



Life is better together



Did you know that the YMCA of Greater Vancouver is 125 years old?

We invite you to use this passport to celebrate with us by spending some time together as a family, having fun, trying new things and making memories to last another 125 years.

The Challenge: Earn points by doing activities around the community (see back for activity ideas)

The Goal: See how quickly your family can collect 125 points (one sticker equals five points)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
At Home							
At the YMCA							
In the Community							
With Friends							

Since 1886, the YMCA has been helping families like yours come together to grow stronger and healthier—all while getting the chance to be a part of this great community we all call home. Help us mark this anniversary by doing exactly what the YMCA is all about: bringing people together.

Choose any of the activities below to earn points. Each gold star is worth five points which means that 10 point items earn two stars and 15 point items earn three stars.

At Home:

- Play your favourite music and dance together as a family **(10 points)**
- Have an indoor picnic **(15 points)**
- Do something artistic with your family, like a family fun day at a local gallery **(15 points)**
- Prepare a healthy meal together **(15 points)**
- Laugh. Tickle each other. Tell your favourite joke **(10 points)**

At the YMCA

- Attend a family drop-in **(15 points)**
- Go swimming during family swim time **(15 points)**
- Organize a time to hang out with a family you met at the YMCA **(15 points)**
- Check out a new Y activity that you have not tried before **(15 points)**
- Start a conversation with a Y family that you have not met before **(10 points)**

In the Community:

- Go out of your way to greet one of your neighbours **(15 points)**
- Thank a teacher, relative or friend who cares for your child **(10 points)**
- Go outside and get active by going to the park or taking a hike **(15 points)**
- Share one health tip with another family that you have learned **(10 points)**
- Smile at somebody you do not know on the street **(10 points)**



With Friends:

- Make a list of your favourite healthy recipes and swap favourites **(15 points)**
- Play a fun board game or card game with friends **(15 points)**
- Organize an active play date (e.g. running, cycling, crawling) **(5 points)**
- Call a friend you have not talked to recently and catch up **(15 points)**
- Surprise a friend and drop off a home-cooked meal during the week **(10 points)**

