



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



Check off at least 20 items on this list by July 31 for a chance to win \$2,000! A 6 Month Y Membership & more...

Enter to Win by July 31, 2024: Submit your Bucket List at your local Y OR at StrongLife.org/summer

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 naturescape
- 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 Great Park 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 with a blanket 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
- Jump into the pool yelling, "CANNONBALL" at your Y or local pool
- Make no sew blankets (maybe donate them!)
- Organize a car wash in your neighborhood
- Go stargazing
- CREATE YOUR OWN TWO**
- _____
- _____



Check off
20 items,
enter to
win!

