

COED WATERPOLO

C.V. Starr Community Center



Sigrid & Harry Spath Aquatic Facility



**TUESDAYS &
THURSDAYS**

6:30-8:00 PM

THIS FAST-PACED WATER SPORT IS OFFERED TWICE A WEEK. THIS FUN WORKOUT INCLUDES INSTRUCTION ON PASSING, BALL HANDLING, TREADING WATER AND SCRIMMAGE PERIODS.

BEGINNERS WELCOME! MEN & WOMEN WELCOME!



MCRPD – STARR COMMUNITY CENTER
300 S. LINCOLN STREET ~ FORT BRAGG
707-964-9446

WWW.MENDOCOASTREC.ORG