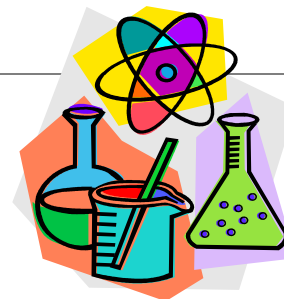






Explorer: Week Seven



Monday July 20	Tuesday July 21	Wednesday July 22	Thursday July 23	Friday July 24
California Science Center	Swimming @ YMCA 	Castaic Lake	Swimming @ McCambridge 	Sherman Oaks Castle Park
Departure Time: 8:00am Arrival Time: 4:00pm	Departure Time: 12:00pm Arrival Time: 4:00pm	Departure Time: 10:00am Arrival Time: 5:00pm	Departure Time: 12:00pm Arrival Time: 4:00pm	Departure Time: 9:00am Arrival Time: 4:00pm
Things To Bring: Lunch Snacks Sunscreen Water Money (Optional)	Things To Bring: Lunch Morning Snack Sunscreen Towel Swim Suit Swim Shoes Water	Things To Bring: Lunch Morning Snack Sunscreen Water Swim Stuff Money (Optional)	Things To Bring: Lunch Snacks Sunscreen Towel Swim Suit Swim Shoes Water	Things To Bring: Lunch Snacks Sunscreen Water Money (Optional)



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.

