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BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL

FRIDAY, OCTOBER 23RD, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Sports & Recreation	Push Ups	In this video, we learn the 10 most common pushup mistakes. This tutorial is suited for both the beginner who can't do a pushup as well as someone who has been doing pushups for years. Click Here
Health & Wellness	Girl Code	In this new episode of Girl Code, Ms. Arnelle goes over some DIY self care tips by showing us how to make a turmeric mask and teeth whitener. Click Here
Arts	Photography	Nailing focus from front to back in landscape photography is so important. In this video, learn some simple tips and photo examples to ensure you get it right in camera every time. Click Here