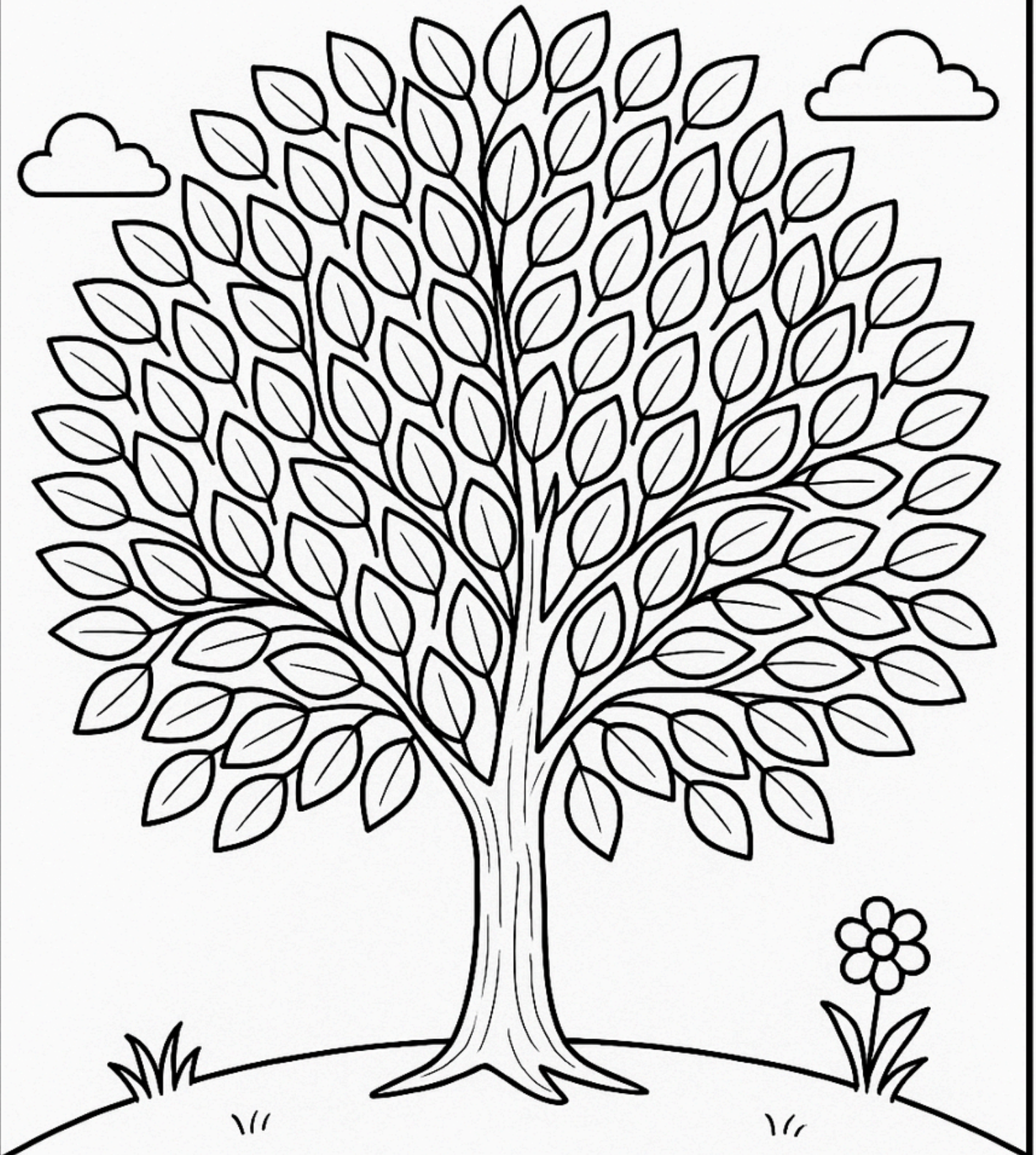


Summer Active Challenge

Colour one leaf for every hour spent outside doing physical activity!



Summer Active Challenge – Get Outside and Get Moving!

May 20 to August 19, 2025

This summer, let's soak up the sunshine and stay active in the great outdoors! Challenge yourself to complete **90 hours of outdoor physical activity** between May 20 and August 19 — whether it's biking, swimming, paddling, dancing, or simply going for a walk, every minute counts!

How does it work?

1. **Get your tracking sheet** – Download it [here] or pick one up at the municipal office.
2. **Track your hours** – Colour in one leaf for every 60 minutes of outdoor physical activity.
3. **Explore Clare** – Visit new places in our community and log them on your sheet (baiesaintemarie.com is a great place to start for inspiration).
4. **Submit your completed sheet** by **August 26** to be entered into our prize draw.
The more hours you track, the more chances you have to win!

Photography Bonus:

Send us a photo of yourself being active outdoors for **a bonus entry** — up to 10 photos max.

Email your photos to: recreation@munclare.ca or tag us on Facebook or Instagram!

Let's enjoy the outdoors, stay strong, and make the most of summer — one hour at a time!

Questions? Contact Adrien Saulnier at 902-540-4350 or rec2@munclare.ca