Mondays, 7:00 p.m. at Kapaolono Park in Kaimuki @ the corner of 12th Ave. and Kilauea

Ultimate Frisbee Learning League

What it is:

How to throw
How to cut
How to play
Ultimate games
Other frisbee games

What to bring:

A light and a dark shirt
Cleats or running shoes
Your friends!

It's COED!

It's FRFF!

For more info: www.hawaiiultimate.com or email learningleague@hotmail.com

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