

A photograph of a swimmer in a pool, captured from an underwater perspective. The swimmer is in a streamlined position, moving towards the right. The pool's lane lines and the water's surface are visible in the background.

# Every Stroke Counts 100 MILE SWIM CLUB @ AAYMCA

**Track your mileage January 1 – December 31, 2023**  
**Registration open NOW through June 30, 2023!**

**100 Mile Challenge – \$35**  
**NEW!!! 25 Mile Challenge – \$15**

25 yard pool  
Length – One end of pool to other (25 yards)  
Lap – Down and back (50 yards)  
**36 laps/72 lengths = 1 mile\***

Do you like to swim?

Do you find yourself frequently swimming laps at our pool no matter the weather?

Are you looking for a new challenge to take your swim workouts to the next level?

This challenge might be for you!!! Join the club and experience the reward of swimming 100 miles in one calendar year! Also, NEW for 2023, we are offering a beginner's challenge of 25 miles in one year! Simply register at the front desk. A name tag will then be placed on the mural at the pool for you to track your progress from January 1 - December 31. Prizes will be awarded at 25 miles for both challenges, and a grand prize is given once you reach 100 miles!

\*members may also choose to use the competitive swimming standard of 1650 yards (33 laps/66 lengths) to track mileage

Questions?  
Contact Hollie Hall  
Aquatics Director  
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