

New players wanted for;

Braishfield Ultimate Frisbee.



Since the late 1990s played in Braishfield, from ages 16 to 60. If you are reasonably fit , want to get fitter and think you can throw and catch a **Frisbee**, join in. Tuition given, rules are simple (similar to basketball except throwing a **Frisbee**). Learn trick throws over time. All you need are trainers /old tee shirt/ track suit joggers.

Every **Sunday evening from Easter on Braishfield Recreation ground. 6pm until 8pm** rain or dry. Romsey School Astro in winter months.



Big in the USA and Braishfield ! Check it out on you tube. Just turn up or for more info call/text **07805 255413** or email malcolm.baker192@btinternet.com

