



**East Grinstead & District Lions Club**  
(International Association of Lions Clubs)  
District 105 SE England

**WE SERVE**

# *News Release*

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## **Raise £200/£300 for your Favourite Cause by Swimming with Lions!**

East Grinstead & District Lions Club will hold its 15<sup>th</sup> annual Swim Night at Kings Centre on Saturday 13<sup>th</sup> November between 6.30pm and 9.30pm. Team entries are required by Saturday 6<sup>th</sup> November. To register your team call Lion Ian Forbes on 01342 326785.

Each year the Lions promote and organise the event and invite local organisations to participate. The proceeds are split 50/50 with their chosen charity and the Lions Club, whose share goes entirely to local community services.

All each organisation has to do is enter a team of up to six swimmers who get family, friends and colleagues and perhaps local businesses to sponsor them. They swim in relays to see how many laps they can do as a team within 30 minutes. They don't have to be experts and it isn't a race. Kings Centre lifeguards will be on hand throughout the event.

Last year, swimmers raised in excess of £5,000 from sponsorship.

“So far this year, registrations have been received for 27 teams but we can accommodate 42, so we can accept bookings from a further 15 teams” said Swim Night organiser Lion Ian Forbes “and this could be worth several hundred pounds in sponsorship income for each team”

“Prizes will be presented and cheques will be handed over at a presentation evening to be held in February. It's a relatively easy way to raise funds” he said. “All the participating organisations have to do is turn up and swim. We do the rest!”