



**Africa Centre & Duggan Boys and Girls Club**  
**5, 3724 105 street Edmonton AB**  
**780-822-2565 (club) 780-483-0383 (Club Coordinator)**  
**Tuesday (3:30 -6:00pm) Thursday (2:30 -6:00pm)**

## Weekly Program Schedule December 2017

Time	Tuesday 3:30 -6:00 pm	Time	Thursday 2:30 - 6:00 pm
<b>3:30- 4:00</b>	Free Time options: Ping pong, coloring, Lego and Foosball / Power Up.	<b>2:30 - 3:30</b>	Free Time options: Ping pong, coloring, Lego and foosball.
<b>4:00 – 4:30</b>	Power up: <ul style="list-style-type: none"> <li>• Reading</li> <li>• Skill Building</li> <li>• Structured academic activity.</li> </ul>	<b>3:30 – 4:00</b>	Power up: <ul style="list-style-type: none"> <li>• Reading</li> <li>• Skill Building</li> <li>• Structured academic activity.</li> </ul>
<b>4:30 - 5:00</b>	Snack Attack	<b>4:00 – 4:30</b>	Snack Attack
<b>5:00 - 6:00</b>	Gym night Club @St. Augustine school Gym.	<b>4:30 – 6:00</b>	<ul style="list-style-type: none"> <li>• Baking club <i>or Improv club</i></li> <li>• Scifun (once a month)</li> </ul>
<b>6:00-6:30</b>	Club closed	<b>6:00 – 6:30</b>	Club Closed

### **\*\* IMPORTANT DATES TO REMEMBER \*\***

- Handball Intermural field trip: December 7<sup>th</sup>.
- Club Christmas party: December 21<sup>st</sup>.
- Christmas Break: December 22<sup>nd</sup> to January 1<sup>st</sup>. (Club Closed)
- Winter break program hours January 2<sup>nd</sup> and 4<sup>th</sup>: 12:30pm - 4:00pm.

*\* Parents/Guardians are responsible for picking up their children no later than the posted closing time. \*\* Calendar and Programming is subject to change.*



## PROGRAM DESCRIPTIONS

Programs That Teach	Programs That Move	Program that Create	Program for the Leaders
<p><b><u>Power Up:</u></b></p> <p>Power up is a program for children who need some help in reading or need help with their homework. Children are encouraged to learn and practice their skills in a fun environment. It is open to children in any grade who can communicate in English. We also have EPL coming once a month to do academic programing with kids.</p>	<p><b><u>Gym night club:</u></b></p> <p>Gym Night Program is simple – Duggan club kids come to their local school gym to play sports, have fun, and learn about different skills in a safe, social environment. Duggan club staff will be dividing the children into different groups, based on size and ability, and running games and sports.</p> <p>The little kids can expect games like Duck, Duck, Goose, “What Time is it Mr. Wolf?”, and Stuck-In-The-Mud while the older kids can play sports like soccer, dodge ball, basketball and more!</p>	<p><b><u>Improv Club:</u></b></p> <p>Improv club is a fun group for all ages where kids will learn and play various improv games each week. Through this program kids will be encouraged to get out of their comfort zone, it will increase their skill and experience in public speaking, and it will increase their skill in listening and creative thinking.</p>	<p><b><u>Science Fun :</u></b></p> <p>Science Fundamentals is a registered charity and student group at the University of Alberta that aims to enhance elementary science education using interactive demonstrations. UoA students will be visiting Duggan club once a month to do the wide range of activities focusing on subjects from buoyancy and surface tension to genetics and human physiology</p> <p>Club kids will also get an opportunity to participate in an annual science exhibition called Science FUN day at the University in March, which offers exciting demonstrations, invited speakers that are experts in their field, and it's free for all kids and families to attend.</p>
<p><b><u>Cooking Club:</u></b></p> <p>Cooking club will introduce and give children the opportunity to develop their Cooking /baking skill by measuring ingredients and following directions in sequence of steps. Staff will have a simple recipe ready on every Thursday. Staff will also prepare all ingredients needed before they gather the interested children</p>			

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