

# Women's Ultimate Skills Clinic

Open to women 14 - 100 yrs old

- learn basic ultimate frisbee skills
- combines aspects of soccer, basketball, and tennis
- network with other athletic women
- apply new skills in league
- build lasting friendships
- cool raffle prize give-aways



## 2 week skills clinic

Wednesday April 21 and 28

## 4 week women's league

Wednesdays May 5-26

6:30 pm - 8:30 pm

Francis RecreAcres

11982 Conrey Rd

Sharonville, OH 45249

\$10 - for the clinic only

\$25 - for league only

**\$30 - for both (a great deal!)**

register through CUPA at [www.cincyultimate.org](http://www.cincyultimate.org)

join our facebook group

**"Cincy Women's Ultimate"**

