



Ashland Area YMCA

1000



MILE SWIM CLUB

TWENTY TWENTY-TWO

COST

\$40

AAYMCA
Members**

January 1 – December 31, 2022

25 yard pool

Length – One end of pool to other end (25 yards)

Lap – Down and back (50 yards)

36 laps/72 lengths = 1 mile*

Calling all lap swimmers!

Join the challenge of swimming 100 miles in one calendar 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 are awarded for reaching milestones at 25 and 75 miles with a grand prize given once you reach 100 miles!

Contact Hollie Hall, Aquatic Director, with questions at (606)324-6191 or hhall@ashlandareaymca.org

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

**Non-member cost \$50