



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE WATER IS MY SKY

100 MILE SWIM CLUB

HARRISON FAMILY YMCA

January 1st - April 30th, 2019

GO THE DISTANCE IN 2019!

Keep track of your mileage in the pool to stay motivated and win prizes. All Y Members are welcome to participate! Each swimmer will log their laps each day that they swim on a mileage tracker located on the pool deck. Because we are proud of your accomplishments, small incentives can be earned for those who finish.

Each member who completes the 100 mile swim within the 4 months will win a t-shirt!

First five finishers get a t-shirt and a goody bag!

First finisher gets a t-shirt, goody bag and trophy for bragging rights!

*Free of charge but must register at the front desk or online.

*70.4 lengths = 1 mile

REGISTER HERE!

Participant First and Last Name _____ D.O.B _____

Parent/Contact Person (if under 18) _____

Address _____

Email _____ Phone _____

Emergency Contact _____ Phone _____

Please check your t-shirt size for challenge completion YS YM YL

S M L XL 2X 3X

WAIVER OF LIABILITY: I understand and agree that the Rocky Mount Family YMCA, Inc. (d/b/a Harrison Family YMCA) nor co-sponsoring organizations or their respective chapters, officers, directors, employees, agents, members or volunteers shall assume or have any responsibility or liability for expenses or medical treatment or form compensation for any injury may suffer during or resulting from my participation in this program. I do hereby, for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages that I may have or that may hereafter accrue to me arising out of or in any way connected with my participation in this program. I also represent and warrant that I have been advised to seek consultation from my doctor about whether I can safely participate in this program and whether there are precautions or limitations to my participation. I also grant permission to the Y to use any photographs or videography that are obtained as part of this program for future Y advertising and promotions.

Signature

Date _____