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BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

THURSDAY, AUGUST 13, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Sports & Recreation	Safe Exercises	This video discusses the benefits of doing push-ups on the regular. How often do you do push-ups? They're among the most basic exercises invented. So let's get started. Click Here
Health & Wellness	Music	In need of some relaxing background music to study with or unwind with? Check out this jazz and Bossa Nova cover of Maroon 5 hits and chill. Click Here

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Arts	Photography	Want to take better photos? Avoid these beginner's mistakes and shoot photos like a pro. Click Here
Academic Success	College Workshop	In this college and career workshop, Ms. Natalie discusses careers in the music field. Learn about sound engineering, radio, broadcasting, and more. Click Here
Character and Citizenship	Motivation	The message in this video is about getting out of your comfort zone and rising up to challenges. You are going to be forced out of your comfort zone and forced to step up and RISE UP to this new challenge. Click Here