



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STAY MOTIVATED STAY HEALTHY MAKE A SPLASH

## 100 Mile Swim Challenge STATELINE FAMILY YMCA



### PUSH YOURSELF – ACCOMPLISH MORE

- January 1, 2022 – December 31, 2022
- Ages 16+
- All swim styles and techniques welcome! From dog paddle to all four competitive swim strokes. The technique is not the priority, just the distance.
- Swim and complete this challenge at your own pace.
- Track your miles in the 100 mile Swim Challenge Binder located near the lap pool.
- 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 equals 100 miles in about 50 weeks  
3 miles a week equals 100 miles in about 33 weeks  
1 mile a day 5 days a week, equals 100 miles in 20 weeks

#### COST:

**\$15.00 for members**

Reach 100 miles and receive a t-shirt.  
Reach 200+ miles and receive a water bottle

Register at our Membership Services Desk