



ICE SWIMMING
ADVENTURES

Never be scared to dare...
See you in the ICE

ICE SWIMMING ANTARCTICA

Sailing on board ice-strengthened M/V Ocean Albatros
28th February - 11th March 2026: 12 days
departing Ushuaia, Argentina 28 Feb 2026

Join our Ice Swimming Adventure in Antarctica
A unique life-altering experience. Distances from a 50m dip to a
250m test swim to a Polar Ice Swim of 1000m.

This is not for the faint-hearted.

It is an adventure of a lifetime for those who Never Scared to Dare.

This is ICE SWIMMING

Ram Barkai
Expedition Leader
Extreme Ice Swimmer
Founder IISA
Ice Swimming Hall of Fame



All swims are done according to
the International Ice Swimming Association Rules ("IISA")

Bookings: mail@expeditionsonline.com

OUR VOYAGE: Antarctica is a spectacular and amazing place, quite apart from our swimming activities. This expedition is equally suitable for swim participants and a brilliant adventure holiday for friends or supporters. Aside from the swim event, there are regular landings to see wildlife, walking, hiking, and zodiac cruising sightseeing, plus options for sea kayaking and special photography sessions.

Our skilled Captain and Expedition Leader will work hard to maximise opportunities to explore the White Continent. While wind, sea and ice conditions will dictate the exact locations we will visit, we will make Zodiac landings to allow guests to set foot on land and experience penguin rookeries, research stations and historical sites, and aim to Zodiac cruise in scenic areas filled with giant icebergs, whales and seals. We always aim to visit locations which showcase the best of Antarctica. Wildlife sightings are, of course, subject to the whims of Mother Nature; a variety of penguin, whale and seal species can all be found in this inhospitable wilderness. Jaw-dropping scenery and landscapes are guaranteed!



HIGHLIGHTS

- Sub-Polar Circle Antarctic Ice Swimming event – 50m, 200m, 500m, 1km - participate or cheer on!
- Meet fellow Frozen ones on an epic adventure
- In-depth Antarctic expedition with six days of landings
- Cross the Antarctic Circle
- Deluxe expedition vessel with modern X-Bow design for smoother sailing
- Wildlife encounters with penguins, seals and whales
- Antarctica's majestic mountains, ice and scenery
- Educational program from onboard specialists
- Options for kayaking and photography sessions

Departing Argentina's southernmost city of Ushuaia, we cross the mighty Drake Passage en-route to the South Shetland Islands, aiming to arrive on the afternoon of the third day of our voyage (weather permitting). Our Ice Swimmers onboard also take the chance to make a first, shorter test swim in the chilly waters. Continuing southward, we will delve deeper into the inlets and bays of the Antarctic Peninsula, entering the famous Gerlache Strait, where glittering ice cliffs and precipitous peaks rise straight out of the frigid water. Icebergs, glaciers, mountains and rugged snowfields characterise this wildly beautiful alien landscape. Our goal is to also venture past the Antarctic Circle - a vast icebound wilderness which defeated many early Antarctic expeditions. During our time in Antarctica, we look for suitable shore-based locations to conduct amazing ice-swimming adventures!



DAY 1: ARRIVAL IN USHUAIA, EMBARKATION

Arrive in Ushuaia, Argentina - the world's southernmost city. Explore this vibrant Patagonian city, or stretch your legs in the surrounding forests. Alternatively, consider a day trip off the beaten path into the raw nature of Tierra del Fuego. The island of Tierra del Fuego is a hiker's paradise with rugged snow-capped mountains, glaciers, flower-filled meadows and rich boggy wetlands. In the afternoon, we board our vessel, waiting to welcome us in port. After our mandatory safety drill, our expedition begins as we navigate through the calm waters of the famous Beagle Channel (named for Charles Darwin's ship). This steep-sided strait divides southern Tierra del Fuego between Chile and Argentina and has been the jumping-off point for thousands of expeditions into the unknown. Watch out for whales and dolphins as we sail off the edge of the map into the tempestuous Drake Passage.

