

- Pickle Ball 🏓
- Pilates
- Ping-Pong
- Playground Passport
- Pokémon Go
- Potato Sack Race
- Public Art Walking Tour
- Red Light Green Light
- Red Rover
- Ring Toss
- Ringette
- Rollerblading or Rollerskating
- Running or Jogging
- Running Through the Sprinkler
- Scavenger Hunt
- Scream and Run 🌍
- Seven Stones 🌍
- Shoreline or Coulee Cleanup
- Simon Says
- Skateboarding or Longboarding
- Slack Lining
- Sledge Hockey
- Slip 'n Slide
- Snow Shovelling
- Snowball Fight
- Snowshoeing 🏔️
- Soccer 🏈
- SportFest 2017

- Spray Park
- Squash and Racquetball 🏸
- Standing Long Jump
- Stone Skipping
- Swimming
- Tag
- Tai Chi 🌍
- Take a dog for a Walk
- Target Shooting
- Tennis 🏸
- Tetherball
- The Washer Game 🏹
- Three-legged Race
- Tire Racing (tee-wong-law) 🌍
- Tobogganing
- Trampoline
- Tug of War
- Twister or Lawn Twister
- Ultimate
- Volleyball
- Walks in Lethbridge
- Water Balloon Fight
- Wheelbarrow Race
- Whoop Up Challenge
- Yardwork
- Yoga
- Zumba 🌍

🏠 Available at Lethbridge Public Library
 🌍 Multicultural activity













Presented by:  LETHBRIDGE SPORT COUNCIL














LETHBRIDGE2017.CA











150 THINGS TO DO IN 2017
#YQLCHALLENGE
 LETHBRIDGE SPORT COUNCIL

CHALLENGE
 PASSPORT

LETHBRIDGE
 2017 
 GET
 ACTIVE
 CANADA 150
 THROUGH SPORT

- 4 square
- Activity Dice
- Archery
- Arm Wrestling 
- Badminton 
- Balancing Activity
- Ball Activities
- Balloon Fun
- Baseball and Softball 
- Basketball 
- Beach Volleyball 
- Bean Bag Games
- Biking and Cycling
- Bird Watching
- BMX
- Boating, Rowing and Rafting
- Boccia and Bocce  
- Boomerang 
- Bowling 
- Broomball
- Bubble Blowing
- Build a Fort
- Build a Snowman
- Build an Igloo or Quinzhee 
- Build an Inuksuk 
- Camping
- Canada Day at Henderson Lake 
- Canoeing and Kayaking

- Capture the Flag
- Cheerleading
- Chinese Skipping 
- Climbing
- Coulee Stairs
- Cricket  
- Croquet  
- Curling
- Dance
- Darts
- Disc Golf 
- DIY Relay Race
- Dodgeball
- Double Dutch 
- Dragon Boat 
- Exercise Balls
- Festivals and Community Events 
- Fishing
- Flag Football 
- Fly a Kite
- Fox and Geese
- Frisbee 
- Garden Tours
- Gardening
- Geocaching
- Giant Chess
- Giant Snakes & Ladders 
- Giant Tic-Tac-Toe 
- Golf
- Grounders
- Gymnastics
- Hacky Sack
- Hand Clapping Games
- Hide and Seek
- Hiking

- Historic Downtown Walking Tour
- Hockey
- Hopscotch 
- Horseshoes
- Housework
- Hula Hooping
- Ice skating
- Juggling
- Jump Rope and Skipping
- Kendama 
- Kick Ball
- Kick the Can
- Kubb 
- Lacrosse 
- Lawn Darts 
- Lawn Matching Game
- Library Loanable Kits 
- Limbo
- Marco Polo
- Martial Arts 
- Mini Golf
- Minute to Win it
- Monkey in the Middle (Keep Away)
- Museetown Wrestling 
- Musical Chairs
- Nature Activity
- Nature Bingo
- Ninja warrior (DIY obstacle course)
- Noodle Games
- Nordic Walking  
- Outdoor Gyms
- Parkour