



Swim for the Kids

Who: All M*C*A*L swimmers

What: M*C*A*L will support Toys for Tots
with the **2nd Annual Swim-for- the-Kids**

When: November 15th 9:00-12:00

Where: Heather wood Pool

All swimmers who would like to participate are asked to raise money by getting pledges for swimming laps or a lump sum pledge.

Captains-	100 laps	(5,000 YDS)	9:00AM -11AM
Recruits-	10 laps	(500 YDS)	9:00AM -10AM
Sergeants-	25 laps	(1500 YDS)	11:00AM-12PM
Lieutenants-	60 laps	(3,000 YDS)	11:00AM-12PM

The goal is for each family to raise at least \$25. All money will be presented to The Toys for Tots program.

For further information contact

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