



**WALTHAM
BOYS & GIRLS CLUB**

2019

Fall Programs

September 16th - December 20th

20 Exchange St. Waltham, MA 02451

781-893-6620

Monthly New Member Orientation Wednesdays @ 6pm

GREAT FUTURES START **HERE.**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
2pm-3pm	Teen Hoop Power Hour (Education Rm) Open Studio	Teen Hoop Power Hour (Education Rm) Open Studio	Teen Hoop Power Hour (Education Rm) Open Studio	Teen Hoop Power Hour (Education Rm) Open Studio	Teen Hoop Kahoot Trivia (Education Rm) Open Studio
3pm-4pm	Teen Hoop Power Hour (Education Rm) Music lessons (Fee based)*See desk Open (Game Rm)	Teen Hoop Power Hour (Education Rm) Music lessons (Fee based)*See desk Open (Game Rm)	Teen Hoop Power Hour (Education Rm) Music lessons (Fee based)*See desk Open (Game Rm)	Teen Hoop Power Hour (Education Rm) Music lessons (Fee based)*See desk Open (Game Rm)	3pt Shootout/ Teen Hoop (Teens) Kahoot Trivia (Education Rm) Music lessons (Fee based)*See desk Open (Game Rm)
4pm-5pm	Handball(7-12) Global Culture (7-12) Music Theory (9-12) Teen Talk (Teens) Crafts (7-9) Kahoot (7-10) Wall of Fame (Game Rm)	Kickball (7-12) Art Attack (8-12) (Education Rm) Beat Making (9-12) (Music) Pool & Ping Pong League (Teens) Tic Tac Toe Relay races/ Olympic Wii Sports (Game Rm) Fun Swim	Capture the Ball (7-12) 3-D Printing (Education Rm) Jr. Band (9-12) (Music) Card & Board Games (Teens) Top 10 Bumper Pool / 4-square (Game Rm)	Soccer (7-12) App Lab (10-12) (Education Rm) Genre Switching (9-12) (Music) Pool & Ping Pong League (Teens) Top 10 Air Hockey/ Kahoot (Game Gm)	Fitness Friday (5-8) Simplified Cooking (11-14) (Education Rm) Sound FX (Music) (8-12) Sports Talk (Teens) Connect 4 / Paper Football (Game Rm) Fun Swim
5p-5:30p	DINNER Play Stations (Gym) Open Studio Open (Teens)	DINNER Play Stations (Gym) Open Studio Art Attack (Teens)	DINNER Play Stations (Gym) Open Studio Open (Teens)	DINNER Play Stations (Gym) Open Studio Art Attack (Teens)	DINNER Play Stations (Gym) Open Studio Open (Teens)
5:30p-6:30p	Travel Floor Hockey (10-13) Torch Club (11-14) (Education Rm) Guitar & Piano Workshop (8-12) Card & Board Games(Teens) Lego Challenges (7-9) Team 4Square (9-12) Legos- (7-9) (Game Room)	Travel Floor Hockey (10-13) App Lab (7-9) (Education Rm) Songwriting (9-12) Art Attack (Teens) Art (All ages) 15 Ball (10-12) (Game Rm) Kids Connection (Art Rm)	Pickleball (7-12) Secret Agent (7-12) (Education Rm) Jr. Band (9-12) (Music) Trivia (Teens) Girls Group (10-12) (Art Rm) Playground (Game Rm)	Babson B-Ball 101 (8-13) Climate Crusader (7-12) (Education Rm) Ukulele/Musical Mad Libs (8-12) Art Attack (Teen) Playground/ Minute to Win it (Game Rm) Art w/ Nicole (Art 8-10)	Flag Football League (10-14) Mad Science (7-12) (Education Rm) Karaoke (8-12) Trivia (Teens) Beat the Staff tournament (Game Rm)

