

**Register online
4seasons-club.com
or at Four Seasons I**

**Registration opens
Thursday, December 1**

100+

200, 300, 400, 500

MILE SWIM challenge

January 2 - December 31, 2017

**Set a goal and pick the miles
you want to swim for the new year!**

Stay motivated in your swim workout!

- Challenge is on-going- sign up and go at your own pace.
- Track the laps you swim during each workout on our Aquatics webpage under Quick Links.
- Receive monthly updates on your mileage, encouragement and motivation, access to the private Facebook group, and opportunities to boost your laps throughout the year.
- Monthly top swimmers will be entered into a drawing for exclusive swim raffle prizes.
- Swimmers in our Top 10 will be posted monthly on our Facebook page, webpage and pool deck.
- When you reach your chosen miles for the year, you will receive a t-shirt, recognition, and a chance to win the grand prize.
- Only \$5 to participate (fee is non-refundable)
- Please be sure to place an email address on file during registration for monthly updates and encouragement!

