



SKILLS & DRILLS



Calling boys and girls lacrosse players!
Keep your skills up in the off season with
conditioning and stick work.

Saturdays - October 17th - November 14th

10:30am - 11:30am at OSPR - FEE: \$50.00

Instructor: Jill Temple
Personal Trainer & Collegiate Coach

For more information or to register, visit www.oldsaybrookrec.com