



2008 Women's Ultimate Frisbee Clinic & Teaching League

It's fun, fast-paced, female and cheap!

Want to make friends, get fit, and try something new?

Ultimate Frisbee is a field sport played with two teams and a disc. It is easy to learn and is a great sport for beginners or for veteran athletes looking to master something different.

All ages and beginners welcome! Join us at the Winchester Thurston School Athletic Fields:
Ultimate Skills Clinic

SATURDAY, APRIL 19th, 4PM – 7:30PM

Instructors will cover basics of how to play, how to throw the disc and rules of the sport.

Women's League Games

Saturday mornings (10-12)/afternoons (4:30-6:30) May 3rd, 17th, and 31st

Can't make the clinic? No problem! Participate in the league. All skill levels are welcome. Even if you'll only make a few games, join us. It's fun!

ALL OF THIS FOR ONLY \$10!

For more info and to register, go to
<http://www.pittsburgh-ultimate.org/womens>
If you have any questions, please contact Erin at edey42@gmail.com

We hope to see you on the fields!

