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BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

FRIDAY, DECEMBER 18TH, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff
Arts	Music	Watch Dua Lipa perform a set of her hit songs at the Tiny Desk studio. Click Here
Health & Wellness	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! Click Here
Sports & Recreation	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! Click Here