

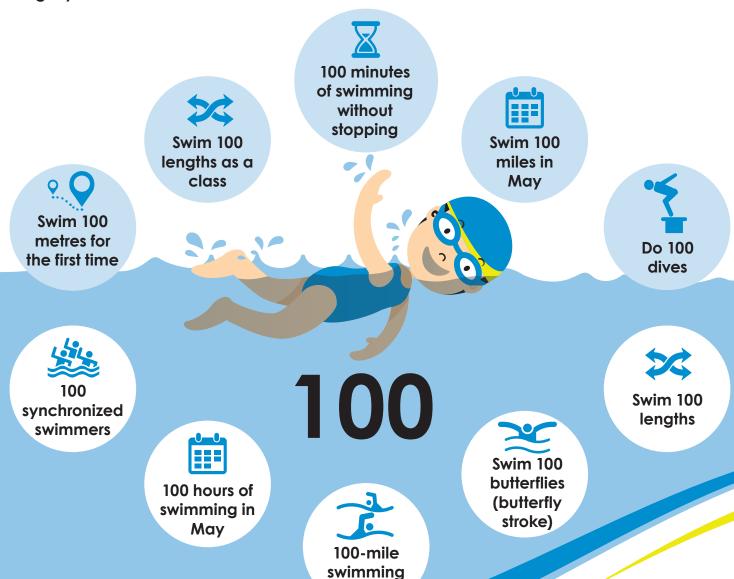
as a family, or with school.

## May is for making waves with Swim100

for Guide Dogs

Swim at your local pool, lido or open water. You can take part on your own, with friends,

Make it your own by creating a Swim100 challenge to suit you! Here are some ideas to get you started...



relay

guidedogs.org.uk/swim100