



SAC YOUTH WATER POLO/SPLASHBALL CAMP

Session I: June 13-17 10:00am - 1:30pm Monday - Friday Cost: \$175

Session II: July 5-8* Tue-Fri Cost \$150

Ages 8-16

Does your child want to learn the fun and exciting sport of water polo? Come to the Sonoma Aquatic Club this summer and participate in our summer Camp. Kids will learn basic water polo skills, drills and game fundamentals. Each day will end with a scrimmage. Participants must be water safe and able to tread water for 1 minute. Please make sure your child has adequate sun protection, water and a snack/lunch each day.



SAC JUNIOR GUARD CAMP

Ages 8 - 14 • Monday – Friday • June 20-24 10:00am - 2:30pm

Cost: \$200

Learn what it takes to be a lifeguard. Junior Lifeguards will receive introductory training in several of the skills that are necessary for lifeguards, such as Physical Fitness, Health and Nutrition, Swimming Skills, First-aid/CPR, basic water assists, team building games and new fun challenges daily. Camp SAC junior guard camp uses a fun adaptation of the Red Cross Guard Start program. Full payment is required at time of registration. Participants must be able to swim at least two lengths of the pool, tread water for 1 minute and be able to submerge to the bottom of the pool with little assistance. Participants should pack a lunch, swim suit and towel, along with a hat and sunscreen.