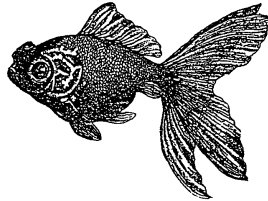
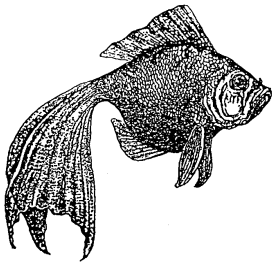
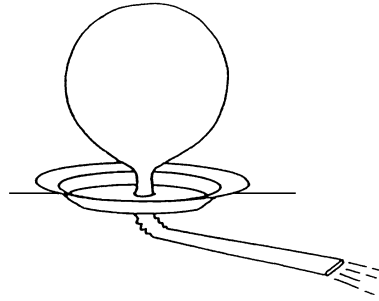
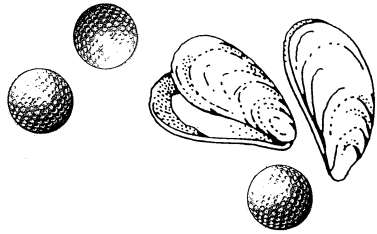




Aquatic Consulting Services

1220 Rosecrans Street #915 • San Diego • California • 92106



Water Fun & Games



Contents

Introduction.....	4
Team Games	
Inner Tube Water Polo.....	6
Dive-in Movies.....	9
Underwater Hockey.....	12
Underwater Football.....	16
Greased Watermelon.....	19
Underwater Soccer.....	20
Sea Hunt.....	23
Fishing	
Pool Fish Pond.....	25
Goldfish Grab.....	27
Magnetic Fishing.....	28
Tag Games	
Blob Accumulation Tag.....	30
Sponge Tag.....	31
Sharks and Minnows.....	32
Regattas	
Rubber Duckie Float.....	34
Curious George Newspaper Boats.....	35
Balloon and Paper Plate Boats.....	46
Silly Stuff & Water Carnival Games	
Sensory Ball Games.....	38
Ring Toss.....	39
Fins.....	40
Poison Sponge.....	41
Bubbles.....	42

Jell-O Games.....	44
Bottle Knock Down.....	45
Endurance Games	
Circle Brick Pass.....	47
Kick of War.....	48
Sink the Battleship.....	49
Underwater Obstacle Course.....	50
Pearl Diving.....	51
Relays	
Team Hula Hoop Running Relay.....	53
Towel and Bucket Relay.....	54
Sweat Suit Relay.....	55
Magazine Relay.....	56
Umbrella Relay.....	57
Balloon Bursting Relay.....	58
Ping Pong Ball Relay.....	59
Dolphin Dive Relay.....	60
Over-Under Ball Passing Relay.....	61
Inner Tube Relay.....	62
Holiday Events	
Underwater Christmas Tree Decorating.....	64
Underwater Pumpkin Carving.....	65
Underwater Easter Egg Hunt.....	66
Green Pool for St. Patrick's Day.....	67
Theme Days	
Beach Party.....	70
Water Carnival.....	70
Hawaii.....	70
Antarctica.....	70
Birthday Party.....	71
Equipment Checklist.....	72

Introduction

Are your patrons bored with the same old instructional class sessions and recreational activities? Special events programming and competitive games can add excitement and variety, revitalize your staff, get you out of a programming rut, generate revenue, and help publicize your other class offerings. Games and activities which are just plain "fun" will help you to increase your pool usage, introduce new activities into the community, and may provide an incentive for weak or non swimmers to improve their swimming skills. The following information is provided to help you successfully organize, promote, stage and supervise water games at your pool.

Team Games

Inner Tube Water Polo

Pools across the country are reporting unbelievable success with the introduction of inner tube water polo leagues to their programming schedule. The popularity of some programs has grown to where it outstrips available pool time. Program success is attributed to the fact that the game can be played by co ed groups, with participants of mixed swimming ability and athletic skill, and even by non swimmers when provided with personal flotation devices (PFDs). Revenue is being generated, costs of starting the program are low, and league play can be scheduled during low pool use times in the late evening.

The following rules are provided to help you get an inner tube water polo league started at your pool.

Equipment	Numbered nylon water polo caps with plastic ear protectors should be worn by participants. Bathing caps may be substituted for water polo caps if need be. Standard automobile size inner tubes should be used. Donations can be sought from local tire stores and automotive repair centers. An air compressor or bicycle pump is needed to inflate the tubes. A referee 2-flag stick is needed for officiating. The device can be purchased or made by attaching one blue and one white flag to each end of a three foot section of broom handle. Official floating water polo goals and nets can be purchased for around \$1,700.00 from a variety of equipment supply sources, or orange safety cones can be substituted. A minimum of six water polo balls should be purchased for warm-up and game use.
Safety	Jewelry, goggles or other sharps objects that might cause injury to players must be removed prior to the start of play. Long finger nails should be trimmed. It is the referee's responsibility to make sure that all players comply with these rules.
Playing Area	Any pool can be used. The pool is divided by 2 meter, 4 meter, and mid-pool lines, and a goalkeeper area. Lines can be marked on the pool edge or orange safety cones can be used to mark the lines.

Players	There are 7 players on a team: right, center and left forwards and backs, and a goalkeeper.
Length	Play is divided into two twelve-minute halves with a three minute half time. One three-minute overtime period is played if necessary, then sudden death is played if the score is still tied at the end of the overtime period.
Substitutions	Substitutions may occur any time during the game. Players must enter and leave the pool at the 2 meter line, tagging each other as they do so.
Play	Players must sit in their inner tubes with both legs hanging over the edge of the tube. To start the game, players line up at opposite ends of the pool facing the pool wall, with both hands on the wall. The referee drops the ball at the half distance line of the pool to start play at the beginning of a period. Players propel themselves and their tubes with their arms and legs and attempt to throw or catch the ball with one or two hands to advance the ball down the pool toward the goal. Stalling is not permitted. The ball must be passed every 5 seconds. The ball, but not a player, can be tackled in order to take possession away from an opponent.
Out of Bounds	An opposing team member throws the ball back into play from the same point from which the ball went out of bounds. If the ball is thrown out of bounds over the goal line by an offensive player, the goalie throws the ball back into play. If a defensive player throws or tips the ball out of bounds over the goal line, a corner throw is awarded at the 2 meter line.
Scoring	A goal is scored when the ball is thrown or pushed across the goal line between the goal posts. Players are not permitted to shoot at the goal from inside the 2 meter line. After a goal is scored, the goalie announces the score and puts the ball back into play by passing the ball to a teammate. The goalie cannot swim out of goalkeeper area with the ball and cannot pass the ball past the half distance line.
Infractions	An indirect free throw is awarded to the opposing team from a point nearest where the infraction occurred, if an opponent: <ul style="list-style-type: none">• holds the ball underwater• is inside goalkeeper area• touches the ball when out of his tube• stalls by holding the ball for more than 5 seconds• does not place both hand on the wall at the start of a period• substitutes illegally• goalie leaves the goal area while in possession of the ball

Personal Fouls

If the foul occurs outside the penalty area (4 meter line), an indirect free throw is awarded. If the personal foul occurs inside the penalty area, a penalty throw directly at the goal from the 4 meter line with only the goalie defending is awarded. Players may not:

- push, tackle, hit, or hold and impede the movement of an opponent or his tube
- dump an opponent out of her tube
- kick the ball
- strike the ball with a closed fist
- deliberately splash water in the face of an opponent or impede an opponent's vision

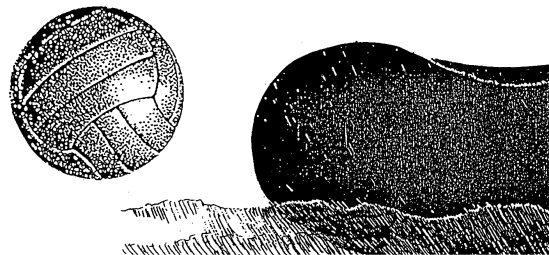
Major Fouls

A penalty throw is awarded and player is ejected from the remainder of the game if a major foul is committed. A substitute may take the disqualified player's place in the game. The following are considered major fouls:

- hitting, kicking, striking or seriously endangering another player
- unsportsmanlike conduct
- refusing to obey the official

Swimming Skills Required

Swimming skills are not required, but participants should be aware that they might suddenly be submerged if they accidentally tip out of their inner tubes. The game can be played in shallow water, or non swimmers can be required to wear PFDs.



Dive-in Movies

It's amazing how many people will show up to watch a movie they may have already seen, if permitted to watch the movie while bobbing around a pool in an inner tube. Aquatic professionals across the country are experiencing wide spread success in filling their pools to capacity with dive-in movie goers. Here's how you can provide a dive-in movie experience for your patrons too.

Use a computer and LCD projector. Or make arrangements to rent a 16 mm movie projector, or you may be able to borrow a projector from a local school or park and recreation department. Make sure all electrical equipment is plugged into ground fault circuit interrupters (GFCIs) and kept at least 20 feet from the edge of the pool. DVDs are readily available for sale or rent. Films can be rented from a variety of sources. Ask your reference librarian for a catalog of 16 mm movies for rent. Rental fees vary depending on the age and popularity of the particular movie. Films commonly shown during dive-in movies include:

- Jaws
- The Abyss
- Creature from the Black Lagoon
- 20,000 Leagues Under the Sea
- Splash
- Little Mermaid
- Piranha
- Orca
- Where the Boys Are
- Beanie & Cecil cartoons
- any movie filmed in 3-D

Many pools show short water safety films as previews to the major attraction, or between reels of the film.

