



Montgomery High School
3250 Palm Avenue
San Diego, CA 92154

NOVEMBER S.T.A.Y. CALENDAR

**SPORTS *TUTORING *ARTS *YOUTH DEVELOPMENT*

(619) 628-3841
Mrs. Ramirez
ASSETs Coordinator

Academic & Enrichment Clubs/Clubs Académicos y de Enriquecimiento	Schedule & Location/Horario de Locación
A+ Peer Tutoring Students interested in being a mentor and students who need help in their core classes meet in a safe and friendly environment to give and/or to receive support. (SBCS STAFF)	MON-THURS 7:25-8:25 AM & 3:45-4:45 PM 100 Building (STAY Office/Game Room)
Art Club Students will build a culture of school spirit and community through art and craft projects. The activities and skills will foster creativity and support students' mental health. (PLASCENCIA)	TUES & THURS 3:45-5:15 PM Game Room
AP Physics Discuss the latest news in physics and prepare for the AP exam. (PHILLIPS)	THURS 3:45-4:45 PM Room 405
AZTECHS Engage in science, technology, engineering, and mathematics, so that you can program, code, and build robots or drones in a collaborative team environment. (AMARO)	MON-THURS 3:45-5:15 PM Room 1218
Aztec Drumline Express yourself through music while learning a percussion instrument. (GRAY)	MON & WED 7:25-8:25 AM Band Room
Aztec Marching Empire Get involved & make in impact in school while you learn to play an instrument. (GRAY)	MON 3:45-4:45 PM Band Room TUES 3:45-5:30 PM Band Room
Aztec Music Mentors Serve as a leader & help younger students learn their instrument. (GRAY)	WED 4:00-5:30 PM @ Montgomery Middle School
BBQ Club Learn the art of barbecue grilling. (MR. ZUMSTEIN)	TUES Nov. 7 th 7:15 -8:15 AM & Nov. 28 th 3:45-4:45 PM
Chess Club Learn to become a good chess player & engage in some friendly competition with others. (PHILLIPS)	THURS 3:45-4:45 PM Room 405
Digital Development Club Students interested in creating software, games, modeling, and web development. (ZITTLAU-JOHNSON)	MON, WED, & THURS 4:10-5:10 PM Room 412
Drivers Ed Prepare for the driver's permit test and obtain a CA learner's certificate (<i>must be at least 15.5 years old</i>).	MON & WED or TUES & THURS 7:15-8:15 AM Room 201
eSports Play a variety of competitive video games with your peers. (JENSEN)	THURS 3:45-5:15 PM Room 403
Fashion Club A safe place for students to celebrate fashion. (SBCS & ANKER)	THURS 3:45-5:00 PM (Game Room)
Filipino Dance Learn traditional Filipino folk dances and the history behind it. (THOMSON)	TUES & THURS 3:45-5:15 PM Room 520
Game Room Complete your schoolwork in a quiet area, play a variety of games, or just hang out with your peers in a fun and safe environment. (RAMIREZ, NAVARRO, & SBCS STAFF)	MON-FRI 7:25-8:25 AM & 3:45-5:45 PM
International Dance Club DANCE, CONNECT, AND HAVE FUN while making new friends and learning a variety of dances next to the 100 building. (Armendariz)	MON, THURS, & FRI 3:45-5:15 PM- Ballet Folklórico & FRI 3:45-5:15 PM- Hip Hop
Math in Action Receive Integrated Math 1 & 2 support to improve your grade (AGUIRRE)	WED & THURS 3:45-4:45 PM Room 901
MOH Jazz Band Play and perform various styles of music (<i>rock, pop, jazz, & more</i>) with other students. (GRAY)	TUES & THURS 7:25-8:25 AM Band Room

Scholars & Dragons The goal of the club is to increase students’ potential success in their academic, professional, & social lives. The club has two halves. One half is strictly academic, wherein everyone works together on school assignments, letters to colleges, scholarship/college applications, and so on. That “half” of the club will dovetail with the other “half,” where students play Dungeons & Dragons. (FAIRBAIRN)	WED 3:45-5:15 PM ROOM 1525
S.T.A.Y. Leadership Develop your leadership skills while also providing input to the S.T.A.Y. Program. You will be given the tools to work collaboratively as you identify and enhance your personal strengths while building your self-confidence. (RAMIREZ & BILLUPS)	TUES 3:45-4:45 PM Room 208
Fitness & Sports Clubs/Clubs de Condición Física y Deportes	Schedule & Location/Horario de Locación
Cheer 101 Learn the fundamentals of cheer, which includes stretch, conditioning, and dance. (DE LA RIVA)	TUES-THURS 4:30-6:00 PM Cheer Room
Fitness Center Improve your physical fitness by lifting weights or using cardio machines. (HERMOSILLO & SBCS STAFF)	MON-FRI 7:15-8:15 AM Original Gym & 3:45-4:45 PM/1:45-2:45 PM on early release days.
Golf-4-Life Play golf while developing your techniques. (COACH J)	MON & WED @ 4:00-5:00 PM Lower Field
Sandlot Baseball Develop your skills and work out to increase your fitness while playing baseball. (COACH HERMOSILLO)	MON-THURS 3:45-5:15 PM Baseball Field
Softball (AZTEC CONDITIONING) Develop your softball skills, such as throwing, catching, hitting, and running.	MON & WED 3:45-5:15 PM (<i>Novice Players w/Coach Boo</i>) TUES & THURS 3:45-5:15 PM Softball Field (<i>Advanced Players with Coach Tapia</i>)
Tennis Get into shape while improving your tennis skills. (COACH VALLES)	MON-THURS 4:30-5:30 PM Tennis Court
Tumbling Learn and practice tumbling skills. (COACH RONALD)	MON & WED 7:00-8:15 AM Cheer Room