



Glenbrook Swim Club Christmas Fun Night

Come along and join us on Monday, the 10th of December, for our
Christmas Fun Night.

This year we are running 3 novelty relays plus there will be free time to just swim with your friends. Please **choose one relay** which is appropriate for you or your child.

Option 1 – For the 25m swimmers – “Freestyle” Relay

- Floaties and bubbles are welcome if required
- Children are placed in teams of 4 (depending on numbers)
- Children line up behind the blocks in their team
- One child swims at a time to the 25m mark.
- When they reach the 25m mark, the second team member jumps in and swims
- This is repeated until all 4 swimmers have finished
- Children may be assisted in the water by another swimmer or adult if required



Option 2 – For the 50m swimmers – Breaststroke Relay

- The Reindeer Relay – **Age 7+ (Guide)**
- Children are placed in teams of 6, depending on numbers
- Children must be able to swim 50 metres of breaststroke with their head above the water, wearing reindeer antlers – these will be handed over like a baton
- Swimmers will need to start in the water for this event (so they do not lose their antlers when diving in!)
- Prizes for 1st, 2nd, 3rd plus team with the driest antlers

Option 3 – For the more competent swimmers – Slip-Stream Relay

- Continuous Team Relay – **Age 10+ (guide – dependent on no. of swimmers)**
- Children are placed in teams of 6 (roughly one from each age group – 10, 11, 12, 13, 14, 15+)
- Children are seeded according to ability, not age
- Team relay – swimmer 1 swims 50m, then is joined by swimmer 2 who dives in once swimmer 1 has turned and surfaced. This continues until all 6 swimmers are in the water swimming in a single, straight line
- They are not allowed to overtake their team-mates and must keep within arm's reach at all times – slip-streaming
- Swimmers cannot dive in until the preceding swimmer has surfaced from their turn
- Swimmer 1 swims 300m, swimmer 2 swims 250m, swimmer 3 swims 200m, swimmer 4 swims 150m, swimmer 5 swims 100m, swimmer 6 swims 50m.
- Winning team – when the last person in the team touches the wall (not the first person). If swimmers overtake team-mates the team is DQed.