



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>	Girls on the Run Heart/Soul	Edible Schoolyard	Brown On The Run	Culinary Arts
	Game on Girl	Outdoor Adventure Club (1 <sup>st</sup> and 2 <sup>nd</sup> Block)	Money Market	Outdoor Adventure Club (1 <sup>st</sup> and 2 <sup>nd</sup> Block)
	Refashion the Fashion	Youth Braid and Business Academy	Game On, Girl!	SportsMax
	ADVENTURE SPORTS BROADCASTING (Soccer)	SportsMax	Boys & Girls Club (1 <sup>st</sup> and 2 <sup>nd</sup> Block)	The R.O.P.E.S
	Brown On The Run	MasterChef	Girls on the Run Heart/Soul	Edible Schoolyard
	Boys & Girls Club (1 <sup>st</sup> and 2 <sup>nd</sup> Block)		Flag Football: Leadership Development (1 <sup>st</sup> and 2 <sup>nd</sup> Block)	
			ADVENTURE SPORTS BROADCASTING (Soccer)	

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<b>Block 2 5:00 – 6:30</b>	Airbrush		Outdoor Adventure Club (1 <sup>st</sup> and 2 <sup>nd</sup> Block)		The Nail Room		Drone Piloting	
	Boys & Girls Club (1 <sup>st</sup> and 2 <sup>nd</sup> Block)		Cheer University		Cut Above		Outdoor Adventure Club (1 <sup>st</sup> and 2 <sup>nd</sup> Block)	
	Extreme Engineering		Where Law Meets Order		Flag Football: Leadership Development (1 <sup>st</sup> and 2 <sup>nd</sup> Block)		Cory Alexander	
	Spin Academy/Lyrical Miracle		Cory Alexander Basketball		Boys & Girls Club (1 <sup>st</sup> and 2 <sup>nd</sup> Block)			

6:30 Dismissal (Put a check mark if you will be leaving at this time)

<b>Program</b>	<b>Career Cluster</b>	<b>Description</b>
<b>Adventure Sports Broadcasting/Lacrosse</b>	<b>Arts, Audio/Visual Technology and Communications</b>	Prime Evolution Group believes in restoring the entrepreneur business mind set among today's youth in the Richmond area. Our company prides itself on empowering youth to learn and participate in a trade or skill that will enable them to pursue future employment.
<b>Airbrush</b>	<b>Arts, Audio/Visual Technology and Communications</b>	Teaching the skill and artistic development of airbrushing. Teaching the entrepreneurial mindset.
<b>Boys &amp; Girls Club</b>	<b>Arts, Audio/Visual Technology and Communications</b>	Learn leadership skills while playing baseball
<b>Brown on the Run</b>	<b>Arts, Audio/Visual Technology and Communications</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!
<b>Cheer University</b>	<b>Arts, Audio/Visual Technology and Communications</b>	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.
<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>Cut Above</b>	<b>Human Services</b>	Cut Above is a unique program that combines barbering instruction with valuable mentoring for young boys
<b>Drone Piloting</b>	<b>Transportation, Distribution and Logistics</b>	Teaching Drone Piloting, videography and photography.
<b>Extreme Engineering</b>	<b>Science, Technology,</b>	The Virginia University Preparatory offers comprehensive online career pathways that integrate business, engineering, and sports into practical projects. Students oversee athletic

	<b>Engineering and Mathematics</b>	competitions, promote athletic events, create podcasts and broadcasts for those events, assess athletic programs, and help athletes create academic progression plans.
<b>Game On, Girl!</b>	<b>Arts, Audio/Visual Technology and Communications</b>	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!
<b>Girls on the Run Heart/Soul</b>	<b>Arts, Audio/Visual Technology and Communications</b>	Heart & Sole will empower you to tap into your strengths, explore new ideas, make friends and learn new life skills. Every week, we'll run, laugh and learn about what makes each other tick. The program ends with a celebration of how far you've come ... and a 5K that will remind you that you can reach any goal you set your mind to.
<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>Money Market</b>	<b>Finance</b>	We teach financial literacy by giving the students experience in money management and decision making. We cover budgeting, saving, stocks, bonds and real estate.
<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>The Nail Room</b>	<b>Human Services</b>	A nail tech will help you develop the skills to design and make nails.
<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
<b>Refashion the Fashion</b>	<b>Arts, Audio/Visual Technology and Communications</b>	This class is a self-esteem, self-awareness, and moral booster; you will learn to walk and pose like a runway model.
<b>Spin Academy/Lyrical Miracle</b>	<b>Arts, Audio/Visual Technology and Communications</b>	Teaching the stem techniques with DJing along with entrepreneurial and confidence building
<b>Sports Max</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>Where Law Meets Order</b>	<b>Law, Public Safety, Corrections and Security</b>	Have you ever wanted to learn and experience the activities and events that you see on television shows like CSI, and Law and Order? Well come on in and be ready to become the next Crime Scene Investigator!
<b>Youth Braid and Business Academy</b>	<b>Human Services</b>	Youth Braid and Business Academy is an enrichment program that provides hair braiding and entrepreneurship training to youth ages 11-17.