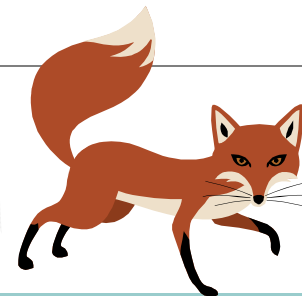

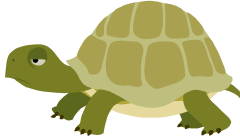




Explorer: Week Nine



Monday August 3	Tuesday August 4	Wednesday August 5	Thursday August 6	Friday August 7
Olvera Street	Swimming @ YMCA	Aquarium of the Pacific 	Swimming @ McCambridge	L.A. Zoo 
Departure Time: 10:00am Arrival Time: 4:00pm	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: 11:00am Arrival Time: 4:00pm
Things To Bring: Lunch Snacks Sunscreen Water Money (Optional)	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	Things To Bring: Lunch Snacks Sunscreen Water Money (Optional)



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.

