

1st & 2nd Grade

MONDAY

Gizmos and Gadgets: Get hands-on experience with science and engineering in this class. Build simple machines and test them out in experiments and activities. Learn all about inertia and Newton's laws of motion by building such cool things as boomerangs, hovercrafts, parachutes, marshmallow catapults and more!

College Connection: College may be a long way away for a 1st or 2nd grader, but here at Girls Inc. we think it is never too early to learn about what it takes to get to college and what college life is like when you do attend college. In this class girls will build a solid foundation of what college options there are while exploring what colleges might be a good fit for their interests.

Edible Science: Just when you thought science could never be more exciting, we made it edible and delicious! Come experiment with fizzy lemonade, explore polymer strands in Jello, and harness the sun's energy in your own solar oven. Science is way more fun when you get to eat the results!

Library Magic: Welcome to the most magical library on Earth! If you want to unleash the witch or wizard in you, the library is now accepting applications. As a part of our magical training, we will be first reading magical stories and then mixing up potions, writing messages with invisible ink, and so much more. Girls will practice feats of science that defy belief! Let's make STEM magic happen!

Girls Golf (2nd grade only): Our partnership with the First Tee provides a wonderful opportunity for the girls to learn to golf. Girls will take lessons and practice their golf skills at the beautiful Santa Barbara Municipal Golf Course with a phenomenal golf pro Page O'Brien. **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 toed shoes.

TUESDAY

Kid Ability: Say no, run away, tell an adult. In this nationally recognized program girls will learn about their own strengths and abilities as well as how to speak assertively. Girls will also learn about situations that could be considered unsafe, and will identify adults who they can turn to for help.

Power Up: Girls have probably heard stories about superheroes with super power—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.

Go Girl Go!: We already know the wonderful effects that physical activity participation can have on girls. It can enhance their lives physically, emotionally and socially. Go Girl Go! combines sports participation with an educational intervention that focuses on reducing and preventing the potential hazards of dealing with adolescent issues in unhealthy ways. The sports environment provides girls with experiences of teamwork, goal-setting, positive adult mentoring and leadership training, as well as a ready-made social support system.

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 the women are famous for. Being a sporty girl has never been more inspirational or fun!

WEDNESDAY

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.

Master Chef Jr.: Inspired by the hit television series, girls in this class will showcase their culinary abilities and passion for food through a series of delicious challenges. Each challenge will focus on a specific cooking skill and teams will want to make sure they don't forget to find a way to include the mystery box ingredients! Chefs, get your spatulas ready!

Unique Beats: Here at Girls Inc. we love girls showing up as their unique and individual selves every day. In this class girls will explore musicians through time who have brought a unique style and sound. From Janis to Missy, and Barbara to Pink, let's explore all those musicians who are unique!

Team Challenge: Team-building is what this class is all about and girls will have a blast completing challenges while working together on their listening skills, communication, and creative thinking. "If you want to go fast, go alone. If you want to go far, go together."- African Proverb

THURSDAY

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" worlds. Girls will strategize how to tackle projects step by step and surmount obstacles, turning their visions into achievable actions. The goal of this course is to show girls that they can dream big—and take action to make their dreams become a reality!

Brainiacs: Did you know that your brain works faster than the fastest computer in the world? Our brains are awesome organs and are our bodies control centers! They help us dream about the future, solve problems, control our emotions, and make our bodies move. Come explore the exciting world of the brain and become a Girls Inc. Brainiac!

Dreamy Designs: Come explore what interior designers, photographers, and architects do. Play with colors, shadows and patterns to create your own art piece. The girls will use art media such as painting, drawing, photography and natural materials to make their own patterns and shapes while learning the fundamentals of color and composition. The girls will be inspired by artists who use mixed media to create their own unique designs.

Theatre FX: Have you ever wondered how special effects make up is created for television and film? This class will teach you the basic techniques needed to design, construct and mold yourself into any character of your choice including a monster or a zombie. You will get your hands dirty using silicone, gelatin and other cool mediums to design your very own imaginative and creative piece of work. This is a side of theater you may have never seen before.

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FRIDAY

Sculpture Club: Let's create and build things together! Girls in sculpture club will explore the art of sculpture using a variety of materials from marshmallows and toothpicks to wood, cardboard, paper, recycled materials and more! Come express yourself with creativity and enthusiasm through the art of sculpture!

Spanish Club: Bienvenidos al club de Español! Girls in this club will have the opportunity to learn how to speak Spanish! They will focus on learning the alphabet, numbers, colors, and key phrases they can begin to use in everyday life.

STEM Club: Science, technology, engineering, and math, oh my! Come get your hands and minds involved in some fun projects and experiments exploring the scientific process. Girls are sure to think science is fun after participating in this club.

