



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

STAY MOTIVATED & HEALTHY

100 Mile Swim Club Challenge

This swim challenge is conducted at your own pace & in Hayes-Taylor YMCA pool. Simply, keep track of the laps you swim on your mileage tracker form. After each workout, have the lifeguard or Renee sign your form. Give your mileage for the month to the lifeguard or Renee for monthly tracking.

Earn prizes along the miles and purchase a cool shirt for bragging rights!

STARTS: February 1, 2017
ENDS: December 31, 2017

DISTANCE INFORMATION:

Length: One lap of the pool 25 yards
LAP: Down & back =- 50 yards
1 MILE: 1760 yards
1,760 Yards: 70 lengths or 35 laps
GOAL: 176,00 yards or 3,520 laps!

Fee

\$ FREE for Members
\$ FREE for Potential Members
\$10.00 for Shirt

Questions? Please Contact:

Renee Hicks at 272-2131 or
renee.hicks@ymcagreensboro.org



Hayes-Taylor Memorial YMCA

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The mission of the YMCA of Greensboro is to put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all.
Financial Assistance available.