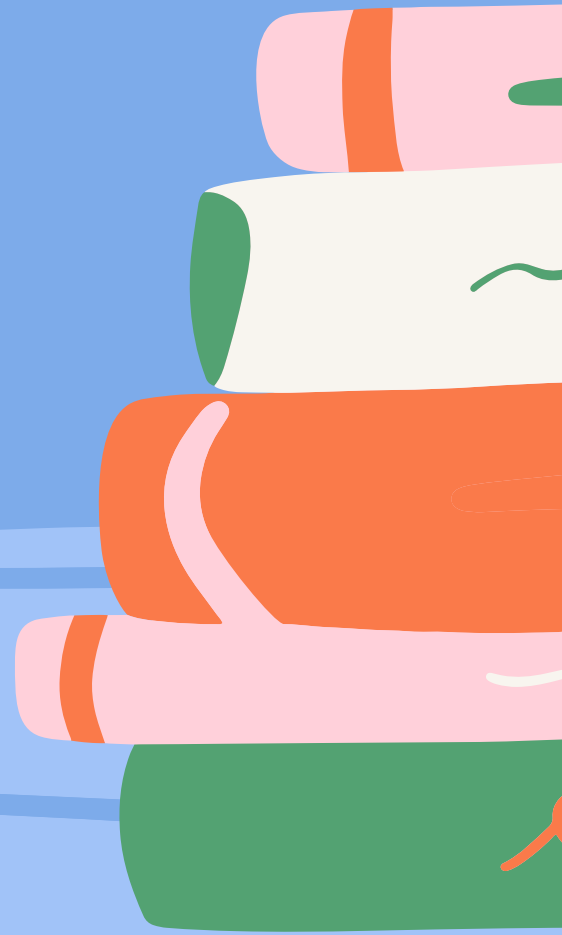


BOYS AND GIRLS CLUBS OF WINNIPEG

Virtual Programs

FREE! Space still available!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Raise the Grade</u> Grades 7-12 Freight House Club 3:45 – 5:45 p.m. 13 spots (Day 1 of 3)		<u>Raise the Grade</u> Grades 7-12 Freight House Club 3:45 – 5:45 p.m. 13 spots (Day 2 of 3)		<u>Raise the Grade</u> Grades 7-12 Freight House Club 3:45 – 5:45 p.m. 26 spots (Day 3 of 3)	
	<u>Raise the Grade</u> Grades 7-12 Freight House Club 3:45 – 5:45 p.m. 13 spots (Day 1 of 3)		<u>Raise the Grade</u> Grades 7-12 Freight House Club 3:45 – 5:45 p.m. 13 spots (Day 2 of 3)	<u>Raise the Grade</u> Grades 7-12 Freight House Club 3:45 – 5:45 p.m. 26 spots (Day 3 of 3)	
					<u>STEAM Ahead</u> Gilbert Park or Freight House Club 1:00 – 2:30 p.m. 10 spots per club
<u>Power Up!</u> Grades 4 to 6 Norquay Club 4:00 – 5:30 p.m. 10 Spots (Day 1 of 2)		<u>Power Up!</u> Grades 4 to 6 Norquay Club 4:00 – 5:30 p.m. 10 Spots (Day 2 of 2)			
	<u>Power Up!</u> Grades 1 to 6 Gilbert Park Club 4:00 – 5:30 p.m. 12 spots (Day 1 of 2)		<u>Power Up!</u> Grades 1 to 6 Gilbert Park Club 4:00 – 5:30 p.m. 12 spots (Day 2 of 2)		
<u>Basketball Club</u> Grades 7+ Sister MacNamara 6:30 - 8:00 p.m.					
	<u>Bounce Back League – Newcomers</u> Grades 4 to 6 Dalhousie Club 4:00 – 5:30 p.m. 12 spots				
			<u>Cultural Program</u> Grades 4-9 Norquay Club 6:30 – 8:00 p.m. 10 spots		
			<u>Own It – Girls Program</u> Grades 7-12 Gilbert Park Club 6:30 – 8:00 p.m. 10 spots		
<u>Girls Night</u> Grades 7-12 Norquay Club 6:30 – 8:00 p.m. 10 spots					



RAISE THE GRADE (MONDAY, WEDNESDAY & FRIDAY OR TUESDAY, THURSDAY & FRIDAY)

Raise the Grade is a program for youth in grades 7-12. Mentors help with homework, career building activities, life skills, and goal setting. Some of our activities include cooking nights, playing online games on Steam, minute-to-win it competitions, and physical activities like yoga and basketball drills – all virtually!

