



## 2026 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 Sunday, March 15. It's going to Polar Plunge weather with a touch of Spring in the air!

**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)!
- Music with 98PXY's Breezy, 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](http://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 when you arrive.

### WHAT IS THE FUNDRAISING MINIMUM TO POLAR PLUNGE?

- Put the FUN back into your FUNdraising efforts with our polar plunge fundraising incentives!
- Raise a minimum of \$100 and as a thank you, you will receive the most coveted crewneck in all of Canandaigua. **This year's design comes in a crewneck in pink AND black. First come first serve.**
- 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 2026!

2026 Polar Plunge Incentives <b>SONY</b>	
Fundraise and earn a great reward. Let us motivate you!	
 All Star Crew Neck \$250	 Socks and Leg Warmers! \$250
 For Messenger Bag \$500	 For Messenger Bag \$1,000
 For Crew Neck \$2,500	 For Crew Neck \$5,000
 For Messenger Bag \$7,500	 For Crew Neck \$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.
- Changing rooms ONLY are available inside the Kershaw Park Bathhouse.

### 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?

- **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.



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### WHEN YOU ARRIVE ON SUNDAY...

#### 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 2026 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](mailto: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 Best Costume 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.



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### POLAR PLUNGE MERCHANDISE.

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

### FOOD.

- Cooke's Kitchen and Catering will be on sight with warm refreshments and snacks.
- 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 DJ Olliewood starting at 10AM!
- The music doesn't stop until we PLUNGE!



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