

West Club

16030 104 Avenue, Edmonton AB

780.822.2556

Mon, Tues, Weds, Fri – 3:00 - 8:00pm

Thurs – 12:30 - 5:00pm

Weekly Program Schedule

September 2017



Boys & Girls Clubs



Big Brothers Big Sisters

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

	Monday 3:00 pm - 8:00 pm	Tuesday 3:00 pm - 8:00 pm	Wednesday 3:00 pm - 8:00 pm	Thursday Elementary Day 12:30-5:00	Friday Youth Night 3:00 pm - 8:00 pm
3:00 – 3:45	Snack, computer time, Board games	Snack, computer time, Board games	Snack, computer time, Board games	12:30-1:15 Lunch Club / Clean Up	Snack, computer time, Board games
3:45 – 4:45	Think You Can Build It? (Gr. 1 to 3) We Are (Gr. 4 to 6) We Are (Gr. 7 & Up)	Sound of Music Torch Club (ages 9 to 12) Internet Café (ages 12- 17)	We Are – Canada 150 Grades 1 – 3 Grades 4 -6 Grades 7 & Up	1:15-2:30 - Sports Club 2:30 – 3:30 - Science Club	Fun Friday's
4:45 – 5:15	Homework Help/ Academic Skill Building (All ages) Quiet Time	Homework Help/ Academic Skill Building (All ages) Quiet Time	Homework Help/ Academic Skill Building (All ages) Quiet Time	Snack 3:30	Homework Help/ Academic Skill Building (Teens) Quiet Time
5:15 – 6:00	Supper & Clean Up	Supper & Clean Up	Supper & Clean Up	3:30-4:30 Art Attack Culture Club 4:00 – 5:00 - Free Time Raising the Grade Homework Program (3:00-5:00pm)	Supper & Clean Up
6:00 – 8:00 Children:	6:00 – 8:00 - Girls/Boys Group	6:00 – 8:00 - Kickboxing - Jr. Chef (Grades 1 – 6)	6:00 – 8:00 Brightview Gym	5 – 8pm Counselling for the Community and Club Members	6:00 – 8:00 Club Closed after dinner for elementary children (6:00pm)
Teens:	- Raising the Grade Homework Program/Social Enterprise	- Master Chef (Grades 7 & Up)	- Keystone		- TGIF Programming

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<u>Programs That Teach</u>	<u>Programs for Leaders</u>	<u>Programs That Create</u>	<u>Programs That Move</u>
<p>Let's Game! – A chance for us to come together as a club and play some board games together to practice our sportsmanship and social skills</p> <p>Power Up – Quiet half hour before dinner for working on homework, or participating in quiet activities like reading, Jeopardy, or math work sheets.</p> <p>Rogers Raising the Grade – is a program for club members in grade 7-12, we offer afterschool homework help and tutoring with Rogers volunteers. Rogers Raising the Grade is also about exploring fun and different ways of learning.</p> <p>Kids4Camera- This program is a partnership that brings in volunteers to run a photography program with kids age 11-17 years old. Kids4Cameras is a one-of-a-kind Edmonton initiative that puts youth in the driver's seat. K4C distribute cameras to youth and allow them to tell their stories and express themselves through photography.</p>	<p>Be a Leader (elementary) – These programs will focus on allowing club members to feel a part of the club, while learning important life skills. We will focus on the importance of teamwork within leadership, and give the children the opportunity to help control what we learn during these programs.</p> <p>These programs include:</p> <p>Torch Club – For club members aged 9-12, Torch Club empowers youth with the knowledge and the skills to make positive choices in their lives in addition to giving them a place to use their creative skills to make a difference.</p> <p>Boys/Girls Group – Time for the genders to separate and spend some time on their own. Children can ask questions about anything from peer pressure, to self-esteem, to growing up, and feel comfortable amongst their group to do so.</p>	<p>Creative programming (child) – These programs will focus on giving club members the chance to express themselves with their hands while learning new skills and having the chance to get their creative juices flowing. Kids should feel empowered to suggest different activities in these programs that they would like to learn e.g. how to cook a certain meal etc.</p> <p>These programs include:</p> <p>Cooking Club – Our amazing volunteers will be working with kids to teach them important kitchen rules and techniques such as hand washing, measuring liquids vs. solids, cooking on a frying pan etc.</p> <p>Art Attack– We will be working on a little bit of everything in arts club, from craft making, to beading, to sewing, to painting.</p>	<p>Cool Moves (elementary) – These programs focus on being active and developing important skills necessary to safely participate in physical activities. We will be playing and participating in lots of different and fun activities as well as learning the importance of warmups, and stretching. We also will learn about why it is important to be active and different ways we can be active without even realizing it!</p> <p>These programs include:</p> <p>Sports Club – A chance for everyone to be physically active, inside or outside of the club, and have fun! This includes 4 square, soccer, capture the flag etc.</p>

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