



**WALTHAM  
BOYS & GIRLS CLUB**

**2019**  
**Winter Programs**  
*January 2nd - April 12th*

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>	U18 B-Ball Practice <b>Power Hour (Education Rm)</b> H.S Open Music Studio	Teen Hoop <b>Power Hour (Education Rm)</b> Open Music Studio	Teen Hoop <b>Power Hour (Education Rm)</b> Open Music Studio	Teen Hoop <b>Power Hour (Education Rm)</b> Open Music Studio	Shot Clock/2-Ball challenges <b>H.S Hang (Education Rm)</b> Open Music Studio
<b>3pm-4pm</b>	U18 B-Ball Practice <b>Power Hour (Education Rm)</b> H.S Open Music Studio <b>Middle School Monday (Teen Center)</b> Open Games/Snack Power Hour (Game Rm)	Open Gym (11+) <b>Power Hour MS (Education Rm)</b> Open Music Studio <b>HW/Board Games (Teens)</b> Open Games/Snack Power Hour (Game Rm)	U15 B-Ball Practice <b>Power Hour MS (Education Rm)</b> Open Music Studio <b>HW/Board Games (Teens)</b> Open Games/Snack Power Hour (Game Rm)	Girls Got Game-Gym <b>Power Hour MS (Education Rm)</b> Open Music Studio <b>HW/Board Games (Teens)</b> Open Games/Snack Power Hour (Game Rm)	Shot Clock/2-Ball challenges <b>Trivia MS (Education Rm)</b> Open Music Studio <b>Board Games (Teens)</b> Open Games/Snack (Game Rm)
<b>4pm-5pm</b>	Soccer <b>Teen Time (Teen Center)</b> <b>Kahoot (7-12)</b> <b>Wall of Fame Giant Jenga (9+) (Game Rm)</b> Fun Swim <b>Songwriting (Music Studio)</b> <b>Middle School Fun (Education Rm)</b>	Capture the ball <b>STEAM (Education Rm)</b> Tourney Tuesday (Teens) <b>Top 10 Bumper Pool / Minute to win it (Game Rm)</b> <b>Fun Swim</b> Ukulele Club (Music Studio)	Handball <b>App Lab (10-12)</b> Table Games (Teens) <b>Top 10 Air Hockey &amp; Wii (Game Rm)</b> <b>Junior Band (Music Studio)</b>	Kickball <b>Word Vomit! (Education Rm)</b> Trivia (Teens) Top 10 Paper football/ Art & playdough Activities (Game Rm) <b>Cover Song Challenge (Music Studio)</b>	Fitness Friday (5-8) <b>Open Computers (Education Rm) (9-12)</b> <b>Corn Hole (Teens)</b> <b>Super Connect 4 / Pop A Shot (Game Rm)</b> <b>Sound FX (Music Studio)</b>
<b>5p-5:30p</b>	<b>DINNER</b> <b>Champion of the Week (Gym)</b> Board Games (Teens) <b>Diplomas2Degrees 5-6:30pm- Teens (Education Rm)</b>	<b>DINNER</b> <b>Champion of the Week (Gym)</b> Teen Council (Teen Center)	<b>DINNER</b> <b>Champion of the Week (Gym)</b> Paper Football (Teens)	<b>DINNER</b> <b>Champion of the Week (Gym)</b> Board Games (Teens)	<b>DINNER</b> <b>Champion of the Week (Gym)</b> <b>Flashback Friday (Teens)</b>
<b>5:30p-6:30p</b>	Girls Got Game (U14) <b>We Speak! (8+) (Art Room)</b> Lego Challenges (7-9) <b>Pop-A-Shot (Game Room)</b> <b>Diplomas2Degrees 5-6:30pm- Teens (Education Rm)</b> <b>Songwriting (Music Studio)</b>	Soccer 101 (6-9) <b>Torch Club (11-13) (Education Rm)</b> Table Games (Teens) <b>Elimination 4-Square/Art Activities (Game Rm)</b> Kids Connection (Art Rm) <b>Piano Workshop (Music Studio)</b>	PAL Basketball (14-18) Tourney of the Week/4 Square (Game Rm) <b>Paper Football (Teens)</b> <b>Junior Band (Music Studio)</b>	Dr. Dodge / Poison Ball <b>Secret Agent (10-12) (Education Rm)</b> <b>PS4 (Teens)</b> <b>Giant Scrabble/ 15 Ball (Game Rm)</b> <b>Cover Song Challenge (Music Studio)</b>	PAL Basketball (14-18) <b>3-D Printing (Education Rm)</b> <b>Paper Football / Movie night (Teens)</b> <b>Beat the Staff &amp; Tournament finals (Game Rm)</b> <b>Karaoke (Music Studio)</b>