Project the movie across the pool and against a natatorium wall. You can

make an inexpensive screen by sewing several old white bed sheets together and hanging them on the wall. Some facilities have rented rear projection screens, but this adds to the cost of presenting the movie.

The acoustics in most natatoriums usually leaves something to be desired, but adequate sound can be provided by suspending stereo speakers in several locations around the deck. For safety reasons, make sure a public address system is available for use during the movie.

To prevent moviegoers from being chilled, increase pool water temperature to approximately 90 degrees Fahrenheit. Maintain ambient air temperature 3 to 7 degrees higher than pool water temperature.

Most pools rent a limited number of inner tubes, or allow guests to bring their own tubes, rafts, air mattresses, and inflatable toys to float around in during the movie. You might want to restrict the size of inflatables brought into the pool, or groups may show up with 8-person river rafts and Zodiacs. Encourage non-swimmers and small children to wear PFDs, since tubes may float into deep water. Some guests may prefer to bring lawn chairs or beach towels and watch the movie from the pool deck.

Obviously alcoholic drinks should not be permitted, but soft drinks and popcorn won't really hurt the pool.

Anticipate problems before they arise. Explain the rules before the movie starts and make sure you have provided more than adequate supervision for the size of the crowd. Station lifeguards on deck, in elevated lifeguard chairs, and at least one SCUBA lifeguard with a dive light underwater. Keep security lighting on, so the natatorium is not completely dark. Do not exceed maximum bather loads permitted by state code. You'll want everyone to have a good time and enjoy themselves, but stop the movie if the crowd gets too rowdy or some individuals get out of

control.

To promote the event, print announcements, distribute fliers, set up a movie marquee in the pool lobby, send notices to the local newspapers, and invite the media. Dive-in movies may be a unique idea in your community, and although the novelty will wear off eventually, the initial publicity generated may help spark an increase in pool usage. Sponsors are easily approached to underwrite the cost of the screening, if large crowds and media coverage can be assured.

Underwater Hockey *

Underwater hockey has been around for a period of close to forty years.

It is played by thousands of participants around the world. The game is particularly popular in Canada, Great Britain, Australia, South Africa, France, and New Zealand, and is beginning to have a strong following in the U. S., chiefly on college campuses. Recent international championships have been televised by ESPN and underwater hockey has been an Olympic demonstration sport.

Playing underwater hockey increases a swimmer's strength, endurance, breath holding capabilities, and swimming skills. Besides being a great exercise, the games is fun to play, and exciting to watch. Bleachers can be set up on the pool deck for spectators. Sticks can be heard hitting the puck underwater, and the action can be followed by watching for bubbles rising to the surface.

Equipment

Players wear a mask, fins and snorkel, and carry a hockey stick made out of wood or plastic, approximately 11 inches in length. The sticks are usually painted black or white to help players distinguish teammates while underwater. A leather lanyard is strung through the stick and worn around a player's wrist to prevent the stick from floating to the surface if it falls out of his hand during competition. Inexpensive work gloves coated in solidified hot glue are worn to protect players' knuckles from injury resulting from scraping on the pool bottom. The 3 inch diameter puck is made of brass and lead and is often coated with a protective rubberized material. The official goal is 3 meters long, made of aluminum, weighted, wedge shaped, and has a recessed area inside the goal. In the absence of an official goal, the wall of the pool can be marked to indicate a goal area and the puck just shot at the pool wall to score a goal.

* No Zamboni needed

Officials

Two referees are stationed in the pool. The chief referee is positioned on the deck and remains out of the pool throughout the game. Water referees use hand signals to

notify the chief referee on deck to blow his whistle to stop play in case of a foul being committed or goal scored.

Safety	Players should be cautioned against hyperventilating. Officials should watch for signs of CO ₂ build up, oxygen depletion and blackout. Players should train to gradually increase their breathing holding skills and ability to perform repeated surface dives.
Playing Area	The official playing area is 22 to 25 meters in length, but any sized pool can be used for recreational games. The games is played in water a minimum of 2 and a maximum of 4 meters deep. Goals are placed on the bottom of the pool against the end walls. Imaginary semi-circular areas are marked off in a three and six meter radius from the goals. A center spot is marked in the exact middle of the playing area.
Players	There are six players per team, and two substitutes.
Game Length	The game consists of two 15-minute periods with a 3 minute half time. Players change sides of the pool at the half. If an overtime period is necessary, two 5-minute periods are played.
Substitutions	Substitutes may enter the game during any break in the play.
Play	At the start of the game, to re start the game after half time, and after each goal, the puck is placed on the bottom and at the center of the pool. Teams line up on the surface, with one hand on their goal line or edge of the pool and wait for the referee to signal the start of play. Players pass the puck down the pool with their hockey sticks to teammates, and attempt to score goals. The puck seldomly travels more than a distance of five feet at a time. Offensive and defensive strategy can be planned. Players must leave the puck behind on the bottom of the pool when they surface for air.
Out of Bounds	The puck is pushed back into play from the point where it went out of bounds.
Scoring	A goal is scored when a player propels the puck with his stick into the recessed portion of the goal. Goals count one point.

Fouls

The following actions are not permitted:

- standing on the bottom of the pool
- attacking, striking or intentionally hurting an opponent
- propelling or advancing the puck down the pool with anything but the stick
- obstructing the movements of a player who is not in possession of the puck
- trying to prevent a goal with anything but the hockey stick
- balancing the puck on the stick and swimming with it toward the goal
- grabbing, pushing, pulling, or elbowing an opponent

Minor Infractions

An "equal puck" is awarded. Similar to a basketball jump ball, the puck is placed on the bottom of the pool by a referee at the point at which the infraction occurred. One player from each team face off on the surface of the pool and submerge at the referee's signal. Both players have an equal chance to gain control of the puck.

Serious Infractions

A "free puck" is awarded. The puck is placed on the bottom of the pool near where the infraction took place. The team committing the foul must remain 3 meters away from the puck until play has resumed, which occurs when a member of the team awarded the "free puck" passes the puck to a teammate. The referee can institute a 2 minute penalty and order a player out of the pool and into the "penalty box" (bench on the deck) at any time. The team must play short one player until the penalty period is up.

Infractions Occurring Inside the 3 Meter Area Which Prevent a Goal

A penalty shot at the goal is awarded. The puck is placed on the 3 meter line. One defender and two attackers start the penalty shot from the pool surface above the 3 meter line. All other players must remain outside the 6 meter area until either the puck is passed back outside the 6 meter line or until a goal is scored. Play resumes by restarting the puck at the center spot.

Official Rules

The governing body for underwater hockey in the United States is the:

Underwater Society of America
P.O. Box 628
Daly City, CA 94017

The official international rules for competitive underwater hockey can be obtained from CMAS:

Confederation Mondiale des Activites Subaquatiques
47 Rue de Commerce
75015 Paris, France

**Swimming
Skills Required**

Intermediate to advanced swimming skills, as well as training in the proper use of masks, fins, and snorkels are required.

Underwater Football

Equipment	Nerf or foam sponge football, safety cones, water polo caps. Set up the safety cones spaced approximately 6 feet apart on the pool deck, at each end of the pool, as the goal posts.
Game Length	The game consists of 4 quarters of 5 minutes each, and a 5 minute rest at the half. Teams switch sides at half time. If the score is tied at the end of regulation play, a 5 minute period of sudden death is played until one team scores the winning goal. If a goal is not scored by either team during the sudden death period, the tie score stands.
Players	Each team consists of 11 players. However, any number of players may participate, as long as each team is composed of an equal number of swimmers of similar ability.
Substitutions	Substitutes may enter the game any time the ball is not in play. The player leaving the pool must exit at his own team's end line before the ball is put back into play.
Rules	<ol style="list-style-type: none">1. At the start of each quarter, and after each goal is scored, players line up in the water along the edge of the pool opposite their team's goal line. Players must hold on to the edge of the pool with at least one hand until the football has been tossed into play.2. To start play, a designated player leaves the pool edge and begins treading water within an area no more than 15 feet from the end of the pool. He then throws the ball across the pool toward the opposing team. The ball must travel past the half distance line and remain within the pool.3. Players may swim toward the football as soon as the starting player leaves the pool wall to throw the ball into play. Players try to gain possession of the football for their team by catching the ball either before or after it hits the surface of the water.4. After gaining possession of the football, players try advance the ball in the direction of their goal by pushing it through the water, tossing or handing it off to a teammate with a forward, backward or lateral pass; or by swimming

with it at the surface or under the water. There are no "downs".

5. Opposing players try gain possession of the ball for their team by attempting to strip the ball away from the player who has possession, by intercepting passes, batting down passed balls, and by blocking opposing players so they cannot receive the ball from a teammate.

Out of Bounds

If the ball is accidentally thrown out of the pool without crossing between the goal cones, the team who threw the ball out of the playing area loses possession of the ball. An opposing team members puts the ball back into play from a point nearest where the ball left the pool, by treading water and passing the ball to a teammate.

