



**Africa Centre & Duggan Boys and Girls Club**  
**5, 3724 105 street Edmonton AB**  
**780-822-2565 (club) 780-483-0383 (Club Coordinator)**  
**Tuesday (3:30 -6:00pm) Thursday (2:30 -6:00pm)**

## Weekly Program Schedule September 2017 (Please see reverse for details)

Time	Tuesday 3:30 -6:00 pm	Time	Thursday 2:30 - 6:00 pm
<b>3:30- 4:00</b>	Free Time options: Ping pong, coloring, Lego and Foosball / Power Up.	<b>2:30 - 3:30</b>	Free Time options: Ping pong, coloring, Lego and foosball.
<b>4:00 – 4:30</b>	Power up: <ul style="list-style-type: none"> <li>• Reading</li> <li>• Skill Building</li> <li>• Structured academic activity.</li> </ul>	<b>3:30 – 4:00</b>	Power up: <ul style="list-style-type: none"> <li>• Reading</li> <li>• Skill Building</li> <li>• Structured academic activity.</li> </ul>
<b>4:00 - 4:30</b>	Snack Attack	<b>4:00 – 4:30</b>	Snack Attack
<b>5:00 - 6:00</b>	Art and Craft Club.	<b>4:30 – 6:00</b>	Kickball (Sports club) / Baking club.
<b>6:00-6:30</b>	Club closed	<b>6:00 – 6:30</b>	Club Closed

### **\*\* IMPORTANT DATES TO REMEMBER \*\***

- **First Day of Fall Programming: Monday September 11<sup>th</sup>.**
- **Club closure week: September 5<sup>th</sup> - September 8<sup>th</sup>.**

*\* 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	Programs That Move	Program That Create.
<p><b><u>Power Up:</u></b>            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 kids.</p>	<p><b><u>Kickball:</u></b>            Kickball is a great game to play for exercise and fun with minimal equipment. Duggan club kids will get the opportunity to practice and learn different Kickball game skills every week on Thursday in the Duggan park. The session will be led by staff and club volunteers and open for kids of all ages to join. The rules of Kickball are very similar to that of baseball. However, instead of hitting a baseball, a Kickball player kicks a rubber ball. The goal is to score runs/points by running around and touching all four bases in order without getting out.</p>	<p><b><u>Art and Craft Club:</u></b>            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. Our Amazing club volunteer Marie Winters have created cool craft for the kids.</p>
<p><b><u>Baking Club:</u></b>            Baking club will introduce and give children the opportunity to develop their baking skill by measuring ingredients and following directions in sequence of steps. Staff will have a simple recipe ready on every Thursday. Staff will also prepare all ingredients needed before they gather the interested children</p>		

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