



## Glenbrook Swim Club Christmas Fun Night

Come along and join us on Monday, the 9<sup>th</sup> of December, for our  
**Christmas Fun Night.**

This year we will be having novelty relays, a lolly guessing competition and our club BBQ, offering a free sausage sandwich for every registered swim club member. Food and drinks will also be on sale for other family members.

We are offering 3 novelty relays this year plus there will be free time to just swim with your friends. Our relay selections are below. You may **choose any number of relay swims.** You will need to **enter via our website before the night** to ensure you do not miss out.

### Option 1 – 25m “Floatation” race

- This is an individual swim, not a relay
- It is open to all swimmers regardless of age – in fact, we encourage all to get involved simply for the entertainment of others!
- Swimmers are required to “swim” 25m using any type of floatation device they like – **bring your own or use one of ours**
- 1 prize per race – most entertaining “swim”



### Option 2 – The Reindeer Relay – Breaststroke Relay

- You must be able to swim 50m unassisted for this race
- Children are placed in teams of 6, depending on numbers
- Children 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 1<sup>st</sup> place and the team with the driest antlers..... even if they are last

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

- Continuous Team Relay
- Children are placed in teams of 4
- 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 4 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 200m, swimmer 2 swims 150m, swimmer 3 swims 100m, swimmer 4 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.
- Prizes for 1<sup>st</sup> and 2<sup>nd</sup> place