

TOWN OF DRYDEN RECREATION

Lacrosse Skills & Drills Clinic

Want to try lacrosse for the first time or improve on your stick skills? Join the TC3 players and coaches for this two day clinic.

Grades K-6 Co-Ed

April 4th & 5th

6pm-7:30pm

TC3 Field House

Fee: \$10

Youth Lacrosse

This lacrosse program includes weekend scrimmages with other youth lacrosse programs in the area. Practice twice a week and game play on Sunday to maximize the fun and excitement for this growing program! A lacrosse stick and water bottle are required. All other equipment will be provided. Schedules may change depending on school availability and weather.

Grades K-6th Co-Ed

Tuesday & Thursday 6:00pm-7:30pm

April 9th- June 6th

Dryden Elementary School

Fee: \$45



Upstate Lacrosse Association Team

This is a competitive travel lacrosse program. Teams will practice twice a week with games as scheduled.

Season runs from June-July 2019.

Grades 3rd-6th

Practice and games times to be announced

Fee: \$65

ULA

Youth Track and Field

Learn the basic techniques and fundamentals of track and field.

Grades K-6 Co-Ed

April 24th-June 5th

Wednesday: 6-7pm at Dryden Elementary School

Fee: \$15



TOWN OF DRYDEN RECREATION

SPRING 2019

Cayuga Lake 
Seido Karate

Creating Strength Through Spirit

Youth Karate : Ages 6-13

Instructor: Senpai Jennifer Maza

Wednesdays at the Dryden VFW

Fee: \$80.00

Junior Class

Wednesday 3:45pm -4:30pm

This basic class for white belts and advanced white belts emphasizes respect (for yourself and others), body control, and confidence through the learning of basic punches, kicks, and blocks.

Advanced Class

Wednesday 4:30pm-5:30pm

This class is for blue belts and higher. This class is a specialized session that will focus on Kata, self defense, pre-Kumite skills, and meditation

Dates: April 3rd, 10th, 24th May 1st, 8th, 15th, 22nd, 29th

Co-Ed Ages 6-13

Bob Slocum Co-Ed Softball

This league is an organized and fun adult softball league for men and women ages 18 and up. Ages 16 & 17 are welcome to play in the league with a signed parental waiver. Game play starts June 4th

Games: Tuesday and Thursday evenings @ Cassavant & Virgil Elementary

Fee: \$250 Team fee

Register online at drydenrec.com

Or

call 607-844-8888 option #4