

ES LACROSSE - Private & Small Group Training

On Field Training

Group Size	1	2	3	4	5	6	7	8
Sessions/Week								
1	\$79	\$109	\$139	\$159	\$179	\$189	\$199	\$209
2	\$139	\$169	\$199	\$219	\$239	\$249	\$259	\$269
3	\$179	\$209	\$239	\$259	\$279	\$289	\$299	\$319

Agility, Speed & Power Training

Group Size	1	2
Sessions/Week		
2	\$149	\$179
3	\$219	\$249

Combo Training

Group Size	1	2
Sessions/Week		
3	\$219	\$249
4	\$279	\$309
5	\$329	\$359

Athletes in same group must be of similar ability and preferably same position (i.e. Offense, Defense or Goalie).

For best results, we recommend a minimum of 2 sessions per week for 4 weeks.

Receive 10% Off if booking 4 or more weeks.

Effective 10/1/2024