U14/U16 6:00 ~ 7:30PM COACH: DESMOND

U10: AGED 9-10 U12: AGED 11-12 U14: AGED 13-14 U16: AGED 15-16

- AGE-SPECIFIC CLASSES
- SPECIALIZED TRAINING METHODS
- GAME-READY SKILLS
- SCRIMMAGE
- SKILL ASSESSMENTS
- LED BY PRO PLAYERS AND CERTIFIED COACHES



REDDOT 2025 WINTER SCHEDULE

YOUTH ELITE GROUP TRAINING

LOCATION: 223 RIVIERA DR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
U12 AGED 11-12 COACH: MICHAEL	U10 AGED 9-10 COACH: JOE	U10 AGED 9-10 COACH: DESMOND	U14 AGED 13-14 COACH: JOE	U12 AGED 11-12 COACH: JOE	U14 AGED 13-14 COACH: DANE
6:00 ~ 7:30PM	7:30 ~ 9:00PM				3:00 ~ 4:30PM

- AGE-SPECIFIC CLASSES
- SPECIALIZED TRAINING METHODS
- GAME-READY SKILLS
- SCRIMMAGE
- SKILL ASSESSMENTS
- LED BY PRO PLAYERS AND CERTIFIED COACHES



REDDOT 2025 WINTER SCHEDULE YOUTH ENLIGHTENMENT TRAINING

LOCATION: 223 RIVIERA DR

MON	TUE	WED	FRI	SAT	SUN
4:30 ~ 6:00PM	4:30 ~ 6:00PM	4:30 ~ 6:00PM	4:30 ~ 6:00PM	10:00 ~ 11:30AM	10:00 ~ 11:30AM

- AGE 4-7
- BEGINNER LEVEL
- 3-6 STUDENTS GROUP
- SKILLS & COMPETITION

