



# YMCA *Back-to-School* CHALLENGE

Fall is a busy time for everyone. Don't forget to make family time a priority.  
The Y is here to help with activities to connect with each other and your community.

## BE ACTIVE TOGETHER

## SERVE OTHERS

## SPEND QUALITY TIME TOGETHER

Register for a fall <a href="#">YMCA sport</a> .	Donate to a local Food Bank or Food Pantry.	Join a <a href="#">Y Guides</a> Crew.
Go on a family walk or bike ride.	Learn how the <a href="#">YMCA Annual Campaign</a> supports your community.	Choose a new healthy recipe to prepare together.
Watch a YMCA <a href="#">Super Skippers video</a> and learn a new jump rope trick.	Do a random act of kindness for a neighbor.	Plan a family game night.
Participate in the YMCA <a href="#">September Scan Challenge</a> . Kids can have fun in Kid Zone while parents work out. Middle School kids and older can work out with their parents!	Donate to the YMCA of the Triangle School Supply Drive.	Go screen free for a night or weekend!
Swim together at a <a href="#">YMCA pool</a> . Many outdoor pools remain open in September!	Write a Thank You note or card for your teacher.	Bring a friend to the YMCA.



Work together to complete three activities (one from each column), scan the QR code and complete the online form to receive a prize.

Visit [YMCATriangle.org](https://YMCATriangle.org) to learn more.