



# University of Michigan Department of **Recreational Sports**



## **Swim For Fitness**

The *Swim for Fitness* program was designed by the American Red Cross for individuals who prefer swimming as a means of staying fit. This program should provide sufficient exercise to significantly improve the strength and endurance of regular participants.

Progress charts for *Swim for Fitness* participants are posted at the CCRB, NCRB and IMSB. Mark a small square for every 1/4 mile you swim. When starting this program you may swim the first three miles in quarter mile segments, pausing occasionally to rest. All remaining miles must be swum in quarter mile units *without* stopping. All swimmers are encouraged to begin with an easy program and build gradually to a more strenuous one. Miles that you swim elsewhere may also be counted. Mileage goals must be completed within the academic year (September 1 - August 31).

Mileage certificates will be awarded for swimming 10, 20, 30, 40, 50, 100, 200, 250, 300, 350, 500, 600, 700, 800, 900 and 1,000 mile increments.

When you have reached a specific mileage goal, please fill out the lower portion of this form and submit it to the CCRB, NCRB or IMSB main business office. *Swim for Fitness* certificates may be picked up ten days after submitting an application.

1. Please print your **name, telephone number** and the **number of miles** you have completed:

name (as you would like it to appear on certificate)	phone	mileage

2. Please circle the **facility** at which you would like to pickup your certificate:

CCRB	NCRB	IMSB
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By my signature, I certify that I have completed the above-listed miles in the *Swim for Fitness* program. I understand this is a cumulative total and that I may continue to apply for mileage certificates after completing designated distances as indicated by the program's description.

signature	date