STEAM AHEAD

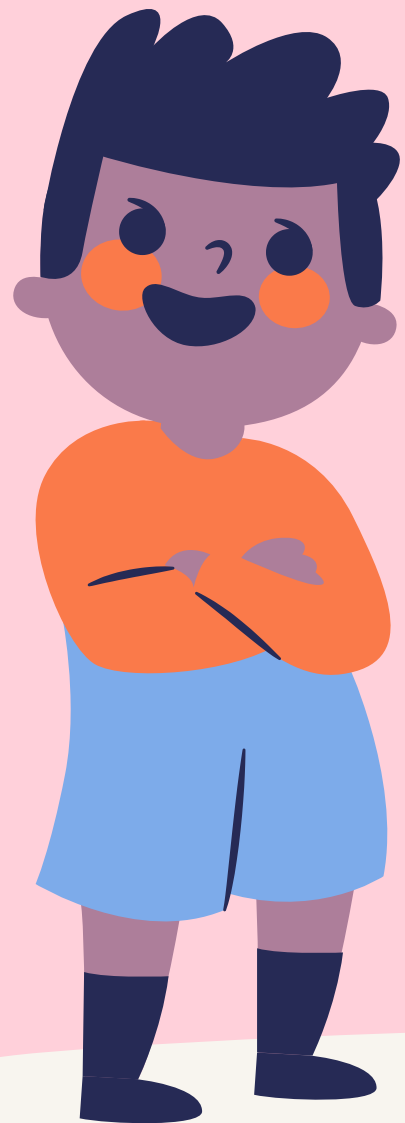
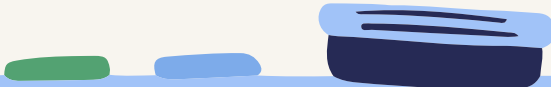
Using interactive, hands-on activities to engage different learning styles, STEAM Ahead encourages children to explore STEM (science, technology, engineering and math) fundamentals and includes an artistic (A) component to encourage creativity and innovation.





Power Up! (2 days per week – Tuesday/Thursday or Monday/Wednesday)

Power Up! is an after school program for students in grades 1-6. Facilitators and teen mentors lead small groups of students in fun and engaging activities twice a week. Activities are all done virtually and include hands-on experiences like building model towers and bridges, minute-to-win it competitions, interactive games in math and literacy, as well as physical activities like yoga and dance.



BOUNCE BACK LEAGUE



Our new trauma-informed sports program aims to improve the physical and mental health of Club members by combining organized sport with the power of being part of a team. Using cutting-edge clinical and academic trauma-informed approaches, the program equips kids to better handle the ups and downs of life.

CULTURAL PROGRAM

To support the efforts of Indigenous children to reclaim, revitalize, maintain and strengthen indigenous language and cultures with the main focus being the pow wow community. Activities include learning to dance pow wow, sing songs, words from different languages, storytelling and elder teachings.



Own It/ Girl's Night

Is a free online program that will empower and spark conversations around mental health and wellness for female or female identifying youth ages 12 to 18. Members will build confidence, self esteem, self advocacy through creative, physical and wellness based activities!



