



**WALTHAM  
BOYS & GIRLS CLUB**

**2018**

# **Fall Programs**

*September 4th - December 21st*

20 Exchange St. Waltham, MA 02451  
781-893-6620

**New Member Orientation Wednesdays @ 6pm**

**GREAT FUTURES START [HERE.](#)**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>2pm-3pm</b>	Teen Hoop <b>Power Hour (Education Rm)</b> Music lessons (Fee based)*See desk	Teen Hoop <b>Power Hour (Education Rm)</b> Music lessons (Fee based)*See desk	Teen Hoop <b>Power Hour (Education Rm)</b> Music lessons (Fee based)*See desk	Teen Hoop <b>Power Hour (Education Rm)</b> Music lessons (Fee based)*See desk	Teen Hoop <b>Power Hour (Education Rm)</b> Music lessons (Fee based)*See desk
<b>3pm-4pm</b>	Open Gym (11+) <b>Power Hour (Education Rm)</b> Music lessons (Fee based) <b>HW/Board Games (Teens)</b> Table Teaching/ Homework (Game Rm)	Open Gym (11+) <b>Power Hour (Education Rm)</b> Music lessons (Fee based) <b>HW/Board Games(Teens)</b> TableTeaching/ Homework (Game Rm)	Open Gym (11+) <b>Power Hour (Education Rm)</b> Music lessons (Fee based) <b>HW/Board Games (Teens)</b> Table Teaching/ Homework (Game Rm)	Open Gym (11+) <b>Power Hour (Education Rm)</b> Music lessons (Fee based) <b>HW/Board Games (Teens)</b> Table Teaching/ Homework (Game Rm)	3 v. 3 Tournament (Teens) <b>Trivia (Education Rm)</b> Music lessons (Fee based) <b>Video Games (Teens)</b> Table Teaching/ Homework (Game Rm)
<b>4pm-5pm</b>	Soccer <b>Newspaper (10-13) (Education Rm)</b> JR Producers (10-13) (Music) <b>Ping Pong Tourney / Card Games (Teens)</b> Crafts (7-9) Kahoot (7-10) Wall of Fame (Game Rm)	Floor Hockey <b>App Lab (10-12) (Education Rm)</b> Guitar Club (10-12) (Music) <b>Foosball Tourney (Teens)</b> Top 10 Bumper Pool & Giant Jenga (Game Rm) <b>Fun Swim</b>	Dodgeball <b>STEM (Education Rm)</b> Piano Workshop (9+) (Music) <b>Ping Pong/Bumper Pool Tourney. (Teens)</b> Top 10 Air Hockey & Connect 4 (Game Rm) <b>Power Girls (7-9) (Art Rm)</b>	Capture the Ball <b>Word Vomit! (Education Rm)</b> Cover Song Challenge & Video Production (10+) <b>Foosball Finals(Teens)</b> Top 10 Foosball & Crafts (Game Gm) <b>Puppetry (Art Rm)</b> Fun Swim	Fitness Friday (5-8) <b>Open Computers (Education Rm) (9-12)</b> Open Music Studio (10+) <b>Video Games (Teens)</b> Elimination 4 Square & Around the World <b>Play writing (10+) (Art Room)</b> Fun Swim
<b>5p-5:30p</b>	DINNER <b>Champion of the Week (Gym)</b> Card Games (Teens)	DINNER <b>Champion of the Week (Gym)</b> Card Games (Teens)	DINNER <b>Champion of the Week (Gym)</b> Card Games (Teens)	DINNER <b>Champion of the Week (Gym)</b> Card Games (Teens)	DINNER <b>Champion of the Week (Gym)</b> Card Games (Teens)
<b>5:30p-6:30p</b>	Travel Floor Hockey (U13) <b>We Speak! (10-12) (Education Rm)</b> Podcasts/Radio (9+) (Music) <b>Jenga Master (Teens)</b> Lego Challenges (7-9) Maze Pool (10-12) (Game Room)	Bball 101 (6-9) <b>Torch Club (11-13) (Education Rm)</b> Ukelele (9+)(Music) <b>Cornhole Tourney (Teens)</b> Tourney of the week & Trivia (Game Rm) <b>Kids Connection (Art Rm)</b>	Travel Floor Hockey (U13) <b>Girls Group 14-18) (Education Rm)</b> Making The Band (10+) (Music)  Girls Group (10-12) (Art Rm) <b>Minute to Win It &amp; the Wii (Game Rm)</b>	Babson Bball clinic (9-12) <b>Social Justice Academy (10-12) (Education Rm)</b> Cover Song Challenge & Video Production (10+) <b>Teen Meeting</b> Tourney of the week & Crafts (Game Rm) <b>BOOKS (Auditorium)</b>	Flag Football League (10-14) <b>STEM (Education Rm)</b> Recording & songwriting (9-13) <b>Trivia Prize Day (Teens)</b> Beat the Staff & Tournament finals (Game Rm) Set Design (10+) (Art Rm)
<b>6:30p-</b>	CLOSED	Teen Futsal <b>Teen Time</b>	Bentley B-Ball Clinic (13+)	Teen Hoop <b>Homework help</b>	Girls Got Game (10+) <b>Teen Staff Meeting</b>

