



Women's Lacrosse

**Open to women 21+
Experienced or Not – all are welcome**

Try it out and see if lacrosse is YOUR Game

- ✂ **Coached skill development.**
- ✂ **Cardio workouts and exercise.**
- ✂ **Games and competition.**
- ✂ **Healthy, active fun!**

Even if you've never played before, the game is easy to learn and the skills develop quickly. It's a popular sport for adults who want a new way to get some exercise and have some fun. Beginners welcome.

Send an email to: laxisbest@shaw.ca and get the registration info directly to you

Got questions? Call Sharon @ 780.902.6067 or Michele @ 780.571.1977

Women's Masters Lacrosse requires minimal equipment (helmet with cage, gloves, and stick are mandatory with slash guards recommended). There is no deliberate body contact or hitting. This is box lacrosse so all games are played indoors over a 12 week spring season in arenas and soccer centres throughout Edmonton.

Women's Masters Lacrosse in Edmonton is affiliated with the Edmonton Masters Lacrosse League <http://edmontonmasterslacrosse.ca> .