SM BASKETBALL CLUB

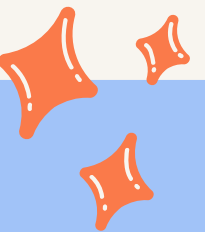
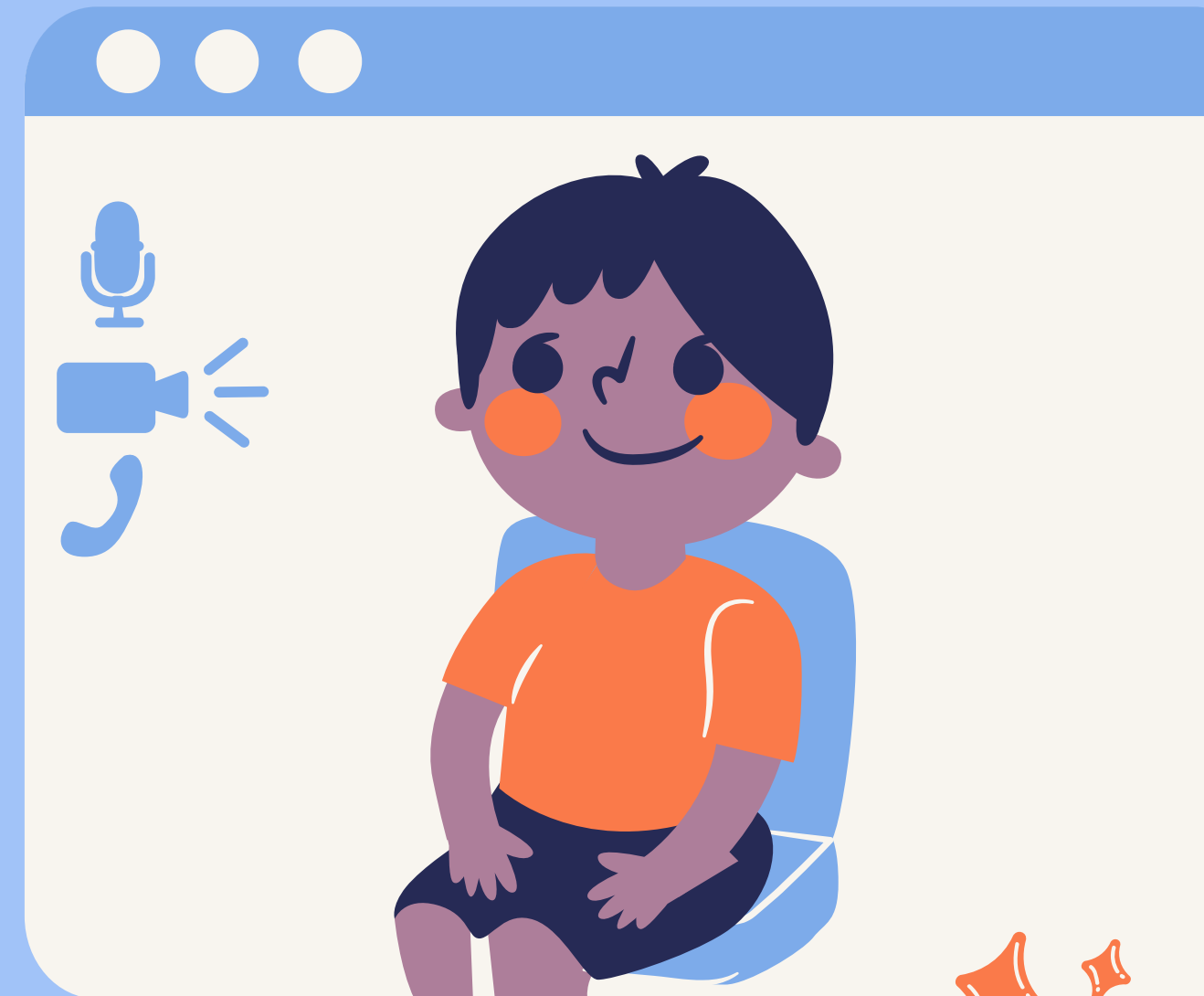
In this virtual sports program youth have the opportunity to practice fundamental movement skills and increase their knowledge of basketball as a sport and the ways it has influenced culture. This program is for youth grade 7+



REGISTRATION PROCESS (NEW MEMBER):

Complete our online membership form and virtual program form

- Select the Club location that the program is offered at. If you wish to register your child for programs at more than one Club, select the first Club and you can register for another Club's program when you receive the call from the Club.
- Within 48 hours of submitting your membership form you will receive a call/email from a Club staff confirming your registration, identifying the program you want to register your child for and arrange a time for a virtual meet and greet with you and your child.
- All program supplies are provided. We will arrange a pick up or drop off location that is convenient for you. Program supplies are only provided within the City of Winnipeg.



REGISTRATION PROCESS (EXISTING CLUB MEMBERS):

If you are an existing Club member, contact your local Club to register for other programs.



QUESTIONS? CLARIFICATIONS?

Please feel free to contact us at our head office.



Email Address

reception@wbgc.mb.ca

Phone Number

204-982-4940

Monday-Friday

8:30-4:30