<b>7:30p</b>		<b>(Education Rm)</b> Teen Projects (Music) <b>Garbage Card Game (Teens)</b> GR Leaders (10+)(Art Rm) <b>Theater 101 (10+)</b> <b>(Auditorium)</b>	<b>Teen Study Hall (Education Rm)</b> Teen Projects(Music) <b>Art (Teens)</b> Wise Acre Hood (10+) (Auditorium)	<b>(Education Rm)</b> Teen Projects(Music) <b>Kahoot! (Teens)</b> Encylomedia (10+) (Art Rm)	<b>(Education Rm)</b> Music- Teen Projects <b>Catch Phrase(Teens)</b> Shoes- (Auditorium)
<b>7:30p-8:30p</b>	CLOSED	Teen Futsal <b>Teen Time (Education Rm)</b> Teen Projects (Music) <b>Keystone (ASP)</b> Guys Group (Teens)	Teen Hoop <b>Teen Study Hall/ Diplomas 2 Degrees (Education Rm)</b> Cooking w/ Lucy <b>Teen Game Rm</b>	Volleyball <b>Social Justice Academy (Education Rm)</b> Bentley Mentor Program (7-8:30) (Auditorium)	Teen Hoop <b>We Speak! (Education Rm)</b> Ping Pong Finals (Teens)

## DESCRIPTIONS:

### Education:

**App Lab:** In this program kids will be introduced to logical thinking and the idea of computer language while member get a jump on App invention leading to the creation of their own Apps by the end of the session.

**Tuesdays 4:00-5:00 (5th through 7th grade)**

**Word Vomit:** This is the time where youth can free write and express themselves on paper without restrictions. There will be a prompt for each session but, it is completely optional. **Thursdays 4:00-5:00**

**STEM:** Science is very interesting and kids need a chance to experience the fun in it. During STEM on Wednesdays we are going to break down the scientific process and gather a little more understanding of our science experiments and and during the Friday session later in the week kids get to practice the experiment they've been working on. In the spring kids will get to expand on experiments they liked and showcase their new knowledge and participate in our first science fair!

