

SWIM-A-THON

The Winnipeg Wave Swim Club will be having its Swim-A-Thon on February 27, 2012. What is a Swim-A-Thon you say? Well, for those that are in the competitive groups (Development, Junior, & Senior) you have 2 hours to swim as MANY metres as you can up to 5000 metres, whichever comes first.



5000 metres? Yes 5000 metres & when you think of your average practice being between 2500m (development) to 4600m (senior), 5000m doesn't seem so daunting; especially when you don't have to listen to your coaching NAGGING YOU to swim harder or correct that stroke.

For swimmers in groups that don't swim for 2 hours, don't worry we haven't forgotten about you! You can swim as MANY metres as you can in your class, so if you're an hour to a 40 minute group we want you to participate as well.

PRIZES did someone say prizes? Yes there will be prizes for following:

1 grand prize to swimmer who raises the most money overall in the club: full club uniform package (t-shirt, shorts, sweater & a new swim bag)

8 prizes to swimmer (each group & time slot) who either completes 5000m in the shortest time or who swam the most metres: a blue & white wave cap & wave towel

For further information please speak with either your swimmers coach or 1 of the board members in the club office. You can download the pledge below & ensure that the pledge forms are into the office NO LATER March 2nd, 2011.

[Swim-a-thon form](#)

So Let's go out swim like we haven't swum before!!