

# WEST CLUB ACTIVITIES

## MONDAY

### ART



The goal of this program is to empower the youth to learn about and practice different mediums, styles, and techniques in the field of fine arts. It will encourage the youth to express their individuality through a creative outlet. Staff will teach the participants the correct way to utilize art supplies and get the best results. (ages 6-16)

### SCIENCE



This program is designed to encourage children to think, talk and work the way scientists do by building on their natural curiosity about the world and interact with scientific concepts. It aims to foster children's intellectual skills, motivation to learn, and build confidence in themselves as learners. This program will conclude with a city wide Science Fair. (ages 9+)

### GUITAR



This program will take children through a journey of introductory Guitar. Class sizes are small to facilitate the most out of instruction. Begin your journey into the world of music. (ages 10-17)

## TUESDAY

### COOKING CLUB



Let's get cooking. Join us in our fancy kitchen and learn the fundamentals of cooking nutritious meals. We explore cuisines from around the world, and the best part is, we get to eat them too. The overall goal is for children and youth to learn about the fundamentals of baking. Through fun and engaging activities, children and youth will explore different baking methods around the world and will utilize their skills in preparing world foods. (ages 6-12)

### MUSIC XI ROOM



Learn what it takes to write, compose and create your own musical work. Work alongside our very own resident music artist. Create that music that is unique to you. The program will conclude with its own club composition. (ages 13+)

## WEDNESDAY

### KEYSTONE



Keystone is Boys and Girls Club national leadership development program that provides youth with the knowledge and skills to make positive choices in their lives and make a difference in their Clubs and communities. Throughout the course of the year, Keystone participants complete at least one activity in each of the five core areas: Leadership, Teamwork, and Healthy Choices, Service to Club and Community, and Learning for Life. (ages 13+)

### TORCH



Kids 10-13 will gain interpersonal skills by learning how to speak supportively towards other members as well as learn how to be part of a team. As everyone is assigned a specific role or duty, the kids will become aware of new strengths in themselves that they didn't know were there before. Being part of Torch Club will give kids a positive self-identity and a sense of purpose within the club. Kids in Torch Club will also feel connected to the community as they learn to think of others through fundraising. Kids will feel like they have a role in their club and take ownership of the activities, programs and daily routines. Kids in Torch Club will also build character by developing positive core values such as respect, inclusiveness and teamwork. They will demonstrate respect for others in the group as well as others in the club and community. The kids will also learn how to be caring and compassionate by feeling the desire to contribute within the club and community as well as feeling a sense of sympathy and empathy for others. (ages 10-13)

### YOUNG AUTHORS



Travel through the story writing process. Examine writing works and identify literary techniques such as onomatopoeias. Create a story board and create your own story through technological software. What will be your story? (ages 8-12)

### TENNIS



Designed for kids with no previous tennis experience, the Tennis League program focuses on learning tennis through play, rather than the traditional lesson-based model. Using modified tennis balls, racquets, nets, and courts that can be used in non-traditional facilities, young players learn the fundamentals of the game early on. (ages 6-12)

### COOL MOVES



Cool Moves is a national activity and healthy eating awareness program designed to create a life-long appreciation for a healthy, active lifestyle. Cool Moves has two distinct parts: Eat Smart, in which participants are encouraged to make healthier eating choices, and Play Cool, in which participants are encouraged to engage in more physical activity. (ages 6-12)

### MUSIC BOX



Music box is a partnership program with a musicbox Canada. They will have instructional teachers take children through an examination of sound and music. Explore your creative side. (ages 6-12)



Boys & Girls Clubs



Big Brothers Big Sisters

Boys & Girls Clubs Big Brothers Big Sisters  
of Edmonton & Area