

GREAT FUTURES START HERE.



BOYS & GIRLS CLUBS  
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

THURSDAY, AUGUST 6, 2020

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff <a href="#">Click Here</a>
<b>Sports &amp; Recreation</b>	Safe Exercises	Do you want to end the vicious cycle of failed attempts to get rock-hard abs? Making your belly fit and flat isn't that hard — you only need to eat healthy, which is an important part of getting in shape, and do a set of simple exercises regularly. <a href="#">Click Here</a>
<b>Health &amp; Wellness</b>	Music	Take some time to relax and watch this Tiny Desk Concert with Kahlid and learn about the inspirations to the hit songs he wrote as a high school student. <a href="#">Click Here</a>

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<b>Arts</b>	Photography	Enjoy photography? In this video learn how to take photos at night - tips to help improve your nighttime photography game. <a href="#"><u>Click Here</u></a>
<b>Academic Success</b>	College Workshop	In this college and career workshop, Ms. Natalie discusses careers in the entertainment field. Learn about opportunities behind the scenes, in front of the camera, and more. <a href="#"><u>Click Here</u></a>
<b>Character and Citizenship</b>	Motivation	How to get motivated to study! Hopefully, this video gives you some study motivation and helps you be motivated to study! <a href="#"><u>Click Here</u></a>