



THEME PLUNGE HOURS

Blockbuster Movies: Whether you are Batman or a Stormtrooper, pick your favorite blockbuster character and dance the red carpet down to your plunge!

Cool in Middle School: With SUPER Plungers of all ages, let us see what was “cool” when you were in middle school! Break out those legwarmers, shoulder pads or Adidas wind jackets! We are headed back to Middle School!

Crazy Hat Plunge: Finally a reason to show off your crazy headwear!

Glow Plunge: We want to see you in the dark, so break out your neon, bright colors and glow sticks!

Hawaiian/Tropical: It may be cold outside but you wouldn’t know it by these costumes! Grab your coconut bra and hula skirt for this theme hour!

Let Freedom Ring: Dust off your Red, White and Blue Gear and plunge in honor of the land of the free!

Peace, Love and Happiness: Make peace not war during this blast from the past theme hour! Show off your favorite bell bottom jeans and tie dye shirt and travel back in time for this plunge!

Pirates: Ahoy matte! This hour will be plunging for treasure as you channel your inner pirates!

PJ Party: Break out your favorite Onesie or Crazy Pajama Pants and kick this plunge hour off in comfort.

Public Safety/Jail Break: We ask that all our public safety Plungers (law enforcement, firefighters, EMS, etc.) wear their uniform shirts, tie and hats (and yes your swim trunks too) as we recognize this group for their dedication and service. Everyone else dress in your prison best!

Royal Rumble: Channel your inner Hulk Hogan or Ronda Rousey for this hour as you dress up as your favorite professional wrestler!

Rumble in the Jungle: Our SUPER Plungers are going WILD! For this hour, dress up in your favorite animal print!

Special Olympics / Torch Run: Kickoff your SUPER PLUNGE by showing your support for the Inclusion Revolution! Wear your favorite SO or LETR attire!

Sports Team: Show your pride with apparel from your favorite team during this plunge hour!

Send your SUPER Plunge videos and photos to videos@soill.org by March 1 for a chance to be included in the Polar Plunge Virtual Celebration taking place March 14th on social media.