



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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2018 SWIMSTRONG

1-HOUR SWIM

60 Minute Swim to Support the Y Annual Campaign & Swim Teams!

Session 1: **Saturday, January 27th** 1st Heat @ 1:00 pm

Session 2: **Sunday, February 3rd** 1st Heat @ 7:30 am

South City YMCA located @ 3150 Sublette Avenue, Saint Louis MO 63139

- Event is aligned with the 2018 USMS one-hour Postal Swim
- Participants are guaranteed to swim in a split lane
- Space is limited - register now! \$30 minimum donation is requested for registration*
- Register on-line at www.gwrymca.org
 - Click on Programs & Classes, click on Special Events, select South City Y and choose your session
- Packet pickup will be held at the South City Y on the Friday preceding your swim - details to be emailed upon registration

*Donations will equally support the 2018 Annual Campaign, which funds the Y financial assistance program, and the needs of our Youth STORM Swim Team & Masters Team.

For more information, please contact Taryn Perkins, Aquatics Director at:
taryn.perkins@gwrymca.org or talk to your Swim Coach



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Swim Strong Challenge 2018

60 Minute Swim Challenge - Aligned with USMS Postal Swim

Registration Form

Register online at www.gwrymca.org - click on Programs & Classes, click on Special Events, select South City Y and choose your session.

To register in person or over the phone, fill out the form below:

Name _____
Preferred Phone _____
Preferred Email _____
Age _____ Gender _____
Estimated Distance or 100-yard Pace (Optional) _____

Date You Wish to Attend:

Saturday January 27th (7:15 AM - about 1:15 PM) _____

Sunday February 3rd (1:00 PM - about 6:00 PM) _____

Preferred time to swim (i.e 3:00 pm or closer to noon. We will do our best to accommodate)

We need volunteers to help us time for all the swimmers

Please recruit a timer for your swim from family, friends or other swimmers. If you'd like to volunteer to time other swimmers, please note how long you would be able to volunteer (i.e one hour before, 2 hours after)

Advanced Registration is encouraged so lanes will not exceed 2 swimmers. Your space will be reserved when proof of donation has been received.

Please fill out form and return to the South City YMCA with donation* payment: Credit, Cash and Check are accepted.

*Donations will equally support the 2018 Annual Campaign, which funds the Y financial assistance program, and the needs of our Youth STORM Swim Team. The STORM youth are integral in the coordination and hosting of this challenge.