

Boys & Girls Club of Rochester Fall Program Schedule

TIME:	MONDAY/WEDNESDAY	TUESDAY/THURSDAY	FRI
	Member Choice	Member Choice	Member Choice
2:30pm	Power Hour 2:30pm-5pm	Power Hour 2:30pm-5pm	Power Hour 2:30pm-5pm
3:30pm	Dinner 3:30pm-5pm	Dinner 3:30pm-5pm	Dinner 3:30pm-5pm
	HYLA activities	HYLA activities	
	Gym Activities	Gym Activities	HYLA activities
	Mind Building	Mind Building	Gym Activities
		Teen Ascent 3:45pm-5pm	Mind Building
5pm	Choice programs for all 6-12's	Choice programs for all 6-12's	Fit Challenge 6-8
	Art programs 6-8	Leadership Programs 6-8	The Corner Store
	Education Programs 6-8	Rec/Health programs 6-8	Movie Day
	Leadership Programs 9-12	Art programs 9-12	Talent show
	Rec/Health programs 9-12	Education Programs 9-12	Recognition Ceremony
	Teen Mentors	Teen Mentors	Teen Mentors
		Teen Ascent 3:45pm-5pm	
6:00pm	2nd Floor open to 9-12 yr olds only	2nd Floor open to 6-8 yr olds only	Fit Challenge 9-12
	Dramatic Play 6-8	Teen Center: 9-12	Dance party
	Gym 6-8	Gym 9-12	
	The Corner Store		
7pm	Keystone 13+	Teen Program 13+	Fit Challenge 13+
	Member's Choice	Member's Choice	Member's Choice
8pm	CLOSED for 6-12 yr olds	CLOSED for 6-12 yr olds	CLOSED for 6-12 yr olds
	Teen Center and Gym for 13+ Only	Teen Center and Gym for 13+ Only	Teen Center and Gym for 13+ Only
9:00PM	CLOSE	CLOSE	CLOSE

Definitions

HYLA Activities: High Yield Learning Activities are games that teach members skills like listening, teamwork, cooperation, leadership, etc.

Club Bucks: Members earn Club Bucks by attending Club 2 or more days a week, graduating from a program, and earning an award

Mind Building: Activities such as yoga, zentagling, and mind-up, that help members focus their thoughts & start the Club day right.

Dinner: Our kitchen staff prepare a home style hot meal every day. A new menu is posted every week.

Power Hour: A time for members to work on homework, reading, or other learning activities.



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ART

Ages 6-8: **Better Together** (Mondays) and **Dance Elements** (Wednesdays): Like peanut butter and jelly, there are many things in the world that go better together. Club members will create individual pieces that make up an entire work of art. Also, through games, across-the-floor activities, and phrase material, we will explore the elements of dance like: time, energy, and space.

Ages 9-12: In **Recycle, Remix, Reinvent** (Tuesdays) and **Everything Hip-Hop** (Thursdays), members will engage with the design thinking process. By utilizing recyclables and other people's 'trash,' members will begin to empathize with their environment and identify and solve societal problems through collaging, screen printing, assembling, and many more. Members also will learn and explore the pillars of **hip-hop culture**, focusing on hip-hop dance. Hip-hop dance creates a safe space to express freedom from oppression and the celebration of individuality.

Teen Arts: Through **Dance** and **Recording Studio** lessons, teens will learn skills from beginner to advanced, recording their own music or creating their own performances.

EDUCATION

Ages 6-8: **Brain Busters** and **Club Read** will offer many fun and engaging activities to learn new skills and explore new worlds. (Tuesdays and Thursdays)

Ages 9-12: **Scratch** (Mondays), **Journaling** (Thursdays), and **Investigators** (Tuesdays) teach members how to design their own video games and websites, express their thoughts in new ways, have fun investigating the world around them in a variety of ways.

All Age Mentoring Programs: **AIM (Academic Impact Mentors)** volunteers provide one-on-one support through games and academic assistance. **Reading Champions** offer trained reading tutors to assist members who struggle with reading, spelling, and writing. Limited spots available. For more information, contact **Jennifer Pettinger** at jpettinger@bgclubroch.org or 507.216.8831.



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HEALTH AND RECREATION

Ages 6-8: Through **Girls Scouts** (Thursdays) and **Master Gardeners** (Mondays), members will learn gardening, smart food choices, improving self-esteem, forming positive relationships, and more! In **Basketball** (Thursdays), **Razzle Dazzle** (Wednesdays, and **This Is How We Do It** (Tue/Thur) members will practice new skills, enjoy friendly competitions, and focus on teamwork.

Ages 9-12: **Girl Scouts**, **This Is How We Do It**, **Soccer** and **Basketball** will offer many opportunities for members to gain new skills, build positive relationships, and practice teamwork, sportsmanship, and making healthy choices.

Teen Fitness: **Fit Challenge**, and **Insanity** style workouts and relays will challenge members to get their adrenaline pumping, have fun, learn new skills, and stay healthy! Plus, the gym is open for **Teen Basketball** from 8-9pm every night of the week.



SERVICE AND LEADERSHIP

Ages 6-8: **Helping Hands** Members will work on random acts of kindness every week with activities ranging from baking cookies for the fire department to writing letters to seniors. (Tuesdays/Thursdays)

Ages 9-12: In **Jr. Helpers** (Tuesdays) and **Builders/Torch Club** (Wednesday) members will learn and practice leadership skills by assisting staff around Club, creating their own service projects, and participating in community efforts like Litter Bit Better. (5-6pm)

Teen Leadership: **Keystone** (Monday 7-8pm), **Teen Ambassadors** (Thursdays 6-7pm), and **The Corner Store** (Tuesdays 5-6pm) offer teens a voice in decisions about Club, a chance to complete community service projects, and a place to create new and fun activities for their fellow members.

