

Dreidel Swims - Hanukkah

Wednesday & Thursday

Warm up:

“Right to Left Snake” (SKP)

200 Swim + 200 Kick + 200 Pull

4 x 50 Odd Breast Kick, Even Dolphin Kick (800)

Dreidel Drill:

Nun - (None) Easy swim (no equipment)

Gimel - (Everything), full IM or 3 pieces of equip.

Hei - (Half): 1 piece of equip. per limb or Pull/Kick

Shin - (Everything, but) 1 piece of equipment

Menorah Set: Per Candle Spin Dreidel for Drill

Candle #1 = 1 x 50

Candle #2 = 2 x 50

Candle #3 = 3 x 50

Candle #4 = 4 x 50

Candle #5 = 5 X 50

Candle #6 = 6 x 50

Candle #7 = 7 x 50

Candle #8 = 8 x 50

<Repeat in Reverse> (1800/3600)

Cool Down: “Silent Swim” Choice