

THE City of LEX30BY30

CHALLENGE IS A 30-DAY RECREATION CHALLENGE.
 PARTICIPATE AS AN INDIVIDUAL OR WITH YOUR
 FAMILY IN VARIOUS RECREATION ACTIVITIES. WITH
 UNCERTAINTIES OF SUMMER RECREATIONAL
 OPPORTUNITIES, WE ARE ENCOURAGING INDIVIDUALS AND
 FAMILIES TO PICK AN ACTIVITY EACH DAY TO PARTICIPATE IN
 FOR 30 MINUTES FOR 30 DAYS. WE ASK THAT YOU USE
#LEX30BY30 @Lex_parks_recreation on Instagram
 or tag us on FACEBOOK @ City of Lexington,
 Nebraska Parks and Recreation

EACH PARTICIPANT WILL RECEIVE A T-SHIRT

LEX 30 BY 30

**FAMILY/INDIVIDUAL
CHALLENGE**

CITY OF
Lexington
NEBRASKA

CONTACT: JAKE SAULSBURY, 308-746-3543, JSAULSBURY@CITYOFLEX.COM
 OR ANN LUTHER, 308-325-5277, ALUTHER@CITYOFLEX.COM

ACTIVITY SUGGESTIONS:

DRIVING RANGE @ THE FIELDHOUSE

BACKYARD LAWN GAMES W/ FAMILY

**FACETIME/ZOOM WORKOUT W/ DISTANT
FAMILY MEMBER OR FRIEND**

GO FOR A WALK OR RUN

BIKE RIDE

FAMILY DANCE PARTY @ HOME

BACKYARD OR LIVING ROOM YOGA

**LONGBOARD/ROLLERBLADE/
SKATEBOARD**

**DRIVEWAY BASKETBALL: HORSE/KNOCKOUT/
FREE THROW COMPETITION**

WATER BALLOON BASEBALL

PLAY TENNIS W/ A FAMILY MEMBER

BE SURE TO USE #LEX30BY30

TO SHARE PICTURES DOING THE CHALLENGE

DATE:	ACTIVITY:
MAY 15	_____
MAY 16	_____
MAY 17	_____
MAY 18	_____
MAY 19	_____
MAY 20	_____
MAY 21	_____
MAY 22	_____
MAY 23	_____
MAY 24	_____
MAY 25	_____
MAY 26	_____
MAY 27	_____
MAY 28	_____
MAY 29	_____
MAY 30	_____
MAY 31	_____
JUNE 1	_____
JUNE 2	_____
JUNE 3	_____
JUNE 4	_____
JUNE 5	_____
JUNE 6	_____
JUNE 7	_____
JUNE 8	_____
JUNE 9	_____
JUNE 10	_____
JUNE 11	_____
JUNE 12	_____
JUNE 13	_____
JUNE 14	_____



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LEX30BY30 CHALLENGE WILL RUN MAY 15-JUNE 14. REGISTER BY MAY 14.
 MAIL REGISTRATIONS TO: CITY OF LEXINGTON, PO BOX 70, LEXINGTON, NE 68850
Make Checks Payable To: City of Lexington

REGISTRATION DETAILS:

REGISTER BY MAY 14 TO ENSURE T-SHIRT

NAME: _____ T-SHIRT SIZE: _____

PHONE # _____

ADDRESS: _____

ADDITIONAL FAMILY NAMES:	T-SHIRT SIZE:
_____	_____
_____	_____
_____	_____
_____	_____

**\$10 PER PARTICIPANT
 EACH PARTICIPANT
 REGISTERED WILL
 RECEIVE A LEX30BY30
 T-SHIRT!!**

T-SHIRT SIZE(S) AVAILABLE: YM YL SMALL MEDIUM
 LARGE XL 2XL 3XL

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