

FALL 2019

LACROSSE 101

Ages 6-13

Youth boys and girls will be instructed in beginning fundamental skills of lacrosse including catching and throwing, ground balls, shuttle drills and lacrosse terminology, positions and rules as well as game play. Class will include the proper lacrosse equipment, supplied by the Town of Normal Parks and Rec Department, but feel free to use your own! As participants progress with the growth of the game, knowledge of rules and skills developed, Lacrosse 101 will also feature scrimmages.

MIN/MAX : 10/50

Location: East Detention Basin (200 block of Park Drag Lane)

Ages	Day	Time	Date	Fee	Activity#
6-9	SA	9:30-10:30am	9/7-10/12	\$50	230000-11
10-13	SA	9:30-10:30am	9/7-10/12	\$50	230000-12

Please visit NormalParks.org for more information.



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