

**Parent's Calendar Of Events
Kids Zone - Lorton
JULY 2009**

Sundav	Mondav	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>**Parents must you be pre-registered & pre-paid for ALL Specialty programs. The fees are: Kids Night Out \$7 for one child or \$15 for two or more children. Shopping with Out Kids & Kid's Day Out the fee is \$5 per child (not per hour). You MUST present/give your receipt to the KZ staff PRIOR to dropping off your child in the kid zone or any of the programs</p>						
		<p>PDO= Parent's Day Out PDO is every Tue & Thurs from 10:30am -12:30 pm</p> <p>SWOK=Shopping w/Out Kid's</p>	<p>We will have Craft & Art Activities for the children EVERYDAY</p>	<p>Sport Aerobics & Hip Hop By Tierney, Aarolyn or Vicki Tues & Thurs AM's beginning 7 July from 10:00-10:30</p>	<p>KID ZONE HOURS M-F 9am-1pm & 4pm-8:30pm Sat 8am-1pm Sun 9am-1pm</p>	
			1	2	3	4
			<p>Geo Fit (all ages) 11:30am - 12:00pm Shaun T's Fit Kids 6:15-6:45pm (all ages) Shaun T's Get Real 6:45-7:15pm (8+)</p>	<p>Denise Austin Fit Kids 11:30am - 12:00pm Parent's Day Out 10:30am - 12:30pm Shaun T's Fit Kids 6:15-6:45pm (all ages) Shaun T's Get Real 6:45-7:15pm (8+)</p>	<p>Geo Fit (all ages) 11:30am - 12:00pm Shaun T's Fit Kids 6:15-6:45pm (all ages) Shaun T's Get Real 6:45-7:15pm (8+)</p>	<p>Either Program 11:30am - 12:00pm</p> <p>HAPPY 4th of JULY</p>
5	6	7	8	9	10	11
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12	13	14	15	16	17	18
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19	20	21	22	23	24	25
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26	27	28	29	30	31	
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<p>Gold's Gym Lorton Website</p> <p>Kid's Health Website</p> <p>Kid Zone Director Email Phone</p>	<p>www.goldsgym.com/lorton/va</p> <p>Website: www.kidshealth.org</p> <p>Aarolyn J. Casillas lortonvakzdirector@hotmail.com 703-339-6339</p>	<p>KidsHealth is the #1 most-visited website for children's health and development. At the bottom of each article, you'll find links to related features created for kids and teens. Note: All information on KidsHealth® is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult your doctor. © 1995-2009 The Nemours Foundation. All rights reserved.</p>				