



Underwater hockey lessons

Are you looking for an exciting new sports activity? Choose underwater hockey at Dolphin Swim Club.

What is underwater hockey?

Underwater hockey is a fun team game which you play on the bottom of a swimming pool. There are ten players in each team, but only six are in the water. Each team tries to get the puck into the other team's goal.

What equipment does a player need to have during the practice?

Everyone **has to have** a mask, a snorkel and a pair of fins. They **also need to wear** a glove and use a special kind of stick.

What are the rules?

- You **mustn't stand** on the bottom of the pool.
- You **must use** the stick to move the puck. You **mustn't touch** it with your hands.
- You **mustn't push or pull** other players.

You **needn't worry** about the rules in your first lesson. The coach will explain everything.

What do I have to bring for the first lesson?

You **don't have to bring** anything. Just come and enjoy!

For more information, contact Coach Brian on 07890 772 395.



Choose the correct alternative.

- You **don't have to** / **mustn't** bring a ball to basketball practice. There are a lot of balls in the gym.
- Everyone **needs** / **must** wear a helmet when they go skiing in some parts of Canada.
- Do you **have** / **need to** do a warm-up at the beginning of your P.E. lessons?
- Jason **has to** / **needn't** save money for a sports watch. He got one from his parents last week.
- We **needn't** / **mustn't** wear shoes in the gym. We can only wear trainers.
- What do I **have** / **must** to do to join the school volleyball team?
- We **mustn't** / **don't have to** wear a tracksuit in class. It's against school rules.
- You **have to** / **needn't** know how to play badminton before you join the club at school. It isn't for beginners.



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