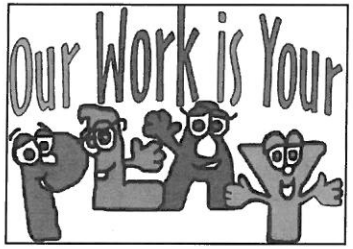
SUMMER RECREATION

JULY 2014 CALENDAR

"Fitness and Fun... For Everyone!"

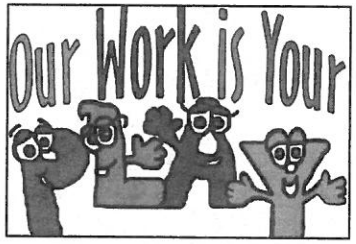


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	*2*	*3*	*4* ***Happy 4th of July! See you at the Parade...***	*5*
Week #1: *Sport: Golf* → *Character Trait: Commitment*	*7* **6-7:30am Lap Swim** **8-9am Modified Fitness** **9am-12pm AM REC** **1-4pm PM REC** **4-5pm Open Swim**	*8* **8-9am Mom&Me Swim** **8-9am Modified Fitness** **9am-12pm AM REC** **1-4pm PM REC** **4-5pm Open Swim**	*9* **6-7:30am Lap Swim** **8-9am Modified Fitness** **9am-12pm AM REC** **1-4pm PM REC** **4-5pm Open Swim**	*10* **8-9am Mom&Me Swim** **8-9am Modified Fitness** **9am-12pm AM REC** **1-4pm PM REC** **4-5pm Open Swim**	*11* **6-7:30am Lap Swim** **8-9am Modified Fitness** **AM & PM REC:** ***"Akron Falls Park"*** **4-5pm Open Swim**	*12* **10am-12pm** **Alumni Basketball**
Week #2: *Sport : Tennis* → *Character Trait: Fairness*	*14* **6-7:30am Lap Swim** **8-9am Modified Fitness** **9am-12pm AM REC** **1-4pm PM REC** **4-5pm Open Swim**	*15* **8-9am Mom&Me Swim** **8-9am Modified Fitness** **9am-12pm AM REC** **1-4pm PM REC** **4-5pm Open Swim**	*16* **6-7:30am Lap Swim** **8-9am Modified Fitness** **9am-12pm AM REC** **1-4pm PM REC** **4-5pm Open Swim**	*17* **8-9am Mom&Me Swim** **8-9am Modified Fitness** **9am-12pm AM REC** **1-4pm PM REC** **4-5pm Open Swim**	*18* **6-7:30am Lap Swim** **8-9am Modified Fitness** **AM & PM REC:** ***"Library/Russell Park"*** **4-5pm Open Swim**	*19* **10am-12pm** **Alumni Basketball**
Week #3: *Sport: Baseball/Softball* → *Character Trait: Honesty*	*21* **6-7:30am Lap Swim** **8-9am Modified Fitness** **9am-12pm AM REC** **1-4pm PM REC** **4-5pm Open Swim**	*22* **8-9am Mom&Me Swim** **8-9am Modified Fitness** **9am-12pm AM REC** **1-4pm PM REC** **4-5pm Open Swim**	*23* **6-7:30am Lap Swim** **8-9am Modified Fitness** **9am-12pm AM REC** **1-4pm PM REC** **4-5pm Open Swim**	*24* **8-9am Mom&Me Swim** **8-9am Modified Fitness** **11am-5pm Field Trip:** **"Bison's Game"** **4-5pm Open Swim**	*25* **6-7:30am Lap Swim** **8-9am Modified Fitness** **9am-12pm AM REC** **1-4pm PM REC** **4-5pm Open Swim**	*26* **10am-12pm** **Alumni Basketball**
Week #4: *Sport : Lacrosse* → *Character Trait: Passion*	*28* **6-7:30am Lap Swim** **8-9am Modified Fitness** **9am-12pm AM REC** **1-4pm PM REC** **4-5pm Open Swim**	*29* **8-9am Mom&Me Swim** **8-9am Modified Fitness** **9am-12pm AM REC** **1-4pm PM REC** **4-5pm Open Swim**	*30* **6-7:30am Lap Swim** **8-9am Modified Fitness** **9am-12pm AM REC** **1-4pm PM REC** **4-5pm Open Swim**	*31* **8-9am Mom&Me Swim** **8-9am Modified Fitness** **9am-12pm AM REC** **1-4pm PM REC** **4-5pm Open Swim**		

SUMMER RECREATION

AUGUST 2014 CALENDAR

"Fitness and Fun... For Everyone!"



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 6-7:30am Lap Swim 8-9am Modified Fitness AM & PM REC: KED Run/Walk for Recovery! 4-5pm Open Swim	*2* 10am-12pm Alumni Basketball
Week #5: *Sport: Kid-Nastics* → *Character Trait:* *Respect*	*4* 6-7:30am Lap Swim 8-9am Modified Fitness 9am-12pm AM REC 1-4pm PM REC 4-5pm Open Swim	*5* 8-9am Mom&Me Swim 8-9am Modified Fitness 9am-12pm AM REC 1-4pm PM REC 4-5pm Open Swim	*6* 6-7:30am Lap Swim 8-9am Modified Fitness 9am-12pm AM REC 1-4pm PM REC 4-5pm Open Swim	*7* 8-9am Mom&Me Swim 8-9am Modified Fitness 9am-12pm AM REC 1-4pm PM REC 4-5pm Open Swim	*8* 6-7:30am Lap Swim 8-9am Modified Fitness AM & PM REC: *Annual Olympics* 4-5pm Open Swim	*9* 10am-12pm Alumni Basketball
Week #6: *Sport: Hockey* → *Character Trait:* *Service - Can Drive*	*11* 6-7:30am Lap Swim 8-9am Modified Fitness 9am-12pm AM REC 1-4pm PM REC 4-5pm Open Swim	*12* 8-9am Mom&Me Swim 8-9am Modified Fitness 9am-12pm AM REC 1-4pm PM REC 4-5pm Open Swim	*13* 6-7:30am Lap Swim 8-9am Modified Fitness 9am-12pm AM REC 1-4pm PM REC 4-5pm Open Swim	*14* 8-9am Mom&Me Swim 8-9am Modified Fitness 9am-12pm AM REC 1-4pm PM REC 4-5pm Open Swim	*15* 6-7:30am Lap Swim 8-9am Modified Fitness 9am-5pm Field Trip: Darien Lake 4-5pm Open Swim	16 10am-12pm Alumni Basketball