



MCRPD 37TH ANNUAL AQUATHON

December 2, 2023

The person presenting you this sheet is participating in a fund-raising effort for the Mendocino Coast Recreation and Park District's 2ND Grade Swim Lesson Program.

By pledging 5, 10 or 20 cents per lap or more for the pool (25 yards), or of the river walk, or a **flat rate of your choice**, you will have assisted in providing funds to help reach the district's goal of \$10,000.

Please help us by pledging the swimmer named below.

SWIMMER _____ AGE _____ (If under 18)

ADDRESS _____ PHONE _____

I expect to swim _____ laps (25 yards) of the pool in 15, 30, 45 or 60 minutes. (circle one)



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| Name (Please Print) | Address | Phone | Amount per lap | I prefer to pledge a flat fee (or total amount*) | Amount Received |
|---------------------|---------|-------|----------------|--|-----------------|
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| 24. | | | | | |
| 25. | | | | | |

AT THE CV STARR COMMUNITY CENTER
ALL PROCEEDS BENEFIT MCRPD
YOUTH SWIM PROGRAMS

All swimmers are welcome, regardless of age!
 River walkers need to be at least 18 yrs of age.

Sign up at the CV Starr Community Center and pick up one or more sponsor sheets.
 Get your family, friends and neighbors to sponsor you for the Aquathon.



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Instructions for Swimmers

1. Swimmers must obey the rules and regulations of pool management in order to participate.
2. Fill out the official sponsor sheet. Indicate the number of lengths you pledge to swim. The minimum time to swim will be 15 minutes and the maximum time will be one hour.
3. Register at the CV Starr Community Center. Ask your family, friends, and neighbors to sponsor you for the Aquathon at 5, 10, 20 cents or more per length of the pool or a flat dollar amount and sign them up on your sponsor sheet.
4. Upon arrival at the pool, all swimmers will be confirmed and then they will be given the opportunity to swim their pledged pool laps.
5. The swimmers will be supervised by an American Red Cross lifeguard and the total pledged number of lengths will be validated.
6. Swimmers will receive a copy of their pledge sheet for collection purposes. It will be the swimmer's responsibility to collect the sponsors' donations and turn the money into the CV Starr Center by January 5th, 2023, if you wish to be eligible for a gift certificate award.

BE SURE TO THANK YOUR SPONSORS!!

DON'T FORGET

BRING YOUR SPONSOR SHEETS WITH YOU ON AQUATHON DAY!!

AWARDS!!!

Swimmers have the opportunity to win prizes for top fundraisers.

BONUS AWARDS!!

Every swimmer who turns in at least \$50 in donations will receive a free T-shirt.

Recreation District Employees will not be eligible for top awards.
Call the CV Starr Community Center at 964-9446 for more information.