

JOIN THE 2024 PERTH POLAR BEAR PLUNGE



JOIN THE PLUNGE

The Perth Polar Bear Plunge will be taking place January 1, 2024 at the Legion (26 Beckwith St East Perth ON) beside the Tay River. Join us and help achieve our goal of raising \$30,000!

HISTORY OF THE PERTH POLAR BEAR PLUNGE



Over the last 29 years, The Perth Polar Bear Plunge has been an important event for the Town of Perth. Originally founded by David Lavery, Stan Munro and others at the Perth Legion. The Royal Canadian Legion Perth-Upon-Tay Branch 244 still sponsors this event today.

2024 RECIPIENTS: RURAL FASD

Each year, The Polar Plunge selects a different community group to support. Rural FASD (Fetal Alcohol Spectrum Disorder) Support Network is honoured to be the 2024 recipients.



IMPORTANT INFORMATION

Plungers will gather at the Legion early on New Years Day and begin jumping into the ice-cold Tay River starting around 10:30am. If you are interested in plunging as an individual or team, go to polarplunge2024.ca and follow the event links to register. It will take you to a Canada Helps event page where you can register, get your own personal plunge page, which you can then share via social media or send out via email to get online donations from all your family and friends



For inquiries contact us: 1-877-708-2047 or perthpolarbearplunge@ruralfasd.ca