DAY 2-3: AT SEA - CROSSING THE DRAKE PASSAGE

As we sail through the renowned Drake Passage, linking Patagonia to the Antarctic Peninsula, brace yourself for its notoriously turbulent waters and fierce westerly winds, aptly called the Roaring Fifties. Thankfully, our purpose-built expedition vessels ensure a comfortable journey with their uniquely stable X-Bow and powerful engines guided by an expert crew. Embrace this exciting crossing, considered a badge of honour by seasoned sailors, as you traverse it twice during our expedition. In the Drake Passage, we focus on preparing to arrive in Antarctica.

Your Expedition Leader will provide thorough safety briefings and guidelines to minimise our impact on this pristine environment. Our dedicated Expedition Team will assist in biosecuring your gear while offering tailored lectures on Antarctic exploration, wildlife, and more. On the third day, we'll cross the Antarctic Convergence, marked by a sudden drop in temperature as warmer currents give way to Antarctic waters. This transition fosters a surge in marine life, promising sightings of petrels, albatrosses, and possibly even penguins, seals, and whales. Weather permitting, we aim to land on the South Shetland Islands on the afternoon of the third day of our expedition, starting our exploration of the Last Continent.



DAY 4-6: THE ANTARCTIC PENINSULA

During the days ahead, we venture further west along the Antarctic Peninsula into the Gerlache Strait region. This icy expanse requires meticulous planning by our Expedition Leader and Captain, who will plot a route to explore a variety of sites highlighting the area's staggering natural beauty. The Gerlache Strait, consisting of the 'spine' of the Antarctic Peninsula and a large number of mountainous glaciated islands, offers a plethora of iconic Antarctic experiences. From Zodiac cruises in Paradise Bay, to witnessing penguins nesting on Cuverville Island, each potential stop promises awe-inspiring encounters. Explore historic huts at Damoy Point, witness humpback whales in Wilhelmina Bay, and marvel at the jaw-dropping scenery of the Lemaire Channel. Wherever we go on the Antarctic Peninsula, endemic wildlife, tantalising history and breathtaking natural beauty abound.



ANTARCTIC ICE SWIMMING

During our time in Antarctica, the expedition team will look for suitable conditions and locations for our Antarctic Ice Swimming adventure. Restricted to experienced, cold-water swimmers*, this will test the resolve and endurance of our brave participants - and is sure to be a thrilling spectator event for all passengers! There will be recognised 250m, 500m, and 1 km according to International Ice Swimming Association (IISA) rules. The exact course will depend on local conditions but will be an open-water swim in a protected bay, concluding ashore at a recovery tent. Each swimmer will be accompanied by a Zodiac with expedition and medical staff, filmed and timed by expert IISA officials, and enter record books. Spectators can observe from the ship, Zodiacs and kayaks or from ashore.



Ice Swimming Day 1 – Test Swim and Ice Immersion

We will hold a test swim for the main event swimmers. The team leader and our Doctor will supervise the test swim. We will swim in small heats for 5min or around 200m. The Test swim aims to familiarise yourself with the water temperature and the swim location and awaken your muscle and pain memory to the reality of the main swimming event. We will also hold our mini workshop for Novice Ice Swimmers or Ice water immersion and guide them through the process, safety, pain management process, breathing in the Ice and managing a 5 minutes immersion in OC.



Ice Swimming Day 2 – the Main Event

This day will be dedicated to those who came to swim a distance of 500, or 1000m.

An Ice KM will be considered if requested and approved in advance, and the swimmer has done at least one Ice KM in a reasonable time. The Team Leader [Ram] cannot allow or disallow any swimmer to participate if he and the Doctor feel it is unsafe. Swimmers will be placed in heats, decided in the swim briefing by Barkai. Each swimmer will have a second. Our Doctor will oversee the swimmer's safety and the recovery process. All swims will be done according to IISA rules. The Swim Course will be in a location decided on the day, subject to conditions and safety requirements. We will use the ship safety facilities, onboard warm facilities, sauna and showers.



