

The 2022 Camp CaPella Polar Dip Challenge Is Ready for you!

February 26, 2022, Phillips Lake, Dedham, Maine

The Camp CaPella Polar Dip is one of the largest fundraisers of the year for the non-profit summer camp serving individuals with disabilities. Many campers who attend come to Camp on scholarship. Camp CaPella never turns away a camper based on ability to pay, which means every dollar raised from the Polar Dip helps to send someone to summer camp. And everyone deserves an opportunity to experience summer camp in Maine!

This long-standing event is traditionally held at Camp Capella on Phillips Lake in Dedham and participants receive pledges to jump into the chilly lake water thru a hole cut into the ice.

Just like last year, there are 3 ways to participate –

1. Live on February 26 at the lake with COVID19 guidelines in place (6' distancing and mask wearing inside). There will be Prizes, a Hot Tub and Food this year!
2. If that doesn't work for you, you are encouraged to participate virtually. This option allows you to pick any date in the month of February and get creative with your polar dip efforts – roll around in the snow or create a snow angel in your swimsuit, pop a water balloon of ice water over your head, sit in a kiddie pool full of ice water or run under a sprinkler in the snow! Virtual participants are asked to record a video to share with Camp CaPella's social media.
3. And, for those that have no interest in getting near anything cold, there is the Jittery Jumper option, where for a small fee you pay not to get cold! Recruit like-minded individuals to pledge you.

ALL participants, regardless of which way you choose to participate, are asked to register online. Visit the News & Events tab of www.campcapella.org to register.

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