



SUMMER BUCKET LIST

Grab your friends and family and let's make this a summer to remember with the Y!

Weekly prizes & fun activities at the Y

FREE REGISTRATION
stronglife.org/registration



Complete 20 activities & submit your list at StrongLife.org/Summer or the Y by July 31 for a chance to win \$2000 grand prize!



Name: _____

Email: _____

Phone: _____

Tell us your favorite thing(s) from the Bucket List:

- Have an arts & crafts night
- Attend a local fair or carnival
- Build a pillow or blanket fort
- Build a Campfire (or use a BBQ) and make smores
- Clean up garbage at a local park
- Learn to crochet, knit, or quilt
- Take a Dance class, maybe at the Y!
- Do a 5K or 10K & raise money for charity
- Do outdoor yoga with friends or family
- Try something outside your comfort zone
- Play pickup baseball, wiffleball, or kickball
- Go swimming at the Y or your local pool
- Explore a new park or beach
- Go to a farmers market
- Go backpacking or camping (even in your backyard)
- Have a Dodgeball tournament at the park or your backyard
- Go to an outdoor concert with friends or family
- Give a friend a gift, that shows your gratitude for them!
- Visit a Botanical Garden or National Park
- Greet five people you see on the street
- Have a screen-free afternoon
- Have a sleepover with friends
- Help a neighbor with yard work
- Go for a hike or walk (maybe bring your fur-baby!)
- Invite a neighbor, that might be isolated, over for coffee or to the Y
- Do a family or friends triathlon (Swimming, Biking, Running)
- Lie down under a tree and watch the clouds
- Build and paint a birdfeeder
- Meditate or read outside
- Have a family/friends movie night
- Have a Picnic
- Plant a flower or tree
- Play in the sprinkler or the rain
- Share your favorite book with a neighbor
- Play with sidewalk chalk
- Try a new group-exercise class at the Y!
- Try a new healthy recipe
- Volunteer at the Y or another local non-profit
- Walk in the grass barefoot
- Watch the sunset
- Water balloon fight
- Sit outside and paint or draw
- Do some gardening, either at your home or maybe the Y!
- Try something you have not done since you were a kid
- Watch one or our amazing sunrises or sunsets!
- Make no sew blankets (maybe donate them!)
- Organize a car wash in your neighborhood
- Go stargazing
- CREATE YOUR OWN TWO
- _____
- _____



Not a Member?
 Join the Y & Save \$99 today!
 Promo Code: **FREE**

Check off **20** items, enter to win!

