



JOIN US FOR A DC TRADITION!

WHAT

The Polar Plunge is a very cool way for the community to come out and show their support for Special Olympics DC. An above-ground swimming pool will be erected at Yards Park, and participants will take the plunge to the cheers of the crowd!

WHO

All ages are welcome. Kids under 12 must be accompanied by a parent or guardian. To participate, raise at least \$100 and receive the commemorative 2025 Polar Plunge t-shirt! Raise even more to receive other cool prizes!

WHERE

Yards Park
355 Water Street SE
Washington, DC 20003



WHEN

February 22, 2025

WHY

Special Olympics DC (SODC) is the sole provider of year round sports, health, and inclusion programs to more than 2,500 children and adults with intellectual disabilities in the District. Our programs are essential in helping participants lead healthier lives and develop valuable skills that help them succeed in school and become self-advocates. Thanks to your fundraising for the Polar Plunge and other events these services are always provided at no cost.

HOW

Register today at dcpolarplunge.org as an individual or as a team! Or scan the QR code!



DCPOLARPLUNGE.ORG

