



SUMMER BUCKET LIST

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

**YOU COULD WIN
6 FREE MONTHS AT THE Y!**

HERE'S WHAT TO DO:

- Complete 20 activities from the Summer Bucket List
- Take a picture of your completed list
- Submit your completed list by scanning the QR code below for your chance to win 6 FREE MONTHS!



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- Have an arts & crafts night
- Attend a local fair or carnival
- Build a pillow or blanket fort
- Run the Southwest Family Color Run June 1**
- Build a campfire (or use a BBQ) and make smores
- Clean up garbage at a local park
- Learn to crochet, knit, or quilt
- Do outdoor yoga with friends or family
- Try something outside your comfort zone
- Play pick-up baseball, wiffleball, or kickball
- Go swimming at the Y or your local pool**
- Visit a museum
- Explore a new park or naturescape
- Go to a farmers market
- Donate \$50 to the Safety Around Water program**
- 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
- Donate a school supply item at your Y branch June 17–July 19**
- Greet five people you see on the street
- Check out a book at your local library
- Have a screen-free afternoon
- Attend AquaPalooza at Southwest Family YMCA July 20**
- Help a neighbor with yard work
- Go for a hike or walk (maybe bring your fur-baby!)
- Invite a neighbor or friend over for coffee
- Participate in the Family Mud Run at Oldham County Family YMCA July 27**
- 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
- Visit the zoo
- Try a new group exercise class at the Y**
- 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
- Volunteer at the Y or another local non-profit**
- Try a new healthy recipe
- Walk in the grass barefoot
- Watch the sunset
- Attend the Member Appreciation Family Picnic on August 10**
- 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
- Make no-sew blankets (maybe donate them!)
- Organize a car wash in your neighborhood
- Attend a Y Back To School event**
- Go stargazing



Check off
20 
 items,
 enter to
 win!

CREATE YOUR OWN TWO

