

# THE BIG SWIM

# Track your miles



Cross off your miles as you go, every mile swum brings us one stroke closer to making the hydrotherapy pool a reality for the families of Martin House.

Ready, set... swim!



Half way!



You did it!



Don't forget to post swim updates, pool selfies, or milestone celebrations on social media using the hashtags **#TheBIGSwim** and **#SwimForTheBuild**. Tag **@martinhousech** for a chance to be featured!