



of Greater Santa Barbara

Santa Barbara Center Fall 2018 Class Schedule

1st-2nd Grades

MONDAY

Wildlife Champs: How do we know when an animal species needs protection? What can we do to save them? Through books and lots of creative and fun hands-on activities, girls will learn about animals that are endangered—where they live, what they need to survive, and how to protect them. From pandas to penguins to hippos to chimps, girls will become true Wildlife Champs!

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.

Crazy About Constellations: To all Girls Inc. astronauts—climb aboard your classroom spaceship as you blast off to a voyage to outer space! Learn about stars, planets, and life aboard a rocket. Find the constellations in the night sky and hear the stories behind them. In this fun, fascinating adventure in outer space, girls will be over the moon!

TUESDAY

Be BOLD: The goal of Be BOLD is to increase girls' ability to be safer in their homes and communities. Our girl-focused approach speaks to the issues girls ages six to eight face today and lays the foundation for addressing violence that girls may experience at later ages. Through engaging activities, each girl will learn about using her own personal power, being safe in her community, being a friend, satisfying basic needs, protecting themselves from dangerous situations and abuse, and identifying everyday people who help keep them safe.

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Farm Fresh: Calling all green thumbs and creative chefs! Here's a way to combine the rewards of gardening with the excitement of cooking. Girls will grow produce and then harvest it to make delicious farm-to-table dishes in the kitchen. At the same time, they will be honing their kitchen skills and expanding their knowledge of healthy eating options. What a great way to prepare food that is fresh, natural, and yummy!

Zelda: This program is an introductory anatomy and physiology class that helps the girls to learn about their bodies and how to keep them health. Girls will also learn what the roles are of health care professionals. The girls use a specially constructed doll developed to help them simulate surgery.

WEDNESDAY

Gallery 531: For an artist, being featured in an art gallery is a highlight of her career. With all the wonderful artists we have at Girls Inc., it's time to have our own art gallery opening gala. Girls will learn about women artists and create their own masterpieces in different styles—still lifes, watercolors, sculpture, photography, and more—and proudly display the results in a Girls Inc. Gallery opening at the end of the quarter.

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 in this class will learn about different female athletes who have paved the way for women in sports and will play the games these women are famous for. Being a sporty girl has never been more inspirational or fun!

Power Up: Girls have probably heard stories about superheroes with super powers—like Supergirl—but have they ever eaten superfoods? In this class, girls will POWER UP through the exploration of common superfoods as they learn why they are so important to incorporate into their daily diet.

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.**

THURSDAY

Friendship Toolkit: What kinds of tools do you need to build a good friendship? Through books, games, skits, and crafts, girls will create keys to unlock friendship problems, sandpaper to smooth out hurt feelings, and tape measures to evaluate friendship strengths. For girls who want to be the best friend anyone ever SAW, Friendship Toolkit will help them NAIL it!

Mudworks: Don't miss messy art! In this class, girls will explore clay, dough, and other hands-on, hands-in materials. Girls express themselves by rolling, kneading, shaping, and squishing all kinds of textures and consistencies. They will learn about female artists who used art to express their emotions while they create their very own artistic wonders!

Flavors of the World: Grab your bags and get ready for a foodie trip around the world! In this class, girls will learn about a different country each week and then prepare a delicious snack or meal that kids from that country might eat. What a tasty way to travel the globe!

FRIDAY

Art Club: Girls in this club will be painting like Frida Kahlo, sculpting like Ruth Asawa, and designing like Maya Lin. Girls will explore a variety of art forms throughout the quarter and learn about various women artists and their artistic mediums. In Art Club, girls will get their creative skills down to a fine art!

STEM Club: This club will be jam-packed with fun, hands-on science experiments. Each week girls will work their way through the scientific method as they conduct all kinds of crazy experiments. After this club, girls are sure to walk away thinking, "Science is so much fun!"

