

BUSHIDO

WATER POLO

Strength, Courage, Integrity

Summer Camps 2017

Who: Anyone aged 8-14 yrs that loves the water, active games and having fun!

What: Water polo camps are geared towards introducing kids to the sport and to provide extra training for club players in a safe and inviting environment. Our professional club coaches run the camp with support from some of our older athletes.

When: Week of August 21 – August 25

Why: To experience the wonderful world of water polo!

Location: Pan Am Pool – 25 Poseidon Bay

Cost: \$180/week* - Sign up with a friend and receive \$20 OFF!

Register: By July 31, 2017 at information@bushidowaterpolo.ca
Visit our website for info & updates: www.bushidowaterpolo.ca



DAILY SCHEDULE

8:45 am: On Deck... Get Ready!

9:00 am - 9:30 am: Camp Starts - Meet & Greet & Warm Up on Deck

9:30 am - 10:45 am: Introduction to Water Polo, Swimming Strokes, and Egg Beater

10:45 am - 11:15 am: Snack Time – Fuel For Activity

11:15 am - 12:30 pm: Water Session – The Magic Of The Ball

12:30 pm - 1:30 pm: Lunch – Time To Chat And Eat!

1:30 pm - 2:30 pm: Various Outdoor Activities – Something For All

2:30-4:00 Pm: Water Session – Skills, Scrimmages, And Thrills!

4:15 Pm: Done For The Day!