



Rank your top three choices in the grey boxes, 1 being most desired, 3 being least desired; You must attend classes that meet more than once a week.

List your top three career goals _____, _____ and _____.

THURSDAY		MONDAY		TUESDAY		WEDNESDAY	
Check-in, Announcements, and Super-Snack (3:15 – 3:45)							
Block 1 3:45 - 4:45	Game on, Girl!		Flag Football		Game on, Girl!		Gaming/E-sports
	Edible Schoolyard		Money Market		Edible Schoolyard		KICDRUM
	Culinary Arts		Spin Academy		Drone Piloting		Precision Step Team (1 st and 2 nd Block)
	Henderson On the Run		The Nail Room		Henderson On the Run		Groundwork RVA (1 st and 2 nd Block)
	Outdoor Adventure Club (1 st and 2 nd Block)				Outdoor Adventure Club (1 st and 2 nd Block)		Nurturing Minds (1 st and 2 nd Block)
							Yoga and Mindfulness
Snack (4:45 -5:00)							
_____ 5:00 Dismissal (Put a check mark if you will be leaving at this time, do not select Block 2 classes)							
Rank your top three choices in the grey boxes, 1 being most desired, 3 being least desired; You must attend classes that meet more than once a week.							
Block 2	Cheer University		SpaPreneurs		Empowered To Jump		Sports Max
	Cory Alexander Basketball		Flag Football (1 st and 2 nd Block)		Cory Alexander Basketball		Precision Step Team (1 st and 2 nd Block)

5:00 – 6:30	MasterChef		Videography and Photography		Outdoor Adventure Club (1st and 2nd Block)		Airbrush	
	Outdoor Adventure Club (1st and 2nd Block)				Braid it Up!		Nurturing Minds (1st and 2nd Block)	
							Groundwork RVA (1st and 2nd Block)	
_____ 6:30 Dismissal (Put a check mark if you will be leaving at this time)								

Program	Career Cluster	Description
Airbrush	Arts, Audio/Visual Technology and Communications	Teaching the skill and artistic development of airbrushing. Teaching the entrepreneurial mindset.
Braid It Up	Human Services	Are you ready to Braid It Up? Learn basic to intermediate hair braiding, to include cornrows and latest trends.
Broken Men Foundation Youth Academy	Education and Training	We will provide tutoring to enhance academic performance, trauma, gun prevention, life skill building, mentoring, college tours and more. Give them emotional support our young men desperately need to overcome some of their past obstacles, empower them to be more productive citizens and leaders with a family support system.
Cheer University	Arts, Audio/Visual Technology and Communications	Cheer University is a cheer training program that focuses on Stomp-N-Shake style of cheerleading (traditional style is taught as well). We use cheer as a vehicle to teach superior skill as well as life skills, positive modeling and health self-esteem building.
Chess	Education and Training	Learn how to play chess or become a better player

Cory Alexander Basketball	Arts, Audio/Visual Technology and Communications	Cory Alexander Basketball School's program is designed to provide a safe, effective, challenging, and fun environment to help students improve skill level, build confidence and self-esteem, develop focus and a love for sports. Our program will target middle school students, who often struggle to find meaningful and structured activities outside of the classroom.
Drone Piloting	Transportation, Distribution and Logistics	Teaching Drone Piloting, videography and photography.
Edible Schoolyard	Agriculture	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!
Empowered To Jump	Arts, Audio/Visual Technology and Communications	Have fun, learn cool tricks and show us your moves in our double-dutch ropes. No experience needed, we'll teach you how to jump.
Everything STEM	Science, Technology, Engineering and Mathematics	Science, Technology, Engineering and Math (STEM) are a part of your life even if you don't notice it! Explore everything from cooking, sports, and animals to Netflix, TikTok and more!
Flag Football: Leadership Development	Arts, Audio/Visual Technology and Communications	Moving up the developmental ladder, we have our 7 v 7 format with rule modifications and increased play complexity making it a program for all ages. Played within a 30 x 70 yd field with enhanced safety features like no-run zones, players will experience incremental skill development both focused on the individual and team dynamics, a deeper understanding of positions and roles, and teamwork
Game On, Girl!	Arts, Audio/Visual Technology and Communications	How does it feel to have the CONFIDENCE to lead an ACTIVE and HEALTHY lifestyle? Come find out at Game On, Girl where you will work with empowered women to play a variety of fun games and sports in a girl-centered space where students of all abilities are welcome!
Gaming/E-Sports	Arts, Audio/Visual Technology and Communications	This introductory course provides students a digital framework

Groundwork RVA	Transportation, Distribution and Logistics	This is a 10 week bike mechanics class that gives students an opportunity to pick a bike of their choice to fully deconstruct, paint, and rebuild. They will also have the opportunity to participant in a bike trip riding their very own bike.
Healing Horses	Agriculture	Learn basic horsemanship skills that include how to groom, read horse behaviors and practicing ground training. This is an observe and practice program with hands on horse activity.
Henderson On the Run	Arts, Audio/Visual Technology and Communications	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!
KICDRUM	Arts, Audio/Visual Technology and Communications	KICDRUM is a fun and interactive musical experience. You will learn to create rhythms and music using individual drums, computers, and games.
Money Market	Finance	We teach financial literacy by giving the students experience in money management and decision making. We cover budgeting, saving, stocks, bonds and real estate.
Outdoor Adventure Club	Science, Technology, Engineering and Mathematics	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!
SpaPreneurs	Human Services	Participants will create luxurious spa products including body butters, candles, soaps and more! Using only natural and wholesome ingredients. Students will also learn how to label, market and develop their signature products.
Spin Academy/Lyrical Miracle	Arts, Audio/Visual Technology and Communications	Teaching the stem techniques with DJing along with entrepreneurial and confidence building
Sports Max	Arts, Audio/Visual Technology and Communications	The Virginia University Preparatory offers comprehensive online career pathways that integrate business, engineering, and sports into practical projects. Students oversee athletic competitions, promote athletic events, create podcasts and broadcasts for those events, assess athletic programs, and help athletes create academic progression plans.

The Nail Room	Human Services	A nail tech will help you develop the skills to design and make nails.
Videography and Photography	Arts, Audio/Visual Technology and Communications	Students will learn firsthand on the elements of 4k recording and photography
Yoga and Mindfulness	Human Services	In Yoga & Mindfulness, we will explore our physical, mental, emotional, energetic and joy layers through movement, creative projects and discussions. Students will learn how to use their breath as a tool, express themselves creatively, and manage stress and emotions with ease and joy.