

Girls Inc. of Greater Santa Barbara Goleta Valley Center

Fall 2016 Class Schedule

DAY	CLASS	GRADE	TEACHER	ROOM
Monday	Art Therapy	1 st -2 nd	Kyla	Art
	Everybody Dance Now!	1 st -2 nd	Ashlee	Dance
	Eat a Rainbow	1 st -2 nd	Heidi	Kitchen
	Yoga	1 st -2 nd	Sam	Gym
	Dollars, Sense & Me	3 rd -4 th	Rob	Adventure
	Reading Ambassadors	3 rd -4 th	Ari	Library
	Golf	3 rd & up	Jordan	Jordan
	Theatre Production	4 th & up	Nicole	Theater
Girls Who Code	5 th & up	Jordon	Technology	
Tuesday	She's on the Money	1 st -2 nd	Rob	Adventure
	Multicultural Games	1 st -2 nd	Brooke	Gym
	Paper Bag Book Club	1 st -2 nd	Rose	Library
	Hardcore Hikers	1 st -2 nd	Jordan	Offsite
	Glee Club	3 rd -4 th	Nicole	Theater
	Chemistry is Cool!	3 rd -4 th	Deena	SMART
	Science of Cooking	3 rd -4 th	Keilani	Kitchen
	Cyberchase	3 rd -4 th	Jordon	Technology
	Mind & Body	5 th & up	Sam	Dance
Wednesday	Kinderfun Gymnastics*	K	Gym Staff	SBC Gym
	Frisbee Math	1 st -2 nd	Heidi	SMART
	Edible Math	1 st -2 nd	Brooke	Kitchen
	Coding	1 st -2 nd	Jordon	Technology
	iRead	1 st -2 nd	Ari	Library
	Bone Zone	3 rd -4 th	Sam	Adventure
	Everybody Dance Now!	3 rd -4 th	Ashlee	Dance
	Theatre Production	4 th & up	Nicole	Theater
	Go Girl Go	3 rd -4 th	Rob	Gym
	Social Justice Art	5 th & up	Kyla	B1
Thursday	Reading Olympics	1 st -2 nd	Rose	Technology
	Soccer	1 st -2 nd	Jordon	Field/Offsite
	Chemistry is Cool!	1 st -2 nd	Deena	SMART
	Indiana Jane	1 st -2 nd	Heidi	B3
	Ice Skating**	1 st -2 nd	Jordan	Offsite
	Mind & Body	3 rd -4 th	Sam	Adventure
	STOMP	3 rd -4 th	Nicole	Dance
	Surf Happens	3 rd & Up	Brooke	Offsite
	Body Chemistry	5 th & up	TBD	Kitchen
Friday	Gymnastics*	1 st & up	Gym Staff	SBC Gym
	Table Top Club	1 st -4 th	Jordon	Technology
	Happy Campers	1 st -4 th	Sam	Field
	Naturalist Club	1 st -4 th	Heidi	Adventure
	Designers' Club	1 st -4 th	Deena	Art
	Crew Club	3 rd & up	Nicole	Theater
	Dinner Club	3 rd & up	Ari & Libby	Kitchen

*Gymnastics is provided for an additional fee. Please see Donita for your rate.

**Ice Skating is \$70 for the entire quarter. Financial assistance is available.

Fall 2016 Class Descriptions

Our classes take place from 4:00-5:15pm followed by Homework Help from 5:15-6:00pm.

MONDAY

1st & 2nd Grade

Art Therapy

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 work through their emotions, one of which is the creation of art! Come relax, draw, paint, create, and de-stress in art therapy!

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.*

Eat A Rainbow

Did you know that the color of a food can tell you a lot about its nutritional value? Did you know that foods that are red in color can help improve heart and blood health and support your joints? Come join this class and learn about these facts and many more as you eat your way to a healthier you!

Yoga

Relax, Breathe, 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.

3rd & 4th Grade

Dollars, Sense, & Me

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 your life.

Reading Ambassadors

What is a Reading Ambassador? She is someone who has had formal training by staff members of the Santa Barbara Public Library in how to read a book aloud to a younger child. Girls who complete the training will attend an awards ceremony at the main library and then finish the quarter by reading aloud to anyone and everyone—dogs (yes, dogs!), kindergartners, staff members, community leaders, and each other! Read on!

