

Health & Life Skills

SMART Girls

This program is designed to offer a safe environment where girls can be authentic, honest and candid when expressing feelings about their mind, body and community. Topics covered include physical wellness, healthy relationships, integrity, self-discipline and mutual respect.

Street Smarts

Offers expanded lessons in bullying prevention, as well as an emphasis on resiliency training to give Club members, ages 10 -14, the skills they need to grow up confident, caring and responsible.

Ages 9-13 yrs. Wednesdays

Member Name: _____

Member Age: _____ Member Grade: _____

Parent/Guardian Name: _____

Parent/Guardian Phone #: _____

** Please remember spots are limited; if your child is signed up for a program and cannot attend consistently each week, their spot may be given to another member.*

Blazers Club Hours Monday—Friday 2:30pm-6:30pm

The Boys & Girls Clubs of Portland Metropolitan Area does not discriminate on the basis of color, creed, disability, national origin, race, religion, physical or mental handicap, veteran status, marital status, sex or sexual orientation. The activities offered by the Boys & Girls Clubs of Portland Metropolitan Area are open to all youth between the ages of 6 (and going into first grade) to 18. We are not limited to any geographical boundaries. The Boys & Girls Clubs of Portland Metropolitan Area are an equal opportunity provider.



BOYS & GIRLS CLUBS
OF PORTLAND METROPOLITAN AREA

Blazers Club
Spring 2017 Programs
April 3rd– May 26th

Visual & Performing Arts

Lyricism 101

Is a program designed to cultivate and amplify the powerful, formidable voices of Club teens. Recognizing the power of literary arts, Lyricism 101 positions Club members as torchbearers and experts in the ancient oral poetic traditions that continue to thrive around the world. The program gives teens an opportunity to tell their stories, build community and express their artistic visions through the music of hip-hop culture and the culture of the cipher.

5th grade and up Tuesday & Thursday 4-5pm



Education & Career

Power Hour

All Club members participate in Power Hour, a time designated for homework, reading and educational activities. Members are split into homerooms according to grade and have the opportunity to earn points and prizes for their hard work.

- All Ages, All Members Every Day 5pm-6pm

SMART

Reading is the gateway to learning, opening doors to faraway adventures, new possibilities and promising futures. Without strong reading skills, children will face a host of difficult challenges throughout their lives. That's why we know that reading matters. And that's why SMART helps thousands of Oregon children each year develop the self-confidence, enthusiasm and motivation they need to read and succeed.

Math Wizard

Struggling with math? This program will assist you. You will be able to learn new math skills to improve academic success and new math games to help you learn.

- All Ages Tuesday & Thursday 5pm-6pm

Positives Sprouts

Designed to teach young people about the benefits of developing healthy habits such as eating smart and growing your own food

- All Ages Tuesday & Thursday 4pm-5pm



Sports, Fitness & Recreation

Flag Football Leadership League

ALL STARS is an organized league sport and fitness program for Flag Football teams for youth ages 6-18. ALL STARS is funded by Buffalo Wild Wings and aims to increase opportunities for physical activity, social interaction and recognition through organized sports programming for youth.

- 1st-6th grade
WWW.BGCPORLAND.ORG/ATHLETICS
April 1st, 2017 Deadline

Soo Bahk Do (Outside partner organization)

Soo Bahk Do is a classical martial art originating in Korea many centuries ago. Soo Bahk Do is the technique; Moo Duk Kwan is the philosophy. Members are prepared not only for physical defense but to build character. "We are not attempting to develop a better warrior but a better person."

- All Ages Tuesday & Thursday 5pm-6pm

State Games

Sharpen your skills in ping pong, foosball, billiards and bumper pool and represent the Blazers Club team at the State Games Competition this Spring!

- All Ages Fridays 4pm-5pm

Dance Feva

Like to dance? This is your program. You will learn new dance moves and some old school moves while having fun with staff and peers.

- All Ages Friday 5pm-6pm