

INSTRUCTIONAL LACROSSE



Lacrosse 101:

Ages 7-11

This is a 6-week class geared towards locking in the fundamentals of the sport through various activities and possibility for small-sided game play. Lacrosse stick required. It's time to discover your game!

Thursdays, 4:15-5:00pm

Session 1: August 20—September 24
Register by: August 17

Session 2: October 1-November 15
Register by: September 28

MEM: \$50 PRO: \$80



Lacrosse 102:

Ages 10-14

This is a 6-week class geared towards taking your game to the next level through more advanced skill activities and game strategy. Lacrosse stick, face protection, and shoulder pads required. It's time to “step up” your game!

Thursdays, 5:00-5:45pm

Session 1: August 20—September 24
Register by: August 17

Session 2: October 1– November 5
Register by: September 28

MEM: \$50 PRO: \$80

For more information contact Andrew Ross at 678-507-9625 or andrewr@ymcacobb.org

