



BOYS & GIRLS CLUBS
OF BLOOMINGTON



Ferguson Cresmont

PROGRAM GUIDE





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OF BLOOMINGTON

Ferguson Crestmont Unit
Fall Program Guide

September 12 – November 18, 2022

Dear Club Members and Families,

We are excited to present the Ferguson Crestmont fall program guide! This season we are excited to apply new skills and learn even more about how to be Caring, Productive, Responsible, Respectful, and Safe.

Please use this guide to help inform your member(s) about what to expect while at the Club this fall. The Club has so many options and your child may not be familiar with all of them! The back page has the afternoon schedule, so you can easily check the best pick-up time for your child.

Programs are subject to change or cancel due to staffing or low attendance and parents will be notified by email. Please feel free to contact us with any questions or concerns.



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IMPORTANT DATES

- August 8** First Day of Afterschool
- September 5** CLUB CLOSED: Labor Day
- September 23** IN-SERVICE: Close at 5
- October 6** CLUB CLOSED: Boys to Men Event
- October 13 - 14** Fall Break Camp (Registration opens Sept. 15)
- Friday, October 28** CLUB CLOSED: Community Halloween Event
- November 21 - 22** Thanksgiving Break Camp
- December 19 - 22** Winter Break Camp
- December 23 - January 2** CLUB CLOSED: Winter Shutdown

PARENT COMMUNICATION

Parent Email: If you are currently not receiving the parent email each week, but would like to please email our Membership Desk Coordinator at fcdesk@bgcbloomington.org to be added to the email list. These emails include important information such as programming reminders, program highlights, and community resources.

Parent/Guardian Facebook Group: Join our Facebook group to see the latest activities at the Club and for quick updates! Search for "Ferguson Crestmont Club" in FB groups or visit: www.facebook.com/groups/fergusoncrestmontclub

Like us on:



AFTER-SCHOOL PROGRAM (3:00 - 7:00 PM)

BGCB's afterschool program provides enrichment and support to students after school. Transportation is provided by MCCSC for Fairview, Arlington, Marlin, Tri-North and Bloomington North. Activities are split into three ages groups: Kindergarten through third grade (K-3), fourth through sixth (4-6) and teens (7-12).

Time	Activites	
3:30 - 4:45 PM	Snack & Community Time	Members will receive a daily snack provided by Community Kitchen.
4:45 - 5:30 PM	Power Hour	Our Clubs help kids reach their greatest potential by offering tutoring, homework help, plus access to academic enrichment and college/career-readiness programs.
5:30 - 6:30 PM	Program Rotation	Program Rotations include a mix of interest- and needs-based Special Programs and High-Yield Activities to help youth achieve Academic Success, Good Character and Citizenship, and Healthy Lifestyles outcomes.
6:30 - 7 PM	Free Play / Closing Procedures	Members will have free play options and participate in Club closing procedures.

BREAK DAY CAMP (7:30 AM- 12 PM)/DROP-IN HOURS (12 - 6 PM)

Break Camps are offered on school breaks, outside of major holidays. Please see our annual calendar to plan for Break Day Camp participation. Break Camp are provided for an additional fee (\$20 per day) and run from 7:30 AM - 12 PM. Registration for Break Camp guarentees your child's placement in the Drop-In portion of the day. Drop-In hours are provided to members at no additional cost and run from 12 - 6 PM. *Please note that Drop-In access is not guaranteed, even to members registered for the Drop-In program. The Club will communicate access individually as capacity allows. Registration will be posted on MyClubHub a month in advance. Scholarships*

Time		Activites
7:30 - 9 AM	Break Day Camp (Registration & Separate Fee Required)	Drop-Off/Free Play Activities Breakfast provided by Community Kitchen until 9 a.m.
9 AM - 12 PM		Announcements & In-Club or field trip Activities
12 - 1 PM	Drop-In Hours (Included with Membership)	Lunch provided by Community Kitchen
1 - 5 PM		Special Programs & In-Club Drop-In Options
5 - 6 PM		Afternoon Stations/Pick-Up

