



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

POLAR BEAR CHALLENGE

January 23 , 2015
 DURHAM YMCA

Before you jump in the pool with a bear (or a Dad), complete the Polar Bear Challenge for a special patch! Arrive 45 minutes early and complete as many of the below activities as possible in 30 minutes. You will then have 15 minutes to change and prepare for the Polar Bear Swim. Good luck!

Not sure where to go or need assistance? Ask your wellness floor staff!

Activity	Location	✓	Activity	Location	✓
20 Jumping Jacks	Gym		5 Burpees	Gym	
15 Squats	Gym		Plank for 30 seconds	Gym	
Four laps around the Track	Track		Play Basketball and make five shots	Gym	
Jump Rope for One Minute	Gym		BOSU Bounce	Gym	
15 Sit-Ups	Gym		Bear Crawl down and back	Gym (alongside basketball)	