



DYL Winter Skills 2025-2026

Calendar & Schedule



Sundays	Mondays	Wednesdays
4:00pm – 5:00pm 1st & 2nd Grade 5:00pm – 6:00pm 3rd & 4th Grade 6:00pm – 7:00pm 5th & 6th Grade 7:00pm – 8:00pm 7th & 8th Grade	5:00pm – 6:30pm 1st & 2nd Grade 6:30pm – 8:00pm 5th & 6th Grade 8:00pm – 9:00pm Specialties	5:00pm – 6:00pm Learn-to-Lax 6:00pm – 7:30pm 3rd & 4th Grade 7:30pm – 9:00pm 7th & 8th Grade
November 30 December 7, 14 January 4, 11, 18, 25 February 1, 8, 22	December 1, 8, 15 January 5, 12, 19, 26 February 2, 9, 23	December 3, 10, 17 January 7, 14, 21, 28 February 4, 11, 25
No Winter Skills the week of Christmas, the week of New Years, and over February Vacation Break		

Specialties: 60-minute clinics that focus on Goalkeeping, Faceoffs, Shooting, Agility, and other unique aspects of the sport. Advanced signups required (space may be limited) but included with the Winter Skills fee.

Learn-to-Lax: 60-minute introductory clinic geared towards Kindergarten players and new / inexperienced players (up through 4th grade). Separate registration and fee required.

Sundays: 60-minute sessions for games, “sixes,” and other scrimmage formats.

Mondays & Wednesdays: 90-minute sessions to hone individual skills (throwing, catching, cradling, scooping, shooting, dodging, defense, and footwork) with an introduction to some team skills (offense, defense, transition).

