

Who We Are

Boys & Girls Clubs of Edmonton operates 6 full time and 3 part-time community-based clubs located throughout Edmonton. Children and youth age 6 to 17, and their families, are welcome at any of our clubs at no cost.

Mission

To provide a safe, supportive place where kids can experience new opportunities, overcome barriers, build positive relationships, and develop self-confidence and skills for life.

What We Do

Through programming that encourages healthy eating and active living, self-esteem, leadership, and community involvement, children learn how to make positive life choices.

What is Cool Moves?

Healthy for Life - Cool Moves is an innovative, collaborative, coordinated approach to promoting healthy choices and enhancing the health outcomes of children and youth.

This healthy lifestyle project has been implemented throughout all of our clubs, including Family Events and partnerships with school communities. Cool Moves will also be part of our summer camping programs at Camp Discovery.



has 3 distinct parts:

Eat Smart involves staff, children and youth getting informed about food and nutrition, increasing awareness, knowledge and skills and making healthy choices. In our Meal Program:

- Our club menus for meals and snacks follow Canada's Food Guide and the Alberta Nutrition Guidelines for children and youth emphasizing the "choose most often" foods.
- Our staff has been trained to provide children with not only appropriate food choices, but appropriate portions.
- Meals consist of 3-4 food groups.
- Snacks consist of 2 food groups.
- All foods should contain less than 7% saturated fats and zero trans fats.
- Beverages served will be water, milk, and 100% juices (No pop is allowed).
- This will be followed at all special events, activities, & programs, on site or off site.



Play Cool is about increasing physical activity in the broadest sense of the term including unstructured play, competitive and non-competitive sports, cooperative games, dance, and other activities that are fun to many children and youth. All clubs will provide:

- 30 minutes of organized physical activity per day (i.e. Basketball, hockey, hip hop lessons) incorporating endurance, flexibility, and strength components.
- 30 minutes of unorganized physical activity per day (i.e. DDR, active free play).



Pass it On empowers participants to make positive changes in their families, communities and most importantly their own lives. It encompasses all programming that occurs in our safe, supportive environment where participants are provided with opportunities for planning, decision-making and contribution to the club and community. All clubs will provide 1 weekly teachable moment where all participants learn something new about healthy eating, active living and/or a positive, social environment.

Clubs

Bruce Campbell Youth Centre

1043, 8882 170 St, 780 / 801 - 0913
West Edmonton Mall, Entrance 32 Main Level

Kinsmen Club

14707 88A Street, 780 / 801 - 0943

McCauley Club

9425 109A Avenue, 780 / 429 - 2807

Rundle Club

3112 113 Avenue, 780 / 801 - 0950

Tweddle Place

8308 42A Avenue, 780 / 801 - 0945

West Edmonton

16030 104 Avenue, 780 / 801 - 0935

Club Connect Duggan

5, 3724 105 Street, 780 / 801 - 0938

Club Connect Steinhauer

10729 31 Avenue, 780 / 801 - 0939

Club Connect Sakaw

10, 1275 62 Street, 780 / 801 - 0940

 Cool Moves Monthly Family Events

For more info: judy.sterling@bgce.ca



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Boys & Girls Clubs
of Edmonton



Eat Smart | Play Cool | Pass it On



Childhood obesity has become an epidemic in Canada with 26% of young Canadians aged 2-17 years being overweight or obese.



Only 21% of children and adolescents meet the international guidelines for daily activity for optimal development.

41% of Aboriginal children living off reserve are either overweight or obese.



Overweight and obesity in children is linked to inadequate physical habits.



Many experts predict that today's children will be the first generation for some time to have poorer health outcomes and a shorter life expectancy than their parents.

