



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 \_\_\_\_\_.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Check-in, Announcements, and Super-Snack (3:15 – 3:45)</b>				
<b>Block 1 3:45 - 4:45</b>	The R.O.P.E.S.	Edible Schoolyard	Drone Piloting	Edible Schoolyard
	Outdoor Adventure Club (1 <sup>st</sup> and 2 <sup>nd</sup> Block)	Culinary Arts	MasterChef	Musical at Hill
	IPlant	Extreme Engineering	Outdoor Adventure Club (1st and 2nd Block)	Flag Football & Leadership Development (1 <sup>st</sup> and 2 <sup>nd</sup> Block)
	Nurturing Cafe' (1 <sup>st</sup> and 2 <sup>nd</sup> Block)			Girls in Gear
<b>Snack (4:45 -5:00)</b>				

<b>___ 5:00 Dismissal (Put a check mark if you will be leaving at this time, do not select Block 2 classes)</b>								
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.								
<b>Block 2 5:00 – 6:30</b>	<b>Outdoor Adventure Club (1<sup>st</sup> and 2<sup>nd</sup> Block)</b>		<b>Chess</b>		<b>Outdoor Adventure Club (1<sup>st</sup> and 2<sup>nd</sup> Block)</b>		<b>Flag Football &amp; Leadership Development (1<sup>st</sup> and 2<sup>nd</sup> Block)</b>	
	<b>Cory Alexander Basketball School</b>		<b>Jewelry and Accessory Making</b>		<b>Cory Alexander Basketball School</b>		<b>Simple Strength</b>	
	<b>Nurturing Cafe' (1<sup>st</sup> and 2<sup>nd</sup> Block)</b>							
<b>___ 6:30 Dismissal (Put a check mark if you will be leaving at this time)</b>								

<b>Program</b>	<b>Career Cluster</b>	<b>Description</b>
<b>Chess</b>	<b>Education and Training</b>	Learn how to play chess or become a better player.
<b>Cory Alexander Basketball School</b>	<b>Arts, Audio/Visual Technology and Communications</b>	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.
<b>Culinary Arts Program</b>	<b>Agriculture</b>	We help students embark on culinary journey through from scratch cooking.
<b>Drone Piloting</b>	<b>Transportation, Distribution and Logistics</b>	Teaching Drone Piloting, videography, and photography.
<b>Edible Schoolyard</b>	<b>Agriculture</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!
<b>Extreme Engineering</b>	<b>Science, Technology, Engineering and Mathematics</b>	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.
<b>Flag Football &amp; Leadership Development</b>	<b>Arts, Audio/Visual Technology and Communications</b>	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
<b>Girls in Gear</b>	<b>Arts, Audio/Visual Technology and Communications</b>	At Girls in Gear, we teach life skills through bike skills to help riders build confidence on and off their bikes. Our program introduces participants to the joys of safe biking while creating a supportive environment that fosters personal growth.
<b>IPlant</b>	<b>Agriculture</b>	Learn to plant and grow your own herbs! Veggies tales and plants. Get your green thumb!
<b>Jewelry and Accessory Making</b>	<b>Architecture and Construction</b>	You can explore your creativity by making jewelry and accessories from conventional and unconventional materials. You will explore different techniques for making items like pouches, earrings, wallets, and more!
<b>MasterChef</b>	<b>Agriculture</b>	Like to cook, bake or want to learn how to make some awesome dishes? Learn how to make meals, desserts & all about kitchen safety!
<b>Musical at Hill</b>	<b>Arts, Audio/Visual Technology and Communications</b>	School musical, theatrical production

<b>Nurturing Café</b>	<b>Human Services</b>	Providing a real life experience to enhance emotional management and career goals.
<b>Outdoor Adventure Club</b>	<b>Science, Technology, Engineering and Mathematics</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!
<b>Simple Strength</b>	<b>Arts, Audio/Visual Technology and Communications</b>	Live Reds (simple strength) fitness program focuses on improving children's lives through 8 core life skills which we teach through high energy activities. Live Red Foundation (simple strength) hopes to bring fun new ways to be active and motivate students to achieve their goals through fun play and fitness.
<b>The R.O.P.E.S.</b>	<b>Human Services</b>	The R.O.P.E.S. (Rites of Passage: The Experience Series) is a program for youth on their journey through life that explores decision making, goal setting, healthy relationships, navigating the community and