



# 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!

**Begins January 20, 2021**  
**Ends December 20, 2021**

**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](mailto:ssanders@unioncountyyymca.org).

Union County Family YMCA \* 1150 Charles Lane \* Marysville, Ohio 43040 \* 937-303-9285 \* [www.unioncountyyymca.org](http://www.unioncountyyymca.org)

