

# ULTIMATE FRISBEE CLINICS



THE TORONTO ULTIMATE CLUB WILL BE HOSTING 2 INDOOR CLINICS OF VARIOUS LEVELS IN JANUARY AT LAMPORT STADIUM ON SUNDAY JANUARY 15TH AND 29TH. THERE WILL BE LEVELS OF CLINICS WITH THE BEGINNERS ON THE 15TH AND RECREATIONAL/LOW INTERMEDIATE ON THE 29TH. TIMES WILL BE FROM 11 AM TO 5 PM. THESE SESSIONS ARE IDEAL FOR PLAYERS OF ALL SKILL LEVELS, ESPECIALLY THOSE NEWER TO THE GAME.



## DATES:

BEGINNER CLINIC - **JANUARY 15TH, 2012**

RECREATIONAL/INTERMEDIATE - **JANUARY 29TH, 2012**

TIME: 11:00 AM TO 1:00 PM

LOCATION: LAMPORT STADIUM (KING ST, WEST OF DUFFERIN)

## COST:

TUC MEMBER - \$20 / CLINIC OR \$35 FOR BOTH

NON-TUC MEMBER - \$25 / CLINIC

## WORK ON YOUR SKILLS:

THROWING  
CATCHING  
CUTTING  
MARKING

## LEARN THE STRATEGIES:

OFFENSE  
VERTICAL STACKS  
HORIZONTAL STACKS  
ZONE 'O'  
MAN DEFENSE  
ZONE DEFENSE

REGISTER ONLINE AT

**WWW.TUC.ORG**

FOR MORE INFORMATION OR HELP

WITH REGISTRATION

CALL: 647-345-8105 OR

EMAIL: CLINICS@TUC.ORG