

Afterschool Program Overview

During the afterschool program at the Boys & Girls Clubs of Santa Cruz County, Club members are encouraged to participate in a variety of programs and activities that promote good character, academic success, personal responsibility, exploration and fun. While at the Club, members are placed in age appropriate groups and have scheduled time in each of our program areas, ensuring they receive a fulfilling, well-rounded afterschool experience. Below you will find information on how we structure a typical day:

Sample Daily Schedule

- 2:30- 3:25pm Check in, Free time & Snack
- 3:25 - 3:30 pm Assembly
- 3:30-4:30 pm Power Hour (Homework hour)
- 4:30 - 6:30 Program Rotations
- 6:30 -7:00 Member Choice

Time	Games Room	Art	Sports and Movement	Computers
4:30-5:30	6 & 7	8 & 9	10 & up	6 & 7
5:30- 6:30	8 & 9	10 & up	6 & 7	8 & 9



Weekly Program Highlights

- **Technology Program:** Daily computer activities will feature lessons on coding, and, Internet safety sessions, as well as other education-based game play.
- **Creative Arts:** Members will work both individually and in groups to create works of art using a variety of media. Projects will include: collage, drawing, watercolor and acrylic painting, arts and crafts, group mural projects and much more.
- **Education & Academic Enrichment:** Club members will participate in activities relating to the following areas:
 - Science based learning
 - Financial literacy
 - Anti-bullying and self-advocacy
 - Health and life skills classes with emphasis on healthy food choices and agricultural education



Special Interest Programs

Athletics Toadal Fitness

Thanks to the generosity of the folks at Toadal fitness, Club members are able to participate in the following classes

Class	Ages	Day/Time	Description	Fee
Yoga	7+	Mondays 3:25 - 4:30	Have your children always wanted to try yoga, just like mom & dad? Now's their chance! In Kids Yoga, taught by the amazing Daniela, children will learn proper yoga positions, practice meditation & breathing techniques, and learn the importance of listening to their bodies.	Free
Sports and Fun	7 - 10	M - Th 4:10 - 5:20	Kids will learn about what it means to play on a team while having fun playing dodgeball, capture the flag, soccer, relay races, and other games that will make sure your youth is staying healthy & active! Youths will also receive help with mastering cartwheels, handstands, and somersaults in this energetic class.	Free
Kids Workout	11 - 14	Tu - Th 3:25 - 4:30	Youths will learn work-out methods specifically designed to strengthen their bodies' cores and work out their abdominal muscles. Time will be spent learning about what machines work on which body parts (and the names of those muscles), proper form, and stretching.	\$5
Kickboxing	8+	Tuesdays 4:10 - 5:30	A great workout for everyone interested in improving their fitness & stamina. Class format integrates combinations of punches, kicks, & heavy-bag work, additional muscle and motion exercises. You will have fun, reduce stress, & get an awesome workout.	\$35
Mixed Martial Arts	8+	Thursdays 4:10 - 5:30	MMA stands for mixed martial arts. That is exactly what our MMA class represents. It is the fusion of striking martial arts put together into a hybrid dynamic striking style that promotes health, stress relief, and personal balance.	\$35
Grappeling and Jiu-Jitsu	11+	Mondays 4:10 - 5:30	A class for beginners through advanced students. Classes teach the basics of Brazilian Jiu Jitsu. You will start out with fundamental defense, escape, and submission techniques from varying positions along with counters to each of the techniques.	\$35
Brazilian Jiu-Jitsu	11+	Wednesdays 4:10 - 5:30	Jiu-jitsu, or "gentle art", teaches an individual to overcome a challenger, no matter his or her size. Brazilian jiu-jitsu accomplishes this by transitioning the fight to the ground where practitioners employ proper technique and leverage one's own strength to defeat an opponent.	\$35

Tech

Builders/Makers *all ages*

Students will be building/making projects like Robots, Bluetooth typewriters, drones, etc.

Wednesdays 4:30 - 5:30p

Cost: \$10 for 4 week session



Fashion Design and Illustration

all ages

Students learn industry standards in design, pattern drafting, and illustration.

Thursdays 4:30 - 5:30p

Cost: \$10 for 4 week session



Session & Registration Dates

Most special programs will be held in the 4 week sessions outlined below. Registration dates are Tuesday evenings, from **5pm - 7pm** on the date specified.

