

# ULTIMATE FRISBEE JUNIOR CLINICS

Ultimate is a non-contact, action-packed sport played with a Frisbee, where players pass the disc from one player to the next until someone catches it in the opponent's end zone for a goal. Players can't run with the disc, and anytime the disc hits the ground, is intercepted, or goes out of bounds, it's a turnover, and the defense takes over possession without any stoppage in play. The clinics are centered around Ultimate, but most importantly we prioritize getting kids moving and having FUN! Various activities will include throwing accuracy games, partner catching, and Randy Moss drills. These clinics are run in half-day sessions and are tailored for ages 8-13. Only one clinic session is necessary as a precursor for the upcoming summer Ultimate Camps in June. You must register 5 days prior to the clinic date. Please contact us at 847-223-7275 for Chicago Union's COVID-19 protocols.

**Location:** Twin Lakes Park

**Ages:** Coed 8-13

**Instructor:** Chicago Union staff

**Min/Max:** 8/12

**Fees:** \$25(R)/\$30(NR) each clinic

<b>Class ID:</b>	<b>Date:</b>	<b>Time:</b>
2112.22.01	Saturday, April 3	9am - 12pm
2112.22.02	Saturday, April 10	1pm - 4pm
2112.22.03	Saturday, April 24	9am - 12pm
2112.22.04	Saturday, May 8	1pm - 4pm
2112.22.05	Saturday, May 22	9am - 12pm

