



SBC Class Schedule ~ Fall 2016

DAY	CLASS	GRADE	INSTRUCTOR	CLASSROOM
Monday	Eat Alphabet	K	Leticia & Suzette	Kitchen
	She's on the Money	1,2	Yesenia	Leadership Rm
	Paper Bag Book Club	1,2	Marcos	Library
	Express Yourself	1,2	Rosa	Art Rm
	Multi-Cultural Games	2,3	Candy	Upper Level
	Bone Zone	3,4	Stephanie	Language Arts Rm
	Golf	3,4	Marisol	Offsite
	Science Challenge	5+	Christian	Science Rm
Girls Who Code	5+	Karen	Computer Lab	
Tuesday	We Can Read	K	Leticia & Suzette	Kinderfun Rm
	SMART Art	1,2	Julissa	Science Rm
	Edible Math	1,2	Marisol	Kitchen
	Fun SMART	1,2	Karen	Garden/Lang Arts
	Fearless Flyers	2,3	Jade	Leadership/Blacktop
	Dollars, Sense & Me	3,4	Christian	Computer Lab
	Reading Ambassadors	3,4	Marcos	Library
	Play Production	3+	Candy	Stage
	Social Justice Art	5+	Rosa	Art Rm
Wednesday	Art & Dance Around the World	K	Leticia & Suzette	Kinderfun Rm
	Eat A Rainbow	1,2	Marisol	Kitchen
	Reading Olympics	1,2	Marcos	Library/Comp Lab
	Meditation through Art	1,2	Rosa	Language Arts Rm
	Chemistry is Cool!	2,3	Karen	Science Rm
	Draw, Paint & Sculpt (SBMA)	2,3	Yesenia	Art Rm
	Surf Happens	3+	Christian	Offsite
	Go Girl Go!	4+	Stephanie	Leadership/Blacktop
	Just Dance	4+	Candy	Stage
	Gymnastics (3-4 p.m.)	K	Gym Staff	Gym
Gymnastics (4-5 p.m.)	1+	Gym Staff	Gym	
Thursday	Olivia's Ocean	K	Leticia & Suzette	Kinderfun Rm
	Stepping Stones	1,2	Yesenia	Blacktop/Upper Level
	iRead	1,2	Marcos	Library
	Soccer	1,2	Rosa	Upper Level/Offsite
	Express Yourself	2,3	Marisol	Art Rm
	Science of Cooking	3,4	Christian	Kitchen
	Cyber Chase	3,4	Julissa	Computer Lab
	Chemistry is Cool!	5+	Karen	Science Rm
	Play Production	3+	Candy	Stage
	Gymnastics (4-5 p.m.)	1+	Gym Staff	Gym
Friday	Puppet Club	K	Leticia & Suzette	Kinderfun Rm
	Sporty Girls Club	1-3	Karen	Upper Level/Blacktop
	Animal Club	1-3	Stephanie	Garden/Leadership
	Crafty Kids Club	1-3	Candy	Rm
	Imagineering Club	1-3	Marisol	Language Arts Rm
	International Club	3+	Perla	Science Rm
	DIY Club	3+	Christian	Computer Lab
	Snack Shack	3+	Rosa	Art Rm
	Knitting & Weaving Club	3+	Yesenia	Kitchen
	Gymnastics (3:15-4:15 p.m.)	K	Gym Staff	Library
				Gym

**Class Descriptions- Fall 2016
Santa Barbara Center**

***1st and 2nd grade ***

MONDAY

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!

She's On the Money - This Girls Inc. 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. Girls make piggy banks, design their own money, and learn the value and cost of earning, saving, spending!

Express Yourself - Be BOLD! Be different! Be you! Girls in this class will have the opportunity to express who they are as unique individuals through a variety of different art mediums. In this class there will never be a set result that something should look like, girls will be free to explore their creativity and express themselves in fun and creative ways!

ADDITIONAL CLASS OPTION FOR 2nd GRADE ONLY

Multi-Cultural 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 you will have the opportunity to play games that other children play around the world! Learn fun facts about different countries and find similarities with other cultures where you may never have thought you would!

