

**Girls Incorporated of Greater Santa Barbara, Goleta Valley Center**  
**Class Schedule Fall 2015**

<b>DAY</b>	<b>CLASS</b>	<b>GRADE</b>	<b>FACILITATOR</b>	<b>ROOM</b>
Monday	FunSMART	1 <sup>st</sup> -2 <sup>nd</sup>	TBD	SMART
Monday	Gobble Up Math	1 <sup>st</sup> -2 <sup>nd</sup>	TBD	Adventure
Monday	Media & Me	1 <sup>st</sup> -2 <sup>nd</sup>	TBD	Technology
Monday	Mission Nutrition	1 <sup>st</sup> -2 <sup>nd</sup>	Lauren	Kitchen
Monday	Steppingstones	1 <sup>st</sup> -2 <sup>nd</sup>	Jackie	Gym
Monday	Olympic Games	1 <sup>st</sup> -2 <sup>nd</sup>	TBD	Field
Monday	Everybody Dance Now!	3 <sup>rd</sup> -4 <sup>th</sup>	Madeline	Dance
Monday	Drawn to Books	3 <sup>rd</sup> -4 <sup>th</sup>	Kyla & Alexis	Library
Monday	Play Production*	3 <sup>rd</sup> & up	Sweets & Jordan	Theater
Monday	Media Literacy	5 <sup>th</sup> -6 <sup>th</sup>	Rina	B3
Monday	In Our Own Hands	5 <sup>th</sup> -6 <sup>th</sup>	Grace	B2
Tuesday	My Friend Zelda	1 <sup>st</sup> -2 <sup>nd</sup>	Elizabeth	SMART
Tuesday	Singing Basics	1 <sup>st</sup> -2 <sup>nd</sup>	Grace	Theater
Tuesday	Zumba	1 <sup>st</sup> -2 <sup>nd</sup>	Jordan	Dance
Tuesday	Art Around the World	1 <sup>st</sup> -2 <sup>nd</sup>	Madeline	Art
Tuesday	Soccer	1 <sup>st</sup> -2 <sup>nd</sup>	TBD	Field
Tuesday	Women in Art	1 <sup>st</sup> -2 <sup>nd</sup>	Lauren	Adventure
Tuesday	LEGO Robotics	3 <sup>rd</sup> -4 <sup>th</sup>	Jackie	Technology
Tuesday	What's for Lunch?	3 <sup>rd</sup> -4 <sup>th</sup>	Ari	Kitchen
Tuesday	Gardening	3 <sup>rd</sup> -4 <sup>th</sup>	Kyla	Garden
Tuesday	Hardcore Hikers	3 <sup>rd</sup> -4 <sup>th</sup>	TBD	Offsite
Tuesday	Go Girl Go!	5 <sup>th</sup> -6 <sup>th</sup>	Julie	B3
Tuesday	Let's Get Physical	5 <sup>th</sup> -6 <sup>th</sup>	Sweets	Gym
Wednesday	Everybody Dance Now!	1 <sup>st</sup> -2 <sup>nd</sup>	Madeline	Dance
Wednesday	Art Expedition	1 <sup>st</sup> -2 <sup>nd</sup>	Kyla	Art
Wednesday	Dreamy Books	1 <sup>st</sup> -2 <sup>nd</sup>	Alexis	Library
Wednesday	Yoga	1 <sup>st</sup> -2 <sup>nd</sup>	TBD	Field
