

# Curtis Aquatic Center

## Intro to Water Polo Information Packet

Welcome to the Curtis Aquatic Center! Is your child interested in learning the game of water polo? The Curtis Aquatic Center is happy to announce the newest addition to our lesson program! The class will be held simultaneously alongside our swim lesson program during the 8:00pm timeslot. There will be similarities to those of you who have participated in our Swim Lesson Program but most of the training and skill building is outside our normal curriculum. We hope the information listed below will help clear up any questions or concerns you may have.

### General Program Information (School Year)

- The Water Polo class is available for athletes who have completed through Level 6 of our program or meet the requirements below.
  - 40 yards crawlstroke
  - 40 yards backstroke
  - Tread water with eggbeater kick for 30 seconds
  - Survival float for two minutes and roll to back and float for 30 seconds
- We have availability in a single half hour: 8:00pm.
- A medical/liability waiver must be filled out during the registration period by a parent/legal guardian. This has to be completed before your child can enter the water.
- A lesson session runs roughly seven weeks and has a total of seven classes. (We will have multiple sessions throughout the year).
- 7 night session rate: \$56.00 (lessons rate of \$50.95, plus \$5.05 tax).
- Lessons primarily take place on Tuesday evenings; however there will be some sessions with Thursday night classes as well.

### First Day:

- On the first night of the lesson session, all your athlete will need is their swimsuit and a towel. No other gear is necessary. Goggles are optional for certain training drills, but are prohibited when using or throwing balls.

- When you enter the Aquatic Center and after your child is dressed and ready to go, we will meet near the diving boards on the pool deck. Participants in both the swim lesson program and the water polo class will meet at this time.
- At 8:00, lines will be formed and brought to their class. This is when they will be introduced to the class instructor(s) and shown where they will meet in the coming weeks.
- On the first day, the instructor will give each participant a “pre-test” to determine if your child meets the requirements for the class. If your child does not meet class requirements, arrangements will be made to place your child in the proper class to finish the pre-recs. (No additional costs will be added). Final placement is determined by Curtis Aquatic Center staff.
- Family/friends of the swimmers must sit in the bleachers, either upstairs or on deck.
- Once the lesson is over your child may exit the pool deck and into the locker room to shower/change.

Following Days:

- After the first day, we will ask that your child waits outside of the locker room or remain in the bleachers, a pool staff member will announce when it is time to head to their class.

Second to Last Day:

- Your child will be tested by their instructor on the skills that they have learned throughout the session. This “test” is used to assess the progress and skill growth of each student, as well as the program’s recommendation for future sessions. The findings will be formulated in a cumulative “report card,” awarded at the end of the final lesson.

Last Day:

- On the last day of the session, they will join their class as normal. The last class will begin as any other day, and instruction of the necessary skills will still be practiced.
- After blast off, each student will receive an individual “report card” outlining their proficiency in required skills, what needs to be improved upon, and a plan for future growth.
- If you will be continuing in our swim lessons program, you’re in luck! You are eligible to register your child on the Pre-Registration date for the following session. Pre-Registration for the water polo class can be completed in-person at the Curtis Aquatic Center, or online by visiting the pool’s website. Instructions to the website are listed at the end of this packet. All registration dates and times will be posted at the Curtis Aquatic Center or on our website.

### **Skills Taught:**

- Water polo specific swimming (heads-up)
- Treading
- Shooting
- Ball Handling/Passing
- Offensive/Defensive positions
- General Game Knowledge

### **Class Layout:**

Compared to our swim lesson program, the class will be taught in several different ways. Proper treading is a very important skill when playing the game of water polo. As a result, ample time will be spent practicing and perfecting this skill. There will also be a mixture of instruction in and out of the water, depending on the specific skill and needs of individual students. Examples of skills that may be taught out of the water include: whiteboard discussions of offensive and defensive positioning, and throwing/catching mechanics.

### **Questions**

If you have any other questions about our lessons program or other activities at the Curtis Aquatic Center please visit our website at <https://www.upsd83.org>. Click on the “Departments” tab and select “Aquatic Center,” or please feel free to call the Curtis Aquatic Center at (253) 566-5725. The best time to call is weeknights after 4:00pm. We will be more than happy to help you with any questions that you may have.

***Thank you for selecting our program!  
We are so excited for the opportunity to work with you and your athlete!***

#### ***UPSD #83 Non-Discrimination Statement***

The University Place School District complies with all federal and state laws, rules, and regulations and does not discriminate on the basis of race, color, national origin (including language), sex, sexual orientation including gender expression or identity, creed, religion, age, veteran or military status, disability, or the use of a trained dog guide or service animal by a person with a disability in student education programs, co-curricular activities, and employment practices. The district is an equal opportunity/affirmative action employer encouraging application of qualified minorities, women, and disabled persons for employment and other opportunities. University Place School District is committed to providing access to all District programs and activities and provides equal access to the Boy Scouts and other designated youth groups. For elevator access at school sites, contact the principal's office. The University Place School District is a drug-free/smoke-free work place and educational setting. Direct inquiries regarding compliance, grievance, or appeal procedures, or concerns involving students, should be made to the District Affirmative Action Officer/Civil Rights Compliance Coordinator/ Title IX Officer/HIB Compliance Officer, Executive Director of Secondary Education, Lainey Mathews, [lmathews@upsd83.org](mailto:lmathews@upsd83.org); or Section 504/FAPE/ADA concerns should be made to Executive Director of Special Services, Kelly McClure [kmccclure@upsd83.org](mailto:kmccclure@upsd83.org). Both can be contacted at (253) 566-5600, 3717 Grandview Drive West, University Place, WA 98466.

*Last updated March 2019*