

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

March 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 – 4:30 | Snack, computer time, Board games | Snack, computer time, Board games | Snack, computer time, Board games | 12:30-1:30 Lunch Club / Clean Up | Snack, computer time, Board games |
| 4:30 – 5:00 | Power Up! (All ages) - Homework Help - Reading - Skill building | Power Up! (All ages) - Homework Help - Reading - Skill building | Power Up! (All ages) - Homework Help - Reading Group - Skill Building | 1:30-2:30 - Sports Club 2:30 – 3:30 - Art Attack - Culture Club | Power Up! (Teens) - Homework Help - Reading |
| 5:00 – 6:00 | Supper & Clean Up | Supper & Clean Up | Supper & Clean Up | Snack 3:30 | Supper & Clean Up |
| 6:00 – 8:00 Children: | 6:00 – 8:00 - Girls/Boys Group - Kids Choice -Kids 4 Cameras | 6:00 – 8:00 - Science Adventures - Cooking Club | 6:00 – 8:00 - “Cool Moves” (Brightview gym time!!) | 3:30-4:30 - Free Time 4:30 – 5:00 - Let’s Game! | 6:00 – 8:00 Club Closed after dinner for elementary children (6:00pm) |
| Teens: | - Rogers Raising the Grade/Homework Help | - Music - Jr. Chef | - Creative Arts - Sports Performance | Rogers Raising the Grade (3:00-5:00pm) “Around the World” | - TGIF Programming |

IMPORTANT DATES TO REMEMBER!!**

- **Daytime Hours (12:00-5:00pm)– Thursday/Friday March 2nd/3rd 2017**
- **Teen Takeover Event – Eastglen School – March 2nd**
- Edmonton Ski Club field trip – Wednesday March 8th 2017 (All ages)
- Making Science Fun – Monday March 13th, 2017 (Elementary)
- EPL Visit – Thursday March 16th, 2017 (Elementary)
- **Club Closed – Friday March 17th, 2017**
- Drumming & Dancing – Monday March 20th, 2017 (Elementary)
- **Daytime Hours (12:00-5:00pm) – Monday March 27-Friday March 31, 2017**

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

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| Programs That Teach | Programs for Leaders | Programs That Create | Programs That Move |
|--|--|---|---|
| <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 -</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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