Session Dates	Registration Date
Session 1: Tue, September 6 - Sept 30	8/30
Session 2: October 10 - November 4	10/4
Session 3: November 14 - December 16 (no classes week of 11/ 21)	11/8
Session 4: January 9 - Feb 3	12/13
Session 5: February 13 - March 10	2/7
Session 6: March 20 - April 21 (no classes week of 4/3)	3/14
Session 7: May 1 - May 26	4/25
Summer Registration - ALL DAY, starting at 10am	5/16

Power Hour Monday - Thursday 4:00 - 5:00pm

We offer a free educational enhancement program called **Power Hour** which includes homework help and tutoring. Staff and volunteers provide assistance to members and distribute points and incentives for homework completion which can be exchanged for fun prizes. If members finish homework early, they can participate in other educational activities to further develop their skills.



Teen Programs

Jr. Staff is a practical small group program that assists Club teens in exploring a career in youth development and other human services. Teens spend classroom time learning skills such as goal setting, resume writing, and how to interview for a job, as well as a minimum of three hours per week shadowing and assisting staff in order to gain experience and job skills.

SMART Girls is a BGCA health, fitness, prevention/education, and self-esteem enhancement programs for girls. The program is designed to encourage healthy attitudes and lifestyles that will enable teens to develop to their full potential.

Keystone Club Promotes character and leadership qualities among Club teens, provides awareness and impact in the areas of community service academic success career preparation and teen outreach, the four focus areas of Keystoning

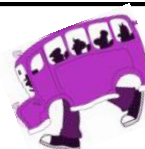
Bicycle Maintenance and Repair In collaboration with Bike Santa Cruz, teens will have the opportunity to learn how to care for and repair their own bikes

Passport to Manhood This program fosters positive values and responsible behavior in boys 11 to 14 while giving them practice in making healthy decisions related to their physical, cognitive, emotional, and social development. As they build and practice life skills for decision-making, conflict resolution, and healthy relationships, boys learn the essential attitudes, values, and skills they need to become responsible adult men.

Earn-a-Bike will start on Thursday, April 20th, and run on Thursdays from 3:30 to 5:30pm. The program will meet for 7 weeks, ending on June 1st. Much fun will be had, including field trips, learning bike mechanics, and of course, ride safety. Participants will earn a free bike, just by participating! This program is FREE and intended for Club members 11 years old and up.



Walking Bus from Del Mar, Live Oak and Green Acres



Starting in Monday, August 29th we offer walking bus programs from Del Mar, Live Oak and Green Acres to the Boys & Girls Club's afterschool program Monday through Friday. Please see front desk for registration.

Walking bus details: Club staff escort 1st-5th graders after school.

Cost: \$5.00 per week paid in advance at the Club. Fee covers any and all days your child walks that week.

Extended Hours Days & Club Closures

Extended Hours Days - open 7:30am-6pm

Cost: \$5.00 per day/child

Fri, November 11: Veterans' Day
Mon-Wed, November 21-23: Thanksgiving Break
December 23, 27-30, Jan 3-6: Winter Break
Mon, February 13: Lincoln's Birthday
Mon-Fri, April 3 - April 7: Spring Break

Adjusted Hours Days - open 10:00 am

Fri, January 20: Secondary school staff work day
Mon, January 23: Secondary school staff work day

Open Early Minimum Days - open 12:30 pm

Thurs, Dec 22: Winter Break Start
Fri, March 31: Spring Break Start

Early Closures

Wed, Dec 14: Staff Party CLOSED 6PM
Thu, Mar 23: Youth of the Year Banquet CLOSED 6PM

Club Closures

Mon-Fri, August 22-26: Summer Cleanup Week
Mon, September 5: Labor Day
Thurs-Fri, November 24-25: Thanksgiving Holiday
Mon, December 26: Christmas Weekend
Mon, January 2: New Year's Weekend
Mon, January 16: Martin Luther King Jr. Day
Mon, February 20: Presidents' Day
Mon, May 29: Memorial Day
Mon-Fri, June 5-9: Summer Prep Week
Tue, July 4: Independence Day



2016 – 17 Afterschool Program



Monday – Friday

Program Hours: 2:00 pm – 7pm

Wed and Fri 12:30pm – 7pm

Open to youth ages 6 – 18

Annual membership: \$60



Activities Include

- Homework Assistance
- Games Room Tournaments
- Gym & Sports Activities
- Arts & Crafts and Music
- Computer & Technology Programs
- Recreational Swim
- Field Trips

For more information, contact us at:
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www.boysandgirlsclub.info

**Special Interest
Programs**
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