

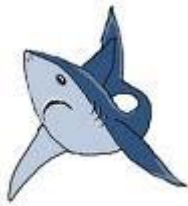
Swimming GAMES

Make sure you **NEVER** swim alone. Ensure Mum, Dad or an adult is watching you always.



Sand Bank

One or two players are chosen to capture the others. Once a player is caught they have to go to the shallow end the stay there until they are set free by a player, who has not yet been caught, swimming through their legs will release you from the sand bank. You win once all players are caught and on the sand bank or all players have been released.



Shark

This swimming pool game is a good one if you happen to have a large group. Here is how you play it. Have one person designated as the "shark." He or she treads water in the DEEP END of the pool while all other participants are wading on the side. The leader will then yell "shark!" and at that point, the players wading on the side of the pool have 30 seconds to swim to the other side of the pool, and get out without being tagged by the shark.

Anyone who is tagged in the first round has to join ranks with the "gator" and try to tag the swimmers in the next round(s). The game goes until there is only one person who has not been tagged. Hand out a simple prize for the winner.

NOTES: Because this is a swimming pool game, follow some simple guidelines to make sure none of your students get hurt:

1. You should **ONLY PLAY IN THE DEEP END** of a pool.
2. No jumping on the "gator."
3. Have adult leaders on hand to help in case of emergencies.



Stations

This game is similar to Simon Says. You choose one of your friends or an adult to lead the charge and call the stations. For each of the following calls you:

"Port" - Swim to the left side of the pool

"Starboard" - Swim to the right side of the pool

"Stern" - Swim to the back (deep end) of the pool

"Bow" - Swim to the front (shallow end) of the pool

"Shark" - Swim to any edge and get out of the water, fast!

"Whale" - Swim/float on your back and create a 'blow' (water fountain) with their cupped hand or feet.

"Pirate" - Everybody huddle together in the middle of the pool (or shallow end)

"Shipwreck" - Everybody forms a human line through linked hands from one side of the pool to the other (or as far as possible).



Bottle

In this game, a 2-liter plastic bottle has to be filled with pool water. The bottle should have a white cap, or a cap of the same color as the floor tiles of the pool. Any wrapper or sticker on the bottle has to be removed. The players are divided in to two teams. Each team is lined up at each end of the pool, with their faces turned away from the pool. An adult, or one of the players who stands out of the pool, throws the bottle in the water. On hearing the splash, the players turn around and try to retrieve the bottle. Although it sounds a pretty simple game, the catch lies in the fact that it is very difficult to locate the bottle as it is devoid of any marking that would reveal its location on the floor of the pool.