Scoring

A touchdown is scored when the football is lifted out of the pool and placed on the deck between the goal cones. Touchdowns cannot be scored by a player who is holding onto the pool edge or who is standing on the bottom of the pool. Goals count six points each. Three points are awarded when the ball is thrown across the goal line between the goal cones.

Safety

Players may rest at any time by holding onto the edge or standing on the bottom of the pool, but may not touch the football when doing so.

The game should be stopped immediately if players get exhausted, or if the competition gets too rough or out of control.

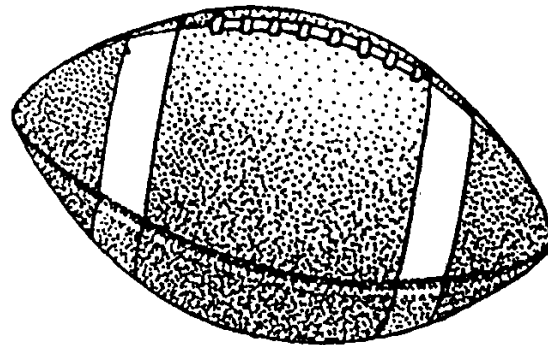
Each team is permitted to take up to three time-outs per half to rest or to discuss strategy. The team captain must request the time-out.

Fouls

The following actions are not permitted:

- elbowing, attacking, striking, punching, pinching or intentionally hurting an opponent
- holding the limbs or swim suit of a player who is or is not in possession of the ball to prevent their movement
- intentionally throwing the ball out of the pool
- deliberately splashing water into the eyes of an opponent to obstruct their vision
- dunking or holding an opponent under water for more than 1 second

- Penalties** The offending player is penalized by being removed from the game for a period of up to 60 seconds, depending on the severity of the foul committed. A substitute may not enter the game for the penalized player.
- Swimming** Intermediate to advanced swimming skills are required.
- Skills Required** Players must be able to tread water or remain afloat for extended periods of time, swim underwater, swim while holding onto a ball, and be able to lift themselves out of the water to throw or catch the football.



Greased Watermelon

Equipment	Watermelon, jar of petroleum jelly, cones. "Grease" the watermelon by coating it with petroleum jelly. Set up cones approximately 6 feet apart on the pool deck at each end of the pool. The cones mark the goal.
Game Length	The game consists of 2 periods of 5 minutes each, and a 3 minute rest at the half. Teams switch sides at half time. If the score is tied at the end of regulation play, a period of sudden death is played until one team scores the winning goal.
Players	Any number of players may participate, but two teams of an equal number of swimmers of similar ability should be formed.
Substitutions	Substitutes may enter the game at any time by tagging a teammate who has exited the water.
Rules	<ol style="list-style-type: none">1. At the start of each half, and after each goal is scored players line up in the water along the edge of the pool. Players must hold on to the edge of the pool until the watermelon has been tossed into the pool. One team lines up at each end of the pool--the end opposite their goal.2. To start play, the referee drops the watermelon into the pool midway between the two teams.3. Players swim toward the watermelon and try to gain possession for their team.4. After gaining possession of the melon, players try to advance the melon in the direction of their goal by pushing it through the water, tossing or handing it off to a teammate, or swimming with it at the surface or under the water.5. Opposing players try to strip the melon away from the player who has possession, in order to gain possession for their team.
Scoring	A goal is scored when the melon is lifted out of the pool and

placed on the deck between the goal cones. Goals count one point each.

Safety

Players may rest at any time by holding onto the edge or standing on the bottom of the pool, but may not touch the watermelon when doing so.

The game should be stopped immediately if players get exhausted, or if the competition gets too rough or out of control.

Fouls

The following actions are not permitted:

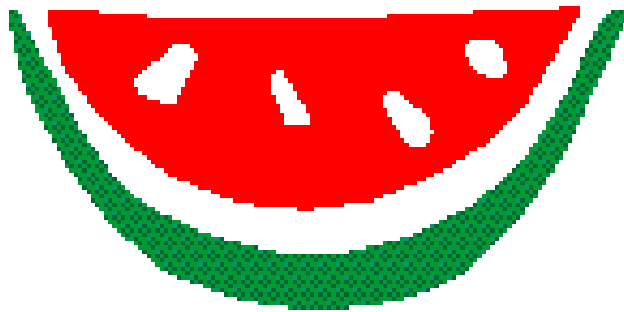
- attacking, striking, punching, pinching or intentionally hurting an opponent
- obstructing the movements of a player who is not in possession of the melon
- dunking, grabbing, pushing, pulling, or elbowing an opponent
- holding an opponent under water

Bonus

The winning team gets to eat the watermelon at the end of the game.

Swimming Skills Required

Intermediate to advanced level swimming skills are required.



Underwater Soccer

Equipment	Inflatable ball--partially fill the ball with water before inflating with air. Or, a "SubBall" can be purchased from the Brookstone catalog or store at your local shopping mall (about \$15.00).
Players	Divide players into even numbered teams. Designate one player on each team to be the goalkeeper.
Substitutions	Substitutes may enter the game at any time by tagging a teammate who has exited the water.
Field	<p>Set up cones on the pool deck to mark the pool wall goal areas, and centerline.</p> <p>Mark the boundaries of the playing area using floating lane lines or buoyed lifelines.</p> <p>Underwater soccer should be played across the width of the pool in water no more than 4.5 feet deep.</p>
Duration	The game consists of two 10-minute halves (continuous running time) and a 5 minute half time rest period. Teams change ends at half time
Rules	<p>Players must be in their own half of the pool at the start of the game, start of the second half, and after a goal has been scored.</p> <p>The ball is put into play by one player kicking the stationary ball at the center of the pool into his opponents half of the pool.</p> <p>The ball usually remains underwater and is advanced toward the goal by kicking. Players other than the goalie, may not use their hands to move the ball down the pool. Players may use their head or parts of their bodies other than hands to pass, control or stop the ball.</p>
Out of Play	If the ball is kicked out of the pool or out of play, it is thrown back in at the point where it went out of play by a member of

the team which did not cause the ball to go out of play.

Goalie Privileges

The goalie may pick up the ball with his hands, but may not throw the ball past the half distance line.

Scoring

A goal is scored when the ball hits the pool wall between the goal cones. Goals count one point each. The team scoring the largest number of goals wins.

Safety

The game should be stopped immediately if the competition gets too rough or out of control. In addition to the referee, a lifeguard should supervise play from an elevated position on the deck.

Fouls

The following actions are not permitted:

- using your hands to advance the ball down the pool
- attacking, striking, punching, pinching, pushing, pulling, elbowing or intentionally hurting an opponent
- intentionally kicking an opponent
- dunking or holding an opponent under water

A penalty kick at the goal is awarded to the team that was fouled. The kick must be taken from a spot at least 10 feet away from the pool wall. Only the goalie may defend against the penalty kick.

Swimming Skills Required

No swimming skills are needed. The game is played in shallow water while standing on the bottom of the pool.



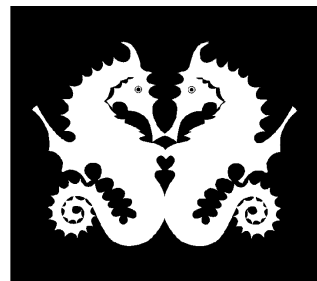
Sea Hunt

Equipment

Laminated cards which contain information and pictures of creatures or objects found in the sea. Laminated sheets which include hunt directions, a list of objects to be found, and a series of questions to be answered from information found on the picture cards.

Rules

1. Scatter the laminated picture cards in the pool.
2. Form teams of even numbers of players and distribute one Sea Hunt sheet to each team.
3. The referee signals the start of the hunt.
4. Players enter the pool and begin searching for the cards that correspond to the items on their list.
5. After all items on the list have been found, the questions are answered from information provided on the picture cards.
6. The first team to find all the items on their list and answer all the questions correctly is declared the winner.



Fishing

Pool Fish Pond

Why should you consider converting your swimming pool into a fishing pond during the off-season:

- You will be able to continue using the pool in the off-season
- You can provide your patrons with a second rec season
- You will generate revenue and increase profits
- You can continue to employ some pool staff
- You can introduce people to a new sport
- Because it's still a novel idea, the media might be interested in covering the conversion. Publicity generated from this media exposure will help you to advertise your winter programs in the community.

Purchase a variety of sized fish. Stock both the main pool as well as the spa or wading pool for small children. Experience has shown it's best to stock pools with rainbow trout or catfish. Don't overcrowd the fish--they'll deplete the oxygen supply and start dying. Stock a maximum of 500 pounds of fish in a 25 yard pool, and no more than 1,200 pounds of fish in a 50 meter pool. Purchase one large prize winning fish, and tag some fish for special prizes.

It is recommended that you charge by the hour, and that you set a limit on fish caught. Charge an additional fee for equipment rental. Provide inexpensive bamboo poles or Cuban reels, sinkers, hooks, bobbers, and bait. Worms, hot dog slices, bacon, corn or peas, cheese, marshmallows, salmon eggs, or artificial lures can be used as bait. Distribute plastic bags for fish, so the fish aren't left flopping around on the pool deck once caught.

Do not allow patrons to clean fish on the premises. As an additional revenue generating idea, you may want to provide a fish cleaning service.

