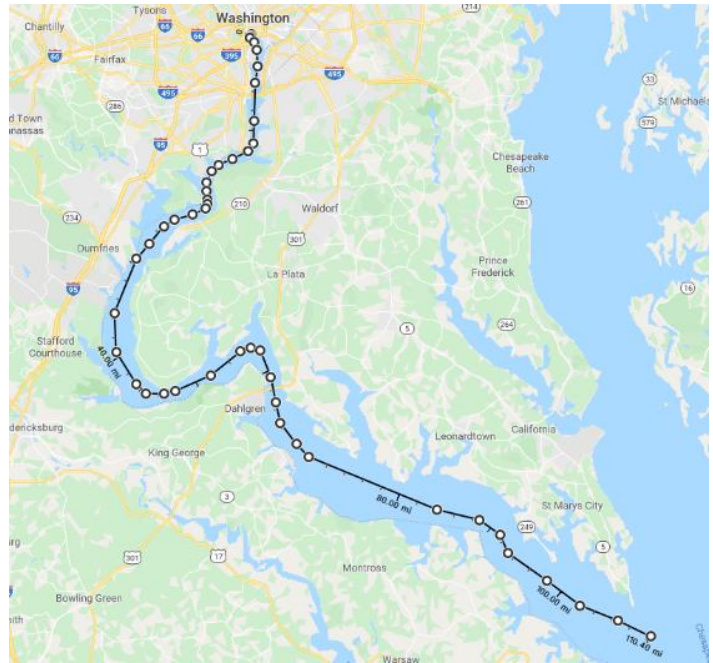




**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Swim the Potomac River

at the Bryan Family YMCA in 2020



The Course:

We will be swimming from the Chesapeake Bay, up the Potomac river, under the Ohio Drive Bridge into the Tidal Basin in Washington D.C.. Starting near Point Lookout Lighthouse, MD the total distance is approximately 110 miles. The contest will conclude on December 15th 2020*. All swimmers who complete the distance of 100 miles or more will earn an 'I Swam The Potomac 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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