

# FREE INTRODUCTORY WATER POLO & SWIMMING CLINICS

## April 13 & April 27



**Capital Premier Aquatics and Jesuit High School** are excited to announce two free introductory Water Polo & Swimming Clinics this spring! These clinics are designed to introduce the sport of water polo AND swimming to children ages 8-14 years old. Our goal is to provide basic skills and understanding of each sport in a comfortable learning environment.

**WHO:** Boys & Girls Ages 8-14\*

**WHERE:** Jesuit High School (1200 Jacob Ln. Carmichael, CA 95608)

**WHEN:** April 13 & April 27 (Sundays)  
**11:00a-12:00p Swimming (10:30a check-in)**  
April 13: freestyle & backstroke  
April 27: freestyle & breaststroke  
**12:30p-1:30p Water Polo (12:00p check-in)**

\*please note: each participant must be able to swim one lap (25yds) unassisted and tread water for two min.



### Clinic Registration:

Participants may register for one or two clinic days. You can choose between swim or polo, or both! To register, simply visit our website and click on "Session Registration." We will also accept registration on the pool deck before each clinic begins.

For more information about our Free Intro Clinics or for more information about our swimming & water polo club, please visit our website at:

[www.CapitalPremierAquatics.com](http://www.CapitalPremierAquatics.com)