Supervise the fish pond as you would the swimming pool. Station lifeguards in an elevated position to provide general supervision in compliance with the "10/20 Supervision Rule". Station additional guards at deck level to maintain order and help inexperienced fishermen with baiting and removing fish from hooks. Make sure each guard is provided with a pair of needle nosed pliers. Enforce direct parental supervision of children.

For safety reasons, be careful not to lose fish hooks on the deck or on the grass surrounding a deck. Do not permit overhead casting.

To prepare the pool for fish:

- Remove all traces of chlorine from the water with sodium thiosulfate (1 oz./1 ppm/10,000 gallons of water)
- Use an aerator to increase the oxygen content of the water. Aerate the capacity of the pool at a rate of at least once every 24 hours. Maintain a dissolved oxygen content of at least 5 ppm
- Lower the water level below the tile line and skimmers or gutters to prevent fish from getting into the circulation system
- Turn off the skimmer line
- Drop the water temperature to 60° F (40 - 75° OK)
- Adjust the pH level to 7.8 (7.0-8.4 OK)
- Maintain clear water (for safety reasons, and so patrons can see the fish)
- Keep the pool vacuumed
- Rinse down the decks frequently
- Add copper sulfate algaecide to prevent algae blooms. Consult with an aquatic biologist or the local Fish and Game Department for the proper level.
- Obtain a permit or variance from the State Department of Fish and Game so participants won't have to purchase fishing licenses.

To return the pool to normal operating conditions: remove all fish, drain the pool, hose down the pool walls, chlorine wash, and then refill the pool.

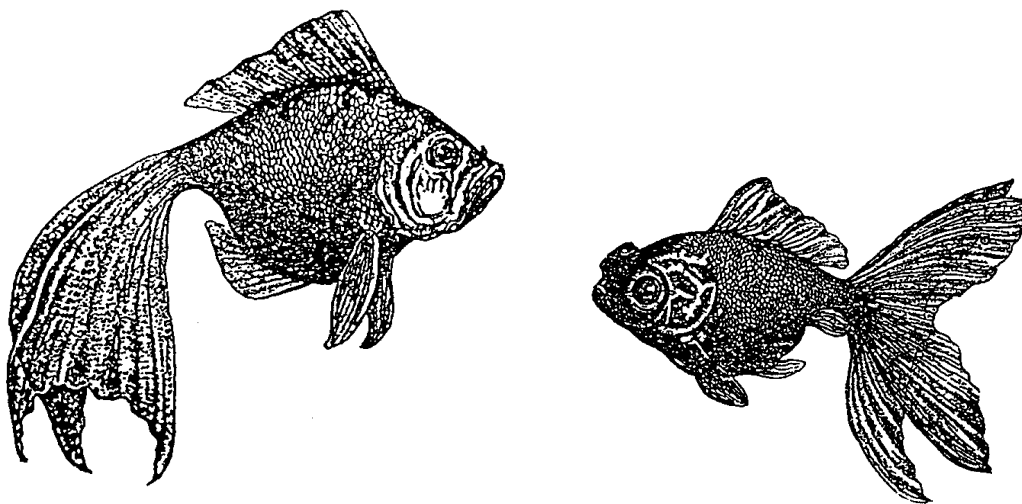


Goldfish Grab

Purchase goldfish from a pet store or aquarium supply shop. About one hour before the "goldfish grab", transfer the fish (one fish per bag) and dechlorinated water into Ziploc sandwich size bags. Seal the bags closed. Do not completely fill the bags with water--make sure there is enough oxygen in the bags for the fish to breathe. Place the Ziploc bags containing the goldfish in the swimming or wading pool.

At the referee's signal, participants may enter the pool and "catch" a goldfish. Participants may take the goldfish home as pets.

Swimming Skills Required: None



Magnetic Fishing

Equipment

Plastic fish, magnets, wooden dowels, fish line, metal washers.

Directions

Cut out fish shapes from different colored plastic soda, milk and juice containers. Attach a magnet to the back of each fish. Cut a notch near one end of the wooden dowels and attach a length of monofilament line. Instead of fish hooks, fasten a large metal washer to the end of each line. Place the "fish" in the swimming or wading pool, or spa and let the participants try to catch the fish from the pool deck. Award prizes for the first fish caught, the largest fish caught, and the most fish caught within a specified amount of time.

Swimming Skills Required

None



Tag Games

Blob Accumulation Tag

Equipment

None

Rules

1. One player is chosen to be "It", and he chases and attempts to tag one of the other players.
2. The tagged player joins both hands to form a circle with the player who was originally designated "It", and together they begin to form a blob.
3. The blob chases the other participants around the designated area of the pool. The players that make up the blob must move as a unit, and may not drop their hands in order to capture a player.
4. Players are captured by being brought between the raised arms of two players and into the circle formed by the blob.
5. As each successive player is tagged, he becomes part of the blob.
6. The winner is the last player able to evade the ever growing blob.

Swimming Skills Required

None. Players run on the bottom of the pool through shallow water.

Sponge Tag

Equipment	Sponges (at least one sponge for each player in the game)
Objective	To hit the other players with thrown wet sponges, without being hit yourself
Rules	<ol style="list-style-type: none">1. The game can be played in either shallow or deep water depending on the swimming ability of participants.2. Players hold onto one edge of the pool.3. The sponges are dropped into the pool away from the participants.4. At the referee's signal, players swim toward the sponges. As soon as a player gains possession of a sponge, he should aim at another player and try to hit that player with the sponge.5. After throwing a sponge, the player should immediately try to re arm himself by collecting another sponge.6. Players try to dodge sponges thrown by other players. Players may sink underwater to avoid being hit by a thrown sponge.7. A player who is hit with a sponge is eliminated from the game and must swim out of play and to the edge of the pool.8. The last player remaining in the game is the winner.
Swimming Skills Required	Varies. No swimming skills are required if the game is played while running through the shallow end of the pool. If the deep water version of the tag game is played, advanced beginner - intermediate swimming skills are needed.

Sharks and Minnows

Equipment	None
Object	To evade the sharks
Rules	<ol style="list-style-type: none">1. One player is selected to be the "shark".2. The shark treads water in the middle of the pool, while the remaining players or "minnows" line up on the deck at the edge of the pool.3. The shark yells "shark attack" to start the tag game.4. The minnows jump in and swim across the pool while trying to avoid being tagged by the shark. Minnows may swim on the surface or underwater.5. Upon reaching the other side of the pool, the minnows climb out of the pool to safety, and prepare for the next round.6. Minnows who were tagged by the shark while swimming across the pool, remain in the pool and become sharks for the next round.7. The next round starts immediately when the school of sharks yell "shark attack". Minnows again jump into the water and attempt to elude the sharks while crossing the pool.8. The game ends when only one minnow remains.
Swimming Skills Required	Advanced beginner - intermediate swimming skills, including the ability to tread water, change direction, and swim underwater are required.



Regattas

Rubber Duckie Float

Equipment

Rubber or weighted plastic ducks. Ducks are numbered so that the numbers cannot be seen by participants.

Rules

1. Participants are each given an entry number which corresponds to a number on a duck.
2. Floating lane lines are installed in the pool to confine the ducks to a limited section of the pool.
3. Ducks are launched by dropping them en masse into one end of the pool.
4. Participants may stand or swim in the pool, may blow on the water surface, splash or attempt to create a wave which will help propel the ducks toward the finish line. Since the participants can't see the numbers on the ducks, and the ducks all look alike, participants can only hope that the duck they're rooting for and helping propel through the water is really their duck.
5. No attempt to touch, throw, block the progress, or otherwise interfere with a duck will be permitted.
6. The first duck that crosses the finish line is the winner.

Swimming Skills Required

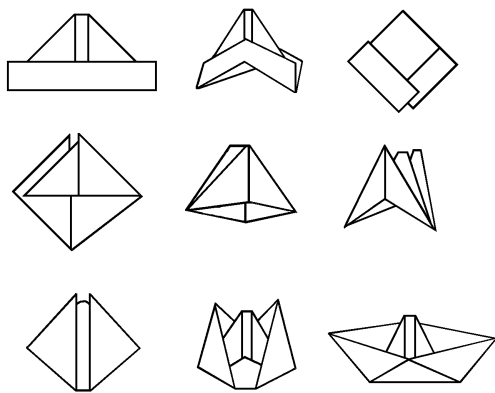
Swimming skills are not required if the duckie float is conducted in shallow water. Beginner - advanced beginner, skills are needed if the race is conducted in deep water.



Curious George Paper Boats

Entertain your young swim students by reading them the ever popular children's picture book **Curious George Rides a Bike**, the story of the good little monkey who lives with his friend--the man with the yellow hat. Afterwards, teach your students to make paper boats similar to the ones Curious George made in the story, and then launch the boats on the surface of the pool.

