



# EXPERIENCE

FAMILY FUN AND MORE ALL SUMMER LONG

## JULY CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>WEEKLY ACTIVITIES</b>						
			12:30-1:30 AOA Luncheon		10:45a-11:15a Parent -Tot 7a-8a Men's Bible Study	
<b>PROGRAM HIGHLIGHTS &amp; SPECIAL EVENTS!</b>						
	1 9a-12p K-Mac's Cafe	2 Sign up for TKO!	3	4 Fourth of July Family Pool Party! 	5 6p-10p PNO Cloudy with a Chance of Meatballs 2	6 11a Pool Side Popsicle
7 C.O.W. FLAG	8 5p-6p Popcorn in the Lobby	9 9a-12p K-Mac's Cafe	10 9a-10a Water for Wellness	11 Family Yoga 12p-1p Group Ex Room	12 10a-11a Fruity Friday 	13 9:30a Bagels for Tennis players!
14 C.O.W. Star Hat 	15 5:10p-5:20p 10 minute Tot Time	16	17 9a-12p K-Mac's Cafe	18 5p Pool Side Popsicle	19 6p-10p PNO Pooh's Grand Adventure	20 Les Mills Launch Day! 8:15a-12:45p MEMBER APPRECIATION DAY!
21 C.O.W. Beach Ball	22 2p & 2:30p Safety Around water Registration required!	23 11:10-11:20 10 minute Tot Time	24 6pm Nutrition Talk Member Exclusive	25 9a-12p K-Mac's Cafe	26 5p-6p Fruity Friday 	27 8:30a-2:30p Babysitting Basics- Registration required!
28 C.O.W. Watermelon	29 11a-12p Popcorn in the Lobby	30 7p Pool Side Popsicle	31 4p-5p Water for Wellness			

FAMILY TIME

YOUTH SPORTS

SPECIAL EVENTS