



NAVY BIRTHDAY SWIM CHALLENGE

JOIN US FOR A SEASON-LONG
SWIMMING EVENT HONORING
THE 250TH BIRTHDAY OF THE
UNITED STATES NAVY!

**STARTS MAY 1
AND CONTINUES
THROUGH THE
SWIM SEASON**

AGES 12+

ADULT CHALLENGE (18+): CONQUER THE QUARTER MILLION!

- GOAL: SWIM A TOTAL OF 250,000 YARDS (5,000 LAPS) THROUGHOUT THE SEASON.

YOUTH CHALLENGE (AGES 12-17): MAKE WAVES!

- GOAL: SWIM A TOTAL OF 25,000 YARDS (500 LAPS) THROUGHOUT THE SEASON.*

***MUST BE ABLE TO SWIM A MINIMUM OF 25 YARDS INDEPENDENTLY.
YOUTH WILL SHARE A LANE IN THE SHALLOW END.**

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Call the Fitness Center for more information: 850-623-7412
Visit us on the web: NAVYMWRWhitingField.com