Directions:

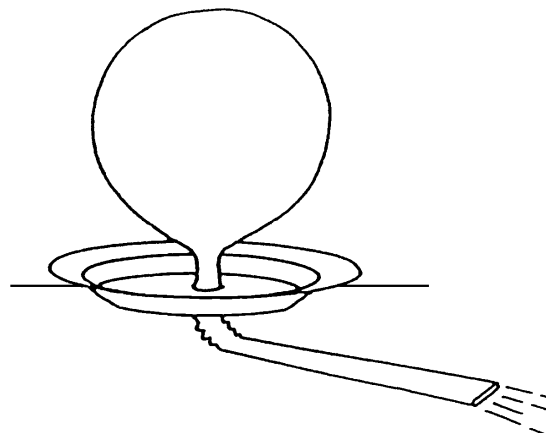


1. Fold down both corners of a piece of 8.5" by 11" paper
2. Fold up the edges of the paper
3. Bring the ends together
4. Flatten the paper
5. Fold up one edge
6. Fold up the other edge
7. Bring the ends together
8. Flatten the paper
9. Pull the ends open
10. Boat is ready to decorate and sail

Rey, H. A. (1952). *Curious George Rides a Bike*. Boston: Houghton Mifflin Co.

Balloon and Paper Plate Boats

Equipment	Plastic flexible straws, Styrofoam or plasticized paper plates, tape, scissors, balloons
Directions	<ol style="list-style-type: none">1. Use scissors to cut off the lip of the balloon.2. Insert the plastic straw part way into the balloon, and tape the balloon to the straw.3. Use a pencil to poke a hole in the middle of the plate.4. Insert the straw through the hole in the plate. Bend the straw at the flexible joint.5. Blow through the straw to inflate the balloon. Put your finger over the end of the straw to trap in the air.6. Launch the boats at the referee's signal by letting go of the straw and allowing the air to escape. Make sure the straw is under water when the boat is launched.7. The boat that travels the greatest distance before running out of air is declared the winner.
Swimming Skills Required	None



Silly Stuff & Water Carnival Games

Sensory Ball Games

Equipment	Multi-sensory swim balls (60 mm polyethylene), plastic buckets, hula hoops
Directions	<ol style="list-style-type: none">1. Use floating lane lines or buoyed life lines to section off a portion of the pool.2. Drop hundreds of the multi-colored balls onto the surface of the water.3. Divide players into even teams, and have contests to see which team can:<ul style="list-style-type: none">• Collect all the balls of one color first• Collect the most balls within a specified amount of time4. Place the balls collected in plastic buckets on the pool deck near the edge of the pool, or within the confines of a hula hoop floating on the surface of the water.
Safety	Do not let the sensory balls totally obscure the pool below the water surface, making it impossible to properly supervise bathers participating in the activity.
Swimming Skills Required	If the water adjustment games are played in shallow water, swimming skills are not required.

Multi-Sensory Swim Balls can be ordered in quantities of 500 from:

Sportime
1 Sportime Way, Atlanta, GA 30340
(800) 283-5700
#16312-S3: 500 for \$138.95

Ring Toss

Equipment

Plastic cane rings, plastic 2 liter soda pop bottles, Velcro strips.

Directions

1. Rinse out the soda pop bottles.
2. Fill each bottle with a couple of inches of pool water, so the bottles will float in a somewhat neutral and vertical position.
3. Attach a Velcro strip around the diameter of each bottle, and connect all of the bottles together.
4. Place the floating mass of bottles in the pool.
5. Distribute the plastic rings to participants.
6. Participants toss the rings, one ring at a time, at the pop bottles and attempt to encircle the bottle necks. Points are awarded for "ringers" or each time a ring successfully lands on a bottle.
7. After all the rings have been tossed, participants surface dive and retrieve the rings from the bottom of the pool.

Swimming Skills Required

Participants must be able to surface dive, swim underwater, with their eyes open, and recover objects from the bottom of the pool.

Plastic cane rings can be ordered from:

Oriental Trading Company
P.O. Box 3407
Omaha, Nebraska 68103
(800) 228-2269

#51-182-CP: \$15.00 per gross

Fins

Equipment

4 closed cell foam circles, wooden cut-outs of hands, head, and shark fin; 12 inch diameter plastic rings decorated to look like ring buoys.

Rules

1. Section off a small portion of the pool using floating lane lines or buoyed life lines.
2. Insert one cut-out in each foam circle to make targets, and float or anchor the targets in the sectioned off portion of the pool.
3. Players take turns throwing the rings at the floating targets, and attempting to encircle the targets in order to accumulate points.

Scoring

Hands	1 point
Head	3 points
Fin	Deduct 5 points

4. The first player to accumulate 15 points is the winner.

Swimming Skills Required

Fins can be played while standing in the shallow end of the pool, or while treading in deep water.

"Water Wafer" closed cell foam circles and rings can be ordered from:

J & B Foam Fabricators, Inc.
P.O. Box 144
Ludington, MI 49431
(800) 621-FOAM

Wooden cut-outs are manufactured in Taiwan by Fun Designs and may be purchased at your local sporting goods store

Poison Sponge

Equipment

Sponge

Rules

1. Players join hands to form a circle while standing in shallow (chest deep) water.
2. A "poison" sponge is thrown into the center of the circle formed by the players.
3. The circle is pulled in one direction or another in an attempt to make one player come into contact with the sponge. A player who touches the sponge is poisoned and eliminated from the game. A poisoned player must leave the circle.
4. A player can avoid contact with the sponge by bobbing underwater.
5. The game is won by the last player remaining after all other players have been poisoned.

Swimming Skills Required

Swimming skills other than the ability to submerge are not required when the game is played in shallow water. More advanced swimmers with the ability to tread water without the use of their hands can play the game in deep water.

Bubbles

Equipment	Dawn or Joy dish soap, Karo syrup, water hose, 5 gallon buckets, 2 portable children's wading pools, 2 hula hoops, 2 plastic milk crates, plastic straws, string
Recipe	In a 5 gallon bucket, mix 4 gallons of water with 32 ounces of dish soap and 16 ounces of Karo syrup. For stronger bubbles, prepare the bubble mixture at least 3 hours before you plan to use it. [Makes 4 gallons of bubble solution.]
Big Bubbles	Attach both ends of a 24" piece of string to a plastic straw. Slide both ends of the string to the center of the straw. Dip the string into the bubble solution. To create giant sized bubbles, slide the two ends of the string toward the edges of the straw, while pulling the straw across the front of your body from left to right.
Really Big Bubbles	Pour bubble solution into a portable children's wading pool. Dip a hula hoop into the pool and use it as a bubble wand.
Lots of Bubbles	Try dipping a plastic milk crate into the bubble solution. The crisscross pattern on the bottom of the crate will make dozens of bubbles.
Bubble People	Fill a portable children's pool with 4 to 6 inches of bubble solution. Place a plastic milk crate up side down in the center of the pool. Place a hula hoop in the pool. Have an individual stand on the milk crate with his arms at his sides. Pull the hula hoop up and over the individual and twist to close off the bubble. It takes some practice, but it is possible to seal the person inside a bubble for a few seconds.
Bubble Rainbow	Place 2 children's wading pools about three or four feet apart from each other. Fill each of the pools with 4 to 6 inches of bubble solution. Place a plastic milk crate up side down in the center of each pool. Place a hula hoop in one of the pools. Have two individuals stand on the milk crates with their arms at their sides. In a smooth, flowing motion, pull the hula hoop up and over the first individual and back down over the second individual, sealing both of them inside a rainbow shaped bubble.

Safety

Bubble pools can be set up almost anywhere there is proper drainage--on pool decks, in parking lots, lawns or playgrounds. If the bubble pools are set up on a swimming pool deck, remember to rinse the deck away from the pool and toward the deck drains. Rinse the deck frequently with a fresh water hose to prevent it from getting too slippery.

**Swimming
Skills Required**

None

Jell-O Games

Equipment	Jell-O flavored gelatin, water, portable children's pool, ice cubes, wooden spoon, plastic cups, gummy fish, 5 gallon buckets
Jell-O Fight	In a five gallon plastic bucket, mix twenty-four 3-ounce boxes of gelatin and 1.5 gallons of boiling water. Stir until dissolved. Add 144 ice cubes. Refrigerate. Each batch will cost approximately \$7.00, and will make about 3 gallons of gelatin. Repeat until you prepare enough Jell-O to fill the children's pool several inches deep. Immediately before the Jell-O fight, remove the buckets of Jell-O from the refrigerator, and fill the portable children's pool with the gelatin. If you're planning to set up a Jell-O pool on a swimming pool deck, make sure the portable pool is set up away from the swimming pool, and near a deck drain. Let the participants enjoy sliding around in the Jell-O, and throwing it at each other. Rinse the deck and participants with a fresh water hose upon completion of the Jell-O fight.
Edible Aquarium	In a large bowl, mix one package of Jell-O Berry Blue flavor gelatin with 3/4 cup of boiling water until dissolved. Add 1 and 1/4 cups of ice and water and stir until the mixture thickens slightly. Pour the thickened gelatin into clear plastic cups. Suspend gummy fish in the gelatin. Refrigerate for about 1 hour or until the gelatin sets. Eat. [Makes 4 servings]
Swallowing	Prepare Jell-O Jigglers according to the recipe. Cut Goldfish Jigglers with fish shaped cookie cutters.
Swimming Skills Required	None

Bottle Knock Down

Equipment

Capped, plastic soda pop bottles and 3 balls (Koosh balls or Nerf balls are recommended)

Rules

1. Partially fill 6 plastic soda pop bottles with pool water. Cap the bottles.
2. Stack the bottles to form a pyramid (3 - 2 -1), on the edge of the pool deck.
3. While treading water in the deep end of the pool, the player throws the ball at the water filled bottles and tries to knock over the pyramid. Each player is allowed 3 attempts per round.
4. At the end of three rounds, the player who has toppled the most bottle pyramids is declared the winner.

