



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

100 MILE SWIM CHALLENGE

Every Stroke Counts

Feb. 01 Through Dec. 31st 2021

How Many Laps in a Mile?

- Our pool is 25-yards
- 1-mile is 1760 yards
- You need 35 laps, or one length 70 times
- 1 lap is down and back (50-yd)
- 1 Length is from shallow end to deep end (25-yd)

COST
\$25

How Can YOU Get to 100 Miles? Easy!

- 2-miles a week takes 50-weeks
- 3-miles a week takes 34-weeks
- 1-mile a day, 5 days a week, takes 20 weeks

Why Should You Be Part of the Challenge?

- You love to swim
- Great way to stay accountable
- Competition among family & friends
- Monthly communications and sample workouts

Challenge Information

- Open to facility members 13+
- All swim styles welcome - kickboard time too!
- After each swim, record your distance with an Aquatic Staff Member
- Registration is open online and with the Welcome Center Team
- Weekly Leaderboard Updates
- Each finisher will receive a challenge prize

Can You Do More? Don't Stop at 100-miles! We Want to See Who Can Get to 200, 300, or Even More!