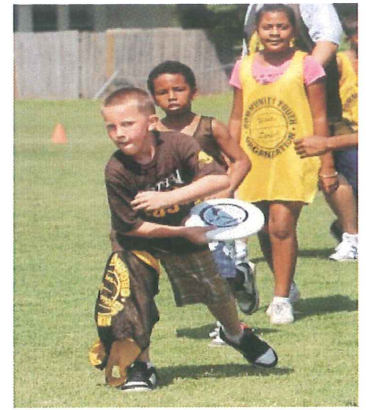


# ULTIMATE FRISBEE



## Central YOUTH LEAGUE

COME AND LEARN ONE OF THE  
GREATEST SPORTS EVER INVENTED!

## ULTIMATE

ul-ti-mate [uhl-tuh-mit]

**-noun**

The “ultimate” game that not only embraces athleticism, endurance, and strength of sport, engrained in Ultimate is a true respect for sportsmanship and spirit of the game. Throughout the summer participants will learn some of the essential rules about Ultimate, catching, throwing, breaking the mark, how to set up a simple offence and how to play defence.

Each week, players will apply what they have learned in a scrimmage and will be encouraged to play with the highest level of spirit and respect for their opponent.



**Season runs May 30—August 22**

**Mondays 6:30—8:00 pm**

**Field Location: Lynda Lane Park**

**Cost: \$141.00 (incl. HST) \$155.00 after March 24**

**Bring a new member discount also available!**

**WEST & EAST YOUTH**

**LEAGUES ALSO AVAILABLE!**



**OTTAWA-CARLETON  
ULTIMATE ASSOCIATION**

**TO REGISTER**

**Visit [www.ocua.ca](http://www.ocua.ca) OR**

**Call 613-860-6282 OR**

**Email [registrar@ocua.ca](mailto:registrar@ocua.ca)**

