



ACADEMY

LIMITED TO 15 SPOTS PER AGE GROUP!

METROWEST SCHEDULE

2022-2023 SEASON

BOYS & GIRLS WEEKLY LACROSSE INSTRUCTION

TUESDAYS & THURSDAYS

5:00pm-8:00pm

GIRLS on TUESDAYS

5pm-6pm
2nd/3rd Grade GIRLS
6pm-7pm
4th/5th Grade GIRLS
7pm-8pm
6th/7th/8th Grade GIRLS

BOYS on THURSDAYS

5pm-6pm
2nd/3rd Grade BOYS
6pm-7pm
4th/5th Grade BOYS
7pm-8pm
6th/7th/8th Grade BOYS

SESSION I

Week 1: September 6, 8
Week 2: September 13, 15
Week 3: September 20, 22
Week 4: September 27, 29
Week 5: October 4, 6
Week 6: October 11, 13
Week 7: October 18, 20
Week 8: October 25, 27
Week 9: November 1, 2
Week 10: November 8, 10

SESSION II

Week 11: November 29, December 1
Week 12: December 6, 8
Week 13: December 13, 15
Week 14: January 10, 12
Week 15: January 17, 19
Week 16: January 24, 26
Week 17: January 31, February 2
Week 18: February 7, 9
Week 19: February 14, 16
Week 20: February 28, March 2

*Session I will take place in
NATICK, MA at the LONGFELLOW HEALTH CLUB*

*Session II will take place in
WELLESLEY, MA at the BSI COMPLEX*



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LIMITED TO 15 SPOTS PER AGE GROUP!

SOUTH SHORE SCHEDULE

2022-2023 SEASON

BOYS & GIRLS WEEKLY LACROSSE INSTRUCTION

WEDNESDAYS

4pm-8pm

SOUTH SHORE SPORTS CENTER

HINGHAM, MA

4pm-5pm

2nd/3rd/4th/5th Grade GIRLS

6pm-7pm

5th/6th/7th/8th Grade GIRLS

5pm-6pm

2nd/3rd/4th/5th Grade BOYS

7pm-8pm

5th/6th/7th/8th Grade BOYS

****5th Graders have the option of play in either group****

SESSION I

Week 1: September 7

Week 2: September 14

Week 3: September 21

Week 4: September 28

Week 5: October 5

Week 6: October 12

Week 7: October 19

Week 8: October 26

Week 9: November 2

Week 10: November 9

SESSION II

Week 11: November 30

Week 12: December 7

Week 13: December 14

Week 14: January 11

Week 15: January 18

Week 16: January 25

Week 17: February 1

Week 18: February 8

Week 19: February 15

Week 20: March 1