

MAKE A **SPLASH**

STAY MOTIVATED. STAY ACTIVE.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

100 MILE SWIM CHALLENGE

CHALLENGE DATES:

January 1 - December 31, 2023

Complete this challenge at your own pace:

- All swim styles and techniques welcome!
- Technique is not a priority.
- Track your miles in the Swim Challenge Binder.
- Receive a t-shirt once you complete 100 miles.

How many laps in a mile?

- Length = one side of the pool or 25 yards
- Lap = down and back or 50 yards
- 1 mile = 66 lengths or 33 laps (1650 yards)
- 100 miles = 165,000 yards or 3,300 laps

How do you get to 100 miles?

- 2 miles a week = 100 miles in about 50 weeks
- 3 miles a week = 100 miles in about 33 weeks
- 1 mile a day 5 days a week = 100 miles in 20 weeks

MEMBER PRICE: \$20

Includes a t-shirt upon completion

QUESTIONS?

Contact Kim at kwaite@statelineymca.org

statelineymca.org/aquatics

