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BOYS & GIRLS CLUBS  
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

FRIDAY, JULY 31, 2020

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff <a href="#">Click Here</a>
<b>Sports &amp; Recreation</b>	Morning Routine	Get shredded without a gym by doing this routine every morning. It only takes 10 mins of your time. Make sure you execute the movement correctly and stick to the whole circuit for the best results. <a href="#">Click Here</a>
<b>Health &amp; Wellness</b>	Money Matter	In this Money Matter lesson, Ms. Wendy discusses how to organize your spending and track your expenses.  <a href="#">Click Here</a>

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<b>Arts</b>	Music	Watch Jon Batiste take us through some of the many sides of his rich musical history from, soul, to jazz and hip hop at the Tiny Desk. <a href="#">Click Here</a>
<b>Academic Success</b>	Note Taking	Preparing for school? Here are some tips for taking neat and efficient notes. This video covers ideal stationary materials to use and step by step information on how to take useful notes. <a href="#">Click Here</a>
<b>Character and Citizenship</b>	Career Path	Struggling to Pick Your Career Path? Watch this video on how to think about your passions and begin the career that makes sense for you. <a href="#">Click Here</a>