

12 Reasons to play Water Polo / Mini Polo

1 - It's for EVERYONE

Children ages 6-9 years old play with friends in the water in a safe, enjoyable and fun environment.

2 - Water Polo develops great watermanship

Your child learns about safety in water & general watermanship which can be life saving. Mini Polo improves your child's swimming ability, awareness in the water and important life saving techniques.

3 - Develops team skills

Players of mini polo learn how their individual role supports the success of the team. Mini Polo is a wonderful team sport where everyone gets involved in attack and defence positions.

4 - Water polo players need to be flexible

Mobilisation of the joints is a must in order to swim efficiently, move through the water, pass and shoot which are learned in fun exciting exercises.

5 - Water Polo improves cardio-vascular fitness

Whether it is swimming around the pool or learning to tread water, Mini Polo is a wonderful cardio workout for all young players.

6 - Water Polo develops motor skills

Swimming skills & ball skills are learned at every training in an exciting interactive environment where all players participate with enjoyment.

7 - Water Polo is not weight-bearing

Exercise is easy on the joints and great for all children who enjoy all sports and interacting while learning essential swimming and mini polo skills.

8 - Water Polo builds strength

With all the swimming, learning to tread water, catching and throwing the ball; Mini Polo is great for building physical strength and endurance.

9 - Develops strategy understanding

Intellectual appreciation of team game techniques and tactics are learned while performing individual and group exercises.

10 - Teaches respect for rules and others.

All players will learn the rules of water polo through practice and instruction. Mini Polo will be performed gradually from individual and group skills into team games where contact is involved.

11 - Develops the mind

Leadership, confidence and courage are promoted in every training and competition. Coaches are attentive to all players at every moment where learning, strategy and performance in a fun environment is essential for the growth and prosperity of every player.

12 - It's FUN, FUN, FUN 😊