



Forest Hills Water Polo will be hosting a preseason water polo camp open to high school female athletes. The cost is \$55 for all dates, or \$5 per session. Forest Hills athlete can pay \$60 and receive free admission to Sunday open swim for January and February. Money will be collected at the first session.

Date	Time
January 9	4:00 p.m. — 5:30 p.m.
January 11	6:00 p.m.— 7:30 p.m.
January 16	4:00 p.m. — 5:30 p.m.
January 18	6:00 p.m.— 7:30 p.m.
January 23	6:00 p.m.— 7:30 p.m.
January 25	6:00 p.m.— 7:30 p.m.
January 30	4:00 p.m. — 5:30 p.m.
February 1	6:00 p.m.— 7:30 p.m.
February 6	4:00 p.m. — 6:00 p.m.
February 8	6:00 p.m.— 7:30 p.m.
February 13	4:00 p.m. — 5:30 p.m.
February 15	6:00 p.m.— 7:30 p.m.
February 20	6:00 p.m.— 7:30 p.m.
February 27	6:00 p.m.— 7:30 p.m.
March 1	6:00 p.m.— 7:30 p.m.

Note: Every practice that is 6:00 p.m.— 7:30 p.m. will have dry land from 6:00 to 6:30 and pool time from 6:30 to 7:30.

All session will be at the Forest Hills Aquatic Center

660 Forest Hill Ave SE, Grand Rapids, MI 49546