Wednesday	She's on the Money	1 <sup>st</sup> -2 <sup>nd</sup>	TBD	Technology
Wednesday	Indiana Jane	1 <sup>st</sup> -2 <sup>nd</sup>	TBD	Adventure
Wednesday	Lemonade Day	3 <sup>rd</sup> -4 <sup>th</sup>	Grace	SMART
Wednesday	Mission Nutrition	3 <sup>rd</sup> -4 <sup>th</sup>	Lauren	Kitchen
Wednesday	Play Production*	3 <sup>rd</sup> & up	Sweets & Jordan	Theater
Wednesday	MasterMinds	5 <sup>th</sup> -6 <sup>th</sup>	An	B3
Wednesday	Girls enCourage	5 <sup>th</sup> -6 <sup>th</sup>	Rina	Gym/Offsite
Thursday	Earth Action	1 <sup>st</sup> -2 <sup>nd</sup>	TBD	Field
Thursday	What's for Lunch?	1 <sup>st</sup> -2 <sup>nd</sup>	Ari	Kitchen
Thursday	Sea Scientist	1 <sup>st</sup> -2 <sup>nd</sup>	Madeline	SMART
Thursday	Books are Zooper	1 <sup>st</sup> -2 <sup>nd</sup>	Jordan	Library
Thursday	Adventures in Peacemaking	1 <sup>st</sup> -2 <sup>nd</sup>	Kyla	Art
Thursday	Dance Basics	1 <sup>st</sup> -2 <sup>nd</sup>	TBD	Dance
Thursday	Zoo Smarts	3 <sup>rd</sup> -4 <sup>th</sup>	Lauren	Adventure
Thursday	Basketball FUNDamentals	3 <sup>rd</sup> -4 <sup>th</sup>	Sweets	Gym
Thursday	Plum Landing	3 <sup>rd</sup> -4 <sup>th</sup>	TBD	Technology
Thursday	Surf Happens	3 <sup>rd</sup> & up	Jackie	Offsite
Thursday	Have We Got News for You!	5 <sup>th</sup> -6 <sup>th</sup>	TBD	B2
Thursday	Lemonade Day	5 <sup>th</sup> -6 <sup>th</sup>	Grace	B3
Friday	Gymnastics- (\$)	1 <sup>st</sup> & up	Gym Staff	SBC Gym
Friday	Bonjour!	1 <sup>st</sup> -2 <sup>nd</sup>	Kyla	Technology
Friday	Space Club	1 <sup>st</sup> -2 <sup>nd</sup>	Lauren	Adventure
Friday	Stay Tuned Club	1 <sup>st</sup> -2 <sup>nd</sup>	Ari	Dance
Friday	Sports and Fitness Club	1 <sup>st</sup> -2 <sup>nd</sup>	Katie	Field/Offsite
Friday	Eco Artist Club	1 <sup>st</sup> -2 <sup>nd</sup>	Jordan	Art
Friday	Crochet/Knitting/Weaving	3 <sup>rd</sup> -4 <sup>th</sup>	Grace	Theater
Friday	Chess Club	3 <sup>rd</sup> -4 <sup>th</sup>	Madeline	Library
Friday	Science Club	3 <sup>rd</sup> -4 <sup>th</sup>	Amy	SMART
Friday	Cooking Club	3 <sup>rd</sup> -4 <sup>th</sup>	Rina	Kitchen

