

# Swim the English Channel

Participant Name: \_\_\_\_\_

Laps		21 Miles/656 Lengths	
Number of Laps:	Date:	Number of Laps:	Date:

## Swim the English Channel Challenge Requirements:

**Swim the English Channel** - 21 miles = 656 lengths in the pool! Calculated over 30 days, that's only about 22 lengths per day - do you have it in you? You may walk or swim these lengths. We'll know who did this challenge - you'll be the one with the pruned fingers! HFM Wellness Center and YMCA

Tracking sheets must be submitted to the front desk of the YMCA OR HFM Wellness Center **NO LATER THAN THE CLOSE OF BUSINESS ON WEDNESDAY, MARCH 19, 2020.**

You can purchase 1 month memberships at any or all participating facilities\* (HFM Wellness Center, YMCA, Planet Fitness, Strand Adventures) for the bargain of only \$10.00 within the 30 day time period of Feb Feb 17th to March 17th. You may earn no more than 1 prize no matter how many challenges you complete, but the fitness level you achieve from completing them all is priceless, right?!

