



LAMADRONA
ATHLETIC CLUB

WINTER 2020 WATER POLO

**JANUARY 6TH – MARCH 27TH 2020
FRIDAYS**

B GROUP (AGES 6 - 10): 3:00-3:30 PM

A GROUP (AGES 11 - 14): 3:30-4:15 PM

Our Water Polo program will introduce children to a sport that combines elements of soccer, basketball and hockey with swimming. Each participant must be able to swim one length of the rec. pool without assistance and be able to tread water for one minute.

B Group athletes will use noodles to help them float while they are learning the sport. A Group athletes should be able to tread water on their own.

Each practice will begin with a warm up swim set followed by drills to teach all aspects of the sport. Athletes will build their bodies and self-confidence as they learn teamwork, personal responsibility, perseverance and discipline in a safe and fun environment.

Classes are limited to 18 spots per group/per day. Reserve your spot today!

Sign up by completing the registration form below and return to La Madrona Athletic Club. Members may enroll online at www.lamadronaclub.com, under the Aquatics page. Please contact the Club at 831.438.1072 for questions with member online enrollment, or email sstrubing@caclubs.com for general info.

FEES:

B GROUP \$108.00 (\$130.00 FOR NON-MEMBERS)

A GROUP \$144.00 (\$173.00 FOR NON-MEMBERS)

REGISTRATION FORM FOR WINTER 2020 WATER POLO

Athlete's Name _____ Age: _____

Parent's Name(s) _____

Parent's Phone and Email _____

Emergency Contact Name and Number (other than parent) _____

NON-MEMBER USE POLICY: Because La Madrona is a private club, non-members visiting the club for programming are not allowed use of the facility outside of their paid programming. Please wait for your class to begin before using the facility. Thank you.

Internal Use: Paid Date _____

Initial _____

Roster _____