



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FREEZIN' FOR A REASON



**2024 Polar Plunge & Chili Cook-Off**  
**LAKE NORMAN YMCA**  
**SAT, JAN 20 | 11 AM**

Take the plunge or just come enjoy homemade chili with your family at the Lake Norman YMCA waterfront!

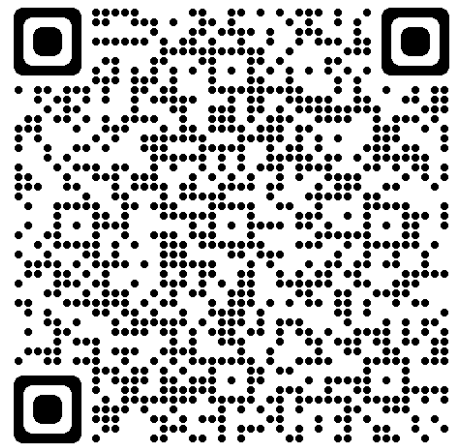
## PRIZES

Polar Plunge

- Best individual costume and best team theme

Chili Cook-Off

- Best Overall Chili (People's Choice) & Judge's Favorite



**Scan the QR code to register now!**