



PLAY ULTIMATE FRISBEE THIS WINTER!



THIS WINTER 2009 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: BMO FIELD (HOME OF TORONTO FC), THE HANGAR AT DOWNSVIEW PARK, 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 2009. ALL TAXES INCLUDED IN OUR PRICES.

Category	Skill Levels	Start Date	End Date	Game Times	Cost	Locations
Thursday Co-Ed Hangar Draft League - Individual Signup Only	Competitive, or Intermediate/Recreational (2 divisions)	Thursday, January 8	Thursday, April 9 (14 weeks)	Games from 7pm – 12am (60 minutes)	\$175 per person	Downsview Hangar (newly improved!)
Sunday Women's Varsity Centre League	All levels (from Elite to Rec)	Sunday, January 4	Sunday, April 5 (12 wks total)	5:30pm & 6:30pm start times (60 minutes)	\$1700 per team	Varsity Centre at U of T
Monday Co-Ed BMO League	Elite, or Competitive/High Intermediate	Monday, February 2	Monday, April 6 (10 weeks)	9 – 10pm, 10 – 11pm, 11 – 12am (60 minutes)	\$1350 per team or \$145 per person	BMO Field
Tuesday Co-Ed BMO/Varsity Co-ed League	Recreational or Lower Intermediate	Tuesday, February 3	Tuesday, April 7 (10 weeks)	Games from 8:30pm – 12am (60 minutes)	\$1350 per team or \$145 per person	BMO Field & Varsity Centre (80% at BMO)
Tuesday Men's Varsity Centre League	Competitive or High Intermediate	Tuesday, January 6	Tuesday, April 7 (14 weeks)	8:30pm, 9:30pm, & 10:30pm start times (60 minutes)	\$1375 per team or \$145 per person	Varsity Centre

*** All prices include GST/PST. Winter registration ends December 17. Full registration and payment confirms your spot, so don't delay because spots will fill up fast!**

Register online at 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.