



2025 Canandaigua Polar Plunge presented by Nolan's on Canandaigua Lake What to Expect!

Are you ready to PLUNGE into Canandaigua Lake at Kershaw Park...
Here's the scoop on what you need to know before polar plunging this Saturday, March 15.
It's going to Polar Plunge weather with a touch of Spring in the air...dress warm, layer...
We are Freezin' for a Reason!

Thank You to our Presenting Sponsor.



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EVENT DETAILS.

- Polar Plunge registration opens at 10AM in the Event Tent at Kershaw Park. EVERYONE must register and sign a waiver (U18 must have a parent/guardian signature)!
- Live stage, costume judging, awards & more is from 10AM-12Noon inside the Event Tent at Kershaw Park.
- The Canandaigua Polar Plunge kicks off at 12Noon with the National Anthem at 11:55AM inside the Event Tent.
- For additional information, visit our website at PolarPlungeNY.org/Canandaigua.
 - Be sure to SHARE YOUR PICTURES using **#TheFrozenSpot**
 - Our Social Media Pages
 - **Facebook:** @SpecialOlympicsNew York-PolarPlunge
 - **Twitter:** @SpecOlympicsNY
 - **Instagram:** @SpecialOlympicsNY



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PARKING DETAILS.

- The Canandaigua Polar Plunge presented by Nolan's on Canandaigua Lake is taking place at Kershaw Park, 155 Lakeshore Drive, Canandaigua, NY 14424
- All are encouraged to park in the Muar Street Parking Lot (near the Speedway), and there is street parking.
- There will be signage to direct.

WHAT IS THE FUNDRAISING MINIMUM TO POLAR PLUNGE?

- Put the FUN back into your FUNdraising efforts with our polar plunge fundraising incentives!
- To take the Canandaigua Polar Plunge presented by Nolan's on Canandaigua Lake, raise a minimum of \$100 and as a thank you, you will receive the most coveted crewneck in all of Canandaigua.
- All participants MUST raise \$25 to take part in the event!



Canandaigua Polar Plunge Fundraising Incentives

Set your fundraising goal at \$250 to earn great prizes and reach for the stars. The more you raise, the bigger and better prizes you can earn! *(Following the event, plungers will receive an email to claim their incentive prizes. They can follow the emailed instructions and prizes will arrive in 6 to 8 weeks.)*

Check out these great fundraising incentives for 2025!

Prize	Goal
Blue/White Fleece Crewneck	\$250
Black 16oz. Ceramic Mug	\$500
Black Fleece Blanket	\$1,000
Black 16oz. Tumbler	\$2,500
Black Soft Pack Insulated Cooler Bag w/ Bottle Opener	\$5,000
Black 15.6" Laptop	\$7,500
Black Insulated Cooler Bag w/ Bottle Opener	\$10,000



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WHAT SHOULD I WEAR?

- Have fun! Wear a costume. Be a Superhero. A Princess. A Clown. Be Creative and Get into the Polar Plunge Spirit!
- Dress warm and in layers.
- Wear shoes (water shoes are best). Shoes are a MUST!
- NO flip flops.

WHAT SHOULD I BRING?

- An extra change of clothes, socks, and shoes for after your polar plunge.
- A towel.
- A garbage bag to put your wet clothes in after your polar plunge.
- There are port-a-lets on site to change if needed.
- Money for merchandise and food!
- *Please do not bring with your valuables, your favorite sweatshirt. Special Olympics New York is not responsible for lost or stolen items.*

WHEN SHOULD I ARRIVE AND WHERE DO I PARK?

- **Don't be late!** Some of the best parts of the Canandaigua Polar Plunge presented by Nolan's on Canandaigua Lake is what happens *before* the actual polar plunge. The pre-Plunge party kicks off at 10AM. Plan to spend the morning with us. If you can't, be inside the Event Tent by 11:15AM. The Canandaigua Polar Plunge presented by Nolan's on Canandaigua Lake starts at 11:30AM.
- Parking is available at the Muar Street Parking lot and street parking.
- Allow yourself PLENTY of time **to park and make your way to Kershaw Park.**



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WHEN YOU ARRIVE ON SATURDAY...

