THE NEWEST GAME IN TOWN!

FRISBEE 4 FUN

Learn the basics of Ultimate Frisbee in this fast-paced introductory class! Instructors will take students through the fundamentals of throwing techniques, catching and introduce the rules of the game. Be sure to wear athletic gear and bring a water bottle.

Who:	**Ages 5 to 7 years**	**Ages 8 to 10 years**
When:	Sundays, 12:45pm – 1:30pm	Sundays, 1:35pm – 2:20pm
	November 13 – December 18 (6 weeks)	*No class 11/27*
Where:	St. Hugh's Gymnasium (7939 W. 43rd St.; Lyons)	

ULTIMATE FREEZEBEE

This class will kick off as our regular high-intensity Ultimate Frisbee instructional class; however, it will conclude with a winter game! The participants will practice and fine-tune their Frisbee skills and scrimmage each class. The finale scrimmage game will be played in full winter gear outside in the snow (weather permitting). Be sure to dress appropriately and be ready for action!

Who:	Ages 11 to 15 years
When:	Sundays, 3:00pm – 4:15pm
	January 8 – February 19 (6 weeks) *No class 11/20*
Where:	Riverside Brookfield High School Fieldhouse

For full details and registration information, visit www.riverside.il.us or call (708) 442-7025.