\*= Participants must register for BOTH DAYS indicated / \*\*All 5<sup>th</sup> & 6<sup>th</sup> grade girls are in Leadership Lab Club on Fridays\*\*

Girls Incorporated of Greater Santa Barbara  
Class Schedule Fall 2015  
Goleta Valley Center

\*All classes are from 4:00-5:15pm and Homework Help is from 5:15-6:00pm

**MONDAY**

**Fun SMART-** Girls will get to do wild and wacky experiments that allow them to explore the power of science. They will get hands on experience doing a variety of projects that teach them how to make a hypothesis, experiment, and deliver their results and outcomes. (Careers & Life Planning)

Facilitator- TBD

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Gobble Up Math-**Girls will learn the basics of math through eating! Create patterns out of pretzels and cheese, estimate the number of popcorn kernels, learn to multiply using sets of raisins, and more. Measuring cups teach fractions, baking pans teach circumference, and stirring teaches counting. Who knew math could be so delicious! (Self-Reliance and Life Skills)

Facilitator- TBD

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Media & Me-** Television, Music, Magazines, and much more. Girls will learn which types of media influence their lives. Girls will watch various clips from T.V. shows and commercials and see how women are portrayed and what people want to sell them.

Instructor- TBD

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Mission: Nutrition-** This program introduces girls to the basics of how to live a healthy lifestyle by allowing them to participate in activities where they learn about the food pyramid, nutrition, and why their bodies need certain foods. Girls will also get a chance to learn how to make healthy choices while eating out as well as how to choose healthy alternatives to popular snack foods. The program ends with girls participating in cooking classes in which they prepare healthier versions of foods every kid eats commonly and loves such as pizza and cookies.

Instructor- Lauren

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Stepping Stones-** 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 legitimate activity for girls and women.

Facilitator- Jackie

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Olympic Games-** Do you have the dream to one day be an Olympic champion? Do you see yourself taking the gold, silver, or bronze in Field Hockey, the Long Jump, or Tennis? This class will offer you the foundation to be successful at some of your favorite Olympic Sports. (Sports and Adventure)

Instructor- TBD

Grade- 1<sup>st</sup>-2<sup>nd</sup>

**Everybody Dance Now!** - Come explore the history of hip hop music and dance moves in this class put on by the Everybody Dance Now group. Each week girls will learn vocabulary relating to the moves they are learning, work on their motor skills, and explore the cultural context of

how hip hop began and has evolved. *This class will be an additional \$20 for the quarter.* (Sports & Adventure)

Instructor- Madeline & EDN Staff

Grades- 3<sup>rd</sup>-4<sup>th</sup>

**Drawn To Books-** Although children's book illustration is a career that has been available to women, they have won less than a third of the prestigious Caldecott Medals. In this course, girls will go to the library to learn about a famous children's illustrator one week and then go to the art room the next week to work in the style of that illustrator. And then who knows? Perhaps one day a class at Girls Inc. will learn about these girls in a course on the latest female Caldecott Medal-winners!

Facilitators- Kyla & Alexis

Grades- 3<sup>rd</sup>-4<sup>th</sup>

**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 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 in early December. **Girls who sign up for this class must be able to commit to both classes on Mondays and Wednesdays in addition to attending 11 out of the 15 weeks this quarter.**

Facilitators- Sweets & Jordan

Grades- 3<sup>rd</sup> & up

**Media Literacy-** Girls will take media to the next level. Girls will look into non-verbal communication in music videos, look at messages in advertisement, create their own storyboard, and even take a closer look at what is influencing what is shown on T.V. Girls will also get the opportunity to make their own media and explore the world of social media as well.

Facilitators- Rina

Grades- 5<sup>th</sup>-6<sup>th</sup>

**In Our Own Hands-**This class is designed to enable girls to recognize themselves as leaders, to understand their rights and responsibilities, and to feel empowered and responsible for championing social changes. Girls will work as a team on a community action project by finding an issue of shared concern, determining changes that need to occur, and carrying out their plan of action.

Facilitators- Grace

Grades- 5<sup>th</sup>-6<sup>th</sup>

## **TUESDAY**

**My Friend Zelda-** This program is an introductory anatomy and physiology class that helps the girls learn about their bodies and how to keep them healthy. 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.

Facilitator- Elizabeth

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Singing Basics-** Learn the basics of music and performing by taking this class. Learn about rhythm, beat, tempo, singing and rounds, and the musical scale. Learn everything you need to learn about the basics of singing and music and then end the quarter by participating in a performance for your family and friends!

Instructor- Grace

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Zumba-** Girls in this class will be a part of a high-energy dance parties packed with kid-friendly Latin inspired routines. By breaking down steps, adding games, and cultural exploration components into the class structure, girls will build skills in leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, balance and cultural awareness.

Facilitator- Jordan

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Art Around the World** - Discover the beauty of other cultures through the world of art! Girls will enjoy creating artwork from a wide variety of different countries like Iran, France, Japan and the United Kingdom. They will also have an opportunity to learn about the culture of the places the art they are studying comes from.

Instructor- Madeline

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Soccer-**The girls will explore the fantastic sport of soccer. They will learn the rules and techniques of how to become a phenomenal soccer player. They will also learn about inspirational women soccer players, and find out what it takes to be a professional.

