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WELCOMING SPRING IN JKHA GYM CLASSES WITH ULTIMATE FRISBEE

As the spring has finally arrived, JKHA gym classes have begun to play the ultimate spring sport - Ultimate Frisbee. The sport was invented in NJ, just up the road only a few miles from our school at Columbia High School. This fast moving team sport incorporates many of the skills learned throughout the year. Inside we use soft play flying discs. Our younger grades are concentrating on throwing and catching while our older students are playing games. Have your children show you what they've learned!

