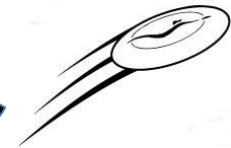




## PLAY ULTIMATE FRISBEE THIS WINTER!



THIS WINTER 2010 THE TORONTO ULTIMATE CLUB (TUC) IS OFFERING A NUMBER OF INDOOR ULTIMATE FRISBEE LEAGUES TO KEEP YOU IN SHAPE AND OUT OF THE COLD! WE CATER TO ALL LEVELS OF SKILL AND WE OFFER BOTH INDIVIDUAL AND TEAM SIGNUP OPTIONS. OUR 6-ON-6 INDOOR ULTIMATE LEAGUES TAKE PLACE ON LARGE-SIZED, CLIMATE-CONTROLLED, QUALITY INDOOR FIELDS: LAMPORSTADIUM, THE HANGAR AT DOWNSVIEW PARK, UPPER CANADA COLLEGE DOME, AND THE VARSITY CENTRE AT U OF T.

[REGISTER NOW AT WWW.TUC.ORG](http://WWW.TUC.ORG)

YOU MUST BE A TUC MEMBER FIRST TO BE ELIGIBLE FOR LEAGUE PLAY. TUC OFFERS A PRO-RATED WINTER MEMBERSHIP OF \$25, VALID UNTIL APRIL 2010. ALL TAXES INCLUDED IN OUR PRICES.

Category	Skill Levels	Start Date	End Date	Game Times	Cost	Locations
Sunday Women's Varsity Centre League	Competitive/ Intermediate	Sunday, January 3	Sunday, April 4 (14 wks total)	5:30pm & 6:30pm start times (60 minutes)	\$2000 per team or \$170 per person	Varsity Centre at U of T
Sunday Co-ed UCC League	Intermediate	Sunday, January 31	Sunday, March 21 (8 wks total)	Games from 6pm – 11pm (60 minutes)	\$1100 per team or \$100 per person	Upper Canada College
Monday Co-Ed Lamporstadium League	Elite, or Competitive/	Monday, February 1	Monday, April 19 (12 weeks)	Games from 9pm - 12am (60 minutes)	\$1650 per team or \$145 per person	Lamporstadium
Tuesday Co-Ed Lamporstadium League	Recreational or Mid/Lower Intermediate	Tuesday, February 2	Tuesday, April 20 (12 weeks)	Games from 9pm – 12am (60 minutes)	\$1650 per team or \$145 per person	Lamporstadium
Tuesday Men's Varsity Centre League	Competitive or High Intermediate	Tuesday, January 5	Tuesday, April 6 (14 weeks)	Games from 8:30-11:30pm (60 minutes)	\$2000 per team or \$170 per person	Varsity Centre
Thursday Co-Ed Hangar League -Individual Signup Only	Competitive, or Intermediate (2 divisions)	Thursday, January 7	Thursday, April 8 (14 weeks)	Games from 7pm – 12am (70 minutes)	\$165 per person	Downsview Hangar

**TUC also offers PICKUP nights on Wednesdays at Upper Canada College and Thursdays at Lamporstadium. Visit our 2010 Winter Indoor Leagues page online for more details.**

**Register online at [www.tuc.org](http://www.tuc.org) or visit our web site for more information.**

THE TORONTO ULTIMATE CLUB IS A NOT-FOR-PROFIT ORGANIZATION THAT PROVIDES A QUALITY ULTIMATE EXPERIENCE, DEDICATED TO THE INTEGRITY OF THE SPORT AND THE SPIRIT OF THE GAME, IN THE GREATER TORONTO COMMUNITY.