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.

Lane 6	**50 TARZAN** ● **Swim with head up water polo style** ● **"Dribble" pull buoy or ball**
Lane 5	**50 ZOMBIE KICK** ● **Kick on back with hands in the air**
Lane 4	**RUN AWAY!** ● **Swim the deep end** ● **Run the shallow end** ● **Mix up forward/backward/sideways**
Lane 3	**DISEMBODIED SWIM** ● **Swim with one hand or one foot out of water** ● **Switch it up each 25**
Lane 2	**50 TOMBSTONE KICK** ● **Hold the kickboard vertically**
Lane 1	**2 x 25** ● **Choice of stroke** ● **Swim FAST!**