



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2012 Winterblast Swim-marathon

Rather than cooling off on the couch, break off the ice and warm up in the pool with the 2012 Winterblast Swim-Marathon. In this challenge, you have 49 days to finish 26.2 miles of swimming. Who will be crowned the KING or QUEEN (or prince / princess) of the POOL? Swim enough and it could be you!

Ages

6 and older

When

All yards must be completed between January 11 and February 29, 2012. The registration deadline is February 22nd, 2012 and can be completed at the front desk at the L-S YMCA.

Where

Swim at either the L-S or City YMCA Branch.

Fee

\$15 for all members and staff

Contact

Mike Siers, Aquatics Director
P: 717-464-4000 x 243 msiers@lancaasterymca.org

Additional Info:

The 2012 Winterblast Swim-Marathon requires members to complete a set number equivalent to a marathon's 26.2 miles or 922 laps (down and back)



Total number of yards must be completed and signed off by a lifeguard or coach, on the attached log sheet between January 11 and February 29. A t-shirt will be awarded to every participant who completes the challenge. We will also be awarding special prizes for efforts beyond the minimum requirements. The first to complete their yardage in each age group will receive a winner's crown. Please stop by the front desk to register. A snowman cap will be ordered for those swimmers registered by January 20.

If you wish to have your mileage recorded on weekly chart on the bulletin board email your laps/ miles to msiers@lancaasterymca.org or show your mileage chart to Mike.

LAMPETER-STRASBURG Y

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2012 Winterblast Swim-Marathon							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly total
		11 # of lengths _____ LG/Coach	12 # of lengths _____ LG/Coach	13 # of lengths _____ LG/Coach	14 # of lengths _____ LG/Coach	15 # of lengths _____ LG/Coach	Laps__/35.2 Miles____ Grand Total _____
16 # of lengths _____ LG/Coach	17 # of lengths _____ LG/Coach	18 # of lengths _____ LG/Coach	19 # of lengths _____ LG/Coach	20 # of lengths _____ LG/Coach	21 # of lengths _____ LG/Coach	22 # of lengths _____ LG/Coach	Laps__/35.2 Miles____ Grand Total _____
23 # of lengths _____ LG/Coach	24 # of lengths _____ LG/Coach	25 # of lengths _____ LG/Coach	26 # of lengths _____ LG/Coach	27 # of lengths _____ LG/Coach	28 # of lengths _____ LG/Coach	29 # of lengths _____ LG/Coach	Laps__/35.2 Miles____ Grand Total _____
30 # of lengths _____ LG/Coach	31 # of lengths _____ LG/Coach	Feb. 1 # of lengths _____ LG/Coach	2 # of lengths _____ LG/Coach	3 # of lengths _____ LG/Coach	4 # of lengths _____ LG/Coach	5 # of lengths _____ LG/Coach	Laps__/35.2 Miles____ Grand Total _____
6 # of lengths _____ LG/Coach	7 # of lengths _____ LG/Coach	8 # of lengths _____ LG/Coach	9 # of lengths _____ LG/Coach	10 # of lengths _____ LG/Coach	11 # of lengths _____ LG/Coach	12 # of lengths _____ LG/Coach	Laps__/35.2 Miles____ Grand Total _____
13 # of lengths _____ LG/Coach	14 # of lengths _____ LG/Coach	15 # of lengths _____ LG/Coach	16 # of lengths _____ LG/Coach	17 # of lengths _____ LG/Coach	18 # of lengths _____ LG/Coach	19 # of lengths _____ LG/Coach	Laps__/35.2 Miles____ Grand Total _____
20 # of lengths _____ LG/Coach	21 # of lengths _____ LG/Coach	22 # of lengths _____ LG/Coach	23 # of lengths _____ LG/Coach	24 # of lengths _____ LG/Coach	25 # of lengths _____ LG/Coach	26 # of lengths _____ LG/Coach	Laps__/35.2 Miles____ Grand Total _____
27 # of lengths _____ LG/Coach	28 # of lengths _____ LG/Coach	29 # of lengths _____ LG/Coach					Laps__/35.2 Miles____ Grand Total _____