REACH THE POLAR CIRCLE!



During our time on the Antarctic Peninsula, we will delve southwards, seeking the Antarctic Circle. The exact timing of crossing the Circle depends on wind, sea and ice conditions, and will be determined by the Captain and Expedition Leader. However, crossing the Antarctic Circle, the ultimate bucket list tick, is the main goal of this thrilling expedition! While our exact destinations will depend on weather and ice conditions, your Expedition Leader will ensure guests are informed of our plans through nightly briefings. In the ever-changing Antarctic environment, flexibility is key as we adapt plans to suit the conditions while offering enriching onboard experiences such as lectures, recaps, wine-tasting, and spa treatments.

DAY 9: SOUTH SHETLAND ISLANDS

Our Antarctic odyssey culminates amidst the rugged beauty of the South Shetland Islands. This archipelago represents the northernmost tip of Antarctica, standing proud against the relentless force of the Southern Ocean. Despite the furious elements, the islands boast a remarkable richness of wildlife, with numerous colonies of Gentoo and Chinstrap Penguins dotting the island shores, accompanied by an array of



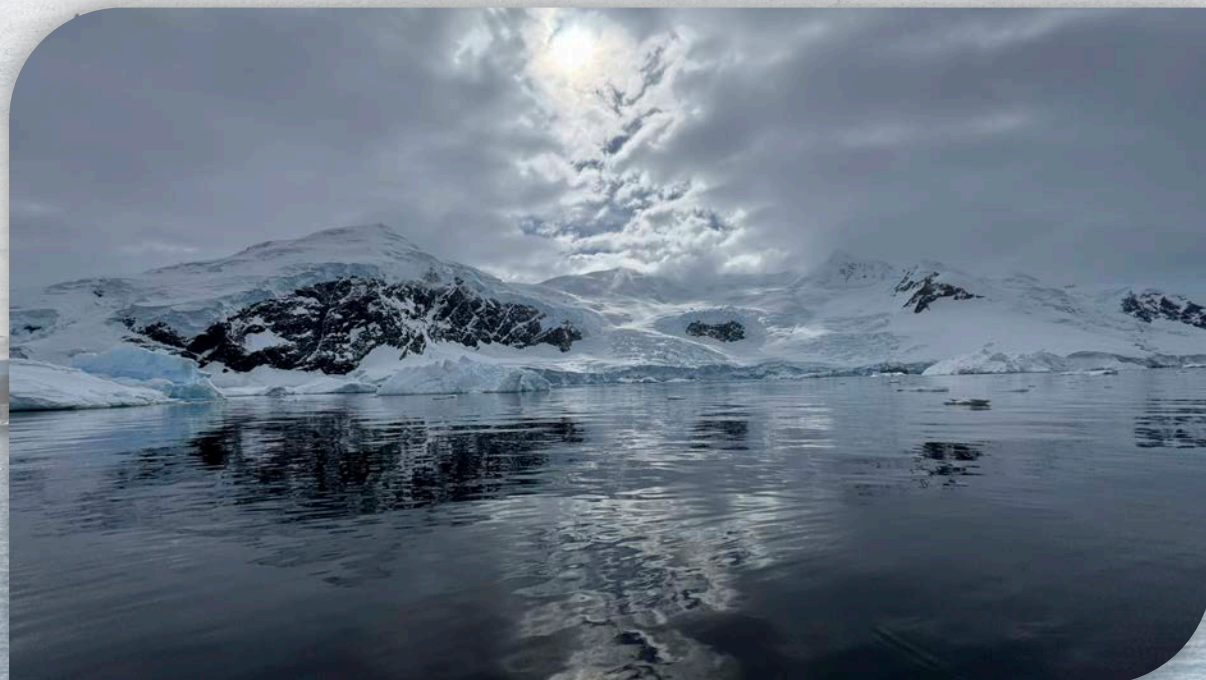
formidable seabirds like the predatory Giant Petrels. The ice-capped peaks of Livingstone, Greenwich, and King George Islands offer a stunning backdrop to explore. Experience the eerie landscape of Deception Island, an active volcanic crater with black steaming sands and rusting ruins or witness the bustling penguin colonies on Aitcho and Half Moon Islands, or immerse yourself in the history of Yankee Harbour, once a vital anchorage for sealers. As we bid farewell to the South Shetland Islands, we carry with us memories of their stark beauty and abundant wildlife, a fitting conclusion to our extraordinary Antarctic expedition.

