



Burlingame  
Aquatic  
Club



## Water Polo Programs

### Splashball

The Splashball program is for boys and girls **ages 8-12** years old who want to learn the basics of water polo in a non-competitive, fun, instructional environment.

### Seals

This group is for players **ages 10 & under** new to water polo who have sound swimming skills in freestyle and breaststroke and who are comfortable playing in the deep area of the pool.

### Yellow Group

This group is for players **ages 12 & under** who are still working on the basic format and structure of play. Depending on their age and swimming proficiency, players in this group may be entirely new to water polo.

### Blue Group

This group focuses on perfecting and expanding basic skills. Players **ages 14 & under** learn how to move efficiently in the water, economize motion as a team, and recognize advantage situations. Members also learn how to be a productive member of a team, effective passing and shooting techniques, and offensive and defensive strategies. Ability levels may vary

### 16 & Under and 18 & Under

Players **ages 16 & under** learn how to apply basic skills into a broader context and hone skills specific to individual positions. Players will also learn more about teamwork, strategy and advanced styles of offense and defense.

Experienced players **ages 18 & under** interested in taking the game to the next level. All club members participating in this group are expected to demonstrate a strong degree of competence in the core fundamentals of the game.

### Masters Water Polo

Join our co-ed Masters Water Polo program, open to anybody **18 years & older**. We welcome athletes with a variety of goals, from remaining competitive to staying fit. practices consist of warm-ups and scrimmages with players taking turns refereeing. Masters Water Polo has 3 scheduled practices a week.

**USA Water Polo Requirement:** Players will require an annual Membership from USA Water Polo.

Programs are Eligible for Financial Aid

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