

Need a great fitness goal and a way to help your community - all rolled up in one?



Okanagan Masters Swim Club is hosting the Annual 100 x 100's again this year **December 11, 2010 from 12:00 pm – 5:00 pm at the H₂O Fitness & Adventure Centre**. Keep this date open for this fun and challenging event.

OMSC hosts this event each year in support of the Y's Strong Kids Campaign. Last year our club through pledges from swimmers donated \$3,200 to this worthy cause. The Y's Strong Kids Campaign provides funds to community children, teens and families who are unable to afford the cost of Y programs. To find out more please check out the Y Strong Kids Campaign website at www.ymcastrongkids.ca

Now, what we need you to do is accept the challenge of this awe-inspiring event, start getting pledges, (pledge sheet attached) and make a plan to take the time to invest in yourself and your community. Pledge sheets or a donation to Y Strong Kids Campaign can be handed in at the front desk of the **H₂O Fitness & Adventure Centre**. Please contact Laura Garrett at meet-manager@okmasters.com with your intention to swim. You have the choice to swim 100 x 100m or 100 x 50m or even 100 x 25m. You can even form a relay and spread the swimming around.

Great draw prizes and some goodies will be offered at the end of your swim.

Looking forward to seeing you in the pool.

Laura Garrett
OMSC Meet Manager
meet-manager@okmasters.com



100 x 100's Swim Pledge Form

2010

The YMCA-YWCA Strong Kids Campaign gives 1 in 5 kids at the Y the opportunity to participate, regardless of their ability to pay the full fee. 100% of funds raised goes directly to the kids, providing membership, childcare subsidies, program participation and child & youth program development. **Thank you** for your sponsorship & support!

	Swimmers Name:	Address/City	Postal Code	Phone	Location (circle one)	
					H2O / KFY Personal Donation \$	
	Pledge Person's First /Last Name	Address/City	Postal Code	Phone	\$ Collected	✓
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
					Total Collected	\$

Please make cheques payable to the YMCA-YWCA Strong Kids Campaign.
 Pledges of \$20 or more will automatically receive a tax receipt.
 Charitable Registration #11924 0224 RR0001



YMCA-YWCA
of the Central Okanagan

*We build strong kids,
strong families,
strong communities.*

www.ymca-ywca.com/skc



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	First /Last Name	Address/City	PC	Phone	\$ Collected	✓
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
					Total Collected	

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