

The Toronto Ultimate Club Presents

Juniors Open House



New to Ultimate Frisbee? Join in the fitness and fun!

The Toronto Ultimate Club is hosting a **FREE** Juniors Open House for kids who have played or never played before. For ages 8-14. Parents encouraged to participate!

WHERE: Sunnybrook Park Sports Fields, 1116 Leslie Street. Visit <http://tuc.org/juniors> for more park details

WHEN: 11am - 1pm on June 12th, 2010

WHAT TO BRING: Running shoes, shorts, light and dark t-shirts, water bottle, disc, and lots of enthusiasm!

Learn the basic techniques of Ultimate Frisbee, such as:

- How to throw and catch
- The simple rules of the game
- The most important aspect, Spirit of the Game, which encourage players to self-referee and play with true sportsmanship and respect.



More Info at <http://www.tuc.org/juniors>.

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