



FALL LACROSSE

Ages K-4 Grade • Boys & Girls

BASKING RIDGE



Lacrosse

The US Sports Institute Program is a great introduction to the sport of Lacrosse, and is designed for the player who has a little or no experience in the sport.

The program is taught in a relaxed atmosphere with the emphasis on fundamental skills and technique in order to help all children progress and succeed.



Participants will learn how to play through a series of fun activities and then small scrimmages to put into practice what they have learnt



All equipment is provided for the program which makes it a more affordable way for children to learn the game. The program is non contact so no protective clothing is required.

Cradling • Scooping • Catching • Shooting • Dodging • Faceoff

FALL 2015

Location: Oak St School
Dates: September 12 to October 24 (7 weeks)
Day: Saturday

Kindergarten (Co-ed) LX33158

Time: 9am to 10am
Price: \$135

1st and 2nd Grade (Co-ed) LX33159

Time: 10am to 11am
Price: \$135

3rd and 4th Grade (Co-ed) LX33160

Time: 11am to 12 noon
Price: \$135



(866) 345-BALL
USsportsInstitute.com



For more information, visit:

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