

**SWIM, Inc. Press Release
November 24, 2008**

From Bob Hopkins
Sussex County Coordinator
SWIM, Inc.

973-729-3686

SWIM, Inc. Accepting Applicants for Free Water Exercise Program

SWIM, Inc., a non profit volunteer organization, is accepting applications for participants in their self directed water exercise program that will be held each Monday at the Sussex County YMCA from 1-3 PM beginning December 8th. The program is free to participants. Eligible participant candidates are adults with muscular impairment due to such causes as stroke, MS, accident, MD, arthritis, surgery, Parkinson's, cancer or other causes who find it difficult or impossible to exercise on land. The buoyancy of water provides an environment conducive to movement not possible on land.

SWIM, Inc. has been providing this free service at seven other locations in New Jersey since 1975.

Anyone interested in applying should contact Bob Hopkins, Sussex County Coordinator for SWIM, Inc. at 973-729-3686 or via e mail at swimsmart@yahoo.com

**To obtain the registration forms, please
click the "Application Forms" button on the
left**