Girls Golf (3rd-6th)

The girls have been given a wonderful opportunity through the First Tee Program to learn to golf. Girls will be taking lessons and practicing their golfing skills at the beautiful Santa Barbara Golf Club Golf Course with a phenomenal golf pro Paige O'Brien Jazinski. **This program is offsite and the girls will not return to the center until 5:15.** Girls must obey club policy and this requires them to wear a girls inc t-shirt and closed toed shoes.

Theatre Production (4th-6th)

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 November. **Girls who sign up for this class must be able to commit to both classes on Mondays and Wednesdays in addition to attending 7 out of the 10 weeks this quarter.**

5th & 6th Grade

Girls Who Code

Girls in this class will learn the core concepts in computer science through projects based in their interest such as music, art, storytelling, games, and more. Girls will work with a team to design and develop a product to make a positive difference in their community. Come learn what it takes to be a part of the growing field of computer science!

TUESDAY

1st & 2nd Grade

Multicultural Games

What types of sports and games do they play in China? What about India? Girls in this class will explore sports and active games from around the world! Travel through the seven continents learning fun new games and a variety of sports you may have never seen before!

Paper Bag Book Club

How many things can you make out of a paper bag? Based on a book they enjoy in the library, girls will transform a simple lunch bag into puppets, books, mysteries, and games. It's a great way to think outside the box . . . or bag!

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.

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.

3rd & 4th Grade

Chemistry is Cool!

Science comes to life in this explosive new class! Girls will think like scientist as they predict experiment, observe, and report! Girls will lead a variety of chemistry experiments and learn about careers in the STEM field that they may have never thought of before. Girls in this class are sure to think that chemistry is cool and science is fun!

Cyberchase

This takes the girls on a wild ride through cyberspace where they are challenged to use the power of math and problem solving. Cyberchase is an animated television series and multimedia project for children about a team of kids on daring missions in cyberspace. Our heroes have to use math and brain power to save the day. Cyberchase will help the girls see, think, and do math. Math is everywhere. Math is about solving problems. Math is fun! (Self Reliance and Life Skills)

Glee Club

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!

The Science of Cooking

Are you interested in the science behind what happens to food while it's cooking? Do you want to learn what makes a recipe work so you can improvise and create your own dish? In this class girls will get to be inventive in the kitchen and experiment with cooking. But unlike in the science laboratory, in this class you can eat your experiments!

5th & 6th

Mind and Body

Girls have the right to accept and appreciate their bodies, and at Girls Inc. we want to give the girls the support they need to take charge of their own health. In this class girls will focus on the four pillars that play a major role in fortifying girls' ability to develop and sustain strong minds and strong bodies. They are: nutrition, physical activity, stress management, and body image.

WEDNESDAY

Kinderfun 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 to participate in the class, sliding scale fee applies.**

1st & 2nd Grade

Coding – Girls Inc. is committed to helping girls discover how science, technology, engineering, and math (STEM) and its many applications offer exciting opportunities today and for the future. Through our Google Made with Code Project, girls will be introduced to coding, building upon programming in which girls explore STEM as part of their lives and potential career options. Each session provides a basic coding experience in an interactive and hands-on environment that girls also find fun and exciting. There really is nothing she can't do with coding as a tool in her belt.

iRead

Shine a spotlight on reading as girls host a weekly story time with an adult. Then, playing *board* games like Zingo! and Pop!, girls will find they are never *bored!* And to add to the fun, girls will play active games that will help them twist, wiggle, and strut their way to improved reading skills. In iRead, girls will find that I read, you read—we all read!

Edible Math

Girls in this class will learn math skills as they use food as manipulatives! How long is a gummy worm? If you share $\frac{3}{4}$ of your orange with your friend how many slices does she get? Can you make a graph comparing the number of blueberries in your bowl to strawberries? Fractions, estimation, measuring, and multiplication have never been as fun, or tasty!

Frisbee Math with Mr. Numbers

Wow” and “Cool” are what girls often say about these amazing Number Wheels, while they play in fun and fascinating ways. The visual patterns, as well as the physical movement within the Number Wheels, make it easy to SEE and grasp basic addition and math concepts. Participants will get their own Math Frisbee for learning and playing. Girls Inc. partners with Mister Numbers to bring you this new effective introduction to math that makes kids ask for more. Video at <https://goo.gl/RMgtM6>

3rd & 4th Grade

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- Valeria & EDN Staff

Grades- 3rd & 4th

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.

