

SUNSET Afterschool Program 2023-2024



BOYS & GIRLS CLUBS
OF UTAH COUNTY

SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Positively Me	28 NO PROGRAM/SCHOOL	29 Passport Club Power Hour Journal Club SEL(P) Positive Action Feeling good with positive actions	30 Passport Club Power Hour Journal Club SEL(B) Positive Action Feeling good with positive actions	31 Passport Club STEM Club Power hour Journal Club	1 Passport Club Pos of the week/Journal Club SMART Moves Lesson Power Hour
Positively Me	4 ★★★ NO CLUB HAPPY LABOR DAY ★★★	5 Super Hero Club Power Hour Journal Club SEL(P) Positive Action A positive way to do everything: Thoughts- Actions-Feelings Circle	6 Comic Book Club Power Hour Journal Club SEL(B) Positive Action A positive way to do everything: Thoughts- Actions-Feelings Circle	7 STEM Club Power hour Journal Club	8 Storytelling Club Pos of the week/Journal Club SMART Moves Lesson Power Hour
Positively Me	11 Painting Club Power Hour Journal Club SEL(P) Positive Action Feeling good about ourselves is our strongest motivation, our opinion influences how we feel about ourselves and determines our happiness	12 Wearable/Edible Art Club Power Hour SEL Kid-Grit Journal Club	13 Craft Club Power Hour Journal Club SEL(B) Positive Action Feeling good about ourselves is our strongest motivation, our opinion influences how we feel about ourselves and determines our happiness	14 STEM Club Power hour Journal Club	15 Ooey-Gooey Concoction Club Pos of the week/Journal Club SMART Moves Lesson Power Hour
Strong Body & Mind	18 Yoga Club Power Hour Journal Club SEL(P) Positive Action Healthy body and mind	19 Sports Club Power Hour SEL Kid-Grit Journal Club	20 Dance Club Power Hour Journal Club SEL(B) Positive Action Healthy body and mind	21 STEM Club Power hour Journal Club	22 Sunset Olympics Club Pos of the week/Journal Club SMART Moves Lesson Power Hour
Strong Body & Mind	25 Outer Space Club Power Hour Journal Club SEL(P) Positive Action Eating for health, avoiding harmful substances	26 Outer Space Club Power Hour SEL Kid-Grit Journal Club	27 Outer Space Club Power Hour Journal Club SEL(B) Positive Action Eating for health, avoiding harmful substances	28 STEM Club Power hour Journal Club	29 Outer Space Club Pos of the week/Journal Club SMART Moves Lesson Power Hour

Daily Schedule Mon-Thurs		Daily Schedule Friday	
2:35-2:45	CHECK IN	1:00-1:15	CHECK IN
2:45-3:00	Snack Time	1:15-1:45	Outside Club Time
3:00-3:30	Outside Club Time	1:45-2:00	PM Snack Time
3:30-4:00	Power Hour/Journal Club	2:00-2:15	Positives of the week/Journal Club
4:00-4:30	Club Time	2:15-2:45	Power Hour/ Computer Lab Time
4:30-5:00	SEL Positive Action OR SEL Kid-grit, STEM	2:45- 3:15	Outside Club Time
5:00-5:15	Free Time	3:15-3:30	Snack Time
5:15-5:30	Snack Time	3:30-4:00	SMART Moves Lesson
5:30	PICKUP	4:00-4:30	Brain Break
		4:30-5:30	FUN Friday Club
		5:30	PICK UP



Contact Info
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