



HAVE A GO DAY



WHEELCHAIR LACROSSE Cowichan Valley

Saturday, December 7, 2019
10:00AM – 12:00PM
Cowichan Community Centre
2687 James Street, Duncan



We invite you to come out and try **Wheelchair Lacrosse!** The BC Lacrosse Association is excited to offer a **free** session for all ages and ability levels. Able-bodied participants are welcome.

We will teach the basic lacrosse skills, play some fun games and end with a scrimmage.

Sport Chairs, Helmets, Sticks and balls will be available. Feel free to bring your own equipment.

To register: email Dave Showers: info@bcwheelchairlacrosse.com
or call 604-421-9755 ext.1

