



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

100 MILE SWIM CLUB CHALLENGE



**STAY MOTIVATED STAY
HEALTHY
MAKE A DIFFERENCE**

This lap swimming challenge is conducted at your own pace in the YMCA of the Northwoods pool. Simply keep track of the laps you swim during each workout and record your mileage on your tracking sheet.

STARTS: October 10th, 2022
ENDS: June 4th, 2023
FEE: \$10

DISTANCE INFORMATION:

LENGTH: One length of the pool is 25 yards
LAP: Down and back is 50 yards
1 MILE: 1,650 yards
YARDS: 66 lengths or 33 laps
GOAL: 165,000 yards or 3,300 laps

If you have any questions please contact Stephanie Dahlquist at 715-362-9622 x.104 or sdahlquist@ymcanw.org.

100 MILE SWIM CLUB LEVELS

LEVEL 5: MASTER OF THE POOL

Mile Marker 81 to 100

LEVEL 4: GOING THE DISTANCE

Mile Marker 61 to 80

LEVEL 3: HITTING YOUR STROKE

Mile Marker 41 to 60

LEVEL 2: MAKING WAVES

Mile Marker 21 to 40

LEVEL 1: SPLISH SPLASH

Mile Marker 0 to 20

