



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 100 MILE SWIM CHALLENGE

## 12 months to swim 100 miles

### Challenge Info

- 12 months to swim 100 Miles!
- January 2, 2019 to January 1, 2020
- All Ages Welcome!
- Keep track of the mileage you swim in the 100 mile card box located next to the lifeguard table in the indoor pool.
- All swim styles and techniques welcome! Dog paddle to all 4 swim strokes. The technique is not a priority, just the distance!
- This challenge will last one year! You will receive rewards at 25, 50, 75 and 100 miles.
- For more information, please contact Jeanne Moss at 452-3261 Ext 274 or [mmoss@ymcaerie.org](mailto:mmoss@ymcaerie.org)
- To register contact the Front Desk at 452-3261.



**Fee: \$45 for Members**

### How many laps is a mile?

**Length of Downtown Y pool = One end of the pool to the other (20 yards)**

**Lap = Down & back (40 yards)**

1 mile = 1,760 yards = Approximately 88 lengths or 44 laps

Keep track of the mileage by emailing [mmoss@ymcaerie.org](mailto:mmoss@ymcaerie.org) each Monday morning.