

50/50 WATER FITNESS CHALLENGE

offered at the

Dillon Family Aquatics Center



Let's make your water workouts fun while working toward a goal!

We are challenging **swimmers, walkers and water aerobic participants** to keep track of the laps (swimmers) and minutes (walkers and water aerobics participants) while you are using the pool. SWIMMERS – you are challenged to swim 50 miles and WALKERS/AEROBICS – you are challenged to use the water for 50 hours. Each participant will be given a chart to keep track of the hours/time spent in the pool. The honor system will be in place.

WHEN – Sunday, October 1, 2023 through Wednesday, January 31, 2023.

SIGN-UP BEGINS – Friday, September 1, 2023.

COST - \$25. Cost includes one free day pass so you can bring in a friend to workout with you, a goal setting consultation with a master's swim coach or a water aerobics instructor and a t-shirt when you complete the challenge.

You may register and pay for this class online – fremontfamilyymca.org or use the registration slip at the bottom of this flyer which must be returned to the aquatics center's front desk with payment.

How about challenging a friend or family member to do it with you? Having someone to challenge you will keep you working hard toward your goal.

QUESTIONS – Miranda Long, aquatics director, 402-721-6952 or mirandal@fremontfamilyymca.org.



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

(Please register and pay on or before Friday, September 1, 2023)

50/50 WATER FITNESS CHALLENGE – 2023

Name _____ Age _____

Address (street, city, state, zip) _____

Phone _____ Email _____

Emergency contact _____ Phone _____

Shirt size **Adult XS** **Adult Sm** **Adult Med** **Adult Lg** **Adult XLg** **Adult XXLg**

OFFICE USE ONLY:

Date Pd. _____ Amt. Pd. _____ Received by _____

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Please use this chart to keep track of the miles you swim (swimmers) or the time spent in the pool (walkers/water aerobics classes). Once you reach the 50 mile or 50 hour mark, please return it to the front desk so you can receive your shirt. Congratulations!

OCTOBER (mark your miles or minutes in the appropriate box)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				TOTAL

NOVEMBER (mark your miles or minutes in the appropriate box)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23 (pool closed)	24	25
26	27	28	29	30		
						TOTAL

DECEMBER (mark your miles or minutes in the appropriate box)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 (pool closed)	25 (pool closed)	26	27	28	29	30
31						TOTAL

JANUARY (mark your miles or minutes in the appropriate box)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 (pool closed)	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			TOTAL