



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 ACRSS 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
(225)272-9622 or skelley@ymcabr.org
Www.ymcabr.org

