



Introduction to Lacrosse

2021 Ames Cyclones Lacrosse Club

US LACROSSE FLEX6 PROGRAM FOR YOUTH U10-U14



LEARN TO PLAY LACROSSE IN A FUN AND INTERACTIVE WAY

ALL YOUTH WELCOME

- Age Groups: **U10/U12/U14 School grades 4th-8th**
- Purpose: **Flex6 Lacrosse is focused on the values of small-sided play, fun and kid-centered, and age appropriate/inclusive**
- Detail: **Please Register but if not just show up to any/all dates.
Please bring a friend
We will have fun learning the game of lacrosse**
- Program Dates: **begin on 5/16/21.**
- Dates: **Sundays 5/16, 5/23, 6/6,6/13,6/20,6/27
Tuesdays 6/8, 6/15,6/22**
- Times: **5:00 PM to 6:00 PM**
- Location: **Ames Middle School Far East Football Field**
- Registration: **WWW.cyclonelax.com**

Registration Fee: None

Contact: Email: Kevin McHenry ameslaxclub@gmail.com , 970-581-8643 , cyclonelax.com/

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