

GREAT FUTURES START HERE.



BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

MONDAY, DECEMBER 14TH, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff
Sports & Recreation	Power Yoga	Power Yoga with Adriene features one full class called "HEART" from her Empower Yoga Series. Though this practice is swift, you are encouraged to move at your own pace and listen to your body. Click Here
Character and Citizenship	Leadership	In this video, Ms. Lauren discusses the importance of finding who you are. This lesson starts with you! Have a clear goal, use your resources to your advantage, and don't make excuses. Click Here
Health & Wellness	Music	In need of some relaxing background music to study with or unwind with? Check out this jazz and Bossa Nova cover of Maroon 5 hits and chill. Click Here