

WAYNESBORO AREA YMCA BOYS AND GIRLS LACROSSE INSTRUCTIONAL CLINICS!



COACHES Kettie Leighty and Clint Lantz (experienced players and coaches), players will learn the basic skills, game concepts and rules of the game with positions and light scrimmage play.

Participants are encouraged to bring their own stick but not necessary. No checking and no contact will be taught as protective equipment is not required. This is a clinic, a gentle introduction to the game, where parents are welcome to learn together with their kids and will be welcome to play alongside their kids in the last week.



SKILLS:
THROWING
CATCHING
CRADLING



- Program runs Sept. 16–Nov. 7
- Mondays & Thursdays:
5:00–6:30PM
- Open to all grades K–5th
- Members: \$80
NonMembers: \$125

Contact Sports and Fitness Director
Whitney@waynesboroymca.org