

For Immediate Release

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Media Contact:

Lalita Llerena Tampa Metropolitan Area YMCA 813.224.9622 ext. 1240 813.545.7772 (cell) Lalita.Llerena@tampaymca.org

Disabled Swimmers to Compete at New Tampa Family YMCA

Tampa, FL (April 22, 2015) – On Sunday, May 3rd, the <u>New Tampa Family YMCA</u> will host its 4th Annual Adaptive Swim Meet for disabled swimmers. All swimmers with a physical impairment, visual impairment and/or intellectual impairment are welcome to compete in the New Tampa Y's Olympic-sized pool at 16221 Compton Drive in Tampa. Warm-up starts at 8:30am and the competition begins at 10:00am.

Swimmers may enter a maximum of five events (three individual and two relay). Entries must be submitted to kpilczuk@tampaymca.org or through Touchpad-Team Unify by 5:00pm Friday, April 24th. The entry fee is \$20 per swimmer, which includes a T-shirt.

The entire community is invited to come watch the Adaptive Swim Meet, free of charge, and learn more about all of the New Tampa Y's cause-driven programs, including family programming, aquatics, youth sports, summer camp and more! Participants and guests will also have a chance to speak with Volunteer Meet Manager Bill Pilczuk, five-time USA national champion and gold medal winner of the 50-meter freestyle at the 1998 World Championships.

The Tampa Metropolitan Area YMCA is committed to developing strength in spirit, mind and body for all - regardless of physical or mental limitations. The Y's adaptive programs help children, teens and adults of all abilities benefit from physical activity and group interaction. The New Tampa Y offers a full-range of adaptive programming including art, basketball, cheerleading and aquatics. For more information, contact Adaptive Coordinator Kass Pilczuk at 813.866.9622 or kpilczuk@tampaymca.org.

About the Tampa Y

The Tampa Metropolitan Area YMCA is one of the area's leading nonprofits, strengthening Hillsborough and East Pasco communities through youth development, healthy living and social responsibility. Across the Association, 19 facilities engage more than 160,000 men, women and children — regardless of age, income or background — to nurture the potential of children and teens, improve our community's health and well-being, and provide opportunities to give back and support neighbors. The Tampa Y has long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. www.tampaymca.org