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BOYS & GIRLS CLUBS  
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

MONDAY, DECEMBER 21<sup>ST</sup>, 2020

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff
<b>Sports &amp; Recreation</b>	Power Yoga	Yoga For Strength! Join Adriene for a 40 Minute Vinyasa Flow Yoga. This practice cultivates heat, trims, tones, builds strength and flexibility. Adriene works with a strong foundation and encourages you to integrate a long-lasting breath practice in your Vinyasa flow yoga. <a href="#">Click Here</a>
<b>Character and Citizenship</b>	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. <a href="#">Click Here</a>
<b>Arts</b>	Photography	Enjoy photography? In this video learn how to take photos at night - tips to help improve your nighttime photography game. <a href="#">Click Here</a>