



the

**CLUB**

# @ LOS ALISOS WINTER PROGRAMS 2024

Winter Programs run from 1/22/24—3/22/24 (8-Weeks)



**Power Hour**— Monday -  
Thursday

*Daily homework help and assistance!*

**Walking Club**—Mondays



*Walking club encourages mindfulness and promotes an easy beginner-friendly workout .*

**E-Sports**—Wednesdays @



*Competitive gaming amongst other Club members. Members will develop their critical thinking skills, hand-eye coordination, and learn to manage their emotions while gaming.*



**Sports & Rec** —Thursdays

*Through their minds, bodies, and souls, members learn healthy habits, play and interact in fun and exciting group games.*

**Flavortown**—Fridays



*A non-bake cooking program that will teach members how to be self sufficient. We will be preparing snacks and other foods using a griddle and other non bake methods.*

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