

Sakaw Club

10, 1275 62 street Edmonton AB

780-822-2564 (club) 780-483-0383 (Club Coordinator)

Monday (3:30 -6:00pm) Wednesday (3:30 -6:00pm) Thursday (2:30 -6:00pm)

Registered Boys Program @ Sakaw Mon, Thurs 6:00-7:30 pm.



Boys & Girls Clubs



Big Brothers Big Sisters

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

Weekly Program Schedule December 2017

Time	Monday 3:30 -6:00pm	Time	Wednesday 3:30 -6:00pm	Time	Thursday 2:30 -6:00pm
3:30- 4:00	Free time options: computer time, Foosball, Wii, coloring, Lego.	3:30 - 4:00	Free time options: computer time, Foosball, Wii, coloring, Lego.	2:30 - 3:30	Free time options: computer time, Foosball, Wii, coloring, Lego.
4:00-4: 30	Power up! <ul style="list-style-type: none"> • Reading Club • Home Work Help. • Structured academic activity. 	4:00 - 4: 30	Power up! <ul style="list-style-type: none"> • Reading Club. • Home Work Help • Structured academic activity. 	3:30 - 4:00	Power up! <ul style="list-style-type: none"> • Reading Club. • Home Work Help. • Structured academic activity.
4:30 -5:00	Snack Attack	4:30 - 5:00	Snack Attack.	4:00– 4:30	Snack Attack.
5:00- 6:00	Cooking with Priscillia / Improv Club / Christmas Talent show practice.	5:00 - 6:00	Go Girls	4:30 – 6:00	<ul style="list-style-type: none"> • Gym night @ Sakaw School Gym/.
6:00 - 6:30	Club Closed	6:00 - 6:30	Club Closed	6:00 - 6:30	Club Closed

**** IMPORTANT DATES TO REMEMBER****

- EPL visit: December 6th.
- Handball Intermural field trip: December 7th.
- Club Christmas party and Talent Show: December 18th.
- Christmas Break: December 22nd to January 1st. (Club Closed)
- Winter break program hours January 3rd and 4th. 12:30- 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.	Program for Leaders.	Programs That Create.	Programs That Move.
<p><u>Power Up:</u></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 programming with club members.</p>	<p><u>Boys Group:</u></p> <p>Boys’ group programs is to provide boys and young men with information and support to make informed choices about a range of healthy lifestyle practices. Through non-traditional physical activities complemented with healthy eating support participants are engaged in life skills, communication and emotional health discussions. If you are interested in Boys only program speak to Rodrick or Nirmal at Sakaw club.</p>	<p><u>Art and Craft Club:</u></p> <p>Kids love doing a variety of arts and crafts as an outlet to be creative and have some fun! Little do they know that it is so good for their development as well? This program allow club members to explore a variety of art and craft activities where they can learn and develop their gross motor skills, self-regulation and build their self-esteem.</p>	<p><u>Gym night club:</u></p> <p>Gym Night Program is simple – sakaw club kids come to their local school gym to play sports, have fun, and learn about different skills in a safe, social environment. Sakaw 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><u>Cooking Club :</u></p> <p>Grab your measuring spoons, and whisk because Sakaw club is backing up a storm! Children will have to make tasty treats all while learning how to read a recipe and practice safe food handling procedures!</p>	<p><u>Go Girls:</u></p> <p>Go Girls! Is a group mentoring program for girls that focuses on physical activity, balanced eating and self-esteem? The single, most important goal of the program is to positively shape the lives of young women and girls by helping them build a positive self-image – setting them on a path to reach their full potential in life.</p>	<p><u>Improv Club:</u></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>	