

Jr Polo: Monday/Wednesdays 4-5 pm

Jr Polo is our Pre Competitive program for players that already have a basic knowledge and fundamentals of water polo. Candidates need to be able to swim 50 yards freestyle and backstroke, 25 yards breaststroke and tread for 1 min without the use of their hands before trying out for Jr. Polo. The coaches will introduce the Athletes to the skills needed for competitive water polo, as well as help develop endurance and technique skills necessary for CHAT practices. You can attend a tryout in the indoor dive tank to determine if your swimmer is ready for Jr. Polo

Dates	Fees	Tryouts
June 7th-24th	Member: \$40 Nonmember:\$46	05/28, 06/07 @3:30pm
June 28-July15	Member: \$40 Nonmember:\$46	Wed June 16th @3:30
July 19-Aug 5th	Member: \$40 Nonmember:\$46	Wed July 7th @3:30

Splash ball Monday/Wednesdays 5-5:45 pm

This program is to provide participants with the basic knowledge and fundamentals of water polo while promoting team work, physical fitness and sportsmanship. Our bi weekly 45 min practices will provide all the aspects of the sport in a fun and welcoming environment.

Not a strong swimmer but want to try it out?

No problem! We provide our players with the proper equipment to keep you afloat.

Come and try it out today!



Dates	Fees
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Cottonwood Heights Parks and Recreation
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