

# DISCOVER LACROSSE

[www.shamrockslacrosse.ca](http://www.shamrockslacrosse.ca)



CHECK OUT THE FASTEST  
GAME ON TWO FEET!

2025 SEASON

## SHAMROCKS LACROSSE

Come join us for an introduction to box lacrosse and learn some game skills! Co-ed sessions held over four days. Everyone welcome! Lacrosse sticks and balls provided; participants require a helmet with cage, hockey or lacrosse gloves, gym attire and indoor running shoes. Register soon, space is limited!

LOCATION: Bruce Oake Recovery Centre Gym, 255 Hamilton Avenue, Winnipeg



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SUNDAYS IN MARCH

AGES: 5 – 10 YEARS

AGES: 11 – 16 YEARS

MARCH 2<sup>nd</sup>, 9<sup>th</sup>, 17<sup>th</sup>, 23<sup>rd</sup>

9:00 AM – 10:15 AM

10:30 AM – 11:45 AM

**\$10** DROP IN FEE PER SESSION

REGISTER: <https://form.jotform.com/240298630357258>