

Youth Water Polo

This program is designed to introduce the sport of water polo to boys and girls between the ages of 11-14. Participants will be taught the basic rules of the game as well as the fundamental techniques for mobility, passing, and shooting. They will also learn the basics of tactical water polo including front-court offense and defense.

*Please note: all participants must be comfortable in the water and able to swim 50 yards (two laps) of freestyle without stopping. Water polo equipment will be provided.

Boys & Girls 11-14 Years Old

June 16 - July 23, 2014 Mondays and Wednesdays 7:30-8:30 p.m. Code: 4141 Cost: \$30/participant



Charles Brooks Community Swim Center 155 N. West Street (530) 661-2000 www.cityofwoodland.org/aquatics Visit the Community Services Deptartment and Register Today!