

# GRANITE FALLS

## WATER POLO

**Water Polo** (11-18 years old)

Sunday 11:00am-12:30pm

March 26th - May 21st

**Splash Ball** (10 and Under)

Sunday 12:30pm-1:30pm

April 4th - May 21st

**Members: \$45**

**Non-Members: \$60**

(No practice on April 16th & May 14th)

**Sign up online with our online services (OLS)**

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

The goal of the program is to teach participants ages 10 and under to 18 years old the fundamentals of water polo (passing, shooting, game skills and strategies) and participate in local games and tournaments.

11 and up participants must be able to swim 200 yards of Freestyle and 10 and under participants must be able to swim 50 yards of Freestyle. All participants must be comfortable being in the water for one hour and thirty minutes.

Coach Clark Hellmann has over 30 years of experience in both playing and coaching water polo. His experience ranges from age group, division 1 college, and open water polo.

For more information contact Blair Crosscup at 919-562-8895 or [blair@granitefallsclub.com](mailto:blair@granitefallsclub.com)