



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

SWIMMING CHALLENGE

Burbank YMCA

**Swim The Distance Of The English Channel
February 1 to February 29**



Try this challenge by yourself or team up with up to 4 other members to complete 22.5 miles in the pool.

CHALLENGE DETAILS:

Come to the Burbank YMCA Pool during lap swim (times vary each day please check the pool schedule) to complete 22.5 miles. Laps/miles should be emailed to Joanne Waterhouse after each time you complete laps for the challenge. Teams may have up to 5 participants. If participating as a team only the team captain should email Joanne the daily totals. Thirty-five and a half (35.5) laps in the Burbank YMCA Pool equals 1 mile. Total laps for challenge equals 799!

CHALLENGE FEATURES:

- Multi-day swim challenge
- Every participant will be entered into a raffle
- Free challenge for Burbank YMCA members only
- Prizes to first place Male, Female and Team
- Lap leaders in each category will be listed daily on the Aquatics bulletin board downstairs

For more information contact Joanne Waterhouse at 781-909-7402 or jwaterhouse@ymcaboston.org.

Mail Form To:

BURBANK YMCA
Attn: Joanne Waterhouse
36 Arthur B. Lord Dr.
Reading, MA 01867

Name _____ Sex _____ Age during Challenge _____

Address _____

Phone _____ Email Address _____

Please circle one: **Individual** or **Team** Name of Team Captain: _____

Waiver: In consideration of my being accepted, I hereby waive any and all rights and claims for damages I may have against the Burbank YMCA, Directors, Volunteers and Sponsors for any and all injuries incurred by me at the said event.

Signature _____ Date _____

Signature of Parent of Guardian if under 18 _____ Date _____