



PE Ultimate & Fun with Frisbees!



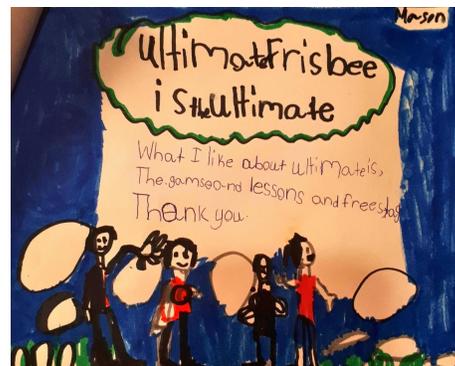
Why have Ultimate Frisbee in your PE classes? Ultimate is fast-paced, non-contact, and FUN. Our curriculum has been designed by co-founders Danie Proby (a physical education teacher in the Burnaby school district) and Ari Nitikman, who have a combined 20 years of top level playing experience including time on Team Canada. We have created our programs using the new curriculum embedding SEL, physical literacy, and mindfulness practices into small-sided games that ensure students are constantly touching the disc and engaged the entire session.

Wait... Ultimate for Primaries too?!

Yes! We have softer discs and have designed age-appropriate frisbee games where every student (k-7) can learn, find success, and have a ton fun. After the week is over, the students will be begging for more frisbee!

The Full Elevate Experience:

- Each student gets three, games-focused Ultimate lessons
- 30-45 minute lessons led by two experienced coaches
- Maximum 8 classes per day and 30 students per class
- Flexible on location (indoor/outdoor)
- Resources for teachers + lunch-hour workshop on Ultimate games



Program Fees:

- High Season (Sept/Oct & April-June) \$700 / day + GST
- Low Season (Nov-March) \$550 / day + GST

Testimonials:



“Our daughter regularly comments on how fun it is and feels like she gets better and better each time. She loves her coaches and how they use fun games to help kids learn and build confidence with skill development. The coaches work hard to ensure every child is noticed and nurtured in an inclusive, positive environment.”

- Parent of athlete

“The sessions were accessible to all of the students in our diverse population. Ari and Danie made sure that every student was included, and easily adapted their activities to students of different abilities. Throughout the sessions, the field was filled with our students running hard, having fun, challenging themselves, and cheering on their peers. The program itself goes beyond teaching athletic skill. Ultimate Frisbee builds confidence and personal accountability in athletes, and stresses worldly values such as community, sportsmanship, and open-mindedness.”

- Principal of KGMS School

Ari Nitikman and Danie Proby
Founders
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