

100 Mile Swim Club

This program was started in 1997 by lifeguards who wanted to give the lap swimmers a goal and a reward for all their swimming.

The program is simple in that all you have to do is record all your laps. When you reach 100 miles, you get a gift.

It is a great motivator when you get in a rut with your swimming workouts.

Pool use for Lap swimming is included in your membership.

See the [Outdoor Pool Schedule](#) for lap swim times.

