

**GREAT FUTURES START HERE.**



**BOYS & GIRLS CLUBS**  
OF CARSON

**BGCC VIRTUAL PROGRAM: HIGH SCHOOL**

**WEDNESDAY, SEPTEMBER 16, 2020**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff
<b>Sports &amp; Recreation</b>	Cardio	A full body DANCE cardio routine to 2010's music! A great way to get a sweat on, and it's guaranteed to put a smile on your face! <a href="#">Click Here</a>
<b>Health &amp; Wellness</b>	Inspiration	Ms. Arnelle discusses the importance of good hygiene and discusses the pros and cons of commonly used skin care items. Watch as she teaches us how to make our own natural spray.  <a href="#">Click Here</a>
<b>Character and Citizenship</b>	Leadership	There are 7 leadership qualities that all great leaders possess. The positive thing is leadership characteristics can be learned and practiced making it possible for everyone to become a great leader.  <a href="#">Click Here</a>