

Trafford Basketball Session Times

Saturday Open Sessions

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| Year 7 & 8 Mixed: | 9am to 10:15am | with Coaches Ciaran & Tom |
| Year 1 & 2 Mixed: | 10:15am to 11:30am | with Coach Mike |
| Year 3 & 4 Mixed: | 10:15am to 11:30am | with Coach Tom |
| Year 9 & 10 Boys: | 11:30am to 12:45pm | with Coaches Terry & Nick |
| Year 11 & 12 Boys: | 11:30am to 12:45pm | Open Scrimmage |
| Year 5 & 6 Mixed: | 12:45pm to 2pm | with Coaches John & Nathan |

Sunday Open Sessions

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|---------------------------|------------------------|------------------------|
| Year 6 to 9 Girls: | 10am to 11:30am | with Coach Rob |
| Trafford Mums: | 10am to 11:30am | with Coach Mike |

Weekday Squad Training Sessions

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| Year 5 & 6 Mixed: | Monday 6pm to 7pm | with Coach John & Rob |
| Year 7 & 8 Boys: | Monday 6pm to 7pm | with Coach Tom & Fitz |
| Year 9 & 10 Boys: | Monday 7pm to 8pm | with Coach Tom & Nick |
| Year 11 & 12 Boys: | Monday 7pm to 8pm | with Coach Fitz |
| Adults Mixed: | Monday 8pm to 9:30pm | with Coach Fitz |
| Year 6 to 9 Girls: | Wednesday 6:30pm to 8pm | with Coach Rob |

NB: Year 6 to 9 Girls' Wednesday Session is at MEA, Wythenshawe, M22 9RH. All other sessions are at Manor Academy.

All Weekend Sessions are £4.

All Weekday Squad Sessions are £3.

