

Co-Ed Division



Are you looking to combine fun, fitness and friends? The largest ultimate league in the world offers a co-ed division, playing weekly every evening from Monday to Friday. We welcome new players and there is room for everyone at every level. You can join as an individual, group, team or couple. So come out, make new friends, and play the best game on earth.

To register or for more information, visit us at www.ocua.ca
or phone us at 613-860-6282

ULTIMATE SUMMER LEAGUE 2009

