

TRIPLE PLAY

a game plan for the mind, body and soul



Triple Play, BGCA's first comprehensive health and wellness program, developed in collaboration with the U.S. Department of Health and Human Services, strives to improve the overall health of Club members ages 6-18 by increasing their

Daily Physical Activity, Teaching Good Nutrition & Helping Them Develop Healthy Relationships.

Every Monday

Triple Play Challenges

4:00-4:30: Ages 7-9

4:30-5:00: Ages 10-13

Every Wednesday

Fitness/Agility

4:00-4:30: Ages 7-9

4:30-5:00: Ages 10-13

5:00-6:00: Ages 13-18

See Elijah To Sign Up As A Triple Play Leader