<p><b>6:30p-7:30p</b></p>	<p>CLOSED</p>	<p>U15 B-Ball Practice  <b>Middle School Moonlight (Game Rm)</b>  <b>Keystone (ASP)</b>  Games Room  Leaders (Art Rm)  <b>PS4 (Teens)</b>  <b>Waltham All-Stars Rehearsals (Music Studio)</b></p>	<p>PAL Basketball (14-18)  <b>Middle School Moonlight (Game Rm)</b>  Street Smarts MS (ASP)  <b>H.S Study Hall (Education Rm)</b>  <b>Open</b> (Teen Center)  <b>Artist Development Club (Music Studio)</b></p>	<p>U18 B-Ball Practice  <b>Middle School Moonlight (Game Rm)</b>  Triple Play Club (13-17) (Art Rm)  <b>Girls Group (14-18) (Education Rm)</b>  <b>#ThrowbackThursday (Teens)</b>  Guys Group (Teens) 7pm  <b>Waltham All-Stars Rehearsals (Music Studio)</b></p>	<p>PAL Basketball (14-18)  <b>Girls wanna have fun (10-14) (Auditorium)</b>  <b>Movie Night (Teens)</b>  <b>Open Music Studio</b></p>
<p><b>7:30p-8:30p</b></p>	<p>CLOSED</p>	<p>U15 B-Ball Practice Cont.  <b>Keystone Cont.</b>  Middle School Moonlight Cont.  <b>Open (Teens)</b>  <b>Waltham All-Stars Rehearsals (Music Studio)</b></p>	<p>PAL Basketball Cont.  <b>Middle School Moonlight Cont.</b>  H.S Study Hall Cont.  <b>Artist Development Club (Music Studio)</b></p>	<p>U18 B-Ball Practice Cont.  <b>Middle School Moonlight Cont.</b>    <b>Open Teen Center</b>  <b>Waltham All-Stars Rehearsals (Music Studio)</b></p>	<p>PAL Basketball Cont.  <b>3-D Printing (Education Rm)</b>  Movie Night (Teens)  <b>Open Music Studio</b></p>

## DESCRIPTIONS OF ALL PROGRAMS:

### Education & Art:

**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 (10-12) Wednesdays 6:30-7:30 (7-9)**

**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. **Thursdays 4:00-5:00 (all ages)**

**STEAM:** 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 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 (7-12)**

**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 (7-12)**

**Kids Connection Science, Art & Cooking!** 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!

**Tuesdays 5:30-6:30pm Ages 6-12 First Day is February 26, 2019- kids can join anytime!**

**Secret Agent:** Calling all problem solvers and deep thinkers, we need your help! Join us as we solve weekly missions through teamwork and problem solving. This program was created to encourage youth to think out of the box and to utilize each others strength to reach a common goal. **Thursdays 5:30-6:30 (all ages)**

**3D Printing Workshop:** Sign up at the front desk for an introduction in 3D printing. We will be exploring a building website, Tinkercad.com and learning to build simple designs that could be useful in day to day play. **Fridays 5:30-6:30 (7-12) 7:30-8:30 (Teen)**

### Social Recreation

**Elimination 4-Square -(Tuesday 5:30pm-6:30pm) -** 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 Paper Football- (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- (Tuesday's 4pm-5pm)** 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 4pm-5pm)** 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- (Monday's 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)**

**Giant Scrabble(Thursdays 5:30pm-6:30pm)** Using giant scrabble tiles, members will be able to score points by creating words that read left to right and downwards. **Ages 9-12**

