



SWIM-A-THON 2025

Greetings Rapids & Riptides Families:

The Cascades Rapids will hold its annual Swim-a-thon fundraiser on **Tuesday, July 8th**. Swim-a-thon is an exciting, team-building event in which swimmers collect donations for their participation. This is our only team fundraiser and thanks to our sponsors, every single dollar raised by our swimmers goes to benefit our team.

Every Rapid AND Riptide is eligible to participate! Swim-a-thon is a great way to work on strength and endurance while raising money for our team!

Swim-a-thon is held at Stonehouse Pool in the morning. Each swimmer must turn in a pledge sheet and donations to receive the following:

- Shoot for \$25! All swimmers who raise at least \$25 will receive a free Swim-a-thon t-shirt! This is per swimmer and not per family.
- Thanks to our Sponsor, **Carrie Pellegrino, lovethespace.com**, all swimmers and volunteers can enjoy free all-you can eat pancakes, sausage and Tang. Family members can purchase a plate for \$5.
- Prizes for the overall top 3 pledge earners.
- Prizes for top lap swimmers boy/girl for each age group.
- Earn a tag for your swim bag by swimming 100 laps or more.
- Pledge sheets and collected money are due by Swim-a-thon (Tuesday, July 8th).

If you have PayPal, you can donate at www.paypal.com/paypalme/CascadesRapids. We also accept cash or checks made out to "Cascades Rapids"

We are excited for another successful Swim-a-thon!

-- Cascades Rapids Board of Directors