

SWIM FOR THE Y



**Sunday, March 20, 2016 | 8:30 am – 12:10 pm
SPRING VALLEY YMCA**

SWIM FOR THE Y in our first annual swim-a-thon to benefit the 2016 Spring Valley YMCA Annual Campaign!

Open to members, age 4 and up, with three divisions to participate:

- **Mini Swimmers | Ages 4-7**
 - Swim for a half hour in the Family Fun Pool
 - Swimmers will be divided into PFD swimmers or green band swimmers
- **Youth Swimmers | Ages 5-12**
 - Swim for a half hour in the Lap Pool
 - Open to swimmers in Fish, Flying Fish or Shark Swim Lessons or members of Porpoise Club*
- **Adult Swimmers | Ages 13+**
 - Swim for a half hour or an hour in the Lap Pool

Register at the Welcome Center to participate. Participants will swim in half hour or hour waves – choose your time to swim at registration.

Upon registration you will be given a link to collect online donations and pledge cards to collect your sponsors. Sponsors can donate as a flat amount or per-lap basis.

*As a safety precaution, children not currently enrolled in Spring Valley Y Aquatics Programs (swim lessons or Porpoise Club) must consult with Aquatics staff prior to registering for Swim for the Y.

Questions?

Contact Meghan at mjohnson@philaymca.org, 484-984-2011 or at msnyder@philaymca.org, 484-984-2012

From safe spaces to academic achievement to family well-being and more, when you donate to the Y, you're giving those in need the opportunity to thrive. We help 1 out of 10 Spring Valley Y members achieve better health and wellness through your generous annual donations. Learn more at www.philaymca.org/spring-valley

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