

HS WATER POLO

Age: 14-18 years

Instructor: NWC Polo

Location: TBD

Min/Max: 8/40

This program is for high school age players interested in playing water polo, a fast-paced sport that combines swimming, basketball, and football. Participants should be proficient swimmers (beginner level and above).

DAY	DATE	TIME	R/NR	PROG#
Tu,W	9/6-11/16	8:30pm-10:00pm	\$250/\$313	402190-01

AGE GROUP WATER POLO

Age: 8-14 years

Instructor: NWC Polo

Location: TBD

Min/Max: 8/40

This beginning water program is for young players interested in learning and playing water polo. Water polo is a fast-paced sport that combines swimming, basketball, and football. Participants should be proficient swimmers (beginner level or above). Visit nwcpolo.com for more information.

DAY	DATE	TIME	R/NR	PROG#
Tu,W	9/6-11/16	8:30pm-9:30pm	\$170/\$213	402200-01

PLEASE NOTE:

Dates, times, fees, maximums, and other details pertaining to programs and services may change. Call 847.991.0333 with any questions regarding registration.

Questions? Contact Patrick Griffin, Aquatics Manager at 847.496.6205 or pgriffin@palatineparks.org.

DIVING LESSONS BEGINNER

Age: 9-18 years

Instructor: Windy City Dive

Location: Harper College

Min/Max: 3/6

These classes are an introduction to the sport of springboard diving; designed to teach the safe and proper way to use the springboard. Any individual nine years and older who has an interest in diving, who can comfortably swim in deep water, and do a headfirst entry dive off the side of the pool can join this class. Students will be taught a forward approach and a back press. They will progress to forward and backward dives, as well as, other skills as time and ability permits.

DAY	DATE	TIME	R/NR	PROG#
Su	9/11-10/2	2:30pm-3:30pm	\$75/\$94	402230-01
Su	10/16-11/13	2:30pm-3:30pm	\$75/\$94	402230-02

COMPETITIVE DIVING TEAM—LEVEL 3/4

Age: 9+ years

Instructor: Windy City Dive

Location: Various Pool Locations

Min/Max: 3/10

Divers in this program want to learn new dives and improve their diving list. They should have desire to dive on both the one and three-meter boards and be willing to attend competitions. Divers need to be at the Junior Olympic Level for their age group or by invitation by the coaching staff. High school divers who have an 11-dive list are also welcome. All must be registered members of USA Diving at the Blue Level (\$20). Register for USA Diving at teamusa.org/usadiving.

DAY	DATE	TIME	R/NR	PROG#
Su,M,Tu,Th	9/6-10/30*	Varies	\$465/\$565	402250-01
Su,M,Tu,TH	9/6-10/30**	Varies	\$400/\$500	402250-01
Su,M,Tu,TH	11/1-12/22*	Varies	\$435/\$535	402250-03
Su,M,Tu,TH	11/1-12/22**	Varies	\$350/\$438	402250-04

*4 times a week

**3 times a week

