**GELC WINTER PROGRAMMING**

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| **LOCATION** | **Beaumont Recreation Centre**  **5001- Rue Eaglemont Beaumont** |
| **10u Division** | 1st 45 minutes Skill Development followed by a  1 hour 3x3 or 4x4 scrimmage  Starts Saturday October 24th 1:30 pm to 3:30 pm  December 19th last day until the new year, Restarts January 9th and runs thru to January 23rd. |
| **12u Division** | 1st Hour Skill Development followed by a 2nd hour of 3x3 or 4x4 scrimmage  Starts Sundays October 25th, 2020 12pm to 2pm and runs to December 20th, 2020, resuming January 9th thru to January 23 ,2021 |
| **14u Division** | 1st Hour will be practice  2nd and Third hours will be 4x4 games  Starts Saturday October 24th 10 am to 1 pm runs thru to December 19th, programming resumes on 10th of January and runs thru to January 24th. |
| **17u Division** | 1st Hour will be practice  Second and Third hours will be 4x4 games  Starts Friday October23rd 6 pm to 9 pm and runs to Friday December 18th, resumes January 8 and finished up on January 22nd. |
| **ALA Covid Requirements** | All Covid protocols as laid out by the ALA will be in effect.  Cohort group sizes are a maximum of 50 with players coaches and any required officials  <http://www.albertalacrosse.com/content/return-to-activity> |
| **Cost** | $150.00 10u and 12u  $200.00 14u and 17u |
| **Requirements to Play** | Full Equipment, stick, personal water bottle, inside shoes |
| **Registration Information** | <http://gelc.rampregistrations.com/> |
| **Additional Information** | **Contact the GELC office at**  [**edmlax@telus.net**](mailto:edmlax@telus.net)  **by phone 780-466-0981** |