TUESDAY

SMART ART - Calling all SMARTists! Girls in this class will develop an eye for design as they blend science with art to tackle engineering and architectural challenges each week.

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!

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

ADDITIONAL CLASS OPTION FOR 2nd GRADE ONLY

Fearless Flyers - Paper airplanes, parachutes, rockets, and more! Come explore the science of aviation as we learn about famous female pilots of the past and present and create our own flying creations! Wind resistance, aerodynamics, and altitude are just some of the concepts you will learn about in this high flying, super soaring class!

WEDNESDAY

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!

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!

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

Gymnastics 4:00-5:00 p.m. - 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. *Gym is offered in place of a class. There is an **EXTRA FEE** to participate in the class (sliding scale fees apply). Please talk to the front desk for more information! **Payment Due at sign up-NO EXCEPTIONS!!! SPACE IS LIMITED.**

2 ADDITIONAL CLASS OPTIONS FOR 2nd GRADE ONLY

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!

Draw, Paint & Sculpt - Learn all the skills and knowledge you need to be a successful artist in this new and exciting class. Learn about famous artists and works of art and practice their techniques in artwork that is all your own. Perfect your techniques and see your progress through daily sketching, drawing, painting and sculpting. We are very excited about partnering up with the Santa Barbara Museum of Art to teach this fun and interactive art class.

THURSDAY

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.

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!

Soccer Team - 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. Girls will be playing games at both GVC and SBC to put the skills they learned into action. **Girls will not return to the center until 5:30 on Game Days if they are at the Goleta Girls Inc Center**

Gymnastics 4:00-5:00 p.m. - 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. *Gym is offered in place of a class. There is an **EXTRA FEE** to participate in the class (sliding scale fees apply). Please talk to the front desk for more information! **Payment Due at sign up-NO EXCEPTIONS!!! SPACE IS LIMITED.**

ADDITIONAL CLASS OPTION FOR 2nd GRADE ONLY

Express Yourself - Be BOLD! Be different! Be you! Girls in this class will have the opportunity to express who they are as unique individuals through a variety of different art mediums. In this class there will never be a set result that something should look like, girls will be free to explore their creativity and express themselves in fun and creative ways!

MONDAY

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!

Girls Golf - 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-toe shoes.

ADDITIONAL CLASS OPTION FOR 3rd GRADE ONLY

Multi-Cultural 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 you will have the opportunity to play games that other children play around the world! Learn fun facts about different countries and find similarities with other cultures where you may never have thought you would!

TUESDAY

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 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!

Play Production - This quarter the girls will be putting on their very own theater production. The girls will be required to take the class on both Mondays and Wednesdays in order to give themselves enough time to rehearse. The girls will learn theater skills like voice projection, blocking, improvise and more! They will then have a blast performing in front of their families and peers at the end of the quarter!

ADDITIONAL CLASS OPTION FOR 3rd GRADE ONLY

Fearless Flyers - Paper airplanes, parachutes, rockets, and more! Come explore the science of aviation as we learn about famous female pilots of the past and present and create our own flying creations! Wind resistance, aerodynamics, and altitude are just some of the concepts you will learn about in this high flying, super soaring class!

WEDNESDAY

CLASS OPTIONS FOR BOTH GRADES

Surf Happens - Come and experience the art and joy of surfing in this amazing club 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 (different locations in Santa Barbara) and will not return to the center until 5:30 p.m. Girls will need to bring a bathing suit and towel with them each week (Surf happens will provide the wetsuits and surfboards). Unfortunately girls attending Peabody and Adelante are not able to participate due to their late school dismissal time.

Gymnastics 4:00-5:00 p.m. - 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. *Gym is offered in place of a class. There is an EXTRA FEE to participate in the class (sliding scale fees apply). Please talk to the front desk for more information! Payment Due at sign up-NO EXCEPTIONS!!! SPACE IS LIMITED.

