



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, 2022**



## 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?

- Length—One side of the pool to the other is 25 meters
- Lap—Down and back or 50 meters
- 1 Mile—1,600 meters or approximately 64 length or 32 laps
- 100 Miles—160,000 meters or 6,400 lengths or 3,200 laps



Want to help design the 100 Mile Swim Club T-shirt?  
Email Aquatics Director,  
Jane Riley, with your ideas!

**TO REGISTER:** Visit the Twin Pike Family YCMA Welcome Center