

# Beat the Heat: Summer Cool-Down Checklist

for Cincinnati & Dayton Families

## Water Fun

- ☐ Visit a local splash pad
- ☐ Go swimming at an indoor pool
- ☐ Spend the day at a water park (like Soak City or Land of Illusion)

## Chill Indoors

- ☐ Play at an indoor playground
- ☐ Visit a kid-friendly museum (Boonshoft, Cincy Museum Center)
- ☐ Jump around at an indoor trampoline park

## Cold Treat Adventures

- ☐ Try a new ice cream spot (Graeter's, The Cone, Whit's)
- ☐ Get shaved ice or frozen lemonade from a local stand
- ☐ Do a mini ice cream crawl and vote for your family favorite

## Cool Movie Breaks

- ☐ Catch a \$2 or \$5 summer movie at a local theater
- ☐ Go to a drive-in movie after sunset

## Outdoor (But Cooler) Fun

- ☐ Go creek stomping with water shoes
- ☐ Walk a shaded nature trail in the early morning or evening
- ☐ Visit the library for storytime or kids' activities
- ☐ Explore Jungle Jim's International Market (air-conditioned fun!)
- ☐ Have a backyard water day with sprinklers and popsicles

## Pro Tips

- Always pack water, sunscreen & towels
- Check hours before heading out - some places change based on heat index

- Early mornings and late evenings = cooler outdoor options