

GREAT FUTURES START HERE.



BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL

WEDNESDAY, JANUARY 6TH, 2021

Welcome!	Introduction	Daily Introduction from BGCC staff
Education	How it works!	Reptiles emerged from the Paleozoic as humble creatures, but in time, they grew to become some of the largest forms of life ever to stomp, swim, and soar across the planet. This Age of Reptiles was a spectacular prehistoric epic, and it all took place in a single era: the Mesozoic. Click Here
Health & Motivation	Health & Motivation	Grilled Cheese roll ups are easy to make. Bread, cheese and that's it! Ms. Monica puts some spinach in hers to make it a little healthier, but you can make it however you like. ENJOY! Click Here
Sports & Recreation	Sports	Watch this video that will take you through a series of deep breathing exercises. These breathing exercises can increase blood flow and help speed up recovery time of damaged muscle tissue. Click Here