Christmas Swim Set Spectacular

\*Merry Christmas Everyone\*

Walking in a Winter Wonderland

400m warm up (swim some, walk some)

“It’s lovely weather for a sleigh ride together with you…”

Pair up. Both wear fins. One is the arms the other is the feet. Swim 50m holding fins of the person in front and swap positions for the next 50m.

NB: Remember if you are the “arms” don’t kick while someone is holding your fins! Person holding on ie the “feet” kick like crazy don’t just hitch a ride ☺

Challenge the next lane or pair to a race

Under the Mistletoe

Kick 200m on your back doing breaststroke kick. Arms by your side.

Bring your feet up to your hands so they can “kiss your toes (heels to touch hands)”

Jingle all the way

Sit on a kick board and scull forwards to 20m then facing the same direction scull backwards. Repeat x 4

Santa down the chimney

Dive in off the side of the pool (deep end) and come up under the lane rope.

Throw in a couple of bomb dives for fun ☺

NB: Remember safety first!

Secret Santa- Christmas Allsorts

Everyone gets to choose an activity (up to 200m) for the team to do, but you have to whisper it to the coach so no one knows who.

(We swam a snake conga line using 4 lanes and changing activity each lane.)

Dasher and Dancer and Donna and Blitzen…

Relay time

Change strokes and mix up activities for each swimmer. Have FUN!!!

☺