



SEDGEFIELD WATER POLO CLUB

★ *8 Times National Age Group Champions* ★

ARE INTRODUCING LEVELS 8, 9 & 10 WATER POLO AWARDS SCHEME

FREE SATURDAY SESSIONS STARTING 9TH FEB FOR 8 WEEKS

LOVE SWIMMING? TRY WATER POLO

FUN! For Boys & Girls



Part of the official
Swim England
Learn to Swim
National programme



FREE



Improve your swimming skills
Learn new skills & team work
Develop water confidence

FREE

COME & JOIN THE FUN!

Weekly sessions at
Newton Aycliffe Leisure Centre

For more information see contact details below:



telephone: 07579 030598
email: sedgefieldwp@hotmail.com
web: sedgefieldwaterpolo.com

Altogether
better
Durham

Great Aycliffe & Middlesbrough
Partnership

SwimMark
ESSENTIAL CLUB

FREE SATURDAY SESSIONS STARTING 9TH FEB FOR 8 WEEKS

FREE Sessions - No monthly fees until April 2019*

FREE badge and certificate on completion of each level

Qualified Level 1 & Level 2 Coaches

Stage 8

Tread Water Vertically, Learn Eggbeater Leg Kick, Directional Sculling, Horizontal Lateral Slides, Head Up Front Crawl, Basic Ball Skills, Tripod Position, Basic Game Play.

Stage 9

90° & 180° Directional Front Crawl, Water Polo Backstroke, Front/Back Crawl Turns, Front Crawl With Breaststroke Legs, Pass & Catch, Targeted Ball Passing, Water Polo Game Play.

Stage 10

Ball Control, Front/Back Directional Change, Pass & Swim, Target Shooting, Off-water Shooting, Vertical Jumping, Game Play Marking, Long & Short Walking, Full Rules Game Play.

Training Times:
Saturday 16:00 - 17:00,
Newton Aycliffe Leisure Centre

**£20 per month thereafter and joining fee of £10 at April 2019 will apply*

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