

“Water Polo allowed my child to become a stronger swimmer. It gave her total body fitness while having lots of fun” - parent



FREE ONE WEEK TRIAL

1 PRACTICE & 1 GAME PER WEEK,

DEVELOP SWIMMING STRENGTH AND STROKE TECHNIQUES

COMBINES SWIMMING, BASKETBALL AND SOCCER!

PLAY A FUN, LOW IMPACT TEAM SPORT!

**FOR BOTH SESSIONS:
\$350 IF BEFORE JULY 1ST.
\$400 BEFORE SEPT. 15TH.
OR \$250 PER SESSION
(SEPT-DEC & JAN-MAY)**

**1 Practice &
1 Game per Week**

WATER POLO

JR. LEAGUE FOR KIDS

Ages 7-13yrs (co-ed)

LEARN TO PLAY WATER POLO!

Experienced coaches running a water polo league geared towards having fun. In a positive environment, players get lots of feedback to accelerate learning and skill development. Water polo combines swim lessons with ball handling, game strategies and team work.

If you can swim a length, we can do the rest!



Hamilton Aquatic Water Polo Club – *Having fun and building champions since 1932*

Email any questions to: admin@hamiltonwaterpolo.ca, or visit www.hamiltonwaterpolo.ca

Join anytime, new players always welcome!