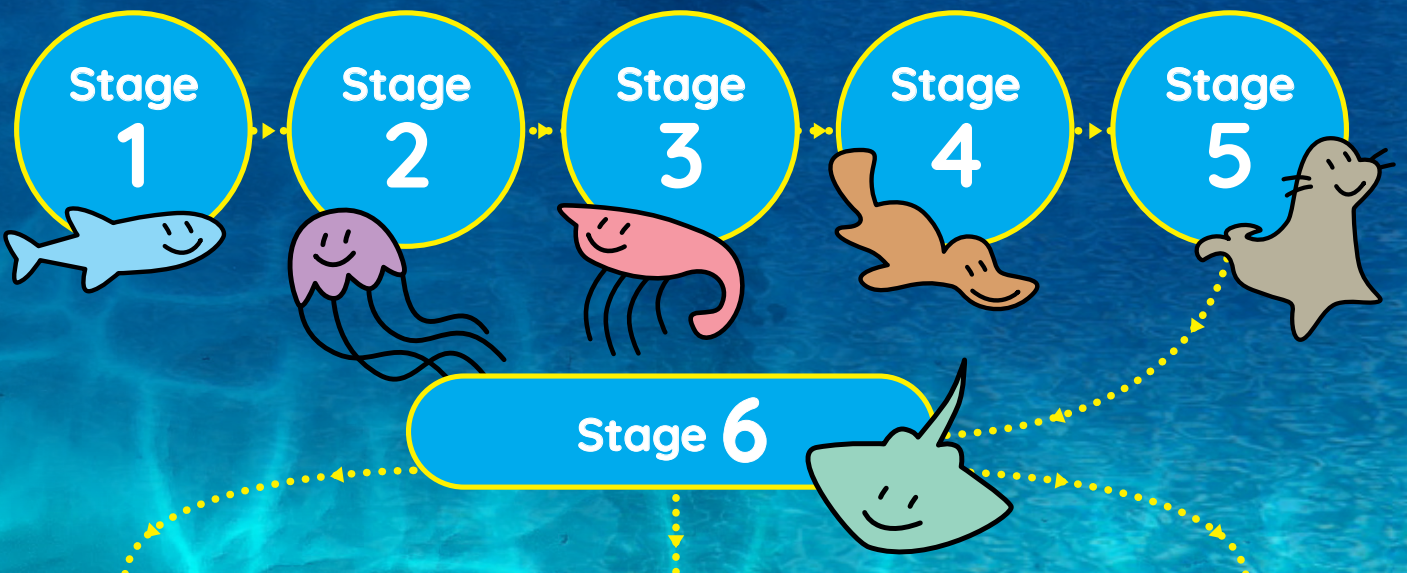




OPEN TO ALL!

# Learn to SWIM



## Water Polo

### FlippaBall (Modified Water Polo)

A fun and accessible introduction to water polo for younger students, emphasizing fundamental skills, game play and enjoyment.

### Junior Water Polo Teams (U12)

Progression into structured team environments, focusing on developing game strategies and teamwork. (JPSSA)

### Competitive Water Polo Teams (U16, U18)

Advanced competitive training and participation in higher-level competitions, both regionally and nationally. (PSA, WPWA)

### Partnerships with Local Clubs

Enhanced training and competition pathways through local club affiliations and elite development programs.

## Swimming

### Advanced Stroke Development

Focus on refining technique in all four strokes. (Prep Swim Club)

### Competitive Swimming Squad

Introduction to competitive training and local competitions. (Senior Swim Squad)

### Open Water Swimming

Participation in open water events and long-distance swimming opportunities. (OWS)

### Swim Competitions

Participation in school and club meets, regional competitions. (ACC, PSA, JPSSA, IPSHA, SSWA)

### Triathlon Integration

Introduction to triathlon training, focusing on the swimming segment, with opportunities for cross-training in cycling and running to build a multi-sport foundation. (ACC, SSWA)

### Partnerships with Local Swimming and Triathlon Clubs

Access to additional training and competition opportunities through collaborations with local swimming and triathlon organizations and elite development programs.

## Wellbeing

### Recreational Swimming Programs

For students interested in maintaining fitness and swimming as a lifelong activity.

### Aquatic Conditioning

Programs designed to improve general fitness, including swim-specific strength and endurance training.

### Wellbeing Programs

Focus on mental health and physical wellbeing, integrating relaxation techniques and water-based fitness routines.