



300 Club Water Volleyball/Water Polo



Purpose: To teach fundamentals of water volleyball and water polo and to have fun.

Requirements: Age 8 years and older and able to swim 50 yards and tread water.

Equipment requirement: Swimsuit.

Where: 300 Club pool. 3715 NW 12th Ave, Gainesville, FL 32605 (352-378-2898)

When: TBA

Cost: \$20/member - \$30/non-member. Please make check payable to: The 300 Club, Inc. ***There is a minimum requirement of 6 students per class.***

Overview

Water Volleyball: Water volleyball is a recreational and casual form of volleyball played in the shallow part of a pool. Participants follow the general rules of volleyball, however, pool size and number of players per team can vary. In water volleyball, the goal is to defeat the opposing team by being the first to reach a predetermined score. Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area. Exception: a block is not considered to be one of the three contacts.

Water Polo: Water polo is a team-based sport that is played in a pool and requires the ability to swim to play. There are six players on each team in water polo, and one goal keeper per team, making a total of seven players in play at a given time. At the 300 Club, this will be adapted according to the number of participants. Water polo is played by swimming, passing of the game ball, and scoring goals by sending the ball past the goalie of the opposing team. Playing water polo at a young age helps develop a child's swimming, coordination and overall health.

Benefits: Since water polo and water volleyball are a team sport, children (and adults) will learn the importance of working with others to achieve goals and success. They will also be able to play with all of their friends in serious or friendly competition.



300 Club



Water Volleyball/Water Polo

Registration Form

NAME: _____ AGE _____ M ___ F ___

ADDRESS: _____

PHONE: _____

EMAIL: _____

NAME OF PARENT OR GUARDIAN; _____

ADDRESS If DIFFERENT: _____

EMERGENCY CONTACT INFORMATION: _____

COST PER CLASS: 300 CLUB MEMBER - \$20 ___ NON-MEMBER - \$30 ___

MAKE CHECK PAYABLE TO: 300 Club, 3715 NW 12th Ave, Gainesville, FL 32605.
(352-378-2898) www.300clubswimandtennis.org

DATE: June 14 - July 7

PLEASE READ AND SIGN THE MANDATORY RELEASE FROM LIABILITY:

In consideration of the 300 Club allowing participation in this program, under the terms set forth herein, I the undersigned, the Child, the parents or guardians on their own behalf and Child's (if a minor), do agree to hold harmless, release and covenant not to sue the 300 Club, its owners, agents, employees, officers, and members from any and all liability for all bodily injury, death, and property damages sustained by the Child, parent or guardian, or their representatives employees, agents and invitees, whether caused or contributed by the 300 Club and ITS ASSOCIATES' negligence or otherwise. In no event shall the 300 Club and ITS ASSOCIATES' liability exceed the fees charged and such liability excludes special, consequential, indirect and incidental damages.

I the undersigned, the Child, the parents or guardians on their own behalf and Child's (if a minor), agree to defend and indemnify the 300 Club and ITS ASSOCIATES from any and all claims, causes or action, damages, judgements costs or expenses, including attorney's fees, in any way arising out of the Child's, parent's or guardian's or their representatives, employees, agents and invitees use of, or presence at the 300 Club and ITS ASSOCIATES' Premises.

SIGNATURE: _____

DATE: _____

SIGNATURE: _____

DATE: _____

SIGNATURE: _____

DATE: _____