

# Mini Water-Polo

Ever thought of trying water polo? It's a high energy ball game played in the pool and great fun!

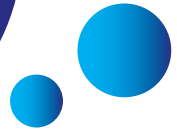
Mini-polo is a smaller version of the game introduced to teach the basic skills of water polo. It is suitable for those aged 7 upwards who can swim at least 25m.

The mini-polo course combines both ball and swimming skills as well as teamwork. Participants are taught in shallow water initially to enable them to concentrate on catching and throwing techniques, as well as learning the rules of the game.

Mini Polo is a multi-skill activity which teaches fundamental movement skills which are transferable to many other sports. It is a great way to have fun with friends and keep fit at the same time!

For further details please email  
[swim.stoke@harpersfitness.co.uk](mailto:swim.stoke@harpersfitness.co.uk)





## Mini water-polo application form

Name: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Email Address: \_\_\_\_\_

Preferred Days/Times:  
(e.g. weekend only/weekday after 16.15) \_\_\_\_\_

Leisure Connection may, from time to time, use your personal information to keep you updated by post, telephone or email about other Leisure Connection services and future events that we believe may be of interest to you. If you wish to receive such information please tick here:  Leisure Connection will not pass your personal details onto a third party.

## Stoke Mandeville Stadium

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