

Fun Games to Play in the Pool

Sharks and Minnows:

One to two people are the shark (depending on the size of the group). The rest of the swimmers are minnows. The sharks start the game in the middle of the pool while the minnows start at the wall. The goal of the game is for the minnows to make it from one end of the pool to the other without becoming a shark. The only way to become a shark is if a shark taps a minnow on the head while the minnows head is out of the water. If the minnow is underwater and they get tagged, they are still safe. Once a minnow gets tagged, they become a shark and get to begin their attack (their friendly attack). Do as many rounds as it takes to get 1 minnow left. The remaining minnow becomes the shark and the game starts over.

Marco Polo:

Make sure to set boundaries before playing. One swimmer closes their eyes and yells out "Marco", the remaining swimmers swim around while keeping their eyes open and respond with "Polo". All swimmers must keep mouths out of the water so they can respond. Once a swimmer gets tagged, they close their eyes and yell "Marco".

Freeze Tag:

One person is 'ice' (aka 'it'). Once they tag a swimmer, the swimmer has to freeze. Once an unfrozen swimmer swims under their legs the tagged swimmer becomes unfrozen.

Link Tag: Game starts off with 1 person who is 'it'. Once they tag a player, they have to link arms and work together to tag the other swimmers. Once you are tagged you link arms with the person who tagged you. The game continues until everyone has been tagged.

Corkscrew:

Like getting dizzy? Try a length (or multiple) of corkscrew. 1 pull on your front while rotating on your back and continue with 1 pull on your back. Continue the front/back movement until you reach the end of the pool. Helps with rotation and keeping ear in the water. If you do not want to get too dizzy, work on a long reach and glide.

Flip-Turn Swim:

3 freestyle pulls and then a somersault. As a guard, swim team coach and instructor, I've seen so many swimmers do a flipturn and let their feet hang behind them which slows them down because their feet drag. KICK OFF THE WALLS!! This swim will help you practice kicking your feet as soon as you complete your somersault.

2-Person Crawlstroke:

Link together to create 1 long person. The person in the front will be the arms and cannot move their feet. The person in the back grabs on to their partners legs and kicks (flutter). Builds teamwork.

Hope these games give you some ideas. If you have any that you enjoy that have not been added to the list please contact the aquatics department and we will be happy to incorporate them into our program. Have a fun and safe time at the pool!

