



Founded by Eldad Hazor with Lamorinda Water Polo Club

DADS WATER POLO

GOAL

- **PROVIDE A FUN WATER POLO RELATED CARDIO ACTIVITY IN A GROUP SETTING**

GENERAL INFORMATION

- There are 2 workouts per week (Location: Soda Center, Moraga CA): Thursday (6:00-7:30am) and Sunday/Saturday (8:00-10:00am). Sessions: Summer (June-August), Fall (September-November), Winter (December-February) and Spring (March-May)
- To provide the best value/experience, the number of participants per workout is capped (24 per workout). Drop-in spots, however, might become available 24-48 hours before a workout. **For current spot availability, please email Eldad Hazor at eldadhazor@yahoo.com**
- The workouts contain a short warm-up and a scrimmage. Playing time is equally allocated among the members
- Given the wide spectrum of the members' skill set, the scrimmage *DOES NOT* follow the exact official water polo rules. The program includes non experienced and *MELLOW* former water polo players
- **All members express a high level of tolerance to bad passes, untimed shots and overall water polo related mistakes**
- The program is *not* designed for permanent members to find a substitute when they cannot attend a workout
- Permanent members are very cooperative with regard to their availability to attend workouts
- Fees:
 - \$13 per hour (1 workout per week- permanent membership, paid in advance for an entire session)
 - \$11 per hour (2 workouts per week- permanent membership, paid in advance for an entire session)
 - \$20 per workout ("drop-in" fee)
- The hourly rate is set at a deep discount, at least 35%, to other fitness related classes. The Daily Method, Bar Method, Kickboxing and Capoeira are just few examples. The discount is provided to:
 - Account for missed workouts
 - Acknowledge members whose children play/played for the Lamorinda Water Polo Club and
 - Attract new members to the sport of water polo
- Insurance (a one-year, calendar year, \$60 fee): To be insured, please set up an account with USA Water Polo: Log onto <http://www.usawaterpolo.org/Home.aspx> (=) Select Join Now (=) Select "Silver" membership option (The Lamorinda Water Polo's Club ID is 1309)

ADVANTAGES OF BEING A PERMANENT MEMBER

- Guaranteed a spot in the workout/s of your choice
- Priority registration for each session
- Drop-in list priority (for 1x workout per week members)
- Complimentary invites for your children

MAIN BENEFITS

1) Improve core strength, endurance and agility while eliminating injuries associated with land sports 2) Enhance camaraderie in and out of the pool 3) Receive a better understanding of the challenges your son/daughter faces if he/she plays water polo and 4) Learn/practice the fundamentals of the great game of water polo

About the program's founder: Eldad Hazor has been associated with the sport of water polo locally and internationally for over 20 years. Eldad was a dominant player on the Cal water polo team throughout his tenure. He was selected by the All-American and All-Academic teams and led Cal in scoring in 2000. Currently, Eldad is managing/coaching his Dads Polo workouts and is part of the Lamorinda 14U team coaching staff and has been for the past 4 years.

Questions: eldadhazor@yahoo.com