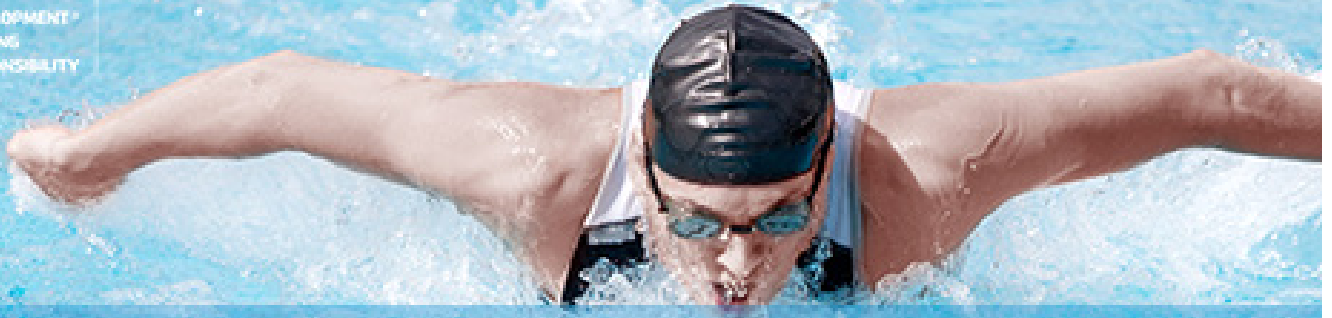




FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

eliminating racism
empowering women
ywca



CAN YOU CONQUER THE WATER?

150 Mile Swim Challenge

Purpose: To improve personal fitness and get involved with peers inside the Dubuque Community YMCA/YWCA.

Why 150 Miles? 2016 marks the Dubuque Community YMCA/YWCA's 150th year of service to the community.

How Does It Work? Swim any amount of lengths and have the Lifeguard record your lengths and build your way to 150 miles.

How Far Is A Mile? 72 lengths is a mile.

Do I Have To Swim A Mile Every Time I Swim? No. You can swim 20 lengths on one day, 24 lengths on another, 16 lengths on another, and 12 on the following visit to get to one mile.

How Long Do I Have To Swim 150 Miles? Starting December 1, 2016 and ending on September 11, 2017, you will have 285 days to swim 150 miles.

Why September 11th, 2017? This date marks the end of the Dubuque Community YMCA/YWCA's 150th birthday celebration.

DUBUQUE COMMUNITY YMCA/YWCA
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