



LEWES
**POLAR BEAR
PLUNGE**

2026 Check-In Schedule

SUBJECT TO CHANGE

We strongly recommend taking advantage of one of our early check-in opportunities to make your Plunge Day as smooth as possible. You can check in for other Bears, too!

Wednesday, January 28, 2026

9:00 a.m. - 6:00 p.m. – ***Plunge and/or 5K***

Special Olympics Delaware office in Newark

619 S. College Ave, Newark, DE 19716

Friday, January 30, 2026

4:00 - 7:00 p.m. – ***Plunge and/or 5K***

Rehoboth Beach Convention Center

229 Rehoboth Ave, Rehoboth Beach, DE 19971

Saturday, January 31, 2026

8:30 - 9:55 a.m. – ***5K ONLY***

Tent near the Bandstand on Rehoboth Ave

4:00 - 7:00 p.m. – ***Plunge ONLY***

Rehoboth Beach Convention Center

229 Rehoboth Ave, Rehoboth Beach, DE 19971

Sunday, February 1, 2026 – PLUNGE DAY!!!

10:00 a.m. - 12:55 p.m. – ***Plunge ONLY***

Tent near the bandstand on Rehoboth Ave

If you have any questions about checking in for the Plunge, please email plungede@sode.org or call the Special Olympics office at 302.831.4653.