

**GREAT FUTURES START HERE.**



**BOYS & GIRLS CLUBS**  
OF CARSON

**BGCC VIRTUAL PROGRAM: HIGH SCHOOL**

**FRIDAY, SEPTEMBER 18, 2020**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff
<b>Sports &amp; Recreation</b>	Full Body Workout	In this Full Body Workout video that you can do whenever and wherever you like. You don't need any equipment or weights! Targets the muscles of your whole body and gives you a quick sweat! <a href="#">Click Here</a>
<b>Health &amp; Wellness</b>	Healthy Habits	In this Healthy Habits lesson Ms. Wendy discusses the importance of treating yourself! Maybe have a spa day at home or something special to in your daily life. Have fun!  <a href="#">Click Here</a>
<b>Academic Success</b>	Habits of Successful Students	Even though it's summer it is never too early to get ready for school. The study method that every student should know before their exams!  <a href="#">Click Here</a>