



LINCOLN STREET CLUB

Winter 2021 After School Program Guide

Dear Club Family,

We are excited to present to you another exciting semester of programming here at Lincoln Street. With the pod structure we are using at The Club, there are a limited number of programs that will be open to all members at once-keeping members separated into pods by school keeps them, our staff, and your families safe. Members voted & discussed within their pods what programs they would like to do for the remainder of the semester and all pods will participate in Power Hour each day.

Please use this program guide to help understand the current structure of the after-school program. All weekly programs, including special programs are FREE to current members. Reminder that The Club will be open until 7 pm beginning on Monday February 1, 2021.

Thank you for your participation! Please feel free to contact us with any questions.

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IMPORTANT WINTER DATES:

- **February 1st: Summer Program information will be released**
- **February 15th: President’s Day Break Day**
- **March 1st: Summer Program sign-ups for Summer Center & Camp Rock will open**
- **March 15-19th: Spring Break Camp**
- **March 22-26: TPS Spring Break Camp**

WEEKLY THEMES:

Weekly Themes will be determined at the beginning of each month. Weekly themes are announced at the beginning of each month through the Parent Email! Weekly themes for the month of February are as follows:

WEEK 1: February 1-5th	WEEK 2: February 8-12th	WEEK 3: February 15-19th	WEEK 4: February 22-26th
Carnival Week	Member’s Choice Week	Black History Week	Caring Week

POWER HOUR 4:00-5:15 PM:

Power Hour is an academic time where our members are encouraged to work on their homework or otherwise participate in a high-yield & educational activity. Members will receive snack upon arrival into their pod & then

will soon begin on Power Hour activities for the day! These activities are hands-on, engaging & fun! These activities are part of the Indiana Kids program, which helps to improve Reading & Math scores, exposes members to new career options, and provides members with volunteer and service opportunities.

Due to COVID-19 restrictions, we no longer offer the option to visit the Homework Center, but members can still receive tutoring, help with homework or read during Power Hour time within their pods.

SPECIAL PROGRAMS 5:15-6:00 PM:

- Special Programs are consistent, progressive activities meant to build on each week’s learning objectives. To keep all members safe, there are a few All-Club special programs that allow for safe social distancing between pods. Otherwise, special programs were chosen by the members in each pod as a group for them to participate in each week.
- All special program offerings have their **first meeting the week of February 1st** unless otherwise noted. Additional information for each program will be distributed to your child at the first session. Programs will end the week before Spring Break (March 8-12th). A new 8-week set of special programs will be released before Spring Break 2021.
- All Special Programs are at their best when members invest in their experience. Sign-ups are not required this semester for special programs, however, your member’s attendance to these programs is vital to them learning & growing through our program goals & outcomes.
- Special Programs are subject to change or cancel due to staffing issues or low attendance.
- When “Instructor” is used, an outside partner will teach the class either safely socially distant or via Zoom.

ALL-CLUB SPECIAL PROGRAM OPTIONS:

<p style="text-align: center;">DANCE BASICS (K-6th) Every Other Thursday 5:15-6:00 PM Instructor: Blair & IU Movement Exchange Learn the basics of dance and movement. Members will learn different styles of dance including contemporary & hip hop.</p>	<p style="text-align: center;">TRIPLE PLAY (K-6th) Mondays 5:15-6:00 PM Lead Staff: Pod Leaders The goal of this program is to improve club members’ knowledge of healthy habits, good nutrition and physical fitness. As weather permits, this program may include outdoor activities.</p>
<p style="text-align: center;">SOCCER (K-6th) Wednesdays 5:15-6:00 PM Lead Staff: Princess Learn different skills, positions & the basics of playing soccer! Players will eventually scrimmage against one another in the gym or park.</p>	

BLUE POD SPECIAL PROGRAMS:

<p style="text-align: center;">Yoga Tuesdays 5:15-6:00 PM Lead Staff: Shawn Members will get in-tune with their bodies through this mindfulness program. Learn some basic yoga positions & breathing techniques.</p>	<p style="text-align: center;">Coding Thursdays 5:15-6:00 PM Lead Staff: Shawn Learn the basics of online coding through games and unplugged activities.</p>
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PURPLE POD SPECIAL PROGRAMS:

