



South County Teen Center

Address: 8333 Richmond Hwy.
 Alexandria, VA 22309

Hours: Monday – Friday 2 p.m. to 9 p.m.
 Saturday, Noon to 9 p.m.

Phone: 703-704-6234, 6901 TTY 711

DECEMBER 2022

PROGRAMS / ACTIVITIES

Title	When	Time	Description
The South County Teen Center@ (OMVHS) The Original Mount Vernon High School	Monday - Saturday	2 - 9 pm M-F 12-9 Sat	The South County Teen Center will host different programs and activities. Participants will engage in activities and structured programs between 2pm and 9pm. From 7pm to 9pm the Gym will be open for activities such as basketball, kickball, pickleball volleyball dance and jump rope.
South County Teen Center After School Program	Monday - Friday	2 - 6 pm	Out of school programming provides a structured and engaging environment for the youth in grades 7 th thru 12 th
Snack and Supper program	Monday - Friday	Supper@4pm Snack@ 6 pm	This program (CACP) will provide a healthy USDA choice of nourishment for our participant's.
Pickleball	Tuesday and Thursday	9 am-12 noon	Pickleball is a game that mimics tennis however paddles are used along with perforated polymer balls. So, come register and have some fun and excitement!
TEENS IN ACTION	Dec.19-22, and Dec. 27-30	8:30 am-6 pm	Teens in action is a structured out of school time program offering fun and creative opportunities to help participants develop valuable life skills and make positive social connections.

CLASSES

Title	When	Time	Description
Girl Talk	Tuesday/Thursday	2:30 - 5:30 p.m.	Our female participants will have the opportunity to create bonds, share stories, inspire and relating to one another. Ladies in charge of their own lives will also allow the young ladies to know that they make the positive choices in their lives. These young ladies will also be strengthening their sisterhood. Mentoring programs will be available!
Sports & Readiness	Thursday/Saturday	Thu. 5:30 - 6:30 pm Sat. 4 – 5 pm	This group will meet for learn and innovation skills. They will start, to participate in various workouts. The teens will learn different things to not only help build their skills but learn how to take care of themselves and their bodies.
Cultural Recipes	Tuesday	5:30 - 6:30 p.m.	Creating, and preparing non cooked healthy recipes which will be shared with the participants and other groups who visit The South County Teen Center. These participants will have the opportunity to compile their healthy recipes into a book for future usage
Let's get Moving!	Monday and Wednesday	6:30 - 7:30 pm	This program will focus on athletic movement and sport-specific skill development.
Creative Minds	Wednesday and Friday	5:30 - 6:30 p.m.	Arts and crafts program where Participants will bring their creative sides out to decorate and create projects that they could possibly give away as gifts or just keep for decorate their rooms. Where the creators create, explore, express, and enjoy.
Open Gym	Monday - Friday	7 - 8:30 pm	Daily activities will be offered basketball, soccer, and kickball.
Believing and achieving	Wednesday	6 - 6:45 pm	Our participants will assist in our everyday agenda here at the teen center. They will participate in the marketing for the teen center. Community Service programs will be assisted by our mentored participants'. We will be watching them grow into a person who can Believe and Achieve.

Title	When	Time	Description
HOLIDAY	December 16, 2022	All Day	Center Closed
SPECIAL EVENT			HOW SWEET IT IS CATERING: GINGERBREAD HOUSE HOLIDAY!

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JANUARY 2023

PROGRAMS / ACTIVITIES

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FEBRUARY 2023

PROGRAMS / ACTIVITIES

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