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BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

FRIDAY, AUGUST 14, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Sports & Recreation	Dance Party Workout	A full body DANCE cardio routine to One Direction classics! A great way to get a sweat on, and it's guaranteed to put a smile on your face! Celebrating 10 years of 1D with some dance Fitness!! Click Here
Health & Wellness	Money Matter	In this Money Matter lesson, Ms. Wendy discusses how to organize your spending. Learn about needs vs wants, fixed vs variable, and how to reduce unnecessary spending. Click Here

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Arts	Music	Watch Snarky Puppy takeover at the Tiny Desk. This band pulls you in with simple instruction and a little faith. Take a listen to this lyric-less band offer anyone with a listening ear a place to grab hold and groove. Click Here
Academic Success	Note Taking	What's the best way to take lecture notes? In this video, learn about the five best note-taking systems out there. Click Here
Character and Citizenship	Career Path	Mariana Atencio tells us how the people she's met along the way and her own immigrant experience have taught her that the only thing we all have in common is being human. Get ready to 'get human' and embrace what makes you different! Take a stand to defend your race: the human race! Click Here