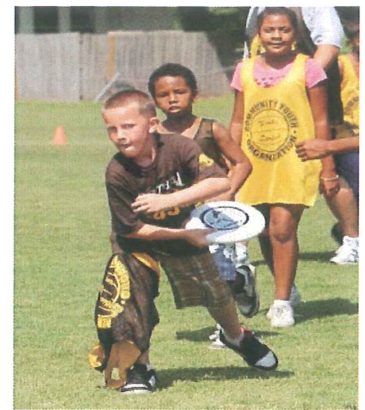


ULTIMATE FRISBEE



RECREATIONAL JUNIORS 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

Cost: \$141.00 (incl. HST) \$155 after March 24

Bring a new member discount also available!

Ages: 14-18



TO REGISTER

Visit www.ocua.ca OR

Call 613-860-6282 OR

Email registrar@ocua.ca

