SWIMMING POOL GAMES

ASDA TOUR DE FUN

MAKE A SPLASH THIS SUMMER WITH OUR HELPFUL GUIDE TO FAMILY-FRIENDLY POOL GAMES.

WHAT YOU'LL NEED:

- LOCAL SWIMMING POOL OR THE POOL ON HOLIDAY
- FAMILY MEMBERS THAT CAN SWIM CONFIDENTLY
- PROPS FOR SPECIFIC ACTIVITIES LISTED BELOW
- SUN CREAM IF USING AN OUTSIDE POOL

Note: Adult supervision is required for this activity. Please make sure you follow the pool rules at the swimming pool.

GUIDE 1: THE DEEP DIVE

Dive for treasure in the depths of the water, will you be lucky enough to win?

Steps:

1. Firstly, ask one of the lifeguards if they have any pool weights available. If not you could use a spare penny!

2. Drop the weights into the pool - make sure you use a suitable area for everyone playing.

3. Everyone will enter the pool one at a time, leap down into the water to pick up the item and hopefully retrieve it. To save bashing heads, make sure each player takes their own turn.

4. Those not diving will count how long it takes the person diving to retrieve the item, out loud.

5. Repeat this for each person 3 times, add each person's 3 times together and whoever has the lowest time is the winner!

GUIDE 2: BALL RACE

This one is a family favourite for all abilities. The race is on to see who will be the fastest across the pool.

Steps:

1. Grab a beach ball or lightweight football.

2. Line 2 people up inside the pool, at the edge.

3. Throw the ball, and see who can grab it quickest – best of 3 and the winner will move on to the next round (or wins if only 2 are playing).

4. The quickest from each pairing will race against each other until, 1 person is the winner!

GUIDE 3: CLASSIC MARCO POLO

Marco Polo is a classic swimming pool game, and one that everyone will love playing this summer!

Steps:

1. Choose one person to be Marco. This person will try to catch someone else in the pool, whilst keeping their eyes closed throughout the game.

2. Have Marco stand in the pool and count to ten out loud whilst everyone hides around the pool, before Marco starts searching for one of the group.

3. Once Marco has counted to 10, they will then shout 'Marco', and everyone must reply with 'Polo' to give Marco a chance of catching them. This is repeated as often as necessary.

4. When Marco finds someone, they must tag that person, in order for the position of Marco to be transferred.

5. The next round will then start with the new Marco, and you can play this game for as long as you like.

GUIDE 4: DON'T LET THE BALL FALL

You've got to be on the ball to make sure it doesn't touch the water, or you'll be out!

Steps:

1. Grab a beach ball or light weight football.

2. Everyone needs to get in a circle in the pool.

3. The chosen person pushes the ball high into the air, aiming for another person in the circle.

4. That person than pushes it into the air toward another participant.

5. The game will continue in this way until 1 person drops the ball, and they will then be eliminated from the game. The final person standing will be the winner.