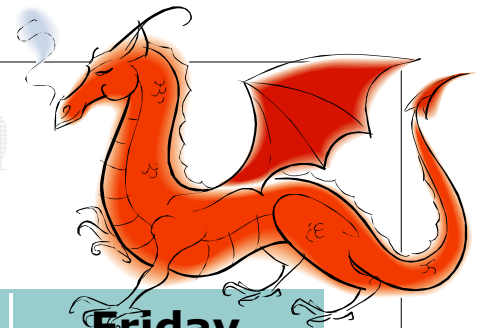




Discovery: Week Seven

Fantasy Week



Monday July 20	Tuesday July 21	Wednesday July 22	Thursday July 23	Friday July 24
Swimming 	Seaside Lagoon	Swimming 	Sherman Oaks Castle Park 	Games at the YMCA
Departure Time: 12:00pm Arrival Time: 4:00pm	 Departure Time: 8:00am Arrival Time: 5:00pm	Departure Time: 12:00pm Arrival Time: 4:00pm	Departure Time: 11:00am Arrival Time: 4:00pm	Departure Time: 11:00am Arrival Time: 4:00pm
Things To Bring: Lunch Snacks Sunscreen Swim Suit Towel Swim Shoes Water	Things To Bring: Lunch Snacks Sunscreen Swim Suit Towel Swim Shoes Money (Optional)	Things To Bring: Lunch Snacks Sunscreen Swim Suit Towel Swim Shoes Water	Things To Bring: Lunch Snacks Sunscreen Water Money (Optional)	Things To Bring: Lunch Snacks Sunscreen Water



Food and Fun: More Fruits and Veggies

- Always have a supply of cut up, prepared fruits and veggies in the refrigerator for snacking.
- Store fruits and veggies in clear containers at eye level in the refrigerator.
- Choose 100% juice—a 4-6 oz. serving is a handy fruit serving.
- Add extra veggies to foods you prepare from scratch or prepared foods.