**Wednesdays 4:00-5:00 and Fridays 5:30-6:30**

**Diplomas 2 Degrees:** At the end of your high school career? You have college in your sights but you're unsure of what to do next? Thank goodness for Diplomas 2 Degrees! We will be working with youth on everything college bound,from tours to SAT prep to college essay advising we have your back. Come on in and you'll be stress free moving into your dorm in no time! **Wednesdays starting October 24th 7:00-8:30 Juniors and Seniors**

**We Speak!:** Youth are often told what to think by adults throughout their everyday lives whether it be at school, at home, or even at this club, which often leaves the youth feeling unheard. We Speak! is a youth lead discussion forum in which they can freely share their opinions and concerns and be heard by other youth without the influence of adult opinions. **Mondays 5:30-6:30 (10-12) & Thursdays and Fridays 7-8:30pm (Teens)**

**Kahoot:** We are using technology to our advantage in this program where youth can use their cell phones or tablets to play in exciting games of trivia! There are new topics every week! **Mondays 4:00-5:00**

**Social Justice Academy:** Social Justice Academy is a program that brings together curiosity and media influence with activism to advocate for social justice. Through a series of hands-on workshops SJA empowers youth to use social media as a tool of

enlightenment and become agents of social change. Many of our youth will explore issues such as gender discrimination, mass incarceration, gun violence and gentrification. Our goal is to use platforms that are heavily trafficked to bridge differences in race, age and socioeconomics on a wider more positive scale and sparks conversations and action in our community. **Thursdays 5:30-6:30 (4th-7th) and 7:00-8:30 (8th-12th)**

## **Social Recreation**

**Table Teaching- (Monday-Friday 3pm-4pm)** - Ever wonder how to play Pool or Air Hockey? Well now everyday for the first hour you have the chance to learn all the rules to a new game. Each day one game will be set aside for teaching only to allow kids to learn the correct way to play each game.

**Elimination 4-Square -(Friday's 4pm-5pm)** - Do you like playing 4-square? If so, this is the game for you. Each player gets 4 cards used as your admission to enter the square, each time you enter you give the referee 1 card, if you make it to the 4 square you receive a card from the referee. Once you are out of cards you are "Eliminated" for this round, last person standing with cards will be the winner! **Ages 7-12**

**Top 10 Bumper Pool - (Tuesday's 4pm-5pm)**-Think you're 1 of the top 10 players in the club? Come find out during our "Top 10" sessions where you will challenge other players to see who ranks among the best! Names of members who make the Top 10 will be on the wall for everyone to see! **Ages 7-12**

**Top 10 Foosball- (Thursday's 4pm-5pm)**-Think you're 1 of the top 10 players in the club? Come find out during our "Top 10" sessions where you will challenge other players to see who ranks among the best! Names of members who make the Top 10 will be on the wall for everyone to see! **Ages 7-12**

**Top 10 Air Hockey- (Wednesday's 4pm-5pm)**-Think you're 1 of the top 10 players in the club? Come find out during our "Top 10" sessions where you will challenge other players to see who ranks among the best! Names of members who make the Top 10 will be on the wall for everyone to see! **Ages 7-12**

**Minute to Win it Challenges- (Wednesday's 5:30-6:30)** This activity includes quick fun games that usually have a stimulating challenge to them. Games involved in "Minute to Win It" are fast paced and easy for all members to participate in. **Ages 7-9**

**Lego Challenges- (Monday's 5:30pm-6:30pm)** For the children that really enjoy building and playing with legos, we give them a challenge to build many different things, like cars, houses, boats, animals, buildings, etc. Prizes are often given to kids for good effort. **Ages 7-9**

**Wii games (Wednesday's & Friday's 5:30pm-7pm)** Like video games? Come to the games room and challenge your friends in new and old school games. **Ages 7-12**

**Beat the Staff - (Friday's 5:30pm-6:30pm)** Think you have what it takes to beat the staff at your favorite games room game? Come try your luck and win a prize! **Ages 7-12**

**Giant Jenga- (Tuesdays 4pm-5pm)** Jenga will be taking a life size twist. This can stack up to 4 feet! Kids will get to stack up and have fun with this program! **(Ages 7-12)**

**Wall of Fame (Monday's 4pm-5pm)** Want to see your name posted in the Games Room for all to see? Each week you and a couple friends get the chance to compete in a mini tournament, you will be responsible for filling out your own bracket. Once the bracket is completed, you will see it posted on the Wall of Fame.

