

Summer Water Polo Club



at Cottage Pool
3097 Cottage Way

Attention water polo enthusiasts!! FEC is excited to introduce an Adult Water Polo Club to the Sacramento Area. Practices will be held Tuesday and Friday evenings in June and July at Cottage Pool. To end the season, the club will meet in West Sacramento on August 1st for a scrimmage-tournament with the club from the other side of the river! *This program is designed for intermediate players. (Both beginning and advanced players are welcome to participate, but practices will be designed for those with a general understanding of the game, and some basic skills)*

Ages: 18 +
Dates: June 8 - August 1
Days: Tuesday and Friday
Times: 8:15 - 9:30 pm
Cost: \$49 (\$47 resident discount)

Register: On-line at fecrecrepark.com or by phone: 916-927-3802
Information: Contact Becky at bherz@fecrecrepark.com or 927-3802 x117

Adult Swimming

Adult Swim Club

The Adult Swim Club is designed for swimmers of all fitness levels who feel comfortable swimming. Suggested work-outs are provided to help train for fitness and endurance. Also, your Club Card will get you into any weekday lap swim from noon - 1:00 pm for free! Some members choose to join on open water swim in July!

Fee per session: \$59 / \$55 residents
Times: 6:00-7:00 am M/W/F
Session 1: May 10 - June 25
Session 2: June 28 - Aug 13

Lap Swimming

Times: Noon - 1:00 pm
Days: Monday - Friday
Dates: May 10 - Aug 27

Fees: \$2.50 drop in
\$40 for 20 visit punch pass
\$36 for 20 visit resident pass



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