



# FOOLS

# SWIM

A WORKOUT ONLY FOOLS  
WOULD DO!

A **FUN**draiser for Gladstone Get Kids Connected! Scholarship Fund

Proceeds from this event go to the Get Kids Connected! Gladstone Parks, Recreation, & Cultural Arts Scholarship Fund which provides scholarships to youth needing financial support in order to participate in Gladstone Parks and Recreation Programs.

## WORKOUT OPTIONS



### GETTING SILLY

5,000 Yards

100 X 50 (yd.) on the 100 (sec.)



### FEELING FOOLISH

7,500 Yards

100 X 75 (yd.) on the 100 (sec.)



### ULTIMATE FOOL

10,000 Yards

100 X 100 (yd.) on the 100 (sec.)

# \$30

Registration opens March 6th

Register by March 22nd  
to receive a  
FREE Fools' Swim T-Shirt

# SAT APRIL 04 7:30 AM