**Maze Pool (Mondays 5:30pm- 6:30pm)** Maneuver around obstacles, try and clear the most balls from the table!

**Tournament of the week (Tuesday, Thursday, Friday 5:30-6:30)** Each week you get the chance to compete in a new tournament where you get the chance to become the Tournament Champion of the week.

## **Character, Leadership & Gender Specific Programs**

**Smart Moves** The SMART (Skills Mastery and Resistance Training) Moves program is a nationally acclaimed prevention program that will help youth make positive decisions and plan for their futures. **Wednesday's 3:30pm-4:30pm) Ages 13-15 girls**

**SMART Girls-** A small-group health, fitness, prevention/education and self-esteem enhancement program designed to meet the developmental needs of girls. Club girls explore their own and societal attitudes and values as they build skills for eating right, staying physically fit, getting good healthcare and developing positive relationships with peers and adults. **(Monday's 3:30-4:30pm) Ages 8-11 year olds**

**Cool Boys-** This program is for our young boys to develop friendships, and learn the social skills needed. This program allows boys to have their own time with positive male mentors and learn to regulate their emotions. **(Tuesdays 3-4pm) Ages 7-9**

**Power Girls-** This program is offered to young girls that are looking to develop friendships and their social skills. They enjoy different activities and have fun with their new friends. This program is run by a licensed social worker. **(Wednesdays. 4-5pm) Ages 7-9**

**Middle School Girls Group-** This program is for girls ages 14-18 to have a safe place to talk about issues they are facing as well as a way to destress from the chaos of everyday life. Being a teenager is hard, get support from a great group of girls! **Wednesdays 5:30-6:30 Middle School Girls**

**Torch Club:** Torch Club is a "club within the Club," helping to meet the special character-development needs of younger adolescents at a critical stage in their life. A Torch Club is a powerful vehicle through which young people develop and strengthen their 21st-century leadership skills, giving them a firm foundation of good character and integrity. Torch Club members elect officers and work together to implement projects in the four focus areas: service to Club and community; education; health and fitness; and social recreation. **Tuesdays 5:30-6:30 (Middle School)**

**Girls Group-**This program is for girls ages 10-12 to have a safe place to talk about issues they are facing as well as a way to destress from the chaos of everyday life. Being a teenager is hard, get support from a great group of girls!  
**Wednesdays 5:30-6:30 High School Girls**

**Guys Group-(Tuesdays 7:30pm)** This program targets male members ages 13-16. This program educates and gives them a forum to speak about the many things that reinforce good leadership, character and learning to become mature and responsible adults. High School Boys

## **Theater, Arts & Science**

**Kids Connection Science & Art** this program is run by students from Brandeis University. Each week they will bring in new projects that have an art and science component. This program is a lot of fun! Must register beforehand.  
**Tuesdays 5:30-6:30pm Ages 7-12 \*Beginning in October 2018!**

**STEM/Mad Science/Science Fair: (Friday's 5:30-6:30pm)** Science is very interesting and kids need a chance to experience the fun in it. During STEM we are going to break down the steps it takes to get to many cool experiments and enjoy a fun interactive science demonstration. This spring kids will get to expand on experiments they liked and showcase their new knowledge and participate in our first science fair! **Ages 8-12**

**NEWSPAPER- (Monday's 4-5pm)** The Club TIMES! Your child can become Jimmy Olsen, Lois Lane and Superman, er, I mean Clark Kent joining the Boys & Girls Club newspaper. They will write articles about sports, arts, club activities, club staff and more.  
**Ages 10+**

**PUPPETRY- (Thursday's 4-5pm)** Kids will make their own puppets out of household objects and dress them up anyway they like. A hairbrush, an old shoe, ma ruler, wooden spoon, wire whisk, anything. Then present their own shows after building our puppet stage. **Ages 7-12**

