



BOYS & GIRLS CLUBS
OF MERCER COUNTY

Teen Clubs/ Activities and Programs (High School)

Teen Gold members can participate in various **clubs, activities and programs** lead by Club teen staff including homework help, tutoring, SAT Prep, Teen Lounge, Dance Studio, College Access Program, Career Launch, Field Trips and various presentations from community groups.

Weekly schedule and events are posted on the Teen Bulletin Board.

Teen Gold Membership – Just \$35 per month/\$250 annually provides your High School teen with:

- Free Drop-In to over a dozen Teen Clubs/Activities
- College & Career Center, Guest Speakers, and the Teen Lounge
- Access & 50% discounts to Teen Programs: College Access Program & Career Launch
- Free transportation from Trenton, Ewing & Lawrence HS each day after school
- Exclusive Access to Arcade & Gym during specific times
- Nutritious snacks and dinners



| Activity/Club | Activity/Club Details | Club Dates & Frequency |
|-----------------------------|---|--|
| Basketball | A structured playing high school basketball program that will visit various Boys & Girls Clubs in the state to compete. Teens must provide school report cards and be in good academic standing to participate. | Playing all year. Meet daily Traveling/competition: Oct. to Apr. |
| Bloomberg Club | Meets at Bloomberg campus with Bloomberg staff providing teens with social, professional, academic, and community-based activities. | Sept. to June Meets weekly |
| Chess Club | Staff and volunteers help teens develop the skills and social dexterity so important in society. Chess encourages self- assessment, healthy competition and teamwork. | Sept. to June Meets weekly |
| Dance Club | Students work on dance performances with music for Winter & Spring performances. | Sept. to June Meets weekly |
| Entrepreneur Club | Volunteers teach about small business through running a Club sponsored business. Students are then encouraged/mentored to develop their own business plan to present for start-up funding. | Sept. to June Meets weekly |
| Farmer's market | Teens learn about food and nutritional facts through a partnership with the Trenton Farmer's Market. | Sept. to June Meets weekly |
| Healthy Cooking Club | Students learn various recipes each week. Occasional guest chefs will provide the instruction and recipes, as well as field trips to various restaurants/food providers. | Sept. to May Meets weekly |
| IT Club | Teens explore a career in IT repair and support. IT essential skills taught through participation in hands on work on computers. Teens will learn how to diagnosis, repair, and install software on computers. | Jan. to June Meets weekly Sept. to Dec. |



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|---------------------------|--|-------------------------------|
| Karate/Kick Boxing | Structured and progressive skills taught by Princeton Martial Arts Academy. Teens will be able to move up within various skill ranks during the two year period. Progression in ranks also includes being in good academic standing. Kick Boxing will focus on self-defense and building fitness levels of the teens. | Sept. to June Meets weekly |
| Keystone Club | The Midas Keystone Club is the premier leadership and service club for high school students. The Club has annual service projects and student leadership opportunities. The Club meets to plan social events, trips and service projects. The Club hosts and travels to local conferences. Membership in Keystone requires regular attendance, volunteer hours, work on projects, and fundraising to attend conferences and trips. | Sept. to May Meets weekly |
| Leadership Club | The Riggins Coaching Institute facilitates teaching teens about leadership, achieving dreams, and life/career coaching. | Sept. to May Meets weekly |
| Project Alpha | A male mentoring program facilitated by the Zeta Iota Lambda Chapter of Alpha Phi Alpha Fraternity, Inc., works with teen males on strengthening character; career and college exploration as well as personal life skills. The group meets for workshops as well as trips hosted by the fraternity to enhance personal and professional growth and development. | Sept. to May Meets monthly |
| STEM Club | Mad Science of Central New Jersey provide teens with demonstration of various scientific principles. Sporadic guest speakers will present at the Club around STEM related careers. Students will be encouraged to enroll in the Clubs Teen STEM Conference, STEM Academy or IT/Tech Academy program for higher level learning. | Sept. - May Meets monthly |
| Rising Stars | BGCM staff and volunteers mentor BGC Youth. The program helps young teens prepare to be part of the Youth of the Year program that has been the Boys & Girls Clubs of America's premier recognition program, celebrating the extraordinary achievements of Club teens. Club members who earn the Youth of the Year title embody the values of leadership service; academic excellence; and healthy lifestyles. They exemplify the impact Boys & Girls Clubs have on the lives of young people. | Oct. to March Meets weekly |

