



Northern Beaches Waterpolo Academy

TERM 1, 2019

Flippaball – Skills & Drills – Manly Swim Centre, Friday evenings 7pm to 8pm. Ideally suited for boys and girls age 7/8/9 years of age. Learn basic skills for Water Polo in a fun environment.

We also run this program at Warringah Aquatic Centre on Sunday evenings 6pm to 7pm.

Junior Development Competition – We have places available in our teams, Division 1 Competition for Boys and Girls Born 05/06 and experienced Born 07/08's. This competition is run on Friday evenings at Manly Swim Centre and games are scheduled between 7pm and 9pm.

Beginner/Development Competition – We have places available in our Division 2 Beginner/Development teams. This competition is run on Sunday evenings at Warringah Aquatic Centre from 5pm to 7pm. It is open to Boys and Girls Born 07/08 and 09's who have completed Skills sessions. All players are required to be independent and confident swimmers. If you wish to give Water Polo a try, this is the ideal competition to join. Players will learn the basics as they go during the 8 weeks of the competition. We are hopeful they will then wish to continue and join the specific Skills and Drills training sessions in Term 2.

Visit the Northern Beaches Water Polo Academy website

<https://www.revolutionise.com.au/nbwpa/> and click on the EVENTS tab to view all programs on offer or contact Paula Woolley – 0409905501 - Email nbwaterpolo@gmail.com