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Dads Play Water Polo for Fun, Exercise

Submitted by Rob Giglio



Photos provided

The latest Lamorinda fitness program for dads is Dads' Water Polo. This new group activity was founded last November by Eldad Hazor with the cooperation of the Lamorinda Water Polo Club. Hazor has coached the Lamorinda Water Polo Club's under-14 boys' team for the past four years.

Eldad began the Dads Polo program for a fun way to exercise. "And remind those whose children play water polo just how much work their kids are putting in to compete in this fitness intense sport."

The "El Dads," as they call themselves, meet twice a week at the Soda Aquatics Center to swim, pass, shoot and scrimmage.

"It's far more interesting than staring at the bottom of a pool while swimming laps and offers a great core strengthening workout as well," says Mitch Reed.

"And I will never again yell 'swim faster!' from the bleachers at one of my son's polo games!" admits Jeff Fara.

About half of the participants played water polo in high school and college, but there are beginners. The primary focus of the program is on fitness. For more information email dadspolo@yahoo.com.



Photos provided

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[back](#)

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