Swimming Skills Required

A participants must be able to lift his body high out of the water while treading in order to throw the ball with force and accuracy.



Endurance Games

Circle Brick Pass

Equipment

One 10-pound, rubber covered diving brick per team

Rules

1. Teams consisting of even numbers of players form a circle and tread in deep water.
2. One player on each team holds the brick.
3. At the referee's signal, the first player quickly passes the brick to the player on his left. The second player passes the brick to the player on his left, and so on until the brick gets back to the player who had it at the start of the game.
4. When passed, the brick must be held above the surface of the water.
5. When the brick gets back to the first player, he yells "one" to indicate the brick has traveled clockwise through the circle of players once. He then repeats the relay by passing the brick to the player on his left. This pattern continues until one team has completed ten cycles of passing the brick around the circle. The first team to complete ten cycles is declared the winner.

Swimming Skills Required

Participants must have a strong kick and be able to tread water without using their hands while lifting a 10 pound weight out of the water.

Diving bricks can be ordered from:

Recreonics Inc.
4200 Schmitt Ave.
Louisville, KY 40213
(800) 428-3254

#92-260: \$37.33 each

Kick of War

Equipment	Kickboards--one for each pair of competitors
Rules	<ol style="list-style-type: none">1. Each competitor chooses an opponent.2. Competitors form two lines in the pool directly over the center lane line.3. Opponents stand and face each other and put both hands on the kickboard.4. At the referee's signal, players begin kicking as hard as they can and try to push their opponent away from the center lane line and back toward the wall of the pool.5. After 10 to 15 seconds, the referee will signal players to stop kicking.6. Competitors stand up in the pool. The player that was pushed farthest back into his own territory is eliminated from the contest and must move away from the area.7. Each of the remaining players pairs up with a new opponent.8. The contest is repeated until only one player remains.
Clarification	<ul style="list-style-type: none">• Any kick is allowed--flutter, dolphin, scissors, whip kick...• The kickboard must remain on the surface of the water. Sinking the kickboard to gain an advantage is not permitted.• Both hands must remain on the kickboard at all times.
Swimming Skills Required	Strong kicking skills are needed.

Sink the Battleship

Equipment

One plastic toy boat per team

Rules

1. Each team of players forms a circle around their boat.
2. At the referee's signal, players start splashing, creating waves and doing whatever is necessary (without actually touching the boat), to sink their "battleship".
3. The first team to sink their ship is declared the winner.

Swimming Skills Required

Required skills depend on whether Sink the Battleship is played in shallow or deep water. Swimming skills are not required for the shallow water version of the game. Treading and underwater swimming skills are needed for the deep water version.

Underwater Obstacle Course

Equipment	12 plastic hoops, weights, adjustable polypropylene line, stop watch
Rules	<ol style="list-style-type: none">1. Build an obstacle course by setting up the hoops at various depths and distances from each other throughout the pool2. Time participants as they swim the prescribed pattern through the hoops. Add a 15 second penalty for each hoop missed by a participant.3. The participant with the fastest adjusted time is the winner.
Swimming Skills Required	Underwater swimming, surface diving and breath holding skills are required.

Hoops can be ordered from:

#130: Slalom Game Set (4 hoops)
\$8.49/set

Sprint - Rothammer International, Inc.
P.O. Box 5579
Santa Maria, CA 93456
(800) 235-2156

Pearl Diving

Equipment

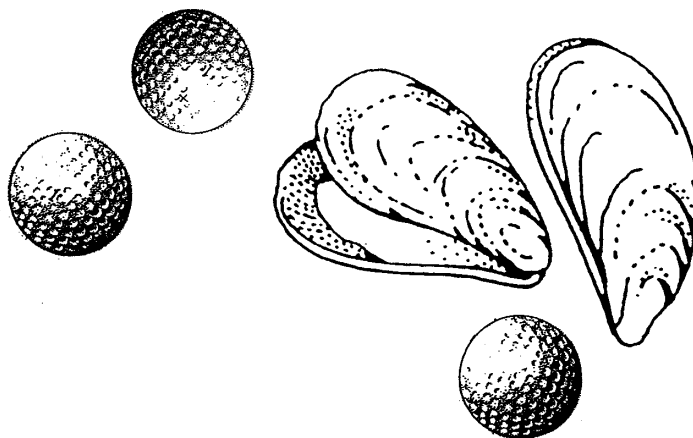
Old golf balls of different colors (white, orange, yellow...) or brands (Wilson, Spaulding...) are used as pearls. Assign point values to the different colors or brands of golf balls, with some "pearls" being more rare than others. Plastic buckets.

Rules

1. Drop the golf balls into the pool.
2. At the referee's signal, all players jump into the pool.
3. Players collect as many golf balls as they can and place them in their pearl collection buckets floating on the surface of the water or sitting on the edge of the pool deck.
4. When all the golf balls are collected, or when the referee signals the end of the round, players stop collecting "pearls", and count the points for the pearls in their collection buckets.
5. The player with the most points wins.

Swimming Skills Required

Underwater swimming with eyes open, surface diving and breath holding skills are needed to dive for "pearls".



Relays

Team Hula Hoop Running Relay

Equipment	Two hula hoops per relay team
Rules	<ol style="list-style-type: none">1. Players divide into even numbered relay teams and line up at the edge of the pool across the width of the pool from each other. The first player in each leg of the relay team is standing inside a hula hoop.2. The referee signals the start of the race.3. The first player from each team runs across the pool while remaining inside the confines of the hula hoop.4. Upon reaching his teammate, the first player grabs onto the second player's hula hoop, and the two players run the next leg of the race inside the confines of their own hoops.5. When the two participants reach the third member of the relay team, the third player joins the first player inside the confines of his hula hoop.6. The three member team then continues across the pool to pick up the fourth member of the team. Play continues in such a manner, until all members of the relay team are inside one or the other of the two hula hoops and have crossed the finish line.
Clarification	The two hoops must remain joined at all times. Success depends on a team's ability to run as a group.
Swimming Skills Required	Swimming skills are not needed in order to participate in this team running relay.

Towel and Bucket Relay

Equipment	One beach towel and two plastic buckets per relay team
Rules	<ol style="list-style-type: none">1. Players divide into even numbered relay teams and line up on the pool deck across the width of the pool from each other. The first player on each team is holding a beach towel in one hand.2. A plastic bucket is placed on the deck next to each relay team.3. The referee signals the start of the race.4. The first player from each team jumps feet first into the water and swims across the width of the pool while holding onto the beach towel and soaking up pool water. The towel can be rolled, bunched up, or dragged loosely across the pool.5. When a player reaches the edge of the pool, he climbs out of the pool and wrings water out of the towel and into the bucket.6. When the towel has been wrung dry, the towel is passed to the next team member, and the relay continues.7. Play continues until all the players on one team have completed the relay race.8. Water from the two buckets belonging to each team is combined into one bucket. The team with the most water in their bucket is declared the winner.
Swimming Skills Required	Advanced beginner swimming skills and an ability to jump from the edge of the pool and into chest deep water are required.

Sweat Suit Relay

Equipment

One sweat suit (shirts and pants) per relay team

Rules

1. Players divide into even numbered relay teams and line up on the pool deck across the width of the pool from each other. The first player on each team is wearing a sweat suit.
2. The referee signals the start of the race.
3. The first player from each team jumps feet first into the water and swims (or runs) across the width of the pool.
4. When a player reaches the edge of the pool, he climbs out and removes the sweat suit. Team members may assist the player with climbing out of the pool and disrobing.
5. The wet sweat suit is then donned by the next member of the relay team before he jumps into the pool. Participants may assist team members with putting on the wet sweat suit.
6. Play continues until all the players on one team have completed the relay race.

Swimming Skills Required

Intermediate swimming skills are needed to participate in the swimming, rather than running, version of the relay.

Magazine Relay

Equipment	One magazine per relay team
Rules	<ol style="list-style-type: none">1. Players divide into even numbered relay teams and line up at the edge of the pool across the width of the pool from each other. The first player on each team is holding an open magazine.2. The referee signals the start of the race.3. The first player from each team swims on her back using only her legs to propel herself across the width of the pool.4. While kicking across the pool, the player must read out loud from the magazine.5. A player completes her leg of the relay by handing off the magazine to the next person on her relay team.6. Play continues until all the players on one team have completed the relay race.
Safety	To prevent accidental head first collisions with a pool wall, race finish lines should be set a safe distance away from the walls
Swimming Skills Required	A participant must be able to swim on her back and propel herself across the pool without using her arms for propulsion.

Umbrella Relay

Equipment	One umbrella per relay team
Rules	<ol style="list-style-type: none">1. Players divide into even numbered relay teams and line up at the edge of the pool across the width of the pool from each other. The first player on each team is holding an open umbrella.2. The referee signals the start of the race.3. The first player from each team swims on his back using his legs and one arm to propel himself across the width of the pool.4. While kicking across the pool, the player must use one hand to hold the umbrella high out of the water.5. A player completes his leg of the relay by crossing the finish line and handing off the umbrella to the next person on his relay team.6. Play continues until all the players on one team have completed the relay race.
Safety	<p>To prevent accidental head first collisions with a pool wall, race finish lines should be set a safe distance away from the walls</p> <p>Only blunt tipped umbrellas should be used.</p>
Swimming Skills Required	A participant must be able to swim on his back and propel himself across the pool without using his arms for propulsion.

