



# SAMPLE WEEKLY PROGRAMMING

## TWEENS | Ages 9-12

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:30 am						Rec Time	Rec Time
8:30-9:30 am						Tech	Science <i>Binary Code Bracelet</i>
9:30-10:30 am						Group Game <i>4 on the Couch</i>	Tech
10:30-11:30 am						Challenge <i>Paper Bridge</i>	Arts & Crafts <i>CD Scratch Art</i>
11:30 am-12:30 pm						Group X <i>Yoga</i>	Group X <i>FX Flight</i>
12:30-1:30 pm						Rec Time	Rec Time
1:30-3:30 pm							
3:30-4:00 pm	Rec Time	Rec Time	Rec Time	Rec Time	Rec Time		
4:00-5:00 pm	Group X <i>FX Flight</i>	Tech	Group X <i>Hip Hop</i>	Tech	Group X <i>Hip Hop</i>		
5:00-6:00 pm	Tech	Arts & Crafts <i>Finger print Analysis</i>	Arts & Crafts <i>Floating Chalk Painting</i>	Group Game <i>Rock, Paper, Scissors Face Off</i>	Tech		
6:00-7:00 pm	Group Game <i>Tic Tac Toe Relay</i>	Tech	Science <i>Chemical Reaction Plastic</i>	Arts & Crafts <i>Emojis Rock</i>			
7:00-8:00 pm	Rec Time	Group X <i>IGNITE</i>	Rec Time	Rec Time			



# SAMPLE WEEKLY PROGRAMMING

## TWEENS | *Ages 9-12*

## PROGRAMMING

### REC TIME

Read, challenge a friend to a board game, shoot hoops, build a Lego creation, start homework or just chill. This time allows all of our friends to join us at The Clubhouse before we pump up the energy and dive into our afternoon of programming.

### SCIENTIFIC DISCOVERY

In the Create Studio, children will learn about scientific discovery through *California Science Center* created curriculum. Beginning with the examination of rocketry and engineering, instructors will follow the lead of our budding scientists and the possibilities are endless after that!

### GROUP CHALLENGE

Face off against, or alongside friends in friendly competition. Students will participate in a variety of one-on-one or full group challenges. Get your heart pumping with dodgeball or a slam dunk competition, or challenge your mental focus with Minute to Win It style challenges.

### JUNIOR INFLUENCER GROUP X

A modified version of group exercise classes, designed and taught with our Junior Influencers in mind. Our Junior Influencers will experience age appropriate fitness courses, including FX Flight, IGNITE, Hip Hop and Yoga. All Jr. influencer Group X classes are taught in Bay Club El Segundo's fitness studios with a youth-focus and set to age-appropriate music that will turn up the energy.

### ARTS & CRAFTS

The sky is the limit when it comes to creative expressions. Our instructors will lead students in a variety of arts and crafts activities. Whether it be a Paint Night style step-by-step art lesson, free-style collage project or clay sculpting, your child is sure to come home with beautiful works of art that they cannot wait to share with you.

### TECH TIME

During Tech Time, kids can utilize the technology available in The Clubhouse, including video game systems, iPads and Chromebooks, and BEAM, our new interactive gaming system that projects onto the floor.

*\*During these scheduled activities there will always be alternatives including; homework support, reading and quiet time for those that prefer a slower pace.*