

Welcome to the DMLL!!

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Recreational Lacrosse League founded in and serving Durham Region for over 20 years.

Our membership is open to all skill levels from Beginner to Intermediate to Advanced ,

who want to have Fun,Â Exercise and Enjoy the game of Lacrosse in a Sportmanship DrivenÂ Environment.

Our easy accessÂ Programs and LocationsÂ inÂ Three distinct seasons,

Â WINTER (January -April)

SUMMER (April- August)Â

FALL (September-December)

allows you to pick and choice to suit your family lifestyle.

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