



Summer Activities Checklist

Some ideas for some fun in the summer

- Bike
- Rollerblade
- Hike/walk new trails
- Kayak/canoe
- Picnic at the beach or park
- Camping
- Golfing/range/mini putt
- Geocaching
- Yoga on the beach, at a park, vineyard or in a backyard (make it outdoors while we can)
- Find a workout buddy & workout at the park or find fun workouts online to do together
- Play basketball, soccer, bocce, softball, baseball, beach volleyball, lawn darts
- Dance classes/dance nights
- Cooking classes/make a new recipe each week
- Bake a new recipe each week
- Make homemade ice cream/frozen yogurt/popsicles & new smoothies
- Visit markets, farms & fairs
- Go fruit-picking & make homemade jam, bake or can it
- Paint night
- Concerts
- Swim
- Water workouts with weights, treading, & laps
- Go to a museum/learn something new
- Declutter & then have a garage sale
- Make a homemade backyard water park with a slip & slide, sprinklers & water balloon fight
- Go to a waterpark
- Go to the beach
- See a sunrise & sunset
- Play frisbee
- Skip
- Garden
- Outdoor movie night in the backyard
- Make forts or obstacle courses
- Zoo
- Aquarium
- Have a neighbourhood BBQ
- Go karting
- Arcade
- Laser tag
- Read/lay in the hammock
- Go fishing
- Trivia/games night
- Learn a new card game

