

**GREAT FUTURES START HERE.**



**BOYS & GIRLS CLUBS**  
OF CARSON

**BGCC VIRTUAL PROGRAM: HIGH SCHOOL**

**THURSDAY, DECEMBER 3<sup>RD</sup>, 2020**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff
<b>Sports &amp; Recreation</b>	Stretching	Welcome to your 15 Minutes Full Body Stretching Routine! This short and well-balanced sequence provides you with everything you need to get your daily dose of flexibility, mobility & relaxation.  <a href="#"><u>Click Here</u></a>
<b>Academic Success</b>	College Workshop	In this college and career workshop, Mr. Rigo discusses potential careers. He will cover six career fields that may interest you once you are ready to plan your career.  <a href="#"><u>Click Here</u></a>
<b>Character and Citizenship</b>	Habits	In this video learn about 5 habits that will change and improve your life. Topics include prepping, writing down lists, and saying no.  <a href="#"><u>Click Here</u></a>