



Toronto Inner-City Rugby Foundation

Toronto Inner-City Rugby Foundation (TIRF) is a rugby-centred community development organization and a **TDSB partner**. We believe that rugby can be used as a tool for social good. TIRF builds a pathway to performance and empowers young people to reach their full potential that extends beyond rugby.

SCHOOLS VIRTUAL PROGRAM OFFER

30-MINUTE RUGBY DEMO

This session is rugby-oriented, focusing on fitness and introducing the rugby basics in a fun virtual environment.

5-WEEK VIRTUAL RUGBY PROGRAM

5 X 30-minute sessions. These sessions build off of the single session and are designed to promote teamwork in a fun and safe virtual environment.

TO REGISTER

Sign up at [TIRFrugby.ca/Booking](https://www.tirfrugby.ca/Booking)
to register for our virtual programs!



TIRFplaysHere

[WWW.TIRFRUGBY.CA](https://www.tirfrugby.ca)

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