



January 1, 2024
NORTH BEACH, MD

Polar Bear Plunge

THE ANNUAL POLAR BEAR PLUNGE IS ON JANUARY 1, 2024 AT 1:00 PM!

THERE ARE THREE WAYS TO PARTICIPATE IN THE PLUNGE:

**1 PRE-REGISTER THROUGH
DECEMBER 28th:**

Complete the online registration form at 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, WATER, HOT DOGS, BAKED GOODS AND EGG ROLLS !



**QUESTIONS?
CALL 301.855.6681.**



NET PROCEEDS WILL BENEFIT THE LADIES OF CHARITY CALVERT COUNTY!