

Polo madness

Join us for a three-day water polo clinic as we prepare for the upcoming season.



Dates:

19 September 14h30 - 16h30
20 September 09h00 - 11h00
21 September 09h00 - 11h00

3 October 09h00 - 11h00
4 October 09h00 - 11h00
5 October 09h00 - 11h00

Clinic includes:

- Swimming techniques
- An emphasis on eggbeater technique
 - Ball skills
 - Shooting
 - Mini games
 - Hand ball
- Light snack will be served

Please email bfogarty@bishops.org.za to secure a place
R150-00 per day – please place cash in a marked envelop

This clinic is for grade 3 – grade 7