

Newsletter



June 16, 2016

Dear Friends of SWIM, Inc.:

SWIM, Inc. 2nd March Matchness Campaign was a huge success!

Thank you for your tremendous response to our MARCH MATCHNESS CAMPAIGN. We are pleased to report that we exceeded our goal of \$10,000.00 before matching, by 30 percent! Your generosity is much appreciated as we continue to seek ways to fund our water exercise program for our wonderful participants who struggle with mobility issues every day of their lives.

In our fund raising endeavor we are embarking on our 1st Run 4 Me 5K. When you run in this 5K, you run for adults who find it difficult or impossible to exercise on land!

We urge you to join and tell your friends to participate this Saturday, June 25, 2016 at Duke Island Park, Old York Road, Bridgewater, New Jersey.

Please register at:

www.runsignup.com/run4me5K

We hope to see you there!



In This Issue

- 1) March Matchness Campaign
- 2) Run 4 Me 5K
- 3) Chapter Updates

SWIM Mission Statement

Our mission is to provide a safe and supportive environment for adult with mobility impairments to participate in aquatic exercise emphasizing faculties of body, mind and spirit in a social gathering of caring and respect.

Our Website

www.swim-inc.org

Our Office

36 Morristown Road
Bernardsville, NJ 07924

Run 4 Me 5 K

When you run in this 5 K, you run for adults who find it difficult or impossible to exercise on land!

To benefit

swim
inc
Water = Freedom

SWIM, Inc., is a non-profit organization which provides free aquatic exercise for adults with mobility impairments, such as Parkinson's, Stroke victims, MS, Post-Polio, ALS and Rheumatoid Arthritis.



Duke Island Park
Old York Road, Bridgewater NJ

Saturday June 25, 2016

Time: 9:00 AM

Fee: \$25 (\$30 on race day)

Register: www.runsignup.com/run4me5k



USTAF Certified, Sanctioned, 500 Grand Prix Points



T shirts to preregistered, others while supplies last,
Awards 1st, 2nd, 3rd Overall & 10 year age group
Free Kid Sprints for Children 5 & under-9:45 AM
Refreshments, music and more

SWIM Office: 908 766 6085

908-766-6085

info@swim-inc.org

Please like us on our new
FaceBook page!

www.facebook.com/SWIMIncNJ

Chapter Updates:

Please note the following Chapters will stay open for the summer:

Ridgewood YMCA

6/29/16-8/7/16-Wednesdays @2:30pm-3:30pm

Caldwell Community Pool

Mondays @12pm-12:45pm

Francis E Parker Chapter

Same day & time

Somerset Valley (Bridgewater)

6/30/16 Thursdays @ 10am-11am)

Somerset Hills (Basking Ridge)

Same day & time

HRC Fitness

Same day & time

Wayne YMCA

Same day & time

Fanwood/Scotch Plains

Thursdays@11:30am-1:00pm

Chapter Coordinators: Please send in your most current chapter lists of volunteers and participants as well as the start date for the fall 2016. It is imperative that we have this information for our records.

Wayne YMCA is looking for volunteers. Please contact Dave Reiley, Chapter Liason at 973-223-9025 or SWIM Office at 908-766-6085 or email info@swim-inc.org

Madison YMCA is looking for participants. Please contact Dave Reiley, Chapter Liason at 973-223-9025 or SWIM office at 908-766-6085 or email info@swim-inc.org

Rahway YMCA is looking for participants and volunteers. Please contact Dave Reiley, Chapter Liason at 973-223-9025 or SWIM office at 908-766-6085 or email info@swim-inc.org

Summit Area YMCA is looking for participant and volunteers. Please contact Dave Reiley, Chapter Liason at 973-223-9025 or SWIM office at 908-766-6085 or email info@swim-inc.org

Have a wonderful summer and we look forward to continue to keep SWIM, Inc.'s mission and vision alive and growing.

SWIM, Inc. | | info@swim-inc.org | 36 Morristown Road, Bernardsville, NJ 07924

SWIM, Inc., 36 Morristown Road, Bernardsville, NJ 07924

[SafeUnsubscribe™ {recipient's email}](#)

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by eileen@swim-inc.org in collaboration with

Constant Contact 

Try it free today