



Great Ideas for Hosting Your Friends and Family Swim Day

“Friends and Family Swim Day” will be a day of fun for your entire community! Become part of the We Want You on Our Team initiative that will bring families together through a day of fun and excitement at your pool and demonstrate that swimming is a healthy sport that can be enjoyed by everyone that lives in your community.

USA Swimming understands that you know your club better than anyone so feel free to implement your event in any manner that you wish. Listed below are some fun and easy-to-implement ideas to get you thinking about how you can host your own “Friends and Family Swim Day.”

BRING YOUR COMMUNITY TOGETHER WITH THESE FUN TAKES ON “FRIENDS AND FAMILY SWIM DAY”:

- Family Relay Races offering prizes for families with the best times (gold, silver, bronze medal)
- Kickboard Races
- Stroke and Turn Demonstration
- Potluck Supper – families can bring their own food and share with new friends while learning about the benefits of joining a swim team
- Flip Turn Clinic
- Invite a local radio station to broadcast live from your event.
- Life Skills clinics – ask the life guard to demonstrate life saving skills to all kids and families in attendance

We would love to hear about the success of your “Friends and Family Swim Day.” Please send an email with your event overview and pictures to USA Swimming at WWYOOT@usaswimming.org or mail event overviews and pictures to USA Swimming at:
USA Swimming
Attention: Friends and Family Swim Day
1 Olympic Plaza
Colorado Springs, CO 80909

All Friends and Family Swim Day pictures and descriptions will be posted online.

Good luck in organizing this year’s event.