



DRENCHED MINI WATER POLO

Swim & Play Programme



Why Swim & PLAY?

- Water Polo is an Olympic team sport
- It's a lot like football in water, so children love it
- It keeps children engaged with the pool and less children drop out
- Water Polo players tend to stay playing and training longer than swimmers (well into adulthood)
- It's a team sport, so, as well as learning to swim, you get all the value of team sports:
 - Teamwork
 - Communication
 - Fair play
 - Friends



Our programme – the basics

- Three sessions a week available
 - Mondays 5.30pm
 - Thursdays 5.30pm
 - Saturdays 4.00pm
- Two classes of 8 children per session
- One teacher and one assistant per class
- 40 minutes of swimming, 10 minutes of Water Polo skills / fun
- Collaboration with Russell's Swim School to deliver the sessions
- All the sessions are at Windlesham House School, Findon



Our programme – benefits

- Higher volume of swimming, faster progress
- Longer sessions, more time to get technique right
- Water Polo at the end, proven to keep children's interest
- Amazing progression into our Mini Polo and Water Polo programmes
 - Potential to play games against other teams
 - Potential to play in international tournaments
 - Potential progression to regional and national programme



Our programme – session details

- The session will focus on teaching children to swim for 40 minutes, followed by mini polo for the final 10 minutes
- Initial swimming skills
 - Getting used to the water, faces in etc
 - Finding balance in the water (so important)
 - Spending more time to master one skill before moving on
- Initial Mini Polo
 - Picking up the ball
 - Throwing the ball
- Swimming skills progression
 - Lots of focus on legs
 - Master front crawl and backstroke
 - Introduce breaststroke legs
- Mini polo progression
 - Treading water
 - Swimming with the ball
 - Small gameplay



What level of swimming should we expect?

- Easter Trip to Hungary – 7 years olds swimming lengths
- Swimming Club Championships – U8s racing
- HaBaWaBa – U9s final
- Within year one, master the three main strokes (front crawl, backstroke and breaststroke) (age 6/7)
- Within year two, master egg-beater, treading water and able to train swimming lengths (age 7/8)
- It does depend on other variables of course, no child is the same but we can guarantee they will be good swimmers if they stick at it



Costs & Expectations

- We aim to inspire – we recommend two or three sessions a week, but of course you'll still benefit from one, longer session
- Cost from September 2022:
 - One session per week £40 / month
 - Two sessions per week £62 / month
 - Three sessions per week £83 / month
- We will have limited spaces available at a discount for children from low income families, please get in touch for more details on that



Thank you