

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