

What do we do at Boys & Girls Clubs?

We focus on three areas of programming: Academic success, character building & citizenship programs, and healthy lifestyles.



Power Hour (daily)

This program helps club members develop behavioral and social skills through homework completion, tutoring and high yield learning activities. Activities may include reading, writing exercises or skills practice worksheets.

STEAM (2-3 times a week)

These are activities that are science, technology, engineering, art and mathematics based. Activities may include science experiments, cooking, crafts, team building activities etc.

Triple Play (every day)

This program's focus is on physical exercise with a desire to help students build their individual desire to stay active! Activities may include organized group games, free play, team competitions etc.

SMART Moves (2 times a week, fall)

SMART Moves stands for Skills Mastery & Resilience Training. The focus of this program is making healthy decisions by building social-emotional skills. Module subjects include emotional wellness, substance use and building healthy relationships.

Too Good for Drugs (2 times a week, spring)

This is a 10-lesson substance abuse prevention program with a foundational emphasis on making healthy decisions. Club members work through workbooks while participating in games and discussions on how to make positive choices.

Field Trips, Outreach & Community Service (a few times a year)

These activities include Members taking trips to local attractions, being visited by outside groups or participating in group service activities. Clubs partner and collaborate with many local schools and agencies to achieve a dynamic mix to enhance our programming. Outreach has included Radical Roots Farm's Vine & Fig Program and visits from JMU's STEM club.

Project Learn (every day)

This is our strategy to implement high yield learning activities into club rhythms. The goal is that every activity at Club is a learning experience! Activities may include reading, writing activities, storytelling, discussions, group games etc.