

# Come and Try!

## *Canoe Polo*

The three-in-one sport!

What do you get when you combine canoeing, basketball and water polo? Canoe polo of course! This sport is played outside in the warmer months and in a pool in cooler months all around the world. It is a low injury sport that is accessible to all ages.

No experience necessary to give this fun and exciting sport a go. Why not try something different? You will learn how to paddle a kayak, get fit, develop team play and your coordination.

Beginner sessions will be held during the regular competition Saturdays at the Adelaide Aquatic Centre (North Adelaide) Jeffcott Road from 3.30pm to 7pm 15<sup>th</sup> June to 21<sup>st</sup> September.

Cost is pool entry kids \$6.70 and adults \$8.40 (you can stay for a swim, slide or spa) plus \$10 for kids and \$15 for adults. All equipment supplied – just bring your swimming shorts and rashie to play.

Why not give it a go?



**Paddle  
SA** 