

Swimmers and Parents-

- **Boys and Girls Dual Meets vs. Ridley (at Ridley High School Pool) Saturday, January 9th**
 - To protect everyone from the cold weather, **Bus Check-In for both boys and girls will be held in the LCY Preschool Rooms**. The entrance to the Preschool Rooms is on the south side of the Y, to your left if you are facing the main entrance.
 - Boys Check-In at 9:45AM.
 - Girls Check-In at 1:00PM.
- **Double Dual Meet at LCY vs. Hatboro Rescheduled for Sunday January 24th, 2010.**
 - This meet was originally cancelled due to the snow on Saturday, December 19th.
 - LCY Warm-Ups to begin at 11:15AM. Meet scheduled to start at 12:30PM
 - Girls and boys meets to be run simultaneously, alternating events.
- **SPA Fundraising Committee Meeting Rescheduled for Wednesday, January 20th.**
 - Committee will be meeting to discuss Team Banquet Silent Auction and other fund raising ideas. Additional volunteers are needed for the committee.
 - Anyone interested in attending the meeting and volunteering for the committee can contact Ali Cleveland at ali@clevelandpartnership.com
- **Lionville YMCA 500 Wellness Race**
 - The swim team has been invited to compete in this member fitness challenge.
 - The challenge is open to all full members and is free of charge.
 - Competitors will be awarded 10 miles for every 30 minutes of exercise with a goal of reaching 500 miles of exercise in 8 weeks.
 - Prizes will be awarded during the contest and each member who completes the 500 mile race will get a t-shirt.
 - Swimmers (and parents) interested in signing up need to pick up a tracking card at the Welcome Center.

See you on deck,

Coach Alex

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