

Are you in Ottawa for the summer?

Looking to meet new people?

U29 is a great Ultimate league!

U29 is geared at providing young adults with an opportunity to play the best game in Ottawa, get some exercise and meet new people in a fantastic social atmosphere. All games are accessible by public transportation in the centre of the city and teams regularly meet up after for some post-game fun.

The league runs Monday nights and games start at 6:30 pm and go until sundown.
Visit www.ocua.ca/U29 for more details or call 613-860-6282.

