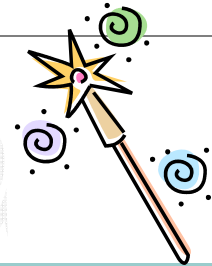




# Adventure: Week Nine



| Monday<br>August 3   | Tuesday<br>August 4  | Wednesday<br>August 5  | Thursday<br>August 6  | Friday<br>August 7   |
|--|--|--|---|--|
| <p><b>Beach</b></p>               | <p><b>Natural History Museum</b></p>   | <p><b>Venice Beach Boardwalk</b></p>   | <p><b>Disneyland Leadership Tour and Scavenger Hunt</b></p>   | <p><b>Kids' Choice</b></p>  |
| <p><b>Departure Time:</b><br/>9:00am</p> <p><b>Arrival Time:</b><br/>4:00pm</p>                                    | <p><b>Departure Time:</b><br/>9:00am</p> <p><b>Arrival Time:</b><br/>4:00pm</p>                  | <p><b>Departure Time:</b><br/>9:00am</p> <p><b>Arrival Time:</b><br/>4:00pm</p>                  | <p><b>Departure Time:</b><br/>7:30am</p> <p><b>Arrival Time:</b><br/>11:30pm**</p>  | <p><b>Departure Time:</b><br/>???</p> <p><b>Arrival Time:</b><br/>???</p>                                      |
| <p><b>Things To Bring:</b><br/>Lunch<br/>Snacks<br/>Sunscreen<br/>Towel<br/>Swim Suit<br/>Swim Shoes<br/>Water</p> | <p><b>Things To Bring:</b><br/>Lunch<br/>Snacks<br/>Sunscreen<br/>Water<br/>Money (Optional)</p> | <p><b>Things To Bring:</b><br/>Lunch<br/>Snacks<br/>Sunscreen<br/>Water<br/>Money (Optional)</p> | <p><b>Things To Bring:</b><br/>Lunch<br/>Snacks<br/>Sunscreen<br/>Water<br/>Money (For Dinner)<br/>** Pick-up will be @ the Main YMCA Parking Lot</p> | <p><b>Things To Bring:</b><br/>Lunch<br/>Snacks<br/>Sunscreen<br/>Water<br/>Money (Optional)</p>               |



## Food and Fun: Play Hard!

- Active bodies build healthy hearts and strong bones.
- Active families have fun and feel more energetic.
- Daily physical activity can reduce stress and increase concentration.
- Studies show that regular physical activity even helps children do better in school.

