

Please use hand sanitizer before coming into the main range

Equipment should already be assembled or acquired from coach/instructor and stationed at your lanes by the beginning of class so that we can do our stretches as a group.

If you are running late, please be sure you let us know and that your equipment is assembled before arriving so you can join in right away



Class Schedule for:

Saturday, January 2, 2021 & Sunday, January 3, 2021

JOAD Beginner

(Saturday @ 8:30 AM - 10:00 AM)

Group Stretches (10 mins) - gloves & sanitizer provided

Learn / Review: Name the NTS Steps of Shooting w/ Coach Demo (15 mins)

Learn / Review: Basic Equipment (10 mins)

Blank Bale Shooting: Windage / Elevation / Grouping @ 5M (25 mins)

Drill: (Holding Steps 1-5) @ 9M (15 mins)

Game: Tic-Tac-Toe (2 Teams of 3 people) @ 9M (15 mins)

JOAD Intermediate

(Saturday @ 10:30 AM - 12:00 PM)

Group Stretches (10 mins) - gloves & sanitizer provided

Questions & Announcements: Upcoming Tournaments (5 mins)

Learn / Review: Name/Demo the NTS Basic Steps of Shooting (15 mins)

Learn / Review: Basic Equipment & Maintenance (10 mins)

Blank Bale Shooting: Windage / Elevation / Grouping @ 5M (20 mins)

Drill: (Holding Steps 4-7) @ 9M (15 mins)

Game: Shoot Equipment Images (2 Teams of 4 - 6 people) @ 9M (15 mins)

JOAD Advanced

(Saturday @ 12:30 PM - 2:00 PM)

Group Stretches (10 mins) - gloves & sanitizer provided

Questions & Announcements: Upcoming Tournaments (5 mins)

Learn / Review: Name/Demo/Keys of the NTS Steps of Shooting (15 mins)

Oral Quiz / Review: Basic Equipment & Maintenance (10 mins)

Blank Bale Shooting: Windage / Elevation / Grouping @ 9M (20 mins)

Drill: (Holding Steps 4-8) @ 18M (15 mins)

Game: TR (2 Teams of 3-4 people) @ 18M (15 mins)

JOAD Elite

(Sunday @ 2:30 PM - 4:00 PM)

Group Stretches (10 mins) - gloves & sanitizer provided

Questions & Announcements: Upcoming Tournaments (5 mins)

Learn / Review: Demo/Keys/Explain the NTS Steps of Shooting (15 mins)

Oral Quiz / Review: Basic Equipment & Maintenance (10 mins)

Blank Bale Shooting: Windage / Elevation / Grouping @ 9M (20 mins)

Drill: (Holding Steps 7-10) @ 18M (15 mins)

Game: OR (groups of 2 people - coach stand in as needed) @ 18M (15 mins)

AAP Beginner - Elite

(Sunday @ 4:30 PM - 6:00 PM)

Group Stretches (10 mins) - gloves & sanitizer provided

Questions & Announcements: Upcoming Tournaments (5 mins)

Learn / Review: Name/Demo/Keys of the NTS Steps of Shooting (15 mins)

Learn / Review: Basic Equipment (10 mins)

Blank Bale Shooting: Windage / Elevation / Grouping @ 5M (20 mins)

Drill: (Holding Steps 1-8) @ 9M or 18M (15 mins)

Game: Tic-Tac-Toe (2 Teams of 3 - 4 people) @ 18M (15 mins)

CIA JOAD & AAP: Class Schedule for January 2021

FINAL SCHEDULE WITH LANE ASSIGNMENTS WAS RELEASED ON: Thursday, November 5, 2020

Saturdays (01/02, 01/09, 01/16; **PIN SHOOT on 01/23**)

- CIA JOAD: Beginner
- CIA JOAD: Intermediate
- CIA JOAD: Advanced

Sundays (01/03, 01/10, 01/17; **PIN SHOOT on 01/24**)

- CIA JOAD: Elite
- CIA AAP: All Levels

Class Agendas for this month: [View/Download/Print](#) (each week may be different for each group)



CIA Monthly Class Schedule and Lane Assignments & Weekly Class Agendas & Handouts

<http://californiaindoorarchers.com/program-documents/covid-19-class-schedules-for-2020>



SBAL Open Shooting Schedule Link

<https://www.southbayarcherylessons.com/rates/open-shooting>



SBAL Open Shooting Reservations Link

<http://www.southbayarcherylessons.com/rates/open-shooting-reservations-form>



Purchase SBAL Open Shooting Punch or Monthly Card Link

<http://www.southbayarcherylessons.com/rates/request-to-purchase-an-open-shooting-card>

CIA JOAD & AAP: Class Schedule for February (TBD)

FINAL SCHEDULE WITH LANE ASSIGNMENTS WILL BE RELEASED BY: Friday, January 29 2021

Saturdays (TBD; **PIN SHOOT on TBD**)

- CIA JOAD: Beginner
- CIA JOAD: Intermediate
- CIA JOAD: Advanced

Sundays (TBD; **PIN SHOOT on TBD**)

- CIA JOAD: Elite
- CIA AAP: All Levels

Class Agendas for this month:

- Week 1: (TBD)
- Week 2: (TBD)
- Week 3: (TBD)
- Week 4 (Pin Shoot): (TBD)