



Stay fit over the winter and raise money for the Charlevoix Area Community Pool at the same time. We have launched an Exercise-A-Thon called S.W.I.S.S. for **S**wim, **W**alk, **I**ce Skate, **S**ki/ Snowboard and **S**nowshoe. Open to ages 5 +

Here's how to participate:

1. Register at: www.charlevoixpool.org/exercise-a-thon
2. **Print off the SPONSOR FORM** at the link above. Ask family and friends to sponsor you for the exercise activities you complete during the promotion period of Feb 1-28, 2021. Sponsor amounts can be anything from 25 cents or more per hour of exercise, or a sponsor can guarantee a fixed amount donation for your participation, such as \$25, \$50, \$75, etc.
3. **PRINT OFF the Exercise Log** at the link above. Participate in any type of exercise and record your hours on the form available on our website. Exercise can include swimming, walking, running, ice skating, skiing, snowboarding, biking, snowshoeing or even working out at a gym or doing online exercise classes.
4. **All donations collected must be received by the pool by March 15th** to qualify participants for prizes to be awarded by March 22 for most hours of exercise and most money collected by age category. Donations can be made by check or credit card. (NO CASH) See website for how to make credit card payments.

Get the family involved and have fun!

Join Our **S.W.I.S.S.** Exercise—A—Thon and Support the Pool!

Get Sponsors. Exercise.

Record Results. Have Fun!

Promotion from Feb 1—Feb 28, 2021
(You can join anytime)



**PRIZES AWARDED FOR THE MOST
HOURS & MOST MONEY RAISED BY
AGE CATEGORY**

Categories: Age 5-10 ♦ 11-18 ♦ 19-30 ♦ 31+



For questions, call 231-547-0982 or email
janet@charlevoixpool.org

The Charlevoix Area Community Pool is a 501 (c)(3)
non-profit organization.
Donations are tax deductible.



SWIM



WALK/RUN



ICE SKATE



SKI/SNOWBOARD



SNOWSHOE