**FAIRGROUNDS YMCA**
585 Rand Drive
Watertown, New York 13601

For program questions contact:
Paul Passino
Email: ppassino@nnyymca.org
Phone: 315.755.9622

For more information on programs, memberships, services, and to register: **watertownymca.org**

**SCAN QR CODE TO REGISTER**

Check out these other great YMCA programs:

- Spring Soccer League
- STEAM & Sports
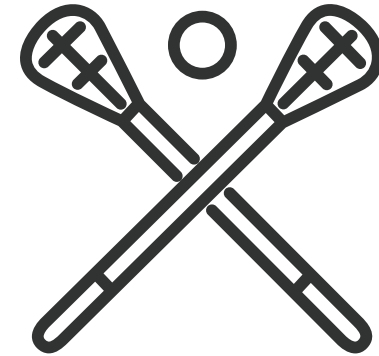- Soccer Skills Academy

**GATEWAY FINANCIAL SCHOLARSHIP**
To successfully achieve our goal of providing service for all youth and families, with the support of the **Northern New York Community Foundation**, the **WATERTOWN FAMILY YMCA,** provides financial assistance to those who cannot afford the memberships or programs fees. Assistance is based upon the applicant's income and expenses.

Applications are available at the Welcome Center or online. YMCA is committed to protecting the privacy of its members and maintaining their personal information in confidence.

Northern New York Community Foundation

United Way
UNITED WAY OF NORTHERN NEW YORK

**FAIRGROUNDS YMCA**
# SPRING STICKS 4 KIDS COED LACROSSE
**3–10 YEARS**

**REGISTRATION OPENS JANUARY 13, 2025**

WATERTOWNYMCA.ORG

## WHAT YOU NEED TO KNOW

**Ages:** 3–10 Years

**Location:** Small Soccer Field

**Start Date:** March 3, 2025

**End Date:** April 14, 2025

**Days & Times:**

Mondays

| | |
|---|---|
| 3–4 Years: | 5:45– 6:30 PM |
| 5–7 Years: | 6:30 – 7:15 PM |
| 8–10 Years: | 7:15 – 8:00 PM |

**Program Fees:**

Members: $44.00

Non–Members: $57.00

Military: $52.00

## COED STICKS 4 KIDS

This six–week introductory lacrosse program is for boys and girls ages 3 – 10 Years. Children will learn the basic fundamentals of the game while having FUN!

As one of the fastest growing teams sports in the U.S., lacrosse builds speed, agility and coordination, as well as teamwork and confidence.

**LACROSSE STICK & GOGGLES** provided or bring your own.

**REQUIRED EQUIPMENT**
Water Bottle
Sneakers or **Indoor** soccer shoes*
Athletic Clothing
Shin Guards

**\*Outdoor soccer cleats are not allowed**

## WHAT WE WILL COVER:

- Lacrosse Vocabulary
- Catching
- Scooping
- Throwing
- Gameplay
- Teamwork

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