

1st-2nd Grades

MONDAY

Dreamy Books: Follow your dreams! In this course, girls will create “dream” versions of various aspects of their lives—a house, a pet, a job, a talent, a way of helping others, etc.—by first reading stories and then creating their own “dream” books. The goal of this course is to show girls that they can dream big—and take action to make their dreams become a reality!

It All Adds Up!: In this class, girls will practice their decision-making skills, learn how to give and get help, learn how to play games responsibly, and increase their ability to work with others. In each session girls will be introduced to a new math concept, read a story, and play a fun and exciting hands-on game. Math has never been this fun!

Exploding Science: How many rubber bands does it take to explode a watermelon? What is the ideal ratio of Alka-Seltzer to water to make a rocket soar? At Girls Inc. science is hands-on, interactive, and at times explosive! Girls in this class will explore, ask questions, persist, and solve problems as they conduct a variety of experiments and learn about girls and women in STEM.

Make It: Innovation and design are what this class is all about. Each week girls will receive a new challenge, and then they will use their imaginations and all kinds of materials to create something totally unique. Girls will explore their creativity as they invent and make objects that move, designs you can wear, clever creations that can solve problems, and so much more!

TUESDAY

Inside Out Art: The ability to express one’s emotions in a healthy and safe way is a life skill that enables us to be stronger, smarter, and bolder. Girls in this class will learn the importance of naming their emotions and will learn various ways

they can express and process those emotions in the most engaging and creative way of all—through art! So come relax, draw, paint, create, and de-stress in Inside Out Art!

Sporty Girls: How can you score goals like Carli Lloyd, serve like Serena Williams, dunk like Lisa Leslie, and hit softballs like Jessica Mendoza? Participate in Sporty Girls, of course! Each week, girls will learn about different female athletes who have paved the way for women in sports and will play the games the women are famous for. Being a sporty girl has never been more inspirational or fun!

Media and Me 101: When you see a commercial for cereal does it make you want to buy it? How do advertisers do that? Girls in this class will celebrate positive roles for girls and women in media, investigate different types of media, consider whether media is truthful or not, and practice creating their own pro-girl media messages.

Team Spirit: “If you want to go fast, go alone. If you want to go far, go together.” Girls in this class will put this African proverb to the test as they learn the skills necessary to work and play best with others. Cheer on your teammates, rally in support for others, and get in the team spirit!

WEDNESDAY

Flavors of the World: Celebrate diversity and embrace differences while trying new flavors and preparing dishes from around the world. Girls will make a new dish each week and learn about how the geography and culture of a place make the food different from dishes in other parts of the world. What a yummy way to be bold and try new foods!

Women in Art: Have you heard of Hannah Hoach? Did you know she was one of the first feminist artists? Women have made great contributions to the history of art. Girls in this class will explore the work of these accomplished artists through project-based activities, using the materials and styles that were used by the woman they are studying.

Multicultural Games: Have you ever wondered what games kids play in different parts of the world? How are games similar in Africa, Asia, and the United States? How are they different? Come learn the answers to these questions in this fun-filled class where girls will have the opportunity what children play around the world. It’s all fun and games in this introduction to world cultures!

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Adventures in Peacemaking: Through games, group challenges, skits, crafts, and more, girls in this class will learn tips and tricks to effectively resolve conflicts in a win-win manner where all parties get what they need and feel good about the resolution. Girls in this class will help ensure we have a caring and respect-filled Girls Inc. community!

THURSDAY

Who's New at the Zoo?: If you could fill your own zoo, what animals would you create? Would there be a Water-Locator Lizard—a reptile that can find water in a grain of sand? Or an Arctic bear-guin—half polar bear, half penguin? Girls will learn what animals need to survive in places like deserts, oceans, and lush rain forests, and then design imaginary animals to fill their own zoos. They'll learn about unusual jobs at the zoo—like filing an elephant's toenails or designing toys for gorillas. After describing the “koala-fications” they would need to work with their imaginary animals, the results could be panda-monium!

My Plate: If we are what we eat, then everything we eat and drink matters. In this class, girls will learn how to balance protein, fruit, grains, dairy, and vegetables into a healthy meal. Through fun and creative cooking projects, girls will go “bananas” for healthy eating—and have a great “thyme!”

