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**BOYS & GIRLS CLUBS**  
OF CARSON

**BGCC VIRTUAL PROGRAM: HIGH SCHOOL**

**THURSDAY, JULY 30, 2020**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff <a href="#"><u>Click Here</u></a>
<b>Sports &amp; Recreation</b>	Core	A core workout with Chloe Ting to target your abs and love handles. This routine requires no equipment. <a href="#"><u>Click Here</u></a>
<b>Health &amp; Wellness</b>	Music	Take some time to relax and watch this Tiny Desk Concert with the Jonas Brothers as they play three of their hit songs with a live band. <a href="#"><u>Click Here</u></a>

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<b>Arts</b>	Photography	Enjoy photography? In this video learn how to take great videos in boring settings by defocusing your lens. <a href="#"><u>Click Here</u></a>
<b>Academic Success</b>	College Workshop	In this college and career workshop, Mr. Rigo discusses potential careers. He will cover six career fields that may interest you once you are ready to plan your career.  <a href="#"><u>Click Here</u></a>
<b>Character and Citizenship</b>	Habits	In this video learn about 5 habits that will change and improve your life. Topics include prepping, writing down lists, and saying no.  <a href="#"><u>Click Here</u></a>