Instructor- TBD

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Women In Art-** Have you heard of Hannah Hoach? Did you know she was one of the first woman feminist artists? Women have made great contributions to the history of art and girls in this class will explore these artists through project based activities. We will focus on a different artist each week and will use similar materials and style that the artist we are learning about used.

Facilitator- Lauren

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Lego Robotics** - In this STEM class, girls will be introduced to real-world engineering challenges by designing, building, testing, and programming Lego based robots to complete a variety of tasks. They will apply real-world science and math concepts, learn critical thinking, and use team building and presentation skills.

Instructor- Jackie

Grades- 3<sup>rd</sup>-4<sup>th</sup>

**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!

Instructor- Ari

Grades- 3<sup>rd</sup>-4<sup>th</sup>

**Gardening-** Enjoy outdoor activities while learning about botany, biology, and the environment that we live in! Come test out your green thumb by joining the gardening class and help 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!

Facilitator- Kyla

Grades- 3<sup>rd</sup>-4<sup>th</sup>

**Hardcore Hikers-** Girls in this class will get to experience the outdoors in many ways. The girls will learn about trail safety, confidence on a trail, and 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 child has the appropriate clothes and footwear on hiking days.

Facilitator- TBD

Grades- 3<sup>rd</sup>-4<sup>th</sup>

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**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. GoGirlGo! 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.

Instructor- Julie

Grades- 5<sup>th</sup>-6<sup>th</sup>

**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 the girls with the experiences needed to enjoy the benefits and excitement of taking positive risks that will bolster their self-confidence and personal growth.

Instructor- Sweets

Grades- 5<sup>th</sup>-6<sup>th</sup>

### **WEDNESDAY**

**Everybody Dance Now!** - Come explore the history of hip hop music and dance moves in this class put on by the Everybody Dance Now group. Each week girls will learn vocabulary relating to the moves they are learning, work on their motor skills, and explore the cultural context of how hip hop began and has evolved. *This class will be an additional \$20 for the quarter.*

Instructor- Madeline & EDN Staff

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Art Expedition**- Girls in this class will be “gathering the gear” needed for a life long art expedition. Girls will be guided through an introduction to the seven elements of art and will examine the components of line, shape, texture, value, color, space, and form as they create beautiful works of art all on their own!

Instructor- Kyla

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**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!

Facilitator- Alexis

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**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.

Facilitator- TBD

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**She's On the Money**-Girls Inc.'s National Program introduces girls to the concept of money and this in turn gives them an early start developing the skills to foster economic independence in later years. The girls will have fun learning what money is, how it is used, and what it means in their life.

Facilitator- TBD

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Indiana Jane**- What is archaeology? What do archaeologists do and would you enjoy it? In this class you will learn these things as well as be introduced to the world of archaeology using

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sciences and learn about lots of different cultures across time. Explore and question the cultures you learn about as well as learn the role of women in them to observe how it has changed over time!

Instructor- TBD

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Lemonade Day** - In this hands-on program, girls will learn entrepreneurship and economic literacy through the planning, owning and operating their own small business - the iconic lemonade stand. In Lemonade Day, girls will set a goal, make a plan, work their plan and achieve success, all the while they build self-belief, and a foundation that can lead them to new directions that they may not otherwise have tried.

Instructor- Grace

Grades- 3<sup>rd</sup>-4<sup>th</sup>

**Mission: Nutrition-** This program introduces girls to the basics of how to live a healthy lifestyle by allowing them to participate in activities where they learn about the food pyramid, nutrition, and why their bodies need certain foods. Girls will also get a chance to learn how to make healthy choices while eating out as well as how to choose healthy alternatives to popular snack foods. The program ends with girls participating in cooking classes in which they prepare healthier versions of foods every kid eats commonly and loves such as pizza and cookies.

