



Join us for the  
**10<sup>th</sup> Annual Polar Bear Plunge**  
**Tuesday, January 1<sup>st</sup>, 1:00 pm**  
at  
**Atlantic Avenue Ocean Beach, Amagansett**  
Registration starts at 11:30 pm



Jump into the New Year with the East Hampton YMCA Hurricanes Swim Team to benefit the East Hampton Town Food Pantries.

This year the Polar Bear Plunge is a fundraiser to benefit the local food pantries. Each "Plunger" that registers with a minimum of \$25 in donations, will receive an embroidered winter cap.

All tax deductible checks can be written to **East Hampton Food Pantry, Inc.**

Please see registration form and procedures on a separate sheet.

Additionally, parents of the East Hampton Hurricane Swim Team and East Hampton Volunteer Ocean Rescue will warm you with hot foods and refreshments. T-shirts will be available for sale, and a laugh will be enjoyed by all who come to witness this madness.