6:30p-7:30p	CLOSED	Teen Hoop Middle School (Education Rm) Songwriting/ recording Garbage Card Game (Teens) Middle School Moonlight	Teen Hoop(14+) KLASK! (Teen Room) Teen Study Hall (Education Rm) Teen Projects(Music) Art (Teens) Games Room Leaders (11-13)	7pm-Who Run The World? (Teens) (Education Rm) Music Industry 101 Kahoot! (Teens) Girls Just Wanna Have Fun (10-13) Kings Under Construction	Teen Hoop 7pm- Teen Takeover (Education Rm) Teen Projects (Music) Catch Phrase(Teens) Movie Night
7:30p-8:30p	CLOSED	Teen Hoop MS Moonlight (Education Rm) Video Production (Music) Open With Anna (Teen Center) Keystone (ASP)	Teen Hoop Teen Study Hall cont. (Education Rm) Teen Projects (Music) Teen Game Rm	Teen Hoop Who Run The World? Cont. (Education Rm) Teen Projects (Music)	Teen Hoop Teen Takeover Cont. (Education Rm) Teen Projects (Music) Ping Pong Finals (Teens) Movie Night

DESCRIPTIONS:

Education:

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.

Wednesdays 4:00-5:00 (Ages 9-12)

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

Tuesdays 5:30-6:30 (Ages 7-9) Thursdays 4:00-5:00 (Age 10-12)

Simplified Cooking: Enables youth with the opportunity to have hands-on experience with cooking without the use of a stove. Learn to read and follow recipes, use measuring tools, practice patience, exercise team working skills, and learn healthy habits with real-world applicability. The goal is to allow youth the ability to learn, create, and have a sense of pride in their accomplishments through the teaching of life skills. **Fridays 4:00-5:00 (Middle School)**

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. **Mondays 5:30-6:30 (Middle School)**

Mad Science: Science is very interesting and kids need a chance to experience the fun in it. During Science Fair Prep on Mondays, we are going to break down the scientific process and gather a little more understanding of how to conduct science experiments. In the spring we will get to dive deeper in experiments they liked and showcase their new knowledge and participate in our third annual science fair!

Fridays 5:30-6:30

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

Fridays 3:00-4:00 (High School & Middle School)

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. **Wednesdays 5:30-6:30 (all ages)**

Global Culture- Come and learn about different cultures throughout the world! Through this curriculum, members will learn about the food, traditions, music and more from a variety of cultures across the world! **(Mondays 4:00-5:00pm) Ages 7-12**

Who Run the World?: This program is here for girls in highschool so that they have a safe place to talk about issues they are facing in their everyday lives. Along with doing a few crafts and projects we will also set goals for ourselves and use our peers to help hold ourselves accountable in obtaining them. Being a teenager is hard, get support from a great group of girls! **Thursdays 7:00-8:30 (High School)**

Art Attack!: In Art Attack! we will be exploring different art styles that were made popular by specific artists and cultures. We will also have the opportunity to explore own styles of art and experiment with colors and mediums. To close the program we will have an art show showcasing the youths' favorite projects. **Tuesdays 4:00-5:00 (all ages)**

Climate Crusaders: How can we be the change we hope to see in the world? Step one is learning what type of changes we need. Step two is acting on this knowledge. Join us on Thursdays as we participate in environmentally friendly upcycle projects and learn how we can better our environment. **Thursdays 5:00-6:30 (all ages)**

Music Studio

Open Studio: Free time for youth to listen to music, practice songs/instruments, and use the iPads

1:1 Lessons: Fee-based lessons in voice, piano, ukulele, songwriting, and beginner guitar and bass, interested see Sarah or stop by the front desk!

Music Theory: Learning about the basic fundamentals of music (scales, key signatures, rhythm, time signatures, intervals, and chords)

Guitar Workshop: Learning different songs every week on the guitar

Piano Workshop: Learning different songs every week on the piano

Beat-Making: Get creative with all the different ways to make beats in Ableton Live and Logic Pro, using samples from Splice Sounds

Songwriting: Group and solo songwriting with different writing prompts every week

Songwriting/Recording: More advanced songwriting for our teens, with an included recording/demo-making component

Music Video Production: Create music videos for original music and cover songs; learn how to edit on iMovie

Junior Band: A band comprised of vocalists, keyboardists, guitarists, bassists, and percussionists between the ages of 9-12; rehearsing for club events and shows

Teen Studio Time: Free time for teens to work on music-related projects

Genre Switching Challenge: Pick a genre and well known song out of a hat, and recreate the song in that genre

Ukulele Workshop: Learn new songs on the ukulele every week

Musical Mad Libs: Fill in the blanks of famous song lyrics and sing it along to the song once you're done

Sound FX: Record DIY foley over famous movie scenes

Karaoke: Perform your favorite songs every week!

