

# POLAR PLUNGE 2025



## KNOW BEFORE YOU GO

The Polar Plunge is pleased to partner with the Ice Yards event, the signature winter extravaganza featuring music, icy games and unlimited frozen fun!

**February 22, 2025**

<b>12:00 PM</b>	<b>Registration Opens</b>
<b>12:45 PM</b>	<b>Opening Ceremony</b>
<b>1:00 PM</b>	<b>First round of plunging</b>
<b>2:00-2:30 PM</b>	<b>Plunge Break</b>
<b>2:30-3:00 PM</b>	<b>Second round of plunging</b>

### What to wear:

Wear a costume, uniform or swimsuit to take your plunge!

### What to bring:

Bring a change of clothes, a towel and flip flops. After your plunge go into the heated changing tent to get warm and dry!

**Location:** Yards Park

355 Water Street SE Washington, DC 20003

### How to get there:

Metro or ride-share services recommended.  
MetroRail (Green Line) Navy Yard-Ballpark Metro Station, Metro Bus & Circulator  
Limited street parking and paid parking lots nearby.

### Entering the event:

Go to the security entrance between Jubilee Ice Cream and District Winery where you will be directed to our REGISTRATION/CHECK-IN tent to the left. All participants must check-in and get a Polar Plunge wristband. You'll receive your Plunge t-shirt and any fundraising incentives you qualified for.



Make sure you raise the minimum of \$100 to take the plunge and support Special Olympics DC athletes!

**DCPOLARPLUNGE.ORG**