HIGH-YIELD ACTIVITIES

High-Yield Activities provide youth with enjoyable experiences that are hands-on, interactive, intentionally develop critical thinking or other skills, and help them achieve positive outcomes in our three priority outcome areas: Healthy Lifestyles, Academic Success and Good Character & Leadership. High-Yield Activities appeal to young people's interests and their desire to play, and can even include some friendly competition. These activities remove the division between learning and playing. Most importantly, they are fun! Activities may include:

- Structured and free play activities in our five core program areas: Education, the Arts, Health & Wellness, Sports & Recreation, and Service & Leadership
- Dances, guest speakers, and special events
- On-the-spot fun, games, contests, or stunts

SPECIAL PROGRAMS

Special Programs are consistent, progressive activities meant to build on each week's learning. Descriptions are listed on the next few pages. Spots will be given on a first-come, first-served basis with priority given to pre-registered members (if applicable). Regular and consistent attendance is highly encouraged for these programs (and sometimes required to participate) so that all members may have a high-quality experience and get the most out of programming.

We may require registration if the program is particularly popular, requires fieldtrip(s), involves higher risk (i.e. skateboarding, biking programs, etc.), or covers sensitive topics (i.e. drug prevention, child safety, etc). Community Partner programs may require additional forms to participate. Speak with your child about special program options and register on the MyClubHub parent portal if applicable.

If there are non-registration programs that are regularly waitlisting members, we will open registration and prioritize consistent attendees.

Register here:



Some programs require registration online at our parent portal:

bgcbloomington.force.com





K-3RD SPECIAL PROGRAMS

EDUCATION

****Registration Required****

Reading Buddies

Mondays 4:45–5:30 PM

In this program, members are matched up with a buddy to read with weekly during Power Hour. Consistent attendance is required for this program, as volunteers will be specifically matched with your child. Members NOT consistently attending on their sign-up days will be removed.

THE ARTS

****Registration Required****

Ceramics

Mondays 5:30–6:30 PM

This program will introduce students to build with clay. Emphasis will be placed on the design elements: line, shape, texture, and color. Focus will be on the hand building techniques: pinch, coil and slabs. Functional as well as sculptural applications will be explored.

EDUCATION

Castle Masters

Mondays & Wednesdays (Free Play Monday - Thursday) 5:30–6:30 PM

Who will be the next Crestmont Castlemaster? It could be you! Castle Masters will be a combination of chess mini-lessons, tips & tricks, and various chess themed games to teach members how to become a master of the pawns.

SPORTS & REC

Flag Football

Mondays 5:30–6:30 PM

The NFL's flag football program offers members the fun and excitement of fast-paced football in a non-contact environment. Kids not only have a blast practicing and playing the game, but they learn valuable lessons in sportsmanship, teamwork, discipline, and commitment.

HEALTH & WELLNESS

****Registration Required****

Garden Club: Learn, Grow, Eat, & Go!

Tuesday 4:45–5:30 PM

This Junior Master Gardener (JMG) program engages children in “hands-on” group and individual learning experiences that promote a love of gardening, develop an appreciation for the environment, and cultivate the mind. JMG encourages youths to be of service to others through service learning, and leadership development projects and rewards them with certification.

HEALTH & WELLNESS

GOAL U

Tuesdays 4:45–5:30 PM

Goal U, in partnership with IU Health Nursin School, encourages healthy lifestyles for children and their families through nutrition, behavior and physical activity education. Members will learn about a new nutrition topic and a new physical activity topic and participate in virtual demonstrations, activities, and games that reinforce lesson concepts and provide lots of opportunity for physical activity.

HEALTH & WELLNESS

First Tee Golf

Tuesday 5:30–6:30 PM

First Tee is a youth development organization introducing the game of golf. This program helps young people by reinforcing values like integrity, respect, and perseverance through the game of golf. Participants (ages 7-18) progress through the program over time, deepening their understanding of life skills and golf development. By seamlessly integrating the game of golf with character-building, First Tee creates learning experiences that help kids uncover their inner strength, self-confidence, and resilience that they can carry to everything they do.

THE ARTS

Astounding Artists

Wednesdays 4:45–5:30 PM

In this program members will be able to explore different famous artists and recreate the works with their own personal twists. Members will learn different types of arts along with being able to create a portfolio for an end of session arts showcase.

