

a fun challenge

Now a fixture on the August long weekend, this is the 13th annual three island swim. We start at the Yacht Club dock and swim around three islands covering 3 kilometres. So mark this on your calendar and prepare for a fun challenge. We finish with food, draw prizes and recognition awards.

In 2001 there were over 40 swimmers aged 13 to 64. It's about participation, fun, and proudly hearing the Yacht Club bell ring as you finish.

relay relay relay

If you prefer the social over the endurance aspect of the three island swim, then include two others and make a relay out of it. Bring some friends along and split the distance!

spotters required

One ingredient for success is the spotter to cheer you on and guide you. Behind every good swimmer is a great spotter!

Saturday August 3, 2002 NOON at the Yacht Club dock



two arms • three islands • three kilometers
one strong desire to finish

info!

Preregister for \$10 and order your commemorative three island swim clothing. Every year it'll be something new and cool! Why not order for your trusty spotter as well? For further information, please contact Don or Catherine Konantz at (604) 926-5701 or email dkonantz@netcom.ca