

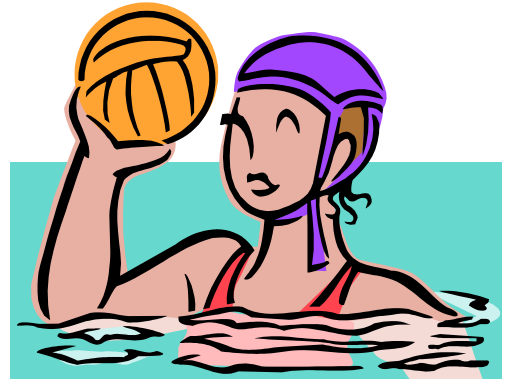
Youth Water Polo Programs

Youth Water Polo Clinic

Have fun learning the basics of water polo. Each session includes ball handling, passing, shooting, and some game-play. Pre-requisite: Must be able to swim 25 yards continuously to enroll.

Youth Water Polo Clinic Information

Location: Antelope Aquatic Complex
Cost: \$56
Time: 8:15am - 9:00am
When: Tuesday & Thursday
Dates: [6820.201](#) June 13 - June 29
[6820.202](#) July 11 - July 27



Spring Water Polo

Meets 2 nights a week (Monday's and Wednesday's) 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. Scrimmages 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.

Spring Water Polo Information

Location: Antelope Aquatic Complex
Cost: \$59
Time: 6:15pm - 7:45pm
When: Monday and Wednesday
Dates: March 20 - April 5
Code: [6840.100](#) Boys & Girls 13 - 15
[6840.101](#) Boys & Girls 16 - 18



For more information contact Colin at csmith@sunriseparks.com or 721-0410

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