Sports Club: Hockey, basketball, soccer, and more! Girls in this club will have the opportunity to play a wide variety of sports while learning about inspiring female athletes. Join the team of these Girls Inc. athletes in the making!

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3rd-4th Grades

MONDAY

Action for Safety: Safety first! This course teaches girls about self-defense and violence prevention, including the negotiation, assertiveness, and self-defense skills that help them avoid violent situations and increase their personal safety. In Action for Safety, girls will acquire skills and knowledge that will serve them well, now and in the future.

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 Coach Page. **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.

Hydration Station: Did you know that drinking fluids serves a range of purposes in our bodies such as removing waste through urine, controlling body temperature, heart rate, and blood pressure, as well as helping us maintain a healthy metabolism? Girls in this class will explore the benefits of proper hydration while creating and enjoying a variety of different beverages to help them stay hydrated.

TUESDAY

Focus on Friendship: Take a closer look at the many elements of friendship. Use a microscope to zoom in on the little things that make a difference in making and keeping friends. Use a camera to snap a photo of friendship in action. Apply technology to conduct a survey to find the ways you are a good friend—as well as ways you can improve. By the end of the quarter, girls' friendship skills will be in sharp focus!

Si Se Puede: The future lies in the hands of the girls of today. In this class girls will gain an introduction to government and its relevance, and will see how the actions of one person can benefit many. By learning about women leaders from long ago and today, girls will be inspired to choose their own path to make a difference. In this class, girls will stand up, speak out, and make their voices heard!

***Play Production:** This quarter the girls will be putting on their very own play production. The girls will be required to take the class on both Tuesday and Thursday 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 Tuesdays and Thursdays, in addition to attending 12 out of the 14 weeks this quarter. There will also be at least one evening dress rehearsal in December.**

WEDNESDAY

Saving Species: Endangered, vulnerable, threatened, and extinct--what is the difference? What are some of the amazing success stories in restoring the population of these animals? Using books, photos, and problem-solving activities, girls will learn about the world's most at-risk creatures and the worldwide efforts to protect them. At the same time, girls will learn what they can do to help.

Women in Science: Florence Bascomb, a noted geologist, had to sit behind a screen in college classes so she wouldn't "distract" her male classmates. Gertrude Elion, a biochemist who discovered lifesaving medications, could not get funding to pursue her PhD because she was female. It used to be difficult for a woman to pursue a career in science. In this class, with weekly opportunities to conduct scientific experiments, girls will forge their way toward their own place in science history!

Surf Happens: Experience the art and joy of surfing in this amazing class made possible through our partnership with Surf Happens and the Surf Happens Foundation. Girls will need to bring a bathing suit and towel with them each week, but 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.** *Girls Inc. is requesting a \$25 per girl donation to make this program possible. The program cost Girls Inc. \$2,700 per center, per quarter, and any donation to help cover those costs is greatly appreciated!*

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THURSDAY

Girls Dig It: To what extent have girls and women served as transmitters of culture? Girls in this class will use their interpretive and critical thinking skills while participating in archeological investigations that explore questions of gender and culture. Girls will do a backpack excavation, reconstruct artifacts, participate in a simulated excavation, and create their own time capsule! Girls are sure to dig this class where archeology comes to life!

Out of This World: Shoot for the stars! Girls become aerospace engineers by designing rockets and testing to see what makes them go farther, higher, or faster. In learning about planets, asteroids, meteors, and constellations, girls will uncover cool facts about the solar system and beyond. Just like the illustrious band of NASA women before them, girls will have an experience that is out of this world!

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FRIDAY

DIY Club: Have you ever seen things in shops and wondered "Why would I pay that much money for something that I can make myself?" Join our do-it-yourself club and explore your crafty side! Jewelry, collage, painting, sewing—you name it, we'll explore it.

Snack Shack: Girls will create their own menu of treats to sell to Girls Inc. families each Friday. They will also be responsible for learning the business aspects of running a snack bar, including preparing food, handling the cash register, making change, managing a budget, and promoting their sales.