DAY 10-11: AT SEA - CROSSING THE DRAKE PASSAGE NORTHBOUND

We eventually depart Antarctica and spend two days at sea northwards back across the infamous Drake Passage, heading towards the more welcoming shores of the Beagle Channel and Ushuaia, Argentina. During our time at sea, various activities will be arranged on board to give our guests the chance to reflect on their voyage. Relax with an expertly crafted cocktail in the Nordic Bar in the company of new friends, soak up the knowledge and passion of our Expedition Team during lectures in the Shackleton Lounge, or simply enjoy the flight of the albatross which accompanies us northwards. During your last evening onboard, join the Captain and Officers for the Farewell Cocktail Party, followed by a presentation of photos and video by our onboard photographer - the ideal opportunity to re-live your Antarctic adventure.

DAY 12: ARRIVAL IN USHUAIA, DISEMBARKATION

On the morning of our voyage's final day, we will return to the pier of Ushuaia, Argentina. Trees, grass and a bustling city, may seem strange to you after the white wilderness of Antarctica! After a hearty breakfast, it is time to bid a fond farewell to the Crew and Expedition Team and descend the gangway back to dry land with memories of the voyage of a lifetime!



Cruise Expedition Prices Per Person in USD (ex Ushuaia)

Category F Triple share	\$ 10,995
Category D Twin share	\$ 12,795
Category E Double French Balcony	\$ 13,495
Category G Single	\$ 16,095
Category C Balcony Suite	\$ 13,895
Category C Superior Balcony Suite	\$ 14,595
Category C XL Balcony Suite	\$ 15,295
Category B Suite	\$ 18,195
Category A Suite	\$ 23,295
Freydis and Brynhilde Suites	\$ 26,195

EARLY BOOKING 20% Discount from above rates - only until 28 February 2025!

Optional Extras:

Antarctic Ice Swim participants

\$895 swim fee – for all distances (100m+)

Includes ship resources, Zodiac, recovery, Doctor, Course and swim venue preparations, ship swim fees.

Kayaking

\$345 per outing (booked only when onboard)

Photography program

\$495 (to be prebooked and prepaid)



Other pre- and post-cruise arrangements are available on request – contact us for details!

Bookings

All booking enquiries and payments are made to Expeditions Online via their website or by phone or email. However, any specific swimming-related questions must be directed to the International Ice Swimming Association.

Payments

Reservations require a 25% deposit when you receive a booking confirmation from Expeditions Online. A secure payment link will be sent to you, which may be paid by a major credit card. Balances are due 90 days before departure and may be paid by bank transfer. A credit card may make balance payments subject to a 2% surcharge.

Cancellations

All cancellation requests must be received in writing to Expeditions Online. Cancellations received from the time of booking to 91 days before departure are 20 % of the total cruise tariff. From 90 days until departure: 100% of the total cruise tariff.

We strongly recommend that you obtain adequate trip cancellation insurance.

Insurance

Travel insurance including emergency medical evacuation coverage for a minimum of USD 100,000 is a requirement for this expedition.

