



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TAKE THE PLUNGE

## Polar Bear Plunge and Penguin Paddle C.B. PENNINGTON, JR. YMCA

ARE YOU READY FOR A FUN NEW YEAR CHALLENGE? COME JOIN US FOR THE POLAR BEAR PLUNGE OR THE PEGUIN PADDLE! THE POLAR BEAR PLUNGE CONSISTS OF A JUMP INTO THE DEEP END OF THE OUTDOOR POOL. THE PENGUIN PADDLE IS A JUMP INTO THE DEEP END OF THE OUTDOOR POOL FOLLOWED BY A SWIM ACROSS THE POOL! YOU CAN DO ONE OR BOTH CHALLENGES TO GET YOUR NAME ONTO THE POLAR BEAR AND PENGUIN PADDLE CHALLENGE BOARD FOR THE YEAR. BOTH EVENTS WILL BE FOLLOWED UP WITH HOT CHOCOLATE AND A FINISHER BLANKET!

**WHEN:** January 5, 2019  
**TIME:** 9am to 11am  
**LOCATION:** C.B. PENNINGTON, JR. YMCA  
15550 Old Hammond Hwy  
Baton Rouge, LA 70816  
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