

**McCauley Club**

9425 109 A Ave, Edmonton AB  
 780.822.2549 www.bgcbig.ca  
 Mon, Tues, Wed, Fri 3:30pm – 6:30 pm  
 Thurs-2:30pm-6:30pm



# January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
	<b>1</b>	<b>9:00-4:00</b>	<b>2</b>	<b>9:00-4:00</b>	<b>3</b>	<b>9:00-4:00</b>	<b>4</b>	<b>9:00-4:00</b>	<b>5</b>	<b>6</b>	
Club Closed	Club closed	Theme activities	Theme activities	Theme activities	Theme activities	Theme activities	Club Closed				
<b>7</b>	<b>3:30-6:30</b>	<b>8</b>	<b>3:30-6:30</b>	<b>9</b>	<b>3:30-6:30</b>	<b>10</b>	<b>2:30-6:30</b>	<b>11</b>	<b>3:30-6:30</b>	<b>12</b>	<b>13</b>
Club Closed	Rugby	Art club	Ballet	Rights in the Sun	Cooking Club	Club Closed					
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>					
Club Closed	Rugby	Art Club/ JR. NBA (Basketball)	Ballet	Rights in the Sun	Cooking Club	Club Closed					
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>					
Club Closed	Rugby	Art Club/ JR. NBA (Basketball)	Ballet	Rights in the Sun	Cadet Event at McCauley Gym	Club Closed					
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>								
Club Closed	Rugby	Art Club/ JR. NBA (Basketball)	Ballet								

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	<b>Monday (Art) 3:30-6:30pm</b>	<b>Tuesday (Experimental Tuesday) 3:30-6:30pm</b>	<b>Wednesday (Dance) 3:30-6:30pm</b>	<b>Thursday (GELL) 2:30-6:30pm</b>	<b>Friday (Fun Friday) 3:30-6:30pm</b>	
2:30	closed	closed	closed	Walking school bus Snack/free time	closed	
3:00	Walking school bus	Walking school bus	Walking school bus		Walking school bus	
3:30	Snack/free time <b>Experience Room</b>	Snack/free time <b>Experience Room</b>	Snack/free time <b>Experience Room</b>	<b>Experience Room</b>	Snack/free time <b>Experience Room</b>	
4:15	<b>Art club (4-5pm)</b>	<b>Science (4-5pm)</b>	<b>Ballet /6-9yrs (4-5pm)</b>	<b>Rights in the Sun(3:30-4:30pm)</b>	<b>Cooking Club</b>	
4:30						
5:00	<b>Dinner/Chores</b>	<b>Dinner/Chores</b>	<b>Dinner/Chores</b>	<b>Dinner/Chores</b>	<b>Dinner/Chores</b>	
5:30	<b>Rugby with Tamara (5:30pm-6:45pm)</b>	<b>Jr. NBA (6-7 year olds) (5:30pm-6:30pm)</b>	U create	<b>Ballet/10-14yrs (5:30-6:30pm)</b>	<b>Cool Moves</b>	Free Time
6:30	Home time	Home time	Home time	Home time	Home time	

**Important Dates:**

**January 1<sup>st</sup>** – club closed  
**January 2<sup>nd</sup>- 5<sup>th</sup>** – Daytime hours (9:00am-4:00pm)  
**January 26<sup>th</sup>** – Cadet Event at McCauley Gym

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Boys & Girls Clubs



Big Brothers Big Sisters

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

Programs That Teach	Programs for Leaders	Programs That Create	Programs That Move
<p><b>Science:</b> we will create unique learning programs and services that engage children in science, technology, engineering and mathematics (STEM).</p>	<p><b>GELL - Rights in the Sun:</b> This is a program for leaders and it aims to explore your feelings about Human Rights in the world around you. It is a great way to learn about the importance of Human Rights and how to be a positive role model and leader in your club and community.</p>	<p><b>Cooking club:</b> let's get cooking. Join us in our fancy kitchen and learn the fundamentals of cooking nutritious meals. We explore cuisines from around the world, and the best part is, we get to eat them too. The overall goal is for children and youth to learn about the fundamentals of baking. Through fun and engaging activities, children and youth will explore different baking methods around the world and will utilize their skills in preparing world foods.</p>	<p><b>Ballet:</b> this is an ideal activity for kids to learn strength, flexibility, and movement. Classes are tailored to encourage fun, creativity and a love of dance through movement to music. Students will begin to learn the basic posture and turn out required for ballet as well as coordination, flexibility and musicality</p>
<p><b>U Create:</b> let's put our heads together, work as a group and see what we can put together in this power hour. Who knows what it could be, a book, a tower, a spaghetti bridge? Come and find out.</p>	<p><b>Cool Moves.</b> The goal is for children and youth to learn about balancing healthy lifestyle with the combination of nutrition and physical activities. Kids will learn how to prepare healthy day to day snack following the Canadian food guide, and will extend their knowledge and skills in some fun interactive games that builds on physical literacy.</p>	<p><b>Art Club:</b> The goal of this program is to empower the youth to learn about and practice different mediums, styles, and techniques in the field of fine arts. It will encourage the youth to express their individuality through a creative outlet. Staff will teach the participants the correct way to utilize art supplies and get the best results. Art club will also give youth an opportunity to obtain employability skills.</p>	<p><b>Jr. NBA:</b> Jr. NBA is a fun an interactive program that will focus on the fundamental movement skills of running, jumping, throwing, catching, balance, agility, and co-ordination. The program will also work to begin the development of some of the fundamental basketball skills such as dribbling, passing, shooting, rebound and playing defense.</p>
			<p><b>Rugby:</b> Join Tamara, our highly skilled and dedicated coach. She will guide us through fun interactive, and physically active games as we explore physical literacy and the fundamental movements important to the sport of Rugby.</p>