Additional Terms, Conditions and Requirements

You travel under the general Terms and Conditions for Expeditions Online as well as the ship operator. Personal information forms will be required to be completed, as well as separate waiver and information forms for swim participants. More information will be sent to you at the time of booking.

Pricing, Sharing and Single Occupancy

Prices shown are per person on a shared basis. If you are travelling alone and wish to share, you will be matched with someone of the same gender and pay only the share rate. Single occupancy is available in dedicated category G sole use cabins or by supplement of 75% in twin cabins.

Note about the itinerary and safety:

Please keep in mind, the itinerary and outdoor activities during each voyage are solely dependent on weather and operational conditions to ensure the safety and quality of experience of our guests. The route and shore landings will be determined by the captain and expedition leader and communicated to guests through regularly scheduled briefings. The right is reserved to modify the landings and locations visited during a voyage based on weather and local conditions and climate to ensure a safe and delightful experience for all guests and staff. The trip is expeditionary in nature, and thus changes to timings are expected due to the environment we operate in as well as wildlife opportunities and locations.

**Participants in the Antarctic Ice Swim do so under the strict condition that the expedition team or doctor may end any individual's swim early or prevent the event entirely if there are any safety concerns or if the weather conditions are deemed unsuitable.*

Included

- Expedition Cruise with full board - breakfast, lunch, dinner and snacks
- Embarkation shuttle transfer to the vessel from Ushuaia city centre
- Shuttle transfer after disembarkation from the ship to Ushuaia city centre or airport
- All Zodiac landings and excursions, as per itinerary, guided by the Expedition Team
- Expedition parka and loan scheme for Rubber boots
- Briefings and lectures by experienced Expedition Leader and Team
- Special Guidance from IISA swim leaders and doctor

Excluded

- Flights to Ushuaia or hotel accommodation prior to or after the expedition
- Extra excursions or activities not mentioned in the itinerary
- Single room supplement and stateroom upgrades
- Meals not on board the ship
- Tips for the crew (we recommend USD 16 per person per day)
- Personal expenses such as bar, laundry, internet/phone costs
- Anything not mentioned under 'Inclusions'



-- Expedition Vessel: M/V OCEAN ALBATROS --

The latest 'infinity' vessel, launched in May 2023, is one of the market's most modern small ship vessels. This stylish cruise ship is ideally suited to small-ship expeditions, with 95 comfortable cabins for guests, all with a view of the ocean, 90% with a balcony, and even a French balcony suite! Ocean Albatros will be deployed and dedicated to varied Arctic polar voyages.

With the highest Polar code 6 and Ice class 1A, Ocean Albatros is the ideal vessel for small-ship cruising due to her sturdy construction and X-BOW® – Infinity class, which provides high stability in rough weather and allows for the smoothest movements on high waves, and a Solas 2012 classification, which facilitates a safe return to port.

