

North Beach, Maryland



# Polar Bear Plunge

JANUARY 1, 2023

The Annual Polar Bear Plunge will be on January 1, 2023 at 1:00 pm!  
Net proceeds to benefit the Saint Anthony's Catholic Church Ladies of Charity!

There are three ways to participate in the plunge:

- 1 PRE-REGISTER THROUGH DECEMBER 27th:** Complete the online registration form at [www.northbeachmd.org](http://www.northbeachmd.org). This **GUARANTEES** you receive a personalized plunge certificate and plunge t-shirt on the day of the plunge.
- 2** Starting at 11 am on January 1st, **REGISTER, SIGN A WAIVER & PAY \$27** at the Welcome Center: With this registration you will receive a blank plunge certificate and a plunge t-shirt (first come, first served).
- 3** Starting at 11 am on January 1st, **SIGN A WAIVER** at the boardwalk: there is no fee to plunge, but you must sign a waiver.

*The Ladies of Charity will be selling coffee, hot chocolate, bottles of water, hot dogs, chips, cookies and brownies to raise funds for their organization!*



**NB**  
*The Jewel of the Chesapeake Bay*  
**North Beach, Maryland**

QUESTIONS? CALL 301.855.6681.