



ULTIMATE FRISBEE

Ultimate Frisbee combines all the best elements of Soccer, American Football, Basketball and tossing a Frisbee. "Ultimate" is a fun, competitive and easy-to-learn game - and a good workout, too!

It's the perfect game- all you need is: a Frisbee, a field and some friends!

This camp will focus on the basics of throwing and catching the Frisbee, teaching the rules of the game, and playing some games of Ultimate!

Code:
430033a

Date:
Thursdays, Aug 25-Sept 29

Time:
6-7:30pm

Location: Alleghany Park – field 7



GRAYSLAKE PARK DISTRICT

240 Commerce Drive

ph: (847)223-7529 www.glpd.com

Ages: 5th-8th grades, girls and boys

Cost: \$50/R; \$63/NR

Register by: August 18

Pre-registration is required.

Please bring a water bottle and dress for the weather.