HEALTH & WELLNESS

****Registration Required****

Cooking Club

Wednesdays 5:30–6:30 PM

Learn how to safely prepare food that is healthy and delicious while exploring cuisines from around the world.

HEALTH & WELLNESS

Mindfulness

Thursdays 4:45–5:30 PM

This program will explore the human brain and easy strategies for helping members focus their attention, improve their self-regulation skills, build resilience to stress, and develop a positive mind-set in both school and life.



EDUCATION

Jr. Scientist

Thursdays 5:30–6:30 PM

Learn science through fun experiments, games, and projects. This program will cover chemistry, biology, engineering, and physics activities.

SPORTS & RECREATION

Triple Play: Daily Challenges

Thursdays 4:45–5:30 PM

The “Body” component of Triple Play promotes becoming more physically active through a variety of games, cooperative activities, and sports that develop a young person’s ability, confidence and motivation to be physically fit.

SPORTS & REC

****Registration Required****

GRO Skateboarding

Fridays 5:30–6:30 PM

The GRO Skateboarding Program teaches not only the skills of skateboarding, but also the information about the sport, safety, equipment, and etiquette that better empowers riders to succeed.

HEALTH & WELLNESS

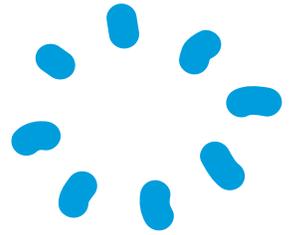
Middle Way Prevention Program

TBD

In Middle Way House’s Elementary Prevention Program, students will play games, read books, complete crafts, and participate in discussions around social-emotional themes such as empathy, compassion, self-care, acceptance, friendship, and boundaries. Practicing these skills at this age helps young people to have healthy relationships throughout their lives!



4TH-6TH SPECIAL PROGRAMS



EDUCATION

****Registration Required****

Lego League Robotics

TBD

FIRST Lego League Robotics is the most accessible, guided, global robotics competition that helping students and teachers build a better future together. The program is built around theme-based challenges to engage children in research, problem solving, coding, and engineering.

THE ARTS

Astounding Artists

Mondays 4:45–5:30 PM

In this program members will be able to explore different famous artists and recreate the works with their own personal twists. Members will learn different types of arts along with being able to create a portfolio for an end of session arts showcase.

HEALTH & WELLNESS

****Registration Required****

Cooking Club

Mondays 5:30–6:30 PM

Learn how to safely prepare food that is healthy and delicious while exploring cuisines from around the world.

SPORTS & RECREATION

****Registration Required****

Club Riders

Mondays 5:30–6:30 PM

Explore the best of Bloomington on two wheels. Etiquette, safety, route planning and bike maintenance are covered through this program. Bikes and helmets provided.

EDUCATION

Castle Masters

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SPORTS & RECREATION

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HEALTH & WELLNESS

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EDUCATION

American Sign Language (ASL) Club

Wednesdays 4:45–5:30 PM

This This program allows members to develop the skills and knowledge needed to communicate in American Sign Language (ASL). Members will learn the alphabet, numbers, family names and more.

EDUCATION

****Registration Required****

Reading Buddies

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EDUCATION

Flag Football

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EDUCATION

Girls Tech Club

Wednesdays 5:30–6:30 PM

Join a safe and supportive environment of peers and role models where girls learn to see themselves as scientists. Members will learn about many different skills in tech, practice teamwork, talk about self esteem, and discuss what the world is like for women in tech.



EDUCATION
MyFuture

Thursdays 4:45–5:30 PM

BGCA provides a digital platform with a bevy of activities students can start at the Club and continue on their own, earning recognition badges along the way! MyFuture provides young people with a safe, fun digital platform they can use to learn, play, and socialize while at the Club.



EDUCATION
GOAL U

Thursdays 4:45–5:30 PM

In this program in partnership with IU Nursing School, the members will learn about a new nutrition topic and a new physical activity topic and participate in virtual demonstrations, activities, and games that reinforce lesson concepts and provide lots of opportunity for physical activity.

EDUCATION
Newspaper Club

Thursdays 5:30–6:30 PM

Members will get the opportunity to explore their interests within media and publication: writing, photography, and drawing. Through Newspaper Club, members will strengthen skills like confidence, leadership, creativity, story telling, and research by collaborating with a team of peers and instructors to publish their very own work to the Ferguson Crestmont Club's brand new newspaper!

