

# Milford After school Program 2023-2024



**BOYS & GIRLS CLUBS  
OF UTAH COUNTY**

SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Healthy Body and Mind	2 Club Fun! SEL (P) - Healthy Body and Mind Power Hour	3 Club Fun! Clubs/STEM/HYLA Power Hour	4 Club Fun! Smart Moves Power Hour	5 Club Fun! SEL (B) - Healthy Body and Mind Power Hour	6
Eating for Health, Avoiding Harmful Substances	9 Club Fun SEL (P) - Eating for health avoiding harmful substances Power Hour	10 Club Fun! Clubs/STEM/HYLA Power Hour	11 Club Fun! Smart Moves Power Hour	12 Club Fun! SEL (B) - Eating for health avoiding harmful substances Power Hour	13
Building a Strong Mind	16 Club Fun SEL (P) - Building a strong mind Power Hour	17 Club Fun! Clubs/STEM/HYLA Power Hour	18 Club Fun! Smart Moves Power Hour	19 Club Fun! SEL (B) - Building a strong mind Power Hour	20 No school
Decision-Making and Problem Solving	23 <b>Fall Break</b>	24 <b>Fall Break</b>	25 Club Fun! Smart Moves Clubs/STEM/HYLA Power Hour	26 <b>NO CLUB STAFF TRAINING</b>	27
Self-Discipline	30 Club Fun SEL (P) - Self Discipline Power Hour	31 Club Fun! Clubs/STEM/HYLA Power Hour	1	2	3

### Daily Schedule

- 2:30 - Super Snack
- 2:50 - Restroom Break
- 3:00 - Brain Break/Club Fun!
- 3:30 - Positive Action/Smart Moves/STEM/HYLA
- 4:30 - Power Hour (We do our best but homework may not always get completed. Please check your child's work and their progress!)
- 5:00 - Club Fun, Reflection and Clean Up
- 5:30 - End of Program



### Contact Info

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