

ADAPTED ACTIVITIES FOR JANUARY

~ January 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Eagles Program ½ yr registration begins New Years Day Pool open 12 – 6pm	2
3	4 Eagles Base Camp Meeting	5 Registration for First Aid Ends at 5:00pm (cap at 8) Eagles Derby Car “Build Night” @ Mike’s Hobby Shop in Carrollton 5pm	6 Registration for Family Yoga Ends at 5:00pm	7 First Aid 6:00 – 7:30pm 12 yrs + \$20 / \$40 Registration for Healthy Me Make & Take Ends at 12:00pm	8 Healthy Me Make & Take 6:00pm Free Family Yoga 7:15 – 8:00 6 yrs. + Free / \$10 family	9 Family Swim 1:30 – 3:00 FREE or \$5 program family Eagles “Derby Days” @ Mike’s Hobby Shop in Carrollton
10	11	12	13 Registration for Parents Night Out Ends at 5:00pm (cap at 16)	14	15 Parents Night Out 6 – 8pm 5 yrs + \$15 / \$10 per additional child Guides Mavericks Night	16
17	18	19	20 Registration for Scavenger Hunt Family Picnic ends at 5:00pm	21	22	23 Scavenger Hunt Family Picnic 11:00 – 1:00pm Andy Brown East All ages
24	25	26 Registration for Craft Day Ends at 5:00pm (cap @ 12)	27	28 Craft Day 4:00 – 5:30 \$5 8 yrs. +	29	30
31	Notes: Don’t forget to inquire about our 1:1 and small group swim lessons and Special Olympics Swim Team! For more information on the Eagles Program please contact Jeff Parker at 972-393-5121 ext 207 or jparker@ymcadallas.org . You can visit our website for more details at http://www.coppellymca.org					