

School: Albert Hill Middle School

2023 Spring Session - Schedule of Programs

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Check-in, Announcements, and Super-Snack (3:15 – 3:45)</b>					
<b>Block 1 3:45 - 4:45</b>	Outdoor Adventure Club		Edible Schoolyard	Business Builders	Edible Schoolyard
	Jewelry & Accessory Making		MasterChef	Outdoor Adventure Club	Girls On the Run
	Flag Football: Leadership Development		Girls On the Run	Drone Piloting	Simple Strength
			Precision Step Team		
<b>Snack (4:45 -5:00)</b>					
		5:00 Dismissal	5:00 Dismissal	5:00 Dismissal	5:00 Dismissal
<b>Block 2 5:00 – 6:00</b>	Outdoor Adventure Club		The R.O.P.E.S.	Outdoor Adventure Club	Give + Take: Nature Based Art
	Flag Football: Leadership Development		Precision Step Team	Business Builders	Simple Strength
	Immersion Lab		Pro Skills Basketball	Immersion Lab	Pro Skills Basketball
<b>6:00 Dismissal</b>					

## DESCRIPTIONS BELOW

<b>Program</b>	<b>Organization Name</b>	<b>Description</b>
Business Builders	<b>Founders Mark, LLC</b>	Are you ready to make your dreams a reality? Come learn how to develop new skills by building your very own business where you can go from an idea to making money before the end of the year!
Drone Piloting	<b>The Men of Barton Heights</b>	Learn how to code and fly a drone!
Edible Schoolyard	<b>Greater Richmond Fit4Kids</b>	Join us as we transform the school's outdoor space into a tasty garden where you will learn to dig it, grow it, and eat it! Learn all the steps to creating and maintaining a bountiful garden, then learn how to turn plants into tasty dishes. Lots of tasting and eating in this program!
Flag Football: Leadership Development	<b>Ambassadors Of Virginia</b>	Students improve athletic ability learning and practicing basic skills flag football. Students develop gross motor skills such as balance, coordination, and equipment/ball control.
Girls On the Run	<b>Girls on the Run</b>	See how far your body can take you by joining the run club! As you build your endurance and push yourself past your limits, you will be training to participate in a local race. All abilities and experience levels are welcome!
Give + Take: Nature Based Art	<b>Open Space Education</b>	We'll take resources from nature to create art in the great outdoors, while thinking of ways to give back to nature through collaboration and art. Go on urban hikes in the neighborhood surrounding school to explore and collect materials for projects including making your own art supplies, like paint, paintbrushes, and paper from natural materials, as well as re-imagining your school's green space.
Immersion Lab	<b>Girls For A Change</b>	Join the Girls For A Change Immersion Lab to learn business basics from successful professional entrepreneurs by creating your own product and an app. Showcase your leadership, workforce readiness, science and tech skills at program conclusion in a Business Fair where you can win iPads, iPhone, one-on-one sessions with entrepreneurs, opportunities to travel to businesses, attendance at conferences and workshops, access to resources and additional curriculum and participation in the Black Girl Showcase (Each girl who completes the program is eligible for a Camp Diva Scholarship).
Jewelry and Accessory Making	<b>Sew What Kidz</b>	You will be able to explore your creativity by making jewelry and accessories from conventional and unconventional materials. You will explore different techniques on how to make items like pouches, earrings, wallets, and more!
MasterChef	<b>Victoria's Kitchen</b>	Our MasterChef's will learn to create delicious appetizers, meals, side dishes and desserts – as well as the history behind the cuisines.

Outdoor Adventure Club	<b>Blue Sky Fund</b>	Join the Blue-Sky Fund Outdoor Adventure Club for exciting activities including canoeing, rock climbing, hiking, and more! Every meeting, we'll venture out into parks and explore the natural environment in and around Richmond, while practicing our outdoor skills, ending the session with an overnight weekend camping trip!
Precision Step Team	<b>Precision RVA Incorporated</b>	Precision Step Teams is a performance group using body percussion and modern dance movements. The program will help develop social emotional learning, personal, life, and leadership skills while offering mentorship, travel, and performance opportunities, in a fun atmosphere.
Pro Skills Basketball	<b>Pro Skills Richmond</b>	Pro Skills Richmond is dedicated to teaching the skills you need to play basketball! While providing a fun and safe environment to do so!
Simple Strength	<b>The Live Red Foundation</b>	The Live Red strength and conditioning program is an opportunity to increase your fitness while exploring skill sets for achieving goals in sport and in life. Our virtual programming maintains focus on high intensity interval training, strength, and flexibility while our in person programming focuses more heavily on agility, endurance, and coordination.
The R.O.P.E.S.	<b>Trinity Village Center</b>	On the road to success, how do you find your way? "The R.O.P.E.S" is a rite of passage program based on the concept of life transitions, that seeks to develop successive generations of youth who understand their identity; purpose; and direction for a successful life as a family member, worker, community member, and productive citizen.