

Rundle Club September-December 2014

3112 113 Avenue, Edmonton
 phone 780.822.2562
 www.bgcbigs.ca



	Monday	Tuesday	Wednesday	Thursday	Friday
3:00-4:00 *walking school bus 3:15-3:40	Snack Games/Colouring	Snack Games/Colouring	Snack Games/Colouring	Snack Games/Colouring 2-3	Snack Games/Colouring
4:00-5:00	Open Dance 4-430: Youth Led Dance Club 430-5: Ainsley Power Up: Wanas	Cool Moves: Wanas Power Up: Ainsley	Open Dance 4-430: Youth Led Dance Club 430-5: Wanas Power Up: Ainsley	Cool Moves: Ainsley Power Up: Wanas 3-4	Cool Moves: Wanas Power up: Ainsley
5:00-5:45	Dinner/Clean Up/Set up for next Program	Dinner/Clean Up/Set up for next Program	Dinner/Clean Up/Set up for next Program	Dinner/Clean Up/Set up for next Program 4-5	Dinner/Clean Up/Set up for next Program
5:45-7:30	Science Club(main) Registered: Wanas Jr. Go Girls(dance) Registered: Brittany	Get Busy (main) Registered: Staci Princess Club(dance) Registered: Wanas	Art Attack(main) Registered: Ainsley Culture/Writing Club (dance) Registered: Staci	5-6:30pm Baking/Cooking Club: Ainsley Game On (dance) Registered: Todd	Drop In Programming (All ages) 5-730pm
7:30-8:00	Clean-up, Home Time, and Staff Debrief	Clean-up, Home Time, and Staff Debrief	Clean-up, Home Time, and Staff Debrief	Clean-up, Home Time, and Staff Debrief 6:30-7:00	Clean-up, Home Time, and Staff Debrief

Club Closures: September 1, 3, 4, 26, October 5, 19, 30, November 27, 30

Supervisor on site: Susan Beckett 780.952.7619

Community Program Facilitators on site: Brittany, Staci and Todd

Program Staff on site: Ainsley and Wanas

Drop In:

Snack/Coloring/Games

Ages: All ages

These activities will run for the first hour every day that the club is open.

Power Up

Ages: All ages

Power up provides an opportunity for club members to focus on homework and school assignments. This is also a time for interactive and fun academic programs led by staff.

Registered:

Junior Go Girls:

Ages: 6-9

Go! Girls is a 12-week, fun and creative program for girls focusing on empowering girls and providing well-rounded activities based on: promoting the importance of positive mental activity and regular physical exercise, encouraging awareness of core values, personal interests, strengths and attributes, positive self-esteem, leadership skills, communication skills, healthy eating, healthy body image, and physical activity.

Get Busy:

Ages All Ages

Get BUSY! Is a program where children will work on both physical activity and nutrition based activities that foster healthy eating, healthy lifestyle, and a healthy community. Participants will spend the first half of each session on nutrition or healthy lifestyle games. Activities could include working on cooking skills, making snacks, learning about the Canada Food Guide, or learning about how to live a healthy lifestyle. The last half of the session is dedicated to physical activity in both competitive and non-competitive sports, games, and team building activities.

Baking/Cooking Club:

Ages: All ages

This program talks about eating and living healthy. Participants will learn basic cooking and baking skills in a group setting.

Cool Moves:

Ages: all ages

Cool moves gets kids engaged in physical activity with a series of interactive high paced and fun activities!

Art Attack:

Ages: All Ages

Art Attack is a 12-week program that allows children to express themselves freely in a fun and creative way through a variety of Art & Craft activities. The goal of this group is to enhance self-esteem and overall well-being of each child by engaging their creativity and encouraging them to explore their artistic side in such a way that each activity is driven by the endless imagination of the child.

Science Club:

Ages: All Ages

Science Club is a program that aims to introduce kids to the various elements of science. The program is divided into four core units: Biology, Chemistry, Physics and engineering and psychology and criminology. Science can sometimes seem scary, but this program is dedicated to encouraging kids to get involved in forming hypotheses, carrying out labs and independently reaching conclusions. Science is about investigating new and amazing ideas, and kids have plenty of those every day!



Boys & Girls Clubs



Big Brothers Big Sisters

Boys & Girls Clubs Big Brothers Big Sisters
of Edmonton & Area

Open Dance:

Ages: All Ages

This program is a youth directed dance class. Participants will be given the opportunity to learn some dance skills from a few experienced club members.

Game On:

Ages: 9-12

Game On is a 12-week program for boys focusing on health and nutrition, physical activity, growth, empowerment, life skills, and leadership. Topics include what it means to be a guy, how men are portrayed in the media, making healthy choices, dealing with stress, and how to be a leader. There will also be opportunities every week for boys to anonymously ask questions (via a question box) and have them discussed as a group.

Princess Club:

Ages: All Ages

Princess Club is a program that promotes positivity, friendship and resiliency through a mutual love of princesses. The program is divided into four core units: Writing and communication, lands and geography, fashion and design and self-esteem and goal setting. Each unit aims to promote the love of learning, problem solving skills and perseverance. Kindness, imagination and creativity are strengthened through the various activities planned for each unit.