

CHELTENHAM AQUATIC CLUB

SWIM-A-THON

Saturday, March 6, 2010 12:30 PM - 3:30 PM

SWIMMERS - ON YOUR MARK, GET SET ... PLEDGE!!!

The CAC Swim-a-thon is a great way to see how many laps you can swim in 2 hours (up to 200) and at the same time support several organizations, including your own. **Be ready to swim, listen to music, enjoy refreshments and have fun!!**

Five percent of all money collected benefits USA Swimming
The remainder benefits Yele Haiti, UNICEF, and new equipment for the
Cheltenham Aquatic Club's programs.



All swimmers receive a certificate and each swimmer who swims 100+ or 200 laps receives special Swim-a-thon pins. To participate in the Swim-a-thon, fill out the pledge envelope and return all pledges no later than March 26. Friends and family can pledge per lap or give you a set amount for all of your laps. Checks should be made out to CAC (Cheltenham Aquatic Club). If you do not use your pledge envelope, please return it to CAC.

We will be donating to the following organizations:



[\(http://www.usa-swimming.org/\)](http://www.usa-swimming.org/)

USA Swimming is the National Governing Body for the sport of swimming. We administer competitive swimming in accordance with the Amateur Sports Act. We provide programs and services for our members, supporters, affiliates and the interested public. We value these members of the swimming community, and the staff and volunteers who serve them. We are committed to excellence and the improvement of our sport.

USA Swimming has been ranked as the number one swimming nation in the world for more than 40 years. We seek to continue this tradition of competitive excellence. When our elite athletes are successful in fulfilling their Olympic dreams our society benefits from the inspiration these athletes give us.



Yele Haiti is devoted to helping victims of the earthquake by providing family meals and clean water. As of today, Yélé Haiti has prepared and distributed more around 52,000 hot meals in a pilot program that began Sunday, January 24th, 2010. The goal is to deliver between 5,500 to 7,000 individual hot meals a day in affected neighborhoods throughout Port-au-Prince.

UNICEF has announced its campaign to raise 1.2 billion dollars to aid Haiti and its children in their recovery from the earthquake.

Questions? Please contact Andrea Stein at 215-572-5827
or Ondrea Reisinger at 215-402-0112

**Families – Fell free to
bring baked goods to fuel
our hungry swimmers!**