Boys & Girls Club of Greater Lynchburg  
2020-2021 PROGRAMS

POWER HOUR: Homework Help and Tutoring (youth members ages 6-12)
We offer homework help and tutoring five to six hours weekly. This enables Club members to develop the daily habit of completing homework and preparing for class in a safe, quiet, allocated space with staff and volunteer encouragement and assistance. We use POWER HOUR, a homework helps and tutoring program developed by Boys & Girls Clubs of America, to help our members complete their daily school assignments. Club professionals, volunteers or even older Club members assist younger members.

Waggin’ Tails Reading Program (youth members ages 6-12)
Waggin’ Tail is a unique program that uses dogs as a tool to help Club members improve their reading ability and increase comprehension ability. Children are reading not to just any dog, but a registered therapy dog. These dogs are trained and volunteer with their handlers as a team. They are ideal reading companions, who listen attentively and are less intimidating than their peers. The petting and other loving interactions between the child and dog as they share a story are an additional therapeutic benefit. The personal, one-on-one attention that these children experience reading to the trained therapy dogs has increased their reading confidence which, statistics show, will carry over into the classroom.

SMART Moves (all members ages 6-18)
The SMART Moves (Skills Mastery and Resistance Training) prevention/education program addresses problems such as drug and alcohol use and premature sexual activity. In today’s world, there are numerous prevention programs, many of which fail to truly educate our youth in practical ways to turn away from harmful situations. The SMART Moves program uses a team approach involving Club staff, peer leaders, parents, and community representatives. The goal of this program is to promote abstinence from substance abuse and adolescent sexual involvement through the practice of responsible behavior.

PROJECT LEARN: High-Yield Learning Activities (all members ages 6-18)
High yield learning activities (HYLAs) help young people see the practical application of lessons taught in the classroom. HYLAs also help them to plan self-directed learning enrichment. Members are encouraged to make positive and productive choices regarding how they spend their leisure time at the Club. Whether through library books and leisure reading, spending time with a mentor, career exploration, participating in "teen summit" discussions on current events and local issues, or participating in various community service projects, Club members have a wide variety opportunities to expand their skills and knowledge. The result of these HYLAs is that the Club becomes a learning center.

CareerLaunch (Teen Members)
CareerLaunch is BGCA’s job-readiness and career preparation program for teens. It provides fun and interactive activities for youth ages 13 to 18 to explore a broad range of career areas, match their interest to career clusters and identify the skills and education needed for their career path. CareerLaunch is designed to support youth in preparing for their first job, internships, summer employment and so much more.
Researchers predict more than two-thirds of future jobs will require at least some level of postsecondary education. Yet only 50 percent of current high school students feel their school has helped them to develop the skills and knowledge needed for success in postsecondary education. As a targeted program for Academic Success, Diplomas to Degrees (d2D) helps teen Club members overcome this college readiness gap by preparing them to succeed as they pursue post-secondary credentials for the modern workforce.

Keystone Clubs (teen members)
Keystone Clubs are chartered small group leadership development clubs for young people ages 14 to 18. Keystoneers elect officers, choose their own activities and plan and implement community service projects. A national charter entitles a Keystone Club to participate in regional and national Keystone conferences.

Youth of the Year (teen members)
Sponsored by The Reader's Digest Foundation, the National Youth of the Year Program is designed to promote and recognize service to Club and community, academic performance and contributions to family and spiritual life. Competition begins with each Club selecting a Youth of the Year who receives a certificate and medallion then enters state competition. State winners receive a plaque and $1,000 scholarship then enter the regional competition. Each of the five regional winners receives a $10,000 scholarship and enters the national competition held in Washington, DC.

TRIPLE PLAY: Daily Recreation and Leagues (all members ages 6-18)
Each day, the Club offers recreational style games in additional to several leagues (IE dodgeball, kickball, basketball, floor hockey, soccer, 4 square, etc). Opportunities such as these help members to learn sportsmanship and fair play while participating in clean, safe fun. Competition leagues are one of the activities with the highest participation rate.

Triple Play: Daily Challenges (all members ages 6-18)
Members participate in a daily challenge which teaches them how to make better lifestyle choices and improve their health. Triple Play increases daily physical activity teaches good nutrition and helps to develop healthy relationships.

Arts & Crafts (all members ages 6-18)
Our members participate in numerous arts and crafts activities on a weekly basis. Origami is taught at the club weekly. Members have recently begun learning to sew.

Master Gardeners (all members ages 6-18)
Gardening provides different forms of engagement for children, including planting, and maintaining gardens; harvesting, preparing, and sharing food; working cooperatively in groups; learning about science and nutrition; and creating art and stories inspired by gardens. Annually, the Club’s garden produces over 1000 pounds of produce for Club members to take home and share with their families.

Collaborations (all members ages 6-18)
The key to the Boys & Girls Club of Greater Lynchburg’s success is rooted in our collaborations. We use the opportunities and professional support of community leaders to bring learning into everything we do. In nearly five years, we have collaborated with 65 community organizations including: Big Brothers & Big Sisters, YMCA, Parks & Recreation, ArtZone, Master Gardeners, Lynchburg Hillcats,
River Ridge Mall, Taco Bell, YWCA, Girls Scouts, Lynch’s Landing, Amazement Square, Genworth Financial, Dance Theater of Lynchburg, Woodman of the World, CHUMS, Jubilee Family Services, Presbyterian Homes, Sylvan Learning Center, Commonwealth Attorney’s Office and the Police Department. Our philosophy is that we can do it better if we work together.

The Boys & Girls Club of Greater Lynchburg also provides programming in the arts, nutrition, and sports and fitness. These programs, like all programs offered through the Club, are open to all members, ages 6-18. Clubs vary their schedules to engage the largest number of members in the greatest variety of enhancement opportunities. The result is that the total Club becomes a learning center. Members use math skills in the gymnasium for score keeping, in the kitchen for cooking, in the art room for measuring, etc. They practice literacy skills by reading rules to a new game, writing an article in the Club newsletter, or writing poetry for the bulletin board. Learning becomes synonymous with Club activities and Club members cannot wait to be a part of the fun!