

## BORREGO SCOPE OF RECREATIONAL ACTIVITIES

The services described below meet specific critical objectives to continue programs and services currently provided to the youth and adolescents of Desert Hot Springs. Additionally, certain programs have been designated as expandable to all age groups. Each of the six objectives link to specific program examples. Program descriptions are provided on pages 3-4.

### *Objectives / Outreach Options:*

Continuing Objectives	Outreach
<p><b><u>1st Objective: Character Development</u></b></p> <p>Provide peer-to-peer mentoring to encourage positive youth development. Provide support, encouragement, and apply social learning theories to promote healthy relationships.</p> <p><b>Program Examples:</b></p> <ul style="list-style-type: none"><li>• LET'S GET REAL</li><li>• TEEN SQUAD!</li></ul>	
<p><b><u>2nd Objective: Education</u></b></p> <p>Utilize resources to facilitate a learning environment via tutoring, computer labs, and assistance with school assignments. Promote learning through tutoring, fostering confident academic pursuits and skill development for academic advancement.</p> <p><b>Program Examples:</b></p> <ul style="list-style-type: none"><li>• ABC'S OF MAKING SENSE INTO DOLLARS</li><li>• TUTORING CAFE</li></ul>	<ul style="list-style-type: none"><li>• Borrego can expand to offer at a multi-generational level.</li></ul>

Continuing Objectives	Outreach
<p><b><u>3rd Objective: Health &amp; Play:</u></b></p> <p>In partnership with the Desert Healthcare District, this program provides education on healthier eating options and sustaining healthy behaviors. The program also incorporates physical activities as a critical component of a complete wellness lifestyle.</p> <p><b>Program Examples:</b></p> <ul style="list-style-type: none"> <li>• HEALTHY HEARTS (DON'T START!)</li> <li>• HEALTH &amp; PLAY</li> </ul>	<ul style="list-style-type: none"> <li>• Borrego can expand to offer at a multi-generational level.</li> </ul>
<p><b><u>4th Objective: Arts Programming</u></b></p> <p>Provide activities to encourage creative and artistic expression. Activities include painting, beading, drawing, origami, coloring, paper mache, and designated projects.</p> <p><b>Program Examples:</b></p> <ul style="list-style-type: none"> <li>• AFTER-SCHOOL ALL STARS</li> <li>• CREATIVE HEARTS &amp; ARTS</li> </ul>	<ul style="list-style-type: none"> <li>• Borrego can expand to offer at a multi-generational level.</li> </ul>
<p><b><u>5th Objective: Multi-Sports and Recreation</u></b></p> <p>Provides structured activities for participants to participate and learn various sports. Develop specific skills and provide team experiences for immediate and long term individual growth.</p> <p><b>Program Examples:</b></p> <ul style="list-style-type: none"> <li>• HEALTH &amp; PLAY</li> <li>• MULTI-SPORTS ACADEMY</li> </ul>	<ul style="list-style-type: none"> <li>• Borrego can expand to offer at a multi-generational level.</li> </ul>
<p><b><u>6th Objective: Supplemental Activities</u></b></p> <p>Borrego is committed to providing activities in the Health and Wellness Center for the Desert Hot Springs community to inspire and enrich the lives of youth.</p> <p><b>Program Examples:</b></p> <ul style="list-style-type: none"> <li>• AFTER-SCHOOL ALL STARS</li> <li>• MULTI-SPORTS ACADEMY</li> </ul>	

## *Program Descriptions*

### **1. ABC'S OF MAKING SENSE INTO DOLLARS**

Introduce financial concepts at an age appropriate level to foster improved financial literacy. Each lesson includes an activity to improve individual financial skills and encourage positive fiscal habits.

### **2. AFTER-SCHOOL ALL STARS**

Provide vibrant, fun, and interesting activities to attract youth in the after-school hours. In addition to scheduled programs and activities, the facility is equipped with a game room, computer room, learning center, gym, and arts/crafts area.

### **3. CREATIVE ARTS & HEARTS**

Provide activities to encourage creative and artistic expression. Activities take place within the facility including painting, beading, drawing, origami, coloring, sewing, paper mache, and designated projects.

### **4. HEALTHY HEARTS (DON'T START!)**

A collective curriculum designed to educate the teen population on the importance of avoiding drug and alcohol abuse. Includes on-going educational efforts that communicate the negative impacts associated with abusive behaviors, with a focus on protecting the mind, body, and soul of young adults.

### **5. HEALTH & PLAY**

In partnership with the Desert Healthcare District, this program provides education on healthier eating options and resources to sustain healthy behaviors. In addition to emphasizing beneficial eating habits, this program also incorporates physical activities as a critical component of a complete wellness lifestyle.

### **6. LET'S GET REAL**

A 3-series program that emphasizes (1) social development, (2) self-awareness, and (3) responsible decision making in regards to sexuality and sexual activity. Content is aimed for adolescent participants and includes topics covering basic anatomy, unique physical changes, and sexual behavior risk education.

### **7. MULTI-SPORTS ACADEMY**

The Multi-sports Academy provides structured activities to provide immediate recreational outlets and long term benefits. The program's outreach to the community's youth during the afterschool hours allows participants to learn various sports, improve individual skill

development, interact in team environments, and incorporate concepts related to strategies, obstacles, and the outcomes of positive efforts.

**8. TEEN SQUAD!**

Teen Squad provides peer-to-peer mentoring, infusing the development of positive principles while providing support and encouragement relevant to the adolescent age groups. Activities incorporate social learning theories to foster improved social skills and relationships.

**9. TUTORING CAFÉ**

Multiple age levels participate by providing and/or receiving tutoring to improve academic performance. The program is designed to foster independent and confident learning by developing the skills necessary for successful academic advancement.