



What It Is

Swim for Life is a team building 24-hour group relay where the entire team swims and participates in games and other team building activities. Groups of 4 swimmers will sign up in half hour time blocks where they will swim relay style, there is only 1 swimmer in the pool at a time. Swim for Life is partnering again this year with the **American Heart Association** and there will be a strong emphasis on heart health. **Free CPR classes will be available during the relay.**

How to Register

Registration Deadline: August 20th (earn 10 prize tickets)

*** Late Registration:** August 20th-27th (earn 5 prize tickets)

Go to <http://www.swimforlife.myevent.com> and click on "Be a Participant." You may set a fundraising goal, add a photo and message if you like. Once your registration is accepted, you can share your personal page with your friends and family by emailing the link and sharing it on social media. In addition, if you have physical addresses we can send you a donation letter in PDF format that you can print or email. If you would like a donation letter, please email Mary (marycranberry@comcast.net), and she will send you one.

If you prefer not to register online, you can email Mary (marycranberry@comcast.net) and she will register your swimmer off-line. We will also provide you with a PDF of your donation letter that you can email and share with your friends and family.

*If you want to register but are unable to attend please let us know...you are still eligible to win the Fundraising Prizes, Door Prizes and can still earn the Swim for Life towel.

Where Donations Go

Donations raised during the Swim for Life Relay will help pay for team parties, championship T-shirts, team equipment, travel subsidies, and other team expenses. **In addition, 20% of monies raised will be donated to the American Heart Association.**

Prizes

Top Fundraisers - Top 3 fundraisers will be awarded prizes!

* Top Fundraiser - 1st choice of Speedo Swim Bag, Fastskin 3 Elite goggles and black Swim for Life towel

* 2nd Place Fundraiser - 2nd choice of Speedo Swim Bag, Black Swim for Life Towel

* 3rd Place Fundraiser - 3rd choice of Speedo Swim Bag

Door Prizes: Each registered participant regardless of the amount raised will receive prize tickets. The earlier you register the more tickets you earn! Additional tickets will be awarded to participants who join in the games and team building activities.

Prizes Include:

Speedo Bags and Equipment
York Fair Concert Tickets
Lots of Disney Merchandise
Antonio Brown Steeler Poster
Lots more!

Towels: Every participant who raises \$125 or more will receive a Swim 4 Life Towel

Nyah's Story and why CPR is so important

On July 31st 2010, my mother suffered a sudden cardiac arrest. She was healthy and physically fit, with no family history of heart issues. Our family was at a party together when she suddenly collapsed onto the ground without warning. My father was able to react quickly and perform CPR on her. If he would not have been able to do this correctly, my mother would not be alive today. **He saved her life.** You never know when something like this can happen to somebody close to you and when you will need to know the skills of CPR. Listed below are some important facts on Cardiac Arrest and CPR.

- Nearly 383,000 out-of-hospital sudden cardiac arrests occur annually, and 88 percent of cardiac arrests occur at home.
- Sudden cardiac arrest is not the same as a heart attack.
 - Sudden cardiac arrest occurs when electrical impulses in the heart become rapid or chaotic, which causes the heart to suddenly stop beating.
 - A heart attack occurs when the blood supply to part of the heart muscle is blocked. A heart attack may cause cardiac arrest.
 - Statistically speaking, if called on to administer CPR in an emergency, the life you save is likely to be a loved one.
 - Effective bystander CPR provided immediately after sudden cardiac arrest can double or triple a victim's chance of survival, but only 32 percent of cardiac arrest victims get CPR from a bystander.
 - Sadly, less than eight percent of people who suffer cardiac arrest outside the hospital survive.

CPR is an important skill to have. You can use it to save a life. Please join us for the Swim for Life Relay and consider getting some training!

Nyah Stahl

(York YMCA for 8 years)

Free CPR Classes!

Mike Heist will once again be at the event offering free 30 minute life saving CPR classes. Please sign up and learn the basics of CPR, it could save a life! Every swimmer who takes this class will receive a additional 10 prize tickets!