

**GREAT FUTURES START HERE.**



**BOYS & GIRLS CLUBS**  
OF CARSON

**BGCC VIRTUAL PROGRAM: HIGH SCHOOL**

**TUESDAY, DECEMBER 8<sup>TH</sup>, 2020**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff
<b>Sports &amp; Recreation</b>	Cardio Workout	Check out this full body dance cardio workout with Madfit using songs from Ariana Grande's music collection. <a href="#"><u>Click Here</u></a>
<b>Health &amp; Wellness</b>	Healthy Habits-Reverse Aging	Today in Healthy habits, Ms. Wendy does over age-reversing exercises. Learn about why it is important to remain active as you grow, and how easy the recommended exercises are. <a href="#"><u>Click Here</u></a>
<b>Character and Citizenship</b>	Leadership-Youth Activism	Want to be a youth activist? Here are some tips from young activist sharing their experiences organizing climate strikes and protests. <a href="#"><u>Click Here</u></a>