*CARA Youth Lacrosse

The CARA Youth Lacrosse Program is an organized team participation program for boys ages 6-12 and girls ages 8-10. The emphasis of the program is placed on fun and participation. Teams will practice 2 hours per week. Times, days and location of practices will depend on coach's availability. Participants must register in their proper age group. Games will be played in Lafayette or surrounding communities on Saturdays.

REGISTRATION DEADLINE IS FRIDAY, MARCH 15.

Practice begins the week of March 18 . Games begin March 30.

Mandatory Equipment: stick, gloves, arm pads, shoulder pads, mouth piece, protective cup and NOCSAE approved helmet. Rib pads are recommended. All equipment shall conform to NFHS rules. Age as of April 30.

Code	Division	R/NR	Dates
316160-A	6-8 yr old boys	$53/$63	3/18-5/18
316161-A	8-10 yr old boys	$53/$63	3/18-5/18
316162-A	10-12 yr old boys	$53/$63	3/18-5/18
316163-A	8-10 yr old girls	$53/$63	3/18-5/18

**** Players on cross over age (8 or 10) may register for either division depending upon skill and experience.***

Youth Weight Training

12 yrs+

YOUTH WEIGHT TRAINING is open for youth age 12 and up. The Recreation Center will waive the policy of 15 and older age limit for this class. It will be taught by a qualified instructor at the Recreation Center. The class is designed to teach the basics in fitness. It will include: free weights, Nautilus and cardiovascular machines as well as weight room etiquette and safety.

Location: Recreation Center.

Maximum of 5 participants. **Participants successfully completing this class may use the Weight Room Mon.-Fri. from 4-5pm only.**

Code	R/NR	Day	Time	Date
312040A	$55/$65	Tue/Thr	4-5pm	1/8-1/31
312040B	$55/$65	Tue/Thr	4-5pm	2/5-2/28
312040C	$55/$65	Tue/Thr	4-5pm	3/5-4/4*

**** No class 3/26 and 28.***

PARENT/YOUTH WORKOUT TIMES

Parents and youth 10 years and older are now welcome to work out together at the Bob L. Burger Recreation Center.

See page 41 for complete details

*Karate- Shudokan-Style Karate BASE

This great class is the best youth KARATE bargain in the Lafayette area! Instructor Jim Kaus is a Black Belt in Shudokan style Karate and has been teaching at the Bob Burger Recreation Center for over 15 years. The beginner class is open to youth age 5+ and will teach basic fundamentals of the Shudokan style while the intermediate class will advance to more experienced areas including belt training (if desired, but not required).

BEGINNER

Code	R/NR	Day	Time	Date
312030A	$42/$52	Tue/Thr	3:30-4:15pm	1/8-1/31
312030B	$42/$52	Tue/Thr	3:30-4:15pm	2/5-2/28
312030C	$42/$52	Tue/Thr	3:30-4:15pm	3/5-4/4*
312030D	$42/$52	Tue/Thr	3:30-4:15pm	4/9-5/2
312030E	$42/$52	Tue/Thr	3:30-4:15pm	5/7-5/30

**** No class 3/26 & 3/28***

INTERMEDIATE

Code	R/NR	Day	Time	Date
312031A	$47/$57	Tue/Thr	4:15-5:15pm	1/8-1/31
312031B	$47/$57	Tue/Thr	4:15-5:15pm	2/5-2/28
312031C	$47/$57	Tue/Thr	4:15-5:15pm	3/5-4/4*
312031D	$47/$57	Tue/Thr	4:15-5:15pm	4/9-5/2
312031E	$47/$57	Tue/Thr	4:15-5:15pm	5/7-5/30

**** No class 3/26 and 3/28***

OTHER LOCAL SPORTS PROGRAMS

Lady Warriors Fastpitch Softball:
A competitive fast pitch program for girls 10-18 years of age. Tryouts held in August. www.ladywarriors.com

Lafayette Bobcat Football:
Full-contact competitive league for 8-13 year olds. Registration begins in July. www.lafayettebobcats.com.

Trebol Soccer Club:
Developmental, intermediate, and competitive teams for various age levels. (720) 876-2237 or www.trebolsoccer.org.

Coal Creek Little League Baseball:
Baseball for boys and girls aged 6-14. Registration begins Dec. with evaluations held in late Feb. www.ccllbaseball.org

Centaurus Boy's Junior Basketball:
Competitive feeder program for boys in grades 6th-8th. Tryouts in September. Call (720) 561-7440 for more information.

National Sports Center for the Disabled - Soccer League
Participation of ambulatory boys & girls aged 7-18 with physical disabilities. lwjames@comcast.net or (303) 725-0745.