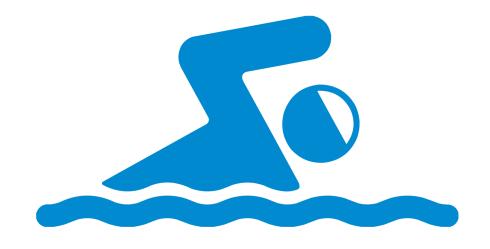
DATE	NUMBER OF LAPS (ONE LAP = 25 YARDS)	TOTAL OF YARDS (# OF LAPS X 25)



FOUNDATION YMCA'S JANUARY

5 HALLENGE



HOW LONG IS 5 MILES?

To successfully tackle your 5-mile swim challenge, here's a quick overview of our pool! Since one lap in our pool measures 25 yards, you will need to swim a total of 350 laps to cover 5 miles or 8,750 yards.

To simplify your calculations, here are some handy conversions:

- ONE MILE = 70 LAPS
- TWO MILES = 140 LAPS
- THREE MILES = 210 LAPS
- FOUR MILES = 280 LAPS
- FIVE MILES = 350 LAPS

Ready to rack up those yards? Jot down your progress in your handy pamphlet! If you cross the finish line by month's end, strut your stuff to the front desk. You'll score a chance to win an awesome YMCA duffle bag in the drawing! Happy tracking!

DATE	NUMBER OF LAPS (ONE LAP = 25 YARDS)	TOTAL OF YARDS (# OF LAPS X 25)