



# Spring 2015 Enrichment Programs

## ***Mondays***

### *West Shore Unit*

#### **5:00-6:00pm Cyberbullying, Facilitated by Julia Grimalli**

Together with Sprint, BGCA has developed these materials to help Clubs and Youth Centers address the perils that youth commonly encounter online and encourage positive dialogue with adults about internet safety.

Bullying is a serious concern among youth today and with the steady expansion of the cyber world, bullying has moved beyond a face-to-face problem. Oftentimes cyberbullying takes place through text messages and on social media sites, which allows mean-spirited behavior to follow kids outside of school or other social environments. Cyberbullying can be a one-time thing, but often is done over a long period of time and occasionally anonymously.

### *Simon Lake Unit*

#### **3:00-6:00pm Power Hour, Ages 6-12, Facilitated by Jessica Brown**

Power Hour: Making Minutes Count provides Club professionals with the strategies, activities, resources and information to create an engaging homework help and tutoring program that encourages Club members at every age to become self-directed learners. This program is available Monday through Thursday. Members are rewarded for good homework habits through a variety of prizes, games and fun, educational, activities

#### **4:00-5:00pm Crafty Creations, Facilitated by Jim Clairemont**

Crafty Creations is an Arts & Crafts program which offers a wide variety of arts and crafts for ages 6-12, to stimulate creativity. This program provides an opportunity that will allow each Club members to enjoy themselves while learning a creative skill

#### **5:00-6:00pm Hula Hooping, All Ages, Facilitated by JoAnne Ricci**

Like Hula Hooping? Come enjoy an exciting hooping journey! Learn 15 basic moves working up a sweat to some great music!

## **Tuesdays**

### *West Shore Unit*

**3:00-5:30pm 3 on 3 Basketball League, Facilitated by Tiani Britt**

Middle School Members can form teams of 3 and play tournament style basketball games. Trophies awarded.

**4:30-6:00pm Running Club, Facilitated by Jim Clairemont**

Our dedicated staff and Milford Police Officers will be working together to get our Club members learning about the proper way to stretch and run, as well as how to organize a 5K Race. We will be running on **Tuesday & Thursdays** from **4:30-6:00 pm**. By the end of our 8 weeks members will have coordinated and set up a 5K Race which will benefit the Boys & Girls Club of Milford. Members participating in the running program will be given a t-shirt, water bottles, draw string backpacks, and new running sneakers. This program is for members 6-18 years old. The program will be taking place at our West Shore Teen Center. Parents should pick their children up directly from that Clubhouse.

**6:00-7:00pm Torch Club-Facilitated by Jill DeWerd**

Torch Clubs are chartered, small-group leadership and service clubs for boys and girls ages 11 to 13. A Torch Club is a powerful vehicle through which Club staff can help meet the special character development needs of younger adolescents at a critical stage in their life. Torch Club members learn to elect officers and work together to implement activities in four areas: service to Club and community; education; health and fitness; and social recreation

### *Simon Lake Unit*

**3:00-6:00pm Power Hour, Facilitated by Jessica Brown**

**4:00-6:00pm Math House, Facilitated by Barbara**

An 8-week program for members to practice math skills and the new fundamentals of math and common core.

**5:00-6:00pm Girl Scouts, Facilitated by Samantha Sontag**

Girl Scouts of America is bringing their nationally acclaimed program to Club girls once a month. Girls are able to participate in interactive, educational activities such as learning to cook healthy meals, participating in anti-bullying awareness programs and earning Scout badges.

## Wednesdays

### *West Shore Unit*

#### **3:00-6:00pm Splash, Facilitated by YMCA**

The Boys & Girls Club of Milford in conjunction with the Milford YMCA is offering Club members the unique opportunity to learn how to swim and swim safety. Once a week, Club members are transported to the YMCA pool where they are instructed by lifeguards and Club staff in the importance of swim safety, as well as time for open swim!

### *Simon Lake Unit*

#### **3:00-6:00pm Power Hour, Facilitated by Jessica Brown**

#### **4:00-5:00pm Garden Club, All Ages, Facilitated by Ralph Harrison**

Have a green thumb? Like planting flowers and vegetables? The Garden Club offers members the opportunity to explore the tools of our trade. They learn what is needed to get the garden planted and producing fresh veggies for us to enjoy.

## Thursdays

### *West Shore Unit*

#### **4:30-6:00pm Running Club, Facilitated by Jim Clairemont**

Our dedicated staff and Milford Police Officers will be working together to get our Club members learning about the proper way to stretch and run, as well as how to organize a 5K Race. We will be running on **Tuesday & Thursdays** from **4:30-6:00 pm**. By the end of our 8 weeks members will have coordinated and set up a 5K Race which will benefit the Boys & Girls Club of Milford. Members participating in the running program will be given a t-shirt, water bottles, draw string back packs, and new running sneakers. This program is for members 6-18 years old. The program will be taking place at our West Shore Teen Center. Parents should pick their children up directly from that Clubhouse.

#### **5:00-6:00pm Be Your Own Super Hero, Facilitated by MYFS**

The **Superhero** Workshop

Find the Superhero in **YOU!**

This 8 week workshop will focus on the development of what it takes to be a Successful Superhero and an Amazing You! Throughout the course of our training, we will be creating our characters through artwork, using team building exercises to form alliances with other superheroes, increasing our awareness skills to fight off evil and build self-esteem!

**TRAINING STARTS APRIL 9<sup>TH</sup> AT 4:00PM!!!**

*Simon Lake Unit*

**3:00-6:00pm Power Hour Facilitated by Jessica Brown**

*Fridays*

*West Shore Unit*

**6:00-8:00pm TGIF, Facilitated by Megan Lenzzo**

Keep your Friday Nights fun with many different types of activities including open gym, sports tournaments, dance parties, computers, games room tournaments, pool, bumper pool, ping pong, air Hockey, Foos Ball, Scavenger Hunts, video games, and karaoke

*Simon Lake Unit*

**3:00-6:00pm Power Hour Facilitated by Jessica Brown**

**4:00-5:00pm Baseball Club, Facilitated by Keith Roberts**

Baseball Club is an all skills club which covers individual position instruction as well as hitting, baserunning, situation drills, and game play. All aspects of the game are covered. Games will be played throughout the program. No experience needed.

**5:00-6:00pm Yoga on the Beach, Facilitated by Sam Sontag & Donna**

Yoga is about exploring and learning in a fun, safe and playful way. This program teaches kids about our physical postures, taking care of ourselves, how to use our energy more effectively, and balance. Club members love taking part in this program at the Clubhouse, outdoors and even on the beach!