



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Participate in
Derby Dash in
Frankfort on
May 6

Read a book
at a park

Take an
outdoor
fitness class

Send a note
to a mom or
mom-figure
in your life
who made a
difference

Try a class at
the Y you've
never taken
before

Play a yard
game over
Memorial Day
weekend

Post on social
media what
you love
about the Y
and tag us!

Meet Kentuckians
with AAPI
Heritage at
bit.ly/aapikstories

Complete a
random act of
kindness

Ride a bike
on the
Legacy Trail

Take the
Water
Watcher
Pledge

Enjoy a
screen-free
afternoon (at
least 4 hours)

Complete at least 5 of the 12 activities by 05/31/23.
Return your completed activity card to the Y by 06/07/23
to be eligible to win a summer fun prize pack!