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**BOYS & GIRLS CLUBS**  
OF CARSON

**BGCC VIRTUAL PROGRAM: HIGH SCHOOL**

**FRIDAY, JULY 24, 2020**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff <a href="#">Click Here</a>
<b>Sports &amp; Recreation</b>	Bachata Dance	These can be nervous and stressful times for people. Dance and music can be a welcome relief from stress and something positive and constructive to focus on. So since we are all home, its a perfect time to learn and practice your Bachata dance skills. <a href="#">Click Here</a>
<b>Health &amp; Wellness</b>	Healthy Habits	In this Healthy Habits lesson Ms. Wendy discusses the LAZY days and how to stay well when we least want to be healthy. <a href="#">Click Here</a>

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<b>Arts</b>	Music	Watch Felix Contreras con Los Hacheros – This 5 musician band returns to the deep groove of Afro-Caribbean music that provides the source material for modern salsa and all its permutations at the Tiny Desk. <a href="#">Click Here</a>
<b>Academic Success</b>	Note Taking	Have trouble with taking good notes for your exams. This video clip focuses on the best methods to take notes for a variety of classes. <a href="#">Click Here</a>
<b>Character and Citizenship</b>	Being a Professional	Quick! Before you start reading this article, take out a blank piece of paper and sign your name. Ready? Let's analyze it! Your signature might have a lot to say about your personality. <a href="#">Click Here</a>