

Boys and Girls Clubs of Bellevue Volunteer Activity Description	Time Commitment (weekly? Monthly? One time? And how long each time?)	Background Check Required?	Location (Stevenson, Main Club)	Best for Individuals, groups or both?	Best for one time or ongoing volunteerism?
Power Hour A comprehensive homework help and tutoring program, Power Hour is designed to raise the academic proficiency of Club members ages 6-12.	An hour program that runs Monday thru Thursday.	Yes	Main Club	Individual	ongoing
SMART Moves The SMART Moves (Skills Mastery and Resistance Training) prevention/education program addresses the problems of drug and alcohol use and premature sexual activity. Based on proven techniques, the program uses a team approach involving Club staff, peer leaders, parents and community representatives. More than simply emphasizing a "Say No" message, the program teaches young people ages 6-15 how to say no by involving them in discussion and role-playing, practicing resistance and refusal skills, developing assertiveness, strengthening decision-making skills and analyzing media and peer influence. The ultimate goal: to promote abstinence from substance abuse and adolescent sexual involvement through the practice of responsible behavior.	Various	Yes	Main Club	both	Ongoing
Smart Girls An outgrowth of the popular and effective SMART Moves program, SMART Girls is a health, fitness, prevention/education and self-esteem enhancement program for girls ages 10-15. The program is designed to encourage healthy attitudes and lifestyles that will enable early adolescent girls to develop to their full potential.	Various	Yes	Main Club	both	ongoing
Good Guys Good Guys promotes and teaches responsibility while reinforcing positive behavior in male Club members ages 11 to14. Good	Various	Yes	Main CLub	Both	ongoing

Guys consists of 14 small-group sessions, each of which concentrates on a specific aspect of manhood through highly interactive activities.					
Club Tech Club Tech, developed by Boys & Girls Clubs of America with funding from Microsoft, is designed to familiarize Club members ages 6-18 with technology, particularly the use of computers and the basic skills that are increasingly necessary to excel in school and the workplace and to enrich and organize personal lives.	Varies	Yes	Main club	both	ongoing
Triple Play: A Game Plan for the Mind, Body and Soul Triple Play, sponsored by The Coca-Cola Company and Kraft Foods Inc., is a dynamic wellness program currently that demonstrates how eating right, keeping fit and forming positive relationships add up to a healthy lifestyle. The goal of the Triple Play program is to improve Club members' knowledge of healthy habits; increase the number of hours per day they participate in physical activities; and strengthen their ability to interact positively with others and engage in positive relationships. Program components include: <ul style="list-style-type: none"> • Healthy Habits Nutrition Curriculum • Daily Challenges • Sports Clubs • Triple Play Games • Social Recreation 	Varies	Yes	Main club	both	ongoing
Coaching We are always looking for coaches. Our sports include (and more): Basketball, cheerleading, football, baseball, golf, volleyball, karate, soccer, Tae Kwon Do, etc. Refer to www.bgcbellevue.org/athletics for specific information.	daily	Yes	Main club or various school sites	both	ongoing
Keystone Clubs Keystone Clubs are chartered small group leadership development clubs for young people ages 14 to 18. Keystoners elect officers, choose their own activities and plan and implement	This program happens at ground zero.	Yes	Ground zero	both	ongoing

community service projects. A national charter entitles a Keystone Club to participate in regional and national Keystone conferences (this would be at our teen center in downtown Bellevue).					
Administrative Support Organizational help such as making homework packets, bulletin boards and signs, painting, landscaping, office mailings, auction procurement, etc.	Various times	Yes	Main club	both	ongoing
Special Interest An area where anyone who has a special interest in such things as photography, sport, dance-- about anything is possible!	Various	Depends	Main club	both	ongoing