

# **SWIMMING POOL GAMES!**

## **Water Polo:**

Best played in the shallow end, unless your group is made up of strong swimmers! Play across the width of the pool with 2 targets set up as goals at either side. Rules can be improvised, but to simplify:

- Once a player holds the ball they cannot move, they must either try and score a goal or throw the ball to another player. All other players are free to move, but must remain in the water. (Including the goal keepers)
- Play is continuous. Except if the ball goes out of the pool, and then it is handed to the nearest goalkeeper as a throw in.
- Once a goal is scored the ball is given to the referee to be thrown into the middle as a toss up between teams, or it can be given to the goal keeper of the side the goal was against.

## **Marco Polo:**

One player is “it” He must go underwater, with eyes closed and holding his hands above water using his fingers to count to ten. Then he comes up for air, eyes must remain closed, and yells “MARCO”! He then listens to for all other players to yell “POLO”! He swims towards the sounds of the other players and try to tag another player with his hand. When MARCO is called, all other players above water level must answer POLO.

## **Sharks:**

Effectively a swimming pool version of tag or it.

One or two people become sharks with the objective of catching the other players who are in the water. Players are not allowed to leave the water. Once a player is caught they either stand or sit on the side of the pool.

## **Sand Bank:**

Play as in “Stuck in the mud” with one or two players being nominated to capture the others. Once a player is caught they have to go to the shallow end, and stay there until they are set free by a player who has not been caught by swimming through there legs.

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## **Races and Competitions:**

Remember to keep the course safe and use your own common sense, using the shallow end if swimmers are not confident in the water. Some ideas are:

- Obstacle courses- include things like swimming through hoops, pushing a ball through the water, retrieving objects from the bottom of the pool.
- Swimming races
- Distance under water
- Time under water
- Use kick board or body board to hold in front of swimmers and kick their way from end to end.

## **Pairs:**

Get players to pair up. Players try and swim in pairs only using one half of their body, using the other half to hold on to their partner. First team to the end wins. Best tried in shallow end first.

## **Chicken:**

Nominate someone to be the leader, who then has to do something funny like walk like a chicken, and then they jump into the pool any way they like. The other players then have to follow and copy what the leader did. If they get part of it wrong they get given a letter "C" of the word "CHICKEN". This happens each time until someone has collected all the letters that spell "CHICKEN"

## **Life Saving Skills:**

If you have a life guard handy who is willing to show a few simple lifesaving skills such as how to throw a rope from the side and pull someone in. These skills will be great knowledge to know.

**\* Have fun but remember always be sensible when playing in or around pools and water and supervision by a responsible person is always recommended. These games should be only played in a purpose built swimming pool and by those who are able to swim without help.**

**Remember PLAYING in or near water can be dangerous!  
Always put safety first and obey any pool rules!**