



# I Love Water Polo

[www.ilovewaterpolo.ca](http://www.ilovewaterpolo.ca)

## Water Polo Canada

1A-1084 Kenaston Street  
Ottawa, ON K1B 3P5

tel: (613) 748-5682  
fax: (613) 748-5777

## What is 'I Love Water Polo'?

'I Love Water Polo' (ILWP) is Water Polo Canada's **introductory, grass roots water polo program for boys and girls ages 8-12** (easily adaptable for younger or older age groups, or even adults). In a **learn-to-play environment**, similar to swimming lessons, participants **discover the game of water polo, and the basic skills involved in aquatic sports**. The ILWP program also helps to enhance the participants swimming, balance, and coordination skills. **No prior water polo experience is required**. The only pre-requisite is that participants should be able to swim one width of the pool.

Although it combines elements from a wide variety of sports (swimming, soccer, and basketball, to name a few), and entails many of the same principles and rules, it is different from typical activities that children play. ILWP games and activities use **adapted water polo** rules to suit the needs of children and encourage skill acquisition and development. It is **non-contact**. Focus is on the **development of aquatic skills** such as buoyancy, balance and coordination, as well as fun! Water polo is the answer for those parents who want to involve their children in an aquatic activity that promotes total body fitness with very little impact on joints.

Instructors are trained through an 8-hour National Coaching Certification Program clinic, which has been designed specifically to meet the needs of aquatic instructors and lifeguards who have little or no water polo experience.

### 'I Love Water Polo' is:

- ✓ **Community driven**, offering **four levels of skill development** just like swim lessons. Many participants will go on to participate in club-based competitive water polo programs or remain active for life in aquatics.
- ✓ **Flexible** in its delivery. As well as offering it as a 10-lesson program, it can be adapted for use by communities as an after school program, as a weekend/evening activity for children on a drop-in basis, or as part of aqua or other day camps on an occasional basis.
- ✓ **Ideal for indoor and outdoor facilities** (municipalities, school boards, YMCA-YWCAs, Boys and Girls Clubs, private aquatic facilities), as well as waterfronts and camps.
- ✓ **It's Fun! It's Unique!**

The innovative and award winning 'I Love Water Polo' (ILWP) program, now operated and nationalized by [Water Polo Canada](http://WaterPoloCanada.com), was developed from the experience and creativity of former Olympic athlete and Olympic coach Mr. David Hart. Coach Hart has been involved in water polo in Canada for the past 50 years including 4 Olympic Games - player in 1972 and 1976 and assistant coach in 1984 and 2000. Coach Hart has held various positions in the Canadian Water Polo Association from 1977 to 2006 including Technical Director, Master Coach, High Performance Director, and Director in Chief. In his time with the Association, Coach Hart has been involved in every National Team program both male and female, and age group through senior.

Contact us today! [ilovewaterpolo@waterpolo.ca](mailto:ilovewaterpolo@waterpolo.ca)