



# HSC SPONSORED SWIM AND SLEEPOVER

## FRI 18<sup>TH</sup> NOV.

**THE CHALLENGE – HOW FAR CAN HSC SWIM IN 12 HOURS?**

Option 1 – Swim individually for either 30 mins/1 hour.

Option 2 – Swim as a relay team, max 6, for 2 hours.

Allocated slot sessions dependent on participation.

25% of sponsorship to be donated to...



**Sleepover optional! Please register your interest**

**Sign-up sheets on noticeboard**

Roger – How do I do Butterfly in a Sleeping Bag???