**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. **Ages 6-12**

**15-Ball (Thursday's 5:30pm- 6:30pm)** Love playing pool, but want more of a challenge? Use the numbers on each ball to try to add up to 30! **Ages 6-12**

**Pop-A-Shot (Monday's 5:30pm-6:30pm & Friday's 4pm-5pm)** Taking basketball to another level and competing against other members to see who can score more baskets in one minute. **Ages 9-12**

**Tournament of the week (Wednesday & 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. **Ages 6-12**

## **Character & Leadership**

**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. This program is run by Bentley University students.

**Wednesday's 3:30pm-4:30pm) Girls ages 11-13**

**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) Girls ages 8-10 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) Girls ages 10-12**

**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**

## **Music**

**Songwriting Club (Mondays 4-5pm and 5:30-6:30pm):** An opportunity for young musicians to learn the skills that their favorite artists use to write songs. Focuses will be lyric-writing, rhyming, and melody-writing.

**Ukulele Club (Tuesdays 4-5pm):** Youth will get to learn a different song on the ukulele every week. They will learn about chords, string names, rhythm, and tuning. **6 kids max**

**Piano Workshop (Tuesdays 5:30-6:30pm):** An introductory lesson on basic keyboarding and music theory. Youth will learn about the key names on the piano, solfege, sharps and flats, intervals, and chord spellings. They will also learn chords, note names, and rhythm. **5 kids max**

**Junior Band (Wednesdays 4-5pm and 5:30-6:30pm):** Youth in elementary and middle school will get to pick an instrument to focus on, and learn/rehearse 3-4 songs to potentially play at different events. They will get valuable experience learning to play in a band setting, and learning to listen and collaborate with their peers. **Ages 10-13**

**Cover Song Challenge (Thursdays 4-5pm and 5:30-6:30pm):** Youth will learn to sing and play a new song on a chordal instrument of their choice every week. Once they have learned it, they will record it. Opportunity to win a golden record if 3 songs are recorded in a season. **Ages 9-12**

**Sound FX (Fridays 4-5pm):** Youth will get to record Foley (DIY sound effects for film) over different famous movie scenes. **5 kids max**

**Karaoke (Fridays 5:30-6:30pm):** Youth will get to sing their favorite songs for their peers.

**Waltham All-Stars (Tuesdays and Thursdays 6:30-8:30pm):** Young musicians will get to play in a band (vocals, piano, guitar, bass, drums) and rehearse for the opportunity to play gigs/events around the community. **Teens only**

**Artist Development Club (Wednesdays 6:30-8:30pm):** An opportunity for young musicians to develop their sound and style by working on songwriting, recording demos, filming videos, and creating content for social media. **Teens only**

## **Sports & Fitness**

**PAL Soccer (Saturday 8:30am-2pm):** This is a competitive Soccer league that is put together by the Waltham police department. It is held in the gym for **ages 7-18**.

**U14 Girls Basketball (Monday 5:30-6:30pm):** This is an opportunity for girls to join an in-house basketball team that will have the opportunity to play against other teams from surrounding clubs.

**Soccer 101 (Tuesdays 4pm-5pm):** This is a chance for beginners to learn the fundamentals of soccer and it also gives youth a chance to get familiar with the gym. They will feel a sense of comfort and familiarity when they walk into the gym instead of feeling overwhelmed or intimidated. **Ages 6-9**

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

**Handball (Wed 4pm-5pm):** This game loosely follows the rules of ultimate frisbee. If you have the ball you can only take three steps until you have to either shoot or pass the ball off. More in-depth rules will be explained when we play. **Ages 7-12**

**Kickball (Thurs 4pm-5pm):** Classic kickball, for those that don't already know the rules, it is a game that follows the rules of baseball but you use an inflated rubber ball instead of a baseball. More specific rules will be explained when we play. **Ages 7-12**

**Project Adventure (Tues 4pm-5pm):** Various mini games that instill teamwork and team building for all members that participate. **Ages 7-12**

**Dr. Dodge (Thursday's 5:30-6:30pm)** Come play a game of dodgeball with other members, the only difference is that if you get out an appointed member on your team will get you back into the game! 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**

**Fitness Friday (Fridays 4pm-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 5-8**

**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**

**Girls Got Game (Mon 5:30-6:30 and Thurs 3-4pm):** Along with Bentley Women's Basketball, girls will have the opportunity to have the gym to themselves and learn different skills for all different sports. **Girls ages 14 and under**

## **MIDDLE SCHOOL PROGRAMS**

**Middle School Monday (3-5pm)** - During this time we will allow middle school aged kids (11-12) use the Teen Center/Education Room exclusively as if they were the teens.

