

## THE ULTIMATE HOLIDAY CLINIC



Participants will learn the fundamental skills of Ultimate, a fast paced and inclusive sport. As a self-refereed sport players will also discover the social tools necessary to speak up and negotiate with other players- building confidence, assertiveness and lasting friendships.

# COME AND TRY ULTIMATE FRISBEE

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**\$30 per participant - Register at [kaosultimate.com/holiday-clinic/](https://kaosultimate.com/holiday-clinic/) or use the link attached.**

**Wednesday October 2nd, from 9-12 noon  
Grantham Park, cnr Selby and Grantham**

Session is suitable for 10 years +, BYO snack, water & hat  
Run by experienced coaches for the Kaos  
Ultimate Club.

Discs will be available for purchase on the day.