CHECK IN AT THE POLAR PLUNGE REGISTRATION TENT

- Registration opens at 10AM.
- **All Plungers must check in** at Registration inside the Polar Plunge Event Tent. It's located at Kershaw Park to the left of Bath House.
- At check in, each polar plunger will sign a participant waiver, receive a wristband to Plunge and polar plungers raising a minimum of \$100 will receive the 2025 Polar Plunge crewneck.
- EVERYONE must register and sign a waiver.
- Polar Plungers 18 years and younger must have a parent/guardian signature on waiver.
- If you are bringing donations to the Polar Plunge in the form of cash and/or checks, your donations can be brought directly to the Polar Plunge Registration Tent. **Checks should be made payable to "Special Olympics New York"**
- If you raised your money online...don't worry! We will have totals for each polar plunger at registration.
- If you're part of a team you DO NOT need to check in with your team. Each polar plunger can check in at any of the registration lines and meet with their team afterward.
- For teams with team donations, donations can be allocated to team members. Please contact Kelley at kligozio@nyso.org to assist.
- Day of event plungers are welcome. We ask you to donate a minimum of \$25.

WHERE IS THE COSTUME JUDGING CONTEST, TEAM PHOTOS and VENDORS?

- Show your polar plunge spirit by wearing a costume to plunge! We'll have costume voting, awarding First, Second and Third Place, best costumes inside the Event Tent at Kershaw Park.
- The costume judging contest is from 10AM-11:30AM.
- Individual and Team photos will also be taken at the Special Olympics backdrop area inside the Event Tent at Kershaw Park.

POLAR PLUNGE MERCHANDISE.

- Polar Plunge merchandise will be on sale from 10AM - 12Noon inside the Event Tent at Kershaw Park.



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FOOD.

- Cooke's Kitchen and Catering will be on sight to keep your bellies full!
- Tony's Gourmet Popcorn will be on site Poppin their famous gourmet popcorn...the original cheese, caramel and more!



WHERE DO I POLAR PLUNGE AND IS THE WATER ICE COLD?

- The Canandaigua Polar Plunge presented by Nolan's on Canandaigua Lake takes place in the waters of Canandaigua Lake directly at Kershaw Park.
- At 11:55AM, the National Anthem will be sung and following the National Anthem, polar plungers will begin forming a line inside the Event Tent to take the parade into the waters of Canandaigua Lake.
- Yes, you are correct, the water is chilly, but the weather is going to celebrate Spring!
- Please FOLLOW all polar plunge rules... **NO DIVING!**

WE ARE GOING TO PUMP YOU UP TO POLAR PLUNGE!

- The Canandaigua Polar Plunge presented by Nolan's on Canandaigua Lake has the best party inside the Event Tent with Canandaigua's own, Breezy, PXY Mornings with Moose and Breezy, onstage as the Canandaigua Polar Plunge emcee and music compliments of Encore Events starting at 10AM!
- The music doesn't stop until we PLUNGE!



WHEN SHOULD I ARRIVE AND WHERE DO I PARK?

- **Don't be late!** Some of the best parts of the polar plunge is what happens *before* the actual Canandaigua Polar Plunge presented by Nolan's on Canandaigua Lake. The pre-Plunge party kicks off at 10AM. Plan to spend the morning with us. If you can't, be inside the Event Tent by 11:15AM.
- Parking is available at the Muar Street Parking lot. When that parking lot is full, parking will become available at the Old Steamboat Parking Lot. Parking guides will be onsite to direct you to the parking lots.
- Allow yourself PLENTY of time **to park and make your way to Kershaw Park.**

On behalf of all our athletes, thank you for supporting Special Olympics New York!