

McCauley Club

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



First Quarter Program plan Breakdown

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2:30-3:15				Snack/Free Time	
3:30-4:15	Snack/Free Time	Snack/Free Time	Snack/Free Time	Act it out	Snack/Free Time
4:15-5:00	Zones of Regulations Training	Science Club	Jr. Chef	Art Club	Zumba
5:00-6:00	Dinner/Chores	Dinner/Chores	Dinner/Chores	Dinner/Chores	Dinner/Chores
6:00-6:30	Documentary-Planet earth Tennis (registered program)	Reading club/Brain games	Health focus cool moves activities/Food groups project	Free Time	Kids Choice

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September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	3:30-6:30 4	3:30-6:30 5	3:30-6:30 6	2:30-6:30 7	3:30-6:30 8	9
Club Closed	Club Closed- Labour Day	Club Closed- Agency General Meeting	Jr. Chef	Act it out/Art Club	Zumba/Free Play	Club Closed
10	11	12	13	14	15	16
Club Closed	Zones of Regulations Training Tennis (registered)	Science Club	Jr. Chef	Act it out/Art Club	Zumba/Free Play	Club Closed
17	18	19	20	21	22	23
Club Closed	Zones of Regulations Training Tennis (registered)	Science Club	Jr. Chef	Act it out/Art Club	Zumba/Free Play	Club Closed
24	25	26	27	28	29	30
Club Closed	Zones of Regulations Training Tennis (registered)	Science Club	Jr. Chef	Act it out/Art Club	Zumba/Free Play	Club Closed

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	Monday (GELL) 3:30-6:30pm	Tuesday (Experimental Tuesday) 3:30-6:30pm	Wednesday (Yummy, Tasty Wednesday) 3:30-6:30pm	Thursday (Artistic Thursday) 2:30-6:30pm	Friday (Fun Dancing Friday) 3:30-6:30pm
2:30	closed	closed	closed	Walking school bus Snack/free time	closed
3:00	Walking school bus	Walking school bus	Walking school bus	Act it out	Walking school bus
3:30	Snack/free time	Snack/free time	Snack/free time		Snack/free time
4:15	Zones of Regulations	Science Club	Jr. Chef	Art Club	Zumba
4:30					
5:00	Dinner/Chores	Dinner/Chores	Dinner/Chores	Dinner/Chores	Dinner/Chores
5:45	Documentary-Planet Earth	Reading Club/Brain games	Cool Moves (Project food groups)	Free time	Kids Choice
6:30	Home time	Home time	Home time	Home time	Home time

Important Dates:

- September 4th** - Labour Day (club closed)
- September 5th** – Agency General Meeting (Club Closed)
- September 6th** – 1st day of fall programming

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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>Science Club: <i>The goal of this program is to cultivate students' interest in learning Science. To help participants acquire basic knowledge of Science and develop a scientific way of learning. The youth will develop awareness of and concern for scientific issues in personal, social, environmental and technological contexts. Overall, staff will encourage youth to develop an understanding scientific knowledge through experiments.</i></p>	<p>Zones of Regulation Training: <i>The overall goal at the end of this program is for children and youth to continue building and coaching their interpersonal skills and self-identity. Another goal is to continue fostering children and youth's positive self-esteem, build on their core values, self-esteem and</i></p>	<p>JR Chefs: <i>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.</i></p>	<p>Zumba Nation: <i>The overall arching goal for the Zumba program is to engage kids in fun physical activities that utilizes different body movement mediums. To help children and youth develop a healthy lifestyle that incorporates fun fitness activities that integrate key childhood development elements such as leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination and cultural awareness.</i></p>
<p>Kid's choice: <i>This is a fun interactive time spent in the gym or outside where all the activities are selected by kids. It is a great way to enhance your self-confidence, communications and teambuilding skills</i></p>		<p>Art Club: <i>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.</i></p>	<p>Cool Moves: <i>A great way to learn about nutrition and understand the Canadian food guide. 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.</i></p>
<p>Reading Club: <i>what is there to say other than open that book and explore a whole new world. Shining and shimmering tales to wind us down from an active day</i></p>		<p>Act it out: <i>The goal is for staff to utilize drama based activities to help foster creativity among the youth. The participants will build their self-esteem by stepping out of their comfort zone and participating in new and engaging activities. The youth will also develop a greater understanding about empathy, through interactive drama games and developing characters.</i></p>	<p>Free Time: <i>this is a half hour sport play time, planned by one of our all-star staff. This includes but not limited to; Hockey, Baseball, Soccer, Basketball etc. Who knows what it will be that day, come find out!</i></p>