Theater Games: In this dramatic arts class, girls will learn about improvisation and will also be exposed to the basic elements of various forms of dramatic expression. After performing small skits and short plays in front of others, they are sure to be shouting, “Encore!”

Let's Get Physical: The goal of this class is for girls to build a foundation for enjoying physical activity, sports, and adventure throughout their lives. Girls will develop movement and athletic skills, cooperative and competitive spirit, and healthy habits. This class will provide girls with the experiences needed to enjoy the benefits and excitement of taking positive risks that will bolster their self-confidence and personal growth.

FRIDAY

Gymnastics: Tumble, cartwheel, and handstand your way to fun and fitness! Gymnastics offers a fun way to exercise and learn skills such as balance, concentration, and strength training. Gymnastics is a wonderful way to build self-

esteem and great poise and posture as well. After stretching at the beginning of each class, girls move on to the equipment and floor exercises. **There is an ADDITIONAL FEE to participate in the class (sliding scale fees apply). Because space is limited, payment is due at sign-up.**

Girl's Choice: Each Friday, girls will be offered choices of what they would like to do that week.





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Goleta Valley Center Fall 2017 Class Schedule

3rd-4th Grades

MONDAY

Women in Sports: Come celebrate the success of the tough, bold, and fearless women who paved the way for today's female athletes! Girls learn about a new sport each week, while learning about notable women athletes from the 1800s to today. Girls in this class will explore the topics of muscle anatomy, pay rates and media statistics for female athletes, influential women's teams, and other facts that any sporty girl would want to know!

Girls Golf: Our partnership with the First Tee provides a wonderful opportunity for girls to learn to golf. Girls will take lessons and practice their golf skills at the beautiful Santa Barbara Municipal Golf Course with phenomenal golf pro Page O'Brien Jasinski. **This program is offsite, and the girls will not return to the center until 5:30 p.m.** Girls must obey club policy, which requires them to wear a Girls Inc. t-shirt and closed-toe shoes.

***Play Production (4th GRADE ONLY):** This quarter the girls will be putting on their very own play production. The girls will be required to take the class on both Monday and Wednesday in order to give themselves enough time to rehearse. They will then have a blast performing in front of their parents and peers at the end of the quarter on December 13th. **Girls who sign up for this class must be able to commit to both classes on Mondays and Wednesdays, in addition to attending 12 out of the 14 weeks this quarter. There will also be at least one evening dress rehearsal in December.**

TUESDAY

Passport to Adventure: Prepare to depart on a worldwide adventure—without leaving the comfort of the library! Girls will pack their suitcases, buckle their seat belts, and get their passports stamped each week as they learn about the food, clothing, customs, and traditions of cultures across the globe. Don't worry—

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they'll take lots of "photos" and write plenty of postcards along the way. All aboard!

What's for Lunch: What do kids in your town eat for lunch? Do they have tacos, hot dogs, or burgers? Do they eat hummus, plantains, or dumplings? In this class girls will go on a tasting trip around the world, sampling the different kinds of foods children have for lunch. Girls in this class are sure to discover how delicious and how much fun lunch can be!

Hardcore Hikers (4th GRADE ONLY): Girls in this class will get to experience the outdoors in many ways. The girls will learn about trail safety and confidence on a trail, while exploring great hiking places in the Santa Barbara area. **The girls will be going offsite each week for this class and will not return to the center until after 5:30pm.** Please make sure your girl has a water bottle and the appropriate clothes and footwear on hiking days.

WEDNESDAY

Welcome to Mylandia: If you could create an imaginary world, what would it be like? Would it be in the mountains, underwater, or beyond the galaxy? What would the animals be like? Or the people? How would the plant life determine what people eat? What would be the national symbol on the flag? In *Welcome to Mylandia*, girls will read about other fantastic lands in literature (Oz, Narnia, Neverland, to name a few), and then girls will use their imaginations to create a fantastic world of their own design.

The Built Environment: What does your ideal environment and community look like? How would you build it? Girls in this class will use their mathematical eyes as they measure, draw, and create their own built environments. Girls are sure to have fun creating their own measuring tapes, collecting data, and incorporating ideas of social justice into their imagined communities!

