

MAY WATER FITNESS CHALLENGE!

BUILD YOUR STAMINA,

IN & OUT OF THE POOL!



May is Water Safety Month! Join our Build Your Stamina: In & Out of the Pool Challenge and strengthen your swimming skills, boost your endurance, and stay safe in and around the water all month long!

MAY 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Rest or stretch	2 Swim 100 yards + 1-min tread x2	3 10 squats + 20 jumping jacks	4 Swim 200 yards + practice safe entry
5 30-sec plank + water safety review	6 Family swim/ Fun pool day	7 Rest or walk	8 Swim 6x25 yards + underwater glides x3	9 3x 1-min treads with arms up	10 15 high knees + 10 burpees	11 Jog + mountain climbers
12 Floating + entry/exit safety	13 Swim with a buddy or group	14 Stretch or light swim	15 Swim 300 yards + 2 minute tread x3	16 Back float 1 minute x3	17 Jump squats + crunches	18 Side planks + brisk walk
19 Watch a water safety tip	20 Try pool relays or races	21 Rest or stretch	22 Swim 400-500 yards + rescue drills	23 Tread/float transitions x2	24 4 rounds of bodyweight circuit	25 Life jacket swim skill review
26 Final stamina swim	27 Celebrate with a pool game	28 Clothes swim challenge	29 Practice rescue float throw	30 CPR basics review	31 Share what you learned!	



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855-2YMCALI
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