

ULTIMATE FRISBEE – HAVE A GO!

Thursday 8th December 2011, 6.30pm-8.00pm

Papatoetoe Sports Centre – Sutton Crescent, Papatoetoe



If you're looking for a new sport to play or a social event with your workmates come along and give Ultimate Frisbee a go.

Ultimate Frisbee is a fast moving, team sport which is both social and competitive. It is usually played outdoors although can also be played indoors.

Ultimate is a non-contact sport for people of all ages. Ultimate is self refereed and stresses sportsmanship and fair play.

Run by and in association with:



Flying Disc Consulting

helen@flyingdiscconsulting.co.nz

<http://www.flyingdiscconsulting.co.nz>