



SKY Family YMCA Hurricanes Aquatics

WATER POLO

Venice YMCA's water polo program has three levels: New/Novice, Tempest and CAT5.

CAT5: experienced players who train hard to compete in state and national competitions.

Tempest: developing players who focus on skill, swimming speed and compete in local and state competitions.

New/Novice: players learn the fundamentals of the sport prior to competition.

Masters: Over 18, but young at heart.

Splash Ball: 8-12 Water Polo for less confident swimmers.





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WATER POLO: FALL SCHEDULE

YMCA and USA Water Polo Memberships are required.

CAT5: Girls and Boys 15 and up*, 6 workouts/week (\$60/Month)

Monday and Friday 4:30-6:00 PM Conditioning. Pool and/or Dry Land

Tuesday thru Thursday: 5:30-7:30 PM Water Polo Practice. Pool

Sunday 2:00-4:00 Scrimmage

Tempest: Girls and Boys 14 and under*, 4 workouts/week (\$40/Month)

Monday or Friday 4:30-6:00 PM Conditioning. Pool and/or Dry Land

Tuesday and Thursday: 4:30-6:00 PM Water Polo Practice. Pool

Sunday 2:00-4:00 Scrimmage

New/Novice Girls and Boys new to water polo. 3 Workouts/week (\$20/Month)

Monday or Friday 4:30-6:00 PM Conditioning. Pool and/or Dry Land

Wednesdays: 4:30-6:00 PM Water Polo Practice. Pool

Sunday 2:00-4:00 Scrimmage

** Age is not the determinant of your group. Skill, conditioning and confidence are.*



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WATER POLO: How To Join

Interested in learning to play Water Polo? Why not join us at the SKY Family YMCA.

All ages are welcome. No experience is necessary to get in shape and have fun playing polo!

New Novice Clinics: If you have never played water polo before, attend our FREE clinics. These clinics are three hours including one in an air-conditioned classroom.

In the classroom, learn about the history and rules of the game, the vocabulary used at workouts and meet the coaches. Parents are welcome to attend.

Once in the pool, new players will have their swimming capabilities assessed, and then learn how to use those abilities to dribble the ball, pass, catch and shoot the ball.

Clinic Dates: October 20, November 3, December 1, January 5

Clinic Times: 11:00 AM - 12:00 in Classroom B. 12:00-2:00 PM in the pool. (We will have breaks)

Bring Suit, Towel, Water Bottle and Snack

Experienced players need not attend clinics.