

APRIL - Week 5

PIRANHA HOME CHALLENGE for 11-13 yr olds

Finish the week, get a Piranha something, not sure but I will take care of you. Parents must sign-off. Activities can be made-up if you miss a day BUT YOU CANNOT SKIP AHEAD. Check the Piranha YouTube page, PiranhaSwimCT, for directions on how to perform warm-ups & exercises.

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| <p style="text-align: center;">Be Creative</p> <p>I am asking Piranhas to do something creative this week. Below are some ideas.</p> | <p>You will need two dice - 1st roll decides exercise, 2nd roll decides reps -</p> <p>11's, 20 rolls - 10 exercises, 10/U - 16 rolls for 8 exercises</p> | <p style="text-align: center;">Bottle Game</p> <p>(kind of like bowling w/ 1 pin).</p> <p>You will need an empty plastic bottle (like Poland Spring), a ball, a timer and a partner.</p> | <p>You will need a deck of cards. 1st draw decides exercise, 2nd draw decides reps</p> <p>11-13's, 20 rolls + = 10 exercises, 10/U, 16 rolls = 8 exercises</p> | <p style="text-align: center;">Bottle Game</p> <p>(kind of like bowling w/ 1 pin).</p> <p>You will need an empty plastic bottle (like Poland Spring), a ball, a timer and a partner.</p> | <p style="text-align: center;">SAT</p> |
| <p>1) Start a garden, I did!!.</p> <p>2) Paint or color a picture (Piranha picture would be awesome!)</p> <p>3) Build with blocks</p> <p>4) Build with Legos</p> <p>5) Create a video</p> <p>6) Try something you don't normally do as long as it's safe, like sing!</p> <p>7) Paint rocks with a positive work or quote, I would like to start a rock garden at the Y</p> <p>8) Anything fun and creative you can think of</p> <p>13</p> | <p>5 Minute Warm-up</p> <p>2 - Supermans</p> <p>3 - Plank taps</p> <p>4 - Super Sit-ups</p> <p>5 - Super Toe Touches</p> <p>6 - Swimmers-2 x dice</p> <p>7- Shuffles Steps-2 x dice</p> <p>8 - Inchworms</p> <p>9 - Shoulder Taps</p> <p>10 - Bird-Dogs-2 x dice</p> <p>11 - Suitcases</p> <p>12 - Burpees</p> <p>5 Min. Warm Down</p> <p>14</p> | <p>Object: knock over the bottle with the ball as many times as you can in 1 minute.</p> <p>1) Put a little bit of water in the bottle.</p> <p>2) Place bottle 6-7 ft away.</p> <p>3) Roll ball, knock over bottle, you have 1 minute.</p> <p>4) Each person goes.</p> <p>5) Person who knocks the bottle over the most gets to give the other player a 15 rep or 20 second exercise.</p> <p>5) Play at least 8-10 rounds</p> <p>15</p> | <p>5 Minute Warm-up</p> <p>Ace - Push-ups</p> <p>2 - But kicks</p> <p>4 - Side-side Lunges</p> <p>5-Push-up/T-drill combo</p> <p>6 - Shoulder Taps</p> <p>7 - Sit-ups</p> <p>8 - Squat Jumps</p> <p>9 - Plank Jax</p> <p>10 - Bicycles</p> <p>J - Leg Lifts</p> <p>Q - Super Planks</p> <p>K - Toe Touches</p> <p>5 Min. Warm Dow</p> <p>16</p> | <p>Object: knock over the bottle with the ball as many times as you can in 1 minute.</p> <p>1) Put a little bit of water in the bottle.</p> <p>2) Place bottle 6-7 ft away.</p> <p>3) Roll ball, knock over bottle, you have 1 minute.</p> <p>4) Each person goes.</p> <p>5) Person who knocks the bottle over the most gets to give the other player a 15 rep or 20 second exercise.</p> <p>5) Play at least 8-10 rounds</p> <p>17</p> | <p style="text-align: center;">OFF</p> <p style="text-align: center;">18</p> |
| <p>Please take a picture of your awesome creation.</p> | <p>Above workout Live on Insta and FB @ 1:00p</p> <p>12-13 year olds with Jessica @ 3:00p via Zoom</p> | <p>12-13 year olds with Jessica @ 3:00p via Zoom</p> | <p>12-13 year olds with Jessica @ 3:00p via Zoom</p> | <p>12-13 year olds with Jessica @ 3:00p via Zoom</p> | <p>12-13 year olds with Jessica @ 3:00p via Zoom</p> |