

July 28th week Schedule

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
8:30 - 9:00	Drop In				
9:00 - 10:15	Games & Yoga, One day we will have a guest speaker				
10:15 - 10:45	Snack Break				
10:45 - 12:15	<i>Empowerment Sessions</i>				
	How to Develop Soaring Self-Esteem	Body Image and Media Impact	Honor your Uniqueness	Positive Self-talk	Self-coaching
12:15-12:30	Wrap up for half day kids				
12:15 - 1:00	Lunch				
1:00 - 2:00	Dance				
2:00 - 4:00	Art and a Speaker	Pool	Cooking	Spa	Inspirational Movie and Discussion
4:00 - 4:30	Wrap up/Review				

- Above schedule can change depending to weather and other factor. If a change is made it is to better suit children's needs.