

INNER-CITY PLAYERS ACADEMY

***LESSONS FOR SUCCESS
LESSONS FOR LIFE***

“Players for the Game of Life”

- Formal dining
- Formal dress
- Formal speaking
- Formal dancing
- Hygiene
- Asking for a date
- Walking with a date
- Talking with a date
- Standing / walking

SOCIAL SKILLS

- Measurement systems
- Utensils
- Machines
- Preparation
- Dice, chop, grade, etc.
- Fry, bake, broil, grill, etc.
- Boil, simmer, sauté
- Pots, pans, plates, platter, etc.
- Dinner ware / silver ware
- Breakfast
- Brunch
- Lunch
- Dinner

COOKING

- Bathroom
- Kitchen
- Bedroom
- Dusting
- Vacuuming
- Washing
- Interior design
- Furniture
- Curtains
- Appliances

HOUSEKEEPING

- Basic Check-up:
- Oil
- Power steering
- Brake
- Transmission
- Antifreeze
- Windshield
- Tires
- Systems:
- Ignition
- Electrical
- Fuel
- Brakes

AUTO MAINTENANCE

- Budgeting
- Planning
- Saving
- Checking
- Credit
- Auto loan
- Home loan

PERSONAL FINANCE

- Aerobic exercises
- Sports
- Weight training
- Nutrition
- Spirituality
- Personal Hygiene/Self-Care

PERSONAL FITNESS/HYGIENE

- Self-control
- Anatomy
- Emotions
- Relationships
- Girls/Boys
- Parenting
- Alternative lifestyles

SEXUALITY/RESPONSIBILITY

- Religion
- Praying
- Spirits
- Ancestors
- God

SPRITUALITY

- Swimming
- Hiking
- Compass reading/directions
- Climbing
- Shelter
- Camping
- Fire building

SURVIVAL SKILLS

- Hand tools
- Hammer, saw, screwdriver, etc.
- Drills
- Skill saws
- Electrical
- Plumbing
- Carpentry
- Auto
- Household

TOOLS / EQUIPMENT

- Landscaping
- Cutting/edging
- Trimming
- Planting
- Watering
- Hand tools
- Power tools

GARDENING/HOME CARE

- Natural disasters
- Fire
- Choking
- CPR
- Auto accident
- Power outage

EMERGENCIES / FIRST AID