

# ENRICHMENT PROGRAMS SPRING 2024



**BOYS & GIRLS CLUB**  
OF GREENWICH

**APRIL 1 TO MAY 23, 2024**

No Programs April 3, 15-22, May 2

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New Lebanon School Site  
25 Mead Ave, Greenwich, CT 06830

St. Roch Site  
2 St Roch Ave, Greenwich, CT 06830

**203-869-3224 • BCGG.ORG**

# SPRING PROGRAMS 2024



## ACADEMIC SUCCESS

### GREENWICH UNITED WAY'S FINANCE CHAMPIONS

*Grades 6-8 | Location: St. Roch | Thursday, 5:30-6:30pm | Limited to 8 participants*

Finance Champions provides financial literacy support for middle school students to help develop good money habits for life. Youth will learn how to earn, spend, and save wisely.

## AQUATICS

### STROKE CLINIC

*Barracudas Members | Location: YMCA | Monday, Wednesday, Friday, 7:30-8:30pm | Limited to 24 participants*

FOR MEMBERS OF THE SWIM TEAM ONLY\*\*

Clinics will help swimmers build endurance and refine strokes and technique. Swimmers MUST have participated on a competitive swim team or the Barracudas. Designed for swimmers committed to improving and maintaining form and strokes during the off season.

## ARTS & TECHNOLOGY

### PAINTING FOR ADVANCED ARTISTS

*Grades 5-12 | Location: St. Roch | Monday, 5:45-6:45pm | Limited to 12 participants | Instructor: Professional Artist Michael Manning*

The painters will focus on individual and collaborative large-scale imagery, murals, portrait, and landscapes. The scale and collaborative approach allows students to understand different approaches to creativity by working directly with other students to produce a single work of art. Class will often involve painting portraits and objects upside down, allowing students to focus on color, shapes and lines, rather than the duplication of what they are observing.

# SPRING PROGRAMS 2024



## CHARACTER & LEADERSHIP DEVELOPMENT

### HONOR GUARD

*Grades 3-12 | Location: St. Roch | Wednesday, 4:00-4:30pm | Limited to 12 participants*

The Honor Guard performs at community events such as the Club's Youth of the Year celebration, high school sporting events, Memorial Day, September 11, and Fourth of July ceremonies. Members learn teamwork, leadership, and character development.

### KEYSTONE CLUB

*Grades 9-12 | Location: St. Roch | Tuesday, 6:15-7:15pm*

Keystone Club is a leadership and service club for boys and girls in grades 9-12 designed to develop good character and help members grow to become productive, responsible adults. Keystone Teens elect officers and implement their own service projects in three core areas: Character and Leadership, Service to the Club and Community, and Education & Career Exploration. Keystone Clubs are designed to help teen members become more productive citizens and leaders. Each year, the Greenwich Cardinal Keystone Club participates in a national project resulting in a service project with a national scope.

### TORCH CLUB

*Grades 5-8 | Location: St. Roch | Monday, 6:30-7:15pm*

The Torch Club is a chartered leadership group for middle school-age boys and girls. This national awarding winning group elects officers and works together to plan and implement activities based on service to the Club/community, health and fitness, education and social recreation.

# SPRING PROGRAMS 2024



## HEALTH & FITNESS

@ Western Middle School

### BASKETBALL

*Grades 2&3 | Location: WMS, Gym 1 | Thursday, 6:00-7:30pm | Limited to 30 participants | Instructor: Mike Gerald*

The BGCG Basketball program serves as an introduction to basketball skills through 1.5-hour sessions consisting of drills, clinics and games. We will teach the skills such as dribbling, passing, shooting, rebounding, defense, and offense.

*Grades 4&5 | Location: WMS, Gym 2 | Thursday, 6:00-7:30pm | Limited to 30 participants | Instructor: Mike Gerald*

The BGCG Basketball program serves as an introduction to basketball skills through 1.5-hour sessions consisting of drills, clinics and games. We will teach the skills such as dribbling, passing, shooting, rebounding, defense, and offense.

*Grades 6-12 | Location: WMS | Friday, 6:00-7:30pm | Limited to 30 participants | Instructor: Mike Gerald*

The BGCG Basketball program serves as an introduction to basketball skills through 1.5-hour sessions consisting of drills, clinics and games. We will teach the skills such as dribbling, passing, shooting, rebounding, defense, and offense.

### INDOOR SOCCER

*Grades 1&2 | Location: WMS, Gym 1 | Tuesday, 6:00-7:30pm | Limited to 30 participants | Instructor: Mike Gerald*

Youth will be introduced to fundamental soccer principles such as using their feet, dribbling, and the basic rules of the game.

*Grades 3-5 | Location: WMS, Gym 2 | Tuesday, 6:00-7:30pm | Limited to 30 participants | Instructor: Mike Gerald*

Youth will sharpen their soccer skills while focusing on teamwork and sportsmanship, taught along with an appreciation for the game.

*Grades 6-8 | Location: WMS | Monday, 6:00-7:30pm | Limited to 30 participants | Instructor: Mike Gerald*

Youth will sharpen their soccer skills while focusing on teamwork and sportsmanship, taught along with an appreciation for the game.

# SPRING PROGRAMS 2024



## HEALTH & FITNESS

### STEM TO STERN

*Grades 6-8 | Location: Greenwich Water Club | Tuesday, 4:20 -7:00pm, and Thursday 5:20-7:00pm | Dates: March 26 - May 30 | Limited to 12 participants | Note: Parents must pick youth up at Greenwich Water Club, 49 River Road, Cos Cob*

A hands-on demonstration for all middle school age members will be held on Friday, March 15 at 4:30pm at the St. Roch site.

The STEM to Stern program introduces youth to the sport of rowing, and is designed to teach young athletes the basic technical aspects of the sport as well as provide an introduction training. Through a partnership with Greenwich Crew, a group of BGCG middle school youth have the opportunity to participate in a 12-week rowing program that combines water-based instruction with STEM-based science fair projects. Practices consist of learning the technical skills needed on the water and the boat handling skills necessary to get a boat from the rack to the dock safely. This program is meant to provide each athlete with a serious understanding of the sport while also encouraging teamwork and fun.

### VOLLEYBALL

*Grades 6-8 | Location: WMS | Wednesday, 6:00-7:30pm | Limited to 30 participants | Instructor: Mike Gerald*

The BGCG Volleyball program will serve as an introduction to youth volleyball skills through 1.5 hour sessions consisting of clinics and games. In addition, this course provides students with opportunities to improve physical fitness, acquire knowledge of fitness concepts and practice positive personal and social skills. Students will gain an understanding of how a wellness lifestyle affects one's health, fitness and physical performance.