

# GREAT FUTURES START **HERE.**



The SMART (Skills Mastery & Resistance Training) Moves program is a nationally acclaimed health and life skills program. The program incorporates the latest information and approaches that BGCA has learned about positive self-esteem, and developing self-confidence and leadership skills.

Participants will be exposed to various activities designed to hone their decision-making and critical-thinking skills, as well as learn how to avoid peer pressure and unhealthy activities. The program is designed to meet the needs of all ages and includes SMART Girls (ages 8-14), SMART Kids (ages 6-9), Start SMART (ages 10-12) and Stay SMART (ages 13-15).

Project Learn's strategy is based on research demonstrating that students do much better in school when they spend their non-school hours engaged in fun, but academically beneficial activities.

## PROJECT LEARN

POWER HOUR, a key component of Project Learn, is an incentive based homework program that encourages good study habits and reinforces the importance of regular academic effort.

CLUB TECH focuses on creating learning opportunities using a variety of software applications in the Club's technology center.

High-yield learning activities happen daily throughout the Club and include leisure reading and writing, discussions with knowledgeable adults, helping others, tutoring and games (such as Scrabble), that develop young people's cognitive skills.



Triple Play is the Club's dynamic health and fitness program. Daily activities help Club members learn how keeping fit and forming positive relationships add up to a healthy lifestyle. The goal of the Triple Play program is to improve knowledge of healthy habits; increase the number of hours per day Club members participate in physical activities; and strengthen their ability to interact positively with others. Regular attendance, effort and improvement are rewarded with progress charts and incentives.



Sandlot Sports and Games are the Boys & Girls Clubs answer to today's over-structured and over-scheduled athlete.

Members enjoy the camaraderie of their peer's during supervised games, while building good sportsmanship skills and self-confidence.

Sandlot Sports and Games include: floor hockey, flag football, indoor soccer, basketball, capture the flag, dodgeball, rugby, kickball and more!



## NATIONAL fine arts exhibit

The Club's Art program provides daily opportunities to all members to express their creativity, discover their artistic abilities and build self-esteem. Our staff is a resource for Club members for school work and projects.

The National Fine Arts Exhibit promotes artistic expression through drawing, painting, collage, printmaking, mixed media and sculpture. Creations from throughout the year are displayed at local and regional exhibits as part of the National Program.



The Torch Club is our leadership and service club for Middle School Club members. It focuses on character development, community service and social skills in a fun and creative environment. Torch Club is a powerful vehicle that helps meet the special needs of 6th - 8th grade members at a critical stage in their lives.

Torch Club members learn to work together to plan and implement activities in four areas: service to Club and community, education, health and fitness and social recreation. Torch Club Awards are presented annually to Torch Clubs with outstanding programs and activities in these areas. Torch Club members from all over the country take part in a service-learning experience through the National Torch Club Project.



Keystoning is the Boys & Girls Club Movement's most dynamic teen program. Our Gold Chartered Keystone Club is a High School character, leadership and service club.

Keystoners elect officers and plan and implement their own activities in three focus areas: Academic Success, Community Service and Career Preparation. Our Keystone Club's Outreach Initiative allows members to build relationships with other teens in the Ridgefield community, Connecticut and Nationwide.

Thousands of Keystoners attend annual regional and national conferences. Our Keystoners raise money year-round to send representative to these conferences.



**BOYS & GIRLS CLUB**  
OF RIDGEFIELD

41 GOVERNOR STREET  
RIDGEFIELD, CT 06877  
(203) 438-8821  
WWW.BGCRIDGEFIELD.ORG  
INFO@BGCRIDGEFIELD.ORG

**The mission of the Boys & Girls Club of Ridgefield is to inspire and enable all young people to reach their full potential as caring, productive, and responsible citizens.**

Each day at the Club we provide youth development programming in five core areas: Sports, Fitness and Recreation, the Arts, Education & Career Preparation, Health & Life Skills, and Character & Leadership Development.

Our signature programs: Triple Play, Project Learn, SMART Moves, Torch Club, Fine Arts, Sandlot Sports & Games, and Keystone are outlined on the back of this page. As part of the National Boys & Girls Club movement, we are able to utilize high quality program grounded in years of research. Programming activities are scheduled each day and all Club members are encouraged to participate.

All signature programming is free to all members.

## **Membership Costs:**

### **After School Crew (ASC) Membership**

Membership at this level allows for unlimited visits to the Club. The Club is open daily after school until 6:30 pm. With this membership there are no additional charges to attend the Club during scheduled school closings.

Academic Year ASC Membership rates:

Elementary School: \$500/year

Middle School: \$ 400/year (Includes Torch Club program. Torch Club Program only - \$100)

High School: \$170/year (Includes Keystone Club program. Keystone Club Program only - \$100)

### **General Membership**

Membership at this level allows Club members to purchase 10-visit punch passes to participate in the after school program on a less frequent basis. General members receive member discounts on certain events throughout the year and are also eligible to attend the Club during scheduled school closings for a \$30 fee.

Academic Year General Membership rate:

All grade levels: \$50/year

10-visit punch pass: \$100/pass

### **Transportation to the Club:**

Walkers: East Ridge Middle School and Veterans Park (accompanied by Club staff)

Boys & Girls Club Bus: Scotts Ridge Middle School and Scotland Elementary School

Ridgefield School Bus: St. Mary's, Ridgebury, Branchville, Barlow Mountain, Farmingville

### **Registration:**

Registration is available online at [www.bgcridgefield.org](http://www.bgcridgefield.org)

Register in person at the Club from 10am-6pm, Monday - Friday

Register over the phone with Gerry at (203) 438-8821 ext 16