

100-Mile Swim Challenge

January 1 - December 31, 2022



REGISTER TODAY FOR \$25

- Swim 2 miles a week to stay on pace
- Track the laps you swim and record your yardage on the log sheet in the aquatic center
- 70 lengths = 1750 yards = 1 mile
- 1 hour of water walking = 1800 yards
- Progress reports will be posted in the aquatic center each month
- Each person who completes the challenge will receive a shirt



Register in-person at
Logan Fitness, online at
jalc.edu/loganfitness, or by
calling (618) 985-2828 ext. 8502