

# SUMMER SWIM CHALLENGE



**JUN. 1–AUG. 31**

Go the distance this summer in our Summer Swim Challenge, designed to give lap swimmers an extra accountability nudge to either stay on track or really push themselves!

## THE CHALLENGE

Choose your **AT YOUR OWN PACE** commitment at time of sign-up:

- Beginners or Returning Swimmers: 25 miles
- Consistent Swimmers: 35 miles
- Strong Swimmers: 50 miles

Break it down to meet your goal!

- Divide your distance by 12 weeks to determine your weekly goal
- Take advantage of weekly motivation challenges
- Recognition and raffle awards throughout the challenge

## THE RULES

- Just show up, swim laps, and log your distance.
- No racing
- No required schedule
- Any stroke
- Rest whenever needed

THE COST

**\$20**

MEMBERS

BIG HILL  
PARK

ROCK RIVER

RIVERSIDE  
PARK