Social Recreation

Elimination 4-Square - (Wednesdays 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 - (Wednesdays 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- (Thursdays 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- (Tuesdays 5:30pm-6:30pm) 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- (Mondays 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 (Tuesdays 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**

Wall of Fame (Mondays 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 (Tuesdays 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**

Middle School Moonlight Hours (Tuesdays 6:30pm-8:00pm) This program allows Middle School member to hang out with their peers in a safe environment. Open Games Room, Music, and much more.

Girls Just Wanna Have Fun (Thursdays 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**

Games Room Leaders (Wednesdays 6:30-7:30)- Where youth learn leadership skills and the social skills to take ownership of their space.

Paper Football- (Fridays 4pm-5pm)- Come play football with a little twist. Only using your fingers try and score as many touchdowns as you can. **Ages 10-12**

On the Spot Fun- (Mondays 4pm-5pm)- Come test your hand-eye coordination and compete in mini games. **Ages 7-12**

Kahoot-(Thursdays 4pm-5pm)- We are using technology to our advantage in this program where youth can use their cell phones or tablets to play exciting games of trivia! There are new topics every week! **All ages**

Team 4-square- (Mondays 5:30-6:30)- Do you like playing 4-square? If so, this game is for you. Each player will have one partner and they will have to work together to earn points for their team.

Tic-Tac-Toe Relay (Tuesdays 4pm-5pm)- Like playing tic-tac-toe, but need a twist on the game? This game is all about teamwork! There will be two teams and each time will have to try to get three in a row. But there is a twist, each team only has 3 pieces to get three in a row.

Sports & Fitness

Teen Hoop: (Monday -Friday 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 14+**

3pt Shootout(Friday's 3pm-4pm): Weekly shootout, some weeks teens will partner up, some weeks you will be sols. Get way to have fun and be recognized by your peers. **Ages 13+**

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

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

Pickleball (Tuesday's 4-5pm) Come play this NEW game and have a blast 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 & Tuesday'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**

Babson Basketball 101 (Thursday's 5:30-6:30pm) This program teaches members the basics of basketball and is a great place for players of all skill levels. Youth will learn different skills and practice different drills to improve their game. Members of the Babson Basketball team will come to run skills, drills and scrimmages with our members. **Ages 8-13**

Flag Football (Friday's 5:30-6:30pm) Youth get the opportunity to showcase their skills in fun games of flag football. **Ages 10-14**

Play Stations (Monday -Friday's 5-5:30pm) **NO this is NOT a video game! Join us after you eat dinner and choose from activities like, Jump Rope, Hula Hoop, soccer shootouts, basketball 2- ball and more!** These weekly challenges will have youth engaged and having fun. **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 14+**

Teens Only

Teen Talk- Opportunity at the beginning of each week for teens to learn about what is going on at the club for the week and discuss what is on their minds.

HW Help- Homework help for those teens who require assistance with their school work.

Card and Board Games- Variety of table games

Pool/ Ping Pong League- Teens will play each other in pool and ping pong throughout the month and points will be kept for wins and losses. Champion gamer crowned at the end of each month.

Art Attack- Art based activities with the teens (hopefully adding to the Teen Center)

Trivia- Teens will participate in individual or team trivia for prizes.

Kings Under Construction- Young Men's Group

Sports Talk- Allow teens to debate about sports, but through research and information as opposed to arguing with opinions.

Movie Night- A chance for teens to relax, enjoy some popcorn and watch movies decided on by the teens.

KLASK! - Table game