



# 24 HOUR SWIM FOR RVA

## A COMPETITION FOR A CAUSE

With a goal of free lessons for every second grader in the Richmond region, SwimRVA helps empower the 50% of the overall population that doesn't know how to swim. And by taking part in the 24-Hour Swim for RVA, you can help us do it.

**When you sign up for the 24-Hour relay, the 24-Miles-in-24-Hours challenge, or the 12-Hour Relay, all proceeds will go directly to our Swim School programs.**

Together with SwimRVA, you can create a future where every child not only knows how to swim, but has the skills to stay fit for life through aquatics.

<b>OCTOBER 24-25TH, 2015</b>  <b>TO REGISTER:</b> Simple! Just form a team of 1 to 12 people, name your team something awesome, elect a captain, then send your captain to <a href="http://swimrichmond.org">swimrichmond.org</a> to sign up for one of our three fun events and collect all the details. \$1200 minimum group donation.	<b>24-HOUR RELAY</b>	SAT OCT, 24TH (9AM) - SUN OCT, 25TH (9AM)
	<b>24 MILES IN 24 HOURS</b> (for one or two person teams)	SAT OCT, 24TH (9AM) - SUN OCT, 25TH (9AM)
	<b>12-HOUR RELAY</b>	SAT OCT, 24TH (9AM-9PM)
	<b>SWIMRVA GLOW HOUR</b> (back by popular demand)	SAT OCT, 24TH (8PM-9PM)