Key Biscayne Community Center
TEAM KEY AQUATICS (TKA) WATER POLO

If you love swimming and are willing to sacrifice and work hard to improve on the skills necessary to take your water polo game to the next level, then Team Key Aquatics (TKA) Water Polo is definitely for you. This dynamic aquatic program is dedicated to the future of its athletes. In addition to having fun, coaches strive to develop athletes through fundamental swimming and water polo skills that will maximize their potential. TKA will further strengthen each swimmer's athletic arsenal by preparing him or her for their high-school swimming and water polo seasons. One of the many goals at TKA is to give its young athletes the tools and skills necessary to successfully compete at the high-school level.

Winter/Spring Sessions: January 2 – June 8, 2012

Member Fee $150 (4 weeks)
Non-Member Fee $180 (4 weeks)

Open Crew

Open crew swimmers are introduced to water polo as a fun sport. The love and passion for water polo is introduced at this level. Open crew swimmers are coached on basic water polo techniques and are taught entry level drills and exercises. They prepare to swim with TKA's age group swimmers and when they have mastered the basics, open crew swimmers will practice with their age groups.

Days Mondays, Wednesdays, Fridays
Time 3:40-4:10 p.m.
Days Tuesdays, Thursdays, Fridays
Time 3:40-4:10 p.m.

8 Years Old & Under Crew

8 & under crew swimmers emphasize on proper water polo stroke technique. This group begins to implement freestyle and breast stroke techniques into water polo play. Aerobic water polo conditioning drills are introduced in this group.

Days Mondays, Wednesdays, Fridays
Time 4:15-4:45 p.m.
Days Tuesdays, Thursdays, Fridays
Time 4:15-4:45 p.m.

9 & 10 Year Old Crew

9 & 10 crew swimmers increase their exercise load to 45 minutes per practice and begin to implement back stroke techniques into water polo play and strategy. This group emphasizes on specific water polo drills and exercises and focuses in greater detail on aerobic conditioning. 9 & 10 crew swimmers work on proper water polo technique as well as speed work and interval training.

Days Mondays, Wednesdays, Fridays
Time 4:50-5:35 p.m.
Days Tuesdays, Thursdays, Fridays
Time 4:50-5:35 p.m.

11 Years Old & Over Crew

11 & over crew swimmers increase their exercise load to 1 hour per practice and begin to work on game strategy and advanced speed and interval training. The 11 & over crew focuses on perfecting their water polo game and simulates actual high school game play. Increased game play time and specific game strategy will help 11 & over swimmers prime themselves for their first season on their high school water polo team.

Days Mondays, Wednesdays, Fridays
Time 5:40-6:40 p.m.
Days Tuesdays, Thursdays, Fridays
Time 5:40-6:40 p.m.

TKA Masters

Swimmers in TKA Masters pride themselves on swimming better and faster. Swimmers here benefit from interval and speed based workouts as well as stroke technique training. Introducing "Swimfit," coaches are supplementing in-pool training with training outside of the pool. Running, pushups, squats, lunges, and other challenging exercises are now part of TKA's daily regimen. Also, TKA Masters group takes advantage of being able to swim 2 times per day.
Minimum of 15 swimmers needed for this group.

Days Mondays, Tuesdays, Wednesdays, Thursdays
Time 9:00-10:15 a.m. & 6:50-8:05 p.m.

Member Fee $100 (4 weeks)
Non-Member Fee $120 (4 weeks)

Note: Practice days and times are subject to change.

Interested in joining TKA?
Please contact Coach Gaby at 786-200-6717 prior to registering.

REVISED PROGRAM DESCRIPTION AS OF JANUARY 2012