

UNLEASHING SUMMER *Awesome!*

TAKE OUR CHALLENGE TO KEEP MOVING, EXPLORE WHERE YOU LIVE AND TRY NEW ACTIVITIES

- Must complete at least 10 activities per month to receive a stamp and be eligible for a prize.
- Parent/guardian's sign in each box to show that the activity was completed.
- Stamps can be collected at the West Vancouver Community Centre.
- Bring your challenge sheet back to school in September for a small prize.
- The elementary school with the highest participation will earn a trophy!

JULY

Name: _____

100 Jumping Jacks	Skip rocks at the ocean	Learn to juggle - keep it up for 30 seconds	Play outside at Ambleside	Hold a family Dance Party
Visit a playground and climb on the monkey bars	Go swimming with your family	Walk or run Ambleside Seawall	Hike at Lighthouse park	Visit Horseshoe Bay Park
Jump rope! How many skips can you do in a row?	Take a pet for a walk	Fill in your OWN challenge	Play basketball at school or in the driveway	Walk the Mountain Pathway to the Trestle Bridge
Create your own obstacle course	Go for a run with a buddy	Try the outdoor fitness circuit at Ambleside	Throw a frisbee with a friend	Hike the Seaview Trail
Visit Place for Sport at West Vancouver Secondary School	25 step ups 25 Jumping Jacks 25 squats	Go for a bike or scooter ride	Visit John Lawson Park	Try pickleball, tennis or badminton

Kids need at least 60 minutes of heart pumping physical activity per day.

west vancouver

**Collect your
Stamp HERE**

WEST
VANCOUVER
SCHOOLS
A world of opportunity

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August

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