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.**





of Greater Santa Barbara

Goleta Valley Center Spring 2019 Class Schedule

3rd & 4th Grade

MONDAY

Go Girl Go!: We already know the wonderful effects that physical activity participation can have on girls. It can enhance their lives physically, emotionally and socially. Go Girl Go! combines sports participation with an educational intervention that focuses on reducing and preventing the potential hazards of dealing with adolescent issues in unhealthy ways. The sports environment provides girls with experiences of teamwork, goal-setting, positive adult mentoring and leadership training, as well as a ready-made social support system.

Girls Golf: Our partnership with the First Tee provides a wonderful opportunity for the girls to learn to golf. Girls will take lessons and practice their golf skills at the beautiful Santa Barbara Municipal Golf Course with a phenomenal golf pro Page O'Brien. **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 toed shoes.

Yoga (4th grade only): Relax, breath, and stretch. Girls will learn a variety of ways to relieve their stress by exploring the art of Yoga. The girls will learn new breathing techniques and practice their strength and balance together. The girls will gain both a strong mind and body.

TUESDAY

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 worlds in literature, and then girls will use their imaginations to develop a fantastic world of their own design.

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Fierce Female Rock Stars: How do you define fierce? Is it all about the clothes? Maybe it is in what the music says? Or does it come back to stage presence? Girls in this class will create their own definition of fierce and will use that definition to create their own top 10 list of the fiercest female rock stars of all time!

Wonder Women (4th only): There are so many inspiring women in our community with a variety of different occupations standing up for what they believe in and advocating for girls' and women's rights everywhere, but we don't always hear about them through the media or in school. Girls in this class will hear from different women guest speakers, learning about different careers and the resilience, determination, and passion it took to get to where they are today. On days we don't have guest speakers, we brainstorm how WE can be Wonder Women in our schools, communities, and at home. Here's to strong, smart, and bold women and girls everywhere!

WEDNESDAY

Wizarding World of STEM: Your Hogwarts acceptance letter got lost in the mail and you do not know what to do. As Hermione Granger once said, "When in doubt, go to the library." In this class, we will read magical stories and learn how to perform STEM charms. We will create our very own magic wands, levitate feathers in mid-air, and so much more. Girls will experience the wonder of science and be inspired by the women who have broken barriers with the powers of their minds. The power of STEM is enchanting!

College Bound: Learn what it takes to be on the path for a bright future in college. Girls in this class will not only learn about college access, but will also gain skills that will help them be successful getting to college and as a part of college life. Learn about time management skills, stress coping skills, and how to deal with life's pressures in this class all about being bound for college success!

Curie-osity Project (4th Grade Only): Experiment, explore and experience life at the university! Come visit the UCSB campus to meet scientists, conduct experiments, and do fun science and art activities related to Thriving Through Technology. Each week we will meet a different female scientist or innovator at UCSB, visit her lab or research site, and learn about topics as varied as how animals see colors, how our brains learn, how electricity works, and how computers understand what we say. Girls will participate in work the scientists do such as conduct mini experiments or try out computer programs, apps, or new technologies. Girls will also interview scientists, learn about STEM careers, and write and create artwork about them.

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This class will extend over two quarters so that at the end of the spring quarter, we will publish a multilingual children's book about women scientists and engineers at UCSB and their inventions or technology they use! **This program is offsite and the girls will not return to the center until 5:45 p.m.**

THURSDAY

MOXI: Inquire! Innovate! Iterate! This quarter, come to MOXI each week to explore science ideas and use these ideas and your creativity to solve engineering challenges. You will conduct inquiries about forces, light, and infrared radiation (heat) and then work with your friends to innovate and iterate solutions to problems from designing a patch for a greenhouse on the moon to designing a hovercraft that could carry sensors into dangerous fire zones to understand the spread of wildfires.

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.** *Girls Inc. is requesting a \$25 per girl donation to make this program possible.*

Sea Scientist (4th only): Join Santa Barbara Channelkeeper, a local environmental group that works to keep our creeks, beaches and ocean clean and healthy for people and wildlife, for a hands-on exploration of the Santa Barbara creeks, beach and underwater kelp forest in the Sea-Scientist class. In this class girls will learn about these different ecosystems, why they are important, and have a chance to then visit them. The class will culminate with a trip out of the Santa Barbara Harbor aboard Channelkeeper's Research Vessel to visit the kelp forest where girls will be able to see divers descend underwater and view the wildlife in the kelp forest via a camera attached to a monitor onboard.

Shake It Up (4th only): Strawberry Banana, Green Machine, or Blueberry Bliss...what is your favorite kind of smoothie? Did you know that each ingredient added to a smoothie serves a different purpose for your health and well-being? Did you know that the difference in cow's milk vs. orange juice vs. almond milk as a liquid base will have different vitamins, nutrients, and supplements for your body? In this class girls will learn how specific smoothie ingredient choices fuel their bodies to be STRONG, as they also explore new tastes.



FRIDAY

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.