CLASS OPTIOSN FOR 3^d GRADE ONLY

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Draw, Paint & Sculpt - Learn all the skills and knowledge you need to be a successful artist in this new and exciting class. Learn about famous artists and works of art and practice their techniques in artwork that is all your own. Perfect your techniques and see your progress through daily sketching, drawing, painting and sculpting. We are very excited about partnering up with the Santa Barbara Museum of Art to teach this fun and interactive art class.

CLASS OPTIOSN FOR 4th GRADE ONLY

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

Just Dance - Are you ready to dance! We are ready to share our passion for dancing! Dance Class will give girls an opportunity to explore different types of dances from all over the world. Some styles of dances include: hip hop, modern jazz, salsa, merengue, cumbias, zamba, and more. Let's dance!

THURSDAY

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!

Cyberchase - This class 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!

Gymnastics 4:00-5:00 p.m. - 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. *Gym is offered in place of a class. There is an EXTRA FEE to participate in the class (sliding scale fees apply). Please talk to the front desk for more information! Payment Due at sign up-NO EXCEPTIONS!!! SPACE IS LIMITED.

Play Production - This quarter the girls will be putting on their very own theater production. The girls will be required to take the class on both Mondays and Wednesdays in order to give themselves enough time to rehearse. The girls will learn theater skills like voice projection, blocking, improvise and more! They will then have a blast performing in front of their families and peers at the end of the quarter!

ADDITIONAL CLASS OPTION FOR 3^d GRADE ONLY

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***5th and 6th grade ***

MONDAY

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!

Science Challenges - Girls will get the opportunity to work in groups and individually on fun and exciting science challenges. Girls will be given minute to win it challenges, building and engineering projects, architectural models and much more. If you are ready and up for a challenge, this class is for you!

TUESDAY

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!

Play Production - This quarter the girls will be putting on their very own theater production. The girls will be required to take the class on both Mondays and Wednesdays in order to give themselves enough time to rehearse. The girls will learn theater skills like voice projection, blocking, improv and more! They will then have a blast performing in front of their families and peers at the end of the quarter!

WEDNESDAY

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.

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Surf Happens - Come and experience the art and joy of surfing in this amazing club 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 (different locations in Santa Barbara) and will not return to the center until 5:30 p.m. Girls will need to bring a bathing suit and towel with them each week (Surf happens will provide the wetsuits and surfboards). Unfortunately girls attending Peabody and Adelante are not able to participate due to their late school dismissal time.

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*FRIDAY CLUBS * All Grades

1st grade – 3rd grade

Crafty Kids Club - Girls in this club will have the opportunity to create different types of art pieces and crafts. They will learn how to express themselves through their creations and simply enjoy different ways to create art.

Sporty Girls Club - Girls will gain basic sporting skills that they can then use to play different games. Girls will work on skills for both traditional and non-traditional sports. Girls will gain more confidence when learning how to play a new sport or game

Animal Club - Do you love animals? In this club, we will be learning about endangered sea and land animals. We will be studying their habitat and conservation efforts by endangered wildlife organizations in our community and around the nation that are dedicated on saving and preserving wildlife. We will also be creating animal crafts and going on occasional animal related field trips.

Imagineering Club - Have you ever wondered what it would be like to design and build cool contraptions for a major theme park like Disneyland? Taking up the mantle of "Imagineer", the girls will be given fun, creative challenges and activities that will introduce them to basics of physics, engineering and teamwork. From roller coasters to edible cars, the girls will use their imaginations in order to create gadgets and gizmos fit for "the most magical place on Earth!"

3rd grade – 6th grade

International Club - Come explore places like Italy, China and Africa! We will venture into food, language and festivities. You will also learn about each culture's contribution to today's world.

Do it yourself club! - Have you ever gone out shopping and have seen things in shops and wondered "Why would I pay that much money for something that 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.

Games Club/Snack Shack - Do you like to do brain teasers, puzzles, riddles, trivia and games? Well then this is the club for you! Get a taste of a wide variety of games in the first hour of this twofold club. The first hour will be spent interacting with friends while exercising your brain. The second half of the club

will be running the snack shack. The girls will create their own menu of treats to sell to the public each Friday and they will also be responsible for learning the business aspects of running a snack bar, including handling the cash register, making change, managing a budget, and promoting their sales

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