

Lacrosse Skills With Johnny Powless

FREE



**Six Nations
Parks & Recreation**

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When: TUESDAYS
Starts: January 9, 2018
Ends: March 6, 2018
Time: 3:30-5:00 p.m.
Snack provided
Ages: 10 years old & up
Place: Dajoh—Onondaga Gymnasium

- ◆ **REGISTRATION BEGINS Dec 4, 2017 (Until filled)**
- ◆ **Builds physical fitness**
- ◆ **Increases your speed and improves your reflexes**
- ◆ **Good for overall health**

