



Boys & Girls Clubs  
of Hamilton  
A good place to be



# BOYS & GIRLS CLUB OF HAMILTON WINTER 2021 PROGRAMS



## *Registration Dates*

**DECEMBER 16 - 30, 2020**

**REGISTRATION FORMS WILL BE AVAILABLE ON OUR  
WEBSITE -- [KBOYSANDGIRLSCLUB.COM](http://KBOYSANDGIRLSCLUB.COM)**

## *Dates Of Programs*



**START DATES: JANUARY 11 - 15, 2021**

**END DATES: FEBRUARY 16 - 22, 2021**

**(NO PROGRAMS ON FEBRUARY 15 DUE TO FAMILY DAY)**



**FOR ANY QUESTIONS, PLEASE CONTACT  
[FRONTDESK@KBOYSANDGIRLSCLUB.COM](mailto:FRONTDESK@KBOYSANDGIRLSCLUB.COM)  
OR 905-549-2814 EXT.221**

**TABLETS AVAILABLE TO BORROW ON  
REQUEST.**



# ***Children's Virtual Programs Ages 6-12***

## **BOUNCE BACK LEAGUE (SOCCER)**

Our new trauma-informed sports program aims to improve the physical and mental health of Club members by combining organized sport with the power of being part of a team. Using cutting-edge clinical and academic trauma-informed approaches, the program equips kids to better handle the ups and downs of life. **This program is open to newcomers to Canada only (living in Canada for 8 or less years)**



## **DANCE CLUB**

Develop body awareness, coordination, flexibility and strength. Participants will learn a variety of steps and techniques through games & play. Our dance programs focus on building confidence in movement through dance and play.



**United Way**  
Halton & Hamilton

## **GYMNASTICS**

Participants will learn a variety of techniques through games & play that focus on balance, strength, flexibility, agility, coordination, and endurance.



**Kiwanis**<sup>®</sup>  
KIWANIS CLUB OF  
HAMILTON EAST INC.

## **TENNIS**

Participants will learn the fundamental skills and strategies of tennis with opportunities to improve through virtual skills and drills. No tennis experience necessary!



## **COOL MOVES**

Cool Moves is a national activity and healthy eating awareness program designed to create a life-long appreciation for a healthy, active lifestyle. Eat Smart, in which participants are encouraged to make healthier eating choices, and Play Cool, in which participants are encouraged to engage in more physical activity.



# ***Children's Virtual Programs*** ***Ages 6-12***

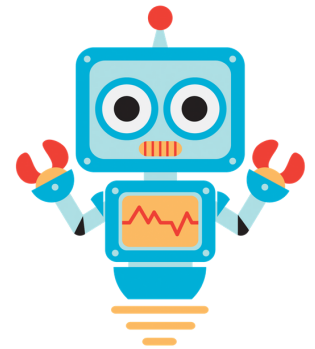
## **GIRLS ZONE**

GirlsZONE programs provide fun, inclusive, safe space for girls in the community. This program offers a wide variety of activities that facilitate conversations around gender centered issues and provide opportunities to build confidence, self-esteem, and self-advocacy within the participants.



## **DISCOVERY LAB**

Engages kids in science concepts through an interactive 8-week curriculum that connects science to real world context. The program focuses on hands-on experiments, increases understanding of scientific approaches, and creates opportunities for problem solving, idea refinement, and iterative learning.



## **STEAM AHEAD**

We are going full steam ahead on fun! Mixing visual, auditory, and hands-on activities to engage different learning styles, STEAM Ahead encourages participants to explore STEAM (science, technology, engineering, arts & math) fundamentals through hands-on, experiential learning.



## **KID FOOD NATION**

KFN is a national initiative that helps kids and families develop food skills through hands-on experiences related to planning, preparing, and cooking. The program also features an online hub with resources for healthy eating and meal preparation, and a national recipe competition that encourages kids to put their food literacy skills into practice and submit original, healthy, and nutritious recipes.



## **ABACUS (GRADE 6-8)**

The program focuses on improving the academic, community and environmental factors that most directly affect a student's likelihood of continuing his or her education. The goal of the program is to improve high school graduation rates and access to post-secondary education, including trades and apprenticeship opportunities, by focusing on the middle-school years: Grades 6, 7, 8 and transition to 9. Students in ABACUS will participate in activities under the four pillars of the program which are: Academic Upskilling, Mentorship, Goal Setting and Incentives.

**HAMILTON  
COMMUNITY  
FOUNDATION**

## ***Children's In-Person Programs Ages 6-12***

### **SKATE THE DREAM**

This is a beginner hockey program that teaches children the basics of stickhandling, puck control, shooting, and passing in a variety of skill development stations. There will also be opportunities to learn how to rollerblade and improve off-ice footwork skills.

**Program takes place in person outside at Queen Mary School.**



# ***Youth Virtual Programs Grades 9 - 12***

## **RAISE THE GRADE**

A multi-faceted education program, Raise the Grade increases academic skills, high school graduation rates, and access to post-secondary education for youth. It is an interactive after-school program that allows young people to explore their personal interests, receive homework support, connect with mentors and/or tutors, interact with peers, increase their digital literacy, and plan for post-secondary education.



## **LEAD UP**

The objective of the LeadUP project is to provide youth with opportunities to engage in service and volunteering initiatives that will address community needs and allow youth to develop life and employment skills as well as self-confidence and leadership abilities.

Funded by the  
Government  
of Canada



## **ACT OUT**

An applied theater program that uses drama as a way to express youth experience in their community, school, family and peers. This program is funded through Hamilton Community Foundation.



## **YOUTH LEADING RECONCILIATION**

Youth Leading Reconciliation has been developed to engage Indigenous and non-Indigenous youth in cross-cultural dialogue, community-building, and collaboration. Through youth-led approaches, participants will build knowledge and awareness about Truth and Reconciliation, while also exploring the ways that they can act as advocates and allies.

Funded by the  
Government  
of Canada



**To register for Youth Leading Reconciliation please contact Rebekah Clause at [rebekah.clause@kboysandgirlsclub.com](mailto:rebekah.clause@kboysandgirlsclub.com).**