



Media Release

Wednesday 15 August

**'Swim to Summer' 10,000km challenge is back on**

Registrations are open now for Selwyn Aquatic Centre's annual swimathon event, 'Swim to Summer'.

Following the success of last year's event which raised \$1630 for The Breast Cancer and Prostate Cancer Foundations, the Selwyn Aquatic Centre is again challenging Selwyn residents to swim or aqua jog a combined total of 10,000km in pool lengths in the lead-up to summer.

James Richmond, Aquatic Facilities Manager, says the aim of this free event is to get more people active in the pool, more often.

"The challenge is for individuals to collectively swim 10,000km before the first day of summer, while fundraising for the Mental Health Foundation NZ. We encourage everyone to come along to work on their fitness and help a worthy cause.

"It was great seeing so many people smash their goals last year and make huge improvements to their fitness and overall health."

Those interested in being involved simply need to sign up in person at the Centre, start swimming or aquajogging, and log their laps for each swim at reception. Every length of the 25-metre pool or hydrotherapy pool will count towards the total distance. Swimmers' progress will be logged and regular updates sent to them. A donation box will be on display at reception for funds raised.

A number of prizes will be available for those who swim the most laps, in categories for men, women and youth swimmers, as well as most visits to the Centre during the swimathon.

The Swim to Summer swimathon will run until Saturday 1 December.

For more information or to sign up, ask at Selwyn Aquatic Centre reception, or phone (03) 347 2734 or email [sac.enquiries@selwyn.govt.nz](mailto:sac.enquiries@selwyn.govt.nz).