*Contact QUDA for information about how to get involved in a game of Ultimate or to introduce Ultimate to your school.*

*Accredited Coaches and Level 1 Certifications provided.*

* a hard ***RUNNING,*** high ***JUMPING,*** full length layout ***DIVING,*** point scoring, ***TEAM SPORT***.
* ***NON CONTACT*** and is often played ***MIXED.***
* One of the fastest growing sports in ***AUSTRALIA*** and around the ***WORLD***
* The best way to make new ***FRIENDS*** and get ***FIT*** at the same time.

**ULTIMATE is:**

**Looking for a NEW SPORT??**



**ULTIMATE FRISBEE!**

**Play…**

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