

**6th Annual  
Super "PLUNGE" Sunday - Feb. 7, 2010 - 1 PM**

**Event Schedule**

**T-shirt/wristband pick-up  
& late registration**  
(in the Senior Lounge at  
St. Francis Community Center)

**9 am to 1 pm - Saturday, Feb. 6**

**10 am to 12 pm - Sunday, Feb. 7**

**1:00 pm Plunge Time**

**1:05 pm Post Plunge Warm-Up**

Free Refreshments in the  
gym at St. Francis  
Community Center  
(hot chocolate, tea, coffee...)

**How To Participate**

**Mail...** the Registration form *NOW*, with  
\$30 registration fee. Save \$5 by  
pre-registering. (Registration Fee  
will be \$35 on Feb. 7)

**Collect...** sponsor donations from family,  
friends, etc.

**Bring...** your courage & donation form,  
along with the checks or cash  
collected, to St. Francis  
Community Center on the day of  
the plunge.

**Don't forget your bathing suit and/or costume,  
bathrobe, towels, blankets and whatever else  
you'll need to warm yourself after the plunge.**

**Important Info.**

T-shirts must be picked-up at registration desk.

Plunge will take place on the 48th Street beach in Brant Beach.

Wristbands must be worn at time of plunge.

Plungers should enter through the chute system to have wristband checked.

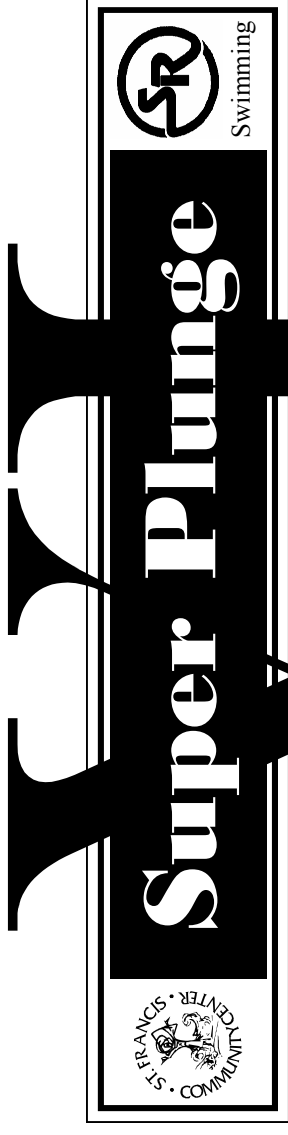
Only those wearing wristbands will be permitted to enter staging area.

Spectators will not be permitted in plungers staging area.

Prizes Awarded for oldest & youngest plunger, best costume,  
most funds raised and more!

**Alcohol-Free Event**

**No refunds.**



**February 7, 2010**

**1:00 PM**

**(Pre-Registration Required Before Plunging)**

**Alcohol-Free Event**

To ensure the safety of all plungers, please refrain from the consumption  
of alcoholic beverages prior to, during or post Plunge.

Brave the icy Atlantic  
before the big game...

Join Us for  
Super "Plunge" Sunday  
on  
Super Bowl Sunday!



**All proceeds to benefit  
St. Francis Community Center  
&  
Southern Regional High School  
Swim Teams**

Sponsored by St. Francis Community Center

