

Join OMSC for the
100x100 Christmas Challenge Y
Strong Kids Campaign Fundraiser
on December 17th!
12 noon to 5pm



Dear Coaches, Swimmers and Y Community members

In support of the **Y Strong Kids Campaign**, Okanagan Masters Swim Club is proud to present the annual **100 x 100m's Swim Challenge!**

Where: H2O Adventure and Fitness Centre.

When: Saturday, December 17th 2011 from 12:00 noon to 5:00 pm.

It's a great fitness challenge, fun event and excellent way to help our community! It's going to be a splendid afternoon!

We hope to have a good group of people tearing up the lanes so please come out and help us make this a great fundraising and swimming success.

Don't delay! **Register now** (and definitely before December 13th) with Laura Garrett at gls@shaw.ca. A **Pledge form** will be sent to you once registered.

Start psyching yourself up for the 100 x 100s! More importantly, challenge a friend to do this with you! (There is also an option to do 50 x 100m's.)

Thanks and look forward to seeing you at the pool!

The OMSC team

For more information on Masters Swimming visit the OMSC website at <http://www.okmasters.com>.



More info on the Y Strong Kids Campaign

The Y believes that no child should be denied the opportunity to participate. By making a commitment to the Y Strong Kids Campaign you are helping one child, one youth or one family have access to Y services, programs or membership, despite their ability to pay. Please consider making an investment with a real return!

The demand for YMCA-YWCA programs & services has never been greater!

100% of your donation goes directly to supporting local children, youth and families in need.

See <http://www.ymca-ywca.com/support/strongkids/> for more info.