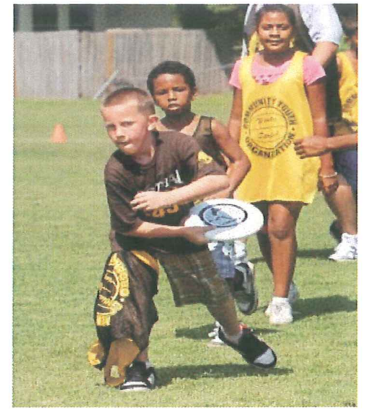


ULTIMATE FRISBEE



EAST 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.

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—June 27

Mondays 6:30—8:00 pm

Field Location: Portobello Park

Cost: FREE

**WEST & CENTRAL YOUTH
LEAGUES ALSO AVAILABLE!**

TO REGISTER

Visit www.ocua.ca OR

Call 613-860-6282 OR

Email registrar@ocua.ca



**OTTAWA-CARLETON
ULTIMATE ASSOCIATION**