

**Legacy**  
**After School Program**  
**2023-2024**



SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Improving Me	29 STEM Club Project Learn	30 SEL - How do I feel today? Project Learn	1 Wall Ball Club Sign-Language Club Project Learn	2 SEL - Thoughts or Feelings Project Learn	3 Wall Ball Club Sign-Language Club STEM Club
Improving Me	6 STEM Club Project Learn	7 SEL - Coping with Stress Project Learn	8 Wall Ball Club Sign-Language Club Project Learn	9 SEL - Coping with Anxiety Project Learn	10 Wall Ball Club Sign-Language Club STEM Club
Improving Me	13 STEM Club Project Learn	14 SEL - Building a Safe Place Project Learn	15 Wall Ball Club Sign-Language Club Project Learn	16 SEL - Worry Roll Project Learn	17 Fun Event <b>LAST DAY OF PROGRAM</b>
Improving Me	20	21	22	23 	24
Improving Me	27	28	29	30	31

Monday-Thursday Schedule	Friday Schedule
2:35 - 2:40 pm - Welcome Check-in/Wash hands 2:40 - 2:55 pm - Super Snack/Feelings Check-in 2:55 - 3:20 pm - Recess/Wash hands 3:20 - 4:15 pm - SEL - Positive Action / Club Time 4:15 - 5:00 pm - Project Learn (Academic Support) 5:05 - 5:25 pm - PM Snack Time 5:25 - 5:30 pm - Clean up/Check-out	1:00 - 1:05 pm - Welcome Check-in/Wash hands 1:05 - 2:05 pm - Art Station Rotation Activity Club Time 2:05 - 2:25 pm - Super Snack Time/Feelings Check-in 2:25 - 2:50 pm - Recess/Wash hands 2:50 - 3:30 pm - STEM Club (Club Rotation) 3:30 - 4:10 pm - Physical Club & Creative Club (Club Rotation) 4:10 - 4:30 pm - Recess/Wash hands 4:30 - 4:45 pm - PM Snack Time 4:45 - 5:25 pm - SEL - Kid Grit 5:25 - 5:30 pm - PM Snack & Clean up/Check-out

Contact Info
Ryan Gertz - <i>Site Coordinator</i> Email: <a href="mailto:Legacy@bgcutah.org">Legacy@bgcutah.org</a> * Phone: (801) 372-3284
Program Address: 280e 100s St George, UT 84770



# MAY 2024

We are so excited to create an amazing club experience with our Legacy club members. Please make sure to save and add our email address to your contact list so you don't miss out on important information throughout the year. Each week we have club themes where most of our activities stem from that week's focus. We like to focus on collaboration, teamwork with lots of group work and individual projects that club members may be able to present to the group if time allows. If you ever have questions please reach out.

We are starting something new this year. All club members get to pick at the beginning of each month which club they would like to participate in for the whole month. Each club, physical club and creativity club are broken into two teams each. One team tends to be younger players (yellow team) and the other team is older players (blue team).

**Physical Club** - This month we are doing a wall ball club. A popular game in the early 2010s where we mix handball and baseball/softball skills to play. We will break up into two separate teams. Our goal in this club is to teach our youth the rules of the game, basic styles of playing, and a chance to learn a new game for many of them. physical fitness can be fun, and overall Wall ball skills.

**Creativity Club** - This month we are doing a Sign Language club. We break up into two separate teams. Learning an assortment of signs from learning how to count, to showing and understanding emotions. This will allow them to learn eye-hand coordination, patience, and how to talk in another language. We hope that our youth will continue to try and learn sign language after our club is over.

## April 29 - May 3

- 29th STEM - Hot vs Cold crushing cans
- 30th SEL - How do you feel today?
- 1st Wall ball Club - They are to learn the rules and how to play Wall ball  
Sign-Language Club- Count up to 20
- 2nd SEL - Thoughts or Feelings
- 3rd Wall ball Club - They are going to practice throwing the ball and how to direct the ball  
Sign Language Club - We are going to learn different family members signs  
STEM - Design a Maze

## May 6 - 10

- 6th STEM - Light Color Dance
- 7th SEL - Coping with Stress
- 8th Wall Ball Club - They are going to practice catching skills  
Sign Language Club - We are going to learn how you feel. Sign a few different emotions.
- 9th SEL - Coping with Anxiety
- 10th Wall ball Club - They are going to run through a mock game of wall ball  
Sign Language Club - We are going to learn different greetings and popular phases  
STEM - Lemon Volcanoes

## May 13 - 17

- 13th STEM - Penny Spinners
- 14th SEL - Building a Safe Place
- 15th Wall Ball Club - Full Game of Wall Ball  
Sign Language Club - We are going to learn more popular phases and practice signing to each other
- 16th SEL - Worry Roll
- 17th Wall Ball Club - Play a full game of Wall Ball  
Sign Language Club - We are going to learn more popular phases and practice signing to each other\*\* All activities, lessons, and crafts are tentatively scheduled. May be subject to change at the discretion of BGC with the best interests of club members in mind.

# Legacy

280E 100s St George, UT 84780 | (801) 372-3284 | Legacy@bgcutah.org



The mission of the Boys & Girls Clubs of Utah County is to inspire and enable all young people, especially those who need us most, to realize their full potential as productive and responsible citizens and leaders.



Our SEL focus this month is Feeling Good with Positive Actions

## Our Staff!

BGC Southern Utah  
Legacy



We had many fun experiences this year and look forward to creating many more this month! Our staff would like to thank all of our wonderful parents/guardians and we hope to see you guys next year in our program!



## Happy Birthday!

To all are amazing birthday  
Club Members

Manuel  
Mayzie  
Koby  
Oliver

We will **not** have  
program on the  
following days:

**Last of of BGC  
Program May  
17th**



😊 Please mark your calendar

## CONTACT INFORMATION

Ryan Gertz - Site Coordinator  
Email: Legacy@bgcutah.org  
Phone: (801) 372-3284

## STEM Activity

*Mondays & Fridays 4:10p-4:50p*

Each week we will have an integrated science club. The STEM lessons will correspond to our clubs every week!

## SEL (Prevention & Behavior)

*Tuesdays & Thursdays 4:10p-4:40p*

Positive Action and Kid Grit Empowers greatness with the direct moment by moment practice of thinking, acting, and feeling.

## Physical Club & Creativity Club

*Wednesdays & Fridays 4:10p-4:50p*

Each month we will have a month-long focus in the physical club and creativity club. Our young learn new skills, techniques and are introduced to new experiences.

## Project Learn

*Monday - Thursday 5:00p-5:30p*

We work with the teacher's to focus on academic support that is needed for all club members. Focus is on all subjects taught in school.

## KID GRIT

*Fridays 2:55p-3:25p*

SMART Moves is a suite of Targeted Programs and other resources designed to help young people develop healthy decision-making attitudes and skills.



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