

## **Swim to Spring Break**

Swimmers will get prizes based on how many miles a week they consistently swim.

Runs from beginning of Spring semester to Spring Break (February 1<sup>st</sup> to March 9<sup>th</sup>)

Half way: **280 laps**

**Prize:** Water bottle

Full way: **420 laps**

**Prize:** t-shirt

### **DOUBLE LAPS:**

- Monday and Friday mornings from 6:30 – 7:30am
- Friday night from 6-8pm

### **ALTERNATE WAYS TO EARN LAPS:**

- Aquajog
  - o 30 minutes = 18 laps
- Hydrofit
  - o 35 laps