

July 2025

Heber Valley

[730 S 6th W, Heber City, UT 84032] | [801-857-4793]



BOYS & GIRLS CLUBS
OF WASATCH COUNTY

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 Social Emotional Learning Focus this month is "Practicing positive actions to help us feel good".

UPCOMING EVENTS

Last Day of Program: July 17th

CLUB CLOSED

July 3rd



Get To Know Our Summer Staff!

These ladies are so wonderful and have loved working with your kiddos all program!



Mrs. Char loves cooking and spending time in her garden! She has two daughters that love helping in her garden, too!



Mrs. Mariela loves to be outside and stays super active. She enjoys reading and spending time with her son!

CONTACT INFORMATION

Kellie Barrus, LCSW
Site Coordinator
Phone: (801) 857-4793
Email: hebervalley@bgcutah.org

PARENT RESOURCES

[Parent Handbook](#)
[Membership Handbook](#)

HYLA & Literacy

M-Th 11:10-11:40

HYLA (high yielding learning activities) will happen everyday. HYLA activities will have an educational component such as reading, writing, math, science, cognitive skills, and social skills. These skills will be learned and practiced through fun activities and games!

STEM Labs

M-Th 4:00-5:15 (Rotating)

Students will engage in hands-on STEM activities that allow them to explore the world around them and practice using their critical thinking skills. Students will be encouraged to work in teams, ask questions, and solve problems, all while having a fun time!

Enrichment

M-Th 11:55-1:30 & 4:00-5:15

We will do a variety of activities every day correlating to our week's theme. We hope to introduce new ideas and challenge them each day while learning new skills.

Social Emotional Learning (Prevention & Behavior)

M-TH 9:45-11:00 AM

Our Social Emotional Lessons will allow us to dive deeper into managing emotions and learning new coping skills. These are skills that can help them throughout their life.



www.facebook.com/bgcwasatch



www.instagram.com/bgcwastach



Utah State Board of Education



Heber Valley Summer Program 2025 - 2026



Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Positive Self Concept	30	1 STEM Math/Literacy SEL Activity HYLA/Stretching FIRE DRILL	2 STEM Math/Literacy SEL Activity HYLA/Stretching	3 CLOSED	4 No Program on Fridays
Practicing Teamwork	7 STEM Math/Literacy SEL Activity HYLA/Stretching	8 STEM Math/Literacy SEL Activity HYLA/Stretching	9 STEM Math/Literacy SEL Activity HYLA/Stretching	10 STEM Math/Literacy SEL Activity HYLA/Stretching	11 No Program on Fridays
Setting Positive Action Goals	14 STEM Math/Literacy SEL Activity HYLA/Stretching	15 STEM Math/Literacy SEL Activity HYLA/Stretching	16 STEM Math/Literacy SEL Activity HYLA/Stretching	17 LAST DAY OF SUMMER PROGRAM	18 No Program on Fridays
	21	22	23	24	25
	28	29	30	31	1

Daily Schedule	
8:00-8:30 Check In & Breakfast 8:30-9:00 Recess/PE 9:15-9:45 Circle Up 9:45-11:40 Rotations (SEL/Stretching & Aerobics/HYLA) 11:55-1:30 Rotations (Lunch/Weekly Theme Activity/Literacy)	1:45-2:15 Circle Up 2:30-3:00 Recess/PE 3:15-3:50 PM Snack 4:00-5:15 Enrichment Clubs 5:15-5:30 Clean Up 5:30-Dismissal

Contact Info
Kellie Barrus, LCSW Site Coordinator Phone: (801) 857-4793 Email: hebervalley@bgcutah.org
Program Address: 730 SW, Heber City, UT 84032



www.facebook.com/bgcbwasatch



www.instagram.com/bgcbwasatch



Utah State Board of Education



July Club & Activity Details

STEM - stands for Science, Technology, Engineering, and Mathematics. STEM based activities promote critical thinking, curiosity, decision making, and leadership skills. During STEM, our students will engage in hands-on activities that allow them to explore the world around them and practice using their critical thinking skills.

Social Emotional Learning - Social Emotional Learning curriculum is an evidence based program that is integrated in afterschool activities to build a positive environment throughout the program -- an environment that encourages students to do their best and be their best. Positive Action teaches real-life concepts that help students feel good about themselves.

Stretching/HYLA - or high-yield learning activities that will include a variety of educational and fun opportunities. We will also be incorporating stretching and mindfulness into this rotation, and take some time each day to calm our minds and bodies by doing breathing exercises or mindfulness walks.

Literacy & Math - It is important our students keep up with their reading and math skills over the summer. Everyday, students will get the chance to challenge and renew their skills through worksheets, games, and reading.

Clubs: Each week we have themed clubs. We will have a creative club, and a physical club. The goal of these clubs are to gain new skills, learn new information, and gain collaboration skills with their peers. We are so excited to run these clubs and hopefully spark a joy for new activities.