



100 MILE SWIM GROUP

Get ready to make some waves at the Y and join the 100 Mile Swim Club!

SWIM 100 MILES IN 12 MONTHS

Earn bragging rights, receive our 100-MILE SWIM CLUB t-shirt, plus your name added to our 100-MILE SWIM CLUB recognition wall on the pool deck.

Swim at your own pace and record your miles. Any form, any technique, distance is the priority!

REGISTER ANYTIME
FEE: \$10/Y member



Open to members of the Fond du Lac Family YMCA.

Log your laps/miles in the swim club binder located on the pool deck. Claim your 100 Mile Swim Club t-shirt with the Aquatics Director or Aquatics Specialist after logging 100 miles.



HOW TO ACHIEVE YOUR GOAL:

SWIM 2 MILES A WEEK: 100 miles in about 50 weeks

SWIM 3 MILES A WEEK: 100 miles in about 33 weeks

SWIM 1 MILE A DAY, 5 DAYS A WEEK: 100 miles in 20 weeks

1 mile = 1650 yards, 66 lengths, 33 laps

100 miles = 165,000 yards, 3,300 laps

FOND DU LAC FAMILY YMCA | 90 W. 2nd Street, Fond du Lac
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