







DAWN TO DUSK DAILY DIP

IN AID OF ST. MICHAEL'S HOUSE
SERVICES FOR PEOPLE WITH DISABILITIES

DIP AS AN INDIVIDUAL OR AS A
GROUP IN THE OPEN WATER
THIS AUGUST

DIP LOCALLY | DIP AT SCENIC BEAUTY SPOTS | DIP ANYWHERE

CAN YOU DO?

-  7 DAILY DIPS IN A WEEK?
-  10 SEA DIPS IN A MONTH?
-  DIP EVERY TUESDAY FOR A MONTH?
-  DIP A DAY FOR AN ENTIRE MONTH?

YOU DECIDE YOUR CHALLENGE

Entry Fee
€15pp

(+ booking fee)
*family rate available

Commemorative Silicone
Swimming Cap
on completion

Raise funds for a service of your choice

ALL NON-UNIT FOCUSED FUNDS RAISED WILL DIRECTLY BENEFIT
ST. MICHAEL'S HOUSE ASSISTIVE TECHNOLOGY PROJECT

Register: www.smh.ie/fundraising

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www.smh.ie | CHY5692



Dip into
Event
Webinars in August
Encouragement &
Dip Discussions