

# WHY PLAY ULTIMATE FRISBEE?

- EXCELLENT BALANCE WITH ACADEMICS
- NO CUTS - ALL ARE WELCOME
- KEEP IN SHAPE DURING YOUR OFF SEASON
- SAFE, NON-CONTACT SPORT WITH A COMPARABLY LOW RISK FOR INJURY
- BEGINNER TO ADVANCED PLAY OPPORTUNITIES
- PLAY A SPORT WHERE CHARACTER, COMMUNITY & COMPETITION ARE EQUALLY VALUED

**Come out of the cold and join us for our indoor winter league!**

**-Sunday from 6-9 pm**

**-7 week session: (1) Jan 9, (2) Jan 23, (3) Jan 30, (4) Feb 6, (5) Feb 13, (6) Feb 20, (7) Feb 27**

**-Just for Kicks Soccer Complex (10200 Soccer Dr, Plainfield, IL 60585)**

**-\*Teams will be player-led and supervised by a chaperone**

**- Teams will consist of middle school and high school players combined so it's recommended to have a moderate or higher skill level (or a positive attitude to learn as you go with the help of your peers!)**

**-5 v 5 play**

**-Cost is \$165 and includes an NV Ultimate disc**

Distribution of information and materials through the school district does not imply District 204 endorsement.