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**BOYS & GIRLS CLUBS
OF CARSON**

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

WEDNESDAY, JULY 22, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Sports & Recreation	Cardio	Check out this fun Disney mix for family & friends' fitness. This workout is full of fun moves and tunes you know and love (plus a warmup AND cool down!) Click Here
Health & Wellness	Inspiration	Ms. Arnelle discusses the importance of good hygiene and discusses the pros and cons of commonly used skin care items. Watch as she teaches us how to make our own natural spray. Click Here

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Arts	Painting	Check out these painting techniques that will leave you inspired to create some unique pieces of art. Click Here
Academic Success	Multiplication	Has quarantine made you feel you need to work on your basic math skills? Check out this silly song for your times table from 1-12. This video may be for little kids, but we all need a fun way to remember basic multiplication. Click Here
Character and Citizenship	Leadership	There are 7 leadership qualities that all great leaders possess. The positive thing is leadership characteristics can be learned and practiced making it possible for everyone to become a great leader. Click Here