

PLUNGE WEEKEND FESTIVAL

Schedule of Events

FRIDAY, January 30, 2026

4-7PM **Registration & Souvenirs**
Rehoboth Beach Convention Center

SATURDAY, January 31, 2026

10AM **5K Run to the Plunge**
Rehoboth Ave & the Boardwalk

10AM-3PM **Sand Sculpting Demonstration**
Boardwalk near Candy Kitchen
Featuring Andy West & the "Sand Bears"

12-2PM **Fire & Ice**
Atlantic Sands Ballroom
Hot wings & ice cream tastings

2:30-5PM **Restaurant Chili Contest**
while supplies last
Look for the  on the map to find participating restaurants.
Ballots (\$15) can be purchased at participating restaurants & Souvenirs.

4-7PM **Registration & Souvenirs**
Rehoboth Beach Convention Center

SUNDAY, February 1, 2026

9AM-12PM **Ice Sculpting Demonstration**
Tents near bandstand on Rehoboth Ave
Featuring Jim Lauser

9AM-1PM **Sand Sculpting Demonstration**
Boardwalk near Candy Kitchen
Featuring Andy West & the "Sand Bears"

10AM-1PM **Registration & Souvenirs**
Tents near bandstand on Rehoboth Ave

1PM **POLAR BEAR PLUNGE**
for Special Olympics Delaware
Plunge Zone - Rehoboth Beach

1:15PM **Aprés Plunge Party**
while supplies last
Rehoboth Beach Convention Center



Download our exclusive
PLUNGE HUB app
to stay connected and
fully informed.



5K RUN TO THE PLUNGE

Saturday at 10:00 am

Registration opens at 8:30 am
Rehoboth Ave & the Boardwalk

Presented by



LEVIN MATCHING FUND

Irv & Phyllis
LEVIN
MATCHING FUND
FOR SPECIAL OLYMPICS DELAWARE

Irv & Phyllis Levin have committed to **match**, **dollar for dollar**, donations made to the Levin Matching Fund.

Go see them on the boardwalk on Sunday – they take cash, check (payable to Special Olympics Delaware), credit card, and Venmo.
Use the QR code below to donate online:



APRÉS PLUNGE PARTY

Sunday at 1:15 pm

Immediately following the Plunge!
Rehoboth Beach Convention Center
Free for Bears; \$5 for friends & family age 10+
Pizza & chili courtesy of **Nicola Pizza**
Music from Greg Mack's Band 33 1/3

Supported by



**Special
Olympics**
Delaware



Special Olympics Delaware changes lives by promoting understanding, acceptance and inclusion between people with and without intellectual disabilities.

Your support fuels the mission of Special Olympics Delaware to provide year-round sports training, competition, leadership opportunities and health screenings to thousands of athletes, at no charge.

WWW.SODE.ORG

MISSION PARTNER



The Law Enforcement Torch Run® for Special Olympics Delaware is our organization's largest grass-roots public awareness and fundraising vehicle.

Their year-round commitment includes the presentation of medals at all competitions, as well as volunteer efforts and fundraising initiatives. All Special Olympics Delaware events, including – and especially – the Plunge, would not be possible without our partnership with law enforcement, which celebrates its 40th anniversary in 2026.

PRESENTING SPONSOR



Wawa and The Wawa Foundation have been supporting Special Olympics Delaware and the Plunge for 20 years, finding various ways to help fuel our mission and empower our athletes.

You can help continue to support our athletes by stopping in your local Wawa through March 1. Drop your spare change into the coin canisters, round up to the nearest dollar, or add a donation at the register.

LEWES POLAR BEAR PLUNGE

PRESENTED BY



Irv & Phyllis
LEVIN
MATCHING FUND

THE LEWES
POLAR
BEARS

Weekend Festival Jan 30 - Feb 1
Plunge Sunday, Feb 1



**Special
Olympics**
Delaware
PlungeDE.org

CAN YOU BEAR IT?

Restaurants

1. Above the Dunes
2. Arena's Deli
3. Cafe Azafran
4. Dos Locos
5. Downtown Bethany Blues
6. Fins Fish House and Raw Bar
7. Henlopen City Oyster House
8. Kiwi's Kove at the Sands
9. Mariachi
10. Nalu
11. Purple Parrot
12. Rehoboth Ale House
13. 302 Social Rehoboth
14. Sunny Bay Cafe
15. Summer House
16. Tiki Jac's

Retailers

- A. Beaches - The Green Truck Shop
15% off website or Facebook. Shipping fees apply.
- B. Charm City Run
15% off your purchase Fri – Sun, excl. may apply
- C. Critter Beach
10% off Fri - Sun
- D. Gidget's Gadgets
20% off Fri - Sun
- E. Rehoboth Toy & Kite
10% off Fri - Sun
- F. Stoneworks Lapidary
10% off Fri - Sun

G. The Spice and Tea Exchange

Free hot tea to plungers Fri - Sun

H. Yesteryears

\$8 Commemorative photo. 20% off old time photos

Businesses Located Off The Map

Dogfish Head Brewings and Eats [320 Rehoboth Ave](#)

10% off Sun

NV Homes at the Beach [28416 Keel Dr, Milton](#)

Purchase home by 2/28 and receive a fireplace

Rehoboth Beach Running Co [301 Rehoboth Ave](#)

10% off Fri - Sun

Seaside Wellness LLC [17515 Nassau Commons Blvd](#)

15% off of any IV, Fri - Sun

Northbound Rt 1

Applebee's Rehoboth [36501 Seaside Outlet Dr](#)

