



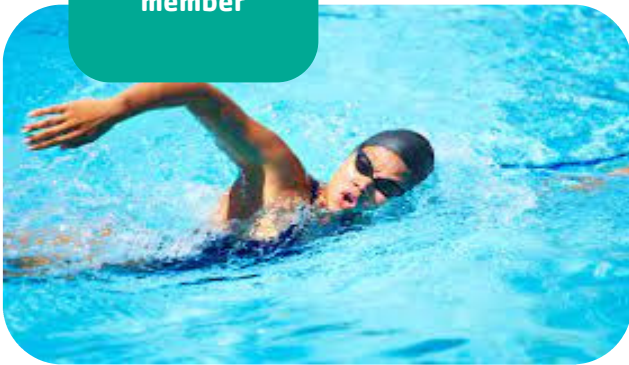
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

100 Mile Swim Club Twin Pike Family YMCA

COST
\$15

Must be a YMCA
member

January 1st—December 31st, 2023



Club Information:

- Must be 12 or older to participate
- All swimming strokes can be used
- Track your miles in the swim club binder located on the pool deck.
- Prizes will be given for all participants that complete the 100 miles

Prizes:

- 100-149 Miles– 100 Mile Swim Club T-Shirt
- 150-199 Miles– T-Shirt and YMCA Draw String bag
- 200+ Miles– T-shirt, Bag and YMCA Water Bottle

How many laps is a mile?

- We use the competitive swimming recognized 1,650 yard "Swimming Mile".
- Length- One side of the pool to the other is 25 yards
- Lap- Down and back or 50 yards
- 1 Mile- 1,650 yards or approximately 66 length or 33 laps
- 100 Miles—165,000 yards or 6,600 lengths or 3,300 laps



Want to help design the 100 Mile
Swim Club T-shirt? Email
Aquatics Director, Joe
MacLaughlin, with your ideas!
Joe.MacLaughlin@twinpikefamilyymca.org

TO REGISTER: Visit the Twin Pike
Family YMCA Welcome Center