

Contact for news media:
Peter Osborne
513-546-4181
peter.osborne@keypointpr.com

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News Release: FOR IMMEDIATE RELEASE

GREAT PARKS' NEW COLD WATER IMMERSION PROGRAM STARTS ON NEW YEAR'S DAY

Great Parks is offering a memorable new way to start the new year with its new cold water immersion series at Campbell Lakes, running between January and March 2026. Cold water immersion is a fun and courageous experience, bringing heightened energy, focus and resilience to all who are bold enough to try it. All sessions are guided by a certified cold water therapy coach.

"Cold water immersion is a thrilling and refreshing adventure that brings laughter and memories to last a lifetime," said Joe Andrews, adventure program coordinator. "We're excited to kick off this newest of Great Parks' winter experiences in the new year."

Each program will have participants gradually enter the cold lake over the course of several minutes, even going neck-deep for up to three minutes. While in the water, participants will focus on breathing, concentration and meditation. Water depth will be 5 feet or less.

After exiting the water, everyone will change into dry clothes and enter a warming tent with drinks and snacks, while enjoying the camaraderie and sense of accomplishment from the moment.

Campbell Lakes, with four peaceful and secluded lakes, is located at 10431 Campbell Rd. in Harrison.

Cost for the cold water immersion experience is \$10/person, with advance registration required at greatparks.org.

Cold water immersion programs are scheduled:

- Jan. 1 at noon
- Jan. 3, 4, 18 at noon and 2 p.m.
- Jan. 19 at 8 and 11 a.m.
- Feb. 15 at noon and 2 p.m.
- Feb. 16 at 8 and 11 a.m.
- Feb. 28 at noon and 2 p.m.
- March 1 at noon and 2 p.m.

Board of Park Commissioners

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The cold water immersion program is physically demanding and intended for individuals in good health. Great Parks is testing the water quality at Campbell Lakes in advance of these programs to ensure participants' safety. However, swimming is prohibited in all Great Parks lakes.

(Note: Valid Motor Vehicle Permits are required for every vehicle entering Campbell Lakes. Information about purchasing MVPs, and accessing free or discounted MVPs, is available at greatparks.org.)

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