

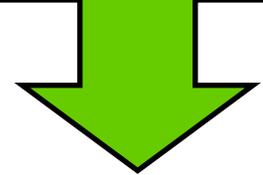
Boys & Girls Clubs of Calgary

FALCONRIDGE CLUB

95 Falshire Dr. NE
403-543-9672
January 7 - March 22, 2019

If you are a returning family, call the club on December 12 starting at 6:30pm. Leave a detailed message saying what programs you would like your teen(s) to be in.

If you are a new family, you will have to book an appointment with a staff member to go over our membership forms.



Winter 2019 Program Schedule

	M o n	T u e s	W e d	T h u r s	F r i	S a t
Morning/ Lunch	Terry Fox Lunch Drop-In 11:54am - 12:33pm	Terry Fox Lunch Drop-In 11:54am - 12:33pm	Terry Fox Lunch Drop-In 11:54am - 12:33pm			
Afterschool Programs Afterschool programs run from 3 - 6pm, unless otherwise stated.		In-beTWEENers Grades 5 - 8		In-beTWEENers: Paint It! Grades 5 - 8	Games & More Grades 6+	Teen Drop-In 2 - 5pm
Evening Programs. Evening programs run from 6:30 - 8:30pm, unless otherwise stated.			Flex Your Head	Torch Grades 5 - 8 Keystone (AT RENFREW) Ages 14-18	Teen Drop-In 6:30 - 9:30pm	



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Teen Program Descriptions

Afterschool	Evening	Evening
<p><u>In-beTWEENers</u> In the program our grade 5 & 6's and new to jr. high youth, will have the chance to become comfortable with our teen programs. Focus on Tuesdays will be random acts of kindness.</p>	<p><u>Teen Sports</u> (This is an OFF-SITE program) This program will be focusing on a variety of sports over the block. Teens will have a chance to play sports like soccer, basketball, floor hockey and many others. They will have a chance to learn new skills and improve upon old ones, while getting together with other clubs on Monday nights.</p>	<p><u>Teen Drop In</u> This is a safe and welcoming place for youth to hang out. Teens will participate in a variety of activities which will help them gain confidence, self-esteem and provide them with new skills for life. NOW ON SATURDAY AFTERNOONS!</p>
<p><u>In-beTWEENers: Paint It!</u> In this program our grades 5 - 8's, will be taking part in a paint class each week. Staff will lead the class and each participant will leave with a painted canvas.</p>	<p><u>Flex Your Head</u> Flex Your Head was developed to help youth think about, talk about, and understand issues of mental health and wellness within a safe, fun, and welcoming environment. In an active, peer-based format, youth are given the knowledge, skills, and strategies to cope with stress and distress and promote positive mental health and wellness.</p>	<p><u>Keystone</u> (Ages 14 - 18) (OFF-SITE) Keystone, a BGC national program, helps youth 14 - 18 channel their energy in a positive direction. It focuses on leadership, teamwork, healthy choices, learning for life and service to club and community. <u>Teen will have to find transportation to and from our Renfrew office (731 13 Ave NE). No transportation is provided.</u> Registration in September and January ONLY.</p>
<p><u>Games & More</u> In this program, teens will have a chance to play outdoor, indoor and board games. They will have a chance to play their old favorites and learn new favorites.</p>	<p><u>Torch</u> Torch Club helps kids develop leadership skills and self-esteem in a respectful, diversified environment. The program also offers the opportunity to give back to others and gain a sense of responsibility that comes when young people make their own decisions. A small group experience monitored by an adult mentor, Torch Club serves as a launch pad for pre-teens before joining the Keystone program.</p>	