



12th ANNUAL POLAR PLUNGE
New Year's Day
Bass River/Smugglers Beach at High Noon



We're back and hoping neither COVID or the weather will stop us from plunging into the Nantucket Sound on January 1!!! This year Friends of Yarmouth Council on Aging are thanking all our supporters. spectators and plungers by designating the 12th Annual Polar Plunge as a "Community Give-back!"

What does this mean? It means we are not charging an admission fee, normally \$15 per person, but instead letting anyone and everyone zany enough to do it - experience the ice cold water for free.

While the Polar Plunge specifically raises money in support of programs and activities at the Yarmouth Senior Center, we will not have that income this year. So, your financial support of this wild and chilly adventure would be much appreciated.

Friends of Yarmouth Council On Aging, is a 501(c)(3) non-profit organization and all donations are tax deductible. Checks should be made payable to:

FOYCOA and mailed to 528 Forest Road West Yarmouth MA 02673

If you plan to plunge, please fill out the Waiver & Consent Form. Tee-shirts can be pre-ordered and paid for in advance to guarantee your size. The cost per short-sleeved T-shirt is \$10.00. A limited number of each size will be available for sale at the Plunge.

On behalf of the team, a heartfelt Polar Bear "Thank You" and a BIG Polar Bear Hug.
p.s. Plan to join us at Bass River/Smugglers Beach for hot chocolate and cookies.

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POLAR PLUNGE DONATION

\$25 _____ \$50 _____ \$75 _____ \$100 _____ Other _____

Please print the following information:

Name: _____

Address: _____

City and State: _____ Zip Code: _____

Email: _____

Phone: _____

For Official use only:

Amount received: _____ Ck # _____ Cash: _____ Date: _____