



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TAKE YOUR GAME UP A NOTCH



YOUTH ATHLETICS Lacrosse Development Camp ROCKY MOUNT

Expert Coaching

Get a head start on the season with our Lacrosse coaches! Sharpen your fundamental skills, tune up your conditioning, and get ready to take your game to a new level!

Get Started

Register at the Rocky Mount Y Front Desk.

- 1/10-2/14, Thursdays, 4-5pm in the Gym
- \$50 for Members, \$75 for non-members
- Ages 10-17

Necessary Equipment

- You will need to provide your own Lacrosse stick



Rocky Mount
235 Technology Dr.
Rocky Mount, VA 24151
(540)489-9622

Smith Mountain Lake
293 FirstWatch Drive
Moneta, VA 24121
(540)721-9622

Ferrum
333 Wiley Dr.
Ferrum, VA 24088
(540)365-9622