

PLAY LACROSSE

with the Westmount *Junior Lynx*

Non-Contact 6-Session Beginner Program for Players Aged 4-8



The Westmount Lynx Lacrosse Club returns this fall with its new **Junior Lynx** Program! We are very excited about this new program to get younger boys and girls interested in the great sport of field lacrosse.

- **Non-contact** - focus on **skill development** and **fun**
- For safety, we use squishy balls or tennis balls, **never actual lacrosse balls**
- **No special equipment** to participate
- 6 Sunday morning sessions starting September 7
- Location: Westmount Athletic Grounds

The Junior Lynx program is different from other youth sports programs in a number of ways.

Among them, we hope parents will always notice two very important things: First, that your son or daughter will be having **fun**. And second, that the level of organization and thought that goes into each practice and lesson plan will be exceptional.

The Club is led by experienced coaches who have played and/or coached at many levels in Canada and the US.

Many well-known hockey players, including Wayne Gretzky, played lacrosse and attribute the game to their NHL success. Lacrosse improves hand-eye coordination, lateral movement and foot speed, offensive and defensive positioning, and helps players learn to deke and fake. Come out and play!

Contact: Peter Zabierek, lax@westmountlynx.com

Info and registration: www.westmountlynx.com