

# SWIM THE SKEENA, 2024

## HOW IT WORKS

### REGISTER

You can register at the pool or online. Scan the Qr code for more information.

### SWIM

The swim is at the Terrace Aquatic Centre. Please respect the lane etiquette.

### TRACK YOUR PROCESS



You can use the swim log provided here or track your progress on the challenge hound app to track your mileage.

## MILESTONES

### Every 100 kms

Make sure to let the pool staff know once you've hit a milestone so you can enter into a prize draw!

1 lane length = 25 m  
40 lanes = 1 km

Skeena River = 570 kms

## LANE ETIQUETTE

- ✓ The pool is divided into three double lines, and each section is divided into "Fast," "Medium," and "Slow."
- ✓ When there are only two swimmers, it is acceptable to swim parallel to each other. Once a third swimmer joins the lane, you **must** swim in a circle counter-clockwise - **No exceptions.**
- ✓ Choose the lane based on your swimming ability.
- ✓ Don't push off right before a swimmer comes in to turn.
- ✓ If you will stop at the end of the lane, please move to the side.

## LANE SWIM HOURS

Monday to Friday:  
6:00 am to 9:00 am (Pass holders only)  
11:30 am to 1 pm

Monday, Wednesday and Friday:  
8:00 to 9:00 am

Saturday:  
Noon to 1 pm

Sunday:  
11:00 am to 1 pm



**TERRACE AQUATIC CENTER,  
4540 PARK AVENUE,  
TERRACE, BC, V8G 2N1.**



Let's dive into a fun-tastic challenge:  
Can we swim a whopping 570 km together? While we're at it, we'll learn about the amazing Skeena Watershed.







