

LOOKING FOR A  
**CHALLENGE?**

WANT TO HAVE  
**FUN AND DO**  
SOMETHING UNIQUE?

INTERESTED IN DOING  
SOMETHING GREAT FOR  
**NOVA SCOTIA**  
COMMUNITIES?

# NOVA SCOTIA HARBOUR SWIM

Take the plunge and join us in support of United Way!

We are looking for swimmers in these locations:

SEPTEMBER 11<sup>TH</sup>

St. Peter's swim – 8:30 a.m.

Sydney swim – noon

Pictou swim – 5 p.m.

SEPTEMBER 12<sup>TH</sup> (RAIN DATE SEPT. 13<sup>TH</sup>)

Halifax Harbour swim – 11:30 a.m.

Chester swim – 2:30 p.m.

Shelburne swim – 6 p.m.

Requirements: Able to swim 1,500m in 40 minutes and raise \$150 in pledges.

## SIGN UP TODAY!

Contact [marylou.burke@novascotia.ca](mailto:marylou.burke@novascotia.ca) to learn more.

[facebook.com/unitedwaynsgov](https://facebook.com/unitedwaynsgov)



HALIFAX



Canada

All funds raised will benefit the United Way as part of the Government of Nova Scotia's Workplace Giving Campaign.