



FOR IMMEDIATE RELEASE

Contact: Cynthia Peterson
510-486-8408
cpeterson@baymca.org

**Olympic Gold Medalist Natalie Coughlin,
Coach Teri McKeever and UC Berkeley Women's Swim Team
at Downtown Berkeley YMCA Swim-A-Thon**

BERKELEY – April 10, 2009: On Wednesday, April 15, 2009, Olympic Gold medal winning swimmer Natalie Coughlin and the UC Berkeley Women's Swim Team will appear at the Downtown Berkeley YMCA as part of the 2009 Swim-A-Thon.

Natalie Coughlin, a Bay Area native, UC Berkeley graduate and world record holder who won six Olympic medals at the Beijing Olympics, learned to swim at her local YMCA. Coach Teri McKeever and members of the Pac-10 UC Berkeley Swim Team claimed their first-ever victory at the NCAA Women's Swimming Championship in March 2009.

Natalie Coughlin and the UC Berkeley Women's Swim Team will meet fans, answer questions and share stories about their experiences as competitive swimmers.

The Swim-A-Thon is a week-long event designed to raise awareness and much needed funds for youth programs and runs April 13 through April 18, 2009. In addition to the Natalie Coughlin and UC Berkeley Women's Swim Team meet and greet event, Swim-A-Thon activities include swim clinics, group swims, water safety demonstrations and an introduction to aquatics programs at the YMCA. As part of the Swim-A-Thon, YMCA member participants commit to securing pledges/donations for swimming laps.

Natalie Coughlin and the UC Berkeley Women's Swim Team members are available prior to the event for photos and brief interviews. Contact Cynthia Peterson for more information.

The Swim-A-Thon is part of the Berkeley-Albany YMCA's 2009 Youth & Community Support Campaign. Funds raised through the Campaign help provide financial assistance for those kids and families who otherwise would not be able to afford to participate in YMCA programs including swim lessons, summer camp and academic enrichment programs like Y-Scholars, a program for first-generation college-bound students.

About the Berkeley-Albany YMCA:

The Berkeley-Albany YMCA is a charitable, non-profit organization serving Berkeley, Albany, Emeryville, El Cerrito and Kensington since 1903. Reaching more than 23,000 people annually through four branches and more than nine program sites, the YMCA provides a wide range of programs and services in child care, youth development, education, family support, wellness and outdoor experiences. More information may be found at www.baymca.org.

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