



Courtenay  
Recreation

# ParticipACTION Bingo Family



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

Go hike a trail	Attend a City of Courtenay FREE ParticipACTION Event	Go Swimming (pool or beach)	Play Outside	Challenge friends or family to a race
Do Kids Yoga	Play with your pet	Play an outdoor game like bocce or croquet	Play a sport	Dance
Engage in a physical activity such as bowling or badminton etc.	Go for a bike ride	<b>FREE SQUARE</b>	Throw a frisbee or play disc golf	Play games at the beach
Try a new sport or play your favourite sport	Try a net sport	Try golfing or the driving range	See how long you can skip for	Use items at home to make a parkour course
Go to a park	Create your own tag game	Make up an active game	Go on a walk with family or friends	Create a scavenger hunt

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/participaction](http://courtenay.ca/participaction) for more info

Scan to register:

