



SEDGEFIELD WATER POLO CLUB

Water Polo - Level 8

Newton Aycliffe Leisure Centre

Saturdays 2:00 - 3:00pm

This session has been created to introduce swimmers to the fantastic and enjoyable team game of water polo.

Swimmers will be taught the basics of water polo from movement in the water, to different shooting, passing techniques, and teamwork.

These sessions will help to develop swimming ability and stamina in a fun learning environment.

So why not come down to one of our sessions and give it a try? You have nothing to lose and everything to gain. Even better, tell your friends about it too!

(must be able to swim 25mtrs).

- **FREE club annual membership** – saving £25 for first year
- **FREE first week**
- **FIRST payment due at second session of £22**, covering your ASA membership and training fees for remainder of first month.
(£19 per month thereafter , covering 1 hour session a week).



PLEASE EMAIL sedgefieldwp@hotmail.com OR TEXT YOUR EMAIL ADDRESS TO 07579 030598 FOR THE JOINING FORM AND FOR INFO ON HOW TO BOOK YOUR PLACE USING OUR CLUB APP.



sedgefieldwaterpolo.com