\$5 off of \$30 - excl. alcohol

Buffalo Wild Wings [19930 Lighthouse Plaza](#)

10% off Fri - Sun. Dine-in only, excl. alcohol

Crabby Dick's [188311 Coastal Hwy](#)

15% off (excl. daily specials) Fri-Sun

Nicola Pizza [17323 Ocean One Plz, Lewes](#)

15% off Fri - Sun to all plungers

Outback Steakhouse [19917 Sea Blossom Blvd](#)

20% off Fri - Sun

The Local Bootlegging Co. [19819 Coastal hwy](#)

10% discount on Sat - Sun

Southbound Rt 1

Bluecoast Rehoboth [30115 Veterans Way](#)

10% off Fri – Sun, cannot combine discounts

Eden [20200 Coastal Hwy](#)

15% off check Fri - Sat

First State Brewing Co [19266 Coastal Hwy, Unit 1](#)

20% off Fri - Sun, cannot combine discounts. Terms apply

Jersey Mike's [18598 Coastal Hwy, Unit 2](#)

10% off your bill, Fri - Sun. Dine-in only and excl. alcohol

Surf Bagel [17382 & 18675 Coastal Hwy, Lewes](#)

20% off Fri. - Sun (excl. merch & catering) Midway and Lewes

Thompson Island [30133 Veterans Way](#)

10% off entire check Fri - Sun

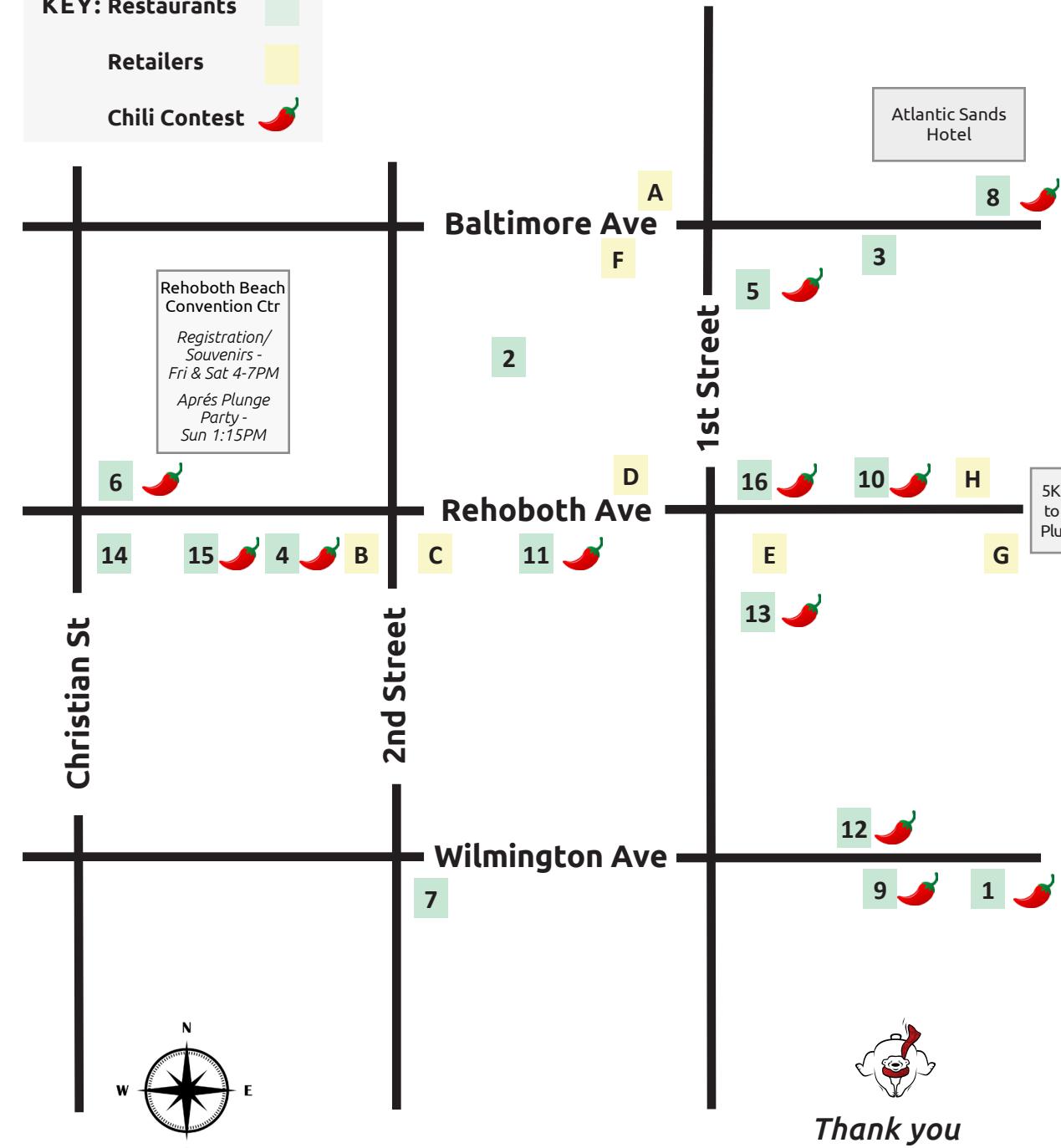
Lewes Polar Bear Plunge Weekend Festival

To receive discounts, Polar Bears must wear event wristband obtained at Registration.

KEY: Restaurants

Retailers

Chili Contest



Thank you

to all of the generous local businesses who welcome our Polar Bears into their doors!