




## Primary Schools Swimming Programme- Glasgow Life Swimming Pools



### Task 1

Can you find all the pools on a map of Glasgow?

Which is your nearest pool?



### Task 2

Add up the total length of ALL the swimming pools.

**Get Active**

Can you walk or run the **total length of Glasgow's swimming pools**?

### Task 3

**Instead of...**

- 10 x 25m front crawl
- 10 x 25m back crawl
- 10 x 25m breast crawl

**Swap for...**

- 10 x 25m shuttle runs
- 10 x 25m side stepping
- 10 x 25m skipping

No pool, no problem!