



We build strong kids, strong families, strong communities.

October Fitness Event  
Saturday, October 9, 2010  
7:00 - 9:00 am

Pot Luck Breakfast to follow  
Outdoor Pool will be set up in 10 lanes x 25 yards  
Each lane will have their interval and # of 100's

Lane 1 - 80 x 100 on 1:30  
Lane 2 - 72 x 100 on 1:40  
Lane 3 - 66 x 100 on 1:50  
Lane 4 - 60 x 100 on 2:00  
Lane 5 - 54 x 100 on 2:15  
Lane 6 - 48 x 100 on 2:30  
Lane 7 - 44 x 100 on 2:45  
Lane 8 - 40 x 100 on 3:00  
Lane 9 - 35 x 100 on 3:30  
Lane 10- 30 x 100 on 4:00

Limit will be 8 swimmers per lane. You will need to sign up to reserve a lane. If you want to swim IM or STK, you will need to pick an interval you can hold for two hours. No changing lanes. Intervals may change according to the number of swimmers.

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Mission Statement: To put Christian values into practice through programs that build healthy spirit, mind and body for all.  
Financial assistance available