

## Games/Activities

### Sharks and Minnows

**Equipment:** None

**Description:** Teams are called “sharks” and “minnows.” Teams line up on their side of a designated centerline. Each team’s “safety zone” is on the opposite side of the pool. The instructor calls either “sharks” or “minnows.” The team whose name is called chases the other team to tag them. Those tagged must join the team that tagged them. The team with more players at the end of the game wins. Give teams equal opportunities to chase. Vary this game by having participants travel in a way that is appropriate to their level. For younger children or beginning swimmers, have them walk through the shallow end. For higher level swimmers, have them swim specific strokes.

### Ring Relay

**Equipment:** Diving rings

**Description:** Place enough rings for each swimmer at the far side of the pool. Each participant swims a designated stroke to the ring, does a surface dive, retrieves the ring and returns to the starting place swimming a designated stroke.