



Swim 100 for Guide Dogs

GUIDE
DOGS



May is for making waves with Swim100

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

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



100 minutes
of swimming
without
stopping



Swim 100
miles in
May



Do 100
dives



Swim 100
lengths



Swim 100
butterflies
(butterfly
stroke)



100-mile
swimming
relay



100 hours of
swimming in
May



100
synchronized
swimmers



Swim 100
metres for
the first time



Swim 100
lengths as a
class

100

guidedogs.org.uk/swim100