

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 Fall Break	24 Fall Break	25 Club Fun SEL (P) Decision Making and Problem Solving Power Hour Service Project	26 NO CLUB STAFF TRAINING	27
Self-Discipline	30 Club Fun SEL (P) - Self Discipline Power Hour	31 NO CLUB Student Led Conferences	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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