

Women's Frisbee® 101

Are you looking to combine fun, fitness and friends?

Ultimate Frisbee® is the answer.

Free Clinic!

Come to the OCUA Women's Frisbee® 101 event and try this fun, non-contact, cardio-building sport. You'll make new friends, learn a sport and improve your heart health.

So you've never thrown one of the things in your life? That's ok. We'll teach you. We have room for women of all ages at every level. You can play in our co-ed league, one of the biggest in Canada, or in our growing women's league.

Sign up at registrar@ocua.ca or by calling the OCUA hotline at 613-860-6282.

To learn more about Ultimate Frisbee®, visit www.ocua.ca

What to sign up for the summer? Visit www.ocua.ca

Women's Frisbee® 101 Details:

Date: Thursday, March 31, 2011

Location: Carleton Fieldhouse

Time: 7 pm to 9 pm,

Optional Scrimmage – 9 pm to 10 pm

check in at 6:30 pm

What to wear: running shoes,
sports clothes

What to bring: water

...and it's FREE!

Join us and put your new skills into action
in a scrimmage from 9-10 pm

Fit. Fun.
Frisbee!



Frisbee® brand name used with the kind permission of Wham-O.



Printing of this flyer courtesy of
Allegra Print & Imaging
1069 Bank Street, Ottawa ON • 613 730 3000
www.allegraottawa.com

Sponsored by:
