

# 12<sup>th</sup> Annual Thanksgiving Swim



LIVESTRONG FOUNDATION

**LIVESTRONG at the YMCA** -- LIVESTRONG at the YMCA is a FREE 12 week small group program designed for adult cancer survivors to regain health as a result of becoming de-conditioned or chronically fatigued from treatment and/or disease. For more information contact [livestrong@ryeymca.org](mailto:livestrong@ryeymca.org).



**MAC Angels Foundation** -- The MAC Angels Foundation is dedicated to supporting families with ALS in a variety of ways. The MAC Angels Foundation was inspired by Claire Collier, who lost her courageous battle with ALS in 2009. For more information contact [info@MACAngels.org](mailto:info@MACAngels.org).

**Work off your Turkey Dinner for TWO great causes!!**

**Saturday, November 25th**

**7:30 am – 10:00 am**

**Rye YMCA Brookside Pool**

**21 Locust Ave Rye, NY**

## REGISTRATION INFORMATION

**Registration Fee:** \$75.00/session  
**Ages 21 & under:** \$50.00/session

All registration fees will be split by the charities. Additional contributions over the registration fee are appreciated. Supplemental gifts can be directed to an individual charity OR to both charities at the donor's discretion.

## **Event Details: There will be 2 sessions**

### **Session 1 for Students/Casual Swimmers:**

Registration/Check in: 7:15-7:30am  
Pool Opens for warm up: 7:30-7:45am  
Swim: 7:50-8:35am

### **Session 2 for Adults/Fitness Focus:**

Registration/Check-in: 8:15-8:30am  
Pool Opens for warm up: 8:40-8:55am  
Swim: 9:00-9:45am

**JOIN US FOR POST-SWIM REFRESHMENTS**  
**10:15 – 11:15 am in the 3<sup>rd</sup> Floor MEMBER LOUNGE**

*Hot chocolate, bagels, and donuts will be provided.*

To sign up for the 12<sup>th</sup> Annual Thanksgiving Swim contact Phil Gormley at [phil@peacockapparel.net](mailto:phil@peacockapparel.net), or Elana Reynolds at [elana@ryeymca.org](mailto:elana@ryeymca.org)