



The Hamilton Aquatic Water Polo Club
Presents:



KIDS' WATER POLO

CO-ED JR. LEAGUE

Ages 7-13yrs

LEARN TO PLAY WATER POLO!

Experienced coaches running a water polo league geared towards having fun playing water polo. In a positive environment, players get lots of feedback to accelerate learning and skill development. Water polo combines swim lessons with throwing technique and team strategies. If you can swim a length, we can do the rest. We also welcome back former Olympic player and Canadian Olympic coach Robert Thompson as our head coach!



**1 PRACTICE & 1
GAME PER WEEK,
FREE 1 WEEK TRIAL**

**DEVELOP SWIMMING
STRENGTH AND SKILLS**

**COMBINES SWIMMING,
BASKETBALL AND
SOCCER!**

**PLAY A FUN, LOW IMPACT
TEAM SPORT!**

**COST: \$350 FOR SEPT-MAY
STARTS SEPT 12
CHOICE OF PRACTICE:
MON OR WED EVENING @
YMCA DOWNTOWN &
GAME DAY:
SAT MORNING @ JIMMY
THOMPSON POOL**

HAMILTON AQUATIC WATER POLO CLUB

Email any questions to:
admin@hamiltonwaterpolo.ca

www.hamiltonwaterpolo.ca

Sessions from
September to May