



# H2O, Goals, and Glory Water Polo Summer Clinic

**NEW!** This Water Polo Clinic will focus on learning the fundamental skills of Water Polo, which include head up freestyle swimming, treading water, catching and throwing with one hand as well as full length 25 yard scrimmaging. Participants must have either competitive swimming experience, achieved level Stage 5 in the YMCA swim program, or American Red Cross Swimming Program. Must have a YMCA of Montclair Membership.

- **DATE:** June 24–August 14; Tuesday’s and Thursday’s 6–7pm in the Large Pool
- **AGES:** 9–13
- **FEE:** \$320
- **LOCATION:** Park Street YMCA, 25 Park St., Montclair

**Register at**  
[montclairymca.org/](https://montclairymca.org/)



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## CONTACT

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