



CATCH THE FUN ... PLAY LACROSSE ***JOIN OUR SOFTLAX PROGRAM***

DO YOU WANT TO IMPROVE YOUR LACROSSE SKILLS?
DO YOU WANT TO BE AHEAD OF THE COMPETITION FOR NEXT SEASON?
DO YOU WANT TO HAVE FUN AND STAY ACTIVE OVER THE WINTER MONTHS?

THEN....

SOFTLAX is for YOU

Softlax is a fall/winter program with one session per week
Each session is 40 minutes of skill development and a 40 minute game
Non-contact
Equipment required - helmet with mask and gloves (lacrosse sticks available for use or for purchase \$45.00)
Registration Fee - \$95.00 includes t-shirt. (Full 23 weeks)
\$65.00 includes t-shirt (1st half – October to December)
\$70.00 includes t-shirt (2nd half – January to March)

Thursday evenings (Starting October 4th, 2012)
Springfield Lake Recreation Center (266 Lakeview Ave, Middle Sackville)

Schedule: Time 6:30pm-8:00pm (ages 6yrs-10yrs)
Time 8:00pm-9:30pm (ages 11 yrs-14yrs)

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For more information contact:

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