<p>Cooking Club Tuesdays & Thursdays 5:15-6:00 PM Lead Staff: Justin</p> <p>Learn some basics of cooking and baking such as measuring ingredients and using an oven & stove top safely. Members will leave this program with the knowledge of how to make some simple recipes for future use.</p>	<p>Book Club Wednesdays 5:15-6:00 PM Lead Staff: Justin</p> <p>Members will discuss their favorite books, read together & talk about the themes and lessons learned from the stories.</p>
<p>Passport to Manhood Fridays 5:15-6:00 Lead Staff: Justin</p> <p>Passport to Manhood promotes and teaches responsibility in Club boys. Passport to Manhood concentrates on a specific aspect of manhood through highly interactive activities. Passport to Manhood represents a targeted effort to engage young men in discussions & activities that reinforce positive behavior.</p>	

GREEN POD SPECIAL PROGRAMS:

<p>Journaling Club Thursdays 5:15-6:00 PM Lead Staff: Antwone</p> <p>Members will learn how to keep & use a journal. They will decorate their journal, learn how to write in different ways & take inspiration from poetry & stories to write about.</p>	<p>Art Builders Fridays 5:15-6:00 PM Lead Staff: Antwone</p> <p>Members will use all kinds of materials to create sculptures, paintings, and prints!</p>
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YELLOW POD SPECIAL PROGRAMS:

<p>Science Club Thursdays 5:15-6:00 PM Lead Staff: Andrea</p> <p>Members will participate in all kinds of cool science experiments! They will learn about chemical reactions, states of matter, the scientific process & more!</p>	<p>Cooking Club Tuesdays 5:15-6:00 PM Lead Staff: Andrea</p> <p>Learn some basics of cooking and baking such as measuring ingredients and using an oven & stove top safely. Members will leave this program with the knowledge of how to make some simple recipes for future use.</p>
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RED POD SPECIAL PROGRAMS:

<p>Dodgeball Club Mondays & Wednesdays 5:15-6:00 PM Lead Staff: Elie</p> <p>Members will earn & play a variety of dodgeball games to get their heart rates up all while learning about sportsmanship and having tons of fun!</p>	<p>Cooking Club Friday 5:15-6:00 PM Lead Staff: Elie</p> <p>Learn some basics of cooking and baking such as measuring ingredients and using an oven & stove top safely. Members will leave this program with the knowledge of how to make some simple recipes for future use.</p>
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THE PROJECT SCHOOL SPECIAL PROGRAMS:

<p style="text-align: center;">Skateboarding Wednesdays 5:15-6:00 PM Lead Staff: Kate</p> <p>Members will learn the basics of skateboarding safety, skill and maintenance. Members will be provided with skateboards and helmets to use during this program.</p>	<p style="text-align: center;">Cooking Club Mondays 5:15-6:00 PM Lead Staff: Phil</p> <p>Learn some basics of cooking and baking such as measuring ingredients and using an oven & stove top safely. Members will leave this program with the knowledge of how to make some simple recipes for future use.</p>
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REMIND APP INFORMATION:

The Lincoln Street Club uses the Remind App for all drop-off & pick up communications. All members should be dropped off & picked up at the main entrance of The Club. Please follow the instructions below to sign up for this recommended service!

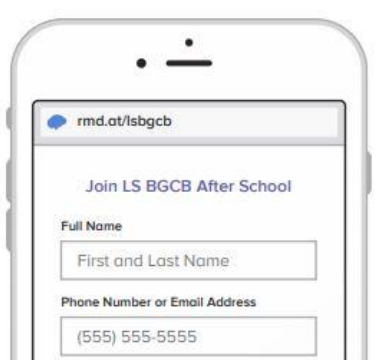
Pick a way to receive messages for LS BGCB After School:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/lsgcb

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.




B If you don't have a smartphone, get text notifications.

Text the message @lsgcb to the number 81010.

If you're having trouble with 81010, try texting @lsgcb to (315) 235-1045.

* Standard text message rates apply.



COVID-19 PRECAUTIONS:

The Club continues to practice safety measures to keep members, staff, and the community safe. Here's what we're doing on a daily basis:

- **Health Screening:** all staff are going through a full health screen before entering the program space. Members are having temperatures checked upon arrival.
- **Hand Washing:** Members and staff are washing their hands on a 45-minute schedule as well as washing hands before and after eating, after being outside, and after using the restroom. Members and staff also have constant access to hand sanitizer in their program spaces.
- **Face masks:** Masks are required at all times for staff, members, and anyone entering the building.
- **Social Distancing:** Members are encouraged to keep six feet apart from others & this is enforced by Club Staff.

- Cleaning: all restrooms are being disinfected between each use. Staff are equipped with cleaning supplies to disinfect all surfaces. A cleaning service cleans The Club each evening as well.

PARENT EMAIL:

If you are currently not receiving the parent email every Tuesday, but would like to, please email Rachel at rdobias@bgcbloomington.org to be added to the list. These emails include important information such as break days, summer programming, break day sign-ups, program highlights & community resources.