Instructor- Lauren

Grades- 3<sup>rd</sup>-4<sup>th</sup>

**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 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 in early December. **Girls who sign up for this class must be able to commit to both classes on Mondays and Wednesdays in addition to attending 11 out of the 15 weeks this quarter.**

Facilitators- Sweets & Jordan

Grades- 3<sup>rd</sup> & up

**MasterMinds-** In this class, girls will compete in challenges, games and activities designed to increase their ability in logic, reasoning and pattern recognition. Inspired by the methods utilized in Common Core Math, this class will help girls achieve higher levels of success.

Instructor- An

Grades- 5<sup>th</sup>-6<sup>th</sup>

**Girl enCourage-** As an adventure sports program, this program exposes girls nontraditional sports as a way to encourage a cooperative and competitive spirit, build movement and athletic skills, and gain health awareness. Girls will experience the benefits of positive risk taking and explore careers related to sports.

Instructor- Rina

Grades- 5<sup>th</sup>-6<sup>th</sup>

## **THURSDAY**

**Earth Action** - Girls in this class will learn to take matters into their own hands! Girls in this class will be empowered to become activist and affect positive environmental change in their homes, community and world through educational activities and hands-on experience.

Instructor- TBD

Grades- 1<sup>st</sup>- 2<sup>nd</sup>

**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

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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!

Instructor- Ari  
Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Sea Scientist** - Wind, Sun, Sand, Water...and animals! Where are we? At the Sea! Come to the beach and tide pools with us as you learn, count, and study the animals in our watery backyard. Draw a crab...from life, dig up a beach hopper, and touch a sea star!

Instructor- Madeline  
Grades- 1<sup>st</sup>-2<sup>nd</sup>

**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 I'm not lion!

Facilitator- Jordan  
Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Adventures in Peacemaking-** Conflict is a normal, natural part of life for children. Planning and preparation will help your child use conflict for its productive potential. Girls will complete various activities that focus on cooperation, communication, appreciating diversity, and much more.

Facilitator- Kyla  
Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Dance Basics-** A Five, Six, A Five, Six, Seven, Eight...Girls in this class will learn a variety of dance steps and dance movements ranging from jazz to hip-hop to swing and more. Girls will be moving their feet and getting groovin' in this fun filled class!

Facilitator- TBD  
Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Zoo SMART-** In this class girls will have the opportunity to learn all there is to know about owning, operating, and designing a zoo. Girls will participate in a simulation where they will assume the responsibility for a “failing zoo”. Through learning about animal habitats, proper care of animals, and logistics of zoos girls will then create their very own design for a new and improved healthier zoo!

Instructor- Lauren  
Grades- 3<sup>rd</sup>-4<sup>th</sup>

**Basketball FUNDamentals-**This class will not only teach and develop basketball skills, but it will enhance girls overall athletic ability. Girls will participate in drills geared towards improving hand-eye coordination, jumping ability shooting, dribbling, speed and agility.

Instructor- Sweets  
Grades- 3<sup>rd</sup>-4<sup>th</sup>

**Plum Landing-** Get ready go on fantastic adventures and marvelous missions with a new and exciting environmental science program that will help girls develop a love for, and connection to, this amazing and beautiful planet we call home. Plum Landing invites girls to get to know their world through a collection of fun and engaging games, apps, videos, and hands-on science activities.

Facilitator- TBD  
Grades- 3<sup>rd</sup>-4<sup>th</sup>

**Surf Happens Surfing** - Come experience the art and joy of surfing in this amazing class made possible through our partnership with Surf Happens! ***Girls must be able to swim and feel confident in the ocean in order to participate in this club!*** We will be offsite each week and will not return to the center until 6pm. Girls will need to bring a bathing suit and towel with them each week, but Surf Happens will provide the wetsuits and surfboards. Priority will be given to those girls who have previously participated in Surfing with Girls Inc.

Instructor- Jackie and Surf Happens Staff

Grades- 3<sup>rd</sup> & up

**Have We Got News for You!**- In this journalism class, girls will work as a team to publish a Girls Inc. Goleta Valley newspaper. Students meet each week to learn about the fundamentals of the journalism process from planning articles to writing stories and securing artwork to publishing the paper. Girls in this class will develop new skills as they participate in all aspects of the editing and publishing process.