**Middle School Moonlight Hours (Tuesday-Thursday 6:30-8:30)** This program allows Middle School member to hang out with their peers in a safe environment. Open Games Room, Music, and much more.

**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 (10-12)**

**Girls Just Wanna Have Fun (Fridays 6:30-7:30)-** This program is to offer girls ages 10-14 to have fun, try new activities, and meet other girls that are the same age. **Ages 11-13**

## **Teen Programs:**

**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! This program is run by Bentley University Admissions Counselors. **Mondays 5-6:30pm (High School only)**

**Homework Help-** Teens who have homework after Teen Hoop or Power Hour can finish up assignments in the Teen Center with help from peers and staff. **Monday-Thursday 3-4pm**

**Teen Time-** This will be a time for Kendall to speak with teens about what will be going on in the Teen Center throughout the week. Teens can also use this time as a discussion period to talk about school, sports, social issues, and all other things that may be weighing in their minds. **Monday 4-5pm**

**Teen Council Meeting-** During this time, Teen Council Members will discuss different agenda items they are working on at the given time as well as preparing for future teen events. **Tuesday 5-5:30pm**

**Paper Football League-** Classic paper football will be turned into a league. Teens will play each other over scheduled weeks towards becoming the Paper Football League Champion. (GC Prize) **Wednesday 5-6:30pm/Friday 5:30-6:30pm**

**Board/Card Games-** Teens will have various card and board games available to play. **Monday 5-5:30pm/ Tuesday-Friday 3-4pm/ Thursday 5-5:30pm**

**Table Games/Recreation-** Teens can use ping pong, pool, foosball, cornhole, etc. **Tuesday 5:30-6:30pm/Wednesday 4-5pm**

**Video Games-** Variety of games played on the PS4 based on teens interest. **Tuesday 6:30-7:30pm/Thursday 5:30-6:30pm**

**Tourney Tuesday-** Tournament style play of an activity in the Teen Center. (Ping Pong, Pool, 2K. Occasional Prizes) **Tuesday 4-5pm**

**Trivia-** Teens will be asked a variety of questions over several rounds before declaring a winner. (Occasional Prizes) **Thursday 4-5pm**

**Guys Group** - A space for young men to come and talk about a variety of topics. The purpose of the group is to be able to get into deeper discussions about things like what it means to be a man, positive leader, demonstrate good character, learn to become responsible adults, and address other issues that young men deal with in today's society. **(Thursdays 7:00pm) High School Boys**

**Girls Group-**This program is for high school females 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**

**#ThrowbackThursday/Flashback Friday** - Teens will have the opportunity to play old school video games like Super Mario, Galaga, and Pac Man. **Thursday 6:30-7:30pm/Friday 5-5:30pm**

**Shot Clock (Fri 2:30-4pm):** Participants have one minute to make a lay up, free throw, three pointer, and half court shot. The member with the fastest time, wins. **Ages 13-18**

**2 Ball (Fri 2:30-4pm):** Teams have one minute to make as many shots as they can from the designated areas. Each area is worth a certain amount of points. The team with the most points moves on to the next round, this repeats until the winner is decided. **Ages 13-18**

**PAL Basketball (Wed & Fri 6pm-8:30pm):** This is a competitive basketball league that is put together by the Waltham police department. It is held in the gym for **ages 14-18**.

**U18 Travel Basketball League (Tus & Thurs 7pm-8:30pm):** This is a basketball league that will be competing with other teams. This will instill healthy competition while also helping them meet other youth from different areas.

**U15 Travel Basketball League (Tues 6:30-8:30pm, Wed 3-4pm):** This is a basketball league that will be competing with other Boys & Girls Clubs. This will instill healthy competition while also helping them meet other youth from different areas.