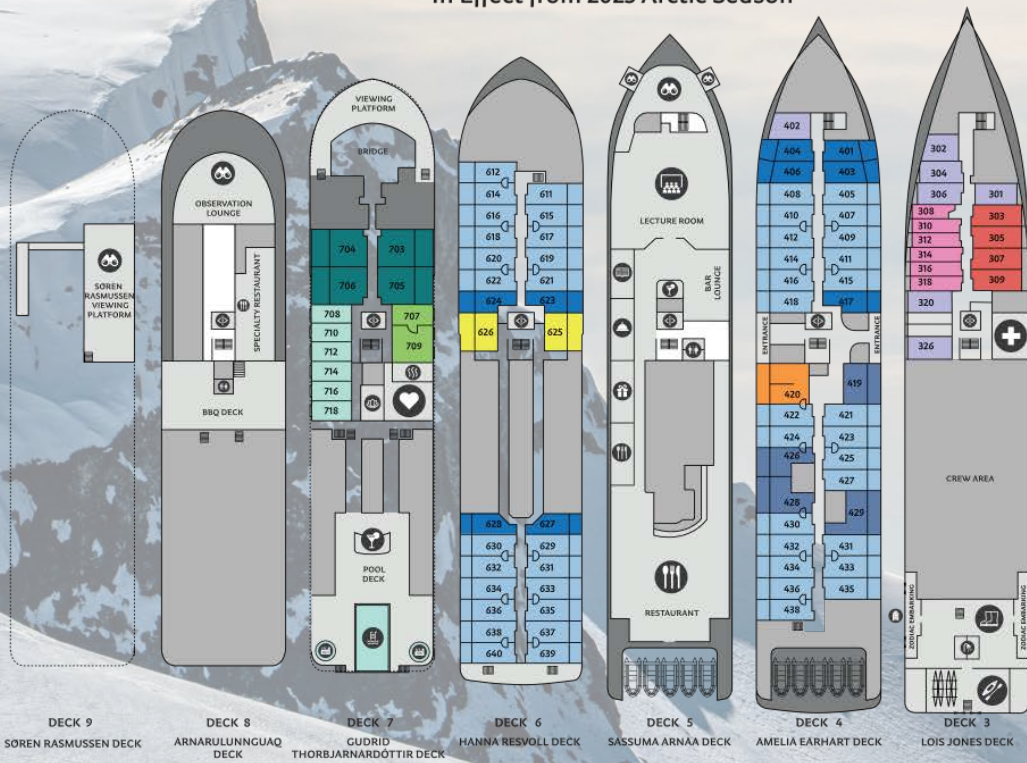
The vessel will have a 50% lower carbon footprint than traditional expedition vessels and be one of the most environmentally friendly, implementing the Green Initiative Program and ensuring absolute comfort and sustainability for all guests. Ocean Albatros offers a unique panorama sauna, two restaurants, a wellness area, an Albatros Nordic Bar, an open deck dining facility, a modern lecture lounge, and other state-of-the-art amenities.

More information available at <https://expeditionsonline.com/vessels/ocean-albatros>



M/V OCEAN ALBATROS DECK PLAN

In Effect from 2025 Arctic Season



Brynhilde Suite BS
Two Bedroom Suite (1)
52 sqm, French Balcony



Freydis Suite FS
Premium Suite (1)
43 sqm, incl. Balcony



CATEGORY A
Junior Suite (4)
40 sqm, incl. Balcony



CATEGORY B
Balcony Suite (2)
app. 32 sqm, incl. Balcony



CATEGORY C
Grand Balcony Stateroom (4)
app. 30 sqm, incl. Balcony



CATEGORY C_{sp}
Superior Balcony Stateroom (48)
app. 24 sqm, incl. Balcony



CATEGORY C
Balcony Stateroom (9)
22 sqm, incl. Balcony



CATEGORY D
Porthole Stateroom (7)
16 sqm, Porthole



CATEGORY E
French Balcony Stateroom (6)
16 sqm, French Balcony



CATEGORY F
Triple Stateroom (4)
20 sqm, Porthole



CATEGORY G
Single Stateroom (6)
13 sqm, Porthole

- Restaurant
- Bar
- Observation Area
- Lecture Room

- Library
- Albatros Ocean Boutique
- Reception
- Medical Clinic

- Fitness
- Albatros Polar Spa
- Infinity Pool
- Jacuzzi

- Panorama Sauna
- Mudroom
- Zodiac embarking
- Kayak platform

- Toilet
- Elevator
- Shower
- Stairs

All stateroom types contain a safety box, television, refrigerator, several 230 W power and USB outlets— additionally, bathrobes, slippers, toiletries (body wash, lotion, shampoo) and a hairdryer are also included.

-- Your Ice Swim Adventure Leaders --

Ram Barkai

Founder and Chair of the International Ice Swimming Association ("IISA"). Swimming Expedition Leader and Race Director.

