



100 MILE SWIM CLUB

& MINI-MILER SWIM CLUB

Push yourself – accomplish more with our 100 mile swim club!

Details:

- 3,300 laps=100 miles
- 33 laps/66 lengths=1 mile
- Pool length=25 yards, Pool lap =50 yards
- Mini-Miler is for ages 12 and under
 - 50 Mile goal for Mini-Miler
- Keep track of your mileage in the 100 Mile Swim Club binder to stay motivated.
- Let the lifeguard know when you join the 100 Mile Swim Club!

Free T-shirt for those who reach the 100 Mile Swim Club or Mini-Miler goal

For more information contact Shannon Sanders at ssanders@unioncountyyymca.org.

