Westmount Y Masters Swim Team
Westmount Y Centre • 4585 Sherbrooke Street West • Westmount, QC, H3Z 1E9
Tel 514.931.8046 • Fax 514.931.9219 • www.westmountymcaswimclub.qc.ca/masters/

On Tuesday January 26 and Wednesday January 27, the Westmount Y Masters swimmers will **'GO THE DISTANCE FOR HAITI'** during practice, by swimming in a single session the longest race distance for each of the competitive strokes plus Individual Medley (1500m free, 400m IM, 200m butterfly, 200 Backstroke, 200 Breaststroke.) A tough challenge but nothing compared to what people are enduring in Haiti. Remember that the Government of Canada will match gifts!

Donations of $20 and up will receive a tax receipt if personal info below is provided. Please ask all you know to be generous (set the example! Make cheques to 'The Canadian Red Cross, Quebec Division' and write 'Haiti earthquake' in the memo line.

NAME	ADDRESS (INCLUDE POSTAL CODE)	PAID	COMMENT

WESTMOUNT
MAÎTRES-NAGEURS