



Moraga Parks and Recreation and  
Lamorinda Water Polo Club Present



# SPLASHBALL™

This program is designed to introduce the sport of water polo to children 5-9 years old. Basic skills and understanding of the sport will be provided in a recreational format.



## Benefits of the Program:

- Develops water safety skills
- Cultivates health and fitness
- Sample of a new sport for which you may have special talent or passion
- Meet new friends in a safe, fun environment
- Build endurance and muscle tone
- Organized by Hall of Fame Coach Bill Brown

## Fall 2023 Details

- Class Dates: September 10 – October 15
- \$145 (includes Splashball t-shirt)
- Sundays, 5:00-6:00 pm
- Ages 5-9
- Coach/player ratio: 1 to 5
- Location: Miramonte High School Aquatic Center, Orinda
- Floatation devices provided
- Registration opens August 14<sup>th</sup>, 2023

**Basic Swim Skills necessary to participate:**

**25 yards Fee (side-breathing), 25 Back, 30 seconds tread water**



To register or for more information contact Moraga Parks and Recreation  
at [moragarec.com](http://moragarec.com) or (925) 888-7045.