SUMMER BUCKET LIST

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

Scan to register

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 at least 20 items on this list by July 31 for a chance to win $2,000!