



100 Mile Swim Club Registration

Simply keep track of the laps you swim during each workout at the Y and record your yardage/mileage. Have the lifeguard sign off on your yardage each time you swim.

The more miles you swim, the better the prize!

- **1-100 Miles: Hitting your Stoke! Prize includes a towel**
- **200+ Miles: Going the Distance! Prize includes a t- shirt**
- **300+ Miles: Master of the Pool! Prize includes all of the above & a water bottle!**

How many laps are in a mile??

Length = One end of the pool to other is 25 yards

Lap = Down and back is 50 yards

1 mile = 1,650 yards = Approximately 66 lengths or 33 laps

(We use a competitive mile, which is slightly less than an accurate mile. Comes down to meters vs yards)

How can you get to 100 miles?? It's as easy as:

- 2 miles a week equals 100 miles in about 50 weeks.
- 3 miles a week equals 100 miles in about 33 weeks.
- 1 mile a day, 5 days a week, equals 100 miles in 20 weeks.

Swimmer Information:

Cost: \$25

You can register at the front desk or online: beaufort-jasperymca.org

Name: _____

Email: _____

Shirt size: _____ Mobile number: (_____) _____



100 MILE SWIM CLUB

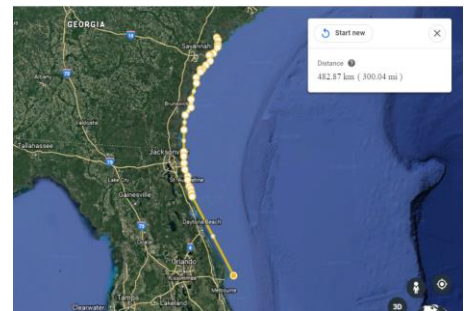
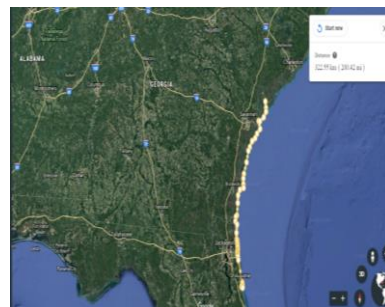
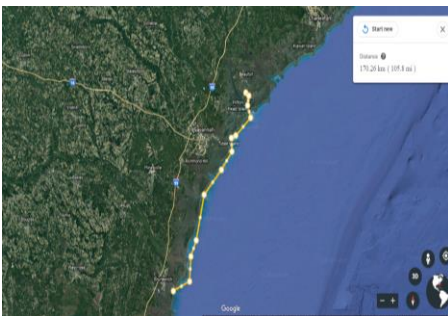
NEW Year, New CHALLENGE!

Join us for this year's 100-mile swim club in swimming along the East Coast.

Swimming approx. 100 miles along the Atlantic coast will get you to Brunswick, GA.

Approx. 200 miles St. Augustin, Fl.

Approx. 300 miles -Cocoa Beach, Fl.



**Don't forget to have fun.
Challenge begins on January 1, 2019**

To Get Started Fill out the registration form (at the front desk or online).

THIS CHALLENGE IS DONE AT YOUR OWN PACE.

Cost is \$25.00

Challenge runs from Jan. 1, 2019 until Dec. 31, 2019

SIMPLY KEEP TRACK OF THE LAPS YOU SWIM DURING EACH WORKOUT AND RECORD YOUR YARDAGE/MILEAGE ON THE TRACKING SHEET LOCATED BEHIND THE GUARD CHAIR. THE MORE YOU SWIM THE BETTER THE PRIZES AND THE HIGHER THE BRAGGING RIGHTS!

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT LOU BERGEN, AQUATICS DIRECTOR: : l.bergen@wardlefamilyymca.org or 843.522.9622

We will celebrate your success in completing this challenge at the beginning of 2020 with a healthy breakfast and prizes