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BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

WEDNESDAY, JULY 15, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Sports & Recreation	Cardio	A full body DANCE cardio routine to 2010's music! A great way to get a sweat on, and it's guaranteed to put a smile on your face! Click Here
Health & Wellness	Inspiration	Ms. Arnelle discusses the importance of vision boards and how to make one to build on your inspiration and motivation. Click Here

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Arts	Painting	Check out these 19 easy painting hacks for beginners. Get your paint, brushes, palette and begin. <u>Click Here</u>
Academic Success	History	Learn Spanish in 10 minutes, here are all the basics you need to know. <u>Click Here</u>
Character and Citizenship	Acquiring Skills	The First 20 Hours: Mastering the Toughest Part of Learning Anything.' Josh Kaufman specializes in teaching people from all walks of life how to master practical knowledge and skills. <u>Click Here</u>