

Chautauqua Challenge Points Sheet

Purpose: To encourage daily exercise, participation in events, and foster healthy competition!

Participation Period: Opening day June 12 to July 24. Points due July 26 to receive a prize. All children under 10 yrs old must have a sheet signed by a parent.

Fee: Adults (18+) \$15 to participate, children are free.

Questions: Contact Amy Morff, Rachel Anderson or Katie Stocke

Points	Activity
10	Attend Playschool, Club, or Activities (2 hours, each session)
10	Tuesday and Thursday evening activities (each session)
10	Walk/run gatehouse to gatehouse and back (1 mile), or 1 mile anywhere
10	Swim 10 laps in pool - OR - 10 laps in pool walking, water waist high or higher
10	Bike 3 miles, including stationary bike
10	Golf (by cart) 18 holes
10	Golf (walking) 9 holes
10	Table Tennis 30 minutes
10	Tennis singles 30 minutes
10	Tennis doubles 30 minutes
10	Pickleball 30 minutes
10	Gaga ball 30 minutes
10	Volleyball 30 minutes
10	Soccer 30 minutes
10	Basketball 30 minutes
10	Workout (strength, circuit etc) in Studio 14 - OR - attend workout class (1 hour)
15	Participate in Chautauqua 5k

Parent or Grandparent Signature (if under 10 years old)

TOTAL_____