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**BOYS & GIRLS CLUBS**  
OF CARSON

**BGCC VIRTUAL PROGRAM: HIGH SCHOOL**

**THURSDAY, JULY 16, 2020**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff <a href="#">Click Here</a>
<b>Sports &amp; Recreation</b>	Core	A total abs and full body workout with Chloe Ting to target your core. This routine requires no equipment and can be done anywhere. <a href="#">Click Here</a>
<b>Health &amp; Wellness</b>	Music	Take some time to relax and watch this Tiny Desk Concert with the John Legend. Enjoy this musical set from one of the biggest stars and talents to ever get on a piano. <a href="#">Click Here</a>

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<b>Arts</b>	Video Editing	Have you ever tried to make a TikTok only to be frustrated by the fact that you can't go back and trim your clips? In this video here is how to trim clips, re-order your clips, and make an awesome Tiktok! <a href="#">Click Here</a>
<b>Academic Success</b>	College Workshop	Chances are if you are preparing for college, then you are feeling stressed. In this virtual lesson Ms. Natalie discusses stress relief through guided imagery and meditation. <a href="#">Click Here</a>
<b>Character and Citizenship</b>	Confidence	Do you know how to look confident? When you walk into a room, go on a date or pitch at a meeting you want to make sure you look confident. In this video you will learn how to both feel and look more confident. <a href="#">Click Here</a>