Ringwood and Fordingbridge Lions Club THE 50/50 CHARITY

SWIMARATHON

Sunday 18th March 2018

Time from 1.30pm to 5.45pm

Ringwood Health and Leisure Centre

Parsonage Barn Lane, Ringwood, Hampshire BH24 1PX

Ringwood and Fordingbridge Lions Club are giving you the opportunity to raise funds for YOUR PROJECT and to help us raise funds for the LESS FORTUNATE IN OUR COMMUNITY

HOW IT WORKS

- 1. You have a FREE SWIM at our expense, all you have to do is raise money for your project and Lions projects.
- 2. The SWIM is open to all schools, clubs, youth groups, associations or just friends and family.
- 3. Teams should consist of between 6 and 8 swimmers with a non swimming Captain to be in control of the respective team.
- The maximum swimming time for each session will be 40 minutes giving ample time for each member to enjoy their period in the water.
- 5. Allocated Swim Times:

Ringwood and Fordingbridge Lions Club — Swimarath

- (A) 1.45 pm to 2.25 pm
- (D) 4.15 pm to 4.55 pm
- (B) 2.35 pm to 3.15 pm
- (E) 5.05 pm to 5.45 pm
- (C) 3.25 pm to 4.05 pm
- We will try to allocate specific swim times to teams that register early.
- 6. A lap is two lengths and swimmers must touch each end of the pool.
- 7. Each Captain will be advised when their team is required to swim.
- 8. On arrival each Captain is to register at Swimarathon Control in the foyer of Ringwood Health and Leisure Centre.
- 9. Each Captain is responsible for organizing and controlling their team and advising them of all details for this event.
- 10. Please register your interest NOW with Lion Geoff Kay by e-mail:

swim@randflions.org.uk Telephone 0845 8335819



We Serve Help us to help others in your community