Balloon Bursting Relay

Equipment

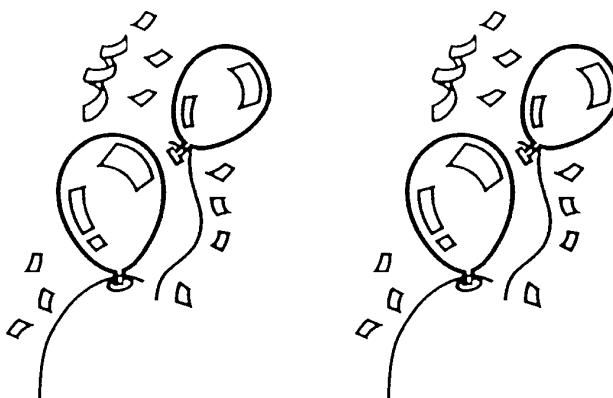
1 inflated balloon per participant

Rules

1. Players divide into even numbered relay teams and line up on the pool deck across the width of the pool from each other.
2. The referee signals the start of the race.
3. While holding onto a balloon, one player from each team jumps feet first into the water and swims (or runs) across the width of the pool.
4. When the player reaches the edge of the pool, she climbs out and sits on her balloon until it bursts.
5. After the balloon has burst, the next player in the relay team enters the water.
6. Play continues until all the players on one team have burst their balloons.

Swimming Skills Required

Advanced beginner swimming skills are needed to participate in the swimming, rather than running, version of the relay.



Ping Pong Ball Relay

Equipment

One ping pong ball per relay team

Rules

1. Players divide into even numbered relay teams and line up at the edge of the pool across the width of the pool from each other. The first player on each relay team is holding a ping pong ball
2. The referee signals the start of the race.
3. The first player from each team drops the ping pong ball in the water and starts swimming while blowing the ping pong ball ahead of himself across the width of the pool.
4. Upon crossing the finish line, the first player passes the ping pong ball to a teammate who then swims back across the pool in a similar manner. Once the ping pong ball has been dropped into the water, players may not touch the ball with their hands while crossing the pool or passing the ball to a teammate.
5. Play continues until all members of one team have completed the relay.

Swimming Skills Required

A participants must be able to swim while holding his head up and out of the water.

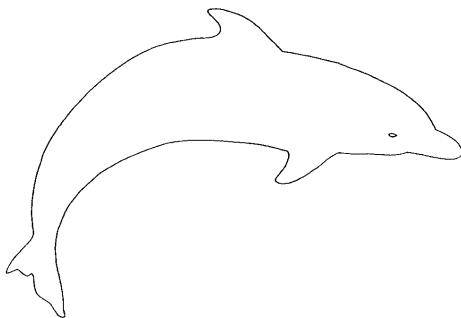
Dolphin Dive Relay

Equipment Permanent lane markers installed in the bottom of the pool

- Rules**
1. Players divide into even numbered relay teams and line up in the water at the edge of the pool across the width of the pool from each other.
 2. The referee signals the start of the race.
 3. The first player from each team plunges into the water and touches the first lane line with his hands. In a flowing motion, he then places his feet on the same lane line and plunges up out of the water and down to the second lane line. He continues this pattern across the whole width of the pool.
 4. Upon crossing the finish line, the first player tags his teammate. The teammate then dolphin dives back across the width of the pool.
 5. Play continues until all members of one team have finished dolphin diving across one width of the pool.

Safety To prevent accidental collisions with a pool wall, race finish lines should be set a safe distance away from the walls

Swimming Skills Required A participant must be able to run and repeatedly plunge into the water with his eyes open.



Over-Under Ball Passing Relay

Equipment	One playground ball or beach ball per team
Rules	<ol style="list-style-type: none">1. Teams consisting of even numbers of players line up in single file lines in chest deep water.2. The first player in line holds the ball.3. At the referee's signal, the first player quickly passes the ball over his head to the second player in line. The second player then passes the ball between his legs to the third player in line. The third player passes the ball over his head to the fourth player in line, and the pattern continues until the ball gets to the last person in line.4. Without turning around, the last player in the line returns the ball to the player standing in line ahead of him by passing the ball either overhead or between the legs of his teammate.5. When the ball again reaches the first person in line, he yells "one" to indicate the ball has traveled through the line of players once. He then repeats the relay by passing the ball either overhead or between his legs to the second player in line. This pattern continues until one team has completed ten cycles of passing the ball up and back through the line. The first team to complete ten cycles is declared the winner.
Swimming Skills Required	Swimming skills are not required, however, a participant should feel comfortable putting his face in the water.

Inner Tube Relay

Equipment	Inner tubes (one tube per participant)
Rules	<ol style="list-style-type: none">1. Players divide into even numbered relay teams and line up in the water across the width of the pool from each other. Players must sit in their inner tubes with their legs hanging over the sides of the tube.2. The referee signals the start of the race.3. The first player from each team propels himself across the pool using his arms and/or legs while remaining in the inner tube.4. Upon reaching his teammate, the first player grabs onto the second player's arm, and the two players propel themselves back across the pool.5. When the two participants reach the third member of the relay team, the second player grabs the third player's arm. The three member team then continues across the pool to pick up the fourth member of the team.6. Play continues in such a manner until all members of the relay team are connected in a chain of inner tubes, and all members of the team have crossed the finish line.
Clarification	The chain of inner tubes must remain joined at all times. Success depends on a team's ability to propel themselves as a unit.
Swimming Skills Required	A participant must be able to propel himself while sitting in an inner tube, and recover to a standing position if tipped out of his tube.

Holiday Events

Holiday Events: Christmas Tree Decorating

Equipment

Artificial tree, lightsticks, unbreakable and waterproof ornaments

Directions

1. Assemble the artificial tree on the pool deck. Make sure the branches are secured to the tree trunk.
2. Weight the tree and take it to the bottom of the pool. Place the tree on a level surface near the deepest point in the pool, but not directly over the main drains.
3. Attach 2 to 4 inches of monofilament line and a spring closure type clothespin to each ornament and lightstick.
4. Chemically activate the lightsticks.
5. Participants dive down to the tree and attach their ornaments and lightsticks to the tree branches with the clothespins.

Swimming Skills Required

Tree decorators must be able to surface dive, and swim underwater with their eyes open.



Holiday Events: Underwater Pumpkin Carving

Equipment	Pumpkins (seeds and "insides" must be removed prior to placing the pumpkin in the water), carving tools, Lite-Up® lightsticks
Directions	<p>Certified SCUBA divers may finish carving the faces in their jack-o'-lanterns while sitting on the bottom of the pool.</p> <p>Non divers may also participate, but must carve their jack-o'-lanterns on the deck, then surface dive to place them on the bottom of the pool.</p> <p>When carving is completed, lightsticks should be chemically activated and placed inside the jack-o'-lanterns. Pool lights can then be extinguished so participants can admire their work from the pool deck.</p>
Safety	Rather than allowing children to use sharp knives, blunt edged pumpkin carving tools (available at K-Mart, Wal-Mart or your local drug store) should be purchased and made available for use when carving the jack-o'-lanterns.
Swimming Skills Required	Participants must be able to surface dive to the bottom of the pool with their jack-o'-lanterns.



Holiday Events: Underwater Easter Egg Hunt

Equipment	Hard boiled and dyed Easter eggs, coins, candy sealed in Ziploc bags
Directions	Puncture a small hole in one end of each of the hard boiled egg shells. Gently place the eggs and other goodies at the bottom of the swimming or wading pool. Make sure the candy is tightly sealed in Ziploc bags and allow the bags to float at or near the water surface. Let participants enter the water and search for eggs, coins, and candy. Award prizes for eggs of a certain color.
Swimming Skills Required	Non swimmers and swimmers with various levels of skill may participate in the egg hunt.



Holiday Events: Green Pool For St. Patrick's Day

Sodium fluorescein can be used to dye the water in your swimming pool a greenish color for St. Patrick's Day. This is the same chemical is used by the City of Chicago each year to dye its river green in honor of St. Patrick. Pool operators typically use sodium fluorescein to test water circulation patterns, look for circulation "dead spots" and leaks in pools, and evaluate inlet operation. While dyed, the pool will glow in the dark when exposed to black light.

