



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 [karinabarreto@ryeymca.org](mailto:karinabarreto@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).

# 14th Annual Thanksgiving Swim!

Two Children's Bikes to be raffled!  
Purchase your raffle tickets today!

\$10 for 2 Tickets

Or

\$20 for 5 Tickets



**Saturday, November 30th**

**7:00 AM— 9:30 am**

**Rye YMCA Brookside Pool**

**2 Sessions available**

**\*Registration Fee:**

Registration Fee: \$75.00/session

Ages 21 & under: \$50.00/session

**To Donate or Register to Participate in this event please go to:** <https://macangel.ejoinme.org/MyEvents/ThanksgivingSwim2019>

## Session 1 for Students/Casual Swimmers:

Registration/Check in: 7:00AM-7:20AM

Swim: 7:30AM-8:20AM

## Session 2 for Adults/Fitness Focus:

Registration/Check in: 7:45AM-8:15AM

Swim: 8:30AM-9:30AM

\*All donations 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.\*