



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SCHALMO FAMILY YMCA 100 MILE SWIM CHALLENGE

**REGISTER NOW!**

Participants will have from March 1 - December 31st 2022 to swim 100 miles at your own pace. We will have a tracking sheet on the deck for everyone to track their laps. Participants who complete the 100 miles will receive a t-shirt at the end of the year.

Length= 25 yards

Lap= 50 yards (down and back)

1 Mile= 1,650 yards (66 lengths/33 laps)

Water Fitness classes count for 1/2 mile

FEE: Members Only \$20

WHO: Anyone 12 and up (Participants under 14 must be a green band)

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