

Swim the Bay The Manor Woods Way

30 miles at widest point! OR 4 miles in most narrow!

Swim the bay without the jellyfish!!! Swim across the Chesapeake Bay in the comfort of our own Manor Woods Pool. This is a new, optional, program open to all members of Manor Woods Swim Club.

Whether you're a strong swimmer or you're just learning, you can do this!!! You pick the goal that's best for you.



- **Option 1: 4 Mile Individual Summer Swim** ~ At its most narrow point, the Chesapeake Bay is 4 miles across from shore to shore.
- **Option 2: 30 Mile Individual Swim** ~ Swim 30 miles over the course of the summer and you will have swum shore to shore at the Bay's widest point!
- **Option 3: Family 4 Mile Swim** ~ Work as a family to combine the lengths each family member swims.
- **Option 4: Family 30 Mile Swim** ~ Work as a family and combine the lengths each family member swims for a combined summer total of 30 miles.

Keep this swim chart at home and track your progress each day. Each individual and family will be responsible for updating their own chart. We'll be keeping track in ¼ mile increments (16 lengths). On your chart, each box = ¼ mile. When 4 boxes are shaded in, circle that mile increment.

16 lengths = ¼ mile
32 lengths = ½ mile

48 lengths = ¾ mile
64 lengths = 1 mile

				1 mile					2 miles					3 miles
				4 miles					5 miles					6 miles
				7 miles					8 miles					9 miles
				10 miles					11 miles					12 miles
				13 miles					14 miles					15 miles
				16 miles					17 miles					18 miles
				19 miles					20 miles					21 miles
				22 miles					23 miles					24 miles
				25 miles					26 miles					27 miles
				28 miles					29 miles					30 You did it!!!

Swim the Bay
The Manor Woods Way
Summer Challenge

30 miles at widest point! OR 4 miles at most narrow!

Last Name: _____ First Name: _____

Contact Email: _____ Phone Number: _____

Select the option that you're choosing:

- Option 1: 4 Mile Individual Summer Swim** ~ At its most narrow point, the Chesapeake Bay is 4 miles across from shore to shore.
- Option 2: 30 Mile Individual Swim** ~ Swim 30 miles over the course of the summer and you will have swum shore to shore at the Bay's widest point!
- Option 3: Family 4 Mile Swim** ~ Work as a family to combine the lengths each family member swims for a total of 4 miles (256 lengths).
- Option 4: Family 30 Mile Swim** ~ Work as a family and combine the lengths each family member swims for a combined summer total of 30 miles (1,920 lengths).

If you are choosing one of the family options, please list all participating swimmers.

- I / We, _____ (your name(s)) agree to record the number of lengths I / we swim honestly and accurately.

Please complete and return this form to the front desk. Keep your tracking sheet at home to update after each swim.

If you have any questions, contact Amy Kines at 301-460-4552 or chuckamyk@verizon.net.