

**GREAT FUTURES START HERE.**



**BOYS & GIRLS CLUBS**  
OF CARSON

**BGCC VIRTUAL PROGRAM: HIGH SCHOOL**

**THURSDAY, JULY 9, 2020**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff <a href="#">Click Here</a>
<b>Sports &amp; Recreation</b>	Core	A quick and effective workout with Chloe Ting to target your core through planks. This routine requires no equipment and can be done anywhere. <a href="#">Click Here</a>
<b>Health &amp; Wellness</b>	Music	Take some time to relax and watch this Tiny Desk Concert with the Lumineers. Get ready to stomp your feet along with this feel good music set. <a href="#">Click Here</a>

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<b>Arts</b>	Video Editing	The Cloning Technique- How to clone yourself in your social media videos. Watch this video to learn video editing tips to wow your followers. <a href="#">Click Here</a>
<b>Academic Success</b>	College Workshop	In this virtual lesson Ms. Natalie discusses the A-G requirements needed to enroll in to a 4-year college. Are you on track? Feel free to reach out to us for support.  <a href="#">Click Here</a>
<b>Character and Citizenship</b>	Communication Skills: Conversation	Use these 5 habits to become more charismatic! We all know people who exude charisma and always leave the best impression and charm everyone in the room. Have you ever wondered what makes them so likable and memorable?  <a href="#">Click Here</a>