****Registration Required****

HEALTH & WELLNESS

Mindfulness

Thursdays 5:30–6:30 PM

This program will explore the human brain and easy strategies for helping members focus their attention, improve their self-regulation skills, build resilience to stress, and develop a positive mind-set in both school and life.

SPORTS & REC ****Registration Required****

GRO Skateboarding

Fridays 5:30–6:30 PM

The GRO Skateboarding Program teaches not only the skills of skateboarding, but also the information about the sport, safety, equipment and etiquette that better empowers riders to succeed.



SERVICE & LEADERSHIP

****Registration Required****

Work-Based Learning: Junior Leaders

Mondays 4:45–5:30 PM

Work-Based Learning: Junior Leaders assists Club members ages 13 to 18 in exploring a career in youth or human services, particularly Boys & Girls Club work. Young people prepare for future roles as human services professionals by participating in career development activities, discovering the importance of community service, building customer service skills and completing a Club apprenticeship.

SERVICE & LEADERSHIP

Money Matters: Make It Count

Mondays 4:45–5:30 PM

Money Matters: Make it Count teaches teens how to set goals, budget, save, and invest. Teens who complete Money Matters will improve their financial management skills, including saving money and sticking to a budget.

HEALTH & WELLNESS

Passport to Manhood

Tuesdays 4:45–5:30 PM

Passport to Manhood represents a targeted effort to engage young men in discussions activities that reinforce positive behavior. Each of the program’s 14 sessions use interactive activities to focus on a specific aspect of character and manhood. It also includes a service project where boys learn the importance of giving back to the community.

