

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. (Please Note Program restart on January 8th)



Boys & Girls Clubs



Big Brothers Big Sisters

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

Weekly Program Schedule January 2018

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, Air hockey, Wii, coloring, Lego.	3:30 - 4:00	Free time options: computer time, Air hockey, Wii, coloring, Lego.	2:30 - 3:30	Free time options: computer time, Air hockey, Wii, coloring, Lego.
4:00-4: 30	Power up! <ul style="list-style-type: none"> • Reading Club • Home Work Help. • Worksheets 	4:00 - 4: 30	Power up! <ul style="list-style-type: none"> • Reading Club. • Home Work Help • Worksheets 	3:30 - 4:00	Power up! <ul style="list-style-type: none"> • Reading Club. • Home Work Help. • Worksheets
4:30 -5:00	Snack Attack	4:30 - 5:00	Snack Attack.	4:00– 4:30	Snack Attack.
5:00- 6:00	Cultural Club.	5:00 - 6:00	Go Girls	4:30 – 6:00	<ul style="list-style-type: none"> • Gym club @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****

- Christmas Break Dec 22nd – January 5th.
- Swimming field trip Boys: January 18th @Meadows Rec Centre.
- Go Girls field trip to Phoenix Gymnastic: January 24th.
- EPL visit to Sakaw club: January 10th.

** 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

<u>Programs That Teach</u>	<u>Programs for Leaders</u>	<u>Programs That Create</u>	<u>Programs That Move</u>
<p><u>Power Up:</u> 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 have EPL coming once a month to do academic programming with kids. Kids will also be participating in book club where staff will assign them a reading goal for the month.</p>	<p><u>Boys Group:</u> 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.</p>		<p><u>Gym night club:</u> 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. 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>Cultural Club :</u> Culture Club is a great way to get kids involved and excited about their own culture and background as well as listening to others and learning new things. One main goal of the Culture Club is to engage children and youth in human rights learning and to teach the importance of acceptance among different cultures.</p>	<p><u>Go Girls:</u> 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>		