

Rundle Club

3112 113 Avenue, Edmonton AB

Club - 780.822.2562 / Club Coordinator – 780-952-7619



Boys & Girls Clubs



Big Brothers Big Sisters

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

Weekly Program Schedule September 2017

	Monday 3:30 pm – 7:00 pm		Tuesday 3:30 pm – 8:00 pm		Wednesday 3:30 pm – 8:00 pm		Thursday 2:30pm-8:00pm		Friday 3:30 pm – 7:00 pm	
3:30-4:30pm	Snack, Free time options		Snack, Free time options		Snack, Free time options		<u>2:30-3:30pm</u> Snack, Free time options		Snack, Free time options	
4:30-5:00pm	Homework Help	Power Up!	Homework Help	Jump Math	Homework Help	Science Club	3:30-4:30 1) Culture Club 2) Craft Club		Homework Help	Detective Club
5:00-6:00pm	Dinner time, Club care		Dinner time, Club care		Dinner time, Club care		<u>4:30-5:15pm</u> Dinner time, Club care		Dinner time, Club care	
6:00-7:00pm	1) True Strength Boys Group 2) True Beauty Girls Group		1) Kids Can Cook! (all ages) 2) Rights in the Sun		1) Conversation Café (Age 9+) 2) Music Club		<u>5:30-6:30</u> Physical Literacy Sport Program (youth) 6-8 Fundamentals 9-10 Learning to train		1) Cool Moves 2) Dance Club	
7:00-8:00pm	CLUB CLOSED		1) Kids Can Cook! (all ages) 2) Rights in the Sun		We Are Health Champions!		Anything Can Happen Thursdays (Free Time)		CLUB CLOSED	
8:00pm	CLUB CLOSED		CLUB CLOSED		CLUB CLOSED		CLUB CLOSED		CLUB CLOSED	

**** IMPORTANT DATES TO REMEMBER!****

- First Day of Fall Programming – September 6th

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 an academic support program that helps kids to develop positive study habits and encourages a life-long interest in learning. Power Up! provides the tools and environment necessary for young people to set academic goals and create a plan for achieving those goals. During Power Up! Programs, we will alternate between different academic programming to support a variety of learning areas. We will run programming to support reading, science, and math for all ages</p>	<p><u>True Strength Club:</u> The goal of the True Strength Boys Club is to teach the boys the importance of physical activity and healthy eating in a young boy's life. It also will aim to teach male societal expectations, how to treat other girls, boys, and adults.</p>	<p><u>Conversation Cafe:</u> Conversation Cafe is a program that will provide youth with a safe and supportive platform that they can use to express their own thoughts, concerns and questions regarding various social issues. The participants will learn how to effectively, and respectfully, voice their opinions and will also learn how they can use their experiences to become an agent of change. Youth will also work with the facilitator to discuss ways of dealing with the personal adversity they face in their community.</p>	<p><u>Dance Club:</u> Dance Club is a program designed to provide the talented dancers at Rundle an opportunity to learn new choreography, teach younger dance participants novel skills and master dance routines. Dance not only requires strong communication skills, but is an important form of communication itself and this will be an important theme throughout the program.</p>
<p><u>Forensic Detectives Club:</u> This program will be based in the area of Forensic Science. All of the members of this program will become detectives and have to sort through clues to solve a mystery. The youth will learn skills such as fingerprinting, handwriting analysis, and much, much more! Each week the youth will work together to solve a new and interesting mystery. If you like solving puzzles, this program is for you!</p>	<p><u>True Beauty Girl's Group</u> Girls Group is a program intended to encourage the development of confidence and healthy self-esteem among young girls. The activities in the program will target friendships, communication and self-image. The objective of this program is to provide the girls with a safe and supportive space to discuss issues that are important to them and to provide them with the opportunity to learn new skills that will help them navigate their school life, home life and their role in the community.</p>	<p><u>Music Program:</u> This will be a registered program for youth who want to learn more about music. The goal of the music program is to introduce a variety of different genres of music to children as well as introduce children to different music from cultures around the world. The children will also be introduced to musical instruments such as guitars, drums, keyboards, and percussion instruments as well as introducing basic recording techniques.</p>	<p><u>Physical Literacy Sports Program:</u> Physical literacy is the development of fundamental movement skills and fundamental sport skills that permit a child to move confidently and with control, in a wide range of physical activity, rhythmic and sport situations. This program will be age specific and each group will focus on a different element of physical literacy.</p> <p><u>6-8 Fundamental Movement:</u> Fundamental movement skills are basic movements such as throwing, kicking, running, jumping, hopping and catching. This is a critical stage for the development of physical literacy, and it is during this time that the foundations of many advanced skills are laid down.</p> <p><u>9-10 Learning to Train:</u> This is the most important stage for the development of sport specific skills as it is a period of accelerated learning of coordination and fine motor control. It</p>

<p>Homework Help: This is a time where the youth will be able to get help with their homework. A staff member will be available to support the youth in completing their homework and to answer any questions they have. There will also be laptops available for the youth to use if needed.</p>	<p>Club Care Time: This short period of time will consist of the kids providing feedback to the facilitators regarding the program they participated in. It will also include evening chores and clean up to promote club responsibility and leadership.</p>	<p>Craft Club: The Craft Club is a program aimed to foster the creativity of the participants. Club members will explore a variety of mediums to create their own artistic creations.</p>	<p>is also a time when children enjoy practicing skills they learn and seeing their own improvement. This is the time to develop and refine all fundamental movement skills, and learn overall sport skills. 10 and up Training to Train: At this stage, the teens will be focusing on the continual development of their skills. Athletes are ready to consolidate their basic sport-specific skills and tactics. It is also a major fitness development stage.</p>
<p>Jump Math: This program is aimed to help children's understanding of elementary math through fun and interactive games!</p>	<p>Rights in the Sun: This program is designed to engage children and youth aged 6-17 in human rights through fun games and engaging activities.</p>	<p>Kids Can Cook: This program will teach you the fundamentals of cooking and baking! We will work on our recipe reading skills, learn measurements, learn about knife/ food safety and eventually start making delicious recipes! This will be a registered program for safety reasons. Our recipes will be based off of the country we learned in Culture Club.</p>	<p>Cool Moves: The main goal of this drop in program is to introduce children to a variety of new and recognized sports. The sports program will help children and youth learn the importance of playing sport for fun, teamwork and cooperation, and the importance of physical activity in one's life.</p>
<p>Science Club: Science Club is a registered program that allows each child to experience a lab environment by conducting a variety of experiments. Rundle scientists will work with a facilitator to practice the skills of forming hypotheses, documenting observations and learning about topics in biology, chemistry and physics.</p>			
<p>Culture Club: This program aims to introduce club children to a variety of different and unique cultures from around the world. 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>			