Ram is a veteran extreme cold-water swimmer. Ram swam in Antarctica in 2008 with his Guinness World Record Swim at 70S and in 2014 at -1C with his South African team, and in 2018 with his first Ice Swimming Adventure trip. Ram has initiated and overseen many Ice Swimming events and adventures. Ram has 11 Ice Miles many more 1km Ice Swims and longer cold-water swims. He swam in the Arctic and Antarctica, Cape Horn, Magellan Strait and Beagle Channel, Northern Iceland, Scotland and Ireland, Across the Bering Strait and in Siberia mid-winter at -33c air temp. Ram has been featured in various Discovery, History channels, CNN, Al Jazeera, and many other documentaries. Ram's vision is to take Ice Swimming to the Winter Olympic Games.



Michal Starosolski, Ph. D.

Professor Assistance at the Medical University of Silesia

Michal is an Emergency Medicine Specialist, working in the Hospital Emergency Department with Trauma Center and in Emergency Medical Services on Ambulance. Since 2015, Michal has worked with the International Ice Swimming Association in Poland, responsible for the safety of swimmers and rescue issues. He has been a medical officer during the IISA World Championships, Expeditions on Titicaca Lake, Baltic Sea and several Polish Championships in Ice Swimming.

Sam Whelpton

Expedition head of logistics

Sam is an Ironman athlete [woman], an open water and marathon Swimmer. Sam completed various ice swims from the Arctic to Antarctica via Lesotho's high mountains. Sam crossed the English Channel in 2018, Lake Malawi, Zanzibar to Tanzania, and many other swims. Sam will take care of any logistics requirements before the trip and during. Sam is also in charge of timekeeping of the swim events.



Stewart Campbell

Owner and Director of Expeditions Online

Stewart is a former expedition leader of more than 40 voyages to Antarctica and has over 30 years of experience in polar travel, also organising and leading countless expeditions to Svalbard, Greenland and South America. He will be our expedition and travel coordinator to ensure your booking process goes smoothly and you reach Ushuaia safely and ready for your Antarctica and Ice Swimming adventure!

ANTARCTICA ICE SWIMMING ADVENTURE

Details and Terms & Conditions

Please read carefully!

This trip is a unique opportunity to glimpse a massive frozen continent with like-minded people. Antarctica will be a mind-blowing experience regardless, but the Ice Swimming brings us together. For us to be able to swim in Antarctica, we will have to be a team that looks after each other during the swims and the recovery process. It is the only way it makes it possible for us to swim in this most remote, hostile, dangerous, and beautiful breathtaking place on our planet. Teamwork, or we must pay at least double to bring these resources here. We are a team of experienced swimmers, seconds, supporters - we must do it together!

No Guarantee of Swims

We are allocated two slots for our swims. Our swims are resource-heavy for a boat full of other guests. The first slot is the test swim, which should take around two hours. The second slot is the main swim, which should take 4-6 hours. There is no guarantee that these swims will happen, yet we had a few trips and a good feel for the process. Antarctica is very unpredictable. Swims can start, stop, and move to another location or wait for the weather to turn. We will do our best to allow everyone to achieve their swim with safety in mind first.

Test Swim 250m or shorter

We allow everyone to experience the water in Antarctica. The boat supplies a few seconds of polar plunge. We encourage everyone to dip for a few minutes up to a test swim of 250m. Due to the demand for resources, any swimming will require a swim fee. We don't require seconds in the test swim. We swim and recover on location.

Main Swim 500m-1000m

We will swim by heat in a location we will find the day before or early morning of the day. We will try to swim in 100-200m loops to maximise resources and contain possible risks. The swim venue will be away from the main ship in a protected area. Around 5-7 minutes zodiac drive.

Everyone is expected to participate as a supporter or a second at any time. We must rely on each other to do this in the short time given. Before proceeding, we will ensure everyone has recovered and is ready. A lack of participation may derail everyone's swim.

