

the 50 WATER FITNESS CHALLENGE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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 their laps (swimmers) or minutes (walkers and water aerobics participants) while you use the pool.

SWIMMERS – you are challenged to swim a minimum of 50 miles

WALKERS/AEROBICS – you are challenged to be in the water 50 hours

When you register, you will be given a chart to help you keep track of your progress. The honor system will be used.

WHEN – Tuesday, October 1, 2024 through Friday, January 31, 2025

REGISTRATION – begins Sunday, September 1, 2024

COST - \$25

If you have questions about how to get started or how to manage your time, please ask Miranda, aquatics director, and she can give you guidance on how to reach your goal and get more out of your workout.

You can register and pay online at fremontfamilyymca.org or complete the registration below which you will return to the aquatic center's front desk with payment.

At the end of the challenge, you will receive a t-shirt.

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

(Please register and pay on or before Sunday, September 1, 2024)

50/50 WATER FITNESS CHALLENGE – 2024/2025

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 _____

50/50 WATER FITNESS CHALLENGE – 2024/2025

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 (pool closed)	22	23
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