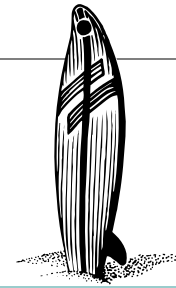






Explorer: Week Eight



Monday July 27	Tuesday July 28	Wednesday July 29	Thursday July 30	Friday July 31
Valley Ice Center	Swimming @ YMCA 	Hurricane Harbor	Swimming @ McCambridge 	Alligator Al @ YMCA
Departure Time: 12:00pm Arrival Time: 4:30pm	Departure Time: 12:00pm Arrival Time: 4:00pm	Departure Time: 8:00am Arrival Time: 5:30pm	Departure Time: 12:00pm Arrival Time: 4:00pm	Departure Time: 12:00pm Arrival Time: 4:00pm
Things To Bring: Lunch Snacks Sunscreen Socks Water Warm Clothes Money (Optional)	Things To Bring: Lunch Snacks Sunscreen Towel Swim Suit Swim Shoes Water	Things To Bring: Snacks Sunscreen Towel Swim Suit Swim Shoes Water *Money for lunch	Things To Bring: Lunch Snacks Sunscreen Towel Swim Suit Swim Shoes Water	Things To Bring: Lunch Snacks Sunscreen Water



Food and Fun: Tune Out the TV

- Limit TV and other screen time to less than 2 hours per day.
- Consider having screen-free days for the whole family—your children will take their cues from you!
- Help children deal with boredom by suggesting other activities like family game nights or reading.
- Try to not allow TV during meals or homework times.