***Play Production (4th GRADE ONLY):** This quarter the girls will be putting on their own play production. The girls will be required to take the class on both Monday and Wednesday in order to give themselves enough time to rehearse. They will then have a blast performing in front of their parents and peers at the end of the quarter on December 13th. **Girls who sign up for this class must be able to commit to both classes on Mondays and Wednesdays in addition to attending**

12 out of the 14 weeks this quarter. There will also be at least one evening dress rehearsal in December.

Curie-osity Project (4th GRADE ONLY): Explore and experience life at a university! After having an opportunity to tour the UCSB campus, each week girls will meet and interview women scientists, conduct experiments in college labs, and learn about STEM careers. At the end of the winter quarter, girls will write, illustrate, and publish a book about the women scientists and engineers they met at UCSB! **This program extends over two quarters. It is offsite, and girls will not return to the center until 5:45 p.m.**

THURSDAY

Media and Me 201: Have you ever wanted to make your own commercials? Do you have great ideas about how to advertise products in a strong, smart, and bold way? Girls in this class will take their critical and creative thinking skills around media to the next level. Throughout the quarter, girls will investigate slogans, logos, merchandising, and other forms of marketing and will not only examine the effects of media messages on girls and women, but they will also have the opportunity to create their own pro-girl media messages as well!

Art for Your Heart: The ability to express one's emotions in a healthy and safe way is a life skill that enables us to be stronger, smarter, and bolder. Girls in this class will learn the importance of naming their emotions and will learn various ways they can express and process those emotions in the most engaging and creative way of all—through art! So come relax, draw, paint, create, and de-stress in Art For Your Heart!

Surf Happens: Experience the art and joy of surfing in this amazing class made possible through our partnership with Surf Happens. Girls will need to bring a bathing suit and towel with them each week; Surf Happens will provide the wetsuits and surfboards. Girls are required to have some basic swimming skills. **We will be offsite each week and will not return to the center until 5:30 p.m.** There may be an additional fee associated with this class. Scholarships are available through the Surf Happens Foundation. Please see the front desk for additional details.

FRIDAY

Gymnastics: Tumble, cartwheel, and handstand your way to fun and fitness! Gymnastics offers a fun way to exercise and learn skills such as balance, concentration, and strength training. Gymnastics is a wonderful way to build self-esteem and great poise and posture as well. After stretching at the beginning of each class, girls move on to the equipment and floor exercises. **There is an ADDITIONAL FEE to participate in the class (sliding scale fees apply). Because space is limited, payment is due at sign-up.**

Girl's Choice: Each Friday, girls will be offered choices of what they would like to do that week.





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Goleta Valley Center Fall 2017 Class Schedule

5th-6th Grades

MONDAY

***Play Production:** This quarter the girls will be putting on their own play production. The girls will be required to take the class on both Mondays and Wednesday in order to give themselves enough time to rehearse. They will then have a blast performing in front of their parents and peers at the end of the quarter on December 13th. **Girls who sign up for this class must be able to commit to both classes on Mondays and Wednesdays in addition to attending 12 out of the 14 weeks this quarter. In addition there will be at least one evening dress rehearsal in December.**

Media Smart Youth: What messages do music videos, commercials, magazines, social media, and other forms of media tell us about being a girl? Do the messages contain accurate information and are they strong, smart, and bold? Girls in this class will evaluate obvious and subtle messages that the media gives us and will create positive pro-girl messages for everyone at Girls Inc.

TUESDAY

Hardcore Hikers: Girls in this class will get to experience the outdoors in many ways. The girls will learn about trail safety and confidence on a trail, and they will explore great hiking places in the Santa Barbara area. **The girls will be going offsite each week for this class and will not return to the center until after 5:30pm.** Please make sure your girl has a water bottle and the appropriate clothes and footwear on hiking days.

Mural Makers: Girls will learn basic to advanced painting techniques through the art of mural making! Come work collaboratively to research, plan, and construct murals celebrating strong, smart, and bold females through history. Murals at

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their core are collaborative endeavors, and girls in this class will have the opportunity to experience the unifying and positive social interactions that designing and creating a mural as a team can have!

WEDNESDAY

The Built Environment: What does your ideal environment and community look like? How would you build it? Girls in this class will use their mathematical eyes as they measure, draw, and create their own built environments. Girls are sure to have fun creating their own measuring tapes, collecting data, and incorporating ideas of social justice into their imagined communities!

