



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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CAN YOU GO THE DISTANCE?

May Swim Challenge

Looking for a way to stay motivated with your swim workout? Take the plunge and join our swim challenge the month of May!

15 miles = 24,750 yards = 990 lengths of 25 yard indoor pool
1 swimmer's mile = 33 laps 1 lap = 50 yards

****Registration form on reverse side****

Please contact YMCA Aquatics Directors with any questions:

Hickory Foundation YMCA 828.324.2858
Adrian L. Shuford, Jr YMCA 828.464.6130



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May 2022 Swim Challenge Registration Form

Name: _____

Date of Birth: _____

Email Address: _____

T-shirt Size: S M L XL XXL

Rules

- Complete the registration form and return it to the front desk.
- Record every half mile achieved on the challenge chart. Each half mile should be clearly marked in each square on the chart.
- 1 box = 1/2 mile completed
- 33 laps = 1 swimmer's mile
- 1 lap = 50 yards
- Workouts must be completed May 1-31, 2022.
- You may record workouts that were completed during vacation, travel, etc.
- Cheating is strongly frowned upon but bragging (when finished) is strongly encouraged.
- The first 25 members to complete the 15 mile swim challenge will be notified by the branch and will receive a t-shirt in recognition of their achievement.