**PLAY WRITING- (Friday's 4-5pm)** Kids will work together to learn the principles of playwriting and gradually progress to the point of creating their own one act play. Character development, building tension, comedic timing, dialogue all part of the class experience. **Ages 10+**

**RADIO- (Monday's 5:30-6:30pm)** Old time series radio with THE CHERRY BLOSSOM GIRLS. The story is about a set of triplets who find treasure buried deep beneath the Town of Cherry Blossom. Their no problem. Getting it away from the Ghost guarding it and keeping it secret from their nemesis Misha Plotnick. **Ages 10+**

**THE ADVENTURES of "BOOKS"- (Thursday's 5:30-6:30pm)** This Book series focuses on Literacy. "BOOKS" is a little boy who goes on adventures inside of books with his new found friend Sawyer, a statue that comes to life at the library. This series will ignite your child's imagination. **Ages 7-12**

**Theatre for the Masses (Theater 101) (Tuesday's 6:30-7:30)**-Developing the basic acting techniques through creative dramatics, theatre games, stage movement, voice and body control. Including a Final Performance for friends and family. **Ages 10+**  
**Session will run from Sept. 21st - Nov. 2nd.**

**Wise Acre 'hood - (Wednesdays 6:30 – 7:30)** A children's television program for ages 10 and up. 21st Century Fairy Tales, Science experiments by Professor Nutts, Inspector Plot, The Book Detective and more.  
**Session will run from Sept. 19th - Oct. 31st**

**Encyclo-Media - (Thursdays 6:30 – 7:30)** -A media text book. Kids teach reading, writing and arithmetic through the Arts.  
Ages 10+  
**Session will run from Sept. 20th - Nov. 1st**

**(Walk A Mile in My ...) "SHOES"- (Friday's 6:30-7:30)** -A Television Series- with topics ranging from students school experience, teacher relationships, teacher apathy, peer pressure. **Ages 10+ Session will run from Sept. 18th - Oct. 30th**

## Music

**Fee Based lessons: (Monday - Friday 2pm - 3:45pm)** The Waltham Boys & Girls Club is now offering music lessons! Starting at \$75 for 5 weeks, we offer 1 on 1 instruction for Guitar, Voice, Piano, Bass, Ukulele, Drums, Production, and Songwriting!

**Junior Producers: (Monday's 4pm-5pm)**This program is designed to give younger members the opportunity to gain hands-on experience using contemporary production software. The philosophy of this program is simple- Junior Producers are the only ones allowed to physically touch the equipment during this time! Instructors give guidance, but youth are turning knobs and setting up sessions from day 1! **Ages 10+**

**Guitar Club: (Tuesdays 4-5 pm)** Come learn history's "coolest" instrument in a group setting with our weekly Guitar Club program. Each week, we cover basic guitar topics through popular songs ranging from classic rock, to contemporary pop hits! **Ages 10+**

**Ukulele Club: (Tuesdays 5:30-6:30 PM)** One of the most popular instruments to use for contemporary music, the Ukulele is one of the easiest instruments to learn! Spend the fall becoming proficient at the instrument that began as a traditional hawaiian instrument, and is now used in all different types of music! **Ages 9+**

**Piano Workshop: (Wednesdays 4-5 PM)** The foundational for all theory and a majority of music composition is based around the piano. Come learn the basics, and learn a few of your favorite songs! **Ages 9+**

**Making The Band: (Wednesdays 5:30-6:30 PM)** What more needs to be said? We're making the band! Want to join up? come by with your instrument of choice that you've been working on, and learn to play with your fellow club members **Ages 10+**

**Weekly Cover Song Challenge (Thursdays 4-5 PM)** Every week we'll be posting a new cover song challenge on the bulletin board. YOU can enter to win the challenge (and perhaps a cool prize) for the most unique/professional recording of the song of the

week. Entries can be cell phone videos, ipad videos, or even multitrack recordings! We'll save some time to utilize whatever equipment you need! **Ages 10+**

