



FOR IMMEDIATE RELEASE

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AbilityFirst Long Beach Center 32nd Annual Swim-a-Thon to Benefit Children and Adults with Disabilities

Long Beach, Calif. – AbilityFirst Long Beach Center was established in 1966 offering programs that include; after school enrichment program for children and young adults ages 5 – 22years, an adult day program and an aquatics program.

AbilityFirst Long Beach Center will be holding their 32nd annual Swim-a-Thon on Friday, August 8th with activities starting at 10am – 2pm. The AbilityFirst Long Beach Center is located at 3770 E. Willow St. Long Beach, CA 90815. This is a private event for media and invited guests.

This year's theme will be an Olympic themed event. The goal is to swim 10 miles and raise \$5,000 for the center. AbilityFirst Long Beach Center children, teens and adults will be assisted by staff and cheered on by family and friends as they collaborate and strive to reach their 10 mile total team goal. Participants have been collecting sponsor donations from friends, family, and neighbors.



Other activities include lap swimming, relay competitions, lunch, carnival games, and much more!

Come out and support your local community AbilityFirst Long Beach Center and the wonderful people they serve!

For more information contact Jennifer Fraire, AbilityFirst Long Beach Center Aquatics Coordinator: 562-426-6161.

About AbilityFirst

[AbilityFirst](#), established in 1926 and formerly known as the Crippled Children's Society of Southern California, provides programs and services to help children and adults with disabilities reach their full potential. Through 25 [locations](#) across Southern California, they offer a broad range of employment, recreational and socialization [programs](#) as well as accessible residential housing complexes and an accessible camp, [Camp Paivika](#), for both children and adults with disabilities.

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