

**23<sup>rd</sup> of May 2010**

# Swim for Charity

**IN AID OF THE MADRUGADA CHARITY**

**Essential Fitness & Spa, Boavista Golf Resort, Lagos. 8am - 6pm**

*For swimmers of all ages and ability! Come and join in the fun and help raise money for charity.*

**Boavista**  
Golf & Spa Resort  
LAGOS • ALGARVE  
PORTUGAL

  
**ESSENTIAL**  
FITNESS & SPA

**m** Madrugada

**All sponsorship money towards Madrugada Charity to help support people with life limiting illness**

**If you would like to take part call + 351 282 790 930 (health club reception) or +351 917 953 914 (Yvonne Fisher). Email: [health.club@boavistagolf.com](mailto:health.club@boavistagolf.com)**

**Closing date for registration - 20<sup>th</sup> of May**