

# Four Seasons Family Relay Carnival 2013

\*Details subject to change without notice\*

## **Beach ball Push Relay –4-8 years old**

Players must push a beach ball from one end of the pool to the other without touching the bottom of the pool with their feet. The ball must stay in their lane. When the swimmer reaches the other side, the ball and swimmer must touch the wall before the next swimmer may jump in. The last swimmer must touch the wall and put the ball on the side of the pool.

## **Soaked Shirt Relay – 9-12 years old**

Teams line up on one side of the pool. The first swimmer has a t-shirt on at the start of the race, swims to the other side and then gets out of the water at on the other side. The swimmer must remove the wet shirt and the next swimmer will put on the wet t-shirt and swim to the other side of the pool and get out of the water. Keep going until all players have completed the task —first team done wins. The shirt is very hard to get on and off while it is wet.

## **Dress up relay--- 13-18 year olds**

After the whistle blows, the first swimmer in each relay has to put on the clothes at the end of their lane and then swim across the pool. The swimmer must get out and remove all his(her) clothes, while the next person in the relay has to start to put on all the same clothes. When all the clothes are on, he(she) must swim to the other side and remove all the clothes for the next person to wear.

## **Bodies in Motion Relay Races – Family relay**

Players take turns going from one side of the pool to the other doing crazy motions. Each swimmer must swim a lap using a different technique. These will most likely be the techniques:

1. Doing 5 summersaults in the water on the way across the pool and using any other technique to get to the other side.
2. Twirling/spinning – taller swimmers should do this leg
3. Swim backwards –the feet must be first and lead the way across the pool
4. Walking

## **Pebble Relay --- 4-8 year olds**

The player holds a pebble in one hand, while swimming to the other side. At the other side, they need to stay in the water and pass the pebble to the next swimmer. Once the next swimmer has the pebble, they may swim to the other side. The first team to finish all 4 laps and still have the pebble wins.

## **Siamese Twins: Relay - 9 – 18 years old**

Have the Swimmers form into pairs and stand behind a standing line at one end of the pool. The inside ankles of the pair of swimmers are tied together. On signal, all pairs of swimmers join their inside hands and jump into the pool. They swim to the opposite side using only their outside hands and arms for locomotion. When the pair reaches the other side and one swimmer touches the wall, the next pair may jump in the water.

### **Freestyle relay 100m – Family teams**

#### **Ball Carry Relay ---7-10 year olds**

The players stand at the edge of the pool. The first Swimmer places a ball in one hand and jumps in the water. Holding the ball out of the water in one hand, she swims to the other side. If the ball is dropped, the player must stop, place the ball in his/her hand and continue. The last swimmer must touch the side of the pool with the ball in one hand.

#### **Ball Carry Relay ---11-18 year olds**

The players start in the water with a beach ball between his legs, and swims to the other side. If the ball is dropped, the player must stop, place between his legs and continue to the other side. The next swimmer may jump in once the previous swimmer ends, put the ball between their legs and off they go.

#### **Prince and Princess Race ---1 4-7 yr old; 1 coach or 15-18 yr old**

One swimmer (6 and under) sits in the tube. An older swimmer starts out of the water and needs to push the inner tube, with their prince(es) across the pool. The first team to reach the other side wins.

#### **Family Inner Tube Relay -families**

One member of a family needs to get in the inner tube and get across the pool. They must pick up the next member of the family and both need to get across the pool. One member must stay in the middle of the tube. Repeat until four family members are in/on the tube and get across the pool. The first team to touch the side, while still holding on to the tube, wins To be clear, only one person NEEDS to be in the tube, the rest can be in the water hanging on/pushing/pulling.

#### **Inner Tube Shuffle Relay; 1 4-7yr old; 4 8-15 yr olds**

The relay team has 5 members. The smallest member sits in the middle of the tube in the water and stays there the whole race. The first relay member of the team jumps in at the start of the race and pushes the inner tube across the pool. They must touch the wall and then the next member of the team jumps in and pushes the tube across the pool. Repeat until the fourth member pushes the tube to the other side and touches the wall while holding the tube.

**Medley relays – 100m Family teams, Swimmer mixed age; coaches, guards**

**Medley relay –back, breast fly, freeFreestyle relay 100m –mixed age teams (6&under, 7-10, 11-14, 15-18); Parent teams;**

Swimmers/coaches heat

Parents/Coaches/guards heat

**Party Island – mixed age teams (6&under, 7-10, 11-13, 15-18), Families, guards, coaches**

A team of 4 jumps into the deep end at the same time. All 4 team members then need to get on top of the island. Team members are allowed to help each other out. The goal is to get the whole team on top of the island in the least amount of time.