

# Preteen & Teen Center

# JULY CALENDAR

PRETEEN  
Grades 6 - 8  
&  
TEEN  
Grades 9 - 12

## Camps:

School of Rock Camp:  
July 10 - 14

Teen Adventure Camp:  
July 17 - 21

## Note:

Offered Daily: 60 min.  
of physical fitness &  
homework help

All volunteer  
opportunities, personal  
development activities,  
physical fitness &  
exploration activities  
can be logged for  
congressional  
award hours

\* = Must register at  
the Teen Center

## Monday (CHARACTER & LEADERSHIP)

July 3 - Closed for AMC Family Day

July 10 - Cooperation Dots Game

July 17 - I am: An Exercise in Positivity

July 24 - BGCA Youth of Unity: Inside & Out... Looking at You

July 31 - Growth Mind-set Activity



## Tuesday (ART)

July 4 - Closed for Independence Day

July 11 - 4H Sketchbook Crossroads: About Faces

July 18 - 4H Sketchbook Crossroads: Sculpting with Cardboard

July 25 - 4H Sketchbook Crossroads: Drawing in the Round

## Wednesday (HEALTH & LIFE SKILLS)

July 5 - Make Your Own Stressball

July 12 - Closed for Silverwood Preteen Field Trip

July 19 - 4H Health Rocks: Be My Hero

July 26 - How to Meal Prep



## Thursday (SPORTS & FITNESS)

July 6 - Human Caterpillar

July 13 - Hungry Human Hippos Game

July 20 - Parent Participation Event: Youth vs. Parents  
Kickball Game, 4 p.m. \*

July 27 - BGCA Triple Play Boot Camp Challenge:  
Crocodile Race



## Friday (CAREER & EDUCATION)

July 7 - BGCA Summer Brain Gain This is Senseless:  
The Nervous System

July 14 - 4H Lego Robotics

July 21 - Closed for Silverwood Field Trip

July 28 - BGCA Summer Brain Gain This is Senseless:  
I've Got a Feeling