



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET IN THE GAME

Disc Golf & Lacrosse LUSSIER FAMILY EAST YMCA

NEW DISC GOLF

Learn the fundamentals of one of the world’s fastest growing sports! This six/seven week class* will focus on basic fundamentals all while having fun. Students will learn rules and etiquette, basic throwing and putting techniques, scoring and use of equipment. Disc golf equipment will be provided.

*Class will not be held on Memorial Day at the East location during the spring session.

EAST

M Ages 8-14 5:30-6:30pm SP/SU1

WEST-HUEGEL-JAMESTOWN PARK

TU Ages 8-14 5:00-6:00pm SU1/SU2

Facility Member \$25

Program Member \$50

NEW INTRO TO LACROSSE

This seven-week class will focus on the very basic skills of lacrosse. Through the use of fun and creative games, our coaches will introduce hand-eye coordination skills that will build the foundation of necessary lacrosse skills of scooping, cradling, passing, catching and shooting.

As their skills begin to develop, our goal is to help each player increase their self-confidence and independence, preparing them for the next level of play. Soft sticks and balls will be provided.

EAST

TU Ages 5-6 5:00-5:45pm SP

TU Ages 7-9 5:45-6:30pm SP

Facility Member \$25

Program Member \$50



Lussier Family East YMCA
608 221 1571

YMCA OF DANE COUNTY, INC.
www.ymcanedanecounty.org

This is **NOT** a school sponsored activity and the Madison Metropolitan School Districts do not approve, support, supervise, or endorse this program/activity.