Running Club: Are you race-ready for the She Is Beautiful run on September 22nd? Girls in this club will practice their running skills and improve their strength and stamina. They will complete the She Is Beautiful 5K run with a squad of Girls Inc. strong, smart, and bold runners and walkers. There is no need to stop the running fun after the She Is Beautiful race, girls will continue to practice their running skills through a variety of workouts and games.

Gardening Club: Enjoy outdoor activities while learning about botany, biology, and the environment that we live in. Girls in this club will test out their green thumbs by helping keep our Girls Inc. garden growing. This quarter the girls will plant a variety of items, maintain what has already been growing, and enjoy the foods that are now ready to harvest!





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5th-6th Grades

MONDAY

Santa Barbara Museum of Art: Girls in this class will have the opportunity to work with Santa Barbara Museum of Art teaching artist Itoko Meno. The girls will learn about a current museum exhibition, create art in the same style as the exhibition, and will have an opportunity to visit the museum as well.

Hydration Station: Did you know that drinking fluids serves a range of purposes in our bodies such as removing waste through urine, controlling body temperature, heart rate, and blood pressure, as well as helping us maintain a healthy metabolism? Girls in this class will explore the benefits of proper hydration while creating and enjoying a variety of different beverages to help them stay hydrated.

TUESDAY

Adventures In Space: A universe of possibilities awaits girls in this hands-on exploration of space, discovering both its facts and its mysteries. Girls will build, create, and calculate as they engage in challenges in aeronautic engineering, technology, and robotics. In learning about historic female space scientists and astronauts, girls will discover a galaxy of careers in which the sky is the limit!

***Play Production:** This quarter the girls will be putting on their very own play production. The girls will be required to take the class on both Tuesday and Thursday 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 Tuesdays and Thursdays, 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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WEDNESDAY

Yes She Can: How does government really work? Why is one person's vote so important? What are the critical issues facing our community, our country, and the world? If you were the leader of a city or the country, what would you hope to accomplish? Through engaging hands-on activities and intriguing projects, girls will be inspired and energized to take action to achieve a better world.

Surf Happens: Experience the art and joy of surfing in this amazing class made possible through our partnership with Surf Happens and the Surf Happens Foundation. Girls will need to bring a bathing suit and towel with them each week, but 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.** *Girls Inc. is requesting a \$25 per girl donation to make this program possible. The program cost Girls Inc. \$2,700 per center, per quarter, and any donation to help cover those costs is greatly appreciated!*

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THURSDAY

Living Safe and Strong: In this Girls Inc. National program, girls learn the many ways to stay safe in the world- whether it be physically, mentally, or emotionally. This program is all about taking care of your mind and body. Learn relaxation techniques, self-defense moves, as well as strategies to keep yourself safe, including how to make good decisions when it comes to your health and safety.



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Kinderfun

MONDAY

Blast Off: Put on your space helmet as we blast off to explore the stars! Girls will become space scientists as they learn about the wonders of our solar system and imagine what lies beyond the horizon. Hearing stories about space travel will inspire girls to reach for the moon—with stars in their eyes!

TUESDAY

Friends: Kinderfun offers wonderful opportunities to make new friends—lots of them! But what happens when you feel shy or when someone doesn't want to play with you? Using books, skits, and songs, girls will learn how to handle those sticky friendship situations, how to make new friends, and how to be a good friend to others.

WEDNESDAY

Zelda: This program is an introductory anatomy and physiology class that helps the girls to learn about their bodies and how to keep them health. Girls will also learn what the roles are of health care professionals. The girls use a specially constructed doll developed to help them simulate surgery.

Gymnastics (3:00-4:00): 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.**

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THURSDAY

Culture Cafe: How do you say “hello” in Italian? Japanese? French? Spanish? Girls will become citizens of the world as they “travel” to different countries. While they discover the food, games, and customs of each place, they will learn to speak a few key phrases in the language of the country. What a fun way to become an ambassador of the world!

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!

Gymnastics (3:15-4:15): 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.**

