

Youth Coached Sessions



Your kids heard about ultimate at school? Seen it in the park? They thought it was cool the way those kids could throw that disc? Here's the opportunity to get your kids playing the best game on the planet in a fun, friendly setting. The Ottawa-Carleton Ultimate Association offers ultimate skills development programs for children aged 7 to 12 and 13 to 17. Experienced coaches will lead the weekly sessions in a manner designed to have participants learning at the level and pace right for them. All are welcome.

May 15 to July 5

East, West & Central Locations

ULTIMATE SUMMER LEAGUE 2007





YOUTH COACHED ULTIMATE is provided by the Ottawa-Carleton Ultimate Association (OCUA). OCUA is the largest ultimate league in the world, serving 5,000 players in the national capital region.

CHILDREN'S FITNESS TAX CREDIT This activity is eligible for the federal Children's Fitness Tax Credit.

WHEN & WHERE May 15 - July 5: Tuesday (Ben Franklin Park), Wednesday (Potvin) or Thursday (St Paul's University) at 6:45pm (fields indicated on map ★)

COST \$90 plus GST per individual per location

HOW TO REGISTER Please go to www.ocua.ca/youth and follow the registration instructions.

MORE INFORMATION Contact youth@ocua.ca

Participants in OCUA youth programs can apply for Canadian Tire JumpStart assistance.

