

AQUATICS



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These aquatic activities are intended for a swimming pool, but many are suitable for other swimming areas. In addition to providing structured fun during swimming time, many of these activities are designed to improve specific aquatic skills from the simplest (e.g. increasing comfort in the water) to complex (refining the butterfly stroke). Standard Safety Procedures are: 1) trained lifeguards must be on duty at all times; 2) swimming skills are assessed prior to participation in the activity; 3) pool rules are explained to all participants during an orientation and are enforced; 4) a risk management plan is developed specific to each site. Leadership suggestions:

- Leaders should get in the water with participants provided there is sufficient supervision outside the pool.
- Leaders should be dressed in swimming attire even if not actually in the water.
- Incorporate themes into water activities.

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F2

CORK GAME

Group Size	20-30	Ages	5 and up
Equipment	100 corks	Pool	Shallow to deep
Purpose	To retrieve the most corks.	Code	W
Directions	Teams are lined up on opposite sides of the pool and 100 or more corks or floats are thrown into the water. At a signal, the teams swim towards the center and attempt to get as many of the corks as possible. The team collecting the greater number in the allotted time wins.		
Notes	You may want to make the rule that persons can only carry one cork at a time back to the pool edge.		
Safety	Standard Safety Procedures.		

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MARCO POLO

Group Size	6-15	Ages	5 and up
Equipment	None	Pool	Shallow to deep
Objective	For "it" to tag one of the players	Code	W
Directions	The player who is "it" closes their eyes and other players surround them. When "it" yells "MARCO" all other players must respond by yelling "POLO." This directs "it" toward someone to tag. Once a person is tagged, they become "it" for the next round.		
Rules	None		
Safety	Standard Safety Procedures.		

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WAY TO GET THERE

Group Size	4-20	Ages	6 and up
Equipment	None	Pool	Shallow
Objective	To win without repeating the "way to get there"	Code	W
Directions	Line up the group in the shallow end of the pool. If you have a large group of people, break them into small groups and have them form lines. Each person goes one at a time and thinks of a way to swim across. The people who go next must not duplicate any of the strokes or forms that were done before them. If the person cannot think of a new way to get there, they are eliminated from the game. It is important to watch and remember what the other people are doing. Some ideas of ways to get there are: underwater, corkscrew, dog paddle, the shark, one arm butterfly, or however else they imagine getting across.		
Rules	None		
Safety	Standard Safety Procedures. Have participants exit the pool before the next person starts.		

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SHARKS AND MINNOWS

Group Size	8-20	Ages	6 and up
Equipment	None	Pool	Shallow to deep
Objective	To be the last player as a minnow	Code	W
Directions	One player is the shark. All others are minnows. The minnows line up against one wall and face the shark. At once all minnows swim to other side of the pool (short length of pool). If the shark gets you before reaching the other side, then you also become a shark. Soon many sharks will be in the middle of the pool waiting for the minnows to swim across. The person to be the last "eaten" minnow is the winner. VARIATION: <u>Neptune's Call</u> : The person in the middle yells: "Neptune's call, come one and all." This is the cue for all the other players to try to get across the pool without getting tagged.		
Rules	• Sharks cannot touch minnows on the wall. • You may make a rule that sharks must tread water or use kick-board.		
Safety	Standard Safety Procedures. Make sure participants don't get too rowdy trying to avoid sharks.		

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THE LOCK NESS SWIM

Group Size	10-100	Ages	10 and up
Equipment	Lane lines	Pool	Shallow to deep
Objective	To practice the butterfly stroke	Code	W
Directions	Line up swimmers with faster, more adept swimmers in front. First swimmer begins, basically doing butterfly off the bottom of the pool. The swimmer does a head high butterfly stroke and then darts down to the bottom (using the momentum from the stroke). Hands reach the bottom first, gather body into a crouched position - like a coiled up spring. Then, with fully bent knees, push off the bottom, break the surface at a 45 degree angle to shoot up for another head high butterfly stroke... and continue. The next swimmer does the identical thing but starts about two seconds later than the person before. The swimmers will create one long monster. After swimmers go up one lane, they will move into the next lane and go down it.		
Rules	- Swimmers must complete the entire length; don't cut to get ahead. - Swimming ability required, including butterfly stroke		
Safety	Standard safety procedures		

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TUNNEL RELAY

Group Size	6-60	Ages	12 and up
Equipment	None	Pool	Shallow
Objective	To learn how to swim safely underwater	Code	W
Directions	Each group lines up in the pool in a single file line, 2-3 feet apart. They must be standing front to back in their own lane. When given a signal to begin, each person at the end of the line must swim forward through the open legs of the line of people in front of them, staying underwater until they reach the front of the line. Once the first person reaches the front, the next person at the rear may begin swimming underwater to the front. Once all persons in the group have gone under the legs of everyone, the relay is over. Which ever group finishes first wins. VARIATION: <u>Hula Hoop Tunnels</u> : swim through hula hoops instead of legs.		
Rules	- Each player must go through the legs of each person in the group. Also, the person at the end of the line must wait until the person before them has already reached the front. - Players may come up for air as needed.		
Safety	Standard Safety Procedures. There must be enough room in front of the groups so that each person may go through the line without hitting any walls.		

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