

Discovery: Week Nine

Sports Week



Monday August 3	Tuesday August 4	Wednesday August 5	Thursday August 6	Friday August 7
Swimming 	Sparks Game 	Swimming 	Olvera Street	Messy Olympics
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: 10:00am Arrival Time: 4:00pm	Departure Time: On Site
Things To Bring: Lunch Snacks Sunscreen Towel Swim Suit Swim Shoes Water	Things To Bring: Lunch Snacks Sunscreen Money (Optional) Water	Things To Bring: Lunch Snacks Sunscreen Towel Swim Suit Swim Shoes Water	Things To Bring: Lunch Snacks Sunscreen Money (Optional) Water	Things To Bring: Lunch Snacks Sunscreen Swim Suit Towel Swim Shoes Water



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.