



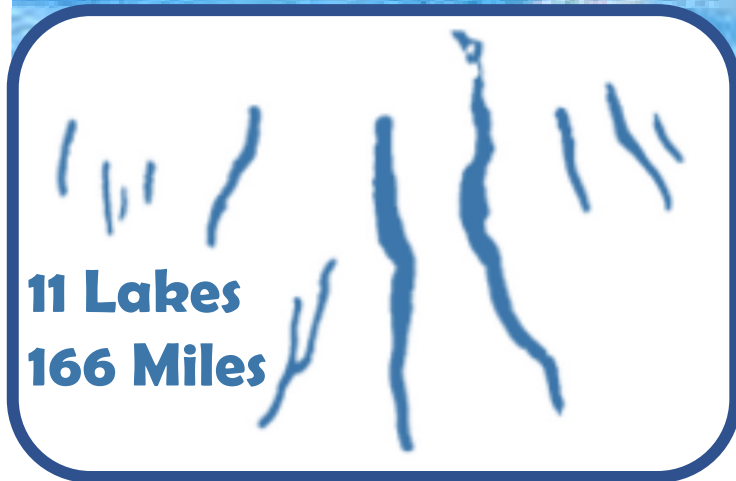
FINGER LAKES SWIM THE DISTANCE CHALLENGE

Earn a 166 Mile
"Swim the Distance"
T-Shirt!



Earn a FLX
Water Bottle

Virtual Finger Lakes Lap Swim Challenge



August 1, 2022 – July 31, 2023

Join our brand new FLX
"Swim the Distance" Lap Swim Challenge



Starting August 1, 2022, members are invited to take the challenge to swim the length of all 11 Finger Lakes.



Participate in healthy competition, get newfound motivation for your water workouts and reach your personal goals.



Track your miles and win prizes as you reach milestones!

Can you SWIM the DISTANCE??

Candice Lake	3 Miles
Honeoye Lake	4.5 Miles
Otisco Lake	5.4 Miles
Hemlock Lake	7 Miles
Conesus Lake	8 Miles
Owasco Lake	11.1 Miles
Canandaigua Lake	15.5 Miles
Skaneateles Lake	16 Miles
Keuka Lake	19.6 Miles
Cayuga Lake	38 Miles
Seneca Lake	38 Miles

Total

166 Miles!



COST
\$25

FINGER LAKES "SWIM THE DISTANCE"

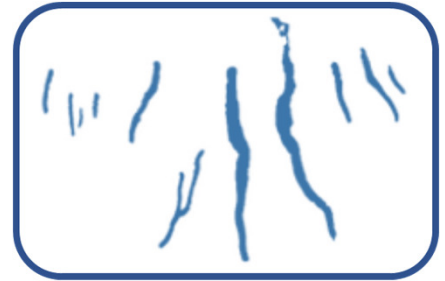
VIRTUAL LAP SWIM CHALLENGE

August 1, 2022 – July 31, 2023

How Many Laps in a Mile?



- Our pool is 25-yards
- 1-Mile is 1760 yards
- You need 35 laps, or one length 70 times
- 1 lap is down and back (50-yards)
- 1 Length is from shallow end to deep end (25-yards)



Why Should You Be Part of the Challenge?



- You love to swim
- Great way to stay motivated and accountable
- Competition among family & friends
- Fun progress tracking leader boards!



How Can You Swim 166 Miles? Easy!



- 3.5-miles a week takes 48-weeks
- 1-mile a day, 5 days a week takes 20 weeks

Challenge Information



- Open to members 13 and up
- All swim styles welcome – kickboard time too!
- After each swim record your distance in the tracker log
- Register at the Front Desk
- Weekly Leaderboard Updates
- Milestone prizes throughout the Challenge!

