

Drop this card off at the Lewis Centre by noon June 30th, 2024 to be entered for a prize!

Go for a hike	Attend a City of Courtenay FREE ParticipACTION Event	Go Swimming (pool or beach)	Gardening	Go for a walk or run
Do Yoga or Pilates	Play with your pet outside	Play outside (like bocce, tennis etc)	Play a sport	Weightlift (in a gym or at home)
Go rock climbing or bowling	Go for a bike ride or try spinning	<b>FREE SQUARE</b>	Play frisbee or disc golf	Go kayaking or paddle boarding
Try a new sport or fitness class	Play a net sport	Go golfing or to the driving range	Do an online fitness class	Use items at home to do a workout
Cleaning your house counts!	Dance (solo or with others)	Find a community class to attend	Find a new trail to explore	Walk with family or friends

I have pledged to be active in the ParticipACTION Challenge

**Main Events:**

- Activity Card at the Pool
  - Community BINGO Cards
  - June 3 - 7 - Select FREE Adult Fitness Classes & childminding
  - June 22 - Youth Obstacle Course and End of School Year Party
  - June 28 - Wheelchair basketball event
  - Open to EVERYONE!
  - Come try a sport with our partner - Pacific Sport
- See [courtenay.ca/participation](http://courtenay.ca/participation) for more info

Scan to register:

