



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWIM THE YANGTZE RIVER

at the Bryan Family YMCA in 2017

# 长江

## The Course:

We will be swimming the equivalent of the Yangtze River as it runs from the Northern Tip of Shanghai to Zhenjiang (113.07 miles – or 3,980 laps in our pool). The contest will conclude on December 15th 2017\*. All swimmers who complete the distance of 100 miles or more will earn an 'I Swam The Yangtze River' T-shirt AND be entered into a drawing to win a FREE YEAR of BRYAN YMCA Membership\*\*!

Sign Up Today For Only \$20!

*\* A chart of Lap totals will be updated every 15-30 days.*

*\*\* Every 100 miles swam is equal to one (1) entry in the membership drawing.*

*Members may not win back-to-back free memberships.*

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

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