

# Berkley Parks & Recreation



# Bear Lacrosse

The fastest sport on two feet & the oldest sport in North America! Upbeat with no contact, we focus on mastering fundamentals, team development & sportsmanship. Each week includes stick skill development, footwork, handling the ball and developing 2 & 3-man games. We end each class playing Chumash Lacrosse, 3 v 3 and Fire Ball! You will finish with a free t-shirt & additional skills to bring your game to the next level.

Sticks are available upon request. Our space and equipment are limited so please be sure to register as soon as possible. If you have any special needs, please be sure to reach out to us before the session begins.

Parents will be provided with premium coffee from Atomic Coffee in Royal Oak as well as donuts or bagels, seating and wifi. Each parent will leave with a "This is Lacrosse" pamphlet filled with information about the history and rules of the game.

**Six Weeks \$50**

**Saturdays beginning February 9<sup>th</sup>**

**Cubs grades 1 - 4**

**10:00 - 10:55 am**

**Growlers grades 5 - 8**

**11:00 - 11:55 am**

**No Lacrosse on March 2<sup>nd</sup>**



Add \$5 for non-residents

Register at the Berkley Community Center 2400 Robina Avenue  
248-658-3470 or online at [berkley.maxgalaxy.net](http://berkley.maxgalaxy.net)