## **Start Smart Lacrosse**

Start Smart Lacrosse is a developmentally appropriate introductory lacrosse program for children 3-6 years old. The Start Smart Lacrosse program prepares children and their parents for organized lacrosse without the threat of competition, or fear of getting hurt.

The Start Smart Lacrosse program focuses on teaching passing, shooting, catching, cradling, stick handling, and more!

All participants receive their own STX Lacrosse equipment package to keep, which includes:

STX Lacrosse Stick

Lacrosse Ball

Participant Manual

Four cones

Start Date: Wednesday September 18th

End Date: Wednesday November 20th

(9 total classes; No class on October 9<sup>th</sup>)

Location: Alexander Community Center

275 Alexander Avenue

Day/Time: Wednesdays; 5:00-6:00pm

Ages: 3-6 year olds

Resident Fee: \$75.00 Non-Resident Fee: \$90.00





