



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

100 Mile Swim Club

Keeping and maintaining fitness goals can be challenging! Let us help by providing a little incentive and a new goal for you. Members can register for \$10 and track your swimming workouts with us this year. If you can tough it out and stick with the program until completion, you will look and feel great in your 100 Mile Swim Club T-shirt!

Rules

- Swim 100 miles throughout the year!
- Swim any way you want to! On your back, stomach, underwater, use a kickboard or flippers and anything else that can help you achieve your goal!
- Fill in your name, date, how many laps you swam, and the lifeguard will initial the paper provided and drop it in the box located in the Family Changing Room.
- We will total them every Monday and post how you are doing to help you keep up!
- If you are ever curious how you are doing, just check the progress sheet posted in the Aquatic Directors office window.

Distances

- 1 length = 25 yards
- 1 lap = 50 yards
- 1 mile = 1,760 yards = about 36 laps
- 100 miles = 176,000 yards = 3,520 laps