



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IT'S YOU AND THE POOL!

100 MILE SWIM CLUB

January 1 - December 31, 2018

COMMIT TO 2018!

Stay motivated all year long by joining us as we #SwimTo100! Keep track of the miles you swim and receive prizes every 25 miles!

All are welcome to participate.

PRIZES

25 Miles - YMCA Swim Cap

50 Miles - Water bottle

75 Miles - Goggles

100 Miles - Club T-shirt



LAP MILEAGE



Pueblo YMCA (15 yd)

117.33 single touches or
58.66 down and back

1 Mile = 1760 yds

Centennial HS (25 yd)

66 single touches or
33 down and back

1 Mile = 1650 yds

SIGN UP TODAY!

Contact Monica Parnell - Senior Program Director at
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