Instructor- TBD

Grades- 5<sup>th</sup>-6<sup>th</sup>

**Lemonade Day** - In this hands-on program, girls will learn entrepreneurship and economic literacy through the planning, owning and operating their own small business - the iconic lemonade stand. In Lemonade Day, girls will set a goal, make a plan, work their plan and achieve success, all the while they build self-belief, and a foundation that can lead them to new directions that they may not otherwise have tried.

Instructor- Grace

Grades- 5<sup>th</sup>-6<sup>th</sup>

## **FRIDAY**

**Gymnastics**- Tumble, cartwheel, and handstand your way to fun and fitness. Gymnastics offers a way to exercise, and learn several skills such as balance, concentration, and strength training. Gym is a wonderful way to build self-esteem and great poise and posture as well. They will stretch out at the beginning of each class, and then move on to the equipment and floor exercises.

**There is an extra fee of \$140 to participate in the class, sliding scale fee applies. *Girls will not return to the center until 5:45pm.*** (Sports and Adventure)

Facilitator- Gym Staff

Grades- 1<sup>st</sup> & up

**Bonjour! Club**- Each week in this club we will explore the beautiful and vibrant French language and culture through activities highlighting art, music, food, and so much more of the numerous francophone destinations.

Instructor- Kyla

Grades- 1<sup>st</sup> & 2<sup>nd</sup>

**Space Club**- Do you want to learn more about outer space? We'll cover planets, our solar system, stars, constellations, astronauts and much more!

Facilitator- Lauren

Grades- 1<sup>st</sup> & 2<sup>nd</sup>

**“Stay Tuned” Club**- Every Friday, girls will come together to explore and share opinions regarding various hot topics within a safe space including the media's portrayal of women, family dynamics, and environmental issues. Through various projects and activities, girls have the opportunity to share their experiences and feelings while being exposed to other viewpoints.

Facilitator- Ari

Grades- 1<sup>st</sup> & 2<sup>nd</sup>

**Sports and Fitness Club** - If friendly competition is your game, then sports and fitness club is for you! Get ready to run and jump, crouch and crawl, spin and throw, as we challenge ourselves with movement and sports of all sorts! From popular sports like soccer and basketball to some of the wackiest sports you've never dreamed of. If you're all about getting out and staying active, then sports and fitness club is where you want to be!

Instructor- Katie/Julie

Grades- 1<sup>st</sup> & 2<sup>nd</sup>

**Eco Artist Club** -In this club girls will not only become artist, but will become environmentalist as well! In this earth friendly arts and crafts club girls will be discovering their own artistic natures as they use recyclable, reusable, and nature's own found art materials for all of their projects. Come create and explore will learning to respect and care for the environment around you!

Instructor- Jordan

Grades- 1<sup>st</sup> & 2<sup>nd</sup>

**Croquet/Knitting/Weaving Club** - Girls in this club will learn how to knit, weave, and crochet yarn! Girls will be using knitting needles, as well as their fingers to weave. Come make a scarf or any other project your mind can imagine!

Instructor- Grace

Grades- 3<sup>rd</sup> & 4<sup>th</sup>

**Chess Club**-Chess is a fun game that incorporates many aspects of learning including communication, strategy, open-mindedness, risk taking, and reflection. Girls will learn the rules and strategies of chess and play games with other club members.

Facilitator- Madeline

Grades- 3<sup>rd</sup> & 4<sup>th</sup>

**Science Club**- In collaboration with Lockheed Martin, each week girls will participate in mind expanding experiments. Through hands on experience, girls will gain confidence in the field of science and will be inspire to explore science in the world around them.

Facilitator- Lockheed Martin Staff

Grades- 3<sup>rd</sup> & 4<sup>th</sup>

**Cooking Club** - Girls in this club will have the opportunity to learn cooking basics and create nutritiously delicious meals! Working as a team, girls will gain experience in all aspect of working in the kitchen from prep to plating.

Facilitator- Rina

Grades- 3<sup>rd</sup> & 4<sup>th</sup>