

**Saturday, October 29, 2022**



**300 swim – 200 kick – 300 pull**  
*Or whatever you want until 7:20,  
then...*



## **Trick-or-Swim**

**Each cycle is 300 yards (50 yards in each lane)**

**Draw a popsicle stick for every cycle you complete.**

**The symbol indicates your prize.**

<b>Lane 6</b>	<b>50 TARZAN</b> <ul style="list-style-type: none"><li>• <b>Swim with head up water polo style</b></li><li>• <b>“Dribble” pull buoy or ball</b></li></ul>
<b>Lane 5</b>	<b>50 ZOMBIE KICK</b> <ul style="list-style-type: none"><li>• <b>Kick on back with hands in the air</b></li></ul>
<b>Lane 4</b>	<b>RUN AWAY!</b> <ul style="list-style-type: none"><li>• <b>Swim the deep end</b></li><li>• <b>Run the shallow end</b></li><li>• <b>Mix up forward/backward/sideways</b></li></ul>
<b>Lane 3</b>	<b>DISEMBODIED SWIM</b> <ul style="list-style-type: none"><li>• <b>Swim with one hand or one foot out of water</b></li><li>• <b>Switch it up each 25</b></li></ul>
<b>Lane 2</b>	<b>50 TOMBSTONE KICK</b> <ul style="list-style-type: none"><li>• <b>Hold the kickboard vertically</b></li></ul>
<b>Lane 1</b>	<b>2 x 25</b> <ul style="list-style-type: none"><li>• <b>Choice of stroke</b></li><li>• <b>Swim FAST!</b></li></ul>