



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY



# PUSH YOUR LIMITS

26th Annual U of O  
 Point to Point Swim  
 BEDELL FAMILY YMCA  
 August 6, 2022

This is a 3.2 mile swim in West Lake Okoboji from Gull Point State Park to Pikes Point State Park. Each swimmer is responsible for having their own kayak along for the swim. If you need this service, kayaks will be available for rent for \$25 (only 6 available). You are required to provide your own paddler. Kayaks will be first come, first served and can be reserved through the YMCA. Contact Angie Gillespie with any questions: 712-336-9622. Make-up rain date on Sunday, August 7.

**Fee:** \$40 prior to July 31; \$50 thereafter **Ages:** 13 years and older

**Registration Deadline:** August 6, 2022 at 6:30am **Race Time:** 7am

P2P Swim

Name \_\_\_\_\_ Gender: M or F Age \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Kayak (Only 6. First come, first served.) \$ \_\_\_\_\_ Total \$ \_\_\_\_\_

Circle size of T-Shirt for swimmer : S M L XL XXL Extra T-Shirt size (\$20/ea.): S M L XL XXL

In consideration for being allowed to participate in the YMCA exercise program, I agree to assume the risk of such exercise, and further agree to hold harmless the YMCA and its staff members conducting the exercise program from any and all claims, suits, losses, or related causes of action for damages, including but not limited to, such claims that may result from my injury or death, accidental or otherwise, during, or arising in any way from, the exercise program.

Signature \_\_\_\_\_ Date: \_\_\_\_\_

(Parent or guardian signature if under 18)