Volleyball Club: Wanna give volleyball a try? In this club you will learn introductory skills and improve your knowledge around the game of volleyball. You will develop your locomotor skills and overall physical abilities as a young athlete. The environment will be filled with high energy and encouragement in hopes that you will discover your love for the game.

Lights, Camera, Action: Our Lights, Camera, Action club provides a platform for you to build confidence through performing arts. In this club you will go on a personal journey exploring your inner talents while also learning new ones. You will transform into a confident performer who truly embraces the spotlight! Whether it be singing, dancing, acting or reciting poetry you will have your chance to shine!

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.**



5th & 6th Grade**MONDAY**

Yoga: Relax, breath, and stretch. Girls will learn a variety of ways to relieve their stress by exploring the art of Yoga. The girls will learn new breathing techniques and practice their strength and balance together. The girls will gain both a strong mind and body.

EmBODYing Positivity: Ever read a magazine, browse through social media, or watch a movie or TV and think to yourself, “Why don’t I look like that”? In this class, girls will become aware of different messages that are sent through the media and will discuss ways to combat these biases and unrealistic expectations. Watch out world, we’re proving to women and girls everywhere that embracing your natural beauty is the most empowering thing about you.

TUESDAY

Women Who Rock: From Aretha to Beyoncé, and all the female musicians in-between, who most inspires the rock star in you? Girls in this class will learn about influential female musicians through time and explore how female musicians are using their craft to change the way the world views females. Let’s rock!

Wonder Women: There are so many inspiring women in our community with a variety of different occupations standing up for what they believe in and advocating for girls’ and women’s rights everywhere, but we don’t always hear about them through the media or in school. Girls in this class will hear from different women guest speakers, learning about different careers and the resilience, determination, and passion it took to get to where they are today. On days we don’t have guest speakers, we brainstorm how WE can be Wonder Women in our schools, communities, and at home. Here’s to strong, smart, and bold women and girls everywhere!

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College Road Trip: Jump on in and join us on the imaginary college bus where we will set off to explore colleges around the US. Is staying close to home where you want to be? Or maybe you want to explore living on the East Coast? Girls in this class will learn about the different public and private colleges around America and what it takes to get in to them and be successful once they are there!

THURSDAY

Sea Scientist: Join Santa Barbara Channelkeeper, a local environmental group that works to keep our creeks, beaches and ocean clean and healthy for people and wildlife, for a hands-on exploration of the Santa Barbara creeks, beach and underwater kelp forest in the Sea-Scientist class. In this class girls will learn about these different ecosystems, why they are important, and have a chance to then visit them. The class will culminate with a trip out of the Santa Barbara Harbor aboard Channelkeeper's Research Vessel to visit the kelp forest where girls will be able to see divers descend underwater and view the wildlife in the kelp forest via a camera attached to a monitor onboard.

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of Greater Santa Barbara

Goleta Valley Center Fall 2018 Class Schedule

Kinderfun

MONDAY

What's For Snack: What do kids in your town eat for an afternoon snack? Do they have veggies, fruit, or chips? 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 afternoon snacks.

Girl Stories: This class will celebrate some of the strong, smart, and bold girls who are making the world a better place. Each week we will focus on a different girl as we travel the seven continents and go across the seas!

TUESDAY

Kid Ability: Say no, run away, tell an adult. In this nationally recognized program girls will learn about their own strengths and abilities as well as how to speak assertively. Girls will also learn about situations that could be considered unsafe, and will identify adults who they can turn to for help.

Art Around the World: Let's explore the world together through art! Girls in this class will make a stop on each of the seven continents to learn about a type of art from that region of the world. Take your seat on the plane as we take off for adventures in art around the world!

WEDNESDAY

School of Rock: Get ready for the battle of the bands! In this class we will focus on exploring rhythm and busting rhymes learning from some of the most influential female musicians over time.

Camp College: Girls in this class will get ready to pack their bags and set out on the path to college success! As girls sit by the campfire and listen to the tales of all the

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colleges there are, they will imagine themselves as college attendees. Girls will hear what college life entails and imagine hiking the trail through the campus of their choosing.

Gymnastics (2:30-3:30): 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

I Like to Move It: Come get your wiggles out in this fun club where girls will be moving their bodies in a different way each week. Games, sports, stretching, exercises, and more will get the girls shouting, “I like to move it, move it!”

Young Scientist: Science, technology, engineering, and math are all part of the fun of being a young scientist. Girls in Young Scientist will explore the scientific method through a variety of hands-on, minds-on challenges and activities. Young Scientist get their hands dirty, make big mistakes, and have a blast getting scientific!

FRIDAY

Healthy Habits: What are the key healthy habits for us to establish young to be super strong, smart, and bold? Let’s explore healthy habits and find ways to bring them in to our everyday lives! In this class we will explore healthy habits like eating fruits and vegetables, getting physical exercise, spending time outdoors, and keeping our thoughts positive.

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!