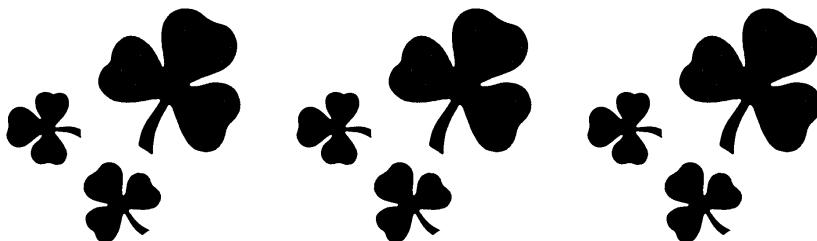
Equipment	Sodium fluorescein, black lights, green plastic soda or water bottles
Directions	<ol style="list-style-type: none">1. Read the MSDS sheet for sodium fluorescein provided by the chemical distributor.2. Clear the pool of bathers, and allow the water to settle for a few minutes. Make sure the water is at the proper level.3. Put on protective goggles and disposable latex gloves to prevent skin contact with the dye.4. Empty the container of dye into the skimmer basket or gutter drain nearest the pump. Use 3 ounces (a small Dixie Cup full) per 100,000 gallons of pool water. [If your pool has water-to-waste rather than recirculating gutters, turn off the circulation pump, isolate the hair & lint strainer, remove the strainer lid, empty the contents of the container into the basket, replace the lid, open the valves to permit normal water flow through the hair & lint strainer, and turn the circulation system back on.]5. After approximately one to three minutes, water dyed a bright, fluorescent yellow-green color will enter the pool through the return inlets. The dye should reach all areas of the pool within 10 minutes.
Safety	It won't hurt bathers to swim in the pool while the dye is

present. The water will change colors, but will not cloud up. As a matter of fact, sodium fluorescein is the same chemical your optometrist puts in your eyes during your annual eye exam. If you had a fluoroscopy, a medical procedure used to view various internal organs in motion, you would be asked to ingest a 25% solution of the fluorescent dye.

Clean-up

Depending on the condition of your pool circulation system, the water soluble dye should disappear completely within 1 to 4 hours.

If you spill any powdered dye on the pool deck, just dilute it with water and wash it down the deck drains. If you get full strength powdered dye on yourself, scrub with soap and water (– it may take a day or so to remove all traces of color). Do not breathe or swallow the dye. If you spill dye on your clothes, just wash normally in the washing machine with detergent and water.



Sodium fluorescein can usually be purchased from your local specialty pool chemical distributor, or can be ordered directly from a chemical manufacturer such as:

Spectrum Chemical Manufacturing
14422 S. San Pedro Street
Gardena, CA 90248-9985
(800) 772-8786, (310) 516-8000

Fluorescein, Water Soluble (FL 116)
Cost: 100 grams \$14.75
500 grams \$44.50

Theme Days

Theme Days

Conduct an occasional theme day at your pool to break the monotony, observe a special stage in a progression of lessons, or celebrate the end of a course or camp session. Here are some suggestions to help you in planning your first event.

- Beach Party** Create a sand beach on a section of the pool deck. Have a sand castle building contest. Encourage patrons to bring their beach chairs, mats and beach towels from home. Buy colorful beach umbrellas and place them in 5 gallon buckets of sand. Play Beach Boys, Jimmy Buffett, or Jan & Dean songs over the natatorium speakers. Have paddleboard and Boogie board races in the pool.
- Water Carnival** Organize a series of games and activities at the pool for a particular age group, or for the whole family. Award prizes. Broadcast calliope music over the sound system. ["Catch the Brass Ring" a CD containing 31 favorite merry-go-round calliope songs is available from Klavier Records of North Hollywood, CA].
- Hawaii** Play Hawaiian music over the natatorium speakers. Have free hula lessons in the water. Anchor a large, stable surfboard in deep water in the middle of the pool, and allow patrons to climb up, stand on the board, and pose for pictures in a surfing stance. Pass out plastic leis to all participants.
- Antarctica** Place ice cubes and blocks of ice in the pool. Hang penguin posters on the natatorium walls. Play natural sounds of penguins, seals and other sea mammals through the underwater speakers. [Cassette tapes and CDs of Antarctic sounds are available at the Nature Company stores].
- Birthdays** Purchase an inflatable birthday cake (available at Hallmark stores for under \$8.00) and float it in the pool. Have participants join hands to make a circle, and walk around the

cake while singing "Happy Birthday" to the birthday boy or girl. Have participants decorate their old swim caps and wear them as party hats. Decorate pool ladders with helium filled balloons and streamers. Provide a gift certificate for one free water fitness class or swim lesson.



Equipment Checklist

Inner Tube Water Polo

- _____ water polo caps
- _____ inner tubes
- _____ air compressor or bicycle pump
- _____ referee 2-flag stick
- _____ water polo balls
- _____ safety cones or goals

Dive-In Movies

- _____ inner tubes
- _____ 16 mm movie projector
- _____ screen
- _____ movie
- _____ stereo speakers
- _____ SCUBA gear
- _____ underwater dive light

Underwater Hockey

- _____ masks
- _____ fins
- _____ snorkels
- _____ underwater hockey sticks
- _____ work gloves
- _____ puck
- _____ goal

Underwater Football

- _____ Nerf or foam sponge football
- _____ safety cones

_____ water polo caps

Greased Watermelon

_____ watermelon
_____ petroleum jelly
_____ safety cones

Underwater Soccer

_____ inflatable ball partially filled with water
or Sub Ball
_____ safety cones

Sea Hunt

_____ laminated sea creature info cards
_____ laminated hunt lists and questions
_____ keys
_____ treasure chest

Goldfish Grab

_____ goldfish
_____ Ziploc bags

Pool Fish Pond

_____ sodium thiosulfate
_____ aerator
_____ copper sulfate
_____ fishing permit
_____ fish
_____ plastic bags for fish caught
_____ fishing poles and line
_____ hooks
_____ bait

- _____ bobbers
- _____ sinkers
- _____ needle nosed pliers

Magnetic Fishing

- _____ plastic fish cut-outs
- _____ magnets
- _____ wooden dowels and fish line
- _____ metal washers

Blob Accumulation Tag

No equipment required

Sponge Tag

- _____ sponges (1 per participant)

Sharks and Minnows

No equipment required

Rubber Duckie Float

- _____ numbered plastic or rubber ducks

Curious George Paper Boats

- _____ 8" by 11" sheets of paper

Balloon and Paper Plate Boats

- _____ plastic flexible straws
- _____ Styrofoam or plasticized plates
- _____ tape
- _____ scissors
- _____ balloons

Sensory Ball Games

- _____ multi-sensory balls
- _____ plastic buckets

Ring Toss

- _____ plastic cane rings
- _____ plastic 2 liter soda pop bottles
- _____ Velcro strips

Fins

- _____ 4 closed cell foam circles
- _____ cut-out of hands, head and shark fin
- _____ plastic rings

Poison Sponge

- _____ sponge

Bubbles

- _____ dish soap
- _____ Karo syrup
- _____ 5 gallon buckets
- _____ portable children's wading pools
- _____ hula hoops
- _____ plastic milk crates
- _____ wire hangars
- _____ plastic straws
- _____ string

Jell-O Games

- _____ flavored gelatin
- _____ Jell-O Berry Blue flavor gelatin

- _____ boiling water
- _____ portable children's wading pool
- _____ ice cubes
- _____ wooden spoon
- _____ plastic cups
- _____ gummy fish
- _____ 5 gallon buckets
- _____ fish shaped cookie cutters
- _____ pan

Bottle Knock Down

- _____ plastic soda bottles (capped)
- _____ Koosh balls

Circle Brick Pass

- _____ One 10 lb. diving brick per team

Kick of War

- _____ kickboards

Sink the Battleship

- _____ plastic toy boats

Underwater Obstacle Course

- _____ 12 plastic hoops
- _____ weights
- _____ adjustable polypropylene lines
- _____ stop watch

Pearl Diving

- _____ old golf balls
- _____ plastic buckets

Team Hula Hoop Running Relay

_____ 2 hula hoops per relay team

Towel and Bucket Relay

_____ one beach towel per relay team

_____ 2 plastic buckets per team

Sweat Suit Relay

_____ sweat suits (1 per team)

Magazine Relay

_____ magazines (1 per team)

Umbrella Relay

_____ umbrellas (1 per team)

Balloon Bursting Relay

_____ inflated balloons
(1 per participant)

Ping Pong Ball Relay

_____ ping pong balls (1 per team)

Over-Under Ball Passing Relay

_____ playground ball or beach ball
(1 per team)

Inner Tube Relay

_____ inner tubes
(1 per participant)

Christmas Tree Decorating

- _____ artificial tree
- _____ lightsticks
- _____ ornaments
- _____ clothespins
- _____ monofilament line

Underwater Pumpkin Carving

- _____ pumpkins
- _____ carving tools
- _____ lightsticks

Green Pool for St. Patrick's Day

- _____ sodium fluorescein
- _____ green plastic shamrocks

Underwater Easter Egg Hunt

- _____ hard boiled & dyed eggs
- _____ coins
- _____ candy
- _____ Ziploc bags

Theme: Water Carnival

- _____ calliope music
- _____ Equipment will vary depending on the activities selected

Theme: Beach Party

- _____ sand
- _____ beach chairs
- _____ beach towels and mats
- _____ beach umbrellas
- _____ 5 gallon buckets
- _____ sand toys

- _____ beach music cassettes
- _____ tape player (battery operated)

Theme: Hawaii

- _____ plastic leis
- _____ Hawaiian music cassette tape
- _____ tape player (battery operated)
- _____ surfboard
- _____ line and anchoring device

Theme: Antarctica

- _____ ice cubes
- _____ blocks of ice
- _____ penguin posters
- _____ sea mammal cassette tape
- _____ tape player (battery operated)

Theme: Birthday Party

- _____ inflatable birthday cake
- _____ balloons