



Northern Beaches Waterpolo Academy

TERM 3, 2019
Sunday afternoons @ Warringah Aquatic Centre
5pm-7:30pm

(Note - different sessions are at different times)

Flippaball — Flippaball is for Beginners and is ideally suited for boys and girls 7 - 9yrs of age and will be conducted in the shallow end of the 50 metre pool at Warringah Aquatic Centre, 6:15pm to 7pm.... They will learn:-

- The importance of swimming
- Egg-beating and Breaststroke kick
- Passing and Catching the ball
- Shooting techniques
- If numbers allow, we will have a fun game

Skills & Drills — For the more experienced and for those who wish to learn more and improve their Waterpolo, our Skills and Drills sessions are available for Boys and Girls Born 09 to Born 06. We have different times to choose from. Each session will comprise of the following:-

- 15 minute out of water ball skills and land warm-up
- 15/20 minute in the water of a specific skill training, ie counter attack, passing and shooting etc...
- The remainder of the lesson will be a game scenario, putting into practice the skill learnt...

Beginner/Development Competitions — This term we are offering 2 competitions from 6:30pm to 7:30pm. All Born 05/06 and 03/04 boys and girls — Come join in the fun and have a game of Water Polo on Sunday evenings at Warringah Aquatic Centre — No Experience Necessary — Must be a confident swimmer in deep water. Starts 4th August through to 22 September. Register by Wednesday 31 July, 2019.

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

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