

Agility

This month we are taking our training skills up a notch and experimenting with cat agility! Agility is a great form of both physical and mental exercise for your cat. It's lots of fun too! If you and your cat get super into it, there are even cat agility competitions you can participate in.

This month's challenge will take the form of a DIY obstacle course / board game. Below is a list of cat agility tricks and obstacles, which you can combine in different ways to create your own agility course.

(Training resources and board game outline provided to Trailblazers members)

Earn your Active & Agile Badge!



Cat Agility Tricks/Obstacles

- Jumping over an obstacle
- Jumping on and off an object (such as a chair)
- Jumping through a hoop
- Weaving
- Go around an object
- Going through a tunnel
- Walking an A-frame

Mark your calendars for Friday, September 2nd at 3pm ET!

We will recap the August Challenge and talk about the September Challenge activities, sharing tips and tricks with each other as well as talk about our goals and experiences.

Attendees can choose to be on video or not. The replay will be available afterwards.