***Play Production:** This quarter the girls will be putting on their own play production. The girls will be required to take the class on both Monday and Wednesday in order to give themselves enough time to rehearse. They will then have a blast performing in front of their parents and peers at the end of the quarter on December 13th. **Girls who sign up for this class must be able to commit to both classes on Mondays and Wednesdays, in addition to attending 12 out of the 14 weeks this quarter. There will also be at least one evening dress rehearsal in December.**

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THURSDAY

STEMinist: Be a rocket scientist like Annie Easley, explore DNA like Rosalind Franklin, engineer and problem solve like Lillian Gilbreth, and study the world around you like Rachel Carson. Girls in this class will celebrate the achievements of the women who have paved the way for the next generation of female scientists, engineers, biologists, physicists, and more. Through hands-on experiments and fun activities, girls will explore, ask questions, problem solve, and be inspired to be among the next generation of STEMinists!



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Goleta Valley Center Fall 2017 Class Schedule

Kinderfun 1

MONDAY

Steppingstones: This class will get girls running, jumping, leaping, twisting, bending, and balancing as they utilize a variety of sports and movement-related equipment, including jump ropes, balls, scooters, bats, bowling pins, nets, hoops, and scoops. They begin to move more confidently and skillfully, get used to structured physical activity, learn about the positive connection between physical activity and health related-fitness, and accept sport as a legitimate activity for girls and women.

Olivia's Ocean: Dive into the wonders of the ocean! Girls will learn about the weather, animals, plants, and people who are surrounded by sea life. This class will enrich the girls' engagement with scientific content in biology and ecology while contributing to their positive sense of enjoying science. As the girls take imaginary trips through the waves and beneath the sea, they will collect specimens and build an ocean in their Kinderfun room.

TUESDAY

Books are Zooper: Hip-hippo-ray for books! In this class, we'll read books that are bear-y wonderful—perfect for all girls who love animals and think they “otter” read more books. Meet an elephant who paints, a dancing giraffe, and a snoring bear. Solve penguin puzzles, zoo clues, and cheetah challenges. Oh, and the jokes will be the seal-iest things you ever heard! In the process, we'll learn fascinating facts, fun trivia, and exciting zoo jobs—and we're not lion!

Super Scientist: Through hands-on experiments and fun, girls will explore, ask questions, problem solve, and learn about careers in the fields of science, technology, engineering, and math. Girls in this class are sure to get their hands dirty and have a blast as super scientists!

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WEDNESDAY

ABC 1-2-3: Counting and learning our letters will be a ton of fun in this cool class! Write a letter in the sand, shape it out of playdough, or create it with your body. Focused on math and literacy building blocks, girls will participate in hands-on activities and projects that deepen their understanding of phonics, sight words, word families, addition, subtraction, and telling time.

What Color Is Happy?: Come relax, draw, paint, create, and de-stress! In this class girls will learn to name and express their emotions in a safe and healthy way enabling them to be strong in their hearts and minds!

Gymnastics (before class time): Tumble, cartwheel, and handstand your way to fun and fitness! Gymnastics offers a fun way to exercise and learn skills such as balance, concentration, and strength training. Gymnastics is a wonderful way to build self-esteem and great poise and posture as well. After stretching at the beginning of each class, girls move on to the equipment and floor exercises. **There is an ADDITIONAL FEE to participate in the class (sliding scale fees apply).** Because space is limited, payment is due at sign-up.

THURSDAY

Singing and Dancing: Feel the rhythm and mimic the beat as you learn the basics of singing and various forms of dance. Girls in this class will be movin' and groovin' and having a blast! Through ballet and hip-hop, musical scales, and more, girls will express themselves creatively through song and dance.

Women Around the World: This class will celebrate some of the strong, smart, and bold women who are making the world a better place. Each week we will focus on a different woman as we travel the seven continents and go across the seas!

FRIDAY

Girls United: This fall we are partnering with Girl Scouts of California's Central Coast to provide a sampling of Girl Scout activities to our strong, smart, and bold girls. Through this collaboration, girls will gain leadership skills, participate in STEM activities, learn about the outdoors, and so much more!

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Club Kinderfun: Friday afternoons are all about FUN in Club Kinderfun! Girls will help determine and lead the activities, and each week is sure to be filled with enthusiasm, surprises, and a range of activities to meet everyone's desires!

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Goleta Valley Center Fall 2017 Class Schedule

Kinderfun 2

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