



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 100 MILE SWIM CLUB CHALLENGE



**STAY MOTIVATED**  
**STAY HEALTHY**  
**MAKE A DIFFERENCE**

This lap swimming challenge is conducted at your own pace in the Greenwood Y pool. Simply keep track of the laps you swim during each workout and record your mileage with a lifeguard on your tracking sheet. All miles will be totaled weekly and added to our swim challenge board on the pool deck. A t-shirt will be received after completion of 100 miles! If you don't want to stop at 100 miles, we will keep you going in our 250 mile and 500 mile challenge! There is a participation fee of \$20. The money for this program provides financial assistance for children, families, and individuals in our community to take swimming lessons. Registration begins December 1<sup>st</sup>, 2018 and is open throughout 2019!

**STARTS: JANUARY 2<sup>ND</sup>, 2019**

**ENDS: DECEMBER 31<sup>ST</sup>, 2019**

## **DISTANCE INFORMATION**

- **LENGTH = 25 yards**
- **LAP = 50 yards (down and back)**
- **MILE = 1,760 yards**
- **1,760 YARDS = 70 lengths or 35 laps**
- **GOAL = 176,000 yards or 3,520 laps**



