

# New Water Polo Programs



## Teen Water Polo Information

**Location:** Antelope Aquatic Complex  
**Cost:** \$59  
**Time:** 6:15pm - 7:45pm  
**When:** Monday & Wednesday

### Session 1

**Dates:** June 5 - June 28  
**Code:** [6840.500](#) 13 - 15 years old  
[6840.501](#) 16 - 18 years old

### Session 2

**Dates:** July 10 - Aug 2  
**Code:** [6840.502](#) 13 - 15 years old  
[6840.503](#) 16 - 18 years old

## Teen Water Polo

Meets 2 nights a week (Monday's and Wednesday's) for conditioning, skills, and game play. Only prerequisite is that the player must be able to swim one lap across the pool to participate.

Scrimmage games might be played with other groups in the Sacramento area. There will be two age groups 13-15 years old & 16-18 years old.



## Adult Water Polo

Meets 2 nights a week for conditioning, skills, and game play. Only prerequisite is that the person must be able to swim one lap across the pool to be in the class. Scrimmage games might be played with other groups in the greater Sacramento area. There will be two age groups 13-15 years old and 16-18 years old.

## Adult Water Polo Information

**Location:** Antelope Aquatic Complex  
**Cost:** \$58, 16 years and older  
**Time:** 7:30pm - 8:45pm  
**When:** Monday & Wednesday  
**Dates:** [6830.100](#) June 5 - June 28  
[6830.101](#) July 10 - August 2

For more information contact Colin at [csmith@sunriseparks.com](mailto:csmith@sunriseparks.com) or 721-0410

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