Bone Zone

When thinking about their health, many young girls would not think that it is very important to take care of their bones. The key message for this class is “Powerful Bones. Powerful Girls.” This class will actively teach girls how to keep strong bones through sports and movement, nutrition, and knowledge. Come join us and enter the Bone Zone!

Theatre 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 November. **Girls who sign up for this class must be able to commit to both classes on Mondays and Wednesdays in addition to attending 7 out of the 10 weeks this quarter.**

5th & 6th

Social Justice Art

Girls in this class will explore various social injustices and how inequalities impact their lives. Girls will then work as a community to create art with the intention of motivating

others around them to promote social change. What social injustices do you want to change? Come learn more as you create, explore, and advocate!

THURSDAY

1st & 2nd Grade

Ice Skating- This is an entry level class for girls looking to master the skills of ice skating for recreational purposes. It is designed for the beginner of all stages and run by our professionally trained figure skating instructional staff. There is a \$70 additional fee for the quarter.

Chemistry is Cool!

Science comes to life in this explosive new class! Girls will think like scientist as they predict experiment, observe, and report! Girls will lead a variety of chemistry experiments and learn about careers in the STEM field that they may have never thought of before. Girls in this class are sure to think that chemistry is cool and science is fun!

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.

Reading Olympics

Go for the strong, smart, and bold! In Reading Olympics, girls will strengthen their reading skills as they train for and participate in the Reading Olympic Games! Girls begin with a pre-game warm-up with fun games on the computer. Then—ready, set, go!—they will work together to enter Word Family Marathons, Rhyming Races, and Sight Word Tournaments. Closing Ceremonies will feature a gold medal books quiz and the presentation of their well-earned Reading Gold Medals!

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 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!

3rd & 4th Grade

Mind and Body

Girls have the right to accept and appreciate their bodies, and at Girls Inc. we want to give the girls the support they need to take charge of their own health. In this class girls will focus on the four pillars that play a major role in fortifying girls' ability to develop and sustain strong minds and strong bodies. They are: nutrition, physical activity, stress management, and body image.

STOMP

STOMP is an organization, originally founded in New York, that gives percussionists the opportunity to create new and innovative ways to approach their craft by incorporating dance, music, and theatrical performance into one electrifying rhythm. In this introductory course, girls will learn the basics of rhythm as well as how to work in an

ensemble by creating group cadences in non-traditional ways, using basketballs, trashcans, stepping, and more.

Surf Happens (3rd-6th)

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.

5th & 6th

Body Chemistry

What is the science behind toothpaste? What ingredients make the best lip gloss or chap stick? What careers involve making and researching beauty products? Girls in this class will be making their own beauty products as they become chemist and experiment with different beauty product recipes.

FRIDAY

1st – 4th Grade

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 to participate in the class, sliding scale fee applies.

Naturalist Club

This club will focus on connecting with and exploring the elements of nature-- observing the lives of other animals around us, and how they are all interconnected. The club will go on to explore how we are connected with our environment, and how this relationship can bring curiosity and inspiration to each of us.

Designers' Club

Explore what interior designers, photographers, interior designers 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.

Happy Campers

Happy campers will be empowered to feel confident and outdoorsy! They will learn camping, backpacking, and survival skills in the great outdoors! Each week we will have a "camp-out" where we will focus on a specific element of camping. At the end of the club, we will hold our weekly "tent set-up" competition where we will time the speed of the happy campers' tent-set-up. We will brave the elements rain, shine, or drought and learn ways of taking only our memories from our outdoor experiences by leaving nature better than we left it!

Tabletop Club

The Tabletop Club is centered on learning about and making their own tabletop games. These include; board games, card games, role playing games, and more. Each week the girls will have the chance to play games they may have never played before and then the next week they can begin making a game for themselves. The goal is for them to embrace their creativity and ingenuity while having fun expanding their catalog of awesome games.

3rd – 6th Grade**Theatre Crew Club**

Crew is an essential part of any live performance. Though they do not perform on stage, the show cannot go on without their behind-the-scenes magic! Girls will learn how to design and execute props, costumes, backdrops, and makeup. They will also learn how to crew a live theatrical production by assisting in light, sound, and scene changes in our annual fall production.

Dinner Club

During Friday's Dinner Club, girls will exercise their cooking and baking skills in order to sell the meals they have prepared to Girls Inc. families. Girls will learn how to market the food to their friends and family, tastefully present it, and responsibly handle the money from their profits. We hope the girls become confident in the kitchen and use their new skills and creativity at home when cooking!