**Music Video Recording (Thursdays 5:30-6:30 PM)** Need to work up your Youtube channel? Want to see how you look when you sing in the studio? Just want to do it for fun? We'll be making videos in the recording studio every week for interested club members!  
**Ages 10+**

## **Sports & Fitness**

**Teen Hoop: (Monday -Thursday 2pm-4pm)** Teens get the opportunity to sharpen their basketball skills and scrimmage with each other. This also takes place **Tuesday, Wednesday, & Thursday nights Ages 13+**

**3v3 Tournament (Friday's 2:30pm-4pm):** Weekly tournament of quick 3v3 games that will earn the winning team recognition on the bulletin board and be champs until next week's winners are announced. **Ages 13+**

**Soccer: (Monday's 4pm-5pm)** Youth get to play in-house indoor soccer for fun. Normal indoor soccer rules apply. **Ages 7-12**

**Floor Hockey (Tuesday's 4-5pm)** Youth will get the opportunity to learn to play floor hockey as well as scrimmage with each other **Ages 7-12**

**Dodgeball (Wednesday's 4-5pm)** Come play a game of dodgeball with other members! Members will be split into two teams and rules will be explained before the game so don't worry if it's your first time! **Ages 7-12**

**Capture the Ball (Thursday's 4-5pm)** Just like capture the flag except we play with a ball. Youth will be split into two teams and play as many rounds as they can get in one hour. **Ages 7-12**

**Fitness Fridays! (Friday's 4-5pm)** In this program we will teach the 5-8 year old's health tips while also getting them used to wanting to participate in gym activities and not shy away when the opportunity presents itself. **Ages 7-9**

**Travel Floor Hockey League (Monday's & Wednesday's 5:30-6:30pm)** This is a co-ed floor hockey league where the team will have a chance to travel to other Boys & Girls Clubs and play against their teams. **Ages 13 and under**

**Basketball 101 (Tuesday's 5:30-6:30pm)** This program teaches members the basics of basketball and is a great place for beginners to start. They will learn different skills and practice different drills to improve their game. **Ages 6-9**

**Babson Basketball Clinic- (Thursday's 5:30-6:30pm)** Members of the Babson Basketball team will come to run skills, drills and scrimmages with our members. This is a great opportunity to practice with college athletes. **Ages 9-12**

**Flag Football League (Friday's 5:30-6:30pm)** Youth get the opportunity to showcase their skills in flag football at a "mock tryout" and then go head to head with other in-house teams. Jerseys will be supplied and stats will be recorded & posted. **Ages 10-14**

**Champion of the Week (Friday's 5-5:30pm)** This is a weekly challenge that the kids will be trying to beat for recognitions on the bulletin board until their score is beaten by another individual. The activity will change each week but the highest scores for those activities will remain for recognition. **All Ages**

**Bentley Basketball Clinic (Wednesday's 6:30-7:30)** This clinic is run by the Bentley Men's Basketball Team to help teens improve their basketball skills and gain mentorship from college athletes. **Ages 13+**

**Girls Got Game! (Friday's 6:30-7:30)** This is a chance for the girls to have the gym for just them. They can choose which games and sports they want to play and will have the mentorship of a female staff member throughout the hour to build their confidence and empower them to stay active!. **Ages 10+**

**Teen Futsal: (Friday's 7:30-8:30pm)** Teens come and show their skills at this open run soccer opportunity. Futsal is played indoors with a weighted ball that doesn't bounce. It follows most of the same rules as regular soccer. **Ages 13+**

**Teen Volleyball: (Thursday's 7:30-8:30pm)** This is a traveling co-ed volleyball league will be competing with other area Boys & Girls Clubs, all skill levels welcome. **Ages 13+**