



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONGER TOGETHER

## 2014 Great Lakes Zones Swim Meet opportunities YMCA OF CENTRAL OHIO

The Y is a cause-driven organization that is for youth development, for healthy living and for social responsibility. That's because a strong community can only be achieved when we invest in our kids, our health and our neighbors. To that end, please join us at the 2014 Great Lakes Zones Swim Meet as we look to benefit our community and swimmers through our three areas of focus. Here's how you can be a part of it all!

### FOR YOUTH DEVELOPMENT

The YMCA of Central Ohio has a goal to teach every child in Central Ohio to swim through our third grade swim initiative named, "Swim Up." To ensure that every child can participate, we are asking for donations of new and gently-used swimsuits (all sizes), goggles and caps. All donations can be dropped off at the event apparel sales table.

### FOR HEALTHY LIVING

Nationwide Children's Hospital has recently partnered with the YMCA of Central Ohio and endorsed our newly-revised swim team program. Our new program emphasizes injury prevention, nutrition for athletes and healthy training for young athletes. Nationwide Children's Hospital is on-site at Zones this weekend to talk with families and swimmers about how they can make sure their swimmer is in the pool for a long time to come!

### FOR SOCIAL RESPONSIBILITY

The YMCA of Central Ohio provides the LiveSTRONG® at the YMCA program for free to cancer survivors. This program helps cancer survivors regain their strength and flexibility in a loving, supportive group as they reclaim their bodies and their lives. Through our sale of our "Swim Strong" caps during the event, 100% of the proceeds from the sales will go towards providing this class to more cancer survivors at the YMCA. Caps will be sold at the apparel sales table near the entrance and each cap sells for \$8.

#### YMCA OF CENTRAL OHIO

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