

The CNY Family Sports Centre and Strides of CNY Winter Break Lax & Lift

Want to prepare for your upcoming Lacrosse Season over Winter Break?

Want to keep in shape with Sport Specific Training?

Come join us at The CNY Family Sports Centre and Strides of Central New York for Men's and Women's Lacrosse Training

Check the Facilities out Online @

www.CNYFSC.com

www.stridesstrength.com

Men's Dates

Every Monday & Wednesday

11am—1pm Lax

1pm—2pm Lift

December 14th, 16th, 21st, 23rd

December 28th (Strides Only)

December 30th (Strides Only)

January 4th, 6th, 11th, 13th

8 Field Sessions

10 Strength Training Sessions

Women's Dates

Every Tuesday & Thursday

11am—1pm Lax

1pm—2pm Lift

December 15th, 17th, 22nd, 24th

December 29th (Strides Only)

December 31st (Strides Only)

January 5th, 7th, 12th, 14th

8 Field Sessions

10 Strength Training Sessions

Fees

Field Time: \$40.00 (Includes 8 Field Sessions) Payable to CNYFSC

Strength Training: \$60.00 (Includes 10 Strength Sessions) Payable to Strides

The CNY Family Sports Cent
7201 Jones Road
Syracuse, NY 13209
Contact Jeff Knittel
Phone: (315) 638-8866
Fax: (315) 638-2882
www.cnyfsc.com



Strides of CNY
7201 Jones Road
Syracuse, NY 13209

Mike Derecola
(315) 374-0634

Waiver of Liability: By Signing this form, I understand I am responsible for providing insurance for my child or myself against personal injury or death while participating in activities at the Central New York Family Sports Centre. I also hold the Central New York Family Sports Centre harmless in the event of injury or death.

Medical Release: By signing this form, I authorize the staff of the Central New York Family Sports Centre to release my child or myself into the care of Emergency Services Personnel in the event my child or myself is injured while participating in an activity at the CNYFSC.

Name: _____

Signature: _____

College Winter Break Lacrosse Registration Form

Name: _____

Phone Number: _____

Email Address: _____

Credit Card (only if paying with credit card)

Visa____ MasterCard____ Discover____

Expiration: _____ CCV# _____