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BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

THURSDAY, JULY 23, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Sports & Recreation	Core	A leg and glutes workout with Chloe Ting to target your lower body and core. This routine requires no equipment, but if you have a resistance band you can challenge yourself more. Click Here
Health & Wellness	Music	Take some time to relax and watch this Tiny Desk Concert with Sting and Shaggy. They might not be the most likely musical pairing. But one thing is certain, they love playing each other's music. Click Here

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Arts	Adult Coloring	Interested in adult coloring books? Here's a beginner's guide to adult coloring with coloring pencils. This video is a great start to learning how to create beautiful pieces of art. Click Here
Academic Success	College Workshop	In this college workshop, Ms. Natalie discusses the components of financial aid and how to understand your financial aid award letter. Click Here
Character and Citizenship	Confidence	<u>15 Lessons People Learn Too Late in Life-</u> These tips will help you for success, knowing what others may have already gone through. Click Here