



FIT LUNCH

Ultimate Frisbee

Grades:	All students grades 3 – 5 Limited to 20 student
Dates:	Tuesdays – lunch recess 11/14, 11/28, 12/5, 12/12,
Time:	3 - 5 lunch recess
Location:	Playground
Tuition:	FREE, Registration Required
Instructor(s):	Peter Pak & PTA volunteers

Ultimate Frisbee is a non-contact team field sport played with a disc (frisbee). Ultimate is a self-officiated sport that is regulated by Spirit of the Game (SOTG). The Spirit of the Game is the code of honor that replaces referees; it is a way of thinking and playing that players strive for. This Spirit embodies community, character, athleticism, and sportsmanship. There is no previous experience necessary and Discs will be provided for the students to use. Encourage your student to come out learn how to play this sport!

We need volunteers! You CAN make a difference! This program can only happen with parent / PTA volunteers. If we can get additional volunteers we can increase the number of available spots. If you can assist for some or all of the sessions email Programs@WellingtonPTA.org. Thank you!

Online registration opens 11/8 at 8PM

Go to <http://wellingtonpta.org>

FIT Lunch is Wellington PTA's **wellness** program to promote physical activity and healthy lifestyles. It gives students an opportunity to meet others and interact with their friends in a fun, healthy environment during lunch recess.