



Winter Active Contest



Complete at least one activity in each category.

Enter by February 20th for a chance to win!



TRY A WINTER ACTIVITY

- Ski, snowboard, kicksled, or go snowshoeing
- Skate at the rink or go curling
- Try winter cycling (or fat biking)
- Pull a sled or go sledding
- Play “winter Olympics charades” (act out different winter sports)



PLAY IN THE SNOW

- Build a snow creature or snow castle
- Have a snowball throwing contest
- Make a snow fairy or snow angel
- Play boules, bocce, bowling, catch, soccer, golf, or frisbee in the snow
- Break puddle ice or climb up a snow bank



GET OUTSIDE

- Take a friend with you for a stroll around the neighbourhood
- Identify two different sets of animal tracks
- Visit the same tree three times in the same week
- Have an outdoor picnic or cook a meal outside



STRETCH & WARM UP

- Do 5 minutes of stretching every day for a week
- Dance to a favourite song once a day for a week
- Warm up your vocal chords and sing a song with friends
- Play a game of outdoor tag



TRY SOMETHING NEW

- Visit a new-to-you park or trail
- Attend a new-to-you gym, exercise class or recreation group
- Borrow recreation equipment you've never used before.



WATCH & LISTEN

- Listen to moving water
- Go bird watching (bonus points for snow buntings or a snowy owl)
- Look up at the night sky
- Take photos of winter scenes

COUNTY *of* ANNAPOLIS

NATURALLY ROOTED



Winter Active Contest



Win a pair of snowshoes
or other recreation gear!

Send a photo doing one activity for an additional prize entry!

Photos submitted may be used for County Rec promotion.

Send your name and checklist to rec@annapoliscounty.ca

OR

return form to 752 St. George Street, Annapolis Royal, NS.

Contact information:

Name: _____

Email: _____

Phone (optional): _____

Community: _____

Recreation email list:

I would like to receive Annapolis County Recreation updates

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