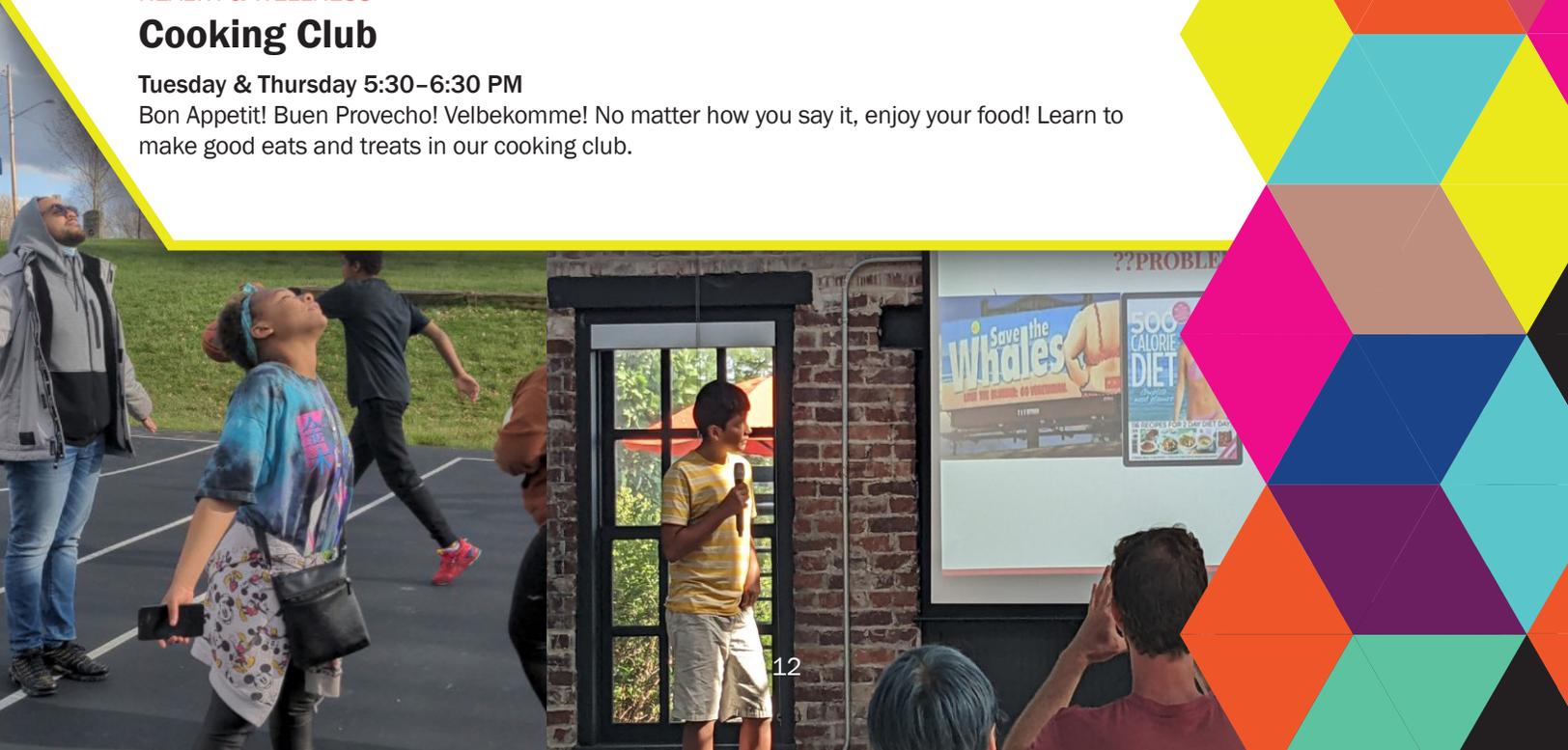


HEALTH & WELLNESS

Cooking Club

Tuesday & Thursday 5:30–6:30 PM

Bon Appetit! Buen Provecho! Velbekomme! No matter how you say it, enjoy your food! Learn to make good eats and treats in our cooking club.





HEALTH & WELLNESS

SMART Girls

Tuesdays 4:45–5:30 PM

This program is a small-group health, fitness, prevention/education and self-esteem enhancement program designed to meet the developmental needs of girls. Club girls explore their own and societal attitudes and values as they build skills.



SERVICE & LEADERSHIP

Torch Club

Wednesdays 4:45–5:30 PM

Torch Club is a “club within the Club,” helping to meet the special character-development needs of younger adolescents at a critical stage in their life. A Torch Club is a powerful vehicle through which young people develop and strengthen their 21st-century leadership skills, giving them a firm foundation of good character and integrity. Torch Club members elect officers and work together to implement projects in the four focus areas: service to Club and community; education; health and fitness; and social recreation.



SERVICE & LEADERSHIP

Youth Of the Year

Wednesdays 4:45–5:30 PM

Youth of the Year is our signature effort to foster a new generation of leaders, fully prepared to live and lead in a diverse, global and integrated world economy. These targeted sessions provide in-depth exploration of essential leadership skills and concepts – Specifically for youth participating in Youth of the Year. Activities focus on four areas: 1) social-emotional development; 2) character and citizenship; 3) social justice; and 4) leadership and service.

SPORTS & REC

eSports

Wednesdays 5:30–6:30 PM

Think you are the best gamer in the club? Esports is allowing kids to connect and compete with other members from other Clubs.

****More high-yield programs for teens listed on back page****

FALL SEASON • September 12–November 18, 2022

K-3RD WEEKLY SPECIAL PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
4:45 - 5:30 PM				
Reading Buddies Castle Masters	Garden Club Goal U	Astounding Artists Castle Masters	Mindfulness Triple Play	
5:30 - 6:30 PM				
Ceramics Flag Football	First Tee	Cooking Club	Jr. Scientist	GRO Skateboarding

4TH-6TH WEEKLY SPECIAL PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
4:45 - 5:30 PM				
Astounding Artists Castle Masters	Triple Play	ASL Club Castle Masters Reading Buddies	MyFuture Goal U	
5:30 - 6:30 PM				
Cooking Club Club Riders	Garden Club	Flag Football Girls Tech Club	Mindfulness	GRO Skateboarding

TEEN WEEKLY SPECIAL PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
4:30 - 5:30 PM				
Junior Leaders Money Matters Castle Masters	Keystone Torch Club	Youth of the Year STEAM Club Castle Masters	Passport to Manhood SMART Girls	
5:30 - 6:30 PM				
Walking Club Coding Club	Cooking Club Art Club	eSports	Cooking Club Art Club WFHB	

