



## Members, Future Members, Athletes and Parents

**Under Governor Greg Abbott's Re-Open Texas Plan, Next Level Innovative Basketball Training is excited to begin to open its doors and begin training classes again on May 18, 2020.**

### **GYM OPERATION**

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Under the Re-Open Texas Plan, Next Level will begin to adopt a few procedures to ensure the safety and well-being of its members and staff. Next Level IBT will be taking steps to create a safe, healthy and enjoyable environment for our members to train, have fun and be together again. We are requesting cooperation of our members as well. If you have any symptoms associated with COVID-19, please stay home. Symptoms may appear 2-14 days after exposure, and include cough or shortness of breath or difficulty breathing, or having at least two of these symptoms:

- Fever
- Chills
- Muscle Pain
- Headache
- Sore Throat
- New loss of taste or smell

To keep in accordance to Governor Greg Abbott's order, we will adopt a few procedures to control class sizes.

- Only the Front Room, Restroom and Gym 1 will be accessible until further notice.
- A Modified Weekly Member Schedule will be available. Hours for member schedule will be from 5:00pm – 8:00pm
- Pre-enrollment in weekly session required and walk ins will be allowed if space is available. If space is not available walk ins will not be able to attend session. Please visit [www.nextlevelibt.com](http://www.nextlevelibt.com) for modified schedule and class enrollment.
- Sessions will be modified to follow social distancing recommendations.
- In addition, 1-on-1 sessions will be scheduled during the hours of 9:00am – 4:00pm. Please call/text 817-602-2243 to schedule those sessions. Sessions will include Basketball Skills, Ball Handling, Dr. Dish Shooting Machine, etc. Cost of sessions will be **\$30/hour** until Gym is fully operational.

### **MEMBER RESPONSIBILITY**

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If you are feeling well and are planning to attend our sessions,

- Please maintain good hygiene and wash your hands frequently. We will do our best to have hand sanitizer available at the gym for your use.
- Please be sure to wipe down all training tools after use. Our coaches and staff will remind and assist kids with cleaning supplies after each session.
- Please bring your own water bottle – New Members will receive a new Next Level Water Bottle for future use.
- Although wearing a face mask is not required, it is recommended. Masks are recommended to enter the gym but will not be necessary during the training session.

Once again, the health and safety of our members and staff while at the Next Level IBT facility is extremely important to us. We will expect that you, our members, and our staff will abide by the rules and other guidelines described above. Next Level IBT will reserve the right to deny entry into our facility or require that a member leave the facility if these rules are not followed. We are making Next Level a better place and will introduce new programs and items as we begin to fully reopen. Thank you and welcome back!

## MODIFIED WEEKLY MEMBERSHIP SCHEDULE (Starting May 18, 2020)

Track Training Color indicated next to sessions.

MONDAY	
<b>GYM 1</b> 5:00 pm – Beginner Skills Training ● 6:00 pm – Intermediate Skills Training ● 7:00 pm – Game Day Skills Training ● 8:00 pm – Advanced Skills Training ●	<b>GYM 2</b> *****CLOSED*****
TUESDAY	
<b>GYM 1</b> 5:00 pm – Basic Ball Handling ● 6:00 pm – Intermediate Ball Handling ● 7:00 pm – Game Day Handles ● 8:00 pm – Advanced Handles ●	<b>GYM 2</b> *****CLOSED*****
WEDNESDAY	
<b>GYM 1</b> 5:00 pm – Basic Shooting ● 6:00 pm – Shooting Fundamentals ● 7:00 pm – Game Day Shooting ● 8:00 pm – Advanced Shooting ●	<b>GYM 2</b> *****CLOSED*****
THURSDAY	
<b>GYM 1</b> 5:00 pm – Fundamentals of Defense ● 6:00 pm – Defensive Essentials ● 7:00 pm – Game Day Scoring ● 8:00 pm – Advanced Scoring ●	<b>GYM 2</b> *****CLOSED*****
FRIDAY	
<b>GYM 1</b> 5:00 pm – Basic Ball Handling ● 6:00 pm – Intermediate Ball Handling ● 7:00 pm – Game Day Handles ● 8:00 pm – Advanced Handles ●	<b>GYM 2</b> *****CLOSED*****
SATURDAY	
<b>GYM 1</b> 9:30 am – Beginner Skills Training ● 10:30 am – Intermediate Skills Training ● 11:30 am – Game Day Skills Training ● 12:30 pm – Advanced Skills Training ●	<b>GYM 2</b> *****CLOSED*****
SUNDAY	
<b>GYM 1</b> *****CLOSED*****	<b>GYM 2</b> *****CLOSED*****