

In partnership with
ZOGGS

CHALLENGE
YOURSELF THIS
AUTUMN!

HELP YOUR **SWIMMING**
CLUB TO PERFORM
DES MIRACLES!

Swim 22 miles over 12 weeks
in your local pool

Take the plunge & help people
with Spinal Cord Injury

Sign up for free at aspirechannelswim.co.uk



Pool Challenge

@AspChannelSwim AspireChannelSwim AspireChannelSwim

Association for Spinal Injury Research, Rehabilitation and Reintegration, Registered charity number: 1075317 Scottish registered charity number: SC037482
Registered company number: 3744357 Ireland registered charity number: 20150181



In partnership with
ZOGGS

CHALLENGE
YOURSELF THIS
OCTOBER TO
DECEMBER!

TAKE ON THE **ASPIRE**
CHANNEL SWIM AND BE
FANTASTIQUE!

Swim 22 miles over 12 weeks
in your local pool

Take the plunge & help people
with Spinal Cord Injury

Sign up for free at aspirechannelswim.co.uk



Pool Challenge

[@AspChannelSwim](https://twitter.com/AspChannelSwim) [f AspireChannelSwim](https://facebook.com/AspireChannelSwim) [@ AspireChannelSwim](https://instagram.com/AspireChannelSwim)

Association for Spinal Injury Research, Rehabilitation and Reintegration, Registered charity number: 1075317 Scottish registered charity number: SC037482
Registered company number: 3744357 Ireland registered charity number: 20150181



In partnership with
ZOGGS

GET STARTED
THIS OCTOBER!

TAKE ON THE **ASPIRE**
CHANNEL SWIM AND RISE TO
THE CHALLENGE

Swim 22 miles over 12 weeks
in your local pool

Take the plunge & help people
with Spinal Cord Injury

Sign up for free at aspirechannelswim.co.uk



Pool Challenge

@AspChannelSwim AspireChannelSwim AspireChannelSwim

Association for Spinal Injury Research, Rehabilitation and Reintegration, Registered charity number: 1075317 Scottish registered charity number: SC037482
Registered company number: 3744357 Ireland registered charity number: 20150181

