



Centre for  
Newcomers

MONDAYS | 2023  
JUNE 26 - AUGUST 28



# LEARN LACROSSE!

Lacrosse is the oldest organized sport in North America, created by the Haudenosaunee, or Iroquois, people way back in 1100 AD! Played with a lacrosse stick and ball (shown above) the game and skills develop coordination like fine-motor skills and hand-eye coordination, while also teaching discipline, teamwork, and the power of practice. Of course, it's also a physical workout, getting players moving, running, and improving cardiovascular health.

Come on out and make some new friends while learning this team sport with great instructors!

SCAN THE  
QR CODE TO  
REGISTER.

[https://forms.gle/LMtb  
t6woUgxn5Cdy5](https://forms.gle/LMtb t6woUgxn5Cdy5)



**Newcomer youth – ages 7-24.**  
**With 35+ spots available, participants  
will be split up by age to have the  
best time possible.**



For more information, please email  
[youthprograms@centrefornewcomers.ca](mailto:youthprograms@centrefornewcomers.ca)