

Girl's Speed LAX

High School & Middle School Girl's Lacrosse
Skill & Conditioning Pre-Season
Training

SESSION EXTENSION!

Middle & High School

February 18th - 27th

Monday & Wednesday

4:30pm - 5:30pm

Indoor Field



Members: \$50
Non-Members: \$60



30 Minutes of Lax Drills
30 Minutes of Conditioning



Register TODAY!

Contact Coach Edge

410 - 734 - 7300



410-734-7300

2304 Churchville Road, Bel Air, MD 21015

www.thearenaclub.com