Qualifications and Cut-off Times

To attempt the distance in Antarctica, you must have swum the distance you are attempting in sub 5.0C water at a reasonable time. Otherwise, you must prove that you have done a similar cold swim that qualifies you for Antarctica. The qualifying is at the sole discretion of the Ice Swimming team leader. You need to be able to complete a 1km in under 25 minutes

and be in reasonably good shape (cooperative and able to stand and hopefully walk with assistance or without).

The Team leader/event director may cut your swim early if they are concerned for your safety.

Swimming Safety

We will be in a uniquely remote location where any serious event may turn the ship back to the nearest medivac location or back to Ushuaia. This has significant implications for the entire ship. Our risk tolerance is much less than when we swim in our safe environment with a nearby medical centre or a hospital.

All swimmers must understand that respect is part of the experience, and a lack of respect may jeopardise the adventure for all swimmers and the entire ship. You are only safe if we all work together to look after each other. This requires commitment and trust. It's one of the fantastic, unique elements of our wonderful sport.

It is paramount that everyone on the Ice Swimming team respects and understands this. The ship's resources are unfamiliar with this experience, and they rely on us to make it possible for everyone, not just us. Ice Swimming is a team sport—always remember that. You will feel safe and able to fulfil this mind-blowing dream of swimming in Antarctica.

Second Chances

There are no guarantees for second chances or an additional opportunity to complete an uncompleted swim. First, it is entirely at the discretion of the Team Leader and the team doctor to allow a swimmer who didn't finish their distance or has been pulled out to have another chance. Second, it is at the discretion of the ship team to allow us an additional swim slot.

We are going on a long-distance ice swim in Antarctica. This highly remote, hostile place has unpredictable weather, so it's not for the faint-hearted or reckless swimmers. However, this team adventure will change your life for the better forever.

ICE SWIMMING QUALIFYING SHEET

Please help us to make your adventure safe and possible.

Name _____

Age _____

Gender _____

Desired Swim Distance in test swim: a dip, a short swim, 250m _____m

Main swim goal (you must have done the 250m test swim and can swim up to 1km) _____m

Previous Experience in Ice Swimming or long cold swims in the past 2 years:

1. _____
2. _____
3. _____
4. _____
5. _____

Training - how did you train for You swim in Antarctica - time, temp, distance, frequency

Have you been pulled out by someone else from an Ice Swim before? (y/n) if yes, please elaborate
When, where, time, water temp, your condition, recovery and reason for being pulled out:

Have you voluntarily pulled yourself out from ice swim before the end? (y/n) if yes, please elaborate

INDEMNITY AND WAIVER FOR ICE SWIMMING TEAM LEADER, ADVENTURE ORGANISERS, ROLE PLAYERS AND REST OF THE ADVENTURE TEAM

I hereby declare that I read the Antarctica Ice Swimming Adventure Terms, fully agree with them without any reservations, and am committed to following them as described. I am a qualified ice swimmer with sufficient experience to attempt my ice swim at the remote swim destination where you will be swimming. I understand ice swimming and its risks. I have decided to take on this adventure, and the ice swims are my sole choice. No one has covered me or influenced me beyond my free will to take this adventure at my own risk.

I am aware that swimming in such locations and conditions is risky and may cause me some harm or risk my life. It's the nature of such extreme sport, and I am fully committed to practising it with safety and everyone else in mind.

I agree to follow the ship and the team leader's safety instructions to the fullest extent. I understand that safety comes first. I will have no demands or claims against the team leader, Ice Swimming Adventures, or Expedition Online if I haven't achieved my desired swims in Antarctica. I understand that my swims will be subject to safety, venue accessibility, and resource availability, and my safety will be determined by the ship and the team leader.

I will be available to assist as a second or supporter during the adventure.

I hereby waive any claims to the team leader, Ice Swimming Adventures, the Doctor, any other role players, and any other team members resulting from any possible eventualities during my trip, except for gross negligence or fraudulent activities.

I am ready to join the Ice Swimming Adventure.

Signature: _____

Name _____

Date _____