



Simpkins Family Swim Center  
979 17<sup>th</sup> Avenue, Santa Cruz, CA 95062  
831.454.7960  
[swimcenter@scparks.com](mailto:swimcenter@scparks.com)  
[scparks.com](http://scparks.com)

# Noodle Ball

## **Program Overview and Parent Resource Guide**



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## **Noodle Ball Overview**

The Santa Cruz County Parks Noodle Ball program will provide your child with an understanding of the skills required to become aquatically proficient in water polo and other related skills. Under the supervision of our qualified and experienced instructors, your child will practice the skills necessary to become a successful member of a water polo team. All the sessions will consist of conditioning, water polo instruction and special focus days. Conditioning will include swimming, treading, shooting, and team-building games, in addition to scrimmages.

## **Registration**

Registration is available online at [scspark.com](http://scspark.com) or by phone. Please call the front desk for the exact date of registration.

## **Prerequisites**

Children ages 6 to 12 may participate in the Noodle Ball Program.

All participants must successfully pass the Swim Test. The Swim Test is designed to ensure participants have the endurance and skills to safely partake in the program. (See swim test section for more details).

## **Sessions**

If offered, the program will meet every Sunday from 10-11am for 4 weeks. Please see Doc dates and fees on website for exact session dates.

Each session will have a maximum of 22 participants.

## **Fees**

Resident vs. Non-Resident: You are a nonresident if you live outside Santa Cruz County; in one of the 4 cities in the County (Santa Cruz, Capitola, Watsonville, Scotts Valley); or in one of the Special Recreation Districts (Alba and La Selva Beach).

### **Cancellation Policy Fees:**

Please plan your schedule carefully to keep transfers and cancellations to a minimum- A \$5.00 fee will be charged when withdrawing from an activity. A \$5.00 processing fee will also be charged for any refunds back to a credit card. Make-up lessons are not available if your child is absent.

### **3 or more calendar days prior to the start date:**

- Transfer to another activity, plus a \$5 transfer fee



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- Withdraw and receive a credit to your account or receive a refund, less a \$5 withdraw fee.
- Credits are valid for one year

**2 or less calendar days prior to the start date:**

- No refunds back to cards available
- Transfer to another activity, plus a \$5 transfer fee.

**If the class or program has already started:**

- Credits and Refunds are not available once a class has started; or if a participant fails to attend a program.

## **Swim Test**

The following skills must be demonstrated prior to the beginning of instruction on the first day of class to be able to participate in the program.

- Swim the front crawl (freestyle stroke) with face in the water for 25 yards continuously with rhythmic breathing to the side.
- Tread water for 1 minute using arms and legs.
- Submerge, push off underwater, and swim to the first set of flags / approximately

## **Uniform Requirements**

Participants should bring the following items to program every day:

- Athletic Swim Trunks/Shorts
- Swimsuit
- Googles
- Towel

## **Program Structure**

Each week, staff will have a designated skill to focus on for each of the participants. On the first day of the program, the Noodle Ball Supervisor will distribute a calendar that lists the topics to be covered over the course of the 4 meetings. Possible topics include:

- Shooting and Passing
- Treading water
- Distance Swimming



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- Endurance Swimming
- And more depending on participant evaluation/experience

### **Check-In**

Please check in with the front desk upon arrival.

Then meet your group at the deep end of the pool by the bleachers.

### **Questions?**

If you have any questions, please email [swimcenter@scparks.com](mailto:swimcenter@scparks.com) or call us: 831-454-7953.