



NORTH SHORE YOUTH & HS RUGBY



SPRING & SUMMER SEASON



LEARN TO PLAY OLYMPIC 7'S RUGBY!

FUN TO PLAY - OPEN TO ALL

APRIL 27-JULY 27, 2025

Sundays

1:00-2:30pm

High School

Mid-Week Trainings

Salem High School

77 Wilson St, Salem

Grade 1 – Grade 6

- Non-Contact Flag Rugby

Grade 7 – Grade 12

- Tackle Rugby



Register

Registration is open at salemma.myrec.com

Cost: *includes T-shirt, registration & insurance fees

\$157 for Tackle

\$132 for Flag

For more info contact:
des.nsyrfc@gmail.com